Day 1 - Dinner

**MY CAESAR SALAD**
This versatile dressing for this salad can be made several hours in advance and refrigerated in a jar until serving time: shake well before adding it to the salad. Store any leftover dressing, tightly covered, in the refrigerator for up to 1 week to use on any green salad. For a more traditional Caesar salad, toss in some dry, toasted bread cubes just before serving. Miyoko Schinner, cookbook author and former McDougall Program cooking instructor, taught us how to make this dressing about 8 years ago, and we have been using it at the McDougall Program ever since.

NOTE: Almond meal is made by grinding the nuts until they are almost the texture of flour. You can find almond meal at Trader Joe’s, Bob’s Red Mill, or natural food stores. To make your own, grind unsalted, blanched, or skin-on raw almonds in a food processor until very fine, taking care not to go so far that you make almond butter. (Using cold nuts helps to prevent this). Store almond meal in the freezer for up to 6 months.

Preparation Time: 15 minutes  
Servings: 4

2 tablespoons almond meal  
3 tablespoons Dijon mustard  
3 tablespoons nutritional yeast  
3 cloves garlic, crushed or minced  
3 tablespoons fresh lemon juice  
2 tablespoons regular or reduced-sodium soy sauce  
2 heads romaine lettuce, washed, spun dry, and torn into pieces

Put the almond meal, mustard, nutritional yeast, and garlic into a 12-ounce jar. Stir with a fork to make a paste. Add the lemon juice, soy sauce, and 1 tablespoon of water. Close the jar tightly and shake vigorously to mix.  
Put the lettuce in a large bowl. Shake the dressing well, then pour about half of it over the lettuce. Toss, taste, and continue to toss in dressing until the salad is dressed the way you like.

**SPLIT PEA SOUP**
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 cup dried green split peas
½ cup dried baby lima beans
¼ cup dried barley
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, barley, 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 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.

**GRILLED PORTOBELLO MUSHROOMS**
Preparation Time: 5 minutes
Cooking Time: 10 minutes

4 large Portobello mushrooms
¼ cup soy sauce
1 teaspoon minced fresh garlic
Several twists of freshly ground black pepper

Clean the mushrooms well and leave whole or slice thickly crosswise. Combine remaining ingredients in a small bowl. Brush mushrooms with this mixture on both sides and grill over medium coals for about 5 minutes on each side. Brush with more of the mixture while grilling. Serve at once.

HINT: Whole Portobello mushrooms make delicious burgers. Serve them on a whole wheat bun with lettuce, tomatoes, onions, ketchup, and mustard. They have a wonderful meaty taste and texture. For variety, we sometimes brush teriyaki sauce over the mushrooms before grilling. These mushrooms are a staple in our home during the summer months and they have become a favorite among friends and relatives too.
TOFU LASAGNA
Make sure to let it rest for at least 45 minutes before serving so it “sets up” nicely.

Preparation Time: 30 minutes
Cooking Time: 60 minutes
Resting Time: 45 minutes
Servings: 6-8

Prepare the tofu ricotta before assembling the lasagna.

Tofu Ricotta:
1 12.3-ounce package silken tofu
1 pound fresh water-packed tofu
¼ cup nutritional yeast
¼ cup lemon juice
¼ cup non-dairy milk
1 teaspoon basil
1 teaspoon oregano
½ teaspoon garlic powder
¼ teaspoon salt
Several twists freshly ground pepper

Combine all ingredients in a food processor and process until smooth (or see hint below). Set aside.

Lasagna:
1 recipe tofu ricotta (see recipe above)
1 10-ounce package frozen chopped spinach, thawed and squeezed dry (see hints)
8 ounces no-boil lasagna noodles (see hints)
2 25-ounce jars fat-free pasta sauce or Marinara Sauce (see recipe below)
Parmesan cheese substitute (recipe in May 2009 Newsletter)

Add the spinach to the tofu ricotta mixture and stir well to mix.

Preheat the oven to 350 degrees.

