



## **Diet Is Destroying Workers' Competitiveness**

At the beginning of the second decade of the 21st century, the number one concern for Americans is jobs, and the primary topic for politicians is job creation. I have yet to hear anyone speak about improving the health of our workforce, a fundamental step to solving the problems with our economy and unemployment.

In order to ready our workers, there are three major issues that need to be addressed:

### **1) Most American Are Too Sick to Compete in the World Market**

National statistics are damning, with two-thirds of adults overweight and one-third obese. Based on pharmaceutical company-sponsored TV commercials, we know that cholesterol, erectile dysfunction, GERD, diabetes, and arthritis are rampant among our workforce. Employees spend valuable work hours worrying about and dealing with their minor and major health issue, from constipation to cancers. Most employees feel so poorly on a day-to-day basis that they dread starting their workday. The byproducts of poor health in the workplace include reduced productivity and intellectual capacity, as well as increased absenteeism. Sick employees contribute to the failure of businesses, and that means even more unemployment. To keep the doors open, many employers have resorted to exporting jobs to other countries.

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America's jobs are being lost overseas to "starch-eaters" living in Asia, India, and Central America. This workforce is getting most of their calories from rice, corn, and beans (few from meat and dairy) and they are thinner, more active, younger-looking, and healthier because of the foods they eat. Better health translates into more productivity and less expensive medical care.



Which Man Would You Hire?

### **Research Shows Fat and Sick are Less Desirable:**

American society adores the slim and deplores the fat.

Obese applicants are rated as less qualified for jobs.

Obesity has led to weight-focused job interviews, forced resignations, denials of promotions and insurance coverage, and exclusion from office social functions.

Both the diabetic and obese applicants are less likely to be hired.

Obesity lowers self-confidence, forces concealment of weight, and channels the obese into low-paying jobs.

Both the obese and the diabetic applicants are viewed as having poorer work habits.

Obesity has also led to lower incomes (\$6,700 a year less), and higher rates of poverty (10 percent higher) are found among obese women.

Wages of mildly obese white women were 5.9 percent lower than standard weight counterparts; morbidly obese white women were 24.1 percent lower.

Diabetics are rated as much more likely to have medically-related job absences.

Obese applicants are rated as more likely to have other absences (e.g. abusing company privileges by feigning illness) and to have emotional and interpersonal problems.

A survey found 47 percent of obese Americans believe they have suffered discrimination in the workplace, while 32 percent think obese employees are less likely to be respected and taken seriously in the workplace.

Overweight and obese students, especially girls, are less likely than the non-obese to be accepted by the more competitive colleges.

Overweight people are less likely to attend college even though they score high on standardized tests and are academically motivated.

Overweight students are more likely to be refused letters of recommendation from faculty members.

## **2) Employees Weighed Down by Health Insurance**

Healthcare expenditures in the United States are out of control and growing at epic proportions. In 2008, spending on sickness in the US surpassed \$2.3 trillion, which is more than three times the \$714 billion spent in 1990, and over eight times the \$253 billion spent in 1980. These expenses represented more than 17 percent of the GDP in 2009. Employers fund most of this expense with a usual 70/30 split with the employee on premiums. The [average insurance premiums](#) for families in 2011 jumped to \$15,073 (workers pay, on average, \$4,129 and employers are paying the rest, at nearly \$11,000).

Exorbitant healthcare costs also make American goods less competitive. For example, General Motors covers more than 1.1 million employees and former employees, spending roughly \$5 billion on healthcare expenses annually. This adds between \$1,500 and \$2,000 to the sticker price of every automobile. Money spent on health care could be better spent on innovations for businesses that lead to real job creation and better wages for employees. (Don't talk to me about tax breaks for the rich for job creation until our workforce has had an opportunity to regain its lost health and appearance.)

In addition, comprehensive insurance coverage hides the real costs of sickness from the consumer (the employee). Since they are not paying out of pocket (aside from maybe a small co-pay), the patient finds little need to investigate the real worth of treatments. If \$40,000 for ineffective MS drugs, \$100,000 for heart surgery with no survival benefits, or \$3,000 for diabetic medications proven to kill came out of their family's budget then employees would take the trouble to do a little pre-purchase research—like when they buy a car or a refrigerator. The current system allows doctors, drug companies, insurance companies, and hospitals to steal from employers and employees—and nobody notices.

