

THE
ENVIRO-
BITES
COOKBOOK



2022

THE ENVIRONMENTAL ACTION GROUP
FIRST UNITARIAN CONGREGATION OF OTTAWA



HEALTHY TRAIL MIX

INGREDIENTS

- 2 cups raw unsalted nuts, (mixture of two or more almonds, pecans, cashews, peanuts, pistachios, walnuts)
- 1 ½ cups raw, unsalted seeds (sunflower seeds, pumpkin seeds)
- 1 tsp cinnamon
- 1 tsp vanilla
- 2 tbsp olive or avocado oil
- 1 cup unsweetened unsulphered dried fruit (one or more raisins, cherries, apricots, mangos, goji berries etc)

Contributed by
Donna Bowen-Willer

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Mix together nuts and seeds.
3. Mix together cinnamon, vanilla and oil and toss with nuts and seeds.
4. Spread on a cookie sheet. Roast in oven for 10 – 12 minutes stirring part way through.
5. Cool nut mixture. Stir in dried fruit.

Store in glass jars.

TIP: Trail mix may be made without the oil mixture, just dry roasted. It may also be made with raw nuts and seeds simply tossed with ½ tsp of sea salt.





HIGH FIBRE, LOW SUGAR GRANOLA

INGREDIENTS

- 6 cups large rolled oats
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ½ cup chia seeds
- ½ cup sesame seeds
- ¼ c poppy seeds
- ½ cup whole or sliced almonds
- ½ cup whole or halved pecans
- ¼ cup psyllium husk
- ½ cup ground flax
- ½ cup oat bran
- ½ cup oil
- ½ cup hot water
- ½ tsp cinnamon
- 1 tsp vanilla
- ¼ cup dried cranberries
- ¼ cup raisins

*Optional: if you wish the granola to be a bit sweeter, you can add 1-2 tbsp of honey to the hot water and melt before mixing with the oil, cinnamon and vanilla.

*Also optional. If you like your granola crunchier, I often just turn the oven heat off after 45 minutes and leave the granola in the cooling oven for another half hour. Granola is pretty forgiving!

DIRECTIONS

1. Preheat oven to 325°F.
2. In a very large bowl or bottom of a roasting pan mix together first ten ingredients (oats, nuts, seeds, psyllium, flax and bran).
3. Whisk together oil, water, cinnamon and vanilla.
4. Mix oil mixture well into oat-nut-seed mixture. Spread on two cookie sheets.
5. Bake at 325°F for 45 minutes. Stir half way through.
6. Remove from oven. Cool. Add dried fruit.
7. Serve with fresh fruit and milk or almond milk and/or yogurt.
8. Keeps well in glass jars. Can also be frozen for future use.

Contributed by
Donna Bowen-Willer



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ALMOND BUTTER VEGAN STEW

INGREDIENTS

- 1 Tbsp (15 mL) olive or avocado oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 Tbsp (15 mL) curry powder
- 1 tsp (5 mL) cumin
- ¼ tsp (1.2 mL) chili flakes
- 1 tsp (5 mL) salt
- 2 medium sweet potatoes, peeled and cubed (4 cups -1 L approx.)
- 14 fl oz (398 mL) can diced tomatoes
- 14 fl oz (398 mL) can chickpeas, drained and rinsed
- 2 cups (500 mL) vegetable broth
- ½ cup (125 mL) almond butter
- 2 cups (500 mL) kale or collard greens, trimmed and roughly chopped

DIRECTIONS

1. Warm oil in a large pot on medium-high heat.
2. Add onion and cook for 3-4 minutes until tender and translucent. Add garlic and cook for another 1-2 minutes until tender.
3. Add curry, cumin, chilli flakes and salt: Stir and cook for 30 seconds.
4. Add sweet potatoes and coat with onion/spice mixture.
5. Add tomatoes, chickpeas, vegetable broth and almond butter. Stir well to combine. Bring to a boil, reduce heat, cover pot and allow to simmer about 20 minutes or until sweet potatoes are tender and can be easily pierced with a fork.
6. Add chopped kale or collard greens and cook for additional 5 -8 minutes until tender.
7. Serve immediately over cooked brown rice or quinoa. Top with cilantro and chopped almonds.

Contributed by
Donna Bowen-Willer



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CHIMICHURRI SAUCE

INGREDIENTS

- 1 bunch of fine parsley
- 1 bunch Italian parsley
- 1 Cup olive oil
- 6 tablespoons red wine vinegar
- 1 teaspoon salt
- 8 cloves of garlic or more for gusto
- 1/2 teaspoon of ground cumin
- 1/2 teaspoon red pepper flakes (or more)
- 1/4 teaspoon of ground black pepper
- 1/2 cup fresh oregano

DIRECTIONS

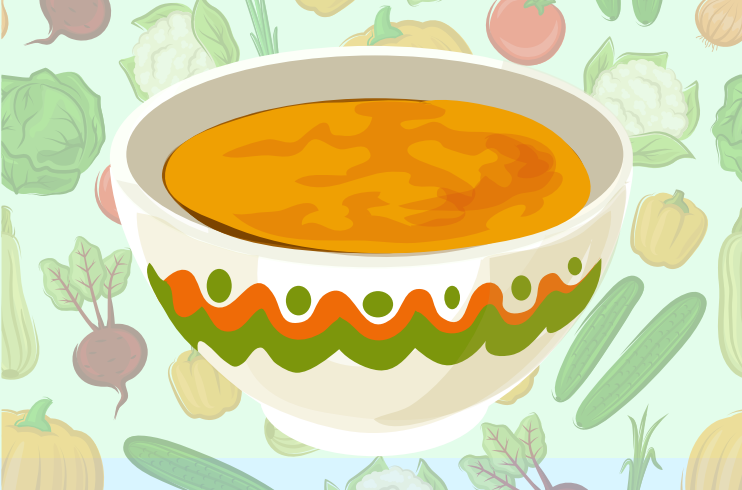
1. De-stem the parsley.
2. Everything goes in the blender except half the oil.
3. Blend it until it's a fine paste.
4. Add the remaining oil as required to get the desired consistency (we like it as a thick paste)

Chimichurri is a great condiment. It's good on toast. It freezes well. Add some to a soup to spice it up.

Contributed by
Mike Fletcher



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COMPOST SOUP (VEGETABLE BROTH)

INGREDIENTS

It is pretty simple. Use washed ends, stems, peels, tops, chewy bits, wilted bits of whatever you have available. Keep them in a reusable plastic bag or container in the freezer until you have collected 4 or 5 cups of scraps.

