



# McDougall Newsletter

Volume 7 Issue 01

Travel with  
John and Mary McDougall

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## For the Love of Grains

Cereal grains are currently the most important nutritional component of the human diet—and for thousands of years grains have been recognized as staples—necessary foods—and extolled as “the staff of life.” In Roman times Ceres was the goddess of agriculture.<sup>1</sup> The gifts offered to Ceres at festivals were referred to as *cerealia*. Since the most important gifts offered were wheat and barley, these grains naturally became known as cerealia or cereal. The value of grains is reflected by common sayings such as: “The greatest thing since sliced bread,” signifying the absolute best, “bread and circuses” refers to keeping people happy, “cash” is called bread or dough, and “breaking bread” speaks of a sense of sharing. Page 2

## 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 8

## Featured Recipes

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| Farmhouse Stew | Cauliflower dal     |
| Marinara Sauce | Healthy Carrot Cake |
| Pasta Fagioli  | Carrot Salsa        |
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## Advanced Study Weekend



February  
22-24, 2008



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Schedule

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## For the Love of Grains



Cereal grains are currently the most important nutritional component of the human diet—and for thousands of years grains have been recognized as staples—necessary foods—and extolled as “the staff of life.” In Roman times Ceres was the goddess of agriculture.<sup>1</sup> The gifts offered to Ceres at festivals were referred to as *cerealia*. Since the most important gifts offered were wheat and barley, these grains naturally became known as *cerealia* or cereal. The value of grains is reflected by common sayings such as: “The greatest thing since sliced bread,” signifying the absolute best, “bread and circuses” refers to keeping people happy, “cash” is called bread or dough, and “breaking bread” speaks of a sense of sharing.

It may surprise you to learn that after this long association of grains with goodness that this staple food is now under attack. I hear:

- 1) Don't eat rice and other grains because they turn to sugar, which will make you fat. Even the tiniest bite of a grain will trigger your body to crave more and you will become obese. After all, grains are used for fattening livestock, and they will do the same to you.
- 2) If you don't soak your grains before cooking, they will “steal” nutrients from your body—this is due to phytic acid and other anti-nutrients in the grains.
- 3) Millions of people are intolerant to the protein in grains, causing problems from arthritis to cancer, for most people, not just those few with celiac disease.

4) Grains harbor toxic fungi that can cause cancer.

5) Grains have drug-like substances in them that create addiction. If you eat them, you will become hooked on grains.

Separating the wheat from the chaff—fact from fiction—begins by knowing that cereal grains provide an abundance of our most important nutrient: starch—70% to 83% of the calories found in grains are in the form of this clean burning carbohydrate fuel.

**Grains** are the seeds of grasses. Globally, the most important cereal grains include wheat, rice, and corn, whereas the minor grains include oats, rye, barley, triticale, sorghum, and millet. Triticale is a hybrid between rye and wheat. Wheat accounts for one-third of the total worldwide grain production and rice accounts for one-fourth. In order to bring out their nutrition and flavor, grains are almost always consumed after cooking and/or grinding (milling). Rice and sorghum are grown in warm climates; whereas wheat, rye, triticale, oats, barley, and spelt are grown in colder seasonal, temperate regions. Amaranth, quinoa, and buckwheat are pseudocereals derived from broadleaf plants, not grasses, however, they are used much like cereal grains.

**Starch** is a “complex carbohydrate” made up of long chains of sugar molecules, stored in the plant's parts for the future. This stockpile is used for survival overwinter, to regrow the next year, and to reproduce. In the case of grains, the starch stored in the seedling provides the energy for the first few hours of life, before the leaves begin their own photosynthesis. Starchy plant food-parts, are simply called “starches.” Tubers (potatoes, sweet potato, cassava), winter squashes, legumes (beans), and grains serve as organs for storing starch. In contrast, green and yellow vegetables, such as broccoli, cauliflower, and asparagus, accumulate relatively little starch, and fruit sugars are simple sugars, not starch.

## People Are Obligate Starch-Eaters

For the past 35 years I have been teaching a “starch-based diet” as the fundamental means to health and healing. This is different from a “vegan diet,” which could be at its worst, colas and potato chips; and different from a “plant-food-based diet,” which could focus on low-calorie broccoli and apples, or high-calorie nuts and avocados. Most people—lay and professional—fail to grasp this simple lifesaving premise: people are starch-eaters. And they suffer horribly from this unawareness.

### Historical Examples of Grain-Based, Starch-Based, Diets

Barley – Middle East for 11,000 years

Corn – Central and South America for 7000 years

Millet – Africa for 6,000 years

Oats – Middle East for 11,000 years

Sorghum – East Africa for 6,000 years

Rice – Asia for more than 10,000 years

Rye – Asia for 5000 years

Wheat – Near East for 10,000 years



The most important support for my conclusion that we are starch-eaters is based on an observation that you can easily validate for yourself: All **large** populations of **trim, healthy** people, throughout written human history, have obtained the bulk of their calories from starch. Examples of thriving people include, Japanese and Chinese in Asia eating sweet potatoes, buckwheat, and/or rice, Incas in South America eating potatoes, Mayans and Aztecs in Central America eating corn, and Egyptians in the Middle East eating wheat.

There have been **small** communities of people living at the extremes of the environment, such as the traditional Eskimos of Greenland, who have lived on a diet low in starches (high in meat). Over the past century there has been an escalating trend in Western societies of people abandoning starchy plant-foods for low-carbohydrate meat and dairy foods. A worldwide epidemic of **obesity, heart disease, diabetes, and cancer** has followed this dietary change. Thus, there are no exceptions—all large populations of healthy, trim people have lived on starch-based diets. We are obliged to eat starch, and failure to eat this way, means failure to thrive—both as individuals and as civilizations.

### DNA Science Proves Starch-Based Diet for People

Through genetic testing scientists have proven that we are obligate starch-eaters.<sup>2</sup> Examination of the number of copies of the gene for the production of amylase, an enzyme in our saliva that digests starch, has found an average of 6 copies in humans (range of 2 to 15 copies), compared to only 2 copies of this gene in great apes. This amplified number of gene copies allowed early humans to thrive on starchy foods that “lesser” primates ignored. The diets of great apes, like those of chimpanzees, our closest relative, are nearly pure vegetarian in composition; consisting largely of fruits, and in the dry seasons when fruit is scarce, they eat tree seeds, flowers, soft pith, and bark; with termites and small mammals making a very small contribution all year long. Chimpanzees eat very little starch.

