



## Meat-eaters Are Not True Environmentalists

We just returned from a National Geographic guided tour of Alaska aboard the ship Sea Bird. The food served was all McDougall style: low-fat, vegan, and starch-based (with some very rich desserts—an option). The cruise line, Lindblad Expeditions, referred to us as "the vegan, no oil charter." Every aspect of this McDougall Adventure trip was excellent.

This was my third trip to Alaska (1993, 2001, and 2016). Massive melting of the glaciers was obvious and a topic frequently discussed among our group. However, our National Geographic guides, including one national park ranger, seldom mentioned the connection between global warming caused by human activities and the threat to these northern lands. Dwelling on this topic may have detracted from the travelers' enjoyment of their trip. I suppose no one wants to hear about the changes we all need to make in order to keep our planet healthy.

I would have thought that our group of 62, practicing various levels of veganism, might have inspired some acknowledgement from our guides about the impact of livestock production on the destruction of the habitats we were visiting. Over half of all greenhouse gasses produced are due to people eating animals. I, unfortunately, heard no mention of this connection during our cruise despite the National Geographic Magazine articles previously addressing this subject, such as, "[Vegetarianism: More Than 'Meats' the Eye.](#)" Many of the guides ate their meals with us, and some of the ship's crew showed interest, but this was about as far as it got.

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## Featured Recipes

Recipes this month are provided by VICKI BRETT-GACH, a Certified Vegan Lifestyle Coach and Educator through [Main Street Vegan Academy](#), and a Certified Personal Chef through [Wellness Forum Health](#). Vicki completed training in Nutrition for a Healthy Heart, and earned a Certificate in Plant-Based Nutrition through the [T. Colin Campbell Center for Nutrition Studies](#).

- PURPLE MAGIC BAKED STEEL CUT OATS
- SUMMER ROLLS WITH SPICY PEANUT TOFU
- STUFFED BAKED POTATOES
- FRESH CORN, TOMATO, AND AVOCADO SALAD
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However, the "food card" is the most essential one to play now in order for us to have some breathing room so that we can fix other issues like transportation and energy. Overnight the world's human population could change from animal foods to starches (beans, corn, potatoes, rice, wheat, etc.) for the bulk of our calories. We could!

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Confusion on this topic is purposefully created by environmentally destructive industries and their alliances. For example, [World Wildlife Fund](#) (WWF) accepts financing from the National Cattlemen's Association and JBS, the world's largest beef producer. Various environmentally destructive industries also support non-governmental organizations, such as the Forest Stewardship Council, the Marine Stewardship Council, Rainforest Alliance, and the National Wildlife Federation. The names of these organizations do not accurately reflect their real intention: self-preservation.

Because of these ties, most environmental groups don't want to tell people what to eat and, more importantly, what not to eat. The Sierra Club and Environmental Defense rejected offers from Humane Society of the United States (HSUS) and PETA (People for the Ethical Treatment of Animals) to [promote a report](#) linking animal agriculture, specifically greenhouse gas emissions from animals, to global warming. [A review](#) of 15 prominent environmental advocacy organizations found only one, the Center for Science in the Public Interest that recommends a plant-based diet to halt global warming. I believe that calling yourself an environmentalist while eating meat is an oxymoron.

My new book, *The Healthiest Diet on the Planet*, to be released September 27, 2016, begins with this dedication page. [Preorder](#) on Amazon.

