



# Climate-Friendly Recipes

## Climate-Friendly Recipes

Bean Salad.....	3
Meaty Bean Burgers.....	4
Carrot Ginger Lentil Soup.....	5
Crispy Chickpeas .....	6
Curried Vegetable Lentil Stew .....	7
Falafel Bowl .....	8
Hoisin Turkey and Lentil Lettuce Wraps .....	9
Mediterranean Grilled Vegetables and Rigatoni.....	10
Ontario Winter Vegetable Soup .....	11
Pasta Fagioli Soup.....	12
Roasted Moroccan Vegetables.....	13
Spaghetti and Turkey Meatballs.....	14
Sweet Chili Tofu Stir-Fry .....	16
Vegetarian Chili .....	17

## 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/>

## Curried Vegetable Lentil Stew

Prep time: 15 minutes

Cook time: 25 minutes

Yield: 6 servings

### Ingredients:

- 10mL (2 tsp) vegetable oil
- 1 red onion, chopped
- 4 cloves garlic, minced
- 60mL (1/4 cup) chopped fresh cilantro, divided
- 15mL (1 tbsp) minced fresh ginger or 5mL (1 tsp) ground ginger
- 30mL (2 tbsp) mild curry paste or powder
- 5mL (1 tsp) garam masala
- 30mL (2 tbsp) all purpose flour
- 625mL (2 ½ cups) lower sodium vegetable broth
- 2 yellow fleshed potatoes, diced
- 1 red bell pepper, chopped
- 310 mL (2 1/4 cup) fresh or frozen green beans, chopped
- 1 can (540mL/19oz) lentils, drained and rinsed

### Instructions:

- In a large shallow saucepan or Dutch oven, heat oil over medium heat.
- Cook onion, garlic, half of the cilantro, ginger, curry paste and garam masala for about 3 minutes or until softened.
- Stir in flour until absorbed. Slowly pour in broth, stirring until combined.
- Add potatoes, pepper, beans and lentils and bring to a simmer. Cover and cook, stirring often, for about 20 minutes or until potatoes are tender. Sprinkle with remaining cilantro before serving.



Link: <https://food-guide.canada.ca/en/recipes/curried-vegetable-lentil-stew/>

## Falafel Bowl

Prep time: 30 minutes

Cook time: 20 minutes

Total time: 50 minutes

Yield: 12 Falafels



### Ingredients:

#### Falafel:

- 2 (19 oz) cans kidney beans, drained and rinsed (1020mL)
- 3 green onions, chopped
- 3 cloves garlic, chopped
- 1 cup lightly packed fresh cilantro (250mL)
- 1 tbsp coriander (15mL)
- 1 tbsp freshly squeezed lemon juice (15mL)
- 1 tsp cumin (5mL)
- ¼ tsp salt (1mL)
- ¼ cup all purpose flour (60mL)
- 2 cups canola oil, for frying (250mL)

#### Instructions:

- Pour beans into a colander or strainer, rinse with cold water.
- In a food processor fitted with a metal blade add green onions, garlic, cilantro, coriander, lemon juice, cumin, and salt. Add beans to food processor, pulse until chopped and blended, but not puréed. Add flour, lightly pulse to combine. Scoop out 3 large spoonfuls of bean mixture and using your hands gently form into small discs; place on a parchment-lined baking sheet, repeat until 12 falafels have been formed. Cover with plastic wrap and refrigerate for 30 minutes.
- In a small bowl, whisk tahini, water, lemon juice, and garlic. Add additional water if needed to reach desired consistency.
- In a deep non-stick skillet or wok, heat oil. Using a slotted spoon add 2-3 chilled falafel; deep fry 6 minutes until golden. Transfer to parchment-lined cookie sheet and place in oven to keep warm. Continue to cook remaining falafel, working in batches and transferring to oven as needed.
- Among four bowls, divide arugula, cucumber, tomato, red onion, pickled turnip, feta and 3 falafel patties, drizzle with tahini dressing and serve.

#### Tahini Dressing:

- ¼ cup tahini (60mL)
- ¼ cup warm water (60mL)
- 3 tbsp freshly squeezed lemon juice (45mL)
- 1 clove garlic, minced

#### Bowls:

- 5oz baby arugula (1 container) (142g)
- ½ cucumber, sliced (large)
- 2 tomatoes, vine ripe, diced
- ½ red onion, thinly sliced (small)
- 1 cup pickled turnip (250mL)
- 4oz feta cheese, crumbled (115g)

