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Recipes of the Month



514-332-4320



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



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

Breakfast: Avocado Toast

Prep Time:

Servings: 1

Ingredients:

1/2 an avocado
1 slice of bread
2-3 tbs of pico de gallo
(homemade or store bought)
Lime for garnish
Salt and pepper to taste



Preparation:

1. Toast bread until golden brown.
2. Pitt and slice avocado.
3. Top toast with avocado and sprinkle pico de gallo on top.
4. Add lime juice, salt, and pepper to taste.
5. Enjoy!

Lunch: Vegan Caesar salad

Time: 25 minutes

Servings: 2-4

Ingredients:

For the salad:

¼ cup olive oil

1 can chickpeas, drained, rinsed and thoroughly dried

1 large bunch kale, stems removed and roughly chopped into 1-inch pieces (about 4 cups)

1 large head of romaine lettuce, roughly chopped into 1-inch pieces (about 6 cups)

½ cup croutons (homemade or store bought)

For the dressing:

1 cup whole cashews

¼ cup nutritional yeast, plus more for serving

¼ cup fresh lemon juice (from 1 to 2 lemons)

Preparation:

1. Heat oven to 400 degrees.
2. On a medium baking sheet, toss the chickpeas with remaining 2 tbs oil, season generously with salt and pepper.
3. Bake chickpeas until they are browned and crisp, (~20 minutes)
4. Prepare your dressing: To a high-speed blender, add all the dressing ingredients, plus salt and pepper and water; blend until completely smooth, 3 to 4 minutes, scraping down the sides with a rubber spatula every now and again. Set dressing aside. (You should have about 1 ½ cups).
5. In a large bowl, add the kale and the dressing. Using your hands, massage the kale until slightly softened. Add the lettuce, croutons and half the roasted chickpeas; toss to coat and season to taste with salt and pepper. Sprinkle with additional nutritional yeast. Top with remaining roasted chickpeas, pepper and serve!



3 cloves garlic

2 tsp brine from jar of capers

1 tsp Dijon mustard

Salt and pepper to taste

Dinner: Sweet Pea & Basil Risotto

Time: 35 minutes

Servings: 4

Ingredients:

3 tbsp olive oil

1 medium yellow onion finely diced

1 cup rice

½ cup dry white wine

½ tsp salt

2 ½ cups vegetable broth heated

2 ½ cups cooked sweet peas

½ cup vegan parmesan

2 tbsp basil chopped



Preparation:

1. Place 1 ½ cups of the peas in a blender along with the ½ cup of reserved broth and puree until smooth. Set aside until ready to use and reserve the remaining cup of whole peas for the very end.
2. Heat the olive oil in a large, deep skillet over medium heat. Add the onions and cook for 5 minutes, until soft. Add the rice and stir to coat the rice grains with oil. Add the wine and boil until most of the liquid has evaporated.
3. Add 1 cup of the hot broth and the salt. Stir gently until most of the broth has been absorbed. Add the remaining cup of stock, repeating the process. After 10 to 15 minutes the rice should be creamy but still very slightly chewy. If the rice seems too dry, a little more broth. Stir in vegan parmesan. Stir in the basil, purred peas, and the reserved cup of whole peas. Heat through and salt to taste. Sprinkle with the basil. Serve immediately.

Dessert: Pistachio Oat squares

Time: 20 minutes

Servings: 12 squares

Ingredients:

1 cup raw shelled pistachios

1 cup rolled oats*

½ teaspoon sea salt

¼ cup maple syrup, more for drizzling on top

2 tablespoons olive oil

⅓ cup unsweetened coconut flakes

additional handful of chopped pistachios for the topping



Preparation:

1. Preheat the oven to 350 degrees and line an 8-inch square pan with parchment paper.
2. In a food processor with the S blade attached, process the pistachios, oats, and salt for about 30 seconds, until a meal starts to form. Drizzle in the maple syrup and olive oil while the motor is still running, and the meal begins to come together into a crumbly, almost-wet dough.
3. Press the dough evenly into the pan and cover it with coconut flakes and remaining pistachios. Bake for 10 to 12 minutes until the coconut is nice and golden brown and the dough is cooked through. You want the squares to still be a little soft - don't overbake these.
4. Carefully lift the cooled dough out of the pan by holding two sides of the parchment paper. Cut it into squares. Drizzle a little maple syrup over the top for extra sweetness if you like. Store the squares in a sealed container for up to a week.

Snack: Energy Bites

Time: 20 minutes

Ingredients:

1 cup old-fashioned oats

2/3 cup toasted shredded coconut (sweetened or unsweetened)

1/2 cup creamy peanut butter

1/2 cup ground flaxseed

1/2 cup semisweet chocolate chips (or vegan chocolate chips)

1/3 cup honey

1 tablespoon chia seeds (optional)

1 teaspoon vanilla extract

Preparation:

1. Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
3. Roll into balls. Roll into mixture into 1-inch balls.
4. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week or freeze for up to 3 months.

