

**Maximum Weight Loss Compatible Recipes
From Other McDougall Books**

Soups, Stews, and Chilies			
Recipe	Book	Page	Comments
Adas Bi Sabaanikh (Lentil Soup)	New McD	161	
American Vegetable Stew	12 Days	185	
Asparagus Cream Soup	McD Women	267	
Autumn Barley Stew	Volume One	63	
Barley Soup	Volume One	32	
Barley-Mushroom Soup	McD Plan	283	
Basil Bean Soup	Volume Two	35	
Bean & Corn Soup	McD Q&E	85	
Black Bean & Corn Chili	McD Women	282	
Black Bean Chili	Volume Two	81	
Black Bean Chili	Healthy Heart	359	
Black Bean Soup	Volume One	29	
Black Bean Soup	McD Q&E	81	
Black Bean Soup w/Cilantro & Orange	New McD	164	
Black-Eyed Pea & Spinach Soup	McD Q&E	63	
Blanco Mexican Chili	Healthy Heart	356	
Borscht	New McD	134	
Brazilian Feijoada	McD Women	280	
Broccoli Bisque	McD Women	266	
Broccoli Garbanzo Stew	New McD	280	
Butch's Bean Soup	Volume One	29	
Butch's Chili	McD Plan	303	
Cajon Black-eyed Pea Stew	New McD	170	

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Cajun Bean Stew	Volume Two	66	
Cajun Gumbo	McD Q&E	76	
Calico Soup	Volume One	26	
California Stew	12 Days	242	
Carrot Soup	Volume Two	36	
Chard & Squash Soup	Healthy Heart	311	
Chili	McD Plan	302	
Chilly Kale Soup	McD Q&E	68	
Christmas Eve Soup	Volume Two	24	
Chunky Gazpacho	New McD	135	
Chunky Vegetable Chowder	McD Q&E	66	
Cilantro Soup	McD Q&E	58	
Corn & Potato Soup	Volume One	23	
Corn Chowder	McD Q&E	67	
Corn Chowder	Healthy Heart	309	
Costa Rican Gallo Pinto	McD Women	286	
Country Vegetable Soup	Volume Two	34	
Cream of Broccoli Soup	Volume Two	34	
Cream of Mushroom Soup	McD Q&E	71	
Cream of Vegetable Soup	McD Q&E	65	
Creamy Carrot Soup	McD Q&E	78	
Creamy Green Onion Soup	McD Q&E	68	
Creamy Potato Chowder	McD Women	267	
Creamy Pumpkin Soup	McD Q&E	59	
Creamy Vegetable Soup	Healthy Heart	317	
Creamy White Bean Soup	New McD	157	

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Creole Gumbo	Healthy Heart	308	
Curried Pea Soup	Volume One	27	
Curried Red Lentil Soup	New McD	160	
Curried Swiss Chard Soup	McD Q&E	73	
Curried Vegetable Stew	Volume One	56	
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Drunken Bean Soup	New McD	162	
Dry Soup	New McD	147	
Easy Curried Lentil or Pea Soup	McD Plan	283	
Eggplant & Garbanzo Stew	New McD	279	
Ellen's Bean Soup	McD Q&E	83	
Extra-spicy Lentil Chili	New McD	177	
Fassolada	Volume Two	32	
Fast Hearty Vegetable Soup	McD Women	275	
French Market Soup	12 Days	233	
French Peasant Soup	Volume Two	23	
French Vegetable Soup	Volume Two	21	
Fresh Vegetable Chili	Volume Two	70	
Fresh Vegetable Soup	Volume Two	24	
Garbanzo Stew	Volume One	72	
Garden Soup	Volume One	21	
Garlic Soup	New McD	144	
Gazpacho	Volume One	33	
Gingered Vegetable Soup	12 Days	214	
Grain Soup	Volume One	32	

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Grainy Vegetable Soup	Volume One	21	
Grainy Vegetable Stew	Volume Two	54	
Grandma Gibson's Split Pea Soup	New McD	159	
Greek Stew	Volume Two	61	
Green Bean Soup	New McD	150	
Green Onion Soup	Volume Two	37	
Hearty Bean Soup	Healthy Heart	320	
Hearty Brown Stew	McD Plan	292	
Hearty Brown Stew	New McD	169	
Hearty Vegetable Soup	Volume Two	30	
Hearty White Bean Soup	McD Q&E	81	
Heavenly Vegetable Soup	McD Women	276	
Hot Yammy Soup	Volume One	22	
Hunter's Flat Bean Soup	Volume Two	22	
In a Flash Black Bean Soup	McD Women	269	
Indian Garbanzo & Tomato Stew	New McD	277	
Irish Bean Stew	McD Q&E	128	
Israeli Wheat Berry Stew	Volume Two	53	
Jan's Jamaican Pumpkin Soup	Volume One	23	
Japanese Soup Stock	Volume Two	21	
Judy's Navy Bean Soup	Volume One	25	
Knock Out Chili	Healthy Heart	357	
Latin Black Bean Soup	McD Plan	282	
Left Overs Soup	Volume One	32	

