



## THE MCDUGALL PROGRAM 8-DAY RECIPES

### DAY 1 - SATURDAY

#### Day 1 - Dinner

##### SPINACH VEGETABLE SALAD

Preparation Time: 30 minutes

Servings: 4

6 cups loosely packed, washed, and dried fresh spinach leaves  
 ½ pound mushrooms, sliced  
 2 carrots, thinly sliced  
 1 cucumber, thinly sliced  
 1 tomato, thinly sliced  
 1 cup alfalfa or clover sprouts  
 Oil-free dressing to taste

Place all the ingredients in a large bowl and mix well. Serve with your favorite oil-free dressing.

##### SPICY THAI NOODLES

This is a wonderful meal for hot summer nights because it requires minimal cooking and it may be made completely ahead of time and served cold or at room temperature. It also keeps well in a cooler so it is a great picnic food.

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 4

12 to 14 ounces linguini (broken in half)  
 1 batch of Spicy Thai Dressing (see below)  
 1½ cups mung bean sprouts  
 1½ cups shredded carrots  
 1 cup Napa cabbage, shredded  
 7 ounces baked seasoned tofu, thinly sliced  
 Chopped cilantro

Prepare noodles according to package directions. Drain and set aside.

Meanwhile, prepare the Spicy Thai Dressing. Set aside. Place the mung bean sprouts, carrots, cabbage, and seasoned tofu in a bowl and mix together. Add the bowl of vegetables and tofu to the noodles and toss well to mix. Slowly add in the Spicy Thai Dressing to the mixture until you have the desired amount of dressing. Serve warm or at room temperature. Let each person add chopped cilantro for garnish, if desired.



### **SPICY THAI DRESSING**

½ cup lime juice  
 1 cup sweet chili sauce  
 ¼ cup rice vinegar  
 2 tablespoons soy sauce  
 2 tablespoons cold water  
 ½ bunch cilantro, chopped  
 1 tablespoon garlic, minced  
 2 tablespoons ginger, minced

Combine all of the ingredients in a blender or food processor and process until the ingredients are mixed well.

**HINT:** Rice vinegar and sweet chili sauce may be found in most supermarkets in the oriental section. This dish keeps well in the refrigerator and may also be served cold. This is great to fix on those busy evenings when everyone is eating at different times because it tastes best at room temperature.

### **CREAM OF MUSHROOM SOUP**

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 6 to 8

1 onion, chopped  
 4 cups chopped, assorted fresh mushrooms (see hint)  
 ½ cup white wine (or water)  
 5 cups vegetable broth  
 2 cups frozen, chopped hash brown potatoes  
 1 to 2 tablespoons parsley flakes  
 ¼ teaspoon nutmeg  
 2½ cups non-dairy milk

Place the onions, mushrooms, and wine (or water) in a large pot. Cook, stirring occasionally, for about 5 minutes. Add the broth, frozen potatoes, parsley, and nutmeg. Bring to a boil. Reduce heat slightly so soup just boils and cook, stirring occasionally, for 30 minutes. Process in the pot with a hand-held blender so mushrooms are finely chopped but not pureed. (Or remove and process slightly in batches in a food processor). Add non-dairy milk and heat through. Serve with thick slices of fresh bread.

**HINT:** Use a variety of fresh mushrooms for the best flavor in this soup. I usually use about ½ pound of button mushrooms, a few shitake mushrooms, and then an assortment of exotic mushrooms, such as clamshell, oyster, and trumpet royale. Most of these will be available at various times of the year in natural food stores or specialty markets. Frozen, chopped hash brown potatoes are sold in bags in the frozen food section of most supermarkets or in natural food stores. They are very convenient for adding thickness and flavor to soups, but an equal amount of peeled, chopped fresh potatoes may also be used.



### **GRILLED PORTOBELLO MUSHROOMS**

Preparation Time: 5 minutes

Cooking Time: 10 minutes

4 large Portobello mushrooms  
 ¼ cup soy sauce  
 1 teaspoon minced fresh garlic  
 Several twists of freshly ground black pepper

Clean the mushrooms well and leave whole or slice thickly crosswise. Combine remaining ingredients in a small bowl. Brush mushrooms with this mixture on both sides and grill over medium coals for about 5 minutes on each side. Brush with more of the mixture while grilling. Serve at once.

HINT: Whole Portobello mushrooms make delicious burgers. Serve them on a whole wheat bun with lettuce, tomatoes, onions, ketchup, and mustard. They have a wonderful meaty taste and texture. For variety, we sometimes brush teriyaki sauce over the mushrooms before grilling. These mushrooms are a staple in our home during the summer months and they have become a favorite among friends and relatives too.

### **TOFU LOAF**

This is an excellent, firm loaf to serve with mashed potatoes and gravy. The leftovers also make a great sandwich filling.

Preparation Time: 15 minutes

Cooking Time: 45 to 60 minutes

Servings: 6 to 8

30 ounces water packed firm tofu  
 1 2/3 cups quick oats  
 ¾ cup whole wheat bread crumbs  
 ½ cup ketchup or barbecue sauce  
 1/3 cup soy sauce  
 2 tablespoons Dijon-style mustard  
 2 tablespoons Vegetarian Worcestershire sauce  
 ¼ teaspoon garlic powder  
 ¼ teaspoon ground black pepper

Preheat oven to 350 degrees.

Drain the tofu well and mash finely, using a bean/potato masher and your fingers. Place in a large bowl and add the remaining ingredients. Mix well, again using your fingers. Turn the mixture into either a square baking pan or a loaf pan. (If you don't have a nonstick pan you will need to lightly oil the pan first). Bake the square pan for 45 minutes or the loaf pan for 60 minutes, until the top and edges are golden brown. Remove from oven and let rest for 5 minutes. Loosen sides and invert over a platter to remove from baking pan.



**HINTS:** The quick-cooking oats work best in this recipe. To make bread crumbs, process 1 slice of bread in a food processor. (Do this when you have extra older bread and store the crumbs in a sealed bag in the freezer). Serve with a sauce or gravy to pour over the loaf or serve plain with a barbecue sauce on the side. Vegetarian Worcestershire sauce is available in most natural food stores. Low-sodium soy sauce is also available in most supermarkets for those of you who are trying to reduce your salt intake.

### **MASHED POTATOES**

Russet potatoes make fluffier mashed potatoes, while Yukon Gold, Yellow Finn, or thin-skinned red or white potatoes are denser and heavier in texture. Three pounds of potatoes will yield approximately 6 to 8 servings.

Peel, simmer over low heat until tender, and mash, blending with warmed non-dairy 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 the potatoes using a hand-held electric mixer. Don't use a food processor to mash potatoes, they will turn into a starchy paste within seconds.

Potatoes are also delicious when they are cooked and mashed with the skin on. It adds some color and texture to the potatoes when eating, and it also saves a lot of preparation time.

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 non-dairy milk while heating, then add to potatoes while mashing.
6. For spicier potatoes, add 1 to 2 tablespoons of spicy brown mustard while mashing, or try 2 tablespoons of prepared wasabi.

### **MARSALA MUSHROOM SAUCE**

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: Makes 3½ cups

2 leeks sliced (white and light green part only)

¾ pound fresh mushrooms, sliced

3½ cups water

½ teaspoon leaf oregano

½ teaspoon leaf sage

¼ cup soy sauce

1/8 cup Marsala wine



3½ tablespoons cornstarch mixed in ¼ cup cold water

Place leeks and mushrooms in a pot with ½ cup of the water. Cook, stirring occasionally, for 5 minutes. Add the remaining water, oregano, sage, soy sauce, and wine. Bring to a boil, reduce heat, and simmer uncovered for 8 minutes. Add the cornstarch mixture and cook and stir until thickened.

HINT: This delicious sauce may be used as a topping for grains, potatoes, or vegetables.

### **GOLDEN GRAVY**

This is wonderful served over stuffing and mashed potatoes.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes about 2 cups

¼ cup brown rice flour

1½ cups vegetable broth

½ cup water

2 tablespoons tahini

3 tablespoons tamari or soy sauce

Freshly ground pepper to taste

Combine all ingredients in a small saucepan. Continue to whisk until mixture boils and is smooth and thick. Season with freshly ground black pepper.

### **CHOCOLATE DECADENCE PUDDING**

By Heather McDougall

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 4

½ cup unsweetened cocoa powder (Wonderslim)

¾ cup sugar

3 tablespoons cornstarch

3 cups non-dairy milk

1½ teaspoons vanilla

With a whisk, combine cocoa, sugar, cornstarch, and non-dairy milk in a medium saucepan. Bring to a boil over medium-low heat, stirring constantly until thickened. Remove from heat and add vanilla. Mix well. Pour into a bowl, cover with plastic wrap, and chill for 4 hours. Spoon into individual bowls and serve.



## DAY 2 - SUNDAY

### Day 2 - Breakfast

#### STEEL CUT IRISH OATMEAL

I have been buying steel cut oats in bulk at my natural food store. We like them because they are crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook, however, you can save some time by soaking them overnight.

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Servings: 4

4 cups water

1 cup steel cut oats

Bring the water to a boil. Add the oats and mix well. When the mixture starts to thicken slightly, reduce heat and simmer uncovered for 30-40 minutes, stirring occasionally.

Variation: To soak the oats overnight, bring the water to a boil, add the oats, stir and turn off the heat. Cover and let rest overnight. In the morning, bring the heat up on the pot and cook over low heat, uncovered for about 10-12 minutes. To add a bit of sweetness to the oats add a few currants to the water before boiling, then follow directions above.

#### FLUFFY PANCAKES

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes 10 to 12 pancakes

$\frac{3}{4}$  cup whole wheat pastry flour

$\frac{3}{4}$  cup unbleached white flour

2 teaspoons baking powder

Dash salt

1 cup mashed ripe banana (about 2 bananas)

1 tablespoon egg replacer (mixed in  $\frac{1}{4}$  cup warm water)

1 tablespoon lemon juice

1 tablespoon Wonderslim fat replacer

1 cup non-dairy milk

$\frac{1}{2}$  cup sparkling water

$\frac{1}{3}$  cup fresh blueberries (optional)

Mix the flours, baking powder, and salt together in a bowl. Place the bananas in another bowl and mash well. Mix the egg replacer and water and beat until frothy. Add the bananas and mix well. Stir in the Wonderslim fat replacer, lemon juice, non-dairy milk, and sparkling water and mix again. Pour into the dry ingredients and stir to mix. Stir in the blueberries. Do not over mix.



Heat a nonstick griddle over medium heat. Pour mixture by  $\frac{1}{4}$  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.

HINT: The new directions for Egg Replacer call for mixing with warm water. This makes the mixture more foamy and seems to work better in all recipes. I will sometimes 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 liquid to thin it out slightly before pouring onto the griddle. This may also be made with all whole wheat pastry flour. It will be slightly heavier in texture. 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.



## Day 2 - Lunch

### TOMATO COUSCOUS SALAD

Here is another fast and delicious use for summer tomatoes.

Preparation Time: 10 minutes

Resting Time: 10 minutes

Servings: 2-4

1 cup uncooked whole wheat couscous  
 1½ cups boiling water  
 2 tomatoes, chopped  
 1 15-ounce can garbanzo beans, drained and rinsed  
 4 green onions, chopped  
 2 tablespoons fresh lemon juice  
 2 tablespoons chopped fresh basil  
 fresh ground pepper to taste

Place the couscous in a bowl and pour the boiling water over it. Stir, cover, and let rest for 5 minutes. Transfer to a strainer to drain off any excess water. Return to bowl, add remaining ingredients, and toss gently to mix. Let rest another 5 minutes to allow flavors to blend. Serve at once or refrigerate for later use.

Hint: Serve on lettuce leaves for a beautiful presentation.

### ASIAN RICE SALAD

Preparation Time: 15 minutes

Chilling Time: 1 hour

Servings: 4

2 cups cooked brown rice  
 4 green onions, chopped  
 5 cups loosely packed, chopped spinach  
 1 11-ounce can mandarin orange segments, drained  
 1 8-ounce can sliced water chestnuts, drained  
 ½ cup oil-free Dijon-style salad dressing  
 2 tablespoons soy sauce  
 ½ cup avocado chunks (optional)

Place the rice in a large bowl. Add the green onions and spinach. Mix well. Add the orange segments and water chestnuts. Toss gently to mix. Mix the dressing and soy sauce. Pour over the salad. Stir in the avocado, if desired. Cover and chill for 1 hour before serving.

Hint: This salad should be served about 1 hour after preparing it. It becomes soggy after sitting for too long, although we have eaten some leftovers the next day and the flavor was still delicious.



