



McDougall Newsletter

Volume 7 Issue 02

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Intensive Therapy Means You Will Die Sooner with Good Looking Numbers

I am outraged that no serious action is being taken by medical doctors to stop the conscious killing of patients by the pharmaceutical companies. Responsible physicians need to stand up—we swore an oath to protect our patients—to keep their welfare as our highest priority—not to safeguard the earnings of any industry. Research over the past four decades has consistently shown that intensive drug treatment will lower **risk factors**, such as cholesterol, blood sugar, and blood pressure; but will also cause patients to die sooner, albeit, with better looking numbers. So far, any changes in medical practices resulting from all this bad news have been imperceptible. In fact, most of my colleagues, without taking a single dime, readily come to the defense of the drugs they prescribe, and their manufacturers—the others take a bribe. Page 2

More McDougall Favorite Recipes

People always ask me what my family likes to eat, so this month I am including the recipes that I turn to over and over again. (Yes, I still have to look at recipes most of the time, just to make sure that the finished dish tastes the way we remember it.) Page 7

Featured Recipes

Rainbow Skillet Hash

Falafel Patties

Guacamole Bean Tacos

Sumptuous Soups

Couscous and Greens

Curried Quinoa Chowder

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Intensive Therapy Means You Will Die Sooner with Good Looking Numbers

I am outraged that no serious action is being taken by medical doctors to stop the conscious killing of patients by the pharmaceutical companies. Responsible physicians need to stand up—we swore an oath to protect our patients—to keep their welfare as our highest priority—not to safeguard the earnings of any industry. Research over the past four decades has consistently shown that intensive drug treatment will lower **risk factors**, such as cholesterol, blood sugar, and blood pressure; but will also cause patients to die sooner, albeit, with better looking numbers. So far, any changes in medical practices resulting from all this bad news have been imperceptible. In fact, most of my colleagues, without taking a single dime, readily come to the defense of the drugs they prescribe, and their manufacturers—the others take a bribe.

In general, people who have elevations of cholesterol, blood sugar, and blood pressure, known as risk factors, have a greater chance of having heart attacks and strokes in the future. These elevated numbers are the signs of disease, not actual disease. During my forty years in the profession (I started medical school in 1968), I have never seen a patient die of high cholesterol, high blood sugar, and/or high blood pressure. These people die from rotten arteries, manifesting as strokes and heart attacks. Drugs won't heal the sick arteries. The reason pharmaceutical companies sell drugs that treat the **signs of diseases is they can**. The reason they don't sell drugs that cure the **underlying diseases is they can't**.

To compound matters, medications cause "warning messages" to disappear, leading many people to a false sense of security. As a direct result, they fail to take appropriate actions to improve their diets and lifestyles—measures that would make real differences. During patient interviews (a history I take when people come to my 10-day, live-in program), I often notice that the "disease portion" of their data sheet is left blank, while their medication list is extensive. I ask, "Why have you left this section about your diseases blank, when you are taking three medications for high blood pressure, two for diabetes, and a statin?" Their answer: "I don't have these problems anymore, since I started taking these drugs." They believe they have

been cured because the "warning messages" are gone. But this deduction is contrary to common sense and the results of extensive scientific research.

Aggressive Treatment of Diabetes Kills

Diabetic medications are approved for market based upon their ability to lower blood sugar levels, not based on any improvements in the quality or quantity of the patients' lives. A popular diabetic medication, Avandia (rosiglitazone), given at a dosage of 4 mg twice daily, on average, decreases hemoglobin A1c by 1.5 percentage points, reduces fasting plasma sugar by 76 mg/dL (4.22 mmol/L), and reduces insulin resistance by 25%.¹ Urinary protein excretion also decreases significantly. Logically, these improved numbers should mean healthier patients, but they don't. On May 21, 2007 the *New York Times* reported, "...patients taking Avandia had 66 percent more heart attacks, 39 percent more strokes and 20 percent more deaths from cardiovascular-related problems."^{2,3} That same day the FDA issued a Safety Alert on Avandia. Paradoxically, this study funded by Glaxo, was called "the DREAM study," (an acronym for Results of the Diabetes REduction Assessment with ramipril and rosiglitazone Medication). In reality, the nightmare for patients continues as this toxic drug is still mar-

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1. Known hypersensitivity to the drug.
2. Diabetic ketoacidosis, with or without coma. This condition should be treated with insulin.

WARNINGS

SPECIAL WARNING ON INCREASED RISK OF CARDIOVASCULAR MORTALITY

The administration of oral hypoglycemic drugs has been reported to be associated with increased cardiovascular mortality as compared to treatment with diet alone or diet plus insulin. This warning is based on the study conducted by the University Group Diabetes Program (UGDP), a long-term, prospective clinical trial designed to evaluate the effectiveness of glucose-lowering drugs in preventing or delaying vascular complications in patients with non-insulin-dependent diabetes. The study involved 823 patients who were randomly assigned to one of four treatment groups (Diabetes, 19 supp. 2: 747-830, 1970).

UGDP reported that patients treated for 5 to 8 years with diet plus a fixed dose of tolbutamide (1.5 grams per day) had a rate of cardiovascular mortality approximately 2-1/2 times that of patients treated with diet alone. A significant increase in total mortality was not observed, but the use of tolbutamide was discontinued based on the increase in cardiovascular mortality, thus limiting the opportunity for the study to show an increase in overall mortality. Despite controversy regarding the interpretation of these results, the findings of the UGDP study provide an adequate basis for this warning. The patient should be informed of the potential risks and advantages of AMARYL (glimepiride tablets) and of alternative modes of therapy.

Although only one drug in the sulfonylurea class (tolbutamide) was included in this study, it is prudent from a safety standpoint to consider that this warning may also apply to other oral hypoglycemic drugs in this class, in view of their close similarities in mode of action and chemical structure.

PRECAUTIONS

General

Hypoglycemia: All sulfonylurea drugs are capable of producing severe hypoglycemia. Proper patient selection, dosage, and instructions are important to avoid hypoglycemic episodes. Patients with impaired renal function may be

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From the *Physicians Desk Reference*

keted aggressively to patients and their doctors.

On February 6, 2008 the National Heart, Lung, and Blood Institute (NHLBI), stopped the ACCORD study (Action to Control Cardiovascular Risk in Diabetes) when results showed that intensive treatment of diabetics increases the risk of dying compared to those patients treated less aggressively.⁴ Patients in the intensive group were sometimes taking four shots of insulin and three pills daily, and checking their blood-sugar levels four times a day. The goal of intensive treatment was to make the patients' blood sugar numbers as close to "normal" as possible, as measured by a hemoglobin A1c. (This test reflects long-term sugar control). Those with the "better numbers" died more often.