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Lentil Soup	McD Plan	282	
Lentil Soup II	Volume One	30	
Lentil Stew	12 Days	236	
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Lentil Vegetable Soup	Volume One	30	
Light Vegetable Broth	New McD	133	
Lima Bean Soup	New McD	166	
Lima Bean Stew	McD Q&E	90	
Mexi Corn Chowder	McD Q&E	66	
Mexi Soup	McD Q&E	75	
Mexican Bean Soup	Volume Two	28	
Mexican Corn Soup	Healthy Heart	318	
Mexican Gazpacho	Volume Two	33	
Mexican Tomato-Potato Soup	McD Q&E	70	
Middle East Vegetable Stew	McD Plan	311	
Mild Gazpacho	McD Plan	284	
Millet Stew	Volume One	64	
Mixed Bean & Vegetable Soup	New McD	155	
Moroccan Bean Soup	McD Women	273	
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Moroccan Stew	Volume Two	64	
Mulligatawny Soup	Healthy Heart	312	
Multi Grain Stew	Volume Two	65	
Mushroom Soup	Volume Two	35	
Nine Staples Soup	Volume Two	31	
North African Bean Soup	Volume Two	26	

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Okra Gumbo	New McD	168	
Onion Soup	McD Plan	280	
Onion Soup	McD Q&E	63	
Orange Soup	Volume One	24	
Pea Soup	McD Plan	281	
Poi Stew	Volume Two	59	
Potato & Bean Soup	Volume Two	41	
Potato & Cabbage Soup	Healthy Heart	321	
Potato Chowder	Volume Two	38	
Potato Chowder	McD Q&E	65	
Potato Soup	Volume One	23	
Potato-Leek Soup	New McD	136	
Quick Bean & Vegetable Chowder	Healthy Heart	310	
Quick Bean Mixture	Healthy Heart	311	
Quick Beet Soup	Volume One	33	
Quick Brown Stew	Volume One	53	
Quick Chili	Volume Two	78	
Quick Garbanzo Bean Soup	12 Days	193	
Quick Kasba Curry Soup	McD Q&E	59	
Quick Spicy Lentil Chili	McD Q&E	131	
Quick Tomato-rice Soup	Volume One	25	
Quick Vegetable Broth	McD Q&E	55	
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Rainbow Chili	Healthy Heart	358	
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Seven Bean Soup	Volume One	31	
Sherried Tomato Soup	Volume Two	42	
Simple Pea Soup	Volume One	28	
Simple Vegetable Soup	Volume Two	27	
Six-way-fun Chili	Volume Two	74	
Slow Cooked Lentil Stew	McD Q&E	136	
South American Bean Stew	Volume Two	76	
South of the Border Soup	Volume Two	35	
Southwest Four-Bean Chili	McD Q&E	129	
Southwest Vegetable Stew	Healthy Heart	338	
Southwestern Black Bean Soup	New McD	163	
Spanish Garbanzo Soup	Volume Two	30	
Speckled Orange Soup	Healthy Heart	317	
Speedy Gazpacho	McD Q&E	58	
Speedy International Stew	McD Q&E	88	
Spicy Black Bean Chili	New McD	174	
Spicy Carrot Soup	New McD	142	
Spicy Chili Beans	12 Days	181	
Spicy Garbanzo Bean Soup	New McD	165	
Spicy Mixed Bean Chili	Volume Two	80	
Spicy Mixed Bean Soup	New McD	167	
Spicy Pea Soup	Volume Two	22	
Spicy Potato Stew	Healthy Heart	341	

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Spicy Red Bean & Corn Stew	McD Q&E	90	
Spicy Vegetable Stew	McD Plan	294	
Spicy Vegetable Stew	New McD	173	
Spicy Yam Stew	New McD	172	
Spinach Mushroom Soup	New McD	146	
Split Green Pea & Vegetable Stew	12 Days	245	
Split Green Pea Soup	12 Days	211	
Split Pea Soup w/Lentils & Vegetables	New McD	162	
Stove Top Stew	McD Plan	294	
Succotash Soup	McD Q&E	70	
Summer Stew	Volume Two	61	
Sunny Bean Chili	Healthy Heart	358	
Sunshine Stew	McD Women	278	
Sweet & Spicy Garbanzo Stew	12 Days	243	
Sweet and Sour Lentil Soup	McD Plan	283	
Sweet and Sour Lentil Stew	McD Plan	304	
Sweet Potato Soup	Volume One	24	
Sweet Squash Soup	New McD	142	
Ten-Minute Chili	McD Q&E	115	
Texas Style Black-eyed Pea Soup	New McD	158	
Thai Curried Lentil Soup	McD Women	270	
Three Bean Chili	New McD	175	
Three Potato Chowder	Healthy Heart	316	

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Twin Sisters Vegetable Soup	New McD	148	
Umeboshi Plum Stew	Volume Two	59	
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Vegetable Stock	Volume One	19	
Vegetable-Bean Soup	McD Plan	278	
Vichyssoise	Volume One	34	
White Bean & Vegetable Soup	Volume One	31	
White Bean Soup	McD Plan	281	
White Bean Soup	McD Q&E	86	
Wild Rice Soup	Volume Two	37	
William's Crock Pot Chili	McD Q&E	138	
Winter Grains Soup	Volume Two	38	
Your Kids Will Love This Soup	Healthy Heart	322	
Zucchini Velvet Soup	Volume Two	42	