Link: <https://ontariobeans.on.ca/recipe/falafel-bowl/>



## Hoisin Turkey and Lentil Lettuce Wraps

Prep time: 15 minutes

Total time: 20 minutes

Yield: 6 servings

### Ingredients:

#### Filling:

- Canola oil, for cooking
  - 1lb (454g) ground turkey
  - 1 red pepper, cored and diced
  - 2 garlic cloves, minced
  - 1 Tbsp (15mL) fresh ginger, grated
  - ¼ cup (60mL) cilantro stems
  - ¼ cup (60mL) red lentils
  - 1/3 cup (85mL) hoisin sauce
  - 1 tbs (15mL) soy sauce (or tamari for a gluten-free option)
  - 2-3 green onions, chopped
- 
- 1 head butter, romaine or leaf lettuce
  - Peanuts, for garnish
  - Fresh cilantro, for garnish (optional)



### Instructions:

- Heat a drizzle of oil over medium-high heat in a large, heavy skillet. Add the ground turkey and red pepper and cook, breaking up with a spoon until the meat is no longer pink.
- Add the garlic, ginger, cilantro stems, and lentils and cook, stirring, for a minute.
- Add 1/3 cup water and simmer for 10 minutes, until the lentils are tender, any excess moisture has evaporated, and the meat has started to brown.
- Add the hoisin sauce, soy sauce, and green onions. Cook for another minute or two, stirring to coat everything well and heat through.
- Core the head of lettuce, separating the leaves, and serve the turkey-lentil mixture in a bowl, family-style, with lettuce leaves and your choice of garnishes.

Link: <https://www.lentils.org/recipe/hoisin-turkey-lentil-lettuce-wraps/>

## Mediterranean Grilled Vegetables and Rigatoni

Prep time: 10 minutes

Cook time; 15 minutes

Yield: 4 servings

### Ingredients:

- 3 cups (750mL) grape tomatoes
- 3 cloves garlic, minced
- 2 shallots, sliced
- 1 each green and yellow zucchini, sliced (2 cups/500mL total)
- 4 tsp (20mL) olive oil
- ¼ tsp (3mL) dried oregano
- ¼ tsp (1mL) hot pepper flakes (or to taste)
- 8 oz (250g) rigatoni pasta (3-1/2 cups/875mL)
- 1 can 919oz/540mL) white kidney or cannellini beans, drained and rinsed
- 3 cups (750mL) baby arugula or spinach
- 2 tbsp (25mL) red wine vinegar
- Salt and pepper
- 2 oz (60g) goat cheese, crumbled

### Instructions:

- Place grill basket on BBQ grill and heat to medium-high 375°F (190°C).
- In large bowl, toss together tomatoes, garlic, shallots, green and yellow zucchini, oil, oregano and hot pepper flakes. Place vegetables in basket; grill, covered, for 15 minutes or until tomatoes burst and vegetables are tender, stirring occasionally. Return to bowl.
- Meanwhile, in large pot of boiling salted water, cook rigatoni according to package directions until tender. Drain well, reserving 1/4 cup (50 mL) of the cooking water. Add pasta, beans, arugula and vinegar to vegetables and toss. Season with salt and pepper to taste. If pasta seems dry, stir in just enough reserved cooking water to moisten. Sprinkle with cheese and toss.



Link: <https://www.ontario.ca/foodland/recipes/mediterranean-grilled-vegetables-and-rigatoni>

## 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://ontariobeans.on.ca/recipe/pasta-fagioli-soup/>

## Roasted Moroccan Vegetables

Roasting time: 35 minutes

Prep time: 15 minutes

Yield: 6 servings

### Ingredients:

- 2 cups (500mL) each cubed butternut squash and sweet potato (about 1-inch/2.5cm)
- 2 cups (500mL) each diagonally sliced Ontario carrots and parsnips (about 1-inch/2.5cm)
- 2 cloves garlic, slivered
- 1 red onion, cut into 8 wedges
- 2 tbsp (25mL) olive oil
- 1 tsp (5mL) ground cumin
- ½ tsp (2mL) each salt, ground ginger, cinnamon, turmeric and paprika
- ¼ tsp (1mL) cayenne pepper (or more to taste)
- ½ cup (125mL) crumbled feta cheese
- ¼ cup (50mL) chopped dried apricots
- 2 tbsp (25mL) chopped pistachios

### Instructions:

- Preheat oven to 425°F (220°C)
- In large bowl, toss together squash, sweet potato, carrots, parsnips, garlic, onion and oil.
- In a small bowl, combine cumin, salt, ginger, cinnamon, turmeric, paprika and cayenne. Add the vegetables and toss well to coat thoroughly. Spread in single layer on large parchment paper lined baking sheet. Roast in oven for 35 minutes or until vegetables are tender; stirring halfway through.
- Transfer to serving bowl; sprinkle with cheese, apricots and pistachios.



Link: <https://www.ontario.ca/foodland/recipes/roasted-moroccan-vegetables-0>



## 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.



## Spaghetti 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>