



The McDougall Promise: You Will Achieve Success at My 10-Day Residential Program

Eight times a year between 40 and 80 people come to my residential program in Santa Rosa, California with great expectations of improved health and weight loss. For many attendees this is seen as their last hope; they have tried everything else. Having been on weight-loss programs in the past, they have suffered the constant nausea and constipation that result from eating meat, and butter-based diets (Atkins) as well as the pains of starvation from traditional dieting. And in most cases they have regained all of their lost weight. Most participants are taking a bag full of expensive pills and many have been through major surgeries. Fortunately, our attendees quickly discover that they have made a very wise decision to travel to the McDougall Program.

Because our participants want and deserve more out of life, most have made great sacrifices to be with us. Mothers and fathers are separated from their very young children for 10 days. Often a year's worth of vacation time is used up. Our program fee (which is 1/20th the cost of heart surgery) can amount to a lifetime of savings for some. Typically one whole day is spent traveling by car, bus, and/or airplane to reach our program. Given the sacrifices our participants make, they should expect great results from the McDougall Program. And they get them.

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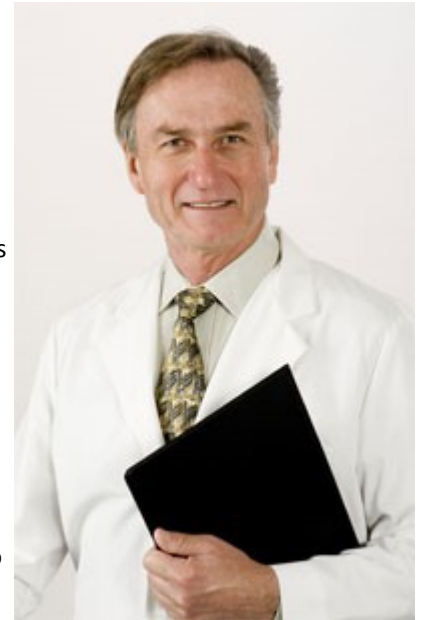
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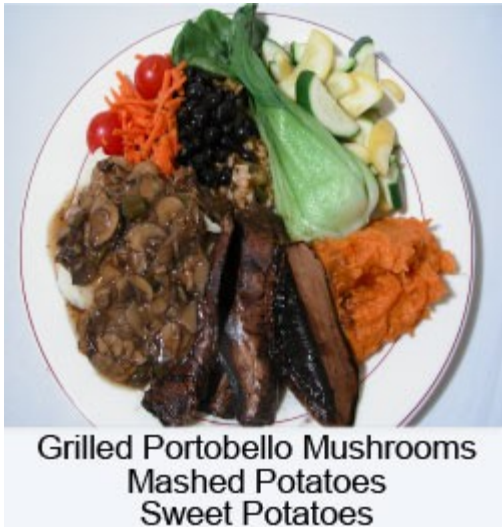
Eight times a year between 40 and 80 people come to my residential program in Santa Rosa, California with great expectations of improved health and weight loss. For many attendees this is seen as their last hope; they have tried everything else. Having been on weight-loss programs in the past, they have suffered the constant nausea and constipation that result from eating meat, cheese, and butter-based diets (Atkins) as well as the pains of starvation from traditional dieting. And in most cases they have regained all of their lost weight. Most participants are taking a bag full of expensive pills and many have been through major surgeries. Fortunately, our attendees quickly discover that they have made a very wise decision to travel to the McDougall Program.



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Dr. McDougall's Promise to Participants

On the first evening, which is usually a Friday, people gather for my introductory lecture. Many appear tired, lost, and confused after their long day of travel. My welcoming remarks include firm statements on what they can expect over the next few days:



Grilled Portobello Mushrooms
Mashed Potatoes
Sweet Potatoes

1) I, Dr. McDougall, will personally care for each of you during the Program. Attending the 10-Day live-in Program is the only way I take on new patients. Once we commit to each other, I will be one of your doctors for our lifetimes.

2) You will see objective improvements over the next week. These measurable changes include a reduction in blood pressure, cholesterol, triglycerides, glucose, body weight, waist measurements, and/or medications taken. These numbers are documented. While improvements in bowel movements, oily skin, leg edema, and joint swelling are consistently observed, these observed changes are not recorded with any "hard numbers."

