



# McDougall Newsletter

Volume 7 Issue 07

Sept. 5-7, 2008

**Caldwell Esselstyn, MD - The Preferred Treatment of Coronary Heart Disease**

**Lisa Bero  
Buyer Beware: The Marketing of Medicines is a Risky Business**

**Jeff Novick, RD - Should I Eat That? How to Choose the Healthiest Foods**

**Francine Koffman, MD - Diabetes: A Global Epidemic**

**Doug Lisle, PhD - The Psychology of Success Forces**

**Details and Schedule**

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**Advanced Study Weekend**

## Overcoming Four Greatest Obstacles to Following the McDougall Diet

Last week we returned from our biannual adventure trip to Costa Rica. I spent 7 relaxing days with 100 people from various part of the United States and Canada. This afforded me many hours for casual conversations with travelers who were at various stages of dietary change. I heard about medical miracles, such as weight losses of 60 pounds and more, relief of crippling arthritis, chest pains, and diarrhea, and stopping bagsful of expensive medications. Mixed up in these chats about healing were pleas for even greater success and more help. PAGE 2

## Comments on My Posthumous Interview with Tim Russert

Nearly 100 people attended the third annual celebrity chef weekend. They ate and they ate as expert chefs from around the country dished out humor, education, and their most cherished dishes. The food was all low-fat vegan. PAGE 5

## Featured Recipes

All of the following recipes were demonstrated (and tasted!) during the McDougall Celebrity Chef Weekend in June, 2008.

**Vietnamese-Style Stuffed Grape Leaves**

**Sweet and Spicy Plum – Miso Sauce**

**Mock 1000 Island Dressing**

**Homemade Low-Fat Vegan Mayonnaise**

**Roasted Garlic**

**Sparkling Jewel Salad**

**Easy Macaroni and Cheese**

**Banana Coffee Cake |**

**Red Lentil and Bulgur Salad Balls in Lettuce Cups with Creamy Basil Dressing**

**Fat-Free Oil Substitute for Salad Dressings**

**Creamy Basil Dressing**

**Jellied Peach Jewels**

**No-Bake Chocolate Peanut Butter Pie**

**No-Bake Pecan Date Crust**

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**Lush  
Tropical  
Forests**



**Warm  
Sunfilled  
Days**

**Costa Rica  
with the  
McDougalls**

**February 4-11, 2009**

**More Information  
Registration**

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## Overcoming Four Greatest Obstacles to Following the McDougall Diet

Last week we returned from our biannual adventure trip to Costa Rica. I spent 7 relaxing days with 100 people from various part of the United States and Canada. This afforded me many hours for casual conversations with travelers who were at various stages of dietary change. I heard about medical miracles, such as weight losses of 60 pounds and more, relief of crippling arthritis, chest pains, and diarrhea, and stopping bagsful of expensive medications. Mixed up in these chats about healing were pleas for even greater success and more help. People told me of facing difficulties like:

"I'm incurably ill, but I can't change my diet, so that is why your program won't work for me."

"For a whole bunch of reasons I like the fact that I am a vegan, but I never seem to be satisfied."

"I have lost 70 pounds, but I have 60 more to lose. I've been at this plateau for 6 months."

"I did well the first 6 months after leaving your 10-day program; however over the last year I have lost all the health I had gained, and gained all the weight I had lost."

Let me offer some painless and simple solutions for these common obstacles.

### Obstacle #1: Change Is Difficult

Cindy is a 48-year-old woman from Oklahoma. She was diagnosed with colon cancer 10 years ago; follow-up treatments included surgery, radiation, and chemotherapy. Since then she has suffered from debilitating, daylong diarrhea. She and her husband were invited by a friend to attend the McDougall Costa Rica Adventure. After hearing about the exclusively vegetarian diet served on this trip, she protested, saying all those high-fiber vegetables would aggravate her bowels and cause her to spend the entire trip in the bathroom. She soon discovered the opposite.



After the first day her watery diarrhea had stopped and by day three she was having two formed stools a day. This rapid improvement was no surprise to me. In 1974 Dr. Andersson (*Nutr Metab.* 17:102) published research showing these benefits—people with damaged small intestines (called an ileopathy) went from 20 watery stools a day to two or three formed movements within 72 hours of changing to a low-fat diet.

Fats and oils cause the liver to produce large amounts of bile acids. Unfortunately, Cindy's small bowel, damaged by radiation treatments given 10 years ago, could not reabsorb these bile acids, so they passed freely into her large intestine where they caused severe irritation and diarrhea. Not by Cindy's own choosing, the low-fat, plant-foods served in our Costa Rican resort's restaurant ended 10 years of needless suffering.

Change is difficult. The purpose of our residential programs (at home and abroad) is to create environments that facilitate change. But you can create a similar situation at home for free. A detailed description of my 10-day [program](#) is provided at no cost on my web site. People are always amazed by how many of their incurable ills are fixed after only a few days of eating right. They are equally surprised by how forcefully their problems return when they slide back into their old ways. My guess is Cindy will only have to experience McDougall's re-



venge a very few times before she becomes permanently committed to eating perfectly.

## Obstacle #2: McDougall Is Not about Vegetables



Betty is a trim, physically active, 40-year-old woman from California who has been trying to follow the McDougall Diet for more than a year. She has found our plan impossible to stick with; feeling hungry, fatigued, and frustrated. That changed for her after my orientation lecture, "The McDougall Program for Maximum Weight loss" just a few days ago in Costa Rica. (This lecture has just been released on [DVD](#)).

I explained to the audience that people often believe that the McDougall Diet is a "vegetable-based diet," and as a result, they are left wanting. Green and yellow vegetables, such as broccoli, cauliflower, peapods, green peppers, and lettuce, are too low in calories to provide satisfaction. The primary purpose of eating is to obtain life-giving energy. This is accomplished

safely only by whole plant foods plentiful in carbohydrates. These special plant foods are known as starches. Because of their natural satisfying properties people refer to potatoes, rice, pasta, beans, and corn as "comfort foods." In addition to "clean and efficient energy," starches provide an abundance of other nutrients, such as proteins, essential fats, vitamins, and minerals. Single starches, such as potatoes and sweet potatoes, are "complete foods" and can easily meet all of our nutritional needs.

People get a glazed look over their faces, and some dismiss me as crazy, when I tell them I recommend a starch-based diet. They think of starch as something used in the laundry to stiffen shirts. Starch brings back memories of pasty bland-tasting goop, and white, airy Wonder Bread. Most disturbing is that nearly everyone believes starches are fattening. Fortunately, common knowledge is completely wrong and the proof is before your own eyes.

Ancient pictures and writings show us that all major populations of people have lived on diets based on starches: potatoes in the Andes of South America, corn in Central America, wheat in Central Europe, and rice in Asia. Even today 60% of people worldwide follow a starch-based meal plan—and by no coincidence these same people are trim, healthy, active, and youthful. When they abandon starch for meat and dairy they develop obesity, diabetes, cancer and heart disease. *It's the starch folks!* And with this realization you will be set free to better enjoy life.

