



McDougall Newsletter

Volume 6 Issue 12

Travel with
John and Mary McDougall

Costa Rica
July 16-23, 2008

February 2008
Sold Out
Now Taking
Reservations for July

Reserve Now for
July 16-23, 2008

Call
800-941-7111

Don't Delay
These Trips Go Fast

Advanced Study Weekend



February
22-24, 2008



Details and
Schedule

Call Us
800-941-7111

www.drmcDougall.com

To Juice or Not to Juice? What's A Bottle of Magic Worth?

Bottles of sweet to bitter liquids promise the newest cures for all kinds of troubles ranging from impotence to prostate cancer. Multi-level marketers guarantee medical miracles from Goji, Noni and Mangosteen juices without a single mention of the importance of giving up double cheese-bacon-beef burgers or taking a daily walk. Out of this world prices are charged with claims of: 100% organic, kosher, vegetarian, pesticide-free, and chemical-free; high in amino acids, protein, trace minerals, vitamins, anti-oxidants; and containing unique polysaccharides. A single bottle providing one to two weeks' supply will cost you \$25 to \$50. Page 2

Easy Meal Favorites

More one-pot and easy meal favorites of the McDougall family. Some of these may require a bit more work, such as cooking some pasta, brown rice or potatoes, but these are recipes I pull out over and over again to prepare for friends and family. Page 5

Featured Recipes

Grilled Potatoes

Very Benevolent Caesar Salad

Rice & Bean Wraps

Herb & Garlic Croutons

Baked French Toast

Glistening Poached Pears

Chocolate Chili

Peanut Ginger Dressing

Pear-Cranberry Crumble

Tofu Citrus Dressing

Spicy Dipping Sauce

Page 13



To Juice or Not to Juice? What's A Bottle of Magic Worth?

Bottles of sweet to bitter liquids promise the newest cures for all kinds of troubles ranging from impotence to prostate cancer. Multi-level marketers guarantee medical miracles from Goji, Noni and Mangosteen juices without a single mention of the importance of giving up double cheese-bacon-beef burgers or taking a daily walk. Out of this world prices are charged with claims of: 100% organic, kosher, vegetarian, pesticide-free, and chemical-free; high in amino acids, protein, trace minerals, vitamins, anti-oxidants; and containing unique polysaccharides. A single bottle providing one to two weeks' supply will cost you \$25 to \$50. According to one juice dealer, their company's "mission is to help people become healthier, happier, and *richer*."¹

The mystique surrounding these juices is enhanced by their origins in traditional tribal medicine.

Goji juice was discovered by "A doctor researching an ancient society deep in the Himalayan mountains...considered by many, to be one of the most sacred places on earth."²

"Noni has been used in folk remedies by Polynesians for over 2000 years, and is reported to have a broad range of therapeutic effects, including antibacterial, antiviral, antifungal, antitumor, antihelminth, analgesic, hypotensive, anti-inflammatory and immune enhancing effects."³

"Mangosteen is a fruit grown in Thailand and Myanmar... used for many years in Southeast Asia as a medicine for skin infections, wounds, and diarrhea..."⁴

A

Liquid Form of Herbal Medicine?

Plants synthesize substances that can be useful for human health. Worldwide, and throughout history, people have used medicinal plants, commonly referred to as herbs, for an exhaustive range of ailments. In 1000 BC ancient Egyptians considered garlic, opium, castor oil, coriander, mint, and indigo valuable treatments. Today, over half of the effective drugs doctors prescribe have their origin in plants. Familiar examples include: aspirin derived from the willow tree, vincristine (a cancer chemotherapy agent) from the periwinkle plant, digoxin (a powerful heart medicine) from the foxglove plant, and morphine from the opium poppy.

Juice provides one convenient way to ingest phyto (plant-derived) chemicals. And some juices are definitely effective. One time-honored and proven "natural" way to treat urinary tract infections is by drinking juices made from cranberries and blueberries.⁵ Chemicals found in these berries inhibit the attachment of bacteria to the lining of the urinary bladder. Most recently, signs of progression of prostate cancer (a PSA rise) in men have been discovered to be slowed with pomegranate juice.⁶ Active components of plants can also be counterproductive; grapefruit juice for example, interferes with the actions of popular drugs, like statins for cholesterol and blood pressure pills.⁷

One consequence of the explosion of scientific knowledge about plant chemicals has been businesses selling exotic juices. Undoubtedly, Goji, Noni, and Mangosteen juices contain medicinally active phyto-chemicals—just as do juices made from apples, blueberries, cranberries, carrots, pomegranates, and wheat grass at a fraction of the cost. Presently, there is much more scientific research backing up the claims of the inexpensive juices, than there is for the exotic costly ones. To date, research supporting the benefits of Goji, Noni, and Mangosteen juices is sparse and limited to effects observed in cells cultured in the laboratory—without any credible studies on the effects on humans. (Search www.pubmed.gov for up dated information).

