

Plant-Based Recipes for Sustainable Health Care



Nourish



**CHU
Sainte-Justine**
Le centre hospitalier
universitaire mère-enfant

Université 
de Montréal

Équiterre[®]



Acknowledgements

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Introduction

This recipe collection offers multiple ways to prepare plant-based protein in institutional menus, from soups to desserts. All of the recipes in this compilation have been developed with, cooked by, and tested in health care settings. Every recipe has been served, tasted, and received good reviews.

Vegan, vegetarian, or combining animal and plant-based protein, these recipes, standardized by health care institutions, aim to strengthen the sustainability of the menus offered in public institutions, promoting both the health of users and of the environment.

When possible, prioritize food from your local or regional territory when preparing these recipes to support local producers and manufacturers and reduce your ecological footprint!

This sampler pack offers a taste of the full suite of recipes - soups, salads, sandwiches, main meals, sauces, and desserts - available to Nourish Commons Organization Members participating in [100 Million Better Bites](#). 100 Million Better Bites is Nourish's national movement to improve health, sustainability, and cultural connection through food in health care. To learn more about membership in the Nourish Commons, 100 Million Better Bites, and more, please email info@nourishleadership.ca.

Meet you in the Nourish Commons

The **Nourish Commons** is Nourish's new national membership network for food for health leaders.

We're on a mission to change the way food is served in health care settings and to show the power of food as medicine. The Nourish Commons enables this mission by providing an online gathering space for our network where we can gather together for shared learning, connection, and action.

Nourish your advantage on the Nourish Commons.

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Recipe Legend



Plant-Forward Recipe

Contains mostly plant-based ingredients, with some animal products.



Vegetarian Recipe

Contains no meat.
May contain animal products.



Vegan Recipe

Entirely plant-based.
Contains no animal products.

Hearty Lentil Soup

Source: CHUM

Yield: 15 x 300 ml servings



Ingredients

- 15 g Canola oil
- 175 g Onions, frozen, diced
- 2.5 kg Water
- 60 g Vegan chicken broth base
- 260 g Carrots, julienned, frozen
- 245 g Celery, diced, frozen
- 295 g Cauliflower florets, frozen
- 200 g Green beans, chopped, frozen
- 1.12 kg Crushed tomatoes
- 20 g Tomato paste
- 2 g Ground white pepper
- 10 g Salt
- 700 g Cooked green lentils
- 3.5 g Ground cumin

Instructions

1. Brown the onion in oil.
2. Add water and broth.
3. Add vegetables, tomatoes, tomato paste, salt and pepper.
4. Simmer for 25 minutes.
5. Add lentils and cumin.
6. Serve with a cilantro garnish.

Nutritional information currently unavailable.

Moroccan-inspired Salad

Source: CHU Sainte-Justine

Yield: 25 x 250 ml (160 g) servings



Ingredients

- Dressing:
 - 90 ml Olive oil
 - 135 ml Lemon juice
 - 6 g Ground cumin
 - 6 g Salt
- Couscous:
 - 735 ml Boiling water
 - 440 g Couscous
- 485 g Cooked chickpeas
- 735 g Oranges, peeled and sliced
- 590 g Kale, minced
- 735 g Carrots, grated
- 440 g Red peppers, finely diced
- 450 g Shallots, finely chopped

Instructions

1. Mix all dressing ingredients. Reserve.
2. Add boiling water to couscous. Let swell for 10 minutes. Fluff with a fork. Let cool.
3. Add all ingredients to dressing. Mix well.

Kcal	Fat	Saturated Fat	Sodium	Carbohydrates	Fibre	Protein
150	4 g	0.6 g	120 mg	23 g	3 g	5 g

Tofu and Mushroom Banh-mi

Source: CHU Sainte-Justine

Yield: 24 x 340 g servings



Ingredients

- 850 g Carrots, julienne
- 500 g Daikon radishes, julienned
- 420 ml Rice vinegar
- 255 g Sugar

- 260 g Hoisin sauce
- 30 g Light soy sauce
- 20 g Garlic, chopped
- 12.5 g Sriracha
- 33 g Ketchup
- 150 ml Water, lukewarm
- 6 g Sesame oil
- 4.5 g Five-spice mix

- 2 kg Extra-firm tofu, sliced
- 1.15 kg Mushrooms, sliced

- 400 g Vegan mayonnaise
- 17.5 g Sriracha

- 115 g Fresh cilantro, chopped
- 8 Baguettes (285 g)

Instructions

1. Mix all ingredients and marinate overnight. Drain.

2. Mix all sauce ingredients. Reserve.

3. Spread the tofu and mushrooms separately on parchment-lined baking sheets.

4. Cook at 350°F for 30 minutes, mixing halfway.

5. Drain separately in perforated containers. Let cool.

6. Mix. Reserve.

7. Fill the baguettes:

a. 45 ml of spicy mayonnaise

b. 9 slices of tofu (225 g)

c. 135 g of cooked mushrooms

d. 225 g of marinated vegetables

e. 10 g of cilantro

8. Close the baguette and cut into 3 sandwiches.

Kcal	Fat	Saturated Fat	Sodium	Carbohydrates	Fibre	Protein
575	18 g	2.2 g	1000 mg	77 g	8 g	25 g