### 3) Job Creation Is Limited to Careers in Sickness-care

Today 14 million US workers are unemployed, and the economy is losing more jobs everyday; the rare exception is the healthcare industry, where employment is increasing. Since 2001, 1.7 million new jobs have been added, while private sector employment, outside of the healthcare systems, is being lost. While northeastern US cities were once robust centers for the production of goods—steel mills, coal mines, and other manufacturers—now the biggest employers are hospitals, clinics, and related medical services. The Cleveland Clinic is the largest employer in the region, with 29,000 workers.



[A well-balanced economy](#) needs to produce goods and provide for a wide variety of jobs (not just more doctors, nurses, and medical technicians). Healthcare is largely a service industry with few goods produced (medications and devices are notable exceptions). Without manufacturing, where does all the money ultimately come from? We are borrowing from overseas to fund the creation of jobs in healthcare. Our debt to China is a short-term, risky solution, which can only temporarily prop up our failing economy.

### The Long-term Solution Is a Fit American Workforce

The downhill spiral for the American worker must be stopped, and there is no better place to start than at the dinner table. Replacing the current animal-food-based diet with a starch-based diet will return workers to a productive state of health, almost overnight. You, personally, do not have to wait to be saved by another government-sponsored stimulus program. Take control, get back your health, get off medications, and away from frequent visits to doctors, laboratories, and hospitals. Switching from beef and butter to beans and barley will cut your [personal food bill](#) too, from \$14 to \$3 a day today. That would mean a \$44 a day savings for a family of four, which equates to an extra \$1,300 a month saved on food alone.

President Obama has asked Americans to make sacrifices. Healthy delicious food is no sacrifice. Americans forfeit nothing when they lose excess body fat, stop unnecessary medications and surgeries, and regain their strength. They do, however, avoid illnesses, disabilities, and the likelihood of premature death with this simple change. In order to have this option, people need to be told the truth and to receive a little guidance on switching to a [starch-based diet](#).



The pessimist can take some consolation in the observation that the exportation of the American diet is leveling the playing field to a new low. Sickness and obesity are escalating in China, Korea, Japan, India, Argentina, and the rest of those countries that have recently acquired the jobs once held by Americans. The right approach for America is to take a giant positive step forward to a starch-based diet in order to return productivity and prosperity to our workforce. In the process, American leadership in nutrition-based health will raise living standards worldwide.

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With a \$25 million grant, announced on September, 16, 2011, the Bob and Charlee Moore Institute for Nutrition and Wellness was established at OHSU for the purpose of studying the link between food and common health conditions, such as hypertension, heart disease, type-2 diabetes, autism, and obesity. The institute will have five main areas of research: childhood obesity, maternal and fetal medicine, epigenetics (the way nutrition affects genetics), community outreach, and education. This was one of the largest donations ever given to OHSU. Bob's Red Mill Natural Foods, known for their organic and gluten-free products, is located in Milwaukie, Oregon. (Although Bob and Charlee Moore founded this company, Bob's Red Mill is now employee-owned and not involved in this grant or the institute.)

The OHSU medical school dean, [Mark Richardson, MD](#), says instances of those diseases (listed above) have risen sharply with the advent of processed convenience foods, high in sugar and fat but low in nutritional value. "We've got to put our knowledge to work so that individuals are supported at every step of the way to change their eating habits. By health care teams, by policy makers, by outreach and by education. We've got to make sure that everyone can make the choice to eat well."



### Protest Follows from [Animal Rights](#) Advocates

There was an immediate backlash from people concerned about the welfare of animals since OHSU is involved in the use of animals for research purposes.

In response, [Bob Moore](#) stated that the donation will NOT go toward funding animal research. This was confirmed by Dr. Richardson, who says, "We will honor the intent of their gift explicitly." Meaning they will not use this donation for funding animal testing at OHSU.

### The McDougall Diet and the MS Study Are in Compliance

There is one study being conducted at OHSU that should make everyone—Bob and Charlee Moore, the OHSU medical school, and the people interested in the welfare of animals—happy. Almost four years ago a partnership between the [McDougall Research and Education Foundation](#) (a 501c3 tax deductible corporation, Employer ID # 82-0573876) and the neurology department at OHSU established to study the effects of a healthy diet on the progression of multiple sclerosis (MS).

