



## The “Eat More Starch” Challenge:

### Eat 12 Slices of Bread Daily to Lose 10 Pounds Monthly

In 1979, researchers from the Food Science and Human Nutrition Department at Michigan State University (my alma mater) reported the results from asking 16 moderately overweight college-age men to add 12 slices of white bread (at 70 calories a slice) or high-fiber bread (at 50 calories a slice) to their diet daily.<sup>1</sup> On average, subjects eating the extra white bread lost 14 pounds (6.26 Kg) and those adding the high-fiber bread lost 19 pounds (8.77 Kg) over the next eight weeks. There was no change in their physical activity or exercise. “Thus, weight loss of both groups of subjects occurred without alteration in life-style except for the supplementation of food intake with breads,” according to these investigators. (You might want to read this [entire study](#) right now for free.)

The health of these college students also improved as reflected by the very rapid reduction in blood cholesterol levels by an average of 60 and 80 mg/dL in the first few days of eating bread. (From 223.6 to 172.3 mg/dL with the high-fiber bread addition and from 231.4 to 155.3 mg/dL on the white bread diet. The reason for a greater reduction in cholesterol on the white bread was not explained.) The students on the high-fiber bread, as expected, had more frequent and larger bowel movements than those on the white-bread diet. (If this single article had been given deserved attention the world and its inhabitants would be in a much better condition today.)

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## Comments on the “Why Did Steve Jobs Die?” Article

Have you sent this news to friends and family yet?

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## Featured Recipes

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Nutty Parmesan Cheese

Tasty Croutons/Bread Crumbs

Absolutely Amazing No Queso Sauce

Cauliflower Mac and No Queso

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Roasted Brussels Sprouts w Carmelized Onion and Toasted

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Persian Dal

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Persimmon Bars

Creamy Cashew Frosting

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## The “Eat More Starch” Challenge:

### Eat 12 Slices of Bread Daily to Lose 10 Pounds Monthly

## Effects of a high fiber bread diet on weight loss in college-age males

*Olaf Mickelsen,<sup>1</sup> Ph.D., D. D. Makdani,<sup>1</sup> Ph.D., Robert H. Cotton,<sup>2</sup> Ph.D., Stanley T. Titcomb,<sup>2</sup> John C. Colmey,<sup>2</sup> Ph.D., and Ronald Gatty,<sup>3</sup> Ph.D.*

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#### **A Time for Positive Action**

Okay, I get it after 43 years in medicine; I, John McDougall, MD, can’t convert everyone to a healthier diet with my recommendations to abandon all animal foods and oils at the dinner table. Perhaps people do not respond to negative comments such as “don’t eat this or that.” Maybe a better answer is to give positive instructions to eat more of their favorite foods. Starches, like rice, corn, potatoes, beans, pastas, and breads are so universally cherished that they are individually and collectively referred to as “comfort foods.” However, most people are unaware of the power of starches to cause them effortless loss of excess weight and to restore their health. Even after becoming fully informed, many “true believers” are still unwilling to fully pledge to the McDougall Diet at this time. But that does not change the obvious: that they would benefit from eating healthier. As a dedicated doctor, I will not abandon the sick and needy.

In this context, my recommendation to help people who are gaining more weight and losing more health is to *not intentionally give up* any of the foods that they currently love: do not stop eating eggs Benedict, hot dogs topped with beef chili, pepperoni pizza, fried chicken, or ice cream sundaes. Instead, I ask them to pledge to make one—and only one—addition to their diet: Eat more starch. Just add an extra 600 to 900 calories of starchy comfort foods daily, like the college-men in the study did, in order to see similar remarkable benefits.

This commitment means adding any one of the following to your regular diet:

3 to 4 cups of steamed rice  
3 to 4 cups of boiled corn  
3 to 4 mashed potatoes  
3 to 4 baked sweet potatoes  
2 to 4 cups of cooked beans, peas, or lentils  
3 to 4 cups of boiled spaghetti noodles  
6 to 12 slices of fresh bread



You can mix and match any kind of whole grains, legumes, or starchy vegetables to make up these additional 600 to 900 calories daily. The effect of adding these appetite-satisfying, nutritious choices will be to displace fat-fattening and sickening foods (meats, dairy products, and oils). Spontaneously, without any conscious thought, your intake of calories, fat, cholesterol, and chemical contaminants will diminish and fiber, vitamins, minerals, and carbohydrate will increase.

### **Starches Satisfy Our Appetite**

The authors of this landmark study wrote, "Reasonable amounts of bread consumed with the meal provided an increased quantity of bulk before the individual has a chance to consume his usual intake of calories. High-fiber bread may be more effective in this regard since one characteristic of cellulose is its ability to absorb water with a consequent increase in volume. This may explain the ability of the subjects receiving the reduced-calorie bread to consume only two-thirds of their usual calorie intake without experiencing any severe hunger pains." By adding the bread, the college students were able to spontaneously reduce their average daily intake by 850 calories (3,200 to 2,350) for white bread and 1,325 calories (3,200 to 1,975) for high-fiber bread.

