



The McDougall Advanced Study Weekend Recipes

FRIDAY

Dinner

SHREDDED SALAD

Preparation Time: 30 minutes

Servings: 6 to 8

- 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. It's 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.



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.

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 4-6

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.

QUICK BLACK BEAN SOUP

This is one of those recipes that you can put together in 5 minutes, yet it always is a favorite with everyone. Even kids like it and vegetable haters too, although you may want to use a bit less hot sauce for those people.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2 to 4

3 15-ounce cans black beans, drained and rinsed
 1¾ cups vegetable broth
 1 cup fresh 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, the vegetable broth and the 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.



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 jalapeños, 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, jalapeño, 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 about 2 weeks.



CHOCOLATE DECADENCE PUDDING

By Heather McDougall

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Chilling Time: 4 hours

Servings: 4

½ cup unsweetened cocoa powder (Wonderstim)

¾ cup sugar

3 tablespoons cornstarch

3 cups soymilk

1½ teaspoons vanilla

With a whisk, combine cocoa, sugar, cornstarch, and soymilk 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.

OATMEAL-RAISIN COOKIES

By Cathy Fisher

These are your traditional oatmeal-raisin cookies, but without eggs, dairy, oil, salt, refined flour or sugar. Instead, this recipe uses oats, flax seeds, cashews, bananas and dates.

Preparation Time: 30 minutes

Cooking Time: 18 minutes

Makes: 25-30 cookies

¾ cup water

6 medjool dates, pitted

½ cup raw cashews or pecans

1 cup rolled oats

2 cups rolled oats, ground into flour (see note below)

3 tablespoons flax seeds, ground

¾ teaspoon baking soda

1 teaspoon baking powder

1 teaspoon cinnamon

½ teaspoon nutmeg

4 tablespoons lemon juice

3 teaspoons lemon zest

½ ripe banana, mashed with a fork

1 teaspoon vanilla extract

¾ cup raisins

¾ cup roughly chopped walnuts (optional)

Preheat oven to 350°F. Line a baking sheet with parchment paper (or use a non-stick cookie sheet) and set aside. Place the pitted dates and cashews in a bowl with the ¾ cup of water and soak for 30 minutes.

While the dates and nuts are soaking, combine all of the dry ingredients (whole oats, ground oats, flax, baking soda, baking powder, cinnamon and nutmeg) in a large bowl and mix thoroughly with a fork. In another bowl, combine wet ingredients (lemon juice, zest, banana and vanilla). Blend the soaked dates, cashews and their water in a high-speed blender until smooth; add this mixture to the bowl of wet ingredients, and combine. Add the bowl of wet ingredients to the bowl of dry, and mix thoroughly, adding in the raisins and walnuts last (add a little water as needed if dough is too dry).

Using a one-tablespoon measure, place a scoop of cookie dough on the baking sheet and press down gently a couple of times with a fork. Bake for 15-18 minutes on the middle rack, until cookies are lightly browned on the bottom and around the edges. Remove from oven and let sit for 5 minutes before transferring to a cooling rack.



Notes: Regular, whole rolled oats work best (as opposed to quick or instant oats).

A Vitamix or Tribest Personal Blender both work well to blend the nuts and dates, and grind oats into flour.

If you've never used fresh nutmeg, this would be a great opportunity to pick some up in the bulk section of Whole Foods and try it. To zest lemons and nutmeg, use a fine grater, such as a Microplane.

These cookies are not overly sweet; if you'd like to add more sweetness, add two more dates to the recipe.

SATURDAY

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. 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 soymilk
1 tablespoon lemon juice
1 cup cornmeal
1/4 cup brown rice flour
2 teaspoons baking powder
1/2 teaspoon baking soda
dash salt
1 cup frozen corn kernels, thawed
1 cup grated zucchini
1/2 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 soymilk 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 ¼ 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
 ½ 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
 ¼ 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
 1/2 cup oil-free Dijon-style salad dressing
 2 tablespoons soy sauce
 1/2 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.

