



## THE MCDUGALL PROGRAM 10-DAY RECIPES

*Mary McDougall created all recipes unless otherwise noted.*

### DAY 1 - FRIDAY

#### Day 1 - Dinner

##### ITALIAN DRESSING

Preparation Time: 5 minutes

Servings: makes about 2 cups

- 1 cup red wine vinegar
- ½ cup rice vinegar
- ¼ cup lemon juice
- ¼ cup sugar
- ½ tablespoon oregano
- ½ tablespoon basil

Place all ingredients into blender or food processor to combine. Keeps in refrigerator for several weeks.

##### STRAWBERRY SALAD DRESSING

Preparation Time: 10 minutes

Chilling Time: 2 hours

Servings: makes about 3 cups

- ½ pound VERY ripe strawberries
- 1 ½ cups burgundy vinegar
- ¼ cup soy sauce or tamari **USE TAMARI**
- 2 cloves garlic
- pinch of black pepper
- 1 cup honey

Clean the strawberries and place in a blender jar. Add the vinegar, soy sauce, garlic, and pepper and process until smooth. Add the honey while the blender is running and process until well blended. Pour into a covered container. Refrigerate at least 2 hours to allow flavors to blend.

Hints: This dressing tastes wonderful on leafy green salads. Be sure to use very ripe strawberries, ones that are too mushy to eat whole, for the best flavor. You may want to adjust the amount of honey added to the dressing depending on how sweet your strawberries taste. This will keep in the refrigerator for at least 1 week. It may also be frozen and then defrosted for later use. To thicken this dressing slightly, stir in 2 teaspoons guar gum until well mixed. Let rest for several hours to achieve desired thickness.



### ITALIAN VEGETABLE SOUP

By Tiffany Hobson

Preparation Time: 25 minutes

Cooking Time: 35 - 40 minutes

Servings: 4 to 6

- 1 large yellow onion, diced
- 8 cloves of garlic, minced
- 2 stalks of celery, diced
- 2 carrots, diced
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 teaspoon dried thyme
- 1 teaspoon dried Italian herb mix
- 1 teaspoon dried oregano leaves
- Several twists of freshly ground black pepper
- 1 box (26.46 ounces) Pomi chopped tomatoes
- 1 box (32 ounces) low-sodium vegetable broth
- 1/8 cup tomato paste **USE NO SALT ADDED**
- 1 can (15 ounces) Cannellini (white kidney) beans, drained and rinsed **USE NO SALT ADDED**
- 1 bunch of lacinato kale, stripped from stems and finely chopped
- 1/8 cup fresh Italian parsley, stripped from stems and finely chopped

In a non-stick pot, dry sauté the onion, garlic, celery, carrots, zucchini and yellow squash over medium to medium-high heat covered, stirring occasionally, until the vegetables become tender, about 10 minutes. Add the thyme, Italian herb mix, oregano and several twists of freshly ground black pepper and mix well with the vegetables. Cook for another 3 to 5 minutes. Add the tomatoes, vegetable broth and tomato paste, mix well and bring to a boil. Reduce heat to low. Add beans, kale and parsley and mix well. Cook for an additional 5 to 7 minutes until the kale has started to wilt. Serve immediately. Add more freshly ground black pepper and salt to taste, if desired.

### ITALIAN SCALLOPED POTATOES

By Tiffany Hobson

Preparation Time: 20 minutes

Cooking Time: 1 hour 15 - 20 minutes

Servings: 6 to 8

- 9 Yukon potatoes, peeled and cut into ¼ inch slices
- 10 garlic cloves, minced
- 1 teaspoon dried Italian herb mix
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried thyme
- 1 pound fresh baby spinach leaves
- 1 tablespoon water



½ - 1 cup Arrabbiata Sauce (see recipe below) or fat-free pasta sauce from a jar  
 3 - 4 Roma tomatoes, cut into ¼ inch slices  
 ½ yellow onion, cut into big rings  
 1 red bell pepper, cut into big rings

Preheat oven to 375 degrees.

In a large pot, cook the spinach and water on medium heat for 3 - 4 minutes. Drain the extra water from the spinach using a colander. Set aside for later use.

In a big bowl, combine the potatoes, garlic and spices and use your hands to mix everything well.

