



McDOUGALL INTENSIVE WEEKEND RECIPES

DAY 1 - FRIDAY

Day 1 - Dinner

ITALIAN VEGETABLE SOUP

By Tiffany Hobson

Preparation Time: 25 minutes

Cooking Time: 35 - 40 minutes

Servings: 4 to 6

- 1 large yellow onion, diced
- 8 cloves of garlic, minced
- 2 stalks of celery, diced
- 2 carrots, diced
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 teaspoon dried thyme
- 1 teaspoon dried Italian herb mix
- 1 teaspoon dried oregano leaves
- Several twists of freshly ground black pepper
- 1 box (26.46 ounces) Pomi chopped tomatoes
- 1 box (32 ounces) Low-sodium vegetable broth
- 1/8 cup tomato paste
- 1 can (15 ounces) Cannellini (white kidney) beans, drained and rinsed
- 1 bunch of lacinato kale, stripped from stems and finely chopped
- 1/8 cup fresh Italian parsley, stripped from stems and finely chopped

In a non-stick pot, dry sauté the onion, garlic, celery, carrots, zucchini and yellow squash over medium to medium-high heat covered, stirring occasionally, until the vegetables become tender, about 10 minutes. Add the thyme, Italian herb mix, oregano and several twists of freshly ground black pepper and mix well with the vegetables. Cook for another 3 to 5 minutes. Add the tomatoes, vegetable broth and tomato paste, mix well and bring to a boil. Reduce heat to low. Add beans, kale and parsley and mix well. Cook for an additional 5 to 7 minutes until the kale has started to wilt. Serve immediately. Add more freshly ground black pepper and salt to taste, if desired.

ITALIAN SCALLOPED POTATOES

By Tiffany Hobson

Preparation Time: 20 minutes

Cooking Time: 1 hour 15 - 20 minutes

Servings: 6 to 8

- 9 Yukon potatoes, peeled and cut into ¼ inch slices



10 garlic cloves, minced
 1 teaspoon dried Italian herb mix
 1 teaspoon dried oregano leaves
 1 teaspoon dried thyme
 1 pound fresh baby spinach leaves
 1 tablespoon water
 ½ - 1 cup Marinara Sauce (recipe below) or fat-free pasta sauce from a jar
 3 - 4 roma tomatoes (any variety) cut into ¼ inch slices
 ½ yellow onion, cut into big rings
 1 red bell pepper, cut into big rings

Preheat oven to 375 degrees.

In a large pot, cook the spinach and water on medium heat for 3 - 4 minutes. Drain the extra water from the spinach using a colander. Set aside for later use.

In a big bowl, combine the potatoes, garlic and spices and use your hands to mix everything well.

In a 9 x 13 Pyrex dish, place just enough Marinara sauce to lightly coat the bottom of the dish, about ¼ - ½ cup. Place a layer of potatoes on top of the sauce. Add the cooked spinach on top of the potatoes. Place the rings of onion and bell pepper all over the spinach. Add the remaining potatoes for the final layer. Take the extra spices from the bowl and spread them evenly over the potatoes. Add more Marinara sauce to cover the potatoes, about ¼ - ½ cup. Bake uncovered for 30 - 45 minutes, until potatoes start to become tender. Add a layer of roma tomatoes on the top of the dish and switch your oven to broil. Continue to cook uncovered until potatoes are a golden brown and tomatoes are roasted, about 15 - 25 minutes. It is important to watch your dish when broiling so your food does not burn and turn black. Salt to taste, if desired.

ROASTED VEGETABLES

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4 - 6

4 cups of any vegetables, cut into uniformed bite-sized pieces

Preheat oven to 425 degrees.

Line a baking sheet with parchment paper. Place the uniformed bite-sized vegetables in a colander and rinse well with water. Shake off excess water, but do not dry completely. Spread vegetables onto baking sheet. Bake turning the vegetables occasionally until desired tenderness is reached and brown spots appear.

Note: Try adding spices before baking. Some of our favorites are garlic powder, onion powder, oregano, thyme, ground cumin, any type of chili powder, and paprika.