Those people who start with the most serious problems usually see the most dramatic changes. It is unrealistic, however, to expect to see decades of damage from an unhealthy diet and bad habits fully reversed in only a few days.

3) You will also experience subjective benefits, such as the relief of headaches and body aches, and improvements in mobility and exercise performance. When medications are discontinued, the side effects are relieved.

4) You will be able to eat as much delicious food as you want. Even so, most overweight participants will lose weight (see below). This is quite an accomplishment when you consider that the average *weight gain* on a seven-day cruise (eating the Western diet) is eight pounds.

5) You will love the food served at our program. This is true from the beginning for most participants. We serve very familiar dishes such as “healthy” lasagna and chocolate brownies the first night, pizza for the first lunch, bean burritos for the second dinner, and so on. However, for some people the food is so unfamiliar that they do not enjoy it for the first few days. Tastes change quickly, however, and often by the third day I hear, “The food is getting so much better. Why didn’t you serve the shepherd’s pie or pasta and marinara sauce the first evening?” It’s simply a matter of adjustment. The focus of the Program is to make healthful dietary changes permanent for you.

6) You will stop taking unnecessary pills and shots. In most cases this means blood pressure, type-2 diabetic, cholesterol, laxative, and antacid medications can be safely discontinued under medical supervision.

7) I am a real medical doctor and I will write prescriptions for most of the additional medications that you might need during the Program. On those occasions, whether or not you should be taking these pills is open for discussion between us, and together we will decide the right course of action.

If you need medication, I will recommend those that are most effective, time-honored, safest, and least expensive. For example, the cost is \$10 for 90 pills of thyroid supplements, diuretics for hypertension (chlorthalidone), and statins (pravastatin) for cholesterol at a discount pharmacy (Wal-Mart and/or Costco).

8) By the end of the Program you will understand your overall condition and what needs to be done in order to achieve further benefits after you leave. Imagine what you accomplish in the short time with us multiplied over the next several weeks and months. Three pounds of weight loss soon becomes 30 pounds permanently gone.

9) A letter summarizing your 10-day stay with us will be sent to you shortly after the Program ends. This is an official record of medical discharge that you are encouraged to share with your doctors at home.



**Spicy Yam Stew
Stuffed Mushrooms
Coleslaw**

10) The end of the 10 days* does not mean the end our relationship. I will be available to provide reasonable medical help to you. I have office hours almost every month in Santa Rosa, where we can have personal visits together. I am also readily available by e-mail and phone (like you would expect from the new form of “concierge medicine” sold to people for three thousand dollars and more annually).

* The actual Program includes nine overnight stays and measurements are made a full seven days apart. However, because it usually begins on a Friday and ends on the following Sunday, we call this a 10-Day Program.

Our Goal: The Best Vacation You Have Ever Had, But...

The most general and sincere promise I can make to you is that every one of our staff will work tirelessly to make this 10-day experience the best time and money you have ever spent. At graduation, usually the second Saturday evening of the program, I will remind you of the promises I made to you a little more than a week before. Fortunately, with extremely rare exceptions, those promises are kept. Usually, poor communication and unrealistic expectations cause disappointment. Here are a few of the most common issues that are addressed during the Program:

Issue # 1: “I didn’t lose enough weight.”

The average weight loss over seven days is three pounds; that is almost half a pound a day. This number is an average, with some



**Stuffed Peppers
Barbeque Bean Salad
Baked Yams**

people losing more than 10 pounds in a week, which means others lose less. The entire staff is painfully aware that too little a loss, or even a gain, can be heartbreaking for people who came to lose weight (even when they see other remarkable changes, like a 50-point drop in cholesterol and stopping three blood pressure medications). Our goal is not to see how many pounds (kilos) you can lose in a week, but for you to permanently lose your excess body fat. This can best be accomplished by teaching you a diet that allows you to eat delicious and readily available foods to the full satisfaction of your appetite. Here are some of the reasons the scale may be unkind:

1) We feed you exceptionally well. During the Program we want you to experience as many delicious foods as possible. Each lunch and dinner consists of a variety of 15 to 20 items, including a salad and two fat-free dressings, assorted cold vegetable salads, soup, raw and steamed vegetables, dishes of flavored rice, beans, and potatoes, and a cooked entrée or two. Most nights after dinner, dessert is served. The service is all-you-can-eat buffet style. Because of the unrestricted eating that is available, some people—especially those with known eating disorders—will over-stuff themselves. We teach a special maximum weight loss version of the McDougall Program to deal with these special needs.