Participants involved in [this research](#) are randomly assigned to follow the low-fat, starch-based McDougall Diet or the standard American diet (the control diet). Results are based on MRI scans, an evaluation of the progression of disability by a doctor, and questionnaires. The Oregon Health & Science University Research Integrity Office formally approved the study on January 15, 2009, and recruitment began. It has taken over two and a half years to enroll most of the subjects (about 60 people total). We plan to

complete enrollment by year's end. Likely, results will begin to be reported at the end of 2012. Compliance with the intervention diet has been very good in large part because all of these people go through 10-days of intensive education at the McDougall Program in Santa Rosa, California. Good research takes a long time, especially when financial resources are so limited.

Sole support for this research has come from individual donations to the McDougall Research and Education Foundation. (No university funds, pharmaceutical, or any other business-related monies were used.) We have raised about \$700,000, which is the same amount of money spent to care for one patient with MS for 10 years. (The medication for MS alone costs \$40,000 annually and is of very little benefit with serious side effects). Recruitment for the study has been accomplished almost entirely by individuals with MS applying directly to the neurology department of OHSU. The study has been privileged to have unwavering support from our principal investigator, Vijayshree Yadav, MD, the head of neurology at OHSU, Dennis Bourdette, MD, and all of the neurology department's staff, since we formally began our relationship on January 16, 2008. Our diet study is based on the original work of [Dr. Roy Swank](#) who used a low-fat diet to treat patients with MS for almost 50 years. By no coincidence, he once served as the head of the neurology department at OHSU for 23 years.

### A Brighter Future Thanks to Bob and Charlee Moore

The day after my graduation from my Internal Medicine Residency at the University of Hawaii in 1978 (the same year Bob's Red Mill was founded), I told my chief of medicine, Irwin J Schatz MD, that 80 percent of the diseases I was caring for during my training were due to diet, and that most of these could be reversed by changing to a low-fat, starch-based meal plan. Fortunately, this was the day after my graduation and he could not retaliate against me for my bold assessment of the state of affairs.

Over the past three and a half decades, medicine has been practiced with a blind eye to human nutrition. Drugs, radiation, devices, and surgeries have been the only options available for doctors to help their patients. The results, by any mode of assessment, have been dismal, and have come at a colossal expense. There is no profit for doing the right things. That's why today tens of millions more people are obese, sick, and drugged than were in 1978.

With the establishment of the Bob and Charlee Moore Institute for Nutrition and Wellness medical and health care will change. Because of their generosity there is now some money available for doing the right things. Hopefully this is just the beginning, and many more philanthropists will step forward and donate to research and education dedicated to helping people and the planet through the proper treatment of the diet-induced diseases that affect the vast majority of people living in Western societies.

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## The Secret Life of Mitch Spinach

Is there a way to solve the age-old problem of getting your children and grandchildren to eat their fruits and vegetables? Now there is! There's a new kid on the block . . . Mitch Spinach, a healthy super hero, who solves mysteries using the strength and brain power he gains by eating plant foods. A fun children's book series for kids ages 3-9, *The Secret Life of Mitch Spinach* gets kids ASKING for fruits and vegetables so that they can be more like Mitch Spinach.

Mitch Spinach seems to be an ordinary kid, but his classmates have begun to suspect something when he is so often called to Principal Lycopene's office. The notes in his custom-made, temperature-controlled Nutripak lunchbox appear to have been written in code, and he receives secret messages on his futuristic



watch. While other kids eat their usual chicken fingers and pepperoni pizza, Mitch Spinach mixes up his meal in a battery-powered blender and boosts his brain power with various super-foods, such as dinosaur kale and bean soup. The truth is that his high-powered meals give him special powers, such as super-sonic hearing and amazing night vision, which help him tackle problems and solve mysteries at Sunchoke Elementary.

Every kid wants to be a super hero, and every kid can, if they eat as Mitch Spinach does. Kids don't like to be lectured about what to eat. Get the kids in your life excited about eating plant foods by introducing them to Mitch Spinach books.

T-shirts and book packages available at <http://www.MitchSpinach.com>.

Hillary Feerick-Hillenbrand  
Jeff Hillenbrand  
Mitch Spinach Productions, Inc.