Appetite satisfaction begins with physically filling the stomach. Compared to cheese (four calories per gram), meat (four calories per gram), and oils (nine calories per gram), starches (at only one calorie per gram) are very calorie dilute. In the simplest terms, starches will physically fill you up with a fraction of the calories.<sup>2</sup> Furthermore, research comparing the impact of eating carbohydrates and fats on the appeasement of our appetite shows carbohydrates lead to long-term satiety, enduring for hours between meals, whereas the fats in a meal have little impact on satiety. People are left wanting more food when they eat fats and oils.<sup>3,4</sup>

The authors of this study concluded, "Bread itself is not high in calories. It can be reasoned that it curbs hunger pangs, enabling the dieter to resist foods that otherwise would cause excessive caloric intake." There was some adjustment during the eight-week study. At the beginning, even though they were allowed to continue to eat their usual food choices in unlimited quantities, almost all subjects felt hungry. However, by completion at eight weeks, the subjects consuming the high-fiber bread indicated that they were not hungry at any time.

### **White vs. Brown Rice and Brown Bread**

Whole foods are healthier than refined foods for people in most circumstances. The extra dietary fiber has many benefits, including improved bowel function, greater reduction in cholesterol, triglycerides, and blood sugars, and better weight loss (as this study showed). However, the fear of "white" is overrated and has caused experts to overstate the role of refined foods in the current epidemics of obesity, type-2 diabetes, and heart disease. Consider this undeniable observation: There are 1.73 billion Asians living on polished white rice worldwide and they are not overweight or obese. However, most lose this immunity with their immigration and assimilation into western societies and the replacement of rice for meat and dairy foods.

Switching to unrefined foods, like brown rice, is impractical for many people because these choices are less available and sometimes costlier. In the past eating refined foods has defined social class. Traditionally in Asian countries, wealthier people could afford white rice, but the poor people had to eat the less expensive brown rice. Many of my Japanese, Chinese, and Filipino patients have refused to eat brown rice because of bigotry. My solution has been a trade-off: Stick with your favorite white rice, but

eliminate the most damaging culprits: meats, dairy products, and oils.

The most effective diet ever reported for obesity and recovery from failing hearts and kidneys is based on white rice.<sup>5</sup> The Kempner Diet, associated with Duke University for the past seventy years, has also cured thousands of people with severe hypertension, type-2 diabetes, and inflammatory arthritis. White rice was preferred because of familiarity and palatability among patients.

### **Perfection Is Not the Only Answer**

If you are still struggling to follow my recommendations, for now take a pledge to do nothing more than eat more starch. Buy a loaf of whole wheat bread (with no added fat, milk, or eggs in the ingredients) every day and eat it all. What could be simpler? Tired of bread, then buy rice. Although not ideal, even white rice will work. Frozen, already cooked rice, corn, and peas are available in plastic bags. Just reheat in the microwave. Uncooked, shredded potatoes can be quickly “fried up” in a non-stick pan. Canned and bottled beans make a quick meal. With the rules of the “Eat More Starch” challenge, you could pour bacon grease, butter, cheese, and baby back ribs over your hash browns and still be better off than you were without the 600 to 900 calories of additional starch. After all, these college men lost considerable weight and reduced their cholesterol by simply adding more bread to their standard American diets.

The McDougall Diet is a tool, not a religion—the benefits are not “all or nothing.” However, I hope that once you experience the healing power of starches you will become greedy and want all the good health you can get. With undeniable proof from a couple of months of additional rice and potatoes, you should eventually make starches 75 to 85 percent of your diet, with the remainder coming from fruits and vegetables—and one day soon, forgo all the meat, dairy, and vegetable oils. Your adjustment will be quicker and easier than you ever imagined, you will enjoy your foods, and you will be thrilled with the results.

### **References:**

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## Comments on the “Why Did Steve Jobs Die?” Article

### Have you sent this news to friends and family yet?

There is so much misinformation that needs to be corrected surrounding this major celebrity's illness and death. I believe Jobs would have wanted the truth to be told. You can help spread this vital information by sending [last month's \(November 2011\) newsletter](#) article to friends and family.

- 1) Steve Jobs' cancer of the pancreas was caused by exposure to environmental chemicals while working in the electronics industry when he was a teenager and a young adult. Lead (Pb), used in soldering, is one possible culprit.
- 2) Jobs delayed his surgery for 9 months after the initial diagnosis. Because the cancer had metastasized, he was made to believe that he killed himself by forestalling recommended treatment. However, scientific analysis proves that his cancer had actually spread almost two decades before he was diagnosed in October of 2003.
- 3) His lifelong vegan diet probably prolonged his life. Yet, his doctors' prejudice for meat eating and their ignorance about human protein needs, forced Jobs to violate his philosophical beliefs—he and his family were tricked into eating animals.

And much more...please read the entire [article](#) free.

### Edited Comments from Readers about this Article:

I read with great interest your article. My husband, who was a vegetarian but not a vegan, died of pancreatic cancer at age 78 3/4. My husband was a watch and clock repairman for over 60 years. He worked with chemicals, which were used for cleaning watch and clock movements, and also with mercury pendulums. His doctor took 5 months for the diagnosis, and 2 1/2 months later he was gone. I appreciated the article very much; and having been a medical librarian doing research for physicians for a number of years, I believe it is very accurate. Loraine.

You should have heard me at a lunch gathering. A plant food diet came up and how it hurt Steve Jobs. I did my best to argue it based on what I learned from you. There was a scientist at the table too, who argued with me, but I held my own. And now I just forwarded her your newsletter. Cindy.

Your article made sense, and made me feel like I finally found the answer to what I was looking for. I felt a bit angered at some of the other analogies about Mr. Jobs' cancer that did not make sense to me on other websites. I sought to find out how someone so health conscious could die of one of the worst cancers. I am tired of being lied to. Reliz.