Human and chimp DNA is roughly 99% identical, but that 1% difference, which includes genes to digest much more starch, proved crucial for the evolution of humanity's earliest ancestors. More salivary, starch-digesting, amylase produced by more copies of the gene opened up a reliable supply of sugar for

our early ancestors, which allowed their copies of the gene opened up a reliable supply of sugar for our early ancestors, which allowed their sugar-fueled brains to develop. Twenty percent of our daily food intake is used to energize our brains; and brain tissues preferentially burn sugar for fuel. The theory that the addition of meat or fish to our ancestor's diet was the critical factor for the development of our ancestors' brains is obviously incorrect based on our physiology and genetics.<sup>3-5</sup> Furthermore, since most early humans ate meat only sporadically, meat alone could not have supplied the extraordinary amount of energy needed for the brain to grow from monkey-size to human-size (three times difference).<sup>3-5</sup>



### Apparent Imperfections of Grains

No single food is always perfect for every person: Beans may be a little too high in protein, especially for people with inadequate kidneys, white potatoes are classified as nightshades that can contain a toxin called solanine, winter squashes may be too low in calories for athletes, corn may cause food allergies in sensitive people, and wheat has gluten which causes celiac disease in a few people. Recently, several writers, who by no coincidence also recommend diets high in meat, fish and/or dairy products, have mis-

led the public by stretching the truth—overstating the importance of the imperfections and minimizing the benefits of grains.<sup>6-8</sup> Some of their claims are:

#### *Grains Will Make You Fat—Not So!*

**Really:** Obesity is unknown among more than 3 billion people who currently live on grain-based diets and the billions more who have done so in the past. Grains are low in calories, low in fat, and high in appetite-satisfying carbohydrates. While overfeeding with grains can easily fatten food-animals, like cows and pigs; the human body only reluctantly converts carbohydrates, like those found in grains, into body fat.<sup>9</sup>

#### *Grains Rob You of Nutrients—Not Important*

**Really:** Grains are loaded with minerals; therefore, the more grains you eat the more minerals you consume. Phytic acid, also plentiful in grains, is considered an anti-nutrient because of its ability to bind with minerals, such as zinc and calcium, and prevent their absorption. Two often-cited examples of zinc deficiency are among people living in small communities in rural Iran and Australia (Aborigines).<sup>10-11</sup> Multiple nutritional factors, not just phytic acid, were involved in both examples. Consumption of large amounts of unleavened bread seemed central to the development of zinc deficiency. Once the bread is leavened, then the activity of phytic acid is reduced, and zinc becomes readily available.<sup>12</sup> Soaking, germination, boiling, cooking, and fermentation all inactivate phytic acid and free up minerals for absorption. In real-life situations, for otherwise healthy people, the consumption of grains in recommended amounts has had no adverse effect on mineral status.<sup>13</sup>

Phytic acid actually has many beneficial health effects—you won't want it out of your diet. It acts as a powerful antioxidant and has been shown to reduce blood sugar, insulin, cholesterol and triglycerides.<sup>14</sup> Phytic acid is linked to a reduction in heart disease, diabetes, obesity, and other chronic diseases in people.<sup>13,14</sup>

#### *Grains Cause Human Disease—Some Do*

**Really:** Some people (at most 1% of people) are intolerant of a protein, called gluten, found in some grains. High concentrations of gluten are found in wheat, barley, and rye (but not in rice, corn, oats, sorghum, and millet). (See my September 2005 newsletter article.) The condition, called celiac disease, can result in malnutrition, autoimmune diseases and cancer.

### Established Benefits of Eating Whole Grains

Lowers Cholesterol

Lowers Blood Sugar

Lowers Insulin Levels

Lowers IGF-1 Levels

Reduces Risk of Thrombosis

Reduces Heart Attack Risk

Reduces Risk of Type-2 Diabetes

Reduces Risk of Obesity

Reduces Insulin Resistance

Lowers Colon Cancer Risk

Lowers Gastric Cancer Risk

Improves Bowel Function

Accelerates Bowel Transit Time

Delays Gastric Emptying

Relieves Constipation

Increases "Good" Bowel Bacteria (bifidobacteria)

Decreases "Bad" Bowel Bacteria (E. Coli)

Provides Anti-oxidant Activity

Thousands of scientific studies confirm the healthful benefits of whole grains. (Unfortunately, most of this research has been funded by the cereal industries.<sup>22</sup>)

Grains are slightly acidic; therefore, theoretically, they may cause loss of minerals, including calcium, from the body. (The relative acid load of grains is about +1, compared to the very high acid loads of cheese +10, fish +9.3, chicken +7 and red meat +6.3).<sup>15</sup> Limited research shows grains do not increase calcium loss,<sup>16</sup> and grain-consuming populations, such as the Japanese and Chinese, have very low rates of osteoporosis.<sup>17,18</sup>

Food allergies to wheat and corn do occur in less than 1% of people, but allergies to rice are very uncommon;<sup>19</sup> this is one reason rice is an accepted food in elimination diets designed to test and treat food allergies.

*Fungi on Grains Will Poison You—So Don't Eat Spoiled Food*

**Really:** Aflatoxins are naturally occurring toxins that are produced by many species of Aspergillus, a fungus. The toxin-producing fungi grow as the grains spoil in storage. Aflatoxins are toxic and carcinogenic. High-levels of aflatoxin exposure can produce acute tissue necrosis, cirrhosis, and carcinoma of the liver. This potential and serious problem should cause us to avoid spoiled grains. Boiling and pressure-cooking reduce the activity of this toxin.<sup>20, 21</sup>

*You Will Become Addicted to Grains—Yes!*

**Really:** Just like you have become addicted to water and the oxygen in air. The human body is designed to enjoy and become satiated by carbohydrate—both simple and complex sugars (starches)—not surprising since this substance is our intended fuel. Consider the tips of our tongues have sweet-tasting taste buds. We are designed to seek and enjoy this flavor. There are no similar sensors on our tongues for fat or protein. (A cat has taste buds for protein.) Once consumed, carbohydrate causes changes in bodily hormones and brain chemistry, resulting in satisfaction of the appetite—our reward for eating correctly. Failure to eat sufficient carbohydrate, when people consume beef, chicken, fish and cheese, all containing almost no carbohydrate, leaves them wanting sugars, which may cause some people to conclude that they are addicted to carbohydrate.

