



## McDOUGALL PROGRAM ADVANCED STUDY WEEKEND MENU

### DAY 1

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#### Dinner

##### **SPINACH VEGETABLE SALAD**

Preparation Time: 30 minutes

Servings: 4

6 cups loosely packed washed and dried fresh spinach leaves  
 ½ pound mushrooms, sliced  
 2 carrots, thinly sliced  
 1 cucumber, thinly sliced  
 1 tomato, thinly sliced  
 1 cup alfalfa or clover sprouts  
 Oil-free dressing to taste

Place all the ingredients in a large bowl and mix well. Serve with your favorite oil-free dressing.

##### **SPICY THAI NOODLES**

*This is a wonderful meal for hot summer nights because it requires minimal cooking and it may be made completely ahead of time and served cold or at room temperature. It also keeps well in a cooler so it is a great picnic food.*

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 4

12 to 14 ounces linguini (broken in half)  
 1 batch of Spicy Thai Dressing (see below)  
 1½ cups mung bean sprouts  
 1½ cups shredded carrots  
 1 cup Napa cabbage, shredded  
 7 ounces baked seasoned tofu, thinly sliced  
 Chopped cilantro

Prepare noodles according to package directions. Drain and set aside.

Meanwhile, prepare the *Spicy Thai Dressing*. Set aside. Place the mung bean sprouts, carrots, cabbage and seasoned tofu in a bowl and mix together. Add the bowl of vegetables and tofu to the noodles and toss well to mix. Slowly add in the Spicy Thai Dressing to the mixture until you have the desired amount of dressing. Serve warm or at room temperature. Let each person add chopped cilantro for garnish, if desired.



### **SPICY THAI DRESSING**

½ cup lime juice  
 1 cup sweet chili sauce  
 ¼ cup rice vinegar  
 2 tablespoons soy sauce  
 2 tablespoons cold water  
 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.

**HINT:** Rice vinegar and sweet chili sauce may be found in most supermarkets in the oriental section. This dish keeps well in the refrigerator and may also be served cold. This is great to fix on those busy evenings when everyone is eating at different times because it tastes best at room temperature.

### **CREAM OF MUSHROOM SOUP**

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 6 to 8

1 onion, chopped  
 4 cups chopped, assorted fresh mushrooms (see hint)  
 ½ cup white wine (or water)  
 5 cups vegetable broth  
 2 cups frozen, chopped hash brown potatoes  
 1 to 2 tablespoons parsley flakes  
 ¼ teaspoon nutmeg  
 2½ cups soy milk

Place the onions, mushrooms, and wine (or water) in a large pot. Cook, stirring occasionally, for about 5 minutes. Add the broth, frozen potatoes, parsley and nutmeg. Bring to a boil. Reduce heat slightly so soup just boils and cook, stirring occasionally for 30 minutes. Process in the pot with a hand-held blender so mushrooms are finely chopped, but not pureed. (Or remove and process slightly in batches in a food processor). Add soy milk and heat through. Serve with thick slices of fresh bread.

**HINT:** Use a variety of fresh mushrooms for the best flavor in this soup. I usually use about ½ pound of button mushrooms, a few shitake mushrooms, and then an assortment of exotic mushrooms, such as clamshell, oyster, and trumpet royale. Most of these will be available at various times of the year in natural food stores or specialty markets. Frozen, chopped hash brown potatoes are sold in bags in the frozen food section of most supermarkets or in the natural food stores. They are very convenient for adding thickness and flavor to soups, but an equal amount of peeled, chopped fresh potatoes may also be used.



### **GRILLED PORTABELLO MUSHROOMS**

Preparation Time: 5 minutes

Cooking Time: 10 minutes

4 large Portobello mushrooms  
 ¼ cup soy sauce  
 1 teaspoon minced fresh garlic  
 Several twists of freshly ground black pepper

Clean the mushrooms well and leave whole or slice thickly crosswise. Combine remaining ingredients in a small bowl. Brush mushrooms with this mixture on both sides and grill over medium coals for about 5 minutes on each side. Brush with more of the mixture while grilling. Serve at once.

**HINT:** Whole Portobello mushrooms make delicious burgers. Serve them on a whole wheat bun with lettuce, tomatoes, onions, ketchup, and mustard. They have a wonderful meaty taste and texture. For variety, we sometimes brush teriyaki sauce over the mushrooms before grilling. These mushrooms are a staple in our home during the summer months and they have become a favorite among friends and relatives too.

