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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: Baked Oatmeal

Prep Time: 15 minutes

Cooking Time: 45 minutes

Serving: 3-4

Ingredients:

3 cups rolled oats

1/2 cup chopped pecans or walnuts

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1 teaspoon baking powder

1/4 teaspoon salt

1/2 cup unsweetened applesauce or mashed banana

1 3/4 cups non-dairy milk

2 flax eggs (recipe below)

1/2 cup pure maple syrup

1 teaspoon vanilla extract

1 cup blueberries* or other fruit like chopped apples, pears, strawberries

1 small, sliced banana for topping (optional)





Preparation:

Preheat oven to 350F and oil a 9×9 or 11×7 baking pan. In a small bowl, whisk together 2 tablespoons of ground flaxseed and 6 tablespoons of water, set aside. This will create your "flax eggs". In a large mixing bowl, mix together all dry ingredients.

In a separate medium mixing bowl, whisk together all wet ingredients, including the flax egg mixture. Pour the wet ingredient mixture into the dry ingredient mixture and stir to combine. Fold in blueberries or fruit of choice. Transfer mixture to prepared baking pan and top with sliced banana or additional fruit. Bake at 350F for 35-45 minutes, until center appears almost set. For a drier, more solid baked oatmeal, bake until center is completely set. Let baked oatmeal cool for 5 minutes. Serve with yogurt, non-dairy milk, or maple syrup on top.

Lunch: Guacamole Pasta

Preparation Time: 5 minutes

Cooking Time: 15 mins

Serving: 1

Ingredients:

2 cups of gluten-free pasta

1-3 cloves of garlic, to taste

2 handfuls of baby spinach

Juice of half a lime

2 tablespoon avocado or olive oil

2 large or 3 medium ripe avocados, peeled and pitted

1/2 teaspoon sea salt, or to taste

1 cup cherry tomatoes, halved

Black pepper, to taste



Preparation:

Cook pasta according to directions on packaging. While the pasta cooks, combine remaining ingredients except the tomatoes into a blender or food processor. Blend until smooth, scraping down the sides a few times to make sure everything gets pureed and incorporated. Taste and add more salt and season with pepper if desired. After pasta is done cooking, drain and put in a large bowl. Pour guacamole sauce over the cooked pasta and add the sliced tomatoes to the bowl. Stir to coat everything with the sauce.

Dinner: Chickpea Stew

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 6

Ingredients:

1 cup chickpeas dry, or two-15-ounce cans chickpeas, drained

1 tbsp olive oil, (1/4 cup water)

1 medium onion, minced

2 cloves garlic, minced

1/4 cup red bell pepper, chopped

1 medium tomato, chopped

1 carrot, diced

1 tsp dried parsley

1/2 tsp dried basil

1/2 tsp dried oregano

1 tbsp tomato paste

2 cups liquid from boiled chickpeas, or vegetable broth

1/2 tsp sea salt

1/4 tsp Cayenne pepper





Preparation:

If you are using dried chickpeas, sort, wash and soak them overnight. The next day, drain and rinse chickpeas.

Cover with water about 2 inches above chickpeas and bring to boil on medium heat. Lower heat to simmer and cook until tender, about 1 hour. Drain chickpeas and reserve 2 cups of liquid, set aside.

If using canned chickpeas, skip the above step.

Heat oil or water in a large saucepan on medium-high heat. Add onions and cook until soft, about 3 minutes. Add garlic and cook for 30 seconds stirring. Add bell pepper, tomatoes, carrots, chickpeas, parsley, basil, and oregano. Add tomato paste and vegetable broth or reserved chickpeas water, cover and bring to boil. Reduce to a simmer for 20-30 minutes or until thickened. Mash some of the chickpeas, with the back of a fork to thicken the stew. Check the seasoning, add cayenne pepper and extra salt and pepper as needed.

Delicious served with brown rice.

Dessert: Banana pudding

Prep Time: 20 minutes

Cook Time: 5 minutes

Serving: 4

Ingredients:

1 cup plant-based milk of choice

1 cup coconut milk

3 ½ tbsp cornstarch

2 ½ tsp organic sugar

2 tbsp peanut butter

½ tbsp vanilla extract

1 pinch of salt

1 dash of turmeric

½ cup vegan whipped cream

Vegan vanilla wafers

2-3 bananas

Preparation:

In a medium-sized saucepan, combine all pudding ingredients except vanilla extract. Do not turn on the heat yet, first whisk until the cornstarch dissolves. Then bring the mixture to a boil over medium heat, whisking frequently. Once it starts boiling, turn the heat to low and whisk continuously for about 2 minutes. The pudding will thicken and get very





creamy. Remove from heat, stir in vanilla extract, cover with the lid of a pot or a clean kitchen towel to avoid a film forming, and allow to cool for about 10-15 minutes.

Meanwhile, slice the bananas, and whip your favorite vegan cream. Use about ½ cup if you just want to dollop it on top or more for additional layers.

In a jar, add 1-2 tablespoons of the pudding, then a layer of vegan whipped cream, a few vanilla wafers, and a layer of sliced bananas. Repeat this step one more time. Depending on the size of your jar, you will be able to fill 2-4 jars.

Garnish with a drop of whipped cream, a few banana slices, and vanilla wafer crumbs.

Snack: Bruschetta

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

3 cups Roma tomatoes, seeds removed and diced

½ cups fresh basil, chopped

¼ cups onion, finely diced (red onion is preferable)

2 cloves garlic finely minced

1 tbsp balsamic vinegar

½ tsp salt

1 tbsp extra virgin olive oil

1 large gluten-free baguette, or bread of choice

Preparation:

Wash the Roma tomatoes and slice them in half. Remove any hard stem pieces. Scoop out the tomato seeds then finely dice the tomato. Toss the tomato with ½ tsp salt and place into a mesh strainer over a bowl. Let sit for 10 minutes. This allows excess water to drain from the tomatoes to prevent the bruschetta from getting soft. Finely dice the onion, mince the





garlic and chop the basil. Add these ingredients to a large bowl along with 1 tbsp balsamic vinegar and 1 tbsp olive oil.

Once the tomatoes have sat for at least 10 minutes, stir them around in the mesh strainer to help additional water drain away then toss the tomatoes into the bowl with the onion, garlic and basil.

Thinly slice the baguette and place onto a parchment covered baking tray. Carefully scoop 2-3 tbsp of bruschetta mixture onto each baguette slice (depends on how large the baguette slices are).

Bake at 350 °F for 12-15 minutes, until the baguette is crisp on the bottom.