In a 9 x 13 Pyrex dish, place just enough Marinara sauce to lightly coat the bottom of the dish, about ¼ - ½ cup. Place a layer of potatoes on top of the sauce. Add the cooked spinach on top of the potatoes. Place the rings of onion and bell pepper all over the spinach. Add the remaining potatoes for the final layer. Take the extra spices from the bowl and spread them evenly over the potatoes. Add more Marinara sauce to cover the potatoes, about ¼ - ½ cup. Bake uncovered for 30 - 45 minutes, until potatoes start to become tender. Add a layer of Roma tomatoes on the top of the dish and switch your oven to broil. Continue to cook uncovered until potatoes are a golden brown and tomatoes are roasted, about 15 - 25 minutes. It is important to watch your dish when broiling so your food does not burn and turn black. Salt to taste, if desired.

### **ARRABBIATA SAUCE**

By Tiffany Hobson

Preparation Time: 10 minutes

Cooking Time: 1 hour 15 minutes

Servings: 4 to 6

1 large yellow onion, diced  
 8 cloves of garlic, minced  
 2 teaspoons crushed red pepper flakes  
 1 box (26.46-ounces) Pomi chopped tomatoes  
 1 box (26.46-ounces) Pomi strained tomatoes  
 1 big bay leaf  
 15 whole basil leaves

In a large non-stick skillet, dry sauté the onion over medium heat, stirring frequently, until the onion becomes translucent and is just starting to caramelize (when the onion starts to turn a light brown color, but most of the onion is still translucent), about 10 - 15 minutes. Add the garlic and crushed red pepper flakes and mix well. Add both the chopped and strained tomatoes, mix well, and bring to a simmer. Add the bay leaf and stir. Partially cover the skillet with a lid and simmer the sauce for 1 hour to allow the sauce to become thick, stirring about every 10 to 15 minutes. Turn off the heat and add the basil leaves, stirring



well. Serve over pasta, polenta or potatoes. Remove the bay leaf and basil leaves when using as a sauce or in other dishes (such as the Italian Scalloped Potatoes above).

Note: You may leave out the crushed red pepper flakes for a traditional Marinara sauce.

### **TOFU LASAGNA**

Preparation Time: 30 minutes

Cooking Time: 60 minutes

Resting Time: 45 minutes

Servings: 6-8

Prepare the tofu ricotta before assembling the lasagna.

Tofu Ricotta:

1 12.3-ounce package silken tofu **USE MORI-NU ORGANIC SILKEN TOFU**

1 pound fresh water-packed tofu

¼ cup nutritional yeast

¼ cup lemon juice

¼ cup non-dairy milk **USE OAT MILK**

1 teaspoon basil

1 teaspoon oregano

½ teaspoon garlic powder

¼ teaspoon salt

Several twists freshly ground pepper

Combine all ingredients in a food processor and process until smooth (or see hint below). Set aside.

Lasagna:

1 recipe tofu ricotta (see recipe above)

1 10-ounce package frozen chopped spinach, thawed and squeezed dry (see hints below)

8 ounces no-boil lasagna noodles (see hints below) **USE TINKYADA BROWN RICE PASTA, LASAGNE**

2 25-ounce jars fat-free pasta sauce or Marinara Sauce (see recipe below)

Add the spinach to the tofu ricotta mixture and stir well to mix.

Preheat the oven to 350 degrees.

Pour about 1 cup of the pasta sauce into the bottom of a 9 x 13-inch baking dish. Place a layer of noodles over the sauce. Spread half of the tofu mixture over the noodles. Pour another cup or so of the pasta sauce over the tofu mixture and spread evenly. Add another layer of noodles and spread the remaining tofu mixture over them. Pour another cup or so of sauce over the tofu and spread evenly. Top with another layer of noodles and another cup or so of the sauce, making sure all the noodles are covered. Cover with parchment paper then cover the parchment with aluminum foil, crimping the edges under the baking dish top to seal the top well. Bake for 60 minutes. Let rest for at least 45 minutes before cutting.