I did see it, and it's one of the most amazing and thorough analyses I've ever seen on any subject, not just on Steve Jobs. I'd like to get the word out more about your assessment. Okay if we promote it on social media, Tweet it, etc.? Neal.

I've felt the backlash first hand. I've even doubted. I know Woz through TEDMED and even have eaten dinner with him and his wife Janet (ironically I was eating vegan then). Thanks! I missed the point that you were simply trying to mitigate the 9-month "guilt" phase. Ray.

I had to chuckle to myself when you wrote in your article about Steve's "rationality, genius, intuitiveness, and internal strength to stand up for what he knew to be right."...because that statement also could be referring to YOU! And that's a good thing! I love your genius and intuitiveness, and most importantly, your thoughtful and data-driven ability to stand up for what YOU know to be right. You, and your team of experts and advocates, continue to impress me and the world. Congratulations! Angela.

He died because he went to traditional medical doctors who saw him as a cash cow and used meds to kill him, instead of juicing him back to health with starches and grains as supplements. The [Gerson Therapy](#) would have been best. Think how much (money) a liver transplant made those doctors. Kristy.

Thanks so much for this. It's what I suspected, but so logically explained in your article. Ellen.

Thank you for writing this piece and explaining cancer and its growth. Since nothing can stop the cancer, all the chemo and surgery, and other therapies cannot work and cause pain, suffering, and huge sums of money, why do we use them? Since early detection can't see it until it is too late, it seems quite hopeless. Vegan and raw or living food, diets don't work as well as yours does, because your diet eliminates the oils. I just got his biography and now that I have read this article, I will have a better frame of reference for reading it. Think Different. Dez and Kristy.

I read your article this morning, as I am certain millions of others have. You have done what no other person in media seems to have been able to capture about Steve Jobs: He was human. Jim.

What a tearjerker this story is! I am glad you could set the record straight for all who knew Steve Jobs. Now that he is on the other side, he now knows the truth, but so sad for his suffering with the guilt and second guessing himself. He was a sacrificial lamb for changing the world with the computer items he had to be around in the early days. Suzanna.

I hope that Job's family read your article and took it to heart. What a wonderful tribute to his memory. Sheila.

Thank you for writing the article! It was awesome. I am forwarding the link to your newsletter about Steve Jobs, as well as posting it on my facebook page. Hopefully, they will seek out your help. Congratulations again on an excellent job that I was thinking needed to be done. Judith.

The article about Steve Jobs and his diet is very helpful and reinforces/encourages my own belief and understanding regarding what we eat and the carcinogens we are exposed to. I have suspected, for some time now, the unhealthiness of isolated soy proteins in our food and I'm still not sure about soy (so I stay away from it). Whole foods are healthier. A couple of friends keep trying to get me to eat "real" protein, but I'm not having it. I may look skinny, but I'm [as] healthy [as I can be] and strong and am doing what I need to do in life. Elizabeth.

My understanding is that it is a myth that Steve Jobs was a vegan. In 2000, I was managing an RV company. One day, a customer came on the lot who worked at Apple. I mentioned something about Steve Jobs being a vegan and he said, "That's actually a myth. Steve loves chocolate milk and drinks almost a quart a day." In any case, I have always believed that the cancer was due to his over consumption of dairy, which is consistent with kidney stones as well. I am fairly certain that cancer does need certain conditions to proliferate. Not just exposure to carcinogens. I have sincere and deep respect and gratitude for your work but I think you have tried too hard not to notice the obvious; Steve Jobs did not always tell the truth. Cheryl

I enjoyed your Job's version. I hadn't realized that he had gross liver mets at the time of his initial cancer surgery. If so his tumor was incurable at the time of his diagnosis and his biographer should offer a public retraction. Can you contact him and ask him to consult experts in the field who would certainly agree. The idea that questionable jaundice 20 years earlier was due to the tumor is almost surely wrong. Only substantial tumors do this and the jaundice would always progress. The intermittent back and abdominal pain years before diagnosis is also unlikely due to the neoplasm. You make so many good points that it is a shame to spoil them by suppositions that are almost surely wrong. Jack, MD.

My "computer geek" son, who had a Whipple himself at a tender age, usually turns politely deaf ears (if not glazed eyes) to his mother's espousal of the starch-based diet. But when I forwarded to him your article on Jobs, whose book he has just read, this was his reply: VERY interesting article; especially about how Steve Jobs lived in guilt the last 8 years of his life because he thought he waited too long to get recommended surgery. Having the surgery earlier would not have made a difference. His vegan diet

helped slow the disease which is why he was able to live with it for 30 years. Patty.

Thank you so much for your wonderful article about Steve Jobs' cancer, which I have just read. This was fascinating, heartwarming and very reassuring to me. I'm sure you know about Dr. Burzinski in Houston...if I had a cancer diagnosis that's where I'd go! Anna.

Your analysis is brilliant, I think. My only question is the carcinogenicity of lead, especially regarding your suggestion that it may have initiated pancreatic cancer through its mutagenicity. I just sent an abstract on this point. I like your back calculation to determine the initial insult. I don't know about the tool you used. We used to have to make such calculation by hand. Colin.

I searched the net for all the info I could find about why in the world a man who was supposedly a vegan would possibly get pancreatic cancer, because all I have learned in my quest for the TRUTH on nutrition goes against this. I knew there had to be a reason. I believe in the McDougall diet, and the Gerson Therapy. I always will. Lisa.

