



> cookbook

h e a l t h y  
**Recipes**

*Second Edition*

January 26, 2009



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## > Favorite Healthy Recipes

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## Almost Vegan Without Sacrifice

With good salsa, you can eat tree bark and enjoy it. Eating (mostly) vegan has been such a small sacrifice since I've been doing it, I'd say it has no impact, except in how much better I feel since doing it. Try it yourself and see. What have you got to lose besides ill health?

Any change to how you eat naturally produces a period of adjustment. Most people who switch to skim milk have this sensation. At first, skim milk tastes watery, thin. After you drink it for about three weeks, though, it tastes normal. If you revert to try some whole or even low-fat milk, however, that typically tastes like heavy cream, even greasy.

In other words, taste in food is a matter of training, or custom. So while there may be no accounting for what you like now, with some training, there's no telling what you'll like in the future.

So why not train yourself to like something healthy? If it is not to your taste this instant, that's no reason to assume it won't be something you like in the future—and, believe me, there's plenty to like now.

Although there may be some adjustments, you do not have to make *any* sacrifice in taste to eat healthy. Besides the perfectly good substitutes for animal products—rice milk for cereal, or soy baco bits for bacon, lettuce and tomato sandwiches—there are plenty of low fat recipes that taste good. All the recipes in this section have been tested repeatedly, and can be *great* not just good! Many are also great leftovers. I recommend them not only because your taste buds will love them, but also because your body will love them too.

The following recipes have been essential for a healthy diet in our house:

- [Fresh Salsa](#)
- [Guacamole](#)
- [Beans](#)
- [Tortillas](#)
- [Veggie Pasta](#)
- [Mushroom-based Recipes](#)

One note about processed food substitutes for meat: some are so processed that making the change is not worth doing. Traditional foods like tofu do not have this problem. A tofu burger is a nice substitute for meat. On the other hand “Textured Vegetable Protein” (TVP) can be nearly as harmful as meat, so avoid processed foods as much as possible to get the full benefit of this diet. That said, the TVP baco-bits in a vegan BLT are such a small part of the food—flavoring really—that I don't bother avoiding them. Which brings up one of the principles that makes this diet easier to adhere to:



### Tip

Don't let the perfect be the enemy of the good. If you consume a little egg in the mayonnaise, or a little butter in your potato but get more than 95% of your calories in vegan form, then it's probably OK to do so. You can get vegan substitutes for these (Tofunaise, and margarine), but have you ever read the ingredients on a margarine box? Do you really want to put that in your body?

## Carbs

What about the non-vegetarians? Since the food here is so tasty, even the non-vegetarians in my house eat it, if only as a side dish.

The low-carb diet fad is baloney. If its claims were true, orientals who immigrated to the U.S. would get healthier as they ate more protein and fat with our diet. The opposite is true.

Here's a rather lengthy article documenting the failings of the Atkins diet:  
[www.nealhendrickson.com/mcdougall/2004nl/040500puatkinsresearch.htm](http://www.nealhendrickson.com/mcdougall/2004nl/040500puatkinsresearch.htm)

The following videos really outline the health benefits of vegan, and the risk you take ingesting animal protein:

[www.vegsources.com/video/colin.htm](http://www.vegsources.com/video/colin.htm)

[www.vegsources.com/video/mcdougall.htm](http://www.vegsources.com/video/mcdougall.htm)

[www.vegsources.com/video/ornish.htm](http://www.vegsources.com/video/ornish.htm)

[www.vegsources.com/video/ess.htm](http://www.vegsources.com/video/ess.htm)

[www.vegsources.com/video/barnard.htm](http://www.vegsources.com/video/barnard.htm)

These are not videos of someone with the latest diet theory based on their private clinic's experience. The first one is by the author of *The China Study*, Colin Campbell, a Cornell biochemist. *The China Study* is the largest scientific study of the connection between diet and health. In this book, Campbell describes how animal protein literally causes cancer, and is implicated in things like auto-immune diseases (lupus), and Alzheimers. Animal fat (cholesterol) is certainly connected to cardiovascular disease.

Other than that, it's swell.

## Fresh Salsa

Food like this makes vegan eating painless. To make less spicy salsa a) omit some or all of the chili (the seeds are typically the hottest part) b) roast the chilies (roasting makes them milder). See [Salsa Variant: Roasted Ingredients](#) on page 4. Even without chilies, this salsa is pretty good. You'll find your tolerance for chilies increases as you eat more of them.

Ingredients

1 large tomato

1/4 small onion

2-3 garlic cloves\*

1 lime\*

1 - 2 chilies (serrano chillies are our favorites, but jalapeños work too)

salt, and

(optionally) 2 tbs chopped cilantro\*

(\*These ingredients are optional)

### Directions

Salsa is simple. It's a combination of tomatoes, garlic, onion, lime juice, cilantro, salt, and chili peppers to taste, minced—easiest in a salsa maker—or diced with a knife. If you do use the salsa maker, use a garlic press for the garlic, and pre-chop the chillies.

The biggest component in this—tomatoes—is also the most important to its taste. The fresher, the better. If you get a sweet variety of tomato, your salsa will be sweet. Experiment with different types until you find what you like best.



#### Tip

If you mince your chillies separately, or omit them altogether you can set aside some no-chili salsa to those who don't like hotter salsa. You can also mince cilantro separately. Cilantro is the first thing to spoil in fresh salsa (fresh-minced garlic also does not keep well).

### Salsa Variant: Roasted Ingredients

You can make variants of this salsa by cooking or roasting the tomatoes and chilis. To do this, either hold them over a gas fire, or let them sit in a hot skillet or comal (the flat, tortilla-cooking pan), turning them occasionally. If you cook ingredients, the salsa will last longer than if all ingredients are raw, provided you make cilantro a later addition.



#### Tip

If you want to remove the skin of roasted tomatoes or chillies, after roasting, put them in a plastic bag with a moist paper towel. The skin usually slides off easily after this treatment.

Roasting can give the salsa a darker, richer flavor. See what you like best.

### Choosing chillies

The most commonly available chillies, at least where I shop, are jalapeños (the fat ones) and serranos (the skinny ones). You can also get habañeros, but they're hotter and less tasty than my preference. One variety found recently at a farmers market: "Chile de diablo" — "Chili of the devil." Way hot!

Jalapeños are very nice, especially when fresh. Typically, the more brown "veins" they have, the hotter they are.

Serranos are a little hotter than jalapeños. They have a nice flavor, and are probably the chillies we use most consistently.

Recently, I've also seen Thai chillies at our farmers' market. These are very hot, but have a good flavor, and can add a little zip to dishes when you cook them (so they get a little milder). Worth a try. See [Spicy Oriental Noodle Salad](#) on page 10 for a recipe that uses these.

### Guacamole

Mash some avocados, and add the [Fresh Salsa](#) on page 3. You can add some more salt and lime juice too.



## Beans

Beans are a staple of most vegan diets. Cook a batch, and eat it all week long as a main or side dish. See [What to Do with All Those Beans](#) on page 6.

### Ingredients

1 -2 cups dried beans, cleaned to remove dirt, stones and any split or discolored beans. The type of beans for typical Mexican food: pinto beans... although we have found some better varieties.



### Tip

The best beans, in our experience, are cranberry beans (sometimes called Borlotti beans). These are creamier and, in our neighborhood, fresher than pinto beans.

Water (enough to cover them by 1-2" in a typical pot or slow cooker)

Salt, to taste.

### Directions

Cook cleaned beans covered with water in a slow cooker, or at a simmer on a stove top for several hours. The slow cooker takes overnight. The beans are soft, when done.

Monitor to keep them covered with water (no need to stir them until you add salt). Salt them at the end of cooking, not the beginning, which would toughen their skins. If you the water you add to beans whose water has evaporated during cooking is hot, they do not discolor.

Presoaking beans in hot water, then discarding the water is supposed to make them not produce gas (or flatulence). Our independent verification of this is not encouraging. On the other hand, freshness does make a difference in how much gas beans give. Fresher beans are better (less gas), and found in high-volume bean outlets—*mercados* and farmers' markets.

Beans last, and reheat well, and are good with the standard soft tortillas and salsa, or on the pre-cooked hard taco shells you can buy in the store. You really don't need the cheese when you have good salsa. See [What to Do with All Those Beans](#) on page 6 for more recipe suggestions.

For later meals, you can also refry the beans: saute a chili in a pan (with either olive oil or vegetable broth if you want to avoid the oil), add the cooked beans and mash them. This is also good with sauteed garlic and onions. See [Refrying the beans](#) on page 7.

### New Orleans Red Beans

Cooked with the above method, these are small red beans. The tradition is to serve these with rice, and perhaps french bread. Saute the following in olive oil, and add to this bean dish at the beginning of cooking:

- Diced Green Pepper
- Diced Celery
- Diced Onion
- Crushed garlic

If you saute the diced / crushed ingredients in butter, they also make a nice compliment to “butter beans” (lima beans) cooked similarly. For the butter beans, add them at the end of the cooking process.

For the imperfectly vegan, it’s also traditional to add diced ham to both red beans and butter beans.

## Tortillas

The natural accompaniment for beans: Heat soft tortillas on a flat cooking pan or griddle turning them until they rise slightly. Traditionally, you can turn them with your bare hands, if you’re fast. Corn tortillas contain only corn and water. Flour tortillas typically contain oil (or lard), wheat flour and water. Corn tortillas are therefore healthier since they have no oil. You can also find other types of tortillas: Spelt, for example—good if you react badly to wheat or corn.