### Top Nutrition in Grains

Grains are derived from the seeds of grasses. They contain all the energy (starch), protein, and minerals

needed to germinate a seedling, therefore they are inherently nutritious. Grains contain no cholesterol, are low in fat, and are high in dietary fiber. Although grains are low in fat they are well supplied with the few kinds of fat (linolenic and linoleic acid) that are essential for our health. The ingredients in single grains easily meet our nutritional needs, except for vitamins A and C. Thus, people cannot live on grains alone; they must also include a fruit and/or a green or yellow vegetable to supply these two essential vitamins. (In contrast, vegetables, like potatoes and sweet potatoes supply all necessary nutrients and can serve as sole sources of food. Qualified exceptions to this statement of completeness are vitamins B12 and D – see my September and November 2007 McDougall Newsletters.)

### **Can I Eat Flour Products, Like in Bread?**

Although cereal grains at the farm gate are very nutritious, the processing and refining steps that follow usually turn them into packaged products that are now stripped of their nutrients (fiber, vitamins, and minerals) and loaded with salt, oils, sugars, dairy-derivatives, and chemicals. Whereas, whole grains reduce the risk of heart disease, diabetes, cancer and obesity, that box of sugar puffs in your pantry may be doing just the opposite. In general, the more original and unadulterated the grain, the better for you.

I am often asked if there is any harm in using a home-bread-machine to make bread—after all, nothing is added or removed in the processing. For most people whole grain breads are an excellent choice, but it is not the same as eating whole grains. Beating the whole grain more than 1000 times with the whirling steel blade of the bread machine converts the kernel into a powder, known as flour. The intact cell wall of the kernel has been destroyed and now the digestive enzymes (amylase) easily digest the inner nutrients. In addition, the flour has a much larger surface area to volume ratio than did the whole grain, making digestion and absorption much more rapid. For you this physical change may translate into easier weight gain, and higher blood levels of glucose, triglycerides, and cholesterol. The amount of insulin released by the pancreas into the blood is also increased as



grains are processed from whole grains to cracked grains to coarse flour to fine flour.<sup>23</sup> More insulin can mean more weight gain, and maybe, more risk of diabetes and heart disease. However, compared to animal-foods, free-oils, and plant-parts processed beyond recognition, whole wheat bread is definitely health food.

### **Can I Eat White Rice?**

If you must. As a young doctor, I began my practice in Hawaii. Ancestors of many of my patients had recently emigrated from countries, like Japan, China, and the Philippines, where rice was their staple food. That is white rice. In these cultures, eating brown, whole grain, rice was a social disgrace; because it was cheaper, brown rice was consumed by the lower class, financially poorer, people. Thus, a social prejudice existed: refined people eat refined rice. I could not overcome this irrational bias, so I sanctioned eating the McDougall diet with white rice—and my patients still became healthier, lost weight, and stopped their medications. Why? Because white rice replaced their meat, cheese, and ice cream. One of the most successful diet therapies ever used to treat sick people has been the Kempner Diet from Duke University. The founder, Walter Kempner, MD, fed his patients mostly white rice and fruits. This treatment quickly and effectively reversed hypertension, type-2 diabetes, diabetic eye damage, arthritis, heart failure (cardiomegaly and EKG changes), kidney disease, and obesity.<sup>24</sup>

### **Think Simple. Think Starch.**

#### ***The two most important dietary messages I want you to learn are:***

1) Health and personal appearance change dramatically by simply changing the composition of the foods consumed. When cheeseburgers, pork chops, chicken wings, and cheese are the daily fare, then people are fat and sick. Filling the dinner plate with whole grains, legumes, tubers, green and yellow vegetables, and fruit results in robust health. Don't complicate matters by focusing on secondary issues, like he-

redity, exercise, stress, etc.

2) Starches, not green and yellow vegetables and fruits, must make up the bulk of the meals for satisfaction and proper nutrition. Grains are an excellent source of starch.

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## McDougall Favorites

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.)

### Bean Burritos

I have discovered over many years that the beans have a different taste if they are cooked in a slow cooker. This is the way I make them most of the time, and the way I serve them to guests. I do cook them in a pressure cooker or on the stove occasionally, but they just don't have the same long-cooked flavor. My family has been eating this meal for about 30 years and it is my most requested dinner, by family and friends. It is easy to serve to any number of people, because everyone makes their own burrito, adding as much or as little of the toppings as they wish.

Preparation Time: 15-30 minutes

Cooking Time: all day

Servings: variable, at least 10-12

Smashed pinto beans:

2-3 cups dry pinto beans

Water to cover at least 2-3 inches over beans

1 large onion, coarsely chopped

4-6 whole cloves fresh garlic

Place all ingredients in a slow cooker and cook for 8-10 hours on high. Pour off almost all of the water that remains after cooking (save for another use, if desired) and mash with an electric hand mixer or a hand held bean masher. (The onion and garlic will be soft enough to mash with the beans.) Season with a little salt, if



desired.

Hint: There will be beans left-over when you make this amount. They may be refrigerated for about 5 days or put them in the freezer for later use. I always make a lot of these and use the left-overs for Bean Enchiladas, Mexican Pizza or another meal of burritos for lunch later in the week.

Taco "meat": (Since this is made from processed soy protein, I use this only for a special occasion.)

- 1 12 ounce package ground soy "meat"
- 1 package Bearitos or Hain Taco Seasoning mix water as directed on package (about  $\frac{3}{4}$  cup)

Place the soy "meat" in a non-stick frying pan and break up with a wooden spoon. Add the taco seasoning and the water as directed on the package. Mix well. Cook over medium heat, stirring occasionally, for about 8-10 minutes.

Guacamole:

- 4 avocados, mashed
- $\frac{1}{8}$  cup chopped green chilies (canned)
- 1 tomato, chopped
- squeeze of fresh lime juice
- dash Tabasco sauce

Combine all ingredients in a bowl and mix well.

Hint: The guacamole is a high-fat treat. If you are trying to lose weight or regain your health, it would be best to avoid this on your burrito. It is nice to have this available for guests, though. You only need a small amount to add a lot of flavor to your burrito.