Suggestions:

- carrots, celery, parsnips, turnips, potatoes
- sweet potatoes, squash,
- onion, garlic, scapes, leeks
- ginger, turmeric peelings
- herb stems and bits (parsley, cilantro, oregano, rosemary, thyme)
- Greens like spinach, chard
- tomato, asparagus, mushroom stems
- broccoli stems, cauliflower greens, cabbage bits (these can have a strong flavour so may want to limit amounts)
- beets and beet greens will make the broth purple, so beware

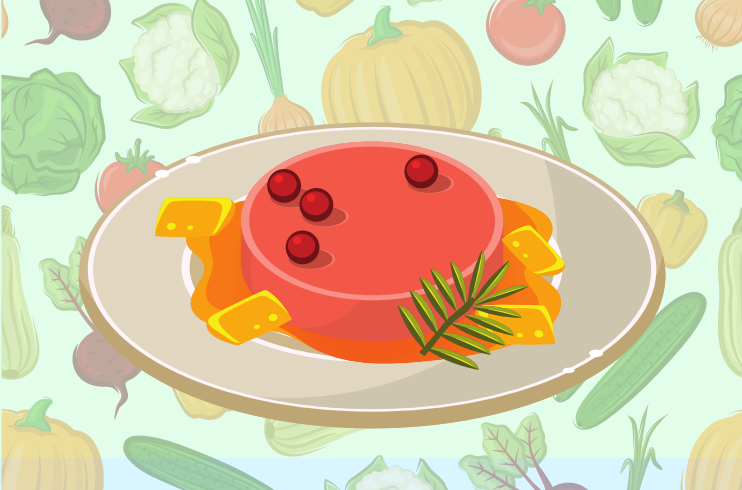
Contributed by
Donna Bowen-Willer

DIRECTIONS

1. Chop up the larger bits. Put all veg in a large pot and cover with water (probably 6 cups or so).
2. Add a couple of bay leaves, some peppercorns and salt to taste if you wish.
3. Bring to a boil, turn down heat and simmer, covered, for an hour, or up to four hours if you wish a stronger flavour.
4. Strain.
5. Broth can be used immediately; refrigerated for 4-5 days; or frozen for later use. Freeze uncovered in appropriate for use wide mouth jars (ie 1 cup or 2 cup). Broth will expand while freezing, so put lid on after freezing to prevent cracking of jar. Ice cube trays or muffin tins may be used for freezing smaller amounts.
6. Use as soup or sauce base, or as the liquid when making rice, quinoa or casseroles.
7. Remaining vegetable pulp can be put in the compost.

Thanks to Sarah and Jackie for their insight into the art of waste reduction. Check out their websites at <https://sustainableinthesuburbs.com/2019/04/09/compost-soup/> and <https://thelovenlife.com>





MUSHROOM AND WALNUT PATE

INGREDIENTS

- 1 cup walnuts
- 1 Tbsp olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 227 grams sliced mushrooms (about 2 cups)
- 1/2 cup parsley, chopped
- 1 Tbsp fresh thyme leaves, no stems (+ more for garnish)
- 1 tsp salt
- 1/2 tsp pepper

Yield: about 1 and 2/3
cups

Contributed by
Karin Weiss

DIRECTIONS

1. Toast the walnuts in a dry skillet over medium heat...careful, they burn quickly. As soon as they start to brown remove from heat and set aside.
2. Return skillet to heat and add olive oil. Add onions and saute until onions are soft and translucent, about 4 minutes. Add mushrooms, thyme, garlic, salt and pepper and saute until the mushrooms have cooked and reduced in size, another 5 to 8 minutes. If the mushrooms are sticking to the pan add a splash of water; they will release their own liquid as they cook.
3. If your food processor can handle hot food, add the mushroom mixture and walnuts and pulse until a pate consistency is achieved. Leave a bit of texture and colour variation or pulse to smooth, as desired.
4. Place in a serving container and smooth with a spatula. Let chill completely in refrigerator before serving. Garnish with sprigs of fresh thyme.



YUMM HUMMUS

INGREDIENTS

- 4 cups cooked chick peas from 1 - 1/2 cups raw)
- 1 cup reserved chick pea cooking liquid
- ½ cup sesame seeds dry toasted in fry pan, cooled, and ground
- 3 garlic cloves minced
- 1/3 cup fresh squeezed citrus juice (lemon, lime or combo)
- 1/3 to 1/2 cup olive oil
- 1 tsp amchur powder
- 1 1/2 tsp chili powder
- 2 tsp ground cumin
- 1/2 tsp salt
- olive oil for topping
- sumac powder for topping

Contributed by
Mike Fletcher

TIP: Amchur powder (dried mango powder) and sumac powder can be found at ethnic grocery stores.

DIRECTIONS

1. Place cooked chickpeas in a food processor with a sharp blade (if you don't have an appliance, a potato masher and lots of brute force is the substitute)
2. Add all ingredients except for reserved cooking liquid and topping ingredients
3. Process for several minutes until texture is very smooth
Add a small amount of the reserved cooking liquid if a thinner consistency is desired.
4. Process some more to blend in any added cooking liquid.
5. Adjust seasonings to taste.
6. Place into containers and top with oil and sumac.
7. To extend storage duration place containers in the back of the fridge out of plain sight.





DANDELION JAM

INGREDIENTS

- 2 cups yellow florets
- ½ cup of fresh lemon juice
- 3 cups of water
- One package of Certo or equivalent
- At least one tablespoon of grated fresh ginger

Contributed by Sherri
Watson

Flower heads are gathered and florets separated before boiling. The underlying green bracts can be left for added texture without changing the final taste. Do not use stems or leaves or roots at this time. This recipe was originated by Madeline Kallio, we added the ginger. Her purpose was to provide incentive to eliminate toxic sprays and to respect heritage plants.

DIRECTIONS

1. Mix all together and bring to a strong boil.
2. Add 6 cups of sugar or equivalent. Stir well.
3. Bring to a roiling boil for one full minute... longer if a cloudy day.
4. Taste at this point, more ginger can be added if desired and the mixture brought again to a boil.
5. Bottle in sterilized jars while hot as directed in Certo recipes.
6. Serve on dark rye bread.



GARLIC MUSTARD PESTO

INGREDIENTS

- 3 cups garlic mustard leaves, washed, patted dry, and packed in a measuring cup
- 2 large garlic cloves, peeled & chopped
- 1 cup walnuts
- 1 cup olive oil
- 1 1/4 cup grated parmesan cheese
- salt & pepper to taste

Contributed by Sherri
Watson

DIRECTIONS

1. Combine garlic mustard leaves, garlic and walnuts in food processor and chop. Or divide recipe in half and use a blender.
2. With motor running, add olive oil slowly. Shut off motor.
3. Add cheeses, salt & pepper. Process briefly to combine.





