

Healthy Eating

John & Mary McDougall's

A Supplement to Dynamic Health

A Famous Cook's New Recipe for Life

Graham Kerr had done more before the age of 34 than most of us have in a lifetime. He had cooked for 135,000 British army men, married his childhood sweetheart, managed a hotel in the Windsor estate, lived in four different countries, and taped hundreds of TV episodes as *The Galloping Gourmet*. And then, Graham's life got really interesting. He took on the challenge of creating food that not only tastes great but that is also good for the heart and soul. From Toronto, Canada, where he's taping *The Gathering Place* TV series, Graham told us about "living within reason." —JM

Graham, what caused the drastic change in your diet and lifestyle?

We were literally hit by a vegetable truck. My wife Treena and I were on the road in California taping *The Galloping Gourmet*, when the truck smashed into our Winnebago, leaving me partially paralyzed and Treena badly traumatized. That ended the show.

To regain strength, I was advised to learn how to balance on a sailboat. So with the insurance money from the accident, we had a 71-foot ocean-racing catch built in England, and Treena, the kids and I sailed around the world.

It was 1973. At that time, I had 265

cholesterol, kidney stones and gout. Almost instantly, I became seasick. So I reduced my fat intake to virtually nil and cut out alcohol. And I no longer felt seasick. We sailed 26,000 miles eating mainly fresh vegetables, fruit and some fish.

The problem was that when I came back on shore, I became sharply critical and judgmental of anybody who wasn't eating like me. I really overdid it. I was into some dreadful, no-holds-barred fare I call "grazing on the back side of the moon." My family eventually rebelled, and Treena and I started separate diets. For seven years, she had a high-fat diet and I had mine. I grew progressively more healthy, and she started to go down hill.

What happened?

In 1987, Treena had a stroke and then a heart attack, and we had the option of a bypass or change in diet. So I started cooking for Treena within "the



frame." You see, to be a picture of health, Treena requires what I call TACT—taste, aroma, color, texture. So I listed every single food that Treena liked and axed out those that did her harm—animal fats, salts, simple sugars. And then I put her beloved foods into collections and created dishes that fit into her day-to-day eating.

Within four months, her 365 cholesterol had dropped nearly 90 points. And she also ended up taking the anti-cholesterol drug Mevacor to get it down to 187.

How is she now?

She's had no heart problems for eight years. And she walks about 20 minutes a day, at a fast pace. Her doctors allowed us to go sailing—just the two of us—on a 2,400 trip to Alaska, in which

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South Of The Border

Mexican restaurants can be a treat, as well as a trick. Most start the day out right, with a large pot of beans cooked in boiling water. (Beans are only 3% fat, have no cholesterol and only 59 calories per 1/4 cup.) This quality, though, doesn't last long.

The cook soon mashes the beans, adds lard, and refries. Each tablespoon of lard adds 117 calories of 100% fat and 12 mg of cholesterol. Then we get:

■ **Fried tortilla chips:** 142 calories an ounce, with half the calories from fat.

■ **Two small burritos with beans and meat:** 508 calories; 32% to 36% fat, 49 mg of cholesterol.

■ **One chimichanga:** 443 calories, 48% fat, 50 mg cholesterol.

■ **Enchilada with cheese and beef:** 323 calories, 49% fat, 40 mg cholesterol.

Waiter, Please...

Chips and Dips

■ **Fresh corn tortillas.** These have half the calories of refried chips, with 9% fat and no cholesterol.

■ **Guacamole.** If you want a bit more fat, add guacamole (avocados, 71% fat, tomatoes, onions, and chilies).

Ensaladas (Salads)

Fresh lettuce and tomatoes, or any beans and veggies, topped with salsa, or vinegar and lemon.

Main Dishes

■ **Bean burrito.** Whole beans, rice, lettuce, tomatoes, and onions wrapped in a corn or wheat tortilla and topped with salsa. The healthiest tortillas are made of corn only, and every Mexican restaurant has them. The wheat shells

usually have a little added vegetable fat.

■ **Bean tostada.** Whole beans, rice, lettuce, tomatoes, and/or onions, layered on top of a corn tortilla.

■ **Enchiladas.** Ask the cook to roll whole beans—and some rice—in a couple of corn tortillas and cover them with enchilada sauce. Add some shredded lettuce and diced tomatoes on the side.