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Salads			
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Aloha Rice Salad	McD Q&E	38	
Asian Rice Salad	McD Q&E	28	
Baked Potato Salad	Volume Two	45	
Baked Potato Salad	12 Days	197	
Barbecue Bean Salad	McD Q&E	25	
Barley Salad	New McD	198	
Basmati Rice Salad	McD Q&E	32	
Bean & Rice Salad	New McD	203	
Black Bean & Corn Salad	New McD	200	
Bulgar & Corn Salad	McD Q&E	30	
Burman's Perfect Salad	Healthy Heart	299	
Chili Bean Salad	McD Q&E	24	
Chinese Hot Salad	Volume One	44	
Chinese Lettuce Salad	McD Q&E	19	
Cold Brown Rice Salad	Volume Two	43	
Colorful Coleslaw	Volume Two	45	
Confetti Salad	McD Q&E	33	
Corn Salad	McD Q&E	19	
Cucumber Dill Crunch	New McD	182	
Cucumber Vinaigrette Salad	12 Days	185	
Curried Corn Salad	Healthy Heart	295	
Curried Rice Salad	New McD	194	
Dijon Spinach Salad	McD Q&E	16	
Five Bean Salad	McD Women	261	
Fruit Salad	Volume One	48	

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Salads			
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Garbanzo Salad	Volume Two	44	
Garbanzo Salad	Healthy Heart	298	
Garbanzo Spinach Salad	McD Women	264	
Garbanzo Zip Salad	McD Q&E	21	
Garden Bean Salad	McD Q&E	25	
Gazpacho Salad	McD Women	263	
Greek Salad	McD Q&E	22	
Green Papaya Salad	New McD	184	
Honey Bean Salad	McD Q&E	22	
Hot Coleslaw	Healthy Heart	300	
Hot German Potato Salad	McD Plan	274	
Hot Rice Salad	McD Q&E	35	
Island Salad	McD Q&E	47	
Italian Broccoli Salad	Healthy Heart	295	
Italian Potato & Bean Salad	McD Q&E	26	
Italian Potato Salad	Healthy Heart	298	
Jicama Matchsticks	McD Q&E	15	
Lee's Cabbage Salad	Volume One	43	
Lentil Salad	Volume Two	46	
Lima Bean Salad	Volume Two	47	
Marinated Bean Salad	McD Q&E	26	
Marinated Cucumbers	Volume Two	51	
Marinated Lentil Salad	New McD	202	
Marinated Mushrooms	Volume Two	12	
Marinated Onions	Volume Two	51	
Mexican Corn Salad	McD Q&E	15	

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Salads			
Recipe	Book	Page	Comments
Mixed Bean Salad	12 Days	230	
Mixed Sprout Salad	McD Plan	274	
Molded Gazpacho Salad	Volume One	47	
Mung Bean Spout Salad	Volume One	41	
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Pineapple Rice Salad	McD Women	265	
Quinoa Garden Salad	McD Women	261	
Quinoa Salad	New McD	199	
Quinoa Salad	McD Q&E	34	
Rainbow Salad	McD Women	264	
Raw Vegetable Platter	Volume One	41	
Red & Green Salad	New McD	180	
Red & White Salad	12 Days	199	
Rice & Corn Salad	Volume Two	46	
Rice & Lettuce Salad	McD Q&E	34	
Rice Summer Salad	McD Plan	273	
San Antonio Quinoa	McD Q&E	29	
Santa Fe Rice Salad	McD Women	265	
Shredded Salad	Volume One	43	
Simple Green Salad	McD Q&E	16	
South of the Border Salad	Healthy Heart	297	
Southwest Salad	Healthy Heart	299	
Southwestern Bean Salad	McD Q&E	21	
Spicy Mexican Bean Salad	New McD	205	
Spicy Three-Bean Salad	New McD	202	
Spinach Salad	Volume One	41	

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Salads			
Recipe	Book	Page	Comments
Spring Salad	New McD	181	
Sprout Salad	Volume One	42	
Sprouted Lettuce Salad	Volume One	42	
Stuffed Tomato Salad	12 Days	228	
Super Sprout Salad	Volume Two	48	
Syrian Potato Salad	Volume Two	47	
Tabouli	McD Plan	272	
Tabouli	New McD	198	
Thai Cabbage Salad	New McD	186	
Thai Cabbage Salad	McD Q&E	17	
Three Bean Salad	Volume Two	50	
Tomato Rice Salad	New McD	193	
Tomato Salad	New McD	184	
Tomato-onion-cucumber Salad	Volume One	42	
Tossed Salad	Volume One	40	
Tropical Fruit Salad	McD Q&E	47	
Two Bean and Rice Salad	New McD	196	
Vegetable Barley Salad	New McD	196	
Vegetable Salad	Volume Two	43	
Vegetable Salad provencale	Volume One	45	
Vegetable Tabbouleh	McD Women	263	
White Bean Salad	New McD	204	
White Bean Salad	McD Q&E	28	
Wilted Lettuce	Volume One	46	
Zesty Red Potato Salad	New McD	186	

