



Recipes of the Month



Association pour la santé environnementale du Québec - Environmental Health Association of Québec (ASEQ-EHAQ) aseq-ehaq.ca / EcoasisQuebec.ca / EcoLivingGuide.ca / Environmentalsensitivities.com P.O. Box 364, Saint-Sauveur, Quebec J0R 1R0



514-332-4320

bureau@aseq-ehaq.ca office@aseq-ehaq.ca



Table of Contents

Breakfast: Banana Bread	3
Lunch: Quinoa Salad	4
Dinner: Bean Stew	5
Dessert: Chocolate Almond Dates	7
Snack: Easy Bean Dip	8

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

Association pour la santé environnementale du Québec - Environmental Health Association of Québec (ASEQ-EHAQ)

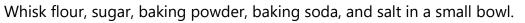


Breakfast: Banana Bread Prep Time: 10 minutes Cook Time: 50 minutes Ingredients: 1 ³/₄ cups of flour 1/3 cup sugar 1 ¹/₂ tsp baking powder 1/₂ tsp baking soda Pinch of salt 1/3 cup of applesauce 1 tsp vanilla 3 large bananas mashed 1/4 cup plant milk

1 tsp cinnamon

Preparation:

Preheat the oven to 350 F.



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 our clean, the loaf is done.

Let cool completely before cutting and serving.





Lunch: Quinoa Salad

Ingredients:

red onion
cloves of garlic
bell peppers
lime
green onions
cup quinoa, rinsed
1¹/₂ cup vegetable broth
cups of diced tomatoes (canned)
cup black beans
tbsp paprika
tbsp cumin
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 1⁄4 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.

Association pour la santé environnementale du Québec - Environmental Health Association of Québec (ASEQ-EHAQ)



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.