### Homemade Tortillas

For a real treat, try making homemade corn tortillas, you must first have tortilla masa (most supermarkets sell only *tamale* masa) and either skilled hands or a tortillera (a press). You can find a wooden tortilla presses at Mexican-food specialty mercados. The metal tortilla presses have not been at all durable, in our experience, so stick to wood ones that look sturdy.



#### Tip

As a special bonus, you can find washboards (*tailladors*) at many mercados. These are handy for spot-cleaning clothes, and providing cleaning lessons to children. My son is one of the few kids I know who has his own taillador. Not surprisingly, he’s more careful about spilling things on his clothes.

To make tortillas, add water to the masa until it’s a dry paste, about the consistency of pie crust dough. Put a small ball of the paste in the press between two sheets of plastic wrap. Press this ball in the tortilla press, remove the flattened dough, peel the plastic off and gently transfer the tortilla to cook immediately on the comal.

The difference between these and store-bought is about the same as the difference between homemade and store-bought bread. Commercial tortillas can be excellent too, as long as they’re fresh. Fresh means soft and pliable.

## What to Do with All Those Beans

Once you’ve made the pinto or cranberry beans, salsa, guacamole and either made or bought the tortillas you can have meals in a variety of shapes and tastes. Beans are the Mexican “potatoes” in meat-and-potatoes, if you must have meat. Remember, legumes (beans) and grain (wheat, corn, rice)

### Assemble your own

You can simply serve yourself beans (and rice), top with salsa and guacamole, and eat with loose tortillas. My preference is to tear the tortilla in quarters, then use the quarter like a spoon. Mexicans call this their “silverware,” using only tortillas rather than utensils. Personally, I push the food onto the tortilla with a fork.

**Tip**

Keep heated tortillas folded inside a towel, like hot rolls.

**Refrying the beans**

To re-use beans—and extend their useful life—you can re fry them. Of course you can reheat them in a microwave, but refrying them is more traditional and a nice taste variant.

To re fry beans, put a little oil in a hot pan and optionally add a chile (puncture it so it doesn't explode), and perhaps some onions or garlic. Put the beans in after you've sauteed the optional add-ins. Typically, the beans are mashed at least a little as part of refrying; chefs differ about how much mashing. Once the beans are hot (refried or microwaved), you can use them in the dishes described in the following sections:

**Soft Tacos**

One of the easiest is soft tacos. Heat your tortillas (corn or flour) on the flat pan (comal). Put a spoonful of beans, salsa and guacamole on them, add lettuce, onions, tofu sour cream and for non-vegetarians, meat, and cheese. Fold them over the ingredients once, and you have a wonderful meal.

**Hard Tacos**

Same ingredients as the soft tacos, except the tortilla is typically deep-fried corn that's stiff. Butter the beans on this, add guacamole, salsa, salad, and so on, and let the crunching begin!

**Burritos**

These are typically made with larger, flour tortillas. After you heat the burrito tortilla, fill it with a few spoonfuls of your taco ingredients (beans, salsa, chillies, tofu sour cream, lettuce, rice), and fold like an envelope: top and bottom fold down & up, then roll from side-to-side.

**Chili Verde**

This is an easy recipe to compliment beans. For those who like spicy food, it has a non-vegan variant.

1 jar Mrs. Renfro's green jalapeño salsa. (hot)

1 large potato

2 tbsp. olive oil

Microwave the potato for three minutes, then dice it, and saute it in the oil. Add the jar of Mrs. Renfro's, and simmer for 10 minutes. Serve with beans and tortillas. For our carnivorous friends, you can saute pork to add to this. It's *really* good!

**Spicy Slaw**

This is so simple, but very good fresh.

Ingredients:

Grated cabbage

Grated chili (serrano)

Seasoned rice vinegar

Salt

Directions:

The proportions of the above are all “to taste” and depend on how many servings you want. Grate the cabbage and chili onto the serving plate, then add salt and vinegar for each serving.

This is a nice variant on traditional slaw, but it has no oil. It makes a nice complement to less-spicy dishes. For example, try it with a microwaved sweet potato (add salt and butter to the potato). Notice how you feel at the end of such a meal. My experience: no bloating, no sleepiness.

## Veggie Pasta

Ingredients:

Pasta (16 oz), cooked and drained

1 cup vegetables (broccoli, carrots, cauliflower, squash, etc.—whatever is fresh)

1 bouillon cube dissolved in 1/4 cup water

1+ cloves garlic (we use 8, but also like spicy food)



### Tip

Recommend garlic press brand: Zyliss—the others are a waste of time, in my experience. This is an essential tool for many of these recipes.

3 tbs capers

2 sprigs fresh basil

1/4 cup chopped scallions

Directions

Cook pasta in boiling water roughly ten minutes, then drain in a colander. While you're waiting for the pasta to cook, prepare vegetables. If you're using tougher veggies (carrots, cauliflower, broccoli), blanch them (put them in boiling water for about a minute). Otherwise, just dice and slice the veggies. Dissolve a vegetable bouillon cube in hot water for a minute or so. Add warm, drained pasta to veggies. Squeeze a clove of garlic on this and mix in the bouillon. Add capers, fresh basil, and chopped scallions. Sprinkle lightly with real, grated parmesan. Enjoy!



### Tip

Yes, I'm not a vegan purist. Parmesan adds a nice flavor. You can use lemon or lime if you do not want any dairy.

Veggie Pasta Variant:

Ingredients

Pasta (16 oz)

1 cup Vegetables (broccoli, carrots, cauliflower, squash, etc.—whatever is fresh)

1/4 cup vegetable broth or sherry (or 3 tbs olive oil)

8 oz cherry or other small tomatoes

- 2 sprigs fresh basil, or 2 tsp dried basil
- 12 oz+ kalamata olives. (preferably pitted)
- 3 oz feta cheese

Enough of either vegetable broth, white wine or olive oil for sauteing. (Vegetable broth and wine are for those who must avoid oil).

Directions

Cook and drain pasta. Lightly saute cut-in-half cherry tomatoes and basil in the broth/sherry/oil. Add the drained pasta and pressed garlic to the saute pan to coat them with the other broth/sherry/oil and vegetable mix. Serve, adding kalamata olives, basil, and a tiny bit of feta and/or parmesan cheese. Goes well with french bread, wine.

### Pasta Puttanesca

The following are the sauce ingredients. Cook 2-3 servings of pasta while you prepare this, then add the pasta to saute with the sauce.

Ingredients:

- 2 - 3 servings cooked pasta
- 1 onion, chopped
- 3 tbs olive oil
- 2-3 cloves garlic, minced
- 1 diced tomato (You can use canned tomato or marinara sauce instead of tomatoes, but the diced fresh tomato tastes best to me.)
- 1/4 cup minced fresh basil, or 1 tbsp dried basil
- 1/3 cup capers
- 1/2 cup pitted kalamata olives
- 1/2 teaspoon chili pepper flakes.

Directions:

Saute the onion, garlic, and chili flakes in the oil in a large non-stick frying pan. Cook, stirring frequently, for 5 minutes. Add the tomatoes and pasta. Stir for an additional 1 - 2 minutes, then serve.

### Pasta Glorioso

This dish is inspired by one from Bosko's restaurant in Calistoga, CA:

Ingredients:

- A package (16 oz) of pasta. Bosko's uses orecchi pasta, but you could use farfalle or any pasta in small pieces like rigatoni, etc.
- 1/3 lb of cherry tomatoes cut in half, or two plum tomatoes diced.
- A handful of clean spinach leaves
- 1/2 lb crimini mushrooms, diced
- 8 cloves of garlic, minced with garlic press
- 1/3 cup veggie broth

1/4 cup grated parmesan (you can find vegan substitutes)

2 tsp dried basil

4 tbs Olive oil.

Dried spicy chili pepper flakes to taste (I use about 3 Tbs)

Salt to taste

Directions:

Cook and drain the pasta according to its directions and your taste.

Saute the mushrooms in olive oil. Set aside in the bowl you will use to store your leftovers.

Mix the broth, about 2/3 of the grated parmesan, and the minced garlic

Add a little more olive oil and saute the pasta in the same pan where you sauteed the mushrooms. Continue stirring as you add the mushrooms, the broth mixture, the basil and chili pepper flakes. At the last minute, add the tomatoes and spinach. Mix well and serve. Serve with the rest of the grated parmesan and sour-dough bread. Serves 4 - 5.

This does not work well as a leftover. The garlic won't be as flavorful, but the chilies' flavor will strengthen.

## Spicy Oriental Noodle Salad

Inspired by the same in *La Bou* French/Vietnamese restaurant).

Ingredients:

1 small package sobe or other oriental noodles, cooked, according to the directions and drained. Buckwheat is best.

1/8 cup roasted sesame oil

1/8 cup Rice wine vinegar

About a 1" cube of ginger

2 Thai peppers (or chili pepper flakes to taste)

2 Tsp soy sauce

1/4 cup raw peanuts

1/4 cup mung bean sprouts

1/2 red bell pepper cut in strips

Butter lettuce (the bed for the noodles).

Directions:

After you cook the noodles and rinse them, mix all liquid ingredients, ginger and chili to make a vinaigrette in a blender, and puree. Pour over noodles and mix well.

Noodles should be warm to cool, not hot. When you serve the noodles, first make a bed of the butter lettuce, add noodles and vinaigrette combination, then sprinkle with red pepper strips, bean sprouts and peanuts. Serve with french bread. Serves 3 - 4.

You can serve this cool, and it keeps for a short time in the refrigerator. The noodles tend to get mushy after a day or so, so this is not good as leftovers.

