



## Featured Recipes

For 2013, all of the recipes served at the Advanced Study Weekend have changed. Below are a few of our favorites.

### MOROCCAN RED LENTIL SOUP



Versions of this lentil soup with tomatoes and chickpeas are served all over Morocco during the festival of Ramadan and to celebrate special occasions throughout the year. This is my interpretation.

Preparation Time: 15 minutes

Cooking Time: 55 minutes

Servings: 4-6

We serve it with whole grain flatbread to scoop up the juices, or ladle the soup over brown rice.

- 1 onion, chopped
- 4 ribs celery, chopped
- 6 cups vegetable broth
- 1½ cups chopped tomatoes
- 1 cup dried red lentils
- 1 can (15 ounce) chickpeas, drained and rinsed
- 1 bay leaf
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground turmeric
- ¼ teaspoon freshly ground black pepper
- 1/3 cup orzo
- ½ cup chopped cilantro
- 2 tablespoons fresh lemon juice.

Pour ½ cup of water into a large soup pot along with the onion and celery. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the broth, tomatoes, lentils, chickpeas, bay leaf, cinnamon, ginger, turmeric, coriander, and black pepper. Bring to a boil, reduce the heat to a simmer, then cover and simmer until the lentils are tender, about 45 minutes.

Stir in the orzo, cilantro, and lemon juice. Cook 10 minutes longer, until the orzo is al dente.

Serve hot.

### McVEGGIE BURGERS

Preparation Time: 30 minutes

Baking Time: 30 minutes

Servings: Makes 16 burgers

20 ounces firm water-packed tofu, drained well  
 12.3 ounces silken tofu  
 10-ounce package of frozen chopped spinach, thawed  
 ½ cup water  
 1 large onion, chopped  
 ½ pound mushrooms, chopped  
 3 cloves garlic, pressed  
 3 cups quick oats  
 2 tablespoons soy sauce  
 2 tablespoons vegetarian Worcestershire sauce  
 2 tablespoons Dijon mustard  
 1 teaspoon paprika  
 1 teaspoon lemon juice  
 ½ teaspoon ground black pepper

Preheat oven to 350°F

Place both kinds of the tofu in a food processor and process until fairly smooth, stopping several times to scrape down the bowl. Transfer processed tofu to a large bowl and set aside.

Drain the spinach well and press any excess water out with your hands. (Spinach should be very dry). Set aside.

Place the water, onion, mushrooms, and garlic in a large non-stick frying pan. Cook, stirring frequently until onion has softened and all liquid has been absorbed, about 10-12 minutes. Set aside.

Add the oats and the seasonings to the tofu mixture and mix well. Add the spinach and mix in well, using your hands. Add the onion mixture and continue to mix with your hands until all ingredients are well combined.

Take a small amount and form into a ball shape (a bit larger than a golf ball), then flatten into a burger-sized patty about ¼-inch thick and place on a non-stick baking sheet. (If you do not have a good non-stick baking sheet, then lightly oil your baking sheet first). Repeat this process until all the mixture is used. (It will help to lightly moisten your hands several times during this process).

Bake for 20 minutes, then flip over and bake an additional 10 minutes. Cool on racks after removing from the oven. Serve in a whole wheat bun with your favorite condiments.

HINTS: These may be prepared ahead and refrigerated or frozen for future use. They reheat well in the microwave, in the oven, or on a grill or griddle.

### STELLA BLUES TOFU SCRAMBLE

My daughter, Heather, and I love the tofu scramble at Stella Blues Café on Maui, where they serve it with country-style potatoes and onions. This is my rendition of the dish, and I like it even better than the original. We serve it on its own, over potato pancakes, or with a side of hash browned potatoes for breakfast, lunch, or dinner.

Preparation Time: 15 minutes

Cooking Time: 12 minutes

Servings: 4

4 cups small broccoli florets  
 1 bunch scallions (green and white parts) chopped  
 1 pound fresh mushrooms, sliced  
 1 pound firm tofu, drained and cut into ½-inch cubes



¾ cup tahini sauce  
 2 teaspoons regular or reduced-sodium soy sauce  
 Sriracha hot sauce (optional)

Steam the broccoli over boiling water just until it is tender, about 5 minutes. Remove from the heat, drain, and set aside.