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Sauces & Gravies			
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Asian Vegetable Mix	McD Q&E	224	
Beefless a la Queen Sauce	Healthy Heart	326	
Cajun Sauce	12 Days	236	
Cajun Vegetable Sauce	New McD	345	
Chinese Vegetable Sauce	McD Plan	293	
Chunky Enchilada Sauce	New McD	337	
Chunky Vegetable Marinara Sauce	New McD	354	
Chunky Vegetable Sauce	Volume One	51	
Costa Rican Tomato Sauce	McD Women	314	
Creamy Potato Sauce	Volume One	38	
Curry Sauce	Volume One	39	
Cynthia's Eggplant Spaghetti Sauce	McD Q&E	238	
Dilly White Sauce	McD Q&E	230	
Enchilada Sauce	McD Plan	289	
Enchilada Sauce	McD Q&E	221	
Fast Chili Topping	Healthy Heart	327	
Fresh Salsa	New McD	339	
Fresh Tomato (Pasta) Sauce	McD Q&E	223	Titled as a "pasta" sauce, but could be used on anything, and is MWL compatible.
Fresh Tomato Sauce	New McD	335	
Fresh Tomato Sauce w/garlic	New McD	351	
Garbanzo/Broccoli Sauce	Healthy Heart	325	
Ginger Sauce	Volume One	35	

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Sauces & Gravies			
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Golden Kaniieski Sauce	Healthy Heart	324	
Golden Sauce	Volume One	38	
Green Chili Sauce	New McD	336	
Green Enchilada Sauce	New McD	338	
Green Enchilada Sauce	McD Q&E	221	
Hungarian Bean Sauce	McD Q&E	238	
Janine's Spaghetti Sauce	Volume Two	60	
Jazzy Red Pepper Sauce	McD Q&E	220	
Ketchup	Volume One	9	
Ketchup Sauce	McD Plan	275	
Lemon Sauce	Volume One	38	
Marinara Sauce	12 Days	183	
Marinara Sauce	New McD	353	
Marinara Spaghetti Sauce	McD Plan	288	
Melty Cheese Sauce	Healthy Heart	323	
Mexican Fresh Tomato (Pasta) Sauce	McD Q&E	219	Titled as a "pasta" sauce, but could be used on anything, and is MWL compatible.
Mexican Vegetable Sauce	12 Days	247	
Mushroom Gravy	McD Plan	286	
Mushroom Sauce	McD Q&E	223	
New Orleans Creole Sauce	Volume Two	57	
Onion Sauce	McD Q&E	230	
Onion-Mushroom Sauce	Volume One	37	
Oriental Dipping Sauce	Volume Two	19	
Oriental Dipping Sauce	McD Q&E	218	
Oriental Spice Gravy	Volume One	34	

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Oriental Tomato Sauce	Volume One	35	
Peperonata	New McD	239	
Peppery Bean Sauce	McD Q&E	237	
Pizza Sauce	McD Plan	285	
Quick Enchilada Sauce	Volume One	39	
Red Bean Sauce	McD Q&E	233	
Red Lentil Sauce	McD Q&E	226	
Red Pepper Sauce	New McD	346	
Savory Bean Topping	McD Women	318	
Shiitake Mushroom Sauce	New McD	343	
Simple Tomato Pasta Sauce	McD Plan	284	Titled as a "pasta" sauce, but could be used on anything, and is MWL compatible.
Spaghetti Sauce	Volume One	49	
Spaghetti Sauce	Healthy Heart	325	
Spicy Gravy	McD Plan	285	
Spicy Mexican Tomato Sauce	Volume Two	17	
Spicy Mexican Topping	McD Plan	303	
Spicy Oriental Vegetable Sauce	McD Q&E	242	
Spicy Pasta Sauce	New McD	352	Titled as a "pasta" sauce, but could be used on anything, and is MWL compatible.
Spicy Sweet Garbanzo Sauce	McD Women	315	
Spicy Tomato Sauce	McD Q&E	237	
Spicy Vegetable Sauce	Volume Two	56	
Spinach & Mushrooms	McD Q&E	225	
Summer Vegetable Sauce	McD Q&E	241	
Sweet & Sour Dipping Sauce	McD Q&E	218	

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Szechuan Sauce	Volume One	35	
Szechwan Sauce	New McD	342	
Szechwan Sauce	McD Q&E	228	
Tamari Sauce	Volume One	37	
Tangy Mushroom Sauce	New McD	331	
Tomato-Leek Pasta Sauce	McD Q&E	232	Titled as a "pasta" sauce, but could be used on anything, and is MWL compatible.
Tomato-Leek Sauce	McD Women	313	
Tuscan Bean Sauce	McD Q&E	228	
Two Bean Pasta Sauce	New McD	352	Titled as a "pasta" sauce, but could be used on anything, and is MWL compatible.
Vegetable Bean Pasta Sauce	Healthy Heart	327	Titled as a "pasta" sauce, but could be used on anything, and is MWL compatible.
Vegetable Spaghetti Sauce	Volume Two	58	
Verde Sauce	McD Women	316	
Yellow Pepper Sauce	New McD	349	