## Potato Salad

This makes some of the best potato salad I've ever had. How well it lasts depends on the quality of the mayonaise. Unfortunately, the "Tofunaise" I've tried has not stood up well. On the plus side, the potato salad is usually gone before the mayonaise gives up. This is a low-fat version of this traditional summertime favorite, this makes about 4 1-cup servings

2 medium potatoes, any variety, cut into 1/2-inch cubes (about 2 1/2 cups)

1/2 cup chopped sweet onion

1/2 cup thinly sliced celery

1/2 small red bell pepper, seeded and finely chopped

1/4 cup finely chopped fresh parsley

1 teaspoon dried dill weed

1/4 cup dairy- and egg-free mayonnaise substitute

1 tablespoon seasoned rice vinegar

1 1/2 teaspoons mustard

1/8 teaspoon salt

1/8 teaspoon black pepper

Steam potatoes until just barely tender when pierced with a knife (the "potatos" setting on our microwave does this better, in lots less than...), about 10 minutes. Do not overcook. Transfer to a large bowl. Add onion, celery, bell pepper, parsley, and dill.

In a separate bowl combine mayonnaise substitute, vinegar, mustard, salt, and black pepper. Mix well. Add to salad and toss gently to mix. Chill before serving.

## Another Potato Salad

Pretty good too. More vinaigrette than mayonaise here...

2 whole red peppers

1 1/2 pound assorted red and white new potatoes

3/4 pounds green beans, trimmed and halved

1 bunch scallions, sliced

1/2 cup chopped fresh flat-leaf parsley

2 cloves garlic, minced

2 tablespoons chopped oregano leaves

1 lemon, zested and juiced

2 tablespoons white wine vinegar

1/2 cup extra-virgin olive oil

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

Preheat the broiler. Place the red peppers on a foil lined baking sheet. Place the red peppers under the boiler. Turning every 2 to 3 minutes cook the peppers until the skin is blistered, about 8 to 9 minutes total. Place the blistered peppers in a plastic bag. Seal the bag and allow the peppers to sit for 10 minutes to allow the skin to separate and to let cool.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the potatoes and cook until tender, about 10 to 12 minutes. Remove the potatoes to a cutting board. Add the green beans to the pot. Cook the green beans until tender, about 3 minutes. Remove the green beans to a large bowl. Slice the potatoes in half while still warm and combine them with the green beans in the large bowl. Remove the peppers from the plastic bag. Peel off the skin from the peppers. Slice the pepper flesh into wide strips and remove the seeds and veins. Place them in the bowl with the potatoes. Add the scallions, parsley, and garlic and toss to combine.

In a small bowl combine the oregano, lemon juice and zest, and white wine vinegar. Whisk in the olive oil. Stir in the salt and pepper. Toss the warm vegetables with the herb vinaigrette. Serve immediately.

## Mom's Bombay Rice Salad

A delicious recipe. Quick to make and there are hardly ever any leftovers.

Dressing

1/2 cup salad oil (I use less, but you can't skip it altogether.)

Juice 1 large lemon

2 tblsp fruit chutney

1 tsp salt (Optional)

1 tsp ground black pepper (I use cracked black and about 2 tsp.)

1 tsp curry powder

Place the whole lot into a jar and shake.

Chewy Bits

1 1/2 cups brown rice

1 cup seedless grapes

1 cup roasted almonds, cashews or walnuts (or a mixture, don't use cashews if you're watching your fat intake)

1/2 each red & green capsicum (that's peppers)

1 large white onion, diced

1/2 medium (400g?) can corn kernels, drained

(optional: Add 1/2 cup diced celery too)

Cook the rice until it's just tender, drain. Add the other ingredients and mix dressing in until everything is well coated. Let it sit for a while before eating. Leave some for everyone else.



## Citrus Basil Salad

The orange in this tangy salad provides flavor and vitamin C—a potent antioxidant—which scavenges free radicals that may otherwise lead to cancer development.

Ingredients:

- 1 orange, peeled and cut into chunks
- 1 red bell pepper, seeded and cut into chunks
- 1 cup sugar snap peas, cut in half
- 1 cucumber, peeled and cut into chunks
- 8 fresh basil leaves, sliced
- 1 tablespoon seasoned rice vinegar
- 1/4 teaspoon freshly ground black pepper, or to taste

Directions

In a medium bowl, mix together orange, bell pepper, peas, cucumber, and basil. Sprinkle with vinegar and season with black pepper. Toss and serve. Makes 4 servings

## Mushroom-based Recipes

### Basic stock

Ingredients

- 1/2 onion
- 8 oz mushrooms
- 1+ cloves of garlic

Directions:

Saute onion, and mushrooms, sliced. Add cloves of garlic to taste (the more the better!), minced or put through the garlic press. Put garlic in last, for just a few seconds.



### Tip

One excellent method for mincing garlic without the press is to put a clove under the flat of a large knife and whack it with the heel of your hand, then use the knife to further chop the crushed garlic.

If you want your food to be really low fat, saute in vegetable broth, sherry or some other wine, otherwise, use olive oil.

## Spaghetti Sauce

Ingredients

- 15 oz tomato sauce
- 15 oz canned tomatoes
- Spices: Salt, pepper, oregano, basil, marjoram, bay leaf (to taste)
- parmesan cheese
- 3+ cloves garlic (plus one for each serving, when served)

Small can of tomato paste.

#### Directions

To make spaghetti sauce, lasagna or pizza topping: to [Basic stock](#) on page 13 add a can of tomato sauce, and one of cooked tomatoes, and salt & pepper, basil, marjoram, and oregano to taste. A small can of tomato paste will thicken this if you like. You can also add some parmesan cheese for flavor. (The more cheese, the more fat, and in this case, salt.)

For extra spiciness, use the press to squeeze a garlic clove on top of your serving, and/or sprinkle on dried chili pepper flakes. Over spaghetti or other pasta, as wonderful as is the garlic on this sauce, it will not keep, so do not squeeze it on if you are not going to consume it right away.

You can also make pizza without cheese made with this sauce on a store-bought shell. Add sliced green peppers, marinated artichoke hearts, pineapple, tomatoes (put tomatoes on after cooking), and so on.



#### Tip

You can also order takeout veggie pizza, no cheese! Warning! Pizzas with cheese will taste greasy once you're used to this.

Make lasagne, substituting zucchini for the layer of mozzarella. You can also try some of the good soy or rice mozzarella cheeses (warning, these are highly processed). For more sauce recipes, see [Pad Gratiam Prik Thai Tempeh](#) on page 42 and [Spaghetti with Mushroom Sauce](#) on page 17 too.

Just a note: Raw, chopped fresh tomatoes and slightly sauteed onions, mushrooms, chili and garlic have lately been the most popular spaghetti sauce at our house. (See [Pasta Glorioso](#) on page 9).

## Soups

#### Ingredients

1/4 - 1/2 cup spaghetti sauce (see [Spaghetti Sauce](#) on page 13)

1 - 3 cups dried multi-bean soup mix (just the beans, really)

4 - 6 oz noodles (Rigatoni, Snail shells, etc.)

#### Directions

Cover with water and cook the beans. Then add the spaghetti sauce and some noodles for Pasta e' fagiolli—make the proportions to your taste.

Additional or alternative ingredients:

1 - 3 cups dried peas or lentils

1 - 2 diced potato

1 - 2 diced carrots

[Basic stock](#) on page 13

To make another kind of soup, add dried peas or lentils, diced potatoes, diced carrots, basic stock and cover with water and cook until peas or lentils are done.



**Tip**

Slow cookers work wonders cooking beans, lentils and peas. Just make sure you keep the water covering what's cooking. Best practice: add salt only in the last stages of cooking, and, if needed add hot water to replace evaporated water so it covers what's cooking. Hot water doesn't discolor the beans.

Serves 8 or more.

Potatoes

Ingredients

- 1 -2 potatoes
- 1 Green pepper (diced)
- 1 cube bouillon
- 15 oz canned corn

Optional: chili sauted in vegetable broth or small amount of olive oil.

Directions

To make a delicious potato dish, first, microwave or steam potatoes until they are firm, not quite done. In a large pan, add sliced or diced green peppers, canned corn, and coarsely diced semi-cooked potatoes to [Basic stock](#) on page 13. Heat until the peppers soften slightly. Serve with tortillas. For spice, saute jalapeños or serrano chilies before adding potatoes and other vegetables with the basic stock.



**Tip**

For milder flavor, don't slice the chillies. Those who don't want them can avoid eating chillies for the mildest flavor. The chillies' fieriness mellows with cooking and if you eat an occasional bit from a whole chili it will season subsequent bites.

Squash (Calavasa)

Ingredients

- 1 - 2 squash
- 1 green pepper, seeded, sliced
- 1 potato
- 15 oz can of corn
- 1 - 2 bouillon cubes

[Basic stock](#) on page 13

Optional: chillies

Directions

To make calavasita (cooked squash), add sliced squash, green peppers, microwaved potatoes (firm), canned corn, etc. to basic stock, cook until tender. Add either fresh or canned tomato last. A good addition: some veggie bouillon cubes dissolved in a little water. Also, excellent with a few jalapeno or serrano chilies cooked with squash and basic stock. This also works well even if you omit mushrooms from stock.

## Thai Orange Peanut Tofu

Here's a Thai recipe my son loves:

Ingredients

8 - 16 oz firm tofu (the firmer and drier, the better)

1 bunch scallions

Thai peanut sauce

1 cup orange juice (tangerine juice also works well. If you want to avoid all citrus, try chopped mango.)

1 basket of small (cherry) tomatoes, halved.

Cooking oil

Recommended: Thai sweet chili sauce (Mae Ploy is the brand available in our markets, or online). Also: make some jasmine rice, or rice noodles.

Directions

1. After you pat dry and make small cubes of the tofu, fry in a few teaspoons of oil until it turns brown.



### Tip

Use non-stick cookware (essential!), and don't put the pieces too close together. They'll steam, rather than brown if you do.