The DREAM and ACCORD studies are not the first time aggressive treatments with insulin and diabetic pills have been reported to harm and kill people. Since 1972, the *Physicians Desk Reference* (PDR)'s descriptions of every diabetic pill have included two paragraphs in heavy black print that begin with: **"Special Warning on Increased Risk of Cardiovascular Mortality."** Even more scandalous, three major studies published between 1996 and 2000 have shown more weight gain, higher cholesterol, triglycerides, and blood pressure; and more heart disease, stroke, and/or death with "aggressive" treatment compared to less treatment.⁵⁻⁷

Diabetic Treatments Increase Heart Disease

Unfortunately for the patient, the doctors, and the drug companies, "anti-diabetic treatments"—pills and injected insulin – are actually "anti-diabetic-patient" in the sense that they commonly hurt the customer. Consider the results of these major studies:

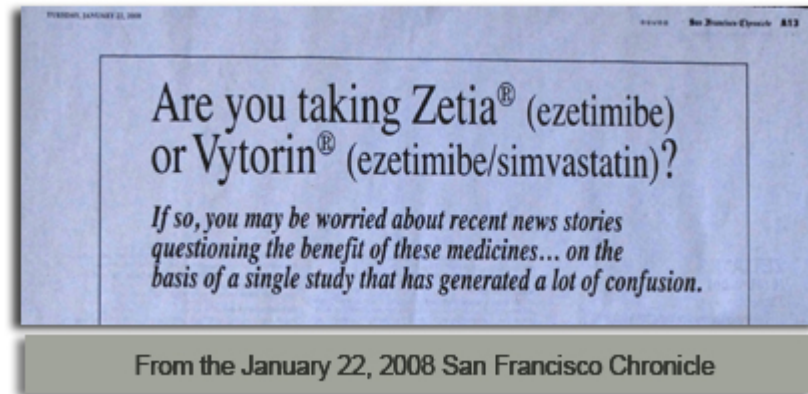
- The Diabetes Control and Complications Trial (DCCT) is the largest study done to show the effects of drug therapy on diabetics.⁵ Six and a half years of treatment with intensive insulin therapy for type-1 diabetics resulted in more weight gain, as well as higher cholesterol, LDL (bad) cholesterol, triglycerides and blood pressure compared to people treated less aggressively. As expected from the rise in cholesterol, there was an increase in the risk of heart disease and stroke for the intensively treated patients.
- The Veterans Affairs Cooperative Study in Glycemia Control and Complications in NIDDM study showed an increase in cardiovascular events in those receiving intensive therapy.⁶ In this research paper diabetic patients with a history of a heart attack were studied, and those treated with insulin or diabetic medications had an increased risk of death.
- In a large European study, The TRACE Study Group, investigators found diabetic patients with a history of heart attacks treated with diabetic pills and/or insulin had almost twice the death rate as those diabetics treated with diet alone.⁷ Diabetics treated without medications (diet only) had the same death rate as people without diabetes.

Aggressive Treatment of Cholesterol Kills

Worldwide, the number one prescribed medications are statins for lowering cholesterol. Doctors have been so seduced by provocatively dressed, attractive, young female "drug reps," and the "science," that many have come to believe that, "these drugs are of such great public benefit that they should be put into the drinking water for everyone to consume." In truth, their benefits have been established only for people with very high risks, such as patients with a history of previous heart surgery, heart attacks, and/or strokes.⁸ Hardly mentioned are the serious side effects, including death, and the fact that these drugs are approved for market based upon their ability to lower cholesterol levels, not based on any improvements in the quality or quantity of the patients' lives.

Vytorin, a combination of Zocor (a statin which blocks cholesterol synthesis) and Zetia (which blocks intestinal absorption of cholesterol), rocketed to the third best-selling cholesterol-lowering medication soon after its introduction in 2004. In 2007, Vytorin was a \$4 billion-a-year treatment, but sales should be

slightly off for 2008. After withholding the results from the public for nearly two years, on January 14, 2008, the company Merck/Schering-Plough Pharmaceuticals, announced, under pressure from the US Congress, that even though patients taking Vytorin dramatically lowered their cholesterol levels, they achieved no improvement in survival, compared to Zocor alone; and doubled the thickness of their arteries (intimal-media thickness).⁹ This thickening is associated with an increased risk of stroke and heart attacks. Not coincidentally, Zocor, ran out of its patent protection in June of 2006. For damage control, one week after this report on Vytorin, Merck/Schering-Plough Pharmaceuticals ran full two-page ads in newspapers worldwide.



Aggressive Treatment of Hypertension Kills

Anti-hypertension drugs are approved for market based upon their ability to lower blood pressure levels, not based on any improvements in the quality or quantity of the patients' lives. Over the past 22 years, multiple studies have shown that aggressive treatment of hypertension with a goal of making the numbers look normal (110/70 mmHg or less), increases the patient's risk of heart attack, stroke, brain damage, and/or death.^{10,11} The phenomenon is known as the "J-shaped curve of mortality." Meaning: lowering the pressure to a certain point is beneficial (that is the first part of the "J" shape), but beyond that point of reduction, the patient is harmed (the second part of the "J"). This harm is found with both systolic (top number) and diastolic (bottom number) pressure changes. Based on solid research, diastolic blood pressure should not be reduced below 85 mmHg by medications.¹²

In June of 2006 an extensive review of the data on 22,576 patients with heart disease and hypertension was published. When treated with medications, the incidence of heart attacks, death, and/or stroke was three times higher for patients with a diastolic blood pressure of 60 mmHg compared to a pressure of 80 to 90 mmHg.¹⁰ Another study of the elderly found a 14% increase in strokes in those whose diastolic pressure was lowered by only 5 mmHg with medications (starting average of 177/77 mmHg).¹³ Furthermore, the brain function in the elderly is impaired by intensive treatment of blood pressure with medication.¹⁴ This loss of intelligence may be permanent in some cases.

Why Does Intensive Therapy Kill?

You might expect the results of pharmaceutical treatments for chronic disease to be neutral, because the therapies are directed at risk factors rather than the underlying illnesses. Not so—the more intense the treatments, the worse the outcomes. Medications have serious, sometimes fatal, side effects—but this is only a small part of the answer.

