



Climate-Friendly Recipes

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Bean Salad

Yield: 4, 8 oz portions

Ingredients:

- 2 cans (15oz) white beans, drained and rinsed (425mL)
- ½ cup chopped cucumber (125mL)
- ½ cup chopped sweet red pepper (125mL)
- ¼ cup chopped onion (60mL)
- ¼ cup minced cilantro (60mL)
- 1/3 cup red wine vinegar (75mL)
- ¼ cup olive oil (60mL)
- ½ tsp salt (2.5mL)
- ¼ tsp garlic powder (1.25)
- 1/8 tsp pepper (0.625mL)

Instructions:

- In a large bowl, combine the beans, cucumber, red pepper, onion and cilantro.
- In a small bowl, whisk the vinegar, oil and seasonings.
- Pour over bean mixture and toss to coat.
- Cover and refrigerate until serving. Using a slotted spoon, serve over lettuce if desired.



Link: <https://ontariobeans.on.ca/recipe/bean-salad/>

Meaty Bean Burgers

Yield: 5 burgers

Prep time: 15 minutes

Cook time: 10 minutes

Total time: 25 minutes

Ingredients:

- 2 tbsp canola oil, divided (30mL)
- 8 oz cremini mushrooms, sliced (227g)
- 1 can black beans, drained and rinsed (540mL)
- ¼ red onion, sliced
- 2 cloves garlic
- 1 tbsp Worcestershire sauce (15mL)
- 1 tsp ground cumin (5mL)
- 1 tsp smoked paprika (5mL)
- 1 cup seasoned breadcrumbs (250mL)

Toppings:

- 5 eggs
- 5 burger buns
- 5 tbsp kimchi (75mL)
- Chipotle mayo

Instructions:

- In a large skillet, heat 1 tbsp oil over medium heat. Add mushrooms and sauté until water is released, about 5 minutes. Remove from heat and allow to cool.
- In a food processor add cooled mushrooms, black beans, red onion, garlic, Worcestershire sauce, cumin and paprika, pulse until combined. In a large bowl add bean mixture and breadcrumbs, mix until combined. Form into 5 patties and chill for 1 hour on parchment lined tray.
- In a large non-stick skillet heat 1 tbsp oil over high heat. Add burgers and cook until browned, about 5 minutes per side.
- Meanwhile, in another skillet, cook eggs until they reach desired doneness. Top bun with chipotle mayo, burger patty, 1 tbsp kimchi and fried egg. Serve hot.



Link: <https://ontariobeans.on.ca/recipe/meaty-bean-burgers/>

Carrot Ginger Lentil Soup

Prep time: 15 minutes

Cook time: 30 minutes

Yield: 6 servings

Ingredients:

- 10mL (2 tsp) vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 30mL (2 tbsp) fresh ginger, finely grated
- 5mL (1 tsp) ground cumin
- 1mL (1/4 tsp) black pepper
- 5 carrots, peeled and chopped
- 250mL (1 cup) dry red lentils, rinsed
- 1.25L (5 cups) no salt added vegetable broth

Instructions:

- Heat oil in a large pot. Add onions and sauté over medium heat, stirring often, for about 2 minutes.
- Add garlic, ginger, cumin, black pepper, and carrots and sauté for another 2 minutes, stirring frequently.
- Add lentils and stir to combine. Add vegetable broth and bring to a boil.
- Turn down heat and simmer, covered, for about 25 minutes, until lentils are cooked, and carrots are soft.
- Remove from heat. Ladle into blender in batches or alternatively, using an immersion blender, purée soup until smooth.

Tips:

- If you don't have fresh ginger and garlic cloves, substitute them for 7mL (1/2 tbsp) of ground ginger and 2 mL (1/2 tsp) of garlic powder.
- Time saver: double this recipe and freeze extra servings for another day.
- Do you like creamy soups? Try serving with a dollop of lower fat plain yogurt.