By the fourth day of the Program I hear, “I must be gaining weight; I have never eaten so much.” When we weigh people at this point most have actually lost weight, although often not as much as they were hoping for. I usually tell them during my next morning’s lecture that the McDougall Program is not designed primarily as a weight-loss program. The Program is designed to permanently cure common diseases, and that the life-long loss of excess body fat is only a side benefit. If my program were focused on losing as much weight as possible in the seven days between weighing, then I would portion the foods (one main plate with a limited amount of brown rice and broccoli would be brought to your table by a waiter). As a last resort I threaten to come in and cook the meals (I am a terrible cook).



**Baked Potato
Mardi Gras Beans
Shredded Salad**

2) Many people have been on the McDougall Diet for months. Having already lost 20 to 75 pounds previously, the dining room offers a feast compared to the simpler fare they were eating at home. Presented with this all-you-can-eat assortment, some people regain a couple of lost pounds. That is okay because they know the power of the Program.

3) The repletion of glycogen stores can mean six added pounds. Because many other diets, such as semi-starvation and low-carb (Atkins-type) are lacking in carbohydrates, they deplete the body’s natural reserves of sugars, known as glycogen, stored in the liver and muscles. With re-feeding of a carbohydrate-abundant diet (the McDougall Diet) the body will, as expected, store two pounds of glycogen along with four pounds of water. Even though this is not body fat, and glycogen is stored invisibly, the weight shows up on the scale. Waist measurements that are done twice during the Program reassure people that they have lost fat and gained some muscle.

4) Many people stop diuretics (taken for edema or high blood pressure) and gain one to four pounds of water weight.

5) Women can gain several pounds of water weight with their menstrual cycle.

6) Many attendees are already trim, or underweight, and appreciate the weight gain. An increase in appetite naturally happens when people begin to feel better and after medications with appetite-suppressing side effects are stopped.

Issue #2: “My cholesterol did not come down.”

We serve a no-cholesterol, very low-saturated-fat diet, so you would expect that the numbers obtained from the medical laboratory seven days apart would always show a reduction in this risk factor. The average reduction in blood cholesterol is 30 mg/dL in one week. Those with the highest starting values usually see the greatest reductions. Rarely, this number remains the same or rises. A

rise is expected when cholesterol-lowering medications (such as statins) are stopped at the beginning of the Program.

Triglycerides (blood fats) can go up significantly in some sensitive people. This happens especially when people eat large amounts of food and large amounts of simple sugars, including fruits and juices (we serve no juices at the Program). Type-2 diabetics who stop their insulin may also see this rise. With a significant rise in triglycerides, there can be an associated rise in cholesterol.

I believe cholesterol-lowering medications (statins) are over-prescribed. In general, I recommend [these medications](#) only for people at high risk of a stroke or heart attack. However, for people with a history of a heart attack, coronary heart surgery, TIA, or stroke, my usual goal is to lower their blood cholesterol to 150 mg/dL or less, and medications are often required. Otherwise, “healthy people” should not be taking statins because they [do not reduce](#) the risk of heart attacks and death even with elevated numbers.

Issue # 3: “My blood pressure did not come down to normal.”

I try to stop blood pressure-lowering medications for most patients on their first visit with me (beta-blockers are reduced more slowly). We monitor your blood pressure at least once a day. I must recommend this seemingly radical change in medications because my greatest fear is that with the change in diet and exercise at our Program people may become hypotensive (too low a blood pressure) and injure themselves (by falling).

