



## McDOUGALL PROGRAM 3-DAY RECIPES

### DAY 1

#### DINNER

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##### SPINACH VEGETABLE SALAD

Preparation Time: 30 minutes

Servings: 4

6 cups loosely packed, washed, and dried fresh spinach leaves  
 ½ pound mushrooms, sliced  
 2 carrots, thinly sliced  
 1 cucumber, thinly sliced  
 1 tomato, thinly sliced  
 1 cup alfalfa or clover sprouts  
 Oil-free dressing to taste

Place all the ingredients in a large bowl and mix well. Serve with your favorite oil-free dressing.

##### PICNIC LENTIL SALAD

This is great to take on a picnic and everyone loves it - even those people who are sure they don't like lentils. It keeps well in a cooler or in the refrigerator. Be sure to make it at least 3 hours before you plan to serve it to allow time for the flavors to blend.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Chilling Time: 3 hours

Servings: 6

1 cup dry brown lentils  
 4 cups water  
 1 cup grated carrots  
 ½ cup chopped sweet onion  
 ½ cup chopped fresh parsley  
 ½ teaspoon crushed fresh garlic  
 2 tablespoons of red wine vinegar  
 1 tablespoon water  
 1 tablespoon soy sauce  
 2 teaspoons Dijon-style mustard  
 1 teaspoon Worcestershire sauce  
 ½ teaspoon ground oregano  
 Several twists freshly ground pepper

Place the lentils and water in a medium pot. Bring to a boil, reduce heat, cover, and cook for about 30 minutes, until tender but still firm. Meanwhile, prepare remaining vegetables. Combine vinegar, water, soy sauce, mustard, Worcestershire sauce, oregano, and pepper in a small container and mix well. Set aside.

Drain lentils. Place in a bowl. Add carrot, onion, parsley, and garlic. Mix well. Pour dressing over and mix again. Cover and refrigerate for at least 3 hours before serving.



### **MINISTRONE SOUP**

This is our favorite vegetable soup. It makes a wonderful meal with a loaf of fresh bread. It also reheats well, and we like to have it for several lunches during the week.

Preparation Time: 30 minutes

Cooking Time: 3 hours

Servings: 8

1¼ cup dried red kidney beans  
 8 cups water  
 1 onion, chopped  
 1 teaspoon minced garlic  
 1 stalk of celery, sliced  
 1 carrot, sliced  
 6-8 fingerling potatoes, cubed  
 1½ cups fresh green beans, cut into 1½-inch pieces  
 1 cup tomato sauce  
 ¼ cup parsley flakes  
 1½ teaspoon basil  
 1½ teaspoon oregano  
 ½ teaspoon marjoram  
 ¼ teaspoon celery seed  
 ¼ teaspoon ground black pepper  
 1 15-ounce can garbanzo beans, drained and rinsed  
 1 15-ounce can chopped tomatoes  
 1 zucchini, chopped  
 1½ cups shredded cabbage  
 ½ cup uncooked whole wheat elbows

Place the beans in a large pot with water to cover. Bring to a boil, cook for 2 minutes, turn off heat and let rest for 1 hour. (To eliminate this step soak the beans overnight). Drain off water. Add onion, garlic, and 8 cups of fresh water. Bring to a boil, reduce heat, cover, and cook for 1 hour. Add celery, carrot, potatoes, green beans, tomato sauce, and all the seasonings. Return to a boil, reduce heat, and cook for 45 minutes. Add the garbanzo beans, canned tomatoes, and zucchini. Cook for another 30 minutes. Then add the cabbage and pasta and cook for an additional 30 minutes.

**HINTS:** I have many varieties of minestrone that I make throughout the fall and winter months, but this one is our favorite. You may use any type of uncooked pasta that you like. We also like spaghetti broken into 2 inch pieces in this soup.

### **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 LOAF**

This is an excellent, firm loaf to serve with mashed potatoes and gravy. The leftovers also make a great sandwich filling.

Preparation Time: 15 minutes  
 Cooking Time: 45 to 60 minutes  
 Servings: 6 to 8

30 ounces water packed firm tofu  
 1 2/3 cups quick oats  
 3/4 cup whole wheat bread crumbs  
 1/2 cup ketchup or barbecue sauce  
 1/3 cup soy sauce  
 2 tablespoons Dijon-style mustard  
 2 tablespoons Vegetarian Worcestershire sauce  
 1/4 teaspoon garlic powder  
 1/4 teaspoon ground black pepper

Preheat oven to 350 degrees.