The Rising Popularity of Juicing

Juice is an easy, and oftentimes a delicious, way to consume fruits and vegetables. Flavors are enhanced by

the sweet-tasting carbohydrates that are released from the fruits and vegetables as they are turned into juices (compare the taste of carrots with that of carrot juice). The grinding and extraction processes also release nutrients from the bound matrix of the fruits and vegetables. These freed-up, biologically active, chemicals are supposed to provide the additional healing powers (over the whole fruit and vegetable) for fixing our ailing bodies. This theory might have value if people living in Western societies needed more nutrients because they suffered from diseases caused by deficiencies, such as beriberi (vitamin B1), pellagra (niacin), or scurvy (vitamin C). But that is not the case. Westerners suffer from diseases of excess—excess fat, protein, cholesterol, salt, sugar, pesticides, etc. Providing more nutrients does not resolve diseases of excess.

Dr. Norman Walker is considered the father of the juicing revolution. He invented the first modern mechanical juicing machine, commonly referred to as a "juicer" in 1930.⁸ Juicers are often mistaken for blenders. The difference is a juicer separates the pulp from the juice, whereas a blender grinds the substances of the fruits or vegetables all together. Millions of juicers have been sold through infomercials, stores, and the Internet—this is a multibillion-dollar business.

Damaging a Perfectly Fine Fruit

The mashing, grinding, and filtering of fruits and vegetables is not without negative consequences. Research published in 1977 demonstrates how the simple processing of whole foods can have major affects.⁹ In this experiment ten normal subjects consumed meals based on apples, applesauce, and apple juice. When whole apples are blended into applesauce, nothing is removed, but the natural fibers of the apple are disrupted. To make juice, the fiber is filtered off and discarded. This research found fiber-free juice was consumed eleven times faster than the whole apples and four times faster than the applesauce. Juice was less satisfying to the appetite than was the applesauce and the applesauce was less satisfying than the whole apples. Blood sugar levels rose similarly after all three meals. However, there was a striking fall in blood sugar levels after the juice compared to the applesauce and whole apple. Serum (blood) insulin levels rose much more after the juice and applesauce, than after whole apples. Increased consumption, reduced satiety, and higher insulin levels all promote weight gain—contributing to a person's risk of obesity.

The Whole Food is Healthy, the Parts May Not Be

A diet high in fruits and vegetables is known to prevent obesity, type-2 diabetes, heart disease, cancer and many other common ailments. Over the past century inquisitive scientists have been dissecting these whole foods into their elemental parts in hopes of identifying their exact anti-cancer and anti-heart disease ingredients. Once discovered, the individual plant components, such as vitamins and minerals, are isolated, concentrated, and packaged into pills that are then sold to faithful consumers in the hopes of preventing and fighting diseases. Pills, containing concentrated antioxidants, such as beta-carotene, vitamin C, and vitamin E, have made billions of dollars for supplement industries. Juice dealers also tout the high concentrations of antioxidant vitamins in their products.

Whereas studies of populations of people have found that diets high in fruits and vegetables reduce the risk of cancer and heart disease, taking supplements of antioxidants does the opposite. In one large study, 29,133 male smokers 50 to 69 years of age, from southwestern Finland were assigned to one of four regimes: vitamin E alone, beta-carotene alone, both E and beta-carotene, or placebo. Unexpectedly, an 18 percent higher incidence of lung cancer was found among the men who received beta-carotene, than among those who did not.¹⁰ Another study of 18,314 smokers, former smokers, and workers exposed to asbestos found a 17 percent increase in risk of death and a 46 percent increase in lung cancer in those actively treated with a combination of beta-carotene and vitamin A.¹¹ This study also found a 26% increased risk of heart disease in the treated group. The consensus of the scientific community is that whole plant-foods are health-promoting, but taking concentrated nutrients can be harmful.¹²

Juice Will Not Cure the Ravages Caused by a Rich Diet

Food, through 400 million years of evolution (or, if you choose, by Divine Creation 6000+ years ago), arose to act in perfect harmony with the biologic systems of the human body. The hosts (us) and the

fuel are extremely complex living tissues and interact in mysterious, but perfectly correct ways.¹³ Any alteration of the food will interfere with the exactness of this complicated interaction.

Undoubtedly, the foundation of our health comes from a whole plant-food (starch-based) diet, moderate exercise and sunshine, clean water and air, and surroundings that support psychological comfort. If any of these ingredients are wrong—as typically found among people living in Western societies—then disease easily develops. Witness, almost every person over age 30 is overweight and/or on medication. Juices, even exotic and expensive ones, will not correct fundamental problems. Juice is no longer a whole plant-food and the consequence on human health of consuming large amounts of this alteration of whole fruits and vegetables is yet to be determined. At the very least, consuming any kinds of juices, rather than the whole food, will promote weight gain.^{14,15} In the case of exotic juices, the verdict, based on present evidence, is the financial costs outweigh any demonstrated benefits.