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)
 ¼ cup agave nectar
 ¼ cup natural peanut butter, creamy
 ¼ cup soy sauce
 3 tablespoons rice vinegar
 1 to 2 teaspoons chili-garlic sauce (see hints)
 ¼ teaspoon sesame oil (optional see hints)
 3 tablespoons vegetable broth
 1 bunch green onions, chopped
 1 tablespoon minced fresh garlic
 1 tablespoon minced fresh ginger
 1½ cups mung bean sprouts
 1½ cups shredded carrots
 7 ounces baked seasoned tofu, thinly sliced
 Chopped cilantro
 Chopped peanuts (optional)

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

Meanwhile, combine the agave nectar, peanut butter, soy sauce, rice vinegar, chili-garlic sauce and the sesame oil in a mixing bowl and whisk until smooth. Set aside. Place the broth in a non-stick frying pan with the onions, garlic, and ginger. Cook, stirring frequently for 2 to 3 minutes. Add the sauce, mix well and heat through. Pour over the noodles and toss well to mix. Add the bean sprouts, carrots, and tofu and toss again to mix. Serve warm or at room temperature. Let each person add chopped cilantro and/or chopped peanuts, if desired.

HINT: Rice vinegar and chili-garlic sauce may be found in most supermarkets in the oriental section. One brand of chili-garlic sauce is made by Huy Fong Foods. It is quite spicy, so you may need to adjust the amount used according to your tastes. I use a small amount of sesame oil in this recipe for the unique taste it adds to foods. It may be omitted, if desired. 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.



BEAN SOUP

Preparation Time: 10 minutes

Cooking Time: 3 to 4 hours

Servings: 6

2 cups dried Great Northern beans
 8 cups water
 2 onions, finely chopped
 2 stalks celery, finely chopped
 2 bay leaves
 ½ teaspoon rubbed sage
 ½ teaspoon ground oregano
 2 tablespoons soy sauce
 Dash of liquid smoke (optional)

Put beans and water in a large pot. Bring to a boil, turn off heat and let rest for at least 1 hour. Add onions, celery, bay leaves, sage, oregano, and soy sauce. Return to boil, reduce heat and cook, covered for at least 3 hours, until beans are mushy. Add a dash of liquid smoke at the end of the cooking time, if desired.

HINT: The liquid smoke gives the soup a delicious aroma, although it is entirely optional. I make it both ways. It is always a favorite with the family, and we usually have a loaf of fresh bread with the soup. One of our sons likes to sprinkle some curry powder over the top of his soup, then stir it in before eating. You can easily vary this soup by adding other vegetables, such as carrots and potatoes, and it may also be pureed before serving. This also freezes well so you can keep some for use at a later date. Great for lunch the next day too!

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.

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.

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.



THAI PEANUT SAUCE

This is a higher-fat choice because of the peanut butter. However, I have used almond milk with coconut extract in place of the usual coconut milk, so the fat is eliminated. (Most Thai peanut sauces use coconut milk in the preparation.)

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: Makes $\frac{3}{4}$ cup

- $\frac{1}{2}$ cup almond milk
- $\frac{1}{4}$ cup peanut butter
- 1 tablespoon soy sauce
- $\frac{1}{2}$ tablespoon agave nectar
- 1 teaspoon lime juice
- 1 teaspoon chili garlic sauce
- $\frac{1}{8}$ teaspoon coconut extract
- 1-2 tablespoons chopped fresh cilantro (optional)

Place all ingredients in a blender or food processor and process until smooth. Pour into a sauce pan and heat through before serving. Serve warm over grains and/or vegetables.

Dinner

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.

Preparation Time: 30 minutes

Chill: At least 4 hours

Servings: 6 to 8

- 12 ounces elbow macaroni
- 1 cup tofu mayonnaise or Nasoya Fat-Free Mayonnaise
- 1 teaspoon prepared mustard
- 2 tablespoons chopped parsley
- $\frac{1}{2}$ teaspoon dried dill weed
- 1 cup finely chopped celery
- 1 cup finely chopped green bell pepper
- $\frac{1}{4}$ cup chopped scallions (green and white parts)
- $\frac{1}{4}$ 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.