The most important reason intensive therapy kills is that drug treatments, which focus on the signs and symptoms of disease, are counterproductive to the body's efforts to stay alive under adverse conditions. We are designed to live optimally under conditions of clean air, water, and food (a starch-based diet). If these ideal surroundings are not met then adaptations must be made to survive. For example, when people smoke cigarettes they cough and produce mucous in an effort to remove the toxic smoke from their

lungs. These adjustments also serve as signs of the on-going lung injury. If cough-suppressing medication, for example, codeine syrup, were used intensive to completely suppress the cough, then more of the toxic chemicals from the smoke would be retained—hurrying the person's demise.

In addition to serving as signs of disease, elevation of the blood pressure and blood sugar (and maybe cholesterol) also serve as part of the corrective adaptations that the body makes in response to the burdens caused by the unhealthy Western diet. In the case of hypertension, the blood pressure increases in order to improve circulation. The Western diet reduces the flow of blood to the tissues by creating blockages (atherosclerosis), spasms of the arteries, and the clumping of blood cells. The net effect is an increase in (peripheral) resistance to the flow of blood. To compensate, the blood pressure rises in order to restore adequate perfusion to the tissues. A rise in blood pressure is the correct response for the body to make under these circumstances.

The pharmacological, medical answer to elevated blood pressure is to poison various parts of the cardiovascular system: beta blockers are given to weaken the heart muscle, calcium channel blockers prevent normal contraction of the arteries, anti-angiotensin drugs block the actions of adrenal hormones, and diuretics inhibit the kidneys' ability to conserve water and minerals. Rather than improving the circulation, these drugs cause the opposite: a further decline in perfusion pressure—counteracting the body's efforts to deliver adequate oxygen and nutrients to the tissues.^{15,16} The result, as would be expected from worse circulation, is more damage, seen as an increase in the risk of strokes and heart attacks, and loss of brain function (dementia).

Resistance to the actions of insulin develops in response to the burdens of the Western diet. This adaptation is made in part to stem excessive weight (fat) gain. One of the primary jobs of insulin is to store fat in the fat cells. After the accumulation of the first 30 pounds of fat, the body seems to say "that's enough," and puts the brakes on by reducing the effectiveness of insulin—in other words, *insulin resistance* develops. With weaker insulin activity, the blood sugar rises. Injections of insulin partially override this natural resistance causing weight gain to accelerate. Medications, like Byetta injections and sulfonylurea pills, cause the pancreas to release more insulin with effects similar to insulin shots. Artificially lowering blood sugar with these drugs also prevents excess calories (sugar) from being eliminated through the kidneys (glucosuria), further hindering the body's attempts to make overdue corrections by losing its excess fat. The net result of all this intensive therapy is accelerated accumulation of body fat, which means a sicker patient at more risk of death and complications. (In addition to causing obesity, intensive therapy results in many other biochemical changes that are counterproductive to survival.)

Lowering cholesterol with drugs, like statins, does little or nothing to heal the sick arteries. To make matters worse, Zetia (ezetimibe), an ingredient in Vytorin, appears to further damage a patient's arteries. Zetia works by blocking the absorption of cholesterol (an animal-synthesized sterol) by the intestines. This drug at the same time blocks the absorption of plant-derived sterols in every person taking Zetia.¹⁷ Unlike cholesterol, plant sterols cannot be synthesized within the body; therefore, they must be obtained from a diet of starches, vegetables, and fruits. Plant sterols are essential for our health, and more specifically, they are vital ingredients for healthy arteries. These sterols lower total and LDL (bad) cholesterol by a variety of mechanisms, and reduce oxidative stresses and inflammation, which lead to atherosclerosis.¹⁸

Doctors, It Is Time to Prescribe the Miracle Drug: Food

The facts are indisputable: The intensive pharmaceutical treatment of signs of chronic diseases is a failure—causing great mental, emotional, physical, and financial harm to patients. Since doctors are the gatekeepers of treatment, they have the opportunity and duty to change medical care. We must stop prescribing treatments that don't work.

The reason pharmaceutical companies don't sell drugs that cure the ***underlying diseases is they can't***. All common chronic diseases are caused by diet and lifestyle. There is little profit in selling sweet potatoes, broccoli, and a pair of walking shoes. Doctors willing to step in front of the crowd and practice lifestyle medicine will reap great rewards. Foremost, they will fulfill their professional dream by helping their patients regain their lost health and appearance, get off all unnecessary medications and avoid all unwarranted surgeries.

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More McDougall Favorite Recipes

Here are more of our favorite recipes, some of them a bit richer, great for guests or a special meal.

McVeggie Burgers

This is my latest variation. I use firm water packed tofu and process it until fairly smooth.

Preparation Time: 30 minutes

Baking Time: 30 minutes

Servings: makes 16 burgers

2 pounds firm water-packed tofu, drained well
10 ounce package frozen chopped spinach, thawed
2 tablespoons water
1 large onion, chopped
½ pound mushrooms, chopped
3 cloves garlic, pressed
3 cups quick oats
2 tablespoons soy sauce
2 tablespoons vegetarian Worcestershire sauce
2 tablespoons Dijon mustard
1 teaspoon paprika
1 teaspoon lemon juice
½ teaspoon ground black pepper

Preheat oven to 350 degrees.

Place the tofu in a food processor and process until fairly smooth, stopping several times to scrape down the bowl. Transfer processed tofu to a large bowl and set aside.

Drain the spinach well and press any excess water out with your hands. (Spinach should be very dry.) Set aside.

Place the water, onion, mushrooms and garlic in a large non-stick frying pan. Cook, stirring frequently until onion has softened and all liquid has been absorbed, about 5-6 minutes. Set aside.

Add the oats and the seasonings to the tofu mixture and mix well. Add the spinach and mix in well, using your hands. Add the onion mixture and continue to mix with your hands until all ingredients are well combined. Take a small amount and form into a ball shape (a bit larger than a golf ball), then flatten into a burger-sized patty about ¼ inch thick and place on a non-stick baking sheet. (If you do not have a good non-stick baking sheet, then *lightly* oil your baking sheet first.) Repeat this process until all the mixture is used. (It will help to lightly moisten your hands several times during this process.) Bake for 20 minutes, then flip over and bake an additional 10 minutes. Cool on racks after removing from the oven. Serve in a whole wheat bun with your favorite condiments.

Hints: These may be prepared ahead and refrigerated or frozen for future use. They reheat well in the microwave, in the oven, or on a grill or griddle.

Tamale Burgers

We like to serve these in a corn tortilla, with lettuce, tomatoes, and the Taco Sauce recipe which follows.

Some sliced avocado could also be added, if desired.