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Entrees			
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African Millet & Beans	Volume Two	85	
Ann's Garbanzo Casserole	Volume One	71	
Ann's Super Curry	Volume Two	66	
Baked Millet Supreme	Volume Two	87	
Baked Stuffed Squash	McD Plan	315	
Baked Winter Squash w/5-grain, Brown, & Wild Rice Holiday Stuffing	12 Days	249	
Barbecued Burgers	Volume Two	79	
Barley Lentil Surprise	Volume One	66	
Barley Pilaf	McD Q&E	111	
Barley Vegetable Casserole	Volume Two	87	
Barley-Mushroom Casserole	Volume One	64	
Basque Paella	Healthy Heart	329	
Bean & Vegetable Casserole	Volume Two	74	
Bean Burgers	New McD	300	
Black Bean Sloppy Joes	McD Q&E	134	
Boiled Dinner	Volume One	88	
Broccoli Barley Toss	New McD	256	
Buddha's Delight	Volume Two	51	
Bulgur-stuffed Peppers	New McD	260	
Cajun Peas w/Mustard Greens	McD Women	287	
Caribbean Rice Surprise	McD Women	292	
Cauliflower Curry	Volume One	92	
Cauliflower Potato Curry	New McD	222	

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Chinese Spicy Vegetables	Volume Two	58	
Colcannon	Volume Two	111	
Confetti Rice	McD Q&E	93	
Curried Lentils & Rice	Volume One	60	
Dal	McD Plan	306	
Dilly Stuffed Cabbage	Volume Two	95	
Dilly Vegetables	Volume One	52	
Dinner Millet	Volume One	60	
Disorderly Lentils	McD Q&E	116	
Dried Mushroom & Veggie Sauté	Volume One	55	
Easy Ratatouille	McD Plan	293	
Easy Split Moong Dal	Volume One	75	
Fejiada	Volume Two	76	
Five-grain Medley	New McD	321	
Flake Casserole	Volume One	65	
Fried Rice	Healthy Heart	334	
Garbanzo-Cauliflower Curry	McD Women	301	
Gingered Green Grains	McD Q&E	97	
Gnocchi w/Herbed Tomato Sauce	McD Women	304	
Grain Pilaf	Volume One	59	
Greek Spinach Rice	Healthy Heart	330	
Haposai	Volume Two	60	
Harvest Vegetable Sauté	New McD	225	
Healthy Heart Burgers	Healthy Heart	344	
Hearty Potato Vegetable Curry	Volume Two	55	
Herbed Rice Casserole	McD Women	291	

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India Eggplant	Volume Two	120	
Indian Pulao	Volume One	57	
Indian Vegetable Risotto	Healthy Heart	332	
Indian Vegetables	Volume One	87	
Indonesian Fried Rice	Volume One	58	
Instant Fried Rice	McD Q&E	102	
Instant Mexican Rice	McD Q&E	101	
Italian Potato Casserole	Volume Two	108	
Jiffy Vegetarian Posole	New McD	327	
Korean Rice & Potatoes	Volume Two	100	
Layered Dinner	McD Plan	309	
Layered Rice Casserole	Volume One	59	
Layered Vegetable Casserole	New McD	240	
Lentil Dahl	Volume One	30	
Lentil Patties	New McD	301	
Lentil Rice Burgers	Volume One	76	
Lentil Sloppy Joes	Healthy Heart	346	
Lentil Vegetable Curry	Healthy Heart	354	
Lima Bean Curry	12 Days	246	
Lima Bean Jambalaya	Volume One	71	
Mandarin Eggplant	Volume Two	118	
Mashed Stuffed Squash	Volume Two	116	
Millet Loaf	New McD	263	
Multiple Bean Casserole	Volume Two	71	
Mushroom Curry	Volume One	55	
Paella	McD Plan	298	

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Recipe	Book	Page	Comments
Pea & Potato Curry	Volume Two	109	
Peasant's Pie	McD Plan	309	
Potato and Cauliflower Curry	Volume One	80	
Potato Bhaji	McD Plan	320	
Potato Casserole	Volume One	79	
Potato Curry	New McD	220	
Potato Kugel	New McD	309	
Potato Scramble	McD Plan	319	
Potatoes Mexicali	Healthy Heart	346	
Potato-onion Bake	Volume Two	113	
Potato-veggie Dinner	Volume Two	96	
Quick Confetti Rice	Volume One	56	
Quick Curry Rice	McD Q&E	101	
Quick Rice Dinner	Volume Two	84	
Quick Saucy Vegetables	Volume Two	63	
Quick-sautéed Spiced Vegetables w/Rice	New McD	261	
Quinoa Surprise	McD Q&E	107	
Ratatouille	Volume One	50	
Ratatouille	New McD	170	
Rice & Beans in a Bowl	McD Q&E	94	
Rice Medley	McD Q&E	105	
Rice-Mushroom Casserole	Volume One	61	
Risotto Primavera	Healthy Heart	330	
Roasted Peppers & Potatoes	McD Women	308	
Saffron Brown Rice	Volume One	66	