Hints: To make the tofu ricotta without a food processor, place both kinds of tofu in a large bowl and mash well with a bean masher. This will result in a slightly less “creamy” mixture. Stir in the remaining ingredients. For a more spinach flavored lasagna, use 2 10-ounce packages of spinach, thawed and squeezed dry. Do not mix with the tofu, instead, layer over the tofu mixture before covering with the sauce. To add more vegetables to the sauce, sauté some onions and mushrooms in a dry nonstick pan until softened, about 5 minutes. Add this to the pasta sauce before using in the recipe. Other vegetables may also be added as desired. Another delicious option is to thinly slice some zucchini lengthwise and lay these strips over the tofu in each layer. No-boil lasagna noodles are available in most supermarkets and natural food stores. Look for whole grain varieties when possible. For a fantastic gluten-free option to the wheat lasagna noodles, use Tinkyada brown rice lasagna noodles. They also do not need to be boiled ahead of time before using in recipes.

### **MARY'S MARINARA SAUCE**

Preparation Time: 15 minutes

Cooking Time: 1 to 2 hours

Servings: 4 to 6

- 1 onion, chopped
- ½ pound button mushrooms, chopped
- 2 - 4 cloves garlic, minced
- 1 15-ounce can stewed tomatoes **USE NO SALT ADDED**
- 1 15-ounce can tomato puree **USE NO SALT ADDED**
- 1 15-ounce can tomato sauce **USE NO SALT ADDED**
- 1 teaspoon dried basil
- 1 teaspoon oregano (optional)
- 2 tablespoons parsley flakes
- 2 green bell peppers, coarsely chopped

Sauté the onion, mushrooms, and garlic in a small amount of water, for 10 minutes. Add the remaining ingredients. Simmer, uncovered, over low heat for 1 to 2 hours, until thick. Serve over pasta or whole grains or use in casseroles.

Variation: Try substituting fresh herbs for dried in this sauce. They'll really jazz it up. Use 1½ teaspoons each of chopped fresh basil and fresh oregano, and ¼ cup of chopped fresh parsley.

### **PARMESAN CHEESE SUBSTITUTE**

Preparation Time: 5 minutes

Servings: about 1 cup

- ½ cup Almond meal
- ½ cup Nutritional yeast

Mix the ingredients together in a jar. Shake well. Store in the refrigerator until ready to use.

Hints: Prepared almond meal is available at most stores. You can make your own by pulsing raw almonds in a food processor until very finely ground. Store almond meal in the freezer



until ready to use. You may also add a small amount of onion powder and salt, if desired, to your ingredients.



## DAY 2 - SATURDAY

### Day 2 - Breakfast

#### STEEL CUT IRISH OATMEAL

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Servings: 4

4 cups water

1 cup steel cut oats **USE GLUTEN FREE**

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.

#### HASH BROWNS

Preparation Time: 10 minutes

Cooking Time: 15 - 20 minutes

Servings: 2

4 - 5 cups shredded potatoes

Preheat a non-stick pan for 30 seconds, then add the potatoes to the dry pan. Flatten slightly, cover with a lid, and cook over medium-high heat for 5 - 8 minutes before turning. (Fresh shredded potatoes will cook faster than frozen shredded potatoes.) Turn over and cook potatoes for another 7 - 10 minutes on the other side. Turn as often as you like for even browning.

Hints: Shredded potatoes may be purchased in supermarkets and natural food stores, either frozen or fresh. Check to make sure there are no added oils. You can easily shred your own potatoes using a food processor. Chopped onions and peppers also make a delicious addition to Hash Brown potatoes.

#### CREAMY WHITE BEAN MUSHROOM GRAVY

By Katie Mae, MS

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4 to 8

1 medium to large (8 ounces) onion, chopped

6 medium (5 ounces) Crimini mushrooms, chopped



- 1 large portabella mushroom, diced
- 4.5 ounces celery (2 stalks)
- 1 tablespoon minced garlic
- 1 ¼ cup unsweetened, non-dairy milk **USE OAT MILK**
- ¾ cup cooked white beans **USE NO SALT ADDED**
- 1 tablespoon nutritional yeast
- 1 tablespoon rice vinegar
- ½ tablespoon poultry seasoning
- ½ teaspoon freshly ground black pepper

Add the onion, both mushrooms, celery and garlic to a sauté pan over medium heat. Cover and sauté for 5 minutes, or until onions are translucent and the mushrooms are tender. Transfer the veggies to a blender. Add the remaining ingredients and blend until creamy. Blending the gravy for a few extra minutes in the blender will warm it slightly. However, if you're like me and prefer your gravy hot, transfer it to a saucepan on the stovetop. Heat on low-medium until the sauce starts to simmer, stirring occasionally. Serve over hash browns, mashed potatoes, pasta or even simple steamed veggies.

