



Volume 5 Issue 3



## Featured Recipes

### Overnight Steel-cut Oats

Steel-cut oats are a healthy and delicious way to start your day. By soaking them overnight you can cut the cooking time in half.

Preparation Time: 5 minutes

Soaking time: overnight

Cooking Time: 15 minutes

Servings: 2

2 ½ cups water  
 2/3 cup steel-cut oats  
 1 tablespoon currants (optional)

Place the water in a saucepan and bring to a boil. Add the steel-cut oats and mix well. Remove from heat and let cool. Cover and refrigerate overnight. In the morning, add the currants to the pan and mix in well. Bring to a boil, reduce heat and simmer uncovered for about 15 minutes, stirring occasionally. Serve in a bowl with a little soy or rice milk poured over the top, if desired.

Hints: To add more servings, add 1 cup of water and 1/3 cup of steel-cut oats for each additional serving. For example, for 3 servings use 3 ½ cups water and 1 cup of steel-cut oats.

### Whole Wheat Biscuits

These biscuits are made with the white whole wheat flour that is available in many supermarkets and natural food stores. It is lighter in texture than regular whole wheat flour, but still contains all the healthy fiber from whole grains.

Preparation Time: 15 minutes

Baking Time: 16-18 minutes

Servings: 12 biscuits

2 cups white whole wheat flour  
 2/3 cup rolled oats  
 ¼ cup sugar  
 2 teaspoons baking powder  
 ¼ teaspoon salt  
 2/3 cup soy or rice milk  
 ½ cup sparkling water  
 ¼ cup Wonderslim fat replacer  
 1 teaspoon lemon juice  
 2/3 cup fresh blueberries (optional)

Preheat oven to 400 degrees.

Place all the dry ingredients in a medium mixing bowl and stir to combine. Place all the wet ingredients, except the blueberries, in a small mixing bowl and stir to combine. Pour the liquid mixture over the dry ingredients and stir until just combined. Do not overmix. Stir in the blueberries, if using. Spoon the batter into 12 mounds (about 1/3 cup each) onto a non-stick baking sheet. Bake for 16-18 minutes, until tops are just beginning to brown.

Cool on wire rack. Serve plain or with whole fruit spread.

Hints: If you cannot find the white whole wheat flour, use 1 cup of unbleached white flour and 1 cup of whole wheat flour instead. These may also be made with frozen (thawed) blueberries. Just toss the blueberries with a little unbleached white flour before adding to the batter and they will hold their shape much better. The biscuits made without the blueberries are delicious with a savory soup.

### **McVeggie Burgers**

Preparation Time: 30 minutes

Baking Time: 30 minutes

Servings: makes 16 burgers

20 ounces firm water-packed tofu, drained well  
12.3 ounces silken tofu  
10 ounce package frozen chopped spinach, thawed  
½ cup water  
1 large onion, chopped  
½ pound mushrooms, chopped  
3 cloves garlic, pressed  
3 cups quick oats  
2 tablespoons soy sauce  
2 tablespoons vegetarian Worcestershire sauce  
2 tablespoons Dijon mustard  
1 teaspoon paprika  
1 teaspoon lemon juice  
½ teaspoon ground black pepper

Preheat oven to 350 degrees.

Place both kinds of the tofu in a food processor and process until fairly smooth, stopping several times to scrape down the bowl. Transfer processed tofu to a large bowl and set aside.

Drain the spinach well and press any excess water out with your hands. (Spinach should be very dry.) Set aside.

Place the water, onion, mushrooms and garlic in a large non-stick frying pan. Cook, stirring frequently until onion has softened and all liquid has been absorbed, about 10-12 minutes. Set aside.

Add the oats and the seasonings to the tofu mixture and mix well. Add the spinach and mix in well, using your hands. Add the onion mixture and continue to mix with your hands until all ingredients are well combined. Take a small amount and form into a ball shape (a bit larger than a golf ball), then flatten into a burger-sized patty about ¼ inch thick and place on a non-stick baking sheet. (If you do not have a good non-stick baking sheet, then *lightly* oil your baking sheet first.) Repeat this process until all the mixture is used. (It will help to lightly moisten your hands several times during this process.) Bake for 20 minutes, then flip over and bake an additional 10 minutes. Cool on racks after removing from the oven. Serve in a whole wheat bun with your favorite condiments.

Hints: These may be prepared ahead and refrigerated or frozen for future use. They reheat well in the microwave, in the oven, or on a grill or griddle.

### **Bourguignon Beans**

This is very similar to a seitan dish that I have made for many years. This time I have used kidney beans instead of the seitan. This is a hearty vegetable stew that is delicious over baked potatoes, brown rice or biscuits.

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 6

2 cups vegetable broth  
2 cups baby carrots, sliced in half  
2 cloves garlic, minced  
2 cups crimini mushrooms, quartered  
14 ounce bag frozen pearl onions, thawed  
1 cup red wine  
2 15 ounce cans kidney beans, drained and rinsed  
2 tablespoons soy sauce  
2 tablespoons tomato paste  
½ teaspoon thyme  
½ teaspoon marjoram  
1 bay leaf  
½ teaspoon freshly ground black pepper  
2 ½ tablespoons cornstarch mixed in ¼ cup cold water

Place ½ cup of the broth in a large pot. Add the carrots and garlic and cook over medium-low heat, stirring occasionally for 5 minutes. Add the mushrooms and cook for another 5 minutes. Add the thawed onions, the remaining broth, the wine, beans and the seasonings (not the cornstarch mixture). Mix well, bring to a boil, reduce heat, cover and cook for an additional 45 minutes, stirring occasionally. Remove cover, add the cornstarch mixture while stirring and continue to cook and stir until thickened. Serve at once.

### **Baked Apple Dessert**

This is a very simple, yet satisfying, healthy dessert.

Preparation Time: 15 minutes

Baking Time: 50 minutes

Servings: 4

2 medium garnet yams  
1 large baking-type apple  
¼ cup unsweetened applesauce  
½ cup water  
½ teaspoon cinnamon

Preheat oven to 400 degrees.

Peel the yams and slice thinly. Peel and core the apple and cut into thin wedges.

Layer the yams and apples into a square non-stick baking dish. Combine the applesauce and water and pour over the layered ingredients. Sprinkle with cinnamon. Cover and bake for 50 minutes. Serve warm.