### **TOFU LOAF**

*This is an excellent, firm loaf to serve with mashed potatoes and gravy. The leftovers also make a great sandwich filling.*

Preparation Time: 15 minutes

Cooking Time: 45 to 60 minutes

Servings: 6 to 8

30 ounces water packed firm tofu (reduced fat)  
 1 2/3 cups quick oats  
 ¾ cup whole wheat bread crumbs  
 ½ cup ketchup or barbecue sauce  
 1/3 cup soy sauce  
 2 tablespoons Dijon-style mustard  
 2 tablespoons Vegetarian Worcestershire sauce  
 ¼ teaspoon garlic powder  
 ¼ teaspoon ground black pepper

Preheat oven to 350 degrees.

Drain the tofu well and mash finely, using a bean/potato masher and your fingers. Place in a large bowl and add the remaining ingredients. Mix well, again using your fingers. Turn the mixture into either a square baking pan or a loaf pan. (If you don't have a non-stick pan you will need to lightly oil the pan first). Bake the square pan for 45 minutes or the loaf pan for 60 minutes, until the top and edges are golden brown. Remove from oven and let rest for 5 minutes. Loosen sides and invert over a platter to remove from baking pan.



**HINTS:** The quick-cooking oats work best in this recipe. To make bread crumbs, process 1 slice of bread in a food processor. (Do this when you have extra older bread and store the crumbs in a sealed bag in the freezer). Serve with a sauce or gravy to pour over the loaf or serve plain with a barbecue sauce on the side. Vegetarian Worcestershire sauce is available in most natural food stores. Low-sodium soy sauce is also available in most supermarkets for those of you who are trying to reduce your salt intake.

### **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 soy milk. (Or save some of the cooking water and use that to moisten the potatoes). Add salt and pepper to taste.

#### *Hints:*

I like to mash the 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. 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 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 soy 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.

### **MARSALA MUSHROOM SAUCE**

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: Makes 3½ cups

2 leeks sliced (white and light green part only)

¾ pound fresh mushrooms, sliced

3½ cups water

½ teaspoon leaf oregano



½ teaspoon leaf sage  
 ¼ cup soy sauce  
 1/8 cup Marsala wine  
 3½ tablespoons cornstarch mixed in ¼ cup cold water

Place leeks and mushrooms in a pot with ½ cup of the water. Cook, stirring occasionally, for 5 minutes. Add the remaining water, the oregano, sage, soy sauce, and wine. Bring to a boil, reduce heat, and simmer uncovered for 8 minutes. Add the cornstarch mixture and cook and stir until thickened.

HINT: This delicious sauce may be used as a topping for grains, potatoes, or vegetables.

### **GOLDEN GRAVY**

*This is wonderful served over stuffing and mashed potatoes.*

Preparation Time: 10 minutes  
 Cooking Time: 10 minutes  
 Servings: Makes about 2 cups

¼ cup brown rice flour  
 1½ cups vegetable broth  
 ½ cup water  
 2 tablespoons tahini  
 3 tablespoons tamari or soy sauce  
 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.

### **CHOCOLATE DECADENCE PUDDING**

Preparation Time: 5 minutes  
 Cooking Time: 5 minutes  
 Servings: 4

½ cup unsweetened cocoa powder (Wonderslim)  
 ¾ cup sugar  
 3 tablespoons cornstarch  
 3 cups non-dairy milk  
 1½ teaspoons vanilla

With a whisk, combine cocoa, sugar, cornstarch, and non-dairy milk in a medium saucepan. Bring to a boil over medium-low heat, stirring constantly until thickened. Remove from heat and add vanilla. Mix well. Pour into a bowl, cover with plastic wrap, and chill for 4 hours. Spoon into individual bowls and serve.

## **DAY 2**



## Breakfast

### STEEL CUT IRISH OATMEAL

I have been buying steel cut oats in bulk at my natural food store. We like them because they are more crunchy than regular rolled oats. We think they are more filling also. They do take a bit longer to cook, however you can save some time by soaking them overnight.

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Servings: 4

4 cups water

1 cup steel cut oats

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 currents to the water before boiling, then follow directions above.

