

Red Lentil Soup

1 c. red lentils (uncooked)
1 tsp. olive oil
1 onion, finely chopped
2 celery stalks, finely chopped
2 carrots, diced
Zest of one lemon
5 c. vegetable broth
Salt and pepper to taste

1. Brown the onion, celery and carrots in the oil for about 5 minutes.
2. Add the lentils, broth and lemon zest. Bring to a boil, reduce the heat and simmer for 15 to 20 minutes.
3. If desired, coarsely crush in a food processor or mixer.

Vegetarian Chili

1 tbsp. olive oil
1 onion, chopped
2 garlic cloves, chopped
1 red pepper, chopped
1 c. chopped celery, leaves included (or summer squash)
1 can (796 ml) tomato sauce
½ tsp. oregano
½ tsp. basil
½ tsp. salt
2 tsp. chili powder
1 can (540 ml) red kidney beans, rinsed and drained

- ½ c. textured vegetable protein
1. Cook the onion, celery and garlic in the oil.
 2. Add the other vegetables and cook 5 minutes.
 3. Add the tomato sauce and spices. Cook 10 minutes.

Add the red kidney beans and textured vegetable protein. Simmer for 5 to 8 minutes.

Scrambled Tofu

1 tbsp. olive oil
1 onion, chopped
1 lb. (454g) firm tofu (plain)
1 tsp. turmeric
Salt and pepper to taste
Red Star nutritional yeast, to taste
1 c. chopped spinach (or chard)
Dash of soy cream or soy milk (optional)

1. Cook the onion in oil until soft.
2. Using your hands, crumble the tofu directly into the pan.
3. Add the salt, pepper, turmeric and nutritional yeast. Cook 2 to 3 minutes.
4. Add the spinach and cook until wilted.
5. If desired, add a bit of soy cream or milk.

Crepes

1 c. whole wheat, spelt or buckwheat flour (or mix of flours)
1½ c. (±) of water or soy milk (vanilla or plain)
1 tbsp. ground flax seed or chia seeds
2 tsp. alum-free baking powder

1. Mix all ingredients together in a bowl until the batter is smooth.
2. Heat a pan and pour in crepe batter.
3. Flip the crepe when the batter is cooked and cook until golden.

Serve as a meal with vegetables and a sauce, or as dessert or breakfast with fruit and a chocolate sauce (1 c. of cocoa, 1 c. soy milk, ½ c. maple syrup; heat).

Chocolate Mousse

1 packet (340g) of extra firm soy tofu (Suggested brand: Mori-Nu)
3 tbsp. cocoa powder
1 very ripe banana
3 to 4 tbsp. maple syrup
1 tsp. vanilla

1. Mix all ingredients in a food processor until smooth.
2. Pour into small dessert cups and refrigerate.
3. Variation: Replace the cocoa and banana with a cup full of strawberries (or other fresh or frozen fruit) to make a strawberry mousse.

Lentil Spread

¾ c. dry lentils (brown or green)
1 tsp. cold-pressed olive oil
½ c. chopped onion
1-2 crushed garlic cloves
1 tsp. Red Star nutritional yeast (optional)
1 tsp. tamari
1/8 tsp. ground clove
1/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/2 tsp. salt (preferably grey sea salt)
2¼ c. vegetable broth

1. Coarsely grind the dry lentils in a coffee grinder.
2. Cook the onion in the oil.
3. Add the garlic, yeast, tamari, spices, salt and lentils. Cook 3 minutes.
4. Add the broth and cook an additional 10 minutes (uncovered).
5. Place in a dish and let cool.



**Meat
free
Monday**

Join the movement!

www.lundisansviande.net

History

The "Meatless Monday" movement is an initiative of the Johns Hopkins Center for Public Health in Baltimore (United States) that promotes the ecological and health benefits of reducing one's consumption of meat products.

Several countries have already launched their own Meatless Monday movements, including the United States, England, the Netherlands, Brazil, Finland, Belgium (Thursdays, in their case) and Taiwan.

The province of Québec followed suit with its own Meatless Monday movement which aims to inform Québécois citizens about the impact of meat consumption on the environment, health and animal ethics.

The impact of the overconsumption of meat is often underestimated or ignored. And yet, the solution is simple. Citizens, public figures and organizations are working together, despite the government's inaction.

The goal of the movement is to raise awareness and motivate Québec citizens to replace their meat-based meal every Monday with vegetable-based meals (beans, nuts and seeds, grains (rice, pasta, etc.), vegetables, fruits).

Why Mondays?

The group of scientists, nutritionists and doctors at the Department of Public Health at Johns Hopkins University chose Monday for historical reasons and because it is at the beginning of the week. It appears that when the habit is practised at the beginning of the week, people are more likely to continue the habit for the rest of the week.