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4-6

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:

1/2 cup sherry vinegar
 3 Tbs. agave nectar
 2 Tbs. Spanish smoked paprika (this has different levels of heat)
 1/2 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.

HEARTY DAL SOUP

This is a variation from the Festive Dal Soup from last month's newsletter. This creative addition was suggested by Tiffany Hobson, executive assistant to the McDougall's, who thought the soup would be a bit more filling by adding some potatoes and chard. We agree, so give it a try and see what you think.

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

3¼ cups of 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
 1 14.5-ounce can diced tomatoes
 2 cups chunked Yukon Gold potatoes
 1 tablespoon lemon juice
 1-2 teaspoons chili paste (Sambal Oelek)
 2 cups fresh chopped chard

Place ¼ cup of the water in a large soup pot. Add the onion and garlic. Cook, stirring occasionally for 3-4 minutes, until softened. Add the ginger, paprika, cumin, and several twists of freshly ground pepper. Mix in well, then add the remaining water, the 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.



TOMATO BASIL SOUP

Preparation Time: 10 minutes

Cooking Time: 1½ hours

Servings: 6-8

1 onion, coarsely chopped
 4-6 whole garlic cloves
 1 cup fresh basil leaves (pressed down)
 2 28-ounce can chopped tomatoes with their juice
 ½ cup water
 1½ cups V-8 juice
 Several twists of fresh ground pepper
 1 cup soy or rice milk

Place all ingredients, except milk, in a large pot. Bring to a boil, reduce heat, cover and simmer for 1½ hours. Puree in batches in a blender and return to the pot. Add soy or rice milk and reheat. Do not boil. Serve at once.

HINT: This may be served as a first course, as a complete meal with a salad and some bread, or use as a topping for vegetables, potatoes, or pasta.

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° F.

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° F

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

Preparation Time: 15 minutes

Cooking Time: 8 minutes each 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 chick peas, 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)

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 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

Preparation Time: 5 minutes

Servings: Makes 1 1/3 cups

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.

BROWNIES

These are served the first night of The McDougall Program for dessert, with Vanilla Soy Ice Cream. People line up for seconds! Remember, these are a rich treat for a special occasion.

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
 1/4 teaspoon salt

Wet ingredients:

1 cup Wonderslim Fat Replacer
 1 cup organic cane sugar
 1 teaspoon vanilla
 2 tablespoons Egg Replacer mixed in 1/2 cup water

Preheat oven to 350°F.



Combine dry ingredients in a bowl. Set aside.

Mix Wonderslim Fat Replacer and organic sugar together in a separate bowl. 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 NO OVERMIX!** Spoon into a non-stick 8 inch square baking dish and flatten. Bake for 30 minutes.

HINTS: Wonderslim Fat Replacer is sold in jars in most natural food stores. It is made from plums and apples and is an excellent fat replacer in baked goods. Wonderslim also makes the reduced fat and caffeine-free cocoa powder. Organic cane sugar is made by Wholesome Sweeteners. (Regular granulated sugar may be used instead, if desired.) Egg Replacer is made by EnerG Foods. It is sold in boxes in the natural food store. It is used to replace eggs in baking. All of these products should be available in your natural food store.

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°F.

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°F. 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.



SUNDAY

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.

Preparation Time: 5 minutes

Cooking Time: 35 minutes

Servings: 2-4

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:

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.

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.

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.

Preparation Time: 15 minutes

Cooking Time: 12 minutes

Servings: 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.

Preparation Time: 5 minutes

Servings: 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°F.

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

SOUTHWEST COUSCOUS SALAD

This has become one of the favorite salads served at the McDougall Program. This is easy to vary each time you serve it by changing a few of the ingredients. Try using a fire-roasted salsa for a delicious smoky flavor.