Thank you for the sensitive and informative newsletter article about Steve Jobs. Steve had been a kind of hero to me since the 80's, when I went back to college to study computer systems...back when the Internet was just somebody's pipe dream and computer networks still needed a mainframe. I never met him, but I so admired his intelligence and creativity. I really hated all the blame-gaming that went on after his tragically early death, and I deeply appreciate your excellent newsletter article. Cynthia.

This is the BEST newsletter EVER. The Steve Jobs article is so perfectly written, with insight, objectivity, and wisdom. It's not only factual, but beautifully written. It has heart and makes me feel sad that no one simply pointed out the truth to him to relieve his guilt and emotional pain.....Mr. McDougall - you are so amazing. THANK YOU for doing what you do. Please never stop doing it. Lisa.

Your last newsletter about Steve Jobs was very informative. I learned quite a bit, especially about cancer in the body, how it grows for many years, rather than springing on us overnight, which is the feeling when one gets a cancer diagnosis. We are all exposed to so many substances and toxins throughout our lives. Is there a way to clear out carcinogenic toxins from the body? Even those from childhood exposure? Could Steve Jobs have addressed the toxins in his body at an earlier age and prevented the cancer? Susan.

Thank you for the superb article on Steve Jobs--it was absolutely outstanding!!! Not only was it extremely informative, but also every single issue was addressed. An incredible piece of work--thanks again! Mitzi, John and Stella.

Excellent newsletter - full of compassion and understanding. From your calculations, it would appear likely that Steve Jobs' vegan diet helped but it might have been even better if he adopted a low GI vegan diet. This would have reduced his cancer cells access to sugar, increased his doubling time even further and mean that he would be alive today. His cancer might even have regressed. Peter.

I read your article on Steve Jobs; it was very compelling. I think that we can prove that the McDougall diet will actually REDUCE cancer growth factors in the blood. I just analyzed data from my dad's weight loss clinic, 114 patients, and this shows that high protein diets lead to an increase in IGF-1, which may be severely detrimental to cancer patients. Shalin, MD.

I really thought it was the most lucid explanation of how cancer grows that I have ever read. I have forwarded it to a lot of people. Also it was apparent that you had great empathy for him. Ola.

In your splendid November Newsletter article about Steve Jobs, you gave the impression that he was doomed from the day his cancer started. Is that because it was initiated by a carcinogen in his environment, and not by his diet or lifestyle? I remember a lady who appeared on your cable-television show years ago. She had cancer, which had started somewhere and metastasized. But, she had adopted your plant-based diet program and was seeing remission and (I think) shrinkage of her tumors. T.C. Campbell, in The China Study, relates his experiments on diet-induced cancers and how the tumors could be suspended or shrunk by changing

protein intake of the laboratory rats. Can a distinction be made between cancers, which respond to a change in lifestyle/diet and those, which are unstoppable by any means? Benny.

I read your article about Steve Jobs, it was a real eye-opener, that cancer can spend so much time growing in the body, but I have read this before in the medical literature. Your love and concern for people is contagious, God Bless you for all you do!!! Connie.

This article hits close to home for me, as my father, a longtime electronics engineer and hobbyist died at age 70 of pancreatic cancer. His Dr. recommended and performed a Whipple, which unfortunately just turned him into a zombie requiring 24 hour nursing care. Mercifully for us all, he did not last long in this state. On the plus side, he cured his angina/heart disease in the 80's with the McDougall plan, avoiding an early chance at mental fog from surgical interventions, and probably held off his cancer for a while longer as well. I wonder about the correlation of pancreatic to low vitamin D, because he avoided the sun like a plague and was modest with supplements. FYI, here is a response back from your article from an (significantly overweight) Oncology Dr. my sister knows. "Calculation problem: Solid tumors do not grow linearly. In the beginning they double at a fairly consistent rate but then level off as the interior cells cannot get the same energy as the exterior (many interior cells even die) so suggesting that all of the cells of a 1 mm mass would be doubling (ie. have the same energy and ability to replicate) at the same rate is unsound. I'm sorry McDougall and Jobs consider butter and eggs morally wrong to eat. I have no problem with people eating what they choose and feel to be right for them. I bet if today he walked into a Comprehensive Cancer Center such as Dana Farber or Memorial Sloane Kettering with the jaundice he had in 1984 his cancer would have been diagnosed and he would be cured." Peter.

I just read your article on Steve Jobs. It was a great read and reinforces what I have read on the topic, namely that cancer takes a very long time to develop once cellular damage occurs. Where my understanding gets a little fuzzy is over the concept that by the time the cancer cell mass gets large enough to detect it is already too late for the patient. I have read other articles of yours that state by the time cancer is detectable it has already gained the strength to metastasize. I am left with the idea that surgery, radiation, and chemotherapy are of no use because, chances are, it has already spread to other places in the body...In the case of Steve Jobs, do you know for certain that having surgery 9 months earlier would not have prolonged his life? Roger.

Thank you for the article regarding the cause and history of Steve Jobs' death!! I read it through. Glad for the discussion on the flack he had gotten for his efforts in eating wisely. Barbara.

Just read your latest newsletter on Steve Jobs and it is an eye opener. I will be recommending some of my friends to read it. I will also make sure that my sister reads the article as she at times questions the whole food diet. Dinesh.