References:

- 1) (<http://www.myvemma.com/chorton?qclid=CPOD7PHhwZACFQMxiQodkyxIPA>)
- 2) <http://www.gojiwholesale.com>
- 3) <http://www.raysahelian.com/noni.html>
- 4) <http://www.raysahelian.com/mangosteen.html>
- 5) Jepson RG, Craig JC. A systematic review of the evidence for cranberries and blueberries in UTI prevention. *Mol Nutr Food Res*. 2007 Jun;51(6):738-45.
- 6) Pantuck AJ, Leppert JT, Zomorodian N, Aronson W, Hong J, Barnard RJ, Seeram N, Liker H, Wang H, Elashoff R, Heber D, Aviram M, Ignarro L, Belldgrun A. Phase II Study of Pomegranate Juice for Men with Rising Prostate-Specific Antigen following Surgery or Radiation for Prostate Cancer. *Clin Cancer Res*. 2006 Jul 1;12(13):4018-4026.
- 7) Kirby BJ, Unadkat JD. Grapefruit juice, a glass full of drug interactions? *Clin Pharmacol Ther*. 2007 May;81(5):631-3.
- 8) <http://books.google.com/books?id=xzQ7GI8hiUYC&pg=PT31&lpg=PT31&dqweb&ots=pXzg00dFEV&sig=history+of+juicing&source==dWaFLMV5G9HsoGPVBpi3syW6ius#PPT44,M1>
- 9) Haber GB, Heaton KW, Murphy D, Burroughs LF. Depletion and disruption of dietary fibre. Effects on satiety, plasma-glucose, and serum-insulin. *Lancet*. 1977 Oct 1;2(8040):679-82.
- 10) The effect of vitamin E and beta carotene on the incidence of lung cancer and other cancers in male smokers. The Alpha-Tocopherol, Beta Carotene Cancer Prevention Study Group. *N Engl J Med*. 1994 Apr 14;330(15):1029-35.
- 11) Omenn GS, Goodman GE, Thornquist MD, Balmes J, Cullen MR, Glass A, Keogh JP, Meyskens FL, Valanis B, Williams JH, Barnhart S, Hammar S. Effects of a combination of beta carotene and vitamin A on lung cancer and cardiovascular disease. *N Engl J Med*. 1996 May 2;334(18):1150-5.
- 12) McCormick DB. The dubious use of vitamin-mineral supplements in relation to cardiovascular disease. *Am J Clin Nutr*. 2006 Oct;84(4):680-1.
- 13) Jacobs DR Jr, Tapsell LC. Food, not nutrients, is the fundamental unit in nutrition. *Nutr Rev*. 2007 Oct;65(10):439-50.

14) Pattern of beverage consumption and long-term association with body-weight status in German adolescents - results from the DONALD study. *Br J Nutr.* 2007 Nov 23;:1-10.

15) Faith MS, Dennison BA, Edmunds LS, Stratton HH. Fruit juice intake predicts increased adiposity gain in children from low-income families: weight status-by-environment interaction. *Pediatrics.* 2006 Nov;118(5):2066-75.



Easy Meal Favorites

More one-pot and easy meal favorites of the McDougall family. Some of these may require a bit more work, such as cooking some pasta, brown rice or potatoes, but these are recipes I pull out over and over again to prepare for friends and family.

One Pot Meals

Potato Chowder

This is always a favorite at the McDougall Program and it is quick and easy to make as well. Buy bags of frozen, chopped hash brown potatoes (with no added oils) for really easy preparation of this delicious soup.

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4-6

4 cups vegetable broth
1 onion, chopped
2 stalks celery, chopped
1 leek, white and light green part, sliced
6 cups frozen chopped hash brown potatoes
2 cups soy, rice or almond milk
½ teaspoon sea salt (optional)
⅛ teaspoon white pepper
2 tablespoons parsley flakes
2 tablespoons dried chives
dash liquid smoke

Place ½ cup of the broth in a large soup pot with the onion, celery and leeks. Cook, stirring occasionally for 5 minutes, until softened. Add the remaining broth and the potatoes. Bring to a boil, reduce heat, cover and cook for 20 minutes. Using an immersion blender, process the soup while still in the pot. (Unless you are using a non-stick pan, then place the soup in a blender jar and process until fairly smooth. Return to pan.) Add the remaining ingredients and heat through, about 5 minutes.

Easy Mayan Black Beans

This is one of those simple, 5 ingredient recipes that is so easy to put together, yet it has a delicious, hearty flavor. This will serve 2 people when used as a topping for baked potatoes or rolled up in a tortilla. It is also wonderful heaped into a baked tortilla boat. (See the recipe in the August 2004 newsletter for an explanation on these tortilla boats.)

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 2

- 1 15 ounce can black beans, drained and rinsed
- 1 cup fresh salsa: mild, medium, or hot
- ½ cup green onions, chopped
- ¾ cup frozen corn kernels
- ¼ cup chopped fresh cilantro (optional)

Place all the ingredients except the cilantro in a saucepan and bring to a gentle boil. Reduce heat, cover and cook for about 12 minutes, stirring occasionally. Stir in the cilantro, if desired, let rest for 1 minute and serve.