### GRIDDLE CAKES

These delicious griddle cakes are based on a recipe from Marla Erickson on her website, Marla's Marvelous Meals, [www.vegsource.com/marla](http://www.vegsource.com/marla). My sister, Carol Van Elderen, first made these almost like the original recipe and really liked them. She served them with fresh tomato slices over the top when delicious fresh tomatoes were available last summer. Then she told her neighbor, Dave DeGraaf, about them and he also did some experimenting, coming up with a wheat free variety, using only the cornmeal, but loaded with vegetables, such as red, yellow and orange peppers, grated yellow and green squash, chopped cilantro, fresh tomatoes, onions and garlic. These are a wonderful savory griddle cake, best served with some kind of a topping, such as fresh tomatoes, salsa, mushroom sauce, gravy, or try the Red Pepper Sauce in this month's newsletter.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: makes 11-12 griddle cakes

1 1/3 cups non-dairy milk

1 tablespoon lemon juice

1 cup cornmeal

¼ cup brown rice flour

2 teaspoons baking powder

½ teaspoon baking soda

dash salt

1 cup frozen corn kernels, thawed

1 cup grated zucchini

½ cup chopped green onions

2-3 tablespoons coarsely chopped black olives



2 tablespoons chopped pimiento, well drained  
2 tablespoons chopped fresh cilantro or parsley

Combine non-dairy milk and lemon juice in a measuring cup and set aside. Combine the cornmeal, flour, baking powder, baking soda and salt in a mixing bowl. Combine the remaining ingredients in another mixing bowl. Add the soymilk mixture to the cornmeal mixture and mix well, then stir in the vegetable mixture. Ladle batter by  $\frac{1}{4}$  cup scoops onto a hot non-stick griddle and cook until golden brown (this takes a bit longer than pancakes). Flip and cook until griddle cakes are browned on both sides. Keep warm in a low oven until ready to serve.

### **RED PEPPER SAUCE**

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: makes 1 cup

2 large red bell peppers, seeded and coarsely chopped  
1 small onion, coarsely chopped  
1 clove garlic, coarsely chopped  
1 tablespoon rice vinegar  
 $\frac{1}{2}$  tablespoon prepared horseradish  
1 teaspoon chili garlic sauce

Place the peppers, onion and garlic in a food processor and process until quite smooth. Transfer to a pan and add the remaining ingredients. Cook, uncovered over low heat for at least 30 minutes to intensify flavors and reduce sauce slightly. Season with a bit of sea salt, if desired, before serving.

### **POTATO HASH**

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4

2 large potatoes, peeled and diced  
1 medium onion, diced  
1 green bell pepper diced  
1 red bell pepper, diced  
1 cup frozen corn kernels, thawed  
1 teaspoon poultry seasoning  
 $\frac{1}{4}$  cup chopped fresh parsley or cilantro  
Freshly ground pepper to taste

Cook the potatoes in water to cover until just tender, about 5 minutes. Drain and set aside.

Place the onion and green and red bell pepper in a saucepan with a small amount of water. Cook, stirring frequently, until just tender, about 4 minutes. Add corn and cook 1 additional



minute. Remove from heat. Add the cooked potatoes, poultry seasoning, fresh parsley or cilantro, and pepper. Mix well.

Place the mixture in a large nonstick skillet. Cook, stirring frequently, over medium heat until the potatoes brown slightly, about 10 minutes. Serve with your favorite salsa or barbeque sauce.

## Lunch

### ASIAN RICE SALAD

Preparation Time: 15 minutes

Chilling Time: 1 hour

Servings: 4

2 cups cooked brown rice  
 4 green onions, chopped  
 5 cups loosely packed chopped spinach  
 1 11-ounce can mandarin orange segments, drained  
 1 8-ounce can sliced water chestnuts, drained  
 ½ cup oil-free Dijon-style salad dressing  
 2 tablespoons soy sauce  
 ½ cup avocado chunks (optional)

Place the rice in a large bowl. Add the green onions and spinach. Mix well. Add the orange segments and water chestnuts. Toss gently to mix.

Mix the dressing and soy sauce. Pour over the salad. Stir in the avocado, if desired. Cover and chill for 1 hour before serving.

Hint: This salad should be served about 1 hour after preparing it. It becomes soggy after sitting for too long, although we have eaten some leftovers the next day and the flavor was still delicious.