Enchilada sauce:

- 1 8 ounce can tomato sauce
- 1  $\frac{1}{2}$  cups cold water
- 1 to 1  $\frac{1}{2}$  tablespoons chili powder
- 2 tablespoons cornstarch
- $\frac{1}{4}$  teaspoon onion powder
- $\frac{1}{8}$  teaspoon garlic powder

Combine all ingredients in a small saucepan and mix with a whisk. Cook and stir over medium heat until thickened, about 5 minutes. Serve warm.

Toppings: chopped onion, chopped tomato, shredded lettuce, alfalfa sprouts, grated soy or rice cheese, assorted fresh salsas.

Assorted burrito shells, both flour and corn

To serve:

Place all ingredients in individual bowls and place on a serving counter or table. Let each person take a burrito shell, warm it on a dry non-stick griddle if they wish, ( or wrap all of the shells in a kitchen tea towel and heat in the microwave) and then layer it with all the ingredients that they like. For example: burrito shell, beans, taco "meat", guacamole, non-dairy cheese, onions, tomatoes, lettuce and salsa. To make a "wet" burrito, fold over the burrito shell and ladle on some warm enchilada sauce.

### **Bean and Corn Enchiladas**

Preparation Time: 40 minutes  
Cooking Time: 45 minutes  
Servings: 6-8

Sauce:

- 2 8 ounce cans tomato sauce
- 3 cups cold water
- 4 tablespoons cornstarch
- 3 tablespoons chili powder
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder

Place all ingredients for the sauce in a saucepan. Mix with a whisk until well combined. Cook and stir over medium heat until thickened, about 5 minutes. Taste and add more chili powder, if desired. Set aside.

- 10 whole wheat flour tortillas
- 4 cups mashed pinto beans
- 1 cup chopped green onions
- 1 ½ cups frozen corn kernels, thawed
- 1 2.25 ounce can sliced ripe olives, drained
- 1-2 tablespoons chopped green chilies
- grated soy cheese (optional)

To assemble casserole:

Preheat oven to 350 degrees.

Place the beans in a large bowl. Add the onions, corn, olives and green chilies. Mix gently until well combined.

Place 1½ cups of the sauce in the bottom of a large oblong baking dish. Take 1 tortilla at a time and spread a line of the bean mixture down the center of the tortilla. Roll up and place seam side down in the baking dish. Repeat with remaining tortillas, placing them snugly next to each other. Pour the rest of the sauce over the rolled up tortillas, spreading it out evenly. Sprinkle a small amount of grated soy cheese over the top, if desired. Cover with parchment paper, then cover with aluminum foil, crimping the edges over the baking dish. Bake for 45 minutes. Remove from oven and let rest for about 5 minutes before cutting. Serve with salsa and tofu sour cream, if desired.

## Lasagna

Preparation Time: 40 minutes

Cooking Time: 60 minutes

Resting Time: 10 minutes

Servings: 6-8

Prepare the ricotta before assembling the lasagna.

Tofu Ricotta:

- 1 12.3 ounce package silken tofu
- 1 pound fresh water-packed firm tofu
- 2 teaspoons minced garlic
- ¼ cup nutritional yeast
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon parsley flakes
- 1 teaspoon basil
- 1 teaspoon oregano
- ¼ cup lemon juice
- ¼ cup soy milk

Combine all of the above ingredients in a food processor and process until fairly smooth. Set aside.

Lasagna:

1 recipe Tofu Ricotta

1 10 ounce package frozen chopped spinach, thawed and squeezed dry

8 ounces lasagna noodles

7 cups fat-free pasta sauce

12 ounces soy mozzarella cheese, grated

¼ cup parmesan cheese substitute

Bring a large pot of water to a boil. Drop in the lasagna noodles, stir, cook uncovered until just softened. Do not overcook. Remove from water and drain, hanging them up to dry slightly. OR use the no-boil lasagna noodles and eliminate this step entirely.

Place the tofu ricotta into a bowl. Add the thawed, squeezed spinach and mix well. Set aside.

Preheat oven to 350 degrees.

Place 1 cup of the pasta sauce in the bottom of a large oblong baking dish and smooth over the bottom. Place 1 layer of the noodles over the sauce. Then add half of the tofu mixture and smooth out. Sprinkle half of the soy cheese over that, then spread 2 cups more of the sauce over the cheese. Add another layer of noodles, the rest of the tofu mixture, the remaining cheese, 2 cups more of the sauce, and the rest of the noodles. Spoon the remaining 2 cups of sauce over the noodles (make sure you cover all the edges), sprinkle the parmesan substitute over the top. Cover with parchment paper and then cover with foil. Bake for 60 minutes. Remove from oven and let rest for 10 minutes before cutting.

Hints: This may be prepared ahead of time and refrigerated before baking. Add about 15 minutes to the baking time. The vegan soy mozzarella that I use is made by Follow Your Heart, called Vegan Gourmet Cheese Alternative.

### **Tofu Tacos**

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 6-8

Spicy Tofu:

24 ounces extra firm tofu

4 tablespoons soy sauce

2 tablespoons lime juice

2 tablespoons chili powder

2 teaspoons ground cumin

2 teaspoons garlic powder

½ teaspoon cayenne

Drain tofu in a colander and press out excess water with paper towels. Cut into ½ inch cubes. Combine soy sauce, lime juice, chili powder, cumin, garlic powder, and cayenne in a large bowl. Add tofu and mix gently. Let stand for 10 minutes, stirring occasionally. Place a large non-stick frying pan on medium heat. Add tofu and cook turning occasionally for about 10 minutes. Set aside.

Cabbage:

4 cups finely shredded cabbage

3 tablespoons seasoned rice vinegar

½ tablespoon lime juice

Combine all ingredients in a bowl and set aside.

Corn or flour tortillas

Soften individually on a dry non-stick griddle, or wrap in a towel and heat in the microwave.

To assemble:

Take a soft corn tortilla, spoon tofu and cabbage down the center, add a bit of aioli and some hot sauce, if desired, roll up and eat with your fingers.

Hints: The tofu that I use is Wildwood Organics Super Firm. It is very important to have super firm tofu in this recipe. If you can't get the super firm variety of tofu, place firm tofu between several layers of tea towels and press down with weights for several hours to remove excess moisture.

