

# The McDougall Newsletter

Volume 5 Issue 4

## Featured Recipes



### BLUEBERRY MUFFINS

Make these in the silicone muffin pans and just pop them out when they are done!

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Servings: 12

1 cup whole wheat pastry flour

1 cup white whole wheat flour

2 teaspoons baking powder  
 1/8 teaspoon sea salt  
 1/2 cup unsweetened applesauce  
 1/2 cup agave nectar  
 1/2 cup soy or rice milk  
 1 teaspoon vanilla  
 1 teaspoon lemon juice  
 1 tablespoon egg replacer mixed in 1/4 cup warm water  
 1 cup blueberries

Preheat oven to 350 degrees.

Mix dry ingredients together in a large bowl. Combine wet ingredients together in another bowl. Pour the wet ingredients over the dry and mix lightly. Gently fold in the berries, mixing as little as possible. Overmixing makes the muffins tough.

Bake in non-stick muffin pans until lightly browned, about 25 minutes.

Hints: If you can't find white whole wheat flour in your markets, use all whole wheat pastry flour. Honey may be substituted for the agave nectar, if desired. To use frozen blueberries in this recipe, thaw first, then toss gently with a tablespoon of flour (this helps keep the berries whole).

### BREAKFAST PIZZAS

By Alex Bury, McDougall Program cooking instructor

These are a special treat for a weekend breakfast.

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 8

1 large Yukon Gold potato, boiled until almost done, and diced  
½ cup onion, chopped  
2 garlic cloves, finely chopped  
2 cups chopped vegetables: mushrooms, zucchini, broccoli, etc  
1 box Mori-Nu silken tofu, crumbled  
3 tablespoons scramble seasoning mix (recipe included below)  
1 package fresh corn tortillas  
1 15 ounce can fat-free refried beans  
1 jar fat-free salsa  
grated Follow Your Heart vegan cheese, cheddar (optional)

Preheat oven to 400 degrees.

Place ½ cup of water in a big sauté pan or sauce pot. Add the potato, onion and garlic and cook for 5 minutes. Add a bit more water or stock if necessary to keep from sticking. Add the vegetables and cook for 3 minutes, stirring occasionally. Add the tofu and the seasoning mix. Stir everything very well and cook for 3 minutes. Remove from heat and set aside.

Spread a layer of beans on the tortillas. Place the tortillas on baking sheets. Top each tortilla with a layer of the tofu scramble, and sprinkle with some grated Follow Your Heart cheese if desired. Bake at 400 degrees for 10 minutes, until the topping is golden brown.

Remove from oven, spoon some salsa over each breakfast pizza and enjoy!

### **SCRAMBLE SEASONING MIX**

Make a big batch and keep in your cupboard—also makes a great tofu egg salad sandwich seasoning, or better yet, add it to pureed, cooked white beans for a super low-fat (but filling) “egg salad!”

2 2/3 cups nutritional yeast  
2 tablespoons onion powder  
2 tablespoons paprika  
1 teaspoon celery seed  
1 tablespoon turmeric  
1 tablespoon salt  
1 teaspoon pepper

Mix and store in a sealed container. Keeps indefinitely.

### **BAKED OATMEAL CASSEROLE**

By Alex Bury, McDougall Program cooking instructor

This is a great recipe to make the night before, then just heat in the oven for a rich and hearty breakfast.

Preparation Time: 10 minutes  
Cooking time: 15 minutes  
Servings: 4-6

Oatmeal:

1 cup oatmeal  
1 cup rice milk or soy milk  
1 cup water  
2 tablespoons maple syrup or agave  
¼ cup chopped walnuts (optional)  
¼ cup dried cranberries, currants or chopped dried apricots

**Topping**

½ box of your favorite oil-free, healthy, whole-grain cereal, crushed

**Sauce:**

3 ripe bananas

1 cup crushed pineapple

1 teaspoon cinnamon

½ cup orange juice or apple juice

½ cup blueberries

Combine all the oatmeal ingredients in a sauce pot and simmer, on low heat, until done, about 6 minutes. Pour into a casserole dish and top with the crushed cereal. Cover and refrigerate until morning.

Preheat oven to 350 degrees.

Bake at 350 degrees for 15 minutes, until the cereal is just starting to turn brown.

While the casserole is baking, make the sauce. Combine all sauce ingredients in a blender and process until smooth. Serve the sauce over the hot oatmeal casserole. (The sauce may be heated if you prefer.)

**QUICK MEXICAN CHILI**

This is a fast and easy meal, delicious served with corn tortillas, over rice, or scooped on top of baked potatoes. The variations suggested in the hints can make this recipe seem completely different each time you serve it.

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Servings: 4

1 onion, chopped

¼ cup water

2 14.5 ounce cans chopped tomatoes

1 15 ounce can kidney beans, drained and rinsed

1 15 ounce can pinto beans, drained and rinsed

½ cup salsa (mild, medium or hot)

2 teaspoons oregano

¼ teaspoon chipotle powder

¼ cup chopped fresh cilantro

½ cup chopped avocado (optional)

¼ cup chopped onions (optional)

½ cup tofu sour cream (optional)

Place the onion and water in a medium pot. Cook and stir over medium heat until onion has softened, about 5 minutes. Add tomatoes, beans, salsa, oregano & chipotle powder. Bring to a boil, reduce heat, cover and cook for another 20 minutes. Serve topped with fresh cilantro and optional avocado, onions, and/or tofu sour cream.

Hints: Black beans may be substituted for either of the beans suggested, or use black beans along with the other beans. Use fire-roasted tomatoes or chopped tomatoes with green chilies for a bit more flavor. Try this with green salsa instead of red salsa. Add more chipotle powder for a bit more heat. This recipe is very easy to add to in order to make a larger batch. Add a few extra cans of beans and a can of fire-roasted crushed tomatoes, a bit more of the salsa and seasonings and you'll have enough for 6-8 servings or some extra to put in for freezer.

**TOFU TACOS**

This recipe appeared in the newsletter several years ago as part of another recipe. I make this part of the recipe for my family and it is always a favorite, so I thought it was a good idea to run this recipe again on its own merit-just in case you haven't tried it.

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 6-8

**Spicy Tofu:**

24 ounces firm tofu (not silken)

4 tablespoons soy sauce

2 tablespoons lime juice

2 tablespoons chili powder

2 teaspoons ground cumin

2 teaspoons garlic powder

½ teaspoon cayenne

Drain tofu in a colander and press out excess water with paper towels. Cut into ½ inch cubes. Combine soy sauce, lime juice, chili powder, cumin, garlic powder, and cayenne in a large bowl. Add tofu and mix gently. Let stand for 10 minutes, stirring occasionally. Place a large non-stick frying pan on medium heat. Add tofu and cook turning occasionally for about 10 minutes. Set aside.

**Cabbage:**

4 cups finely shredded cabbage

3 tablespoons seasoned rice vinegar

½ tablespoon lime juice

Combine all ingredients in a bowl and set aside.

**Corn Tortillas**

Soften individually on a dry non-stick griddle, or wrap in a towel and heat in the microwave.

**To assemble:**

Take a soft corn tortilla, spoon tofu and cabbage down the center, add a bit of aioli and some hot sauce, if desired, roll up and eat with your fingers.

**CILANTRO-GARLIC AIOLI**

Preparation Time: 5 minutes

Servings: Makes 1 ½ cups

1 ½ cups tofu sour cream

2 large cloves garlic, peeled and coarsely chopped

juice of 1 lime

1/3 cup cilantro leaves

dash salt

Place all ingredients in a food processor and process until smooth.

Hint: Will keep in refrigerator for about 2 weeks.