The proper scientific term for foods containing an abundance of complex carbohydrates is starch. During the growing season, green leaves collect energy from the sun and synthesize sugars that are converted into tiny starch granules, which are eventually stored in the plant parts for their own use later in the year. These same stored-carbohydrates also provide us with ideal sources of food for all year long. People are "starch-eaters." (Like cats are "meat-eaters" and giant anteaters are "ant-eaters.") Violate your nature and the price of poor health will be paid.

Betty ran every day in Costa Rica with the energy of an Olympic athlete. She left her meals comfortably full and did not experience hunger for several hours after eating. She even told me of a new sense of calm that had settled over her. By the simple mind change of putting starch at the center of her diet she has gained control of her life. The last thought she shared with me was, "It all makes sense now."



## Obstacle #3: Failure to Appreciate the Body's Efficiency

Robert, a 50-year-old doctor from California, lost 70 pounds on the McDougall diet during the first year with the program. His debilitating back pains almost disappeared, as did his generalized arthritis. However, over the last 6 months he has lost nothing more, with 60 more pounds still to shed. "It is not fair," he said, "I eat better than ever before, and I am stuck at this plateau."

For the past 3 decades his body had adapted nicely to carrying around an extra 130 pounds with surprising little complaint. Compared to before, his highly efficient body is now very pleased to be just carrying around an extra 60 pounds. But that is still only possible because his current eating and exercise habits are able to support this extra body fat. So what is this man to do?

Robert, and others stuck at similar roadblocks, must make even more changes in order to set a new body weight and higher level of health. And that means a stricter diet and exercise program—because obviously the one that he is currently following has allowed him to remain at an undesired plateau. Paying closer attention to the details of the McDougall program will start people back on the losing track.

Give up the nuts, seeds, cold-pressed olive oil, dried fruits, refined flours, and all the other rich treats you have been pampering yourself with since you gave up meat and dairy. Right, they are all vegan (not from an animal), and even more holy, they are mostly "raw." But they are still "calorie bombs," which are guaranteed to stop weight loss and cause fat gain.

Eating out in restaurants is the second most common way people consume too many calories, even when they make efforts to eat vegan. Plan on it—these commercial food outlets are going to try to please you at every meal by enhancing the flavor of your dishes with added sugars, refined flours, and vegetable fats. The best solution is to fix all your own meals at home and pack your lunches for when you are away. Carry a cooler of food when you travel long distances. Short of following this serious recommendation, find restaurants that will serve you basic foodstuffs, like whole beans, steamed rice, baked potatoes, green salads, and plain fruits.

Eat simpler for better health and easier weight loss. At home, plan meals of cooked whole grains or oil-free hash browns for breakfast and pack your lunch with leftovers. For dinner, think "two choice combinations," like sweet potatoes and broccoli; rice and green beans; or beans with a few plain condiments. Simple, monotonous meal plans facilitate success.



Finally, move your "stuck body" off of its present comfort setting by exercising more. Exercise burns calories, occupies time you might spend eating, relieves anxiety and depression, and makes the appetite more appropriate for your caloric needs. Robert is more than half way to his weight goal, and he will succeed. After all, his record of success shows he is capable of change and the rewards he has found so far make him greedy for even more improvements.

#### **Obstacle #4: No One Responsible Is Fixing Your Food**

Mark is 61-year-old successful businessman from Arizona. My guess is his wealth amounts to tens of millions of dollars. His wife is a busy businesswoman. These two people seem to control everything in their lives, except for their food. But, everyone must eat, and satisfying meals do not magically appear at the doorstep. Drive-through windows at McDonald's and Taco Bell are as close as you can come to this fantasy. Unfortunately, these fast foods are health-destroyers. So how do busy people—and those who hate to cook—get fed safely?

I asked Mark, "Do you cut your own lawn?" No, he has a gardener. "Does your wife clean the house?" No, they have weekly maid service. "So, Mark, why don't you have someone prepare your foods? You certainly can afford it. The cost of doing nothing could be as expensive as a \$100,000 heart bypass operation. Now does that make financial sense to a businessperson like yourself?"

Cooks can be found with a little effort. Ask around. Check with your local vegetarian society or your local natural foods store. Put an ad on their bulletin board or in the local newspaper. Hire a chef through the web site [www.hireachef.com](http://www.hireachef.com). Domestic help can make your meals outside of your home and deliver them weekly. Or this person can come to your house one day a week in order to prepare some of your favorites. Talk to a catering service in your town. Many caterers will use your own recipes (from Mary's books and the web site) to prepare your meals for the week.

With some relatively inexpensive outside help, you now have a refrigerator filled with delicious sauces and soups. After a hard day's work all you have to do is bring home a loaf of store-bought whole grain bread, boil some rice, or microwave a potato. To these basic starches add your pre-prepared soups or sauces. Bagged, washed salad greens and a low-fat salad dressing purchased in the market make a colorful addition. If hiring help is out of the question, then do it yourself. Take one day each week to prepare the basic sauces and soups for your meals.

### **Our Costa Rica Adventures Attract the Nicest People**

People, who travel with us, and those who come to our Santa Rosa programs, always amaze me. I find myself saying, "I don't know how we attract so many interesting, intelligent, and pleasant people." Typically, our clients are well educated and successful. They also demand the best life can offer. Soon after they discover the importance of food, they make efforts to switch to a starch-centered diet. That's where the McDougall Programs and Trips help. My final words of reassurance are: Our principles of diet and exercise are simple and basic—no gimmicks. The Program always works. But your success may require overcoming the common obstacles I witnessed during our recent trip to Costa Rica.

The names of people have been changed, but the accounts are real and from our July 2008 Costa Rica McDougall Adventure Trip.

**You can find additional comments and add your own at my [discussion board](#) under the heading, "Comments on the latest newsletter and Star McDougall."**

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## **Comments on My Posthumous Interview with Tim Russert**

To my surprise [last month's newsletter](#) (June 2008) caused more of a reaction than any other piece I have ever written. People either loved it or hated it—nothing in between. By using the untimely death of the "Meet the Press" host, Tim Russert, my words came to life—everybody paid attention, but many people were offended—not by the content, but by the venue—an interview with a dead man.

Comments I received—some from people I personally know and respect—talked of aggravating wounds of fans still in mourning, concerns for Russert's family, and my disrespect for religious beliefs. The clarity of my explanation of the development of a heart attack was way too threatening for many people—I removed any reasonable doubt—their personal diet is an indiscriminate instant killer. (Two informative YouTube videos of plaque rupture are found at the end of this discussion. One shows how [heart attacks](#) occur and the other from the University of Pennsylvania School of Medicine is on plaque buildup and [sudden blockage](#).)

The hundreds of reports that followed his death gave no meaningful answers about the cause. Russert's family is entitled to know what killed him. At least, the truth may prevent Russert's son, Luke, from following his dad's deadly diet. Would you guess losing a son to be more or less painful than my newsletter article? At most, my words could prevent some of the suffering that will follow the 1.2 million heart attacks expected over the next year in the US alone. My intention was to enlighten, not to cause anger or pain.

Once I came upon the idea of a conversation with this former prominent public figure, writing it followed

quickly and easily—almost as if it had really happened. Why a posthumous interview? Because it demanded attention—it was the biggest rock I could find to throw at the biggest picture window in town. I was not to be ignored—not this time—as so many times in the past. All of your responses were heartening and much appreciated. After such strong reaction would I write the same article again? In a heartbeat.