■ **Plate Lunch.** Ask for a plate of beans, rice and tomatoes. Cover with salsa or enchilada sauce. Side: hot corn tortillas.

■ **Layered Lunch.** Start with rice and top with whole beans, enchilada sauce, lettuce, tomatoes, onions, and salsa. Use soft corn tortillas to make your own wraps.

Dessert

Fresh fruit or a sorbet.

Fast Eating: Veggie Burgers

They may have "garden" and "natural" in the name, but a lot of veggie burgers are high in fat, protein and salt, just like regular meat. Wildwood Tofu-Veggie Burgers, for instance, are 60% fat! So why bother?

Also, many of the popular burgers get their "meaty" taste from soy protein and/or wheat gluten (protein). Unfortunately, all this protein increases the workload of the liver and kidneys and can lead to calcium depletion.

If you're healthy (no kidney, liver problems or osteoporosis) and you like the meaty taste of the soy burgers, try limiting them to no more than a patty a day, on average.

To find the burger that's right for you, read the labels. The main ingredients you're looking for are: vegetables, grains and legumes (beans). Here's a roundup:

Best Vegetable Burgers

Advantage 10/Southwestern Vegetable Burger (Dr. Ornish's)

Main ingredients: Cooked rice, roasted bell peppers, kidney beans, green beans, carrots, vital wheat gluten.

Fantastic Nature's Burger

Vegetables, barley, oats, brown rice, red wheat, wheat gluten, lentils.

Garden Burger's Garden Vegan

Water, brown rice, vital wheat gluten, bulgur wheat, onions, mushrooms, natural spices, autolyzed yeast, olive oil.

Lightlife Barbecue Marinated Grills

Organic rice soy tempeh, brown rice, water.

Yves Garden Vegetable Patties

Water, vegetables, organic brown rice, organic rye, textured soy protein.

Too Much Protein

Garden Burger Hamburger Style

Water, soy protein. (Protein: 71%)

Morningstar Farms

Better'n Burgers

Water, textured soy protein concentrate. (Protein: 63%)

The Original Boca Burger

Protein from soy with purified water, vegetarian flavors, vegetable fiber. (Protein: 57%)

White Wave Chick'nBurger

Water, wheat gluten, brown rice, bean flour, dehydrated vegetables. (Protein: 55%)

Yves Veggie Burger Burgers

Water, textured soy protein, onion, wheat gluten. (Protein: 63%)

Too Much Fat

Wildwood Tofu-Veggie Burgers

Wildwood tofu, nigari, safflower oil. (Fat: 60%)

Amy's California Veggie Burger

Mushrooms, organic onions, bulgur wheat, celery, carrots, oats, walnuts, potato flakes, safflower oil. (Fat: 27%)

Too Much Dairy, Eggs & Oils

Amy's Veggie Burger ("Chicago")

Mushrooms, water, vegetable protein, organic celery, carrots, oats, and bulgur, cheddar cheese, safflower oil. (Protein: 24%; Fat: 9%)

The Original Garden Burger

Mushrooms, brown rice, onions, mozzarella cheese, egg white, bulgur wheat. (Protein: 23%; Fat: 16%)

Garden Burger Veggie Medley (fat free)

Cooked brown rice, onion, egg, whites, soy cheese with milk protein, canola oil. (Protein: 24%)

Natural Touch Garden Veggie Patty

Vegetables, textured vegetable protein, egg whites, corn oil. (Protein: 40%; Fat: 23%)

September Recipes By Mary McDougall



Each month, I'll be bringing you a variety of seasonal recipes, culled from my cookbooks as well as new items I discover along the way. The good thing about these recipes, aside from the taste, is that they're extremely healthy. They all contain: 7% to 10% fat; 8% to 12% protein; 75% to 85% carbohydrates; no cholesterol and low salt. Try one or two, and let me know what you think.—MM

END-OF-SUMMER SOUP Gazpacho (served cold)

Last summer on a cruise to Belize, my daughter Heather and I loved the avocados in this gazpacho but thought it had been pureed way too much. Actually, you can make this soup without a blender. Chop the vegetables finely (except for the avocado) and combine them in a bowl with the tomato juice and other ingredients.