Pour about 1 cup of the pasta sauce into the bottom of a 9 x 13 inch baking dish. Place a layer of noodles over the sauce. Spread half of the tofu mixture over the noodles. Pour another cup or so of the pasta sauce over the tofu mixture and spread evenly. Add another layer of noodles and spread the remaining tofu mixture over them. Pour another cup or so of sauce over the tofu and spread evenly. Top with another layer of noodles and another cup or so of the sauce, making sure all the noodles are covered. Sprinkle the top with Parmesan cheese substitute. Cover with parchment paper then cover the parchment with aluminum foil, crimping the edges under the baking dish top to seal the top well. Bake for 60 minutes. Let rest for at least 45 minutes before cutting.

Hints: To make the tofu ricotta without a food processor, place both kinds of tofu in a large bowl and mash well with a bean masher. This will result in a slightly less “creamy” mixture.
Stir in the remaining ingredients. For a more spinach flavored lasagna, use 2 10-ounce packages of spinach, thawed and squeezed dry. Do not mix with the tofu, instead, layer over the tofu mixture before covering with the sauce. To add more vegetables to the sauce, sauté some onions and mushrooms in a dry nonstick pan until softened, about 5 minutes. Add this to the pasta sauce before using in the recipe. Other vegetables may also be added as desired. Another delicious option is to thinly slice some zucchini lengthwise and lay these strips over the tofu in each layer. No-boil lasagna noodles are available in most supermarkets and natural food stores. Look for whole grain varieties when possible. For a fantastic gluten-free option to the wheat lasagna noodles, use Tinkyada brown rice lasagna noodles. They also do not need to be boiled ahead of time before using in recipes.

MARINARA SAUCE
Preparation Time: 15 minutes
Cooking Time: 1 to 2 hours
Servings: 4 to 6

Serve over pasta or whole grains, or use in casseroles.

1 onion, chopped
½ pound mushrooms, chopped
1 15-ounce can stewed tomatoes
1 15-ounce can tomato puree
1 15-ounce can tomato sauce
1 teaspoon dried basil
1 teaspoon oregano (optional)
2 tablespoons parsley flakes
2 green bell peppers, coarsely chopped

Sauté the onion, mushrooms, and garlic in a small amount of water, for 10 minutes. Add the remaining ingredients. Simmer, uncovered, over low heat for 1 to 2 hours, until thick.

Variation: Try substituting fresh herbs for dried in this sauce. They’ll really jazz it up. Use 1½ teaspoons each of chopped fresh basil and fresh oregano, and ¼ cup of chopped fresh parsley.

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.

MARSALA MUSHROOM SAUCE
Preparation Time: 15 minutes
Cooking Time: 15 minutes
Servings: Makes 3½ cups

2 leeks sliced (white and light green part only)
¾ pound fresh mushrooms, sliced
3½ cups water
½ teaspoon leaf oregano
½ teaspoon leaf sage
¼ cup soy sauce
1/8 cup Marsala wine
3½ tablespoons cornstarch mixed in ¼ cup cold water

Place leeks and mushrooms in a pot with ½ cup of the water. Cook, stirring occasionally, for 5 minutes. Add the remaining water, 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.

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.
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.

POTATO HASH
Preparation Time: 20 minutes
Cooking Time: 15 minutes
Servings: 4

1 large potato, peeled and diced
1 large yam, peeled and diced
1 medium onion, diced
1 green bell pepper, diced
1 red bell pepper, diced
1 teaspoon poultry seasoning
Freshly ground pepper to taste

Cook the potatoes in enough water to cover, until just tender, about 5 minutes. Drain and set aside.

Place the onion and green and red bell pepper in a saucepan with a small amount of water. Cook, stirring frequently, until just tender, about 4 minutes. Remove from heat. Add the cooked potatoes, poultry seasoning, and pepper. Mix well.

Place the mixture in a large nonstick skillet. Cook, stirring frequently, over medium heat until the potatoes brown slightly, about 10 minutes.
TAHINI SAUCE
By Heather McDougall

Preparation Time: 5 minutes
Servings: 2 cups

1 cup tahini
¾ cup water
½ cup fresh squeezed lemon
3 cloves garlic
1 teaspoon salt (optional)
Sriracha to taste (optional)

Place all the ingredients into a blender and blend until smooth. Add more water if necessary.

Serve with warm pita, thinly sliced cucumbers, tomatoes and Sriracha. You may also skip the pita and serve in a bowl.