Excellent article: It went a long way to inform on the origin and progress of cancer. Jobs' story is all too typical. His doctors did not inform him of the history of his disease. My father died in 1999 after five months of treatment. His cancerous mass was 6.5 cm at the diagnosis. Your article does leave the impression that most people will live and die by luck rather than by effort. Jobs was a vegan and Wozniak eats the typical American diet. They had the same exposure to the same toxins, yet one lives and the other is deceased. In the land of opportunity there is too much opportunity to peddle misinformation and Steve Jobs was an example of the misinformed American who, by his own successes, thought he knew more than the people taking care of him. Again, the history of his disease might have had a leveling effect on his ego, but who could be sure. The day my father finished his final chemo' treatment he said, "I didn't think I would make it." A remark to which the attending nurse replied, "you weren't supposed to." You can add that story to your catalog of insensitive moments in the field of medicine. David.

Dr. McDougall's Final Note: Several of the comments I received pointed out errors in the very first version of the article. Fortunately, they affected none of the points of the article and were immediately corrected. Thank you for this help.

## Featured Recipes

The first 10 recipes were contributed by Tiffany Hobson.



Tiffany is the executive assistant to the McDougall's. She heads operations for all McDougall Programs and is the tour director for McDougall Adventures. She has a BA in Rhetoric from University of California, Berkeley and is nationally certified as a pharmacy technician. She also assists Dr. McDougall when seeing patients. Most recently, Tiffany has started helping Mary with recipe development.

### Roasted Garlic

By Tiffany Hobson

3-5 heads garlic, excess paper removed and the tops cut off  
¾ -1 cup vegetable broth

There are two ways you may make this:

Preheat the oven to 375 degrees. Place the broth in a small bowl. With the exposed side of the garlic tops, soak them in the broth for a few minutes. When finished, place them in a small baking pan and pour the remaining broth over the tops. Cover with aluminum foil, using parchment paper in between the garlic and foil, and bake for 1 hour. The garlic should look "burnt."

Preheat the oven to 275 degrees. The garlic will take longer to cook, about 1 ½ - 2 hours. I have found if you cook the garlic longer it brings out a fuller flavor.

### Nutty Parmesan Cheese

By Tiffany Hobson

1 cup walnuts  
¾ cup nutritional yeast  
½ teaspoon salt

Place all the ingredients in a food processor. Using the pulse mode, blend the ingredients together. Be careful not to over process the ingredients, otherwise the consistency will become "pasty."

This may be refrigerated for up to a week.

### Roasted Butternut Squash

By Tiffany Hobson

1 butternut squash

Preheat the oven to 400 degrees. Cut the squash lengthwise and remove the seeds. Place the squash on a baking sheet with the flesh side face down. Bake for 30-35 minutes. You should be able to pierce the skin easily with a fork or knife.

**Tasty Croutons/Bread Crumbs**

By Tiffany Hobson

Preparation Time: 2-3 days

Cooking Time: 40 minutes

1 loaf sourdough bread  
1-2 heads roasted garlic, mashed  
1-2 cups vegetable broth  
1-3 tablespoons rosemary

Cut the bread into cubes and place in a bowl for 2 to 3 days to allow the bread to dry.

Preheat the oven to 400 degrees. Slowly pour some vegetable broth on the dry bread and mix. You do not want to drench the bread in broth; it is there to coat the bread only. Spread the bread out on a baking sheet and add as much garlic and rosemary you would like. Bake for 30 to 40 minutes. Make sure you check the bread often as it is baking, you want it to have a nice golden brown color and it should have a crunchy consistency.

For Bread Crumbs: Once the croutons have cooled down, place in a plastic bag and crush them into small bits.

Note: You may use any combination of herbs for this recipe. I chose to use rosemary because it enhances the recipes that follow.

**Absolutely Amazing No Queso Sauce**

By Tiffany Hobson

The idea of this recipe came from both Mary McDougall (McDougall Program, p. 264) and Miyoko Schinner (her vegan cheese book will be out in the Summer of 2012). This has become one of the most requested items since its inception from all of my friends.

Preparation Time: 3 minutes

Cooking Time: 5 minutes

Servings: 2 cups

¼ cup raw cashews  
1 cup roasted butternut squash  
¾ cup water  
8 ounces pimientos  
¼ cup nutritional yeast  
3 tablespoons cornstarch  
½ teaspoon salt

Place all the ingredients in a blender and process until completely smooth. If you own a Vitamix, this process will take 3 minutes; if you own a regular blender, the process will take about 5 to 6 minutes.

Pour the mixture into a saucepan and cook at medium heat until the sauce thickens, about 5 minutes.

Note: This cheese sauce is great on just about anything! Pour it over a baked potato, have it on top of your favorite chili, or over some baked tortilla chips. Instead of using 8 ounces of pimientos, try using 4 ounces and add in some chopped jalapeños or habaneros if you like it hot and spicy.

### **Cauliflower Mac and No Queso**

By Tiffany Hobson

Preparation Time: 15-20 minutes

Cooking Time: 45 minutes

Servings: 4-6

1 large cauliflower, cored and separated into large pieces

10 ounces whole wheat elbow noodles

2 ½ cups vegetable broth

1 cup Absolutely Amazing No Queso Sauce

1 tablespoon Dijon mustard

Freshly ground black pepper

¾ cup Nutty Parmesan Cheese

½-1 cup Tasty Bread Crumbs

Sea salt

Preheat the oven to 400 degrees. Bring a large pot of water to a boil. Cook the cauliflower in boiling water until it becomes tender, about 20-25 minutes. Using a slotted spoon, transfer the cauliflower into a blender. Add the whole wheat elbows to the boiling water and cook for 5 to 7 minutes. Drain the elbows in a colander and rinse with cold water to stop them from cooking. Place the elbows into a 3 quart baking dish.

