



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

ECO-JOURNAL

September 2022

Recipes of the Month



514-332-4320



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



Table of Contents

Breakfast: Easy Fruit Salad	3
Lunch: Bruschetta	4
Dinner: Butternut Squash Soup	5
Dessert: Raspberry sorbet	6
Snack: Cucumber Salad	7

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

Breakfast: Easy Fruit Salad

Prep Time: 5 minutes

Servings: 4

Ingredients:

For the Fruit

3 cups hulled, sliced strawberries

2 cups blueberries

2 cups seedless grapes

2 cups pineapple chunks, fresh or canned

2 medium navel oranges, peeled and cut into bite-sized pieces

1 cup sliced kiwi

For the Dressing

1/4 cup honey

2 tablespoons freshly squeezed orange juice

2 tablespoons freshly squeezed lime juice

2 teaspoons finely grated lime zest

Preparation:

1. Wash and prepare fruits and mix together in large bowl.
2. Combine the honey, orange and lime juice, and lime zest, whisk to blend.
3. Pour honey-lime dressing over the fruit.
4. Toss to coat and serve immediately.



Lunch: Garlic Bruschetta

Time: 30 minutes

Servings: 4

Ingredients:

1/4 cup olive oil

3 tablespoons chopped fresh basil

3 to 4 garlic cloves, minced

1/2 teaspoon salt

1/4 teaspoon pepper

4 medium tomatoes, diced

2 tablespoons grated Parmesan
cheese

1 baguette (unsliced French bread)



Preparation:

1. In a large bowl, combine oil, basil, garlic, salt and pepper. Add tomatoes and toss gently. Sprinkle with cheese. Refrigerate at least 1 hour.
2. Bring to room temperature before serving. Cut bread into 24 slices: toast under broiler until lightly browned. Top with tomato mixture. Serve immediately.

Dinner: Butternut Squash Soup

Time: 1 hour 5 minutes

Servings: 4

Ingredients:

- 1 large butternut squash (about 3 pounds), halved vertically and seeds removed
- 1 tablespoon avocado oil, plus more for drizzling
- ½ cup chopped shallot (about 1 large shallot bulb)
- 1 teaspoon salt
- 4 garlic cloves, pressed or minced
- 1 teaspoon maple syrup
- ⅛ teaspoon ground nutmeg
- Freshly ground black pepper, to taste
- 3 to 4 cups (24 to 32 ounces) vegetable broth, as needed
- 1 to 2 tablespoons butter, to taste



Preparation:

1. Preheat the oven to 425 degrees Fahrenheit and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about ½ teaspoon each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper.
2. Turn the squash face down and roast until it is tender and completely cooked through, about 40 to 50 minutes (don't worry if the skin or flesh browns—that's good for flavor). Set the squash aside until it's cool enough to handle, about 10 minutes.
3. Meanwhile, in a large soup pot, warm 1 tablespoon avocado oil over medium heat. Add the chopped shallot and 1 teaspoon salt. Cook, stirring often, until the



shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently. Transfer the contents to your blender.

4. Use a large spoon to scoop the butternut squash flesh into your blender. Discard the tough skin. Add the maple syrup, nutmeg and a few twists of freshly ground black pepper to the blender. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line (you can work in batches if necessary, and stir in any remaining broth later).
5. Securely fasten the lid. Blend on high, being careful to avoid hot steam escaping from the lid. Stop once your soup is ultra-creamy and warmed through.
6. If you would like to thin out your soup a bit more, stir in the remaining cup of broth. Add 1 to 2 tablespoons butter or olive oil, to taste, and blend well. Taste and stir in more salt and pepper, if necessary.
7. If your soup is piping hot from the blending process, you can pour it into serving bowls. If not, pour it back into your soup pot and warm the soup over medium heat, stirring often, until it's nice and steamy. I like to top individual bowls with some extra black pepper.

Dessert: Raspberry Sorbet Recipe

Time: 4-5 hours

Ingredients:

3 cups raspberries

2 tbsp. raw honey

1 tsp. lemon juice

1/4 cup warm water, as needed

Preparation:

1. Lay out the fresh raspberries over a rimmed baking sheet lined with parchment paper.
2. Freeze the raspberries until completely solid, which should take at least 4 hours, or freeze overnight.
3. Place the frozen raspberries into the bowl of a food processor or blender, along with a little raw honey, and freshly squeezed lemon juice.
4. Blend until smooth.
5. You may need to add a little warm water and press down with a spatula to help the process along.
6. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.



Snack: Cucumbers with Dill

Time: 20 minutes

Servings: 6

Ingredients:

2 medium cucumbers, sliced 1/8 inch thick

1 tablespoon kosher salt

1/2 cup white vinegar

1/4 cup diced fresh dill

3 tablespoons sugar

1/2 teaspoon coarsely ground pepper

Preparation:

1. Place cucumber slices in a colander over a plate; sprinkle with salt and toss. Let stand for 15 minutes, stirring once. Rinse and drain well.
2. In a large bowl, combine the vinegar, dill, sugar and pepper. Add cucumbers; toss to coat. Cover and refrigerate for at least 15 minutes before serving.