Drain the tofu well and mash finely, using a bean/potato masher and your fingers. Place in a large bowl and add the remaining ingredients. Mix well, again using your fingers. Turn the mixture into either a square baking pan or a loaf pan. (If you don't have a non-stick pan you will need to lightly oil the pan first). Bake the square pan for 45 minutes or the loaf pan for 60 minutes, until the top and edges are golden brown. Remove from oven and let rest for 5 minutes. Loosen sides and invert over a platter to remove from baking pan.

**HINTS:** The quick-cooking oats work best in this recipe. To make bread crumbs, process 1 slice of bread in a food processor. (Do this when you have extra older bread and store the crumbs in a sealed bag in the freezer). Serve with a sauce or gravy to pour over the loaf or serve plain with a barbecue sauce on the side. Vegetarian Worcestershire sauce is available in most natural food stores. Low-sodium soy sauce is also available in most supermarkets for those of you who are trying to reduce your salt intake.

### **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 the 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, 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, the 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**

This is wonderful served over stuffing and mashed potatoes.

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.



**HINT:** Use a variety of fresh mushrooms for the best flavor in this soup. I usually use about ½ pound of button mushrooms, a few shitake mushrooms, and then an assortment of exotic mushrooms, such as clamshell, oyster, and trumpet royale. Most of these will be available at various times of the year in natural food stores or specialty markets. Frozen, chopped hash brown potatoes are sold in bags in the frozen food section of most supermarkets or in the natural food stores. They are very convenient for adding thickness and flavor to soups, but an equal amount of peeled, chopped fresh potatoes may also be used.

### **BROWNIES**

These are served the first night of The McDougall Program for dessert, with Vanilla Almond & Rice Ice Cream. People line up for seconds! Remember, these are a rich treat for a special occasion.

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 Wonderslim Fat Replacer

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 Wonderslim Fat Replacer and organic sugar together in a separate bowl. 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 NO OVERMIX!** Spoon into a non-stick 8 inch square baking dish and flatten. Bake for 30 minutes.

**Hints:** Wonderslim Fat Replacer is sold in jars in most natural food stores. It is made from plums and apples and is an excellent fat replacer in baked goods. Wonderslim also makes the reduced fat and caffeine-free cocoa powder. Organic cane sugar is made by Wholesome Sweeteners. (Regular granulated sugar may be used instead, if desired.) Egg Replacer is made by EnerG Foods. It is sold in boxes in the natural food store. It is used to replace eggs in baking. All of these products should be available in your natural food store.



## 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

2 large potatoes, peeled and diced  
1 medium onion, diced  
1 green bell pepper diced  
1 red bell pepper, diced  
1 cup frozen corn kernels, thawed  
1 teaspoon poultry seasoning  
¼ cup chopped fresh parsley or cilantro  
Freshly ground pepper to taste

Cook the potatoes in 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. Add corn and cook 1 additional minute. Remove from heat. Add the cooked potatoes, poultry seasoning, fresh parsley or cilantro, 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. Serve with your favorite salsa or barbecue sauce.

#### FLUFFY PANCAKES

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes 10 to 12 pancakes

¾ cup whole wheat pastry flour



$\frac{3}{4}$  cup unbleached white flour  
 2 teaspoons baking powder  
 Dash salt  
 1 cup mashed ripe banana (about 2 bananas)  
 1 tablespoon egg replacer (mixed in  $\frac{1}{4}$  cup warm water)  
 1 tablespoon lemon juice  
 1 tablespoon Wonderslim fat replacer  
 1 cup non-dairy milk  
 $\frac{1}{2}$  cup sparkling water  
 $\frac{1}{3}$  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 Wonderslim fat replacer, 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  $\frac{1}{4}$  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 new directions for Egg Replacer call for mixing with warm water. This makes the mixture more foamy and seems to work better in all recipes. I will sometimes whisk the mixture ahead of time (by 5 minutes or so) and let it sit on the counter until I need it in the recipe. 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.

## LUNCH

### ASIAN RICE SALAD

Preparation Time: 15 minutes

Chilling Time: 1 hour

Servings: 4

2 cups cooked brown rice  
 4 green onions, chopped  
 5 cups loosely packed, chopped spinach  
 1 11-ounce can mandarin orange segments, drained  
 1 8-ounce can sliced water chestnuts, drained  
 $\frac{1}{2}$  cup oil-free Dijon-style salad dressing  
 2 tablespoons soy sauce  
 $\frac{1}{2}$  cup avocado chunks (optional)

Place the rice in a large bowl. Add the green onions and spinach. Mix well. Add the orange segments and water chestnuts. Toss gently to mix.

