

McDougall Made Irresistible Recipes

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

Hummus

There are many variations of Hummus in most supermarkets and natural food stores. Many of them have added olive oil and most have tahini. Some people are convinced that Hummus without tahini is just not Hummus. However, I have been making no tahini Hummus for years and it is delicious, plus it is healthier for your body. If you can't stand the thought of Hummus without tahini, then add 1 tablespoon of it to this recipe, realizing that you are also adding some fat to the recipe.

Preparation Time: 5 minutes

Servings: makes 1 ½ cups

1 15 ounce can garbanzo beans, drained and rinsed
3 tablespoons lemon juice
2 cloves garlic, crushed
1-2 tablespoons water
dash sea salt

Place all ingredients in a food processor and process until very smooth. Add additional water to change the consistency of the hummus, if desired.

Hints: Add other ingredients to this basic Hummus, for flavor and variety.

1. ½ cup roasted red peppers plus ½ teaspoon ground cumin
2. ½ cup chopped parsley or cilantro
3. 1-2 teaspoons chopped jalapeno pepper

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Falafel Wraps

In the past I have always made baked falafel in pita bread, and added all the toppings separately, similar to how you would layer the toppings on a burger. My daughter, Heather, recently experimented with combining all the ingredients together in a bowl, and then wrapping it all up in a large tortilla. This is so delicious that I'm sure we will never go back to our old way of eating falafel. This combination works well either stuffed into pita or wrapped up in a tortilla. This is a richer food because of the tahini sauce. However, this may also be made with hummus instead of tahini, which would be much lower in fat content, but still delicious!

Preparation Time: 30 minutes (need baked falafel)

Cooking Time: none

Servings: 6-8

Tahini Sauce:

1 cup roasted tahini

$\frac{3}{4}$ cup water

$\frac{1}{4}$ cup fresh lemon juice

2 cloves garlic, minced

1 teaspoon Sriracha Hot Chili Sauce (optional)

dash sea salt

Combine all ingredients listed above in a food processor and process until smooth.
Place in a bowl.

Add:

1 tomato, chopped

1 cup cucumber, chopped

3 chopped green onions

1 cup chopped lettuce

3 cups chunked baked falafel (see hints below)

Mix the vegetables and falafel into the tahini sauce. Stuff into pita halves, or place a line of the mixture down the center of a tortilla, roll up and eat.

Hints: The easiest way to make the baked falafel is to purchase the falafel mix sold in the bulk section of most natural food stores and also in packages in some supermarkets. The dry powder is mixed with water, allowed to rest for about 10 minutes, then formed into patties that resemble burgers. The directions tell you to fry in oil, but the falafel should be placed on a dry non-stick griddle and cooked about 5 minutes on each side, until browned. They may also be baked in a 375 degree oven for about 10 minutes on each side, until browned. The frozen Falafel Patties used on the DVD are made by Mount Olive Gourmet Foods, Inc. The Falafel Patties contain no added oil, and are made with garbanzo beans, roasted garlic, onion, parsley, salt, baking soda, jalapenos and spices. To reduce the fat content of the tahini slightly, be sure to pour off all the oil from the top of the jar before using. Other vegetables may be added to the sauce as desired. A chopped avocado is one nice addition.