**The following comments from readers have been presented to show both viewpoints on my Russert Interview:**

I noticed the interview format is a writing technique Dr. McDougall uses often, and it seems to me it's when he's explaining the more scientific/physiological information about his program and how nutrition and the human body works. I think he uses that format to keep the writing interesting and entertaining, rather than like a dry textbook. I noticed it in his Digestive Tune-Up book, the Second Opinion book, and some of his articles like this one. I found the characters in the Digestive Tune-Up book especially humorous and sympathetic. He creates imaginary characters that ask really good questions - better questions than I would think to come up with - but that way you get to the heart of the matter. He also gives them personality. In this case he used Russert's personality and an opportunity to reach a wider audience and teach people. Personally I enjoyed his Russert interview and my opinion is it's not offensive or in bad taste. Speaking as someone who was not really aware of who Mr. Russert was prior to his death, I feel the article paints Russert in a good light, just that what he didn't know is what killed him. I also feel the article does a good job explaining the true cause of Russert's heart disease, better than what the mainstream news has done. CV

There is very important information in this "interview." However, The interview format is in poor taste. Putting words into the mouth of the deceased is, in my view, disrespectful. I was surprised by your decision to convey your thoughts in this fashion. JDH

It was with great dismay that I read the following article about heart disease and Tim Russert's death: I can't believe that the author actually put in [writing](#) that Mr. Russert had "done nothing wrong," that he "was getting superb medical care" and that "heart attacks can't always be prevented." I'm very saddened that this type of information is being published and read by the American public. Nowhere in the article does the author reference the results accomplished through diet and nutrition in regard to reducing and eliminating heart disease....nor is there any mention of you, Dr. Neal Barnard, Dr. Dean Ornish or Dr. T. Colin Campbell. I guess, though, that a pharmacist's first thought would be to resort to drugs and, in this case, use the opportunity to sell his book. It must be so frustrating for you to deal with this on a daily basis. VW, RN

I just received and read the article in your most recent newsletter "A Posthumous Interview by Tim Russert, Former Host of Meet Press with John McDougall, MD". I found it to be incredibly inappropriate and disrespectful. I understand that your point is to promote the vegan diet as a means to prevent heart disease, etc. This certainly could have been accomplished by an article that discusses the topic, even through referencing Russert's case in particular. However, to write this fake interview comes across as childish and makes light of his death, while at the same time blaming Russert himself, who can no longer respond to such criticism. I can only hope that Russert's grieving wife and son never see this. If I, a complete and total stranger to Russert, am as offended as I am by this "interview", I can only imagine what his family would think. I think that a public apology in your next newsletter may be in order, perhaps followed by an appropriate article on the subject of diet and heart disease. Sincerely, AG

Thank you for the wonderful Tim Russert piece--it is brilliant and some of your best writing ever; timely and perfectly balanced in tone. Great, great job--both my husband and I love this article. I am a little disturbed at the negative responses among people on the Forum. I wanted to say where I think their misunderstanding is:

1.) They don't understand the needs of good teaching. Both my husband and myself are educators; we understand what it takes to educate people beyond what they already know, and you are doing it brilliantly. For many people the process of learning something truly new is painful and difficult. Sometimes you need to 'shock' your students a bit to get their attention and make the lesson memorable.

2.) They don't understand that public figures are public figures. Many thousands of articles have been published about Bill Clinton; many hundreds about Tim Russert; many of these critical or negative. So why is it



not okay for Dr. McDougall to write about these figures? This point of view is just silly.

3.) They don't understand the needs of revolutionary change. You aren't going to change government food policies or people's ideas about food by being polite and keeping your head down. Why isn't this obvious? Why, women would never have gotten the vote if they'd stuck to just asking politely about it. Some of those suffragettes were OFFENSIVE. If they were around today, some people would probably still get the vapors about their behavior. But politeness alone doesn't change anything.

4.) They don't seem to understand good science. They let religious beliefs interfere with seeing clearly. (Religion shouldn't be incompatible with science at all.) In my view, religious fundamentalism of all kinds, Xtian, Islamic, Jewish, etc., is the enemy of progress. The problem is that fundamentalists claim the right to define what God "says". Then they judge everything by their predefined black-and-white logic.

A more moderate, sensible religious view might be: well, God gave us eyes to see and a brain to think and a conscience to use them. So we should do so to the best of our ability. (I would hope this is how most moderate religions view it.)

A skeptical view might be: we evolved eyes, brain, consciousness and conscience and our creative task is to see what good we can do with these. I don't see this view as incompatible with a moderate religious view-- both should be open to investigating the truth. I've ranted on unnecessarily long. Once again, great job. I hope you continue to have fun doing this because it's a wonderful service. A

Wow! Great newsletter! Using Tim Russert's own books, interviews, and descriptions from his son to analyze his risk factors was brilliant! SM, MD

Using a fake interview with a dead person is a bit weird. I say this as someone who loves Dr. McDougall dearly. I don't think a fan of Tim Russert's would react favorably to this. I might be wrong (that's happened before) and I'll know soon if I'm right, I forwarded it to someone who liked Russert a lot and is upset by his untimely death. This person is in a position to benefit greatly from adopting the McDougall lifestyle, too, so I sure hope this works. It can't hurt...Well, the verdict is in. The person I forwarded this to is really ticked off, thought it was in poor taste and used bad words. Maybe I'll let him cool off for a while..... and go eat some potatoes. Mrs. D

Great edition of the newsletter, especially the "interview." Wow! As usual, you really lay it all out there. Powerful video clips too. Thanks for writing about such an important subject with hard-hitting clarity. RB

Heaps of thanks for an eye-opening newsletter. The posthumous 'interview' with the lately lamented Tim Russert was riveting, captivating, and necessary as a spur to all of us who are loping about with pinhead pustules with hidden agendas. PR

Congratulations on a fabulous and creative job of seizing the opportunity with the Russert interview. JP

I was almost convinced that you actually might have some credibility until I read your June Newsletter in which you interviewed Tim Russert. Did you have some type of authorization from his family? The entire article was in poor taste and lacked any sense of respect. Additionally I would appreciate some reputable references on your web site which are a little more current than the 1980's. As a medical professional who has long been a proponent of complimentary health and preventative health care I would appreciate a little more medical science than just your conjectures from some rat studies. I am afraid your are just trying to make a few dollars on the backs of hard working people. Count me out. MS MD

(PS from McDougall – you need to read my current writings like the newsletters and star mcdougallers for updated references.)