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Savory Brown Rice	Volume One	62	
Savory Lentils	New McD	297	
Savory Risotto	McD Q&E	109	
Seven Layer Casserole	Volume Two	94	
Simple Baked Eggplant	Volume One	95	
Sloppy Lentils	McD Plan	304	
Slow Beans & Berries	McD Q&E	110	
Southwest Brown Rice	McD Q&E	100	
Southwest Jambalaya	Healthy Heart	336	
Southwest Kasha Bake	Healthy Heart	333	
Spaghetti Squash Marinara	New McD	233	
Spaghetti Squash Surprise	Volume One	80	
Spanish Style Vegetable Casserole	New McD	241	
Special Stuffed Peppers	12 Days	238	
Spicy Arroz Verde	McD Q&E	104	
Spicy Bulgar with Vegetables	McD Q&E	96	
Spicy Rice & Beans	New McD	274	
Spicy Spanish Rice	McD Q&E	94	
Spinach Rice	Healthy Heart	335	
Spinach Rice Casserole	Volume One	60	
Split Pea Curry	Volume One	74	
Squash Dinner Pie	Volume One	81	
Steidley's Meatless Loaf	Healthy Heart	342	
Stove Top Zucchini Casserole	Volume One	77	
Stuffed Bell Peppers w/Tomato-	McD Women	300	

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Entrees			
Recipe	Book	Page	Comments
Leek Sauce			
Stuffed Cabbage Rolls	McD Plan	314	
Stuffed Collard Greens	New McD	238	
Stuffed Peppers	McD Plan	310	
Summer Vegetable Delight	Volume Two	56	
Sushi	Volume Two	13	
Sweet & Sour Vegetables	12 Days	235	
Sweet Squash Pie	Volume One	82	
Sweet-sour vegetable sauté	Volume One	53	
Szechuan Eggplant	McD Plan	321	
Szechuan Shish Kebabs	Volume One	85	
Texas Crude	New McD	176	
Thai Curried Rice	McD Women	291	
Three Bean Pilaf	New McD	275	
Three Grain Medley	New McD	320	
Tomato Scalloped Potatoes	McD Plan	320	
Tomato Spinach Risotto	Healthy Heart	334	
Twice Baked Potatoes	Volume One	83	
Unforgettable Chinese Eggplant	Volume Two	112	
Vegetable Bean Casserole	McD Q&E	133	
Vegetable Chop Suey	McD Plan	290	
Vegetable Curry	McD Plan	290	
Vegetable Grain Casserole	McD Q&E	111	
Vegetable Mélange	Volume One	93	
Vegetable Paella	McD Q&E	98	
Vegetable Risotto	McD Q&E	110	

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Entrees			
Recipe	Book	Page	Comments
Vegetable Stuffed Peppers w/Spicy Tomato Sauce	McD Plan	314	
Vegetables & Barley	McD Women	290	
Vegetables & Rice	McD Plan	297	
Vegetables Provencale	New McD	226	
Vegetarian Paella	New McD	259	
Wild Rice Casserole	Volume Two	83	
Zucchini & Eggplant Stuffed Tomatoes	New McD	237	
Zucchini Casserole	Volume Two	114	
Zucchini Corn Casserole	Volume One	93	
Zucchini-potato Curry	Volume Two	121	

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Dip, Spreads, & Dressings

Recipe	Book	Page	Comments
Aram Spread	Healthy Heart	304	
Asian Garbanzo Spread	McD Q&E	251	
Barbecued Garbanzo Dip	McD Q&E	248	
Black Bean & Corn Salsa	McD Q&E	263	
Black Bean Dip	McD Q&E	254	
Broccomole	New McD	116	
Caponata	Volume One	13	
Caponata	Healthy Heart	302	
Caramelized Roasted Garlic	Healthy Heart	306	
Celeste's Salsa	Volume One	10	
Cheese Spread	Healthy Heart	304	
Chili Bean Spread	McD Q&E	245	
Chili Cilantro Dressing	New McD	206	
Chili Citrus Dressing	McD Q&E	51	
Cilantro Chutney	New McD	340	
Cilantro Pesto	McD Women	278	
Cilantro Pesto	McD Q&E	215	
Curried Bean Sandwich Spread	New McD	120	
Dijon Horseradish Dip	McD Women	318	
Eggplant Dip	McD Plan	277	
Eggplant Spread	New McD	121	
Fast Salad Dressing	Healthy Heart	301	
Fat-Free Hummus	McD Q&E	248	
Fiesta Black Bean Dip	McD Q&E	245	
French Tomato Dressing	Volume One	12	