### **BROCCOLI BISQUE**

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 6-8

4 cups broccoli florets  
 3 cups vegetable broth  
 2 cups frozen, chopped hash brown potatoes  
 1 onion, chopped  
 1 teaspoon dried dill weed  
 2½ cups non-dairy milk  
 1 tablespoon Dijon mustard  
 dash white pepper

Place the broccoli, broth, potatoes, onion, and dill weed in a medium pot. Bring to a boil, cover, and cook over medium heat for 15 minutes. Process the soup in batches in a blender, return to pot, add the non-dairy milk, mustard, and white pepper. Heat through and serve at once.

**HINTS:** I make this in a stainless steel pot and process it with an immersion blender directly in the pot. (An immersion blender is a small, hand-held appliance that will blend foods without removing them from the cooking pot or bowl. Do not use an immersion blender in a nonstick pot.) If you buy the broccoli florets in bags it saves quite a bit of the preparation time.

### **YAMMY KALE**

We grew several varieties of kale in our garden last year and they all kept producing over the winter months. My favorite is the Lacinato blue kale because it is just a bit more tender than the other varieties.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

2 Garnet yams, peeled and cut into chunks  
 1 ½ cups water or vegetable broth  
 1 onion, chopped  
 2 cloves garlic, minced  
 3 cups Lacinato kale, thinly sliced  
 1 tablespoon vegetarian Worcestershire sauce  
 ½ to 1 teaspoon Sambal Oelek chili paste  
 1 tablespoon fresh lemon juice

Place the yams and water or broth in a large sauté pan. Cover, bring to a boil, reduce heat, and cook until yams are just barely tender, about 5 to 10 minutes depending on the size of the chunks. Add the onion and garlic and continue to cook over medium low heat until the liquid has been reduced by half. Add the kale, Worcestershire sauce, and chili paste.



Continue to cook until kale is tender, stirring occasionally. Stir in the lemon juice just before serving. Serve over brown rice or other whole grains.

Hint: This may also be made with other varieties of kale, just remove the hard stem before slicing the kale. Garnet yams are the bright orange-fleshed sweet potatoes with reddish colored skins.

### **PIZZA**

½ cup fat-free bottled Italian-style sauce  
1 large Kabuli Pizza Crust

Assorted toppings: chopped onions, chopped green peppers, sliced mushrooms, chopped pineapple, chopped zucchini, chopped broccoli, chopped spinach, artichoke hearts  
Preheat the oven to 450 degrees.

Spread the sauce evenly over the pizza crust. Add the toppings of your choice. Place on a baking tray and bake for 10 to 11 minutes, until the crust is golden.

Hint: Kabuli Pizza Crust is made by Dallas Gourmet Bakery and can be found in natural food stores.

### **PIZZA TOPPING:**

Use this instead of soy cheese as a topping for pizza.

### **Tofu Ricotta**

1 12.3-ounce package silken tofu  
1 pound fresh water-packed tofu  
¼ cup nutritional yeast  
¼ cup lemon juice  
¼ cup non-dairy milk  
1 teaspoon basil  
1 teaspoon oregano  
½ teaspoon garlic powder  
¼ teaspoon salt  
Several twists freshly ground pepper

Combine all ingredients in a food processor and process until smooth, or mash with a bean masher for a coarser texture.

### **Marinara Sauce**

Preparation Time: 15 minutes

Cooking Time: 1 to 2 hours

Servings: 4 to 6

Serve over pasta or whole grains, or use in casseroles.

1 onion, chopped



- ½ pound mushrooms, chopped
- 1 15-ounce can stewed tomatoes
- 1 15-ounce can tomato puree
- 1 15-ounce can tomato sauce
- 1 teaspoon dried basil
- 1 teaspoon oregano (optional)
- 2 tablespoons parsley flakes
- 2 green bell pepper, coarsely chopped
- 1 teaspoon Worcestershire sauce

Sauté the onion, mushrooms, and garlic in a small amount of water for 10 minutes. Add the remaining ingredients. Simmer, uncovered, over low heat for 1 to 2 hours, until thick.

Variation: Try substituting fresh herbs for dried in this sauce. They'll really jazz it up. Use 1½ teaspoons each of chopped fresh basil and fresh oregano, and ¼ cup of chopped fresh parsley.



## Day 2 - Dinner

### **SANTA FE RICE SALAD**

Preparation Time: 10 minutes (cooked rice needed)

Servings: 4 to 6

- 3 cups cooked brown rice
- 1 15-ounce can black beans, drained and rinsed
- 1 cup frozen corn kernels, thawed
- 1 tomato, chopped
- 4 green onions, chopped
- 1-2 tablespoons chopped green chilies
- 2 tablespoons chopped fresh cilantro
- ½ cup fresh salsa
- ¼ cup tofu mayonnaise (see hint below)

Combine the rice and vegetables in a bowl. Mix the salsa with the tofu mayonnaise in a separate bowl. Pour over the rice mixture and toss well to mix. Serve at once or cover and refrigerate until serving time.

**HINT:** To make tofu mayonnaise, place 1 package of silken tofu in a food processor and add 1½ tablespoons of lemon juice, 1 teaspoon sugar, and ½ teaspoon salt. Process until very smooth.

### **SMOKY BLACK BEAN & SWEET POTATO CHILI**

Inspired by a recipe in *Simple Vegetarian Pleasures* by Jeanne Lemlin. Sweet potatoes, or yams, provide contrast to the black beans. You can also substitute winter squash, if you prefer. The smokiness of the chipotle pepper adds a special dimension and flavor. If corn is in season, you can add it at the end of cooking.

Cooking Time: 8 minutes at high pressure; natural pressure release; 5 minutes stovetop cooking

Servings: 6 to 8

- 2 large onions, finely diced
- 6 garlic cloves, minced
- 2 red bell peppers, chopped
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon chipotle chili powder or 1 chipotle chili, chopped, seeds removed
- 2 medium sweet potatoes or yams, peeled and cut into ½-inch dice
- 2 cups black beans, pre-soaked
- 1½ cups water or broth
- 3 cups finely chopped tomatoes, fresh or canned, which is 2 15-ounce cans
- ¼ cup tomato paste
- ½ teaspoon salt (optional)



Chopped cilantro for garnish

Heat the cooker over medium heat. Add the onions and cook for 3 minutes, stirring occasionally so that they don't stick. Add the garlic, red peppers, and spices and cook another 2 minutes. Add the yams, black beans, and water. Lock the lid in place and bring to high pressure over high heat. Reduce the heat to low to maintain high pressure. After 8 minutes, remove from the heat and let the pressure come down naturally, which takes about 10 minutes.

When the pressure is down, remove the lid tilting it away from you. Add the tomatoes, tomato paste, and salt. Cook over medium heat, without the lid, for about 5 minutes, until the tomatoes have broken down into a sauce. Remove the whole chipotle pepper if you used it. Taste and adjust seasonings. Serve over rice, or other grain, garnished with cilantro.

©2012, Jill Nussinow, MS, RD from *The New Fast Food: The Veggie Queen Pressure Cooks Whole Food Meals in Less than 30 Minutes*

### **TEX-MEX POTATOES**

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 6

6 large red potatoes  
 2 15-ounce cans pinto beans, drained and rinsed  
 1 cup fresh salsa  
 1 4-ounce can diced green chilies  
 1 small onion, chopped  
 1 to 2 cloves garlic, crushed  
 ¼ cup chopped fresh cilantro  
 ½ teaspoon chili powder  
 ½ teaspoon ground cumin  
 1 tomato, chopped  
 ¼ cup corn kernels  
 2 green onions, chopped

Preheat oven to 375 degrees.

Scrub the potatoes and cut lengthwise into wedges. Place on a baking sheet and bake until lightly browned, about 40 minutes.

Meanwhile, combine the beans, salsa, chilies, onion, garlic, 2 tablespoons of the cilantro, chili powder, and cumin in a saucepan. Cook over low heat about 15 minutes.

Combine the tomato, corn kernels, and the remaining cilantro. Set aside.

To assemble: Place the baked wedges on a serving platter. Spoon the warm bean mixture over the potatoes and top with the fresh tomato mixture.

**HINT:** Frozen corn kernels may be used in this recipe. Thaw under cold running water and drain well before using.



### **INSTANT MEXICAN BROWN RICE**

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

2½ cups water

2¼ cups instant brown rice

1 cup chopped green onion

1 green bell pepper, chopped

½ teaspoon minced fresh garlic

1 10-ounce can Ro-tel diced tomatoes and green chilies

½ cup salsa

¼ cup chopped cilantro

Bring 1 cup of the water to a boil in a saucepan. Stir in the rice. Return to a boil, cover, and cook over low heat for 5 minutes. Remove from heat, stir, cover, and let rest for 5 minutes.

Place the remaining cups of water in another saucepan. Add the green onions, bell pepper, and garlic. Cook, stirring occasionally, for 10 minutes. Add the tomatoes and salsa. Stir in the hot rice and mix well. Cook until heated through. Stir in the cilantro and serve at once.

**HINT:** To make this with leftover cooked brown rice, use 3 cups of cooked rice. Add to the vegetables at the same time you add the tomatoes and salsa.

### **MASHED PINTO BEANS**

Use for bean nachos, tacos, burritos, casseroles, or dips.

Preparation Time: 10 minutes (plus overnight soaking)

Cooking Time: 3 to 4 hours (or all day in slow cooker)

Servings: About 6 cups

2 cups dried pinto beans

8 cups water

½ teaspoon onion powder

½ teaspoon garlic powder

½ to 1 cup mild or spicy salsa

Place the beans in a large pot with the water. Bring to a boil, cover, reduce the heat, and cook until tender, 3 to 4 hours. (To reduce the cooking time, soak the beans overnight in the water. Then proceed as directed, reducing the cooking time by 1 hour). Drain, reserving the cooking liquid.

Mash the beans, using a hand masher, electric beater, or food processor. Return to the pan. Add the spices, a little of the reserved cooking liquid, and the salsa, stirring until the beans have a softened, smashed consistency. Heat through to blend the flavors.



### **ENCHILADA SAUCE**

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: Makes 2 ½ cups

- 1 8-ounce can tomato sauce
- 1½ cups water
- 2 tablespoons cornstarch
- 1½ tablespoons chili powder
- ¼ teaspoon onion powder
- 1/8 teaspoon garlic powder

Combine all ingredients in a saucepan until well mixed. Cook and stir over medium heat until thickened. Serve over Mexican-flavored foods.

HINT: We use this versatile sauce on burritos, tacos, tostadas, Mexican Lasagna, and enchiladas. It keeps well in the refrigerator and reheats well over low heat.

### **FRESH FRUIT COBBLER**

Be sure to use sweet, ripe, seasonal fruit in this recipe. Peaches and nectarines are a delicious choice. 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 the heat to 350 degrees. Crumble the oat mixture over the pie filling and return to the 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 Almond & Rice Ice Cream for a special treat. May be served warm or cold.



**HINT:** 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.



## DAY 3 - MONDAY

### Day 3 - Breakfast

#### BOB'S GLUTEN-FREE MIGHTY TASTY HOT CEREAL

Cook: 15 minutes

Servings: Makes 3 ½ cups

Whole grain brown rice  
Corn  
Sorghum  
Buckwheat

Bring 3 ¼ cups of water to a boil. Stir in 1 cup cereal and immediately turn heat to very low, continuing to stir until cereal and water are blended. Cover and cook for 10 minutes, stirring occasionally.

Hint: Add a dash of cinnamon, nutmeg, or mace to the cooking water for extra flavor. Or try a tablespoon or two of currants or raisins.

#### 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 brown 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.

### **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

$\frac{3}{4}$  cup raw or toasted tahini (sesame paste)

$\frac{1}{4}$  cup fresh lemon juice

1 cup water

2 cloves garlic, crushed or minced

Combine the tahini, lemon juice, garlic, and 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.

### **ROASTED POTATOES**

Preparation Time: 5 minutes

Cooking Time: 30-40 minutes

Servings: Variable

Waxy red or yellow potatoes of your choice

Seasonings of your choice

Preheat oven to 375 degrees.

Scrub the potatoes and cut them into wedges or chunks, depending on their size. Toss with seasonings of your choice (I like various no-salt seasoning mixtures) and place in a single layer on a nonstick baking sheet (or one lined with parchment paper or a silicone baking liner). Bake for 30-40 minutes until potatoes are tender.

Hints: Try these with nutritional yeast or ParmaZaan Sprinkles.



### Day 3 - Lunch

#### **TOMATO VEGETABLE SALAD**

Preparation Time: 30 minutes

Chilling Time: 1 to 2 hours

Servings: 6

6 tomatoes, chopped  
 2 cups fresh or frozen (thawed) corn kernels  
 2 zucchini, julienned  
 ½ cucumber, finely chopped  
 ½ cup water chestnuts, thinly sliced  
 4 shallots, finely chopped  
 1 tablespoon chopped fresh parsley  
 1 teaspoon chopped fresh basil  
 ½ teaspoon minced fresh oregano  
 ½ teaspoon minced fresh tarragon  
 ½ cup oil-free dressing

Combine all the ingredients and toss well to mix. Chill before serving.

