



## Featured Recipes

### Vegetable Udon Soup

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4

8 cups vegetable broth

¼ cup soy sauce

2-3 cloves garlic, pressed

1 teaspoon grated fresh ginger

1 bunch green onions, cut into 1 inch pieces

4 ounces oyster mushrooms, sliced

7 ounces enoki mushrooms

1 carrot, thinly sliced

1 cup snow peas, trimmed

1 cup sliced baby bok choy

1 cup sliced Napa cabbage

1 12 ounce package fresh precooked udon noodles

1 cup cubed firm tofu (optional)

Place the broth, soy sauce, garlic and ginger in a large soup pot. Bring to a boil. Add all the vegetables and cook for about 3 minutes. Add the udon and the tofu, if using. Cook for another 3-4 minutes until the noodles are tender.

Hint: Dried udon noodles may also be used. Cook them in boiling water until tender, drain and reserve until needed in the recipe. Other kinds of mushrooms may be substituted for the one listed here, if desired. Fresh shiitake mushrooms add a wonderful chewy texture to the soup.

### Vegetable Curry

This recipe requires some "hands-on" time because the vegetables need to be added at different times to keep them at just the right tenderness.

Preparation Time: 25 minutes

Cooking Time: 20 minutes

Servings: 6-8

¼ cup water

1 onion, chopped

1 teaspoon minced fresh garlic

1 teaspoon grated fresh ginger

1 red bell pepper, chopped

1 cup sliced fresh mushrooms

1 cup cut green beans

1 tablespoon curry powder

1 14.5 ounce can chopped tomatoes

1 14.5 ounce can garbanzo beans, drained and rinsed

½ cup V-8 juice

2 cups cauliflower florets

2 cups packed fresh baby spinach leaves

2 tablespoons cornstarch mixed in ¼ cup cold water

Dash sea salt

Freshly ground pepper, to taste

Place the water in a large pot with the onion, garlic and ginger. Cook and stir for 1 minute, then add the bell pepper, mushrooms and green beans. Cook, stirring occasionally for 5 minutes. Add the curry powder and mix in well. Add the tomatoes, garbanzo beans and V-8 juice. Bring to a boil, stir in the cauliflower and cook for 10 minutes. Add the spinach, mix in well, then stir in the cornstarch mixture. Cook and stir until thickened. Season with salt and pepper, if desired. Serve over brown rice or other whole grains or try as a topping for baked potatoes.

Hints: The V-8 juice gives a nice depth of flavor to this recipe, but regular tomato juice or vegetable broth may be used instead, if desired.

### **Lima Bean Soup**

Preparation Time: 15 minutes

Soaking Time: overnight, or quick, 1 hour

Cooking Time: 2 hours

Servings: 6

1 cup dried baby lima beans  
6 cups water  
2 leeks, cut in half and thinly sliced  
2 stalks celery, sliced  
1 teaspoon minced garlic  
1 ½ cups chopped potatoes  
1 bay leaf  
½ pound fresh mushrooms, sliced  
1 tablespoon soy sauce  
½ cup uncooked orzo pasta  
¼ cup chopped fresh dill weed  
Freshly ground pepper to taste

Place the lima beans and water in a large pot. Soak overnight, OR quick soak by bringing to a boil, cooking for 2 minutes, removing from heat and letting rest for 1 hour.

Then, bring beans and water to a boil, cover, reduce heat and simmer for 1 hour. Add the leeks, celery, garlic, potatoes and bay leaf. Continue to cook for 30 minutes. Add the mushrooms and soy sauce and cook an additional 20 minutes. Add the orzo and dill weed and cook for another 10 minutes until the orzo is tender. Season with some freshly ground pepper, if desired.

### **Quick Tomato Salsa**

By Carol Van Elderen

Carol is my sister and she recently sent me this recipe for a fast and delicious salsa that is quick to put together from pantry ingredients and is always a favorite dip at potlucks or parties. Serve with baked tortilla chips or soft corn tortillas.

Preparation Time: 10 minutes

Chilling Time: 1 hour (optional)

Servings: variable

2 10 ounce cans Rotel diced tomatoes and green chilies  
1 15 ounce can black beans, drained and rinsed  
1 cup white corn kernels (see hint below)  
1/8 cup chopped red onion (or to taste)  
1/8 cup chopped fresh cilantro (or to taste)  
1 tablespoon lime juice  
½ to 1 teaspoon sugar (see hint below)

Drain one can of the tomatoes and leave the other one undrained. Combine all ingredients in a bowl and

toss well to mix. Chill before serving for best flavor.

Hints: One can of white corn, drained well, may be used, or use frozen white corn kernels that have been thawed under cold running water. The sugar is optional and used to cut down on the heat if you think it will be too hot for your guests.

### **Lima Bean Surprise**

Peggy Henry sent me the idea for this recipe and says she and her husband eat this in the morning for breakfast. I have made this several times over the past couple of weeks as a quick dinner for John and myself and it is very delicious and satisfying.

Preparation Time: 5 minutes (cooked rice needed)

Cooking Time: 10 minutes

Servings: 3-4

¼ cup vegetable broth

2 ½ cups frozen lima beans (16 ounce bag)

2 ½ cups shredded cabbage

1 ½ cups frozen corn, thawed slightly

2 ½ to 3 cups cooked brown rice

1-2 teaspoons seasoning mixture (see hints below)

Place broth, lima beans and shredded cabbage in a large non-stick sauté pan and cook stirring frequently for about 5 minutes. Add corn and cook, stirring occasionally for another 2 minutes. Add rice and seasoning mixture and continue to cook and stir until rice is heated through and all vegetables are tender. Serve at once.

Hints: Bags of shredded cabbage are available in many supermarkets, or shred your own cabbage in a food processor. To thaw the corn slightly, place in a colander and rinse with cool water. If you don't have leftover cooked rice in your refrigerator, use a package of frozen brown rice and heat it in the microwave. There are many delicious seasoning mixtures on the market. Try Mrs. Dash, or a lemon dill mixture. I used Lemony Dill Zest by Vegetarian Express. I sometimes mix in 1 teaspoon of Sambal Oelek when I add the rice for some extra heat. We also like to top this with Sriracha Hot Sauce and it is wonderful rolled up in a soft corn tortilla.

### **Creamy Soy Dressing**

By Joyce Everett

Joyce is a chef at the Flamingo Resort Hotel where the McDougall Programs are held. This recipe is always a favorite at all of our programs.

Preparation Time: 5 minutes

Servings: makes about 2 cups

1 12.3 ounce package silken tofu

½ cup low sodium soy sauce

1 teaspoon fresh minced garlic

½ teaspoon fresh minced ginger

Place all ingredients into a food processor and process until smooth. Will keep in the refrigerator for at least a week.

### **Mango Raspberry Dressing**

By Joyce Everett

Joyce is a chef at the Flamingo Resort Hotel where the McDougall Programs are held. She created this recipe for all the people who love fruity salad dressings.

Preparation Time: 10 minutes

Resting Time: 30 minutes (optional)

Servings: makes about 2 cups

1 cup fresh raspberries

2-3 mangos, peeled and chunked

1 teaspoon sugar

¼ teaspoon apple cider vinegar

½ teaspoon guar gum (to thicken)

Place all ingredients in a blender or food processor and process until smooth. Let rest for about 30 minutes to thicken. Will keep in the refrigerator for about 3 days.