



## THE McDOUGALL PROGRAM 10-DAY RECIPES

### DAY 1 - FRIDAY

#### Day 1 - Dinner

##### MY CAESAR SALAD

This versatile dressing for this salad can be made several hours in advance and refrigerated in a jar until serving time: shake well before adding it to the salad. Store any leftover dressing, tightly covered, in the refrigerator for up to 1 week to use on any green salad. For a more traditional Caesar salad, toss in some dry, toasted bread cubes just before serving. Miyoko Schinner, cookbook author and one of our McDougall Program cooking instructors, taught me how to make this dressing about 8 years ago, and it has become my family's favorite salad dressing!

NOTE: Almond meal can be made by grinding the nuts until they are almost the texture of flour. You can find almond meal at Trader Joe's, Bob's Red Mill, or natural food stores. To make your own, grind unsalted, blanched, or skin-on raw almonds in a food processor until very fine, taking care not to go so far that you make almond butter. (Using cold nuts helps to prevent this). Store almond meal in the freezer for up to 6 months.

Preparation Time: 15 minutes  
Servings: 4

2 tablespoons almond meal  
3 tablespoons Dijon mustard  
3 tablespoons nutritional yeast  
3 cloves garlic, crushed or minced  
3 tablespoons fresh lemon juice  
2 tablespoons regular or reduced-sodium soy sauce  
2 heads romaine lettuce, washed, spun dry, and torn into pieces

Put the almond meal, mustard, nutritional yeast, and garlic into a 12-ounce jar. Stir with a fork to make a paste. Add the lemon juice, soy sauce, and 1 tablespoon of water. Close the jar tightly and shake vigorously to mix.

Put the lettuce in a large bowl. Shake the dressing well, then pour about half of it over the lettuce. Toss, taste, and continue to toss in dressing until the salad is dressed the way you like.

##### SPLIT PEA SOUP

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

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



8 cups water  
 1 cup dried green split peas  
 ½ cup dried baby lima beans  
 ¼ cup dried barley  
 1 onion, chopped  
 2 bay leaves  
 1 teaspoon celery seed  
 2 cups vegetable broth  
 2 carrots, chopped  
 2 potatoes, cubed  
 2 celery stalks, chopped  
 2 tablespoons parsley flakes  
 1 teaspoon basil  
 1 teaspoon paprika  
 1/8 teaspoon white pepper  
 Freshly ground black pepper to taste

Place split peas, lima beans, barley, and water in a large pot. Bring to a boil, reduce heat, and add bay leaves and celery seed. Cover and cook over low heat for 1 hour. Add remaining ingredients and cook for 1 additional hour.

Hints: If you want to make this without the lima beans, increase the split peas to 2 cups and reduce the initial cooking time to ½ hour. This recipe freezes and reheats well. For a delicious smoky flavor, try adding a couple drops of liquid smoke to the soup about 15 minutes before the end of the cooking time.

### **MUSHROOMS McDOUGALL**

I recently discovered this old favorite of ours. We like this plain, on baked potatoes, and on burritos. It is really quick if you buy pre-sliced mushrooms!

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

¼ cup water  
 1½ pounds fresh mushrooms, sliced  
 1 bunch green onions, chopped  
 2 cloves garlic, minced  
 1 4-ounce can chopped green chilies  
 2 tablespoons lemon juice  
 ¼ cup sherry  
 Fresh ground pepper to taste

Place water in a large pan or wok. Bring to a boil, add mushrooms, green onions, garlic, and chilies. Cook and stir for a minute or two, then add the remaining ingredients. Cook over medium heat, stirring frequently, until all liquid has been absorbed, about 10-12 minutes.



Serve rolled up in a burrito shell with fresh salsa, use on top of beans in a Mexican-style burrito, or serve on top of baked potatoes. This is wonderful on almost anything!

### **TOFU LASAGNA**

This recipe is quite similar to the lasagna that I have been making for my family for years. This recipe uses no soy cheese, however, which makes it lower in fat but still “creamy” and delicious. Make sure to let it rest for at least 45 minutes before serving so it “sets up” nicely.

Preparation Time: 30 minutes

Cooking Time: 60 minutes

Resting Time: 45 minutes

Servings: 6-8

Prepare the tofu ricotta before assembling the lasagna.

#### **Tofu Ricotta:**

1 12.3-ounce package silken tofu

1 pound fresh water-packed tofu

¼ cup nutritional yeast

¼ cup lemon juice

¼ cup non-dairy milk

1 teaspoon basil

1 teaspoon oregano

½ teaspoon garlic powder

¼ teaspoon salt

Several twists freshly ground pepper

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

#### **Lasagna:**

1 recipe tofu ricotta (see recipe above)

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

8 ounces no-boil lasagna noodles (see hints)

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

Parmesan cheese substitute (recipe in May 2009 Newsletter)

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

Preheat the oven to 350 degrees.

Pour about 1 cup of the pasta sauce into the bottom of a 9 x 13 inch baking dish. Place a layer of noodles over the sauce. Spread half of the tofu mixture over the noodles. Pour another cup or so of the pasta sauce over the tofu mixture and spread evenly. Add another layer of noodles and spread the remaining tofu mixture over them. Pour another cup or so of sauce over the tofu and spread evenly. Top with another layer of noodles and another cup or so of the sauce, making sure all the noodles are covered. Sprinkle the top with Parmesan cheese substitute. Cover with parchment paper then cover the parchment with aluminum foil,



crimping the edges under the baking dish top to seal the top well. Bake for 60 minutes. Let rest for at least 45 minutes before cutting.

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

### **MARINARA SAUCE**

Preparation Time: 15 minutes

Cooking Time: 1 to 2 hours

Servings: 4 to 6

Serve over pasta or whole grains, or use in casseroles.

- 1 onion, chopped
- ½ pound mushrooms, chopped
- 1 15-ounce can stewed tomatoes
- 1 15-ounce can tomato puree
- 1 15-ounce can tomato sauce
- 1 teaspoon dried basil
- 1 teaspoon oregano (optional)
- 2 tablespoons parsley flakes
- 2 green bell peppers, coarsely chopped

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

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



## DAY 2 - SATURDAY

### **Day 2 - Breakfast**

#### **STEEL CUT IRISH OATMEAL**

I have been buying steel cut oats in bulk at my natural food store. We like them because they are crunchier 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 currants to the water before boiling, then follow directions above.

#### **POTATO HASH**

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4

1 large potato, peeled and diced

1 large yam, peeled and diced

1 medium onion, diced

1 green bell pepper, diced

1 red bell pepper, diced

1 teaspoon poultry seasoning

Freshly ground pepper to taste

Cook the potatoes in enough 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. Remove from heat. Add the cooked potatoes, poultry seasoning, 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.



### **TAHINI SAUCE**

By Heather McDougall

Preparation Time: 5 minutes

Servings: 2 cups

1 cup tahini

$\frac{3}{4}$  cup water

$\frac{1}{2}$  cup fresh squeezed lemon

3 cloves garlic

1 cup chopped fresh parsley

1 teaspoon salt (optional)

Sriracha to taste (optional)

Place all the ingredients into a blender and blend until smooth. Add more water, if necessary.

Serve with warm pita, thinly sliced cucumbers, tomatoes and Sriracha. You may also skip the pita and serve in a bowl.

### **FLUFFY PANCAKES**

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes 10 to 12 pancakes

$\frac{3}{4}$  cup whole wheat pastry flour

$\frac{3}{4}$  cup unbleached white flour

2 teaspoons baking powder

Dash salt

1 cup mashed ripe banana (about 2 bananas)

1 tablespoon egg replacer

1 tablespoon lemon juice

1 cup non-dairy milk

$\frac{1}{2}$  cup sparkling water

$\frac{1}{3}$  cup fresh blueberries (optional)

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

Heat a nonstick griddle over medium heat. Pour mixture by  $\frac{1}{4}$  cup measure onto the dry, heated griddle. Flip and turn over when bubbles start to appear on the surface. Cook until brown on both sides. Repeat until all mixture has been used.

**HINT:** The blueberries are an option in this recipe, but when fresh blueberries are in season they really make these pancakes a special treat! The addition of the sparkling water makes a delicious, light pancake that rises as it cooks. If you make the batter ahead of time, you may need to add a bit more liquid to thin it out slightly before pouring onto the griddle. This may



also be made with all whole wheat pastry flour. It will be slightly heavier in texture. These may be refrigerated or frozen, and heated in the microwave or oven at a later time. We also like them cold as a snack.

## Day 2 - Snack

### **SWEET POTATO CHEESE SAUCE**

By Katie Mae, PlantzSt.com

Makes about 2½ cups

Ready in 25 minutes

Stores 5 days in the fridge

- ½ yellow onion, diced
- 2 garlic cloves, diced
- 1 medium orange sweet potato, peeled and diced (8 oz)
- ¾ - 1 ¼ cup water, depending on your desired consistency
- ¼ cup nutritional yeast
- 1 tablespoon stoneground mustard
- 1 teaspoon salt-free seasoning (i.e. Benson's Table Tasty)
- ¼ teaspoon black pepper

Add the onion and sweet potato to a medium sauté pan over medium heat. As you start dry-sautéing the veggies, add the garlic. Stir occasionally to prevent burning. After a few minutes when the onion starts to turn translucent, add just enough water to cover the diced sweet potatoes. Cover, bring to a simmer, and gently cook until the sweet potatoes are tender, about 15 minutes. In a blender combine the water, nutritional yeast, mustard, salt-free seasoning, and black pepper. Add the cooked sweet potato, onion and garlic. Blend into a creamy cheezy sauce.

### **SPICY BLACK BEAN SALSA**

By Cathy Fisher

Preparation Time: 15 minutes

Total Time: 15 minutes

Servings: about 3 cups

- 1 can cooked black beans (15 ounces; about 1 ½ cups), drained and rinsed
- ¾ cup corn kernels (thaw first if frozen)
- 1 cup chopped tomatoes (1 medium-large)
- ¼ cup finely chopped red onion
- 1 cup finely chopped red bell pepper
- 1 cup finely chopped mango
- ½ cup loosely packed cilantro leaves, shopped
- 1 tablespoon lime juice
- 1 tablespoon lemon juice
- ½ teaspoon chili powder



½ teaspoon regular or smoked paprika  
 ½ teaspoon ground cumin  
 1 medium clove garlic, finely chopped

Place all the ingredients into a medium bowl, and stir well. Serve immediately or refrigerate for a couple hours to better incorporate the flavors.

## Day 2 - Lunch

### **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  
 2½ cups non-dairy 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 the soup in batches in a blender, return to pot, add the non-dairy milk, mustard, and 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 nonstick pot.) If you buy the broccoli florets in bags it saves quite a bit of the preparation time.

