



## Food, Sex, Attractiveness—Part 1: The Role of Body Weight

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Page 2

## The Benefits of Flu Shots Oversold

**Influenza vaccination:** a summary of [Cochrane Reviews](#) from the February 2015 *European Journal of Clinical Microbiology and Infectious Diseases*:

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Page 4

## Featured Recipes—14 Lessons

Purchase "[McDougall Made Easy DVD](#)" to watch Mary and John prepare these recipes in their kitchen.

Page 6

- |  |   |
|--|---|
| • Lesson 1: OVERNIGHT OATMEAL  | • Lesson 8: SALAD DRESSINGS—TOFU AND CITRUS BASED         |
| • Lesson 2: HASH BROWNS  | • Lesson 9: FRESH FRUIT (PEACH) COBBLER                   |
| • Lesson 3: FLUFFY PANCAKES  | • Lesson 10: BEAN BURRITOS                                |
| • Lesson 4: FRENCH TOAST   | • Lesson 11: BEAN & CORN ENCHILADAS                       |
| • Lesson 5: SANDWICH SPREADS—TOFU MAYO, EGGLESS EGG SALAD, & MOCK TUNA | • Lesson 12: TOFU TACOS AND TOFU SOUR CREAM               |
| • Lesson 6: BLACK BEAN SOUP  | • Lesson 13: MASHED POTATOES AND GRAVY AND BAKED POTATOES |
| • Lesson 7: MEXI SOUP  | • Lesson 14: CONFETTI RICE SALAD                          |

## Food, Sex, and Attractiveness

### Part 1: The Role of Body Weight

Attractiveness is a quality that arouses interest and pleasure. People are drawn to each other by clues indicating good health rather than superficial qualities, such as the shape of a nose or the size of a cleft in the chin. The ideal picture of good health intimates fertility, productivity, strength, and youth. A person's healthfulness is communicated to others, most importantly by sight and scent, and the health messages we send are dependent on the food choices we make.

At the most intimate level, attractiveness serves as a signpost for powerful sexual performance, resulting in the intermingling of high-quality genes. A man wants to share his sperm, and a woman her eggs, with the healthiest mate possible in order to enhance the likelihood of successful pregnancies and fit offspring. Signs of good health suggest the parent(s) will also be successful providers of a safe shelter, adequate sustenance, and protection for the family. Good health predicts longevity.

#### Unhealthy Foods Reduce Fertility and Potency

Eating an animal food-based diet diminishes sexual performance, femininity, and masculinity. The male hormone testosterone, that in part determines sexual development and interest, has been found to be [13% higher](#) in vegans (people following a strict plant food diet) than in meat-eaters. Men who consume meat and dairy-based diets are likely to become impotent ([erectile dysfunction](#)) earlier in life than men who eat fewer animal foods, because the artery system that supplies the penis with circulating blood is compromised by atherosclerosis. Fortunately, a healthier diet has been found to [improve erectile dysfunction](#).

A woman's fertility is tied to her diet. Being either underweight or overweight reduces her chances of becoming pregnant. Furthermore, the kinds of foods she chooses to eat affects fertility. Consuming 5% of total energy intake as [vegetable protein](#) rather than as animal protein (especially red meat and chicken) was found to be associated with more than a 50% lower risk of ovulatory infertility.

One of the greatest threats to reproductive success is the high level of environmental chemicals concentrated in our foods. Estimates are that 89 to 99% of our body's environmental chemical intake comes from foods that are high on the food chain: meat, poultry, fish, eggs, and dairy products. The chemicals found in these foods damage the genetic material of men and women, and are important causes of birth defects. These chemicals also interfere with the actions of testosterone. Decreased ejaculate volume, low sperm count, shortened sperm life, poor sperm motility, genetic damage, and infertility all result from consuming animal products that contain [estrogen-like environmental chemicals](#). When a mother consumes these types of chemicals before and during pregnancy, the extra estrogen influences the development of the male fetus. It increases the risk that the baby boy will be born with a smaller penis and testicles, as well as a serious deformity of the penis (hypospadias) and an undescended testicle (cryptorchism). Independent of the genetic damage from these environmental poisons, men and women who consume fewer plants increase the risk of [birth defects](#), such as Down's syndrome.

