



## THE MCDUGALL NEWSLETTER | *It's the food.*



### Featured Recipes

#### PIZZA CRUST

It is so easy to make a delicious pizza crust from scratch that you will never be satisfied with a store-bought crust again. Make several batches of the dough ahead of time and freeze in individual bags. Thaw before removing from the bag, then cover and let rise in a warm place before stretching into a crust for baking. Bake one side before adding any sauces or toppings to prevent the crust from getting soggy.

Preparation Time: 15 minutes

Rising Time: 1 hour

Cooking Time: 15-20 minutes

Servings: makes one 15 inch pizza crust

1 cup warm water

1 teaspoon sugar

1 package active dry yeast

1 ½ cups whole wheat flour

1 ½ cups unbleached white flour

½ teaspoon salt

Cornmeal

Mix the sugar and the yeast into the warm water. Set aside for 5 to 10 minutes until yeast bubbles.

Place the flour and salt into a large mixing bowl. Stir to combine. Add the yeast mixture. Stir until the dough comes away from the side of the bowl. Knead the dough in the bowl about 50 times. Turn the dough out of the bowl onto a very lightly floured work surface. Knead the dough until it is soft and springy and does not stick to your hands. This will probably take about 5 minutes. (At this point the dough can be frozen or refrigerated for later use.) Place the dough in a clean bowl, cover with a damp towel and set in a warm place to rise for about 1 hour, or until doubled in size.

Preheat oven to 400 degrees.

Remove the dough from the bowl, place on a very lightly floured surface and knead for about 2 minutes. Stretch the dough with your fingers and heels of your hands until it is about 15 inches in diameter (or oblong, or whatever shape you can manage). Sprinkle the bottom of a pizza pan or heated pizza stone with a small amount of cornmeal. Place the crust over the cornmeal and bake for 5 to 8 minutes until bottom is lightly browned. (Top may puff up a bit.) Remove from oven and flip over. (Crust may be allowed to rest and cool at this point.) Add sauce and toppings of your choice to crust. Return to oven and bake until toppings are done and crust is nicely browned, usually about 12-15 minutes. (If crust has been cooled before adding toppings, it may take a bit longer to brown.)

Hints: This may also be done outside on a charcoal or gas grill, for a delicious grilled flavor crust. If you prefer, use all whole wheat flour or white whole wheat flour in place of the unbleached white flour.

#### THAI PIZZA TOPPING

This is a fantastic, creative and unusual pizza topping, however, I know that if I ate this on a regular basis, I would not be my usual

trim self. This should be saved for a special treat because it is higher in fat than most pizza toppings (unless you are thinking of the fat-laden cheese and pepperoni varieties).

Preparation Time: 15 minutes

Cooking Time: 12-15 minutes

Servings: covers one 15 inch pizza crust

Sauce:

¼ cup natural peanut butter

1 tablespoon soy sauce

1 tablespoon sugar

½ tablespoon chili paste (Sambal oelek)

1 teaspoon lemon juice

1 teaspoon lime juice

1 clove garlic, crushed

½ teaspoon grated fresh ginger

½ teaspoon curry powder

Dash sesame oil

Pinch of brown sugar

Toppings:

1 cup sliced fresh mushrooms

½ cup diced red bell pepper

½ cup small broccoli florets

½ cup diced baked tofu (optional-see hints)

¼ cup chopped green onions

¼ cup chopped fresh cilantro

Hot sauce for drizzling (optional)

Place all ingredients for the sauce in a medium bowl and whisk well to combine. Set aside.

Prepare toppings and set aside.

Spread the peanut sauce over the pizza crust and layer toppings over that (except for cilantro and hot sauce). Bake for about 12-15 minutes as directed in the Pizza Crust recipe (see above). Sprinkle the cilantro on before serving, and pass the hot sauce to drizzle on each individual pizza slice, as desired.

Hints: The baked tofu is entirely optional in this recipe. Flavored baked tofu is available in most natural food markets, or it is easy to make your own using the recipe below. Increase the amount of vegetables used if you decide to omit the tofu. "Chicken-flavored" seitan may be used in place of the tofu for a chewier texture.