COCONUT CURRY LENTIL SOUP

INGREDIENTS

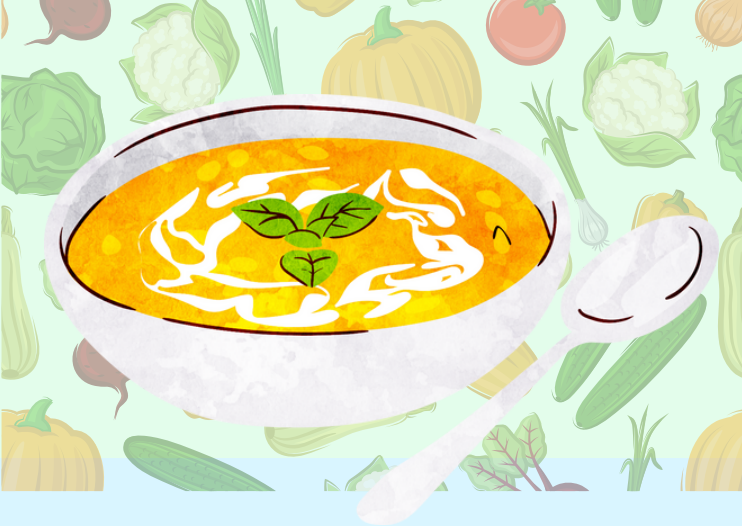
- 1 tbsp coconut oil (or olive oil)
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 2 tbsp ketchup (or tomato paste)
- 1 tbsp mild curry powder
- 1/2 tsp hot red pepper flakes
- 4 cups vegetable broth
- 1 15oz/400ml can coconut milk
- 1 15oz/400g can diced tomatoes
- 1.5 cups dry red lentils
- 2-3 handfuls of chopped kale (or spinach)
- salt and pepper, to taste
- Garnish: chopped cilantro (fresh coriander) and/or vegan sour cream

Contributed by Brent
Nicolle

DIRECTIONS

1. In a stockpot, heat the coconut oil over medium heat and stir-fry the onion, garlic and ginger until the onion is translucent, a couple minutes.
2. Add the ketchup (or tomato paste), curry powder, and red pepper flakes and cook for another minute.
3. Add the vegetable broth, coconut milk, diced tomatoes and lentils. Cover and bring to a boil, then simmer on low heat for 20-30 minutes, until the lentils are very tender. Season with salt and pepper.
4. Before serving, stir in the kale/spinach and garnish with cilantro and/or vegan sour cream.





INDONESIAN BUTTERNUT SQUASH SOUP

INGREDIENTS

- 2 cups of vegetable stock
- extra virgin olive oil
- 3 average garlic buds crushed
- 1/2 tsp cinnamon
- 1 tsp turmeric
- 1 tsp ground cumin
- pinch of cayenne
- 2 tsp grated ginger root
- Salt and pepper
- 14 oz of coconut milk or almond milk

TIP: For soup stock, see Compost Soup in this booklet!

Contributed by
Suzanne Tellier

DIRECTIONS

1. Peel one large butternut squash (4 cups) and chop into even pieces. Place on a baking sheet covered in parchment paper. Lightly salt the squash and brush with olive oil to keep moist. You may wish to cover it in tinfoil. Place in the oven at 200 C or 400 F. Remove before it gets too soft but isn't hard.
2. While the squash is cooking, stir fry the onion, garlic & ginger root in a large saucepan in 2 tbsp coconut oil (or olive oil). When soft, add the stock. Heat on simmer.
3. When the squash is ready, add all to the large pot and bring to a boil then immediately turn heat down and simmer for 20 minutes till the squash is soft.
4. Remove from heat, add non-dairy milk. Blend it till creamy.

Delicious cold or reheated. You may top with roasted pumpkin seeds.





HEARTY PUMPERNICKEL BREAD

TIP: Use a 2 lb breadmaker

INGREDIENTS

- 110 mL molasses
- 1 2/3 cup lukewarm water
- 2 tsp salt
- 2 tsp instant coffee crystals
- 1 tbsp caraway seeds
- 2 tbsp cocoa powder
- 2 tbsp vegetable oil
- 2 cups white flour
- 1 1/2 cups whole wheat flour
- 1 1/3 cup rye flour
- 3 tsp yeast

DIRECTIONS

1. Add all ingredients in the order listed to the breadmaker pan.
2. Set to your breadmaker's WHOLE GRAIN setting, and 2-pound size setting.
3. Pre-program the cooking time to be ready for breakfast tomorrow.

Contributed by
Brent Nicolle



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FENNEL AND PEAR SALAD

INGREDIENTS

- 3 tbsp apple cider vinegar
- ½ tsp crushed anise seed
- 1/3 cup extra virgin olive oil
- 1 fennel bulb, thinly sliced
- 2 pears, thinly sliced
- Chopped parsley, cilantro or arugula
- Salt and pepper

DIRECTIONS

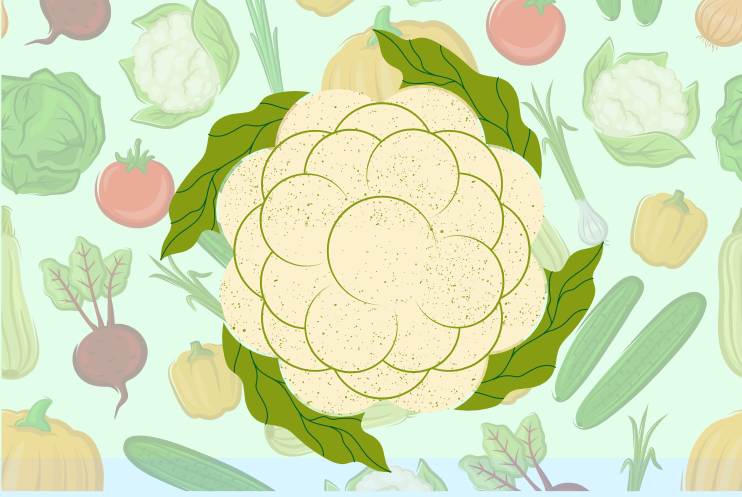
1. Whisk 3 tablespoons of apple cider or white vinegar with 1/2 teaspoon crushed anise seed, then slowly whisk in 1/3 cup extra virgin olive oil.
2. Add 1 thinly sliced fennel bulb, two thinly sliced pears and add some chopped parsley (or cilantro or arugula for a bit of zip).
3. Season with Himalayan sea salt (or kosher salt) and fresh ground pepper and toss.

Contributed by
Suzanne Tellier



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ROASTED CAULIFLOWER



INGREDIENTS

- 1 cauliflower, cut into bite-size florets
- 1/4 cup extra-virgin olive oil
- 4 cloves garlic, roughly chopped
- 1/4 teaspoon crushed red pepper
- 2 teaspoons kosher salt
- 2 teaspoons chopped fresh thyme leaves or favourite herb or spice

DIRECTIONS

1. Preheat oven to 425.
2. Toss ingredients in a bowl to coat the cauliflower florets.
3. Place on baking sheet on foil. Cook till desired tenderness, about 20 min.

Contributed by
Suzanne Tellier



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THAI THREE CABBAGE SLAW with spicy red curry vinaigrette

INGREDIENTS

- 1/2 small head sui choy (or Napa cabbage)
- 1/2 small head green cabbage
- 1/2 small head purple cabbage
- 2 carrots
- 2 peppers, red and yellow
- 1 small red onion
- 1/2 bunch cilantro or Thai basil
- 2-3 scallions
- Roasted peanuts and fresh lime wedges for garnish

DIRECTIONS

1. Core and finely shred the cabbages. Peel carrots, thinly slice diagonal coins and then julienne each coin into thin, long matchsticks.
2. Finely julienne the red onion and the sweet peppers. Mince scallions on the bias. Stem cilantro and roughly chop the leaves.
3. Toss together all of the vegetables with dressing (see next page). Garnish with roasted peanuts and serve fresh lime wedges on the side

Contributed by
Margaret Linton





SPICY RED CURRY VINAIGRETTE

Goes great with
Thai 3 Cabbage Slaw!