*This book is dedicated to our grandchildren:*

*Jaysen Wilson*

*Ben Wilson*

*Ryan Wilson*

*Sam McDougall*

*Chloe McDougall*

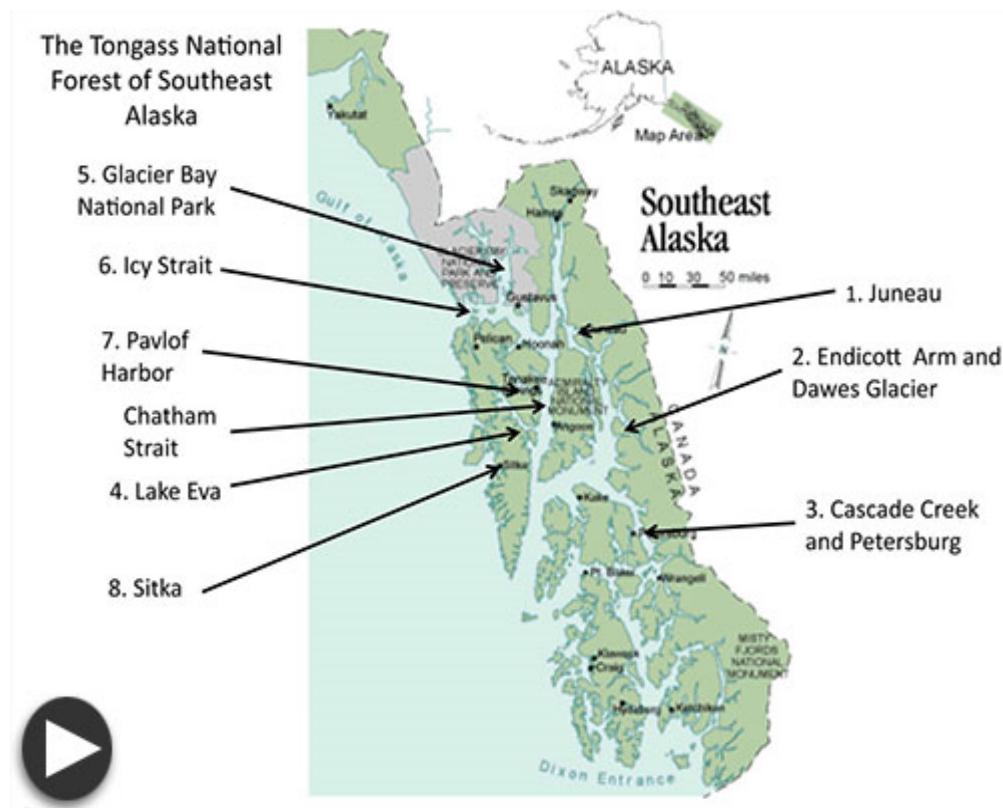
*Nolan McDougall*

*Logan McDougall*

*And all other grandchildren*

*The world is ours to save. The Healthiest Diet on the Planet  
will change our present course of global warming, environmental  
destruction, and species extinction, hopefully overnight.*

Enjoy some of the pictures from our Alaska Adventure of June 18 to 25, 2016.



Our next McDougall Adventure trip is January 28 to February 4, 2017 to Kauai, HI. Please [sign up](#) on our website. Our next National Geographic guided tour is planned for a 100-passenger cruise ship through the Panama Canal and then along the west coast of Costa Rica for January 27 to February 3, 2018. Express interest in this adventure by writing to [carol@drmcDougall.com](mailto:carol@drmcDougall.com). FYI: The past Alaska Adventure trip sold out within 48 hours from the time of official announcement on our website ([www.drmcDougall.com](http://www.drmcDougall.com)).

## Featured Recipes

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Vicki is a graduate of Dr. McDougall's Starch Solution Certification Course. She is also Forks Over Knives Plant-Based Certified, and a chef with the [Plant Based Nutrition Support Group \(PBNSG.org\) team](#).

Vicki coaches individual clients, and teaches a variety of heart-healthy vegan cooking classes and workshops. Connect with Vicki's Ann Arbor Vegan Kitchen blog at <http://annarborvegankitchen.com>, and follow Ann Arbor Vegan Kitchen on Facebook at <https://www.facebook.com/AnnArborVeganKitchen>.

### PURPLE MAGIC BAKED STEEL CUT OATS

Makes: 6 servings

#### Ingredients

- 1 cup steel cut oats
- 1 quart unsweetened vanilla almond milk
- 1 cup frozen cherries
- 1 cup frozen blueberries
- 2 teaspoons cinnamon

To serve: extra fresh fruit, if desired

#### Directions

Preheat oven to 350 degrees.

Mix all ingredients together in a 9" x 13" pan. Bake for one hour. To serve, top with extra fresh fruit, if desired.

Cooled leftovers can be refrigerated in a covered container.



## SUMMER ROLLS WITH SPICY PEANUT TOFU

### Ingredients

2 brown rice spring roll wrappers  
2/3 cup fresh spinach leaves or other salad greens  
1 medium carrot, trimmed, peeled, cut into matchsticks  
2-inch wedge of English cucumber, cut into matchsticks  
1/2 cup Spicy Peanut Tofu (see recipe below)

### Directions

Follow package directions to prepare rice paper wrap, carefully holding (one at a time) under a running faucet to get wet, then placing it on a plate. Working quickly, place spinach leaves evenly over the top, leaving a border of an inch for wrapping. Add other vegetables in a line across the center. Top with Spicy Peanut Tofu. Gently roll tightly from one side to the other, carefully tucking in the ends as you go, just like a burrito.

To slice, cut the summer roll into halves and serve.



