



The McDougall Newsletter

May 2017

## Featured Recipes

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

### SUMMERTIME CHOWDER

We really enjoy this soup in the summer when fresh corn and tomatoes are in season. Using the fresh corn and pulp gives this a delicious boost of flavor.

Servings: 6-8

Preparation Time: 30 minutes

Cooking Time: 45 minutes

1 onion, chopped  
1 clove garlic, crushed  
2 stalks celery, thinly sliced  
2 carrots, thinly sliced  
2 potatoes, peeled and diced  
4 ears corn on the cob  
3 ½ cups water  
3 tablespoons soy sauce  
2 teaspoons basil  
½ teaspoon white pepper  
3 tomatoes, seeded and chopped  
3 cups rice, soy or nut milk  
Chopped parsley or alfalfa sprouts for garnish



In a large soup pot, sauté onion, garlic, celery, and carrot in ½ cup of the water for about 10 minutes. While this is cooking, remove corn from cob using a sharp knife. With the back of the knife, scrape cob to extract creamy pulp. Reserve corn and pulp. (Should be about 2 cups.)

Add the remaining 3 cups water, potatoes, and seasonings to soup pot. Bring to a boil. Add corn and pulp. Mix in well, reduce heat, cover and cook about 15 minutes. Then add tomatoes to the soup pot. Cook an additional 10-15 minutes, then add 3 cups acceptable milk, heat through and serve at once. Garnish with chopped parsley or alfalfa sprouts, if desired.

**HELPFUL HINTS:** Tomatoes are added later in the cooking to prevent them from getting too mushy. Frozen corn could be used in place of fresh corn, if desired. Use about 2 cups. The white pepper makes this a very spicy soup. Reduce to ¼ teaspoon to make it less spicy.

## QUINOA GARDEN SALAD

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Chilling Time: 2 hours

Servings: 6-8

2 cups water

1 cup quinoa, well rinsed

1 red bell pepper, chopped

1 green bell pepper, chopped

½ yellow bell pepper, chopped

2 tomatoes, chopped

1 bunch chopped green onions

1 14.5 ounce can garbanzo beans, drained and rinsed

½ cup chopped fresh parsley

¼ cup chopped fresh mint

½ cup fresh lemon juice

1 tablespoon soy sauce

several dashes Tabasco sauce

several twists of freshly ground black pepper



Place the water and quinoa in a saucepan, bring to a boil, reduce heat, cover and cook for 15 minutes, until water is absorbed. Remove from heat and set aside.

Meanwhile, combine the vegetables, beans, parsley and mint. Add the cooked quinoa and mix well. Add the remaining ingredients and toss well to mix. Cover and refrigerate for at least 2 hours before serving.

## SUNSHINE FRUIT SALAD

By Heather McDougall

Make this with organic fruit for the best flavor! My kids love this!

Preparation Time: 10 minutes

Servings: variable

- ½ fresh pineapple, chopped
- 1 apple, peeled and chopped
- 1 banana, sliced
- 1 pint fresh strawberries, sliced
- ½ pint fresh blueberries
- 3 kiwis, chopped
- 1 tablespoon fresh lime juice
- 1 container blueberry soy yogurt (or other non-dairy yogurt)

Mix this together in a large bowl and serve at once.

Hints: Other fruits may be substituted according to the season. Add mango, if you can find a fresh one! Other flavors of non-dairy yogurt may be used as desired.