What steps has the coalition taken?

To make the transition easier for those who wish to commit to not eating meat on Mondays, the Québécois coalition has compiled a list of restaurants offering balanced vegetable-based meals on Mondays, as well as other days of the week. This list is available for the public on the coalition's website.

Why is it important to join the Meatless Monday movement?

The less meat you eat, the more you help the planet, your health and animals!

The Québec movement highlights three main reasons why we should reduce our consumption of meat.

For the environment

Around the world, people are consuming too many animal products and, consequently, there are excessive amounts of livestock. These dietary choices and agricultural choices put an enormous amount of pressure on the world's resources and contribute to environmental degradation.

Global warming

The production of meat (including the transportation of livestock and their food) is

responsible for 18% of the world's greenhouse gas emissions. This is more than the greenhouse gases generated from all forms of transportation combined (13%). Meat production results in significant methane emissions from ruminating animals and manure management. Each methane molecule is 25 times more powerful than CO₂ in the global warming crisis.

There's a lot of talk about buying local, which is great. But replacing red meat and dairy products one day per week with vegetable-based alternatives reduces greenhouse gas emissions even more than buying all of your food from local producers.

Making better use of resources

On average, a diet relying heavily on animal products requires 4.5 times more agricultural area than a vegetable-based diet. In fact, converting vegetable proteins into animal proteins proves to be very inefficient. If you feed animals with grains, they ingest an average of 7 calories to produce 1 calorie in the form of meat.

According to the authors of the report *CO₂, Kyoto and Us: The City's Carbon Footprint*, "One hectare of land can annually produce 18 tons of vegetables, 15 tons of apples or 12 tons of fruit, but only 400 to 500 kg of white meat, milk or eggs and only 33 kg of red meat. "

The same goes for water: approximately 5000 litres of water are necessary to produce 1000 kilocalories of animal-based products, compared to 1000 litres for vegetable-based products.

Since 1986, humans have been consuming more resources per year than can be renewed annually. As a result, if we wish to feed the world's ever growing population using the resources available, we have to start reducing our consumption of animal proteins now.

Other environmental problems

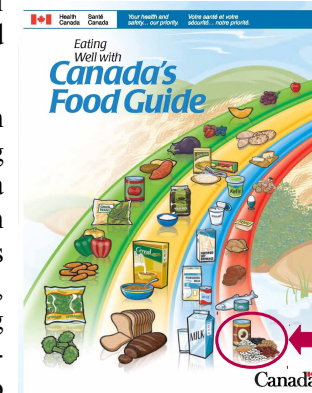
Moreover, it must be noted that raising livestock adds to several environmental problems such as deforestation, desertification, soil erosion, soil and water pollution, acid rain, blue-green algae and the destruction of natural environments.

Better health

By replacing meat-based products with vegetables, nuts and soy, we add phytonutrients, antioxidants and fibre to our diet, all while reducing our consumption of saturated fats and cholesterol.

Substituting meat meals with more vegetables reduces our risk of cancer, cardiac diseases, obesity, arterial hypertension, and renal disease.

Even the Canadian Food Guide, having placed legumes in a principal position in the section for meats and meat-substitutes, sends an encouraging message to eat plant-based alternatives to meat more often.



An ethical meal

The vast majority of meats consumed in Québec come from farms that use industrial production techniques. Over 53 billion animals are consumed each year worldwide (650 million in Canada).

These millions of factory farmed animals are raised, transported and slaughtered in conditions that are unacceptable from an ethical point of view. They are treated as cogs in the industrial wheel, without any attention being paid to their

basic needs or their ability to suffer. The practices used on factory farmed animals (such as pig tail docking, the debeaking of chicks and the castration of males without anaesthesia) inflict great suffering upon them. In addition, the majority of livestock animals are confined to indoor pens that are extremely crowded, until the day that they are slaughtered.

The best way to reduce animal suffering is to reduce your consumption of meat.

Delicious recipes to kick off your Meatless Mondays



Quinoa salad

- 1 c. of quinoa
 - 2 large, blanched carrots, diced
 - 2 chopped shallots (or one red onion)
 - 1 large tomato, chopped
 - 1 red pepper, diced
 - ¼ c. fresh parsley or basil
- Vinaigrette:
- 1 to 2 tbsp. olive oil
 - 3 tbsp. fresh lemon juice
 - 2 garlic cloves, finely chopped
 - 1 tbsp. tamari
 - 1 tsp. Dijon mustard
 - 1 tsp. maple syrup
 - 1 tbsp. tahini (sesame butter) (optional)
1. Cook the quinoa in 2 cups of water (covered) for 20 minutes (or until the water has been absorbed).
 2. Add the vegetables and vinaigrette; mix.