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Recipes of the Month



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

Breakfast: Green Smoothie Bowl

Prep Time: 20 minutes

Cooking Time: 0

Serving: 2

Ingredients:

50 gm spinach

1 avocado, stoned, peeled, and halved

1 ripe mango, stoned, peeled, and cut into chunks

1 apple, cored and cut into chunks

200 ml almond milk

1 dragon fruit, peeled and cut into even chunks

100 gm mixed berries (we used strawberries, raspberries, and blueberries)

Preparation:

Blend the spinach, avocado, mango, apple and almond milk until smooth and thick. Divide between two bowls and top with the dragon fruit and berries.



Lunch: Balsamic, Tofu, Quinoa and Strawberry Salad

Preparation Time: 5 minutes

Cooking Time: 20 mins

Serving: 4

Ingredients:

3/4 cup dry quinoa rinsed

7 ounces organic balsamic vinegar

1 1/2 cups steamed, or blanched green
beans cut into 1-inch pieces

1 1/2 cups halved or quartered strawberries

1 cup thinly sliced radishes

4 cups baby greens

1/2 - 3/4 cup balsamic dressing of choice



Preparation:

Cook the quinoa according to package instructions. Fluff the grain gently and allow it to cool to room temperature.

Combine all the remaining ingredients in a large mixing bowl and toss well to combine. Serve.

Dinner: Sesame Almond Butter Zucchini Noodles

Prep Time: 12 minutes

Cook Time: 8 minutes

Servings: 3 servings

Ingredients:

5-6 zucchini

2 tbsp avocado oil, more as needed

For the Sauce:

1/4 cup creamy almond butter

1/4 cup soy sauce

2 1/2 tbsp hoisin sauce

1 1/2 tsp sriracha, to taste

2 tsp sesame oil

1/2 tsp minced garlic

1/8 - 1/4 tsp five-spice powder, to taste

1/4 tsp ground ginger

Sesame seeds for serving

Sliced scallions for serving





Preparation:

Spiralize zucchini and set aside.

In a bowl, whisk together all all-sauce ingredients and set aside.

Add avocado oil to a large skillet set over medium heat. Add zucchini noodles and let cook for about 4-6 minutes, stirring frequently to allow all the zucchini noodles to become tender. Add additional avocado oil as needed.

Once noodles have softened and are tender (like cooked spaghetti), remove skillet from heat. Pour out any excess water released from the zucchini into a pan, add ingredients for the sauce and cook until thickened. Pour the sauce on the cooked zucchini noodles and stir well to evenly coat the noodles. Serve with a garnish of sesame seeds and/or sliced scallions.

Dessert: Paleo Lemon Tarts

Prep Time: 10 minutes

Cook Time: 2 hours 10 minutes

Serving: 10 standard or 24 minis

Ingredients:

1 1/2 cups shredded unsweetened coconut

1 cup almond flour

2 tablespoons coconut or brown sugar

Pinch of salt

1/4 cup plus 2 tablespoons coconut oil,
divided

1 cup raw cashews, soaked in water overnight
and drained

1/2 cup fresh lemon juice

2 tablespoons agave or coconut nectar

Pinch of turmeric for color

Zest of 1 lemon

Fresh berries, for serving

Preparation:

Preheat the oven to 350 degrees F. Line a muffin tin with parchment liners.

For the crust, in a blender or food processor pulse the coconut, almond flour, sugar, salt, and 2 tablespoons coconut oil until coarsely ground and





able stick together when pressed. Press about one tablespoon of crust mixture into the bottoms of liners. You may have extra crust dough. Bake for 10 minutes.

Meanwhile, make the lemon filling. Clean out the blender or food processor. Add the remaining 1/4 cup of coconut oil, drained cashews, lemon juice, agave, and turmeric to the blender/processor. Blend until very smooth and creamy. Fill baked crusts and chill in the freezer for two hours. Garnish with lemon zest and fresh berries. Serve cold.

Snack: Summer Rolls

Prep Time: 30 minutes

Ingredients:

Mango Sauce

- 1 Ripe Mango
- 1-inch Fresh Ginger
- 1 Red Chili
- 1 tbsp Sweet Chili Sauce
- 1 tbsp Rice Wine Vinegar
- Juice of half a lime
- 10 stalks Fresh Coriander (cilantro)
- 1 clove garlic
- 1-2 tsp Chili Sauce

Peanut Sauce

- 1/2 cup 8 tbsp Smooth Peanut Butter
- 3 tbsp Rice Wine Vinegar
- 4 tbsp Coconut Milk
- 4 tbsp Soy Sauce
- 2 tbsp Maple Syrup
- 1-inch Fresh Ginger
- 1 clove garlic





Summer Rolls

8-10 Spring Roll Rice Papers

1 Carrot

1 Yellow Bell Pepper

1/2 Cucumber

4-5 Romaine Leaves

1/4 Purple Cabbage

200 gm Block of Tofu

Salt and pepper for seasoning

Preparation:

Preheat the oven to 200°C. Cut the tofu into 2 cm batons, and place on a baking sheet lined with parchment paper. Season with salt and pepper and bake for 15-20 minutes until golden brown.

While the tofu is baking, chop all the vegetables into very thin strips. This will help them lay nice and flat in the rolls.

To make the mango sauce, put all the ingredients for the mango sauce, except the coriander in a blender, and blend until completely smooth. Then add the coriander and pulse until the coriander is finely chopped.

To make the peanut sauce blend all the ingredients for the sauce until completely smooth.

To assemble the summer rolls, soak the rice paper in lukewarm water until soft, then lay on a plate. Add in some tofu, and a few pieces of each vegetable. Roll the paper over so the vegetables are covered, then fold in



the sides and finish rolling so the summer roll is sealed. Serve the rolls with the sauces.