### **Cilantro-Garlic Aioli**

Preparation Time: 5 minutes

Servings: Makes 1 ½ cups

1 ½ cups tofu sour cream  
2 large cloves garlic, peeled and coarsely chopped  
juice of 1 lime  
1/3 cup cilantro leaves  
dash salt

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

Hint: Will keep in refrigerator for about 2 weeks. Tofu sour cream is made by placing one 12.3 ounce package of soft silken tofu in a food processor with 2 tablespoons lemon juice, 2 teaspoons sugar and a dash or two of salt and processing until smooth and creamy. Refrigerate overnight to allow flavors to blend completely for best results.

### **Baked Penne Florentine**

This is a delicious baked pasta dish that our grandson, Jaysen, really likes. I serve it to him the way it comes out of the oven, but I like to top mine with a bit of Sriracha Hot Sauce for a little kick. I usually double the recipe when I make it because we all love this so much. It's great for lunch the next day, too.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 6

8 ounces uncooked whole wheat penne pasta  
10 ounce package frozen chopped spinach, thawed and squeezed dry  
¼ cup vegetable broth  
1 onion, chopped  
½ cup raw cashews  
1 ¾ cups water  
1 15 ounce can white beans, drained and rinsed  
1 tablespoon soy sauce  
1 tablespoon white miso  
2 teaspoons lemon juice  
¼ teaspoon dry mustard  
¼ teaspoon cayenne  
½ cup whole wheat bread crumbs

Drop the pasta into a pot of boiling water and cook until just barely tender, about 6 minutes. Drain, place in a bowl and add the spinach. Mix very well. Set aside.

Preheat oven to 350 degrees.

Place the onion and the vegetable broth in a medium non-stick frying pan. Cook, stirring occasionally until

onion has softened, about 5 minutes. Set aside.

Place the cashews in a food processor and process until finely ground. Add half of the water and blend until smooth. Add the remaining water, the cooked onion, beans, soy sauce, miso, lemon juice, mustard and cayenne. Process until very smooth. Pour this over the pasta and spinach and mix well. Transfer to a covered casserole dish. Sprinkle with bread crumbs. Cover and bake for 45 minutes. Let rest for 5 minutes before serving.

Hint: This may be prepared ahead and refrigerated until baking time. Add about 15 minutes to the baking time.

### **Creamy Pasta Primavera**

Preparation Time: 30 minutes

Cooking time: 11-12 minutes

Servings: 6-8

2 cups vegetable broth  
2 cups walnut pieces  
1/3 cup packed fresh parsley  
1/3 cup packed fresh cilantro  
3 teaspoons lemon juice  
2 teaspoons chopped fresh garlic  
2 teaspoons ground chili paste  
1/4 teaspoon salt  
freshly ground pepper to taste  
16 ounces uncooked spiral pasta  
3 cups broccoli florets  
1 cup red bell pepper strips  
1 cup yellow bell pepper strips  
1 pound mushrooms, cut into bite sized pieces  
1 cup halved cherry tomatoes

Place the broth, walnuts, parsley, cilantro, lemon juice, garlic, and chili paste into a blender jar. Process for several minutes until very smooth. Add salt and freshly ground pepper to taste. Set aside.

Bring a large pot of water to a boil. Add pasta and cook for about 5 minutes. Add broccoli and peppers to the water and cook for an additional 4-5 minutes, then add the mushrooms and cook for another 2 minutes. Remove from heat and drain. Place in a large bowl. Pour the sauce over and toss to mix. Add the tomatoes and mix again. May be served warm, at room temperature, or chilled.

Hints: The addition of ground fresh chili paste to this recipe gives just a bit of heat. Feel free to add more to taste. Chili paste can be found in the Asian section of most supermarkets. It is also called Sambal Oelek. It is not necessary to chop the parsley and cilantro before using in the recipe. Just take a small handful of each and toss it in with the other ingredients (remove the larger stems first). If you don't like cilantro, try this with just the parsley.

### **Peanut Dressing**

This is a richer recipe because of the peanut butter, but it really makes yams something special! This is one treat that I usually have in my refrigerator all the time.

Preparation Time: 5 minutes

Servings: makes 2 cups

3/4 cup rice vinegar  
1/4 cup soy sauce

2 tablespoons Sambal chili paste  
¾ cup natural peanut butter  
¼ cup warm water  
1/8 cup chopped cilantro leaves

Place all of the ingredients, except the cilantro leaves in a blender jar and process until smooth. Add the cilantro leaves and process until well mixed.

Serve over lettuce, sweet potatoes, vegetables or whatever sounds good to you.

### **Falafel Wraps**

In the past I have always served baked falafel in pita bread, and added all the toppings separately, similar to how you would layer the toppings on a burger. My daughter, Heather, recently experimented with combining all the ingredients together in a bowl, and then wrapping it all up in a large tortilla. This is so delicious that I'm sure we will never go back to our old way of eating falafel. This combination works well either stuffed into pita or wrapped up in a tortilla. This is a richer food because of the tahini sauce. However, this may also be made with hummus instead of tahini, which would be much lower in fat content, but still delicious!

Preparation Time: 30 minutes (need baked falafel)

Cooking Time: none

Servings: 6-8

Tahini Sauce:

1 cup roasted tahini  
¾ cup water  
¼ cup fresh lemon juice  
2 cloves garlic, minced  
1 teaspoon Sriracha Hot Chili Sauce (optional)  
dash sea salt

Combine all ingredients listed above in a food processor and process until smooth. Place in a bowl.

Add:

1 tomato, chopped  
1 cup cucumber, chopped  
3 chopped green onions  
1 cup chopped lettuce  
3 cups chunked baked falafel (see hints below)

Mix the vegetables and falafel into the tahini sauce. Stuff into pita halves, or place a line of the mixture down the center of a tortilla, roll up and eat.

Hints: The easiest way to make the baked falafel is to purchase the falafel mix sold in the bulk section of most natural food stores and also in packages in some supermarkets. The dry powder is mixed with water, allowed to rest for about 10 minutes, then formed into patties that resemble burgers. The directions tell you to fry in oil, but the falafel should be placed on a dry non-stick griddle and cooked about 5 minutes on each side, until browned. They may also be baked in a 375 degree oven for about 10 minutes on each side, until browned. To reduce the fat content of the tahini slightly, be sure to pour off all the oil from the top of the jar before using. Other vegetables may be added to the sauce as desired. A chopped avocado is one nice addition.