ARRABBIATA SAUCE

By Tiffany Hobson

Preparation Time: 10 minutes

Cooking Time: 1 hour 15 minutes

Servings: 4 to 6

1 large yellow onion, diced
8 cloves of garlic, minced
2 teaspoons crushed red pepper flakes
1 box (26.46 ounces) Pomi chopped tomatoes
1 box (26.46 ounces) Pomi strained tomatoes
1 big bay leaf
15 whole basil leaves

In a large non-stick skillet, dry sauté the onion over medium heat, stirring frequently, until the onion becomes translucent and is just starting to caramelize (when the onion starts to turn a light brown color, but most of the onion is still translucent), about 10 - 15 minutes. Add the garlic and crushed red pepper flakes and mix well. Add both the chopped and strained tomatoes, mix well, and bring to a simmer. Add the bay leaf and stir. Partially cover the skillet with a lid and simmer the sauce for 1 hour to allow the sauce to become thick, stirring about every 10 to 15 minutes. Turn off the heat and add the basil leaves, stirring well. Serve over pasta, polenta or potatoes.

Note: You may leave out the crushed red pepper flakes for a traditional Marinara sauce.

MARINARA SAUCE

By Tiffany Hobson

See Note for Arrabbiata Sauce Recipe above.

Note: Remove the bay leaf and basil leaves when using as a sauce in other dishes (such as the Italian Scalloped Potatoes above).



DAY 2 - SATURDAY

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.

HASH BROWNS

Preparation Time: 10 minutes

Cooking Time: 15 - 20 minutes

Servings: 2

4 - 5 cups shredded potatoes

Preheat a non-stick pan for 30 seconds, then add the potatoes to the dry pan. Flatten slightly, cover with a lid, and cook over medium-high heat for 5 - 8 minutes before turning. (Fresh shredded potatoes will cook faster than frozen shredded potatoes.) Turn over and cook potatoes for another 7 - 10 minutes on the other side. Turn as often as you like for even browning.

Hints: Shredded potatoes may be purchased in supermarkets and natural food stores, either frozen or fresh. Check to make sure there are no added oils. You can easily shred your own potatoes using a food processor. Chopped onions and peppers also make a delicious addition to Hash Brown potatoes.

CREAMY WHITE BEAN MUSHROOM GRAVY

By Katie Mae, PlantzSt.com

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4 to 8



1 medium to large (8 ounces) onion, chopped
 6 medium (5 ounces) Crimini mushrooms, chopped
 1 large portabella mushroom, diced
 4.5 ounces celery (2 stalks)
 1 tablespoon minced garlic
 1 ¼ cup unsweetened, non-dairy milk
 ¾ cup cooked white beans
 1 tablespoon nutritional yeast
 1 tablespoon rice vinegar
 ½ tablespoon poultry seasoning
 ½ teaspoon freshly ground black pepper

Add the onion, both mushrooms, celery and garlic to a sauté pan over medium heat. Cover and sauté for 5 minutes, or until onions are translucent and the mushrooms are tender. Transfer the veggies to a blender. Add the remaining ingredients and blend until creamy. Blending the gravy for a few extra minutes in the blender will warm it slightly. However, if you're like me and prefer your gravy hot, transfer it to a saucepan on the stovetop. Heat on low-medium until the sauce starts to simmer, stirring occasionally. Serve over hash browns, mashed potatoes, pasta or even simple steamed veggies.

FLUFFY PANCAKES

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes 10 to 12 pancakes

¾ cup whole wheat pastry flour
 ¾ cup unbleached white flour
 2 teaspoons baking powder
 Dash salt
 1 cup mashed ripe banana (about 2 bananas)
 1 tablespoon egg replacer
 1 tablespoon lemon juice
 1 cup non-dairy milk
 ½ cup sparkling water
 1/3 cup fresh blueberries (optional)

Mix the flours, baking powder, egg replacer and salt together in a bowl. Place the bananas in another bowl and mash well. Stir into the bananas 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 ¼ 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 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

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 ¼ cup dried green split peas
 ¾ cup dried baby lima beans
 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, 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 ¼ 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.

