



The McDougall Newsletter

July 2017

## Featured Recipes



Recipes this month are from Katie Mae. Katie Mae is a plant-based culinary coach and nutritionist on a mission to empower people in living brighter lives via delicious plant foods. Katie Mae is the founder of Plantz St. Culinary Gym in downtown Santa Rosa, CA. Katie Mae is also a core cooking instructor for the McDougall Program.

### RAINBOW VEGGIE SHEPHERD'S PIE

Servings: Makes twelve 3x3 inch squares

Preparation Time: 15 minutes

Cooking Time: 40 minutes

#### INGREDIENTS

##### FOR THE BOTTOM LAYER:

1 large carrot, diced

1 red onion, diced

4 garlic cloves, minced

1 tablespoon salt-free seasoning



2 teaspoons dried rosemary  
2 teaspoons dried thyme  
½ teaspoon black pepper  
14oz can cannellini beans with the liquid  
1 tablespoon rice vinegar  
1 cup fresh or frozen corn  
1 cup sliced zucchini, diced  
1 red bell pepper, diced

#### FOR THE TOP LAYER:

10 medium Yukon gold potatoes  
1/2 cup water  
1/2 cup unsweetened, non-dairy milk  
1-2 sandwich tomatoes, sliced  
2 tablespoons nutritional yeast (optional)

#### ACTION STEPS

In a large pot with the lid on, bring 1 to 2 inches of water to a boil. While the water heats, chop potatoes. Add a steam basket to the pot and fill it with potatoes. Steam potatoes for about 20 minutes, until they split nicely using a fork. Turn off heat and set aside.

Preheat oven to 375° F. Note, it is fully cooked before it goes in the oven so baking the pie is an optional step. Baking will increase and concentrate the flavor, as well as reduce the moisture so that when the pieces are served, they hold together better.

While the potatoes are cooking, add the carrots, onions, garlic, salt-free seasoning, dried herbs, and black pepper to a large sauté pan over medium heat. Keep the pan covered and stir frequently. If the veggies start to stick to the pan, then add a little water.

Once the onions are translucent, stir in the beans with the liquid, corn, zucchini, and bell pepper. Turn off the heat. Pour the bean-veggie mix into a 9x13 inch casserole pan.

Transfer the potatoes to a large bowl. Add water, non-dairy milk, and black pepper. Mash potatoes until they are creamy. Layer mashed potatoes over the veggies and beans, and layer the tomato slices over the potatoes. Lastly, sprinkle on the nutritional yeast.

Put the pie on the middle rack of the oven and bake for 15 minutes. Then move it to the top rack, set the oven to broil, and broil for 3 to 5 minutes, careful not to go too long.

## LEMON-GINGER SWEET ROOT NOODLES

5 cups

Preparation Time: 15 minutes

### INGREDIENTS

3 oz yellow onion, sliced thinly (½ medium)

1-inch fresh ginger, peeled and minced

6 oz spiralized beets (1 large)

6 oz spiralized sweet potato (1 large)

2 tablespoons lemon juice

2 tablespoons apple cider vinegar

2 tablespoon water

¼ cup diced fresh mint



### ACTION STEPS

In a large sauté pan or skillet over medium-high heat, add onions and cover. Sauté for a few minutes, stirring occasionally.

In a small bowl, mix lemon juice, apple cider vinegar, and water.

Add ginger, beet noodles, and sweet potato noodles to the pan. Pour the lemon marinade over the noodles and turn the heat to medium. Cover and sauté for 5 minutes, occasionally giving the noodles a gentle stir to so they cook evenly.

After 5 minutes, or once the noodles are tender to your liking, turn off heat. Stir in fresh mint and serve warm or chilled.

### Chef's Note

I used red beets and orange sweet potatoes in this dish, but feel free to use any varieties you like. The red beet juice gave the sweet potatoes a pink color, which leads to a pretty plate of red, purple, and pink noodles.

You can also replace the beets and sweet potato with other starchy vegetables, such as winter squash, yams, rutabagas, turnips, carrots, or parsnips.

## HOT-COLD ENCHILADA SALAD

Makes 5 cups, not including romaine

Preparation Time: 20 minutes

### INGREDIENTS

1 onion, diced

1 cup corn\*

4 garlic cloves, minced

1-2 tablespoons chili powder

½ tablespoon ground cumin

1½ cups cooked black beans (15-oz can, drained and rinsed)

1½ cups cooked pinto beans (15-oz can, drained and rinsed)

15 oz tomato sauce, no salt added

¼ cup fresh cilantro, diced

1 tomato of your choice, diced

1 head romaine lettuce, chopped (keep cold in the fridge until needed)

1 lime, juiced

### ACTION STEPS

In a large skillet or medium saucepan over medium-high heat, add the onion and corn. Cover and sauté for a couple of minutes. Add garlic, chili powder, and cumin. Sauté for a few more minutes, or until the onions become translucent. Stir occasionally.



Add the beans and tomato sauce, stir well and replace the lid. Cook for a few more minutes until the sauce is simmering and the beans are hot.

Turn off the heat and stir in the cilantro, fresh tomato, and lime juice.

Plate the chilled chopped romaine on individual plates. Pile a couple of scoops (around 1 to 2 cups) of the enchilada mix over the greens. Garnish with extra cilantro.

### **CHEF'S NOTE**

For better and more authentic flavor, grill or roast the corn on the cob, and then slice off the corn kernels.

I love the hot-cold contrast of the warm beans and veggies over the cold romaine. However, this salad is delicious when the enchilada mix is served chilled as well.

### **PALAK KICHADI (SPINACH RICE & DAL)**

Makes about 6 cups

Preparation Time: 15 minutes

Cooking Time: 30-45 minutes

### **INGREDIENTS**

- 1 cup brown basmati rice
- 1 cup chana daal or yellow split peas
- 12 oz yellow onion, diced (about 1 extra large)
- 1 jalapeño, minced
- 6 garlic cloves, minced
- 2-inch piece fresh ginger, minced
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon turmeric powder
- 10 oz spinach (about 5-6 cups chopped)
- 12 oz fresh or canned diced tomatoes
- 4 cups water
- ½ cup diced fresh cilantro (about ½ bunch)



## ACTION STEPS

Soak the rice and dal for 10 minutes and then strain it. Alternatively, the rice and dal can be rinsed under running water until the water runs clear.

Add onion and jalapeno to a large sauté pan over medium-high heat, OR an electric pressure cooker on the sauté mode. Add the garlic, ginger, cumin, coriander, and turmeric. Dry-sauté until the onions become translucent.

Stir in the tomato, rice, dal, and water.

With a sauté pan, a lid should be added and the heat reduced to low. Let it simmer for 40 minutes, or until the rice is fully cooked. Add the spinach half-way through the cooking time.

With a pressure cooker, lock the lid in place and set the timer to 20 minutes on the manual setting. The spinach can be added before locking the lid in place, but if you prefer the spinach to be minimally cooked, stir it in after the starches cook.

When the dish is finished cooking, stir in the cilantro and serve warm.