



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

ECO-JOURNAL

February 2021

Aylin Yasgul

Recipes of the Month



Association pour la santé environnementale du Québec / Environmental Health Association of Québec
(ASEQ-EHAQ)

P.O. Box 364, Saint-Sauveur, Québec J0R 1R0

☎ 514-332-4320 📠 450-227-4143 office@aseq-ehaq.ca

aseq-ehaq.ca / EnvironmentalSensitivities.com / EcoasisQuebec.ca / EcoLivingGuide.ca



Table of Contents

Breakfast: Green smoothie bowl	3
Lunch: Falafels	4
Dinner: Vegan kebabs with avocado dressing	5
Dessert: Chocolate chia pudding	7
Snack: Grilled corn	9

*All recipes are vegan, gluten-free, and dairy-free. Use organic ingredients whenever possible.

Breakfast: Green Smoothie Bowl

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serving: 2

Ingredients:

1/4 ripe avocado

2 medium ripe bananas

1 cup fresh or frozen mixed berries

2 large handfuls spinach

1 small handful kale

1 1/2 - 2 cups unsweetened non-dairy milk

1 Tbsp flaxseed meal

2 Tbsp salted creamy almond or peanut butter (*optional*)

TOPPINGS (optional)

Roasted unsalted sunflower seeds

Granola

Raw or roasted nuts (almonds, pecans, walnuts, etc.)

Shredded unsweetened coconut

Fresh berries

Hemp seeds





Preparation:

Add all ingredients in a blender and blend until creamy and smooth. Add more almond milk (or water) to thin. Taste and adjust flavor as needed, adding more banana (or maple syrup) for added sweetness, more spinach for a bright green hue, or almond milk for creaminess.

- To get a purple hue, use darker berries (raspberries, blackberries, blueberries).
- For more protein, add nut butter.
- As toppings for the green smoothie, use strawberries, which are a contrast to the green color.

Divide between 2 serving bowls and top with favorite toppings!

Lunch: Falafels

Preparation Time: 15 minutes

Cooking Time: 20 mins (+ 8 hours of soaking)

Serving: 2

Ingredients:

250g dried chickpeas or dried split broad beans

½ tsp bicarbonate of soda

3 garlic cloves

1 onion, roughly chopped

1 leek, roughly chopped

1 celery stick, roughly chopped

1 small chili, roughly chopped (*optional*)

1 tsp ground cumin

1 tsp cayenne pepper

1 tsp sumac

good handful chopped coriander





good handful chopped parsley
80g gram flour or any other gluten-free flour
100ml avocado oil

Preparation:

Soak the chickpeas in cold water for 8 hrs, or overnight. Drain the chickpeas and pulse with the bicarbonate of soda in a food processor until roughly chopped. Remove 3/4 of the mix and set aside. Add the garlic, vegetables, spices and herbs to the remaining mixture in the processor and purée to a paste. Stir the paste into the rough purée of chickpeas, add the flour, season and mix well. Heat oven to 110C/90C fan/gas 1/4. Heat a large, cast iron frying pan over a medium heat and add some of the oil. Wet your hands and form the mixture into patties. Fry for 2 mins on each side until crisp. Keep in a warm oven while you fry the rest of the mixture, continuing to add a little oil to the pan with each batch.

Serve wrapped in flatbreads, if you like, together with the hummus, tabbouleh, and pickled red onion and radish.

Dinner: Vegan kebabs with avocado dressing

Prep Time: 20 minutes

Cook Time: 40 minutes

Servings: 8 persons

Ingredients:

4 1/2 tbsp avocado oil

2 garlic cloves, crushed

1 tsp chili flakes

3 rosemary sprigs, finely chopped

4 Portobello mushrooms, each cut into quarters

4 peaches, destoned, each cut into quarters

2 large zucchinis, each cut into 8 chunks

2 large red onions, each cut into 8 wedges (leave the root on)

1/2 block of tofu cut into chunks big enough to thread on a skewer

1 avocado

Juice of 1 lemon

2 tbsps soya sauce

1/2 tsp wholegrain mustard

large bag arugula, watercress and spinach salad

2 tbsp toasted mixed seeds

You will need: 8 metal skewers

Preparation:





Marinate the tofu in 1 tbsp oil, soy sauce, salt and pepper for at least 30 minutes.

Mix 3 tbsp oil with the crushed garlic, chili flakes and rosemary.

Thread alternate pieces of mushroom, tofu, peach, zucchini and red onion onto each skewer – you can get two pieces of everything on each.

Brush the kebabs with the flavored olive oil and season with salt and black pepper, then set aside.

Heat the barbecue or a grill to medium high.

Meanwhile, blitz the avocado, half the lemon juice and 50ml water to a smooth dressing and season to taste.

Whisk the remaining lemon juice, remaining ½ tbsp olive oil and mustard together, then toss with the mixed arugula salad and toasted seeds.

Barbecue or grill the skewers turning often, until cooked through. Be careful not to burn them. Pile onto a platter and serve with the avocado dressing and salad on the side.

Dessert: Chocolate Chia Pudding

Prep Time: 5 minutes

Cook Time: -

Serving: 4

Ingredients:

60g chia seeds

400ml unsweetened almond milk or hazelnut milk

3 tbsp cacao powder

2 tbsp maple syrup

½ tsp vanilla extract

cacao nibs, mixed

frozen berries, to serve

Preparation:

Put all the ingredients in a large bowl with a generous pinch of sea salt and whisk to combine. Cover with cling film then leave to thicken in the fridge for at least 4 hours, or overnight. Serve the pudding into four glasses, then top with the frozen berries and cacao nibs.



Snack: Grilled corn

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients:

Corn on the cob (the fresher, the better)

For serving: Butter and salt, or other desired toppings



Preparation:

Preheat the grill to medium-high heat (ideally about 400 degrees Fahrenheit). Using a pair of scissors, trim off the silks at the end of each cob, and trim away any leaves that are jutting sideways off the husk. When the grill is heated, use tongs to place each ear of corn on the grill, running in the way of the grates so they don't roll around. Leave a couple of inches around each one. Cook for 15 minutes. Use tongs to turn the corn by about one-third turn every 5 minutes. Transfer the hot corn to a large serving platter. Turn the grill to high heat (ideally about 500 degrees Fahrenheit). In the meantime, let the corn cool, about 5 minutes. Remove all of the husks and the silks from the cobs. If the corn is still quite warm, wrap a clean towel around the base of the cob as you work. Place the corn cobs back on the grill and cook for about 5 minutes, rotating the corn halfway to achieve



some grill marks on each side. Remove the corn from the grill, brush with butter and sprinkle with salt and serve.