### **FLUFFY PANCAKES**

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes 10 to 12 pancakes

- ¾ cup whole wheat pastry flour
- ¾ cup unbleached white flour
- 2 teaspoons baking powder
- Dash salt
- 1 cup mashed ripe banana (about 2 bananas)
- 1 tablespoon egg replacer
- 1 tablespoon lemon juice
- 1 cup non-dairy milk **USE OAT MILK**
- ½ cup sparkling water
- 1/3 cup fresh blueberries (optional)

Mix the flours, baking powder, egg replacer and salt together in a bowl. Place the bananas in another bowl and mash well. Stir into the bananas, lemon juice, non-dairy milk, and sparkling water and mix again. Pour into the dry ingredients and stir together. Stir in the blueberries. Do not over mix.

Heat a nonstick griddle over medium heat. Pour mixture by ¼ 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 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.

## Day 2 - Lunch

### ORIENTAL SALAD DRESSING

Preparation Time: 3 minutes

Servings: makes 1 cup

1/3 cup water  
 1/4 cup rice vinegar  
 1/4 cup low sodium soy sauce or tamari **USE TAMARI**  
 1/2 teaspoon crushed red pepper (optional)  
 1/4 teaspoon crushed garlic  
 1/4 teaspoon crushed gingerroot  
 1/4 teaspoon guar gum

Combine all ingredients in a small jar with a lid and shake until well mixed.

Hints: Guar gum is a thickening agent that does not require cooking. It gives oil free dressings a nice consistency for clinging to salad leaves.

### PINEAPPLE MANGO DRESSING

By Cathy Fisher

Preparation time: 10 minutes

Servings: Makes about 1 cup

1/2 cup diced pineapple (3 ounces)  
 1/2 cup diced fresh mango (3 ounces)  
 1/4 cup water  
 1 tablespoon apple cider or brown rice vinegar  
 1 tablespoon minced fresh basil

To prepare dressing, place ingredients into a high-speed or standard blender, and blend until smooth.

### SPLIT PEA SOUP

Preparation Time: 15 minutes

Cooking Time: 2 hours

Servings: 8-10

8 cups water  
 1 1/4 cup dried green split peas  
 3/4 cup dried baby lima beans  
 1 onion, chopped



2 bay leaves  
 1 teaspoon celery seed  
 2 cups vegetable broth **USE LOW SODIUM**  
 2 carrots, chopped  
 2 potatoes, cubed  
 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, 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 ¼ 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.

### **BAKED TOFU**

Preparation Time: 5 minutes  
 Marinate Time: 10 minutes  
 Cooking Time: 25 - 30 minutes  
 Servings: Varies

20 ounces extra firm tofu, cut into ¼ inch pieces  
 ¼ cup soy sauce or tamari **USE TAMARI**  
 1/8 cup rice vinegar  
 1 teaspoon agave nectar

Drain tofu and slice into ¼-inch pieces. Place in a large flat baking dish. Combine the remaining ingredients and pour over the tofu slices. Allow to marinate for at least 10 minutes and up to 1 hour. (Or place in the refrigerator and marinate overnight).

Preheat oven to 375 degrees.

Remove from marinade and place on a non-stick baking sheet. Bake for 25-30 minutes, turning once halfway through the baking time. It should be brown and crispy on the outside. Remove from oven and cool. Slice into strips or cubes for use in recipes calling for baked tofu.

Hints: Homemade baked tofu tastes much better (and is less expensive and healthier) than the baked tofu found in packages in many markets and natural food stores. Other seasonings may be added as desired, such as garlic, ginger, balsamic vinegar, or rosemary to change the flavor of the tofu. It's also delicious just marinated in plain soy sauce. The marinade may be



saved in a covered jar in the refrigerator for later use. It will keep for several days. The tofu may also be cubed before baking with slightly crispier results.