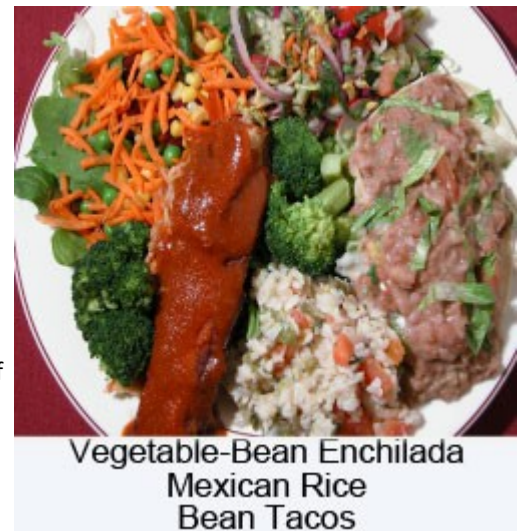
I believe blood-pressure-lowering medications are over-prescribed. I use the [British Guidelines](#) to start medication. In general, this means medications are prescribed when the blood pressure is sustained for months at a level of 160/100 mmHg or greater. [Too aggressive treatment](#), meaning reducing the diastolic blood pressure (lower number) below 85 mmHg with medication increases a patient’s risk of heart attacks and strokes. When medication is needed I try to first use the time-honored diuretic, [chlorthalidone](#).

Issue #4: I stopped all of my diabetic pills and my blood sugar is now worse.”

I try to stop all diabetic pills and most of the insulin taken by people with type-2 diabetes on our first visit. (With type-1 diabetes, insulin may be reduced but is never stopped.) Sometimes the blood sugars fall and other times they rise with this medication change. You will be checking your blood sugar daily with your home monitor and report the results to our staff. I must recommend this seemingly radical change in medication because with the change to the McDougall Diet and increased exercise, people may become hypoglycemic (too low a blood sugar) and injure themselves (also by falling).

In addition to dangerous hypoglycemic reactions, [long-term aggressive treatment](#) of blood sugar in an attempt to achieve a normal blood sugar (measured by HgB A1c levels) causes an increased risk of heart attacks and death. In general, [treatment of blood sugar](#) is required if the patient loses too much weight, develops symptoms of diabetes (such as excessive urination), and/or worries about the elevated numbers.

Any of these developments suggest that the patient is not truly type-2, but suffers from an insufficient production of insulin by the pancreas. I use a long-acting variety of insulin (Lantus) as a once-a-day shot to treat when necessary.



Issue #5: “I did not stop all my medications.”

I make every reasonable attempt to eliminate all unnecessary medications on our first visit. This may seem radical to some new patients meeting me for the first time, but most of the medications people are taking are [not indicated](#) according to “evidence-based medicine.” Plus the diet and exercise changes I prescribe will likely reduce your needs even further.

I only have a short time to personally observe you during the Program in order to evaluate your responses and make adjustments

in your medications. Therefore, I must make timely decisions. Most people leave my program taking no prescription medications.

Many times having only one week is insufficient to make full adjustments in dosages and kinds of medications required. In these cases your local doctors and/or I will help you make adjustments after leaving the Program. My final letter to you usually includes my recommendations for future adjustments.

My Program Is Your Best Chance

The entire McDougall staff and I will make every reasonable effort to help you regain your lost health and appearance. Fortunately, the human body has a remarkable capacity to recover when relieved of the burdens of the rich Western diet and a lifetime of bad habits. Your realistic expectations should be met and you should expect to leave in much better shape than when you arrived. Most importantly, you will have hope for a brighter future and many more years of life to be lived to compensate for the short time you spent with us at the McDougall 10-Day Program.

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Featured Recipes

Most of this month's newsletter recipes are variations of recipes found in The McDougall Health Supporting Cookbook Volume 1. These are a few more of our old favorites that I continue to make over and over again because everyone loves them!

Tofu-Garlic Dressing

This has always been one of my favorite green salad dressings. If you don't like cilantro, you can make this with only the parsley. This will keep in the refrigerator for about 5 days.