INGREDIENTS

- 1/4 cup chopped shallots
- 2 tbsp chopped ginger
- 1 serrano chili, seeded
- 2 garlic cloves, minced
- 1/4 cup fresh lime juice
- 2 tbsp soy sauce
- 2 tbsp brown sugar
- 3/4 tsp Thai red curry paste (Thai Kitchen brand)
- 1 tbsp sesame oil
- 1/2 cup peanut oil
- 1/4 tsp salt

DIRECTIONS

1. Pulse shallots, ginger, garlic and chili in the bowl of a food processor.
2. Add the next seven ingredients and blend until smooth.
3. Season to taste, but note that the chili heat will continue to develop as it sits.

Contributed by
Margaret Linton



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BLACK BEAN AND CORN SALAD

INGREDIENTS

- 1 can (19oz/540ml) black or kidney beans, drained and rinsed
- 1 sweet red pepper, chopped
- 2 cups cooked corn kernels
- ½ cup chopped celery
- ¼ cup chopped green onions
- 2 tbsp chopped fresh coriander (cilantro)

Dressing:

- 3 tbsp rice or cider vinegar
- 1 tsp Dijon mustard (less if for children)
- ¼ tsp each granulated sugar, salt pepper
- 1 tbsp each water and vegetable oil

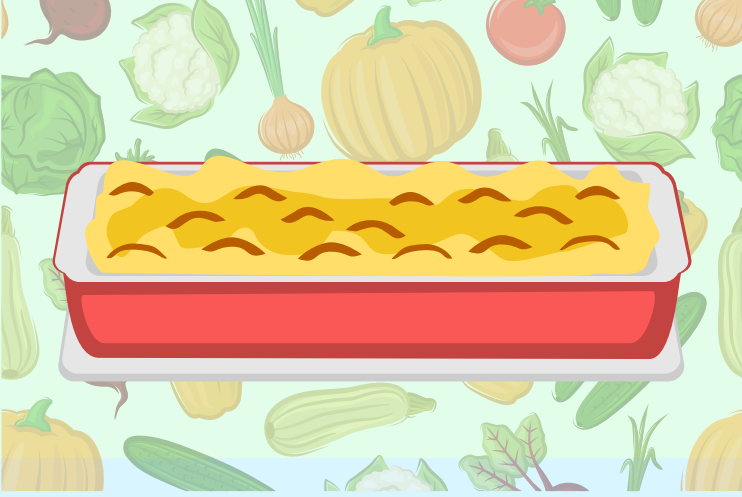
DIRECTIONS

1. In a bowl, combine beans, red pepper, corn, celery, onions and coriander.
2. In a small bowl, whisk together the vinegar, mustard, sugar, salt, pepper.
3. Whisk in water and oil. Pour over salad and stir to mix.

Contributed by
Margaret Linton



LENTIL SHEPHERD'S PIE



INGREDIENTS

- 1-1/2 pounds potatoes (6 medium potatoes)
- 1 cup dried green lentils
- 4 tbsp + extra margarine/oil
- 2 large onions, peeled and thinly sliced
- 1 clove garlic, crushed
- 1 tsp dried herbs de Provence or mixed herbs (eg thyme, rosemary, sage, savoury)
- 1 800mL can tomatoes, chopped
- 2 tbsps soy sauce
- 2-3 tbsp chopped parsley
- salt and fresh ground pepper

Contributed by
Brent Nicolle

DIRECTIONS

1. Peel, boil, then mash the potatoes. Set aside.
2. Cover the lentils with water in a large saucepan and boil gently until tender (45 mins). Drain.
3. Preheat the oven to 400F. Use half the margarine/oil to grease a large casserole dish.
4. Sauté the onions in remaining margarine/oil in a large saucepan for 10 minutes
5. Add garlic, herbs, tomatoes, soy sauce, lentils, parsley and salt and pepper to taste.
6. Spoon the mixture into the casserole dish. Spread the mashed potatoes evenly over the top, drawing the prongs of a fork over the surface to make ridges. Dot the whole surface with a little margarine.
7. Bake casserole for 45 minutes, until the topping is golden-brown.



SLOW ROCKIN' MOROCCAN STEW (Slow Cooker)

INGREDIENTS

- 2 tsp olive oil
- 1 cup chopped onions
- ½ cup each diced celery and chopped green bell pepper
- 1 clove garlic, minced
- 2 tsp grated gingerroot
- 2 tsp each ground cumin, curry powder, ground coriander
- 2 tsp chili powder, or more, to taste
- 1 cup vegetable broth
- 3 cups peeled, cubed sweet potatoes
- 1 can (800 mL) tomatoes, diced (not drained)
- 1 can (540 mL) chickpeas, drained and rinsed
- 1 tbsp freshly squeezed lemon juice
- ½ tsp salt
- ¼ tsp black pepper
- ¼ cup raisins
- 2 tbsp peanut butter
- 2 tbsp chopped fresh cilantro

Contributed by
Brent Nicolle

DIRECTIONS

1. Add everything into the slow cooker, except for raisins, peanut butter and cilantro.
2. Leave it cooking on High (half-day) or Low (all-day).
3. You're a busy person; go live your life.
4. When you come back, remark on how great the kitchen smells, and how clever you are.
5. Stir in raisins, peanut butter and cilantro. Cook for another 5 minutes.

Serve hot, with a nice crusty bread.

Serves 6.





ASIAN SPICY PORTOBELLO MUSHROOM BURGER

INGREDIENTS

- 2 large portobello mushrooms
- 1 Tablespoon Miso (any colour)
- 1 tablespoon toasted sesame oil
- 1 tablespoon Sriracha (hot sauce)
- pinch of salt and pepper

DIRECTIONS

1. Preheat the broiler (or grill).
Using a fork or mini whisk, mix the miso, sriracha and sesame oil & pinch salt and pepper together in a small bowl to make a paste. Brush liberally onto both sides of the portobello mushrooms.
2. Broil or grill the portobellos, top sides down first, for 4-5 minutes over medium heat, until juicy and tender. Flip, grill a few more minutes. Grill the buns,
3. Serve with Asian Guacamole, Cucumber Ribbon Salad and Carrot Slaw (see recipes)

Contributed by
Suzanne Tellier



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ASIAN GUACAMOLE



INGREDIENTS

- 1 extra-large avocado, cubed
- 1 teaspoon finely chopped ginger (or paste)
- 1 teaspoon rice wine vinegar
- 1 teaspoon sesame oil
- ¼ teaspoon salt and pepper
- pinch chili flakes and sesame seeds

DIRECTIONS

Make the Asian Guacamole by placing everything in a small bowl, mashing and stirring a bit until creamy and combined. It doesn't have to be smooth.