### **ASIAN GINGER SAUCE**

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: Makes 1½ cups

- ¾ cup water
- ½ cup low-sodium soy sauce or tamari **USE TAMARI**
- 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**

Preparation Time: 10 minutes

Servings: makes 1 cup

- 1 cup powdered peanut butter (see note below)
- ½ cup water
- 2 tablespoons hoisin sauce
- 1 tablespoon soy sauce or tamari **USE TAMARI**
- ½ tablespoon agave nectar
- 2 teaspoons chili garlic sauce
- 2 teaspoons tomato paste
- 1 teaspoon lime juice
- ½ teaspoon grated fresh ginger

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.

Note: Powdered peanut butter has 85% of the fat removed. You only need to mix it with water and use as you would regular peanut butter. You can't tell the difference between powdered and actual peanut butter! For every ½ cup of peanut butter a recipe calls for, substitute 1 cup powdered peanut butter. Jif and PB2 are two of our favorites; however, there are many other types of powdered peanut butters to choose from. We recommend choosing one with no salt or sugar.



## Day 2 - Dinner

### GREEN CHILI ORANGE DRESSING

Preparation Time: 5 minutes

Chilling Time: 2 hours

Servings: makes 2 cups

1 cup diced green chilies  
 1 cup orange juice  
 4 tablespoons cilantro, chopped  
 Pinch of black pepper

Combine all ingredients in blender, and blend until smooth.

### BALSAMIC VINAIGRETTE NO.2

Preparation Time: 10 minutes

Chilling Time: 2 hours

Servings: makes 2 ½ cups

1 cup water  
 ¼ cup balsamic vinegar  
 ¼ cup apple cider vinegar  
 ¼ cup red wine vinegar  
 ¼ cup unseasoned rice vinegar  
 3-4 cloves garlic  
 ¼ cup ketchup  
 1 tablespoon Dijon mustard  
 1-2 tablespoons agave nectar  
 ½ teaspoon xanthan or guar gum

Place all ingredients in a blender jar and process until very smooth and emulsified. Taste for sweetness and add more agave to taste if necessary. Chill in refrigerator for at least 2 hours. Dressing will thicken as it chills. This will keep in the refrigerator for several weeks.

Hints: Use the best quality vinegars you can find for the best flavored dressing. Xanthan or guar gums are excellent thickeners for oil-free salad dressings because they thicken without heat as the dressing chills in the refrigerator.

### QUICK BLACK BEAN SOUP

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2 to 4

3 15-ounce cans black beans, drained and rinsed **USE NO SALT ADDED**  
 1¾ cups vegetable broth **USE LOW SODIUM**  
 1 cup fresh salsa **USE CASA SANCHEZ MILD RED SALSA**  
 ¼ teaspoon ground oregano



¼ teaspoon chili powder (or more to taste)  
 1/8 teaspoon smoked chipotle chili powder (optional)  
 Several dashes of hot sauce (optional)

Reserve 1 cup of the beans in a separate bowl. Place the remaining beans, vegetable broth, and salsa in a blender jar. Process until fairly smooth, then pour into a saucepan. Mash the reserved beans slightly with a fork or bean/potato masher. Add to the saucepan with the remaining ingredients. Cook over medium heat for 10 minutes to blend the flavors. Adjust seasoning to taste before serving.

Hints: This is great to make ahead of time and then heat just before serving. Make a double batch so you can enjoy a quick bowl of soup when you are hungry.

### LAYERED TEX-MEX LASAGNA

Preparation Time: 40 minutes

Cooking Time: 45 minutes

Servings: 6-8

10-12 corn tortillas **USE LA TORTILLA FACTORY ORGANIC, NON-GMO, YELLOW CORN**  
 4 cups pinto beans, rinse, drained and mashed **USE NO SALT ADDED**  
 1 cup chopped green onion  
 1½ cups frozen corn kernels, thawed  
 1-2 tablespoons chopped green chilies (optional)  
 2 ½ cups enchilada sauce (see recipe below)

Preheat oven to 350 degrees.

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

Place 1½ cups of the enchilada 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.

### RED ENCHILADA SAUCE

By Sal Munguia

Preparation Time: 5 minutes

Cooking Time: 5 minutes



Servings: Makes 2 ½ cups

- 1 8-ounce can tomato sauce **USE NO SALT ADDED**
- 2 cups dried Guajillo chilies
- ½ medium yellow onion
- 5 cloves of garlic
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 cups vegetable broth **USE LOW SODIUM**

In a saucepan over medium heat, sauté the tomato sauce, chilies, onion and cloves of garlic. Allow the ingredients to roast for about 5 to 10 minutes, until the vegetables change color and appear to look soft. Mix the dry ingredients to the saucepan. Transfer the mixture to a blender and add the vegetable broth. Blend until smooth.