### PICNIC LENTIL SALAD

*This is great to take on a picnic and everyone loves it --- even those people who are sure they don't like lentils. It keeps well in a cooler or in the refrigerator. Be sure to make it at least 3 hours before you plan to serve it to allow time for the flavors to blend.*

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Chilling Time: 3 hours

Servings: 6

1 cup dry brown lentils  
 4 cups water  
 1 cup grated carrots  
 ½ cup chopped sweet onion



½ cup chopped fresh parsley  
 ½ teaspoon crushed fresh garlic  
 2 tablespoons of red wine vinegar  
 1 tablespoon water  
 1 tablespoon soy sauce  
 2 teaspoons Dijon-style mustard  
 1 teaspoon Worcestershire sauce  
 ½ teaspoon ground oregano  
 Several twists freshly ground pepper

Place the lentils and water in a medium pot. Bring to a boil, reduce heat, cover and cook for about 30 minutes, until tender but still firm. Meanwhile, prepare remaining vegetables. Combine vinegar, water, soy sauce, mustard, Worcestershire sauce, oregano, and pepper in a small container and mix well. Set aside.

Drain lentils. Place in a bowl. Add carrot, onion, parsley, and garlic. Mix well. Pour dressing over and mix again. Cover and refrigerate for at least 3 hours before serving.

### **BROCCOLI BISQUE**

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 6-8

4 cups broccoli florets  
 3 cups vegetable broth  
 2 cups frozen chopped hash brown potatoes  
 1 onion, chopped  
 1 teaspoon dried dill weed  
 2 ½ cups soy or rice milk  
 1 tablespoon Dijon mustard  
 dash white pepper

Place the broccoli, broth, potatoes, onion and dill weed in a medium pot. Bring to a boil, cover and cook over medium heat for 15 minutes. Process in batches in a blender. Return to pot, add the non-dairy milk, the mustard and the white pepper. Heat through and serve at once.

**HINTS:** I make this in a stainless steel pot and process it with an immersion blender directly in the pot. (An immersion blender is a small, hand-held appliance that will blend foods without removing them from the cooking pot or bowl. Do not use an immersion blender in a non-stick pot.) If you buy the broccoli florets in bags it saves quite a bit of the preparation time.

### **ASIAN MARINATED TOFU**

*I have been doing a lot of marinated and sautéed tofu lately because it tastes so much better than the baked tofu that is available in markets. Be sure to use extra firm tofu in this recipe or the tofu will tend to fall apart.*



Preparation Time: 5 minutes  
 Resting Time: 30 minutes  
 Cooking Time: 10 minutes  
 Servings: Variable

20 ounces extra firm tofu  
 2 tablespoons rice vinegar  
 2 tablespoons light miso  
 1 tablespoon soy sauce  
 1 tablespoon tahini  
 1 tablespoon agave nectar  
 2 teaspoons mirin

Drain the tofu and cut into small cubes.

Place the remaining ingredients in a small bowl and whisk until smooth. Pour over the tofu and toss to coat well. Let rest for at least 30 minutes, mixing occasionally to make sure the tofu is well covered with the marinade.

Turn the tofu and the marinade into a large non-stick sauté pan. Dry fry for about 10 minutes, turning occasionally with a spatula to make sure the cubes are well browned on all sides.

### **SZECHWAN SAUCE**

Preparation Time: 10 minutes  
 Cooking Time: 5 minutes  
 Servings: Makes 1½ cups

1½ cups water  
 5 to 6 green onions, chopped  
 2 tablespoons soy sauce  
 1½ tablespoons cornstarch  
 ¾ tablespoons minced fresh ginger  
 1 clove garlic, crushed  
 1/8 teaspoon crushed red pepper  
 Dash hot sauce (such as Sriracha)

Combine all ingredients in a saucepan and mix well. Cook and stir over medium heat until mixture is thickened and clear, about 5 minutes.

### **ASIAN GINGER SAUCE**

Preparation Time: 5 minutes  
 Cooking Time: 5 minutes  
 Servings: Makes 1½ cups

¾ cup water



½ cup low-sodium soy sauce  
 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**

*This is a higher-fat choice because of the peanut butter. To cut the fat, we use PB2 powdered peanut butter by Bell Plantation.*

Preparation Time: 10 minutes  
 Servings: makes 1 cup

½ cup natural chunky peanut butter  
 ½ cup water  
 2 tablespoons hoisin sauce  
 1 tablespoon soy sauce  
 ½ tablespoon agave nectar  
 2 teaspoons chili garlic sauce  
 2 teaspoons tomato paste  
 1 teaspoon lime juice  
 ½ teaspoon grated fresh ginger  
 Dash sesame oil

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.

## **Dinner**

### **SHREDDED SALAD**

Servings 6 to 8  
 Preparation Time: 30 minutes

2 cups grated carrot  
 1 cup shredded red cabbage  
 1 cup grated zucchini  
 1 cup grated jicama  
 1 cup grated turnip



1 cup shredded romaine  
 1 cup torn spinach  
 ½ cup sliced radishes  
 1 small red or mild white onion, sliced and separated into rings  
 ½ cup oil-free dill dressing  
 Freshly ground pepper  
 1 cup cherry tomatoes, cut in half

Combine all the vegetables except the tomatoes in a large bowl. Pour the dressing over and toss to mix. Serve at once, garnished with pepper and the tomatoes.

