



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.

## **Breakfast: Banana Bread**

**Prep Time: 10 minutes**

**Cook Time: 50 minutes**

### **Ingredients:**

1  $\frac{3}{4}$  cups of flour

$\frac{1}{3}$  cup sugar

1  $\frac{1}{2}$  tsp baking powder

$\frac{1}{2}$  tsp baking soda

Pinch of salt

$\frac{1}{3}$  cup of applesauce

1 tsp vanilla

3 large bananas mashed

$\frac{1}{4}$  cup plant milk

1 tsp cinnamon

### **Preparation:**

Preheat the oven to 350 F.

Whisk flour, sugar, baking powder, baking soda, and salt in a small bowl.

In a large bowl add applesauce, vanilla, bananas, milk, and cinnamon. Add the dry ingredients to the wet ingredients and mix well.

Pour the mixture into a loaf tin and bake for 50 minutes.

Check to make sure it is done by inserting a toothpick or a knife. When it comes out clean, the loaf is done.

Let cool completely before cutting and serving.



## Lunch: Quinoa Salad

### Ingredients:

- 1 red onion
- 3 cloves of garlic
- 2 bell peppers
- 1 lime
- 2 green onions
- 1 cup quinoa, rinsed
- 1 ½ cup vegetable broth
- 3 cups of diced tomatoes (canned)
- 1 cup black beans
- 1 tbsp paprika
- ½ tbsp cumin
- ½ cup fresh parsley
- Salt and pepper



### Preparation:

Chop onions, garlic, bell peppers, parsley, and green onions.

Add two tablespoons of water to a pot and sauté onions for 2-3 minutes. Add garlic and peppers and cook for another 2 minutes. Add an additional tablespoon of water as needed while sautéing.

Add the quinoa, vegetable broth, diced tomatoes, black beans, cumin, and paprika. Stir well.

Cover and let simmer for 20 minutes. Make sure to stir every 5 minutes.

At the end, add lime juice, green onions, parsley, salt and pepper. Stir well and enjoy.

## **Dinner: Bean Stew**

### **Ingredients:**

2 sweet potatoes  
1 onion  
2 cloves of garlic  
1 red pepper  
1 zucchini  
1 can kidney beans  
1.5 tsp coriander  
1.5 tsp paprika  
¼ cup fresh cilantro  
1 can diced tomatoes  
2 cups rice



### **Preparation:**

Make rice according to package instructions.

Chop the onion, sweet potato, garlic, pepper, and zucchini.

Put the sweet potatoes in a pot of water and let it simmer with a lid on until the potatoes are tender.

Add two tablespoons of water to a pan and add garlic and onions for about 1 minute.

Add peppers, zucchini, and sweet potato and let cook on medium heat for about 6 minutes. Continue adding an additional tablespoon of water as needed.

Drain the beans and add them to the cooking vegetables. Allow this to cook for 1-2 minutes (until the beans are heated). Add paprika and coriander as well as salt and pepper to taste.

Allow to cook for about 3 minutes until the flavors are blended.

Add finely chopped cilantro, diced tomatoes, and 1.5 cups of water into the mixture.



Heat until it is gently simmering and allow to cook for about 7-12 minutes until the vegetables are soft.

If the stew is too thick add a bit of water at a time until it reaches the desired consistency.

## **Dessert: Chocolate Almond Date**

### **Ingredients:**

Pitted medjool dates

Almond Butter

Melted chocolate

Coconut shreds

### **Preparation:**

Add almond butter inside the medjool dates where the pit would be.

Pinch the ends closed and roll between your hands until it makes a ball.

Use a fork to roll the date ball in the melted chocolate.

Transfer the date ball into the coconut shred and roll.

Enjoy!



## **Snack: Easy Bean Dip**

### **Ingredients:**

- 1 can of cannellini beans
- 2 tablespoons of olive oil
- 2 tablespoons of lemon juice
- ½ tsp of lemon zest
- 1 garlic clove
- ½ tsp salt
- Pepper
- 2 to 4 tbsp of water
- 2 tbsp fresh basil leaves

### **Preparation:**

Place beans, oil, lemon juice, lemon zest, garlic, basil, salt and pepper in a food processor and blend. Add water slowly until smooth.

Enjoy with crackers or raw vegetables.