Do this in two or three batches if you have to. Drain cooked tofu on a paper towel.

2. While or before you cook the tofu, chop the scallions, and halve the tomatoes. Set aside some of the nice, green scallion pieces for garnish.
3. Saute the scallion pieces for 30 - 60 seconds (depends on how you like to eat them).
4. Add the mixed juice (orange, tangerine, etc.) and peanut sauce (to taste), the tomatoes and tofu. Heat for about two minutes.
5. Serve on a bed of jasmine rice or rice noodles, and garnish.
6. Add more peanut sauce and/or the sweet chili sauce to taste.

## Neapolitan Spaghetti Sauce

Ingredients

2 onions, sliced thin

1/2 green bell pepper, chopped

2 cloves garlic, mashed

1/2 C. vegetable broth, or sherry (or olive oil)

2 lb. (veggie) ground beef

3 C. tomato juice

1 1/2 C. tomato purée

1 can tomato paste

4 jalapeño peppers, chopped

- 1 tsp. Italian seasoning
- 2 tsp. salt
- 1/4 tsp. pepper
- 2 tsp. sugar
- 12 stuffed green olives, sliced

Directions

Brown onions, green pepper and garlic. Add “meat” and heat slowly. Heat tomato juice, purée, tomato paste and add 1 can drained mushrooms (8 oz, if you saute them yourself), if desired. Add meat mixture, jalapeños, salt, pepper, sugar and 1 bay leaf. Simmer 2 1/2 to 3 hours until thickened.

Remove bay leaf. Simmer 10 minutes longer.

Serve with spaghetti and top with Parmesan cheese. This makes sauce for 1 pound of spaghetti. It tastes even better if made the day before and allowed to stand.

### Spaghetti with Mushroom Sauce

This is the commercial “Spaghetti Factory” sauce. It includes Fresh tender mushrooms, swimming in authentic Italian tomato sauce

Ingredients

- 2 Tbs. vegetable oil, divided (or sherry, or vegetable broth)
- 3/4 cup onion, chopped fine
- 7 cloves garlic, minced
- 1 Tbs. salt
- 1 1/2 Tbs. sugar
- 1/4 tsp. black pepper
- 1 Tbs. crushed oregano
- 2 tsp. crushed sweet oregano
- 1 Tbs. fresh parsley (chopped fine)
- 1 oz. red wine
- 3 15-oz. cans diced tomatoes in juice
- 1 12-oz can tomato puree
- 3/4 cup water
- 1 Tbs. corn starch
- 1 lb. large sliced mushrooms

Spaghetti:

- 1 cup cooked pasta per person

Directions

1. Place a large saucepan on stove over medium heat.
2. Add 1 Tbs. oil, along with the onions and garlic. Mix thoroughly.

3. Cook the vegetables until tender; stir frequently (add a little water to prevent scorching if needed).
4. When vegetables are done, add spices, parsley and wine. Mix thoroughly.
5. Add the diced tomatoes and tomato puree. Mix thoroughly.
6. Add the water and mix thoroughly.
7. Bring all ingredients to a boil. Simmer for 30 minutes.
8. Stir in cornstarch.
9. In a separate sauté pan, heat remaining 1 Tbs. oil.
10. Add mushrooms and sauté until they start to “sweat”.
11. Stir the mushrooms into the sauce.
12. Portion spaghetti into dishes. Spoon about 6 oz. of sauce over pasta.
13. Refrigerate or freeze extra sauce for another time!

### Somen Noodles Three-color vegetable salad

This is a nice oriental salad.

Ingredients

Dressing: 2 oz fresh lime juice, 1 tbs brown sugar, 2 tbsb Thai fish sauce, 2 tbsp olive oil.

The following chopped fine into dressing, then added to cooked somen noodles:

Carrot, thai chili, chives, 1/2 cup herb leaves

Dipping sauce:

Dried Shitake Mushrooms, White Wine, Soy Sauce, Sugar Water, Ginger root, Green onion.

Add a few pieces of shitake mushrooms to 2 cups of boiling water. Simmer for 5 minutes over low heat. Add 1/2 cup soy sauce, 1/2 cup white wine, 2 tablespoons sugar, cook over medium heat for 5 minutes. Remove Shitake mushrooms from pan, cut into small pieces and back in soup. Finish with a bit of peeled and finely grated ginger root and finely chopped green onion.

### McDougall Program Recipes

The following sections describe recipes from Dr. McDougall’s newsletter. While the previously described recipes are thoroughly tested, these are tested only by McDougalls, unless otherwise noted.

#### Jamaican Three Potato Curry

By Wendy McCrady

This recipe was sent by a former participant at the McDougall Live-In Program. It is wonderful for curry and potato lovers. It is very easy to make, but be careful of the turmeric because it is a very strong yellow dye and it will stain garments and porous surfaces.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 6

1 onion, chopped

2½ teaspoons turmeric

1¼ teaspoons ground cumin

½ teaspoon allspice

½ teaspoon ground ginger

5 cloves garlic, minced

1 large white potato, coarsely chopped

1 medium sweet potato, coarsely chopped

1 medium yam, coarsely chopped

1 bell pepper, chopped

1-2 cups water

1 tablespoon cornstarch mixed in ¼ cup cold water

Place onion in a large non-stick pan with about ¼ cup water. Cook and stir for about 3 minutes, until softened slightly. Add spices and continue to cook and stir for 5 minutes. Be careful not to burn the spices. Add a splash more water, if necessary. Add the garlic and cook another 1-2 minutes.

Add the potatoes and yams and stir to coat with spices. Add the bell pepper and just enough water to barely cover the vegetables. Bring to a boil, cover, reduce heat and simmer for 15 minutes.

Add the cornstarch mixture, stir and cook until thickened.

Serve over brown rice. Add some chopped cilantro for garnish, if desired.



**Tip**

Sweet potatoes are often confused with yams, and vice versa. True yams are entirely different from sweet potatoes, and are not often found in the US. In our supermarkets, usually the lighter skinned and pale-fleshed variety are labeled as sweet potatoes and the darker skinned and orange-fleshed variety are labeled as yams. They are interchangeable in most recipes. The orange-fleshed variety is usually moister.

**Reuben Sandwiches**

This is one of those recipes that can easily be varied according to how many people you want to serve. I usually have most of these items in my pantry and refrigerator, so this is an easy, fast meal for those days when you don't have much time to think about your meals.

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: variable

sliced rye bread

fat free honey-mustard dressing

baked tofu or tempeh, thinly sliced

sauerkraut, drained  
sliced tomatoes  
sliced onions  
soy cheese (optional)

Lay the bread slices out on your cupboard and spread both sides with a thin layer of the dressing. Place the tofu or tempeh on one side of the bread. Next add a thin layer of the sauerkraut, then the tomatoes and onions. Finish with a small amount of soy cheese, if you wish. Place another slice of the bread over these ingredients to make a sandwich. Repeat as many times as necessary to serve everyone.

Heat a non-stick griddle to medium-low. Place the sandwiches on the griddle, probably 2 at a time. Grill until browned on one side (about 1 minute) then flip over and grill on the other side. This usually takes only a very short time. Remove from griddle, slice in half and serve warm.



#### Tip

Baked tofu is sold in packages in most natural food stores, usually in various flavors. Look for the brands that are lowest in fat content. Tempeh is made from fermented soybeans, sometimes flavored, sometimes with other ingredients added. To marinate the tempeh before using, place about 1/3 cup of fat-free soy-ginger or teriyaki sauce in a bowl with the tempeh. Turn several times to coat. Drain, then briefly sauté in a non-stick frying pan. Slice either the baked tofu or the tempeh rather thinly crosswise, so you are working with larger thin sections rather than thin strips. Your natural food store should have both of these products available in the refrigerated section. Water-packed sauerkraut can also be found in the natural food store, usually by the canned vegetables or pickles.

## Southwest Couscous Salad

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

1 ¾ 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 onions

½ cup chopped cilantro (optional)



$\frac{3}{4}$  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.



**Tip**

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.

### **Creamy Bean and Vegetable Topping**

Preparation Time: 15 minutes

Cooking Time 30 minutes

Servings: 4-5

$\frac{1}{2}$  cup vegetable broth

1 onion, chopped

1 green bell pepper, chopped

$\frac{1}{2}$  pound sliced fresh mushrooms

$\frac{1}{2}$  cup unbleached white flour

3 cups unsweetened soy milk

1 15 ounce can garbanzo beans, drained and rinsed

1 15 ounce can water-packed artichoke hearts, drained and quartered

1 4 ounce jar chopped pimientos

1 tablespoon soy sauce

1 teaspoon Worcestershire sauce

$\frac{1}{8}$  to  $\frac{1}{4}$  teaspoon white pepper

2 tablespoons cornstarch mixed in  $\frac{1}{4}$  cup cold water

Place the vegetable broth, onion and bell pepper in a large pot. Cook, stirring occasionally, for 5 minutes. Add the mushrooms and continue to cook another 5 minutes. Stir in the flour, and cook for another 2 minutes while stirring. Add the soy milk, a small amount at a time, while stirring. Then add all the remaining ingredients except the cornstarch mixture. Bring to a slow boil, stirring frequently. (This should take about 10 minutes.) Stir in the cornstarch mixture and cook and stir until thickened, about 5 minutes.

Serve over whole wheat toast or muffins, baked potatoes, brown rice or other whole grains.



### Tip

There are several brands of water packed artichoke hearts on supermarket and natural food store shelves. Look for them on the top shelf of the canned vegetable section. Be sure not to get the marinated ones packed in oil. Look for vegetarian Worcestershire sauce in your natural food store.

