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Recipes of the Month



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Table of Contents

| | |
|---|----------|
| Breakfast: Pumpkin Pie Oatmeal | 3 |
| Lunch: Minestrone Soup | 4 |
| Dinner: Creamy Vegan Pumpkin Pasta | 5 |
| Dessert: Apple Turnovers | 6 |
| Snack: Baked Beet Chips & Dip | 7 |

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

Breakfast: Pumpkin Pie Oatmeal

Prep Time: 10 minutes

Servings: 1

Ingredients:

- 1 cup old-fashioned rolled oats
- 1 3/4 cups almond milk
- 1/4 cup pumpkin puree
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup chopped pecans
- 1/4 cup maple syrup

Preparation:

1. Combine oats and milk in a small saucepan over medium heat.
2. Bring to a boil; reduce heat and simmer, stirring occasionally, until desired consistency is reached, about 3-5 minutes. Stir in pumpkin, vanilla, cinnamon, and nutmeg until heated through, about 1 minute.
3. Serve immediately, garnished with pecans and maple syrup, if desired.



Lunch: Minestrone Soup

Time: 1 Hour

Servings: 6

Ingredients:

4 tablespoons extra-virgin olive oil
1 medium yellow onion, chopped
2 medium carrots, peeled and chopped
2 medium celery stalks, chopped
¼ cup tomato paste
2 cups chopped seasonal vegetables (potatoes, yellow squash, zucchini, butternut squash, green beans, or peas all work)
4 cloves garlic, pressed or minced
½ teaspoon dried oregano
½ teaspoon dried thyme
1 large can (28 ounces) diced tomatoes, with their liquid (or 2 small 15-ounce cans)
4 cups (32 ounces) vegetable broth
2 cups water
1 teaspoon fine sea salt
2 bay leaves
Pinch of red pepper flakes
Freshly ground black pepper
1 cup whole grain orecchiette, elbow, or small shell pasta
1 ½ cups cooked beans
2 cups baby spinach, chopped kale or chopped collard greens
2 teaspoons lemon juice



**Preparation:**

1. Warm 3 tablespoons of the olive oil in a large stockpot over medium heat. Add the chopped onion, carrot, celery, tomato paste and a pinch of salt. Cook, stirring often, until the vegetables have softened, and the onions are turning translucent, about 7 to 10 minutes.
2. Add the seasonal vegetables, garlic, oregano, and thyme. Cook until fragrant while stirring frequently, about 2 minutes.
3. Pour in the diced tomatoes and their juices, broth, and water. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground black pepper.
4. Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid, leaving about a 1" gap for steam to escape. Reduce heat as necessary to maintain a gentle simmer.
5. Cook for 15 minutes, then remove the lid and add the pasta, beans, and greens. Continue simmering, uncovered, for 20 minutes or until the pasta is cooked al dente and the greens are tender.
6. Remove the pot from the heat, then remove the bay leaves. Stir in the lemon juice and remaining tablespoon of olive oil. Taste and season with more salt (I usually add about ¼ teaspoon more) and pepper until the flavors really sing.

Dinner: Creamy Vegan Pumpkin Pasta

Time: 1 hour

Servings: 4

Ingredients:

200 grams / 2 cups mushrooms, sliced
3 cloves garlic, skin on
1 tsp sage leaves, minced
1 sprig / 1 tsp rosemary, minced
1 tablespoon balsamic vinegar
1 tablespoon olive oil
1/2 teaspoon sea salt
1/2 teaspoon black pepper
1 package / 500 grams pasta
60 grams / 2 cups spinach
1 handful walnuts, broken into small pieces

Sauce:

400 grams / 2 cups pumpkin puree
3 cloves roasted garlic (roasted with the mushrooms)
180 ml / 3/4 cup vegetable broth
125 ml / 1/2 cup pasta water
2 tablespoons olive oil
1 lemon, juiced
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon cayenne pepper

Preparation:

1. Preheat the oven to 400F. Place the mushrooms, garlic, herbs, balsamic vinegar, olive oil, salt, and pepper onto a large pan and mix until the mushrooms are coated.
2. Roast for 18-20 minutes, or until the mushrooms are golden. While the mushrooms are in the oven, cook your pasta in well salted water according to package instructions. Make sure to reserve 1/2 cup of the water when you drain the pasta.
3. For the sauce, place all of the ingredients into a blender, and blend on high speed until smooth.
4. To serve, add the sauce, mushrooms, into the pot with the hot pasta. Stir to coat, and serve hot, with walnuts if desired.



Dessert: Apple Turnovers

Time: 40 minutes

Ingredients:

2 cups (240 g) diced pink/yellow apples (ex: gala)

1/4 cup (52 g) sugar, plus more for topping

1/4 cup (60 ml) water, divided in half

1 teaspoon vanilla extract

3/4 teaspoon ground cinnamon

1/4 teaspoon sea salt

Pinch of ground nutmeg

2 teaspoons cornstarch

All-purpose flour, for dusting

1 sheet (8.6 ounces/245 g) vegan puff pastry

3 tablespoons (45 ml) full-fat coconut milk

Preparation:

1. Preheat oven to 400F, and line a baking with parchment paper.
2. In a sauce pan, warmed to medium heat, combine apples, sugar, 2 tablespoons of water, vanilla, cinnamon, salt, and nutmeg, and stir to combine. Bring to a simmer, then adjust heat to medium-low and simmer for 5 to 7 minutes, stirring occasionally, until apples soften.
3. In a small bowl, whisk together remaining 2 tablespoons of water and cornstarch to make a mixture. Once apple have softened, but aren't mushy, stir the mixture into the pan and heat until clear and thickened. Remove pan from stove and set aside.
4. Lightly dust a work surface with flour and lay out the puff pastry. Use a rolling pin to roll it out to a 10x10-inch square and cut it into four 5x5-inch squares.
5. Transfer square to the baking sheet. Divide apple filling between the four squares, placing it in a little pile, in the middle of each one. Using a brush or your fingertip, lightly dampen two connecting edges of the pastry with coconut milk, then fold one corner to the opposing and seal edges by pressing down with a fork.
6. Repeat for remaining pastries and cut small holes into the top of each one for ventilation. Brush each turnover with coconut milk, then sprinkle sugar over the top. Bake for 20 minutes or until golden brown on top.
7. Cool on a rack for 10 to 15 minutes before enjoying.



Snack: Baked Beet Chips & Dip

Time: 20 minutes

Servings: 10

Ingredients:

10 medium-sized beets

2 tbsp olive oil

1 tsp sea salt

Pepper to taste optional

Dip:

1 cup vegan sour cream

1 yellow onion diced

1 tbsp olive oil

1/2 tsp salt

1/2 tsp pepper

Preparation:

1. Preheat oven to 375 degrees.
2. Slice beets as thinly as possible using a mandolin. Coat in olive oil, salt and pepper (if desired) in large bowl. Arrange on parchment paper covered baking sheet and cook in oven for about 20 min.
3. Meanwhile, chop onions finely and cook in olive oil and butter over med-high heat until soft and mushy. Some of the onions may be a tiny bit burnt and crispy and that's okay. Add onions (including any remaining oil in pan) in with vegan sour cream and remaining ingredients and mix together.
4. Take beets out of oven and place on paper towel-lined plates to remove any excess oil. Serve after about 5 minutes with dip!

