



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

ECO-JOURNAL

November 2022

Recipes of the Month



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

Breakfast: Orange & Cardamom Muffins

Prep Time: 30 minutes

Servings: 10

Ingredients:

Wet Ingredients

3/4 cup sugar

2 eggs

1/2 cup vegetable oil

1/2 cup almond milk

1/4 cup orange juice

zest of 1 large orange, grated

1 tsp ground cardamom

Dry Ingredients

2 cups all purpose flour

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

Preparation:

1. Preheat oven to 350F and butter a muffin tin, or line with muffin tin liners.
2. Whisk together all the wet ingredients well.
3. In a separate bowl, whisk together the dry ingredients, then add to the wet ingredients and fold everything together until there are no dry bits of flour left.
4. Pour the batter into the prepared muffin tins, and top with a sprinkling of sugar.
5. Bake for 20-22 minutes until risen and starting to turn golden brown around the edges. A toothpick inserted into the center of a muffin should come out without wet batter clinging to it.



Lunch: Pea Soup

Time: 20 minutes

Servings: 4

Ingredients:

1 onion
3 cloves garlic
1 large potatoes or 2 smaller ones
300 grams peas, fresh or frozen
3 cups vegetable broth
1 tbsp vegetable oil
Salt, pepper to taste
fresh herbs to taste: parsley, thyme
1 tbsp lemon juice

Preparation:

1. Peel and finely dice onion and garlic cloves. Peel and dice the potato.
2. In a pot, heat a tablespoon of vegetable oil, then add the onion and gently fry until translucent, stirring occasionally. Stir in the minced garlic, then add the diced potatoes and peas. Pour over with vegetable stock, and season with salt, pepper, and finely chopped fresh herbs to taste.
3. Let it cook on low for about 15 minutes, until the potatoes and peas are fork-tender. Then, remove from heat, add a tablespoon of lemon juice and blend until smooth.
4. Pour pea soup on plates and serve.
5. Optionally you can decorate with some plant-based yogurt or cream, a drizzle of olive oil, some thyme, a teaspoon of chopped peanuts, and blanched peas.
6. To make blanched peas:
7. In a small pot, heat 3 cups of water. When boiling, add a handful of peas, let it cook for a minute, then remove the peas from the boiling water with a skimmer and immediately place in a bowl with iced water. Let it cool down for about 5 minutes, then drain and serve.



Dinner: Pierogi

Time: 1 hour 20 minutes

Servings: 6

Ingredients:

Dough

- 3 cups all-purpose flour
- ½ teaspoon salt
- 1 cup water
- ¼ cup vegan butter, melted

Filling

- 1 tablespoon olive oil
- 1-pound yellow onions, diced (about 2 medium)
- 1 large (about 1 pound) russet potato, peeled and diced
- ¼ cup unflavored soy or almond milk
- 2 tablespoons nutritional yeast flakes
- 1 teaspoon white wine vinegar
- 1 garlic clove, minced
- ¾ teaspoon salt, plus more to taste

Frying

- 2-3 tablespoons vegan butter





Preparation:

1. To make the dough, stir the flour and salt together in a medium mixing bowl. Stir in the water and butter to form a dough. Transfer the dough to a lightly floured surface and knead for about 6 minutes, until smooth and elastic. Transfer the dough to a lightly oiled bowl and cover. Allow it to rest for 1 hour.
2. While the dough rests, caramelize the onions. Place the onions and oil into a medium skillet and stir a few times to coat the onions with oil. Set the skillet over medium-low heat. Allow to cook, stirring occasionally, until the onions become very soft and light brown, about 45 minutes.
3. While the dough rests and the onions caramelize, place the potato into a medium pot and cover with water. Place the pot over high heat and bring the water to a boil. Allow to cook until the potato is fork tender, about 15 minutes. Don't overcook it.
4. Drain the potato into a colander and return it to the pot. Mash the potatoes with a potato masher and stir in the milk, nutritional yeast flakes, white wine vinegar, garlic and salt. When the onions are finished cooking, stir them into the potato mixture.
5. When the dough has sat for 1 hour, split it into 2 halves. Transfer one of halves to a lightly floured surface and roll to a square of about 14 x 14 inches. Cut 3-inch circles using a drinking glass or pastry cutter. Reroll the dough as needed, and repeat with the other half. You should get about 24 circles.
6. Place about 1 tablespoon of the potato mixture onto each dough round, then fold in half and seal tightly to form a pierogie. Apply a bit of water if you have trouble sealing the dough.
7. Bring a large pot of water to a boil and add the pierogies (work in batches if it gets too crowded). Cook the pierogies for 3-4 minutes, until they float, removing each one with a slotted spoon and transferring to a plate as it begins to float.
8. To fry the pierogies, melt the butter in a large skillet, then add as many pierogies as will fit without crowding. Cook for about 4 minutes on each side, until golden and crisp. Transfer the pierogies to a paper towel-lined plate. Add butter to the skillet between batches as needed.
9. Serve with sauerkraut, dill, chives, applesauce, and/or vegan yogurt or cashew cream.

Dessert: Ginger Cookies

Time: 35 minutes

Servings: 20

Ingredients:

- ¼ cup Vegan Butter (56g)
- 1 cup Light Brown Sugar (200g)
- ¼ cup Unsulphured Molasses (60ml)
- ½ tsp Vanilla Extract
- 2 cups All Purpose Flour (250g)
- 1 tsp Baking Soda
- ¼ tsp Salt
- 2 tsp Ground Ginger
- 2 tsp Ground Cinnamon
- ¼ tsp Allspice
- ¼ tsp Ground Cloves
- 2-3 Tbsp Non-Dairy Milk
- ¼ cup White Granulated Sugar

Preparation:

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper. Set aside.
2. Cream vegan butter and brown sugar together and then add molasses and vanilla extract and mix in.
3. Sift all purpose flour into a bowl and add baking soda, salt, ground ginger, cinnamon, allspice and cloves and mix together.
4. Add the dry ingredients to the wet and stir in with a spoon until crumbly.
5. Add 2 Tbsp non-dairy milk and mix. You should get a very thick cookie dough. However, if you still have crumbles and it's not yet 'sticking together' then add another 1 Tbsp non-dairy milk. Only do this if you really need it though.
6. Break off pieces of the dough and roll into balls. Place them evenly onto your parchment lined baking tray. Aim to get 20 cookies from the batch.
7. Roll the balls in white granulated sugar and return to the parchment lined tray.
8. Flatten the cookies with a fork.
9. Bake in the oven for 12 minutes. If you want more on the softer side then bake for 10 minutes, if you want more snap/crunch then bake for 12 minutes and if you want them super crunchy then you can bake them for up to 15 minutes, but keep a close eye on them so they don't burn.
10. The cookies will be soft when they come out the oven. Allow them to cool and firm up directly on the tray before moving them.



Snack: Peanut Butter Protein Bites

Time: 2 hours and 15 minutes

Servings: 24

Ingredients:

2 cups rolled oats

1 cup vanilla whey protein powder

1 1/2 cups peanut butter or nut/seed butter of choice

Preparation:

1. Add oats to a blender or food processor. Blend into a flour.
2. Add oat flour, protein powder and peanut butter to a large bowl. Mix together until well combined.
3. Roll into 24 even-sized balls, placing on a parchment-lined baking sheet. Place baking sheet in the fridge for at least 2 hours before serving.
4. **STORING:** Once chilled, you can store the protein balls in the fridge in a freezer bag or large container for up to 1 month, and you can freeze them for up to 3 months.

