



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

ECO-JOURNAL

November 2021

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Recipes of the Month



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Table of Contents

Breakfast: Hummus toast	3
Lunch: Spring rolls	4
Dinner: Stuffed portobello mushrooms	5
Dessert: Cinnamon cookies	6
Snack: No-bake granola bars	7

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

Breakfast: Hummus Toast

Prep Time: <5 minutes

Cook Time: 10 minutes

Ingredients:

Bread of choice

Hummus

Optional Toppings:

Sliced Avocado

Tomatoes with balsamic
vinegar

Cooked Egg



Preparation:

Heat up a skillet over medium low heat.

Add bread and allow to heat slowly until warm and toasted to your liking. Flip and do the same to the other side.

Spread hummus evenly over the toast.

Season with salt and pepper to your liking.

Add sliced avocado, tomatoes with a drizzle of balsamic vinegar, or cooked egg and enjoy!

Lunch: Spring Rolls

Quick and easy lunch for two!

Ingredients:

Rice Paper spring roll wraps
Vermicelli noodles
1 cucumber (thinly sliced)
2 carrots (thinly sliced)
1 red pepper (thinly sliced)
1 cup sliced red cabbage
Cilantro
Mint
Lime or lemon juice

Sauce Ingredients:

¼ cup peanut butter
1 tablespoons lime/lemon juice
2 tablespoons of soy sauce
1 tablespoon of maple syrup



Preparation:

Cook noodles according to package instructions and set aside until cool.

Place rice paper wrappers in water for about 20 seconds to soften.

Leaving about 1 inch of room around the outside add cucumber, carrots, red pepper, cabbage and a small handful of vermicelli noodles.

Add cilantro and mint on top of the filling, then sprinkle with lime/lemon juice.

Fold the sides in and roll the spring roll.

Continue with remaining ingredients

In a bowl mix peanut butter, lime/lemon juice, soy sauce, and maple syrup. If the mixture is too thick add 1 tablespoon of water at a time.

Adjust lime juice, soy sauce, and maple syrup to taste.

Dinner: Baked stuffed portobello mushrooms

Ingredients:

6 portobello mushrooms
3 cups of chickpeas
4 tablespoons of lemon juice
4 tablespoons tahini
3 cloves of garlic
3 teaspoons of baked thyme
2 teaspoons of oregano
3/4 teaspoon salt
Pepper to taste



Preparation:

Preheat the oven to 375.

Rinse the mushrooms and take out the stem and gills.

Mash half of the chickpeas in a bowl. Mix with tahini and lemon juice until smooth.

Add thyme, oregano, salt, pepper, and minced garlic and mix well.

Add additional chickpeas into the mixture careful not to crush them.

Gently top the mushrooms with the chickpea mixture.

Bake the mushrooms for 20-30 minutes or until mushrooms are tender.

Dessert: Cinnamon Cookies

Ingredients:

2 and ½ cups almond flour
1 teaspoon baking soda
1 tablespoon cinnamon
½ teaspoon sea salt
½ cup almond butter
¾ cup maple syrup
1 teaspoon vanilla

Preparation:

Preheat the oven to 325

Mix together the almond flour, baking soda, cinnamon, and salt.

Mix the almond butter and vanilla together.

Combine the dry ingredients and the wet ingredients and mix well.

Roll the dough into balls and place on baking sheet with 3 inches between them.

Bake for 8 to 10 minutes.

Let cool.



Snack: No-bake granola bars

Ingredients:

2 cups gluten free old-fashioned oats or quick cooking oats

¼ cup dairy free chocolate

½ cup maple syrup

1 cup of peanut or almond butter

½ cup of dried fruit (raisins, cranberries, etc.)

1 cup of nuts (chopped pecans, almonds, etc.)

1/8 cup salt

½ teaspoon of cinnamon



Preparation:

If you prefer the pieces to be smaller you can use a food processor to chop them smaller.

Stir the oats together with the salt and cinnamon.

Mix the ingredients together in a bowl until well combined.

If the ingredients are not well coated you can add more ¼ cup more maple syrup one tablespoon at a time.

Press the mixture into a baking dish.

Allow to chill in the refrigerator for 1 hour.

Slice and enjoy or store in the fridge or freezer.