

Advanced Study Weekend Recipes February 10 - 12, 2017

Day 1 - Dinner

THREE BEAN SALAD

This is a very fast and easy salad. This is great to have on hand in your refrigerator for a quick snack. It also packs well, so it is easy to take with you to work. This can be made as mild or as spicy as you like it by changing the kind of salsa used.

Preparation Time: 15 minutes

Chilling Time: At least 1 hour

Servings: 6

- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- 1 15-ounce can garbanzo beans, drained and rinsed
- 1 small, mild, sweet onion, thinly sliced
- 2 stalks celery, sliced
- 1 tomato, chopped
- 1 cup salsa, mild, medium, or hot
- 2 tablespoons lime juice
- 1 teaspoon chili powder (optional)

Combine beans and vegetables in a large bowl. Place the salsa in a small container, then add the lime juice and chili powder. Stir or shake to combine. Pour over the bean mixture and toss to mix.

Refrigerate at least 1 hour to allow flavors to blend.

HEARTY DAL SOUP

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

- 3 ¼ cups water
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 ½ 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 Yukon Gold potatoes
1 tablespoon lemon juice
1-2 teaspoons chili paste (Sambal Oelek)
2 cups fresh chopped chard

Place $\frac{1}{4}$ 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.

GRILLED PORTOBELLO MUSHROOMS

Preparation Time: 5 minutes

Cooking Time: 10 minutes

4 large Portobello mushrooms
 $\frac{1}{4}$ 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 $\frac{2}{3}$ cups quick oats
 $\frac{3}{4}$ cup whole wheat bread crumbs
 $\frac{1}{2}$ cup ketchup or barbecue sauce
 $\frac{1}{3}$ cup soy sauce
2 tablespoons Dijon-style mustard



2 tablespoons Vegetarian Worcestershire sauce
¼ teaspoon garlic powder
¼ 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 potatoes, they 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
3 ½ cups water
½ teaspoon leaf oregano
½ teaspoon leaf sage
¼ cup soy sauce
1/8 cup Marsala wine
3 ½ 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
1 ½ 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.

CHOCOLATE DECADENCE PUDDING

By Heather McDougall

Preparation Time: 5 minutes



Cooking Time: 5 minutes

Servings: 4

½ cup unsweetened cocoa powder (Wonderslim)

¾ cup sugar

3 tablespoons cornstarch

3 cups non-dairy milk

1 ½ teaspoons vanilla

With a whisk, combine cocoa, sugar, cornstarch, and non-dairy milk in a medium saucepan. Bring to a boil over medium-low heat, stirring constantly until thickened. Remove from heat and add vanilla. Mix well. Pour into a bowl, cover with plastic wrap, and chill for 4 hours. Spoon into individual bowls and serve.

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.

BANANA PANCAKES

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes 10 to 12 pancakes

$\frac{3}{4}$ 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 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 lemon juice, non-dairy milk, and sparkling water and mix again. Pour into the dry ingredients and stir to mix. Add more milk or water if necessary. Stir in the blueberries. Do not over mix.

Heat a non-stick 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.

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
- 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 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 2 - Lunch

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 fresh ground 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.

BEAN SOUP

Preparation Time: 10 minutes

Cooking Time: 3 to 4 hours

Servings: 6

2 cups dried Great Northern beans

8 cups water

2 onions, finely chopped

2 stalks celery, finely chopped

2 bay leaves

½ teaspoon rubbed sage

½ teaspoon ground oregano

2 tablespoons soy sauce

Dash of liquid smoke (optional)

Put beans and water in a large pot. Bring to a boil, turn off heat, and let rest for at least 1 hour. Add onions, celery, bay leaves, sage, oregano, and soy sauce. Return to boil, reduce heat and cook, covered, for at least 3 hours, until beans are mushy. Add a dash of liquid smoke at the end of the cooking time, if desired. Remove bay leaves before serving.

HINT: The liquid smoke gives the soup a delicious aroma, although it is entirely optional. I make it both ways. It is always a favorite with the family, and we usually have a loaf of fresh bread with the soup. One of our sons likes to sprinkle some curry powder over the top of his soup. You can easily vary this soup by adding other vegetables, such as carrots and potatoes, and it may also be pureed before serving. This also freezes well so you can keep some for use at a later date. Great for lunch the next day too!

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 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.

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.

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.

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

SOUTHWEST COUSCOUS SALAD

This has become one of the favorite salads served at the McDougall Program. This is easy to vary each time you serve it by changing a few of the ingredients. Try using a fire-roasted salsa for a delicious smoky flavor.

Preparation Time: 15 minutes

Cooking Time: 2 minutes to boil water

Servings: 6-8

2 cups water

1 $\frac{3}{4}$ cups uncooked couscous

1 15-ounce can black beans, drained and rinsed

1 15-ounce can small red beans, drained and rinsed

2 cups frozen corn kernels, thawed

1 green bell pepper, chopped

1 yellow or orange bell pepper, chopped

1 tomato, chopped

$\frac{1}{2}$ cup chopped green onion

$\frac{1}{2}$ cup chopped cilantro (optional)

$\frac{3}{4}$ to 1 cup fresh salsa

Bring the water to a boil in a medium pan. Add the couscous, stir, turn off heat, cover, and let rest for 10 minutes.

Meanwhile, chop the vegetables and combine them in a large bowl. Add the beans and corn. Add the soaked couscous and salsa. Toss to mix. Serve warm or cold.