BAKED TOFU

Preparation Time: 5 minutes

Marinate Time: 10 minutes

Cooking Time: 25 - 30 minutes

Servings: Varies



20 ounces extra firm tofu, cut into ¼ inch pieces
 ¼ cup soy sauce
 1/8 cup rice vinegar
 1 teaspoon agave nectar

Drain tofu and slice into 1/4 inch pieces. Place in a large flat baking dish. Combine the remaining ingredients and pour over the tofu slices. Allow to marinate for at least 10 minutes and up to 1 hour. (Or place in the refrigerator and marinate overnight).

Preheat oven to 375 degrees.

Remove from marinade and place on a non-stick baking sheet. Bake for 25-30 minutes, turning once halfway through the baking time. It should be brown and crispy on the outside. Remove from oven and cool. Slice into strips or cubes for use in recipes calling for baked tofu.

Hints: This tastes much better (and is less expensive and healthier) than the baked tofu found in packages in many markets and natural food stores. Other seasonings may be added as desired, such as garlic, ginger, balsamic vinegar, or rosemary to change the flavor of the tofu. It's also delicious just marinated in plain soy sauce. The marinade may be saved in a covered jar in the refrigerator for later use. It will keep for several days. The tofu may also be cubed before baking with slightly crispier results.

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.

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.

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

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 2 - Dinner

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.

LAYERED TEX-MEX LASAGNA

Preparation Time: 40 minutes

Cooking Time: 45 minutes

Servings: 6-8

10-12 corn tortillas
 4 cups mashed pinto beans
 1 cup chopped green onion
 1½ cups frozen corn kernels, thawed
 1-2 tablespoons chopped green chilies (optional)
 2 ½ cups enchilada sauce (see recipe below)
 Preheat oven to 350 degrees.

Place the beans in a large bowl. Add the onions, corn and green chilies (if you wish). Mix gently until well combined.

Place 1½ cups of the enchilada 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 2nd and 3rd layers.

RED 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. Taste and add more chili powder if desired. Serve over Mexican-flavored foods.

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.

BROWNIES

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 prune puree

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 prune puree 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.

PRUNE PUREE

Preparation Time: 10 minutes

Servings: Makes about 3 ½ cups



2 cups dried pitted prunes (plums)

Warm water

In a glass or clear plastic 4 cup measuring container, add 2 cups of dried prunes/plums up to the 2-cup line. Add warm water up to the 4-cup line. Let rest for 3 to 5 minutes. Place the water containing the prunes/plums into a high-speed blender or food processor. (If you do not have a large food processor, this will have to be done in batches.) Process until the mixture is the consistency of applesauce. Cover and refrigerate until ready to use.

HINT: This will keep in the refrigerator for about 2 weeks, but I like to freeze it in smaller amounts that I know I will use in future recipes (maybe ½ cup amounts). It will keep for at least a year in the freezer, just remember to thaw in plenty of time to use in your recipe. I use this whenever I need a good substitute for fat in baked goods.



DAY 3 - SUNDAY

Day 3 - 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.

FRUITY BAKED OATMEAL SQUARES

By Cathy Fisher

Preparation Time: about 15 minutes

Cooking Time: 30 minutes

Servings: 4 (or makes 16 snack bars)

2 ½ cups old-fashioned rolled oats

1 ¾ cups nondairy milk

¾ cup blueberries

¾ cup red raspberries

1 ½ teaspoons cinnamon

½ teaspoon ground nutmeg

Preheat the oven to 375 degrees. Line an 8 x 8-inch baking pan with parchment paper.

Mix all of the listed ingredients together in a medium bowl. Spread the batter evenly into the pan, and bake uncovered for 30 minutes until lightly browned. Allow to cool completely before cutting into 16 squares.