## Chili Garlic Tofu Cubes

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4-6

1 pound firm tofu, cut into cubes

< cup vegetable broth

1 teaspoon chili powder

1 teaspoon lime juice

= to 1 teaspoon Chili Garlic Sauce

Preheat oven to 350 degrees.

Mix the broth with the seasonings in a medium bowl.

Add the tofu cubes and toss to mix. Place in a single layer in a non-stick-baking dish. Bake for 30 minutes, stirring occasionally.

Hint: Use as a condiment in various wraps. Chili Garlic Sauce is sold in many supermarkets in the ethnic section. It adds a wonderful spicy flavor to many dishes.

## Moroccan Bulgur Casserole

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 6-8

3 cups water

1 onion, chopped

1 teaspoon minced fresh garlic

1 = teaspoons ground cumin

1 = teaspoons ground coriander

dash cayenne pepper

1 15 ounce can chopped tomatoes

1 15 ounce can garbanzo beans, drained and rinsed

1 cup uncooked bulgur wheat

2 medium sweet potatoes or yams, peeled and chunked

= cup raisins

1/3 cup chopped fresh cilantro

Place < cup of the water in a large pot with the onion and garlic. Cook, stirring occasionally, for about 5 minutes. Add the cumin, coriander and cayenne. Stir well to mix. Add the remaining water, the tomatoes, garbanzo beans, bulgur, and sweet potatoes or yams. Mix well, bring to a boil, reduce heat, cover and cook about 30-35 minutes, until potatoes are tender. Add raisins and cilantro, mix well. Remove from heat and let rest for a minute or two. Serve warm or at room temperature.



**Tip**

Sweet potatoes and yams are root vegetables, although the yams you see in most supermarkets in the US are not true yams. Usually the sweet potatoes that are a deeper orange color are labeled yams. They tend to be sweeter and more moist than those labeled as sweet potatoes. Both varieties will work in this recipe, but I most often use the kind that are labeled yams.

Cut the peeled pieces into about = inch chunks. To make this a bit more spicy, increase the amount of cayenne pepper.

**Bean Soup**

Preparation Time: 10 minutes

Cooking Time: 3-4 hours

Servings: 6

2 cups dried Great Northern beans

8 cups water

2 onions, finely chopped

2 stalks celery, finely chopped

2 bay leaves

= teaspoon rubbed sage

= 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.



### Tip

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!

## Garbanzo Delight

Preparation Time: 20 minutes

Cooking Time: 50-60 minutes

Servings: 8

4 cups vegetable broth

1 onion, chopped

1 carrot, chopped

2 stalks celery, chopped

2 leeks, sliced (white part only)

2 yams, peeled and chunked

2 15 ounce cans garbanzo beans, drained and rinsed

2 = cups broccoli florets

1 tablespoon lemon juice

1 tablespoon soy sauce

1 = teaspoons pure prepared horseradish

1 teaspoon ground cumin

1 teaspoon ground coriander

dash cayenne pepper

dash Tabasco sauce

Place 2 cups of the broth in a large pot. Add onion, carrot, celery, leeks, and yams. Bring to a boil, reduce heat, and cook, uncovered, for 30 minutes. Add beans, broccoli, remaining vegetable broth, and seasonings. Mix well. Return to boil, reduce heat and cook an additional 20-30 minutes, stirring occasionally.

Serve over brown rice or other whole grains, whole wheat toast, potatoes or in a bowl by itself.



**Tip**

While this cooks it will thicken as the yams break apart and become part of the broth. (See Tip above on Yams.) This is a delicious, surprisingly sweet, vegetable stew, sure to become a favorite. This may be made ahead and reheated before serving.

Another great leftover dish for lunch the next day.

**Tunisian Sweet Potato Stew**

Preparation Time: 20 minutes

Cooking Time:

Servings: 6-8

1/3 cup water

1 onion, chopped

2 jalapeños, seeded and finely chopped

2 teaspoons minced fresh ginger

1 teaspoon minced fresh garlic

1 = teaspoons ground cumin

< teaspoon 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

1 = cups vegetable broth

< cup natural peanut butter

< cup chopped cilantro

Place the water, onion, jalapeños, 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.

**Cream of Mushroom Soup**

We serve a version of this soup at the McDougall residential program and it is always very popular. If you know a vegetable hater who loves mushrooms, as Sharon does, they might also be tempted by this delicious soup.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 6-8

- 1 onion, chopped
- 4 cups chopped, assorted fresh mushrooms (see hint)
- 1 cup white wine (or water)
- 5 cups vegetable broth
- 2 cups frozen, chopped hash brown potatoes
- 1-2 tablespoons parsley flakes
- 1 teaspoon nutmeg
- 2 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.

Use a variety of fresh mushrooms for the best flavor in this soup. I usually use about = pound of button mushrooms, a few shiitake 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. You can also use different kinds of wine for sauteing; try sherry.



**Tip**

This was a little bland when I made it. I recommend sauteing in sherry, or even a little olive oil. It also needs salt—something the recipe does not mention.

**Summertime Bread Salad**

Heather was traveling recently and enjoyed a delicious bread salad during one of her meals out. She came home craving a good bread salad, but couldn't find one anywhere, so she decided to create her own. This is even better when you have fresh, vine-ripened tomatoes from your garden or the farmers market.

Preparation Time: 20 minutes

Resting Time: 15 minutes

Servings: 4

- 1 loaf fat-free French or Italian style bread
- 1 cucumber
- 1 bell pepper
- 3 tomatoes
- 1 cup chopped fresh basil
- 1 cup quartered Kalamata olives

- 1 cup fat free Balsamic vinaigrette
- 3 cloves garlic, crushed
- 2 tablespoons hot water
- 2 tablespoons vegetable broth
- 2 teaspoons Balsamic vinegar

Preheat oven to 300 degrees.

Cut bread into 1 inch by 1 inch pieces. Place on a baking sheet and bake for 15 minutes. Remove and let cool. Cut cucumber, bell pepper and tomatoes into bite-sized pieces. Place in a large bowl and mix with the basil and olives. Whisk the remaining ingredients together in a separate bowl. Set aside. 15 minutes before serving, add bread to the vegetable mixture and toss to mix. Add the dressing and toss again. Let rest before serving to allow dressing to soak into the bread somewhat.

## Gallo Pinto

Preparation Time: 15 minutes (need cooked rice)

Cooking Time: 30 minutes

Servings: 8-10

Beans:

- 1 cup vegetable broth
- 1 onion, chopped
- 2 stalks celery, chopped
- 1 teaspoon minced fresh garlic
- 3 15 ounce cans black beans, drained and rinsed
- 1 bay leaf
- 1 teaspoon dried oregano

Vegetables:

- 1 cup vegetable broth
- 1 onion, chopped
- 1 stalk celery, chopped
- 1 tomato, chopped
- 1 cup chopped fresh cilantro
- 4 cups cooked long grain brown rice
- hot sauce

Beans:

Place the vegetable broth in a medium-large saucepan. Add the onion, celery and garlic. Cook over medium heat, stirring frequently until vegetables are softened. Add remaining ingredients, mix well and cook over low heat for 20 minutes, stirring occasionally. Set aside.

Vegetables:

Place the vegetable broth in a large non-stick frying pan. Add onion and celery and cook over medium heat for 5 minutes, stirring frequently. Add tomato and cilantro and cook for another 5 minutes. Add the bean mixture and the rice. Mix well. Heat through and season to taste with the hot sauce. Remove bay leaf before serving.

This is another delicious Costa Rican bean and vegetable dish. Black beans are available almost everywhere in this country, either served plain with tortillas or combined with rice and/or vegetables.

## Costa Rican Potatoes and Beans

Preparation Time: 30 minutes (need cooked potatoes)

Cooking Time: 30 minutes

Servings: 4

1/2 to 1 cup vegetable broth

1 onion, chopped

1 teaspoon minced fresh garlic

1 jalapeno pepper, seeded and minced

2 cups chopped fresh tomatoes

1 cup chopped fresh cilantro

several twists freshly ground black pepper

4 cups packed chopped spinach

3 cups chunked cooked potatoes

1 15 ounce can black beans, drained and rinsed

hot sauce

Heat the vegetable broth in a large non-stick frying pan. Add the onion, garlic and jalapeno. Cook over medium heat, stirring frequently, until vegetables are very soft, adding the rest of the vegetable broth if necessary. Add tomatoes, cilantro and black pepper. Cook, uncovered over low heat, stirring occasionally, for 15 minutes.

Meanwhile, drop the spinach into boiling water for 1 minute. Drain and set aside.

Add potatoes and beans to tomato mixture. Mix well and cook for 3 minutes. Add spinach and cook for another minute. Season to taste with hot sauce.

Serve hot or cold.



### Tip

Use a variety of tomatoes for an attractive, colorful dish. Use small, new potatoes cooked with the skins on for best flavor. Cool slightly, then cut into chunks.

## Southwestern White Beans

This is quick and easy to prepare and is also great for lunch or a snack the next day or two, if it lasts that long.

Preparation Time: 20 minutes



Cooking Time: 30-35 minutes

Servings: 6

1 1/2 cups vegetable broth

1 onion, chopped

2 cloves garlic, minced

1 cup corn kernels, fresh or frozen

3 cans white beans, drained and rinsed

2 cups chopped fresh tomatoes

1 4 ounce can chopped green chilies

1 teaspoon chili powder

1/2 teaspoon ground cumin

1/4 teaspoon smoked paprika

1/8 teaspoon crushed red pepper

3 cups fresh chopped, kale, chard or spinach

hot sauce to taste (optional)

Place 1/2 cup of the broth in a large pot. Add onion and garlic. Cook, stirring occasionally, for 10 minutes, until onion is soft. Add corn, beans, tomatoes, chilies, and seasonings. Mix well. Bring to a boil, cover partially and simmer over low heat for 15 minutes, stirring occasionally. Add greens and cook for an additional 10 minutes (only 3 minutes for spinach) Season with hot sauce to taste.

