



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

ECO-JOURNAL

October 2021

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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: Blueberry Almond Oatmeal cups

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

3 cups rolled oats (gluten free if necessary)

½ tsp cinnamon

1 tsp baking powder

½ tsp sea salt

1 ½ cups plant milk (oat, almond, soy, etc)

¼ cup maple syrup

2 tablespoons ground flaxseed

1 tsp vanilla extract

¾ cup blueberries fresh or frozen

¼ cup sliced almonds

Preparation:

Preheat oven to 350 F.

Mix oats, cinnamon baking powder and salt.

Whisk together milk, maple syrup, ground flaxseed and vanilla.

Pour the dry ingredients into the wet and mix until combined. Then add blueberries and sliced almonds. Let sit for 5 minutes.

Add the mixture to a muffin tin.

Bake 30 minutes or until cooked through. Allow to cool and then enjoy, or store them in the fridge or freezer for later.



Lunch: Couscous salad

Quick and easy lunch for two!

Ingredients:

2 cups couscous
2 zucchinis
1 bell pepper
1 red onion
4 cloves garlic
2 tbsp avocado oil
Salt and pepper to taste
3 cups vegetable broth
¼ bunch parsley
1/4 tsp cinnamon
1 tsp cumin
1/2 tsp turmeric
1 tsp coriander
1 tsp paprika
1 can chickpeas, drained



Preparation:

If using dried chickpeas, rinse and soak overnight. The next day, drain and rinse the chickpeas. Cover with 2 inches of water and boil them on medium heat. Lower the heat to simmer and cook until tender, about 1 hour.

Drain the liquid and keep chickpeas off to the side. If using canned chickpeas, skip the above steps, drain, rinse, and set aside.

Chop zucchini, bell pepper, red onion, and garlic. Add oil or water to a pan. Add onion and cook until translucent. Add garlic and cook for 30 seconds. Add spices, and vegetables and cook for until tender, stirring occasionally.

Add chickpeas and vegetable broth and bring to a boil. Add couscous, and cook according to instructions on the pack. Salt and pepper to taste.

Dinner: Butternut squash potato soup

Ingredients:

- 1 butternut squash
- 2 large potatoes
- 1 onion
- 2 tbsp avocado oil or water
- 3 cloves of garlic
- 3 cups vegetable stock (enough to cover the vegetables)
- ½ tsp paprika
- ½ tsp dried thyme
- ½ tsp dried oregano
- ¼ cup plant milk



Preparation:

Peel and chop potatoes into cubes. Peel, chop, and remove the seeds from the squash. Chop garlic and onion.

Add oil or water to the pan and bring to medium heat. Add onion and cook until translucent, then add garlic and cook for 30 seconds.

Add potatoes and butternut squash with salt and pepper and cook for 5 minutes, stirring occasionally.

Add spices and vegetable broth to cover the vegetables and let simmer until the squash and potatoes are tender.

Once tender add plant milk. Mix well.

To make it smooth use an immersion blender or add soup to a heat safe blender cup in stages to make it smooth. (If using a blender cup be careful of the steam when opening the cup. You can either blend the whole soup or leave some in cubes for additional texture.

Salt and pepper to taste.

Dessert: Apple sauce

Ingredients:

4 apples

3/4 cup water

1 tbsp maple syrup

2 tsp ground cinnamon

Splash of lemon juice

Can also add nutmeg and Cardamom to taste

Preparation:

Peel, core and chop the apples. Combine apple chunks, water, maple syrup and cinnamon in a pot on medium heat.

Cover the mixture and bring to a simmer. Stir occasionally. For smoother apple sauce, add more water a little at a time, allow water to cook off. Otherwise allow to cook, and mash apples with a spoon gradually until you reach the desired consistency.



Snack: Kale chips

Ingredients:

12 oz kale

Juice of ½ lemon

1 tsp paprika

½ tsp sea salt

Preparation:

Preheat oven to 350 F

Wash kale, remove the center stem, and cut into pieces.

Massage kale with lemon juice paprika and salt.

Add to baking sheet and bake until crunchy (about 10-15 minutes)