Mix the dressing and soy sauce. Pour over the salad. Stir in the avocado, if desired. Cover and chill for 1 hour before serving.



Hint: This salad should be served about 1 hour after preparing it. It becomes soggy after sitting for too long, although we have eaten some leftovers the next day and the flavor was still delicious.

### **GARBANZO SPINACH SALAD**

Preparation Time: 15 minutes

Chilling Time: 1-2 hours

Servings: 4-6

3 15-ounce cans garbanzo beans, drained and rinsed  
 2 cups loosely packed, chopped fresh spinach  
 ½ cup chopped red bell pepper  
 ½ cup chopped yellow bell pepper  
 3 green onions, finely chopped  
 ½ cup oil-free Italian dressing  
 Several twists fresh ground pepper

Combine beans and vegetables in a bowl. Pour dressing over and toss to mix. Season with freshly ground black pepper. Refrigerate for 1-2 hours for best flavor.

HINT: This is one of my favorite salads and very often I eat this right after putting it together. It keeps well in the refrigerator for several days.

### **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 in batches in a blender. Return to pot, add the non-dairy milk, mustard, and white pepper. Heat through and serve at once.

HINTS: I 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 non-stick pot.) If you buy the broccoli florets in bags it saves quite a bit of the preparation time.

### **ASIAN MARINATED TOFU**

I have been doing a lot of marinated and sautéed tofu lately because it tastes so much better than the baked tofu that is available in markets. 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 non-stick 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. However, at the McDougall Program, we use PB2, which is a lower fat option than regular 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.

## **DINNER**

### **SHREDDED SALAD**

Preparation Time: 30 minutes

Servings: 6 to 8

2 cups grated carrot  
 1 cup shredded red cabbage  
 1 cup grated zucchini  
 1 cup grated jicama  
 1 cup grated turnip  
 1 cup shredded romaine  
 1 cup torn spinach  
 ½ cup sliced radishes  
 1 small red or mild white onion, sliced and separated into rings  
 ½ cup oil-free dill dressing  
 Freshly ground pepper  
 1 cup cherry tomatoes, cut in half

Combine all the vegetables except the tomatoes in a large bowl. Pour the dressing over and toss to mix. Serve at once, garnished with pepper and the tomatoes.

### **MEXICAN POTATO SALAD**

Preparation Time: 15 minutes (need prepared salsa)



Cooking Time: 30 minutes

2 pounds red potatoes, cut in small pieces  
 1 cup frozen corn kernels, thawed  
 1 large tomato, chopped  
 1 bunch scallions, chopped  
 ½ cup fresh salsa  
 2 tablespoons fresh lime juice  
 2 tablespoons chopped fresh cilantro or parsley  
 Freshly ground pepper to taste

Place the potatoes in a large pot and cover with water. Bring to a boil, reduce heat, cover, and cook 30 minutes, or until just tender. (Don't let them get too soft). Remove from the heat, drain, and place in a large bowl. Add the corn, tomato, and scallions. Combine the salsa and lime juice. Pour over the salad and mix well. Add the cilantro or parsley and a few twists of pepper. Mix gently and serve at once.

VARIATION: This salad can also be chilled before serving, and it is just as good the next day so I always make lots of it.

#### **MOROCCAN RED LENTIL SOUP**

Versions of this lentil soup with tomatoes and chickpeas are served all over Morocco during the festival of Ramadan and to celebrate special occasions throughout the year. This is my interpretation. We serve it with whole grain flatbread to scoop up the juices, or ladle the soup over brown rice.

1 onion, chopped  
 4 ribs celery, chopped  
 6 cups vegetable broth  
 1½ cups chopped tomatoes  
 1 cup dried red lentils  
 1 can (15 ounce) chickpeas, drained and rinsed  
 1 bay leaf  
 ½ teaspoon ground cinnamon  
 ½ teaspoon ground ginger  
 ½ teaspoon ground turmeric  
 ¼ teaspoon freshly ground black pepper  
 1/3 cup orzo  
 ½ cup chopped cilantro  
 2 tablespoons fresh lemon juice

Pour ½ cup of water into a large soup pot along with the onion and celery. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the broth, tomatoes, lentils, chickpeas, bay leaf, cinnamon, ginger, turmeric, coriander, and black pepper. Bring to a boil, reduce the heat to a simmer, then cover and simmer until the lentils are tender, about 45 minutes.

Stir in the orzo, cilantro, and lemon juice. Cook 10 minutes longer, until the orzo is al dente. Serve hot.