## BAKED TOFU

Preparation Time: 5 minutes

Marinating Time: 10 minutes

Baking Time: 25-30 minutes

20 ounces extra firm tofu

¼ cup soy sauce

1/8 cup rice vinegar

1 teaspoon agave nectar

Dash sesame oil (optional)

Drain tofu and slice into ¼ inch pieces. Place in a large flat baking dish. Combine the remaining ingredients and pour over the tofu slices. Allow to marinate for at least 10 minutes and up to 1 hour. (Or place in the refrigerator and marinate overnight.)

Preheat oven to 375 degrees.

Remove from marinade and place on a non-stick baking sheet. Bake for 25-30 minutes, turning once halfway through the baking time. It should be brown and crispy on the outside. Remove from oven and cool. Slice into strips or cubes for use in recipes calling for baked tofu.

Hints: This tastes much better (and is less expensive and healthier) than the baked tofu found in packages in many markets and natural food stores. Other seasonings may be added as desired, such as garlic, ginger, balsamic vinegar, or rosemary to change the flavor of the tofu. It's also delicious just marinated in plain soy sauce. The marinade may be saved in a covered jar in the refrigerator for later use. The tofu may also be cubed before baking with slightly crispier results.

### CAESAR PIZZA TOPPING

Here is another unusual and creative topping for a pizza crust. There are a few variations included at the end of the recipe and this can be very fast to put together depending on what kind of sauces you have in your refrigerator.

Preparation Time: 15 minutes (depending on sauces available)

Cooking Time: 12 minutes

Servings: covers one 15 inch pizza crust

¼ cup roasted garlic (see recipe below)

OR ¼ cup Ranch Style Dressing or Dill Tofu Dip (see recipes below)

¼ cup Parmesan Cheese substitute (recipe below)

½ cup diced baked tofu (see recipe above)

2 cups thinly sliced romaine lettuce

2 tablespoon Caesar Salad dressing (recipe below)

Spread the garlic paste OR one of the dressing OR dip sauces over the pizza crust. Sprinkle with 2 tablespoons of the Parmesan Cheese substitute and the baked tofu. Bake for about 12 minutes, as directed in the Pizza Crust recipe (see above).

Meanwhile, toss the sliced romaine with the Caesar dressing. Set aside until crust is finished baking. Remove crust from oven, top with the dressed romaine lettuce and sprinkle with the remaining Parmesan cheese substitute. Slice and serve at once.

Variations: For garlic lovers, I recommend the garlic paste topping. It is smooth and creamy under the Caesar dressing. If you are not so much of a garlic lover, then try one of the other tofu-based toppings as a spread for the pizza crust. The baked tofu is entirely optional. "Chicken-style" seitan may also be used in this recipe. If you have some Caesar dressing and one of the tofu dips in your refrigerator, this can be put together rather quickly.

### CAESAR DRESSING

This is my favorite Caesar salad dressing. I usually prepare this for family gatherings because my whole family, including the grandchildren, love it.

Preparation Time: 15 minutes

Servings: Makes 3/4 Cup

2 tablespoons almond meal (see hints below)

3 cloves garlic, pressed through a garlic press

3 tablespoons Dijon mustard

3 tablespoons nutritional yeast flakes  
3 tablespoons lemon juice  
2 tablespoons soy sauce  
1 tablespoon water

In a medium bowl, combine the almond meal, garlic, mustard, and nutritional yeast to make a paste. Stir in the remaining ingredients. Transfer to a covered jar and shake several times before using to mix well.

Hints: Almond meal can be purchased in bags at Trader Joe's or from Bob's Red Mill, or you can make your own by grinding blanched or roasted almonds in a food processor until very finely ground. I usually make the dressing at least several hours before I plan to toss it into the salad and I shake the jar often during the day to make sure the ingredients are well blended. Any extra dressing will keep for at least a week in the refrigerator.

#### PARMESAN CHEESE SUBSTITUTE

It is easy to make your own parmesan cheese substitute. Just mix equal amounts of almond meal and nutritional yeast together in a jar. Shake well, add a small amount of onion powder and salt, if desired, shake again, and it's ready. Store in the refrigerator until ready to use.

Hints: Prepared almond meal is available at Trader Joes. Or make your own by pulsing raw almonds in a food processor until very finely ground. Store almond meal in the freezer until ready to use.