Preparation Time: 30 minutes (need cooked rice)

Cooking Time: 45 minutes

Cooling Time: 50 minutes

Servings: 8-10

2 tablespoons vegetable broth
1 onion, finely chopped
1 small red bell pepper, finely chopped
 $\frac{3}{4}$ cup frozen corn kernels, thawed
1 chipotle chile in adobo sauce, minced
2 teaspoons adobo sauce
2 cloves garlic, minced
1 teaspoon ground cumin
dash salt (optional)
 $\frac{1}{3}$ cup masa harina (for tortillas)
 $\frac{1}{2}$ cup water
3 cups cooked brown rice
 $\frac{1}{2}$ cup chopped fresh cilantro
1 $\frac{1}{2}$ tablespoons fresh lime juice
 $\frac{3}{4}$ teaspoon lime zest
8-10 corn tortillas

Place the vegetable broth in a large non-stick frying pan with the onion, bell pepper, corn, chipotle chile, adobo sauce, garlic, and cumin. Cook, stirring occasionally, for about 10 minutes, until vegetables are softened.

Mix the masa harina with the water in a small bowl. Add to the vegetable mixture and mix well. (Mixture will be very thick.) Cover and cook over low heat, stirring once or twice, for about 5 minutes.

Heat the cooked rice until hot. Place in a large bowl and add the vegetable mixture to the rice along with the remaining ingredients, except the tortillas. Mix well and set aside for 20 minutes.

Place several sheets of parchment paper over large baking trays. Fill a medium bowl of water and place it next to your work surface. Wet hands and shape mixture one at a time into flattened oblong burgers (just the right size for fitting into the tortillas). Place each shaped burger onto the parchment paper. Repeat until all mixture is used. Refrigerate burgers for 30 minutes.

Grill burgers over medium heat for about 7 minutes on each side, until crusty on the outside. This may be done on a charcoal or gas grill, or on a griddle on the stovetop.

Place each burger in a corn tortilla, add lettuce, tomatoes, avocado, if desired, and spoon some Taco Sauce over the top. Fold up and enjoy.

Hints: Masa harina can usually be found in Latin American markets, or in the ethnic section of some supermarkets. It is a fine corn flour that is used to make tortillas and tamales. I usually make a double batch of these burgers because they freeze well and then I have an easy meal for sometime later. These may also be shaped into the traditional burger shape and eaten on whole wheat buns. They have a decidedly Mexican flavor to them, so they are best topped with Mexican-style seasonings.

Taco Sauce

This is a creamy, slightly spicy sauce that is wonderful with raw veggies, or drizzled over tacos.

Preparation Time: 5 minutes

Servings: makes 3 cups

- 1 package soft silken tofu
- 1 ½ cups tofu sour cream
- 1 package Bearitos Taco Seasoning mix

Place the tofu in a food processor and process until fairly smooth. Add the tofu sour cream and process until very creamy. Add the package of seasoning mix and process until blended. Pour into a covered container and refrigerate for an hour or two to allow flavors to blend.

Hint: Recipe for tofu sour cream can be found in the June 2002 newsletter.

Hoisin-Tofu Lettuce Wraps

These are a great finger food, fun to eat, but a bit messy. For a lower fat variation, see the suggestion under hints.

Preparation Time: 15 minutes
Cooking Time: 10 minutes
Servings: 4 (enough for 2 people)

Filling:

- ½ cup pine nuts
- 12 ounces firm water-packed tofu (not silken)
- 3 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- ¼ teaspoon chili-garlic sauce
- dash sesame oil
- 1-2 tablespoons hoisin sauce
- 1 cup chopped fresh cilantro OR Italian parsley
- 8 iceberg or butter lettuce leaves

Toast the pine nuts in a dry non-stick pan for about 4 minutes, stirring constantly, until they are golden brown. Remove from heat and set aside.

Cut tofu into small (1/4 inch) cubes. Combine rice vinegar, soy sauce, sugar, chili-garlic sauce and sesame oil in a small bowl. Heat a non-stick frying pan over medium-high heat, add tofu and sauce mixture, cook stirring constantly until sauce is absorbed, about 3-4 minutes. Stir in the hoisin sauce, mix well, then add the cilantro or parsley. Heat and stir for about 1 minute. Remove from heat and stir in the reserved pine nuts.

Serve in lettuce leaves, with some additional hoisin sauce to spoon over the top. If desired.

Hints: Instead of the pine nuts, mix ½ cup of chopped water chestnuts in with the tofu before cooking and add an extra tablespoon of the hoisin sauce.

Tofu Loaf

This is an excellent, firm loaf to serve with mashed potatoes and gravy. The leftovers also make a great sandwich filling.

Preparation Time: 15 minutes
Cooking Time: 45 to 60 minutes
Servings: 6-8

- 30 ounces water-packed firm tofu
- 1 2/3 cups quick oats
- ¾ cup whole wheat bread crumbs
- ½ cup ketchup or barbecue sauce
- 1/3 cup soy sauce

2 tablespoons Dijon-style mustard
2 tablespoons vegetarian Worcestershire sauce
¼ teaspoon garlic powder
¼ teaspoon ground black pepper

Preheat oven to 350 degrees.

Drain the tofu well and mash finely, using a bean/potato masher and your fingers. Place in a large bowl and add the remaining ingredients. Mix well, again using your fingers. Turn the mixture into either a square baking pan or a loaf pan. (If you don't have a non-stick pan you will need to *lightly* oil the pan first.) Bake the square pan for 45 minutes or the loaf pan for 60 minutes, until the top and edges are golden brown. Remove from oven and let rest for 5 minutes. Loosen sides and invert over a platter to remove from baking pan.

Hints: The quick cooking oats work best in this recipe. To make bread crumbs, process 1 slice of bread in a food processor. (Do this when you have extra older bread and store the crumbs in a sealed bag in the freezer.) Serve with a sauce or gravy to pour over the loaf-or serve plain with a barbecue sauce on the side. Vegetarian Worcestershire sauce is available in most natural food stores. Low sodium soy sauce is also available in most supermarkets for those of you who are trying to reduce your salt intake.

Creamy Golden Gravy

This gravy is made with brown rice flour instead of wheat flour. The great thing about using rice flour instead of wheat flour for thickening is that it doesn't form lumps like wheat flour often does. You just sprinkle it over the top of a hot liquid, stir it in and it thickens nicely without any lumps.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: makes 2 cups

1 ½ cups vegetable broth
½ cup water
3 tablespoons low sodium soy sauce
2 tablespoons tahini
¼ cup brown rice flour
freshly ground black pepper

Place the broth and water in a saucepan. Combine the soy sauce and tahini in a bowl and add to the liquid in the saucepan. Bring to a boil, stirring occasionally to smooth out the tahini. When mixture is simmering and smooth, sprinkle the brown rice flour over the top, about a tablespoon at a time, and stir in. Continue to add the rice flour, stirring until sauce becomes thickened. Season with freshly ground black pepper to taste. Serve at once.