Serve over baked or roasted potatoes, whole grains, or rolled up in a tortilla. This is also wonderful served in a bowl with some fresh bread on the side.



### Tip

When fresh corn is in season, slice the kernels off 1 or 2 ears to use in this recipe. To use frozen corn, thaw first under cold running water (place in a strainer and hold under the water for about a minute). Bottled minced garlic may be used, you'll need about 1 1/2 teaspoons. If fresh tomatoes are unavailable, or not very appealing at certain times of the year, use drained, canned chopped tomatoes instead. Any variety of canned white beans may be used. Try either small, white beans or large cannellini beans. Smoked paprika is available in most natural food stores. It adds a delicious flavor to this dish. If you cannot find it, leave it out or use regular paprika instead. Any leafy green is delicious in this recipe. Adjust the cooking times according to the greens used.

## Potato Enchiladas

You will need a batch of the enchilada sauce from this recipe: [Bean Enchilada Casserole](#) on page 41. You may either make one-third of the recipe amount to use in this dish, or make the full recipe amount and serve the extra sauce on the side for those who enjoy more sauce on their food. (It is easy to reduce this sauce recipe by thirds-I make this frequently to serve with our favorite bean burritos.)

Preparation Time: 15 minutes

Cooking time: 50 minutes

Servings: 4-6

4 medium-large firm potatoes, peeled and diced  
1 onion, chopped  
1-2 cloves fresh garlic, minced  
1/2 to 3/4 cup vegetable broth  
2 jalapeños, seeded and minced  
1 teaspoon chili powder  
freshly ground pepper  
1 cup fresh spinach, thinly sliced  
1/2 cup grated soy cheddar cheese  
8 fat free flour tortillas  
2 1/2 cups enchilada sauce

Preheat oven to 350 degrees.

Cook potatoes in water to cover until almost tender, about 5 to 7 minutes. Drain and set aside.

Place the onions and garlic in about 1/4 cup of the broth in a large non-stick frying pan. Cook, stirring frequently until onion softens slightly. Add jalapeños and another 1/4 cup of the broth. Cook for an additional minute. Add potatoes, mix well and continue to cook and stir. Add the remaining broth, the chili powder and several twists of freshly ground pepper. Cook and stir for another minute. Add the spinach and soy cheese. Mix well. Remove from heat and set aside.

Place 1/2 cup of the enchilada sauce in the bottom of a lightly oiled baking dish. (To lightly oil a baking dish, place a small amount of oil on a paper towel and rub over the bottom of your baking dish.)

Take 1 tortilla at a time and spread a line of about 1/4 cup of potato mixture down the center of each tortilla. Roll up and place seam side down in the baking dish. Repeat until all filling is used. Pour remaining sauce over the tortillas. Cover and bake for 30 minutes.

Serve with extra enchilada sauce on the side or with some fresh salsa.



#### Tip

Any type of fresh, firm potatoes may be used in this recipe. Try red potatoes, Yukon Gold, Yellow Finn, white or purple potatoes. Bottled minced garlic may be used instead of fresh garlic. If you do not have fresh jalapeno peppers, use 2 tablespoons of canned, chopped green chilies instead. Add some fresh or frozen (thawed) corn kernels to the potato mixture along with the spinach for variety, if desired.

## Sweet Potato Bisque

Choose firm, smooth potatoes of either type (yams or sweet potatoes) for this recipe. The varieties that are sold in most markets in the US are all sweet potatoes. The yams are not really true yams, but are so labeled to distinguish them from the lighter fleshed sweet potatoes. The ones that are labeled yams have a brighter orange color and their flesh is more moist.

Preparation Time: 20 minutes

Cooking Time: 60 minutes

Servings: 6-8

- 1 onion, chopped
- 4 ½ cups vegetable broth
- 2 jalapeños, seeded and chopped
- 3 cups peeled, chunked sweet potatoes or yams
- 3 carrots, peeled and sliced
- 1 cup soy or rice milk
- 1-2 tablespoons fresh slivered basil
- 1 tablespoon brown sugar
- dash cayenne pepper (optional)

Place ½ cup of the broth in a medium pot. Add the onion and cook stirring occasionally for 3-4 minutes. Add the jalapeños and cook for another 2 minutes. Add the remaining broth, the potatoes and carrots. Bring to a boil, reduce heat, cover and cook for about 45 minutes or until vegetables are tender.

Process in batches in a blender and return to pan, or use an immersion blender and process until the soup is smooth. Add soy or rice milk, basil, brown sugar and cayenne, if desired. Simmer for about 5 minutes, stirring occasionally.

## Polenta Triangles with Roasted Red Pepper Relish

By Jill Nussinow, MS, RD (McDougall's cooking instructor)

This is a recipe for delicious holiday appetizers.

Preparation Time: 10 to 30 minutes

Cooking Time: 10 minutes

Servings: 8-10 as an appetizer

Polenta:

- 1 ¼ cups coarsely ground cornmeal
- 3 ½ cups water
- 1 teaspoon salt

Bring the water to a boil in a medium pot. Stir in cornmeal. Reduce heat. Cook, stirring constantly for 5 to 10 minutes, or until spoon will stand straight up in the cornmeal mixture. Pour onto a baking sheet and flatten into a thin layer. Refrigerate for 15 to 20 minutes until cooled. Cut into triangles and place on plate. Serve at room temperature topped with the relish.

Variation: Add some fresh chopped herbs when cooking the polenta. To save some time: buy precooked polenta (sold in "logs" in natural food stores), slice and bake for 10 minutes. Cool. Cut each slice in half and proceed with the recipe.

Relish:

- 1 ½ cups roasted red peppers (sold in jars) or 2 large red peppers, roasted
- 2 tablespoons capers
- 1 tablespoon chopped fresh Italian parsley
- 1 tablespoon chopped fresh basil

1 clove garlic, pressed

2 teaspoons balsamic vinegar

Finely chop the roasted red peppers, either by hand or in a food processor (don't let them get mushy). Combine with the remaining ingredients. Let this mixture sit at room temperature for at least 30 minutes to allow flavors to meld. Serve on top of the polenta.

## Apple-Prune Crisp with Hazelnut Toppings

By Roberta Joiner

This would make a wonderful addition to your holiday dessert menu. Remember: this is meant for a special treat, not an everyday dessert.

Preparation Time: 30 minutes

Cooking Time: 40 minutes

Servings: 9

Filling:

1/3 cup sugar

3 tablespoons brown sugar

1 tablespoon unbleached white flour

2 teaspoons ground cinnamon

1 teaspoon apple pie spice

2 large Granny Smith apples (about 20 ounces), peeled, cored and diced

½ cup pitted prunes, chopped

Topping:

1/3 cup packed brown sugar

¼ cup unbleached white flour

¼ cup rolled oats

¼ teaspoon salt

¼ cup prune puree (see hints)

1 cup hazelnuts, toasted and chopped (see hints)

Preheat oven to 375 degrees.

Filling:

Mix sugars together in a large bowl. Stir in flour, cinnamon and apple pie spice. Mix in apples and prunes. Let stand about 5 minutes. Place in a lightly oiled 8 inch baking dish. (See directions in recipe for Potato Enchiladas on how to lightly oil a baking dish.) Bake until beginning to bubble at edge, about 20 minutes.

Topping:

Mix sugar, flour, oats and salt in a medium bowl. Add prune puree. Mix with your fingers until clumps form. Add hazelnuts and mix well. (This is very sticky. Use disposable gloves, if desired.) Scatter topping over pre-cooked filling. Continue to bake for another 20 minutes, until topping is golden and juices are bubbling thickly. Cool slightly before serving.

Serve with soy ice cream.



**Tip**

Remember, when replacing fat in one of your old recipes, the general rule is to replace the fat in the recipe with half that amount of replacer. For example, if you have a recipe that calls for ½ cup of oil or butter, use about ¼ cup of fat replacer (like prune puree).

Toast the hazelnuts in a non-stick pan, stirring almost constantly until lightly browned, or toast in the oven until lightly browned, then chop in your food processor. This topping may also be used on other fruit desserts to replace the usual butter-filled toppings.

**Thai Noodle Stir-up**

By Heather McDougall

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 4

7 ounces uncooked rice noodles

< cup vegetable broth

1 teaspoon minced garlic

1 cup broccoli florets

2 cups sliced fresh button mushrooms

= cup chopped red bell pepper

4 green onions, sliced in 1 inch pieces

6 oyster mushrooms, sliced (optional)

12 ounces smoked, baked tofu, sliced

Sauce:

6 tablespoons soy sauce

6 tablespoons sugar

2 tablespoons lime juice (2 limes)

2 tablespoons rice vinegar

1 to 2 teaspoons red chili sauce

Optional garnishes: Chopped cilantro, chopped peanuts, lime wedges, hot sauce.

Soften rice noodles in boiling water according to package directions, drain, and set aside.

Combine sauce ingredients in a bowl and set aside.

Place the vegetable broth and garlic in a large non-stick frying pan or wok. Cook and stir for 1-2 minutes. Add broccoli, button mushrooms, bell pepper and green onions. Cook and stir for 2 minutes. Add oyster mushrooms and tofu and continue to cook for another minute. Add noodles and sauce. Cook and stir for 3 to 5 minutes, until vegetables are at desired tenderness. Serve hot.

