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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: Vegan Quiche Cups

Prep Time: 10 minutes

Cooking Time: 45 minutes

Serving: 2

Ingredients:

1 block extra firm tofu (14 oz)

3 Tbsp water

1 Tbsp ketchup

2 Tbsp Dijon mustard

1 Tbsp lemon juice

1 Tbsp cornstarch

1/2 cup nutritional yeast

2 tsp Garlic Seasoning

3.5 cups leafy greens of choice

Preparation:

Preheat oven to 350F, line muffin tin with muffin liners and set aside. Combine all ingredients except leafy greens in blender, and blend until smooth. Add more water if necessary to facilitate blending. Pour contents of blender into large mixing bowl, add chopped leafy greens, and stir. Spoon into muffin tin. Bake for 30-35 minutes, or until edges begin to brown.



Lunch: Roasted corn and Black Bean Salad with avocado dressing

Preparation and Cooking Time: 30 minutes

Serving: 4

Ingredients:

- 2 teaspoons avocado oil
 - 1 ear of corn, husks and silk removed
 - 2 bell peppers (one red and one green)
 - 4 medium-sized tomatoes red and yellow
 - 1/2 red onion
 - 2 scallions
 - 1 avocado
 - 170 grams or 1 cup black beans pre-boiled or canned
- For the avocado dressing:
- 1 avocado
 - 1/2 cup water (more to adjust the consistency)
 - 2 tablespoons extra virgin olive oil
 - 1 tablespoon lime juice
 - 1 teaspoon chili powder
 - 1/4 teaspoon cumin
 - salt and freshly ground black pepper to taste



Preparation:

Apply avocado oil on the corn cob, and use a griddle pan to grill the whole corn cob for 15 minutes, turning every 5 minutes, until the cob has some



griddle marks and the kernels are soft (you can check it by piercing the cob with a fork). Let it cool a bit and remove the kernels with a knife.

While your corn is grilling, dice the red and green bell peppers, red and yellow tomatoes, red onion, scallions and avocado and arrange in four bowls or plates, creating sections (or just toss it all together if you prefer). Add already boiled (or canned and rinsed) black beans and the broiled corn kernels.

Pit and peel avocado, add water, olive oil, lime juice, chili powder, cumin, a pinch of salt and freshly ground black pepper and process with a food processor

until smooth. Pour the dressing over the salad. Enjoy!

Dinner: Vegan Ranch Pizza

Prep Time: 30 minutes

Cook Time: 15 minutes

Servings: 1 serving

Ingredients:

Pizza Base

2 cups Wholewheat Flour

7 g Active Dried Yeast

1 tbsp Maple Syrup

1/2 tsp Salt

3/4 cup Warm Water

Ranch Sauce

1 cup (240ml) Soy Yogurt

3 tbsp Chives finely chopped

1 large bunch parsley finely chopped

1 clove garlic minced

1-2 tbsp Lemon Juice

salt and pepper for seasoning

Pizza Toppings

1 handful Fresh Baby Spinach

1 Red Onion Sliced into strips





3-4 Artichoke Hearts Sliced into strips

Vegan Parmesan Cheese*

3/4 cup Cashew Nuts

1/4 tsp Garlic Powder

1/2 tsp mixed herbs

3/4 tsp Salt

Preparation:

Make the Pizza base first. Mix the water, yeast and maple syrup and leave for 5-10 minutes until it becomes bubbly. Add the flour and salt and mix until the dough comes together. You may need to add a little flour depending on the humidity of your kitchen.

Knead the dough for 8-10 minutes until it is silky smooth, then place into a greased bowl, cover with a kitchen cloth and leave to rise for 60-90 minutes until doubled in size. While the dough is rising, make the ranch sauce by finely chopping the herbs, mincing the garlic clove, and mixing everything together with the soy yogurt and lemon juice. Taste and season to taste. To make the parmesan, place all ingredients into a food processor and blitz until it resembles grated parmesan. You probably won't use all of this on top of the pizza.

Preheat the oven to 200°C. Once the dough has doubled in size, roll it out into a large circle so the dough is roughly 1/4 inch thick. Spread over a thin layer of ranch sauce (keep the rest for dipping!) and top with the sliced red onion, artichokes and spinach. Sprinkle with some of the parmesan. Bake in oven at 350 F for 15 minutes or until the base is golden and crispy. Enjoy with the leftover ranch sauce.

Dessert: Cinnamon with Chia Pudding Parfait

Prep Time: 15 minutes

Ingredients:

Cinnamon Rawnola:

8-10 Medjool Dates

1/2 cup (45g) Rolled Oats

1 tsp Ground Cinnamon

Chia Pudding:

1 cup (240ml) Plant Milk of your choice

1 tsp Maple syrup

3 tbsp Chia Seeds

Berry Smoothie:

1 Frozen Banana

1/2 cup Frozen Berries

1 cup Plant Milk of your choice

1 tsp Maple syrup optional

Preparation:

Make the chia pudding the night before you want to serve the parfait, or at least two hours before. Mix all the chia pudding ingredients together in a bowl then cover and refrigerate, stirring after an hour, then after two hours. After that, you can leave the pudding covered in the fridge for 2-3 days.

To make the Rawnola, pit the dates. If they are a little dry, soak them in some hot water for 15 minutes, then drain before adding to a blender with the cinnamon and oats. Blend until the mixture comes together in chunks.





Blend the smoothie ingredients until smooth. Depending on how thick your smoothie is, you can add extra plant milk to thin it out a bit if you desire. Layer everything in a glass and enjoy.

Snack: Roasted Asparagus with Balsamic Vinegar and Lemon

Prep Time: 5 minutes

Cook Time: 15-20 minutes

Ingredients:

1-2 large handfuls Green Asparagus

3 tbsp Balsamic Vinegar

1 tsp Lemon Juice

salt and pepper for seasoning

Preparation:

Preheat the oven to 180°C.

Wash the asparagus and trim off the woody ends. Place on a roasting tray with the lemon juice and balsamic vinegar and let marinate for 15 minutes.

Put the roasting dish into the oven for 15 minutes. Once it's cooked, season with salt and pepper and serve warm.