#### **CREAMY PASTA PRIMAVERA**

Preparation Time: 30 minutes

Cooking Time: 11 to 12 minutes

Servings: 6 to 8

2 cups vegetable broth  
 2 cups walnut pieces  
 1/3 cup packed fresh parsley  
 1/3 cup packed fresh cilantro  
 3 teaspoons lemon juice  
 2 teaspoons chopped fresh garlic  
 2 teaspoons ground chili paste  
 ¼ teaspoon salt (optional)  
 Freshly ground pepper to taste  
 16 ounces uncooked spiral pasta  
 3 cups broccoli florets  
 1 cup red bell pepper strips  
 1 cup yellow bell pepper strips  
 1 pound mushrooms, cut into bite-sized pieces  
 1 cup halved cherry tomatoes

Place the broth, walnuts, parsley, cilantro, lemon juice, garlic, and chili paste into a blender jar. Process for several minutes until very smooth, add pepper to taste, and optional salt. Set aside.

Bring a large pot of water to a boil. Add pasta and cook for about 5 minutes. Add broccoli and peppers to the water and cook for an additional 4 to 5 minutes, then add the mushrooms and



cook for another 2 minutes. Remove from heat and drain. Place in a large bowl. Pour the sauce over and toss to mix. Add the tomatoes and mix again. May be served warm, at room temperature, or chilled.

**HINTS:** The addition of ground fresh chili paste to this recipe gives just a bit of heat. Feel free to add more to taste. Chili paste can be found in the Asian section of most supermarkets. It is also called Sambal Oelek. It is not necessary to chop the parsley and cilantro leaves before using in the recipe. Just take a small handful of each and toss it in with the other ingredients (remove the larger stems first). If you don't like cilantro, try with just the parsley.

### **SOUTHWESTERN BLACK BEAN SOUP**

Preparation Time: 15 minutes, plus overnight soaking of beans

Cooking Time: 3 hours

Servings: 8 to 10

- 1 pound black beans
- 2 quarts water
- 1 large onion, coarsely chopped
- 1 to 2 cloves garlic, minced
- 2 16-ounce cans whole tomatoes with liquid, chopped
- 1 4-ounce can chopped green chilies
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon fresh lemon juice
- ¼ teaspoon crushed red pepper flakes
- ¼ cup chopped fresh cilantro

Soak the beans overnight in the water.

Bring to a boil in the soaking water, cover, and reduce the heat. Simmer for 1 hour then add all the remaining ingredients, except the cilantro. Cook until the beans are tender, about 2 hours. Add the cilantro just before serving. Mix it in well and let the soup rest, covered, for about 15 minutes. Serve hot.

**NOTE:** This is great to make in a slow cooker. Put everything into the pot, except the cilantro, early in the morning. (No need to soak the beans first). Set the cooker on high, cover, and let it cook all day. Add the cilantro just before serving.

### **ORIENTAL DIJON SALAD DRESSING**

Preparation Time: 5 minutes

Servings: Makes ¾ cup

- ¼ cup soy sauce
- ¼ cup rice vinegar
- ¼ cup water
- ¼ teaspoon minced fresh garlic
- ¼ teaspoon minced fresh ginger root



2 teaspoons Dijon-style mustard

Combine all ingredients in a blender jar and process until smooth.  
Store in a covered jar in the refrigerator.

### **BURRITO BOWLS**

by Cathy Fisher

Burrito bowls have come onto the scene as more people cut out refined carbs. It's basically a whole bunch of burrito fixings in a bowl with no tortilla. This is one of my favorite quick and easy yet filling meals.

Preparation Time: 25 minutes

Cooking Time: 50 minutes to cook rice

Servings: 2 large entree servings or 4 salad servings

1 cup dry brown rice  
2 cups water  
6 Romaine lettuce leaves, cut into thin strips  
1 cup very thinly sliced cabbage  
1 can black or pinto beans (or 1½ cups home cooked beans)  
1 cup chopped tomatoes  
1 red or orange bell pepper, diced  
½ of a sweet yellow or red onion, chopped (or two scallions)  
1 cup fresh cilantro, parsley and/or basil leaves, chopped  
1 cup corn kernels, cooked or raw  
1 avocado, diced  
Juice from 2 limes (3-4 tablespoons)  
Optional: serve topped with salsa

In a pot, bring rice and water to a boil, reduce heat to simmer, cover, and cook for 45 minutes for regular rice and 50 minutes for short-grain rice. Remove from heat and let stand for 10 minutes, with the lid on. Remove lid, set aside.

In a large bowl, toss all ingredients together, including lime juice. Serve as is or top with salsa and/or guacamole. The cooked beans and rice may be added warm or cold.

#### **NOTES:**

Rice and beans: Try short-grain brown, long-grain brown, or wild rice; any type would work. The same goes for beans, however, pinto and black are the most popular varieties for this type of dish.

Dressing: I keep the dressing here very light because this is such a hearty and flavorful dish. You may also want to add to the lime juice a little prepared mustard and/or brown rice vinegar. If you're using salsa and/or guacamole, you really don't need anything else besides the lime juice (you could use lemon juice as well). A little of the salsa blended also make a nice dressing.

Other ingredient options: Toast or steam a corn tortilla and chop into small strips or squares and throw in. Shredded carrots, cooked or raw greens or mushrooms, sprouts, chilies, and pumpkin seeds are also good.

**GREEN ENCHILADA SAUCE**

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 1 quart

1 7-ounce can Mexican green sauce

3½ cups water

4 tablespoons cornstarch

Chopped fresh cilantro for garnish (optional)

Combine all of the ingredients, except the cilantro. Cook over medium heat, stirring constantly, until the mixture boils and thickens. Add the cilantro (if using) just before serving.



### Day 3 - Dinner

#### **DIJON SPINACH SALAD**

Preparation Time: 15 minutes

Servings: 5

- 1 10-ounce package triple-washed spinach
- ½ cup thinly sliced red onion, separated into rings
- 2 cups sliced fresh mushrooms
- ¾ cup Dijon-Oriental Dressing or other oil-free salad dressing

Trim the spinach stems and tear into bite-sized pieces. Add the onion and mushrooms and toss to mix. Pour the dressing over and toss again. Serve at once.

#### **ORIENTAL-DIJON DRESSING**

- ¼ cup soy sauce
- ¼ cup rice vinegar
- ¼ cup water
- 1 tablespoon Dijon mustard
- ¼ teaspoon minced fresh garlic
- ¼ teaspoon minced fresh ginger

Combine all ingredients in a blender jar and process until smooth.

#### **VEGETABLE BARLEY SALAD**

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Chilling Time: 2 hours or longer

Servings: 8

- ½ cup barley
- 2 cups water
- 2 cups frozen corn kernels, thawed
- 1 cup frozen green peas, thawed
- 1 tomato, chopped
- ¼ chopped scallion
- 1 tablespoon chopped fresh basil or oregano

#### **DRESSING**

- 2 tablespoons cider vinegar
- 2 tablespoons water
- 2 tablespoons soy sauce
- 1 teaspoon Dijon mustard
- ¼ teaspoon freshly ground pepper

Place the barley and water in a small saucepan. Cover and cook over low heat until the barley is tender, about 30 minutes. Drain and set aside.



Combine the corn, peas, tomato, scallion, and fresh herbs in a bowl. Add the barley and toss to mix.

In a small jar or bowl, mix the dressing ingredients together thoroughly. Pour the dressing over the salad and mix well. For best flavor, cover and chill for at least 2 hours before serving.

### **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. 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 coriander  
 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.

### **POLENTA WITH BLACK BEANS & MANGO SALSA**

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 6-8

1 24-ounce package precooked polenta  
 ½ cup vegetable broth  
 1 onion, chopped  
 1 red bell pepper, chopped  
 1 orange or yellow bell pepper, chopped  
 1 teaspoon minced fresh garlic



2 15-ounce cans black beans, drained and rinsed  
 1 4-ounce can chopped green chilies  
 1 15-ounce can crushed tomatoes  
 1 teaspoon chili powder  
 1 teaspoon ground cumin  
 dash or two Tabasco sauce  
 freshly ground pepper to taste  
 ¼ cup chopped fresh cilantro

Preheat oven to 375 degrees.

Slice polenta ½ inch thick. Place on a nonstick baking sheet and bake for 15 minutes.

Meanwhile, place the broth, onion, bell peppers, and garlic in a large saucepan. Cook, stirring occasionally, for 10 minutes. Add remaining ingredients, except cilantro, and cook an additional 10 minutes. Stir in cilantro and remove from heat.

Serve over the polenta and top with Mango salsa (recipe follows).

Hint: There are many kinds and flavors of precooked polenta on the market. They will all work in this recipe. Check ingredients carefully before buying these products. These products work well as a base for many bean and vegetable dishes. The sliced polenta may also be cooked on a nonstick griddle until browned on both sides. If you prefer to cook your polenta from scratch, there are a variety of products to choose from, and most only take a few minutes of cooking time. A good test for the proper thickness of the polenta is to cook it until the mixing spoon stands up in the pan.

### **MANGO SALSA**

Preparation Time: 10 minutes

Servings: makes 2 cups

2 cups peeled, chopped, ripe mango  
 ½ cup finely chopped onion  
 ½ cup finely chopped red bell pepper  
 1 fresh jalapeno, seeded and finely chopped  
 ¼ teaspoon minced fresh garlic  
 1 tablespoon cider vinegar  
 1 tablespoon warm water  
 several twists freshly ground black pepper  
 dash salt

Combine all ingredients in a bowl and mix well. Cover and chill at least 1 hour before serving. This will keep in the refrigerator for about a week.

Hint: Prepared Mango salsa is available in some markets and will cut down on the preparation time.

### **BAKED YAMS**

This is a favorite dish at The McDougall 10-Day Live-In Program and I always get requests for the recipe. It is simple to prepare and keeps well in the refrigerator for reheating later.



Preparation Time: 5 minutes  
 Cooking Time: 1 hour 10 minutes  
 Servings: variable

Garnet Yams (reddish skins and a deep orange flesh)

Preheat oven to 350 degrees.  
 Scrub the yams and cut into large pieces (quarter the yams unless they are very large).  
 Place in a single layer in a dry baking dish, skin side down. Cover with parchment paper then cover the baking dish with aluminum foil, crimping it over the sides to hold in the steam. Bake for 1 hour, 10 minutes.

### **SHEPHERD'S VEGETABLE PIE**

Preparation Time: 35 minutes (need mashed potatoes)  
 Cooking Time: 1 hour  
 Servings: 6

3 cups vegetable broth  
 1 onion, chopped  
 1 stalk celery, sliced  
 1 green bell pepper, chopped  
 ½ teaspoon minced bottled fresh garlic  
 ½ teaspoon sage leaves  
 ½ teaspoon marjoram  
 1 tablespoon soy sauce  
 1 carrot, thinly sliced  
 1½ cups sliced fresh mushrooms  
 1½ cups cauliflower florets  
 1 cup thinly sliced cabbage  
 1 cup green beans, cut in 1-inch pieces  
 2 tablespoons cornstarch, mixed in 1/3 cup cold water  
 Freshly ground pepper to taste  
 3 cups mashed potatoes  
 Paprika to garnish

Preheat oven to 350 degrees.  
 Place ½ cup of the broth in a large pot with the onion, celery, bell pepper, and garlic. Cook, stirring occasionally, for about 4 minutes over medium heat. Stir in sage, marjoram, and soy sauce. Add the remaining vegetable broth, carrot, mushrooms, cauliflower, cabbage, and green beans. Bring to a boil, cover, reduce heat and cook for 20 minutes, stirring occasionally. Add the cornstarch mixture and stir until thickened. Season with pepper to taste. Transfer to a casserole dish. Cover vegetable mixture with mashed potatoes and sprinkle with paprika. Bake for 30 minutes until potatoes are slightly browned.

Hint: Thin the mashed potatoes with a little non-dairy milk or vegetable broth if they are too



stiff to spread. Put them in a bowl, add a small amount of the liquid and beat by hand or with an electric beater until they are spreadable.

### **BAKED RICE PUDDING**

We have been enjoying rice pudding in assorted variations for many years. We made this one a few nights ago and really enjoyed it. Check out the “hints” for different serving ideas. We would consider this a healthy dessert, the less sugar used, the healthier it is.

Preparation Time: 5 minutes (cooked rice needed)

Cooking Time: 35 minutes

Servings: 4-6

3 cups cooked brown rice  
1½ cups non-dairy milk  
1 cup dried fruit  
3 teaspoons brown sugar  
1½ teaspoons vanilla  
dash cinnamon

Preheat oven to 325 degrees.

Combine all ingredients in an ovenproof pot. Heat to just boiling. Remove from heat, stir, and place uncovered in the oven. Bake for 30 minutes. Remove from oven and let rest for 5-10 minutes before serving.