### **THREE BEAN SALAD**

This is a very fast and easy salad. This is great to have on hand in your refrigerator for a quick snack. It also packs well, so it is easy to take with you to work. This can be made as mild or as spicy as you like it by changing the kind of salsa used.

Preparation Time: 15 minutes  
 Chilling Time: At least 1 hour  
 Servings: 6

1 15-ounce can black beans, drained and rinsed.  
 1 15-ounce can kidney beans, drained and rinsed.  
 1 15-ounce can garbanzo beans, drained and rinsed.  
 1 small, mild, sweet onion, thinly sliced  
 2 stalks celery, sliced  
 1 tomato, chopped  
 1 cup salsa, mild, medium, or hot  
 2 tablespoons lime juice  
 1 teaspoon chili powder (optional)

Combine beans and vegetables in a large bowl. Place the salsa in a small container, then add the lime juice and chili powder. Stir or shake to combine. Pour over the bean mixture and toss to mix.

Refrigerate at least 1 hour to allow flavors to blend.

### **PEA SOUP**

*This is my family's favorite pea soup. I have been making this version for over 25 years. This tastes even better the next day and is great over baked potatoes, too!*

Preparation Time: 15 minutes  
 Cooking Time: 2 hours  
 Servings: 8-10

8 cups water  
 1 cup green split peas  
 1/2 cup dried baby lima beans



1/4 cup barley  
 1 onion, chopped  
 2 bay leaves  
 1 teaspoon celery seed  
 2 cups vegetable broth  
 2 carrots, chopped  
 2 potatoes, chunked  
 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

Please split peas, lima beans, barley 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 cups and reduce the initial cooking time to 1/2 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.

### **TUNISIAN SWEET POTATO STEW**

Preparation Time: 20 minutes

Cooking Time: Approx. 45 minutes

Servings: 6 to 8

1/3 cup water  
 1 onion, chopped  
 2 jalapenos, seeded and finely chopped  
 2 teaspoons of minced fresh ginger  
 1 teaspoon minced fresh garlic  
 1½ teaspoons of ground cumin  
 ¼ teaspoon of ground cinnamon  
 1/8 teaspoon crushed red pepper  
 1/8 teaspoon ground coriander  
 2-3 sweet potatoes, peeled and chopped  
 2 14.5-ounce cans chopped tomatoes  
 2 14.5 ounce cans garbanzo beans, drained and rinsed  
 1 cup green beans, cut in 1-inch pieces  
 1½ cups vegetable broth  
 ¼ cup natural peanut butter  
 ¼ cup chopped cilantro

Place the water, onion, jalapeno, ginger, and garlic in a large pot. Cook stirring occasionally for 5 minutes. Add cumin, cinnamon, red pepper, and coriander. Cook and stir for 1 minute.



Add sweet potatoes, tomatoes, garbanzo beans, green beans, vegetable broth, and peanut butter. Bring to a boil, reduce heat, and simmer for 30 minutes, or until potatoes are tender. Stir in cilantro and let rest for 2 minutes.  
Serve over rice or other whole grains.

### **MASHED PINTO BEANS**

Preparation Time: 10 minutes, (plus overnight soaking)

Cooking Time: 3 to 4 hours (or all day in slow cooker)

Servings: About 6 cups

Use for bean nachos, tacos, burritos, casseroles, or dips.

2 cups pinto beans

8 cups water

½ teaspoon onion powder

½ teaspoon garlic powder

½ to 1 cup mild or spicy salsa

Place the beans in a large pot with the water. Bring to a boil, cover, reduce the heat, and cook until tender, 3 to 4 hours. (To reduce the cooking time, soak the beans overnight in the water. Then proceed as directed, reducing the cooking time by 1 hour).

Drain, reserving the cooking liquid.

Mash the beans, using a hand masher, electric beater, or food processor. Return to the pan. Add the spices, a little of the reserved cooking liquid, and the salsa, stirring until the beans have a softened, smashed consistency. Heat through to blend the flavors.

### **TOFU TACOS**

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 6 to 8

Spicy Tofu:

24 ounces firm tofu (not silken)

4 tablespoons soy sauce

2 tablespoons lime juice

2 tablespoons chili powder

2 teaspoons ground cumin

2 teaspoons garlic powder

½ teaspoon cayenne

Drain tofu in a colander and press out excess water with paper towels.

