


 THE MCDUGALL NEWSLETTER | *It's the food.*


Featured Recipes

[Dr. McDougall's Mobile Cookbook](#) is now available as an App for the iPhone. It contains over 875 recipes with a convenient browser and recipe search feature. This month I am including some of our favorite holiday recipes, all found on the App. You can search for them by recipe name easily and have them with you when you go shopping. Many of these will be on our holiday table this year!

Creamy Pumpkin Soup
Garlic Mashed Potatoes

Roasted Mashed Potatoes
Creamy Golden Gravy
Tofu Loaf
Holiday Stuffed Pumpkin
Deviled Green Beans
Saucy Brussels Sprouts
Pumpkin Pie
Vanilla Cream Sauce

CREAMY PUMPKIN SOUP

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Servings: 6

1/4 cup water
1 small onion, chopped
4 cups vegetable broth
1 16 ounce can solid pack pumpkin
1/2 cup unsweetened applesauce
2 teaspoons curry powder
Several dashes Tabasco sauce
1/2 cup soy or rice milk

Place water and onion in a medium saucepan. Cook, stirring occasionally, for 5 minutes until onion is soft. Add broth, pumpkin and applesauce. Stir to combine. Add seasonings. Cook over low heat, stirring occasionally, for 10 minutes. Stir in milk and process in batches in a high speed or regular blender. Serve warm.

Hint: This is very attractive served in a small baked pumpkin. Cut top off of a pumpkin. Clean out seeds and strings (just like Halloween). Replace top. Place pumpkin in a pan with 1/2 inch of water. Bake at 350 degrees for 30 minutes. Serve the cooked soup in the baked pumpkin.

GARLIC MASHED POTATOES

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Servings: makes 2 cups

4 large Yukon Gold potatoes
2 cloves garlic
¼ cup unsweetened soy milk
Several twists freshly ground white pepper
Dash sea salt

Peel potatoes and chop into chunks. Place in a stainless pan with water to cover. Add 2 whole cloves of peeled garlic. Bring to a boil, reduce heat, cover and cook for 15 minutes until potatoes are tender. Drain. Mash in pan using electric beaters or use a hand masher, adding the remaining ingredients as necessary to get a smooth consistency and delicious flavor.

ROASTED MASHED POTATOES

This is just in time for the holiday season. These potatoes are so flavorful they don't even need gravy!

Preparation Time: 15 minutes
Cooking Time: 30-45 minutes
Servings: 6-8

8 cups chunked red potatoes (do not peel)
½ to 1 cup vegetable broth
2 teaspoons crushed fresh rosemary
dash salt
several twists freshly ground black pepper
½ cup hot water
¼ cup chopped green onion
¼ cup parmesan cheese substitute
½ teaspoon minced garlic
1 cup tofu sour cream

Preheat oven to 425 degrees.

Place the potatoes in a non-stick baking pan, toss with ¼ cup of the broth, the rosemary, salt, and pepper. Bake for 15 minutes, add another ¼ cup of broth, toss well and bake for another 15 minutes. Check occasionally to make sure they don't dry out. Add extra broth if necessary. Test potatoes for doneness by piercing with a fork. If they do not seem soft, add another ¼ cup of broth, toss again and continue to bake. Potatoes are usually done in 30 to 45 minutes.

Meanwhile, combine remaining ingredients in a large bowl. Add cooked potatoes and mash with an electric beater or hand potato masher, adding more hot water if necessary to reach desired consistency.

Hint: The recipe for tofu sour cream is listed below. Dried rosemary may also be used, although you will only need about ½ the amount.

TOFU SOUR CREAM

Use as a substitute for dairy sour cream. Will keep in the refrigerator about 2 weeks.

Preparation Time: 5 minutes
Chilling Time: 2 hours
Servings: Makes 1 ½ cups

1 12.3 ounce package soft silken tofu
2 ½ tablespoons lemon juice

2 ½ teaspoons sugar
dash salt

Combine all ingredients in a food processor and process until smooth. Refrigerate at least 2 hours to allow flavors to blend.