Loved your Tim Russert interview. I was wondering when you'd be making a comment about this famous fatality. As soon as I heard of his death, I figured (rightly) what the culprit was and how tragic it was that a simple change of diet could have saved this beloved man. I have a question about the "large bulges inside the arteries," that are "old, large, fibrous, calcified plaques." You say that they are not fatal, but what effect

**Descriptive Words about the Tim Russert Interview:**

Brilliant  
 Poor taste  
 Your best writing ever  
 Disrespectful  
 Perfectly balanced  
 Incredibly inappropriate  
 Great newsletter  
 VERY poor taste.  
 Childish  
 Loved your interview  
 Fake interview  
 Riveting, captivating, and necessary  
 Fabulous and creative job  
 A great read  
 Extremely distasteful  
 Now you have supernatural powers  
 Wow!  
 A bit weird  
 Well done  
 I laughed/cried  
 EXCELLENT and SCARY!  
 A brave effort to educate  
 You should be ashamed of yourself! Poor taste!!!  
 A home run, way out of the ballpark  
 Really nails it  
 It was crude  
 Perfect choice; easy to read and entertaining  
 Rubbed me the wrong way  
 Fabulous, well-researched, possibly world changing piece  
 Promoted spiritualism  
 Blew me away  
 Masterful  
 More than brilliant. There are no adjectives that could do justice!  
 The most insensitive article  
 Extremely inappropriate and rash  
 Kudos to you  
 Courage, humor, and example  
 Bold approach  
 Lacked any sense of respect  
 Strong, concise, informative message!  
 Eye-opening.  
 Dynamite, both brilliant and superb  
 A pure stroke of genius  
 Out of place and extremely tactless  
 As hard hitting as I've ever read.  
 I will wait for an apology  
 The REAL DEAL!!  
 Cheap gimmickry  
 Caring and thoughtful  
 I was shocked  
 The wake up call of an earthquake  
 A VERY high yuck factor. You are better than this.  
 Outstanding and so needed  
 Blames the patient, a dead one no less  
 A classic  
 Ridiculous interview  
 Amazing and so affirming  
 As usual, TERRIFIC piece  
 A cheap-shot  
 Self-serving  
 Opportunistic



do they have on a person's life? I've been following your program for several years now after spending a wonderful/life-changing ten days in Santa Rosa. I suspect that I have those calcified bulges, "stable as a rock." I'm not worried about them. I'm just wondering what I can do to compensate for their presence. Do they restrict my blood flow? With healthy arteries, is there a natural dilatation that takes place? Have you written about this subject? Thank you. JB

Dr. McDougall, I forgot to mention — what a great idea to use the interview format! Was it your idea? Best to you, MO

Now you have supernatural powers. I didn't see that one coming! JH

I am writing because I have followed your plan for years and have had a great deal of respect for you - until today. This ridiculous interview with Tim Russert is soooo unnecessary, sooo over-the-top and so incredibly disrespectful that I am appalled and surprised. Russert was tending to his cardiac condition, albeit, most likely, too little - too late; however, I, too, am a healer and this interview blames the patient, a dead one no less. This blame gets nowhere with those who truly need direction and help. Of course, we need to take personal responsibility for our well-being, but what does it serve you or the community to denigrate a dead man who was, in fact, doing his best as he knew it. The interview is overwhelmingly childish and an apology to your readers and patients is called for, as well as an apology to the Russert family. Also, it's a good idea to get your facts straight before you go ahead and accuse a deceased person of being personally guilty of his own demise. Sincerely, SR, N.D., D.D. CtTFT

This is a great read. It forces one to look at their hardened beliefs. One comment (I mean no disrespect): You say the stress is good for us — it motivates us. I too have been called an outsider, etc. and I say there is nothing good about stress except to alert us that we are doing something wrong inwardly and/or perhaps outwardly. Why should one need stress to be motivated? Isn't it analogous to being motivated by pain as if one is a slave being beaten to be motivated? I wrote a small handbook on seeing through the stress hoax — it is a hoax! Perhaps as believing we need animal products is a hoax. Thanks again for your insights, MO

Wow! The posthumous interview was a brilliant idea. I am forwarding it to my sickly parents -- perhaps it will motivate them to change. They watch CNN at least 16 hours per day and have no doubt been following all the stories on unfortunate Tim Russert. Thank you for taking the time to write this article. Best regards, DL

Your article is a brave effort to educate the American public—and perhaps a few physicians. I have forwarded it to several people and almost immediately heard from one of them: "Sara - very interesting, and a brave effort on the part of Dr. McDougall. I will share this with some friends. Thank you. John. SD

Once again you hit a home run way out of the ball park. If the investigative journalists don't take up your call, then they are pathetic. Fabulous, well researched, possibly world changing piece. Congratulations. AE

Your posthumous interview with Tim Russert blew me away. Not the information--I've been a fan of yours for years--but the excellent way you presented the information. You are so creative and this piece was done extremely well. There is no clearer communicator of health information in the world today than you are, Dr. McDougall, and I think I'm familiar with all the people who are telling the truth. Thank you for inspiring me even more. I tend to get careless about how much fat I allow in my diet and this article set me back on track. I appreciate you and Mary more than you could ever know. SB

Your Russert interview is dynamite, both brilliant and superb. It is caring and thoughtful with the wake up call of an earthquake. I don't see how conventional care will go after you but they will. Count me as an ally in your defense and feel free to use the enclosed example as proof that your approach works. Great Job! Es

The interview is brilliant! BRILLIANT! NT

50 pounds down on McDougall living, 40 to go.

This is great information, but it was done in VERY poor taste. SG

Thank you so much for the free newsletter! You would be interested to know that the death of Tim Russet was the alarm clock sounding for me. I was very receptive to anything I've read about cardiovascular issues. I've read an Internet article about his death, and it had comments from readers, and one comment said that if Tim only knew the information found in "Prevent and Reverse Heart Disease" he would have still been alive. So that started the course I am now on. If that reader only knew how great of impact his comment made. Because is not only me know, but my family, relatives and friends. G.

This interview with Mr. Russert in the newsletter is extremely distastful. You should be ashamed of yourself! Poor taste!!! MER

THIS NEWSLETTER WAS SO WONDERFUL! THANK YOU FOR ALL YOU DO. I HAVE FORWARDED IT TO ALL MY "MEAT-EATING" FRIENDS WHO THINK I AM NUTS. JV

This is THE greatest newsletter you ever put out. I have been going over and over the Tim Russet interview with the YouTube visual for the last 2 hours.

It is so compelling (and have heard the lecture twice at the Costa Rica

Adventures) It is exactly the reinforcement that I need right now. MB

Brilliant! I am very proud of you! : >) RC

One of the reasons I found my way to Dr. McDougall is because I interviewed so many doctors and RD's that the "truth" became obvious many years ago. As I remained the only healthy person as I watched my family succumb, sometimes fatally, to disease, I kept coming back to these truths that were so self-evident. When I tried to do the stories that needed to be told, I was often told by management, "they're just quacks," and the interviews died on the editing room floor. While Dr. McDougall has always written some of the most to-the-point newsletters I've seen, the Russert piece really nails it. As a doctor, his words have more clout, and I'm sure hoping this time, the current crop of investigative reporters will do their jobs and get to the bottom of this. But with fewer and fewer media outlets having the bucks to stay alive, and those that survive are fed by the corporate giants, my optimism about that is pretty bleak. Carry on with all your good work and message, Dr. McDougall, and everyone else. Never underestimate your impact! EJJ

Thank G-d for your frank and no nonsense editorial on the sad and untimely passing of Tim Russet! Those of us following "your way" have come to know on a personal level just how much what you say not only makes good sense, but IS the REAL DEAL!! I have forwarded this information to my kids and their spouses in hopes that something in it will spark them to "clean it up". My son in law, 44, has already had a stent put in (2 years ago!) and both his parents died of massive heart attacks at 63!! I am going to see if I can get him to go to the next advanced study weekend as I see you will be addressing hearts and the medicines that give unrealistic hope. Thank you for all you do!! Respectfully, MM

I thought your piece about Tim Russert (and Bill Clinton) were excellent and agree that it is strange that not once, other than you, have these issues been raised. Best regards, AD, Ph.D.

