



## Featured Recipes



After vegan chef Lindsay S. Nixon wrapped up her popular cookbook *The Happy Herbivore Cookbook* last year, she went back to her kitchen in her new home of St. Maarten. Island living encouraged Nixon to come up with simpler fare, which led to a follow-up cookbook focusing on recipes that bring tasty back to quick-and-easy. Now, in Nixon's much-anticipated follow-up cookbook, *Everyday Happy Herbivore*, readers will see, once again, that just because plant-based eating is optimal for health, it doesn't have to also be expensive or time-consuming. *Everyday Happy Herbivore* includes more than 175 doable recipes--recipes that are so quick and easy, you could cook three healthy meals from scratch every day like Nixon does. Each of Nixon's recipes are made with wholesome, easy-to-find, fresh ingredients and include no added fats. With additional notes indicating recipes that are ideal for preparing ahead of time and those you can whip up with just a few dollars, *Everyday Happy Herbivore* will be the must-have cookbook for anyone desiring a healthier, happier menu!

Lindsay Nixon will be sharing a cooking demonstration with our attendees at the February 17-19, 2012 McDougall Advanced Study Weekend. She will have copies of her new book, *Everyday Happy Herbivore*, for sale at the weekend, but if you can't wait that long, get your copy of *Everyday Happy Herbivore: Over 175 Quick-and-Easy Low Fat and Fat-Free Vegan Recipes* at [Amazon.com](http://Amazon.com).

**Mary's note:** This is one of the few cookbooks that I can recommend wholeheartedly and that I can use without making adjustments to the recipes. If you are looking for a few more, delicious McDougall-style recipes with no added free oils, then give this book a try. She cooks just like I do!!

### Recipes

#### Skillet Refried Beans | serves 2

Sure canned refried beans are easy, but you just can't top the taste of homemade. The little effort required here is so worth it -- these beans are fantastic!

1 small onion, finely diced  
 15-oz can pinto beans (undrained)  
 1 tsp ground cumin  
 1/2 tsp chili powder  
 paprika

Line a skillet with a thin layer of water and saute onion over high heat until translucent and most of the water has cooked off. Add cumin, chili powder and a few dashes of paprika, stirring to coat the onions. Add beans with their juices and stir to combine. Reduce heat to low and mash beans well using a fork or potato masher. It will look very soupy, don't be alarmed. Crank the heat up to high and bring to a boil. Once boiling, reduce to medium and simmer 10 minutes. If the beans start popping and splashing, cover for a few minutes, then uncover. Stir every minute or so, scraping along the bottom to lift the beans. After 10 minutes the liquid should have significantly reduced. It may still be a little soupy, that is alright, it will thicken as it cools. However, if its really soupy, cook longer. Add salt and pepper to taste then serve.

Per Serving: 216 Calories, 0.4g Fat, 41.7g Carbohydrates, 15.7g Fiber, 4.8g Sugar, 13.7g Protein

#### Sweet Potato Dal | serves 2

This soup is Dal-icious! It's so flavorful you'll want seconds, and thirds!

1 small sweet potato, skinned  
 1 small onion, finely chopped  
 3 garlic cloves, minced  
 red pepper flakes  
 1/4 tsp turmeric  
 1/4 tsp garam masala, plus extra  
 1 cup vegetable broth, plus extra  
 1/2 cup red lentils  
 4 cups spinach, or more  
 salt

Dice sweet potato into small ½-inch cubes, and set aside. Line a medium pot with a thin layer of water and saute onions and garlic for a minute. Add a pinch or two red pepper flakes and continue to cook until all the water has cooked off. Add turmeric, ¼ tsp garam masala and stir to coat. Add 1 cup broth, uncooked lentils, and bring to a boil. Once boiling reduce to low, cover, and simmer for a few minutes, about 5. Add sweet potatoes, bring to a boil again and reduce to low and simmer, until lentils are fully cooked (they expand and the sauce thickens), about 5 minutes more. Check periodically to see if you need additional broth (I tend to add an extra ½ cup but it can vary). Once lentils are cooked and sweet potatoes are fork tender, taste, adding more garam masala as desired (I like to add another ¼ tsp but some blends are stronger than others). Add spinach, continuing to stir until spinach cooks down and softens. Add salt to taste and serve.