Hints: Serve in individual bowls with extra soy or rice milk to pour over the pudding and/or brown sugar to sprinkle on top. This may also be baked in individual bowls. Baking time will be reduced by about half. Different kinds of fruit may be used such as raisins, currants, dried cranberries, or chopped apricots or dates. This may also be served cold or at room temperature.



## DAY 4 - TUESDAY

### Day 4 - Breakfast

#### STEEL CUT IRISH OATMEAL

I have been buying steel cut oats in bulk at my natural food store. We like them because they are crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook, however, you can save some time by soaking them overnight.

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Servings: 4

4 cups water

1 cup steel cut oats

Bring the water to a boil. Add the oats and mix well. When the mixture starts to thicken slightly, reduce heat and simmer uncovered for 30-40 minutes, stirring occasionally.

Variation: To soak the oats overnight, bring the water to a boil, add the oats, stir and turn off the heat. Cover and let rest overnight. In the morning, bring the heat up on the pot and cook over low heat, uncovered for about 10-12 minutes. To add a bit of sweetness to the oats add a few currants to the water before boiling, then follow directions above.

#### GALLO PINTO

This is another delicious Costa Rican bean and vegetable dish. Black beans are available almost everywhere in this country, either served plain with tortillas or combined with rice and/or vegetables.

Preparation Time: 15 minutes (need cooked rice)

Cooking Time: 30 minutes

Servings: 8-10

#### Beans:

½ cup vegetable broth

1 onion, chopped

2 stalks celery, chopped

1 teaspoon minced fresh garlic

3 15-ounce cans black beans, drained and rinsed

1 bay leaf

1 teaspoon dried oregano

#### Vegetables:

½ cup vegetable broth

1 onion, chopped

1 stalk celery, chopped

1 tomato, chopped

¼ cup chopped fresh cilantro



4 cups cooked long grain brown rice  
hot sauce

**Beans:**

Place the vegetable broth in a medium-large saucepan. Add the onion, celery, and garlic. Cook over medium heat, stirring frequently, until vegetables are softened. Add remaining ingredients, mix well, and cook over low heat for 20 minutes, stirring occasionally. Set aside.

**Vegetables:**

Place the vegetable broth in a large nonstick frying pan. Add onion and celery and cook over medium heat for 5 minutes, stirring frequently. Add tomato and cilantro and cook for another 5 minutes. Add the bean mixture and the rice. Mix well. Heat through and season to taste with the hot sauce. Remove bay leaf before serving.



## Day 4 - Lunch

### **BARBECUED BEAN SALAD**

This is a fast and delicious salad that can be served in many different ways. It can be eaten plain as a side dish, as a topping for chilled greens, such as spinach or lettuce, stuffed into pita bread with some fresh chopped greens, or rolled up in a wrap plain, with barbecued tofu (see recipe below), or with greens. To use home cooked beans in this recipe, cook your beans in a pressure cooker or on the stove and use about 1½ cups cooked beans for each can of beans called for. This may also be made with other variations of beans, choose all one kind or a mixture of different beans.

Preparation Time: 15 minutes

Chilling Time: 2 hours

Servings: 4 to 6

1 15-ounce can black beans, drained and rinsed  
 1 15-ounce can pinto beans, drained and rinsed  
 1 15-ounce can white beans, drained and rinsed  
 ½ cup diced sweet onion  
 1 stalk celery, diced  
 1 medium red bell pepper, diced  
 1 cup frozen corn kernels, thawed  
 ½ cup bottled oil-free barbecue sauce  
 1 tablespoon red wine vinegar  
 2 teaspoons Dijon mustard  
 Dash salt

Place beans in a large bowl. Add vegetables and mix well. Add remaining ingredients and toss again to mix. Refrigerate to blend flavors.

HINT: To use fresh corn instead of frozen, cook 2 ears of corn until tender. Cool. Slice from cob and use as directed above.

### **BEAN SOUP**

Preparation Time: 10 minutes

Cooking Time: 3 to 4 hours

Servings: 6

2 cups dried Great Northern beans  
 8 cups water  
 2 onions, finely chopped  
 2 stalks celery, finely chopped  
 2 bay leaves  
 ½ teaspoon rubbed sage  
 ½ teaspoon ground oregano  
 2 tablespoons soy sauce  
 Dash of liquid smoke (optional)



Put beans and water in a large pot. Bring to a boil, turn off heat, and let rest for at least 1 hour. Add onions, celery, bay leaves, sage, oregano, and soy sauce. Return to boil, reduce heat and cook, covered, for at least 3 hours, until beans are mushy. Add a dash of liquid smoke at the end of the cooking time, if desired. Remove bay leaves before serving.

**HINT:** The liquid smoke gives the soup a delicious aroma, although it is entirely optional. I make it both ways. It is always a favorite with the family, and we usually have a loaf of fresh bread with the soup. One of our sons likes to sprinkle some curry powder over the top of his soup. You can easily vary this soup by adding other vegetables, such as carrots and potatoes, and it may also be pureed before serving. This also freezes well so you can keep some for use at a later date. Great for lunch the next day too!

### **ASIAN MARINATED TOFU**

I have been doing a lot of marinated and sautéed tofu lately because it tastes so much better than the baked tofu that is available in markets. Be sure to use extra firm tofu in this recipe or the tofu will tend to fall apart.

Preparation Time: 5 minutes

Resting Time: 30 minutes

Cooking Time: 10 minutes

Servings: Variable

20 ounces extra firm tofu  
 2 tablespoons rice vinegar  
 2 tablespoons light miso  
 1 tablespoon soy sauce  
 1 tablespoon tahini  
 1 tablespoon agave nectar  
 2 teaspoons mirin

Drain the tofu and cut into small cubes.

Place the remaining ingredients in a small bowl and whisk until smooth. Pour over the tofu and toss to coat well. Let rest for at least 30 minutes, mixing occasionally to make sure the tofu is well covered with the marinade.

Turn the tofu and the marinade into a large nonstick sauté pan. Dry fry for about 10 minutes, turning occasionally with a spatula to make sure the cubes are well browned on all sides.

### **ASIAN GINGER SAUCE**

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: Makes 1½ cups

¾ cup water  
 ½ cup low-sodium soy sauce  
 ¼ cup rice vinegar  
 1 tablespoon mirin



1 tablespoon agave nectar  
 1 teaspoon crushed garlic  
 1 teaspoon grated fresh ginger  
 ½ teaspoon crushed red pepper  
 2 tablespoons cornstarch

Combine all ingredients in a saucepan and whisk until smooth. Bring to a boil while stirring and cook and stir until thickened. Serve warm over grains and vegetables.

### **SZECHWAN SAUCE**

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: Makes 1½ cups

1½ cups water  
 5 to 6 green onions, chopped  
 2 tablespoons soy sauce  
 1½ tablespoons cornstarch  
 ¾ tablespoon minced fresh ginger  
 1 clove garlic, crushed  
 1/8 teaspoon crushed red pepper  
 Dash hot sauce (such as Sriracha)

Combine all ingredients in a saucepan and mix well. Cook and stir over medium heat until mixture is thickened and clear, about 5 minutes.

### **PEANUT-HOISIN SAUCE**

This is a higher-fat choice because of the peanut butter.

Preparation Time: 10 minutes

Servings: makes 1 cup

½ cup natural chunky peanut butter  
 ½ cup water  
 2 tablespoons hoisin sauce  
 1 tablespoon soy sauce  
 ½ tablespoon agave nectar  
 2 teaspoons chili garlic sauce  
 2 teaspoons tomato paste  
 1 teaspoon lime juice  
 ½ teaspoon grated fresh ginger  
 Dash sesame oil

Place all ingredients in a food processor and process briefly until well combined but not smooth. Pour into a covered container and refrigerate until ready to use. May be heated before serving, if desired.



Hints: Use over grain or noodle dishes, or as a topping for potatoes or vegetables.



## Day 4 - Dinner

### **SHREDDED SALAD**

Preparation Time: 30 minutes

Servings: 6 to 8

- 2 cups grated carrot
- 1 cup shredded red cabbage
- 1 cup grated zucchini
- 1 cup grated jicama
- 1 cup grated turnip
- 1 cup shredded romaine
- 1 cup torn spinach
- ½ cup sliced radishes
- 1 small red or mild white onion, sliced and separated into rings
- ½ cup oil-free dill dressing
- Freshly ground pepper
- 1 cup cherry tomatoes, cut in half

Combine all the vegetables, except the tomatoes, in a large bowl. Pour the dressing over and toss to mix. Serve at once, garnished with pepper and the tomatoes.

### **THREE BEAN SALAD**

This is a very fast and easy salad. This is great to have on hand in your refrigerator for a quick snack. It also packs well, so it is easy to take with you to work. This can be made as mild or as spicy as you like it by changing the kind of salsa used.

Preparation Time: 15 minutes

Chilling Time: At least 1 hour

Servings: 6

- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- 1 15-ounce can garbanzo beans, drained and rinsed
- 1 small, mild, sweet onion, thinly sliced
- 2 stalks celery, sliced
- 1 tomato, chopped
- 1 cup salsa, mild, medium, or hot
- 2 tablespoons lime juice
- 1 teaspoon chili powder (optional)

Combine beans and vegetables in a large bowl. Place the salsa in a small container, then add the lime juice and chili powder. Stir or shake to combine. Pour over the bean mixture and toss to mix.

Refrigerate at least 1 hour to allow flavors to blend.



### **QUICK 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 and vegetable haters too, although you may want to use a bit less hot sauce for those people.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2 to 4

3 15-ounce cans black beans, drained and rinsed  
 1¾ 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 of hot sauce (optional)

Reserve 1 cup of the beans in a separate bowl. Place the remaining beans, vegetable broth, and 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 the flavors. Adjust seasoning to taste before serving.

Hints: 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.

### **TUNISIAN SWEET POTATO STEW**

Preparation Time: 20 minutes

Cooking Time: Approx. 45 minutes

Servings: 6 to 8

1/3 cup water  
 1 onion, chopped  
 2 jalapenos, seeded and finely chopped  
 2 teaspoons of minced fresh ginger  
 1 teaspoon minced fresh garlic  
 1½ teaspoons of ground cumin  
 ¼ teaspoon of ground cinnamon  
 1/8 teaspoon crushed red pepper  
 1/8 teaspoon ground coriander  
 2-3 sweet potatoes, peeled and chopped  
 2 14.5-ounce cans chopped tomatoes  
 2 14.5-ounce cans garbanzo beans, drained and rinsed  
 1 cup green beans, cut in 1-inch pieces  
 1½ cups vegetable broth  
 ¼ cup natural peanut butter  
 ¼ cup chopped cilantro



Place the water, onion, jalapeno, ginger, and garlic in a large pot. Cook, stirring occasionally, for 5 minutes. Add cumin, cinnamon, red pepper, and coriander. Cook and stir for 1 minute. Add sweet potatoes, tomatoes, garbanzo beans, green beans, vegetable broth, and peanut butter. Bring to a boil, reduce heat, and simmer for 30 minutes, or until potatoes are tender. Stir in cilantro and let rest for 2 minutes. Serve over rice or other whole grains.

### **TOFU TACOS**

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 6 to 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 nonstick 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 nonstick 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.

### **CILANTRO-GARLIC AIOLI**

Preparation Time: 5 minutes

Servings: Makes 1½ cups

1½ 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.  
Hint: Will keep in refrigerator for about 2 weeks.



## DAY 5 - WEDNESDAY

### Day 5 - Breakfast

#### BOB'S GLUTEN-FREE MIGHTY TASTY HOT CEREAL

Cook: 15 minutes

Servings: Makes 3 ½ cups

Whole grain brown rice  
Corn  
Sorghum  
Buckwheat

Bring 3 ¼ cups of water to a boil. Stir in 1 cup cereal and immediately turn heat to very low, continuing to stir until cereal and water are blended. Cover and cook for 10 minutes, stirring occasionally.

Hint: Add a dash of cinnamon, nutmeg, or mace to the cooking water for extra flavor. Or try a tablespoon or two of currants or raisins.

#### POTATO HASH

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4

2 large potatoes, peeled and diced  
1 medium onion, diced  
1 green bell pepper, diced  
1 red bell pepper, diced  
1 cup frozen corn kernels, thawed  
1 teaspoon poultry seasoning  
¼ cup chopped fresh parsley or cilantro  
Freshly ground pepper to taste

Cook the potatoes in enough water to cover, until just tender, about 5 minutes. Drain and set aside.

Place the onion and green and red bell pepper in a saucepan with a small amount of water. Cook, stirring frequently, until just tender, about 4 minutes. Add corn and cook 1 additional minute. Remove from heat. Add the cooked potatoes, poultry seasoning, fresh parsley or cilantro, and pepper. Mix well.

Place the mixture in a large nonstick skillet. Cook, stirring frequently, over medium heat until the potatoes brown slightly, about 10 minutes. Serve with your favorite salsa or barbeque sauce.



