



Featured Recipes

by Mary McDougall

Rainbow Stew

During the winter months soups and stews are flavorful, warming and easy to make. Serve with a loaf of fresh bread and a tossed green salad. This stew is prepared in 2 separate pots and then combined briefly at the end of the cooking time. The mung beans give this a special flavor, but if you can't find them use yellow split peas instead. The split peas will take a bit longer to cook.

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 6

6 cups water
1 ½ cups split mung beans
2 tomatoes, chopped
1 onion, chopped
2 cups chopped peeled yams
1-2 cloves garlic, minced
2 tablespoons parsley flakes
1 teaspoon dill weed
2 cups broccoli florets
1 tablespoon soy sauce
freshly ground black pepper
hot sauce to taste

Place 4 cups of the water in a medium saucepan. Add the split mung beans and tomatoes. Bring to a boil, reduce heat, cover and cook for 30 minutes, stirring occasionally. Meanwhile, place the remaining 2 cups of water in a larger saucepan. Add the onion, yams, garlic, parsley, and dill weed. Bring to a boil, reduce heat, cover and cook for 15 minutes. Add the broccoli and cook for an additional 5 minutes, or until tender. Add the cooked mung beans to the vegetables and mix well. Season to taste with the soy sauce, pepper and hot sauce.

Sloppy Lentils Too

This is a recipe from one of our first books, one that is still a favorite in our home. It is easy to make and very warming on those cold winter evenings.

Preparation Time: 15 minutes

Cooking Time: 60 minutes

Servings: 6-8

2 cups dried lentils
1 large chopped onion
1 carrot, chopped
1 green pepper, chopped
4 cups water
4 cups tomato sauce
1 tablespoon soy sauce
1 tablespoon parsley flakes
1 bay leaf
1/2 teaspoon basil
1/4 teaspoon garlic powder

Place lentils and vegetables in a large pot with the water. Cover and simmer for 30 minutes. Add remaining ingredients and simmer for 30 minutes longer. Serve over bread or whole grains.

Hint: Add some fresh spinach or other leafy greens near the end of the cooking time for a delicious variation.

Caribbean Rice

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 6-8

4 cups vegetable broth
1 onion, chopped
1-2 cloves garlic, minced
1 4 ounce can chopped green chilies
3 cups peeled, chopped butternut squash
2 teaspoons curry powder
1 teaspoon ground coriander
½ teaspoon ground cumin
freshly ground black pepper
1 cup uncooked long grain brown rice
½ cup uncooked wild rice
1 15 ounce can kidney beans, drained and rinsed
1 cup chopped Swiss chard
¾ cup chopped green onions

Place ½ cup of the broth in a large pot with the onion, garlic and chilies. Cook, stirring occasionally for 5 minutes. Add the squash and the seasonings, mix well and cook for 2 minutes. Add the remaining broth and both kinds of rice. Bring to a boil, reduce heat, cover and cook for about 45 minutes, until rice is tender. Add the remaining ingredients, mix well and heat for about 5 minutes, until chard is tender.

Quinoa Chowder

We really enjoy soups during the winter months. This is a hearty, yet simple soup, filled with delicious healthy ingredients.

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 6-8

½ cup quinoa, rinsed well
4 cups vegetable broth
2 cups water
2-4 cloves garlic, minced
1 large onion, chopped
2 ½ cups fingerling potatoes, cut into bite sized pieces
2 jalapeno peppers, seeded and minced
2 cups frozen corn kernels
4 cups sliced fresh spinach
freshly ground pepper to taste

Place the first 7 ingredients in a large soup pot. Bring to a boil, reduce heat, cover and cook for 20 minutes. Add the corn, mix well and cook an additional 15 minutes. Stir in the spinach 5 minutes before the soup is done. Add some pepper to taste, if desired.

Hints: To spice this up a bit more, let each person add some hot sauce to taste before eating. If you can't find fin-

gerling potatoes, use Yukon Gold or red potatoes and chop them into bite sized chunks.

Oatmeal Cookies

This is a variation of the cookies that I have been making for years. These are easy to modify by adding some chopped nuts or vegan chocolate chips instead of the raisins (which also raises the fat content of the cookies). These are cake-like cookies, not too sweet, and probably the healthiest cookies around!

Preparation Time: 15 minutes

Cooking Time: 10-12 minutes

Servings: makes 32 cookies

1 ½ cups white whole wheat flour
2 cups rolled oats
1 teaspoon baking soda
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon salt
½ cup raisins
¼ cup warm water
2 teaspoons Egg Replacer
2 bananas
⅓ cup brown sugar
⅓ cup Wonderslim Fat Replacer
1 teaspoon vanilla

Preheat oven to 350 degrees.

Combine the dry ingredients (through the raisins) in a large bowl. Mix well and set aside. Mix the Egg Replacer with the water and whisk until frothy. Set aside while combining remaining ingredients. Place bananas in a separate bowl and mash. Stir in the brown sugar, fat replacer and vanilla. Mix well, then stir in the Egg Replacer mixture. Pour over the dry ingredients and mix until well combined and moistened. Drop by tablespoonfuls onto a dry non-stick baking sheet. Flatten slightly with a fork. Bake for 10-12 minutes, until slightly browned. Remove from oven and cool on wire racks before storing in an airtight container.

Easy Brownies

I found this hint on the internet a few weeks ago so of course I had to try it. Much to my surprise, these brownies turned out quite moist and delicious—and they don't taste like pumpkin at all! Try them for yourself.

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Servings: variable

1 box Dr. Oetker Organics Chocolate Cake Mix
1 15 ounce can pure pumpkin

Preheat oven to 325 degrees.

Pour the mix into a bowl, stir in the pumpkin until very well combined. Pour into a 9 X 12 non-stick baking dish and bake until done, about 25 minutes (insert a toothpick into the center, if it comes out clean it is done).

Hint: We have also tried this with a box of Dr. Oetker Organics Brownie Mix and baked it in a square baking pan. It took longer to bake and the consistency was not as good as the ones made with the cake mix, although they still had a nice flavor.