Add the vegetable broth, No Queso sauce, Dijon mustard and several twists of freshly ground black pepper to the blender with the cauliflower. Process until the mixture is smooth and creamy. Add the mixture to the baking dish and toss the sauce and pasta together. Sprinkle Nutty Parmesan Cheese and the Tasty Bread Crumbs on top. Bake for 25 minutes, or until the sauce is bubbling and the bread crumbs are brown. If desired, add salt and more pepper to taste. Sriracha is also a nice condiment with this dish.

Note: The sauce makes this dish very creamy and “cheesy.” If you prefer to have a little more substance to this dish, increase the pasta to 16 ounces.

### **Roasted Corn and Sugar Snap Peas**

By Tiffany Hobson

I love the flavor of fresh roasted corn in the summer, and its something I always crave when corn is not in season. I decided to try this recipe with frozen vegetables and was delighted with the result.

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: 4-6

3 cups frozen corn

3 cups frozen sugar snap peas

1 cup vegetable broth

Freshly ground black pepper

Sea salt

Preheat oven to 350 degrees. Spread the frozen vegetables all over a baking sheet. Pour the broth evenly over all the vegetables. Bake for 30 minutes. Using a slotted spoon, transfer the vegetables to a bowl and mix them together well. Serve as is or, if desired, add salt and pepper to taste.

### **Roasted Brussels Sprouts with Caramelized Onions and Toasted Pine Nuts**

By Tiffany Hobson

Preparation Time: 20 minutes

Cooking Time: 50 minutes

Servings: 4-6

1 pound Brussels sprouts

1 ½ cups vegetable broth

1 yellow onion, diced

2/3 cup pine nuts

Freshly ground black pepper

Sea salt

Preheat oven to 400 degrees. Clean and peel off outer layers of Brussels sprouts. Cut off the ends and cut Brussels sprouts in half. Place them in a bowl. Pour 1 cup of the vegetable broth over the sprouts and, using your hands, mix the sprouts well with the broth. You want to make sure the sprouts are nicely coated. Space the Brussels sprouts out onto a baking sheet, making sure they are not piled on top of each other. Bake the sprouts for 40 minutes until they become brown. Remove from oven and set aside.

Place the onions in a non-stick sauté pan and spread out evenly. Cook over medium heat. Let cook until onions begin to brown on the bottom. Stir up and spread out evenly again. (The trick with caramelized onions is that you do not bother them too much.)

Meanwhile, place the pine nuts in a non-stick sauté pan on medium heat. **Be careful:** they toast much faster than you think. It will take about 2 to 3 minutes for them to toast to a light brown color. You do not need to stir them, just take the pan off the heat for a moment after 1 minute of cooking and shake before placing them back on the stove. Once they have turned light brown, turn off the heat.

Add the Brussels sprouts and toasted pine nuts to the sauté pan with the onions and adjust the heat to low. Add the remaining ½ cup of vegetable broth and mix well. Cook for 2 to 5 more minutes. If desired, add salt and pepper to taste.

### **Roasted Potatoes and Carrots**

By Tiffany Hobson

Preparation Time: 20 – 25 minutes

Cooking Time: 1 hour

Servings: 4-6

11 Yukon potatoes, peeled and sliced

20 carrots, peeled and cut into rough chunks  
1 yellow onion, cut into rings  
1 -2 heads roasted garlic  
4 -5 cups vegetable broth  
1 tablespoon poultry seasoning  
½ - 1 tablespoon bouquet garni  
Freshly ground black pepper  
Sea salt

Preheat oven to 400 degrees. Place the potatoes on the bottom of a large glass baking dish with the carrots and onions on top. In a separate bowl, mix 4 cups of vegetable broth, roasted garlic, poultry seasoning and bouquet garni. Pour the mixture over the vegetables. Cover with aluminum foil, placing parchment paper in between the food and foil. Bake for 45 minutes. Take the foil off and add more vegetable broth, if needed. Bake an additional 15-20 minutes. If desired, add salt and pepper to taste.

Note: This dish is a staple in my house. I sometimes use a variety of potatoes (such as Yukon, Russets, Purple, etc.) to vary the flavor. If you do this, make sure you cut the potatoes in a way that they all cook together evenly. I always use poultry seasoning, but I will change up my herbs. Thyme, marjoram and oregano are beautiful in this dish.

### **Persian Dal**

By Tiffany Hobson

Over the years, I have enjoyed many variations of Dal from India. This particular recipe is a modification from the south of Iran. To be precise, it is from the once thriving non-oil port city of Khorramshahr (Khorram – happy, shahr – city). I hope you enjoy this recipe as much as I do.

Preparation Time: 45 minutes

Cooking Time: 1 hour

Servings: 4-6

1 ½ cups red lentils  
4 cups plus 3 tablespoons water  
2 Russet potatoes, diced  
1 yellow onion, diced  
7 cloves garlic, diced  
3 ounces tomato paste  
1 ½ teaspoons turmeric  
½ - 1 tablespoon crushed red pepper flakes  
½ teaspoon salt

Rinse and clean lentils with water until the water is no longer murky. Place the lentils in a pot with 4 cups of water and let them soak for 45 minutes. Once the lentils have puffed out, add the potatoes and cook over high heat. Continually stir the lentils and potatoes. Once the water starts to boil, continue cooking for 15 to 20 minutes. As the lentils and potatoes are cooking they will foam up in the pot. Using a spoon, remove the foam. You will have to do this a few times while they cook. After boiling the lentils and potatoes for 15 to 20 minutes, lower the heat to medium.

