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Recipes of the Month



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

Breakfast: Winter Oatmeal

Prep Time: 15 minutes

Servings: 2

Ingredients:

For the oatmeal:

1 cup old-fashioned rolled oats, use gluten-free oats if needed
2 cups water, or almond milk or other plant-based milk of your choice
pinch salt

For the toppings:

½ cup almond milk, or other plant-based milk
2 tablespoons almond butter, or sunflower butter
1 orange, peeled and sliced
¼ cup pomegranate seeds
2 tablespoons pumpkin seeds
¼ cup berries, fresh or frozen
1 tablespoon nuts, walnuts, almonds, cashews (optional)
1 tablespoon maple syrup or agave nectar, optional



Preparation:

In a medium saucepan, combine the oats, water (or almond milk), and a pinch of salt. Bring to a boil over medium heat, then stir. Lower the heat and let it simmer for about 15 minutes, stirring occasionally. The oatmeal will be soft and thick and will have a creamy consistency.

Add the almond butter and almond milk, stirring until incorporated. Taste it (carefully! it's hot!) and see if it needs a sweetener.

Divide between two bowls, then top with pomegranate seeds, pumpkin seeds, nuts, and fresh or frozen berries, or add your own favorite toppings. Drizzle with additional maple syrup, if desired.

Lunch: Borscht

Time: 1 hour and 10 minutes

Servings: 10

Ingredients:

- 3 medium beets, peeled and grated
- 4 Tbsp olive oil, divided
- 1 onion chopped
- 2 cups cabbage chopped
- 4 Tbsp Tomato paste
- 8 cups vegetable broth, + 2 cups water
- 3 medium yukon potatoes, peeled and sliced into bite-sized pieces
- 2 carrots, peeled and thinly slice
- 1 can white cannellini beans with their juice
- 2 bay leaves
- 2-3 Tbsp white vinegar, or to taste
- 1 tsp sea salt, or to taste
- 1/4 tsp black pepper, freshly ground
- 1 large garlic clove, pressed
- 3 Tbsp chopped dill



Preparation:

1. Peel, grate, and/or slice all vegetables (keeping sliced potatoes in cold water to prevent browning until ready to use).
2. Heat a large soup pot (5 1/2 Qt or larger) over medium/high heat and add 2 Tbsp olive oil. Add grated beets and sauté 10 minutes, stirring occasionally until beets are softened.
3. Add 8 cups broth and 2 cups water and the bay leaves. Add sliced potatoes and sliced carrots then cook for 10-15 minutes or until easily pierced with a fork.
4. While potatoes are cooking, place a large skillet over medium/high heat and add 2 Tbsp oil. Add the chopped onion and cabbage. Sauté stirring occasionally until softened. Add 4 Tbsp tomato paste and stir fry 30 seconds then transfer to the soup pot to continue cooking with the potatoes.



5. When potatoes and carrots reach desired softness, add 1 can of beans with their juice, 2-3 Tbsp white vinegar, 1 tsp salt, 1/4 tsp black pepper, 1 pressed garlic clove, and 3 Tbsp chopped dill. Simmer for an additional 2-3 minutes and add more salt and vinegar to taste.

Dinner: Shepherd's Pie

Time: 1 hour

Servings: 6

Ingredients:

Mashed Potato Topping:

3 pounds yukon gold potatoes, partially peeled
(thoroughly washed)

3-4 Tbsp vegan butter

Sea salt and black pepper (to taste)

Filling:

1 Tbsp olive oil

1 medium onion (diced)

2 cloves garlic (minced)

2 Tbsp tomato paste (optional)

1 healthy pinch each sea salt and black pepper

1 1/2 cups uncooked brown or green lentils (rinsed and drained)

4 cups vegetable stock (DIY or store-bought)

2 tsp fresh thyme (or 1 tsp dried thyme)

1 10-ounce bag frozen mixed veggies: peas, carrots, green beans, and corn





Preparation:

1. Slice potatoes, place in a large pot and fill with water until they're just covered. Bring to a low boil on medium high heat, add salt, cover and cook until well done.
2. Once cooked, drain well. Mash well with a fork until smooth. Add desired amount of vegan butter, and season with salt and pepper to taste. Loosely cover and set aside.
3. Preheat oven to 425 degrees F (218 C) and lightly grease a 2-quart baking dish or comparable sized dish, such as 9×13 pan.
4. In a large saucepan over medium heat, sauté onions and garlic in olive oil until lightly browned and caramelized – about 5 minutes.
5. Add tomato paste (optional) and a pinch each salt and pepper. Then add lentils, stock, and thyme and stir. Bring to a low boil. Then cover and reduce heat to simmer. Continue cooking until lentils are tender (35-40 minutes). Once tender, remove the lid and continue simmering uncovered, stirring frequently, to evaporate any excess liquid.
6. In the last 10 minutes of cooking, add the veggies, stir, and cover.
7. Taste and adjust seasonings as needed. Then transfer to your prepared oven-safe baking dish and carefully top with mashed potatoes. Smooth down with a spoon or fork and season with pepper and a little sea salt.
8. Place on a baking sheet to catch overflow and bake for 10-15 minutes or until the potatoes are lightly browned on top.
9. Let cool briefly before serving. The longer it sits, the more it will thicken. Let cool completely before covering, and then store in the fridge for up to a few days.

Dessert: Pumpkin Pie

Time: 1 Hour

Servings: 8 slices

Ingredients:

1 (15 ounce) can pumpkin puree

1 cup coconut cream

1 cup brown sugar

1 teaspoon cinnamon

1 teaspoon ginger

1/2 teaspoon nutmeg

1/8 teaspoon cloves

1/2 teaspoon salt

3 tablespoons cornstarch

1 pie crust

Optional:

Vegan whipped cream

Preparation:

1. Preheat the oven to 350 degrees F. Prepare a pie crust in a pie plate.
2. Add the canned pumpkin, coconut cream, brown sugar, cinnamon, ginger, nutmeg, cloves, salt and cornstarch to a blender and blend until very smooth. You may also simply whisk it together in a bowl until smooth.
3. Pour the mixture into a 9-inch pan lined with a pie crust. May use a vegan store-bought vegan pie crust, my Easy Vegan Pie Crust, or a Gluten Free Pie Crust. I don't pre-cook the pie crust. Spread the mixture evenly with a spatula.
4. Bake for 1 hour. The middle will still look jiggle; that's normal. Let cool at room temperature for 30 minutes, then cover and transfer to the refrigerator to chill for at least 4 hours or overnight.
5. Slice and serve with Vegan Whipped Cream or store bought non-dairy whipped topping, if desired. Enjoy!



Snack: Spinach Artichoke Dip

Time: 30 minutes

Servings: 10

Ingredients

- 1 ½ cups raw cashews
- 2 cups unsweetened coconut milk (from a carton, not canned)
- 2 tbsp fresh lemon juice (about 1 large lemon)
- 1 ½ tbsp raw apple cider vinegar
- 4 tbsp nutritional yeast
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ⅛ tsp nutmeg
- ½ tsp salt (add more to taste)
- ¼ tsp black pepper (add more to taste)
- 3-4 tbsp low-sodium vegetable broth
- 1 medium red onion diced
- 3 medium garlic cloves minced
- (2) 14 oz cans artichoke hearts (in water) rinsed, drained, and roughly chopped
- (2) 10 oz bags frozen spinach



Preparation:

1. Start by boiling the raw cashews in enough water to cover them by 1-inch for 10 minutes and then carefully drain the water out and discard it.
2. Put 1 ½ cups cashews, 2 cups unsweetened coconut milk, 2 tbsp lemon juice, 1 ½ tbsp apple cider vinegar, 4 tbsp nutritional yeast, 1 tsp paprika, 1 tsp garlic powder, 1 tsp onion powder, ⅛ tsp nutmeg, ½ tsp salt, and ¼ tsp black pepper into a high-powered blender. Blend on high until the cashew cream sauce is smooth and creamy. The sauce should be thick enough to coat the back of a spoon.
3. In a large pan over medium heat, saute the diced onions in 3-4 tbsp of vegetable broth until the onions are soft and translucent. Add the chopped artichokes and garlic and saute for 2-3 minutes. You may need to add more broth if the pan gets too dry.
4. Pour the cashew cream sauce into the pan and stir to combine.
5. Lastly, stir in the frozen spinach. Stir it together, and let it cook for 10-15 minutes or until the dip is hot and bubbly. The mixture will continue to thicken as it cooks. If it gets too dry, add a little bit more coconut milk so it's creamy and saucy.