Preparation Time: 15 minutes

Cooking Time: 2 minutes to boil water

Servings: 6-8

2 cups water

1¾ cups uncooked couscous

1 15-ounce can black beans, drained and rinsed

1 15-ounce can small red beans, drained and rinsed

2 cups frozen corn kernels, thawed

1 green bell pepper, chopped

1 yellow or orange bell pepper, chopped

1 tomato, chopped

½ cup chopped green onion

½ cup chopped cilantro (optional)

¾ to 1 cup fresh salsa

Bring the water to a boil in a medium pan. Add the couscous, stir, turn off heat, cover, and let rest for 10 minutes.

Meanwhile, chop the vegetables and combine them in a large bowl. Add the beans and corn. Add the soaked couscous and salsa. Toss to mix. Serve warm or cold.



HINT: Use any combination of beans or use all one kind. Vary the kinds of bell peppers used. This is especially good in the late summer when fresh tomatoes and peppers are found in abundance. There are many excellent fresh salsas found in supermarkets and natural food stores. Start by using $\frac{3}{4}$ cup and add a bit more if necessary. The couscous will absorb some of the salsa as it stands.

MEXICAN POTATO SALAD

Preparation Time: 15 minutes (need prepared salsa)

Cooking Time: 30 minutes

Servings: 4-6

2 pounds red potatoes, cut in chunks
 1 cup frozen corn kernels, thawed
 1 large tomato, chopped
 1 bunch scallions, chopped
 $\frac{1}{2}$ cup fresh salsa
 2 tablespoons fresh lime juice
 2 tablespoons chopped fresh cilantro or parsley
 Freshly ground pepper

Place the potatoes in a large pot and cover with water. Bring to a boil, reduce heat, cover, and cook 30 minutes, or until just tender. (Don't let them get too soft).

Remove from the heat, drain, and place in a large bowl. Add the corn, tomato, and scallions. Combine the salsa and lime juice. Pour over the salad and mix well. Add the cilantro or parsley and a few twists of pepper. Mix gently and serve at once.

VARIATION: This salad can also be chilled before serving, and it is just as good the next day, so I always make lots of it.

VENTANA LENTIL STEW

This is my version of the revitalizing lentil stew served at the bed and breakfast where we stay when we go windsurfing in La Ventana, Mexico. We sometimes serve this over whole wheat bread or split rolls or ladled over baked potatoes or brown rice.

Preparation Time: 10 minutes.

Cooking Time: 1 hour 15 minutes.

Servings: 6 to 8

1 onion, chopped
 2 cloves garlic, crushed or minced
 1-2 jalapeño peppers, seeded and chopped (wear plastic gloves when handling)
 2 cups green lentils
 2 cups chopped fingerling potatoes, cut into bite-sized pieces
 $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon chipotle chili powder
 2 cups baby spinach leaves or chopped spinach
 Hot sauce, for serving

Put the onion, garlic, and jalapeños in a large saucepan along with $\frac{1}{2}$ cup of water. Cook, stirring occasionally, until the onion softens, about 5 minutes. Stir in the lentils, potatoes, $\frac{1}{4}$ teaspoon chipotle powder, and $5\frac{1}{2}$ cups more water. Cover and bring the soup to a boil, then reduce the heat and simmer until the lentils are soft, about 1 hour. Stir in the spinach and cook 5 minutes. Add additional chili powder to taste.

Serve hot in bowls, with hot sauce on the side.



SMOKY BLACK BEAN AND SWEET POTATO CHILI

Preparation Time: 20 minutes

Cooking Time: 8 minutes at high pressure; natural pressure release; 5 minutes stovetop cooking

Servings: 6 to 8

Inspired by a recipe in *Simple Vegetarian Pleasures* by Jeanne Lemlin. Sweet potatoes, or yams, provide contrast to the black beans. You can also substitute winter squash, if you prefer. The smokiness of the chipotle pepper adds a special dimension and flavor. If corn is in season, you can add it at the end of cooking.