Place the onions and 3 tablespoons of water in a sauté pan and cook over medium high heat. Spread the onions throughout the pan so they cook evenly. You want the onions to turn translucent with a nice golden brown color; this will take about 5 to 10 minutes. Once the onions become golden brown, add the garlic and mix well. Cook for about 2 to 3 minutes, then add the tomato

paste and mix well. Once the tomato paste is mixed in, add the turmeric and mix well. Add this mixture to the pot with lentils and potatoes. If there is anything left in the sauté pan, add a small amount of water and scrape off the remaining ingredients and add to the pot of lentils and potatoes. After mixing everything in the pot, add the crushed red pepper flakes and salt. Mix well. Cover and cook over low heat for an additional 20 to 30 minutes, stirring occasionally. Serve over rice.

Note: This dish is tasty all by itself, but Sriracha and Cholula hot sauce also go well with this.

**The following 6 recipes were contributed by Cathy Fisher.**



Cathy Fisher has worked for the McDougall Program since 2006 and in 2010 began teaching cooking classes. Cathy also teaches weekly classes at True North Health Center in Santa Rosa. Her whole-foods recipes avoid the use of all animal foods, oil and salt. Cathy enjoys the challenge of giving familiar dishes a healthy makeover, but “they not only have to be good for you, they have to be full of flavor and pretty easy to make,” she says. To view more of Cathy’s recipes, visit [www.StraightUpFood.com/blog](http://www.StraightUpFood.com/blog) or follow her on Facebook at <http://tiny.cc/kfc6d>

### **Marinara with Zucchini Noodles**

By Cathy Fisher

This simple vegetable version of traditional spaghetti uses fresh zucchini as noodles instead of grain pasta.

Preparation: 25 minutes

Cooking time: 40 minutes

Serves: 4

#### **Ingredients**

¼ cup water

1 yellow onion, diced

1 medium red bell pepper, diced

1 medium yellow bell pepper, diced

8-10 cremini mushrooms, sliced

1 box Pomi brand crushed tomatoes (26 oz.) or 2 cans diced or crushed no-salt tomatoes (14.5 oz. each)

1 small can tomato paste

1 teaspoon garlic powder (or 1-2 cloves minced)

1 ½ teaspoons dried Italian spices

6 medium zucchini cut finely into “noodles” (see step 2)

1/3 cup chopped fresh basil

#### **Directions**

Sauté the onion in the water on medium-high heat until soft, about 2-3 minutes. Add the bell pepper and mushrooms, and sauté 5 minutes on medium heat to soften (adding water as needed to prevent sticking). Add the crushed tomatoes, tomato paste, garlic powder and spices, and turn down to simmer for 20 to 30 minutes.

To make zucchini noodles, cut the ends off the zucchini first. Using a mandolin slicer, use the appropriate blade insert to create thin strings (like long matchsticks) of zucchini “noodles.” For short noodles, cut the zucchini in half before slicing. The zucchini cooks down, so make a bunch. Place noodles into a pot of boiling water and cook for about 5 to 10 minutes until zucchini is softened (but not breaking apart; underdone/al dente is better than overdone).

Drain zucchini and combine with the sauce (or keep separate and serve the sauce over a bed of the zucchini noodles if you prefer). Add the basil to the sauce and simmer for 5 minutes before serving. Optional: Serve with grated walnuts on top.

**Notes:** Instead of making zucchini noodles, you may also add chunks of diced zucchini to the sauce. Greens, such as kale or chard, may also be added (in thin strips) toward the end. To grate walnuts that look like Parmesan, use a rotary style cheese grater.



### **Thai Vegetables with Couscous**

By Cathy Fisher

This dish may be served as a salad or entrée. It is flavored with distinctive Thai ingredients, including garlic, ginger and soy sauce. The couscous and hearty vegetables—broccoli, cabbage, carrots and mushrooms—are sure to fill you up without leaving you heavy.

Preparation: 25 minutes

Cooking time: 25 minutes

Serves: 4 (entrée portions)

#### **Ingredients**

3 cups water

1 cup dry Israeli (large) couscous

2 cloves garlic

1 tablespoon fresh ginger, minced

2 tablespoons peanut butter

2 tablespoons low-sodium tamari or soy sauce

¼ cup water

½ cup water and more as needed

2 cups small broccoli florets

3 carrots, thinly sliced or julienned (like matchsticks)

8 mushrooms, diced

½ head of cabbage, thinly sliced

1 cup frozen green peas (thawed)

½ cup cilantro leaves, roughly chopped

4 scallions (green onions), chopped

### Directions

Chop and prepare all of your ingredients beforehand, as this dish cooks up quickly once it is started.

To cook the couscous, bring 3 cups water to a boil then add dry couscous. Cook for 10 minutes until cooked through (a little al dente is better than over-cooked). Drain and rinse with cool water.

While couscous is boiling, blend sauce ingredients—garlic, ginger, peanut butter, soy sauce and water—in a high-speed blender until smooth (check that peanut butter is completely incorporated). Set aside.

In a large pot or skillet, add about ½ cup water along with the broccoli, carrots and mushrooms, and cook on medium-high for about 5 minutes to begin softening. Add the cabbage and peas, and cook for another 5 minutes, until the broccoli, carrots and cabbage are softened (adding a bit more water if needed to prevent any sticking).

Add the sauce, couscous, cilantro and scallions to the vegetables, and thoroughly mix through, cooking another minute or two. Remove from the heat, and serve hot or warm. Garnish with cilantro or hulled sesame seeds.