Black Bean and Sweet Potato Burritos

Source: CHU Sainte-Justine

Yield: 36x 182 g servings



Ingredients

- 650 ml Boiling water
- 160 g Textured vegetable protein (TVP)
- 40 g Canola oil
- 18 g Garlic, chopped
- 30 g Ginger, chopped
- 540 g Onions, diced
- 165 g Celery, diced
- 10.5 g Ground cumin
- 1.4 g Ground black pepper
- 165 g Green peppers, diced
- 2 kg Sweet potatoes, diced
- 2.4 g Dried thyme
- 16 g Salt
- 1.44 kg Cooked black beans
- 175 ml Orange juice
- 6 g Orange zest
- 36 8-inch plain tortillas
- 1.7 kg Salsa fiesta (see recipe in Sides & sauces chapter)

Instructions

1. In a large bowl, mix water and TVP.
2. Cover and let rest for 10 to 15 minutes. Reserve.
3. In oil, stir-fry garlic and ginger.
4. Add onion, celery, cumin, and black pepper, and cook for a few minutes.
5. Add rehydrated TVP, peppers, sweet potatoes, thyme and salt, and cook until vegetables are softened.
6. Add black beans, orange juice and zest. Mix well and cook for a further 10 minutes.
7. Let cool.
8. Fill each tortilla with 140 g of mixture.
9. Roll the burritos and cook in a convection oven at 350°F for 25 minutes.
10. Serve with salsa (optional).

Kcal	Fat	Saturated Fat	Sodium	Carbohydrates	Fibre	Protein
300	4.25 g	0.2 g	465 mg	44 g	5 g	10 g

Chickpea and Vegetable Loaf

Source: CHU Sainte-Justine

Yield: 48 x 220 g servings



Ingredients

- 3.3 kg Cooked chickpeas
- 225 g Green onions, minced
- 1.2 kg Mozzarella cheese, grated
- 1.2 kg Old cheddar cheese, grated
- 900 g Oatmeal muffin mix
- 600 g Bread flour
- 555 g Liquid whole eggs
- 345 g Red peppers, diced
- 345 g Green peppers, diced
- 270 g Celery, diced
- 255 g Carrots, grated, pressed and drained
- 83 g Canola oil
- 51 g Worcestershire sauce
- 51 g Dried parsley
- 30 g Garlic, chopped
- 15 g Curry powder
- 6 g Dried basil
- 6 g Ground black pepper
- 1.44 L Garlic sauce (optional) (see recipe in Sides & sauces chapter)

Instructions

1. Purée chickpeas.
2. Add all ingredients and mix well.
3. Divide the mixture into 2-inch full size inserts lined with parchment paper (4.7 kg/insert).
4. Cook in a convection oven at 350°F for 50 minutes.
5. Cut into 24 servings.
6. Top each serving with 30 ml of garlic sauce (optional).

Kcal	Fat	Saturated Fat	Sodium	Carbohydrates	Fibre	Protein
445	19 g	9 g	580 mg	45 g	6 g	23 g

Plantiful Chicken Carbonara

Source: CHU Sainte-Justine

Yield: 24 x 120 ml servings



Ingredients

- 30 g Canola oil
- 30 g Garlic, chopped
- 2 g Ground black pepper
- 450 g Parmesan cheese, grated
- 1.95 kg Milk, 2% M.F.
- 60 g Cold water
- 30 g Cornstarch
- 200 g Bacon, sliced
- 750 g Plant-based chicken strips, cut in half
- 225 g Cream, 35% M.F.
- 3 g Basil or parsley to garnish, fresh or dried

Instructions

1. Stir-fry the garlic in oil without letting it brown.
2. Add pepper and parmesan.
3. Add milk and cook down.
4. Dilute the cornstarch in water, and thicken the sauce.
5. Cook bacon (do not overcook), and chop.
6. Add bacon and plant-based chicken to the sauce.
7. Simmer.
8. Add cream.
9. Garnish with basil or parsley.

Nutritional information currently unavailable.

Hummus (without oil)

Source: CHU Sainte-Justine

Yield: 1 kg



Ingredients

- 830 g Cooked chickpeas
- 125 ml Lemon juice
- 18 g Garlic, chopped
- 1.66 g Salt
- 1.66 g Ground cumin
- 125 ml Cold water

Instructions

1. Purée all the ingredients into a thick puree.
2. Add water as needed to obtain an adequate consistency.

Per 30ml:

Kcal	Fat	Saturated Fat	Sodium	Carbohydrates	Fibre	Protein
35	0.5 g	0 g	18 mg	5.8 g	1 g	1.8 g

Energy Bars

Source: CHU Sainte-Justine

Yield: 64 x 54 g servings



Ingredients

- 845 g Cooked green lentils
- 180 g Liquid whole eggs
- 500 ml Canola oil
- 150 g Raisins
- 178 g Whole-wheat flour
- 130 g Skim milk powder
- 130 g Sweetened dried cranberries
- 100 g "All-Bran" Cereal
- 320 g Brown sugar
- 532 g Quick oats
- 450 g Chocolate chips, semi-sweet, 58%

Instructions

1. In a 5.5 L capacity mixer, purée lentils, eggs and oil. Reserve.
2. Combine all ingredients in the bowl of a stand mixer. Stir in lentil purée.
3. On a baking sheet (22 x 16") lined with parchment paper, add the preparation (3.02 kg/baking sheet).
4. Cook at 350 °F for 25 minutes (Intensity: top = 100 % ; bottom = 60 %). Let cool.
5. Melt the chocolate in a bain-marie.
6. Pour 450 g of melted chocolate per granola tray, and spread evenly with a spatula. Let cool in the refrigerator.
7. Cut into 64 bars (4 x 16).

Note: This recipe freezes well.

Kcal	Fat	Saturated Fat	Sodium	Carbohydrates	Fibre	Protein
235	11 g	2.5 g	27 mg	30 g	3.6 g	6.5 g



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