SERVINGS: 2 cups

PREPARATION TIME: 10 minutes

COOKING TIME: none

1 bunch parsley (about 2 cups clusters)

1 bunch cilantro (about 1 cup leaves)

2/3 cup water

½ pound silken tofu

4 cloves garlic

2 tablespoons rice vinegar

1 tablespoon soy sauce

Place the water in a blender jar with the parsley and cilantro leaves. Process until finely chopped. Add remaining ingredients and blend until smooth. Serve as a dressing for salads or as a dip for raw vegetables. If you prefer to use this as a thick dip, add more tofu as you blend until desired consistency is obtained.

Curried Tofu Dip

This is wonderful on baked potatoes, or use it as a base for a curried potato salad. I also love it with asparagus and artichokes.

SERVINGS: makes about 2 cups

PREPARATION TIME: 10 minutes

COOKING TIME: none (should be prepared at least 1 hour ahead so flavors can blend)

- 1 package firm silken tofu
- 2 teaspoons curry powder
- 1 tablespoon parsley flakes
- 1 teaspoon soy sauce

Place tofu into a food processor. Add remaining ingredients. Process until well mixed. A small amount of water may be added to make blending easier. Refrigerate until serving — at least 1 hour to allow flavors to blend.

HELPFUL HINTS: This dip also makes a good salad dressing. Add water while processing until mixture is the desired consistency.

Stone Soup

I used to make this all the time to get my children involved in cooking and they always seemed to eat more when the cooking process was fun and they helped in the preparation. Now my grandsons love to chop and cook with me and they also seem to eat more when I get them involved in the process. This book was first published when I was a young child and is still available today. For some reason, children love making soup with a stone. Try it with your children and get them to eat their vegetables!

SERVINGS: 10

PREPARATION TIME: 20 minutes

COOKING TIME: 60 minutes

- 1 large very clean stone
- 6 cups water
- 3 large carrots, chopped
- 3 potatoes, chopped
- 2 onions, chopped
- 2 stalks celery, chopped
- 1 15.5 ounce can chopped tomatoes
- 2 cups frozen corn
- 2 cups frozen peas
- ½ cup soy sauce
- ½ cup whole wheat alphabet noodles

Heat water in a large pot. Add the stone. Add carrots, potatoes, onions, and celery. Cook over medium heat for 45 minutes. Add remaining ingredients. Cook for 15 minutes longer. Remove the stone and serve.

HELPFUL HINTS: This is a fun way to introduce children to healthy eating. They will especially enjoy this if they help in the preparation. Our oldest children were 8 and 9 years old when they created this recipe after reading a book called *Stone Soup*. Stone is optional.

Butch's Bean Soup

Butch was one of our best friends back in our early years in Honolulu and on the Big Island. We reconnected recently and the first time I heard his voice on the phone I knew immediately who it was! This soup is one of his creations that we always loved. It thickens as it cools and we like it spread on thick slices of whole wheat bread with lettuce and sliced fresh tomatoes.

SERVINGS: 12-14

PREPARATION TIME: 10 minutes

COOKING TIME: 4 hours (1 hour rest time)

4 quarts water
2 cups Great Northern beans
1 cup small white beans
3-4 onions, chopped
½ cup lentils
½ cup split peas
½ cup barley
1 teaspoon herb seasoning mix
½ teaspoon curry powder

Begin by placing the white beans (both kinds) in the 4 quarts of water along with the chopped onions. Bring to a boil, remove from heat and let rest 1 hour. Return to heat and simmer for 2 hours. Then add lentils, peas, barley and spices. Cook for 1 hour longer.

HELPFUL HINTS: This recipe makes a large amount of soup. Keeps well in refrigerator, reheats well, and also freezes well. Makes a good sandwich spread when cold.

Vichyssoise

I don't often serve soups during the summer months, but this is one exception because it is meant to be served very cold. Make this ahead of time and keep in the refrigerator until ready to serve.

SERVINGS: 6-8

PREPARATION TIME: 30 minutes

COOKING TIME: 1 hour

CHILLING TIME: 2-4 hours

Soup:

3 cups potatoes, peeled and chunked
1 ½ cups chopped onions
½ cup sliced leeks
5 cups water
½ teaspoon white pepper
1 tablespoon soy sauce

Garnish:

Chopped parsley or chives

Place all ingredients for soup in a large pot and simmer over medium-low heat until potatoes are very soft, about 1 hour. Blend until smooth. Chill. Garnish with chopped parsley or chives. Serve very cold.