## Day 5 - Lunch

### **FAT-FREE HUMMUS**

Preparation Time: 5 minutes

Servings: Makes 2½ cups

2 15-ounce cans of garbanzo beans, drained and rinsed  
 1 teaspoon minced fresh garlic  
 1/3 cup packed chopped parsley or cilantro  
 1/8 cup water

Place all ingredients in a food processor and process until smooth. Serve as a dip with pita bread or use as a sandwich spread.

### **ISRAELI COUSCOUS SALAD**

Israeli couscous can be found in most supermarkets in the ethnic foods department. It looks like large couscous. If you are unable to find it, another small pasta may be substituted. Follow directions for cooking time on the individual packages.

4 cups cooked Israeli couscous  
 1 cup frozen corn kernels, thawed  
 ½ cup diced green onion  
 ½ cup diced red bell pepper  
 ½ cup diced yellow bell pepper  
 ½ cup minced fresh parsley  
 ¼ cup chopped black olives  
 ¾ cup fat-free dressing (see hint)  
 1 teaspoon soy sauce  
 ¼ to ½ teaspoon fresh chopped dill weed  
 Dash Tabasco sauce  
 Freshly ground pepper

Place the cooked couscous in a large bowl. Add all the vegetables and mix well. Combine the dressing, soy sauce, dill weed, and Tabasco. Pour over the salad and toss to mix. Season with pepper to taste. Chill before serving.

HINT: This is delicious with many different kinds of dressing. Try fat-free Italian, honey-mustard, raspberry vinaigrette sesame, or your favorite dressing. This keeps well in the refrigerator and is easy to pack for a lunch on the go. It is one of my favorite salads, and I usually make a double batch.

### **HEARTY DAL SOUP**

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

3¼ cups water



1 onion, chopped  
 2 cloves garlic, crushed  
 1½ teaspoons grated fresh ginger  
 1 teaspoon smoked paprika  
 ¼ teaspoon ground cumin  
 Freshly ground black pepper  
 1 cup red lentils  
 1 15-ounce can garbanzo beans, drained and rinsed  
 1 14.5-ounce can diced tomatoes  
 2 cups cubed Yukon Gold potatoes  
 1 tablespoon lemon juice  
 1-2 teaspoons chili paste (Sambal Oelek)  
 2 cups fresh chopped chard

Place ¼ cup of the water in a large soup pot. Add the onion and garlic. Cook, stirring occasionally, for 3-4 minutes, over medium-high heat, until softened. Add the ginger, paprika, cumin, and several twists of freshly ground pepper. Mix in well, then add the remaining water, lentils, garbanzos, tomatoes, and potatoes. Bring to a boil, reduce heat, cover, and simmer for 50 minutes, until lentils are tender. Add lemon juice, chili paste (start with 1 teaspoon and add more to taste) and chard. Cook for an additional 5-7 minutes, until chard is tender. Season with a bit of sea salt, if desired. Serve hot.

### **BAKED BEANS**

Preparation Time: 15 minutes  
 Cooking Time: 2 hours for beans  
 Servings: 6-8

2 cups dried cranberry beans  
 6 cups water  
 1 onion, chopped  
 1 green bell pepper, chopped  
 1 red bell pepper, chopped  
 ½ cup brown sugar  
 1/3 cup prepared mustard  
 ¼ cup molasses

Place beans and water in a large pot, bring to a boil, reduce heat and simmer for at least 2 hours until very tender. Pour off any excess water and set aside.

Preheat oven to 350 degrees.

Place onions and bell peppers in a nonstick sauté pan with a small amount of water and cook and stir for about 5-10 minutes, until softened. Combine the beans and vegetables in a covered casserole dish. Place the remaining ingredients in a small bowl and mix well. Pour over the beans and vegetables and stir well to mix. Cover and bake for 1 hour.

### **JEFF NOVICK'S SWEET POTATO CURRY BURGER**

Servings: Makes 8-10 burgers



1 15-ounce can salt-free kidney beans, drained and rinsed (or 1.5 cups cooked)  
 1 15-ounce can salt-free chickpeas, drained and rinsed (or 1.5 cups cooked)  
 1 cup rolled regular dry oats  
 ½ cup cooked brown rice  
 ½ cup cooked, peeled, and mashed sweet potato  
 4 tablespoons low sodium salsa  
 1 ½ tablespoons salt-free mild curry powder  
 2 teaspoons garlic powder

8-10 100% whole-grain buns - Ezekiel brand  
 Condiments of choice: mustard, ketchup, relish, tomato slices, red onion slices, spinach, romaine, guacamole (optional)

**DIRECTIONS:**

- Drain and rinse the beans.
- Put in a bowl and mash with a fork or potato masher. We want a rough mash.
- Add oats, rice, sweet potato, salsa, curry, and any other spice of choice and mix well.
- Divide mix into 8 or 10 equal pieces.
- Roll each piece into a ball and then form into a patty.
- Lay on plate and let the patties air dry in the refrigerator for about 10-20 minutes.
- Grill or broil on a nonstick skillet at medium heat (or place under a broiler) until golden brown, about 3-5 minutes.

**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 degrees.

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 nonstick 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 nonstick baking sheet. (If you do not have a good nonstick 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.

### **TOFU MAYONNAISE**

Preparation Time: 5 minutes

Servings: Makes 1 1/3 cups

1 10.5-ounce package Lite Silken tofu  
 1½ teaspoons lemon juice  
 1 teaspoon sugar  
 ½ teaspoon salt  
 ½ teaspoon dry mustard  
 1/8 teaspoon white pepper

Place all ingredients in a blender jar and process until smooth and creamy.

**HINT:** Use Tofu Mayonnaise in sandwiches, salads, and spreads.



## Day 5 - Dinner

### COLESLAW

Preparation Time: 30 minutes

Chilling Time: 1 hour

Servings: 4

#### Dressing:

2 tablespoons balsamic vinegar

6 tablespoons cider vinegar

2 tablespoons Dijon mustard

1 tablespoon soy sauce

2 teaspoons agave nectar

½ teaspoon celery seeds

½ teaspoon caraway seeds

¼ teaspoon freshly ground pepper

#### Slaw:

2 cups shredded green cabbage

2 cups shredded red cabbage

1 carrot, julienned

1 red bell pepper, julienned

1 yellow bell pepper, julienned

¼ cup finely chopped scallion

¼ cup minced fresh parsley

1 green bell pepper, julienned

Mix the dressing ingredients in a small jar and set aside.

Combine the vegetables in a large bowl. Pour the dressing over and toss to coat. Refrigerate for at least 1 hour to blend the flavors.

### PICNIC LENTIL SALAD

This is great to take on a picnic and everyone loves it --- even those people who are sure they don't like lentils. It keeps well in a cooler or in the refrigerator. Be sure to make it at least 3 hours before you plan to serve it to allow time for the flavors to blend.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Chilling Time: 3 hours

Servings: 6

1 cup dry brown lentils

4 cups water

1 cup grated carrots

½ cup chopped sweet onion

½ cup chopped fresh parsley

½ teaspoon crushed fresh garlic



2 tablespoons of red wine vinegar  
 1 tablespoon water  
 1 tablespoon soy sauce  
 2 teaspoons Dijon-style mustard  
 1 teaspoon Worcestershire sauce  
 ½ teaspoon ground oregano  
 Several twists freshly ground pepper

Place the lentils and water in a medium pot. Bring to a boil, reduce heat, cover, and cook for about 30 minutes, until tender but still firm. Meanwhile, prepare remaining vegetables. Combine vinegar, water, soy sauce, mustard, Worcestershire sauce, oregano, and pepper in a small container and mix well. Set aside. Drain lentils. Place in a bowl. Add carrot, onion, parsley, and garlic. Mix well. Pour dressing over and mix again. Cover and refrigerate for at least 3 hours before serving.

### **MINISTRONE SOUP**

This is our favorite vegetable soup. It makes a wonderful meal with a loaf of fresh bread. It also reheats well, and we like to have it for several lunches during the week.

Preparation Time: 30 minutes

Cooking Time: 3 hours

Servings: 8

1¼ cup dried red kidney beans  
 8 cups water  
 1 onion, chopped  
 1 teaspoon minced garlic  
 1 stalk of celery, sliced  
 1 carrot, sliced  
 6-8 fingerling potatoes, cubed  
 1½ cups fresh green beans, cut into 1½-inch pieces  
 1 cup tomato sauce  
 ¼ cup parsley flakes  
 1½ teaspoon basil  
 1½ teaspoon oregano  
 ½ teaspoon marjoram  
 ¼ teaspoon celery seed  
 ¼ teaspoon ground black pepper  
 1 15-ounce can garbanzo beans, drained and rinsed  
 1 15-ounce can chopped tomatoes  
 1 zucchini, chopped  
 1½ cups shredded cabbage  
 ½ cup uncooked whole wheat elbows

Place the beans in a large pot with water to cover. Bring to a boil, cook for 2 minutes, turn off heat and let rest for 1 hour. (To eliminate this step soak the beans overnight). Drain off water. Add onion, garlic, and 8 cups of fresh water. Bring to a boil, reduce heat, cover, and



cook for 1 hour. Add celery, carrot, potatoes, green beans, tomato sauce, and all the seasonings. Return to a boil, reduce heat, and cook for 45 minutes. Add the garbanzo beans, canned tomatoes, and zucchini. Cook for another 30 minutes. Then add the cabbage and pasta and cook for an additional 30 minutes.

**HINTS:** I have many varieties of minestrone that I make throughout the fall and winter months, but this one is our favorite. You may use any type of uncooked pasta that you like. We also like spaghetti broken into 2 inch pieces in this soup.

### **STUFFED MUSHROOMS**

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: Variable

40 medium to large mushrooms  
 1 10-ounce package frozen chopped spinach, thawed  
 1 12.3-ounce package of silken tofu  
 1 package onion soup mix (Simply Organics)

Preheat oven to 350 degrees.

Clean the mushrooms and remove the stems. Set aside. Squeeze the thawed spinach very dry and placed into a large bowl. Place the tofu in a food processor and process until smooth. Add to the spinach, then add the onion soup mix and stir well to mix. Fill the mushroom caps with the spinach tofu mixture and place filled side up on a baking sheet. Cover with parchment paper, then cover with aluminum foil. Bake for about 20 minutes, depending on the size of the mushrooms. Serve warm.

**HINTS:** Place the mixture in a pastry funnel tube and pipe the spinach-tofu mixture into the mushrooms to save time and also add a lovely appearance. Mushrooms should be fork tender when done but not mushy.

### **MAPLE MASHED SWEET POTATOES**

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 6

3 pounds sweet potatoes  
 ½ cup non-dairy milk  
 1 tablespoon pure maple syrup  
 Dash salt  
 Freshly ground black pepper to taste

Preheat oven to 400 degrees. Scrub potatoes and prick all over with a fork. Place on a baking sheet and bake for about 45 minutes, or until potatoes are tender. Remove from oven and allow to cool slightly.



Cut potatoes in half lengthwise and scoop out flesh into a large bowl. Mash with a hand masher or electric beater (do not use a food processor). Add non-dairy milk, maple syrup, and seasonings. Mix well.

HINT: These may be prepared a day or two ahead of time and refrigerated. Reheat in a microwave before serving. They may also be peeled and cooked in water instead of baked. Drain off cooking water and proceed as above for mashing.

### **WICKED MUSHROOMS**

Preparation Time: 15 minutes

Cooking Time: 1¼ hours

Servings: 4

2 cups vegetable broth  
 1 onion, cubed  
 1 green bell pepper, cubed  
 1½ pounds mushrooms, cut into quarters  
 2 bay leaves  
 ¼ teaspoon thyme  
 1 tablespoon soy sauce  
 1 cup red wine  
 ¼ cup tomato paste  
 1 tablespoon parsley flakes  
 Freshly ground pepper to taste

Place ½ cup of the vegetable broth in a large pot, add the onions and bell pepper and cook, stirring occasionally, for 5 minutes. Add the mushrooms, bay leaves, and thyme. Cook for an additional 10 minutes, stirring occasionally. Add the remaining broth and other ingredients. Simmer slowly, uncovered, over low heat for at least 60 minutes longer until the liquid becomes a thick sauce. Remove the bay leaves and serve hot over brown rice or other whole grain or potatoes.

### **GLOBAL BEAN STEW**

I have prepared this stew several times during the past few weeks, with different variations. It is very similar to a stew made with soy sausage in a previous newsletter. However, since I am trying not to use as many concentrated soy protein products, I have prepared this with grains instead of soy. The grains used may be varied, making this dish truly international. I never have enough left over to freeze, but if you do have some left, it may be frozen for later use. We like this plain in a bowl, over rice, or scooped up with baked tortilla chips.