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Recipe	Book	Page	Comments
Fresh Salsa	McD Q&E	259	
Garbanzo Bean Spread	12 Days	227	
Garbanzo Puree	McD Plan	276	
Garbanzo Spread	McD Women	320	
Garbanzo Spread	Healthy Heart	305	
Herbed Lentil Spread	McD Women	320	
Herbed Vinegar Dressing	Volume One	11	
Homemade Chili Dip	Volume One	10	
Hot Mexican Salsa	McD Plan	276	
Indian Lentil Sandwich Spread	New McD	120	
Kidney Bean Spread	Volume Two	11	
Kidney Bean Spread	12 Days	190	
Kit's Mock Guacamole	Healthy Heart	303	
Lemon Garlic Dressing	McD Plan	275	
Lentil-mushroom Pate	Volume Two	14	
Mango Salsa	McD Women	319	
Monica's Burrito Filling	Healthy Heart	355	
Oriental Salad Dressing	McD Q&E	48	
Pea Pate	McD Women	321	
Pico De Gallo	McD Women	319	
Pinto Bean Spread	Healthy Heart	306	
Radish Salsa	McD Q&E	264	
Red Pepper Dip	McD Q&E	255	
Russian Dressing	Volume One	12	
Salsa Cruda	Volume Two	8	
Sandwich Cheese	New McD	125	

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Dip, Spreads, & Dressings

Recipe	Book	Page	Comments
Savory Salad Dressing	New McD	209	
Sherrie's Oil-free Dressing	Volume Two	6	
Spicy Bean Spread	Volume Two	11	
Spicy Bean Spread	12 Days	208	
Spicy Bean Spread II	Volume Two	12	
Spicy Lentil Filling	Volume Two	67	
Spicy Lentil Spread	McD Q&E	250	
Spicy Pinto Bean Spread	12 Days	208	
Spicy Salad Dressing	McD Q&E	48	
Spicy Salad Dressing	Healthy Heart	300	
Spicy White Bean Spread	Healthy Heart	307	
Spinach Cilantro Dip	Healthy Heart	305	
Surprise Vegetable Salsa	McD Q&E	262	
Tasty Blender Salsa	New McD	338	
Thick French Tomato Dressing	McD Plan	275	
Tomato Relish	Volume Two	8	
Veggie Salad Dressing	Volume One	11	
Vinaigrette Dressing	McD Q&E	49	
Vinegar Dressing	Volume One	10	
White Bean Pate	McD Q&E	253	
White Bean Spread	Volume Two	10	
White Bean Spread	12 Days	201	
White Bean Spread	McD Q&E	251	

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Sides			
Recipe	Book	Page	Comments
All Wrapped up Potatoes	McD Women	310	
Artichokes	McD Women	313	
Azuki Rice	Volume One	62	
Baked French Fries	Healthy Heart	360	
Baked Potato Skins	New McD	310	
Baked Vegetables	Volume One	88	
Barbecued Onions	New McD	322	
Better Than Firesign Potatoes	New McD	100	
Broiled Dijon Tomatoes	Volume Two	113	
Broiled Zucchini	Volume One	94	
Brown Rice	McD Plan	295	
Brussels Sprouts w/Creamy Horseradish Sauce	New McD	324	
Cajun Dusted Chard	McD Women	312	
Cajun Potatoes	Volume Two	116	
Cajun Rice	12 Days	194	
Chinese Cabbage & Bean Sprouts	Volume One	94	
Chinese Peas & Mushrooms	Volume One	95	
Chinese Vegetables	Volume Two	94	
Chunky Vegetable Baked Potato	McD Q&E	212	
Colorful Mashed Potatoes	Volume One	90	
Costa Rican Grilled Vegetables	McD Women	312	
Country Vegetables	Volume One	92	
Creamy Mashed Potatoes	Healthy Heart	361	
Crispy Yam Treat	Volume Two	119	

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Sides			
Recipe	Book	Page	Comments
Curried Vegetables	12 Days	237	
Deviled Green Beans	Volume Two	111	
Double Rice and Greens	12 Days	248	
Dutch Vegetable Whip	New McD	326	
Fried Rice	McD Plan	296	
Ginger Carrots	Volume Two	115	
Golden Potato Wedges	New McD	310	
Golden Potatoes	McD Plan	319	
Golden Spicy Cauliflower	New McD	325	
Grated Potato Bake	New McD	311	
Green Bean Medley	New McD	324	
Green Bean Special	Volume Two	120	
Green Bulgur	Volume Two	85	
Green Pepper & Tomato Teriyaki	New McD	224	
Grilled Golden Potatoes	McD Women	309	
Grilled Portobello Mushrooms	McD Q&E	206	
Grilled Red Potatoes	McD Q&E	207	
Hash-brown Medley	New McD	98	
Heather's Mushroom Delight	McD Plan	291	
Herbed Green Beans	Volume One	96	
Indian Cabbage	Volume One	91	
Italian Cauliflower	Volume Two	111	
Italian Green Beans	Volume One	95	
Lemon Broccoli	Volume Two	117	
Luau Rice	Volume Two	84	
Mexican Bulgur	Volume Two	86	