Soba Noodle Salad

A very refreshing summer salad that I used to prepare year-round in Hawaii. Leftovers will keep for only one day without getting too soggy, so plan accordingly.

SERVINGS: 4

PREPARATION TIME: 20 minutes

COOKING TIME: 10 minutes

CHILLING TIME: 1 hour

8 ounces buckwheat soba noodles
1 cup (dried) shiitake mushrooms
1 cucumber, julienne sliced
1 small head lettuce, coarsely grated
3 green onions, chopped
¼ cup fresh cilantro, chopped
1 tablespoon shredded fresh ginger root
2 teaspoons soy sauce
1 teaspoon rice vinegar
¼ cup water

Cook soba noodles in 8 cups boiling water for 10 minutes. Drain, rinse, and chill. Place dried mushrooms in bowl, pour 1 cup boiling water over them, let soak for 15 minutes. Squeeze to remove excess water. Cut off tough stems and discard. Slice mushrooms into ¼ inch strips. Set aside. Prepare remainder of vegetables as directed. Combine all ingredients. Toss to mix well. Refrigerate until serving time. Serve cold.

HINTS: Fresh shiitakes may also be used in this recipe. Use about 1 cup sliced.

Wilted Lettuce

My mother used to make this all the time when I was a child because it was one of my dad's favorites. I have to admit that I was not happy when this was on our dinner table in the evening because I was not fond of it back then. Now the combination of potatoes and lettuce is very appealing to us and this often makes a hearty, yet refreshing simple meal during the summer months.

SERVINGS: 4

PREPARATION TIME: 15 minutes

COOKING TIME: 15 minutes (need cooked potatoes)

1 onion, chopped
4 large cooked and peeled potatoes
1 ¾ cups water
¼ cup of apple cider vinegar
Several twists of freshly ground black pepper

1 large head lettuce, shredded
½ cup chopped green onion (optional)

Sauté the chopped onion in a small amount of water over high heat, stirring until it browns slightly. Mash the potatoes with a fork and add them to the onions. Add the water and the vinegar. Cook and stir until mixture is smooth and hot. Season with pepper to taste. Remove from heat.

Put the shredded lettuce (and optional chopped green onion, if desired) into a large bowl. Pour the hot potato mixture over the lettuce. Toss well and serve at once.

HELPFUL HINTS: This is a good use for leftover mashed potatoes — use about 2 cups. Taste the potato mixture as you are cooking it and add a bit more vinegar or water to get the proper texture and seasoning before pouring over the lettuce. It should be like a thick sauce with no lumps and be slightly acidic in taste.

New Potato Salad

Another of our favorite summer salads. Use any of your favorite oil-free dressings, or try this with the Tofu-Garlic Dressing or Curried Tofu Dip in this newsletter.

SERVINGS: 6-8

PREPARATION TIME: 30 minutes

COOKING TIME: 45 minutes

½ pound mushrooms, cut in half or quartered
2 tablespoons lemon juice
10-12 red or white salad potatoes, cooked and cubed
1 ½ cups cooked green beans
½ cup celery, sliced
1 bunch green onions, sliced
¼ cup parsley, chopped
2 tablespoons chopped pimiento
¾ cup oil free salad dressing
paprika

Combine mushrooms with lemon juice. Toss to coat well. Add remaining ingredients and mix well. Refrigerate for several hours before serving. Sprinkle with some paprika, if desired.

HELPFUL HINTS: The potatoes may be cooked either with their skins on or without, depending on your preference. Other beans or vegetables may be substituted for the ones suggested above.

White Mushroom Sauce

We like this over whole wheat or brown rice spaghetti. When our children were younger we ate pasta frequently and this was a nice change from the traditional red sauce.