### **ROASTED VEGETABLES**

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4 - 6

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

Preheat oven to 425 degrees.

Line a baking sheet with parchment paper. Place the uniformed bite-sized vegetables in a colander and rinse well with water. Shake off excess water, but do not dry completely. Spread vegetables onto baking sheet. Bake turning the vegetables occasionally until desired tenderness is reached and brown spots appear.





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

### **YAMMY KALE**

We grew several varieties of kale in our garden last year and they all kept producing over the winter months. My favorite is the Lacinato blue kale because it is just a bit more tender than the other varieties.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

- 2 Garnet yams, peeled and cut into chunks
- 1 ½ cups water or vegetable broth
- 1 onion, chopped
- 2 cloves garlic, minced
- 3 cups Lacinato kale, thinly sliced
- ½ to 1 teaspoon Sambal Oelek chili paste
- 1 tablespoon fresh lemon juice

Place the yams and water or broth in a large sauté pan. Cover, bring to a boil, reduce heat, and cook until yams are just barely tender, about 5 to 10 minutes depending on the size of the chunks. Add the onion and garlic and continue to cook over medium low heat until the liquid has been reduced by half. Add the kale and chili paste. Continue to cook until kale is tender, stirring occasionally. Stir in the lemon juice just before serving. Serve over brown rice or other whole grains.

Hint: This may also be made with other varieties of kale, just remove the hard stem before slicing the kale. Garnet yams are the bright orange-fleshed sweet potatoes with reddish colored skins.

### **PIZZA**

½ cup fat-free bottled Italian-style sauce

1 medium to large Pizza Dough (Regular and Gluten-Free Recipes below)

Assorted toppings: chopped onions, chopped green peppers, sliced mushrooms, chopped pineapple, chopped zucchini, chopped broccoli, chopped spinach, artichoke hearts.

Preheat the oven to 450 degrees.

Spread the sauce evenly over the pizza crust. Add the toppings of your choice. Place on a baking tray and bake for 10 to 11 minutes, until the crust is golden.

### **EASY HOMEMADE PIZZA DOUGH**

By Heather McDougall

Roll the dough out very thinly with a rolling pin, or stretch it out with your fingertips if you prefer. We top the pizza with various assortments of toppings and just place the crust (including the parchment paper) on a heated pizza stone on our outdoor gas grill that has been preheated to the highest temperature, close the cover and it's ready in about 8



minutes. If you don't have a BBQ, preheat your oven to 500, with a pizza stone inside and cook for 8 minutes.

Preparation Time: 10 minutes

Length of Rise: 18 - 24 hours

Rolling time: 30 minutes

7 ½ cups all-purpose flour or whole wheat flour

1 teaspoon active dry yeast

1 - 4 teaspoons salt

3 cups water, plus more if dough is too dry

In a stand mixer with dough hook, add flour, yeast and salt and mix on low speed until combined. Slowly add water until combined, then knead with dough hook for 2 more minutes, or until dough starts to pull away from bowl and form a big ball on hook. If the mixture seems too dry, add a bit more water. Sometimes I need to do this, other times I do not. Not sure why.

Put this mixture in a large clean bowl, cover with plastic wrap or silicone cover, (I cover it with a towel too, not sure if that makes any difference, but it makes me feel better) and place in a draft free area for 18-24 hours.

The next day, turn mixture out onto a floured work surface. Shape into a long oval shape and cut into 6 even sections, or 3 if you like your pizza thicker. Next, take each section and fold the ends towards the middle, flip over, shape into a ball and place on a baking sheet with parchment paper. Do this with all pieces. Cover the dough with plastic wrap and a towel and let sit for one hour.

(If you don't want to use the dough right away, simply place in ziplock bags and place in the freezer. May be kept frozen for up to 6 months. To thaw, remove from freezer and let rest on counter until thawed, about 2 hours.)

After one hour, take each ball and roll out on a floured surface until it is the thickness you like your pizza. I like to use a large wooden pizza spatula with parchment paper on it, then a sprinkling of cornmeal, then crust. Next, I put all of the toppings on and bake on a preheated pizza stone in my BBQ as high as it will go, for about 8 minutes.

Some of our favorite pizzas:

Mexican: "refried" beans, black olives, onions; topped with lettuce, tomatoes and salsa after cooking.

Thai: peanut sauce, red peppers, baked tofu, onions; topped with cilantro and/or greens after cooking.

Veggie: tomato sauce, red peppers, mushrooms, black and green olives, onions, pepperoncinis.



### **GLUTEN-FREE PIZZA DOUGH**

By Heather McDougall

**Makes 3 medium pizzas (you can easily double the recipe).**

*I used Bob's Red Mill Gluten-Free Bread Mix. If you do this, you can omit the salt and use the yeast that they provide.*

3 cups gluten-free flour (Bob's Red Mill Gluten-Free Bread Mix)  
 1 -2 teaspoons salt  
 1 teaspoon yeast  
 1 tablespoon Egg Replacer mixed with 2 tablespoons warm water  
 1 teaspoon cider vinegar  
 1 ½ cups water

Mix dry ingredients with a stand mixer. Slowly add water, egg replacer mixture and vinegar. Knead with hook for 3 minutes. Follow the regular dough instructions above.

### **TOFU RICOTTA**

Use this instead of soy cheese as a topping for pizza.

1 12.3-ounce package silken tofu  
 1 pound fresh water-packed tofu  
 ¼ cup nutritional yeast  
 ¼ cup lemon juice  
 ¼ cup non-dairy milk  
 1 teaspoon basil  
 1 teaspoon oregano  
 ½ teaspoon garlic powder  
 ¼ teaspoon salt  
 Several twists freshly ground pepper

Combine all ingredients in a food processor and process until smooth, or mash with a bean masher for a coarser texture.

### **MARINARA SAUCE**

Preparation Time: 15 minutes

Cooking Time: 1 to 2 hours

Servings: 4 to 6

Serve over pasta or whole grains, or use in casseroles.

1 onion, chopped  
 ½ pound mushrooms, chopped  
 1 15-ounce can stewed tomatoes  
 1 15-ounce can tomato puree  
 1 15-ounce can tomato sauce  
 1 teaspoon dried basil



1 teaspoon oregano (optional)  
 2 tablespoons parsley flakes  
 2 green bell pepper, coarsely chopped

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

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

## Day 2 - Dinner

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

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

### **INSTANT MEXICAN BROWN RICE**

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

2½ cups water  
 2¼ cups instant brown rice  
 1 cup chopped green onion  
 1 green bell pepper, chopped



½ teaspoon minced fresh garlic  
 1 10-ounce can Ro-tel diced tomatoes and green chilies  
 ½ cup salsa  
 ¼ cup chopped cilantro

Bring 1 cup of the water to a boil in a saucepan. Stir in the rice. Return to a boil, cover, and cook over low heat for 5 minutes. Remove from heat, stir, cover, and let rest for 5 minutes.

Place the remaining cups of water in another saucepan. Add the green onions, bell pepper, and garlic. Cook, stirring occasionally, for 10 minutes. Add the tomatoes and salsa. Stir in the hot rice and mix well. Cook until heated through. Stir in the cilantro and serve at once.

**HINT:** To make this with leftover cooked brown rice, use 3 cups of cooked rice. Add to the vegetables at the same time you add the tomatoes and salsa.

### **MASHED PINTO BEANS**

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

Preparation Time: 10 minutes (plus overnight soaking)

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

Servings: About 6 cups

2 cups dried 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.

### **SHREDDED 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 about 2 weeks.

### **TOFU SOUR CREAM**

Preparation Time: 5 minutes

Chill Time: 2 hours

Serves: Varies

1 12.3 ounce package silken tofu  
 2 tablespoons lemon juice  
 2 teaspoons sugar  
 Dash of salt



Combine all ingredients in a food processor and process until smooth. Refrigerate at least 2 hours to allow flavors to blend. Keeps in the refrigerator for about a week.

### **ENCHILADA SAUCE**

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: Makes 2 ½ 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.



## DAY 3 - SUNDAY

### **Day 3 - 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 crunchier 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 currants to the water before boiling, then follow directions above.

#### **HASH BROWNS**

Preparation Time: 10 minutes

Cooking Time: 15 - 20 minutes

Servings: 2

4 - 5 cups shredded potatoes

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

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

#### **CREAMY WHITE BEAN MUSHROOM GRAVY**

By Katie Mae, PlantzSt.com

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4 to 8





1 medium to large (8 ounces) onion, chopped  
 6 medium (5 ounces) Crimini mushrooms, chopped  
 1 large portabella mushroom, diced  
 4.5 ounces celery (2 stalks)  
 1 tablespoon minced garlic  
 1 ¼ cup unsweetened, non-dairy milk  
 ¾ cup cooked white beans  
 1 tablespoon nutritional yeast  
 1 tablespoon rice vinegar  
 ½ tablespoon poultry seasoning  
 ½ teaspoon freshly ground black pepper

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

### Day 3 - Snack

#### CANNELLINI BEAN SPREAD

By Chef Kevin Dunn

Preparation Time: 15 minutes

Servings: 4 - 5 cups

4 cups canned cannellini beans, drained and well rinsed  
 1 tablespoon fresh rosemary, chopped  
 2 tablespoons roasted garlic  
 1 oz. balsamic vinegar  
 ½ cup roasted red bell pepper, finely diced  
 3 shallots, roasted in aluminum foil, whole and un-skinned, until tender  
 ½ cup vegetable stock  
 salt and pepper to taste

Place 3 cups of the beans in a food processor with the vegetable stock, rosemary, roasted garlic, Balsamic vinegar and roasted shallots. Process until smooth. Add the remaining beans and the roasted bell pepper and process briefly. Place in a bowl and season with salt and pepper. Refrigerate for at least one day to allow flavors to blend. Warm gently and spread on bruschetta, topped with diced tomatoes and slivered basil.

Hint: To roast shallots, wrap them in foil, roast in an oven at 400 degrees until tender, then cut off the ends and squeeze out the inside. To roast garlic, place the whole unpeeled head in a baking dish, add a small amount of vegetable stock, cover the dish with foil, and roast at 400 degrees for 1 hour and 15 minutes. Allow to cool slightly, then cut off the top of each



head, invert the garlic and just press out the insides into a bowl. The roasted garlic will keep in the refrigerator for about a week.