Preparation Time: 20 minutes

Chilling Time: 3-4 hours

Servings: 8-10

Ingredients:

2 cups coarsely chopped tomatoes
1 cup coarsely chopped cucumber
1/2 cup coarsely chopped celery
1/2 cup coarsely chopped bell pepper
1/2 cup coarsely chopped green onions
1/4 cup canned diced green chilies
1/4 cup fresh parsley
1/4 cup fresh cilantro
4 cups tomato juice
1 1/2 tablespoons wine vinegar
1 1/2 tablespoons fresh lime juice
1 avocado, peeled and chunked (optional)

Directions:

In a large bowl, combine the tomatoes, cucumber, celery, bell pepper, green onions, green chilies, parsley and cilantro.

In a blender, place 1 cup of the tomato juice. Add about 1 cup of the mixed vegetables and process briefly. Pour into a separate container. Repeat until the juice and vegetables are all processed. Stir in the wine vinegar, lime juice and avocado, if desired. Refrigerate 3-4 hours before serving.

Note: Do not overprocess; little chunks of veggies should be visible.

END-OF-SUMMER SALAD Southwest Bean & Rice

This zesty salad is a snap. If you leave out the mayo, add 2 more tablespoons of salsa.

Prep Time: 20 minutes

(cooked rice needed)

Servings: 6

Ingredients:

3 cups cooked brown rice
1 15-ounce can black beans,
drained and rinsed
1 15-ounce can red beans,
drained and rinsed
(Other beans are fine, too)
1 4-ounce can chopped green chilies
1 cup frozen corn kernels, thawed
1 cup frozen peas, thawed
4 green onions, chopped
2 stalks celery, chopped
1 tomato, chopped
3/4 cup salsa, mild, medium or hot
1/4 cup fat-free mayonnaise
1 tablespoon chopped fresh cilantro
several twists freshly ground pepper

Directions:

Place the rice in a large bowl. Add beans, chilies, corn, peas, green onions, celery and tomato. Mix well.

Mix the salsa and the mayonnaise together. Pour over the salad and mix well. Add the cilantro and black pepper and mix again. Serve at once, or refrigerate until serving.

Note: The best fat-free mayonnaise that contains no animal products is Nasoya Nayoonnaise Fat-Free. It's available in most natural-food stores.

END-OF-SUMMER ENTREE Rainbow Summer Stew with Couscous

What a wonderful and easy way to use summer vegetables! Couscous, a Middle Eastern favorite, is a small and fluffy satisfying pasta that cooks very quickly; virtually all big supermarkets carry it.

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: 6

Ingredients:

1 12-ounce package of couscous
cooked according to package directions
1 1/2 cups vegetable broth
1 1/2 cups chopped onion
1 teaspoon bottled minced garlic
3/4 cups coarsely chopped green bell pepper
3/4 cups coarsely chopped red bell pepper
2 zucchini, chopped into bite sized pieces
2 yellow crookneck squash,
chopped into bite sized pieces
3 ripe tomatoes,
chopped into bite sized pieces
1 cup corn kernels
2 tablespoons soy sauce
1/4 cup chopped fresh parsley
1 tablespoon chopped fresh basil
freshly ground black pepper to taste

Directions:

Place 1/2 cup of the vegetable broth in a large pot. Add onions and garlic, cook and stir for 2 minutes, then add the bell peppers. Cook, stirring occasionally, for 3 more minutes.

Add zucchini and squash to the pot, mix well, cover and cook for 2 minutes. Add tomatoes and remaining vegetable broth and cook covered for another 3 minutes.

Add corn and seasonings. Cook covered for an additional 10 minutes, stirring occasionally. Pour over the couscous.

Note: To thicken the stew before serving, mix 1 tablespoon of cornstarch into 1/4 cup cold water; stir in while cooking until thickened.

You can also substitute dried herbs: 1 tablespoon parsley flakes and 1 teaspoon dried basil. And the vegetables can be varied based on what's available, but the tomatoes and onions are a must.

Ready for dessert? Mary McDougall's recipes are continued bottom of next page

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we moored at glaciers and trudged our way through ice.

How are you getting your message out to prevent other people from having heart attacks?