CREAMY GOLDEN GRAVY

This gravy is made with brown rice flour instead of wheat flour. The great thing about using rice flour instead of wheat flour for thickening is that it doesn't form lumps like wheat flour often does. This does not have to be stirred constantly to prevent lumps. I have walked away and forgotten to stir this gravy and it still comes out smooth and lump free because of the rice flour.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: makes 2 cups

2 cups vegetable broth
2 tablespoons soy sauce
2 tablespoons tahini
¼ cup brown rice flour
freshly ground black pepper

Place all the ingredients, except the pepper, in a small saucepan. Stir well to mix. Cook over medium-low heat, stirring occasionally until smooth and thick. Season with freshly ground black pepper to taste. Serve at once.

Hint: This may be made ahead and refrigerated. It will thicken slightly more when refrigerated. To reheat, place in a saucepan, add a small amount of water, whisk to combine and then heat slowly, stirring occasionally, until hot.

TOFU LOAF

This is an excellent, firm loaf to serve with mashed potatoes and gravy. The leftovers also make a great sandwich filling.

Preparation Time: 15 minutes

Cooking Time: 45 to 60 minutes

Servings: 6-8

30 ounces water-packed firm tofu
1 2/3 cups quick oats
¾ cup whole wheat bread crumbs
½ cup ketchup or barbecue sauce
1/3 cup soy sauce
2 tablespoons Dijon-style mustard
2 tablespoons Worcestershire sauce
¼ teaspoon garlic powder
¼ teaspoon ground black pepper

Preheat oven to 350 degrees.

Drain the tofu well and mash finely, using a bean/potato masher and your fingers. Place in a large bowl and add the remaining ingredients. Mix well, again using your fingers. Turn the mixture into either a square baking pan or a loaf pan. (If you don't have a non-stick pan you will need to *lightly* oil the pan first.) Bake the square pan for 45 minutes or the loaf pan for 60 minutes, until the top and edges are golden brown. Remove from oven and let rest for 5 minutes. Loosen sides and invert over a platter to remove from baking pan.

Hints: The quick cooking oats work best in this recipe. To make bread crumbs, process 1 slice of bread in a food processor. (Do this when you have extra older bread and store the crumbs in a sealed bag in the freezer.) Serve with a sauce or gravy to pour over the loaf-or serve plain with a barbecue sauce on the side. Vegetarian Worcestershire sauce is available in most natural food stores. Low sodium soy sauce is also available in most supermarkets for those of you who are trying to reduce your salt intake.

HOLIDAY STUFFED PUMPKIN

This makes a festive main dish for a holiday meal. Serve with mashed potatoes, gravy, assorted vegetables, salad and bread or rolls.

Preparation Time: 1 hour

Cooking Time: 1 1/2 hours

Servings: 6-8

1 loaf whole wheat bread, cut into cubes
3 cups vegetable broth
1 onion, chopped
2 stalks celery, chopped
2-3 tablespoons soy sauce
1 tablespoon parsley flakes
2 teaspoons thyme
2 teaspoons sage
1 teaspoon marjoram
1-2 teaspoons poultry seasoning
1/2 teaspoon rosemary
several twists of fresh ground pepper to taste
1 medium pumpkin or large winter squash

Preheat oven to 300 degrees. Place the bread on a baking sheet and bake for 15 minutes. Place the broth, onions, celery and seasonings in a medium saucepan and cook over medium heat for 20 minutes. Meanwhile, cut the top off the pumpkin or winter squash and save for a cover (as if you were going to make a jack-o-lantern). Clean out the seeds and stringy portion, leaving plenty of the squash flesh along the sides. Rinse well and set aside.

Place the bread cubes in a large bowl, pour the cooked broth over the bread and toss well until bread is saturated with the liquid. Cover the bowl and allow liquid to be absorbed for about 10-15 minutes. Taste and adjust seasonings (adding more poultry seasoning and ground pepper, if needed).

Preheat oven to 350 degrees. Place the stuffing into the cleaned pumpkin and cover with the pumpkin top. Place in a large baking dish. Add 1 inch of water to the bottom of the baking dish. Bake for 1 1/2 hours or until fork pierces the side of the pumpkin easily. Serve as the main dish for your holiday celebration, scraping some of the pumpkin out with every scoop of the stuffing.