### **LEMON SCENTED SPINACH SPREAD**

Servings: 1 ½ cups

1 10-ounce package frozen chopped spinach, thawed, drained and squeezed dry  
 ½ cup chopped green onions  
 ½ 12.3-ounce package Mori Nu silken lite tofu  
 ¼ cup fresh lemon juice, to taste  
 1 teaspoon lemon zest (be sure to zest before juicing)  
 2 teaspoons Dijon mustard  
 1 - 2 teaspoons Sucanat or sugar, to taste (optional)  
 Salt and pepper, to taste  
 Lemon zest and lemon slices for garnish

Combine the spinach and green onions in the food processor and pulse. Add the tofu, lemon juice and zest, and mustard. Process until smooth. Add salt, pepper, lemon juice and Sucanat, to taste. Serve immediately after making it or make a day ahead and serve chilled. If you make it ahead, be sure to taste before serving as sometimes the flavors get muted. Garnish with twisted lemon slices and lemon zest strips.

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

### **Day 3 - Lunch - Repeat of Day 2 Lunch**

### **Day 3 - Dinner**

### **LEMON RICE SOUP**

By Tiffany Hobson

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 6 - 8

1 large yellow onion, diced  
 4 garlic cloves, minced  
 3 medium carrots, halved length-wise then diced  
 4 celery stocks, halved length-wise then diced  
 1 teaspoon dried oregano leaves  
 Several twists of freshly cracked black pepper  
 32 ounces vegetable broth  
 4 cups water  
 2 zucchinis, diced  
 ½ cup Jasmine or any short-grain rice (see note below)  
 1 bay leaf  
 ¼ cup fresh lemon juice



In a non-stick 6-quart pot, dry sauté the onion, garlic, carrots and celery stocks until vegetables become translucent over medium heat (about 5 - 10 minutes), stirring occasionally. Add the oregano and several twists of freshly cracked black pepper and stir. Add the vegetable broth and water and bring to a boil with the lid on. Stir in the zucchinis, rice and bay leaf. Reduce heat to simmer and cook, covered, for 20 minutes or until the rice has cooked thoroughly. Add the fresh lemon juice and stir.

Note: Traditionally, the Greek's would use either Glacé (a medium grain rice that works well in soups) or Kastano (a brown rice). The Jasmine rice makes the soup lighter than another short-grain brown rice; however, you may use any short-grain rice for this recipe. You may increase the rice to 1 cup for a heartier soup. If desired, add salt and pepper to taste.

### **ROASTED VEGETABLES**

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4 - 6

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

Preheat oven to 425 degrees.

Line a baking sheet with parchment paper. Place the uniformed bite-sized vegetables in a colander and rinse well with water. Shake off excess water, but do not dry completely. Spread vegetables onto baking sheet. Bake turning the vegetables occasionally until desired tenderness is reached and brown spots appear.

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

### **GREEK POTATOES**

By Tiffany Hobson

Preparation Time: 15 minutes

Cooking Time: 1 hour 15 - 30 minutes

Servings: 3 - 4

6 Russet potatoes, peeled and quartered into ½ cubes  
 8 ounces vegetable broth  
 5 tablespoons granulated garlic powder  
 4 tablespoons dried oregano leaves  
 Juice for 1 ½ lemons (save the lemon skins)

Preheat oven to 400 degrees.

Boil the potatoes in a pot of water until soft, about 15 minutes. Do not overcook the potatoes and make them too soft; otherwise, the potatoes will overcook in the oven.



Place the potatoes evenly in a 4.5 liter glass Pyrex dish. Pour the vegetable broth over all the potatoes. Sprinkle half of the garlic and oregano over all the potatoes. Mix the potatoes with the spices well. Add the rest of the spices all over the potatoes. Using a hand juicer, evenly squeeze the lemon juice over the entire dish. Place the squeezed lemon halves in the dish to bake with the potatoes. Cover with a piece of parchment paper directly on top of the potatoes, then cover the dish with aluminum foil. Bake for 40 to 45 minutes. Remove the cover over the potatoes and continue cooking for an additional 15 to 20 minutes until the tops of the potatoes have a golden brown color and they are soft enough to pierce a fork through. If desired, salt to taste.

### **FALAFELS**

By Heather McDougall

2 cups dried Chickpeas/Garbanzo beans: Overnight Soak (8 - 12 hours) or Quick Soak method for beans (1 hour 15 minutes)

**DO NOT SUBSTITUTE CANNED BEANS, THEY WILL NOT WORK IN THIS RECIPE.**

Preparation Time: 15 minutes

Cooking Time: 14 minutes

Servings: 6

1 small white onion, roughly chopped

¼ cup kale, chopped

3 - 5 cloves of garlic, chopped

1 ½ tablespoons flour (optional - not used during 10-day program)

1 ¾ teaspoons salt (optional - not used during 10-day program)

2 teaspoons cumin

¼ teaspoon paprika

Soak the beans in cold water overnight. If you are in a hurry you may use the Quick Soak method by placing the beans in a medium pan and cover with cold water. Bring to a boil and boil for one minute. Cover, turn off heat and let soak for at least 1 hour.

Preheat the oven to 350 degrees.

Once the beans have doubled in size, they are ready to use. Drain, rinse and add the beans to your food processor, along with all of the other ingredients. Puree until the mixture is a diced consistency. You do not want it too mixed, like hummus, or the falafels will be heavy. If you don't mix them enough, the falafels won't stick together.

Form into small patties and place on a baking sheet lined with parchment paper. I like to scoop these out with an ice cream scooper and then flatten with my hand. Bake for 8 minutes, flip and bake 6 minutes more.



### **TAHINI SAUCE**

By Heather McDougall

Preparation Time: 5 minutes

Servings: 2 cups

1 cup tahini

$\frac{3}{4}$  cup water

$\frac{1}{2}$  cup fresh squeezed lemon

3 cloves garlic

1 cup chopped fresh parsley

1 teaspoon salt (optional)

Sriracha to taste (optional)

Place all the ingredients into a blender and blend until smooth. Add more water, if necessary.

Serve with warm pita, thinly sliced cucumbers, tomatoes and Sriracha. You may also skip the pita and serve in a bowl.

### **CUCUMBER SALSA**

By Heather McDougall

Preparation Time: 20 minutes

Chill Time: 1 hour

Servings: 2  $\frac{1}{2}$  cups

2 cups cucumbers (about 2 medium cucumbers), peeled, seeded and diced

1 cup tomatoes, seeded and diced

$\frac{1}{2}$  cup red onion, diced

$\frac{1}{4}$  cup fresh parsley, chopped

2 - 3 tablespoons lime juice (about 1 - 2 limes)

In a medium-sized bowl, stir together cucumbers, tomatoes, onion and parsley. Add lime juice, stir, and cover. Place bowl in the refrigerator for about 1 hour to allow the flavors to blend. Serve cold.

### **FAT-FREE HUMMUS**

Preparation Time: 5 minutes

Servings: Makes 2 $\frac{1}{2}$  cups

2 15-ounce cans of garbanzo beans, drained and rinsed

1 teaspoon minced fresh garlic

$\frac{1}{3}$  cup packed chopped parsley or cilantro

$\frac{1}{8}$  cup water and more if needed

Juice of  $\frac{1}{2}$  lemon



Place all ingredients in a food processor and process until smooth. The consistency should be a thick sauce. You may need to slowly add more water, if needed, for desired consistency. Serve as a dip with pita bread or use as a sandwich spread.



## DAY 4 - MONDAY

### **Day 4 - 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 crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook, however, you can save 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 currants to the water before boiling, then follow directions as above.

#### **SAVORY OATMEAL**

By Katie Mae, PlantzSt.com

Makes 2 - 3 servings

Ready in 10 minutes

Stores 6 days in the fridge

½ red onion, diced (3 ounces)

6 Crimini mushrooms, diced (2 ounces)

1 small zucchini, sliced into half moons (4 ounces)

1 ½ cups broccoli, diced (3 ounces)

2 ½ cups water

1 cup rolled oats

½ tablespoon tamari (optional)

½ tablespoon curry powder

1 teaspoon ground coriander

½ lemon, juiced

Place a large skillet over medium-high heat. Add onion, mushrooms, zucchini, and broccoli. Cover with a lid and dry sauté for 3 minutes, stirring occasionally. Add the water and rolled oats. Bring the water to a boil and then turn the heat to low. Let simmer for 4 to 6 minutes until the oats reach your desired consistency. Stir the tamari, spices, and lemon into the oatmeal. Serve warm.



## Day 4 - Lunch

### **SOUTHWESTERN BLACK BEAN SOUP**

Preparation Time: 15 minutes, plus overnight soaking of beans

Cooking Time: 3 hours

Servings: 8 to 10

- 1 pound black beans
- 2 quarts water
- 1 large onion, coarsely chopped
- 1 to 2 cloves garlic, minced
- 2 16-ounce cans whole tomatoes with liquid, chopped
- 1 4-ounce can chopped green chilies
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon fresh lemon juice
- ¼ teaspoon crushed red pepper flakes
- ¼ cup chopped fresh cilantro

Soak the beans overnight in the water.

Bring to a boil in the soaking water, cover, and reduce the heat. Simmer for 1 hour then add all the remaining ingredients, except the cilantro. Cook until the beans are tender, about 2 hours. Add the cilantro just before serving. Mix it in well and let the soup rest, covered, for about 15 minutes. Serve hot.

NOTE: This is great to make in a slow cooker. Put everything into the pot, except the cilantro, early in the morning. (No need to soak the beans first). Set the cooker on high, cover, and let it cook all day. Add the cilantro just before serving.

### **BURRITO BOWLS**

By Cathy Fisher

Burrito bowls have come onto the scene as more people cut out refined carbs. It's basically a whole bunch of burrito fixings in a bowl with no tortilla. This is one of my favorite quick and easy yet filling meals.

Preparation Time: 25 minutes

Cooking Time: 50 minutes to cook rice

Servings: 2 large entree servings or 4 salad servings

- 1 cup dry brown rice
- 2 cups water
- 6 Romaine lettuce leaves, cut into thin strips
- 1 cup very thinly sliced cabbage
- 1 can black or pinto beans (or 1½ cups home cooked beans)
- 1 cup chopped tomatoes





1 red or orange bell pepper, diced  
 ½ of a sweet yellow or red onion, chopped (or two scallions)  
 1 cup fresh cilantro, parsley and/or basil leaves, chopped  
 1 cup corn kernels, cooked or raw  
 1 avocado, diced  
 Juice from 2 limes (3-4 tablespoons)  
 Optional: serve topped with salsa

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

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

#### NOTES:

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

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

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

#### **GREEN ENCHILADA SAUCE**

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 1 quart

1 7-ounce can Mexican green sauce

3½ cups water

4 tablespoons cornstarch

Chopped fresh cilantro for garnish (optional)

Combine all of the ingredients, except the cilantro. Cook over medium heat, stirring constantly, until the mixture boils and thickens. Add the cilantro (if using) just before serving.