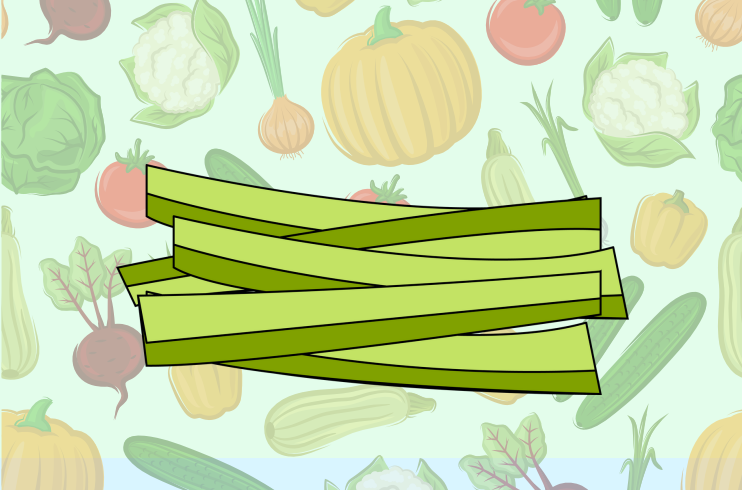
Sprinkle with sesame and chili flakes.

Great on portobello mushroom burgers!

Contributed by
Suzanne Tellier



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CUCUMBER RIBBON SALAD

INGREDIENTS

- 2 English cucumbers, cut length-wise into ribbons
- 1 green onion, sliced at diagonal
- 1/4 teaspoon salt
- 1/4 teaspoon sugar (I use stevia)
- 2 teaspoons rice vinegar
- 1/2 teaspoon toasted sesame seeds

DIRECTIONS

Using a veggie peeler, or knife cut the cucumber into long thin ribbons. (or very thin disks).

Place them in a medium bowl along with scallions and add the dressing ingredients and toss.

Contributed by
Suzanne Tellier



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CARROT SLAW

INGREDIENTS

- 1 1/2 cups matchstick carrots (or grated)
- 1 green onion
- 1/4 teaspoon salt
- 1/4 teaspoons sugar or stevia
- 2 teaspoons rice vinegar
- 1/2 teaspoon toasted sesame seeds

DIRECTIONS

1. Using a veggie peeler, or knife cut the carrots into long thin ribbons or matchsticks.
2. Place in a small bowl, toss with dressing ingredients.

If making this with the cucumber salad (previous page), to save time you can combine the both the carrots and cucumber (and double the dressing) and serve them together in one bowl.

Contributed by
Suzanne Tellier



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VEGGIE BALLS

INGREDIENTS

- 1 leek
- 2 medium carrots
- 2 small onions
- 1 stick celery
- 1 Tbsp olive oil
- 1 cup (3 oz) rolled oats (small)
- a bit less than ½ cup (1 ½ oz) flour
- ½ Tbsp marmite or vegemite
- ¼ tsp salt
- optional: fresh herbs, garlic (fresh or powder) to taste

TIPS: Serve with a tomato, mushroom, or herb sauce.

Delicious cold, these are a great finger food to take to a party.

The mixture can also be shaped into larger patties.

DIRECTIONS

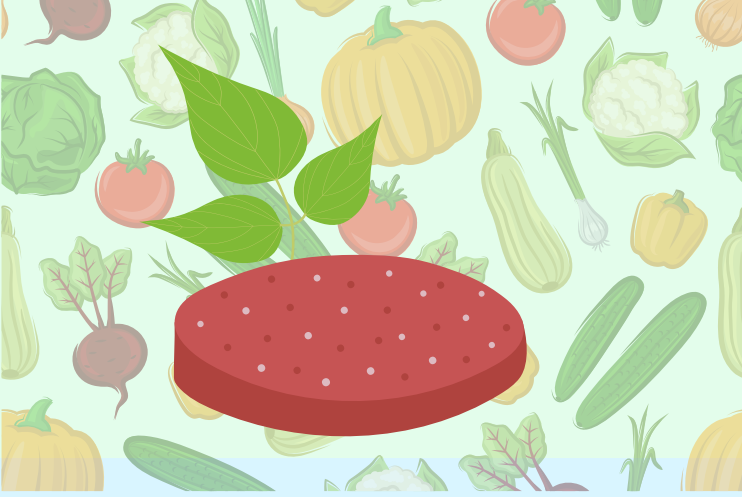
1. Blend vegetables in food processor finely.
2. Fry in oil in a large frying pan on a medium to low heat. Add any herbs or garlic powder if using them. Fry until well cooked, stirring occasionally. Check to make sure that the onion is soft.
3. Tip out into a mixing bowl.
4. Stir in the marmite while hot.
5. Stir in the oats, flour, and salt.
6. Leave to till cold.
7. Using a tablespoon to scoop out an amount of the mixture, roll into balls the size of a large walnut.
8. Fry till browned to serve.

Contributed by
Clea Derwent



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NUTBURGERS



INGREDIENTS

- ¼ cup uncooked brown rice
- 2 tsp oil
- 1 medium onion
- 8 oz nuts ground in blender
- 8 oz tofu (see note)
- ½ cup flour
- ½ tbsp marmite or vegemite
- ¼ - ½ cup hot water
- 1 tsp salt
- fresh herbs (optional)

TIPS:

Cooking the rice till really soft will help the mixture to stick together.

If you can't eat tofu double the amount of nuts to 16 oz

Serve hot or cold with a tomato, or mushroom or herb white sauce.

Excellent for a picnic or packed lunch.

They can be frozen uncooked. Lay them on a baking sheet and bag up when frozen.

DIRECTIONS

1. Cook rice till really soft (see note).
2. Fry onions in oil till soft.
3. Add cooked rice, onions, salt and flour. Mix well.
4. Dissolve marmite in ¼ cup of the hot water. Add to mixture. Add more water as necessary to make a mixture that will bind together well.
5. Fashion into burger by hand or roll out on a well-floured board and cut out rounds with biscuit cutters.
6. Fry slowly till crisp on both sides.

Contributed by
Clea Derwent



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THAI PEANUT VEGGIE BOWLS

INGREDIENTS

For the sauce:

- 2 tablespoons peanut butter
- 1 tbsp honey
- 2 tablespoons of lime juice plus one additional tablespoon
- 2 tablespoons rice wine vinegar
- 1/4 cup reduced-sodium soy sauce
- 1 tbsp olive oil
- Pinch dried red pepper flakes (optional)
- 1 to 4 tablespoons of water

For the bowls:

- 12 oz block of extra firm tofu blotted dry cut into large cubes
- 4 cups of baby spinach
- 1 cup shredded red cabbage
- 2 medium zucchini
- 2 medium carrots peeled
- 1/2 red pepper cut into small sticks
- 1 1/3 cup cooked brown rice warm
- 1 green onion chopped
- 1/4 cup of chopped fresh herbs (cilantro, mint, basil or mixed)
- salt and pepper as needed

Contributed by
Margaret Linton

DIRECTIONS

1. Preheat oven to 400° and line of baking pan with parchment paper. In a small medium bowl, place the peanut butter and honey and microwave long enough to soften - about 10 seconds. Whisk till smooth.
 2. Add in lime juice, vinegar, soy sauce, olive oil and red pepper flakes (if using) and whisk until smooth
 3. Add water, 1 tbsp at a time until a thick but pourable sauce is created. Remove half of the sauce to a small bowl and set aside. Toss the tofu cubes in the remaining peanut till coated, place on parchment paper and bake until edges caramelize about 20 minutes. Turn halfway through baking.
 4. Meanwhile make zucchini and carrot ribbons using a vegetable peeler to make as many as long wide strips as you can from each vegetable.
 5. Layer in for individual bowls: spinach leaves, cabbage, red pepper, warm rice carrot and zucchini ribbons, green onions and fresh herbs.
 6. Top with hot peanut roasted tofu. Add a final tablespoon of lime juice to the reserved peanut sauce and drizzle over the bowls and serve adding salt and pepper.
- Or - skip the tofu and roasting and add white beans instead.