Wow! John, this could be the most effective piece you have ever written. Not only is it re-challenging me to do better, but I am committed to be sure that many of my friends have an opportunity to read it. move late, BB

What a brilliant and clever way to educate the masses -- and medical community -- regarding atherosclerosis. I must say, a pure stroke of genius. Keep up the wonderful work. Warmest regards, GB

As usual, TERRIFIC piece. That's the Russert posthumous interview. One of these days someone like him will delve, even lightly, but just maybe in time. As always, I doff my cap to ye. Your friendly Africanist, AG

Using a fake interview with a dead person is a bit weird. I say this as someone who loves Dr. McDougall dearly. I don't think a fan of Tim Russert's would react favorably to this. I might be wrong (that's happened

before) and I'll know soon if I'm right, I forwarded it to someone who liked Russert a lot and is upset by his untimely death. This person is in a position to benefit greatly from adopting the McDougall lifestyle, too, so I sure hope this works. It can't hurt...Well, the verdict is in. The person I forwarded this to is really ticked off, thought it was in poor taste and used bad words. Maybe I'll let him cool off for a while..... and go eat some potatoes. Mrs.

I think mr. russert would very much enjoy the direct interview format. well done. not so sure about some of that video. B

I thought it was very clever. It made me chuckle. It got the point across. Might it offend Russert fans? Maybe. But so would the diet information! C

I agree, in fact I had already emailed Dr. McDougall's interview to Lou Dobbs and Brian Williams. I don't know if they will ever read it, but just maybe they will. I am trying to send it to Chris Mathews as well. By the way, I'm also using, or I should say my wife is using some of the recipes from the Cancer Project. Thanks. C

After Tim died you were understandably upset about how a person could have a "negative" stress test a month before succumbing to a massive heart attack. John explains all of this very well below in a way that honors what we all appreciated most about Tim Russert. ML

Very good interview! I am posting it on my blog tomorrow. I also posted it on my blog at The Ellsworth American. Thanks, MW

I wasn't necessarily a Russert fan, but I did find the "interview" in poor taste. I completely understand the point Dr. McDougall was trying to make - one that I agree with completely - but it just rubbed me the wrong way. Speaking ill of the dead, I guess? I'm curious if others had this reaction. E

Wow! Your article on Tim Russert is EXCELLENT, and SCARY! Thank you so much! The video is awesome. Did you send your article to Brian Williams and other news media? Take care, LS

Great article with the Tim Russert interview.. I passed it along to many others including several MD's in hopes that they will question their own diets. JC

Your mock Tim Russert interview was brilliant. I will be passing it along to everyone I care about. Many thanks, BP

The newsletter is fantastic. I loved the Tim Russert piece--They should run that in the NY Times and the Washington Post. The day Russert died I said to my husband, "They need to call John McDougall and he can tell them exactly why Tim Russert died." Thanks for the great recipes from Celebrity Chef weekend--they sound yummy. CB

I thought your Tim Russert 'interview' was excellent and creative. MS

Excellent job on the Russert article in the latest newsletter. Your Q & A presentation was the perfect choice; easy to read and entertaining. My husband, Jim, and I will be coming to September's Advance Study. Looking forward to seeing you! W

I am sure that you will be criticized for your interview with Tim Russert, but I admire you for the guts you have in telling it like it is. How many Americans could be saved by a simple diet change? Countless numbers. I believe that one day the Lord will have an accounting of those who could have made a difference and didn't. DP

That was a superbly crafted posthumous interview with Tim Russert. Thanks for being. Cheers, E

I have been receiving your e-mails for some time now but I was shocked when I read your posthumous in-

terview of Tim Russert. This was just the most insensitive article the Russert family could ever read. (I hope they don't!) While I agree with the health facts about heart disease, it was crude to mention all the "unclean" meats in such a nasty way that Tim may or may not have eaten in his lifetime. We must be kind in trying to encourage people toward a better lifestyle--even doctors don't know good nutrition. This article also promoted spiritualism - communicating with the dead and expecting an answer. The dead sleep in the grave and know nothing that is going on on this earth or under the sun. They await the return of Jesus when the dead in Christ will arise first, then those who are alive in Christ will be caught up and meet them in the air with Jesus where they will be with him in heaven. Why would Jesus say he's coming again if all of the saints are already in heaven? This latest article makes me want to consider unsubscribing to your newsletter but I will wait for an apology which I expect many readers will want also. NS

I just read the July newsletter article on Tim Russert and while what you said is all true, I was really offended by the format you chose to present it. I don't think it was in good taste. CA

I just read your letter/interview with Tim Russert and I laughed/cried. The sad part is where you hit the nail on the head "The question is: even if you had known better, would you have changed?" With my WOW NOW System, where we teach people how to go about healthy eating, we find this to be the case. Even when presented with evidence and understanding, some won't make the change, even to save their life. I love what I do and I am often called outspoken, direct and honest as I share with passion my message of health and life. Traits you and I share! LOL I make no excuses and call it as I see it, with compassion and love. It is always nice to know that we are not alone! There are others fighting the same fight, walking the same path and setting the same example. Thank you for your courage, humor and example. Love ya!! S

Your interview with Tim Russert is the most creative and acutely interesting form of education I have ever seen. My heart felt congratulations. You did it again. Ever so appreciative. H

WELL DONE! WHAT AN HONOR TO KNOW YOU AND MARY MY REGARDS HB

From the moment I heard of Tim Russert's death I wondered about his diet. He was 58 and I, 53 (54 as of yesterday) - a little too close for my comfort.

Thank you for your interview. I hope it makes an issue of diet over meds. I will see that those I know will read this. I took the time to view all of the video clips that you included with your interview. Thanks for your newsletter. Your Celebrity Weekend I am sorry I missed. JB

I have always found the information in your newsletter very helpful. However, I think the article about Tim Russert is in very poor taste with a VERY high yuck factor. You are better than this. NW

Your posthumous interview with Tim Russert was outstanding and so needed. A photo of Russert and his family in Italy, just days before his death, evidenced how sick he was. He looked awful - puffy, tired and strained. Here we have the brightest lights in journalism, privy to the latest information in so many arenas, and self-care appeared at the bottom of their priority list. Hopefully, someone there will read your article and give pause. I'm in the process of writing Andrea Mitchell of NBC to share not only my grief at Russert's untimely death, but to encourage reflection on how her colleagues are caring for themselves. His loss might resurrect attention on the relationship between nutrition and disease. As always, the very best to you and Mary and thanks for all you do. JI

Your interview with Tim Russert is a classic. I have already forwarded a copy to my e-mail list. RA

I found your article "A Posthumous interview by Tim Russert" amazing and so affirming of the changes we have made and are making to live a healthy life. Thank you for your expertise, excellence and education that you have provided us with. We will be forever grateful! Warm regards, CF

Great newsletter on Tim Russert. Just a week before he died I watched him on his show and thought, wow, here's a guy that won't be around much longer. Very sad. K

Bravo on your treatise of the creative interview with Tim Russert, in the New York Times, which I read daily.



