



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

ECO-JOURNAL

June 2022

Recipes of the Month



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Table of Contents

Breakfast: Green Smoothie	3
Lunch: Grain Salad	4
Dinner: Potato Leek Soup	5
Dessert: Baked Apple with Oatmeal	6
Snack: Roasted Chickpeas	7

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

Breakfast: Green Smoothie

Prep Time: 5 minutes

Servings: 1

Ingredients:

2 cups spinach

2 cups water

1 cup frozen mango

1 cup frozen pineapple

2 bananas



Preparation:

1. Put all ingredients into blender and blend!

Lunch: Grain salad

Time: 1 hour 10 minutes

Servings: 4

Ingredients:

- 1 c. whole-grain farro
- 2 c. low-sodium vegetable broth
- 1 1/2 tsp. kosher salt
- 1 bay leaf
- 1 Large shallot, very thinly sliced
- 1/3 c. extra virgin olive oil
- 3 tbsp. apple cider vinegar
- 1 tbsp. dijon mustard
- 2 tsp. honey
- Freshly ground black pepper
- 2 c. lightly packed arugula
- 1 Green apple, chopped
- 1/2 c. shaved Parmesan
- 1/4 c. freshly chopped basil
- 2 tbsp. freshly chopped parsley
- 1/4 c. toasted pecans, roughly chopped



Preparation:

1. In a medium saucepan, combine farro, vegetable broth, salt, and bay leaf. Bring to a boil, then reduce to a simmer and let cook, stirring occasionally, until farro is tender and no broth remains, about 30 minutes. When farro is cooked, transfer to a large bowl to cool.
2. In the meantime, make fried shallots: in a small saucepan over medium heat, combine oil and shallots. When the shallots begin to bubble, reduce heat to medium-low and cook, stirring occasionally, until shallots are golden and crisp, 15 to 20 minutes. Remove shallots from oil with a slotted spoon and place on a paper-towel lined plate and season with salt. Let oil cool.
3. Make dressing: in a medium bowl, combine the cooled olive oil with vinegar, mustard, and honey and season with salt and pepper.
4. Assemble salad: combine cooked farro, crispy shallots, arugula, apple, parmesan, basil, parsley, and pecans. Drizzle dressing over salad and toss to coat.

Dinner: Potato Leek Soup

Time: 1 hour 5 minutes

Servings: 6

Ingredients:

3 tablespoons unsalted butter
4 large leeks, white and light green parts only, roughly chopped (about 5 cups)
3 cloves garlic, peeled and smashed
2 pounds Yukon Gold potatoes, peeled and roughly chopped into 1/2-inch pieces
7 cups chicken or vegetable broth
2 bay leaves
3 sprigs fresh thyme
1 teaspoon salt
1/4 teaspoon ground black pepper
1 cup heavy cream
Chives, finely chopped, for serving



Preparation:

1. Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown.
2. Add the potatoes, broth, bay leaves, thyme, salt, and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.
3. Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth. (Alternatively, use a standard blender to purée the soup in batches; see note.) Add the heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired.

Dessert: Baked Apples with Oatmeal

Time: 25 minutes

Servings: 8

Ingredients:

4 apples, halved and cored*

1/2 cup pecans, roughly chopped

1/2 cup old fashioned rolled oats

1/2 cup brown sugar

1/4 cup butter, melted

1 teaspoon cinnamon

1/2 teaspoon cardamom

1/2 teaspoon kosher salt

3/4 cup water

2 teaspoons corn starch

1 teaspoon lemon juice



Preparation:

1. Preheat the oven to 350 degrees F.
2. Place the apples in a 9x13 baking dish.
3. To make the filling, combine the pecans, oats, sugar, butter, cinnamon, cardamom, and salt in a bowl and stir till fully combined.
4. Portion the filling out between the apples.
5. Mix the water, corn starch, and lemon juice together until the corn starch is fully dissolved. Pour it over the apples.
6. Bake the apples for 20 to 25 minutes or until they are tender, and the sauce has thickened.
7. Serve immediately or store in the refrigerator for up to 3 days.

Snack: Roasted Chickpeas

Time: 20 minutes

Ingredients:

- 1 15 oz can chickpeas
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp ground corriander
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- ½ to 1 tbs olive oil



Preparation:

1. Preheat oven to 400 degrees F.
2. Lightly spray a baking sheet with non-stick spray. Set aside.
3. Rinse and thoroughly dry the chickpeas.
4. In a small bowl, mix together cumin, paprika, garlic powder, sea salt, onion powder and pepper. Set aside.
5. Bake dried chickpeas in the preheated oven on prepared baking sheet for 15 minutes (do not add any of the other ingredients yet)!
6. Remove the chickpeas from the oven and drizzle ½ TBS olive oil over the chickpeas, stirring until evenly coated. If necessary, slowly add more olive oil until all the chickpeas are lightly coated with olive oil.
7. Add spices to chickpeas and stir until evenly coated.
8. Bake at 400 for 10 more minutes, then stir.
9. Return stirred chickpeas to the oven and bake them for an additional 5-10 minutes, until desired crispiness is achieved (a total of 35-40 minutes of baking).
10. Turn off oven and crack the door a bit. Let chickpeas cool in the oven to achieve maximum crispiness