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SESAME TOFU BROCCOLI DIRECTIONS

INGREDIENTS

- 14-oz. block extra-firm tofu
- Large head of broccoli (about 1 lb.)*
- 2 green onions
- 1" piece ginger
- 1 garlic clove
- ¼ cup tamari or soy sauce
- 2 Tbsp. dark brown sugar or maple syrup
- 2 Tbsp. tahini
- 2 Tbsp. rice vinegar
- 1 Tbsp. sesame oil
- 1½ tsp. plus ¼ cup cornstarch, divided
- 1½ tsp. salt, divided, plus more
- 1 Tbsp. plus ¼ cup vegetable oil, divided
- ¼ tsp. freshly ground black pepper
- 1 Tbsp. toasted sesame seeds (optional)
- Cooked Rice (for serving)

*As well as broccoli, you can mix in other vegetables such as cauliflower, Brussel sprouts, fennel)

1. Drain tofu block and pat dry with a kitchen towel. Cut tofu into 1" cubes and pat dry again. Arrange in a single layer on a rimmed baking sheet or large plate and set aside.
2. Cut 1 large head of broccoli (about 1 lb.) into small 1" florets. Finely chop 2 green onions and set aside for serving. If using additional vegetables – prepare to same size.
3. To make the sauce, grate the ginger into a small bowl. Smash and peel 1 garlic clove and grate into bowl with ginger. Add ¼ cup tamari or soy sauce, 2 Tbsp. brown sugar or maple syrup, 2 Tbsp. tahini, 2 Tbsp. rice vinegar, 1 Tbsp. sesame oil, 1½ tsp. cornstarch, a pinch of salt, and 3 Tbsp. water and whisk to combine. Set sauce aside.
4. Scatter remaining cornstarch over tofu a tablespoonful at a time, tossing after each addition and gently pressing into the tofu pieces, until well coated on all sides.
5. Heat 1 Tbsp. oil in a large skillet over medium-high. Add vegetables, season with ½ tsp. salt and ¼ tsp. freshly ground black pepper, and cook, tossing occasionally, until just tender, about 5 minutes. Transfer broccoli to a plate. Wipe out skillet.
6. Heat remaining ¼ cup oil in same skillet over medium-high. When oil is hot (it will start to shimmer), reduce heat to medium and add tofu in a single layer (work in batches if needed). Cook, turning every 3–4 minutes, until golden brown all over, 10–12 minutes total. Transfer to a clean kitchen towel or paper towels and let drain.
7. Pour out any remaining oil in pan and wipe out. Return pan to medium heat. Whisk reserved sauce if it has separated, then pour into pan and cook until thickened and bubbling, about 20 seconds. Immediately remove pan from heat and add broccoli and tofu; toss to coat.
8. Top tofu and vegetables with toasted sesame seeds and reserved green onions. Serve with rice.

Contributed by
Margaret Linton



Enviro-Actions



RICH VEGAN STEW

INGREDIENTS

- ¼ cup olive or avocado oil
- 2 leeks, sliced
- 1 small cooking onion, sliced ¼ inch thick
- 2 large carrots, sliced ½ inch thick
- 2 stalks of celery, sliced ½ inch thick
- 2 cloves garlic, minced
- 2 tsp poultry seasoning, dried
- 1 bay leaf
- 1/2 lb cremini or other mushrooms, halved
- ½ lb turnips diced in 1/2 inch cubes
- ½ lb white potatoes diced in 1/2 inch cubes
- ½ lb sweet potatoes or squash diced in 1/2 inch cubes
- 1 cup broth or white wine
- 2 tbsp Vegan Worcestershire Sauce
- 3 tbsp olive or avocado oil
- 3 tbsp flour
- 2 Cups vegetable broth
- 2 tbsp white vinegar
- 3 tbsp molasses
- 1 tbsp paprika
- Dash tabasco
- Salt and pepper to taste

Contributed by
Donna Bowen-Willer

DIRECTIONS

1. In a large pot, heat oil over medium heat. Add leeks and onions and brown until softened.
2. Add carrots and celery, along with garlic, poultry seasoning, bay leaf and cook for 5 minutes stirring occasionally.
3. Pour in 1 cup broth (or wine) and Worcestershire sauce and reduce heat to low. Add rest of vegetables and stir. Cover the pot.
4. Make gravy as follows. In a medium saucepan, heat oil over medium heat and whisk in flour, whisking constantly until flour begins to brown...about 4 minutes. Gradually add the broth, continuing to whisk until smooth. Add vinegar, molasses, paprika and tabasco and whisk until smooth. Stir into vegetables.
5. Simmer stew, covered, until the vegetables are tender, about an hour. Season to taste with pepper and salt and more hot sauce if desired. Serve with crusty bread.



QUINOA TABBOULEH

INGREDIENTS

- 1 cup quinoa, rinsed well
- 1 ½ cup boiling water or broth (try using the Compost broth!!)
- ½ tsp salt
- 4 Tbsp fresh lemon juice
- 4 Tbsp olive oil
- 2 cloves garlic minced
- Freshly ground black pepper
- Total 2 -3 cups chopped herbs, leaves, no stems (I usually use flat leaf parsley and cilantro, but one can use basil and mint as well or instead)
- 1 medium English cucumber diced ¼ " squares
- 1 medium carrot, peeled and julienned (or coarsely grated)
- 1 cup cherry tomatoes, halved or 1 large whole tomato diced and drained
- 3 medium green onions finely sliced