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 (mixed in ¼ cup warm water)
1 tablespoon lemon juice
1 cup non-dairy milk
½ cup sparkling water
1/3 cup fresh blueberries (optional)

Mix the flours, baking powder, and salt together in a bowl. Place the bananas in another bowl and mash well. Mix the egg replacer and water and beat until frothy. Add the bananas and mix well. Stir in the 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

**BROCCOLI BISQUE**
Preparation Time: 10 minutes  
Cooking Time: 20 minutes  
Servings: 6-8

4 cups broccoli florets  
3 cups vegetable broth  
2 cups frozen, chopped hash brown potatoes  
1 onion, chopped  
1 teaspoon dried dill weed  
2½ cups non-dairy milk  
1 tablespoon Dijon mustard  
 dash white pepper

Place the broccoli, broth, potatoes, onion, and dill weed in a medium pot. Bring to a boil, cover, and cook over medium heat for 15 minutes. Process the soup in batches in a blender, return to pot, add the non-dairy milk, mustard, and white pepper. Heat through and serve at once.

**HINTS:** Make this in a stainless steel pot and process it with an immersion blender directly in the pot. (An immersion blender is a small, hand-held appliance that will blend foods without removing them from the cooking pot or bowl. Do not use an immersion blender in a nonstick pot.) If you buy the broccoli florets in bags it saves quite a bit of the preparation time.

**ASIAN MARINATED TOFU**
Be sure to use extra firm tofu in this recipe or the tofu will tend to fall apart.

Preparation Time: 5 minutes  
Resting Time: 30 minutes  
Cooking Time: 10 minutes  
Servings: Variable

20 ounces extra firm tofu  
2 tablespoons rice vinegar  
2 tablespoons light miso  
1 tablespoon soy sauce  
1 tablespoon tahini  
1 tablespoon agave nectar  
2 teaspoons mirin
Drain the tofu and cut into small cubes.
Place the remaining ingredients in a small bowl and whisk until smooth. Pour over the tofu and toss to coat well. Let rest for at least 30 minutes, mixing occasionally to make sure the tofu is well covered with the marinade.
Turn the tofu and the marinade into a large nonstick sauté pan. Dry fry for about 10 minutes, turning occasionally with a spatula to make sure the cubes are well browned on all sides.

**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
Dash sesame oil

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
Burrito Bowls
By Cathy Fisher

Cooking Time: 45 minutes
Servings: 6-8

10-12 corn tortillas
4 cups mashed pinto beans
1 cup chopped green onion
1 ½ cups frozen corn kernels, thawed
1-2 tablespoons chopped green chilies (optional)
2 ½ cups red 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
1 ½ cups water
2 tablespoons cornstarch
1 ½ tablespoons chili powder
½ 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 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 1 1/2 cups home cooked beans)  
1 cup chopped tomatoes  
1 red or orange bell pepper, diced  
1/2 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  
3 1/2 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.

**FRESH FRUIT COBBLER**
Be sure to use sweet, ripe, seasonal fruit in this recipe. Peaches and nectarines are a delicious choice. For a fresh strawberry pie, see hint below.

Preparation Time: 30 minutes
Cooking Time: 45 minutes
Servings: 8

4 cups sliced fresh peaches or nectarines
1/3 cup apricot preserves
2 teaspoons lemon juice
1/8 teaspoon nutmeg
3 tablespoons flour
½ cup quick cooking oats
2 tablespoons cornmeal
2 tablespoons pure maple syrup
1 teaspoon vanilla

Preheat oven to 375 degrees.
Place the sliced peaches in a bowl. Combine the preserves, lemon juice, and nutmeg together in another bowl. Spoon over the peaches and mix gently. Sprinkle the flour on the top and then mix again. Place in a 9-inch pie plate. Bake for 30 minutes.
Place the oats and cornmeal in a bowl. Combine maple syrup and vanilla and pour over the oat mixture. Mix well.
Remove the cobbler from the oven and reduce the heat to 350 degrees. Crumble the oat mixture over the pie filling and return to the oven. Bake for an additional 15 minutes. Let rest for 15 minutes before serving. Scoop the cobbler out with a large spoon and serve with Vanilla Almond & Rice Ice Cream for a special treat. May be served warm or cold.

HINT: For a fresh strawberry pie, substitute sliced fresh strawberries for the peaches and strawberry preserves for the apricot preserves. Reduce the initial baking time by 10 minutes.
DAY 3 - SUNDAY

Day 3 - Breakfast

STEEL CUT IRISH OATMEAL
We like steel cut oats 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.