#### **Day 4 - Dinner**

#### **MOROCCAN RED LENTIL SOUP**

Versions of this lentil soup with tomatoes and chickpeas are served all over Morocco during the festival of Ramadan and to celebrate special occasions throughout the year. This is my interpretation. We serve it with whole grain flatbread to scoop up the juices, or ladle the soup over brown rice.



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

### **POLENTA WITH BLACK BEANS**

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 6-8

1 24-ounce package precooked polenta  
 ½ cup vegetable broth  
 1 onion, chopped  
 1 red bell pepper, chopped  
 1 orange or yellow bell pepper, chopped  
 1 teaspoon minced fresh garlic  
 2 15-ounce cans black beans, drained and rinsed  
 1 4-ounce can chopped green chilies  
 1 15-ounce can crushed tomatoes  
 1 teaspoon chili powder  
 1 teaspoon ground cumin  
 dash or two Tabasco sauce  
 freshly ground pepper to taste  
 ¼ cup chopped fresh cilantro

Preheat oven to 375 degrees.

Slice polenta ½ inch thick. Place on a nonstick baking sheet and bake for 15 minutes.



Meanwhile, place the broth, onion, bell peppers, and garlic in a large saucepan. Cook, stirring occasionally, for 10 minutes. Add remaining ingredients, except cilantro, and cook an additional 10 minutes. Stir in cilantro and remove from heat.

Serve over the polenta and top with Mango salsa (recipe follows).

Hint: There are many kinds and flavors of precooked polenta on the market. They will all work in this recipe. Check ingredients carefully before buying these products. These products work well as a base for many bean and vegetable dishes. The sliced polenta may also be cooked on a nonstick griddle until browned on both sides. If you prefer to cook your polenta from scratch, there are a variety of products to choose from, and most only take a few minutes of cooking time. A good test for the proper thickness of the polenta is to cook it until the mixing spoon stands up in the pan.

### **MANGO SALSA**

Preparation Time: 10 minutes

Servings: makes 2 cups

2 cups peeled, chopped, ripe mango  
 ½ cup finely chopped onion  
 ½ cup finely chopped red bell pepper  
 1 fresh jalapeno, seeded and finely chopped  
 ¼ teaspoon minced fresh garlic  
 1 tablespoon cider vinegar  
 1 tablespoon warm water  
 several twists freshly ground black pepper  
 dash salt

Combine all ingredients in a bowl and mix well. Cover and chill at least 1 hour before serving. This will keep in the refrigerator for about a week.

### **BAKED YAMS**

This is a favorite dish at The McDougall 10-Day Live-In Program and I always get requests for the recipe. It is simple to prepare and keeps well in the refrigerator for reheating later.

Preparation Time: 5 minutes

Cooking Time: 1 hour 10 minutes

Servings: variable

Garnet Yams (reddish skins and a deep orange flesh)

Preheat oven to 350 degrees.

Scrub the yams and cut into large pieces (quarter the yams unless they are very large).

Place in a single layer in a dry baking dish, skin side down. Cover with parchment paper then cover the baking dish with aluminum foil, crimping it over the sides to hold in the steam. Bake for 1 hour, 10 minutes.



### **PEANUT SAUCE**

Preparation Time: 5 minutes

Servings: 2 cups

$\frac{3}{4}$  cup rice vinegar

$\frac{1}{4}$  cup soy sauce

2 tablespoons Sambal chili paste

$\frac{3}{4}$  cup natural peanut butter

$\frac{1}{4}$  cup warm water

$\frac{1}{8}$  cup cilantro leaves

Place vinegar, soy sauce and chili paste into a blender jar. Process on low until mixed. Add the peanut butter  $\frac{1}{4}$  cup at a time and process until very smooth. Add the warm water and the cilantro leaves and process until well mixed.

### **LENTIL SHEPHERD'S PIE**

By Katie Mae, *PlantzSt.com*

Servings: 12 3x3-inch pieces

Ready: 45 - 60 minutes

Stores: 1 week in refrigerator

#### **FOR THE BOTTOM LAYER:**

1 cup French or green lentils

5 cups low-sodium vegetable broth or water

2 carrots, diced

1 yellow onion, diced

10 Crimini mushrooms, diced

1 cup broccoli, diced

1 cup frozen green peas, thawed

1 tablespoon poultry seasoning

1 teaspoon dried rosemary

1 teaspoon dried thyme

1 teaspoon garlic granules

$\frac{1}{2}$  teaspoon black pepper

#### **FOR THE TOP LAYER:**

10 medium Yukon gold potatoes

$\frac{1}{2}$  cup water

$\frac{1}{2}$  cup unsweetened, non-dairy milk

2 tablespoons nutritional yeast (optional)

1 tablespoon salt-free seasoning

In a large pot with the lid on, bring 1 to 2 inches of water to a boil. While the water heats, chop potatoes. Add a steam basket to the pot and fill it with potatoes. Steam potatoes for about 20 minutes. They should be soft and will split nicely using a fork. Turn off heat and set aside.



In another pan, heat lentils and water over medium-high heat. Once it reaches a boil, reduce heat to a simmer. Let lentils cook until they are tender, about 30 minutes.

Preheat oven to 350 degrees. Note, it is fully cooked before it goes in the oven so baking the pie is an optional step. Baking reduces some of the moisture so that when the pieces are cut and served, they hold together better.

While the starches are cooking, heat the carrots, onions, and mushrooms in a large sauté pan over medium heat. Keep the pan covered and stir frequently. If the veggies start to stick to the pan, then add a little water. Once the onions are translucent, add the broccoli and green peas, and turn off the heat.

After the lentils have been cooking for about 20 minutes, stir in the herbs, garlic, black pepper and vegetables. The mixture will thicken as it continues to cook. Add the vegetable broth or water as needed, until the lentils are tender. Keep the mixture moist, so it doesn't become too dry in the oven.

Pour lentil-vegetable mix into a 9x13 inch casserole pan.

Transfer the potatoes to a large bowl. Add water, non-dairy milk, and black pepper. Mash potatoes until they are creamy. Layer mashed potatoes over lentils. Sprinkle the nutritional yeast and salt-free seasoning over potato layer.

Bake for 15 minutes. Then let the casserole sit for 5 minutes before serving.



## DAY 5 - TUESDAY

### **Day 5 - 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 crunchier 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 currants to the water before boiling, then follow directions above.

#### **SHREDDED POTATO PANCAKES**

By Tiffany Hobson

Preparation Time: 15 minutes

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

Total Cooking Time: 48 to 50 minutes

Servings: 18 to 20 potato pancakes

2 large Russet potatoes, shredded

1 large yellow onion, shredded

3 teaspoons Ener-G Egg Replacer

½ cup All-Purpose Flour

1 teaspoon non-aluminum baking powder

½ - 1 teaspoon freshly ground black pepper

Combine Ener-G Egg Replacer, flour, baking powder and pepper in a large bowl. Whisk the dry ingredients together and set aside.

Using either a food processor or hand grater, alternatively shred all the potatoes and onions. Transfer the mixture into a colander and squeeze out excess liquid. When finished, place the mixture onto a towel or double set of paper towels to squeeze out as much of the remaining liquid as possible. Discard any big pieces that were not completely grated if using a food processor. Transfer mixture to the large bowl of dry ingredients and mix well until the flour is



completely absorbed. (I use my hand to mix the ingredients together as it seems to incorporate all of the components best.)

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

Mary McDougall would keep her potato pancakes warm in a 200 degree oven until all of them are cooked. My family likes to eat them as soon as they are made. Serve with tofu sour cream, apple sauce, ketchup, or any condiment you like with potatoes. Salt to taste, if desired.

#### **TOFU SOUR CREAM**

Preparation Time: 5 minutes

Chill Time: 2 hours

Serves: Varies

1 12.3 ounce package silken tofu  
2 tablespoons lemon juice  
2 teaspoons sugar  
Dash of salt

Combine all ingredients in a food processor and process until smooth. Refrigerate at least 2 hours to allow flavors to blend. Keeps in the refrigerator for about a week.

#### **Day 5 - Lunch**

##### **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  
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, and oregano. 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. Remove bay leaves before serving.

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. 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!

### **BAKED TOFU**

Be sure to use extra firm tofu in this recipe or the tofu will tend to fall apart.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: Variable

20 ounces extra firm tofu, drained and cut into small cubes

Place the tofu into a large nonstick 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 tablespoon 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.

### **PEANUT-HOISIN SAUCE**

This is a higher-fat choice because of the peanut butter.

Preparation Time: 10 minutes

Servings: makes 1 cup

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

Place all ingredients in a food processor and process briefly until well combined but not smooth. Pour into a covered container and refrigerate until ready to use. May be heated before serving, if desired.

Hints: Use over grain or noodle dishes, or as a topping for potatoes or vegetables.

## **Day 5 - Dinner**

### **KALE & WHITE BEAN SOUP**

By Heather McDougall

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4 to 6

1 small white onion, chopped  
 4 cloves garlic, minced  
 6 cups vegetable broth  
 2 cans cannellini beans, rinsed and drained  
 2 cups chopped lacinato kale  
 Squeeze of lemon  
 Salt and pepper to taste



Sauté onion and garlic in 1 tablespoon broth for 5 minutes over medium heat until soft or translucent. Add remaining broth and cannellini beans and simmer for 30 minutes over low heat. Add kale during the last 5 minutes of cooking. Salt and pepper to taste. Squeeze lemon over the top just before serving.

### **COLLARD GREENS**

By Tiffany Hobson

Preparation Time: 20 minutes

Cooking Time: 25 - 30 minutes

Servings: 2 to 4

2 white onions, chopped  
4 bunches collard greens, stripped from stems and cut into large pieces  
4 tablespoons apple cider vinegar (or to taste)  
2 teaspoons brown sugar (or to taste)

In a large non-stick pan, cook the onions covered over low heat, stirring frequently. Onions should cook until they are caramelized (very brown and sticky). Add 2 tablespoons of the apple cider vinegar and 1 teaspoon of brown sugar. Mix well. Add the collard greens, 2 more tablespoons of apple cider vinegar and 1 more teaspoon of brown sugar. Mix well. Cook covered for 1 ½ - 2 minutes. Adjust the flavor of the collard greens, if necessary. You do not want them sickly sweet, nor do you want them extremely sour. The flavor should be a perfect balance of a touch of sweetness, with a hint of sour flavor.