## Featured Recipes

### CRANBERRY CHILI BEANS

I have been using cranberry beans in place of pintos a lot lately in many of my bean dishes. They are a bit richer in taste, sweeter and cook much faster than pinto beans. They mash easily yet also are delicious and quite smooth when left whole. I usually serve this recipe on top of brown rice with a few spoonfuls of sautéed kale, broccoli and zucchini from my garden ladled over the top. And don't forget the hot sauce!!

Preparation Time: 5 minutes

Cooking Time: 2-4 hours (see hints)

Servings: makes about 12 cups beans (see hints)

4 cups cranberry beans  
12 cups water (see hints)  
1 onion, coarsely chopped  
4 cloves garlic, peeled and quartered  
4 tablespoons tomato paste  
1 ½ tablespoons chili powder  
1 teaspoon cumin  
Dash sea salt (optional)

Sort through the beans and place in a large pot with the water. Add the onion and garlic, cover, bring to a boil and cook for about 2 hours until tender. Add the remaining ingredients and cook an additional 15 minutes to allow flavors to blend.

Hints: To make these in a slow cooker (crock pot), place the beans in the bottom of the pot and add water until there is about 1 ½ inches of water covering the beans. Add the onion and garlic, cover, turn on high heat and cook until beans are tender, about 4 hours. Add remaining ingredients and cook for about 15 minutes until flavors are blended. If you are away from the house, these may be left to cook for a longer period of time. Add about 1 cup more water, then drain off any excess water when the beans have finished cooking, and before adding the seasonings. I make these in a large amount and then use them in other recipes during the week. Or they may be frozen for up to 6 months. This recipe may easily be cut in half if you don't wish to have so many cooked beans on hand. Use the same amount of onion and garlic, but use 2 cups of beans and 6-7 cups of water. Halve the seasoning amounts used at the end, or adjust to taste.

Bob's Red Mill has excellent cranberry beans sold in bags (about 4 cups) in many supermarkets. Or order online at [www.bobsredmill.com](http://www.bobsredmill.com). Bob's Red Mill also sells a large variety of other healthy grain products and a large assortment of beans online and I have always found their quality to be excellent. They may also be found in most natural food stores, such as Whole Foods Market, and many supermarkets as well.

### **SAUTÉED GREENS, BROCCOLI & ZUCCHINI**

I make this with whatever is abundant in my garden: kale, chard, bok choy, etc. I just chop everything into uniform sized pieces, place it all in a large non-stick sauté pan and cook and stir until tender.

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: variable

4-6 cups mixed leafy green & yellow vegetables, uniformly chopped

1 onion, sliced and separated into rings

Dash vegetable broth

Dash soy sauce

Dash red pepper flakes

All-purpose vegetable seasoning mixture as desired (see hints)

Chop all the vegetables according to what you have on hand. For example, slice zucchini into rounds, cut broccoli into florets, chop kale into bite-sized pieces. Place all the vegetables and the onion into a large non-stick sauté pan. Add a splash each of vegetable broth and soy sauce and a dash or two of red pepper flakes and vegetable seasoning mixture. Cook and stir until liquids are evaporated and beginning to brown. Continue to cook and stir until browned and tender. Serve at once, either as a side dish or over rice and beans.

Hints: There are many varieties of vegetable seasoning mixtures available at supermarkets and even Costco. Look for ones that are made from an assortment of vegetables, herbs and spices (organic, if possible) and sodium free. For example, Costco brand, Kirkland, has a fantastic organic no-salt seasoning mixture made from 21 organic spices, vegetables and herbs. This is delicious added to almost any vegetable mixture and adds a lot of flavor to a vegetable sauté without any added sodium.

### **CHILI CORN SOUP**

This soup is wonderful served as a first course, as it may be served warm or at room temperature. It is delicious plain or with a dollop of the Tofu Chile Cream stirred into it.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 6

4 ¼ cups vegetable broth

1 small mild onion, chopped

2 tablespoons unbleached white flour

1-2 tablespoons canned chopped green chilies



4 cups frozen corn kernels, thawed  
1 tablespoon chopped cilantro

Place ¼ cup of the broth in a medium saucepan. Add the onions and cook and stir for about 2-3 minutes. Stir in the flour and mix well. Add the remaining broth, about ¼ cup at a time, stirring well, until the flour is well mixed into the broth. Stir in the green chilies and the corn and heat soup to boiling. Reduce heat and cook for about 5 minutes. Remove by cupfuls into a blender jar and process briefly until slightly smooth. Return to pan and heat through. Stir in cilantro just before serving. Serve warm or at room temperature.

