

Featured Recipes

Curried Squash and Tart Apple Soup

By Kevin Dunn, culinary instructor, Grand Rapids, Michigan

This is a recipe based on a squash dish that my Mother used to make every fall when I was a kid. I thought the flavors were so good; I made it into this soup. I remember the first time I made this recipe I was attending The Culinary Institute of America. A chef instructor was so amazed with my culinary ability due to this simple recipe. Now after more than 25 years in the food service business, I realize that sometimes simple flavors are the best.

Yield: Serves 6 to 8 people

1 large Butternut Squash, peeled and seeded, cut medium dice
1 large Delicata Squash, peeled and seeded, cut medium dice
2 shallots, fine diced
2 cloves garlic, minced
1 ½ ounces lemon juice
1 cup orange juice
3 tablespoons madras curry
2 quarts vegetable broth
2 Granny Smith apples, peeled and diced
salt and white pepper, to taste
4 tablespoons chives, fine sliced for garnish

Method:

1. Sweat the shallots in a little of the vegetable broth, then add garlic and cook until the garlic perfumes.
2. Add curry and cook briefly.
3. Add vegetable broth and juices. Bring to a boil.
4. Add squash, cook until tender, approximately 10 minutes.
5. Add apples, cook until flavors blend.
6. Total cooking time 20 minutes, place in bowls and garnish with chives.

Mary's Note: This would be wonderful served as a first course for Thanksgiving dinner. Kevin served this during our last McDougall weekend and it was a big hit!

Colcannon Irish Potatoes with Cabbage

By Kevin Dunn, culinary instructor, Grand Rapids, Michigan

This is a classical Irish Mashed Potato dish and a true favorite in the Dunn household. Sometimes you will see it with wilted kale in it too.

Yield: 6 portions

6 Yukon Gold potatoes, peeled and cut in quarters
½ head green cabbage, cut julienne
2 leeks, whites primarily, cut julienne
1 medium onion, diced
4 ounces Silk soy milk, heated
3 tablespoons roasted garlic
3 tablespoons nutritional yeast
1 bunch chives, chopped
1 quart vegetable stock

Method:

1. Cook potatoes in water until tender.
2. Cook the cabbage, onions and leeks in vegetable stock until tender, then strain.
3. Put the potatoes through a food mill.
4. Add hot soy milk, nutritional yeast, roasted garlic and cabbage mixture.
5. Season to taste with salt and pepper.

Mary's Note: Try these in place of your traditional mashed potatoes for Thanksgiving this year. The addition of the vegetables really makes them special!

Caesar Salad Dressing

One of our cooking instructors at the McDougall Program, Colleen Patrick-Goudreau, makes a delicious creamy Caesar Salad Dressing that everyone loves. Whenever I make it, I always like to make extra because it keeps in the refrigerator for about a week or so. Then I have a dressing always ready when I want a salad. I have modified her recipe slightly to make a larger amount.

Preparation Time: 10 minutes

Servings: makes about 2 cups

- 1 12.3 ounce box silken tofu
- ½ cup lemon juice
- ¼ cup water
- ¼ cup nutritional yeast
- ¼ cup capers
- 2 tablespoons Dijon mustard
- 1 tablespoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Place all ingredients in a food processor and process until smooth and creamy. Pour into an airtight container and refrigerate until using.

Corn Butter

I have had several requests for this recipe lately from people who used to make it and loved it, but somehow lost the recipe. So here it is again. This is a wonderful spread for toast or muffins, and it also works on vegetables. It keeps for about a week in the refrigerator.

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: makes 1 ½ cups

- ¼ cup cornmeal
- 1 ¼ cups water
- 1-2 teaspoons lemon juice
- ½ teaspoon salt OR 1 teaspoon no-salt seasoning mixture

Place the cornmeal in a saucepan with 1 cup of the water. Cook, stirring constantly until mixture is smooth and thick. Place the cooked cornmeal in a blender jar. Add the remaining water, 1 teaspoon of the lemon juice and the seasoning. Process until very smooth, adding a bit more water, if necessary, to reach the desired spreading consistency. Taste and add more lemon juice if desired. Place into a covered container and refrigerate.

Slow Chipotle Black Bean Soup

This wonderful soup is so easy to make in a slow cooker. Put all the ingredients in the pot in the morning and by the end of the day you have a delicious soup to serve your family.

Preparation Time: 10 minutes

Cooking Time: 8 hours

Servings: 8-10

2 cups dried black beans
6 cups water
2 16 ounce cans fire-roasted chopped tomatoes
1 4 ounce can chopped green chilies
1 onion, chopped
2 cloves garlic, minced
1 teaspoon chili powder
1 teaspoon ground cumin
¼ teaspoon crushed red pepper
⅛ teaspoon chipotle powder
¼ cup chopped fresh cilantro

Combine all the ingredients, except the cilantro, in a slow cooker. Cover and cook on high for 8 hours. Stir in the cilantro just before serving.

Corny Vegetable Torte

This is easy to prepare the night before and refrigerate until ready to bake. Top with salsa, a simple bean dish, or open a can of healthy chili beans, heat, and pour over this torte.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Resting Time: 10 minutes

Servings: 4

2 cups frozen corn kernels, thawed
1 4 ounce can chopped green chilies
⅓ cup chopped green onions
¼ cup chopped pimientos
10 ounces silken tofu
¼ cup cornmeal
2 tablespoons white whole wheat flour
1 teaspoon chili powder
1 teaspoon organic sugar
1 teaspoon baking powder
½ teaspoon salt
dash chipotle powder

Preheat oven to 375 degrees.

Combine the first 4 ingredients in a bowl and set aside. Place the tofu in a food processor and process briefly. Add remaining ingredients and process until smooth. Pour tofu mixture over the corn mixture and combine well.

Lightly oil a 10 inch deep dish pie plate. Transfer vegetable mixture into pie plate and flatten top with spatula. Bake for 30 minutes until set. Let rest for 10 minutes before serving.