**Tip**

Various hot sauces (red chili sauce) are sold in most supermarkets in the ethnic section. Some are very hot. Use as much or as little as you like. Serve the optional garnishes in small bowls and let each person add them to their noodles as desired.

Rice noodles are sold in most natural food stores and some supermarkets in the Asian food section. They do not need to be cooked, just soak them in boiling water, usually between 5-8 minutes. Drain, add cold water and ice cubes, let soak for a minute or two, then drain and set aside.

**Note**

*This was quite tasty, and pretty easy to make. The vegetables can vary too.*

## Tortilla Soup

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 6

4 cups vegetable broth

1 medium onion, chopped

1 cup green bell pepper, chopped

1 cup fresh chopped tomatoes

1 15 ounce can black beans, drained and rinsed

1 cup frozen corn kernels

1/2 to 1 cup salsa, mild, medium or hot

1 to 2 tablespoons chopped green chilies

1/1 to 1 cup chopped avocado

1 cup broken fat free tortilla chips

Heat the broth in a medium saucepan. Add onion, bell pepper and tomatoes. Cook, stirring occasionally for 15 minutes over low heat. Add remaining broth, bring to a boil, reduce heat, add beans and corn. Add salsa and green chilies to taste. Cook over low heat for 10 minutes. Add avocado, adjust seasonings if necessary. Cook an additional 5 minutes. Stir in tortilla chips just before serving.

**Tip**

You can make this with canned tomatoes when fresh tomatoes are not available or not very desirable (during the winter months). Use 1 15 ounce can of chopped tomatoes and add tomatoes with the beans and corn.

## Mexican Rice Casserole

Preparation Time: 10 minutes (need cooked rice)

Cooking Time: 40 minutes

Servings: 6

3 cups cooked brown rice

- 1 17 ounce can cream-style corn
- 1 15 ounce can black beans
- 1 8 ounce can tomato sauce
- 1 cup chopped green onions
- 2 tablespoons chopped green chilies
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/8 teaspoon crushed red pepper
- 1 cup grated soy cheese (optional)

Preheat oven to 350 degrees.

Place the rice in a large bowl. Add remaining ingredients, except the soy cheese, and mix well. Ladle into a casserole dish. Bake, covered, for 30 minutes. Uncover, sprinkle with soy cheese, if desired, and bake for 10 more minutes.

## Garbanzo Salad

Preparation Time: 15 minutes

chilling Time: 2 hours

Servings: 4

- 1 15 ounce can garbanzo beans
- 1 cup chopped bell pepper
- 1 cup finely chopped sweet onion
- 1 tomato, chopped
- 1 cup finely chopped celery
- 2 tablespoons fresh lemon juice
- 1/3 cup finely chopped cilantro
- dash salt

dash or two of Tabasco sauce (optional)

Combine beans and vegetables in a bowl. Add lemon juice and cilantro. Mix well. Chill for at least 2 hours to allow flavors to blend. Taste and season with a dash of salt, if desired. Add Tabasco sauce to taste. Serve cold.



### Tip

Use a variety of bell peppers, if desired, or use all one kind. This makes a delicious salad for lunch for several days.

## White Beans Mexicali

Preparation Time: 15 Minutes

Cooking Time: 35 Minutes

Serves: 4

- 1 small onion, chopped
- 1 stalk celery, chopped

1 carrot, chopped  
 1 cup water  
 1 teaspoon minced fresh garlic  
 3 15 oz. cans white cannellini beans, drained and rinsed  
 1 15 oz. can chopped tomatoes  
 3 tablespoons chopped green chilies  
 1 cup vegetable broth  
 1 teaspoon chili powder  
 1 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, chile 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.



**Tip**

This freezes well and reheats easily in a microwave.

## Spicy Vegetable Bean Dip

Preparation Time: 20 minutes

chilling Time: 1 hour or more

Serves: 6-8

Mix sauce:

2 tablespoons red wine vinegar

2 teaspoons Tabasco Sauce

1 teaspoon bottled minced garlic

Several twists of freshly ground pepper

Mix in large bowl:

1 avocado, peeled and chunked

1 15 oz. can pinto beans, drained and rinsed

1 cup frozen corn kernels, thawed

3 green onions, chopped (1/2 cup)

1 tomato, chopped

1/3 cup chopped fresh cilantro

Fat-free tortilla chips

Pour sauce over beans and vegetables mix well. Serve with chips.





**Tip**

You can also use other kinds of beans such as white beans, kidney beans and/or garbanzo beans. This dish needs to be served the same day it is made.

**Vegetable Salad**

Preparation Time: 20 minutes

Serves: 4

- 4 cups torn lettuce leaves
- 1 tomato, chopped
- 1 stalk celery, chopped
- 1 green onion, chopped
- 1 cup chopped English cucumber
- 1 small avocado, peeled and chopped (optional)
- 3 radishes, finely chopped
- 3 tablespoons orange juice
- 1 tablespoon lime juice
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 2 tablespoons finely chopped cilantro
- 4 ounces smoked, baked tofu, chopped

Combine vegetables in a large bowl.

Mix juices together, whisk in chili powder and cumin. Add cilantro and mix again. Add tofu to vegetables, pour dressing over and toss to mix. Let rest 2 minutes, toss again and serve.

**Chocolate Decadence Pudding**

By Heather McDougall

This is a delicious sweet treat to make for your special someone this Valentines Day.

- 1 cup unsweetened cocoa powder (Wonderslim)
- 1 cup sugar
- 3 tablespoons cornstarch
- 3 cups soymilk
- 1 teaspoon vanilla

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

## Kitchen Sink Soup

By Heather McDougall

I like this soup so much because if I don't have one ingredient, I know there's an easy substitute in my fridge. If you don't have chard, use spinach. No sweet potatoes? Try squash. Feel free to mix and match to your liking.

4 cups vegetable broth  
1 onion, chopped  
1 russet potato, peeled and cubed  
1 sweet potato, peeled and cubed  
1 carrot, sliced  
1-15 ounce can white beans, rinsed and drained  
1 cup frozen corn kernels  
1 chopped tomato  
1 cup chopped chard  
salt and pepper to taste

Add broth to medium saucepan and heat on low. Add the onion, potatoes, and carrot and bring to a boil over medium heat. Simmer until the vegetables are tender but not mushy, about 15 minutes. Add beans and corn and cook for another 10 minutes. With a bean masher or a hand held blender push through the soup to create a thicker consistency, about 10 mashes or blends. Add the tomato and chard and cook for about 5 minutes more.



### Tip

Fresh corn kernels may also be used. Simply slice them off the cob and add to soup.

## Honey Mustard Dressing

Contributed by Lois Andre of Canton, Michigan

1 cup wine vinegar (use flavored vinegar if desired)  
3 tablespoons dijon-style mustard  
3 tablespoons honey  
1/3 cup water  
several twists of freshly ground pepper

Place all ingredients in a jar with a tight fitting lid and shake well until blended, or use a blender and process until well mixed. Keeps well in refrigerator.

## Golden Bean Stew

Servings: 6-8  
Preparation Time: 25 minutes  
Cooking Time: 60 minutes  
3 cups vegetable broth  
1 onion, chopped

- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 1 cup baby potatoes, cubed
- 2 cup cooked white beans
- 1 8-ounce can tomato sauce
- 1 8-ounce container prepared hummus
- 1 tablespoon parsley flakes
- 1 tablespoon soy sauce
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/8 teaspoon crushed red pepper
- 1 cup crumbled soy sausage (see hint)
- 1 cup thinly sliced fresh spinach

Heat the broth in a large pot. Add onion, celery, carrot, bell pepper, and garlic. Cook, stirring occasionally, for 10 minutes. Add remaining broth, potatoes, and beans. Bring to a boil, cover, reduce heat, and cook for 30 minutes. Add tomato sauce, hummus, and seasonings. Cook an additional 10 minutes. Add soy sausage, mix well, and cook for 5 minutes. Stir in spinach and cook an additional 2 minutes.

Soy sausage can be found in natural food stores in many varieties. Most of them are previously cooked and may be frozen. Thaw before using in this recipe. If you have soy sausage that is not cooked, such as Gimme Lean, crumble into a separate non-stick frying pan and brown slightly before adding to the stew. Most natural food stores also sell prepared hummus. Or you can make your own by pureeing cooked garbanzo beans with a small amount of broth, garlic, and salt. If you are using canned beans in this recipe, be sure to rinse them before using. This may also be made with garbanzo beans instead of the white beans. If you can't find baby potatoes, use larger red potatoes and chop them into bite-sized pieces. If you want to use chard or kale instead of the spinach, it will need to cook about 5 additional minutes.

## Hearty Chili

This is a very hearty, “meaty”, chili that is popular with vegetarians and non-vegetarians alike. If you like things a bit spicier, add ¼ to ½ teaspoon crushed red pepper flakes to this recipe. This is even better the following day as a leftover. This also can be frozen and reheated with delicious results.

Preparation Time: 15 minutes

Cooking Time: 4 hours

Servings: 6-8

2 cups dry red kidney beans

5 cups water  
2 onions, chopped  
2 stalks celery, chopped  
1 bell pepper, chopped  
2 cloves garlic, minced  
1 15 ounce can chopped tomatoes  
1 15 ounce can tomato sauce  
3 tablespoons chili powder  
2 teaspoons ground cumin  
1 package Yves Veggie Ground Round (original)

Place beans and water in a large pot. Bring to a boil, reduce heat, cover and simmer for 2 hours. Add remaining ingredients, except for the “ground round”, mix well, and cook for an additional 1 hour and 45 minutes. Add the soy meat and heat for 15 minutes.

Serve over brown rice with toppings of your choice.