Let's face it...he was fat. Probably obese. He ate horribly. His doctor's explanation of what happened was a joke, even to me, a reasonably knowledgeable layman. I still agree with your view on the importance of what we put in our stomachs. No debate there. I know how you feel about exercise, and much of your thinking I can concur...HK

So very valuable! Your idea, just like your Bill Clinton letter, is such an effective way to get the message across. You are my medical "god here on earth." So many thanks to you, and to your wife. Your efforts are appreciated, and are saving millions of lives -- millions of family members are affected. Too bad that such an intelligent person, like Tim Russert, was not able to ask this important health question, and get the simple answer. Again, I thank you, so very much, for your intelligence and efforts! RB

Thank you, I will give it a real try. BTW, I loved the Russert "interview" -- a bold approach, but effective, at least here! PM

Thanks for printing the "interview" with Tim Russel. I loved Tim Russel's show and really enjoyed his news casting. I am one of the viewers that will definitely miss his work on television. Thank you so much for printing this information. I am going to mail it to all of my relatives--especially the ones that still eat S.A.D but think that they are eating healthfully! This is how my husband died as well. I also think it would be most helpful if Tim's doctor would have put more emphasis on Tim's diet when being interviewed by Andrea Mitchell. The doctor certainly cited stress as one of the culprits. Why not pinpoint the major culprit and use this as a learning experience for the American public--don't eat the S.A.D. There are a lot of stress factors that most people in America really can't control, but diet is something that everyone has total control over. Could it really be that simple? YES!! LB

I read the article in your last newsletter concerning a Posthumous Interview with Tim Russert. I thought that this unique presentation was extremely informative. I have read many of your articles concerning diet, cardiovascular problems and many other ailments. This article really pulled all key aspects of your numerous articles together in an outline fashion concerning diet, heart attacks, CAD, etc..The heart attack suffered by Tim Russert struck close to home because of the similarity to the coronary event that I experienced about 21 months ago. Like Tim I was 58 when I suffered a heart attack, also in the anterior portion of my heart, no previous warning as with Tim, all physicals were normal as with Tim, followed an exercise program as with Tim, cholesterol & blood pressure were under control as with Tim and paid no attention to diet as with Tim. After hearing about Tim Russert's heart attack I realize even more how extremely lucky I was to have survived. I am so grateful that God let me survive the event that I experienced and soon afterwards directed me to an article by Dr. John McDougall in a Bottom Line's publication. KC

When news commentator Tim Russert died suddenly two weeks ago, I was shocked and saddened. My husband and I looked forward to watching Tim on NBC and MSNBC. He was as sharp as a tack and was so pleasant and fun to listen to. We were living in Florida in 2000 when Tim got us through election night with his "white board." Then we moved to Ohio and there was Tim again, explaining the election in 2004 in terms we could all understand. I'll miss his enthusiasm. I was hoping you would comment about his death from heart disease in your newsletter. The format you used of a posthumous interview certainly caught my attention! Thanks again for your article. SJ

Your article in the new newsletter, interviewing a posthumous Russert is masterful. RO

I'm a subscriber to your newsletter. I get a lot of useful information from it. However, I *thought* your posthumous "interview" with Tim Russert was in poor taste. You've got a good message and you tell it well in your own words. Please stay away from the cheap gimmickry. AB

I am still grieving Tim Russert. I appreciate both your article on him, and your compassion for Mr. Clinton. So many people took that too politically. I also think he has many excellent qualities. (I just emailed authors my comment, "What Does This Say About Our Values? That more people - and more viciously - condemned President Clinton for making love than they did President Bush for making war.") Anyway, I appreciate some compassion shown to two great people who ate poorly. VP

I didn't get to see this until just now as I have been on a long-awaited vacation with my family and only sporadically in touch with e-mail. But I must tell you that this 'interview' is more than brilliant. There are no ad-

jectives that could do justice! CC Ph.D.

Bravo on your Russert article! Regards, DC

WOW! Great job on that interview. I especially liked your comments on stress and exercise. I hope that you will make it to Oprah's show. DN

Your "Posthumous Interview with Tim Russert" was out of place and extremely tactless. I am a 73 year old vegan (5'8 and 130 pounds), and I am not religious. Nor do I watch CNN or "Meet the Press", but prefer my news from New York Times, Washington Post, The Guardian and BBC World News. However, I have seen clips of Russert's most famous

interviews over the years and liked his style. Considering the loss in the TV News commentaries field, and the genuine grief among his peers, not to mention his family - and I understand he was a real family man - I find your e-mail extremely inappropriate and rash. As a vegan - mostly raw food - I agree with all your points, but strongly object to the format you put it in. Sincerely, AE

Your "interview" with Tim Russert is as hard hitting as I've ever read. PE

Yes, your Tim Russert interview was fantastic. I have more to say on it after I've read it some more. I've read it three times and each time it has more meaning. The interview belongs in a book. LM

You know that I respect your work and I also believe that you care about people. As you probably saw from my post, I was surprised when I read this "interview" with Tim Russert. The thing that concerns me the most is that I don't feel you thought of the feelings of the Russert family if they read this, at this point in time. Grieving is an intense and highly sensitive state (especially when the death is sudden) and this just seemed too soon to write something of this nature. People almost always naturally feel a sense of guilt when someone dies, so why put more on them of what "could" have been, when nobody really knows this? Plus, it just seemed like a strange format, especially to people who don't know you or who don't understand vegetarianism. If you don't mind, could you please explain? The post wasn't easy for me to write, and neither is this email. But you've always been honest with me, and I am being honest with you. With complete respect to you and everything you stand for, this article seemed out of context to me. Thanks for listening. Cordially, K

Thank you for the article you wrote about Tim Russert. Someone needed to say what you said. In the days after his passing, I was so incredibly frustrated at the news broadcasts and doctors coming on TV saying that he had done "everything right" to help himself. I wanted to scream at the TV screen! He did not do what he should have done, and now we've lost a great guy. :-(

How about the interview posthumously with Tim Russert by McDougall. Fantastic! That should be made into a film, DVD and distributed widely. HD MPH, CNS, FACN

Thank you so much for your awesome "interview" with Tim Russert. Kudos to you for such an informative and cleverly written piece!!! You did hit the nail on the head when you asked, "if you had known, would you have changed your diet?" Unfortunately, in many cases the answer is "NO! I like what I like and you only live once!" Respectfully, JS

The posthumous interview with Tim Russert should be required reading for all obese, sedentary older Americans... Eye-opening. I made the switch from omnivore to low-fat vegan more than a year ago. BD

Thank you for your piece on Tim Russert. As soon as we saw the interview with his doctor, we were anxiously awaiting your response. Excellent. Have forwarded it to everyone we know. LS

Your posthumous interview with Mr. Russert was excellent! I only wish it could be published in every newspaper and magazine and be read on CNN! J

Your article on Tim Russert in the last newsletter was wonderful and I've been passing it along to many peo-

ple, who in turn are passing it along. It was filled with many incredible arguments that are real eye openers.  
VV

What a clever way to get across a strong, concise, informative message! I sent it to family and friends. Thank you again for your work. You are indeed my hero. It is very unlikely that Mom Roseberry at age 93, three years on your plan, would still be with us without your work. This week, she had her pace-maker/defibrillator replaced because her old implant had a used up battery. I imagine it was not needed. She is now on no medication other than baby aspirins. Amazing in the Western diet era. Thank you, sincerely. T

## Two More Graphic Examples of Plaque Rupture

Two more informative videos of plaque rupture from YouTube are found at the end of this discussion. One showing how a heart attack occurs

[[http://www.youtube.com/watch?v=qvYV\\_TBdy5A&eurl=http://www.drmcDougall.com/misc/2008nl/jun/russert.htm](http://www.youtube.com/watch?v=qvYV_TBdy5A&eurl=http://www.drmcDougall.com/misc/2008nl/jun/russert.htm)] and the other from the University of Pennsylvania on plaque buildup and rupture [<http://www.youtube.com/watch?v=wXdG1txzz78&eurl=http://www.drmcDougall.com/misc/2008nl/jun/russert.htm>].)