### **BLACK-EYED PEAS**

By Tiffany Hobson

Preparation Time: 20 minutes

Cooking Time: 1 ½ - 2 hours

Servings: 6 to 8

1 white onion, finely diced  
5 cloves garlic, minced  
4 stalks celery, finely diced  
1 red bell pepper, finely diced  
3 bay leaves  
2 tablespoons powdered thyme  
½ - 1 teaspoon cayenne pepper  
2 - 2 ¼ cups black-eyed peas  
6 - 8 cups vegetable broth  
Freshly ground black pepper to taste  
Salt to taste

First, sort through the black-eyed peas, making sure you have taken out any peas that are discolored or broken. Set aside. Place 1 cup of vegetable broth with the onion, garlic, celery



and red bell pepper in a large pot. Cook over medium high heat for 5 - 10 minutes, stirring frequently. Once the vegetables become soft, add the bay leaves, thyme, cayenne and several twists of freshly ground black pepper. Mix well. Add black-eyed peas and the rest of 5 cups of vegetable broth, mixing well. Add more vegetable broth, if needed, to cover the beans and mix well. Bring to a boil, reduce heat and simmer for 1 ½ - 2 hours with the lid slightly ajar. Beans will have a creamy consistency.

### **TUNISIAN SWEET POTATO STEW**

Preparation Time: 20 minutes

Cooking Time: Approx. 45 minutes

Servings: 6 to 8

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

Place the water, onion, jalapeno, ginger, and garlic in a large pot. Cook, stirring occasionally, for 5 minutes. Add cumin, cinnamon, red pepper, and coriander. Cook and stir for 1 minute. Add sweet potatoes, tomatoes, garbanzo beans, green beans, vegetable broth, and peanut butter. Bring to a boil, reduce heat, and simmer for 30 minutes, or until potatoes are tender. Stir in cilantro and let rest for 2 minutes. Serve over rice or other whole grains.

### **ROASTED GARLIC MASHED POTATOES**

By Ramses Bravo

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4

8 Yukon gold potatoes, peeled and cut in half  
 ¼ cup roasted garlic cloves (recipe below)  
 1 cup unsweetened soymilk, at room temperature



Steam the potatoes for 30 minutes or until tender enough to pierce with a fork. Place the garlic and soymilk in a blender and process for 20 seconds at high speed. Add the garlic milk to the steamed potatoes and mix thoroughly before serving.

Note: In order to make fluffy mashed potatoes, they must be mixed as soon as they are done steaming. If they sit and cool down they become gummy. If you really love garlic, then double the amount of roasted garlic cloves.

### **ROASTED GARLIC CLOVES**

By Ramses Bravo

Preparation Time: Variable

Cooking Time: 15 minutes

Servings: Variable

Enough peeled garlic cloves to fill a baking sheet. You may choose to use pre-peeled garlic or peel fresh garlic yourself

Preheat the oven to 350 degrees. Place the garlic cloves dry on a baking sheet and cook them for about 15 minutes, rotating the baking sheet halfway through the cooking process. The garlic should have a nice golden roasted brown look. Roasted garlic may be stored in an air tight container for 2 to 3 weeks.

### **RICH MUSHROOM GRAVY**

6 ounces Crimini or other mushrooms, thinly sliced

½ cup brown rice flour

½ teaspoon dried thyme

½ teaspoon ground black pepper

3 cups water, plus more as needed

3 tablespoons reduced sodium tamari

1 - 2 tablespoons raw tahini

2 teaspoons lemon juice

2 - 3 tablespoons nutritional yeast

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

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

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

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

Variation: Soak ½ ounce dried mushrooms (such as porcini or shiitake) in 1 cup warm or hot water for 30 minutes. Use part of this soaking water (the part without dirt and debris) as the



liquid for the gravy. Finely chop the drained, soaked mushrooms and add to gravy mixture before adding the last 3 ingredients listed.

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

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

### **THE BOYFRIEND BURGER**

Original Recipe By Houston's Restaurant/Rutherford Grill

Adapted for Home Cooks By Rick & Susan Newhauser

Preparation Time: 30 minutes

Chilling Time: 12 hours

Cooking Time: 35 minutes

Servings: Makes 11 - 12 burgers

5 cups cooked brown rice, chilled

1 cup rolled oats

1 ¼ cups black beans, drained, reserve liquid, and chop beans into ¼ pieces

¼ cup black bean juice

1/3 cup chopped parsley

1/5 cup sweet soy sauce

¼ cup plus ½ tablespoon Gulden's Brown mustard

1 tablespoon chili powder

1 tablespoon pureed smoked chipotle peppers OR ¼ teaspoon crushed dried smoked chipotle peppers without seeds

1 teaspoon kosher salt

1/3 cup yellow onions, minced

2 ounces peeled cooked beets, minced

10 chopped prunes

Mix ingredients briefly in a food processor until they hold together well. Cover and refrigerate for up to 12 hours. Make into 5 ounce patties using a 4-inch diameter hamburger ring. The ring can be made from an empty 4-inch diameter can, or 4-inch rings can be ordered on Amazon. Pack the burger ingredients firmly in the ring. This is important or the burgers will fall apart. Place on pan to "set" in refrigerator or freeze before cooking. Can be wrapped and frozen at this point.

To Cook: Found the best luck with bake/broiling the burgers from the frozen state. Suggest the same for grilling. It takes the burgers about 30 minutes to bake or grill, flipping once through the cooking time.

Preheat oven to 375 degrees F. Use a high quality non-stick pan, parchment paper or a silpat silicone baking sheet over your baking tray. Bake until done, flipping burgers half way through the time required.

Note: If desired, add additional BBQ sauce on top, then broil to caramelize.



## DAY 6 - WEDNESDAY

### **Day 6 - 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 crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook, however, you can save 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 currants to the water before boiling, then follow directions as above.

#### **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

$\frac{3}{4}$  cup raw or toasted tahini (sesame paste)

$\frac{1}{4}$  cup fresh lemon juice

1 cup water

2 cloves garlic, crushed or minced

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

### **ROASTED POTATOES**

Preparation Time: 5 minutes

Cooking Time: 30-40 minutes

Servings: Variable

Waxy red or yellow potatoes of your choice

Seasonings of your choice

Preheat oven to 375 degrees.

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

Bake for 30-40 minutes until potatoes are tender.

Hints: Try these with nutritional yeast or ParmaZaan Sprinkles.

## **Day 6 - Lunch**

### **FAT-FREE HUMMUS**

Preparation Time: 5 minutes

Servings: Makes 2½ cups

2 15-ounce cans of garbanzo beans, drained and rinsed

1 teaspoon minced fresh garlic

$\frac{1}{3}$  cup packed chopped parsley or cilantro



1/8 cup water and more if needed

Juice of ½ lemon

Place all ingredients in a food processor and process until smooth. The consistency should be a thick sauce. You may need to slowly add more water, if needed, for desired consistency. Serve as a dip with pita bread or use as a sandwich spread.

### **HEARTY DAL SOUP**

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

3¼ cups water

1 onion, chopped

2 cloves garlic, crushed

1½ teaspoons grated fresh ginger

1 teaspoon smoked paprika

¼ teaspoon ground cumin

Freshly ground black pepper

1 cup red lentils

1 15-ounce can garbanzo beans, drained and rinsed

1 14.5-ounce can diced tomatoes

2 cups cubed Fingerling 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, over medium-high heat, until softened. Add the ginger, paprika, cumin, and several twists of freshly ground pepper. Mix in well, then add the remaining water, lentils, garbanzos, tomatoes, and potatoes. Bring to a boil, reduce heat, cover, and simmer for 50 minutes, until lentils are tender. Add lemon juice, chili paste (start with 1 teaspoon and add more to taste) and chard. Cook for an additional 5-7 minutes, until chard is tender. Season with a bit of sea salt, if desired. Serve hot.

### **BAKED BEANS**

Preparation Time: 15 minutes

Cooking Time: 2 hours for beans

Servings: 6-8

2 cups dried cranberry beans

6 cups water

1 onion, chopped

1 green bell pepper, chopped

1 red bell pepper, chopped

½ cup brown sugar

1/3 cup prepared mustard

¼ cup molasses





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

Preheat oven to 350 degrees.

Place onions and bell peppers in a nonstick 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.

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

Servings: Makes 8-10 burgers

1 15-ounce can salt-free kidney beans, drained and rinsed (or 1.5 cups cooked)

1 15-ounce can salt-free chickpeas, drained and rinsed (or 1.5 cups cooked)

1 cup rolled regular dry oats

½ cup cooked brown rice

½ cup cooked, peeled, and mashed sweet potato

4 tablespoons low sodium salsa


1 ½ tablespoons salt-free mild curry powder

2 teaspoons garlic powder

8-10 100% whole-grain buns - Ezekiel brand

Condiments of choice: mustard, ketchup, relish, tomato slices, red onion slices, spinach, romaine, guacamole (optional)

#### **DIRECTIONS:**

- Drain and rinse the beans.
- Put in a bowl and mash with a fork or potato masher. We want a rough mash.
- Add oats, rice, sweet potato, salsa, curry, and any other spice of choice and mix well.
- Divide mix into 8 or 10 equal pieces.
- Roll each piece into a ball and then form into a patty.
- Lay on plate and let the patties air dry in the refrigerator for about 10-20 minutes.
- Grill or broil on a nonstick skillet at medium heat (or place under a broiler) until golden brown, about 3-5 minutes. 

### **McVEGGIE BURGERS**

Preparation Time: 30 minutes

Baking Time: 30 minutes

Servings: Makes 16 burgers

20 ounces firm water-packed tofu, drained well

12.3 ounces silken tofu

10-ounce package of frozen chopped spinach, thawed

½ cup water

1 large onion, chopped

½ pound mushrooms, chopped

3 cloves garlic, pressed

3 cups quick oats

2 tablespoons soy sauce



2 tablespoons vegetarian Worcestershire sauce  
 2 tablespoons Dijon mustard  
 1 teaspoon paprika  
 1 teaspoon lemon juice  
 ½ teaspoon ground black pepper

Preheat oven to 350 degrees.

Place both kinds of the tofu in a food processor and process until fairly smooth, stopping several times to scrape down the bowl. Transfer processed tofu to a large bowl and set aside. Drain the spinach well and press any excess water out with your hands. (Spinach should be very dry). Set aside.

Place the water, onion, mushrooms, and garlic in a large nonstick frying pan. Cook, stirring frequently until onion has softened and all liquid has been absorbed, about 10-12 minutes. Set aside.