Preparation Time: 25 minutes

Cooking Time: 60 minutes

Servings: 6

3 cups vegetable broth  
 1 onion, chopped  
 2 stalks celery, chopped



2 carrots, chopped  
 1 green bell pepper, chopped  
 1 red bell pepper, chopped  
 3 cloves garlic, minced  
 2 cups baby potatoes, cubed  
 2 15-ounce cans white cannellini beans, drained and rinsed  
 1 8-ounce can tomato sauce  
 1½ cups prepared hummus  
 1½ tablespoons parsley flakes  
 1½ tablespoons soy sauce  
 1 teaspoon basil  
 ½ teaspoon oregano  
 ½ teaspoon smoked paprika  
 1/8 to ¼ teaspoon crushed red pepper  
 ½ cup cooked quinoa  
 1½ cups thinly sliced fresh spinach

Place ½ cup of the broth in a large pot, add onion, celery, carrot, bell pepper, and garlic, and cook, stirring occasionally, for 10 minutes. Add remaining broth, potatoes, and beans. Bring to a boil, cover, reduce heat and cook for 30 minutes. Add tomato sauce, hummus, and seasonings. Cook an additional 10 minutes. Add cooked quinoa, mix well, and cook for 5 minutes. Stir in spinach and cook an additional 2 minutes.

**HINTS:** This may be made with other cooked grains, such as bulgur, kasha, millet, rice, or even whole wheat couscous (which is not a grain but a pasta). Most natural food stores sell prepared low-fat hummus or you can easily make your own by pureeing cooked garbanzo beans with a small amount of broth, garlic, and salt. This may also be made with garbanzo beans instead of the white beans. If you can't find baby potatoes, use larger red potatoes and chop them into bite-sized pieces. If you want to use chard or kale instead of the spinach, it will need to cook about 5 additional minutes.



## DAY 6 - THURSDAY

### Day 6 - Breakfast

#### STEEL CUT IRISH OATMEAL

I have been buying steel cut oats in bulk at my natural food store. We like them because they are crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook, however, you can save time by soaking them overnight.

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Servings: 4

4 cups water

1 cup steel cut oats

Bring the water to a boil. Add the oats and mix well. When the mixture starts to thicken slightly, reduce heat, and simmer, uncovered, for 30-40 minutes, stirring occasionally.

Variation: To soak the oats overnight, bring the water to a boil, add the oats, stir, and turn off the heat. Cover and let rest overnight. In the morning, bring the heat up on the pot and cook over low heat, uncovered, for about 10-12 minutes. To add a bit of sweetness to the oats, add a few currants to the water before boiling and follow directions as above.

#### COSTA RICAN POTATOES AND BEANS

Preparation Time: 30 minutes (need cooked potatoes)

Cooking Time: 30 minutes

Servings: 4

½ to 1 cup vegetable broth

1 onion, chopped

½ teaspoon minced fresh garlic

1 jalapeno pepper, seeded and minced

2½ cups chopped fresh tomatoes

¼ cup chopped fresh cilantro

Several twists fresh ground black pepper

4 cups packed, chopped spinach

3 cups cubed, cooked potatoes

1 15-ounce can black beans, drained and rinsed

Hot sauce

Place ½ cup of the vegetable broth in a large nonstick frying pan, add the onion, garlic, and jalapeno and cook over medium heat, stirring frequently, until vegetables are very soft, adding the rest of the vegetable broth, if necessary. Add tomatoes, cilantro, and black pepper. Cook, uncovered, over low heat, stirring occasionally, for 15 minutes.

Meanwhile, drop the spinach into boiling water for 1 minute. Drain and set aside.

Add potatoes and beans to tomato mixture. Mix well and cook for 3 minutes. Add spinach and cook for another minute. Season to taste with hot sauce. Serve hot or cold.



## Day 6 - Lunch

### **GARBANZO SPINACH SALAD**

Preparation Time: 15 minutes

Chilling Time: 1-2 hours

Servings: 4-6

3 15-ounce cans garbanzo beans, drained and rinsed

2 cups loosely packed, chopped fresh spinach

½ cup chopped red bell pepper

½ cup chopped yellow bell pepper

3 green onions, finely chopped

½ cup oil-free Italian dressing

Several twists fresh ground pepper

Combine beans and vegetables in a bowl. Pour dressing over and toss to mix. Season with fresh ground pepper. Refrigerate for 1-2 hours for best flavor.

HINT: This is one of my favorite salads and very often I eat this right after putting it together. It keeps well in the refrigerator for several days.

### **GARDEN PASTA SALAD**

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Chilling Time: 2 hours

Servings: 6 to 8

1 12-ounce package rainbow pasta

1 16-ounce package frozen, chopped mixed vegetables

1 cup sliced fresh mushrooms

3 green onions, thinly sliced

1 2-ounce jar chopped pimientos

½ cup oil-free Italian dressing

Freshly ground black pepper to taste

Bring 4 cups of water to a boil, add the pasta, and cook according to package directions. Drain. Rinse under cold water and set aside.

Combine the pasta and the remaining ingredients in a large bowl. Toss to mix well.

Refrigerate at least 2 hours before serving.

HINT: Use interesting vegetable combinations, such as broccoli and cauliflower; broccoli, corn, and red pepper; or broccoli, red pepper, snap peas, and water chestnuts.

### **TOMATO BASIL SOUP**

Preparation Time: 10 minutes

Cooking Time: 1½ hours

Servings: 6-8



1 onion, coarsely chopped  
 4-6 whole garlic cloves  
 1 cup fresh basil leaves (pressed down)  
 2 28-ounce cans chopped tomatoes with their juice  
 ½ cup water  
 1½ cups V-8 juice  
 Several twists of fresh ground pepper  
 1 cup non-dairy milk

Place all ingredients, except milk, in a large pot. Bring to a boil, reduce heat, cover, and simmer for 1½ hours. Puree in batches in a blender and return to the pot. Add soy or rice milk and reheat. Do not boil. Serve at once.

HINT: This may be served as a first course, as a complete meal with a salad and some bread, or use as a topping for vegetables, potatoes, or pasta.

### **SLOPPY LENTIL JOES**

These quick and easy sloppy joes reheat well. Refrigerate in an airtight container up to 4 days, reheat in a saucepan over low heat, stirring until hot.

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 8 to 10

1 onion, chopped  
 1 green bell pepper, chopped  
 1 tablespoon chili powder  
 1½ cups dried brown lentils  
 1 can (15 ounces) crushed tomatoes  
 2 tablespoons regular or reduced-sodium soy sauce  
 2 tablespoons prepared mustard  
 2 tablespoons brown sugar  
 1 teaspoon rice wine vinegar  
 1 teaspoon vegetarian Worcestershire sauce  
 Freshly ground black pepper  
 whole wheat buns and condiments, for serving

Put 1/3 cup of water into a large saucepan and add the onion and bell pepper. Cook over medium heat, stirring occasionally, until the onion softens, about 5 minutes. Stir in the chili powder.

Add the lentils, tomatoes, soy sauce, mustard, brown sugar, vinegar, Worcestershire sauce, pepper to taste, and 3 cups of water; mix well. Bring the mixture to a boil, reduce the heat to low, cover, and simmer slowly for 55 minutes, stirring occasionally.

To serve, ladle the mixture over split whole wheat buns.



## Day 6 - Dinner

### SOUTHWEST COUSCOUS SALAD

This has become one of the favorite salads served at the McDougall Program. This is easy to vary each time you serve it by changing a few of the ingredients. Try using a fire-roasted salsa for a delicious smoky flavor.

Preparation Time: 15 minutes

Cooking Time: 2 minutes to boil water

Servings: 6-8

- 2 cups water
- 1<sup>3</sup>/<sub>4</sub> cups uncooked couscous
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can small red beans, drained and rinsed
- 2 cups frozen corn kernels, thawed
- 1 green bell pepper, chopped
- 1 yellow or orange bell pepper, chopped
- 1 tomato, chopped
- ½ cup chopped green onion
- ½ cup chopped cilantro (optional)
- ¾ to 1 cup fresh salsa

Bring the water to a boil in a medium pan. Add the couscous, stir, turn off heat, cover, and let rest for 10 minutes.

Meanwhile, chop the vegetables and combine them in a large bowl. Add the beans and corn. Add the soaked couscous and salsa. Toss to mix. Serve warm or cold.

**HINT:** Use any combination of beans or use all one kind. Vary the kinds of bell peppers used. This is especially good in the late summer when fresh tomatoes and peppers are found in abundance. There are many excellent fresh salsas found in supermarkets and natural food stores. Start by using ¾ cup and add a bit more if necessary. The couscous will absorb some of the salsa as it stands.

### MEXICAN POTATO SALAD

Preparation Time: 15 minutes (need prepared salsa)

Cooking Time: 30 minutes

- 2 pounds red potatoes, cut in small pieces
- 1 cup frozen corn kernels, thawed
- 1 large tomato, chopped
- 1 bunch scallions, chopped
- ½ cup fresh salsa
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro or parsley
- Freshly ground pepper to taste



Place the potatoes in a large pot and cover with water. Bring to a boil, reduce heat, cover, and cook 30 minutes, or until just tender. (Don't let them get too soft). Remove from the heat, drain, and place in a large bowl. Add the corn, tomato, and scallions. Combine the salsa and lime juice. Pour over the salad and mix well. Add the cilantro or parsley and a few twists of pepper. Mix gently and serve at once.

VARIATION: This salad can also be chilled before serving, and it is just as good the next day so I always make lots of it.

### **TORTILLA SOUP WITH CRISPY STRIPS**

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 6-8

Crispy Strips:

6-8 soft corn tortillas

Preheat oven to 400 degrees.

Stack the tortillas and cut them into thin strips (about ¼ inch). Place on a baking sheet and bake until crispy, about 15 minutes. Remove from oven and set aside.

Soup:

4 cups vegetable broth

1 medium onion, chopped

½ cup green bell pepper, chopped

2 cloves garlic, minced

1 15-ounce can fire-roasted chopped tomatoes

1 15-ounce can fire-roasted crushed tomatoes

1 15-ounce can black beans, drained and rinsed

1 cup frozen corn kernels, thawed

1 7-ounce can chopped green chilies

2 teaspoons ground cumin

½ to ¾ cup chopped avocado

Place ½ cup of the broth in a medium saucepan, add onion, bell pepper, and garlic and cook for 5 minutes over low heat, stirring occasionally. Add remaining broth and both kinds of canned tomatoes and bring to a boil. Add beans, corn, chilies, and cumin. Cook over medium-low heat for 15 minutes. Blend very briefly in the cooking pot with an immersion blender, or mash slightly with a bean masher. Add avocado and mix well. Cook an additional 2 minutes. Serve in a bowl with Crispy Strips over the top.

HINT: To make this spicier, add ¼ teaspoon of red pepper flakes along with the cumin. The Crispy Strips may be made ahead of time and placed in an airtight container until serving time. The strips may either be added to the bowl first, then the soup ladled over the strips, or add the strips to the top of the soup and stir-in slightly. A dollop of tofu sour cream is also nice on top of the soup.



### **WHITE BEANS MEXICALI**

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 4

1 small onion, chopped  
 1 stalk celery, chopped  
 1 carrot, chopped  
 $\frac{3}{4}$  cup water  
 $\frac{1}{2}$  teaspoon minced fresh garlic  
 3 15-ounce cans white cannellini beans, drained and rinsed  
 1 15-ounce can chopped tomatoes  
 3 tablespoons chopped green chilies  
 $\frac{3}{4}$  cup vegetable broth  
 1 teaspoon chili powder  
 $\frac{1}{2}$  teaspoon ground cumin  
 $\frac{1}{8}$  teaspoon crushed red pepper  
 2 cups chopped fresh spinach  
 Hot sauce to taste (optional)

Place onion, celery, carrot, water, and garlic in a medium saucepot and cook over medium heat for 10 minutes. Stir occasionally. Add beans, tomatoes, green chilies, vegetable broth, chili powder, cumin, and crushed red pepper. Cook over low heat for 20 minutes, partially covered. Add spinach and cook for 3 minutes. Season with hot sauce to taste. Serve over rice.

HINT: This freezes well and reheats easily in a microwave.

### **LAYERED TEX-MEX LASAGNA**

Preparation Time: 40 minutes

Cooking Time: 45 minutes

Servings: 6-8

Sauce:

2 8-ounce cans tomato sauce  
 3 cups water  
 4 tablespoons cornstarch  
 3 tablespoons chili powder  
 $\frac{1}{2}$  teaspoon onion powder  
 $\frac{1}{4}$  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.

10-12 corn tortillas  
 4 cups mashed pinto beans  
 1 cup chopped green onion



1½ 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 nonstick oblong baking dish. Place 3-4 corn tortillas over the bottom of the baking dish. Spread half of the bean mixture over the tortillas. Place another 3-4 tortillas over the bean mixture and then spread the remaining bean mixture on top of those tortillas. Cover with 3-4 more tortillas, and then pour the remaining sauce over the tortillas. 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 15 minutes before cutting. Serve with salsa and tofu sour cream, if desired.