### **Reuben Sandwiches**

This is one of those recipes that can easily be varied according to how many people you want to serve. I usually have most of these items in my pantry and refrigerator, so this is an easy, fast meal for those days when you don't have much time to think about your meals.

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: variable

sliced rye bread  
fat free honey-mustard dressing,  
baked tofu or tempeh, thinly sliced  
sauerkraut, drained  
sliced tomatoes  
sliced onions  
soy or rice cheese (optional)

Lay the bread slices out on your work space and spread both sides with a thin layer of the dressing. Place the tofu or tempeh on one side of the bread. Next add a thin layer of the sauerkraut, then the tomatoes and onions. Finish with a small amount of soy cheese, if you wish. Place another slice of the bread over these ingredients to make a sandwich. Repeat as many times as necessary to serve everyone.

Heat a non-stick griddle to medium-low. Place the sandwiches on the griddle, probably 2 at a time. Grill until browned on one side (about 1 minute) then flip over and grill on the other side. This usually takes only a very short time. Remove from griddle, slice in half and serve warm.

Hints: Baked tofu is sold in packages in most natural food stores, usually in various flavors. Look for the brands that are lowest in fat content. Tempeh is made from fermented soybeans, sometimes flavored, sometimes with other ingredients added. To marinate the tempeh before using, place about 1/3 cup of fat-free soy-ginger or teriyaki sauce in a bowl with the tempeh. Turn several times to coat. Drain, then briefly sauté in a non-stick frying pan. Slice either the baked tofu or the tempeh rather thinly crosswise, so you are working with larger thin sections rather than thin strips. Your natural food store should have both of these products available in the refrigerated section. Water-packed sauerkraut can also be found in the natural food store, usually by the canned vegetables or pickles. Use any fat-free dressing that you like on the bread, Tofu Island Dressing from the Quick & Easy Cookbook is also a favorite of ours.

## Bean Soup

This has been one of my family's favorite simple soup recipes for over 30 years and I still make it often.

Preparation Time: 10 minutes

Cooking Time: 4 hours

Servings: 6

2 cups dried Great Northern beans  
8 cups water  
2 onions, finely chopped  
2 stalks celery, finely chopped  
2 bay leaves  
½ teaspoon rubbed sage  
½ teaspoon ground oregano  
2 tablespoons soy sauce  
dash of liquid smoke(optional)

Put beans and water in a large pot. Bring to a boil, turn off heat and let rest for at least 1 hour (or soak overnight). Add onions, celery, bay leaves, sage, oregano, and soy sauce. Return to boil, reduce heat and cook, covered for at least 3 hours, until beans are mushy. Add a dash of liquid smoke at the end of the cooking time, if desired.

Hint: The liquid smoke gives the soup a delicious aroma, although it is entirely optional. I make it both ways. It is always a favorite with the family and we usually have a loaf of fresh bread with the soup. One of our sons likes to sprinkle some curry powder over the top of his soup, then stir it in before eating. You can

easily vary this soup by adding other vegetables, such as carrots and potatoes, and it may also be pureed before serving. This also freezes well so you can keep some for use at a later date. Great for lunch the next day, too!

### **Garbanzos a' la King**

We like this served over whole wheat toast or biscuits, but it is also delicious over baked potatoes.

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 8

1 onion, chopped  
½ green bell pepper, chopped  
½ yellow bell pepper, chopped  
½ pound fresh mushrooms, sliced  
½ cup sliced fresh oyster mushrooms  
¾ cup water  
1/3 cup unbleached white flour  
3 cups soy or rice milk  
1 tablespoon soy sauce  
1 tablespoon parsley flakes  
½ teaspoon paprika  
¼ teaspoon freshly ground pepper  
2 15 ounce cans garbanzo beans, drained and rinsed  
1 4 ounce jar diced pimientos  
1 tablespoon sherry (optional)  
2 tablespoons cornstarch mixed in 1/3 cup cold water

Place the onion, bell peppers and mushrooms in a large pot with the water. Cook, stirring occasionally, for 10 minutes. Stir in the flour and continue to cook and stir for 2 minutes. Gradually add the soy or rice milk while stirring. Add the seasonings, garbanzos, pimientos and sherry, if desired. Cook over low heat, stirring occasionally, for 10 minutes. Add the cornstarch mixture and cook and stir until the sauce thickens. Serve at once.

### **Brazilian Black Beans & Marinated Tomatoes**

This is another family favorite that I have been preparing for over 30 years.

Preparation Time: 30 minutes

Cooking Time: 3-4 hours

Servings: 4-6

Beans:

2 cups dried black beans  
6 ½ cups water  
1 large whole onion  
8-10 whole cloves  
4 large garlic cloves  
1 large onion, chopped  
1 large green bell pepper, chopped

Tomatoes:

6 medium tomatoes, chopped  
8 green onions, finely chopped  
¼ cup finely chopped sweet onion  
1 clove garlic, crushed



3 tablespoons wine vinegar  
4-5 dashes Tabasco sauce  
dash of salt (optional)

Place beans and water in a large pot. Peel the whole onion and stud it with the whole cloves (poke holes in the side of the onion with a toothpick about ½ inch apart, push the stem end of the clove into each hole). Place the onion in the pot with the beans and water and add the whole, peeled garlic cloves. Bring to a boil, cover, reduce heat and simmer for about 2 hours. Remove and discard the whole onion and cloves. Mash the whole garlic cloves into the beans (use a spoon or fork and gently mash into the side of the pot). Add chopped onion and bell pepper. Cover and simmer for an additional 1-2 hours until beans are tender.

Meanwhile, place the tomatoes, onions, and seasonings into a separate bowl. Mix well. Cover and refrigerate for at least 1 hour. Mix again and adjust seasonings.

Serve black beans over brown rice and spoon some of the tomato mixture over the top.

Hint: Whole cloves are sold in a jar in the spice section of your supermarket. They are the dried buds from a tree and add a unique flavor to this dish. Handle them carefully while inserting into the onion so they don't break. To remove onion and cloves from the beans use a slotted spoon. Season beans with a small amount of salt after cooking, if desired.

### **Pumpkin Muffins**

These are one of my grandson Jaysen's favorite things to bake with grandma. We make them often! I bake these in the red SiliconeZone muffin holders, medium size. I let the muffins cool for about 10 minutes, then just pop them out of the muffin cups. No sticking ever!