Hint: For a bit more heat and flavor, serve Chile Cream Sauce on the side so each person can add a dollop to their soup, if desired.

### **CHILI CREAM SAUCE**

This is delicious and easy to make. It's wonderful stirred into the corn soup for a bit more heat, or try it to top burritos, tacos or wraps.

Preparation Time: 5 minutes

Servings: makes about 1 cup

6-8 ounces silken tofu  
2-4 tablespoons canned chopped green chilies  
1 teaspoon minced garlic

Place all ingredients in a blender jar and process until smooth. Scrape sides as necessary and repeat until well processed. Place in a bowl and chill until needed.

Hint: Made be made 1 to 2 days ahead of time to allow flavors to blend.

### **BLACK BEAN CHILI**

I have been making vegetarian chili for many years. I usually start with dried beans and cook the chili for several hours to make a hearty, rich sauce. However, this chili uses canned beans, which are easy to find in most supermarkets, and is ready to serve in just 30 minutes. Sometimes I serve this over brown rice, which cooks while the chili is simmering. This makes a hearty meal for four people. It also reheats well, so saving some for the next day's lunch is an option.

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4

½ cup vegetable broth  
1 medium onion, chopped  
1 bell pepper, chopped (red or green)  
3 cloves garlic, minced  
1 4-ounce can chopped green chilies  
1 tablespoon chili powder

1 teaspoon ground cumin  
1 teaspoon oregano  
2 15-ounce cans black beans, drained and rinsed  
1 15-ounce can fire-roasted chopped tomatoes  
1 cup chunked, cooked yams  
3 tablespoons chopped fresh cilantro  
dash salt

Options: baked tortilla chips  
Chili Cream Sauce (recipe above)  
Salsa (purchased)

Place the vegetable broth in a large pot. Add onion, bell pepper and garlic. Cook and stir frequently for 3 minutes. Add green chilies, chili powder, cumin, and oregano. Cook and stir for 2 minutes. Add beans, tomatoes, and yams. Bring to a boil, reduce heat, cover, and cook for 10 minutes. Uncover and cook for 15 minutes, adding a bit more vegetable broth if the chili is too thick at this point. Stir in cilantro and salt to taste. Add optional toppings as desired.

Hints: If you don't have cooked yams on hand, just microwave one until it is barely tender. Let cool and peel, if desired. Then cut into chunks. Use some baked tortilla chips on the side of the chili or crumble over the top. Use a tablespoon or two of Chili Cream Sauce over the top, if desired. I also like to serve this on top (or inside) of baked tortilla shells. Place corn tortillas on a flat baking sheet and bake in a 300 degree oven for 15 minutes until crispy. Or place softened corn tortillas into a tortilla shell mold and bake until crispy. Serve the chili on or in these shells, topped with Chili Cream Sauce and salsa. To make your own baked tortilla chips, buy soft corn tortillas and cut them into wedges with a scissors. Spread in a single layer on a baking sheet (or two), spritz with a fine mist of water (this makes them crispier) and bake at 300 degrees until crisp, about 15 minutes. (Some sea salt or other seasonings may be sprinkled on after misting with water for even more flavor.) Store any of these baked tortillas in an airtight bag or container.

## **FRENCH VEGETABLE SOUP**

This soup is thick and filling and contains a wide variety of vegetables.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 8-10

8 cups water  
2 onions, coarsely chopped  
1 clove garlic, crushed  
2 potatoes, chopped coarsely  
1 stalk celery, thickly sliced  
1 carrot, thickly sliced  
½ pound mushrooms, sliced  
4 zucchini, thickly sliced (cut in half)  
2 leeks, sliced or 1 bunch green onions, sliced  
2 cups chopped broccoli pieces  
1 cup fresh or frozen peas  
1 cup chopped cauliflower pieces

1 cup dry white wine  
1 teaspoon thyme  
1 teaspoon dill weed  
1 teaspoon marjoram  
1 teaspoon basil  
3 tablespoons soy sauce  
Freshly ground black pepper

Place 8 cups water in a large soup pot. Add onions, potatoes, garlic, celery and carrots. Bring to a boil, reduce heat, cover, and simmer for 15 minutes. Add remaining ingredients, cook an additional 30 minutes.