Cut into ½-inch cubes. Combine soy sauce, lime juice, chili powder, cumin, garlic powder, and cayenne in a large bowl. Add tofu and mix gently.



Let stand for 10 minutes, stirring occasionally. Place a large nonstick frying pan on medium heat. Add tofu and cook turning occasionally for about 10 minutes. Set aside.

**Cabbage:**

4 cups finely shredded cabbage  
3 tablespoons seasoned rice vinegar  
½ tablespoon lime juice

Combine all ingredients in a bowl and set aside.

**Corn Tortillas:**

Soften individually on a dry nonstick griddle, or wrap in a towel and heat in the microwave.

To assemble:

Take a soft corn tortilla, spoon tofu and cabbage down the center, add a bit of aioli and some hot sauce, if desired, roll up and eat with your fingers.

**CILANTRO-GARLIC AIOLI**

Preparation Time: 5 minutes

Servings: Makes 1½ cups

1½ cups tofu sour cream  
2 large cloves garlic, peeled and coarsely chopped  
Juice of 1 lime  
1/3 cup cilantro leaves  
Dash salt

Place all ingredients in a food processor and process until smooth.

Hint: Will keep in refrigerator for up to about 2 weeks.

**PEACH-OATMEAL CRISP**

*Vary this simple recipe to make a crisp from whatever fruit is ripe and in season. Use preserves that match or complement the fruit; for example, I sometimes use sliced fresh strawberries in place of the peaches and strawberry preserves in place of the apricot. When served warm, the crisp is lovely with a scoop of vanilla soy ice cream.*

Preparation Time: 15-20 minutes

Baking Time: 45 minutes

Cool: 15 minutes

Servings: 8

1/3 cup apricot preserves  
2 teaspoons fresh lemon juice  
1/8 teaspoon grated nutmeg  
4 cups sliced peaches (about 8)  
3 tablespoons all-purpose flour  
½ cup quick-cooking oats  
2 tablespoons medium ground cornmeal  
2 tablespoons pure maple syrup



1 teaspoon pure vanilla extract

Preheat the oven to 375 degrees Fahrenheit.

In a medium bowl, stir together the preserves, lemon juice, and nutmeg. Add the peaches and mix gently to coat them evenly. Sprinkle the flour over the top and mix again. Transfer the fruit to an ungreased 9" pie pan and bake until the fruit is very tender, about 30 minutes. While the fruit bakes, stir together the oats and cornmeal in a small bowl. Stir together the maple syrup and vanilla and pour them over the oat mixture; mix well. Remove the crisp from the oven and reduce the heat to 350 degrees Fahrenheit. Use your fingertips to crumble and scatter the oat mixture over the fruit. Bake for 15 minutes. Let the crisp cool for at least 15 minutes before scooping out servings with a large spoon into individual bowls. It can be served either warm or at room temperature.

## DAY 3

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### Breakfast

#### **MULTIGRAIN HOT CEREAL**

*This is another hearty breakfast that we enjoy. It does take a bit longer to cook but it is very filling and delicious. The mixture can be made up ahead of time and stored in an airtight container. If you soak the mixture overnight, it cuts down on the cooking time in the morning.*

4 cups oat groats (whole oats)  
 ½ cup brown rice  
 ½ cup quinoa  
 ½ cup barley  
 ½ cup millet  
 ½ cup rye  
 ½ cup spelt berries

Combine all the ingredients (or as many as you choose to use) in a large container and mix well. Store in an airtight container until ready to use.

#### To Cook:

- 1) Bring 3 cups of water to a boil. Rinse 1 cup of the mixture under cold water, then add to the pan and cook over medium-low heat for about 1 hour. Let rest, covered, about 10 minutes before serving.
- 2) THE NIGHT BEFORE: Bring 3 cups of water to a boil. Rinse 1 cup of the mixture under cold water, then add to the pan. Turn off heat, cover and let rest until morning. Reheat in the morning and serve.
- 3) Place 3 cups of water and 1 cup of rinsed mixture in a slow cooker (crockpot). Cook on low heat setting for 8-10 hours.

Hint: Add a dash of cinnamon, nutmeg or mace to the cooking water for extra flavor. Or try a tablespoon or two of currents or raisins.