**BURRITO BOWLS RECIPE IS FOR PARTICIPANTS. KITCHEN PREPARES INGREDIENTS INDIVIDUALLY IN SEPARATE CHAFERS AND BOWLS.**

By Cathy Fisher

Preparation Time: 25 minutes  
 Cooking Time: 50 minutes to cook rice  
 Servings: 2 large entree servings or 4 salad servings

- 1 cup dry brown rice
- 2 cups water
- 6 Romaine lettuce leaves, cut into thin strips
- 1 cup very thinly sliced cabbage
- 1 can black or pinto beans (or 1½ cups home cooked beans) **USE NO SALT ADDED**
- 1 cup chopped tomatoes **USE NO SALT ADDED**
- 1 red or orange bell pepper, diced
- ½ of a sweet yellow or red onion, chopped (or two scallions)
- 1 cup fresh cilantro, parsley and/or basil leaves, chopped
- 1 cup corn kernels, cooked or raw
- 1 avocado, diced
- Juice from 2 limes (3-4 tablespoons)
- Optional: serve topped with salsa

In a pot, bring rice and water to a boil, reduce heat to simmer, cover, and cook for 45 minutes for regular rice and 50 minutes for short-grain rice. Remove from heat and let stand for 10 minutes, with the lid on. Remove lid, set aside.

In a large bowl, toss all ingredients together, including lime juice. Serve as is or top with salsa and/or guacamole. The cooked beans and rice may be added warm or cold.

**NOTES:**

Rice and beans: Try short-grain brown, long-grain brown, or wild rice; any type would work. The same goes for beans, however, pinto and black are the most popular varieties for this type of dish.

Dressing: I keep the dressing here very light because this is such a hearty and flavorful dish. You may also want to add to the lime juice a little prepared mustard and/or brown rice vinegar. If you're using salsa and/or guacamole, you really don't need anything else besides the lime juice (you could use lemon juice as well). A little of the salsa blended also makes a nice dressing.

Other ingredient options: Toast or steam a corn tortilla and chop into small strips or squares and throw in. Shredded carrots, cooked or raw greens or mushrooms, sprouts, chilies, and pumpkin seeds are also good.

**GREEN ENCHILADA SAUCE**

By Sal Munguia

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2 ½ cups

2 cups Tomatillos, washed and cut in half  
 3 bunches of scallions  
 6 cloves of garlic  
 3 large jalapenos  
 ½ medium yellow onion  
 2 cups vegetable broth **USE LOW SODIUM**

In a saucepan over medium heat, sauté and the tomatillos, jalapeños, onions and garlic. Allow the ingredients to roast for about 5 to 10 minutes, until the vegetables are soft. Transfer the ingredients to a blender and add the vegetable broth. Blend until smooth.

**BROWNIES**

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 prune puree (see recipe below)  
 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 prune puree and sugar together in a separate bowl and 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 NOT OVERMIX!** Spoon into a nonstick 8-inch square baking dish and flatten. Bake for 30 minutes.

### **PRUNE PUREE**

Preparation Time: 10 minutes  
Servings: Makes about 3 ½ cups

2 cups dried pitted prunes (plums)  
Warm water

In a glass or clear plastic 4 cup measuring container, add 2 cups of dried prunes/plums up to the 2-cup line. Add warm water up to the 4-cup line. Let rest for 3 to 5 minutes. Place the water containing the prunes/plums into a high-speed blender or food processor. (If you do not have a large food processor, this will have to be done in batches.) Process until the mixture is the consistency of applesauce. Cover and refrigerate until ready to use.

**HINT:** This will keep in the refrigerator for about 2 weeks, but you can freeze it in smaller amounts to use in future recipes (maybe ½ cup amounts). It will keep for at least a year in the freezer; just remember to thaw in plenty of time to use in your recipe. This is a good substitute for fat in baked goods.