Hint: This also makes a wonderful topping for brown rice, or for a simple recipe variation, add about ¾ cup of cooked brown rice to the bean mixture about 5 minutes before the end of the cooking time. This recipe adapts well to precooking: double the recipe, cook ahead of time, refrigerate half for use within the next 2 days, freezing the remainder for later use.

Barbecued Bean Sauce

This is delicious over baked potatoes, on top of brown rice, stuffed into pita bread or just in a bowl by itself.

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Servings: 6

- 1 onion, chopped
- 1 teaspoon minced fresh garlic
- 1/3 cup water
- 1 15 ounce can fire roasted chopped tomatoes with green chilies
- 1 teaspoon chili powder
- ¼ teaspoon chipotle chili powder
- ¼ teaspoon ground cumin
- 1 15 ounce can black beans, drained and rinsed
- 1 15 ounce can pinto beans, drained and rinsed
- 1 15 ounce can white beans, drained and rinsed
- 1 10 ounce package frozen mixed vegetables, thawed
- ½ cup vegetable broth
- ¼ cup barbecue sauce
- dash or two of hot sauce (optional)

Place the onion, garlic and water in a large pot. Cook, stirring occasionally for 5 minutes. Add tomatoes and seasonings. Mix well, then add the remaining ingredients. Cook, stirring occasionally for 15 minutes.

Stovetop Bulgur Pilaf

This is a delicious earthy fall pilaf that would be a wonderful addition to your Thanksgiving menu.

Preparation Time: 15 minutes
Cooking Time: 1 hour
Servings: 4

1 onion, chopped
2 cups vegetable broth
½ cup white wine
½ cup uncooked wild rice
8 ounces mushrooms, sliced
½ cup uncooked bulgur
½ cup chopped green pepper
½ cup chopped red pepper
1 tablespoon soy sauce
¼ teaspoon crushed red pepper
freshly ground black pepper
½ cup chopped fresh flat leaf parsley

Place the onion in a large non-stick pot with 1 tablespoon of the vegetable broth. Cook, stirring frequently, until the onion turns a slight golden color. Add the remaining broth, the wine and the wild rice. Bring to a boil, reduce heat, cover and cook for 30 minutes. Add the mushrooms, bulgur, peppers, soy sauce, crushed red pepper and several twists of freshly ground black pepper. Mix well, cover and continue to cook for an additional 25 minutes, until grains are tender and most of the liquid is absorbed. Stir in parsley and serve.

Curried Yam Stew

This one pot meal contains many of my favorite foods; garbanzos, spinach and yams. It is easy to prepare, cooks quickly and tastes delicious.

Preparation Time: 15 minutes

Cooking time: 20 minutes

Servings: 4

4 cups peeled and diced garnet yams
1 15 ounce can diced tomatoes
1 15 ounce can garbanzo beans, drained and rinsed
¼ cup vegetable broth
2 teaspoons curry powder
½ teaspoon ground cumin
¼ teaspoon ground coriander

¼ teaspoon cinnamon
4 green onions, chopped
¼ cup chopped fresh cilantro
4 cups packed fresh baby spinach leaves



Place the yams, tomatoes, garbanzo beans and broth in a large pot. Bring to a boil, reduce heat, cover and cook, stirring occasionally for 15 minutes, until yams are just tender. Add the remaining ingredients, except for the spinach leaves and mix well. Place the spinach leaves on top of the stew, cover and steam for 1 minute or so, then stir the leaves into the stew. Continue to cook, stirring frequently for 4 minutes longer. Serve at once.

Two Pot Meals

Peppered Kale & Potatoes

I grew so much kale in my garden this year, which I have been using in many new ways. Kale is a very nutritious vegetable, loaded with phytonutrients. This is delicious, healthy, and quick to put together which makes it a favorite lunch time dish. I even like this for breakfast! We like this with Sriracha red

chili sauce over the top for even more heat.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 2

2 cups red fingerling potatoes, chunked
1 onion, chopped
2 cloves garlic, minced
2 portobello mushrooms, coarsely chopped
4 cups packed, coarsely chopped dinosaur kale
1 tablespoon soy sauce
1 teaspoon chili paste
freshly ground black pepper to taste

Place the potatoes in water to cover, bring to a boil, reduce heat and cook until fairly tender, about 8-10 minutes. Drain and set aside.

Meanwhile, place the onion, garlic and mushrooms in a large nonstick sauté pan or wok. Do not add any liquid. Dry fry over medium heat, stirring frequently, for about 5-6 minutes, until onions and mushrooms are fairly tender. Add the kale and stir gently to combine. Continue to cook, stirring frequently for about 2 minutes, then add the potatoes. Cook, stirring occasionally for 5 minutes, then add the soy sauce, chili paste and pepper. Cook an additional 5 minutes, until kale is tender and potatoes are somewhat browned. Serve warm.

Hints: Small red potatoes may be substituted for the fingerlings, if desired. If you can't get dinosaur kale (also called Lacinato Blue), use regular kale, but remove the stems first.

