

McDougall Made Easy Recipes

For more ideas and recipes go to the "McDougall Made Easy DVD" section on our web site: www.drmcdougall.com.

Lesson 13: Mashed Potatoes & Gravy and Baked Potatoes

MUSHROOM GRAVY

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: Makes 2 ½ cups

1 onion, finely chopped
½ pound mushrooms, sliced
2 ¼ cups cold water
2 tablespoons soy sauce
3 tablespoons cornstarch

Place the onions and mushrooms in a pan with ¼ cup water. Cook and stir until very soft, about 5 minutes. Mix the remaining water with the soy sauce and cornstarch. Add to the pan and cook, stirring constantly until mixture boils and thickens.

RECIPE HINT: Seasonings may also be added, such as parsley flakes, oregano, thyme or basil.

MASHED POTATOES

Russet potatoes make fluffier mashed potatoes, while Yukon Gold, Yellow Finn and other golden potatoes have a buttery flavor when mashed. Thin-skinned red or white potatoes are denser and heavier in texture, and I usually mash these with the skins on. Three pounds of potatoes will yield approximately 6-8 servings. Peel, simmer over low heat until tender, and mash, blending with warmed soy 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 my potatoes using a hand-held electric mixer. Don't use a food processor to mash potatoes - the potatoes turn into a starchy paste within seconds.

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.

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- 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 soy milk while heating, then add to potatoes while mashing.
- 6) For spicier potatoes, add one to two tablespoons of spicy brown mustard while mashing, or try two tablespoons of prepared wasabi.

BAKED POTATOES

Store all potatoes in a cool dark place. Fifty degrees is ideal.

Baked potatoes are a simple yet versatile meal. They can be eaten plain or with a wide variety of toppings. Potatoes may be microwaved if you are in a big rush, but the flavor and texture of the potato won't be nearly as delicious as those baked in an oven. Our favorite potatoes for baking are the large brown-skinned russet variety.

Preheat oven to 475 degrees.

Scrub the potatoes well and prick them all over with the tines of a fork.

Bake potatoes directly on the oven rack, for one hour. They will be fluffy and delicious.

Never bake in aluminum foil. It makes potatoes pasty, instead of dry and fluffy. If you like potatoes this way, make sure you wrap them in parchment paper before using the foil.

Make extra potatoes for leftovers. Store unwrapped in the refrigerator. Eat them cold or reheat in the microwave.

Topping Ideas: Salsa or barbecue sauce

Tofu sour cream and chives

Baked beans

Chili

Pea soup or bean soup

Fat free dressings

Almost any bean recipe goes great over baked potatoes.

RECIPE HINT: Sweet potatoes are also delicious when baked. They should be baked at a lower temperature, about 350 degrees, for 45-50 minutes. Prick them all over with a

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fork and place on a baking tray in the oven. (Or place on the oven rack and put a baking tray on the shelf underneath to catch the drips.) Eat plain, either warm or cold, or try them topped with baked beans. Use the Barbecued Bean recipe from the August 2003 newsletter; or open your favorite can of healthy fat-free baked beans, heat, and spoon over the top of the sweet potato.