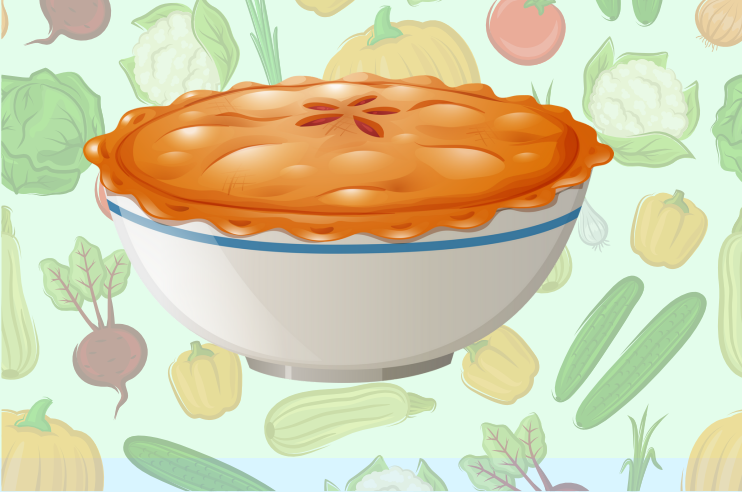
DIRECTIONS

1. Add drained quinoa and salt to boiling water (or broth). Turn down the heat. Cover and simmer for 12 minutes or until quinoa is tender. Stir, remove from heat and let stand for 10 minutes. Fluff with fork and cool.
2. Whisk lemon juice and minced garlic in small bowl. Gradually whisk in oil. Season with salt and black pepper to taste.
3. When quinoa is cool, place in large bowl, add half the dressing.
4. Add herbs, cucumber, carrot, tomatoes and onions. Toss to coat with quinoa. Add rest of dressing gradually to desired moistness. Season to taste with salt and pepper.
5. This makes about 8 cups + or -. It will keep covered in the refrigerator for up to a week.

Contributed by
Donna Bowen-Willer



Enviro-Actions



MILLET POT PIE

INGREDIENTS

Crust:

- 6 cups all purpose flour
- 1 tsp salt
- 2 cups vegan butter
- 14 tbsp ice water
- 2 tbsp white vinegar

Filling:

- 1 cup raw millet
- 2 tbsp plus ¼ cup vegetable oil divided
- 2 ¼ cup veg broth divided
- 2 onions minced
- 4 cups minced white button mushrooms
- 1 cup finely diced celery
- 2 cups finely diced potatoes
- 1 cup finely diced carrot
- 1/3 cup nutritional yeast (optional)
- 3 tbsp soy sauce
- 1 tbsp tomato paste
- 1 tbsp maple syrup (or less)
- 1-2 cloves garlic minced
- ¼ tsp each ground cloves, thyme, savory
- ¼ tsp ground cinnamon
- Salt and pepper to taste
- ½ cup plant milk
- ½ cup breadcrumbs

DIRECTIONS

For the crust:

Combine flour, salt & using pastry cutter, incorporate butter into flour to coarse pea size. Add water & vinegar, mix well. (Don't overwork)

Gather into a ball; wrap in plastic wrap. Refrigerate at least 30 mins.

For the filling:

Rinse millet thoroughly; drain.

In large pot over medium heat, heat oil then add millet; cook ~2 mins

Add 1.5 cup broth; bring to boil, lower heat, cover, simmer 15 mins. Remove from heat & let rest covered ~10 mins.

In second pot, over med-hi heat, heat remaining ¼ cup oil, cook onions till tender. Add mushrooms, celery, potatoes, carrots & continue cooking 5 mins, stirring occasionally. Add nutritional yeast, soy sauce, tomato paste, syrup, spices, remaining ¾ cup broth & millet. Season. Cook a few minutes. Remove from heat, stir in plant milk & breadcrumbs. Cool until warm.

Assembly:

Preheat oven to 350F

Fill pie shells as double crust or galette.

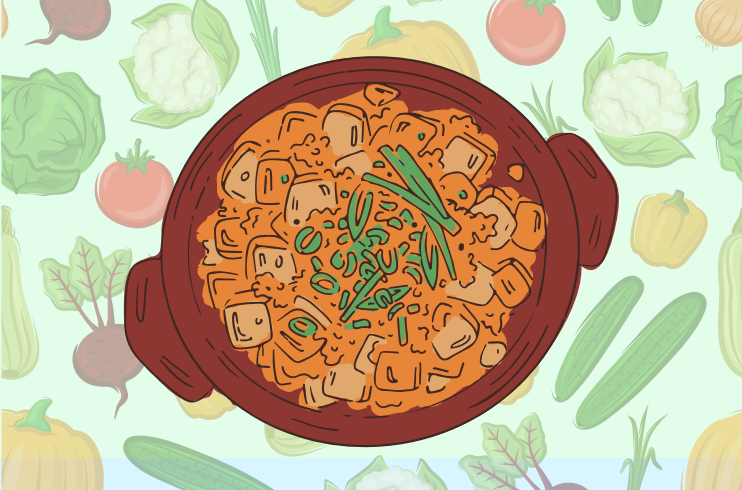
Bake ~45 mins till pie is golden brown.

Serve hot.

Contributed by
Sherri Watson



Enviro-Actions



SLOW COOKER CHICKPEA VEGETABLE STEW WITH APRICOTS AND RAISINS

INGREDIENTS

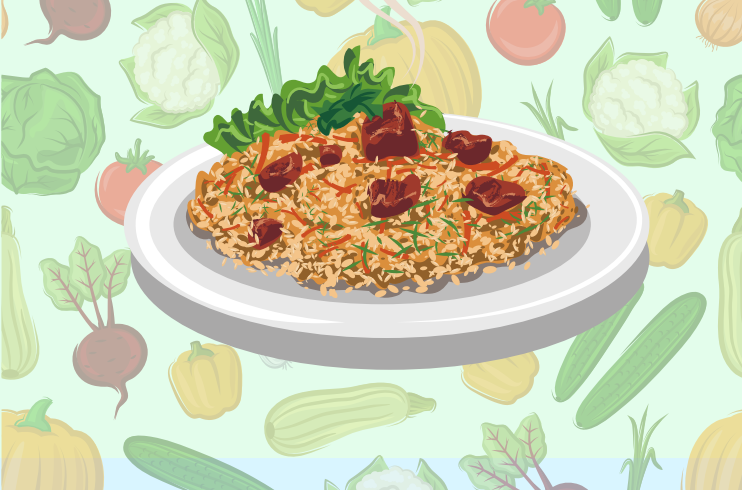
- 19 oz (540 ml) can chickpeas, drained, rinsed and drained again
- 14 oz (398 ml) can diced tomatoes
- 14 oz (398 ml) can tomato sauce
- 1 cup (250 ml) vegetable stock
- 2 tbsp (30 ml) olive oil
- 1 medium onion, diced
- 1 medium carrot, quartered lengthwise and sliced
- 1 small zucchini, quartered lengthwise and sliced
- 2 garlic cloves, minced
- 8 to 10 dried apricots, thinly sliced
- ¼ cup (60 ml) raisins
- 2 tsp (10 ml) grated lemon zest
- 1 tsp (5 ml) ground cumin
- ¼ tsp (1 ml) cayenne pepper
- 2 tbsp (30 ml) chopped cilantro or parsley
- Salt and freshly ground black pepper to taste

Contributed by
Eva Berringer

DIRECTIONS

1. Combine the chickpeas, tomatoes, tomato sauce, stock, olive oil, onion, carrot, zucchini, garlic, apricots, raisins, lemon zest, cumin and cayenne in a slow cooker.
2. Cover and cook on low setting for 6 hours or until the vegetables are tender. Stir in the cilantro or parsley. Season with salt and pepper to taste and serve.





NASI GORENG

Indonesian Fried Rice loaded up with fresh veggies! Add chicken, shrimp or eggs, or keep it vegan with Tofu! Easy tasty recipe! Vegan-adaptable and gluten-free.