Costa Rican Potatoes and Beans

Preparation Time: 30 minutes (need cooked potatoes)

Cooking Time: 30 minutes

Servings: 4

½ to 1 cup vegetable broth
1 onion, chopped
½ teaspoon minced fresh garlic
1 jalapeno pepper, seeded and minced
2 ½ cups chopped fresh tomatoes
¼ cup chopped fresh cilantro
several twists freshly ground black pepper
4 cups packed chopped spinach
3 cups chunked cooked potatoes
1 15 ounce can black beans, drained and rinsed
hot sauce

Place ½ cup of the vegetable broth in a large non-stick frying pan. Add the onion, garlic and jalapeno. Cook over medium heat, stirring frequently, until vegetables are very soft, adding the rest of the vegetable broth if necessary. Add tomatoes, cilantro and black pepper. Cook, uncovered over low heat, stirring occasionally, for 15 minutes.

Meanwhile, drop the spinach into boiling water for 1 minute. Drain and set aside.

Add potatoes and beans to tomato mixture. Mix well and cook for 3 minutes. Add spinach and cook for another minute. Season to taste with hot sauce.

Serve hot or cold.

Red Bean Gumbo

Preparation Time: 20 minutes, cooked rice needed

Cooking Time: 30 minutes

Servings: 6-8

1/2 cup water
1 onion, chopped
1 green bell pepper, chopped
1 stalk celery, chopped
1 teaspoon minced fresh garlic
6 cups vegetable broth
1 14.5 ounce can Cajun-style stewed tomatoes
1 8 ounce can tomato sauce
1 1/2 teaspoons ground oregano
1 bay leaf
1/4 teaspoon crushed red pepper
several twists of fresh ground pepper
1 15 ounce can kidney beans, drained and rinsed
1 15 ounce can red beans, drained and rinsed
4 cups chopped greens (kale, chard, spinach, etc.)
1/4 cup chopped parsley
2-4 cups hot brown basmati or jasmine rice

Place the water, onion, bell pepper, celery and garlic in a large pot. Cook, stirring occasionally, for 5 minutes. Add vegetable broth, tomatoes, tomato sauce and seasonings. Bring to a boil, cover and cook over low heat for 15 minutes. Add beans and greens (not parsley) and cook an additional 10 minutes. Stir in parsley.

To serve, place 1/2 cup of the rice in the bottom of a soup bowl. Ladle gumbo over the rice and mix well before eating.

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

1/2 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
1/2 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.

New Tamale Pie

This may be made ahead of time and refrigerated until baking. It reheats well and is delicious the next day.

Preparation Time: 10 minutes
Cooking Time: 1 hour
Resting Time: 10 minutes
Servings: 4-6

5 cups frozen corn, thawed
½ cup masa flour (for tamales)
¼ cup vegetable broth
1 4 ounce can chopped green chilies
2 tablespoons chopped roasted red peppers
2 tablespoons chopped black olives
½ cup tofu sour cream (recipe in the June 2002 newsletter)
¼ teaspoon salt (optional)

Preheat oven to 350 degrees.

Place the corn, masa flour and broth in a food processor. (If you have a small processor, do this in batches.) Process until fairly smooth. Scrape into a large bowl. Add chilies, chopped peppers, olives, tofu sour cream and salt. Mix well. Turn into a casserole dish. (To prevent sticking, *lightly* oil the dish first with a small amount of oil on a paper towel.) Cover and bake for 1 hour. Remove from oven and let rest for about 10 minutes before serving.

Serve with salsa, enchilada sauce or guacamole to spoon over the top.

Global Bean Stew

Servings: 6
Preparation Time: 25 minutes
Cooking Time: 60 minutes

3 cups vegetable broth
1 onion, chopped
2 stalks celery, chopped
2 carrots, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped

- 3 cloves garlic, minced
- 2 cups baby potatoes, chunked
- 2 15 ounce cans white cannellini beans, drained and rinsed
- 1 8 ounce can tomato sauce
- 1 ½ cups prepared hummus
- 1 ½ tablespoons parsley flakes
- 1 ½ tablespoons soy sauce
- 1 teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon smoked paprika
- 1/8 to ¼ teaspoon crushed red pepper
- ½ cup cooked quinoa
- 1 ½ cups thinly sliced fresh spinach

Place ½ cup of the broth in a large pot. Add onion, celery, carrot, bell pepper and garlic. Cook, stirring occasionally, for 10 minutes. Add remaining broth, potatoes and beans. Bring to a boil, cover, reduce heat and cook for 30 minutes. Add tomato sauce, hummus and seasonings. Cook an additional 10 minutes. Add cooked quinoa, mix well and cook for 5 minutes. Stir in spinach and cook an additional 2 minutes.

Hints: This may be made with other cooked grains, such as bulgur, kasha, millet, rice or even whole wheat couscous (which is not a grain, but a pasta). Most natural food stores sell prepared low-fat hummus or you can easily make your own by pureeing cooked garbanzo beans with a small amount of broth, garlic and salt. This may also be made with garbanzo beans instead of the white beans. If you can't find baby potatoes, use larger red potatoes and chop them into bite-sized chunks. If you want to use chard or kale instead of the spinach, it will need to cook about 5 additional minutes.