Per Serving: 232 Calories, 0.9g Fat, 42.2g Carbohydrates, 17.7g Fiber, 4.7g Sugar, 15.4g Protein

### Quick Burgers | makes 4

I developed these burgers in a hotel room: they're quick, easy and require very few ingredients. (In fact, except for the buns and a seasoning packet, I sourced all the ingredients from the complimentary "breakfast bar"). I make these burgers any time I need a super fast meal or I'm really low on ingredients.

15-oz can black beans, drained and rinsed  
 2 tbsp ketchup  
 1 tbsp yellow mustard  
 1 tsp onion powder (granulated)  
 1 tsp garlic powder (granulated)  
 1/3 c instant oats

Preheat oven to 400F. Grease a cookie sheet or line with parchment paper and set aside. In a mixing bowl, mash black beans with a fork until mostly pureed but still some half beans and bean parts are left. Stir in condiments and spices until well combined. Then mix in oats. Divide into 4 equal portions and shape into thin patties with your hands. Bake for 7 minutes, carefully flip over and bake for another 7 minutes, or until crusty on the outside. Slap into a bun with extra condiments and eat!

Chef's note: If you only have rolled oats, chop them up in a food processor or blender so they are smaller and more like instant oats. Rolled oats left whole tend to make the burgers fall apart.

Per Burger: 109 Calories, 0.5g Fat, 17.6g Carbohydrates, 3g Fiber, 2.2g Sugars, 5g Protein

### Spicy Orange Greens | serves 2

The slightly spicy orange sauce in this dish is one of my favorites. You can serve it with any greens you like or have on hand, but collard greens are my favorite to use. For a complete meal, serve over or tossed with noodles.

1/3 cup water  
 2 tbsp soy sauce  
 2 tbsp minced fresh ginger  
 1/4 tsp red pepper flakes  
 1 tbsp orange marmalade or jam  
 4 cups greens (any)

Pour water, soy sauce, ginger and red pepper flakes into a skillet. Turn heat to high and saute until the ginger is fragrant, about 1

minute. Whisk in marmalade and then add chopped greens. Reduce heat to medium and using tongs, turn greens into the sauce. This will help cook the greens down; stop when your greens are bright green and have softened. Serve.

Chef's Note: Cooked broccoli florets may be substituted for the greens. Toss cooked broccoli with the sauce once it's been warmed and serve.

Per Serving: 78 Calories, 1g Fat, 16.8g Carbohydrates, 3.9g Fiber, 6.5g Sugars, 3.5g Protein

### **Sage Gravy** | makes 1 1/2 cups

Good over greens, mashed potatoes, faux chicken---anything really. This is my latest go-to gravy.

1/2 cup vegetable broth  
 1/2 cup nondairy milk  
 1 tbsp rubbed sage (not powdered)  
 2 tbsp nutritional yeast  
 2 tbsp white whole wheat flour  
 1/4 tsp garlic powder (granulated)  
 1/4 tsp onion powder (granulated)  
 1/4 tsp liquid smoke  
 dash paprika  
 1 lemon wedge (juice of)  
 pinch salt  
 black or white pepper

Whisk all ingredients together in a medium pot, taking care to rub the sage between your fingers to break it down into smaller bits, especially if your brand is a little rustic with bigger leaves and stick pieces (pull out those sticks if you can). Squeeze the juice out of your lemon wedge completely, and discard the rind. Bring gravy to near boil over high heat but just before it boils, immediately turn off the heat and remove the pot to a non-hot burner, stirring it. Taste, adding black or white pepper and salt as desired.

Chef's Note: Brown rice flour may be substituted for a gluten-free option.

Per Serving (1/4 cup): 29 Calories, 0.3g Fat, 4.7g Carbohydrates, 1.2g Fiber, 1.2g Sugar, 2.6g Protein

### **Apple Fritter Cups** | 12 muffins

"These treats just jump right in to your mouth and make you dance!"