#### Body Fat's Role in Attractiveness

By observing fine art from past eras, we see that there have been changes in what is considered "ideal body fatness." The desired has spanned from thin to plump among individuals and cultures. However, fatness must be compatible with successful sexual reproduction. Too little body fat on a mother may result in infertility, or low-birth weight, high-risk babies. At the other end of the weight spectrum, obesity is associated with infer-

tility and poor birth outcomes. Overweight women grow larger than normal babies, often too large to fit through the mother's birth canal. This results in higher rates of Cesarean sections, more birth injuries for the infant, and a higher risk of death to mother and child. Between too thin and too fat are various body sizes that are attractive to different people and contribute to successful procreation. An ideal weight in the 21st century is considered trim.

Two common ways people attempt to lose excess weight are by portion control (semi-starvation) diets, and by making themselves sick with low-carbohydrate (ketogenic) diets based on bacon, butter, and Brie (cheese). Weight loss results are only temporary for both methods because the pain of hunger becomes intolerable, and only a few determined dieters can sustain feeling ill without carbohydrate in their diet. I recommend a [starch-based diet](#) for a healthy, attractive body weight. Think of meals as: rice, beans, and kale; sweet potatoes and broccoli; potatoes and cabbage; and corn and squashes.

If people who are otherwise healthy\* and following the McDougall Diet consider themselves too thin, then they should consume more foods that are higher in calories, such as breads, pastas, dried fruits, and lastly, nuts (and nut butters), seeds (and seed spreads), avocados, and olives.

\*Losing too much weight may also be a sign of illness, such as diabetes, heart failure, and cancer. A visit to a general medical doctor would be in order.

This chart records what [Dr. Walter Kempner](#) (founder of the Rice Diet) would have considered a reasonable adult weight in proportion to height. He also recommended that people with diabetes, heart, kidney, or blood vessel diseases should weigh 10 to 15% less than the optimum figures presented in this chart. These figures will help reassure people that they are not becoming too thin on the McDougall Diet.

Height or weight should be at or below:

Women		Men	
4' 11".....	91	5' .....	110
5' 0" .....	94	5' 3" .....	115
5' 1" .....	97	5' 4" .....	120
5' 2" .....	100	5' 5" .....	125
5' 3" .....	104	5' 6" .....	130
5' 4" .....	108	5' 7" .....	135
5' 5" .....	112	5' 8" .....	140
5' 6" .....	117	5' 9" .....	145
5' 7" .....	122	5' 10".....	150
5' 8" .....	127	5' 11".....	155
5' 9" .....	132	5' 12".....	160
5' 10".....	137	6' 1" .....	165
5' 11".....	142	6' 2" .....	170
6' .....	147	6' 3" .....	175
		6' 4" .....	180
		6' 5" .....	185

Next month's article in the December, 2015 McDougall Newsletter will focus on the roles skin (color, oiliness, and acne) and body odor play in attractiveness.

## The Benefits of Flu Shots Oversold

**Influenza vaccination: a summary of [Cochrane Reviews](#)** from the February 2015 *European Journal of Clinical Microbiology and Infectious Diseases*:

"The Cochrane Library was systematically searched for meta-analyses regarding influenza vaccination of various populations, both healthy and sick. An effect in reducing the number of cases of influenza, influenza-like illness or complications to influenza was found in some studies, but, generally, the quality of the studies was low, and several studies lacked hard clinical endpoints. Data on adverse effects were scarce. More randomised controlled trials investigating the effects of influenza vaccination are warranted."

"Most evidence for the efficacy of influenza vaccination stems from observational studies...(the benefits are) largely attributed to a confounder known as the "healthy vaccine recipient effect": healthy individuals are more likely to get vaccinated, and have better outcomes."

## From the November 2014 McDougall Newsletter I Say "No" to Flu Shots

In the US, national guidelines for receiving an annual flu vaccine extend to almost everyone over the age of six months old. Nevertheless, I recommend that my patients of all ages *not* take these incessantly promoted immunizations, primarily because of their [lack of effectiveness](#).

In addition, there are some risks from influenza vaccines, including injection site pain, allergic reactions, fever, fatigue, headache, and narcolepsy (excessive sleepiness).

I understand that you have been led to believe flu shots are a modern medical advancement. Your suspicions should be raised because direct advertising to consumers is intrusive, obnoxious, and nonstop. A phone call to your local pharmacist begins with a message to get "the flu shot," which happens to be conveniently provided at the pharmacy without an appointment or a physician's prescription. Supermarkets offer a sizable discount on groceries if you will allow yourself to be injected (or infected) with three or four viral proteins derived from past outbreaks, and sometimes a touch of mercury.