HINTS: If you don't have any white wine on hand, use a cup of vegetable broth instead. Sprinkle with finely chopped green onions before serving, if desired.

### **MANHATTAN BEAN SOUP**

Preparation Time: 30 minutes

Cooking Time: 3 hours

Servings: 8

7 cups water  
1 cup Great Northern beans  
½ cup dried baby lima beans  
1 onion, chopped  
1 stalk celery, chopped  
1 large potato, chopped  
1 16 ounce can chopped tomatoes  
2 tablespoons soy sauce  
½ teaspoon ground coriander  
½ teaspoon dry mustard  
½ teaspoon cinnamon  
½ teaspoon ground ginger  
Dash of white pepper  
1½ cups soy or rice milk

Place beans and water in a soup pot. Bring to a boil, reduce heat, cover and cook about 2 hours. Add vegetables and seasonings. Cook an additional hour. Remove 1 cup of soup and process in blender until smooth. Add milk and mix well. Add this mixture back to soup pan. Stir until heated through.

### **BAKED POTATO SALAD**

This is great for a quick lunch, especially if you have leftover baked potatoes and/or green beans in your refrigerator. (I always make extras for this purpose.)

Preparation Time: 30 minutes

Cooking Time: 1¼ hours

Servings: 4

4 potatoes  
2 cups sliced green beans, cooked  
4 cups coarsely shredded lettuce  
2 tomatoes, chopped  
½ cup celery, thinly sliced  
½ cup radishes, thinly sliced  
¼ cup green onions, chopped  
¼ cup oil-free salad dressing of your choice

Wash potatoes, prick with a fork and bake at 400 degrees until done. Cook green beans in a small amount of water until just tender. Drain. Set aside. (Use frozen green beans, if desired, and thaw in cold water. It is not necessary to cook these, unless you wish to.)

Combine lettuce, tomatoes, celery, radishes, onions and green beans. Chill. To serve, slice baked potatoes in half, then cover with some salad mixture. Top all of this with your choice of no-oil salad dressing.

HINT: The potatoes may be used at room temperature or chilled, depending on your preference. The topping mixture made be made ahead and chilled. This makes it easy to take this lunch with you to work and then assemble ingredients just before eating.

## **BUDDHA'S DELIGHT**

I enjoyed this dish at one of our local Chinese restaurants a few nights ago, and decided to come home and make it for myself the next night. (I enjoyed my version even more than the restaurant version.)

Preparation Time: 30 minutes

Cooking Time: 25-30 minutes

Servings: 8

Vegetables:

4 cups broccoli flowerets (or use some cauliflower with the broccoli)  
1 ½ cups carrots, sliced  
½ cup green onions, sliced  
2 cups sliced mushrooms  
2 cups bok choy, sliced thinly  
2 cups snow peas  
½ cup bamboo shoots, sliced  
½ cup sliced water chestnuts  
½ cup whole straw mushrooms (canned)  
1 cup whole baby corn (canned)

Sauce:

1½ cups water  
2 tablespoons sherry (or apple juice)

4 tablespoons soy sauce  
3 tablespoons cornstarch  
¼ teaspoon white pepper

Prepare vegetables as directed and set aside separately. Combine sauce ingredients in a separate bowl and set aside.

In a wok or a large saucepan, place about 1/2 cup water and a dash or two of soy sauce. Heat until it boils, then add broccoli, carrots and green onions. Cook and stir for about 10 minutes. Add mushrooms, bok choy and snow peas. Cook and stir for 5 minutes. Add bamboo shoots and water chestnuts. Cook and stir a few more minutes. Add sauce mixture to pan. Bring to a boil, stirring constantly. After mixture boils and thickens, stir in straw mushrooms and baby corn. Cook until heated thoroughly. Serve over brown rice.

HINT: Buddha's delight is a popular vegetarian dish in China. There are many variations but one thing they share in common is at least 10 different vegetables are used in the preparation. You may vary the vegetables used according to what you have available in your refrigerator and pantry.