Thai Green Curry Rice

This rice dish is made with a Thai green curry paste that is sold in Asian markets, natural food stores and some supermarkets. To vary this recipe, try making it with red curry paste instead of the green curry paste.

Preparation Time: 20 minutes (cooked rice needed)

Cooking Time: 12 minutes

Servings: 4

- 1/3 cup vegetable broth
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 cloves garlic, minced
- 1-2 tablespoons green curry paste
- 2 cups chopped Napa cabbage
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 cup snap peas
- 1 tablespoon soy sauce
- 4 cups cooked long grain brown rice
- 1 tomato, chopped
- 1 tablespoon chopped fresh Thai basil
- 1 tablespoon chopped fresh cilantro
- 1 cup almond milk or rice milk mixed with 1 teaspoon coconut extract

Place the broth in a large pot along with the onion, bell peppers and garlic. Cook, stirring occasionally, for 5 minutes. Stir in the curry paste. Add the cabbage, broccoli, cauliflower, peas and soy sauce. Mix

well, cover and cook for about 5 minutes, until vegetables are tender. Add the remaining ingredients, mix well and cook until heated through, about 2-3 minutes.

Hint: Curry pastes are quite spicy so you may want to start out with the smaller amount and add more to taste. If you can't find fresh Thai basil, just use the fresh basil found in the produce department of your supermarket. For a very colorful variation, use cooked Thai purple rice in place of the cooked brown rice. Coconut extract in rice or almond milk makes a wonderful substitution for coconut milk in recipes.

Thai Noodles

This wonderful meal requires minimal cooking and it may be made completely ahead of time and served cold or at room temperature. It also keeps well in a cooler so it is a great picnic food. Everyone loves these!!

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 4

12-14 ounces linguini (broken in half)
1/4 cup honey
1/4 cup natural peanut butter, creamy
1/4 cup soy sauce
3 tablespoons rice vinegar
1-2 teaspoons chili-garlic sauce (see hints)
¼ teaspoon sesame oil (optional-see hints)
3 tablespoons vegetable broth
1 bunch green onions, chopped
1 tablespoon minced fresh garlic
1 tablespoon minced fresh ginger
1 ½ cups mung bean sprouts
1 ½ cups shredded carrots
7 ounces baked seasoned tofu, thinly sliced
chopped cilantro
chopped peanuts (optional)

Prepare noodles according to package directions. Drain and set aside.

Meanwhile, combine the honey, peanut butter, soy sauce, rice vinegar, chili-garlic sauce and the sesame oil in a mixing bowl and whisk until smooth. Set aside. Place the broth in a non-stick frying pan with the onions, garlic and ginger. Cook, stirring frequently for 2-3 minutes. Add the sauce, mix well and heat through. Pour over the noodles and toss well to mix. Add the bean sprouts, carrots and tofu and toss again to mix. Serve warm or at room temperature. Let each person add chopped cilantro and/or chopped peanuts, if desired.

Hints: Rice vinegar and chili garlic sauce may be found in most supermarkets in the oriental section. One brand of chili-garlic sauce is made by Huy Fong Foods. It is quite spicy, so you may need to adjust the amount used according to your tastes. I use a small amount of sesame oil in this recipe for the unique taste it adds to foods. It may be omitted, if desired. This dish keeps well in the refrigerator and may also be served cold. This is great to fix on those busy evenings when everyone is eating at different times because it tastes best at room temperature.

Mexican Pasta Surprise

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 6

8 ounces brown rice or whole wheat penne pasta
¼ cup water
1 onion, chopped
1 ½ teaspoons minced fresh garlic
1 4 ounce can chopped green chilies
½ teaspoon chipotle chile powder
1 14.5 ounce can fire roasted chopped tomatoes
1 15 ounce can pinto beans, drained and rinsed
1 ¼ cups enchilada sauce
1/3 cup shredded soy cheese (optional)
¼ cup chopped fresh cilantro
½ cup tofu sour cream

Place a large pot of water on to boil and cook pasta according to package directions, just until barely tender. Drain and set aside.

Preheat oven to 350 degrees.

Place the water in a large non-stick pan. Add the onions and garlic. Cook, stirring occasionally until softened, about 5 minutes. Add the green chilies, mix well, then stir in the chipotle powder. Add the tomatoes, beans and enchilada sauce. Mix well and cook, stirring occasionally, for 10 minutes. Add the cooked pasta and mix well. Ladle mixture into a covered casserole dish. Sprinkle with the soy cheese, if desired. Bake covered for 30 minutes.

Serve with the cilantro and sour cream to spoon over each individual serving.

Hints: Cook the pasta until it is just tender. Do not overcook. This may be prepared ahead of time and refrigerated until baking. You will need to add about 10-15 minutes to the baking time. Chipotle chile powder is quite spicy. If you can't find it or would like a less spicy version, use regular chili powder instead. Recipes for enchilada sauce and sour cream may be found in the May 2003 and the June 2002 newsletters or in The Quick & Easy Cookbook. If you have any leftovers, this is great reheated for lunch the following day.