#### **TUNISIAN SWEET POTATO STEW**

Preparation Time: 20 minutes

Cooking Time: Approx. 45 minutes

Servings: 6 to 8



1/3 cup water  
 1 onion, chopped  
 2 jalapenos, seeded and finely chopped  
 2 teaspoons of minced fresh ginger  
 1 teaspoon minced fresh garlic  
 1½ teaspoons of ground cumin  
 ¼ teaspoon of ground cinnamon  
 1/8 teaspoon crushed red pepper  
 1/8 teaspoon ground coriander  
 2-3 sweet potatoes, peeled and chopped  
 2 14.5-ounce cans chopped tomatoes  
 2 14.5-ounce cans garbanzo beans, drained and rinsed  
 1 cup green beans, cut in 1-inch pieces  
 1½ cups vegetable broth  
 ¼ cup natural peanut butter  
 ¼ cup chopped cilantro

Place the water, onion, jalapeno, ginger, and garlic in a large pot. Cook stirring occasionally for 5 minutes. Add cumin, cinnamon, red pepper, and coriander. Cook and stir for 1 minute. Add sweet potatoes, tomatoes, garbanzo beans, green beans, vegetable broth, and peanut butter. Bring to a boil, reduce heat, and simmer for 30 minutes, or until potatoes are tender. Stir in cilantro and let rest for 2 minutes.

Serve over rice or other whole grains.

#### **WHITE BEANS MEXICALI**

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 4

1 small onion, chopped  
 1 stalk celery, chopped  
 1 carrot, chopped  
 ¾ cup water  
 ½ teaspoon minced fresh garlic  
 3 15-ounce cans white cannellini beans, drained and rinsed  
 1 15-ounce can chopped tomatoes  
 3 tablespoons chopped green chilies  
 ¾ cup vegetable broth  
 1 teaspoon chili powder  
 ½ teaspoon ground cumin  
 1/8 teaspoon crushed red pepper  
 2 cups chopped fresh spinach  
 Hot sauce to taste (optional)

Place onion, celery, carrot, water, and garlic in a medium saucepot and cook over medium heat for 10 minutes. Stir occasionally. Add beans, tomatoes, green chilies, vegetable broth, chili powder, cumin, and crushed red pepper. Cook over low heat for 20 minutes, partially covered. Add spinach and cook for 3 minutes. Season with hot sauce to taste. Serve over rice.

**HINT:** This freezes well and reheats easily in a microwave.



### LAYERED TEX-MEX LASAGNA

Preparation Time: 40 minutes

Cooking Time: 45 minutes

Servings: 6-8

Sauce:

2 8-ounce cans tomato sauce

3 cups water

4 tablespoons cornstarch

3 tablespoons chili powder

½ teaspoon onion powder

¼ teaspoon garlic powder

Place all ingredients for the sauce in a saucepan. Mix well with a whisk until well combined. Cook and stir over medium heat until thickened, about 5 minutes. Taste and add more chili powder if desired. Set aside.

10-12 corn tortillas

4 cups mashed pinto beans

1 cup chopped green onion

1½ cups frozen corn kernels, thawed

1 2.25-ounce can sliced ripe olives, drained

1-2 tablespoons chopped green chilies (optional)

To assemble casserole:

Preheat oven to 350 degrees.

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

Place 1½ cups of the 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 2<sup>nd</sup> and 3<sup>rd</sup> layers.

### 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. Serve over Mexican-flavored foods.

HINT: We use this versatile sauce on burritos, tacos, tostadas, Mexican Lasagna, and enchiladas. It keeps well in the refrigerator and reheats well over low heat.

### **FRESH FRUIT COBBLER**

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 8

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

4 cups sliced fresh peaches or nectarines  
 1/3 cup apricot preserves  
 2 teaspoons lemon juice  
 1/8 teaspoon nutmeg  
 3 tablespoons flour  
 1/2 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 additional 15 minutes. Let rest for 15 minutes before serving. Scoop the cobbler out with a large spoon and serve with Vanilla Soy 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

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### BREAKFAST

#### BOB'S GLUTEN-FREE MIGHTY TASTY HOT CEREAL

Cook: 15 minutes

Servings: Makes 3 ½ cups

Whole grain brown rice

Corn

Sorghum

Buckwheat

Bring ¾ cups of water to a boil. Stir in 1 cup cereal and immediately turn heat to very low, continuing to stir until cereal and water are blended. Cover and cook for 10 minutes, stirring occasionally.

Hint: Add a dash of cinnamon, nutmeg, or mace to the cooking water for extra flavor. Or try a tablespoon or two of currants or raisins.

