



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 $\frac{3}{4}$ cups water
 $\frac{1}{4}$ cup of apple cider vinegar
Several twists of freshly ground black pepper

1 large head lettuce, shredded
 $\frac{1}{2}$ 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

$\frac{1}{2}$ pound mushrooms, cut in half or quartered
2 tablespoons lemon juice
10-12 red or white salad potatoes, cooked and cubed
1 $\frac{1}{2}$ cups cooked green beans
 $\frac{1}{2}$ cup celery, sliced
1 bunch green onions, sliced
 $\frac{1}{4}$ cup parsley, chopped
2 tablespoons chopped pimiento
 $\frac{3}{4}$ 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.

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