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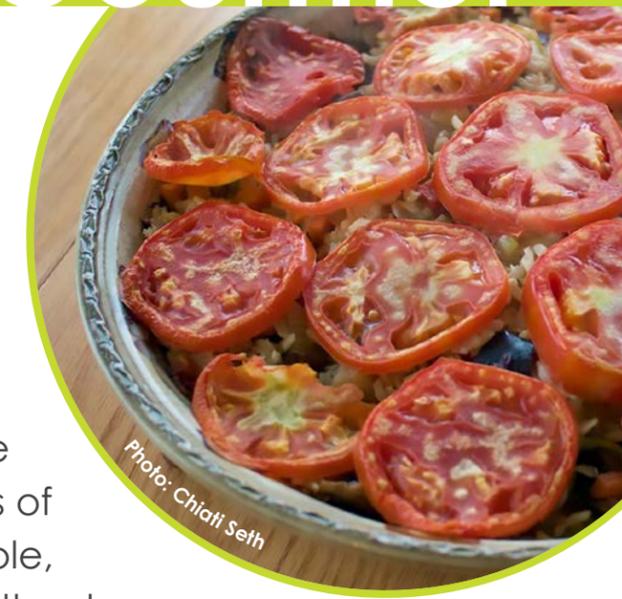


"As long time proud supporters with passionate concerns for the environment, it was easy for us to decide to leave a gift to the EAC in our wills. We have long respected the work EAC does for the environment and know that its strong voice must continue into the future." - Karen Hollett & Fred Harrington

The Seasonal Gourmet

by **CHIATI SETH** /// EAC Volunteer

Fall Vegetable Casserole



Fall in Nova Scotia is a bountiful and busy time of year. This casserole has all the qualifications of a seasonal, fall recipe—it's colourful, adaptable, packed with veggies, and comes together without much fuss or a mound of dishes. Feel free to play with what is locally available—replace the eggplant with mushrooms, leave out the peppers, or swap the rice for oat groats. This warm, hearty and gooey casserole will still taste delicious. This recipe makes enough for 4 substantial portions plus some leftovers for school, work or home lunches!

INGREDIENTS

- 1 **cup** brown rice
- 1 **large** eggplant, coarsely diced
- 4 **medium** carrots, finely diced
- 4 celery stalks, thinly sliced
- 1 **large** onion, finely diced
- 1 red pepper, diced
- 3-6 **cloves** garlic, minced
- 3 **tbsp.** fresh oregano
- 1 ½ **tsp.** dried thyme
- 1 **cup** mozzarella, grated
- ¼ **cup** parmesan, grated
- 1 ½ **cups** vegetable stock
- 1 **tbsp.** lemon juice
- 3 **medium** tomatoes, sliced
- Salt and pepper
- Olive oil

DIRECTIONS

- 1 Preheat oven to 400°F. Put the rice in a saucepan with 2 cups of water. Bring to a boil, then reduce to a simmer and leave to cook while you prepare the other ingredients.
- 2 Heat a little olive oil in a skillet on medium-high heat. Once hot, add the eggplant and allow to cook undisturbed for 5-7 minutes until nicely browned. Flip and repeat on the other side. Remove from pan and place in a large mixing bowl.
- 3 In the same skillet, cook the carrots and celery for 8-10 minutes, adding a little olive oil if necessary, and stirring occasionally. Add carrots and celery to the bowl with the eggplant.
- 4 Finally, cook the onions, garlic and peppers in the skillet until the onions are translucent. Add to the mixing bowl along with the cooked rice, oregano, thyme, mozzarella, parmesan, lemon juice and salt and pepper to taste. Mix together, add the vegetable stock and transfer to a baking dish. Top with sliced tomatoes and bake for 40 minutes. Enjoy!

Chiati Seth is an avid home gardener and cook who loves to grow and eat food! She works on helping build healthy and sustainable local food systems near Wolfville, Nova Scotia.



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