## SUMMER STEW

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Servings: 6-8

1 ¼ cups water  
2 onions, sliced  
2 cloves garlic, crushed  
6 small zucchini, sliced ½ inch thick  
4 small yellow crookneck squash, sliced ½ inch thick  
1 green or red pepper, coarsely chopped  
2 cups snow peas, trimmed and left whole  
3 cups tomato chunks  
2 cups corn kernels  
3 tablespoons soy sauce  
Seasonings (see note under hints)  
1 tablespoon cornstarch

Sauté onions and garlic in ½ cup water in a large saucepan. Cook until soft, about 5 minutes. Add both kinds of summer squash, green or red pepper, snow peas, and tomatoes, plus another ½ cup water. Cover and simmer over medium heat for 15-20 minutes. Stir occasionally. Add corn and chosen seasonings. Simmer an additional 10 minutes. Mix cornstarch in ¼ cup cold water. Gradually add to stew while stirring. Cook and stir until thickened. Serve hot over whole grains.

HINTS: This is a very low calorie stew. It is delicious with many different seasonings. Choose one of the four seasoning mixtures here, or use your own favorites.

1. 1 teaspoon turmeric, 1 ½ teaspoons ground cumin, 1 teaspoon curry powder, 1 tablespoon chopped fresh cilantro.
2. 1 teaspoon dried basil or 1 tablespoon fresh basil, chopped, 1 teaspoon dried oregano or 1 tablespoon fresh oregano, chopped, 1 tablespoon parsley, chopped, dash lemon juice.
3. ½ teaspoon basil, 1 teaspoon dill weed, 1 teaspoon paprika



4. ½ teaspoon thyme, ½ teaspoon rosemary, ½ teaspoon marjoram, ½ tablespoon Dijon mustard.

## PANZANELLA

Panzanella is another name for bread salad. This is a great way to use up some bread that is a couple of days old and it's fantastic with fresh heirloom tomatoes available all over at this time of year. See hints below to change salad ingredients according to your preferences.

Preparation Time: 20 minutes

Resting Time: 15 minutes

Servings: 4

4 very ripe heirloom tomatoes, chopped  
2 small avocados, peeled and chopped  
2 cloves fresh garlic, pressed  
¼ cup chopped green onions  
3 cups cubed fat-free French or Italian style bread (1 or 2 days old)  
½ cup fat free Balsamic vinaigrette (see recipe below)  
2 tablespoons chopped fresh cilantro or parsley

Place the tomatoes, avocados, garlic, and green onions in a large bowl and mix well. Add bread to the vegetable mixture and toss to mix. Add the dressing and cilantro or parsley and toss again. Let rest for at least 15 minutes before serving to allow dressing to soak into the bread somewhat.

Hints: To make this into a lower fat salad, omit the avocado and use 1 cucumber, seeded and chopped and 1 bell pepper in place of the avocado. Add some shredded fresh basil, if desired. Instead of the chopped green onions, used freshly chopped sweet onions, that have been rinsed according to directions in this newsletter under "Kitchen Hints".

## BALSAMIC VINAIGRETTE

This will keep in the refrigerator for several weeks.

Preparation Time: 10 minutes

Chilling Time: 2 hours

Servings: makes 2 ½ cups

1 cup water  
¼ cup balsamic vinegar  
¼ cup apple cider vinegar  
¼ cup red wine vinegar  
¼ cup unseasoned rice vinegar  
3-4 gloves garlic  
¼ cup ketchup  
1 tablespoon Dijon mustard  
1-2 tablespoons agave nectar  
½ teaspoon xanthan or guar gum

Place all ingredients in a blender jar and process until very smooth and emulsified. Taste for sweetness and add more agave to taste if necessary. Chill in refrigerator for at least 2 hours. Dressing will thicken as it chills.

Hints: Use the best quality vinegars you can find for the best flavored dressing. Xanthan or guar gums are excellent thickeners for oil-free salad dressings because they thicken without heat as the dressing chills in the refrigerator.

## **CORKSCREW PASTA WITH FRESH TOMATO SAUCE**

By Linda Vallin

This email was sent to me a few weeks ago by a long-time follower (and frequent recipe contributor) and it was so delicious and easy that I wanted to share it with you.