Preparation Time: 20 minutes  
Baking Time: 30 minutes  
Servings: 12 muffins

#### **Dry Ingredients:**

1 cup whole wheat pastry flour  
¾ cup unbleached white flour  
½ cup brown sugar  
1/8 teaspoon salt  
1 teaspoon baking soda  
½ teaspoon baking powder  
1 ½ teaspoons cinnamon  
1 teaspoon nutmeg  
½ cup chopped walnuts  
¼ cup raisins

#### **Wet Ingredients:**

2 teaspoons Ener-G egg replacer mixed in  
4 tablespoons warm water  
1 cup canned pumpkin puree  
½ cup Wonderslim fat substitute  
¼ cup molasses  
¼ cup soy milk

Preheat oven to 375 degrees.

Combine all dry ingredients in a large bowl and set aside. Whisk egg replacer into the water and set aside. Combine remaining wet ingredients in a medium bowl and mix well until smooth. Add egg replacer mixture and mix well. Pour wet ingredients over dry ingredients and mix well (do not over-mix). Spoon batter into muffin cups. It will fill 12 medium muffin cups. Bake for 30 minutes.

Hints: Use a whisk when mixing the egg replacer with the water and beat until frothy. Let stand on the counter for about 3-4 minutes, then add to the other wet ingredients. Ener-G egg replacer is a flour product, available in natural food stores. It is used for leavening and binding.

## Pancakes

These are easier to make than you would believe, and everyone loves them! These are wonderful served with a little maple syrup or applesauce.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: makes 10-12 pancakes

$\frac{3}{4}$  cup whole wheat pastry flour

$\frac{3}{4}$  cup unbleached white flour

2 teaspoons baking powder

dash salt

1 cup mashed ripe bananas

1 tablespoon egg replacer mixed in  $\frac{1}{4}$  cup warm water

1 tablespoon lemon juice

1 tablespoon Wonderslim fat substitute

1 cup soy or rice milk

$\frac{1}{2}$  cup sparkling water

$\frac{1}{3}$  cup fresh blueberries (optional)

Mix the flours, baking powder and salt together in a bowl. Place the bananas in another bowl and mash well. (This is about 2  $\frac{1}{2}$  bananas.) Mix the egg replacer and water and beat until frothy. Let rest for a minute or two. Add to bananas and mix well. Stir in the Wonderslim fat substitute, lemon juice, soy or rice milk, sparkling water and mix again. Pour into the dry ingredients and stir to mix. Stir in the blueberries. Do not over-beat.

Heat a non-stick griddle over medium heat. Pour mixture by  $\frac{1}{4}$  cup measure onto the dry, heated griddle. Flip and turn over when bubbles start to appear on the surface. Cook until brown on both sides. Repeat until all mixture has been used.

Hint: The blueberries are an option in this recipe, but when fresh blueberries are in season they really make these pancakes a special treat! The addition of the sparkling water makes a delicious, light pancake that rises as it cooks. If you make the batter ahead of time, you may need to add a bit more liquid to thin it out slightly before pouring onto the griddle. This may also be made with all whole wheat pastry flour. It will be slightly heavier in texture. These may be refrigerated or frozen, and heated in the microwave or oven at a later time. We also like them cold as a snack.



## Featured Recipes

### Farmhouse Stew

This recipe was inspired by one of Jason Wyrick's recipes. When I received his recipe by e-mail last week, it sounded so unique, that it immediately went into my "have to try this" pile of recipes. To subscribe to Jason's recipes, go to [www.veganculinaryexperience.com](http://www.veganculinaryexperience.com). I recently made a variation for my family, and it was such a hit that Heather went home and made the recipe for her family. The addition of bread to the stew during the last 5 minutes of cooking really makes this dish a special treat. This is a very hearty stew, best served in a wide, deep bowl.

Preparation Time: 15 minutes

Cooking Time: 1 hour, 10 minutes

Servings: 4

6 cups vegetable broth  
1 onion, chopped  
2 cloves garlic, minced  
2 stalks celery, chopped  
1 carrot, chopped  
1 15 ounce can chopped tomatoes  
2 15 ounce cans red beans, drained and rinsed  
¼ cup pearly barley  
1 bay leaf  
1 teaspoon oregano leaves  
freshly ground pepper to taste  
3 cups fresh chopped spinach  
2 cups chopped hearty bread

Place a small amount of the broth in a large soup pot. Add the onion, garlic, celery and carrot. Cook, stirring occasionally, for about 5 minutes, until vegetables soften slightly. Add the remaining broth, canned tomatoes, beans, barley, bay leaf, oregano and ground pepper. Bring to a boil, reduce heat, cover and cook for about 55 minutes. Add the spinach, cook for an additional 5 minutes, then add the bread and cook for about 5 minutes longer. Serve at once.

Hints: If you prepare this stew ahead of time, do not add the bread until just before serving. A hearty Artisan type bread that is about 2 days old works very well in this recipe. Softer breads do not hold their shape well in this stew. I used small red beans in this recipe, but this could also be made with other kinds of beans, such as white or black.

### **Marinara Sauce**

This is my family's favorite simple marinara sauce, which I have been making the same way for over 30 years.

Preparation Time: 20 minutes

Cooking Time: 1 hour, 10 minutes

Servings: makes about 4 cups

2 tablespoons water  
2 onions, chopped  
4 cloves garlic, crushed  
½ pound mushrooms, chopped  
2 15 ounce cans tomato sauce  
1 15 ounce can chopped tomatoes  
1 ½ tablespoons parsley flakes  
2 teaspoons oregano  
1 teaspoon basil  
dash sea salt, if desired

Place the water, onions, garlic and mushrooms in a large pot. Cook, stirring frequently, until onions soften and begin to take on a golden color, about 10 minutes. Stir in remaining ingredients. Bring to a boil, reduce heat and simmer for about 1 hour, stirring occasionally. Do not cover. Serve over pasta.

Hints: This may be made ahead and reheated. It also freezes well.

### **Pasta Fagioli**

This is a simple bean and pasta stew that is easy to prepare and delicious to eat. There are many variations

of bean and pasta stews, usually made with Italian type seasonings, such as tomatoes, basil and oregano. We like this one topped with Sriracha chili sauce to add a bit more heat.