#### ROASTED GARLIC

This is a wonderful way to add flavor to mashed potatoes, soups, stews, and salad dressings, and it is also fantastic spread on bread or crackers! Make a lot of it at one time because it keeps well in the refrigerator and then you will have it when you need it.

Preparation Time: 5 minutes  
Cooking time: 1 hour 15 minutes  
Servings: variable

Fresh garlic heads  
Vegetable broth

Preheat oven to 400 degrees.

Slice the tops off each whole garlic head, do not separate or peel. Place the heads in a baking dish with a small amount of vegetable broth in the bottom of the pan. (Use about 1 tablespoon per head of garlic.) Cover the pan with parchment paper and foil, bake at 400 degrees for 1 hour and 15 minutes. Cool. Invert each head of garlic over a bowl and squeeze to remove roasted garlic. Mash and mix well. Season with a bit of sea salt, if desired. Store in a covered container in the refrigerator.

#### CREAMY RANCH-STYLE DRESSING

This will keep in the refrigerator for at least a week.

Preparation Time: 10 minutes  
Servings: makes about 2 cups

1 12.3 ounce package silken tofu

1/3 cup tofu sour cream (see recipe below)  
½ cup water  
2 ½ tablespoons lemon juice  
1 tablespoon parsley flakes  
1 tablespoon chives  
1 teaspoon dill weed  
½ teaspoon garlic powder  
pinch dry mustard  
several twists freshly ground pepper  
dash salt

Place the tofu in a blender or food processor and process briefly. Add remaining ingredients and process until very smooth. Transfer to a covered container and refrigerate until use.

Hints: Add a tablespoon or two more water for a thinner consistency, if desired. Add a bit more salt and pepper to taste, if desired. Flavors will intensify during refrigeration so it is best to make this ahead of time.

#### TOFU SOUR CREAM

Use as a substitute for dairy sour cream. Will keep in the refrigerator about 2 weeks.

Preparation Time: 5 minutes  
Chilling Time: 2 hours  
Servings: Makes 1 ½ cups

1 12.3 ounce package silken tofu  
2 ½ tablespoons lemon juice  
2 ½ teaspoons sugar  
dash salt

Combine all ingredients in a food processor and process until smooth. Refrigerate at least 2 hours to allow flavors to blend.

#### TOFU DIPS

These are easy and delicious dips to have on hand in your refrigerator to use with raw or cooked vegetables, or try these on baked potatoes.

Preparation Time: 5 minutes  
Chilling Time: 2 hours  
Servings: makes about 3 cups

1 12.3 ounce package silken tofu  
1 ½ cups tofu sour cream (see recipe above)  
1 package seasoning mix (see hints below)

Place the tofu in a food processor and process until very smooth. Scrape the sides of the bowl occasionally. Add tofu sour cream and process again. Add a package of seasoning mix, process again until well mixed, cover and refrigerate at least 2 hours to allow flavors to blend.

Hints: For a spicy dip, use Taco Seasoning Mix made by Bearitos or Hain. For a delicious French Onion Dip, use the one made by

Simply Organic. Simply Organic makes a delicious Dill Dip also, as well as several others, including a Southwest Taco. Other packaged mixes may be available in your local natural food stores. Read the labels carefully for healthy ingredients with no added oils or animal products.

## MEDITERRANEAN PIZZA TOPPING

Preparation Time: 15 minutes

Cooking Time: 12-15 minutes

Servings: makes one 15 inch pizza

- 1 cup prepared hummus
- 1 Japanese eggplant, thinly sliced
- 1/3 cup thinly sliced roasted red pepper
- 2 slices sweet onion, separated into rings
- 1 tablespoon sliced Kalamata olives (optional)
- 2 tablespoons chopped fresh basil

Spread the hummus over the pizza crust and layer toppings over that (except for the basil). Bake for about 12-15 minutes as directed in the Pizza Crust recipe (see above). Sprinkle the basil on before serving.

## FRESH GARDEN WRAPS

This is another of our favorite summer meals, made with freshly harvested veggies from the garden.