### **STELLA BLUES TOFU SCRAMBLE**

*My daughter, Heather, and I love the tofu scramble at Stella Blues Café on Maui, where they serve it with country-style potatoes and onions. This is my rendition of the dish, and I like it even better than the original. We serve it on its own, over potato pancakes, or with a side of hash brown potatoes for breakfast, lunch, or dinner.*

Prep: 15 minutes

Cook: 12 minutes

Serves: 4

4 cups small broccoli florets  
 1 bunch scallions (green and white parts) chopped  
 1 pound fresh mushrooms, sliced  
 1 pound firm tofu, drained and cut into ½-inch cubes  
 ¾ cup tahini sauce  
 2 teaspoons regular or reduced-sodium soy sauce  
 Sriracha hot sauce (optional)

Steam the broccoli over boiling water just until it is tender, about 5 minutes. Remove from the heat, drain, and set aside.

Put the scallions and mushrooms in a large nonstick skillet with 2 tablespoons of water. Cook over medium-high heat, stirring frequently, for 5 minutes, until they begin to soften. Add the tofu and cook for 3 minutes. Add the tahini sauce, soy sauce, the reserved broccoli, and a few squirts of Sriracha, if you wish. Mix and cook 2 to 3 minutes, until everything is heated through and the sauce has thickened slightly. Serve immediately.

### **TAHINI SAUCE**

*We use this sauce in our Stella Blues Tofu Scramble and falafel wraps. This is a higher-fat sauce because of the tahini, so use it sparingly. For a spicier taste, stir in a squirt or two of Sriracha or other hot sauce.*

Prep: 5 minutes

Makes 2 cups

¾ cup raw or toasted tahini (sesame paste)  
 ¼ cup fresh lemon juice  
 2 cloves garlic, crushed or minced

Combine the tahini, lemon juice, garlic, and 1 cup of water in a food processor or blender and process or blend until smooth. Use immediately, or transfer to an airtight container and refrigerate for up to 3 days.

### **ROASTED POTATOES**

Preparation Time: 5 minutes

Cooking Time: 30-40 minutes



Servings: Variable

Waxy red or yellow potatoes of your choice  
Seasonings of your choice

Preheat oven to 375 degrees.

Scrub the potatoes and cut them into wedges or chunks, depending on their size. Toss with seasonings of your choice (I like various no-salt seasoning mixtures) and place in a single layer on a nonstick baking sheet (or one lined with parchment paper or a silicone baking liner). Bake for 30-40 minutes until potatoes are tender.

Hints: Try these with nutritional yeast or ParmaZaan Sprinkles.

## Lunch

### MACARONI SALAD

*Make this summertime salad a day ahead to allow the flavors to develop. Feel free to substitute or add any vegetables you like. We often add bite-size broccoli florets.*

Prep: 30 minutes

Chill: At least 4 hours

Serves: 6 to 8

12 ounces elbow macaroni  
1 cup tofu mayonnaise or Nasoya Fat-Free Mayonnaise  
1 teaspoon prepared mustard  
2 tablespoons chopped parsley  
½ teaspoon dried dill weed  
1 cup finely chopped celery  
1 cup finely chopped green bell pepper  
¼ cup chopped scallions (green and white parts)  
¼ cup shredded carrots  
Salt  
Freshly ground black pepper

Cook the macaroni according to package directions or in plenty of boiling water until it is just tender, about 8 minutes. Drain and set aside to cool.

In a large bowl, whisk together the tofu mayonnaise, mustard, parsley, and dill. Stir in the celery, green and red bell peppers, scallions, and carrots. Add the macaroni and stir gently until everything is evenly coated. Add salt and pepper to taste. Cover and refrigerate at least 4 hours or up to 1 day before serving.

### QUINOA AND LENTIL SALAD WITH SMOKED PAPRIKA DRESSING

*By Miyoko Schinner*

*Enjoyable either warm, at room temperature or chilled. Serve alongside a green salad for a complete meal.*



1 ½ cups quinoa  
 3 cups water  
 ½ tsp. salt  
 2 cups cooked black beluga lentils  
 2 cups cauliflower florets  
 1 cup diced sweet Maui or Vidalia onions  
 2 carrots, sliced  
 ½ cup sliced pitted Kalamata olives  
 1/3 cup currants  
 ½ cup minced parsley

**Dressing:**

½ cup sherry vinegar  
 3 tablespoons Agave nectar  
 2 tablespoons Spanish smoked paprika (this has different levels of heat)  
 ½ vegetable broth  
 ½ tsp. Salt

Rinse the quinoa quickly, then combine with the water in a saucepan. Cover and bring to a boil, then reduce heat and allow to simmer gently on low for about 15 minutes. Turn off heat and allow to sit for 5 minutes until light and fluffy.