Featured Recipes

Quick Meal Ideas

Sometimes a quick meal is all you have time for, especially during this busy time of year. Here are a couple of ideas that I have used this past month, and you don't even need a recipe for them!

Grilled Potatoes

Great for breakfast or as a snack!

Frozen hash brown potato patties (just potatoes, no oil, white, rectangular-shaped)

I make these in my Cuisinart Griddler on the grill side. A George Forman Grill would also work, or a

panini press. Heat the grill to medium-high, place the potatoes on the grill, put the cover down so both sides cook at once, and cook for about 15 minutes until well browned. Serve with ketchup, barbecue sauce, salsa, etc.

Rice & Bean Wraps

Fast and easy lunch idea!

Eden Organic Rice & Beans

Eden Organic makes brown rice and beans in a can. They are low sodium and low fat (no added fat), and delicious. There are many varieties; pinto, kidney, garbanzo, black, Cajun red, and lentils, all with brown rice. Just open the can, dump into a saucepan, heat, and spread on a tortilla. Top with some salsa or hot sauce, roll up and eat! If you can't find them in your area, they may be ordered online at www.edenfoods.com.

Baked French Toast

This is a breakfast that you prepare the night before, refrigerate overnight, and then just pop into the oven in the morning. The toast is moist throughout with a slight crispness on top. Serve with warmed maple syrup, or a fruit topping (see hints below).

Preparation Time: 5 minutes

Resting Time: overnight

Cooking time: 40 minutes

Servings: 6-8

9-10 slices french or sourdough bread (whole wheat preferred)

4 cups Almond milk

3 tablespoons brown sugar

1 teaspoon vanilla

1/8 teaspoon cinnamon

1/8 teaspoon turmeric

1/8 teaspoon salt

Arrange the bread slices in the bottom of two 9 x 13 inch baking dishes. Do not overlap the slices. Place the remaining ingredients in a blender jar and process briefly. Pour over the bread slices in both dishes. Cover and refrigerate overnight. In the morning, preheat oven to 350 degrees. Remove cover and bake for about 40 minutes until slightly crisp on the top, but still moist throughout.

Hints: This is an easy way to make French toast for a crowd without standing over the griddle in the morning. To make a simple fruit sauce, thaw an unopened package of raspberries (or another favorite fruit) overnight in the refrigerator. In the morning, place in a blender jar, add a small amount of agave nectar (a tablespoon or two) and process until smooth.

Chocolate Chili

This is a spicy chili, with the subtle flavors of chipotle and chocolate, filled with lots of healthy vegetables. Top with a bit of tofu sour cream to temper down the heat, if desired. Or use less of the chipotle peppers. Serve over rice, or plain in a bowl.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 6-8

- 1 ½ cups water
- 2 onions, chopped
- 3 cloves garlic, minced
- 1-2 tablespoons finely chopped chipotle in adobo sauce
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin
- ⅛ teaspoon cinnamon
- 3 medium zucchini, quartered lengthwise and sliced
- 4 cups coarsely chopped kale
- 1 14.5 ounce can chopped tomatoes
- 3 15 ounce cans pinto beans, drained and rinsed
- 3 tablespoons finely chopped unsweetened chocolate
- 1 teaspoon orange zest
- ⅛ teaspoon sugar
- ⅛ teaspoon salt

Place ¼ cup of the water in a large pot. Add the onion and garlic. Cook, stirring occasionally, for about 5 minutes, until onion has softened. Add the chopped chipotle, oregano, cumin and cinnamon. Stir into the onions and garlic for about 30 seconds. Add the remaining water, the zucchini and kale. Cook, stirring occasionally for about 5 minutes. Add the remaining ingredients, mix well, bring to a boil, reduce heat, cover and simmer for an additional 30 minutes.

Pear-Cranberry Crumble

I had some fresh cranberries in my refrigerator that my grandson, Jaysen, wanted to use. I also had fresh pears, so we decided to make a dessert. While it was cooling on the rack, everyone came in for a sample, and we all decided it was a hit!

Preparation Time: 20 minutes

Cooking Time: 1 hour

Servings: 8-10

Topping:

- ½ cup rolled oats
- ½ cup chopped walnuts
- ¼ cup white whole wheat flour
- ½ teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- 2 tablespoons agave nectar

Filling:

- 3 cups cubed peeled Bosc pears
- 2 cups fresh cranberries
- 1/3 cup brown sugar
- 2 ½ tablespoons cornstarch

Preheat oven to 350 degrees.

Combine dry topping ingredients in a medium bowl and mix well, then add agave and mix again until crumbled. Set aside.

Place pears, cranberries, brown sugar, and cornstarch in a large bowl. Mix until well combined. Transfer to a deep dish pie plate, sprinkle topping mixture over the top. Bake for about 1 hour until filling bubbly and top is slightly browned. Cool for an hour (if you can wait!).

Hints: I used Bosc pears because they tend to keep their shape when cooked and don't get too mushy. When fresh cranberries are not available, frozen, thawed berries may be used in their place. My family likes this plain, but for a special treat, you may want to top this with some rice or soy vanilla ice cream.

