



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

ECO-JOURNAL

March 2022

Victoria Prentice-Funk

Recipes of the Month



514-332-4320



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



Table of Contents

Breakfast: Smoothie Bowl	3
Lunch: Mediterranean Chickpea Salad	4
Dinner: Roasted Red Pepper Soup	5
Dessert: Vegan Fruit Popsicles	6
Snack: Seed Bars	7

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

Breakfast: Smoothie Bowl

Prep Time: 5 minutes

Servings: 2

Ingredients:

- 1 1/4 cup coconut milk
- 2 large frozen bananas sliced
- 1 1/2 cup frozen blueberries
- 1 cup kale
- 2 tbsp chia or flax seeds
- 1 tbsp honey

Toppings:

- Granola
- Chia or Flax seeds
- Shredded Coconut



Preparation:

1. Place all the smoothie ingredients in a blender or food processor and blend until completely smooth. The smoothie should be thick, similar in texture to soft-serve ice cream.
2. Pour into two bowls and top with desired toppings. Serve immediately or freeze until later.

Lunch: Mediterranean Chickpea Salad

Time: 20 minutes

Servings: 6

Ingredients:

2 (15-oz.) can chickpeas, drained and rinsed

1 medium cucumber, chopped

1 bell pepper, chopped

1/2 red onion, thinly sliced

1/2 cup chopped kalamata olives

1/2 cup non-dairy feta

Kosher salt

Freshly ground black pepper

Dressing:

1/2 cup extra-virgin olive oil

1/4 cup white wine vinegar

1 tbsp. lemon juice

1 tbsp. freshly chopped parsley

1/4 tsp. red pepper flakes

Kosher salt

Freshly ground black pepper

Preparation

1. Make salad: In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives, and vegan feta. Season with salt and pepper.
2. Make vinaigrette: In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley, and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.
3. Dress salad with vinaigrette just before serving.



Dinner: Roasted Red Pepper Soup

Time: 1 hour

Servings: 4

Ingredients:

4 red bell peppers
4 tbsp olive oil
1 large onion chopped
1 rosemary sprig chopped
2 tbsp tomato paste
1 tsp paprika
¼ tsp cayenne pepper
½ cup vegan sour cream
salt & pepper, to taste

Preparation:

1. Roast peppers in the oven, 475F degrees for 40 minutes until charred on all sides.
2. Place in a bowl and cover for 10 minutes. Remove the skin, remove the seeds, chop, and set aside.
3. Add olive oil into a medium saucepan. Add the onion and rosemary and cook for 5 minutes, or until the onion is soft.
4. Add the roasted peppers, stock, tomato paste, paprika, and cayenne. Bring to a boil, reduce heat so that the soup simmers, and cook for 15 minutes.
5. Transfer the soup to a food processor, purée until creamy, and strain through a fine sieve.
6. Return to a clean pan and bring to a simmer.
7. Add the vegan sour cream and season with salt and pepper. Ladle into warm bowls, garnish with fresh herbs (optional) and serve with gluten-free sour dough bread.



Dessert: Vegan Fruit Popsicles

Time: 4 hours 15 minutes

Servings: 4-6

Ingredients:

- 1 can full-fat coconut milk (13.66 oz.)
- 3 cups fresh blueberries (or fruit of choice)
- 2 tablespoons pure maple syrup
- 1 tsp vanilla extract

Preparation:

1. Add coconut milk, blueberries and maple syrup to a blender or food processor. Blend until smooth, scraping down the sides of the blender as needed.
2. Pour this mixture into a popsicle mold. Make sure to leave about $\frac{1}{4}$ " of space at the top of the mold to allow the popsicles to expand in the freezer. Insert popsicle sticks into the mold or follow instructions for your mold.
3. Freeze for at least 4 hours or overnight.
4. Remove from freezer. Allow to thaw for a minute or two. If needed, run popsicle mold under lukewarm water to help the popsicles loosen.
5. Place the popsicle mold on a flat surface and wiggle the popsicles out. Enjoy!



Snack: Seed Bars

Time: 1 hour

Ingredients:

1/2 cup pumpkin seeds (raw)

1/2 cup sunflower seeds (raw)

1 heaping cup large, flaked coconut (unsweetened)

1/4 cup sesame seeds

1/4 cup chia seeds

1/4 cup flax seeds (or sub hemp seeds)

generous pinch salt

1 teaspoon vanilla

1/2 cup honey (warmed for easier mixing- heat jar in a hot water bath)



Preparation:

1. preheat oven to 325F (300 F if electric oven)
2. Mix the seeds and salt together in a medium bowl. Stir in vanilla and warm honey, until uniformly combined.
3. Place a piece of parchment in an 8 x 8 baking pan (all the way up the sides too). Spray lightly with oil.
4. Pour seed mix into lightly greased, parchment-lined pan and using a wet metal spatula, spread it out, into corners and edges and press down firmly until you have a compacted, smooth surface at a uniform depth.
5. Place on the middle rack in the oven for 40-55 minutes. Check at 25 minutes adjusting heat down to 300F, if edges seem too brown. For a chewy consistency, take out at 40-45 minutes, for a crunchier consistency, let it cook the full 50 -55 minutes. Take them out when they are golden before they get too dark. Pay attention to the color.
6. Remove from oven, and cool completely. You could place in the fridge to cool faster. When it's completely cooled, take the parchment out of the pan, turn it over and remove parchment. Flip back over and cut into desired shapes or bars. Store at room temp.