SHREDDED POTATO PANCAKES WITH SCALLIONS

By Tiffany Hobson

Preparation Time: 15 minutes

Batch Cooking Time: 12 to 14 minutes per batch of 4

Total Cooking Time: 48 to 50 minutes

Servings: 18 to 20 potato pancakes

2 large Russet potatoes, shredded

1 - 2 bunches of scallions, thinly sliced (discarding the dark green tops)

½ - 1 teaspoon freshly ground black pepper

Using either a food processor or hand grater, shred all the potatoes. Transfer the potatoes into a colander and squeeze out excess liquid. When finished, place the potatoes onto a towel or double set of paper towels to squeeze out as much of the remaining liquid as possible. Discard any big pieces that were not completely grated if using a food processor. Transfer potatoes to a large bowl and add the scallions and pepper. Mix all the ingredients well until the flour is completely incorporated with the other ingredients. (I use my hand to mix the ingredients together as it seems to incorporate all of the components best.)

Using a ¼ cup measuring cup, spoon the mixture into a non-stick frying pan. (If using an 11-inch pan, this will allow you to cook 4 potato pancakes at a time.) Flatten the mixture with a spatula (if the pancake sticks to the spatula, scrape it off and add it back to the pancake in the pan) and cook over medium heat. When you flip the pancake, flatten the pancake again with the spatula. The first batch always takes longer to cook than the remaining batches. Usually the first batch is 8 minutes on the first side and 6 to 8 minutes on the other. The rest of the batches take about 6 minutes on each side to cook.

Mary McDougall would keep her potato pancakes warm in a 200 degree oven until all of them are cooked. My family likes to eat them as soon as they are made. Serve with tofu sour cream, apple sauce or any condiment you like with potatoes. Salt to taste, if desired.

TOFU SOUR CREAM

Preparation Time: 5 minutes

Chill Time: 2 hours

Serves: Varies

1 12.3 ounce package silken tofu

2 tablespoons lemon juice

2 teaspoons sugar

Dash of salt

Combine all ingredients in a food processor and process until smooth. Refrigerate at least 2 hours to allow flavors to blend. Keeps in the refrigerator for about a week.



Day 3 - Lunch

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 Fingerling 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.

ROASTED VEGETABLES

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4 - 6

4 cups of any vegetables, cut into uniformed bite-sized pieces

Preheat oven to 425 degrees.

Line a baking sheet with parchment paper. Place the uniformed bite-sized vegetables in a colander and rinse well with water. Shake off excess water, but do not dry completely. Spread vegetables onto baking sheet. Bake turning the vegetables occasionally until desired tenderness is reached and brown spots appear.

Note: Try adding spices before baking. Some of our favorites are garlic powder, onion powder, oregano, thyme, ground cumin, any type of chili powder, and paprika.



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.

GOLDEN GRAVY

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.

RICH MUSHROOM GRAVY

6 ounces Crimini or other mushrooms, thinly sliced
 ½ cup brown rice flour



- ½ teaspoon dried thyme
- ½ teaspoon ground black pepper
- 3 cups water, plus more as needed
- 3 tablespoons reduced sodium tamari
- 1 - 2 tablespoons raw tahini
- 2 teaspoons lemon juice
- 2 - 3 tablespoons nutritional yeast

Heat a saucepan over medium heat. Add the mushrooms and dry sauté for 5 minutes, until they start to brown and release a bit of liquid. Remove the mushrooms and set aside. Add the flour, thyme and pepper to the pan and stir constantly until the flour is toasted to a golden to medium brown. Stop cooking before the flour becomes very dark.

Gradually add water with a whisk to remove any lumps. When blended, add the mushrooms and the last 4 ingredients listed and mix well.

Add more liquid, if necessary, to get the gravy to the desired thickness.

Taste and adjust the seasonings as needed. You can add a little bit of sugar or maple syrup for balance. Serve hot.

Variation: Soak ½ ounce dried mushrooms (such as porcini or shiitake) in 1 cup warm or hot water for 30 minutes. Use part of this soaking water (the part without dirt and debris) as the liquid for the gravy. Finely chop the drained, soaked mushrooms and add to gravy mixture before adding the last 3 ingredients listed.

Note: You may substitute spelt, whole wheat or unbleached flour for the brown rice flour if you wish.

©Jill Nussinow, MS, RDN, from The Veggie Queen: Vegetables Get the Royal Treatment

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.

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.

TOFU MAYONNAISE

Preparation Time: 5 minutes

Servings: Makes 1 1/3 cups

- 1 12.3-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.