## SPICY PEANUT TOFU

### Ingredients

1 package extra firm tofu, crumbled  
1/4 cup Bragg's Liquid Aminos (or soy sauce)  
1/4 cup Cholula Hot Sauce (or equivalent, to taste)  
2 tablespoons natural peanut butter  
1 tablespoon balsamic vinegar

### Directions

Heat a large wok or skillet, and add tofu to the pan. Brown slightly, stirring occasionally. If needed, add a little water to prevent sticking to the pan. Sprinkle with Bragg's Liquid Aminos and hot sauce. Continue to cook until slightly browned. Add peanut butter and balsamic vinegar, and continue cooking until golden and crispy. Turn off heat and set aside.

## STUFFED BAKED POTATOES

### Ingredients

2 large Russet or Yukon Gold potatoes, about 8 oz. each  
1/3 cup nondairy milk, plain, unsweetened  
4 tablespoons no-oil added hummus  
1 cup of cooked vegetables, chopped (onions, broccoli, cauliflower, etc.)  
1/2 teaspoon hot sauce  
1/2 teaspoon kosher salt (or to taste)





### Directions

Preheat oven to 375 degrees. Prepare potatoes for baking by washing well, and poking several times with a fork or knife for steam to escape during baking.

Bake for approximately one hour, or until fork tender. Remove from oven and allow to rest until cool enough to touch. Slice potatoes lengthwise.

Scoop insides of potatoes into a bowl, being careful not to tear the skins. Leave a small rim of potato intact for support.

Lay the hollowed out potato shells on a baking sheet.

Mash the potato flesh in a bowl along with the remaining ingredients, combining thoroughly. Spoon mixture back into the potato shells evenly until each half is rounded and almost overflowing. Pop them back into the oven, and bake until heated all the way through, approximately 15 minutes. Remove from oven, and serve immediately.

## FRESH CORN, TOMATO, AND AVOCADO SALAD

Makes: 4 servings

### Ingredients

2 cups organic corn (2 or 3 ears, fresh corn on cob, OR one 10-ounce package, frozen corn)

1/2 cup grape tomatoes, halved

1 tablespoon balsamic vinegar (or to taste)

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 ripe Hass avocado, chopped or diced

1/4 cup fresh basil, minced (optional)



### Directions

Prepare the corn, steaming until tender crisp. Remove from heat. Drain, and allow the corn to cool.

Carefully remove the kernels from the cob into a bowl, with a sharp knife. (You'll be able to skip this step if using frozen corn.) The cooked corn can be thoroughly chilled in the refrigerator at this point, until ready to assemble.

When ready to serve, in a medium size bowl, toss the corn with the tomatoes and balsamic vinegar. Season with salt and pepper. Mix well. Add avocado and basil (if using). Toss gently and serve immediately.

## FABULOUS BEET BURGERS

### Ingredients

3 medium roasted beets (see below)  
1 large roasted onion (see below)  
1 cup brown rice, mixed with steamed greens (see below)  
1 can black beans, drained, rinsed  
1/4 cup balsamic vinegar  
1/3 cup ground flaxseed meal  
1 teaspoon kosher salt  
1/2 teaspoon cumin  
1/2 teaspoon Creole Seasoning

### Directions

Preheat oven to 425 degrees.

In a food processor or blender, add the beets, onion, and all other ingredients, and process until almost (but not entirely) smooth.

Empty contents into a color-safe bowl, or onto a clean color-safe surface. Divide mixture evenly into 8 to 10 portions. Form each one into a flat burger-shaped patty. Place burgers on a non-stick baking sheet or oven-safe griddle.

Bake for approximately 25 minutes, or until almost firm to the touch. Remove beet burgers from oven, and serve immediately on toasted whole grain buns, along with your favorite condiments and toppings (lettuce, tomato, avocado, pickles, mustard, hummus, etc.).

To roast the beets and onion...

Preheat oven to 350 degrees.

Wash and trim beets. Wrap each one individually in aluminum foil.

Trim and peel the onion, and wrap in foil.

Place the 4 foil packets in the oven and roast for one hour. Remove from oven and allow the packets to cool, without opening. (Roasting can be completed early in the day, or even the day before. If making ahead, refrigerate cooled vegetables until ready to use.)

Once the beets have cooled, open foil packets and carefully remove and discard the thin outer skin.

Brown rice and steamed greens...

For convenience, cook the greens along with your rice. The amount of greens you use is up to you!

Just wash and chop your choice of fresh greens (beet greens or kale work great). Add uncooked greens to the uncooked rice and allow both to steam together on the stove or in a rice cooker. (This combination is optional. Plain cooked brown rice is fine, too.)