Influenza vaccines are composed of either killed or weakened (attenuated) viruses. Multidose vials of killed vaccines contain the well-established [toxic metal, mercury](#) (thimerosal), as a preservative. Reported harms of thimerosal on human infants or children include death, malformations, autoimmune reactions, developmental delays, and autism. Single-dose influenza vaccines are mercury-free. Live, attenuated virus vaccines are also a mercury-free alternative offered only to healthy people between ages 2 and 49. The administration of this live virus causes infection, therefore, it is not recommended for those people considered more vulnerable to complications from this infection: infants, pregnant women, elderly, and immune-compromised pa-

The image shows a digital advertisement for a pharmacy's flu shot service. At the top, there's a navigation bar with links like 'Sign In', 'Register', 'Grocery Delivery', and 'Savings'. Below this, a red banner contains the text 'Flu Shots'. The main body of the ad has a light blue background. On the left, it says 'Pharmacy Get your flu shot\*' and 'and save 10% on groceries\*\*'. On the right, there's a sidebar with 'IMMUNIZATION CONSENT FORMS' in English, Korean, Spanish, Vietnamese, Mandarin, Russian, and Telex. Below that, it says 'FLU EDUCATION RESOURCES' and lists 'Preventative Actions', 'Flu Fighting Foods', 'Flu & Tix', and 'Flu Facts'. At the bottom, there's a photo of a smiling woman in a white lab coat and the text 'I'm here to help'.

tients.

### Universal Lack of Real-life Effectiveness

Vaccines are used to provoke an immune response to potentially life-threatening organisms, a bacteria or virus. From this intended exposure the body acquires immunity in a relatively harmless way. Once stimulated by proteins manufactured by pharmaceutical companies, the body remembers the villains, and if re-exposed to similar agents, like real measles viruses, the immune system quickly launches a counterattack, thereby preventing a full-blown illness. However, all vaccines are not the same. To the point of success in preventing illness, flu vaccines do not live up to the hype.

The ineffectiveness of commercially produced influenza vaccines is said to be primarily due to their formula consisting of materials derived from three or four viruses selected from previous outbreaks occurring over the past several years. This year's virus is too commonly an entirely new strain, not covered by the immune response initiated by the well-meant flu shot.

A close look at the scientific evidence generated from past campaigns to prevent widespread influenza reveals disappointing results, especially after factoring in the efforts made by the pharmaceutical industries to

#### Summary Reports Show the Scarcity of Benefits:

[2010 Cochrane Review](#) found no benefits from vaccinating the **elderly**.

[2012 Cochrane Review](#) showed little benefit for **children**: "No benefits for those two years or younger. Twenty-eight children over the age of six needed to be vaccinated to prevent one case of influenza.

[2012 Lancet Infectious Disease Review](#) showed little benefit **in adults**: "... evidence for consistent high-level protection was elusive for the present generation of vaccines, especially in individuals at risk of medical complications or those aged 65 years or older."

[2013 Cochrane Review](#) found no benefits for **healthcare workers** or for preventing influenza in **elderly residents** in long-term care facilities.

[2014 European Review](#) found that the 2012-2013 influenza vaccine had low to moderate effectiveness, and recommended that seasonal influenza vaccines be improved to achieve acceptable protection levels.

[2014 Cochrane Review](#) found the preventive effect for **healthy adults** was small: "...at least 40 people would need vaccination to avoid one influenza-like illness...no effect on working days lost or hospitalization seen...benefits for **pregnant women** were uncertain or at least very limited."

[manipulate the research](#) for their own financial gains.

### Aside from Flu, I Do Believe in Vaccinations

In my lifetime I have seen undeniable benefits from vaccines: smallpox has been eradicated, and poliomyelitis occurs so rarely in foreign countries that the few cases make worldwide headlines. Growing up, I thought all infectious diseases would soon be conquered. Mary and I, and all of our children and grandchildren are

fully immunized against once common threats, such as tetanus, diphtheria, polio, and viral hepatitis. Hopefully, I am doing more good than harm for my family. As a physician, I have seen patients with all of these diseases.

I am not persuaded by [arguments from the anti-vaccine movements](#). However, my enthusiasm has been tempered over the years. I am very concerned about the additives, especially the aluminum,\* found in many of these preparations (Commonly prescribed influenza vaccines do not contain aluminum.) *Safer and more effective vaccines are definitely needed.*

Immunizations, along with improved sanitation, adequate food (less starvation), and possibly antibiotics [have been important advances](#) that have reduced human suffering. To date, the flu vaccine cannot be added to this short list of medical achievements.