#### **GALLO PINTO**

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

¼ 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 non-stick 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.

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.

## LUNCH

### COLESLAW

Preparation Time: 30 minutes

Chilling Time: 1 hour

Servings: 4

#### Dressing:

2 tablespoons balsamic vinegar

6 tablespoons cider vinegar

2 tablespoons Dijon mustard

1 tablespoon soy sauce

2 teaspoons agave nectar

½ teaspoon celery seeds

½ teaspoon caraway seeds

¼ teaspoon freshly ground pepper

#### Slaw:

2 cups shredded green cabbage

2 cups shredded red cabbage

1 carrot julienned

1 red bell pepper, julienned

1 yellow bell pepper, julienned

¼ cup finely chopped scallion

¼ cup minced fresh parsley

1 green bell pepper, julienned

Mix the dressing ingredients in a small jar and set aside.

Combine the vegetables in a large bowl. Pour the dressing over and toss to coat. Refrigerate for at least 1 hour to blend the flavors.

### RAINBOW SALAD

This salad is wonderful to take to a picnic. It keeps well in a cooler and everyone loves it!

Preparation Time: 15 minutes (cooked rice needed)

Chilling Time: 2 hours

Servings: 6-8

3 cups cooked brown rice

1 15-ounce can kidney beans, drained and rinsed

1 15-ounce can garbanzo beans, drained and rinsed

1 15-ounce can black beans, drained and rinsed

1 cup frozen corn kernels, thawed

1 cup frozen peas, thawed

¼ cup chopped red onion



¼ cup chopped pimiento  
 2 tablespoons chopped black olives  
 2 tablespoons chopped fresh cilantro  
 ¾ cup oil-free honey-mustard salad dressing  
 1 tablespoon soy sauce  
 ½ teaspoon Tabasco sauce

Place the rice and beans in a large bowl and combine. Add the corn, peas, onion, pimiento, olives, and cilantro. Toss well to mix. Combine the salad dressing, soy sauce, and Tabasco in a mixing cup and whisk until smooth. Pour over the salad and mix well.

Refrigerate at least 2 hours before serving.

Hints: Many varieties of oil-free salad dressings are available in supermarkets and natural food stores. It is also very simple to make your own salad dressings. Feel free to use whichever dressing you like in this recipe. Taste salad after it has been refrigerated for an hour or so and adjust seasonings as necessary. Use reduced sodium soy sauce if you prefer.

### **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 cup green split peas  
 ½ cup dried baby lima beans  
 ¼ cup barley  
 1 onion, chopped  
 2 bay leaves  
 1 teaspoon celery seed  
 2 cups vegetable broth  
 2 carrots, chopped  
 2 potatoes, chunked  
 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.

### **SOUTHWEST RED POTATOES**



Preparation Time: 10 minutes  
 Cooking Time: 15 minutes  
 Servings: 4

2 pounds red potatoes, cut into ½-inch pieces  
 ¼ cup chopped green onion  
 ¼ cup oil-free salad dressing  
 ¾ teaspoon chili powder  
 ½ to ¾ teaspoon ground cumin  
 1/8 teaspoon red pepper flakes (optional)

Boil potatoes in water to cover for about 20 minutes, or until just barely fork tender. Drain. Place remaining ingredients in a non-stick frying pan. Add potatoes, cook until coated with spices, about 5 minutes.

HINT: Adjust the seasonings slightly to suit your tastes. For example, if you don't like spicy foods, eliminate the red pepper flakes. If you are not fond of cumin, just leave it out. Use different oil-free dressings to change the flavor of these potatoes.

#### **BAKED BEANS**

Preparation Time: 15 minutes  
 Cooking Time: 2 hours for beans  
 Servings: 6-8

2 cups dried cranberry beans  
 6 cups water  
 1 onion, chopped  
 1 green bell pepper, chopped  
 1 red bell pepper, chopped  
 ½ cup brown sugar  
 1/3 cup prepared mustard  
 ¼ cup molasses

Place beans and water in a large pot, bring to a boil, reduce heat, and simmer for at least 2 hours until very tender. Pour off any excess water and set aside.

Preheat oven to 350 degrees.

Place onions and bell peppers in a non-stick sauté pan with a small amount of water and cook and stir for about 5-10 minutes, until softened. Combine the beans and vegetables in a covered casserole dish. Place the remaining ingredients in a small bowl and mix well. Pour over the beans and vegetables and stir well to mix. Cover and bake for 1 hour.

#### **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 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 non-stick 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 non-stick baking sheet. (If you do not have a good non-stick 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  
 1.5 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 non-stick 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 10.5-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.