



Featured Recipes

Chili with Yams

I have been using a lot of red lentils lately because they cook quickly and thicken soups and stews very nicely. I am also very fond of yams and they go together very well in this dish. This is delicious served with fresh, warm corn tortillas or pita bread.

Preparation Time: 20 minutes

Cooking time: 55 minutes

Servings: 6-8

1 large onion, chopped
3 stalks celery, chopped
1 teaspoon minced garlic

2 $\frac{3}{4}$ cups water
3 teaspoons chili powder
1 $\frac{1}{2}$ teaspoons smoked paprika
 $\frac{1}{2}$ teaspoon ground cumin
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon crushed red pepper
4 cups peeled and chopped yams
1 cup red lentils
2 15 ounce cans diced tomatoes
1 15 ounce can black beans, drained and rinsed
2 tablespoons peanut butter (optional)
2 tablespoons lime juice (optional)

Place $\frac{1}{4}$ cup of the water in a large soup pot. Add onion, celery and garlic. Cook, stirring occasionally until softened, about 5 minutes. Stir in the chili powder, paprika, cumin, cinnamon and crushed pepper. Mix well, then add the remaining water, yams, lentils, tomatoes, and beans. Stir to combine, bring to a boil, reduce heat, cover and cook for 50 minutes, stirring occasionally. Stir in the peanut butter, one tablespoon at a time, if using. Season with lime juice and a bit of sea salt, if desired.

Deviled Beans and Greens

The addition of mustard gives food a "deviled" flavor. This is a healthy, hearty stew, best served in a bowl, with a loaf of fresh baked bread.

Preparation Time: 15 minutes

Cooking time: 45 minutes

Servings: 4

1 onion, chopped
2 cups vegetable broth
2 cans black beans, drained and rinsed
2 cups sliced fingerling potatoes
1 4 ounce can chopped green chilies
2 teaspoons prepared mustard
1 teaspoon red pepper flakes
2 cups chopped kale

Place the onion in a large pot with $\frac{1}{4}$ cup of the broth. Cook, stirring occasionally until onion is very tender, about 4-5 minutes. Add the remaining broth, the beans, potatoes, chilies, mustard and pepper flakes. Mix well, bring to a boil, reduce heat, cover and cook for 30 minutes, until potatoes are

tender, stirring occasionally. Add the kale and continue to cook about another 10 minutes until kale is tender.

Sherried Rice

Preparation Time: 30 minutes (cooked rice needed)

Cooking Time: 20 minutes

Servings: 4

2 onions, cut in half and sliced
½ pound mushrooms, sliced
2 cloves garlic, crushed
¼ cup white wine
1 stalk broccoli, coarsely chopped
½ head cauliflower, coarsely chopped
1 zucchini, cut in half and sliced
½ cup snow peas
¼ cup sherry
¼ teaspoon curry powder
¼ teaspoon allspice
¼ teaspoon nutmeg
¼ teaspoon herb seasoning mix

3 cups cooked brown rice

Place onions, mushrooms, and garlic in a large non-stick frying pan with the wine and cook, stirring frequently for 5 minutes. Add broccoli, cauliflower, zucchini, snow peas, the sherry and the seasonings. Cook and stir over medium heat until vegetables are tender, about 10 minutes. Add the cooked rice. Heat through and serve.

Hearty Dal Soup

This is a variation of the Festive Dal Soup from last month's newsletter. This creative addition was suggested by Tiffany Hobson, executive assistant to the McDougall's, who thought the soup would be a bit more filling by adding some potatoes and chard. We agree, so give it a try and see what you think.

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

3 ¼ cups water
1 onion, chopped
2 cloves garlic, crushed
1 ½ teaspoons grated fresh ginger
1 teaspoon smoked paprika
¼ teaspoon ground cumin
freshly ground black pepper
1 cup red lentils
1 15 ounce can garbanzos, drained and rinsed
1 14.5 ounce can diced tomatoes
2 cups chunked Yukon Gold potatoes
1 tablespoon lemon juice
1-2 teaspoons chili paste (Sambal Oelek)
2 cups fresh chopped chard

Place ¼ cup of the water in a large soup pot. Add the onion and garlic. Cook, stirring occasionally for 3-4 minutes, until softened. Add the ginger, paprika, cumin and several twists of freshly ground pepper. Mix in well, then add the remaining water, the lentils, garbanzos, tomatoes and potatoes. Bring

to a boil, reduce heat, cover and simmer for 50 minutes, until lentils are tender. Add lemon juice, chili paste (start with 1 teaspoon and add more to taste) and chard. Cook for an additional 5-7 minutes, until chard is tender. Season with a bit of sea salt, if desired. Serve hot.

Curried Split Pea Soup

I really love curried food. I have been making a variation of this soup for over 30 years and whenever I feel the urge for a simple curried dish, this is what I choose. I used to keep this really easy and just use the curry powder for seasoning, but I find the additional spices add even more flavor so it is worth the small amount of extra time it takes to add them. We like this best served in a bowl over some cooked brown rice.

Preparation time: 10 minutes

Cooking Time: 60 minutes

Servings: 6-8

1/4 cup water
1 onion, chopped
1 carrot, chopped
2-3 cloves garlic, minced
2 tablespoons fresh ginger, grated
8 cups water
2 cups split peas (green or yellow)
2 teaspoons curry powder
1 teaspoon ground cumin
1/4 teaspoon ground coriander
1/4 teaspoon cardamom
1/8 teaspoon ground cinnamon
1/4 cup chopped fresh cilantro

Place the 1/4 cup water in a large soup pot with the onion, carrot, garlic and ginger. Cook, stirring frequently until onion softens slightly, about 3 minutes. Add the 8 cups water, the split peas and all the seasonings except the cilantro. Mix well, bring to a boil, reduce heat, cover and cook for about 1 hour until peas are tender. Stir in the cilantro just before serving and season with a bit of sea salt, if desired.

Quick (No-Quesa) Quesadillas

By Colleen Patrick-Goudreau

Colleen is one of the McDougall Program cooking instructors. She usually prepares this during one of her classes and it is such a popular dish that I wanted to share it with you.

If the combination of Middle Eastern hummus and Mexican tortillas seems strange, just give it a chance. The result is absolutely delicious and is an incredibly fast meal or snack.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: Makes 8 quesadillas

Hummus (store-bought or made from scratch – see below)

8 corn or flour tortillas

1/2 cup chopped green onions

1/2 to 1 cup salsa

Spread a tortilla with 2 to 3 tablespoons of hummus and place in a large non-stick skillet over medium

heat. Sprinkle with chopped green onions and salsa. (You could also eliminate the salsa here and instead top the finished quesadilla with it.) Top with a second tortilla, and cook until the bottom tortilla is warm and turning golden brown, about 3-5 minutes, depending on how high you have your flame. Turn and cook the second side for another few minutes, until it, too, is golden brown. Remove from pan and cut in half. Repeat with remaining tortillas.

Basic Hummus

1 15-ounce can garbanzo beans, drained and rinsed
½ cup water-packed, roasted red peppers
3 tablespoons lemon juice
1 tablespoon tahini (sesame seed butter)
1-2 garlic cloves, peeled
¼ teaspoon cumin
Salt, to taste

Place the beans in a food processor or blender with roasted peppers, lemon juice, tahini, garlic, and cumin. Process until very smooth, 1 to 2 minutes. You may add a little water to thin it out. Salt to taste.

Hints: Serve with a side of rice and beans. Great for breakfast, brunch, lunch, or dinner – or just as a snack. For some extra spice, add minced jalapeno peppers to the hummus, or add a pinch of cayenne.