Hints: To save some time, cube the bread the night before and allow it to sit uncovered in a single layer overnight. This will eliminate the need to bake the bread cubes in the oven for 15 minutes. Use a specialty pumpkin for more flavor and moisture. Traditional Halloween pumpkins tend to be rather dry and stringy inside. There are many choices available in most markets at this time of year.

SAUCY BRUSSELS SPROUTS

Preparation Time: 15 minutes

Cooking Time: 15-20 minutes

Servings: 4

1 ½ pounds fresh Brussels Sprouts
 1/3 cup oil-free Italian dressing
 ½ pound cherry tomatoes or 2 tomatoes cut in wedges

Prepare Brussels sprouts by removing any discolored leaves. Cut off-stem ends and wash. Steam over 1 inch boiling water about 10-15 minutes until tender. Remove steamer basket and drain out water. Place Brussels sprouts back in pan, add tomatoes, and dressing. Toss to mix. Cover and let rest for 5 minutes to warm tomatoes and dressing. May be served hot or cold.

DEVILED GREEN BEANS

Preparation Time: 15 minutes
 Cooking Time: 10 minutes
 Servings: 6

1 pound fresh green beans
 2 tablespoons vinegar
 1 cup water
 2 teaspoons Dijon mustard

Clean beans and cut into 1 inch pieces. Cook in the water until tender, about 10 minutes. Drain off water, reserving 3 tablespoons. Mix reserved water, vinegar and mustard. Pour over green beans. Stir until well coated. Serve hot or cold.

Hints: 20 ounces of frozen green beans may be substituted for fresh, if desired.

PUMPKIN PIE

Thanksgiving wouldn't be complete without pumpkin pie. I have been making various versions of pumpkin pie for many years, but have never been really pleased with the results. This one is the best! You can proudly serve this to everyone!

Preparation Time: 45 minutes
 Cooking Time: 1 ¼ hours
 Servings: makes one 9 ½ inch pie

Crust:

1/3 cup unsalted, roasted cashews
 3 tablespoons Sucanat
 2 tablespoons Lighter Bake Fat Replacer
 ½ teaspoon vanilla extract
 1 cup unbleached white flour
 1/8 teaspoon salt

Filling:

1 12.3 ounce package silken tofu (firm)
 1 15 ounce can pumpkin
 ¾ cup Sucanat
 1 teaspoon cinnamon
 ½ teaspoon ginger
 ¼ teaspoon ground cloves
 ¼ teaspoon pumpkin pie spice
 1/8 teaspoon salt

½ cup soymilk

Preheat oven to 350 degrees.

Place the cashews in a food processor and grind until they resemble fine meal. Add Sucanat, fat replacer and vanilla. Process until well combined. Mix the flour and salt in a medium bowl. Add the cashew mixture and mix well, beginning with a spoon and ending with your hands. Press this mixture into the bottom of a 9 ½ inch pie pan with a high fluted edge. Press the mixture evenly over the bottom and up the sides. Bake for 15 minutes. Remove and set aside.

Meanwhile, place the tofu in a food processor and process until very smooth, scraping the sides often. Remove and place in a large mixing bowl. Add the pumpkin and mix well. Add the Sucanat and the spices and mix until very smooth. Add the soymilk and mix again until well combined. Pour this mixture into the prebaked pie shell. Place in the oven and bake at 350 degrees for 60 minutes. Remove and cool.

For best flavor, chill for at least 2 hours before serving. This may be made a day ahead of time and refrigerated until serving. Serve with vanilla soy ice cream or Vanilla Cream Sauce.

VANILLA CREAM SAUCE

Preparation Time: 5 minutes

Chilling Time: 1 hour

Servings: makes 1 ½ cups

1 12.3 ounce package silken tofu (firm)

½ cup soymilk

1/3 cup Natural Golden Cane Sugar

1 tablespoon vanilla extract

Place the tofu in a food processor and process until very smooth. Add remaining ingredients and blend until smooth and creamy. Chill before serving.

This may be prepared ahead and will keep in the refrigerator for at least 5 days.