#### Tip

Use any color of bell pepper that you like. Green is the most common, but you can also try red, yellow or orange. Topping suggestions: Shredded soy cheese, chopped sweet onion, mustard, cooked corn, relish. Some people also like cooked mild greens on top of their chili, such as steamed chard, kale or spinach.

## Veggie Benedicts

Leave off the tomato for the “vegetable haters” and this could also become one of their favorites.

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 2-4

For the sauce:

1 cup Almond Milk

2 tablespoons lemon juice

1 teaspoon nutritional yeast powder

½ teaspoon onion powder

1/8 teaspoon garlic powder

1/8 teaspoon salt

1/16 teaspoon turmeric

pinch of paprika

1 tablespoon cornstarch mixed with 2 tablespoons cold water

Place the cashew milk in a saucepan. Add all the remaining ingredients and mix well with a whisk. Slowly bring to a boil, stirring constantly, until thickened and smooth. Set aside. (If you need to reheat this just before serving, do it slowly while stirring with a whisk.)

For the base:

1 vine-ripened tomato

½ avocado

4 fat-free English muffin halves

Slice the tomato into 4 medium-thick slices. Peel and slice the avocado. Toast the muffin halves. Place the tomato and the avocado on the English muffin halves. Ladle about ¼ cup of the sauce over each muffin half and serve.



**Tip**

The sauce may be made 1 day ahead of time and slowly reheated. This saves time on a busy morning. The sauce is also great with asparagus, other vegetables or potatoes.

## French Toast

This is a winner for almost everyone who likes “french” toast. I have been making this for years and have served it to many of our children’s friends who responded with smiles every time.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 12

2 cups almond milk

3 tablespoons chopped dates

1/8 teaspoon cinnamon

dash turmeric

12 slices whole wheat bread

Place 1 cup of the almond milk in a blender jar. Add the dates, cinnamon and turmeric. Process until well blended. Add remaining milk and blend again. Pour into a bowl. Dip slices of bread into the cashew mixture, coating well. Brown on a medium-hot non-stick griddle or frying pan, turning once so both sides are evenly browned.

Serve with pure maple syrup or fruit sauces or spread.



**Tip**

These are easy to store for later use. Place them in individual zip-lock bags and refrigerate. Reheat in microwave. They may also be frozen and popped into the toaster for reheating.

## Bean Enchilada Casserole

Preparation Time: 40 minutes

Cooking Time: 45 minutes

Servings: 8-10

Sauce:

3- 8 ounce cans tomato sauce

4½ cups water

6 tablespoons cornstarch  
3 ½ to 4 ½ tablespoons chili powder  
1 ½ teaspoons onion powder  
¾ teaspoon garlic powder

Place all ingredients for the sauce in a saucepan. Start with the lesser amount of chili powder unless you like really spicy foods. Mix well with a whisk until well combined. Cook and stir over medium heat until thickened, about 7 minutes. Taste and add more chili powder if desired. Set aside.

12-14 flour tortillas  
4-5 cups mashed pinto beans  
½- 1 cup chopped green onions  
½-1 cup frozen corn kernels, thawed  
1-2 tablespoons chopped ripe olives  
1-2 tablespoons chopped green chilies (optional)

Preheat oven to 350 degrees.

To assemble casserole:

Place 1-2 cups of the sauce in the bottom of a large non-stick oblong baking dish. Take 1 tortilla at a time and spread some beans down the center of the tortilla. Roll up and place seam side down in the baking dish. Repeat with remaining tortillas, placing them snugly next to each other. Reserve about 1½ cups of the remaining sauce, then pour the rest of the sauce over the rolled up tortillas, spreading it out evenly. Sprinkle the green onions, corn kernels, olives and chilies over the sauce. 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 5 minutes before cutting. Serve with the extra sauce or salsa, if desired.

## Non-McDougall Recipes

Here are a few recipes that are not McDougall's, but can be made so:

### Pad Gratiem Prik Thai Tempeh

(Stir-Fried Tempeh with Garlic And Pepper)

12 ounces tempeh or firm tofu  
1 medium-large yellow onion  
1 1/2 tablespoons peanut or vegetable oil  
1 tablespoon minced garlic  
1 large, hot fresh green chili, seeded and sliced  
1 red bell pepper, seeded and cut into matchstick pieces  
4 ounces spinach or water spinach, stems removed  
2 tablespoons vegetarian mushroom oyster sauce  
1 tablespoon light soy sauce

1/2 cups water or vegetable stock

1/2 teaspoon white pepper

Salt to taste

1-3 teaspoons toasted sesame seeds

Cut tempeh or tofu into 3/4-inch cubes. Cut off the top and bottom from onion, then cut through stem end, into narrow wedges and separate the layers.

Heat oil in wok or large skillet over high heat. When very hot, add tempeh or tofu and onion and stir-fry for 3 1/2 minutes. You will need to turn and stir constantly, but be careful you do not break up tempeh too much.

When ready, the onion will have softened and be slightly browned on the edges.

Add garlic, chili and bell pepper strips and continue to stir-fry over heat for another 2 minutes.

Add spinach, vegetarian oyster and soy sauces. Cook briefly, then pour in water or stock and add pepper and salt. Continue to cook over heat until green vegetable wilts, about 2 minutes.

Transfer to a serving dish, scatter sesame seeds and serve.

Serves 4-6

## Vegetarian Pad Thai Noodles

12 ounces rice stick noodles (sen lek)

8 ounces firm tofu

1/3 cup peanut or vegetable oil

1 cup sliced celery

3-inch piece large carrot, cut into matchsticks

2 teaspoons minced garlic

2 teaspoons tamarind concentrate or 1 tablespoon lemon juice

2 tablespoons light soy sauce

1-1 1/2 tablespoons medium-light palm sugar or soft brown sugar

1 1/2 teaspoons fermented tofu, mashed with its brine

3/4 teaspoon sambal ulek or other chili paste

1 teaspoon sesame oil (optional)

Salt and white pepper to taste

3 scallions, white and green parts chopped

1 1/4 cups bean sprouts

1/2 cup roasted unsalted peanuts, coarsely chopped

Chopped fresh coriander (cilantro) or sliced scallion greens

Place noodles in a bowl, add hot water to cover and let stand for 6-8 minutes to soften, then pour into a colander to drain. Cut tofu into 1/2-inch cubes. Heat oil in a wok or large skillet over heat.

Add tofu cubes and fry, turning frequently until crisp and golden, about 3 minutes. Remove with a slotted spoon and set aside on paper towels. Pour off all but 2 tablespoons of oil from the pan.

Place pan again over high heat. Add celery and carrots and cook, stirring often until softened, about 2 1/2 minutes. Add garlic, fried tofu and well-drained noodles and stir over heat until each noodle stand is moistened with oil, about 1 1/2 minutes.

In a small bowl, combine tamarind concentrate or lemon juice, soy sauce, sugar (to taste), fermented tofu and chili paste. Pour over noodles and add sesame oil, if using. Continue to stir over heat, tossing, lifting and turning noodles until evenly seasoned.

Check seasoning and adjust to taste, plus add salt and a generous sprinkle of pepper. Add scallions and bean sprouts, mix in well and allow them to cook for about 45 seconds.

Lastly, stir in peanuts, then transfer to serving dish or 4 large shallow bowls, garnish with coriander or scallion greens.



#### Note

*Most rice noodle sticks come in packs weighing about 14 ounces. Use the whole pack, if you prefer, adjusting the seasonings to taste. Leftover pad Thai re-heats well in a microwave oven.*

Serves 4

## Skillet Gardener's Pie

By Susan Voisin

I used kidney beans here because I like their flavor and texture in this dish. But feel free to substitute about 1- 1/2 cups of any cooked beans or lentils

2 pounds Yukon gold potatoes

1/2 cup plain soy milk

salt and pepper, to taste

1 large onion, diced

2 cloves garlic, minced

2 large carrots, diced

2 ribs celery, diced

8 ounces mushrooms, diced

2 cups vegetable broth

16 ounces (1 can) kidney beans, drained

2 cups green beans, cut in 1" pieces (frozen cut green beans can be used)

1 1/2 teaspoons thyme

2 teaspoons fresh rosemary, minced (or 1 tsp. dried)

1/4 teaspoon sage

2 cups baby spinach leaves, packed



1 tablespoon cornstarch  
 2 tablespoons water (or veg. broth)  
 extra fresh rosemary for garnish

Scrub the potatoes and cut them into cubes. (I leave mine unpeeled, but if you want you can peel them before dicing.) Place potatoes in a large pot and cover with water. Bring to a boil and simmer until potatoes are tender. Reserve a cup of their cooking water, if possible, and drain.

Place in a large bowl, add the soymilk, and mash until smooth, adding a little of the potato-cooking water if they seem too dry. Add salt and freshly ground pepper to taste and set aside in a warm place.

While the potatoes are cooking, make the "pie" filling. Heat a large non-stick or cast iron skillet on a medium-high burner and add the onions. Sauté until onions are translucent, adding a little water if necessary to prevent sticking. Add the garlic, carrots, celery, and mushrooms, and sauté for 3 more minutes.

Add the vegetable broth, kidney beans, green beans, and herbs. Simmer on medium heat for 20 minutes until all vegetables are tender. Add salt and pepper to taste. There should still be some liquid in the pan, but if it has become too dry, add a little of the potato-cooking water. Add the spinach and stir until it's completely wilted. Mix the cornstarch with the water until smooth, and add it to the pan. Cook, stirring, until mixture has thickened.

Spoon the potatoes evenly over the top of the filling and sprinkle with chopped rosemary. If potatoes have cooled, put the skillet under the broiler for a minute or two. Serve immediately while hot. Mary's Note: This is a fantastic "pie" that does not have to be baked in the oven, all it requires is some simmering on the stovetop.





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