We're trying to tell people that the kitchen can be enormous fun and very creative and very right-thing-to-do at the same time. But I have to be a super salesman. I call myself a salmon; I'm swimming rapidly upstream against enormously powerful advertising, which tells people that they have no choice in the way they eat. If I really wanted to make money, I could have stayed a cod, going in and out with the tide.

So what's the salmon doing?

We're now filming a one-hour TV

Breakfast at the Kerrs

Dr. Bircher-Benner created the original *muslix* after World War II, using condensed milk brought to Europe by the GIs. Before he died, the Kerrs visited him at his Zurich clinic to share a bowl of his world-famous breakfast.

Muslix for Two: One cup of raw oats (either soaked in water over night or cooked in skim milk); two tablespoons of raisins; one grated Granny Smith apple; two teaspoons of nuts; juice from half lemon; non-fat, sweetened condensed milk. (Graham Kerr has also used soy milk and non-fat yogurt.)

series, called *The Gathering Place*, that will explain things like cholesterol and include me cooking a dish. Clearly, most of the world that advertises won't want to sponsor this show, but hopefully it will become available at the local level.

We're calling it *The Gathering Place* because it defines the family meal table, where a sense of well-being pervades, and all those who sit learn how to live within reason. It's really a search for living within reason.

The Gathering Place, the book and TV series, goes around the world, looking at what other people are eating that does them no harm. There are other cultural ways of approaching food that are entirely different from our own—with much better outcomes.

You better hurry cause they're rapidly vanishing.

Are they! We were in Greece recently, and I was taken around the Athens meat market. Very proudly, the general manager there told me, "Once upon a time, we ate very little meat here in Greece. Now, I'm proud to tell you that we are the #1 meat-consuming nation in the whole of Europe." How about that?

What else are you up to?

I'm in all the media now. I have a web site—Grahamkerr.com; I'm the editor at large of *Cooking Light* magazine; I'm about to write a new book for Roddey Press; and I'm on radio everyday

for "Do Yourself a Flavor," which is part of the National Cancer Institute's five-a-day fruit and vegetable campaign. I'm also trying to get the Culinary Institute of America, where I'm a visiting professor, to advocate menus that include general nutritional analysis, so people can make an informed judgment between a thick sirloin steak and a vegetarian lasagna.

Do you ever miss *The Galloping Gourmet* days?

I'm having more success with food now—to my own taste and preferences—than I had before when there was no frame. When I could use whatever ingredients I wanted, I cooked without any thought for the person on the receiving end; it was a self-indulgent process with little socially redeeming value to it.

Now, I'm doing better food—it actually tastes better than ever before—really within quite strict limits. And I'm thrilled about that.

Graham Kerr's Latest

■ *The Gathering Place*—13 heart-healthy menus collected from QEII ports of call (Camano Press, 1997; \$27.95).

■ *Swiftly Seasoned*—bold spicing and flavoring (Putnam & Sons, 1997; \$24.95).

■ *Graham Kerr's Best*—recipes with 10%, 20% and 30% fat (Putnam & Sons, 1995; \$24.95).

Mary McDougall's recipes, continued from the previous page

END-OF-SUMMER DESSERT **Strawberry-Banana Delight**

This recipe is perfect for the warm evenings of September. Excuse yourself from the table and enjoy this on the porch.

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Chilling Time: 2-3 hours

Ingredients:

2 pints strawberries
3 bananas
2 cups apple juice
1 tablespoon honey
3 tablespoons tapioca

Directions:

Clean strawberries. Slice 1 pint and set aside. Place rest of strawberries, 1 banana and the apple juice in a blender and process until smooth. Pour into a saucepan, add the honey and tapioca. Mix well and let rest for 5 minutes.

Cook over medium-low heat, stirring frequently, until tapioca is clear. Remove from heat and let cool, at least 20 minutes. Slice remaining bananas and stir sliced strawberries and bananas into the tapioca mixture.

Spoon into individual dessert cups and chill before serving.

END-OF-SUMMER DRINK **Fruit Coolers**

Preparation Time: 5 minutes

Servings: 2

Ingredients:

1 1/2 cups apple, pineapple or orange juice
3 cups frozen chopped fruit

Directions:

Place juice and fruit in blender and process until smooth.

Note: Use all one kind of fruit, such as strawberries, or use a mix, such as, bananas, strawberries, raspberries, peaches, etc.