Add the oats and the seasonings to the tofu mixture and mix well. Add the spinach and mix in well, using your hands. Add the onion mixture and continue to mix with your hands until all ingredients are well combined. Take a small amount and form into a ball shape (a bit larger than a golf ball), then flatten into a burger-sized patty about ¼-inch thick and place on a nonstick baking sheet. (If you do not have a good nonstick baking sheet, then lightly oil your baking sheet first). Repeat this process until all the mixture is used. (It will help to lightly moisten your hands several times during this process). Bake for 20 minutes, then flip over and bake an additional 10 minutes. Cool on racks after removing from the oven. Serve in a whole wheat bun with your favorite condiments.

HINTS: These may be prepared ahead and refrigerated or frozen for future use. They reheat well in the microwave, in the oven, or on a grill or griddle.

### **TOFU MAYONNAISE**

Preparation Time: 5 minutes

Servings: Makes 1 1/3 cups

1 12.3-ounce package 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.

### **Day 5 - Dinner**

### **TORTILLA SOUP WITH CRISPY STRIPS**

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 6-8



### Crispy Strips:

6-8 soft corn tortillas

Preheat oven to 400 degrees.

Stack the tortillas and cut them into thin strips (about ¼ inch). Place on a baking sheet and bake until crispy, about 15 minutes. Remove from oven and set aside.

### Soup:

4 cups vegetable broth

1 medium onion, chopped

½ cup green bell pepper, chopped

2 cloves garlic, minced

1 15-ounce can fire-roasted chopped tomatoes

1 15-ounce can fire-roasted crushed tomatoes

1 15-ounce can black beans, drained and rinsed

1 cup frozen corn kernels, thawed

1 7-ounce can chopped green chilies

2 teaspoons ground cumin

½ to ¾ cup chopped avocado

Place ½ cup of the broth in a medium saucepan, add onion, bell pepper, and garlic and cook for 5 minutes over low heat, stirring occasionally. Add remaining broth and both kinds of canned tomatoes and bring to a boil. Add beans, corn, chilies, and cumin. Cook over medium-low heat for 15 minutes. Blend very briefly in the cooking pot with an immersion blender, or mash slightly with a bean masher. Add avocado and mix well. Cook an additional 2 minutes. Serve in a bowl with Crispy Strips over the top.

**HINT:** To make this spicier, add ¼ teaspoon of red pepper flakes along with the cumin. The Crispy Strips may be made ahead of time and placed in an airtight container until serving time. The strips may either be added to the bowl first, then the soup ladled over the strips, or add the strips to the top of the soup and stir-in slightly. A dollop of tofu sour cream is also nice on top of the soup.

### **ROASTED VEGETABLES**

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4 - 6

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

Preheat oven to 425 degrees.

Line a baking sheet with parchment paper. Place the uniformed bite-sized vegetables in a colander and rinse well with water. Shake off excess water, but do not dry completely. Spread vegetables onto baking sheet. Bake turning the vegetables occasionally until desired tenderness is reached and brown spots appear.



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

### **WHITE BEANS MEXICALI**

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 4

1 small onion, chopped  
 1 stalk celery, chopped  
 1 carrot, chopped  
 $\frac{3}{4}$  cup water  
 $\frac{1}{2}$  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  
 $\frac{3}{4}$  cup vegetable broth  
 1 teaspoon chili powder  
 $\frac{1}{2}$  teaspoon ground cumin  
 $\frac{1}{8}$  teaspoon crushed red pepper  
 2 cups chopped fresh spinach  
 Hot sauce to taste (optional)

Place onion, celery, carrot, water, and garlic in a medium saucepot and 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

10-12 corn tortillas  
 4 cups mashed pinto beans  
 1 cup chopped green onion  
 $1\frac{1}{2}$  cups frozen corn kernels, thawed  
 1-2 tablespoons chopped green chilies (optional)  
 2  $\frac{1}{2}$  cups enchilada sauce (see recipe below)  
 Preheat oven to 350 degrees.

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



Place 1½ cups of the enchilada sauce in the bottom of a nonstick oblong baking dish. Place 3-4 corn tortillas over the bottom of the baking dish. Spread half of the bean mixture over the tortillas. Place another 3-4 tortillas over the bean mixture and then spread the remaining bean mixture on top of those tortillas. Cover with 3-4 more tortillas, and then pour the remaining sauce over the tortillas. Cover with parchment paper, then cover with aluminum foil, crimping the edges over the baking dish. Bake for 45 minutes. Remove from oven and let rest for about 15 minutes before cutting. Serve with salsa and tofu sour cream, if desired.

HINT: The amount of corn tortillas that you will need depends on the size of your baking dish. Just cover the bottom as well as you can with the tortillas (on top of the first amount of enchilada sauce) and then use that same amount for the 2<sup>nd</sup> and 3<sup>rd</sup> layers.

### **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. Taste and add more chili powder if desired. Serve over Mexican-flavored foods.



## DAY 7 - THURSDAY

### **Day 7 - 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 crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook; however, you can save 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 currants to the water before boiling, then follow directions as above.

#### **BREAKFAST BOWLS**

Preparation Time: 5 minutes (cooked rice needed)

Cooking Time: 20 minutes

Servings: 4

2 cups shredded hash brown potatoes

1 cup cooked brown rice

1 cup fresh spinach, kale, or chard

1/3 cup frozen corn kernels, thawed

¼ cup chopped green onions

Green Enchilada Sauce (see below)

Salsa

Place the potatoes in a dry nonstick skillet. Cover, and cook for about 5 minutes over medium heat before turning for the first time. Continue to cook and turn frequently until lightly browned, about 12 minutes. Add the remaining ingredients, and cook, stirring occasionally, until heated through.

#### **GREEN ENCHILADA SAUCE**

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 1 quart



1 7-ounce can Mexican green sauce  
 3½ cups water  
 4 tablespoons cornstarch  
 Chopped fresh cilantro for garnish (optional)

Combine all of the ingredients except the cilantro. Cook over medium heat, stirring constantly, until the mixture boils and thickens. Add the cilantro just before serving.

## Day 7 - Dinner

### **BEEFLESS STEW**

By Cathy Fisher

Preparation Time: about 30 minutes  
 Cooking Time: 35 minutes  
 Servings: 6 to 8 (makes about 10 cups)

1 ½ large yellow or white onions, chopped into ¾-inch pieces (about 3 cups)  
 3 ribs celery, cut into ¾-inch pieces (about 1 cup)  
 3 medium carrots, sliced lengthwise and cut into ¾-inch pieces (about 2 ¼ cups)  
 2 medium portabella mushrooms, cut into ¾-inch pieces (about 4 cups)  
 1 ½ tablespoons finely chopped garlic (about 6 medium cloves)  
 5 cups water  
 2 pounds white potatoes, peeled and cut into ¾-inch pieces (about 6 cups)  
 1/3 cup tomato paste (half of a 6-ounce can)  
 1 tablespoon dried Italian herb seasoning  
 1 tablespoon paprika  
 2 teaspoons finely chopped fresh rosemary  
 1 ½ cups cooked green peas (if frozen, rinse with warm water)  
 ½ cup fresh parsley, chopped

Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onion, celery, and carrot, and cook, stirring frequently, for about 8 minutes, adding water as needed to prevent sticking. Stir in the mushrooms and garlic, and continue to cook while stirring for 5 minutes more, adding water as needed. Add the water, potatoes, tomato paste, Italian seasoning, and paprika, and bring to a boil over high heat, uncovered. Reduce the heat to medium-low, and stir in the rosemary. Cover and cook for 15 minutes, stirring occasionally. Add the peas, and cook for 5 minutes more, or until the carrots and potatoes are tender. Place 2 cups of the stew (broth and vegetables) into a blender, and blend until smooth. Stir the mixture back into the pot to thicken the stew. Stir in the parsley.

### **PHO BROTH**

Preparation Time: 10 minutes  
 Cooking Time: 60 minutes  
 Servings: 8 cups

8 cups low-sodium vegetable broth



2 tablespoons soy sauce  
 1 onion, coarsely chopped  
 6 cloves garlic, minced  
 2-inch piece fresh ginger, cut in half  
 2 cinnamon sticks  
 2 pods star anise  
 1 teaspoon brown sugar  
 4 cilantro stems (leaves reserved for soup)  
 3 basil stems (leaves reserved for soup)

Place all ingredients into a large soup pot. Cover and bring to a boil. Reduce heat to medium-low, cover and simmer for 60 minutes. Strain broth and discard solids. Broth may be refrigerated at this point for later use. Or return to pan and continue with recipe.

Hints: This broth is also delicious for other Vietnamese or Asian style soups, rather than just plain vegetable broth. Try adding some frozen carrots and peas to the broth along with some chopped green onions. Bring to a boil, add some vegetable pot stickers and simmer until pot stickers are tender, about 4 to 5 minutes.

### **PHO SOUP**

Pho is a Vietnamese noodle soup specialty of rice noodles, tofu, fresh herbs and bean sprouts. The rice noodles are kept separate from the broth so they do not overcook and get mushy. This soup is made in several steps so it does take some time to prepare. The broth may be made a day or two ahead of time and reheated with the tofu, herbs and bean sprouts before ladling over the noodles. An interesting note about this soup: while the broth was simmering on the stove John made a comment about how whatever I was cooking didn't smell very good, so I worried all afternoon about dinner not being well-received that evening. Not to worry, he loved the finished product and even ate more the next day for lunch. So the smells may be unfamiliar to you or your family, but the taste is fantastic!

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 6 - 8

8.8 ounce package thin rice noodles  
 8 cups Pho Broth  
 10 ounces Baked Tofu, sliced  
 1 cup Mung bean sprouts  
 4 scallions, cut into 1-inch strips, then sliced  
 1 cup fresh spinach, chopped  
 ½ cup basil leaves, thinly sliced  
 ¼ cup fresh cilantro, chopped  
 1 lime cut into wedges  
 Hoisin Sauce or hot chili sauce (optional)

Soak the rice noodles in boiling water for 8-10 minutes. Drain and rinse under cold water. Set aside. (Cover with plastic wrap to retain softness.)





Meanwhile, bring the broth to a boil, reduce heat and add the tofu. Simmer for 5 minutes. Add the bean sprouts, green onions, spinach and basil. Cook 2 minutes longer. Remove from heat and add the cilantro.

Place a portion of the noodles into individual soup bowls and ladle the broth mixture over the noodles, including some of the tofu and vegetables in each bowl. Serve with lime wedges and either Hoisin sauce or hot chili sauce (such as Sriracha), if desired.

Hints: If you have leftover portions of this soup, store the noodles separately from the broth, so they don't get mushy. Heat the broth on the stovetop or in the microwave. Submerge the noodles into hot water while the broth is heating, then drain and place into individual soup bowls and ladle the broth over the noodles.