INGREDIENTS

- 8-12 ounces crispy tofu
- 3 tablespoons oil, divided
- 2 shallots (or 1/2 an onion), chopped
- 4 garlic cloves, rough chopped
- 1 cup diced carrot (small dice!)
- 1 cup red bell pepper, chopped
- 2 cups sliced mushrooms
- 1 cup fresh shucked peas, snow peas, snap peas or green beans
- 3 cups cooked brown basmati rice, (leftover, dried out, see notes)
- 3 tablespoons soy sauce, more to taste
- 1 1/2 tablespoons maple syrup or honey
- drizzle of sesame oil
- 1/4-1/2 cup chopped scallions

Optional Garnishes: sliced cucumber, radishes, shredded cabbage, tomatoes, sprouts, cilantro, crushed peanuts, lime wedges, and chili paste (sambal olek).

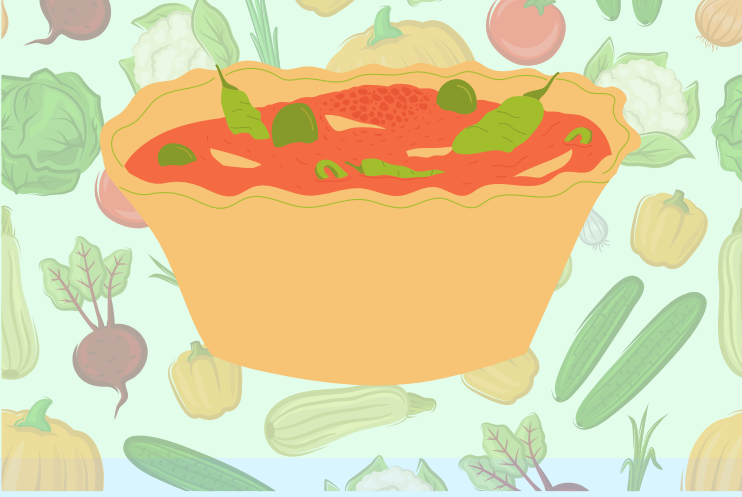
Contributed by
Carmen Contreras

DIRECTIONS

1. In an extra-large skillet or wok, pan-sear the tofu in oil with a little salt, pepper and chili flakes until golden and cooked through, set aside.
2. In the same skillet, add 1-2 tablespoons oil and saute shallots, garlic, mushrooms, bell pepper and carrots over medium heat until the carrots are tender about 7-8 minutes. Season with salt. Toss in the fresh peas at the end.
3. Once the veggies are tender, scoot them over to one side of the pan. Add a little more oil to the bare pan and add the rice. Turn the heat up and fry for 3-4 minutes, getting it a little crispy. Combine rice with the veggies.
4. Drizzle with the soy sauce and maple syrup and mix well. Mix in tofu. Taste and season with a drizzle of sesame oil, chili flakes, salt and pepper if needed. Stir in the scallions right before serving.
5. Divide among bowls and serve with some of the optional garnishes, lime & chili paste.



BLACK BEAN SQUASH CHILI



INGREDIENTS

- 2 tbsp olive oil
- 2 ½ cups chopped onion
- 3 garlic cloves, chopped
- 2 ½ cups peeled butternut squash
- 2 tbsp chili powder
- 2 tsp ground cumin
- 3 15 oz cans black beans
- 2 cups vegetable broth
- 1 - 14 oz can diced tomatoes along with their juices
- 3 cups Swiss chard chopped

DIRECTIONS

1. Heat oil over medium high heat. Add onions and garlic and sauté to tender. Add squash, stir 2 minutes, stir in spices.
2. Stir in beans, tomatoes and juice, bring to boil.
3. Simmer until squash is tender, approx. 15 min.
4. Stir in chard, simmer until chard is tender but green.

Contributed by
Eva Berringer



Enviro-Actions



VEGETARIAN TOFU CASHEW COCONUT CURRY

INGREDIENTS

- 1 tablespoon virgin coconut oil
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 jalapeño, diced
- 1 medium sweet potato, diced into 1 inch cubes
- ½ head of cauliflower, cut into small florets (about 2-3 cups)
- 1 bell yellow or orange pepper, diced
- 2 carrots, thinly diced or chopped
- 2 tablespoons curry powder
- ½ teaspoon turmeric
- ½ teaspoon cumin
- ⅛ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 (15 oz) can lite coconut milk
- 1/2 cup tomato sauce
- ½ cup vegetarian broth
- ¼ cup roasted cashews, ground
- 1 package firm or extra firm Nasoya tofu, cubed
- To garnish: Cilantro and extra cashews


DIRECTIONS

1. Add coconut oil to a large pot and place over medium high heat. Add in garlic, ginger, jalapeno, sweet potato, cauliflower, bell pepper, and carrots. Saute for 10 minutes, stirring frequently, until carrots start to soften.
2. Next stir in curry powder, turmeric, cumin, cinnamon and salt.
3. Add in coconut milk, tomato sauce, vegetarian broth and ground cashews. Stir until smooth.
4. Gently add in tofu and stir. Simmer on low heat for 20 minutes or until sweet potatoes and carrots are fork tender. Serve immediately with cilantro.

Contributed by
Eva Berringer



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CHOCOLATE MOUSSE (VEGAN)

INGREDIENTS

- ½ cup cacao powder
- 2 avocados
- 1 to 2 tbsp maple syrup
- ½ tsp vanilla
- Pinch of salt
- Non-dairy milk (coconut or almond)

DIRECTIONS

Add 1/2 cup powdered cacao (buy the best) to 2 blended avocados.

Add 1 to 2 tbsp of maple syrup to taste, 1/2 tsp of vanilla, pinch of salt and 2-3 tbsp of coconut or almond milk to consistency you wish to achieve.

Contributed by
Suzanne Tellier



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BANANA SOFT SERVE "ICE CREAM"

WITH CHOCOLATE PEANUT
BUTTER SAUCE

INGREDIENTS

For the vegan ice cream:

- 3 to 4 frozen bananas, broken into pieces

For the sauce:

- 1/3 cup peanut butter
- 2 tbsp coconut oil
- Handful of chocolate chips
- 1 tbsp maple syrup (optional)

TIP:

This is a good way to use up the frozen bananas that you have in the freezer. Before you freeze your bananas, peel them and break or cut them up into smaller pieces. You may need to let the frozen bananas thaw a bit beforehand to get the food processor to break them down.

DIRECTIONS

1. Place the sauce ingredients in a small saucepan and melt on the stove on very low heat, stirring frequently. You want it all to melt together but not heat or burn.

2. While the sauce is melting together, place the frozen bananas in the food processor fitted with the S blade. Blend or pulse well – this may take several minutes, stopping frequently to scrape the sides down, until the bananas have blended and become creamy, with the texture of a soft-serve ice cream.

If you are halving this recipe to make it for one person, a mini food processor works well.

3. Scoop the banana into two bowls and top with the melted peanut butter mixture. Yum!

Contributed by
Suzanne Schaller



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