Steam the cauliflower and carrots (or microwave) until desired tenderness. Combine with the quinoa with the cooked lentils, cauliflower, carrots, olives, currants and parsley. To make dressing, shake all ingredients in a jar. Pour dressing over salad and mix well. Serve immediately while warm, or at room temperature or chilled.

**MOROCCAN RED LENTIL SOUP**

*Versions of this lentil soup with tomatoes and chickpeas are served all over Morocco during the festival of Ramadan and to celebrate special occasions throughout the year. This is my interpretation.*

*We serve it with whole grain flatbread to scoop up the juices, or ladle the soup over brown rice.*

1 onion, chopped  
 4 ribs celery, chopped  
 6 cups vegetable broth  
 1½ cups chopped tomatoes  
 1 cup dried red lentils  
 1 can (15 ounce) chickpeas, drained and rinsed  
 1 bay leaf  
 ½ teaspoon ground cinnamon  
 ½ teaspoon ground ginger  
 ½ teaspoon ground turmeric  
 ¼ teaspoon freshly ground black pepper  
 1/3 cup orzo



½ cup chopped cilantro  
2 Tablespoons fresh lemon juice.

Pour ½ cup of water into a large soup pot along with the onion and celery. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the broth, tomatoes, lentils, chickpeas, bay leaf, cinnamon, ginger, turmeric, coriander, and black pepper. Bring to a boil, reduce the heat to a simmer, then cover and simmer until the lentils are tender, about 45 minutes. Stir in the orzo, cilantro, and lemon juice. Cook 10 minutes longer, until the orzo is al dente. Serve hot.

### **BAKED BEANS**

Preparation Time: 15 minutes  
Cooking Time: 2 hours for beans  
Servings: 6-8

2 cups dried cranberry beans  
6 cups water  
1 onion, chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
½ cup brown sugar  
1/3 cup prepared mustard  
¼ cup molasses

Place beans and water in a large pot, bring to a boil, reduce heat and simmer for at least 2 hours until very tender. Pour off any excess water and set aside.

Preheat oven to 350 degrees.

Place onions and bell peppers in a non-stick sauté pan with a small amount of water and cook and stir for about 5-10 minutes, until softened. Combine the beans and vegetables in a covered casserole dish. Place the remaining ingredients in a small bowl and mix well. Pour over the beans and vegetables and stir well to mix. Cover and bake for 1 hour.

### **McVEGGIE BURGERS**

Preparation Time: 30 minutes  
Baking Time: 30 minutes  
Servings: Makes 16 burgers

20 ounces firm water-packed tofu, drained well  
12.3 ounces silken tofu  
10-ounce package of frozen chopped spinach, thawed  
½ cup water  
1 large onion, chopped  
½ pound mushrooms, chopped  
3 cloves garlic, pressed  
3 cups quick oats  
2 tablespoons soy sauce  
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 non-stick 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 non-stick baking sheet. (If you do not have a good non-stick 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.

### **JEFF NOVICK'S SWEET POTATO CURRY BURGER**

Makes 8-10 burgers

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  
 ½ cup cooked brown rice  
 ½ cup cooked, peeled, and mashed sweet potato,  
 4 tablespoons low sodium salsa  
 1.5 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)

Drain and rinse the beans. Put in a bowl and mash with a fork or potato masher. You 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 non-stick skillet at medium heat (or place under a broiler) for until golden brown, about 3-5 minutes.

### **SOUTHWEST RED POTATOES**

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

2 pounds red potatoes, cut into chunks  
 ¼ cup chopped green onion  
 ¼ cup oil-free salad dressing  
 ¾ teaspoon chili powder  
 ½ to ¾ teaspoon ground cumin  
 1/8 teaspoon red pepper flakes (optional)

Boil potatoes in water to cover for about 20 minutes, or until just barely fork tender. Drain. Place remaining ingredients in a non-stick frying pan. Add potatoes, cook until coated with spices, about 5 minutes.

HINT: Adjust the seasonings slightly to suit your tastes. For example, if you don't like spicy foods, eliminate the red pepper flakes. If you are not fond of cumin, just leave it out. Use different oil-free dressings to change the flavor of these potatoes.

### **TOFU MAYONNAISE**

Servings: Makes 1 1/3 cups

Preparation Time: 5 minutes

1 10.5-ounce package Lite 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.