SERVINGS: 6-8

PREPARATION TIME: 15 minutes

COOKING TIME: 30 minutes

2 packages dried mushrooms, sliced OR 1 pound fresh mushrooms, sliced
3 cups nut milk, rice milk or soy milk
1 cup water
1 onion, chopped
½ teaspoons tarragon
½ teaspoon dill weed
½ teaspoon thyme

¼ cup sherry or apple juice
1 teaspoon soy sauce
3 tablespoons cornstarch or arrowroot

Soak dried mushrooms in warm water for 15 minutes. Squeeze out excess water and slice. Sauté onion in ½ cup of the water for 5 minutes. (If using fresh mushrooms, sauté with the onions.) Add remaining ingredients, except for cornstarch or arrowroot. Bring to a boil over low heat, stirring often. Mix cornstarch or arrowroot in the remaining ½ cup water. Add to white sauce. Continue to cook and stir until thickened.

Indonesian Fried Rice

I always have plenty of leafy greens growing in my garden and I love curried food, so this is a perfect fast meal for a busy day.

SERVINGS: 4

PREPARATION TIME: 30 minutes

COOKING TIME: 15 minutes (need cooked rice)

1 onion, chopped
3 garlic cloves, peeled
2 teaspoons curry powder
2 stalks celery, chopped
1 cup leafy greens, chopped
½ cup fresh or frozen peas
½ cup chopped green onions
1 tablespoon soy sauce
4 cups cooked brown rice
½ cup chopped cucumber

In a blender jar, combine onion, garlic, and curry powder. Blend for 1 minute. (Mixture will be lumpy.) Set aside. In a wok or large pan, sauté celery in ½ cup water for 5 minutes. Add onion-curry mixture. Cook 2-3 minutes. Add greens, peas, green onions and soy sauce. Cook and stir for about 5-10 minutes depending on greens used. Stir in cooked rice and heat through. Serve hot, garnished with chopped cucumber.

HELPFUL HINTS: "Leafy greens" are spinach, mustard greens, watercress, kale, chard, beet greens, etc.

Dolmas

These take a bit of time to make but the results are so delicious that it's worth the effort. These keep well in the refrigerator and make a great snack food on hot summer days.

SERVINGS: makes 48 dolmas

PREPARATION TIME: 45 minutes

COOKING TIME: 1 ½ hours

1 jar grape leaves (about 48 leaves)
½ cup uncooked long grain brown rice
2 cups finely chopped onion
2 tablespoons finely chopped parsley
2 tablespoons finely chopped mint leaves

2 teaspoons dill weed
¼ cup pine nuts
¼ cup currants
¼ teaspoon black pepper
1 cup tofu TVP (optional)

Place grape leaves briefly in a pan of warm water to separate them, then drain on paper towels. Combine all other ingredients. Place grape leaf vein side up, with the stem toward you. Put a mound of rice mixture in the middle of the leaf (about 1 rounded teaspoon to 1 rounded tablespoon, depending on the size of the leaf). Fold over sides and roll up leaf. Layer the rolled leaves in a large saucepan (3 quart) placing them side by side and close together. Press with a heavy heat proof plate that fits inside the pan. Add enough boiling water to cover leaves. Cover and simmer for 1 ½ hours.

HELPFUL HINTS: Dolmas may be served warm or chilled. If warm, try serving them with lemon sauce. If cold, serve them with garbanzo puree or eggplant. The use of the tofu in this recipe is entirely optional, they are delicious both ways. The recipe for Tofu TVP can be found in the May 2005 newsletter.

TVP Sloppy Joes

I make a big batch of this ahead of time and store in the refrigerator to reheat when necessary for a quick lunch or dinner. I avoid using the commercially prepared TVP and prefer to make my own from frozen tofu. The recipe for detailed Tofu TVP preparation is in the May 2005 newsletter.

SERVINGS: 10

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

2 cups tofu TVP
1 onion, chopped
1 green pepper, chopped
¼ cup water
½ cup ketchup
1 tablespoon prepared mustard
2 tablespoons apple cider vinegar
2 tablespoons soy sauce
¼ cup honey or agave nectar
1 teaspoon chili powder

Cook the onion and green pepper in the water about 5 minutes until translucent. (Add a little more water if necessary). Add the tofu TVP. Cook and stir a few minutes, then add the remaining ingredients, mixing well. Continue to cook for about 10 minutes to blend flavors, stirring occasionally.