Spicy Dipping Sauce

This is another one of those richer sauces that make anything taste great. We especially like this with asparagus or artichokes. This one starts with Tofu Mayonnaise (see hints below). I usually have a batch of the mayonnaise in my refrigerator so this goes together rather quickly. Make this ahead of time so the flavors have time to blend well. To make this less spicy, use the lesser amount of the hot sauce.

Preparation Time: 5 minutes

Chilling Time: 1-2 hours

Servings: makes about ½ cup

½ cup tofu mayonnaise

1-2 teaspoons Sriracha hot sauce

2 ½ tablespoons lime juice

1 ½ tablespoons finely chopped fresh cilantro

dash salt

Combine all ingredients in a small bowl and whisk until smooth. Refrigerate before using for best flavor.

Hint: Tofu Mayonnaise is made with a package of soft silken tofu, 1 ½ tablespoons lemon juice, 1 teaspoon sugar, ½ teaspoon salt, ½ teaspoon dry mustard, ⅛ teaspoon white pepper. Place all ingredients in a food processor and process until smooth. Make this ahead of time for best results.

Very Benevolent Caesar Salad

By Miyoko Schinner, McDougall Program cooking instructor

Miyoko prepares this salad during one of her cooking demonstrations in the 10-day McDougall program and it is always a favorite, the dish that everyone says they are going to make at home. Miyoko says "You would never believe that this wonderful replica of Caesar salad was actually free of cheese, eggs, anchovies, and low in fat to boot". This is my favorite Caesar salad!

Preparation Time: 15 minutes (need prepared croutons)

Servings: 4

1 small head romaine lettuce, washed, dried and torn into pieces

Dressing:

2 tablespoons almond meal (see hints below)

3 cloves garlic, pressed through a garlic press

3 tablespoons Dijon mustard

3 tablespoons nutritional yeast flakes

3 tablespoons lemon juice

2 tablespoons soy sauce

¼ cup water

Prepare the lettuce and place in a large bowl.

In a medium bowl, combine the almond meal, garlic, mustard, and nutritional yeast to make a

paste. Whisk in the remaining dressing ingredients.

Top the lettuce with croutons (see recipe below), if desired, and toss with the dressing. Serve immediately.

Hints: Almond meal can be purchased in bags at Trader Joe's, or you can make your own by grinding blanched or roasted almonds in a food processor until very finely ground. If you make the croutons ahead of time, this salad goes together quite quickly.

Herb & Garlic Croutons

By Miyoko Schinner

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: makes 1 ½ cups

3-4 slices stale French or sourdough bread, trimmed of crust and cubed

1 tablespoon minced garlic

½ teaspoon dried rosemary

½ teaspoon dried marjoram

¼ teaspoon salt

Preheat oven to 250 degrees. Place the bread cubes on a baking sheet in a single layer. Mix the remaining ingredients together and sprinkle over the bread cubes. Toast until lightly browned, about 25 minutes. The object is not to bake them, but to dry them out. Remove from oven; they will continue to crisp as they cool.

Glistening Poached Pears

By Miyoko Schinner, McDougall Program cooking instructor

This is an easy, yet elegant dessert, which is sure to impress your guests.

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Servings: 6

6 Bosc pears, medium firm, peeled

1 quart cherry juice

1 cup red wine

1/3 cup agave nectar

½ lemon, sliced

3 tablespoons cornstarch or arrowroot

Place the pears in a large pot. Add the juice, wine, agave and lemon slices. Bring to a boil, reduce heat, cover and simmer about 30-40 minutes until pears are tender. Dissolve the cornstarch or arrowroot in a small amount of water, add to the liquid in the pot and stir constantly until mixture thickens to a light glaze.

Serve hot or warm, decorated with a sprig of mint, if desired.

Hints: Do not use mushy pears in this dish, they need to be fairly firm in order to keep their shape when cooked. If you do not want to use the wine, just use an extra cup of cherry juice. This could also be made with pomegranate juice, if desired.

Salad Dressings

The following two dressing recipes were created by Joyce Everett, chef at the Flamingo Resort Hotel, where the 10-day McDougall Program is held throughout the year. These were favorites during the last program with many requests for the recipes.

Peanut Ginger Dressing

Preparation Time: 5 minutes

Servings: makes 1 ¼ cups

½ cup peanut butter

½ cup water

¼ cup rice vinegar

1 teaspoon fresh grated ginger

1 teaspoon fresh grated garlic

Combine all ingredients in a blender jar and process until smooth.

Hints: This is a richer dressing because of the peanut butter so use sparingly. This will keep in the refrigerator for about a week.

Tofu Citrus Dressing

Preparation Time: 7 minutes

Servings: makes about 2 ½ cups

16 ounces soft silken tofu

½ cup orange juice

¼ cup lime juice

1 bunch fresh basil, chopped

Combine all ingredients in a blender jar and process until smooth.

Hints: The basil needs to be coarsely chopped so it doesn't clump together in the bottom of the blender jar. This will keep for about a week in the refrigerator.