\*Aluminum is used as an adjuvant (a helper) to stimulate the immune system's response to the killed bacteria and viruses [used in many vaccines](#) injected under the skin. The customer is told, without equivocation, that [aluminum is proven harmless](#). This is not true. This [toxic metal](#) can cause immediate damage to the nervous system (speech abnormalities, tremors, memory loss, and seizures), and prolonged exposure may cause dementia as serious as Alzheimer's disease.



## Featured Recipes—14 Lessons

### McDougall Made Easy Recipes

For more ideas and recipes go to the "[McDougall Made Easy DVD](#)" section on our web site: [www.drmcDougall.com](http://www.drmcDougall.com).

### Lesson 1: OVERNIGHT OATMEAL

This is a simple way to make a delicious, healthy breakfast by preparing it the night before so it will be ready to eat in the morning.

Preparation Time: 5 minutes

Cooking Time: none

Servings: 1

1 cup old fashioned organic rolled oats

1 cup soy or rice milk, or apple juice

1 tablespoon currants or raisins

½ teaspoon cinnamon

Combine all ingredients in a container and mix well. Cover and refrigerate overnight. The next morning either enjoy the cereal cold or microwave until warmed. Stir in some seasonal fresh berries, if desired.

**Lesson 2: HASH BROWNS**

Preparation Time: 2 minutes

Cooking Time: 15-20 minutes

Servings: 2

4-5 cups shredded potatoes

Preheat a non-stick pan for 30 seconds, then add the potatoes to the dry pan. Flatten slightly, cover with a lid, and cook over medium-high heat for 8-10 minutes before turning. Then turn over and cook for another 7-10 minutes on the other side, turning as often as you like for even browning.

RECIPE HINT: Shredded potatoes may be purchased in supermarkets and natural food stores, either frozen or fresh. Check to make sure there are no added oils. Or you can easily shred your own potatoes using a food processor. Chopped onions and peppers also make a delicious addition to Hash Brown potatoes.

**Lesson 3: FLUFFY PANCAKES**

These are easier to make than you would believe, and everyone loves them! These are wonderful served with a little maple syrup or applesauce.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: makes 10-12 pancakes

1 ½ cups white whole wheat flour

2 teaspoons baking powder

dash salt

1 cup mashed ripe bananas

1 tablespoon egg replacer mixed in ¼ cup warm water

1 tablespoon lemon juice

1 tablespoon prune puree

1 cup soy or rice milk

½ cup sparkling water

1/3 cup fresh blueberries (optional)

Mix the flour, baking powder and salt together in a bowl. Place the bananas in another bowl and mash well. (This is about 2 ½ bananas.) Mix the egg replacer and water and beat until frothy. Add to bananas and mix well. Stir in the Wonderslim fat replacer, the lemon juice, the soy or rice milk, the sparkling water and mix again. Pour into the dry ingredients and stir to mix. Stir in the blueberries. Do not over-beat.

Heat a non-stick griddle over medium heat. Pour mixture by ¼ cup measure onto the dry, heated griddle. Flip and turn over when bubbles start to appear on the surface. Cook until brown on both sides. Repeat until all mixture has been used.

RECIPE HINT: When I use Egg Replacer I usually whisk the mixture ahead of time (by 5 minutes or so) and let it sit on the counter until I need it in the recipe. The blueberries are an option in this recipe, but when fresh blueberries are in season they really make these pancakes a special treat! The addition of the sparkling water makes a delicious, light pancake that rises as it cooks. If you make the batter ahead of time, you may need to add a bit more of the soy or rice milk to thin it out slightly before pouring onto the griddle. These may be refrigerated or frozen, and heated in the microwave or oven at a later time. We also like them cold as a snack.

#### **Lesson 4: FRENCH TOAST**

This is a winner for almost everyone who likes French toast. I have been making this for years and have served it to many of our children's friends who responded with smiles every time.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 12

2 cups cashew milk (see recipe below)

3 tablespoons chopped dates

1/8 teaspoon cinnamon

dash turmeric

12 slices whole wheat bread

Place 1 cup of the cashew milk in a blender jar. Add the dates, cinnamon and turmeric.

Process until well blended. Add remaining milk and blend again. Pour into a bowl. Dip slices of bread into the cashew mixture, coating well. Brown on a medium-hot non-stick griddle or frying pan, turning once so both sides are evenly browned.

Serve with pure maple syrup or fruit sauces or spreads.

RECIPE HINT: Use whole grain bread that is not too dense in this recipe so the batter can easily soak into the bread. These are easy to store for later use. Place them in individual zip-lock bags and refrigerate. Reheat in microwave. They may also be frozen and popped into the toaster for reheating.