Hints: This may be made ahead and refrigerated. It will thicken slightly more when refrigerated. To reheat, place in a saucepan, add a small amount of water, whisk to combine and then heat slowly, stirring occasionally, until hot.

Tex-Mex Potatoes

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 6

6 large red potatoes
2 15 ounce cans pinto beans, drained and rinsed
1 cup fresh salsa
1 4 ounce can diced green chilies

1 small onion, chopped
1-2 cloves garlic, crushed
¼ cup chopped fresh cilantro
½ teaspoon chili powder
½ teaspoon ground cumin
1 tomato, chopped
¼ cup corn kernels
2 green onions, chopped

Preheat oven to 375 degrees.

Scrub the potatoes and cut lengthwise into wedges. Place on a baking sheet and bake until lightly browned, about 40 minutes

Meanwhile, combine the beans, salsa, chilies, onion, garlic, 2 tablespoons of the cilantro, the chili powder and cumin in a saucepan. Cook over low heat about 15 minutes.

Combine the tomato, corn kernels and the remaining cilantro. Set aside.

To assemble: Place the baked wedges on a serving platter. Spoon the warm bean mixture over the potatoes and top with the fresh tomato mixture.

Hints: Frozen corn kernels may be used in this recipe. Thaw under cold running water and drain well before using.

Great Barrier Reef Gnocchi

This is prepared in several steps and then tossed together at the end. It is delicious hot, warm or cold!

Preparation Time: 30 minutes

Cooking Time: 60 minutes

Servings: 6-8

½ cup pine nuts, toasted
1 onion, chopped
4 large cloves garlic, chopped
1 butternut squash, baked, peeled and chopped
2 cups fresh spinach
½ cup slivered fresh basil
1 ½ cups asparagus pieces (1½ inches)
2 packages potato gnocchi

Preheat oven to 350 degrees. Cut squash into 4 large pieces, clean out seeds and stringy portion, place into a baking dish, add 1 cup water to the bottom of the baking dish, and bake for about 1 hour, until easily pierced with a fork. Cool, remove skin, and chop into chunks. Set aside.

Meanwhile, place the raw pine nuts in a dry non-stick frying pan. Cook over medium heat, stirring constantly, until lightly browned, about 5 minutes. Remove from pan and set aside.

Place the onion and garlic in a pan with a small amount of water, Cook, stirring occasionally, until softened, about 5 minutes. (Or use caramelized onions for this step.) Set aside.

Place the asparagus in a small amount of boiling water and cook for 2-3 minutes, until just slightly tender. Set aside.

Bring a large pot of water to a boil. Drop the gnocchi into the water, stir well, and cook until gnocchi rises to the top, about 3-4 minutes. Drop the spinach into this water, stir several times, then remove gnocchi and

spinach with a strainer. Place in a large heated bowl. Add squash, pine nuts, onions and garlic, asparagus and basil. Mix well. Season with a small amount of salt and pepper. Serve hot, warm or cold.

Hint: This may seem like a lot of effort, but the results are worth it! If you start the squash first and then do the remaining steps, the squash should still be warm when you put the finished dish together. Everything can be prepared ahead of time, except for the gnocchi & spinach. Put the water on to boil just before the squash is done, remove the squash, let cool slightly, peel & chop, drop gnocchi into water, mix the squash with the onions, garlic, asparagus & pine nuts in a heated bowl. Then add cooked gnocchi and spinach, toss with the fresh basil and serve.

Stella Blues Tofu Scramble

This recipe is based on a tofu scramble that we enjoyed at Stella Blues Restaurant on Maui.

Preparation Time: 15 minutes

Cooking Time: 12 minutes

Servings: 4

4 cups small broccoli florets
1 bunch green onions, chopped
1 pound fresh mushrooms, sliced
2 tablespoons water
1 pound firm tofu, cut in ½ inch cubes
¾ cup tahini sauce (recipe follows)
2 teaspoons soy sauce
dash or two of Sriracha hot sauce

Steam broccoli until just tender, about 5 minutes. Remove from heat, drain and set aside.

Meanwhile, place the onions and mushrooms in a large non-stick frying pan with the water. Cook, stirring frequently, for 5 minutes. Add tofu cubes and cook for another 3 minutes. Add steamed broccoli, tahini sauce, soy sauce and Sriracha. Mix well and cook until heated through and slightly thickened, about 2-3 minutes. Serve warm.

Hints: This is delicious served with roasted potatoes or hash browns, for breakfast, lunch or dinner.

Tahini Sauce

Make this ahead of time and store in the refrigerator until needed. This will keep for several days in the refrigerator.

Makes 2 cups

¾ cup tahini
1 cup water
¼ cup lemon juice
2 cloves garlic, minced

Combine all ingredients in a food processor and process until smooth.

No-Huevos Rancheros

The idea for this recipe came from the Mexican breakfast of scrambled eggs over tortillas and beans, topped with salsa. The scrambled tofu topping could also be rolled up in a burrito shell with salsa, or just eaten plain. This is fairly quick to put together if you have leftover pinto beans in your refrigerator, as I usually do.

Preparation Time: 10 minutes

Cooking time: 8 minutes

Servings: 4-6

1 cup salsa
2 cups mashed pinto beans (recipe in June 2003 newsletter)
8-10 soft corn tortillas

Tofu Scramble:

1 pound firm, water-packed tofu (not silken)
¼ cup vegetable broth
½ cup chopped green onions
1 tablespoon chopped green chilies (optional)
1 teaspoon soy sauce
¼ teaspoon turmeric
freshly ground pepper
dash sea salt (optional)

Drain tofu well, mash finely with a bean masher and set aside. Heat the mashed pinto beans in a saucepan. Place the vegetable broth in a large non-stick frying pan, add the green onions and cook, stirring frequently for 3 minutes until softened. Add tofu and the remaining ingredients. Mix well and continue to cook, stirring frequently for 5 more minutes. Set aside.

To assemble:

Heat the tortillas briefly on a dry non-stick griddle to warm and soften them. Take one tortilla and place on a plate. Spread beans on one side, cover with a second tortilla and spread beans over the top of that tortilla also. Spoon some of the tofu scramble over the tortillas and beans, then top with several spoonfuls of salsa. Repeat process for each serving.