Linda writes:

"I thought you would like this pasta recipe that I improvised last night. I had a few too many farmer's market heirloom tomatoes that were just on the verge of being over-ripe. It was warm, it had been a long day, and I didn't feel like cooking. Not expecting much, I threw this together with what I had on hand, and boy was I surprised at how good it tasted! Simple things are sometimes the best. This tastes delicious. The hot pasta warms the sauce a bit but doesn't cook it. I enjoy your recipes often, and I am relying on the iPhone/iPad recipe app a lot."

Preparation Time: 10 minutes

Cooking Time: 8-10 minutes for pasta

Servings: 4-6

1 pound whole wheat corkscrew-shaped pasta

2 large cloves garlic, peeled

1 small bunch basil, washed and dried

3 very large, very ripe heirloom tomatoes

Pinch of salt (optional)

Freshly ground pepper

Cook pasta according to package directions. While it is cooking, pulse the garlic in a food processor until chopped fine. Scoop the garlic into a bowl, then add the basil leaves (no stems) to the food processor, pulse until chopped fine, and add to the bowl. Finally, chop the tomatoes into large pieces so they will fit into the food processor, and pulse until they are the consistency of your favorite salsa. Add the tomatoes, salt (if using) and freshly ground pepper to taste to the bowl and stir. Pour over cooked pasta. Done!

## **MARY'S KITCHEN HINTS**

### **Dried Tomatoes**

We have an overabundance of tomatoes in our garden this year. Last year's tomato harvest was quite skimpy and John really wanted to avoid that this year so he planted a LOT of tomato plants this year. Now I have way more tomatoes than we can use or even

give away and so we have become fans of dehydrated tomatoes! It couldn't be easier. Just slice the tomatoes rather thinly, no need to core or peel, and place on drying trays. Dry for about 15-18 hours and you'll have delicious dried tomatoes to eat for days or weeks afterwards. They may also be reconstituted by soaking in hot water for about 15 minutes (then draining) to use in recipes calling for sun-dried tomatoes. Or to give an intense tomato flavor to any recipe! Store in an airtight covered container at room temperature. I have an Excalibur 3500 Dehydrator that I love. It is easy to use and it's been working full time this year, with tomatoes, plums and apples so far. Look for it online at [www.amazon.com](http://www.amazon.com). If you don't want to invest in a dehydrator, tomatoes may also be dried in your oven to various degrees of dryness. Cut small tomatoes in half and slice larger ones into thin slices, the same as you would for a dehydrator. Place tomatoes on a baking sheet lined with parchment paper and bake at 250 degrees until tomatoes are shrunk slightly and dried to the consistency you'd like them. This will take between 1-6 hours, depending on the size of the tomatoes and the amount of dryness you prefer. To store, let cool and store in an airtight container in the refrigerator or freezer. (You'll notice these need refrigeration while the dehydrated ones do not.) Tomatoes may also be roasted at a higher temperature to slightly dry them and intensify their flavor. This works best with medium sized tomatoes that are the perfect size to cut in half. Place them cut side up on a parchment lined baking sheet and roast at 350 degrees for about 1 hour. Cool and store in a covered container in the refrigerator for up to 5 days, or freeze for later use.

### **Perfect Rice**

There are so many different kinds of rice that are available these days that finding one method that successfully cooks all kinds of rice to perfection can be difficult, if not impossible. Fortunately there is a solution: cook your rice as if you were cooking pasta and you will have perfect rice every time, no matter what kind of rice you are cooking. Bring a large pot of water to a boil (at least 6-8 times more water than rice) and when the water is boiling add the rice, mixing in well to avoid clumps. Cook at a rolling boil and check for doneness frequently, starting at 10 minutes for white rice and 25 minutes for brown rice. Drain rice in a colander with small holes as soon as it is tender and place into a large bowl. Serve at once. (If you are not serving right away, leave in colander to drain, and then reheat in bowl just before serving.) This method keeps your rice from becoming a sticky goo.

### **Mild Onions**

Many of you have problems with eating and digesting raw onions. Rinsing onions after they are chopped or sliced can help with this problem by rinsing off some of the sulfurous compounds from the raw onions. Place chopped or sliced onions in a colander and rinse and pat dry before using raw in a salad. John and I take this one step further: after rinsing the raw onions, I place them on a plate and microwave for a minute or two to break down these irritating substances even more. Now we enjoy sliced onions on our veggie burgers and sandwiches again!