HELPFUL HINTS: Serve on whole wheat buns, stuffed in pita bread, or over whole wheat bread with garnishes of your choice.

Banana-Strawberry Delight

A delicious, thick, pudding-like dessert that is even better made with fresh strawberries when they are available. Use about 2 cups of fresh sliced strawberries in place of the frozen ones.

SERVINGS: 8

PREPARATION TIME: 30 minutes

COOKING TIME: 20 minutes

CHILLING TIME: 2 hours

4 ripe bananas, cut up

1 ½ tablespoons lemon juice

16-ounce package of frozen, unsweetened strawberries, thawed

2 cups water

½ cup quick-cooking tapioca

Place bananas and lemon juice in blender jar. Blend until smooth. Place banana mixture in saucepan. Add the thawed strawberries and their juice. Add water and tapioca. Mix well. Let stand 5 minutes. Heat to boiling, stirring frequently. Remove from heat. Let stand for 20 minutes. Then stir and spoon into dessert cups. Refrigerate until chilled, about 2 hours.

HELPFUL HINTS: Try frozen raspberries instead of strawberries. While mixture is cooking, gently crush berries against side of pan to release more flavor and color.

Chocolate Fruit Fondue

A big favorite with children and adults alike. I have an old fondue pot from the 70's that I still use to heat the chocolate sauce and keep it warm.

SERVINGS: makes 1 cup sauce (serves 2 people with fruit)

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

1 tablespoon Wonderslim cocoa powder

2 teaspoons cornstarch or arrowroot

2 tablespoons water

1 can (6-ounces) apple juice concentrate, thawed

1 teaspoon vanilla

2 cups mixed chunked fresh fruit

Combine cocoa powder and cornstarch or arrowroot in a small saucepan. Gradually add water to make a smooth paste. Stir in apple juice concentrate. Cook over low heat, stirring constantly until thickened. Stir in vanilla. Place in a fondue pot or chafing dish to keep warm for dipping. Dip pieces of fresh fruit into warm sauce. Use assorted fresh fruits cut into chunks, such as bananas, apples, pineapple, honeydew melon, or cantaloupe.

HELPFUL HINTS: Substitute unsweetened orange or pineapple juice for the apple juice.

Red Veggie Burgers

These burgers are moist and delicious because of the addition of red beets! Don't be intimidated by the long list of ingredients, they go together quite quickly. The burgers may also be formed ahead of time, and refrigerated until ready to cook. These are also great prepared on an outdoor grill.

PREPARATION TIME: 30 minutes (need cooked rice)

COOKING TIME: 20 minutes

SERVINGS: 6

Burgers:

1 15 ounce can black beans, drained and rinsed
½ cup cooked, chilled brown rice
¼ cup fat-free barbecue sauce
¼ cup quick cooking oats
¼ cup dried whole wheat bread crumbs
¼ cup diced fresh mushrooms
2 tablespoons minced canned beets
2 tablespoons minced golden raisins
1 tablespoon minced onion
1 teaspoon minced garlic
1 teaspoon chili powder
¼ teaspoon ground cumin
Several twists freshly ground black pepper
Dash sea salt

Glaze:

2 tablespoons soy sauce
2 tablespoons hoisin sauce
1 tablespoons molasses

Mix all the ingredients for the burgers in a large bowl, slightly mashing the beans while stirring the mixture together. Let rest for 10 minutes.

Combine the ingredients for the glaze in a separate bowl and set aside.

Form the burger mixture into 6 patties. Mixture will be moist and easy to form into patties. (May be placed on a platter, covered and refrigerated at this point.) Place on a pre-heated non-stick griddle and cook for several minutes on each side, flipping occasionally until lightly browned and cooked through. Brush with the glaze after the final flip and grill an additional minute.

Brush the remaining glaze on both sides of toasted whole wheat buns, and serve with lettuce, tomato slices and sliced sweet onion if desired.

HINTS: Buy canned beets in your local market and drain and rinse the necessary amount for this recipe before using. Store the remainder of the beets in their juice in a covered jar in the refrigerator. Look for unsulfured golden raisins in your local natural food store or purchase them online from several sources.