#### **CASHEW MILK**

I have been making this for about 28 years now and it is still the best flavor for rich sauces and French toast. Make sure to use raw cashews, not roasted ones, and make sure to blend this thoroughly and then strain it to remove any pieces that did not get blended.

Preparation Time: 5 minutes

Servings: makes 2 cups

½ cup RAW cashews

2 cups water

Place the cashews in a blender jar with 1 cup of the water. Process until very smooth. Add the remaining water and blend until no large pieces remain. This may take a minute or two. Strain after processing to remove any remaining pieces. Refrigerate until ready to use.

## **Lesson 5: SANDWICH SPREADS—TOFU MAYO, EGGLESS EGG SALAD, & MOCK TUNA**

### **TOFU MAYO**

This is a delicious mayonnaise substitute, without all the fat found in commercial vegan mayonnaise. Use this in any of your favorite recipes calling for mayonnaise.

Preparation Time: 10 minutes

Servings: variable

1 package silken tofu  
1 tablespoon cider vinegar  
1 tablespoon lemon juice  
1 tablespoon Dijon mustard  
1 tablespoon sugar  
1/2 teaspoon salt

Place all of the ingredients in a food processor and process for 2 minutes to form a smooth puree. Taste and adjust seasonings, as needed. Transfer to an airtight container and store in the refrigerator for 7-10 days.

### **EGGLESS EGG SALAD**

Servings: makes 1 ½ cups

Preparation Time: 10 minutes

Chilling Time: 2 hours

1 package silken tofu  
¼ cup finely chopped celery  
¼ cup Tofu Mayo  
1/8 cup finely chopped onion  
2 teaspoons vinegar  
2 teaspoons dried chives  
½ teaspoon turmeric  
¼ teaspoon onion powder  
¼ teaspoon garlic powder  
¼ teaspoon dill weed  
¼ teaspoon salt (optional)

Place the tofu in a medium bowl. Mash with a fork or bean masher until finely crumbled but not smooth. Add remaining ingredients and mix well. Chill before serving to attain the best flavor and bright yellow color.

**MOCK TUNA SPREAD**

Servings: makes 2 cups

Preparation Time: 15 minutes

Chilling Time: 1 hour

1 15 ounce can garbanzo beans, drained and rinsed

1 stalk celery, finely chopped

¼ cup finely chopped onion

¼ cup finely chopped green onions

1 tablespoon lemon juice

¼ cup Tofu Mayo

Place the beans in a food processor and process until coarsely chopped, or mash with bean masher. Don't let them get to a smooth consistency.

Place in a bowl and add remaining ingredients. Mix well. Add a bit more Tofu Mayo if you want a creamier spread. Chill to blend flavors.

**RECIPE HINT:**

Two tablespoons of pickle relish may be added to this spread to jazz it up.

**Lesson 6: BLACK BEAN SOUP**

This is one of those recipes that you can put together in 5 minutes, yet it always is a favorite with everyone. Even kids like it, although you may want to use a bit less hot sauce for them.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2-4

3 15 ounce cans black beans, drained and rinsed

1 ¾ cups vegetable broth

1 cup fresh salsa

¼ teaspoon ground oregano

¼ teaspoon chili powder (or more to taste)

1/8 teaspoon smoked chipotle chili powder (optional)

several dashes hot sauce (optional)

Reserve 1 cup of the beans in a separate bowl, place the remaining beans, the vegetable broth and the salsa in a blender jar. Process until fairly smooth, then pour into a saucepan. Mash the reserved beans slightly with a fork or bean/potato masher. Add to the saucepan with the remaining ingredients. Cook over medium heat for 10 minutes to blend flavors. Adjust seasoning to taste before serving.

**RECIPE HINT:** This is great to make ahead of time and then heat just before serving. Make a double batch so you can enjoy a quick bowl of soup when you are hungry.

**Lesson 7: MEXI SOUP**

Servings: 6

Preparation Time: 5 minutes

Cooking Time: 30 minutes

1 onion, chopped  
1/3 cup water  
1 28 ounce can crushed tomatoes  
1 15 ounce can kidney beans, undrained  
1 15 ounce can garbanzo beans, undrained  
1 16 ounce can creamed corn  
1 cup vegetable broth  
1 8 ounce can tomato sauce  
1 tablespoon taco seasoning  
several dashes Tabasco sauce

Place the onion and water in a large soup pot. Cook, stirring occasionally for 4 minutes. Add remaining ingredients, bring to a boil, cover and simmer for 25 minutes.

