



The McDougall Newsletter

June 2017

Featured Recipes

Recipes this month are from Vicki Brett-Gach, Starch Solution Certified, Certified Personal Chef, Forks Over Knives Certified, Certified Vegan Lifestyle Coach and Educator, and Ann Arbor Vegan Kitchen, LLC. You can find more of Vicki's recipes at her website and Blog: www.annarborvegankitchen.com and on Facebook at www.facebook.com/AnnArborVeganKitchen

SUMMER RED-SKINNED POTATO SALAD

4 cups red-skinned potatoes, scrubbed and cubed
1 cup celery, diced
2 tablespoons dill pickles, minced
2 tablespoons fresh dill, minced (or 2 teaspoons dried dill)
1 1/2 teaspoons fresh tarragon, minced (or 1/2 teaspoon dried tarragon)



Creamy Dressing

1/2 cup raw cashews
6 tablespoons water
2 tablespoons, plus 3/4 teaspoon rice wine vinegar
1 1/2 tablespoons Dijon mustard
1 1/2 teaspoons fresh lemon juice

sea salt, to taste
black pepper, to taste

Instructions

Place potatoes in a large pot with cold salted water. Bring to a boil, reduce heat, and cover. Simmer until tender, then drain, and allow potatoes to cool for about 20 minutes or more.

Once the potatoes have cooled, place them in a large bowl. Add celery, pickles, dill, and tarragon, and toss together.

To make Creamy Dressing, add cashews, water, lemon juice, rice wine vinegar, mustard, and salt and pepper to a high powered blender. Process on low, and gradually work up to high speed until mixture is completely smooth.

Pour dressing over the salad ingredients, and combine well. Serve immediately, or refrigerate and serve chilled.

PITA BREAD PIZZAS

4 thick whole wheat pita bread squares (6-inches each), or mini rounds

Pasta sauce, pizza sauce, or tomato sauce

Red bell peppers, diced (raw, sautéed, or steamed)

Vidalia onions, diced (raw, sautéed, or steamed)

Zucchini, diced (raw, sautéed, or steamed)

Fresh pineapple

Ribbons of fresh basil

Italian Seasoning (optional)

Salt and black pepper, to taste

To serve: nutritional yeast or red pepper flakes (optional)

Instructions



Preheat oven (or toaster oven) to 425 or 450 degrees.

Slice pita breads in half, lengthwise or diagonally. Place pita halves onto a baking sheet. Slather with a thick layer of pasta sauce.

Top the sauce generously with all the toppings of your choice. Sprinkle the pizzas with a touch of salt and pepper and/or Italian Seasoning. Bake for approximately 10 to 12 minutes, or until the edges begin to turn crispy and golden brown, and the center is hot and bubbling.

Remove from oven, and serve hot. Top with nutritional yeast or red pepper flakes, if desired.

RED CABBAGE AND MANGO SLAW

4 cups red cabbage, shredded
4 carrots, peeled and chopped or shredded
2 mangos, diced
3/4 cup fresh cilantro, chopped (or to taste)
juice of 1 large lime, freshly squeezed
splash or 2 of balsamic vinegar (to taste)
sprinkle of kosher salt (optional)
Baked marinated tempeh (optional)



Instructions

In a large bowl, mix together cabbage, carrots, mangos, and cilantro. Add lime juice, balsamic vinegar, and salt (if using), and toss completely. Add baked tempeh, if using. Taste for seasonings and adjust if needed.

Allow slaw to chill completely, and mix again very well just before serving.

DEEP CHOCOLATE BROWNIE BITES

Makes about 20 (1-inch) brownies



1/2 cup cocoa powder
2 teaspoons baking powder
3 tablespoons of unsweetened nondairy milk
1 teaspoon vanilla
15 Medjool dates, pitted
1/4 cup vegan chocolate chips (optional)

Garnish: Top with fresh strawberries or bananas (optional)

Instructions

Preheat oven to 350 degrees.

Into the bowl of a large food processor, add all ingredients in the order listed above. Pulse or process until the mixture is well combined.

Remove bowl and blade from the base. Divide batter evenly, filling 20 sections of either a silicone brownie-bite pan or a nonstick miniature muffin pan. Bake for 12 minutes. Remove from oven and place on cooling rack. Top with fresh fruit, if desired, and serve.