## Featured Recipes

All of the following recipes were demonstrated (and tasted!) during the McDougall Celebrity Chef Weekend in June, 2008.

### Vietnamese-Style Stuffed Grape Leaves

By Eric Tucker

These grape leaves are served on lettuce leaves with Asian aromatics like Thai basil, cilantro and mint. The sweet and spicy plum miso dipping sauce is very versatile. You can use it to dress salads or Asian influenced pasta dishes or as a dip for crudités.

Servings: 6

6 wooden skewers, soaked in water

18 brined large grape leaves, rinsed and dried  
2 cups thinly sliced fresh shiitake mushrooms  
2 teaspoons minced ginger  
2 cloves garlic, minced  
1 tablespoon Chinese fermented black soy beans, minced  
1/3 cup vegetable stock  
1 ½ cups crumbled firm tofu  
1 ½ cups cooked brown rice  
4 tablespoons cilantro leaves  
Tamari or salt to taste  
Black pepper to taste  
Plum Sauce  
Sesame seeds  
18 Romaine or butter lettuce leaves  
1 bunch cilantro  
1 bunch mint  
1 bunch Thai basil

Heat a non stick sauté pan over medium, add the shiitakes, ginger, black beans, garlic and the stock. Braise the mushrooms until soft and most of the stock evaporates. Add the tofu, rice and cilantro. Braise, stirring until heated through. Adjust seasoning and reserve.

Place a grape leave on a flat work surface. Place 1 heaping tablespoon of filling in the center of the leaf, then fold up the leaf like a spring roll or burrito. Repeat with 2 more rolls then skewer 3 together. Repeat with remaining grape leaves and skewers. Place the skewers on a sheet pan and lightly brush with some of the plum sauce. Sprinkle with sesame seeds. Broil for 2 minutes until heated through and the sauce caramelizes on top.

Serve 1 skewer per person with 3 lettuce leaves, and a sprig of cilantro, basil and mint with 3 tablespoons of the sauce in a small bowl or on the plate.

### **Sweet and Spicy Plum – Miso Sauce**

By Eric Tucker

2 ripe red fleshed plums, seed removed diced  
1 clove garlic peeled  
1 teaspoon minced ginger  
1 Thai chile  
4 tablespoons Agave nectar  
1 tablespoon rice vinegar  
4 tablespoons white or chickpea miso  
½ cup water

Place all ingredients in a blender and blend until smooth. Adjust the sweetener and vinegar to taste.

### **Spreads and Dressings**

By Kevin Dunn

The following 3 recipes keep in the refrigerator for about 1 week, so you can easily make them ahead of time.

#### **Mock 1000 Island Dressing**

Servings: 6

2 cloves roasted garlic  
1 roasted red bell pepper, stemmed, skinned and seeded  
1/4 medium Spanish onion, chopped  
1/2 teaspoon canned Chipotle chile  
3/4 teaspoon Asian chili sauce with garlic  
1 teaspoon sweet pickle relish  
6 ounces homemade low-fat Vegan mayonnaise  
1 lemon, juiced  
2 teaspoons whole grain mustard  
Salt and Pepper to taste

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

#### **Homemade Low-Fat Vegan Mayonnaise**

Servings: makes 2 pints

2 slices hearty white bread, crust removed  
¼ cup vegetable stock  
1 pound Silken tofu  
2 tablespoons Dijon mustard  
1 tablespoon roasted garlic  
1 tablespoon lemon juice



4 teaspoons Champagne vinegar  
1 teaspoon salt  
1/8 teaspoon white pepper

Soak the bread in the vegetable stock. Place the silken tofu in a blender or food processor and let it run until the tofu is smooth. Add the rest of the ingredients and process until smooth.

### **Roasted Garlic**

This is a wonderful way to add flavor to mashed potatoes, soups, stews, and salad dressings, and it is also fantastic spread on bread or crackers! Make a lot of it at one time because it keeps well in the refrigerator and then you will have it when you need it.

Preparation Time: 5 minutes  
Cooking time: 1 hour 15 minutes  
Servings: variable

Fresh garlic heads  
Vegetable broth

Preheat oven to 400 degrees.

Slice the tops off each whole garlic head, do not separate or peel. Place the heads in a baking dish with a small amount of vegetable broth in the bottom of the pan. (Use about 1 tablespoon per head of garlic.) Cover the pan with parchment paper and foil, bake at 400 degrees for 1 hour and 15 minutes. Cool. Invert each head of garlic over a bowl and squeeze to remove roasted garlic. Mash and mix well. Season with a bit of sea salt, if desired. Store in a covered container in the refrigerator.

### **Sparkling Jewel Salad**

By Jill Nussinow

This salad can be made with any vegetables that taste good raw and is perfect during the summer months when there is lots of fresh produce available at your local farmer's markets. The carrots and watermelon or daikon (or radish) add beautiful color. The sea vegetables add a salty flavor and lots of minerals. The agave adds a touch of sweetness and is a good balance to the lime.

Servings: 4

1 ounce arame or other sea vegetable, rehydrated in boiling water, then drained and chopped (for arame, others don't need chopping)  
2 medium carrots, peeled and sliced very thin, julienne or diced small  
1 cup watermelon or regular daikon radish, sliced, julienne or diced small  
½ cup sliced cucumber  
3 tablespoons lime juice  
1-2 tablespoons agave syrup, to taste  
1-3 teaspoons tamari  
1 tablespoon chopped fresh dill or other herb

Combine all the ingredients and let marinate for at least 15 minutes. Taste and adjust the seasonings. Refrigerate or eat at room temperature.

### **Easy Macaroni and Cheeze**

By Susan Voisin

This will be a favorite with all of you who love the traditional creamy macaroni and cheese.

Servings: 8

1 pound macaroni  
1 1/4 cups water  
1 cup plain soymilk  
3/4 cup nutritional yeast flakes  
3 tablespoons cornstarch  
1 tablespoon lemon juice  
1 teaspoon salt (or more to taste)  
1/2 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon dry mustard  
1/2 teaspoon smoked Spanish paprika  
1/2 teaspoon turmeric  
pinch cayenne pepper  
2 tablespoons tahini  
1 teaspoon mellow white miso  
black pepper to taste

Put the pasta on to boil according to package directions. While it's cooking, blend all remaining ingredients together in a blender. When the pasta is al dente, drain it, reserving about 1/2 cup of the cooking water, and return the pasta to pan. Add the sauce mixture and cook, stirring, until mixture boils and thickens. Add a little of the pasta water if more moistness is needed.