### **BAKED TOFU**

Preparation Time: 5 minutes

Marinate Time: 10 minutes

Cooking Time: 25 - 30 minutes

Servings: Varies

20 ounces extra firm tofu, cut into 1/4 inch pieces

1/4 cup soy sauce

1/8 cup rice vinegar

1 teaspoon agave nectar

Dash sesame oil (optional)

Drain tofu and slice into 1/4 inch pieces. Place in a large flat baking dish. Combine the remaining ingredients and pour over the tofu slices. Allow to marinate for at least 10 minutes and up to 1 hour. (Or place in the refrigerator and marinate overnight).

Preheat oven to 375 degrees.

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

Hints: This tastes much better (and is less expensive and healthier) than the baked tofu found in packages in many markets and natural food stores. Other seasonings may be added as desired, such as garlic, ginger, balsamic vinegar, or rosemary to change the flavor of the tofu. It's also delicious just marinated in plain soy sauce. The marinade may be saved in a covered jar in the refrigerator for later use. It will keep for several days. The tofu may also be cubed before baking with slightly crispier results.



## DAY 8 - FRIDAY

### **Day 8 - 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 crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook, however, you can save 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 currants to the water before boiling and follow directions as above.

#### **GALLO PINTO**

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.

Preparation Time: 15 minutes (need cooked rice)

Cooking Time: 30 minutes

Servings: 8-10

#### **Beans:**

½ 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:**

½ cup vegetable broth

1 onion, chopped

1 stalk celery, chopped

1 tomato, chopped



¼ 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 nonstick 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.

### Day 8 - Lunch

#### **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 cans chopped tomatoes with their juice  
½ cup water  
1½ cups V-8 juice  
Several twists of fresh ground pepper  
1 cup non-dairy 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.

#### **ROASTED VEGETABLES**

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4 - 6

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

Preheat oven to 425 degrees.



Line a baking sheet with parchment paper. Place the uniformed bite-sized vegetables in a colander and rinse well with water. Shake off excess water, but do not dry completely. Spread vegetables onto baking sheet. Bake turning the vegetables occasionally until desired tenderness is reached and brown spots appear.

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

### **SLOPPY LENTIL JOES**

These quick and easy sloppy joes reheat well. Refrigerate in an airtight container up to 4 days, reheat in a saucepan over low heat, stirring until hot.

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 8 to 10

1 onion, chopped  
 1 green bell pepper, chopped  
 1 tablespoon chili powder  
 1½ cups dried brown lentils  
 1 can (15 ounces) crushed tomatoes  
 2 tablespoons prepared mustard  
 2 tablespoons brown sugar  
 1 teaspoon rice wine vinegar  
 Freshly ground black pepper  
 whole wheat buns and condiments, for serving

Put 1/3 cup of water into a large saucepan and add the onion and bell pepper. Cook over medium heat, stirring occasionally, until the onion softens, about 5 minutes. Stir in the chili powder.

Add the lentils, tomatoes, mustard, brown sugar, vinegar, pepper to taste, and 3 cups of water; mix well. Bring the mixture to a boil, reduce the heat to low, cover, and simmer slowly for 55 minutes, stirring occasionally.

### **Day 8 - Dinner**

### **ITALIAN VEGETABLE SOUP**

By Tiffany Hobson

Preparation Time: 25 minutes

Cooking Time: 35 - 40 minutes

Servings: 4 to 6

1 large yellow onion, diced  
 8 cloves of garlic, minced  
 2 stalks of celery, diced  
 2 carrots, diced



1 zucchini, diced  
 1 yellow squash, diced  
 1 teaspoon dried thyme  
 1 teaspoon dried Italian herb mix  
 1 teaspoon dried oregano leaves  
 Several twists of freshly ground black pepper  
 1 box (26.46 ounces) Pomi chopped tomatoes  
 1 box (32 ounces) Low-sodium vegetable broth  
 1/8 cup tomato paste  
 1 can (15 ounces) Cannellini (white kidney) beans, drained and rinsed  
 1 bunch of lacinato kale, stripped from stems and finely chopped  
 1/8 cup fresh Italian parsley, stripped from stems and finely chopped

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

### **ITALIAN SCALLOPED POTATOES**

By Tiffany Hobson

Preparation Time: 20 minutes

Cooking Time: 1 hour 15 - 20 minutes

Servings: 6 to 8

9 Yukon potatoes, peeled and cut into ¼ inch slices  
 10 garlic cloves, minced  
 1 teaspoon dried Italian herb mix  
 1 teaspoon dried oregano leaves  
 1 teaspoon dried thyme  
 1 pound fresh baby spinach leaves  
 1 tablespoon water  
 ½ - 1 cup Marinara Sauce (recipe below) or fat-free pasta sauce from a jar  
 3 - 4 roma tomatoes (any variety) cut into ¼ inch slices  
 ½ yellow onion, cut into big rings  
 1 red bell pepper, cut into big rings

Preheat oven to 375 degrees.

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



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

In a 9 x 13 Pyrex dish, place just enough Marinara sauce to lightly coat the bottom of the dish, about  $\frac{1}{4}$  -  $\frac{1}{2}$  cup. Place a layer of potatoes on top of the sauce. Add the cooked spinach on top of the potatoes. Place the rings of onion and bell pepper all over the spinach. Add the remaining potatoes for the final layer. Take the extra spices from the bowl and spread them evenly over the potatoes. Add more Marinara sauce to cover the potatoes, about  $\frac{1}{4}$  -  $\frac{1}{2}$  cup. Bake uncovered for 30 - 45 minutes, until potatoes start to become tender. Add a layer of roma tomatoes on the top of the dish and switch your oven to broil. Continue to cook uncovered until potatoes are a golden brown and tomatoes are roasted, about 15 - 25 minutes. It is important to watch your dish when broiling so your food does not burn and turn black. Salt to taste, if desired.

### **ROASTED VEGETABLES**

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4 - 6

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

Preheat oven to 425 degrees.

Line a baking sheet with parchment paper. Place the uniformed bite-sized vegetables in a colander and rinse well with water. Shake off excess water, but do not dry completely. Spread vegetables onto baking sheet. Bake turning the vegetables occasionally until desired tenderness is reached and brown spots appear.

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

### **MARINARA SAUCE**

By Tiffany Hobson

Preparation Time: 10 minutes

Cooking Time: 1 hour 15 minutes

Servings: 4 to 6

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



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

Note: To make this an Arrabbiata Sauce, add 2 teaspoons crushed red pepper flakes when adding in the garlic. Remove the bay leaf and basil leaves when using as a sauce in other dishes (such as the Italian Scalloped Potatoes above).



## DAY 9 - SATURDAY

### **Day 9 - 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 crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook; however, you can save 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 currants to the water before boiling, and then follow directions as above.

#### **BETTER THAN FIRESIGN POTATOES**

Preparation Time: 10 minutes (need cooked potatoes)

Cooking Time: 15 minutes

Servings: 2 to 4

These were inspired by some breakfast potatoes we had at a restaurant on Lake Tahoe, called Firesign Café. We like this version better.

1 pound red potatoes (skins on) boiled until soft

1 small sweet onion, chopped

1 bunch scallions, finely chopped

Freshly ground pepper

Coarsely chop the cooked potatoes. Combine the potato, onion, and scallions. Place a small amount of water in a nonstick skillet. Add the vegetables, grind some fresh pepper over them and cook, turning frequently with a spatula, until the potatoes brown slightly, about 15 minutes.

#### **TOFU SCRAMBLE**

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4 to 5





1/3 cup vegetable broth  
 1 cup yellow onion, chopped  
 1 red bell pepper, chopped  
 1 yellow bell pepper, chopped  
 1 orange bell pepper, chopped  
 1 pound firm tofu, crumbled  
 2 tablespoons prepared brown mustard  
 ½ teaspoon chili powder  
 ¼ teaspoon dill weed  
 ¼ teaspoon garlic powder  
 ¼ teaspoon turmeric  
 Dash salt  
 2 cups cooked fresh spinach leaves or lacinato kale, squeezed dry  
 Freshly ground black pepper to taste

Place broth, onion and bell peppers in a large non-stick frying pan and cook over medium high heat, stirring occasionally, for about 4 to 5 minutes. Add the crumbled tofu, mustard and the other seasonings. Cook, stirring occasionally, for another 5 minutes. Add the spinach, mix well, and heat for another minute. Serve hot.

## Day 9 - Snack

### BAKED YAMS

This is a favorite dish at The McDougall 10-Day Live-In Program and I always get requests for the recipe. It is simple to prepare and keeps well in the refrigerator for reheating later.

Preparation Time: 5 minutes

Cooking Time: 1 hour 10 minutes

Servings: variable

Garnet Yams (reddish skins and a deep orange flesh)

Preheat oven to 350 degrees.

Scrub the yams and cut into large pieces (quarter the yams unless they are very large).

Place in a single layer in a dry baking dish, skin side down. Cover with parchment paper then cover the baking dish with aluminum foil, crimping it over the sides to hold in the steam. Bake for 1 hour, 10 minutes.

### PEANUT SAUCE

Preparation Time: 5 minutes

Servings: 2 cups

¾ cup rice vinegar

¼ cup soy sauce

2 tablespoons Sambal chili paste

¾ cup natural peanut butter

¼ cup warm water

1/8 cup cilantro leaves



Place vinegar, soy sauce and chili paste into a blender jar. Process on low until mixed. Add the peanut butter  $\frac{1}{4}$  cup at a time and process until very smooth. Add the warm water and the cilantro leaves and process until well mixed.

## Day 9 - Lunch

### **RED PEPPER DIP**

1 16-ounce package fresh tofu, drained  
 2 tablespoons lemon juice  
 1 tablespoon cider vinegar  
 $\frac{1}{3}$  cup canned roasted red peppers  
 1 teaspoon chili powder  
 Several dashes of Tabasco sauce  
 $\frac{1}{4}$  teaspoon salt (optional)

Preparation Time: 10 minutes

Servings: Makes 2 cups

Combine the tofu, lemon juice, and vinegar in a food processor. Process until smooth. Add the peppers and chili powder. Process for several minutes until very smooth and creamy. Add Tabasco and salt.

Hint: Roasted red peppers are sold in bottles in the supermarket. This dip keeps well in the refrigerator for several days, if it lasts that long in your house! Use as a dip for raw vegetables or fat-free chips. Use as a spread for crackers or bread. This is also good on baked potatoes.