RECIPE HINT: Taco seasoning mixes can be found in most supermarkets and natural food stores. The brand I use is Bearitos. This is a spicy, thick soup, hearty enough for a filling dinner with a loaf of bread.

**Lesson 8: SALAD DRESSINGS—TOFU AND CITRUS BASED****CREAMY CILANTRO GARLIC DRESSING**

Servings: makes 1 ½ cups

Preparation Time: 10 minutes

Chilling Time: 2 hours

2 cups cilantro leaves  
1 teaspoon minced fresh garlic  
1/8 cup water  
1 package silken tofu  
1 tablespoon lemon juice  
1 tablespoon soy sauce

Place the cilantro, garlic and water in a food processor. Process until blended. Add remaining ingredients and process until smooth.

RECIPE HINT: Serve as a dip for vegetables or a dressing for salads. To make this less cilantro flavored, use half parsley and half cilantro. Use balsamic vinegar instead of the lemon juice. This also works well using fresh basil leaves. Omit the lemon juice when using basil.

## **CITRUS CHILI DRESSING**

Preparation Time: 5 minutes

Servings: makes about 1 ½ cups

1 cup orange juice

¼ cup Dijon mustard

½ cup rice vinegar

2 cloves garlic

1 tablespoon chili powder

1 tablespoon sweet chili sauce

Place all ingredients in blender jar and process until smooth.

RECIPE HINT: To thicken this dressing slightly, stir in ½ teaspoon Guar Gum, and allow to rest for 1 hour before serving. Guar Gum is a natural thickener that does not need to be heated to achieve thickness.

## **Lesson 9: FRESH FRUIT (PEACH) COBBLER**

Be sure to use sweet, ripe, seasonal fruit in this recipe. Peaches and nectarines are delicious. For a fresh strawberry pie, see hint below.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 8

4 cups sliced fresh peaches or nectarines

1/3 cup apricot preserves

2 teaspoons lemon juice

1/8 teaspoon nutmeg

3 tablespoons flour

½ cup quick cooking oats

2 tablespoons cornmeal

2 tablespoons pure maple syrup

1 teaspoon vanilla

Preheat oven to 375 degrees.

Place the sliced peaches in a bowl. Combine the preserves, lemon juice and nutmeg together in another bowl. Spoon over the peaches and mix gently. Sprinkle the flour on the top and then mix again. Place in a 9 inch pie plate. Bake for 30 minutes.

Place the oats and cornmeal in a bowl. Combine maple syrup and vanilla and pour over the oat mixture. Mix well.

Remove the cobbler from the oven and reduce heat to 350 degrees. Crumble the oat mixture over the pie filling and return to oven. Bake for an additional 15 minutes. Let rest for 15 minutes before serving. Scoop the cobbler out with a large spoon and serve with Vanilla Soy Ice Cream for a special treat. May be served

warm or cold.

RECIPE HINT: Frozen peaches may be substituted for fresh, if desired. Thaw them before using in this recipe. For a fresh strawberry pie, substitute sliced fresh strawberries for the peaches and strawberry preserves for the apricot preserves. Reduce the initial baking time by 10 minutes.

## **Lesson 10: BEAN BURRITOS**

I have discovered over many years that the beans have a different taste if they are cooked in a slow cooker. This is the way I make them most of the time, and the way I serve them to guests. I do cook them in a pressure cooker or on the stove occasionally, but they just don't have the same long-cooked flavor. My family has been eating this meal for about 28 years and it is my most requested dinner, by family and friends. It is easy to serve to any number of people, because everyone makes their own burrito, adding as much or as little of the toppings as they wish.

Preparation Time: 15-30 minutes

Cooking Time: all day

Servings: variable, at least 10-12

Smashed pinto beans:

2-3 cups dry pinto beans

Water to cover at least 2 inches over beans

1 large onion, coarsely chopped

4-6 whole cloves fresh garlic

Place all ingredients in a slow cooker and cook for 8-10 hours on high. Pour off almost all of the water that remains after cooking (save for another use, if desired) and mash with an electric hand mixer or a hand held bean masher. (The onion and garlic will be soft enough to mash with the beans.) Season with a little salt, if desired.

Toppings: chopped onion, chopped tomato, shredded lettuce, alfalfa sprouts, assorted fresh salsas.