Link: <https://food-guide.canada.ca/en/recipes/carrot-ginger-lentil-soup/>

Crispy Chickpeas

Prep time: 15 minutes

Cook time: 45 minutes

Yield: 2 cups

Ingredients:

- 1 can (540mL/19 oz) no salt added chickpeas, drained and rinsed
- 15mL (1tbsp) vegetable oil
- 2mL (1/2 tsp) dried thyme
- 2mL (1/2tsp) ground pepper

Instructions:

- Preheat the oven to 180°C (350°F).
- Spread chickpeas onto one end of a clean towel. Fold the other side of the towel over chickpeas and gently roll them in between the two ends to dry. As they dry, some skins will come off. Remove as many skins as possible and continue to pat dry. The drier they are, the more they will crisp up when baking.
- Toss chickpeas in oil and spread evenly on a rimmed baking sheet.
- Bake for 25 minutes. Remove from the oven, add thyme and ground pepper and stir to ensure they are well coated and so they brown evenly.
- Return to the oven and bake for another 15 to 20 minutes, or until golden brown and crispy.
- Remove the pan from the oven and let them cool; they will continue to crisp up as they cool. These are best eaten the same day to maintain their crispiness.



Link: <https://food-guide.canada.ca/en/recipes/crispy-chickpeas/>

Ontario Winter Vegetable Soup

Prep time: 15 minutes

Cook time: 30 minutes

Yield: 8 servings

Ingredients:

- 1 onion, chopped
- 2 carrots, peeled and diced
- 2 beets, peeled and diced
- 2 cloves garlic, minced
- 5 cups (1.25L) vegetable or chicken broth
- 8 medium Ontario Parsnips, peeled and diced
- 3 cups (750mL) chopped green cabbage
- ½ tsp (2mL) dried marjoram leaves
- ½ tsp (2mL) dried thyme leaves
- Salt and pepper
- 2 tbsp (25mL) chopped fresh parsley

Instructions:

- In large saucepan, combine onion, carrots, beets, garlic and broth.
- Cover and bring to a boil; reduce heat and simmer, covered, 10 minutes.
- Add parsnips, cabbage, marjoram and thyme; cook until vegetables are tender, about 15 min.
- Season to taste with salt and pepper. Garnish with parsley.



Link: <https://www.ontario.ca/foodland/recipes/ontario-winter-vegetable-soup>

Pasta Fagioli Soup

Yield: 4-6 servings

Ingredients:

- 1 tbsp olive oil (15mL)
- 3 cloves garlic, minced
- 2 stalks celery, finely chopped
- 1 medium onion, finely chopped
- 2 tbsp fresh chopped parsley (25mL)
- 1 tsp dried Italian seasoning (5mL)
- ¼ tsp crushed red pepper flakes (1mL)
- 1 can chicken stock (10oz/284mL)
- 1 can pasta-style stewed tomatoes (19oz/540mL)
- 2 cup cooked white pea beans (500mL)
- 1 cup cooked tubetti pasta, or other small shaped pasta (250mL)
- Grated Parmesan cheese

Instructions:

- In a large pot or Dutch oven, heat oil.
- Add garlic, celery, onion, parsley, Italian seasoning, red pepper flakes;
- Cook over medium-low heat until vegetables are tender.
- Add chicken broth and tomatoes.
- Bring mixture to a boil, reduce heat and simmer, covered for 25 to 30 minutes.
- Add white pea beans and cooked pasta; mix well.
- Cook 5 minutes longer or until warmed through.
- Season to taste with salt and pepper.
- Spoon into bowls and garnish with grated Parmesan cheese.



Link: <https://ontariobbeans.on.ca/recipe/pasta-fagioli-soup/>

Spaghetti and Turkey Meatballs

Prep time: 20 minutes

Cook time: 40 minutes

Yield: 6 servings

Ingredients:

- 1 pkg (450g) lean ground turkey
- 45mL (3 tbsp) seasoned whole grain breadcrumbs
- 90mL (6 tbsp) freshly grated Parmesan cheese, divided
- 30mL (2 tbsp) chopped fresh parsley
- 1mL (1/4 tsp) ground pepper
- 1 can (796mL/28oz) no salt added tomatoes, puréed
- 1 carrot, grated
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 sprigs of fresh basil
- 1mL (1/4 tsp) hot pepper flakes
- 1 pkg (375g) whole grain spaghetti

Instructions:

- Preheat oven to 180°C (350 °F).
- In a large bowl, combine turkey, breadcrumbs, 45 mL (3 tbsp) of the cheese, parsley and pepper. Using a 15 mL (1 tbsp) measuring spoon, roll turkey mixture into meatballs and place on parchment paper lined baking sheet. Repeat with remaining mixture. Makes 24 meatballs. Bake for 10 minutes. Use a digital food thermometer to check that meatballs have reached an internal temperature of 74°C (165°F). Remove from oven.
- Meanwhile, in a saucepan, bring puréed tomatoes, carrot, onion, garlic, basil and hot pepper flakes to a simmer. Add meatballs; cover saucepan slightly and simmer for about 30 minutes or until thickened.
- In a pot of boiling water, cook spaghetti for about 10 minutes or until tender but firm. Drain well and return to pot. Toss with sauce and meatballs until well coated. Sprinkle with remaining cheese to serve.



