



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

# ECO-JOURNAL

January 2022

## Recipes of the Month



514-332-4320



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



## Table of Contents

<b>Breakfast: Tofu Scramble</b>	<b>3</b>
<b>Lunch: Beet and lentil salad</b>	<b>4</b>
<b>Dinner: Black eyed peas stew</b>	<b>5</b>
<b>Dessert: Almond butter chocolate chip cookies</b>	<b>6</b>
<b>Snack: Celery and peanut butter</b>	<b>7</b>

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

## **Breakfast: Tofu scramble**

**Prep Time: 10 minutes**

**Cook Time: 15 minutes**

### **Ingredients:**

1 block of tofu

Mushrooms

½ tsp garlic powder

1 onion

1 pepper

Spinach

1 or 2 tbsp Avocado oil

2 tbsp nutritional yeast

Salt

½ cup salsa



### **Preparation:**

Slice mushrooms, dice onions and peppers, and chop spinach into bite size pieces.

Crumble tofu into small pieces in a bowl. In a skillet, add oil and gently sauté the onion and add the peppers and mushrooms when the onions are slightly browned. Add garlic powder when the vegetables are almost cooked. Sauté for 2-3 minutes. Add the crumbled tofu and mix till well combined. You may want to add a tbsp of water at a time if the tofu is very dry but be careful not to add too much water.

Once everything is well cooked, add in the spinach and stir in until it is wilted.

Add salt to taste, and nutritional yeast, and mix well.

Optional: drizzle with olive oil. Serve with salsa.

## Lunch: Beet and lentil salad

### Ingredients:

- 4 beets
- ½ red onion (medium)
- 1 clove of garlic
- ½ tsp cumin
- ½ tsp ground fennel seeds
- 2 tbsp balsamic vinegar
- 1 tbsp lemon juice
- 1 cup red lentils
- 2 tbsp parsley
- 1 bunch of arugula
- 2 tbsps Avocado oil



### Preparation

Finely chop garlic, onion, and chop parsley.

Roast the beets in the oven at 350F for 45 minutes. Allow to cool and then peel and cut the beets into wedges.

Add oil to a pan to sauté red onion and garlic. After a few minutes add the cumin and fennel seeds.

Remove from heat and whisk in balsamic vinegar, and lemon juice.

In the meantime, bring a pan with lightly salted water to boil. Cook lentils until tender. Drain lentils and mix with half of the vinaigrette. Stir in parsley.

Toss arugula and beets with the remaining vinaigrette and season with salt and pepper.

Add arugula and beets to the plate, then top with lentils.

## **Dinner: Pea stew**

### **Ingredients:**

1 onion  
3 cloves of garlic  
½ bunch of celery  
1 tsp oregano  
½ tbsp smoked paprika  
¼ tsp cayenne pepper  
1 bay leaf  
6 cups vegetable broth  
12 oz of spinach  
2 tbsps Avocado oil



### **Preparation:**

Allow the peas to soak overnight in cool water.

Dice onion, garlic and celery.

Add oil to a pot and sauté the onion, garlic, and celery over medium heat.

Drain the peas and rinse them with cold water. Add rinsed peas to the pot along with oregano, smoked paprika, cayenne, bay leaf, and vegetable broth.

Stir well, and cover. Allow to simmer for about an hour. Continue simmering until the beans are soft.

Add the spinach and smash some of the peas against the side of the pot while stirring to thicken.

Bring to a simmer for 30 more minutes until greens are cooked and the peas are broken down.

Taste and add salt as needed.

**Dessert: Almond butter chocolate chip cookies**

**Ingredients:**

1 cup almond flour

¼ tsp of salt

½ cup of almond butter (no salt/sugar added)

¼ cup of pure maple syrup

1 tsp vanilla extract

½ cup of dairy free chocolate chips

**Preparation:**

Preheat the oven to 375 F.

Add almond flour and salt to a large bowl. Stir.

Add syrup, almond butter, vanilla, and chocolate chips. Stir for several minutes until the batter is thick.

Keep stirring if the batter seems to thin.

Roll batter into balls. If it is too sticky, refrigerate for 15 minutes

Place the balls on a pan 2 inches apart. Use the bottom of a glass to press them down so they are ¼ inch thick.

Bake for about 10 minutes until the edges are golden and the tops are cracked.

Cool for 10 minutes then enjoy!



## **Snack: Celery and peanut butter**

### **Ingredients:**

Celery

Peanut butter

Raisins and/or dairy free chocolate chips.

### **Preparation:**

Spread the peanut butter on the inside of the stalk of celery.

Top with raisins or chocolate chips for a quick and easy snack.

