



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

## ECO-JOURNAL

March 2021

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### Recipes of the Month



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

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

## **Breakfast: Veggie Tofu Scramble**

**Prep Time: 15 minutes**

**Cooking Time: 10 minutes**

**Serving: 2**

### **Ingredients:**

14 oz firm tofu

1 small yellow onion

1/2 red bell pepper

1/2 jalapeño pepper (1 tbsp chopped)

2 cloves garlic

1-2 tsp healthy oil (avocado, olive, coconut)

1 tbsp green onion plus extra to garnish

2-3 tsp Dijon mustard

1/2 tsp turmeric

1/4 tsp dried basil

1/4 tsp sea salt

1/4 tsp black pepper

### **Preparation:**

Drain and crumble the tofu. Set aside. Next chop the veggies. Dice the onion, bell pepper, and jalapeño, then mince the garlic. Chop the green onion. Set aside. Heat a pan or skillet to medium-high heat and sauté onion and peppers until tender, add garlic towards the end. Add tofu, green onion, Dijon mustard, turmeric, basil, salt and pepper. Use a spatula to mix while you sauté and scramble everything together. Cook until tofu has





soaked up all the flavors and is piping hot. Serve it up with your favorite breakfast essentials such as potatoes, tomatoes and fruit.

## **Lunch: Lettuce Wrap**

**Preparation Time: 5 minutes**

**Cooking Time: 5 mins**

**Serving: 1**

### **Ingredients:**

1 gluten-free wrap or tortilla

1/3 cup hummus

2 slices cucumber, sliced lengthwise

Handful of fresh spinach leaves

Sliced tomato (depending on size of the tomatoes)

1/4 avocado, sliced

Fresh broccoli sprouts

Fresh microgreens

Basil leaves, if desired

### **Preparation:**

Spread the hummus on the bottom 1/3 of the wrap, about 1/2 inch from the bottom edge but spreading out to the side edges.

Layer the cucumber, spinach leaves, tomato slices, avocado slices, sprouts, microgreens and basil.

Fold the wrap tightly, as you would a burrito, tucking in all of the veggies with the first roll then rolling firmly to the end. Cut in half and enjoy.



## **Dinner: Veggie Burgers**

**Prep Time: 1 hour**

**Cook Time: 20 minutes**

**Servings: 8 burger patties**

### **Ingredients:**

1 ½ pounds sweet potatoes (2 medium or 3 small)

½ cup quinoa and 1 cup water

1 can (15 ounces) black beans, rinsed and drained  
(or 1 ½ cups cooked black beans)

½ cup chopped red onion

⅓ cup chopped fresh cilantro

2 cloves garlic minced

2 teaspoons paprika

2 teaspoons ground cumin

1 teaspoon chili powder

Chilli sauce (optional)

½ teaspoon salt

1 ¼ cups gluten-free oats

Extra-virgin olive oil, for brushing

8 whole wheat hamburger buns

Your favorite burger fixings: Avocado or guacamole, tomato, onion, lettuce, pickles, cheese, sprouts, ketchup, hot sauce, mustard, fried eggs...





## **Preparation:**

Preheat the oven to 400 degrees Fahrenheit. Roast the sweet potatoes: Slice the sweet potatoes down the center lengthwise. Place the sweet potatoes, cut side down, on the prepared baking sheet. Roast until they yield to a gentle squeeze, 30 to 40 minutes or longer. Set aside to cool.

Meanwhile, in a small saucepan, combine the quinoa and water. Bring the mixture to a boil over medium-high heat, then reduce the heat as necessary to maintain a gentle simmer. Simmer, uncovered, until all of the water is absorbed, 11 to 14 minutes. Remove the pan from the heat, cover, and let the quinoa steam for 10 minutes. Allow it to cool.

Once the sweet potatoes are cool enough to handle, remove and discard the skin and roughly chop the sweet potato. In a large mixing bowl combine the cooled sweet potatoes and quinoa, black beans, onion, cilantro, garlic, chilli sauce, cumin, chili powder, and salt. Use a potato masher, pastry cutter, large spoon or the paddle attachment of your mixer to mix really well.

Sprinkle the oats over the mixture and mix well with a large spoon until the mixture holds together when you shape a portion into a patty. If you want to use this later, cover the mixture and refrigerate. When you're ready to cook, shape the burgers: Use your hands to gently flatten the burgers and smooth out any jagged edges.

If you're baking the burgers brush both sides of each patty generously with olive oil and place them on the lined baking sheet. Bake at 400 degrees Fahrenheit for around 35 minutes, flipping halfway, until the patties are deeply golden on the outside. Serve burgers as desired.

## **Dessert: Vegan Lemon Cake**

**Prep Time: 5 minutes**

**Cook Time: 35 minutes**

**Serving: 9 slices**

### **Ingredients:**

- 1 1/2 cups gluten free flour
- 1 cup sugar (any kind works)
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp white vinegar
- 5 tbsp oil vegetable, canola, sunflower etc.
- 3/4 cup water
- 1/4 cup lemon juice
- 1 tsp lemon extract (can use vanilla extract)

### **Preparation:**

Preheat the oven to 180C/350F. Line a 9-inch square pan with parchment paper and set aside. In a large mixing bowl, add flour, sugar, baking soda, and salt and mix well. Once mixed, add vinegar, oil, water, lemon juice, lemon extract and mix well. Transfer the lemon cake batter into the square pan. Bake for 35-40 minutes, or until a skewer comes out just clean.

Remove from the oven and let cool in the pan completely. Once cool, frost if desired.



## **Snack: Tzatziki**

**Prep Time: 10 minutes**

### **Ingredients:**

- 1 cup coconut yogurt
- 1/4 cup grated cucumber, drained
- 1 large garlic clove, minced
- 2 Tbsp fresh dill, chopped
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1/4 tsp salt, plus more to taste
- ground black pepper, to taste

### **Preparation:**

Coarsely grate the cucumber with the skin on. Then place in a mesh strainer over a small bowl and squeeze out the excess water until mostly dry. Set aside. Add coconut yogurt to a mixing bowl, then add grated cucumber, minced garlic, dill, salt, pepper, lemon juice, and olive oil. Stir well to combine. Taste and adjust the seasoning according to your taste. You might want to add more garlic or lemon or salt. Drizzle some olive oil on top. Chill the tzatziki in the refrigerator for at least an hour before serving. It's perfect served with gluten-free bread, olives, or grilled vegetables.