### **RASPBERRY SAUCE**

Preparation Time: 5 minutes  
Servings: Varies

2 cups fresh or 10 ounces frozen raspberries, thawed  
¼ cup dry sweetener (Sucanat or white sugar)

In a blender, combine the raspberries and Sucanat (or sugar). Blend ingredients until they become a smooth sauce. This will store in an airtight container in the refrigerator for up to 1 week.

**Hint:** What is Sucanat? Sucanat is made from evaporated sugar cane juice. It has a mild but distinct flavor, with a hint of molasses. It can be found in most supermarkets and natural food stores.



## DAY 3 - SUNDAY

### Day 3 - Breakfast

#### STEEL CUT IRISH OATMEAL

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Servings: 4

4 cups water

1 cup steel cut oats **USE GLUTEN FREE**

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 as above.

#### SHREDDED POTATO PANCAKES WITH SCALLIONS

By Tiffany Hobson

Preparation Time: 15 minutes

Batch Cooking Time: 12 to 14 minutes per batch of 4

Total Cooking Time: 48 to 50 minutes

Servings: 18 to 20 potato pancakes

2 large Russet potatoes, shredded

1 - 2 bunches of scallions, thinly sliced (discarding the dark green tops)

½ - 1 teaspoon freshly ground black pepper

Using either a food processor or hand grater, shred all the potatoes. Transfer the potatoes into a colander and squeeze out excess liquid. When finished, place the potatoes onto a towel or double set of paper towels to squeeze out as much of the remaining liquid as possible. Discard any big pieces that were not completely grated if using a food processor. Transfer potatoes to a large bowl and add the scallions and pepper. Mix all the ingredients well until they are completely incorporated with the other ingredients. (I use my hand to mix the ingredients together as it seems to incorporate all of the components best.)

Using a ¼ cup measuring cup, spoon the mixture into a non-stick frying pan. (If using an 11-inch pan, this will allow you to cook 4 potato pancakes at a time.) Flatten the mixture with a spatula (if the pancake sticks to the spatula, scrape it off and add it back to the pancake in the pan) and cook over medium heat. When you flip the pancake, flatten the pancake again with the spatula. The first batch always takes longer to cook than the remaining batches. Usually the first batch is 8 minutes on the first side and 6 to 8 minutes on the other. The rest of the batches take about 6 minutes on each side to cook.



You can keep the potato pancakes warm in a 200 degree oven until all of them are cooked, or eat them as soon as they are made. Serve with tofu sour cream, apple sauce or any condiment you like with potatoes. Salt to taste, if desired.

### **FRUITY BAKED OATMEAL SQUARES**

By Cathy Fisher

Preparation Time: about 15 minutes

Cooking Time: 30 minutes

Servings: 4 (or makes 16 snack bars)

2 ½ cups old-fashioned rolled oats **USE GLUTEN FREE**

1 ¾ cups nondairy milk **USE OAT MILK**

¾ cup blueberries

¾ cup red raspberries

1 ½ teaspoons cinnamon

½ teaspoon ground nutmeg

Preheat the oven to 375 degrees. Line an 8 x 8-inch baking pan with parchment paper.

Mix all of the listed ingredients together in a medium bowl. Spread the batter evenly into the pan, and bake uncovered for 30 minutes until lightly browned. Allow to cool completely before cutting into 16 squares.

### **Day 3 - Lunch**

#### **THAI CHILI DRESSING**

Preparation Time: 5 minutes

Servings: makes about 2 cups

½ cup lime juice

1 cup sweet chili sauce

¼ cup rice vinegar

2 tablespoons cold water

2 tablespoons soy sauce or tamari **USE TAMARI**

½ bunch cilantro, chopped

1 tablespoon garlic, minced

2 tablespoons ginger, minced

Combine all of the ingredients in a blender or food processor and process until the ingredients are mixed well. Serve chilled. Lasts for 2 weeks in the refrigerator.

#### **BALSAMIC VINAIGRETTE NO. 1**

Preparation Time: 5 minutes

Chilling Time: 1 hour

Servings: makes 2 ½ cups



1 cup balsamic vinegar  
 1 cup cold water  
 ½ cup Agave nectar or honey  
 1 teaspoon minced fresh ginger  
 1 teaspoon minced fresh garlic

Combine all ingredients in a blender jar and process until well blended. Chill before serving.