**Notes:** Israeli couscous is a wheat pasta shaped into small balls, found in bags or bulk sections of health food stores. Frozen peas work best, as they maintain their firm texture better than canned; but canned or fresh can also be used. If you are not a fan of cilantro, parsley or basil may be used in its place.

**Substitutions:** If you are trying to avoid sodium (in soy sauce and tamari), wheat (in couscous and soy sauce), and/or peanuts (a common allergen), you can make the following substitutions: For **soy sauce**, reduce the amount and add more water to make up the difference, or use all water. For the **couscous**, use two or so cups cooked brown rice or cooked whole-grain pasta shells (quinoa and rice pastas are great) and add ¼ more cup of water to sauce mixture. Instead of **peanut butter**, use 3 tablespoons tahini (ground sesame seed paste) or 3 tablespoons hulled sesame seeds.



## Persimmon Bars

By Cathy Fisher

These bars are lighter than traditional fruit and nut bars, and make a great traveling or backpacking snack—or a dessert cake when a bit of frosting is added. Refined sugar is replaced by dates, which have a brown sugar flavor that complements the persimmon and spices.

Preparation: 30 minutes

Cooking time: 50 minutes

Makes: 15 bars (1 ½ x 2 ½ inch)

### Ingredients

3 medjool dates, pitted and diced, and soaked in ¼ cup water for 30 minutes

1 cup rolled oats (regular, not quick or instant)

1 ¼ cups oat flour (or 1 ¼ cups rolled oats ground into flour in a high-speed blender)

1 teaspoon baking powder

¾ teaspoon cinnamon

½ teaspoon nutmeg

¼ teaspoon ground cloves

1 medium-large, very ripe Hachiya persimmon, peeled and quartered

1 teaspoon vanilla extract

1 cup soy milk (or other non-dairy milk)

½ cup raisins

½ cup chopped walnuts

### Directions

Preheat oven to 350 degrees. Line an 8×8 baking pan with parchment paper. (If using a non-stick metal pan, just line the bottom; if using a glass dish, line the bottom and sides. Or use a silicone baking pan, which requires no lining.)

Combine the dry ingredients—oats, flour, baking powder, cinnamon, nutmeg, and cloves—in a bowl.

In a high-speed blender, blend the dates (with their soaking water), persimmon, vanilla, and non-dairy milk until very smooth.

Pour wet mixture into bowl of dry ingredients and mix with a fork until fully combined; fold in raisins and nuts.

Scrape batter into your pan, cover with aluminum foil, and bake for 30 minutes on the center rack. After 30 minutes, remove the foil and continue baking for 15-20 minutes, until the bars are browned on top. (The foil allows the bars to stay moist without over-browning the top.)

Let bars cool in the pan for 10 minutes, then remove them (still uncut) from the pan all at once by gently turning the pan upside down onto a cutting board (use a butter knife to loosen the sides from the pan first if they have not already come away); remove the parchment paper and promptly flip over and leave to cool further. Cut into any size you like. I usually cut mine into 15 bars about 1 ½" by 2 ½".

**Notes:** I like to grind my own oats into flour using my Vitamix or Tribest personal blender, but if you don't have a blender like this, you can use any whole-grain flour. Hachiya persimmons are the larger, acorn-shaped persimmons (as opposed to the Fuyus, which are flatter and tomato-looking, and are most commonly eaten firm like an apple). Finely grate whole nutmeg for the best flavor. These bars are only slightly sweetened, so feel free to add another date or two if you like a sweeter bar. If you are not partial to raisins or walnuts, feel free to leave either out; the bars will still taste great. If you don't have a high-speed blender, you can use a regular blender, but the bars may be more crumbly. Eat plain or with one of the optional frostings below. When persimmons are

out of season, substitute with 1 sliced medium banana.

### Optional Frostings

To serve these bars as a dessert cake, add one of the following three simple frostings. (The Persimmon-Date Frosting is lowest in fat, and is more like a fruit spread.) Frost the bars close to the time you will be serving them.

#### Creamy Cashew Frosting

3 dates, pitted and diced, and soaked in water for 30 minutes

½ cup raw cashews, soaked in water for 30 minutes

½ cup water (you can use the soaking water if you like)

After the cashews and dates have soaked, remove them from the water and place them into a high-speed blender or food processor along with the 1/2 cup water. Blend until mixture is smooth and creamy (add tiny amounts of water as needed). If you would like a lemon flavor, replace ¼ cup water with ¼ cup lemon juice. (Meyer lemons, a cross between a true lemon and either a mandarin or common orange, have a great flavor.)

#### Lemon-Tofu Frosting

4 dates, pitted and diced, and soaked in water for 30 minutes

4 ounces firm tofu, diced

3 tablespoons lemon juice

Water as needed to thin (you can use the soaking water if you like)

After the dates have soaked, remove them from their water and place them into a high-speed blender along with the tofu and lemon juice. Blend until mixture is smooth and creamy, adding water as needed until the desired consistency is reached.

#### Persimmon-Date Frosting

2-3 dates, pitted and diced, and soaked in water for 30 minutes

1 medium-large, very ripe Hachiya persimmon, diced and peeled

Water as needed to thin (you can use the soaking water if you like)

After the dates have soaked, remove them from the water and place them into a blender along with the persimmon. Blend, adding water as needed until the desired consistency is reached.



Clockwise from top: Creamy Cashew Frosting, Lemon-Tofu Frosting, no frosting, and Persimmon-Date Frosting.



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