Preparation Time: 15 minutes

Chilling Time: 1 hour

Servings: 6-8

- 1 cup cherry tomatoes, cut in half
- 1 cup shredded kale or bok choy
- 1 zucchini, chopped
- 1 cup broccoli florets
- ½ cup chopped green onions
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 tablespoon chopped Kalamata olives
- 3 tablespoons red wine vinegar
- 1 clove garlic, crushed
- 1 tablespoon chopped fresh parsley
- ½ tablespoon chopped fresh cilantro

6-8 whole wheat or corn tortillas

Hot sauce as needed, to taste

Place the vegetables and beans in a large bowl. Sprinkle the olives over the vegetables. Combine the vinegar, garlic, parsley and cilantro in a small bowl. Pour over the vegetables and toss to mix. Cover and chill for at least one hour before serving. To serve, place a line of the vegetable mixture down the center of a tortilla. Drizzle with hot sauce, if desired, roll up and eat.

Variations: Try this with cucumber instead of the zucchini. If you don't have kale or bok choy, use romaine lettuce instead. Use a few tablespoons of chopped avocado in place of the olives, or leave them out for a lower fat meal.

## QUINOA MARKET SALAD

Make this with the wide variety of fresh peppers, zucchini and tomatoes available at markets all over the country at this time of year.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Chilling Time: 2 hours

Servings: 6-8

2 cups water  
1 cup quinoa, well rinsed  
½ red bell pepper, chopped  
½ green bell pepper, chopped  
½ yellow bell pepper, chopped  
½ orange bell pepper, chopped  
1 small zucchini, chopped  
2 tomatoes, chopped  
1 bunch chopped green onions  
1 (14.5 ounce) can garbanzo beans, drained and rinsed  
½ cup chopped fresh parsley  
¼ cup chopped fresh cilantro  
1/8 cup chopped fresh mint  
½ cup fresh lemon juice  
1 tablespoon soy sauce  
several dashes Tabasco sauce  
several twists of freshly ground black pepper

Place the water and quinoa in a saucepan, bring to a boil, reduce heat, cover and cook for 15 minutes, until water is absorbed. Remove from heat and set aside.

Meanwhile, combine the vegetables, beans, parsley, cilantro and mint. Add the cooked quinoa and mix well. Add the remaining ingredients and toss well to mix.

Cover and refrigerate for at least 2 hours before serving.

## FESTIVE DAL SOUP

In India and throughout Nepal, Pakistan, Sri Lanka, and Bangladesh, split lentils, peas, and beans are used in a variety of thick soups and stews known as dal. This richly flavored and textured soup is great for using up leftover bits of chard or kale. For extra bite, top the soup with your favorite hot sauce.

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4-6

4 cups water  
1 onion, cut into 1/2-inch dice  
2 cloves garlic, crushed or minced  
1 1/2 teaspoons grated fresh ginger  
1 teaspoon smoked paprika  
½ teaspoon ground cumin  
¼ teaspoon ground coriander  
Freshly-ground black pepper

1 cup red lentils  
1 can (15-ounce) garbanzo beans, drained and rinsed  
1 can (14.5-ounce) diced tomatoes  
2 cups chunked Yukon Gold potatoes  
1 tablespoon fresh lemon juice  
1 to 2 teaspoons chili paste (Sambal Oelek)  
2 cups coarsely chopped fresh chard, kale or spinach  
Sea salt, to taste

Place 1/4 cup of the water into a large soup pot. Add the onion and garlic and cook over medium heat, stirring occasionally, until the onion softens, about 5 minutes.

Mix in the ginger, paprika, cumin, coriander and several twists of pepper. Add the lentils, beans, tomatoes, potatoes, and the remaining water. Bring the soup to a boil, then reduce the heat, cover, and simmer until the lentils are tender, about 50 minutes.

Stir in the lemon juice, 1 teaspoon of the chili paste, and your choice of greens. Cook until the greens are tender, 5 to 7 minutes longer. Taste and add more chili paste and a bit of sea salt, if desired.

Serve hot.

Hints: This is a familiar favorite for some of you already. This version contains my latest alterations; although only slightly changed, we think it is even better than before! I make this so often that I always have all the ingredients readily available, although I usually vary the greens depending on what is ready for harvesting from my garden.

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Dr. McDougall's Health and Medical Center  
P.O. Box 14039, Santa Rosa, CA 95402  
<http://www.drmcDougall.com>