HINT: The amount of corn tortillas that you will need depends on the size of your baking dish. Just cover the bottom as well as you can with the tortillas (on top of the first amount of enchilada sauce) and then use that same amount for the 2<sup>nd</sup> and 3<sup>rd</sup> layers.

### **ENCHILADA SAUCE**

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: Makes 2½ cups

1 8-ounce can tomato sauce  
 1½ cups water  
 2 tablespoons cornstarch  
 1½ tablespoons chili powder  
 ¼ teaspoon onion powder  
 1/8 teaspoon garlic powder

Combine all ingredients in a saucepan until well mixed. Cook and stir over medium heat until thickened. Serve over Mexican-flavored foods.

HINT: We use this versatile sauce on burritos, tacos, tostadas, Mexican Lasagna, and enchiladas. It keeps well in the refrigerator and reheats well over low heat.

### **BAKED APPLE & YAM DESSERT**

This is a very simple, yet satisfying, healthy dessert.

Preparation Time: 15 minutes

Baking Time: 40 minutes

Servings: 4

2 medium garnet yams  
 1 large baking-type apple



¼ cup unsweetened applesauce  
½ cup water  
½ teaspoon cinnamon

Preheat oven to 400 degrees.

Peel the yams and slice thinly. Peel and core the apple and cut into thin wedges. Layer the yams and apples into a square nonstick baking dish. Combine the applesauce and water and pour over the layered ingredients. Sprinkle with cinnamon. Cover and bake for 40 minutes. Serve warm.



## DAY 7 - FRIDAY

### Day 7 - Breakfast

#### BOB'S GLUTEN-FREE MIGHTY TASTY HOT CEREAL

Cook: 15 minutes

Servings: Makes 3 ½ cups

Whole grain brown rice  
Corn  
Sorghum  
Buckwheat

Bring 3 ¼ cups of water to a boil. Stir in 1 cup cereal and immediately turn heat to very low, continuing to stir until cereal and water are blended. Cover and cook for 10 minutes, stirring occasionally.

Hint: Add a dash of cinnamon, nutmeg, or mace to the cooking water for extra flavor. Or try a tablespoon or two of currants or raisins.

#### BETTER THAN FIRESIGN POTATOES

Preparation Time: 10 minutes (need cooked potatoes)

Cooking Time: 15 minutes

Servings: 2 to 4

These were inspired by some breakfast potatoes we had at a restaurant on Lake Tahoe, called Firesign Café. We like this version better.

1 pound red potatoes (skins on) boiled until soft  
1 small sweet onion, chopped  
1 bunch scallions, finely chopped  
Freshly ground pepper

Coarsely chop the cooked potatoes. Combine the potato, onion, and scallions. Place a small amount of water in a nonstick skillet. Add the vegetables, grind some fresh pepper over them and cook, turning frequently with a spatula, until the potatoes brown slightly, about 15 minutes.

#### SCRAMBLED TOFU

I have made many variations of scrambled tofu over the past 28 years. Almost all of them contain some onion and a few vegetables, as well as a variety of herbs and seasonings. There are also prepared “box mixes” of scrambled tofu mix found in natural food stores that you can add to your crumbled, firm tofu if you don’t have time to make this recipe from scratch.

Scrambled Tofu makes a delicious transition “treat” for those people missing their scrambled eggs. (See note below about egg substitutes).



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4 to 5

1/3 cup vegetable broth  
 ½ cup chopped onion  
 ½ cup chopped bell pepper  
 ½ cup chopped fresh mushrooms  
 1 pound firm tofu, crumbled  
 2 tablespoons prepared brown mustard  
 ½ teaspoon chili powder  
 ¼ teaspoon dill weed  
 ¼ teaspoon garlic powder  
 ¼ teaspoon turmeric  
 Dash salt  
 Several twists freshly ground pepper  
 1 cup cooked fresh spinach leaves, squeezed dry

Place the broth in a large nonstick frying pan. Add the onion, bell pepper, and mushrooms. Cook, stirring occasionally, for about 4 minutes. Add the crumbled tofu, mustard, and seasonings. Cook, stirring occasionally, for another 5 minutes. Add the spinach, mix well, heat for another minute, and serve hot.

**HINT:** This may be made with water-packed or silken tofu. Be sure to use the lower-fat variety. The water-packed tofu will yield a firmer scramble, while the silken tofu will be softer. Some of the seasonings may be omitted, but be sure to use the turmeric because it gives the scramble a familiar yellow color. You may also omit or change the vegetables as desired.

**Note:** Many people ask me about using egg substitutes, such as Egg Beaters, assuming that these are acceptable because they have had the fat and cholesterol removed. These products are made from egg whites (animal protein), plus additives, colorings, and preservatives. We do not recommend them, and instead suggest a scrambled tofu recipe. To replace eggs in baking, use a product by Ener-G Foods, called Egg Replacer.



## Day 7 - Lunch

### QUINOA LENTIL SALAD WITH SMOKED PAPRIKA DRESSING

By Miyoko Schinner

Enjoyable either warm, at room temperature, or chilled. Serve alongside a green salad for a complete meal.

1½ cups quinoa  
 3 cups water  
 ½ teaspoon salt  
 2 cups cooked black beluga lentils  
 2 cups cauliflower florets  
 1 cup diced sweet Maui or Vidalia onions  
 2 carrots, sliced  
 ½ cup sliced, pitted Kalamata olives  
 1/3 cup currants  
 ½ cup minced parsley

#### Dressing:

½ cup sherry vinegar  
 3 tablespoons agave nectar  
 2 tablespoons Spanish smoked paprika (this has different levels of heat)  
 ½ vegetable broth  
 ½ teaspoon salt

Rinse the quinoa quickly, then combine with the water in a saucepan, cover, and bring to a boil, then reduce heat and allow to simmer gently on low, for about 15 minutes. Turn off heat and allow to sit for 5 minutes until light and fluffy.

Steam the cauliflower and carrots (or microwave) until desired tenderness. Combine the quinoa with the cooked lentils, cauliflower, carrots, olives, currants, and parsley. To make dressing, shake all ingredients in a jar. Pour dressing over salad and mix well. Serve immediately while warm, or at room temperature, or chilled.

### POTATO SALAD

Preparation Time: 20 minutes

Cooking Time: 10-12 minutes

Resting Time: 30 minutes

Servings: 6

2 pounds Yukon Gold potatoes, peeled and cubed  
 3 tablespoons white wine vinegar  
 ½ cup finely chopped celery  
 ½ cup chopped green onions  
 ½ cup shredded carrots (optional)

#### Dressing:

½ cup Tofu Mayonnaise (see hint)



1 tablespoon prepared mustard  
 1 tablespoon non-dairy milk  
 1 tablespoon parsley flakes or chopped fresh parsley  
 ¼ teaspoon dill weed  
 ¼ teaspoon salt  
 Freshly ground black pepper to taste

Place potatoes in a large pot with cold water to cover, bring to a boil, reduce heat slightly, and cook potatoes at a slow boil until just tender, about 10 to 12 minutes. Drain, place in a large bowl, toss with the vinegar, and let rest for 30 minutes. Prepare vegetables and set aside.

Combine all ingredients for dressing in a small bowl and whisk until smooth. Set aside. Mix vegetables into the potatoes, add dressing, and toss gently to mix. Serve at once.

**HINTS:** Use any type of mustard that you like in this recipe. I usually use yellow mustard but Dijon is also delicious. This may be refrigerated before serving, if desired. It keeps well in the refrigerator for up to 24 hours.

Tofu Mayonnaise is made with a package of soft silken tofu, 1½ tablespoons lemon juice, 1 teaspoon sugar, ½ teaspoon salt, ½ teaspoon dry mustard, and 1/8 teaspoon white pepper. Place all ingredients in a food processor and process until smooth.

### **CONFETTI SALAD**

Preparation Time: 15 minutes (need cooked rice)

Chilling Time: 2 hours

Servings: 6 to 8

2 cups cooked brown rice  
 2 cups frozen corn kernels, thawed  
 1 tomato, coarsely chopped  
 ½ cup chopped green pepper  
 ½ cup chopped green onion  
 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 of Tabasco sauce

Mix the brown rice, corn, tomato, green pepper, green onion, olive, and dill in a large bowl. Set aside.

Place the mustard in a small jar. Add 1 tablespoon water and mix well until it is smooth. Add the remaining 1 tablespoon water, vinegar, soy sauce, and Tabasco. Mix well. Pour over the salad. Toss well to mix. Cover and chill for at least 2 hours before serving for the best flavor.



HINT: If you're in a rush, this salad may also be served soon after mixing. It is wonderful to take to a picnic or potluck because everyone loves it.

### **POTATO AND BROCCOLI SOUP**

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 2 to 3

2 cups frozen hash brown potato chunks  
 3 cups vegetable broth or water  
 1 15-ounce can white beans, drained and rinsed  
 ½ cup nutritional yeast flakes  
 1 teaspoon onion powder  
 ¼ teaspoon garlic powder  
 2 cups small broccoli florets

Place the potatoes and broth in a large pot. Cook for about 10 minutes, until potatoes are tender. Place in a blender jar with all the remaining ingredients, except the broccoli. Blend until smooth. Return to pan, add the broccoli, and cook until tender, about 10 minutes.

HINT: Fresh potatoes that have been peeled and cut into chunks may also be used, but as I usually have the frozen chunks in my freezer, I save time by using those. Frozen broccoli florets may also be used in place of the fresh broccoli.

### **CREAMY VEGETABLE CURRY**

This dish would traditionally be made creamy by the addition of coconut milk. However, because of the saturated fat in coconut milk, it is not one of our recommended foods. You can make a perfectly acceptable substitute with unsweetened soy, rice, or almond milk, and a bit of coconut extract.

Preparation Time: 20 minutes

Cooking Time: 60 minutes

Servings: 6

1¾ cups vegetable broth  
 1 onion, chopped  
 2 carrots, sliced  
 1 teaspoon minced garlic  
 2 tablespoons curry powder  
 1 teaspoon ground coriander  
 ¼ teaspoon cayenne (optional)  
 2 cups cubed Yukon gold potatoes  
 2 cups green beans, in 1-inch pieces  
 1 15-ounce can chopped tomatoes  
 1 15-ounce can garbanzo beans, drained and rinsed  
 ½ cup frozen peas, thawed  
 ½ cup unsweetened soy, rice, or almond milk



1/8 teaspoon coconut extract

Place ¼ cup of the broth in a large nonstick pot, add the carrots, onions, and garlic and cook, stirring occasionally, until onion has softened, about 5 minutes. Stir in the curry powder, coriander, and cayenne (if using). Add the remaining broth, potatoes, beans, tomatoes, and garbanzos. Bring to a boil, reduce heat, cover, and cook over low heat for about 40 minutes. Add the peas and cook for an additional 5 minutes, or until all vegetables are tender. Mix the coconut extract into the soy, rice, or almond milk. Add the vegetable mixture and stir well to mix. Serve over brown basmati rice.

**HINT:** Curry powder is a mixture of spices that differs greatly by brand. Use our favorite in this recipe and if you like a bit more heat in your foods, definitely add the cayenne.

### **CHILI WITH YAMS**

I have been using a lot of red lentils lately because they cook quickly and thicken soups and stews very nicely. I am also very fond of yams and they go together very well in this dish. This is delicious served with fresh, warm corn tortillas or pita bread.

Preparation Time: 20 minutes

Cooking Time: 2 hours

Servings: 6 to 8

1 large onion, chopped  
 3 stalks celery, chopped  
 1 teaspoon minced garlic  
 2¾ cups water  
 3 teaspoons chili powder  
 1½ teaspoons smoked paprika  
 ½ teaspoon ground cumin  
 1 teaspoon ground cinnamon  
 ½ teaspoon crushed red pepper  
 4 cups peeled and chopped yams  
 1 cup red lentils  
 2 15-ounce cans diced tomatoes  
 1 15-ounce can black beans, drained and rinsed  
 2 tablespoons peanut butter (optional)  
 2 tablespoons lime juice (optional)

Place ¼ cup of the water in a large soup pot, add onion, celery, and garlic and cook, stirring occasionally, until softened, about 5 minutes. Stir in the chili powder, paprika, cumin, cinnamon, and crushed pepper, mix well, then add the remaining water, yams, lentils, tomatoes, and beans. Stir to combine, bring to a boil, reduce heat, cover, and cook for 60 minutes, stirring occasionally. Stir in the peanut butter, 1 tablespoon at a time, if using. Cook over low heat an additional 50 minutes until chili is very thick. Season with lime juice and a bit of sea salt, if desired.

