

The McDougall Newsletter

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Featured Recipes



Mexican Picadillo Wraps

Wraps are a simple, yet hearty meal for lunch or dinner. These are especially quick because they make use of canned beans and leftover rice.

Preparation Time: 15 minutes

Cooking Time: 44 minutes

Servings: 8-10

- ½ cup water
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 teaspoon minced garlic
- 2 15 ounce cans pinto beans, drained and rinsed
- 1 14.5 ounce can fire-roasted chopped tomatoes
- 1 4 ounce can diced green chilies
- 1 tart green apple, cored and chopped
- freshly ground black pepper
- 2 cups cooked long grain brown rice
- ½ cup raisins
- 1 2.2 ounce can sliced black olives, drained
- ¼ cup chopped fresh cilantro
- 2 tablespoons toasted slivered almonds (optional)

Place the water into a large pot. Add the onion, bell pepper and garlic. Cook, stirring occasionally until onion softens slightly, about 5 minutes. Add the beans, tomatoes, green chilies, apple and several twists freshly ground black pepper. Bring to a boil, reduce heat, cover and cook for 20 minutes on low. Add the remaining ingredients, mix well and cook for 5 minutes until heated through. Serve rolled up in a tortilla with some hot sauce sprinkled over the top, if desired.

Hints: To toast the almonds, cook and stir in a dry non-stick pan until golden in color. This may also be made with black beans, or one can of pinto and one can of black.

Creamy Vegetable Curry

This dish would traditionally be made creamy by the addition of coconut milk. However, because of the saturated fat in coconut milk, it is not one of our recommended foods. You can make a perfectly acceptable substitute with unsweetened soy, rice or almond milk and a bit of coconut extract.

Preparation Time: 20 minutes

Cooking Time: 60 minutes

Servings: 6

1 $\frac{3}{4}$ cups vegetable broth
1 onion, chopped
2 carrots, sliced
1 teaspoon minced garlic
2 tablespoons curry powder
1 teaspoon ground coriander
 $\frac{1}{4}$ teaspoon cayenne (optional)
2 cups chunked Yukon gold potatoes
2 cups green beans in 1 inch pieces
1 15 ounce can chopped tomatoes
1 15 ounce can garbanzo beans, drained and rinsed
 $\frac{1}{2}$ cup frozen peas, thawed
 $\frac{1}{2}$ cup unsweetened soy, rice or almond milk
 $\frac{1}{8}$ teaspoon coconut extract

Place $\frac{1}{4}$ cup of the broth in a large non-stick pot. Add the carrots, onions and garlic. Cook, stirring occasionally until onion has softened, about 5 minutes. Stir in the curry powder, coriander and cayenne (if using). Add the remaining broth, the potatoes, beans, tomatoes and garbanzos. Bring to a boil, reduce heat, cover and cook over low heat for about 40 minutes. Add the peas and cook for an additional 5 minutes, or until all vegetables are tender. Mix the coconut extract into the soy, rice or almond milk. Add to the vegetable mixture and stir well to mix. Serve over brown basmati rice.

Hints: Curry powder is a mixture of spices that differs greatly by brand. Use your favorite in this recipe and if you like a bit more heat in your foods, definitely add the cayenne.

Baked Yams

This is a favorite dish at The McDougall 10-Day Live-In Program and I always get requests for the recipe. It is simple to prepare and keeps well in the refrigerator for reheating later.

Preparation Time: 5 minutes

Cooking Time: 1 hour 10 minutes

Servings: variable

Garnet Yams (reddish skins and a deep orange flesh)

Preheat oven to 350 degrees.

Scrub the yams and cut into large pieces (quarter the yams unless they are very large).

Place in a single layer in a dry baking dish, skin side down. Cover with parchment paper, then cover the baking dish with aluminum foil, crimping it over the sides to hold in the steam. Bake for 1 hour, 10 minutes.

Hint: These are delicious with the Peanut Dressing.

Peanut Dressing

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 and chili paste into a blender jar. Process on low until mixed. Add the peanut butter $\frac{1}{4}$ cup at a time and process until very smooth. Add the warm water and the cilantro leaves and process until well mixed.

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

Baked Penne Florentine

This is a delicious baked pasta dish that our grandson, Jaysen, really likes. I serve it to him the way it comes out of the oven, but I like to top mine with a bit of Sriracha Hot Sauce for a little kick.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 6-8

8 ounces uncooked penne pasta
10 ounce package frozen chopped spinach, thawed and squeezed dry
 $\frac{1}{4}$ cup vegetable broth
1 onion, chopped
 $\frac{1}{2}$ cup raw cashews
1 $\frac{3}{4}$ cups water
1 15 ounce can white beans, drained and rinsed
1 tablespoon soy sauce
1 tablespoon white miso
2 teaspoons lemon juice
 $\frac{1}{4}$ teaspoon dry mustard
 $\frac{1}{4}$ teaspoon cayenne
 $\frac{1}{2}$ cup whole wheat bread crumbs

Drop the pasta into a pot of boiling water and cook until just barely tender, about 6 minutes. Drain, place in a bowl and add the spinach. Mix very well. Set aside.

Preheat oven to 350 degrees.

Place the onion and the vegetable broth in a medium non-stick frying pan. Cook, stirring occasionally until onion has softened, about 5 minutes. Set aside.

Place the cashews in a food processor and process until finely ground. Add half of the water and blend until smooth. Add the remaining water, the cooked onion, beans, soy sauce, miso, lemon juice, mustard and cayenne. Process until very smooth. Pour this over the pasta and spinach and mix well. Transfer to a covered casserole dish. Sprinkle with bread crumbs. Cover and bake for 45 minutes. Let rest for 5 minutes before serving.

Hint: This may be prepared ahead and refrigerated until baking time. Add about 15 minutes to the baking time.

Sloppy Lentil Joes

Many of our books have recipes for some type of a "sloppy" filling for buns, either made with beans, soy or tofu.

This one is based on an old recipe of mine that was made with tofu TVP. This has become a new favorite in our home. It is a quick and easy meal that also reheats well for lunch the next day or two.

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 8-10

3 1/3 cups water

1 onion, chopped

1 green bell pepper, chopped

1 tablespoon chili powder

1 1/2 cups dried brown lentils

1 15 ounce can crushed tomatoes

2 tablespoons soy sauce

2 tablespoons prepared mustard

2 tablespoons brown sugar

1 teaspoon rice vinegar

1 teaspoon vegetarian Worcestershire sauce

freshly ground black pepper

Place 1/3 cup of the water in a large pot. Add the onions and bell pepper and cook, stirring occasionally until onions soften slightly, about 5 minutes. Add the chili powder and mix in well. Add the remaining water, the lentils, tomatoes, and the rest of the seasonings. Mix well, bring to a boil, reduce heat, cover and cook over low heat for 55 minutes, stirring occasionally. Serve on whole wheat buns.