

McDougall Made Irresistible Recipes

For more ideas and recipes go to the "McDougall Made Irresistible DVD" section on our web site:
www.drmcDougall.com.

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. We use these during the McDougall Program for snack time and they are one of the most requested recipes!

Preparation Time: 5 minutes

Chilling Time: 2 hours

Servings: variable, makes about 3 cups

- 2 12.3 ounce packages soft silken tofu
- 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. Place processed tofu into a bowl. Stir in a package of seasoning mix, cover and refrigerate at least 2 hours to allow flavors to blend.

Hints: To make this a bit creamier tasting, substitute 1 recipe of Tofu Sour Cream for one of the packages of tofu. Tofu sour cream is made by combining 1 package of soft silken tofu with 2 tablespoons lemon juice, 2 teaspoons sugar, and a dash or two of salt and processing until smooth and creamy. 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. Simply Organic Foods makes a variety of packaged organic foods. Read labels carefully to find one that are animal product free and oil free. They may be found at www.simplyorganicfoods.com.

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Artichoke Spread

This is delicious as a spread for sandwiches, as a dip for crackers or veggies, or stuffed into pita and topped with chopped tomatoes, cucumbers and sprouts.

Preparation Time: 10 minutes

Servings: Makes about 3 cups

2 14 ounce cans artichoke hearts in water, drained and rinsed

1 15 ounce can white beans, drained and rinsed

4 tablespoons lemon juice

2 cloves garlic, crushed

4 green onions, chopped

1 tablespoon soy sauce

1/8 teaspoon cayenne pepper

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