Assorted burrito shells, both flour and corn

To serve:

Place all topping ingredients in individual bowls and place on a serving counter or table. Let each person take a burrito shell, warm it on a dry non-stick griddle if they wish, and then layer it with all the ingredients that they like. Or warm all the shells in the oven or microwave, and assemble at the dinner table.

RECIPE HINT: There will be beans left-over when you make this amount. They may be refrigerated for about 5 days or put them in the freezer for later use. I always make a lot of these and use the left-overs for Bean Enchiladas, Mexican Pizza or another meal of burritos for lunch later in the week.

**Lesson 11: BEAN & CORN ENCHILADAS**

Preparation Time: 40 minutes

Cooking Time: 45 minutes

Servings: 6-8

Enchilada Sauce:

2 8 ounce cans tomato sauce

3 cups water

4 tablespoons cornstarch

3 tablespoons chili powder

½ teaspoon onion powder

¼ teaspoon garlic powder

Place all ingredients for the sauce in a saucepan. Mix well with a whisk until well combined. Cook and stir over medium heat until thickened, about 5 minutes. Taste and add more chili powder if desired. Set aside.

10 whole wheat flour tortillas

4 cups mashed pinto beans

1 cup chopped green onions

1 ½ cups frozen corn kernels, thawed

1 2.25 ounce can sliced ripe olives, drained

1-2 tablespoons chopped green chilies (optional)

To assemble casserole:

Preheat oven to 350 degrees.

Place the beans in a large bowl. Add the onions, corn, olives and green chilies (if you wish). Mix gently until well combined.

Place 1½ cups of the sauce in the bottom of a large non-stick oblong baking dish. Take 1 tortilla at a time and spread a line of the bean mixture down the center of the tortilla. Roll up and place seam side down in the baking dish. Repeat with remaining tortillas, placing them snugly next to each other. Pour the rest of the sauce over the rolled up tortillas, spreading it out evenly. Cover with parchment paper, then cover with aluminum foil, crimping the edges over the baking dish. Bake for 45 minutes. Remove from oven and let rest for about 5 minutes before cutting. Serve with salsa and tofu sour cream, if desired.

**Lesson 12: TOFU TACOS AND TOFU SOUR CREAM**

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 6-8

Spicy Tofu:

24 ounces firm tofu (not silken)

4 tablespoons soy sauce

2 tablespoons lime juice

2 tablespoons chili powder

2 teaspoons ground cumin

2 teaspoons garlic powder

½ teaspoon cayenne

Drain tofu in a colander and press out excess water with paper towels. Cut into ½ inch cubes. Combine soy sauce, lime juice, chili powder, cumin, garlic powder, and cayenne in a large bowl. Add tofu and mix gently. Let stand for 10 minutes, stirring occasionally. Place a large non-stick frying pan on medium heat. Add tofu and cook turning occasionally for about 10 minutes. Set aside.

Cabbage:

4 cups finely shredded cabbage

3 tablespoons seasoned rice vinegar

½ tablespoon lime juice

Combine all ingredients in a bowl and set aside.

Corn Tortillas

Soften individually on a dry non-stick griddle, or wrap in a towel and heat in the microwave.

To assemble:

Take a soft corn tortilla, spoon tofu and cabbage down the center, add a bit of aioli and some hot sauce, if desired, roll up and eat with your fingers.

**TOFU SOUR CREAM**

Servings: variable

Preparation Time: 5 minutes

Chilling Time: 2 hours

1 package silken tofu

2 tablespoons lemon juice

2 teaspoons sugar

pinch salt

Combine all ingredients in a food processor and process until smooth. Use anytime you would use dairy sour cream.

**CILANTRO-GARLIC AIOLI**

Preparation Time: 5 minutes

Servings: Makes 1 ½ cups

1 ½ cups tofu sour cream

2 large cloves garlic, peeled and coarsely chopped

juice of 1 lime

1/3 cup cilantro leaves

dash salt

Place all ingredients in a food processor and process until smooth.

RECIPE HINT: Will keep in refrigerator for about 2 weeks.

**Lesson 13: MASHED POTATOES AND GRAVY AND BAKED POTATOES****MUSHROOM GRAVY**

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: Makes 2 ½ cups

1 onion, finely chopped

½ pound mushrooms, sliced

2 ¼ cups cold water

2 tablespoons soy sauce

3 tablespoons cornstarch

Place the onions and mushrooms in a pan with ¼ cup water. Cook and stir until very soft, about 5 minutes. Mix the remaining water with the soy sauce and cornstarch. Add to the pan and cook, stirring constantly until mixture boils and thickens.

RECIPE HINT: Seasonings may also be added, such as parsley flakes, oregano, thyme or basil.