**Serving Suggestions:** Serve this with a bean dish, such as barbecued beans, and/or with steamed vegetables, such as a blend of broccoli and cauliflower.

**Additional Uses:** Heat the sauce alone until it thickens and use it to pour over baked potatoes or top pizzas. Or stir in some salsa and it makes a yummy dip for tortilla chips.

### **Banana Coffee Cake**

By Susan Voisin

*I like to use turbinado or demerara sugar for the topping because the coarse texture adds crunch, but feel free to use any natural (or brown) sugar.*

Servings: 9

1 tablespoon ground flax seeds  
4 tablespoons warm water  
1/4 cup turbinado sugar (any coarse, raw sugar)  
1 teaspoon cinnamon  
1/3 cup plain soy yogurt  
1/3 cup vanilla soymilk  
1 teaspoon vanilla extract  
1/3 cup agave nectar  
1 cup white whole wheat flour (or whole wheat pastry flour)  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
2 bananas

Preheat the oven to 375F and *lightly* oil a pie pan or an 8-inch square baking dish. (Or use a non-stick or silicone baking pan.)

Mix the ground flax seeds with the warm water and set aside to thicken.

Mix the turbinado sugar and cinnamon together in a small bowl. Set aside.

Combine the soy yogurt, soymilk, vanilla, and agave nectar in a bowl. Add the flax mixture.

Combine the flour, baking powder, and salt. Pour the soy yogurt mixture into the flour mixture and stir just until combined. Pour half of the batter into the prepared pan and spread to cover the bottom. Slice the bananas and place the slices over the batter. Sprinkle with half of the cinnamon-sugar. Spread the remaining batter over the bananas. Sprinkle with the remaining cinnamon-sugar. Bake for 25 minutes, or until cake appears set in the middle. Allow to cool for a few minutes before cutting into slices and serving.

### **Red Lentil and Bulgur Salad Balls in Lettuce Cups with Creamy Basil Dressing**

By Bryanna Clark Grogan

This is a really novel and lovely way to serve a salad!

Servings: 6

1 1/2 cups water  
1/2 teaspoon cinnamon  
1/4 teaspoon salt  
1 cup bulgur wheat  
1/2 cup split red lentils  
1/4 teaspoon salt  
1/4 cup chopped pitted dates  
1/4 cup chopped pitted prunes  
1/4 cup chopped pitted dried apricots  
1/4 cup chopped dried (unsweetened) cranberries  
1/2 cup chopped fresh parsley  
1/2 cup chopped fresh mint  
2 tablespoons Fat-Free Oil Substitute for Salad Dressings  
1/4 cup fresh lime juice  
2 tablespoons grated lime zest  
1 head butter lettuce, leaves separated, cleaned, spun and crisped well in the refrigerator

Bring water, cinnamon and 1/4 teaspoon salt to a boil in a small saucepan; stir in bulgur, remove from the heat, cover the pan and set aside until the water has been absorbed, about 30 minutes. Transfer to a large bowl.

Meanwhile, combine lentils and the remaining 1/4 teaspoon salt in a saucepan. Add enough water to cover by 1 inch. Bring to a simmer and cook until the lentils are mushy, like dahl, and don't drain them.

Add lentils, dried fruit, parsley, mint, Oil Substitute, lime juice and zest to the bulgur. Toss well and chill for several hours.

When ready to serve, scoop out loose balls of salad and place them in crisp leaves of butter lettuce, with a little dollop of the Creamy Basil Dressing.

### **Fat-Free Oil Substitute for Salad Dressings**

By Bryanna Clark Grogan

Use this simple mixture in place of oil in salad dressing recipes. Unlike plain juice or water, it will help the dressing stick to the greens. This recipe is easily multiplied.

1 cup water  
1 tablespoon low-sodium vegetarian broth powder  
2 teaspoons cornstarch

Whisk the broth powder and starch into the cold water in a small saucepan. Cook, stirring constantly, until thickened and clear. Use immediately in a salad dressing, or store in a covered jar and refrigerate.

**Creamy Basil Dressing**

By Byranna Clark Grogan

1 12.3 ounce package extra-firm Silken tofu  
2 tablespoons lemon juice  
1 1/8 teaspoons salt  
1/2 teaspoon dry mustard  
1/3 cup chopped fresh basil  
1/2 tablespoon grated organic lemon zest OR crushed garlic

Combine the ingredients in a food processor or blender until very smooth. Scrape into a clean jar, close tightly and refrigerate. This will keep for about 2 weeks in the refrigerator.

**Jellied Peach Jewels**

By Miyoko Schinner

This is a delicious summer dessert, so light, refreshing and easy to make. Peeling a peach is simple if you plunge it into boiling water for 20 seconds-the skin slips right off.

Servings: 4

3 tablespoons agar flakes OR 3/4 teaspoon agar powder  
1 pint apple juice  
1 large peach, peeled and chopped into 1/2 inch chunks  
Juice of 1 lemon  
2 tablespoons Agave nectar

Place the agar and the apple juice in a saucepan. Bring to a boil and cook over medium heat for 2-3 minutes, stirring frequently. Add the peach to the apple juice and continue to cook for another 30 seconds. Add the lemon juice and Agave and mix well. Pour into individual parfait glasses and chill until set.

**No-Bake Chocolate Peanut Butter Pie**

By Colleen Patrick-Goudreau

Is there a better combination than chocolate and peanut butter? This is a rich and delicious no-bake pie that will have your guests clamoring for more!

Makes 8-10 servings, depending on the size of the slices

2 cups non-dairy chocolate chips  
12.3 ounces silken tofu (firm)  
1 1/2 cups natural peanut butter, crunchy or smooth  
1/2 cup non-dairy milk  
1 cup non-dairy chocolate chips (as an optional topping)  
1 cup chopped nuts (as an optional topping)  
1 Pecan-Date crust (see below)

Have your crust ready.

Melt the 2 cups of chocolate chips in the microwave or simply by creating your own double boiler. (To do so, place the chips in a small saucepan. Set this pan in a larger pot that is filled with 1/4-1/2 cup water. Heat over a medium flame on the stove and stir the chips in the small pot until they are melted.)

In a food processor or high-powered blender, add the tofu, peanut butter, milk, and melted chocolate chips. Blend until very smooth, adding more milk, if desired. Pour the filling into the crust and refrigerate for 2 hours.



Serving Suggestions and Variations:

\*For a Chocolate Peanut Butter Pie with a hard chocolate topping, after the pie has been chilled for 2 hours, melt 1 cup of non-dairy chocolate chips. Pour the melted chocolate over the top of the pie. If desired, add chopped nuts. Refrigerate for 2 additional hours.

\*Before pouring the pie filling into the crust, spread ½ cup of peanut butter (or more!) onto the crust.

### **No-Bake Pecan Date Crust**

By Colleen Patrick-Goudreau

This simple crust can be used for a variety of no-bake pies.

Makes 1 9 inch pie crust

2 cups raw almonds or pecans

¾ cup pitted dates, preferably Medjool

Place the nuts in a food processor and grind until they're a coarse meal. Add the dates and process until thoroughly combined. Press the mixture into a non-stick pie plate or spring form pan.

Top with no-bake filling, and serve.