**TOFU SOUR CREAM**

1 10.5-ounce package silken tofu  
2 tablespoons lemon juice  
2 teaspoons sugar  
Pinch salt

Combine all ingredients in a food processor and process until smooth. Refrigerate at least 2 hours to blend the flavors. Use any time you would use dairy sour cream.



## Day 7 - Dinner

### ITALIAN POTATO SALAD

Preparation Time: 20 minutes

Cooking Time: 5 to 7 minutes

Chilling Time: 1 hour

Servings: 4 to 6

5 large red potatoes, scrubbed and sliced ¼-inch thick

½ pound mushrooms, sliced

1 small red onion, thinly sliced

½ cup chopped, roasted red pepper

¾ cup oil-free Italian dressing

1 tablespoon chopped fresh basil

Drop the potatoes into boiling water and cook for 5-7 minutes. Drain and set aside. Meanwhile, combine the remaining ingredients and mix well. Pour over the potatoes and toss to mix. Cover and refrigerate for at least 1 hour before serving.

### MY CAESAR SALAD

This versatile dressing for this salad can be made several hours in advance and refrigerated in a jar until serving time: shake well before adding it to the salad. Store any leftover dressing, tightly covered, in the refrigerator for up to 1 week to use on any green salad. For a more traditional Caesar salad, toss in some dry, toasted bread cubes just before serving. Miyoko Schinner, cookbook author and one of our McDougall Program cooking instructors, taught me how to make this dressing about 8 years ago, and it has become my family's favorite salad dressing!

NOTE: Almond meal can be made by grinding the nuts until they are almost the texture of flour. You can find almond meal at Trader Joe's, Bob's Red Mill, or natural food stores. To make your own, grind unsalted, blanched, or skin-on raw almonds in a food processor until very fine, taking care not to go so far that you make almond butter. (Using cold nuts helps to prevent this). Store almond meal in the freezer for up to 6 months.

Preparation Time: 15 minutes

Servings: 4

2 tablespoons almond meal

3 tablespoons Dijon mustard

3 tablespoons nutritional yeast

3 cloves garlic, crushed or minced

3 tablespoons fresh lemon juice

2 tablespoons regular or reduced-sodium soy sauce

2 heads romaine lettuce, washed, spun dry, and torn into pieces



Put the almond meal, mustard, nutritional yeast, and garlic into a 12-ounce jar. Stir with a fork to make a paste. Add the lemon juice, soy sauce, and 1 tablespoon of water. Close the jar tightly and shake vigorously to mix.

Put the lettuce in a large bowl. Shake the dressing well, then pour about half of it over the lettuce. Toss, taste, and continue to toss in dressing until the salad is dressed the way you like.

### **SPLIT PEA SOUP**

This is my family's favorite pea soup. I have been making this version for over 25 years. This tastes even better the next day and is great over baked potatoes, too!

Preparation Time: 15 minutes

Cooking Time: 2 hours

Servings: 8-10

8 cups water  
 1 cup dried green split peas  
 ½ cup dried baby lima beans  
 ¼ cup dried barley  
 1 onion, chopped  
 2 bay leaves  
 1 teaspoon celery seed  
 2 cups vegetable broth  
 2 carrots, chopped  
 2 potatoes, cubed  
 2 celery stalks, chopped  
 2 tablespoons parsley flakes  
 1 teaspoon basil  
 1 teaspoon paprika  
 1/8 teaspoon white pepper  
 freshly ground black pepper to taste

Place split peas, lima beans, barley, and water in a large pot. Bring to a boil, reduce heat, and add bay leaves and celery seed. Cover and cook over low heat for 1 hour. Add remaining ingredients and cook for 1 additional hour.

Hints: If you want to make this without the lima beans, increase the split peas to 2 cups and reduce the initial cooking time to ½ hour. This recipe freezes and reheats well. For a delicious smoky flavor, try adding a couple drops of liquid smoke to the soup about 15 minutes before the end of the cooking time.

### **MUSHROOMS McDougall**

I recently discovered this old favorite of ours. We like this plain, on baked potatoes, and on burritos. It is really quick if you buy pre-sliced mushrooms!

Preparation Time: 15 minutes

Cooking Time: 15 minutes



Servings: 4

¼ cup water  
 1½ pounds fresh mushrooms, sliced  
 1 bunch green onions, chopped  
 2 cloves garlic, minced  
 1 4-ounce can chopped green chilies  
 2 tablespoons lemon juice  
 ¼ cup sherry  
 ½ teaspoon Worcestershire sauce  
 fresh ground pepper to taste

Place water in a large pan or wok. Bring to a boil, add mushrooms, green onions, garlic, and chilies. Cook and stir for a minute or two, then add the remaining ingredients. Cook over medium heat, stirring frequently, until all liquid has been absorbed, about 10-12 minutes. Serve rolled up in a burrito shell with fresh salsa, use on top of beans in a Mexican-style burrito, or serve on top of baked potatoes. This is wonderful on almost anything!

### TOFU LASAGNA

This recipe is quite similar to the lasagna that I have been making for my family for years. This recipe uses no soy cheese, however, which makes it lower in fat but still “creamy” and delicious. Make sure to let it rest for at least 45 minutes before serving so it “sets up” nicely.

Preparation Time: 30 minutes  
 Cooking Time: 60 minutes  
 Resting Time: 45 minutes  
 Servings: 6-8

Prepare the tofu ricotta before assembling the lasagna.

#### Tofu Ricotta:

1 12.3-ounce package silken tofu  
 1 pound fresh water-packed tofu  
 ¼ cup nutritional yeast  
 ¼ cup lemon juice  
 ¼ cup non-dairy milk  
 1 teaspoon basil  
 1 teaspoon oregano  
 ½ teaspoon garlic powder  
 ¼ teaspoon salt  
 Several twists freshly ground pepper

Combine all ingredients in a food processor and process until smooth (or see hint below). Set aside.

#### Lasagna:

1 recipe tofu ricotta (from above)



- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry (see hints)
- 8 ounces no-boil lasagna noodles (see hints)
- 2 25-ounce jars fat-free pasta sauce
- Parmesan cheese substitute (recipe in May 2009 Newsletter)

Add the spinach to the tofu ricotta mixture and stir well to mix.

Preheat the oven to 350 degrees.

Pour about 1 cup of the pasta sauce into the bottom of a 9 x 13 inch baking dish. Place a layer of noodles over the sauce. Spread half of the tofu mixture over the noodles. Pour another cup or so of the pasta sauce over the tofu mixture and spread evenly. Add another layer of noodles and spread the remaining tofu mixture over them. Pour another cup or so of sauce over the tofu and spread evenly. Top with another layer of noodles and another cup or so of the sauce, making sure all the noodles are covered. Sprinkle the top with Parmesan cheese substitute. Cover with parchment paper then cover the parchment with aluminum foil, crimping the edges under the baking dish top to seal the top well. Bake for 60 minutes. Let rest for at least 45 minutes before cutting.

Hints: To make the tofu ricotta without a food processor, place both kinds of tofu in a large bowl and mash well with a bean masher. This will result in a slightly less “creamy” mixture. Stir in the remaining ingredients. For a more spinach flavored lasagna, use 2 10-ounce packages of spinach, thawed and squeezed dry. Do not mix with the tofu, instead, layer over the tofu mixture before covering with the sauce. To add more vegetables to the sauce, sauté some onions and mushrooms in a dry nonstick pan until softened, about 5 minutes. Add this to the pasta sauce before using in the recipe. Other vegetables may also be added as desired. Another delicious option is to thinly slice some zucchini lengthwise and lay these strips over the tofu in each layer. No-boil lasagna noodles are available in most supermarkets and natural food stores. Look for whole grain varieties when possible. For a fantastic gluten-free option to the wheat lasagna noodles, use Tinkyada brown rice lasagna noodles. They also do not need to be boiled ahead of time before using in recipes.

### **BROWNIES**

These are served the first night of The McDougall Program for dessert, with Vanilla Almond & Rice Ice Creams. People line up for seconds! Remember, these are a rich treat only for a special occasion.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: makes one square pan

Dry ingredients:

1 cup unbleached white flour

2/3 cup reduced fat cocoa powder

1 teaspoon baking powder

1 teaspoon baking soda

¼ teaspoon salt

Wet ingredients:



- 1 cup Wonderslim Fat Replacer
- 1 cup organic cane sugar
- 1 teaspoon vanilla
- 2 tablespoons Egg Replacer mixed in ½ cup water

Preheat oven to 350 degrees.

Combine dry ingredients in a bowl. Set aside.

Mix Wonderslim Fat Replacer and sugar together in a separate bowl and stir in vanilla.

Mix Egg Replacer and water together and whisk until very frothy. Add to sugar mixture and stir to combine. Add wet ingredients to dry ingredients and stir until mixed. **DO NOT OVERMIX!** Spoon into a nonstick 8-inch square baking dish and flatten. Bake for 30 minutes.

Hints: Wonderslim Fat Replacer is sold in jars in most natural food stores. It is made from plums and apples and is an excellent fat replacer in baked goods. Wonderslim also makes the reduced fat and caffeine-free cocoa powder. Organic cane sugar is made by Wholesome Sweeteners. (Regular granulated sugar may be used instead, if desired.) Egg Replacer is made by EnerG Foods. It is sold in boxes in the natural food store. It is used to replace eggs in baking. All of these products should be available in your natural food store.



## DAY 8 - SATURDAY

### Day 8 - Breakfast

#### STEEL CUT IRISH OATMEAL

I have been buying steel cut oats in bulk at my natural food store. We like them because they are crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook, however, you can save time by soaking them overnight.

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Servings: 4

4 cups water

1 cup steel cut oats

Bring the water to a boil. Add the oats and mix well. When the mixture starts to thicken slightly, reduce heat, and simmer, uncovered, for 30-40 minutes, stirring occasionally.

Variation: To soak the oats overnight, bring the water to a boil, add the oats, stir, and turn off the heat. Cover and let rest overnight. In the morning, bring the heat up on the pot and cook over low heat, uncovered, for about 10-12 minutes. To add a bit of sweetness to the oats, add a few currants to the water before boiling, then follow directions as above.

#### VEGGIE BENEDICTS

This is a fantastic breakfast dish for those special occasions. Leave off the tomato for the “vegetable haters” and this could also become one of their favorites.

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 2 to 4

For the sauce:

1 cup cashew milk (see recipe below)

2 tablespoons lemon juice

1 teaspoon nutritional yeast powder

½ teaspoon onion powder

1/8 teaspoon garlic powder

1/8 teaspoon salt

1/16 teaspoon turmeric

Pinch of paprika

1 tablespoon cornstarch mixed with 2 tablespoons cold water

Place the cashew milk in a saucepan. Add all the remaining ingredients and mix well with a whisk. Slowly bring to a boil, stirring constantly, until thickened and smooth. Set aside. (If you need to reheat this just before serving, do it slowly while stirring with a whisk).



For the base:

- 1 vine-ripened tomato
- ½ avocado
- 4 fat-free English muffin halves

Slice the tomato into 4 medium-thick slices. Peel and slice the avocado. Toast the muffin halves. Place the tomato and the avocado on the English muffin halves. Ladle about ¼ cup of the sauce over each muffin half and serve.

**HINT:** The sauce may be made 1 day ahead of time and slowly reheated. This saves time on a busy morning. The sauce is also great with asparagus, other vegetables, or potatoes.

### **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 you use raw cashews, not roasted ones, and make sure you 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 cashews in blender with 1 cup of the water and process until very smooth. Add remaining water and blend until no large pieces remain. This may take a minute or two. Strain after processing to remove any remaining pieces and refrigerate until ready to use.

### **SOUTHWEST RED POTATOES**

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

2 pounds red potatoes, cut into chunks

¼ cup chopped green onion

¼ cup oil-free salad dressing

¾ teaspoon chili powder

½ to ¾ teaspoon ground cumin

1/8 teaspoon red pepper flakes (optional)

Boil potatoes in enough water to cover, for about 20 minutes, or until just barely fork tender. Drain. Place remaining ingredients in a nonstick frying pan. Add potatoes, cook until coated with spices, about 5 minutes.

**HINT:** Adjust the seasonings slightly to suit your tastes. For example, if you don't like spicy foods, eliminate the red pepper flakes. If you are not fond of cumin, just leave it out. Use different oil-free dressings to change the flavor of these potatoes.



### **CREAMY CAESARY DRESSING**

This easy to make dressing turns chopped romaine or other greens into a satisfying salad. The dressing lasts for a week in the refrigerator.

Servings: Makes about 1 cup

- 1 12.3-ounce box Mori Nu lite silken tofu
- 4 cloves garlic, minced or pressed
- 3 tablespoons Dijon mustard
- 3-4 tablespoons nutritional yeast flakes
- 2 tablespoons Bragg liquid amino acids or tamari
- 3 tablespoons fresh lemon juice
- 2-3 tablespoons or more of water, depending upon the consistency you like

Blend all the ingredients in the food processor or blender, until smooth and creamy.

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