

McDougall Made Irresistible Recipes

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

Walnut Dressing

This dressing is from Ann Crile Esselstyn in the book *Prevent and Reverse Heart Disease* by Caldwell B. Esselstyn Jr. MD. She calls it Miraculous Walnut Sauce. This is a rich dressing because of the walnuts. This is simple, delicious dressing is wonderful on almost everything. Try it on steamed greens or salads.

Preparation Time: 5 minutes

Servings: makes 2 cups

1 cup walnut pieces

1 cup water

2 cloves garlic

2-4 tablespoons low sodium soy sauce

Combine all ingredients in a food processor and process until VERY smooth. Add more soy sauce according to your individual taste.

Store in a covered container in the refrigerator.

Hints: Ann says this is delicious on kale, and the best way to cook kale is to boil it in lots of water until just tender. We agree. This sauce really makes kale special!

McDougall Made Irresistible Recipes

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

Peanut Dressing

This is another richer dressing because of the peanut butter. Use sparingly, a little goes a long way, but it sure does add a lot of flavor to foods. We especially like this on sweet potatoes.

Preparation Time: 5 minutes

Servings: makes 2 cups

$\frac{3}{4}$ cup rice vinegar

$\frac{1}{4}$ cup soy sauce

2 tablespoons Sambal chili paste

$\frac{3}{4}$ cup natural peanut butter

$\frac{1}{4}$ cup warm water

$\frac{1}{8}$ cup cilantro leaves

Place vinegar, soy sauce, chili paste, peanut butter and water into a blender jar. Process until very smooth. Add the cilantro leaves and process until well mixed.

Serve over lettuce, sweet potatoes, vegetables or whatever sounds good to you.