Hints: Other toppings could also be added such as shredded soy or rice cheese, and/or tofu sour cream. Sprinkle with some fresh chopped cilantro, if desired.

Cashew Milk

I have been making this for about 28 years now and it is still the best flavor for rich sauces and "french" toast. Make sure you use raw cashews, not roasted ones, and make sure you blend this thoroughly and then strain it to remove any pieces that did not get blended.

Preparation Time: 5 minutes

Servings: makes 2 cups

½ cup RAW cashews
2 cups water

Place the cashews in a blender jar with 1 cup of the water. Process until very smooth. Add the remaining water and blend until no large pieces remain. This may take a minute or two. Strain after processing to remove any remaining pieces. Refrigerate until ready to use.

Veggie Benedicts

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 2-4

For the sauce:

1 cup cashew milk (see recipe above)
2 tablespoons lemon juice
1 teaspoon nutritional yeast powder
½ teaspoon onion powder
1/8 teaspoon garlic powder
1/8 teaspoon salt
1/16 teaspoon turmeric

pinch of paprika
1 tablespoon cornstarch mixed with 2 tablespoons cold water

Place the cashew milk in a saucepan. Add all the remaining ingredients and mix well with a whisk. Slowly bring to a boil, stirring constantly, until thickened and smooth. Set aside. (If you need to reheat this just before serving, do it slowly while stirring with a whisk.)

For the base:
1 vine-ripened tomato
½ avocado
4 fat-free English muffin halves

Slice the tomato into 4 medium-thick slices. Peel and slice the avocado. Toast the muffin halves. Place the tomato and the avocado on the English muffin halves. Ladle about ¼ cup of the sauce over each muffin half and serve.

Hints: The sauce may be made 1 day ahead of time and slowly reheated. This saves time on a busy morning. The sauce is also great with asparagus, other vegetables or potatoes.

French Toast

This is a winner for almost everyone who likes “french” toast. I have been making this for years and have served it to many of our children’s friends who responded with smiles every time.

Preparation Time: 10 minutes
Cooking Time: 15 minutes
Servings: 12

2 cups cashew milk (see recipe above)
1 tablespoon brown sugar
1/8 teaspoon cinnamon
dash turmeric
12 slices whole wheat bread

Place 1 cup of the cashew milk in a blender jar. Add the brown sugar, cinnamon and turmeric. Process until well blended. Add remaining milk and blend again. Pour into a bowl. Dip slices of bread into the cashew mixture, coating well. Brown on a medium-hot non-stick griddle or frying pan, turning once so both sides are evenly browned.

Serve with pure maple syrup or fruit sauces or spread.

Hints: These are easy to store for later use. Place them in individual zip-lock bags and refrigerate. Reheat in microwave. They may also be frozen and popped into the toaster for reheating.

Brownies

These are served the first night of The McDougall Program for dessert, with Vanilla Soy Ice Cream. People line up for seconds! Remember, these are a rich treat for a special occasion.

Servings: makes one square pan
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Dry Ingredients:
1 cup unbleached white flour
2/3 cup reduced fat cocoa powder (Wondercocoa)
1 teaspoon baking powder
1 teaspoon baking soda

¼ teaspoon salt
¼ cup chopped cashews or walnuts (optional)

Wet Ingredients:

1 cup Wonderslim Fat Substitute
1 cup organic cane sugar
1 teaspoon vanilla
2 tablespoons Egg Replacer mixed in ½ cup warm water

Preheat oven to 350 degrees.

Combine dry ingredients in a bowl. Set aside.

Mix Wonderslim Fat Substitute and organic sugar together in a separate bowl. Stir in vanilla.

Mix Egg Replacer and water together and whisk until very frothy. Add to sugar mixture and stir to combine. Add wet ingredients to dry ingredients and stir until mixed. DO NOT OVERMIX. Spoon into a non-stick 8 inch square baking dish and flatten. Bake for 30 minutes.

Hints: Wonderslim Fat Substitute is sold in jars in most natural food stores. It is made from plums and apples and is an excellent fat replacer in baked goods. Wonderslim also makes the reduced fat and caffeine free cocoa powder. Organic cane sugar is made by Wholesome Sweeteners. (Regular granulated sugar may be used instead, if desired.) Egg Replacer is made by EnerG Foods. It is sold in boxes in the natural food store. It is used to replace eggs in baking. All of these products should be available in your natural food store or they may be purchased online at www.healthy-eating.com.

Chocolate Decadence Pudding

By Heather McDougall

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Chilling Time: 4 hours
Servings: 6

½ cup unsweetened cocoa powder (Wondercocoa)
¾ cup sugar
3 tablespoons cornstarch
3 cups soymilk
1 ½ teaspoon vanilla

With a whisk, combine cocoa, sugar, cornstarch, and soymilk in a medium saucepan. Bring to a boil over medium-low heat, stirring constantly until thickened. Remove from heat and add vanilla. Pour into a bowl, cover with plastic wrap, and chill for 4 hours.

Wicked Chocolate Pie

This is a VERY RICH dessert to be savored on those most special occasions. Serve in small wedges and enjoy this delicious treat with friends! I probably make this only twice a year, once for Thanksgiving dinner with friends and once for John's birthday.

Preparation Time: 60 minutes
Cooking Time: 60 minutes
Chilling Time: 2 hours
Servings: makes 1 9-inch pie

Crust:

1/3 cup unsalted, roasted cashews
3 tablespoons Sucanat or brown sugar

3 tablespoons Wonderslim Fat Replacer
½ teaspoon vanilla
1 cup unbleached white flour
dash salt

Chocolate Filling:

2 cups vegan (non-dairy) chocolate chips
24.6 ounces (2 boxes) extra firm silken tofu
¾ cup Sucanat or brown sugar
1 teaspoon vanilla extract
dash salt

Almond Topping:

1 cup thinly sliced almonds
¼ cup maple syrup

Raspberry Sauce:

1 10-ounce bag frozen, unsweetened, raspberries, thawed
¼ cup sugar

Preheat oven to 350 degrees.

Lightly oil a 9-inch springform pan. (Side may be loosened and removed after baking.)

Place the cashews in a food processor and grind until they resemble fine meal. Add Sucanat or sugar, Wonderslim and vanilla. Process until well combined. Mix the flour and salt in a medium bowl. Add the cashew mixture and mix well, beginning with a spoon and ending with your hands. Press this mixture into the bottom of the prepared pan. Bake for 15 minutes, until light brown. Remove from oven and set aside.

