



## Featured Recipes

### Lite Gazpacho

This is a not-so-spicy cold tomato soup that even my grandchildren enjoy. I usually have a batch of this in my refrigerator all summer for a refreshing snack or light meal. Since it is blended, it can just be poured into a cup or glass and enjoyed as a hearty drink. This will keep about a week in the refrigerator.

Preparation Time: 15 minutes

Chilling Time: 2-4 hours

Servings: 10-12

- 8 cups tomato juice
- 1 15 ounce can chopped tomatoes
- 1 ½ cups cucumber
- 4 stalks celery
- 1 green pepper
- 1 bunch green onions
- 1 4 ounce can chopped green chilies
- 1/3 cup flat leaf parsley
- ½ cup fresh salsa

Prepare all the vegetables by cutting them into chunks. Pour some of the tomato juice into a blender jar and add a few of the vegetables, along with the tomatoes and chilies. Process until well blended. Pour into a large storage container. Repeat until all juice and vegetables have been used. Mix well in container, cover and chill until serving time.

Hints: For a heartier soup, add some finely chopped vegetables (such as cucumbers, tomatoes, onions, bell pepper or celery) or corn kernels and/or beans to the soup when serving. Either put these items in the bowl before adding the soup, or after the soup is in the bowl place a spoonful into the center of the bowl.

### Green Goddess Potato Salad

I saw a recipe for a simple green potato salad in a magazine a couple of months ago and the photo was so appealing that I decided to try something similar, without the mayonnaise and sour cream, of course. I made this with only potatoes, but if you like other vegetables in your potato salads, feel free to add chopped vegetables of your choice.

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Chilling Time: 2-4 hours

Servings: 4-8

4 pounds red potatoes

Dressing:

- 1 12.3 ounce package soft silken tofu
- ¼ cup water
- 2 tablespoons white wine vinegar
- 2 tablespoons lime juice
- 2 tablespoons tahini
- 2 tablespoons soy sauce
- ½ tablespoon miso
- 1 bunch chopped green onions

1 cup chopped fresh flat leaf parsley  
Freshly ground black pepper

**Potatoes:**

Scrub the potatoes but do not peel. Cut into approximately 1 inch chunks. Place in a pot with water to cover. Bring to a boil, reduce heat and cook for about 12 minutes until just tender. Drain. Allow to cool for 15 minutes.

**Dressing:**

Place the tofu and water in a blender jar and process briefly. Add the remaining ingredients and process until very smooth and green. Set aside.

**Salad:**

Place the cooled potatoes in a large bowl. Add other chopped vegetables if you wish at this time. Pour 1½ cups of the dressing over the potatoes and mix gently. Cover and refrigerate at least 2 hours before serving.

Hints: Reserve the remaining dressing for use later as a dip for raw veggies or a topping for salad greens.

**Stuffed Potato Boats**

Preparation Time: 15 minutes

Cooking Time: 1 ½ hours

Servings: 4

4 large russet potatoes  
¾ cup almond milk  
2 cups frozen mixed vegetables (see hint)  
Paprika

Preheat oven to 425 degrees.

Scrub potatoes and prick them in several places with a fork. Place directly on the oven rack and bake for about 1 hour 15 minutes, or until tender. Remove from oven and let cool until they can be handled. Reduce oven heat to 350 degrees. Meanwhile, steam vegetables until tender and set aside. Carefully scoop out the centers of the potatoes, leaving a small amount of potato next to the skin. Place the potato centers in a mixing bowl and mash with a hand potato masher adding a small amount of the almond milk at a time. Continue to mash until creamy. Mix the cooked vegetables into the potatoes. Pile the potato mixture into the potato shells. Arrange on a baking sheet and sprinkle each half with paprika. Bake for 15 minutes, turning the broiler on low for the last 2-3 minutes to brown tops, if desired. Serve plain, or with sauce or gravy of your choice.

Hints: Use any combination of mixed vegetables in these potatoes; such as carrots, peas and corn, usually smaller cut vegetables work best. Some chopped onions are also a nice addition. Fresh steamed vegetables are also delicious in these potatoes; such as chopped broccoli, chopped peppers, chopped green beans. Amounts may easily be adjusted according to how many potatoes you are baking. These potato boats also reheat well.

