



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

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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.

Source: COOKIE+kate (<https://cookieandkate.com>)

## **Breakfast: Overnight Oats**

**Prep Time: 15 minutes**

**Time: Overnight in Fridge**

**Serving: 2**

### **Ingredients:**

1/3 cup Oats: You can use plain oats with ¼ tsp cinnamon, or 1/3 cup **homemade muesli**.

1 tbsp chia seeds: These are optional, but the result is creamy and luscious.

1 tbsp nut butter: Almond or peanut – or your favourite nut butter.

½ cup milk of choice: almond, coconut, rice, oat, or your favourite milk.

½ cup fruit: Assorted berries, slices strawberries (avoid sliced bananas or apple if storing in the fridge on top of the prepared oats/muesli).

Sweetener: Maple syrup or honey.



**Homemade muesli:** Mix together, 4 cups rolled oats, 1 ¼ cups chopped nuts, 1 cup unsweetened coconut flakes, ½ tsp salt, ½ tsp cinnamon, 2 tbsps maple syrup, 1 tbsp melted coconut oil, 1 tbsp pure vanilla extract, ½ cup chopped dried fruit. Place all of the above in an oven on a baking sheet (except for the dried fruit), at 350 degrees F for about 25 – 30 minutes. Stir halfway. Cool. Store in the freezer for about 1 month.

### **Preparation:**

In a glass jar, add the oats or muesli, chia seeds, nut butter, milk (add more for a lighter consistency). Stir to combine. Place a lid on the jar and refrigerate overnight, or up to 5 days. Before serving, top with fruit and drizzle with maple syrup or honey, if desired.

## **Lunch: Chickpea Salad with Carrots and Dill**

**Preparation and Cooking Time: 20 minutes**

**Serving: 4**

### **Ingredients:**

2 cans chickpeas (15 oz each), drained  
2 cups grated carrots  
2/3 cup chopped celery  
1/2 cup thinly sliced green onions  
1/2 cup chopped fresh dill/parsley/coriander leaves  
1/2 cup pumpkin seeds  
1/3 extra-virgin olive oil  
2 to 3 tbsps apple cider vinegar  
1 garlic clove minced  
1/4 tsp salt  
Freshly ground pepper



### **Preparation:**

In a bowl combine the chickpeas, carrots, celery, green onions and dill. Toast the pumpkin seed over medium heat for about 5 minutes, stirring frequently. Set aside to cool before adding to the chickpea-carrot mix. Prepare the vinaigrette by mixing all the wet ingredients. Check for salt and add accordingly. Let it marinate at least 30 minutes before serving, or even overnight.



## **Dinner: Mujadara (Lentils and Rice with Caramelized Onions)**

**Prep Time: 25 minutes**

**Cook Time: 35 minutes**

**Servings: 4 servings**

### **Ingredients:**

1 cup brown basmati regular rice, rinsed and drained  
1 cup regular brown or green lentils rinsed and drained  
4 cloves of garlic smashed and peeled  
2 bay leaves  
1 slit green chilli (optional)  
2 tbsps lemon juice  
1 tablespoon cumin powder  
¼ tsp turmeric powder  
1 ¾ tsp salt  
Freshly ground pepper  
5 cups of water  
1/3 cup avocado oil  
2 large onions halved and thinly sliced  
½ cup shallots thinly sliced  
½ cup chopped fresh  
Plain Greek yogurt for serving  
Spicy sauce optional



### **Preparation:**

In a large pot, combine the garlic, bay leaves, green chilli, lemon juice, cumin powder, turmeric powder, 1 ½ tsp salt, ¼ tsp pepper and water, and bring to boil over medium-high heat. Once boiling, stir in the rice and cover and cook on medium-low, stirring occasionally, maintaining a controlled simmer for ten minutes. Stir in the lentils and let the mixture return to simmer. Cover again and cook until the liquid is absorbed and the rice and lentils are tender, around 25



minutes (or longer if necessary). While the rice is cooking, gently warm the avocado oil in a skillet and fry the onions till they are golden brown and crisp. When the rice and lentils are done and the water is absorbed, remove the bay leaves, smash the garlic with a fork and gently fluff the rice. Transfer the rice to a platter or bowl and top with fried onions, shallots and cilantro. Serve with yogurt and spicy sauce on the side.

## **Dessert: Mixed Berry Crisp (Gluten Free)**

**Prep Time: 15 minutes**

**Total Time: 55 minutes**

Make this delightful berry crisp with any mix of strawberries, blueberries, raspberries or blackberries. It's the perfect simple and fruity summertime dessert. Recipe yields one 9-inch crisp, about 8 servings.

### **Ingredients:**

#### Mixed berry filling

5 cups mixed berries, fresh or frozen

1/3 cup honey or maple syrup

2 tbsps cornstarch

1/2 tsp orange or lemon zest

2 tbsps orange or lemon juice

#### Gluten-free oat and almond topping

1 cup old-fashioned gluten-free oats

1/2 cup packed almond flour

1/2 cup sliced almonds or chopped pistachios or pecans (optional)

1/3 cup packed coconut sugar

1/4 teaspoon fine grain sea salt

4 tablespoons unsalted butter, melted

3 tablespoons plain yogurt (Greek or regular), or additional melted butter

### **Preparation:**

Preheat the oven to 350 degrees Fahrenheit. If you're using strawberries, cut them into thick slices. If you're using particularly large blackberries, slice them in half.

In a 9 by 9-inch baking dish, mix together the berries, honey, corn starch, citrus zest and juice. Set aside.





In a medium mixing bowl, stir together the oats, almond meal/flour, sliced almonds (if using), sugar and salt. Mix in the butter and yogurt. Stir until all of the flour is incorporated and the mixture is well mixed.

Drop spoonfuls of the oat mixture over the filling and use your fingers to break up the mixture until it is evenly distributed (no need to pack it down).

Bake for 40 to 50 minutes, or until the filling is actively bubbling around the edges and the top is lightly golden. Let the crisp rest for 5 to 10 minutes before serving. Serve with vanilla ice cream.



## **Snack: Simple Strawberry Smoothie**

**Total Time: 10 minutes**

### **Ingredients:**

- 1 ½ cups unsweetened vanilla almond milk
- 2 cups frozen strawberries
- 1 ½ cups frozen bananas
- ¼ cup almond butter
- ¼ cup gluten-free oats
- 2 tbsps flax seeds
- 1 or 2 tsps maple syrup if required

### **Preparation:**

In a blender, combine all ingredients, starting with almond milk. If the fruit don't break up, let the mixture rest for several minutes before you try blending again. Scrape the sides if necessary to make sure you get a creamy smoothie. Taste and add maple syrup if required. Divide into 2 or 4 glasses depending on the size. Serve immediately.