2 large onions, finely diced
 6 garlic cloves, minced
 2 red bell peppers, chopped
 2 tablespoons chile powder
 2 teaspoons ground cumin
 1 teaspoon dried oregano
 ½ teaspoon chipotle chile powder or 1 chipotle chili, chopped, seeds removed
 2 medium sweet potatoes or yams, peeled and cut into ½-inch dice
 2 cups black beans, pre-soaked
 1½ cups water or broth
 3 cups finely chopped tomatoes, fresh or canned, which is 2 15-ounce cans
 ¼ cup tomato paste
 ½ teaspoon salt (optional)
 Chopped cilantro for garnish

Heat the cooker over medium heat. Add the onions and cook for 3 minutes, stirring occasionally so that they don't stick. Add the garlic, red peppers and spices and cook another 2 minutes. Add the yams, black beans and water. Lock the lid in place and bring to high pressure over high heat. Reduce the heat to low to maintain high pressure. After 8 minutes, remove from the heat and let the pressure come down naturally, which takes about 10 minutes.

When the pressure is down, remove the lid tilting it away from you. Add the tomatoes and tomato paste and salt. Cook over medium heat, without the lid, for about 5 minutes, until the tomatoes have broken down into a sauce. Remove the whole chipotle pepper if you used it. Taste and adjust seasonings. Serve over rice, or other grain, garnished with cilantro.

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WHITE BEANS MEXICALI

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 4

1 small onion, chopped
 1 stalk celery, chopped
 1 carrot, chopped
 ¾ cup water
 ½ teaspoon minced fresh garlic
 3 15-ounce cans white cannellini beans, drained and rinsed
 1 15-ounce can chopped tomatoes
 3 tablespoons chopped green chilies
 ¾ cup vegetable broth
 1 teaspoon chili powder
 ½ teaspoon ground cumin
 1/8 teaspoon crushed red pepper
 2 cups chopped fresh spinach
 Hot sauce to taste (optional)

Place onion, celery, carrot, water, and garlic in a medium sauce pot. Cook over medium heat for 10 minutes. Stir occasionally. Add beans, tomatoes, green chilies, vegetable broth, chili powder, cumin, and crushed red pepper. Cook over low heat for 20 minutes, partially covered. Add spinach and cook for 3 minutes. Season with hot sauce to taste. Serve over rice.

HINT: This freezes well and reheats easily in a microwave.

LAYERED TEX-MEX LASAGNA



Preparation Time: 40 minutes
 Cooking Time: 45 minutes
 Servings: 6-8

Sauce:

2 8-ounce cans tomato sauce
 3 cups water
 4 tablespoons cornstarch
 3 tablespoons chili powder
 ½ teaspoon onion powder
 ¼ teaspoon garlic powder

Place all ingredients for the sauce in a saucepan. Mix well with a whisk until well combined. Cook and stir over medium heat until thickened, about 5 minutes. Taste and add more chili powder if desired. Set aside.

10-12 corn tortillas

4 cups mashed pinto beans
 1 cup chopped green onion
 1½ cups frozen corn kernels, thawed
 1 2.25 ounce can sliced ripe olives, drained
 1-2 tablespoons chopped green chilies (optional)

To assemble casserole:

Preheat oven to 350°F.

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

Place 1½ cups of the sauce in the bottom of a non-stick 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 need will depend 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 2nd and 3rd layers.

ENCHILADA SAUCE

Preparation Time: 5 minutes
 Cooking Time: 5 minutes
 Servings: Makes 2½ cups

1 8-ounce can tomato sauce
 1½ cups water
 2 tablespoons cornstarch
 1½ tablespoons chili powder
 ¼ teaspoon onion powder
 1/8 teaspoon garlic powder

Combine all ingredients in a saucepan until well mixed. Cook and stir over medium heat until thickened. Serve over Mexican-flavored foods.

HINT: We use this versatile sauce on burritos, tacos, tostadas, Mexican lasagna, and enchiladas. It keeps well in the refrigerator and reheats well over low heat.