HINT: Use any combination of beans or use all one kind. Vary the kinds of bell peppers used. This is especially good in the late summer when fresh tomatoes and peppers are found in abundance. There are many excellent fresh salsas found in supermarkets and natural food stores. Start by using $\frac{3}{4}$ cup and add a bit more if necessary. The couscous will absorb some of the salsa as it stands.

TORTILLA SOUP WITH CRISPY STRIPS

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 6-8

Crispy Strips:

6-8 soft corn tortillas

Preheat oven to 400 degrees.

Stack the tortillas and cut them into thin strips (about $\frac{1}{4}$ inch). Place on a baking sheet and bake until crispy, about 15 minutes. Remove from oven and set aside.

Soup:

4 cups vegetable broth
1 medium onion, chopped
½ cup green bell pepper, chopped
2 cloves garlic, minced
1 15-ounce can fire-roasted chopped tomatoes
1 15-ounce can fire-roasted crushed tomatoes
1 15-ounce can black beans, drained and rinsed
1 cup frozen corn kernels, thawed
1 7-ounce can chopped green chilies
2 teaspoons ground cumin
½ to ¾ cup chopped avocado

Place ½ cup of the broth in a medium saucepan, add onion, bell pepper, and garlic and cook for 5 minutes over low heat, stirring occasionally. Add remaining broth and both kinds of canned tomatoes and bring to a boil. Add beans, corn, chilies, and cumin. Cook over medium-low heat for 15 minutes. Blend very briefly in the cooking pot with an immersion blender, or mash slightly with a bean masher. Add avocado and mix well. Cook an additional 2 minutes. Serve in a bowl with Crispy Strips over the top.

HINT: To make this spicier, add ¼ teaspoon of red pepper flakes along with the cumin. The Crispy Strips may be made ahead of time and placed in an airtight container until serving time. The strips may either be added to the bowl first, then the soup ladled over the strips, or add the strips to the top of the soup and stir-in slightly. A dollop of tofu sour cream is also nice on top of the soup.

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 2nd and 3rd 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.

PEACH-OATMEAL CRISP

Vary this simple recipe to make a crisp from whatever fruit is ripe and in season. Use preserves that match or complement the fruit; for example, I sometimes use sliced fresh strawberries in place of the peaches and strawberry preserves in place of the apricot. When served warm, the crisp is lovely with a scoop of vanilla soy ice cream.

Preparation Time: 15-20 minutes

Baking Time: 45 minutes

Cool: 15 minutes

Servings: 8

1/3 cup apricot preserves
2 teaspoons fresh lemon juice
1/8 teaspoon grated nutmeg
4 cups sliced peaches (about 8)
3 tablespoons all-purpose flour
½ cup quick-cooking oats
2 tablespoons medium ground cornmeal
2 tablespoons pure maple syrup
1 teaspoon pure vanilla extract

Preheat the oven to 375 degrees Fahrenheit.

In a medium bowl, stir together the preserves, lemon juice, and nutmeg. Add the peaches and mix gently to coat them evenly. Sprinkle the flour over the top and mix again. Transfer the fruit to an ungreased 9" pie pan and bake until the fruit is very tender, about 30 minutes.

While the fruit bakes, stir together the oats and cornmeal in a small bowl. Stir together the maple syrup and vanilla and pour them over the oat mixture; mix well.



Remove the crisp from the oven and reduce the heat to 350 degrees Fahrenheit. Use your fingertips to crumble and scatter the oat mixture over the fruit. Bake for 15 minutes.

Let the crisp cool for at least 15 minutes before scooping out servings with a large spoon into individual bowls. It can be served either warm or at room temperature.

Day 3 - 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 3 ¼ 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.

COSTA RICAN POTATOES AND BEANS

Preparation Time: 30 minutes (need cooked potatoes)

Cooking Time: 30 minutes

Servings: 4

½ to 1 cup vegetable broth

1 onion, chopped

½ teaspoon minced fresh garlic

1 jalapeno pepper, seeded and minced

2 ½ cups chopped fresh tomatoes

¼ cup chopped fresh cilantro

Several twists fresh ground black pepper

4 cups packed, chopped spinach

3 cups cubed, cooked potatoes

1 15-ounce can black beans, drained and rinsed

Hot sauce

Place ½ cup of the vegetable broth in a large nonstick frying pan, add the onion, garlic, and jalapeno and cook over medium heat, stirring frequently, until vegetables are very soft, adding the rest of the vegetable broth, if necessary. Add tomatoes, cilantro, and black pepper. Cook, uncovered, over low heat, stirring occasionally, for 15 minutes.

Meanwhile, drop the spinach into boiling water for 1 minute. Drain and set aside.

Add potatoes and beans to tomato mixture. Mix well and cook for 3 minutes. Add spinach and cook for another minute. Season to taste with hot sauce. Serve hot or cold.

Day 3 - Lunch

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.

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
1 ½ 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 $\frac{1}{2}$ 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.

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
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{3}$ cup prepared mustard
 $\frac{1}{4}$ 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
 $\frac{1}{2}$ cup water
1 large onion, chopped
 $\frac{1}{2}$ 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 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 ½ cups cooked)
1 15-ounce can salt-free chickpeas, drained and rinsed (or 1 ½ 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, or 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.

SOUTHWEST RED POTATOES

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

2 pounds red potatoes, cut into bite-size 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.

TOFU MAYONNAISE

Preparation Time: 5 minutes

Servings: Makes 1 1/3 cups

1 10.5-ounce package 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.