Spaghe squash method

Looking for a creative way to increase your vegetable intake? Swap out the pasta for spaghetti squash. Here are a few ways you can cook it.

- Start by cutting the squash in half lengthwise and scoop out the seeds.
- Place the squash cut-side down in a baking dish. Make sure the dish is microwave or oven-safe, depending on how you plan to cook it.
- Add about 2.5 cm (1 inch) of water to the baking dish.

Choose your method of cooking the squash. You can:

- Microwave it for about 10 minutes or until soft.
- Roast it in the oven covered with aluminum foil in a baking dish. Cook at 200°C (400°F) for 30 to 45 minutes or until soft.

Make the squash noodles once squash is cool enough to handle.

- Use a fork to pull the squash strands away from the rind.
- Toss the squash noodles in with the sauce and meatballs until well-coated.
- Serve immediately or store in the fridge for 3 to 4 days or in the freezer for 2 to 3 months.



Link: <https://food-guide.canada.ca/en/recipes/spaghetti-turkey-meatballs/>

Sweet Chili Tofu Stir-Fry

Prep time: 15 minutes

Cook time: 12 minutes

Yield: 4 servings

Ingredients:

- Vegetable cooking spray
- 5 oz (175mL) Firm tofu, cut into thin strips.
- $\frac{3}{4}$ cup (175mL) sliced Spanish onion
- 1 cup (250mL) broccoli florets
- 1 cup (250mL) baby carrots, cut into bite-size pieces
- $\frac{3}{4}$ cup (175mL) sugar snap peas, trimmed
- $\frac{1}{2}$ cup (125mL) julienned red bell pepper
- $\frac{1}{2}$ cup (125mL) vegetable broth or water
- $\frac{1}{4}$ cup (50mL) sweet chili sauce
- 1 tsp (5mL) grated orange zest
- 1 tsp (5mL) chopped fresh cilantro (optional)

Instructions:

- Heat a wok or large skillet over medium-high heat. Spray with vegetable cooking spray. Brown tofu on both sides, then remove from pan and set aside.
- Add onion to wok and sauté for 1 minute. Add broccoli, carrots, peas and red pepper; stir-fry until tender-crisp, about 5 minutes. Return tofu to wok and stir in broth, chili sauce and orange zest. Heat until bubbling.
- Transfer stir-fry to serving platter and sprinkle with cilantro, if using.



Link: <https://www.unlockfood.ca/en/Recipes/Vegetarian/Sweet-Chili-Tofu-Stir-Fry.aspx>

Vegetarian Chili

Prep time: 20 minutes

Cook time: 35 minutes

Yield: 4 servings

Ingredients:

- 1 tbsp (15mL) olive oil
- 1 cup (250mL) onion, chopped
- 2 cloves garlic, minced
- 2 tsp (10mL) chili powder
- 1 tsp (5mL) ground cumin
- ¼ tsp (1mL) salt
- 1 can (540 mL) black beans, drained and rinsed
- 3 cups (750mL) sweet potatoes, diced
- 1 cup (250mL) canned crushed tomatoes
- 1 cup (250mL) low sodium vegetable stock

Toppings:

- ¼ cup (60mL) Monterey jack cheese, shredded
- ¼ cup (60mL) fat free Greek yogurt
- ¼ cup (60mL) green onions, diced

Instructions:

- Heat oil in large pot over medium heat. Sauté onions and garlic for about 1-2 minutes.
- While stirring, add chili powder, cumin, salt and black beans and heat until fragrant.
- Add sweet potatoes, tomatoes, and stock. Bring to a simmer and cook for 25 minutes or until sweet potatoes are cooked. If chili is too thick, add ½ cup (125 mL) water.
- Top vegetarian chili with cheese, Greek yogurt, and green onions.



Link: <https://www.unlockfood.ca/en/Recipes/Main-courses/Vegetarian-Chili.aspx>