Place the chocolate chips in a double boiler and melt over barely simmering water. Place the tofu in a food processor and process until smooth. Add Sucanat or sugar, vanilla, and salt. Process again, then add the melted chocolate. Blend until smooth and creamy.

Lightly oil the sides of the pan above the baked crust, then scoop the chocolate mixture into the pan. Smooth out the top and bake at 350 degrees for 35 minutes. Remove from oven and let cool for 10-15 minutes. Run a knife around the inside of the pan to loosen the sides. Let the pie cool to touch, then refrigerate for at least 2 hours before serving. Remove side before serving.

Place the maple syrup in a small saucepan and bring to a boil. Cook, stirring constantly for about 1 minute (this is very important), then add the almonds and continue to cook and stir over *fairly low heat* until the syrup has crystallized onto the almonds and the almonds appear dry. (This will take at least 5 minutes. If the heat is too high, the sugar will burn and you will have a sticky, smelly mess.) Place on a baking sheet and allow to cool. Store at room temperature in a covered container.

Place the raspberries and sugar in a blender jar. Process until blended. Strain the sauce through a fine strainer, stirring often, to remove most of the seeds. Let the mixture sit in the strainer for at least 1 hour to allow most of the seeds to be removed. Discard the remaining sauce with the seeds. Pour the seedless sauce into a covered container and refrigerate until ready to use.

TO SERVE: Cut a small wedge of the chocolate pie and place on a dessert plate. Sprinkle a few of the almonds over the pie, then drizzle with a small amount of the raspberry sauce.

HINTS: Vegan chocolate chips are made by many different manufacturers. Look for ones that have no added milk or other dairy products. The chocolate chips may also be melted in the microwave. Follow the instructions for melting chocolate in your user's manual. Be careful not to burn it. Chocolate chips are high in fat and make this a VERY RICH dessert. We only make this on special holidays (and everyone loves it!)

Featured Recipes



Rainbow Skillet Hash

Quinoa is one of my favorite grains; it cooks quickly and is very nutritious. This dish is easy to prepare and uses items that are likely to be in your refrigerator and pantry.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

2 cups water

1 cup quinoa, rinsed

½ cup vegetable broth

1 onion, chopped

2 stalks celery, chopped

1 carrot, chopped

1 bell pepper, chopped

1 ½ cups coarsely chopped potatoes

1 cup frozen corn kernels

1 cup frozen peas

1 teaspoon soy sauce

1 teaspoon oregano

1 teaspoon smoked paprika

½ teaspoon basil

1/8 teaspoon cayenne

several twists freshly ground white pepper

2 tablespoons peanut butter

Place the water in a medium pot and bring to a boil. Add the quinoa, reduce heat, cover and cook until quinoa is tender and all water has been absorbed, about 15 minutes.

Meanwhile, place about 2 tablespoons of the broth in a large non-stick skillet. Add the onions, celery, carrots and bell pepper. Cook, stirring occasionally for about 3 minutes, then add the remaining broth and the potatoes. Continue to cook, stirring occasionally for about 15 minutes, adding a bit more broth if the pan gets too dry. Add the corn, peas and the seasonings, except for the peanut butter. Cook, stirring occasionally for about 10 minutes, stir in the peanut butter and cook until mixture is creamy, about 2 minutes. Stir in the cooked quinoa and mix well. Serve at once, either plain or with some Sriracha hot sauce over the top.

Hints: This may also be made with other cooked grains, such as brown rice or millet.

Guacamole Bean Tacos

These tacos are a richer treat because of the avocado, but they are quick to put together and very tasty. This filling also makes a great sandwich spread.

1 avocado, peeled and chopped

1 15 ounce can garbanzos, drained and rinsed

1 tomato, chopped

4 green onions, chopped

3 tablespoons chopped cilantro

1 tablespoon chopped green chilies

1 tablespoon fresh lime juice

1 clove garlic, crushed

soft corn tortillas

chopped lettuce

fresh salsa

tofu sour cream (optional)

Place the avocado in a bowl and mash slightly with a fork. Add the beans, tomato, green onions, cilantro, lime juice and garlic. Mix well. To serve, place some of the avocado-bean mixture in each tortilla, top with lettuce, salsa, and tofu sour cream, if desired.

Hint: Recipe for tofu sour cream can be found in the June 2002 newsletter. These may also be made with other kinds of canned beans, such as pinto, black or white beans.

Couscous and Greens

I have had Swiss Chard growing in my garden since last summer and it is still going strong. This is a simple, yet delicious way to get some leafy greens into your meal plan.

We like this over whole wheat couscous, but it would also be delicious served over brown rice or quinoa.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

1 10 ounce box whole wheat couscous
3 cups boiling water
½ cup pine nuts
1 onion, chopped
2 cloves garlic, minced
3 tablespoons vegetable broth
1 15 ounce can garbanzo beans, drained and rinsed
½ cup raisins
6 cups packed coarsely chopped Swiss Chard
1 tablespoon low sodium soy sauce
several twists freshly ground black pepper

Place the couscous in a large bowl and pour the boiling water over it. Cover tightly and let rest for 10 minutes.

Meanwhile, place the pine nuts in a dry non-stick frying pan. Toast over low heat, stirring almost constantly, until nuts are golden brown, about 3-4 minutes. Remove from pan and set aside. Return pan to stove, add onion, garlic and vegetable broth. Cook, stirring frequently until vegetables soften slightly, about 2 minutes, then add the remaining ingredients. Continue to cook over low heat, stirring occasionally, until chard is tender, about 5 minutes. If pan seems too dry during this final cooking, add a few sprinkles of water to soften the chard. Remove from heat and stir in the pine nuts.

Fluff the couscous with a fork and place on individual plates. Top with greens and serve.

Hints: Other leafy greens, such as kale, could be used in place of the chard. Be sure to remove the tough center stem before chopping.

Curried Quinoa Chowder

This recipe is a variation on the Quinoa Chowder in an earlier newsletter. I really like curried dishes, and I love quinoa, so it just naturally seemed like a good fit.

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 6-8

1 onion, chopped
2 cloves garlic, minced
1 carrot, sliced
6 cups vegetable broth
2 cups sliced fingerling potatoes

- 1 14 ounce can fire-roasted chopped tomatoes
- 1 15 ounce can red beans, drained and rinsed
- ½ cup rinsed quinoa
- 2 teaspoons curry powder
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ¼ teaspoon fenugreek seeds, crushed
- 2 cups chopped spinach

Place about 2 tablespoons of the broth in a large non-stick soup pot. Add the onion, garlic and carrots. Cook, stirring occasionally, for about 5 minutes, until vegetables have softened slightly. Add the remaining broth, the potatoes, tomatoes, beans, quinoa and seasonings. Bring to a boil, reduce heat, cover and cook for about 50 minutes. Add the spinach and cook an additional 5 minutes.