1 ½ cup chopped apple (skin optional)  
 1 c nondairy milk  
 1 tsp apple cider vinegar  
 2 tsp vanilla extract  
 ¼ cup light brown or raw sugar  
 2 c whole wheat pastry flour  
 ½ tsp salt  
 ½ tsp baking powder  
 ½ tsp baking soda  
 1 tsp cinnamon, divided  
 nutmeg or ground ginger  
 Basic Glaze (recipe follows)

Preheat oven to 350F. Fill muffin tin with paper liners and set aside. Toss 1 cup apples with a few dashes of cinnamon and a little brown sugar until well coated and set aside for "topping". In a small bowl, whisk nondairy milk with vinegar and set aside. In a large bowl, whisk flour, salt, baking powder, baking soda, ½ to ¾ tsp cinnamon (your choice) plus a dash of nutmeg or ginger, and stir to combine. Whisk in sugar then pour in milk mixture. Add vanilla and remaining ½ cup apples and stir to combine. Spoon into muffin cups just a tad more than ½-way full. Add "topping" on each. Bake 15-25 minutes, until a toothpick inserted in the center comes out clean. Meanwhile, make glaze, substituting 1 tsp of liquid with 1 tsp pure maple syrup (optional). Drizzle warm fritters with glaze.

Tip: Once the fritters completely cool, the liners will peel off. If you plan to eat them warm, lightly spray the inside of the liner with oil-spray to prevent sticking or forgo the liners and grease your muffin tin or use a nonstick pan.

Per Fritter (without glaze) : 102 Calories, 0.4g Fat, 20.9g Carbohydrates, 2.4g Fiber, 5.5g Sugar, 2.7g Protein

#### **Basic Glaze** | makes ½ cup

1 cup powdered sugar  
5 tsp nondairy milk

Combine sugar with nondairy milk and stir until a thick glaze forms. If too thick, add more liquid, if too thin, add more sugar.

Per tbsp: 61 Calories, 0g Fat, 15.2g Carbohydrates, 0g Fiber, 14.9g Sugars, 0.1g Protein

#### **P. Chocolate Smoothie** | serves 1

Peas & Chocolate? Yes, I know, it sounds crazy but you can't detect the peas at all. The smoothie only tastes chocolately but the peas give it a nice boost of protein and other nutrients to start your day right.

1 c nondairy milk  
½ frozen banana  
½ c frozen peas  
2 tbsp unsweetened cocoa  
agave to taste

Combine milk, banana, peas and cocoa in a blender and whiz until smooth, adding more nondairy milk as necessary. Taste, adding agave or other sweetener, as needed.

Per Serving: 108 Calories, 1g Fat, 20.5g Carbohydrates, 4.7g Fiber, 11.3s Sugars, 7.5g Protein

#### **Chocolate Mug Cake** | serves 1

Chocolate cake? check. Single-Serving? check. Made nearly instantly? Oh yeah! This whole-wheat chocolate cake goes from flour to in your mouth in under 5 minutes.

4 tbsp white whole wheat flour  
2 tbsp brown sugar  
2 tbsp unsweetened cocoa  
1/4 tsp baking powder  
3 tbsp nondairy milk  
¼+ cup unsweetened applesauce  
vanilla extract  
dash cinnamon  
2-3 tbsp vegan chocolate chips

In a small bowl, whisk flour, sugar, cocoa, baking powder and cinnamon together, set aside. For a really sweet cake, add more sugar. In another small bowl, whisk ¼ cup applesauce, nondairy milk, and a drop or two of vanilla extract together. Pour wet into dry, then add chips, stirring to combine. Add another 1-2 tbsp of applesauce, until the batter is wet and resembles regular cake batter. Pour batter into a coffee cup, and microwave for three minutes (at 1000 watts).

Per Serving: 276 Calories, 4.1g Fat, 59.3g Carbohydrates, 7.8g Fiber, 31.6g Sugar, 8.3g Protein



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