### **HEARTY DAL SOUP**

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

¾ cups water  
 1 onion, chopped  
 2 cloves garlic, crushed  
 1½ 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 **USE NO SALT ADDED**  
 1 14.5-ounce can diced tomatoes **USE NO SALT ADDED**  
 2 cups bite size Fingerling potatoes  
 1 tablespoon lemon juice  
 1-2 teaspoons chili paste (Sambal Oelek)  
 2 cups fresh Rainbow chard, stripped from stems and chopped

Place ¼ 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.

### **ROASTED VEGETABLES**

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4 - 6

4 cups of any vegetables, cut into uniformed bite-sized pieces

Preheat oven to 425 degrees.

Line a baking sheet with parchment paper. Place the uniformed bite-sized vegetables in a colander and rinse well with water. Shake off excess water, but do not dry completely.



Spread vegetables onto baking sheet. Bake turning the vegetables occasionally until desired tenderness is reached and brown spots appear.

Note: Try adding spices before baking. Some of our favorites are garlic powder, onion powder, oregano, thyme, ground cumin, any type of chili powder, and paprika.

### **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 (**USE OAT 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 low sodium 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.

### **GOLDEN GRAVY**

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes about 2 cups

¼ cup brown rice flour

1½ cups vegetable broth **USE LOW SODIUM**

½ cup water

2 tablespoons tahini

3 tablespoons soy sauce or tamari **USE TAMARI**

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.

### RICH MUSHROOM GRAVY

6 ounces Crimini or other mushrooms, thinly sliced  
 ½ cup brown rice flour  
 ½ teaspoon dried thyme  
 ½ teaspoon ground black pepper  
 3 cups water, plus more as needed  
 3 tablespoons reduced sodium tamari  
 1 - 2 tablespoons raw tahini  
 2 teaspoons lemon juice  
 2 - 3 tablespoons nutritional yeast

Heat a saucepan over medium heat. Add the mushrooms and dry sauté for 5 minutes, until they start to brown and release a bit of liquid. Remove the mushrooms and set aside. Add the flour, thyme and pepper to the pan and stir constantly until the flour is toasted to a golden to medium brown. Stop cooking before the flour becomes very dark.

Gradually add water with a whisk to remove any lumps. When blended, add the mushrooms and the last 4 ingredients listed and mix well.

Add more liquid, if necessary, to get the gravy to the desired thickness.

Taste and adjust the seasonings as needed. You can add a little bit of sugar or maple syrup for balance. Serve hot.

Variation: Soak ½ ounce dried mushrooms (such as porcini or shiitake) in 1 cup warm or hot water for 30 minutes. Use part of this soaking water (the part without dirt and debris) as the liquid for the gravy. Finely chop the drained, soaked mushrooms and add to gravy mixture before adding the last 3 ingredients listed.

Note: You may substitute spelt, whole wheat or unbleached flour for the brown rice flour if you wish.

©Jill Nussinow, MS, RDN, from The Veggie Queen: Vegetables Get the Royal Treatment

### JEFF NOVICK'S SWEET POTATO CURRY BURGERS

Servings: Makes 8-10 burgers (about 3 ounces per burger)

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 **USE GLUTEN FREE**  
 ½ cup cooked brown rice  
 ½ cup cooked, peeled, and mashed sweet potato  
 4 tablespoons low sodium salsa **USE CASA SANCHEZ MILD RED 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, 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 nonstick skillet at medium heat (or place under a broiler) until golden brown, about 3-5 minutes.

**McVEGGIE BURGERS**

Preparation Time: 30 minutes

Baking Time: 30 minutes

Servings: Makes 16 burgers (about 3 ounces per burger)

20 ounces firm water-packed tofu, drained well

12.3 ounces silken tofu **USE MORI-NU ORGANIC SILKEN TOFU**

10-ounce package of frozen chopped spinach, thawed

½ cup water

1 large onion, chopped

½ pound button mushrooms, chopped

3 cloves garlic, pressed

3 cups quick oats **USE GLUTEN FREE**

2 tablespoons soy sauce or tamari **USE TAMARI**

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 nonstick 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 nonstick baking sheet. (If you do not have a good nonstick 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.

### **TOFU MAYONNAISE**

Preparation Time: 5 minutes

Servings: Makes 1 1/3 cups

1 12.3-ounce package silken tofu **USE MORI-NU ORGANIC 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.