Put the scallions and mushrooms in a large nonstick skillet with 2 tablespoons of water. Cook over medium-high heat, stirring frequently, for 5 minutes, until they begin to soften. Add the tofu and cook for 3 minutes. Add the tahini sauce, soy sauce, the reserved broccoli, and a few squirts of Sriracha, if you wish. Mix and cook 2 to 3 minutes, until everything is heated through and the sauce has thickened slightly.

Serve immediately.

TIP: To easily make this soy-free, our Operations Manager, Tiffany Hobson, makes this dish with 3 cups cubed, cooked potatoes instead of the tofu.

### TAHINI SAUCE

We use this sauce in our Stella Blues Tofu Scramble and falafel wraps. This is a higher-fat sauce because of the tahini, so use it sparingly. For a spicier taste, stir in a squirt or two of Sriracha or other hot sauce.

Preparation Time: 5 minutes

Servings: Makes 2 cups

¾ cup raw or toasted tahini (sesame paste)  
 ¼ cup fresh lemon juice  
 2 cloves garlic, crushed or minced

Combine the tahini, lemon juice, garlic, and 1 cup of water in a food processor or blender and process or blend until smooth. Use immediately, or transfer to an airtight container and refrigerate for up to 3 days.

### Recipes from Ellen Jaffe Jones



Ellen was the guest chef at our last weekend. Her delicious recipes served at the event are below.

Ellen Jaffe Jones began a plant-based diet 32 years ago after she almost died of a colon blockage. She recently wrote Eat Vegan on \$4 a Day after watching too many stories saying eating healthfully on a budget was impossible. She has taught cooking classes for Physicians Committee for Responsible Medicine. Ellen is currently 3rd in running in Florida in the 200, 400 and 1500 meters, 4th in the 100 meters, and credits her running success to a vegan diet. Her newest book, Kitchen Divided-Vegan Dishes for Semi-Vegan Households was born after recognition of how many "mixed marriages" exist in new and long-term vegan relationships. She calls herself the "Veg Coach" and "The Broccoli Rep."

### CALABACITAS (BURRITO FILLING)

Serves: 10 Cost: \$.25/serving

This makes a wonderful side dish if you choose not to use it in a burrito. To "stretch" it, serve it on ten (10-inch) whole-grain flour tortillas. It's a mazing how many children say they don't like vegetables. But I've never met a child yet who didn't love this vegetable-packed recipe.

1 small yellow onion, finely chopped  
 2 tablespoons water

2 small zucchini, quartered lengthwise and sliced  
 4 ounces white button mushrooms, sliced  
 1/2 teaspoon chili powder  
 1/2 teaspoon ground cumin  
 1/4 cup frozen corn  
 Ground pepper to taste

Put the onion and 1 tablespoon of the water in a large skillet over medium-high heat and cook and stir until the water has evaporated. Stir in the remaining 1 tablespoon of the water, the zucchini, and mushrooms, cover, and cook for 10 minutes, or until the zucchini and mushrooms have released their juices. Decrease the heat to low. Stir in the chili powder and cumin, cover, and cook for 5 minutes, or until the mushrooms are soft. Stir in the corn and cook for 5 minutes to heat through. Season with pepper to taste.

TIP: Children love to be involved in creating their meals. They can build their own burritos when you serve Calabacitas with small bowls of condiments, such as avocado slices, vegan cheese, sliced olives, parsley sprigs, salsa, and chopped tomatoes.

### TASTE OF THAI SAUTÉ

Serves: 6 Cost: \$1.50/serving

This colorful, creamy sauté has the rich flavors of your favorite restaurant takeout, but without the high price tag.

½ cup liquid vegetable broth  
 1 onion, chopped  
 1 tablespoon minced fresh ginger  
 3 garlic cloves, minced  
 1/4 teaspoon crushed red pepper flakes  
 1 teaspoon ground coriander  
 1 teaspoon ground cumin  
 1 red bell pepper, finely chopped  
 1 cup carrot slices  
 1 cup cut green beans  
 2 cups vegetable broth  
 1/2 cup chopped fresh thai basil or sweet basil  
 2 tablespoons low-sodium soy sauce  
 1 teaspoon ground turmeric  
 1 eggplant, cut into bite-sized pieces  
 2 cups cauliflower florets  
 1 tablespoon freshly squeezed lime juice  
 1 teaspoon agave nectar or maple syrup  
 3 cups cooked brown rice or millet

Heat half of the vegetable broth in a wok or large skillet over medium-high heat. Add the onion and ginger and cook and stir for 1 minute. Add the garlic and red pepper flakes and cook and stir for about 30 seconds, or until fragrant. Add more broth as needed to prevent sticking. Add the coriander, cumin, and turmeric and cook and stir for 30 seconds. Add the eggplant, cauliflower, bell pepper, carrot, and green beans and stir well to coat the vegetables with the seasonings. Stir in the vegetable stock and bring to a boil. Decrease the heat to low and cook, uncovered, for 3 minutes, adding water if needed to keep the ingredients from sticking to the skillet. Cook, stirring occasionally, for 5 minutes, or until the vegetables are tender but not over-cooked. Add the basil, soy sauce, lime juice, and agave nectar and cook and stir for 1 minute.