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 8

1 onion, chopped  
3 cloves garlic, minced  
2 15 ounce cans chopped tomatoes  
3 15 ounce cans cannellini beans, undrained  
10 large leaves fresh basil, rolled and thinly sliced into strips, plus more for garnish  
1 bay leaf  
1 teaspoon dried oregano  
½ teaspoon sugar  
several twists of freshly ground pepper  
1 pound whole wheat penne rigate pasta  
2 tablespoons Vegetarian Express Parma Zaan Sprinkles

Place the onion and garlic in a large pot with about 1 tablespoon water. Cook, stirring frequently, until onion softens and water has evaporated. Add tomatoes, beans, basil, bay leaf, oregano, sugar and pepper. Bring to a boil, cover and cook over low heat for about 30 minutes.

Meanwhile, bring a large pot of water to a boil. Drop in the pasta and cook for about 10-12 minutes until pasta is tender. Drain and place in a large bowl.

Pour the bean mixture over the pasta and stir to mix well. Sprinkle with the Parma Zaan Sprinkles and mix again. Garnish with a tablespoon or two of fresh basil strips.

Hints: This may also be made with other kinds of beans. Garbanzos are delicious in this stew. If you like to drain and rinse your beans before using in recipes, you will need to add about 1 cup of vegetable broth to the ingredients above to replace the broth from the canned beans. Parma Zaan Sprinkles are made by The Vegetarian Express. Website: [www.thevegetarianexpress.com](http://www.thevegetarianexpress.com). This is a healthy, delicious substitute for Parmesan cheese.

## **Noodle Soup**

This soup is reminiscent of my favorite chicken noodle soup when I was a child. I usually make this with fancy ribbon noodles (egg-free, of course) which sort of melt in your mouth when you're eating them.

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4-6

6 cups vegetable broth  
1 onion, chopped  
2 stalks celery, chopped  
2 carrots, chopped  
½ teaspoon marjoram  
½ teaspoon sage  
¼ teaspoon thyme  
freshly ground pepper, to taste  
1 teaspoon soy sauce  
3 cups uncooked fancy ribbon noodles

Place all of the ingredients, except the noodles in a large pot. Bring to a boil, cover, reduce heat and simmer for about 20 minutes. Add the noodles and cook about 10 minutes longer until noodles are very tender.

Hints: Garden Time Organic makes Fancy Ribbons sold in a 10 ounce bag. I use about ½ of the bag in this recipe.

### **Cauliflower Dal**

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 4-6

1 onion, chopped  
2 cloves garlic, minced  
1 jalapeno pepper, seeded and minced  
2 cups vegetable broth  
1 teaspoon ground cumin  
¾ teaspoon ground coriander  
¼ teaspoon turmeric  
¼ teaspoon red pepper flakes  
1 cup dried red lentils  
1 15 ounce can chopped tomatoes  
2 cups cauliflower florets  
1 large russet potato, peeled and coarsely chopped

Place the onion, garlic and jalapeno in a large pot with 1-2 tablespoons of the vegetable broth. Cook, stirring frequently for about 3 minutes until onion softens slightly. Stir in the cumin, coriander, turmeric and red pepper flakes. Cook and stir for about 1 minute. Add the remaining broth and the rest of the ingredients. Bring to a boil, reduce heat, cover and simmer for about 30 minutes, stirring occasionally. Serve in a bowl with some pita bread on the side, or over brown rice.

### **Recipes from McDougallers:**

The following recipes were sent to me by Scott Haas. He told me that they just made the carrot cake recipe and it was so moist and delicious he just wanted to share the recipe. So here it is. These recipes came from a booklet called "Surviving the Holidays". Scott said many of the recipes in the booklet were packed with fat and not really fixable, but these they fixed to be McDougall.

### **Healthy Carrot Cake**

Preparation Time: 25 minutes

Cooking Time: 35-45 minutes

Servings: makes two 9 inch cakes

1/2 cup walnuts, toasted and chopped  
3 1/2 cups whole wheat pastry flour (sifted)  
1/4 teaspoon sea salt  
1 tablespoon cinnamon  
1/4 teaspoon allspice  
1 1/2 tablespoons baking powder  
2 teaspoons baking soda  
2 cups pure apple juice  
3/4 cup applesauce  
1/2 cup pure maple syrup  
1/2 cup agave nectar  
3 cups grated carrots  
1 banana, mashed  
1/2 cup raisins

Preheat oven to 325 degrees.

Toast walnuts for 10 minutes until golden and fragrant, then chop.

Sift all dry ingredients in a large bowl. Toss in nuts and set aside.

Mix applesauce, juice and syrup in a smaller bowl, add to the dry ingredients, whisk until smooth. Fold in carrots, mashed banana and raisins.

Use two non-stick 9 inch cake pans. Place batter in pans and bake 35-45 minutes or until knife comes out clean (do not overbake). (Top may crack but that's OK.) Cool for 20 minutes before inverting onto a plate.

Note from Scott: "I have found a combination of 2 parts barley flour and 1 part brown rice flour works just as well as whole wheat flour in nearly any recipe for those who are wheat sensitive. This recipe was so delicious that our cake didn't even make it to the plate. We just began eating it out of the pan. This carrot cake was so good that we didn't even bother with the glaze, however the glaze was part of the original recipe."

### **Lemon Maple Glaze**

2 cups apple juice  
1 cup water  
1/4 cup lemon juice  
1/2 cup pure maple syrup  
1 teaspoon cinnamon  
1 teaspoon vanilla  
1/4 teaspoon allspice  
1/4 teaspoon sea salt  
5 teaspoons cornstarch

Add a small amount of water or apple juice to the cornstarch in a separate bowl and stir until completely dissolved. Set aside.

Bring everything except cornstarch to gentle boil. Slowly stir cornstarch mixture into liquid until clear and thickened. Drizzle over cakes before serving.

### **Carrot Salsa**

This is a very unique salsa that Scott says is a winner!

Preparation Time: 20 minutes

Servings: variable

6 medium carrots, grated finely  
1 small green pepper, minced  
2 medium scallions, minced  
½ -1 cup chopped cilantro (or to taste)  
1 jalapeno, seeded and minced  
1/2 cup pure apple juice  
2 tablespoons lemon juice (about 1/2 lemon)  
2 tablespoons apple cider vinegar  
1 1/2 teaspoons cumin  
1/2 teaspoon salt (optional)

Combine all ingredients and adjust to taste.