



The McDougall Newsletter

April 2017

## Featured Recipes

Recipes this month are from our [recipe collection](#) as well as our [Recipe App](#).

### Garden Potato Medley

We grew potatoes in our garden the year we developed this recipe and there is nothing better tasting than freshly dug potatoes. That year we also had a huge crop of heirloom tomatoes and plenty of dinosaur kale (my favorite variety).

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4



- 4 cups chunked potatoes
- 1 tablespoon vegetable broth
- 1 onion, chopped
- 1 teaspoon minced fresh garlic
- 1 jalapeno pepper, seeded and minced
- 2 ½ cups chopped fresh tomatoes
- several twists freshly ground black pepper
- 4 cups packed chopped dinosaur kale

1 15 ounce can red beans, drained and rinsed  
1 tablespoon soy sauce  
1 teaspoon chili paste (Sambal Oelek)  
¼ cup chopped fresh cilantro

Place the potatoes in water to cover, bring to a boil, reduce heat and cook until fairly tender, about 6-8 minutes. Drain and set aside.

Place the vegetable broth in a large non-stick frying pan. Add the onion, garlic and jalapeno. Cook over medium heat, stirring frequently, until vegetables are very soft, about 3-4 minutes. Add tomatoes and black pepper. Cook, uncovered over low heat, stirring occasionally, for 3 minutes. Add the kale and stir gently to combine. Cover and continue to cook for about 2 minutes until kale turns bright green, then add the potatoes and beans. Cook, stirring occasionally for 5 minutes, then add the soy sauce, chili paste and cilantro. Cook an additional 5 minutes, until kale is tender.

Serve warm or cold.

Hint: Use a variety of tomatoes for an attractive, colorful dish. Use small, new potatoes cooked with the skins on for best flavor. Small red potatoes or a variety of fingerlings are delicious in this recipe. If you can't get dinosaur kale (also called Lacinato Blue), use regular kale, but remove the stems first.

### **One Pot Pasta Jumble**

is a quick and easy dinner that the whole family will enjoy.

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

8 ounces whole wheat or brown rice spaghetti  
3 cups broccoli florets



1 cup red or orange bell pepper strips  
1 14.5 ounce can chopped tomatoes, drained  
1 15 ounce can cannellini beans, drained and rinsed  
2 tablespoons chopped fresh flat-leafed parsley  
2 tablespoons tomato paste  
1 teaspoon minced garlic  
Dash sea salt  
Freshly ground black pepper to taste

Place a large pot of water on to boil. Cook spaghetti according to package directions adding the broccoli and peppers for the last 4 minutes of cooking time. Drain and return to pan. Add the remaining ingredients, mix well and cook, stirring frequently, until heated through, about 5 minutes.

### **Marsala Mushroom Sauce with Garlic Mashed Potatoes**

Mushroom Sauce

Prep: 15 minutes Cook: 15 minutes

Serves: Makes 3 1/2 cups

2 leeks, sliced (white and light green part only)  
3/4 pound fresh mushrooms, sliced  
3 1/2 cups water  
1/2 tsp leaf oregano  
1/2 tsp leaf sage  
1/4 cup soy sauce  
1/8 cup Marsala wine  
3 1/2 tablespoons cornstarch mixed in 1/4 cup cold water.



Place leeks and mushrooms in a pot with 1/2 cup of the water. Cook, stirring occasionally, for 5 minutes. Add the remaining water, the 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.

## Garlic Mashed Potatoes

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: makes 2 cups

4 large Yukon Gold potatoes

2 cloves garlic

¼ cup unsweetened soy milk

Several twists freshly ground white pepper

Dash sea salt

Peel potatoes and chop into chunks. Place in a stainless pan with water to cover. Add 2 whole cloves of peeled garlic. Bring to a boil, reduce heat, cover and cook for 15 minutes until potatoes are tender. Drain. Mash in pan using electric beaters or use a hand masher, adding the remaining ingredients as necessary to get a smooth consistency and delicious flavor.