Falafel Patties

By Heather McDougall

These may be made ahead of time and then refrigerated or frozen until needed. We like these much better than the packaged ones!

Preparation Time: 20 minutes

Cooking Time: 20-25 minutes, in batches

Servings: variable, makes about 12 3 inch patties

- 2 15 ounce cans garbanzo beans, drained and rinsed
- 1 cup flat leaf parsley, coarsely chopped
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- ½ cup onion, chopped
- 1 8 ounce tub hummus (optional)
- 2 tablespoons flour

Place all ingredients in a food processor and process until well mixed. Place in a bowl. Drop by large spoonfuls into a non-stick griddle and flatten slightly with fingertips. Bake about 10-12 minutes on each side, turning several times, until golden brown. Remove to a platter to cool. They will firm up as they cool.

Hints: Be sure to look for hummus that does not have any added oil. If possible, look for hummus without added tahini to reduce the fat content even further. These may also be made without the hummus and they will still be delicious. Heather usually makes these about 2-3 inches across, sort of like a small burger. Use these in the recipe for Falafel Wraps in the June 2007 newsletter.

Sumptuous Soups

By Meredith McCarty DC, NE

During the February 2008 Advanced Study Weekend, Meredith prepared a variety of delicious recipes for the participants to taste and enjoy. Here are two of her mouth-watering soups!

Carrot Cream Soup with Basil-Mint Swirl

Makes 3 to 4 servings or 4 cups

Potato adds to the smooth, light texture of this multi-season soup that satisfies without the ubiquitous can of chicken broth, the dairy products usually included in creamed vegetable soups—butter, half and half or cream—or a roux (flour and butter sauce).

- 2 large cloves garlic, sliced
- 2 ribs celery, sliced
- 1 pound carrots, 4 or 5 carrots or 3 1/2 cups, sliced

1 potato, sweet potato or yam, 1/2 pound, peeled and sliced
1 red bell pepper, halved, seeded and sliced (optional, in season)
2 cups water
3-inch piece kombu sea vegetable
3/4 teaspoon sea salt
1/4 teaspoon white pepper
1 cup soymilk (optional)

Basil-Mint Swirl

Makes 1 to 1 1/4 cups

You can make this sauce a couple of days ahead. Color, flavor and consistency are maintained with refrigeration. A smaller volume is difficult to blend in a food processor.

4 ounces basil (two 2-ounce bunches), 3 cups, leaves only
12 large sprigs mint, 2 ounces or 1 1/2 cups, leaves only
2 large cloves garlic
2 tablespoons lemon juice
1/2 teaspoon sea salt
1/2 teaspoon soy sauce
1 tablespoon water (optional)
Mint sprigs for garnish

1. Place vegetables in a pressure cooker or pot with water, kombu, salt and pepper. Bring to pressure or boil and cook until tender, 5 minutes in pressure cooker, 10 to 15 minutes in pot. Remove kombu.

2. Purée ingredients until smooth. Add soymilk only if more liquid is needed. Return to pot to heat through.

3. To make *Basil-Mint Swirl*, process all ingredients except water until fine. Add water only if needed to make smooth.

4. To serve, place a heaping teaspoon of topping on top center of soup. With a chopstick or spoon handle, swirl herb paste in a spiral pattern out from the center. Garnish with a sprig of mint. (Basil darkens when placed on hot soup.)

Note: For larger amounts, such as 3 times this recipe, multiply all ingredients by 3 except water and soymilk. Reduce water to 4 cups instead of 6 cups. Add soymilk gradually to texture desired, about 2 cups instead of 3 cups.

Variation:

Curried Cream of Carrot Soup: Add 2 teaspoons curry powder, 1 teaspoon cumin and a pinch of cayenne. Top center of swirl with a dollop of tofu sour cream and a sprig of mint.

Heirloom Bean and Vegetable Soup

Makes 6 to 8 servings or 8 cups

Heirloom beans are native, non-hybridized beans with names like Anasazi, Scarlet Runner, Red Calypso, Steuben Yellow Eyes, Rattlesnake, Christmas or Chestnut Limas, Gigandes, and Swedish Brown Beans. Anasazi beans, also called Painted Desert Beans, have been cultivated in America since 1100 A.D. The name means "ancient ones" or "predecessor" in the Navajo language. They have a pinto-like flavor. Find heirloom beans in specialty food stores and some natural food stores.

1 cup heirloom beans (Anasazi, etc.)
5 1/2 cups or more water (2 cups to soak, 2 1/2 cups or more to cook)
1 bay leaf
3-inch piece kombu sea vegetable
1 onion, diced, or leek white, cut in 1/4-inch half moons

4 cloves garlic, minced or pressed
1 carrot, cut in 1/4-inch half moons
1 rib celery, sliced
1 red potato, cut in 1/2-inch dice (or parsnip, rutabaga or turnip)
2 cups winter squash (10 ounces kabocha), peeled and cut in 1/2-inch dice
1/2 teaspoon sea salt
water
1 tomato, chopped
up to 1/2 cup fresh herbs, (1/2 cup or 3/4 ounce fresh basil with 1 teaspoon fresh rosemary), chopped
freshly-ground pepper
1/4 cup white miso or part light barley miso
half a bunch arugula or parsley, chopped, or cooked hardy greens such as kale

1. Sort through beans by spreading them on a white plate in batches. Rinse, drain and soak 8 hours. (Or, if you are especially sensitive to the gas in beans, repeat this process: drain beans and soak in fresh water for another 8 hours, or until bubbles form, around 24 hours.) Drain beans.

2. Bring beans and fresh water to boil in pressure cooker or in a 2-quart pot. Turn heat low to simmer uncovered for 5 minutes, then add bay leaf and sea vegetable. Cover and cook by either method, 20 to 60 minutes in pressure cooker (less with Anasazi beans, more with garbanzo beans/chickpeas), or 45 minutes (for Anasazi beans) to 3 hours in a pot adding more water as necessary. Vigorously whisk kombu to dissolve it in the hot bean broth. Makes 2 1/2 cups Anasazi beans.

3. In a 3-quart pot, place vegetables, salt, and water to barely cover, about 3 cups. Bring to boil then turn heat to medium to cook until tender, about 10 minutes. Add tomato, herbs and pepper with beans and some of their broth. Cook a couple of minutes more. Dissolve miso in a little of the hot soup broth and add to pot. Stir in greens and serve.