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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: Oatmeal Pancakes

Prep Time: 5 minutes

Cook Time: 15 minutes

Serving: 12 pancakes

Ingredients:

2 cups old-fashioned oats or quick-cooking oats

1 cup water

1 medium ripe banana (the riper, the better), sliced into 1-inch chunks

2 large eggs

2 tablespoons maple syrup

2 tablespoons melted butter, plus more for brushing the skillet if needed

2 ½ teaspoons baking powder

1 teaspoon vanilla extract

½ teaspoon ground cinnamon

½ teaspoon fine salt

Optional serving suggestions: Thinly sliced banana, berries, maple syrup, almond butter or peanut butter

Preparation:

In a blender combine all the ingredients listed above, until smooth. Heat a cast iron griddle, and add a bit of avocado oil and butter. Pour 1/3 cup of the pancake mix. Cook until small bubbles appear on the surface, 2 to 3 minutes. Flip pancakes and cook for 1 to 2 minutes more. Do not let them get too brown.

Serve immediately and enjoy!



Lunch: Veggie and hummus wrap

Quick and easy lunch for two!

Ingredients:

1 Bell pepper – cut finely length wise
2 Green onions – diced finely
Handful Baby spinach
1 can drained black beans
Mexican spices (chili powder, cumin, garlic powder, onion powder)
Hummus
Shredded cheese (optional)
Wraps (use spinach wraps or gluten free wraps of your choosing)

Preparation:

Spread hummus evenly on a wrap.

Sprinkle some green onions and cheese over the hummus. Leave around one inch from the end of the wrap, and place some finely sliced bell peppers in a row across the wrap. Right next to it towards the centre of the wrap, place some baby spinach, followed by black beans, so that these ingredients are fill the wrap. Sprinkle Mexican spices on the wrap. Roll the wrap as tightly as possible. Don't worry if some ingredients fall out. Serve immediately with salsa. Or place in the fridge until ready to serve. Enjoy!



Dinner: Broccoli Pesto Pasta with Olives

Total Time: 30 minutes

Servings: 2 servings

Ingredients:

2 cups broccoli florets

1-pound uncooked pasta, such as rigatoni or penne

1 cup green olives, drained and pitted

3 tablespoons pine nuts

2 cups fresh basil leaves (about 1 ⅓ ounce, or 2 small containers)

3 cloves garlic, roughly chopped

3 tablespoons freshly grated Parmesan cheese

Several twists of freshly ground black pepper, to taste

¼ cup extra-virgin olive oil

Salt, to taste

Optional, for serving: Dollops of ricotta and/or red pepper flakes, drizzle of olive oil

Preparation:

Cook pasta until al dente, according to instructions on the package. Drain and toss with some olive oil. Keep 1/2 cup of pasta water aside.

Steam broccoli for 3 minutes and transfer to a blender. Place pine nuts in a pan and roast over medium heat, stirring constantly, for about 3 minutes. Add the pine nuts to the blender along with the olives, basil, garlic, Parmesan cheese, pepper, and the ½ cup of pasta water. Pulse until combined. With the blender running, add a stream of olive oil, until the pesto is pureed. Season with salt and pepper according to taste.

In a large bowl, toss the pasta and pesto, adding pasta water, a bit at a time, if required.

Serve with additional Parmesan, ricotta and/or red pepper flakes. Drizzle with olive oil.



Dessert: Gluten-Free Almond Cake with Berries

Prep Time: 20 minutes

Cook Time: 40 minutes

Make this delicious berry crisp with a mixture of strawberries, blueberries, raspberries or blackberries. It's the perfect simple, fruity summer dessert. The recipe makes a 9-inch crisp, or about 8 servings.

Ingredients:

Cake

2 cups firmly packed almond meal or almond flour (8 ounces), plus extra for dusting the pan

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon fine sea salt

¼ teaspoon ground cinnamon

4 eggs

⅔ cup maple syrup or honey

¼ cup extra-virgin olive oil

1 ½ teaspoons grated lemon zest (from 2 medium lemons, preferably organic), plus more for garnish

Glaze and topping

2 tablespoons lemon juice

1 tablespoon maple syrup or honey

1 cup plain Greek yogurt or whipped cream

½ pound (230 grams) ripe strawberries, thinly sliced (use any seasonal fruit including citrus fruit)

1 cup fresh blueberries (6 ounces)





Preparation:

Preheat the oven to 325 degrees Fahrenheit. Generously grease a 9-inch springform pan* and dust it with almond meal to prevent sticking.

In a large bowl, combine 2 cups of the almond meal, the baking powder, baking soda, salt, and cinnamon. Whisk to blend.

Crack the eggs into a medium bowl and beat with a whisk until the yolks and egg whites have blended together. Add the maple syrup, olive oil, and lemon zest and whisk to blend. Pour the wet ingredients into the almond meal mixture and stir until there are just a few clumps remaining.

Scrape the batter into the prepared pan (it will be runny). Bake for 40 to 45 minutes, or until the cake is golden brown and the center is firm to the touch.

Glaze: In a small bowl, whisk together the lemon juice and 1 tablespoon maple syrup until blended. (If you're using honey instead and having a hard time blending it into the lemon juice, place the bowl on top of your stove to warm it up while the cake bakes until you can whisk them together.)

Once the cake is out of the oven, place the cake, pan and all, on a cooling rack. While the cake is warm, use a pastry brush to brush the glaze over the top of the cake. It should soak right in.

Let the cake cool for at least 30 minutes. Carefully remove the outer piece from your springform pan.

Spread yogurt evenly on top, then place strawberries and blueberries on top. Sprinkle with some additional lemon zest, and serve! Store any remaining cake in the refrigerator, covered, for up to 4 days.

Snack: Crispy Roasted Chickpeas in the Oven

Total Time: 20 - 30 minutes

Ingredients:

2 (15-ounce) cans chickpeas

2 tablespoons olive oil

1 to 1 1/2 teaspoons kosher salt

2 to 4 teaspoons finely chopped fresh or dried herbs such as rosemary, thyme, or other favorite herbs. Or spices such as chili, paprika, garam masala, cumin, or curry powder.



Preparation:

Heat the oven to 400°F. Arrange a rack in the middle of the oven.

Open the cans of chickpeas and pour the chickpeas into a strainer in the sink. Rinse thoroughly under running water. Pat the chickpeas very dry with a clean dishtowel or paper towels. They should look matte and feel dry to the touch; if you have time, leave them to air-dry for a few minutes. Remove any chickpea skins that come off while drying.

In a bowl, toss the chickpeas with olive oil and salt. Spread the chickpeas out in an even layer on a rimmed baking sheet.

Roast the chickpeas for 20 to 30 minutes stirring the chickpeas or shaking the pan every 10 minutes. A few chickpeas may pop – that’s ok. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle, 20 to 30 minutes total.

Place the chickpeas in a bowl and add the herbs or spices so that they are coated evenly. Serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming addictively chewy.