**Potato Enchiladas**

Preparation Time: 45 minutes

Cooking Time: 45 minutes

Servings: 6-8

12 medium potatoes, peeled and chunked

½ cup soy or almond milk  
½ cup chopped green onions  
½ cup frozen corn kernels, thawed  
2 tablespoons chopped green chilies  
12-14 whole wheat or corn tortillas (or more as needed)  
6 cups Enchilada Sauce

Enchilada Sauce:

1 onion, chopped  
2 cloves garlic, crushed  
2 tablespoons water  
1 28 ounce can crushed tomatoes  
1 4 ounce can chopped green chilies  
2-3 tablespoons chili powder  
1 tablespoon soy sauce  
½ teaspoon ground cumin  
1 ½ cups water  
3 tablespoons cornstarch

Put the potatoes in a large pot with water to cover. Bring to a boil, cover and cook until tender, about 20 minutes. Drain, place in a bowl and mash with the soy or almond milk until creamy, adding a bit more milk if desired to reach the proper consistency. Stir in the green onions, corn and green chilies. Set aside.

While the potatoes are cooking, prepare the enchilada sauce. Place the onion and garlic in a large saucepan with the water. Cook, stirring frequently for about 3 minutes until onion softens. Add the tomatoes, green chilies, chili powder, soy sauce, cumin, and one cup of the water. Mix well, cover and cook over low heat for 10 minutes. Mix the cornstarch with the remaining ½ cup of water. Stir into the sauce and continue to cook and stir until thickened.

Preheat oven to 350 degrees.

Spread about 1 ½ cups of the sauce over the bottom of a 9 x 12 baking dish. Spread a line of potatoes down the center of each tortilla. Roll up and place seam side down in the baking dish. Repeat until all potatoes are used. Pour the remaining sauce over the tortillas. Cover with parchment paper and foil and bake for 30 minutes, or until sauce is bubbly.

### **Mexican Potato Stew**

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 6

1 onion, chopped  
1 bell pepper, chopped  
2 cloves garlic, chopped  
¼ cup water  
1 15 ounce can Mexican-style stewed tomatoes  
1 fresh tomato, chopped  
½ cup fresh salsa  
1 tablespoon parsley flakes  
½ teaspoon ground cumin  
2 15 ounce cans pinto or black beans, drained and rinsed  
2 cups chunked potatoes  
Freshly ground pepper  
Chopped fresh cilantro

Place the onion, bell pepper, garlic and water into a large pot. Cook, stirring frequently, until vegetables soften slightly. Add stewed tomatoes, fresh tomato, salsa, parsley and cumin. Mix well and bring to a boil. Stir in the beans and potatoes. Cover and simmer over low heat about 25 minutes, or until potatoes are tender. Season with freshly ground pepper, if desired, and garnish with fresh cilantro. Serve in a bowl, or over brown rice or other whole grains.

Hints: Use a firm, waxy potato for best results in this dish. Fingerling potatoes are especially delicious in this recipe.

### **Baked Beans**

These beans are nicely sweetened with just a touch of heat. They go together quickly using canned beans and cook in the oven for a "no-fuss" meal. Serve with steamed corn on the cob, baked potatoes and a tossed green salad.

Preparation Time: 15 minutes

Cooking Time: 1 hour, 15 minutes

Servings: 6-8

Preheat oven to 350 degrees.

- 4 15 ounce cans great northern beans
- 2 15 ounce cans mixed beans (see hints below)
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons water
- ½ cup molasses
- 1/3 cup ketchup
- ¼ cup vegetarian Worcestershire sauce
- ¼ cup brown sugar
- 3 tablespoons maple syrup
- 2 tablespoons dry mustard
- 1 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- Dash liquid smoke (optional)

Drain beans and place in a large bowl. Place the onion, garlic and water in a small saucepan and cook until softened and water has evaporated. Add to beans. Add remaining ingredients and mix well. Transfer to a covered casserole dish. Bake covered for 1 hour, then remove cover and bake an additional 15 minutes.

Hints: Mixed beans are sometimes called chili beans. They are usually a variety of kidney, pinto and black beans. Or use your own variation of canned beans in this recipe, 6 cans total. These are always a favorite at potlucks.



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