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Sides			
Recipe	Book	Page	Comments
Mexican Corn	Volume Two	112	
Mexican Corn on the Cob	12 Days	209	
Mexican Rice	Volume Two	83	
Mexican Rice	New McD	258	
Mexican Zucchini	Volume One	54	
Microwaved ratatouille	McD Q&E	199	
Mustard Squash	New McD	317	
Oriental Vegetables	Volume One	54	
Patrick's Simple Refried Beans	McD Plan	300	
Polynesian Vegetables	Volume One	52	
Potato Scramble	12 Days	224	
Potato Wedges	McD Q&E	212	
Potatoes with Dill	Volume Two	91	
Quick Broiled Zucchini	12 Days	202	
Quick Fried Potatoes	12 Days	193	
Quick Oriental Cabbage	Volume Two	113	
Quick Saucy Vegetables	12 Days	204	
Rainbow Skillet Medley	McD Q&E	209	
Roasted Garlic Mashed Potatoes	McD Women	307	
Saucy Brussels Sprouts	Volume Two	119	
Saucy Cauliflower	12 Days	206	
Sautéed Italian Zucchini	New McD	326	
Savory Mashed Sweet Potatoes	McD Women	308	
Seasoned Hash Browns	McD Women	255	
Seasoned Oven Fries	New McD	315	
Seasoned Potatoes	12 Days	214	

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Sides			
Recipe	Book	Page	Comments
Seasoned Potatoes in Foil	Volume Two	118	
Sherried Rice	McD Plan	298	
Shish-Kebabs	McD Plan	317	
Southwest Red Potatoes	McD Q&E	208	
Spanish Bulgur	McD Plan	300	
Spanish Rice	McD Plan	297	
Spanish Rice	New McD	262	
Spicy Chinese Rice	Volume Two	82	
Spicy Green Beans	Volume One	96	
Spicy Potato Chunks	New McD	312	
Stewed Potatoes & Greens	McD Women	310	
Sweet-potato Puffs	New McD	314	
Tossed Green Rice	McD Plan	296	
Vegetables a la Grecque	Volume Two	49	
Wicked Mushrooms	Volume One	51	
Yam & Apple Casserole	Volume One	82	
Zesty Peppers	Volume One	93	

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Bean Dishes			
Recipe	Book	Page	Comments
Baked Beans	McD Q&E	127	
Baked Limas w/Tomato Sauce	Volume One	71	
Barbequed Beans & Rice	McD Q&E	125	
Barbequed Beans	McD Plan	301	
Barley and Beans	McD Plan	302	
Barleycorn Beans	McD Q&E	96	
Bean & Rice Gumbo	McD Q&E	106	
Bean Mixtures	Volume One	68	
Bean Surprise	McD Q&E	118	
Beans & Green	McD Q&E	115	
Beans and Things	McD Q&E	132	
Beans Florentine	McD Q&E	123	
Black Beans & Nectarines	Volume Two	72	
Black Beans and Rice	Healthy Heart	355	
Black-Eyed Pea Scramble	McD Q&E	124	
Black-eyed Peas	Volume One	69	
Black-Eyed Susans	McD Q&E	123	
Cajun Black-Eyed Peas	McD Q&E	119	
Cajun Red Beans	Healthy Heart	353	
Confetti Beans	New McD	286	
Cuban Black Beans	New McD	285	
Curried Garbanzos	Volume One	68	
Easy Beans & Vegetables	Healthy Heart	356	
Elaine's Spicy Lentils	Volume One	73	
Fast Refried Beans	McD Q&E	124	

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Bean Dishes

Flavorful Refried Beans	Volume Two	81	
Garbanzos with Spinach	Healthy Heart	352	
Italian Bean Medley	McD Q&E	128	
Jazzy White Beans	Healthy Heart	354	
Lima Bean Spinach	Volume One	74	
Louisiana Red Beans	McD Q&E	136	
Mardi Gras Beans	McD Women	288	
Moroccan Chick-peas	New McD	278	
Mungo Beans	Volume Two	79	
Picante Black Beans	12 Days	250	
Refried Beans	Volume One	67	
Savory Baked Beans	12 Days	250	
Slow Cooked Dried Beans	Volume One	73	
Slow-Cooked Bean Toppings	McD Q&E	139	
Smashed Beans	New McD	284	
Southern Black Beans	Volume One	69	
Southern Style Black-eyed Peas	Volume Two	71	
Spicy Red Beans	New McD	287	
Taco Beans	McD Plan	301	
Tri-Bean Barbecue	McD Q&E	121	

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Breakfast, Snacks & Dessert

Recipe	Book	Page	Comments
Almost Heaven Sorbet	McD Women	322	
Apple Butter	McD Plan	277	
Baked Apple	12 Days	251	
Banana Freeze	Volume One	98	
Breakfast Rice with Fruit	12 Days	182	
Carob Fruit Fondue	Volume One	99	
Cooked Cereal	Healthy Heart	293	
Crock Pot Rise and Shine	McD Q&E	4	
East West Breakfast	New McD	98	
Microwaved Apple Wedges	12 Days	186	
Microwaved Baked Apples	McD Q&E	271	
Multi-grain Hot Cereal	New McD	89	
Popcorn	Volume Two	16	
Quick Oatmeal	12 Days	180	
Rice Cakes with Jam	12 Days	213	
Rice Milk	Healthy Heart	294	
Roasted Legumes	Volume Two	15	
Sparkling Minted Fruit	12 Days	209	