**MASHED POTATOES**

Russet potatoes make fluffier mashed potatoes, while Yukon Gold, Yellow Finn and other golden potatoes have a buttery flavor when mashed. Thin-skinned red or white potatoes are denser and heavier in texture, and I usually mash these with the skins on. Three pounds of potatoes will yield approximately 6-8 servings. Peel, simmer over low heat until tender, and mash, blending with warmed soy milk. (Or save some of the cooking water and use that to moisten the potatoes.) Add salt and pepper to taste. I like to mash my potatoes using a hand-held electric mixer. Don't use a food processor to mash potatoes - the potatoes turn into a starchy paste within seconds.

Variations on basic mashed potatoes:

- 1) For garlic mashed potatoes, cook six peeled cloves of garlic with the potatoes.
- 2) For roasted garlic mashed potatoes, cut the top off one head of garlic, drizzle 1 tablespoon vegetable broth over cut portion, wrap in parchment paper, then tightly wrap in aluminum foil. Bake at 400 degrees for about 45 minutes. Cool. Remove from wrapping, invert over bowl, and squeeze garlic out of the cloves. Add to potatoes while mashing.
- 3) For colorful mashed potatoes, add cooked vegetables while mashing. Try carrots, sweet potatoes, turnips, kale or spinach (well drained), broccoli, or celery root.
- 4) For herbed mashed potatoes, add fresh chopped herbs after the potatoes are mashed. Try parsley, dill, chives, cilantro, basil, or another of your favorites.
- 5) For green onion mashed potatoes, add one cup of chopped green onions to soy milk while heating, then add to potatoes while mashing.
- 6) For spicier potatoes, add one to two tablespoons of spicy brown mustard while mashing, or try two tablespoons of prepared wasabi.

## BAKED POTATOES

Store all potatoes in a cool dark place. Fifty degrees is ideal.

Baked potatoes are a simple yet versatile meal. They can be eaten plain or with a wide variety of toppings. Potatoes may be microwaved if you are in a big rush, but the flavor and texture of the potato won't be nearly as delicious as those baked in an oven. Our favorite potatoes for baking are the large brown-skinned russet variety.

Preheat oven to 475 degrees.

Scrub the potatoes well and prick them all over with the tines of a fork.

Bake potatoes directly on the oven rack, for one hour. They will be fluffy and delicious. Never bake in aluminum foil. It makes potatoes pasty, instead of dry and fluffy. If you like potatoes this way, make sure you wrap them in parchment paper before using the foil. Make extra potatoes for leftovers. Store unwrapped in the refrigerator. Eat them cold or reheat in the microwave.

Topping Ideas: Salsa or barbecue sauce

Tofu sour cream and chives

Baked beans

Chili

Pea soup or bean soup

Fat free dressings

Almost any bean recipe goes great over baked potatoes.

RECIPE HINT: Sweet potatoes are also delicious when baked. They should be baked at a lower temperature, about 350 degrees, for 45-50 minutes. Prick them all over with a fork and place on a baking tray in the oven. (Or place on the oven rack and put a baking tray on the shelf underneath to catch the drips.) Eat plain, either warm or cold, or try them topped with baked beans. Use the Barbecued Bean recipe from the August 2003 newsletter; or open your favorite can of healthy fat-free baked beans, heat, and spoon over the top of the sweet potato.

**Lesson 14: CONFETTI RICE SALAD**

Servings: 6-8

Preparation Time: 15 minutes (need cooked rice)

Chilling Time: 2 hours

2 cups cooked brown rice  
2 cups frozen corn kernels, thawed  
1 tomato, coarsely chopped  
½ cup chopped green pepper  
½ cup chopped green onions  
1 2.25 ounce can sliced black olives, drained  
¼ cup chopped fresh dill weed  
½ teaspoon Dijon-style mustard  
2 tablespoons water  
2 tablespoons wine vinegar  
2 tablespoons soy sauce  
several dashes Tabasco sauce

Mix brown rice, corn, tomato, green pepper, green onions, olives and dill weed in a large bowl. Set aside.

Place the mustard in a small jar. Add 1 tablespoon water and mix until it is smooth. Add remaining water, vinegar, soy sauce and Tabasco. Mix well. Pour over salad. Toss well to mix.

RECIPE HINT: Cover and chill for at least 2 hours before serving for best flavor. If you're in a rush, it may also be served soon after mixing. This has been a favorite salad of ours for years. It is wonderful to take to a picnic or potluck because everyone loves it.