GALLO PINTO
This is another delicious Costa Rican bean and vegetable dish. Black beans are available almost everywhere in this country, either served plain with tortillas or combined with rice and/or vegetables.

Preparation Time: 15 minutes (need cooked rice)
Cooking Time: 30 minutes
Servings: 8-10

Beans:
½ cup vegetable broth
1 onion, chopped
2 stalks celery, chopped
1 teaspoon minced fresh garlic
3 15-ounce cans black beans, drained and rinsed
1 bay leaf
1 teaspoon dried oregano

Vegetables:
½ cup vegetable broth
1 onion, chopped
1 stalk celery, chopped
1 tomato, chopped
1/4 cup chopped fresh cilantro
4 cups cooked long grain brown rice
hot sauce

Beans:
Place the vegetable broth in a medium-large saucepan. Add the onion, celery, and garlic. Cook over medium heat, stirring frequently, until vegetables are softened. Add remaining ingredients, mix well, and cook over low heat for 20 minutes, stirring occasionally. Set aside.

Vegetables:
Place the vegetable broth in a large nonstick frying pan. Add onion and celery and cook over medium heat for 5 minutes, stirring frequently. Add tomato and cilantro and cook for another 5 minutes. Add the bean mixture and the rice. Mix well. Heat through and season to taste with the hot sauce. Remove bay leaf before serving.

Day 3 - Lunch

**FAT-FREE HUMMUS**
Preparation Time: 5 minutes
Servings: Makes 2 1/2 cups

- 2 15-ounce cans of garbanzo beans, drained and rinsed
- 1 teaspoon minced fresh garlic
- 1/3 cup packed chopped parsley or cilantro
- 1/8 cup water

Place all ingredients in a food processor and process until smooth. Serve as a dip with pita bread or use as a sandwich spread.

**HEARTY DAL SOUP**
Preparation Time: 10 minutes
Cooking Time: 60 minutes
Servings: 4

- 3 1/4 cups water
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 1/2 teaspoons grated fresh ginger
- 1 teaspoon smoked paprika
- 1/4 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.

KATIE MAE’S LENTIL SHEPHERD’S PIE
By Katie Mae, PlantzSt.com

Servings: 12 3x3-inch pieces
Ready: 45 - 60 minutes
Stores: 1 week in refrigerator

FOR THE BOTTOM LAYER:
1 cup French or green lentils
5 cups low-sodium vegetable broth or water
2 carrots, diced
1 yellow onion, diced
10 Crimini mushrooms, diced
1 cup broccoli, diced
1 cup frozen green peas, thawed
1 tablespoon poultry seasoning
1 teaspoon dried rosemary
1 teaspoon dried thyme
1 teaspoon garlic granules
½ teaspoon black pepper

FOR THE TOP LAYER:
10 medium Yukon gold potatoes
½ cup water
½ cup unsweetened, non-dairy milk
2 tablespoons nutritional yeast (optional)
1 tablespoon salt-free seasoning

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. They should be soft and will split nicely using a fork. Turn off heat and set aside.

In another pan, heat lentils and water over medium-high heat. Once it reaches a boil, reduce heat to a simmer. Let lentils cook until they are tender, about 30 minutes.
Preheat oven to 350 degrees. Note, it is fully cooked before it goes in the oven so baking the pie is an optional step. Baking reduces some of the moisture so that when the pieces are cut and served, they hold together better.

While the starches are cooking, heat the carrots, onions, and mushrooms in 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, add the broccoli and green peas, and turn off the heat.

After the lentils have been cooking for about 20 minutes, stir in the herbs, garlic, black pepper and vegetables. The mixture will thicken as it continues to cook. Add the vegetable broth or water as needed, until the lentils are tender. Keep the mixture moist, so it doesn’t become too dry in the oven.

Pour lentil-vegetable 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 lentils. Sprinkle the nutritional yeast and salt-free seasoning over potato layer.

Bake for 15 minutes. Then let the casserole sit for 5 minutes before serving.

**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 \( \frac{1}{4} \) 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
\( \frac{1}{2} \) cup cooked brown rice
\( \frac{1}{2} \) 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.