



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

# ECO-JOURNAL

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*Month of May for education and awareness of environmental sensitivities/multiple chemical sensitivities*

## Recipes of the Month



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

## **Breakfast: Tofu Burrito**

**Prep Time: 20 minutes**

**Cooking Time: 45 minutes**

**Serving: 6**

### **Ingredients:**

1 package of tofu scrambled

1 can black beans, drained and rinsed

12 small corn tortillas (or 6 larges/ 12-inch tortillas)

2 large ripe avocados, sliced

2-3 cups coleslaw mix (or other leafy green/ salad mix)

$\frac{3}{4}$  cup salsa

### **Preparation:**

Prepare a batch of tofu scramble. Stir a can of drained and rinsed black beans into the tofu scramble. Assemble burritos by laying out all the whole wheat wraps on a piece of tin foil and dividing the tofu scramble, sliced avocado, coleslaw mix and salsa evenly between wraps. Carefully wrap each burrito by folding in both sides then pick up the bottom edge and roll it away from you. Use parchment paper to secure burrito in place, then cover with aluminum foil to secure it.



## Lunch: Potato Salad

**Preparation Time: 15 minutes**

**Cooking Time: 20 mins**

**Serving: 4**

### Ingredients:

2 lbs potato (2 lbs = 900 g)

2 small red onions diced

1 clove garlic grated

¼ cup vinegar

⅔ cup water

2 tsp agave/maple syrup

Salt and pepper to taste

1 bundle radish

4 spring onions

½ cup parsley, fresh

2 tbsp mustard

4 pickles

### Preparation:

Boil the potatoes in salty water. After 15 minutes use a fork to check if they are done. Drain the potatoes and let them cool, then slice them roughly into bite-sized pieces. For the dressing: In a small pot add the diced onion and grated garlic. Then add the vinegar and water and let it simmer it until the onions are tender. Once the onions are tender add agave/maple syrup, mustard, salt and pepper. Add a few pieces of mashed potato into the dressing, as it will create a creamy consistency. Finely slice the radish, chop the spring onions, pickles, and parsley. Now assemble all the ingredients in a salad bowl. Mix well and adjust the salt to your taste.



## **Dinner: Stuffed Peppers**

**Prep Time: 5 minutes**

**Cook Time: around 1 hr 5 minutes**

**Servings: 4-6 servings**

### **Ingredients:**

2 tablespoons extra virgin olive oil

1 small yellow onion chopped

½ cup lentils

½ cup uncooked quinoa

2 teaspoons Italian seasoning

½ teaspoon kosher salt plus additional for baking the peppers

¼ teaspoon (or more) red pepper flakes

2 cloves garlic minced

1 cup vegetable broth

1 15-ounce can diced tomatoes in their juices

½ cup chopped sun-dried tomatoes

4 large red bell peppers

2 tablespoons chopped fresh basil, parsley, or a mix





## **Preparation:**

Heat 1 tablespoon of the oil in a sturdy-bottomed pot over medium heat. Add the onion and cook for 5 minutes, or until the onion is beginning to soften, stirring occasionally. Add the Italian seasoning, ½ teaspoon kosher salt, red pepper flakes, and garlic. Let cook just until the garlic is fragrant, about 30 seconds.

Add the lentils, quinoa, broth, canned and sun-dried tomatoes. Bring the mixture to a boil, then reduce heat to low. Cover and simmer for 25 to 28 minutes, or until the lentils are tender. Stir once halfway through, then again towards the end of the cooking time. If the mixture looks too dry, add some extra broth or water.

While the lentils and quinoa cook, preheat your oven to 400 degrees F. Lightly coat a baking dish with butter or oil. Slice the bell peppers in half from top to bottom (cut right down through the stems). Remove the seeds and membranes then arrange cut side up in the prepared baking dish. Drizzle the insides with 1 tablespoon oil and sprinkle lightly with salt. Carefully pour a thin layer of water into the bottom of the pan. Place in the oven and bake, uncovered, for 20 minutes. This step gives the peppers a head start while the filling is being prepared.

Carefully mound the cooked filling inside of the peppers and tap down gently. Return the pan to the oven and bake for 5 to 10 additional minutes, until the peppers are completely tender, and the filling is piping hot. Sprinkle with fresh basil and enjoy!

## **Dessert: Peanut Butter Cup Oat Bars**

**Prep Time: 15 minutes**

**Cook Time: 30 minutes**

**Serving: 16 bars**

### **Ingredients:**

1 cup unsalted, natural creamy peanut butter

¼ cup + 2 tablespoons pure maple syrup

1 ¼ cups gluten free rolled oats

Vegan Chocolate Topping:

½ cup vegan chocolate chips

¼ cup + 1 tablespoon unsalted, natural creamy peanut butter



### **Preparation:**

Line an 8-inch square baking pan with parchment paper. Set aside.

Make the Peanut Butter Oat Bars: In a medium pan, add peanut butter and maple syrup on low/medium heat. Whisk together continuously until well-mixed and the mixture is warm, fragrant, and thickened. Take off heat.

Add oats. Stir and fold until thoroughly combined. Pour this mixture into the prepared baking pan. Using a spatula, smooth into an even, tightly packed layer. Set aside.

Make the Vegan Chocolate Topping: Use the double boiler method and stir the chocolate topping ingredients until smooth. Pour this chocolate mixture over the bars. Using a clean spatula, smooth into an even layer. Freeze for 30-40 minutes, or until firm. Remove from freezer and slice into 16 bars.

## **Snack: Apple pizzas**

**Prep Time: 10 minutes**

### **Ingredients:**

1 tbsp lemon juice

2 apples

2 tbsp peanut butter

TOPPINGS (whatever you like!)

1 banana sliced

blueberries

raspberries

mixed seeds

coconut

ground cinnamon

maple syrup

### **Preparation:**

Fill a mixing bowl halfway with cold water and add the lemon juice. Core the apples and slice into 5mm / ¼" slices, then place into the bowl of lemon water for a few minutes (to stop the apples browning). Drain the apples, then spread a little peanut butter onto one side of each apple ring. Top with desired toppings.