Serve over rice.

### LOAD 'EM UP BURRITOS

Serves: 8-10 Cost: \$1.25/Serving

Dinners are happy occasions when kids feel that they have control over what they eat. Like Calabacitas, this recipe works well when served with small bowls of condiments. The ingredients are not set in stone, so include any nutritious toppings that the kids request.

1 1/2 cups cooked or canned kidney beans, drained and rinsed  
 1 can (6 ounces) unsalted tomato paste  
 10 (10-inch) whole-grain flour tortillas  
 10 (6-inch) corn tortillas  
 1 tablespoon water  
 12 ounces white button mushrooms, thinly sliced  
 1 sweet onion, chopped  
 4 large carrots, shredded  
 2 cups shredded romaine lettuce  
 1 can (6 ounces) small olives, drained and sliced  
 1 to 2 tomatoes, chopped  
 1 avocado, diced (optional)  
 4 ounces alfalfa sprouts (optional)  
 1/2 cup raw sunflower seeds (optional)  
 3 radishes, sliced or shredded (optional)

Preheat the oven to 350 degrees F. Put the beans and tomato paste in a food processor and pulse for 2 to 3 minutes, or until smooth. Alternatively, put the beans in a medium bowl, mash them thoroughly with a fork, and stir in the tomato paste until well mixed. Put the whole-grain flour tortillas in a large glass baking dish, and put the corn tortillas in a separate large glass baking dish. Allow the tortillas to curl a little so that they fit. Spread some of the bean mixture on top of each tortilla to make burritos and bake for 5 to 10 minutes, or until the tortillas are toasty and just golden around the edges.

While the burritos are baking, put the water in a small skillet over medium heat. Add the mushrooms and onion, keeping them separated, and cook over medium heat for 10 minutes, adding more water as it evaporates, 1 tablespoon at a time, until the onion is translucent.

Arrange the mushrooms, onion, carrots, lettuce, olives, tomatoes, and the optional avocado, alfalfa sprouts, sunflower seeds, and radishes in separate piles on a large platter or in individual serving bowls. Serve the burritos with the toppings on the side.

### SAVE-CASH QUINOA LOAF

Serves: 8 Cost: \$.75/serving

Fiber, protein, and vegetables are all rolled into one in this flavor-packed loaf. Add a leafy green salad for an affordable, satisfying dinner.

1/2 cup plus 3 tablespoons water  
 8 ounces white button mushrooms, sliced  
 3/4 cups cooked or canned garbanzo beans, drained and rinsed  
 3/4 cup rolled oats  
 2 cups cooked quinoa  
 1 cup frozen green peas  
 1/2 cup chopped fresh parsley, or 1 tablespoon minced fresh thyme, or both  
 10 sundried tomatoes, soaked in water for 1 hour, drained, and chopped  
 1/2 cup chopped red onion (about 1/2 onion)  
 Salt (optional)  
 Ground pepper (optional)

Preheat the oven to 350 degrees F.

Put 1 tablespoon of the water and the mushrooms in a large skillet and cook, stirring occasionally, over medium-high heat for 6 to

8 minutes. Add 2 more tablespoons of the water, 1 tablespoon at a time, as it evaporates. Transfer the mushrooms to a large bowl and set aside.

Put the beans, oats, and remaining 1/2 cup water in a food processor and pulse until almost smooth. Combine the bean mixture, quinoa, peas, parsley, tomatoes, onion, and salt and pepper to taste with the mushrooms in the large bowl and stir well. Transfer the mixture to the prepared loaf pan and gently press down. Bake for 1 to 1 1/4 hours, or until firm and golden brown. Remove from the oven and cool for 10 minutes before slicing and serving.

TIP: Leftover slices are delectable in sandwiches or stuffed into whole wheat pita bread

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