### **POTATO SALAD**

By Cathy Fisher

The most common reaction I get from people trying this salad for the first time is, "It tastes like potato salad!" This healthful version of potato salad is just as comforting and satisfying as tradition versions, but without any eggs, oil, or salt.

Preparation: about 20 minutes

Cooking: 25 minutes

Serves: 6 to 8 (makes about 9 cups salad and 1 cup dressing)

For the salad:

3 pounds red potatoes, unpeeled, cut into about  $\frac{3}{4}$ -inch chunks (about 9 cups)  
 3 ribs celery, sliced or chopped (about 1 cup)  
 $\frac{1}{2}$  cup finely chopped red onion  
 1 medium, ripe avocado, chopped (optional)  
 2 tablespoons chopped fresh dill

For the dressing:

$\frac{1}{2}$  cup water  
 2 ounces raw, unsalted cashews (about  $\frac{1}{2}$  cup)  
 3 tablespoons lemon juice



2 tablespoons mustard (I like Dijon or stone ground)  
 1 medium clove garlic, sliced  
 ½ teaspoon ground cumin

1. Place all of the dressing ingredients (water, cashews, lemon juice, mustard, garlic, and cumin) into a blender, and set aside for at least 15 minutes (so the cashews can soften).
2. Cover the potatoes with cold water in a large pot and bring to a boil over high heat, uncovered. Reduce the heat to medium-high, and continue to cook until the potatoes are tender but not falling apart when pierced with a knife, about 15 to 20 minutes. Drain and rinse under cold water.
3. Place the cooked potatoes, celery, red onion, avocado (if using), and dill into a large bowl.
4. Blend the dressing ingredients until smooth. Stir the dressing into the salad. Serve immediately or after chilling for an hour.

**Notes:**

- You can use any kind of potato, but red potatoes are traditional since they hold together well and look nice.
- You can use 1 teaspoon of dried dill instead of fresh, but there's nothing like fresh herbs in a salad.
- For a lower-fat dressing, substitute 2/3 cup of cooked white beans for the cashews.

**QUINOA CHOWDER**

We really enjoy soups during the winter months. This is a hearty, yet simple soup filled with delicious healthy ingredients.

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 6-8

½ cup quinoa, rinsed well  
 4 cups vegetable broth  
 2 cups water  
 2-4 cloves garlic, minced  
 1 large onion, chopped  
 2½ cups fingerling potatoes, cut into bite-sized pieces  
 2 jalapeno peppers, seeded and minced  
 2 cups frozen corn kernels  
 4 cups sliced fresh spinach  
 Freshly ground pepper to taste

Place the first 7 ingredients in a large soup pot. Bring to a boil, reduce heat, cover, and cook for 20 minutes. Add the corn, mix well and cook an additional 15 minutes. Stir in the spinach 5 minutes before the soup is done. Add some pepper to taste, if desired.



Hints: To spice this up a bit more, let each person add some hot sauce to taste before eating. If you can't find fingerling potatoes, use Yukon Gold or red potatoes and chop then into bite-sized pieces.

### **MOCK TUNA SPREAD**

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 2 cups

1 15-ounce can garbanzo beans, drained and rinsed  
 1 stalk celery, finely chopped  
 ¼ cup finely chopped onion  
 ¼ cup finely chopped green onion  
 1 tablespoon lemon juice  
 ¼ cup fat-free mayonnaise or Tofu Mayonnaise (see recipe below)

Place the beans in a food processor and process until coarsely chopped or mash with a bean masher. Don't over process to a smooth consistency. Place in a bowl and add the remaining ingredients. Mix well.

Chill at least 1 hour to blend the flavors.

Hint: Add 2 tablespoons of pickle relish to this spread to jazz it up. We like this spread on crackers or toasted fat-free crumpets.

### **TOFU MAYONNAISE**

Preparation Time: 5 minutes

Servings: Makes 1-1/3 cups

1 12.3-ounce package silken tofu  
 1½ tablespoons lemon juice  
 1 teaspoon honey  
 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.

### **BARBECUED GARBANZO DIP**

Preparation Time: 5 minutes

Chilling Time: 2 hours

Servings: Makes 1 ½ cups

1 15-ounce can garbanzo beans, drained and rinsed  
 ¼ cup diced canned green chilies  
 ¼ cup fat-free barbecue sauce  
 ¾ teaspoon ground cumin  
 ½ teaspoon minced fresh garlic



Place all ingredients in a food processor and process until smooth. Use as a dip for crackers, fat-free chips, or vegetables, or as a spread for bread.

### **EGGLESS EGG SALAD**

Preparation Time: 10 minutes

Chilling Time: 2 hours

Servings: Makes 1 ¾ cups

12.3 ounce package extra firm lite silken tofu  
 ¼ cup tofu mayonnaise (see recipe below)  
 ¼ cup celery, minced  
 1 - 2 green onions, finely chopped  
 2 teaspoons apple cider vinegar  
 ½ teaspoon turmeric  
 ¼ teaspoon onion powder  
 ¼ teaspoon garlic powder  
 ¼ teaspoon dried dill weed  
 ¼ teaspoon salt

Place the tofu in a bowl and mash with a fork or bean masher until crumbled, but not smooth. Add remaining ingredients and mix well. Cover and chill at least 2 hours before serving.

### **TOFU MAYONNAISE**

Preparation Time: 5 minutes

Servings: Makes 1-1/3 cups

1 12.3-ounce package silken tofu  
 1½ tablespoons lemon juice  
 1 teaspoon honey  
 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.

## **Day 9 - Dinner**

### **MINESTRONE SOUP**

Preparation Time: 30 minutes

Cooking Time: 3 hours

Servings: 8

1¼ cup dried red kidney beans  
 8 cups water  
 1 onion, chopped  
 1 teaspoon minced garlic  
 1 stalk of celery, sliced



1 carrot, sliced  
 6-8 fingerling potatoes, cubed  
 1½ cups fresh green beans, cut into 1½-inch pieces  
 1 cup tomato sauce  
 ¼ cup parsley flakes  
 1½ teaspoon basil  
 1½ teaspoon oregano  
 ½ teaspoon marjoram  
 ¼ teaspoon celery seed  
 ¼ teaspoon ground black pepper  
 1 15-ounce can garbanzo beans, drained and rinsed  
 1 15-ounce can chopped tomatoes  
 1 zucchini, chopped  
 1½ cups shredded cabbage  
 ½ cup uncooked whole wheat elbows

Place the beans in a large pot with water to cover. Bring to a boil, cook for 2 minutes, turn off heat and let rest for 1 hour. (To eliminate this step soak the beans overnight). Drain off water. Add onion, garlic, and 8 cups of fresh water. Bring to a boil, reduce heat, cover, and cook for 1 hour. Add celery, carrot, potatoes, green beans, tomato sauce, and all the seasonings. Return to a boil, reduce heat, and cook for 45 minutes. Add the garbanzo beans, canned tomatoes, and zucchini. Cook for another 30 minutes. Then add the cabbage and pasta and cook for an additional 30 minutes.

**HINTS:** I have many varieties of minestrone that I make throughout the fall and winter months, but this one is our favorite. You may use any type of uncooked pasta that you like. We also like spaghetti broken into 2 inch pieces in this soup.

### **GRILLED PORTOBELLO MUSHROOMS**

Preparation Time: 5 minutes

Cooking Time: 10 minutes

4 large Portobello mushrooms

¼ cup soy sauce

1 teaspoon minced fresh garlic

Several twists of freshly ground black pepper

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

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



### **TOFU LOAF**

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

Preparation Time: 15 minutes

Cooking Time: 45 to 60 minutes

Servings: 6 to 8

30 ounces water packed firm tofu

1 2/3 cups quick oats

¾ cup whole wheat bread crumbs

½ cup ketchup or barbecue sauce

1/3 cup soy sauce

2 tablespoons Dijon-style mustard

2 tablespoons Vegetarian Worcestershire sauce

¼ teaspoon garlic powder

¼ teaspoon ground black pepper

Preheat oven to 350 degrees.

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

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

### **MASHED POTATOES**

Russet potatoes make fluffier mashed potatoes, while Yukon Gold, Yellow Finn, or thin-skinned red or white potatoes are denser and heavier in texture. Three pounds of potatoes will yield approximately 6 to 8 servings.

Peel, simmer over low heat until tender, and mash, blending with warmed non-dairy milk. (Or save some of the cooking water and use that to moisten the potatoes). Add salt and pepper to taste.

I like to mash the potatoes using a hand-held electric mixer. Don't use a food processor to mash potatoes, they will turn into a starchy paste within seconds.

Potatoes are also delicious when they are cooked and mashed with the skin on. It adds some color and texture to the potatoes when eating, and it also saves a lot of preparation time.



Variations on basic mashed potatoes:

1. For garlic mashed potatoes, cook six peeled cloves of garlic with the potatoes.
2. For roasted garlic mashed potatoes, cut the top off one head of garlic, drizzle 1 tablespoon vegetable broth over cut portion, wrap in parchment paper, then tightly wrap in aluminum foil. Bake at 400 degrees for about 45 minutes. Cool. Remove from wrapping, invert over bowl, and squeeze garlic out of the cloves. Add to potatoes while mashing.
3. For colorful mashed potatoes, add cooked vegetables while mashing. Try carrots, sweet potatoes, turnips, kale, or spinach (well drained), broccoli, or celery root.
4. For herbed mashed potatoes, add fresh chopped herbs after the potatoes are mashed. Try parsley, dill, chives, cilantro, basil, or another of your favorites.
5. For green onion mashed potatoes, add one cup of chopped green onions to non-dairy milk while heating, then add to potatoes while mashing.
6. For spicier potatoes, add 1 to 2 tablespoons of spicy brown mustard while mashing, or try 2 tablespoons of prepared wasabi.

### **MARSALA MUSHROOM SAUCE**

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: Makes 3½ cups

2 leeks sliced (white and light green part only)  
 ¾ pound fresh mushrooms, sliced  
 3½ cups water  
 ½ teaspoon leaf oregano  
 ½ teaspoon leaf sage  
 ¼ cup soy sauce  
 1/8 cup Marsala wine  
 3½ tablespoons cornstarch mixed in ¼ cup cold water

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

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

### **GOLDEN GRAVY**

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes about 2 cups

¼ cup brown rice flour  
 1½ cups vegetable broth  
 ½ cup water  
 2 tablespoons tahini  
 3 tablespoons tamari or soy sauce  
 Freshly ground pepper to taste





Combine all ingredients in a small saucepan. Continue to whisk until mixture boils and is smooth and thick. Season with freshly ground black pepper.



## DAY 10 - SUNDAY

### **Day 10 - 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 crunchier than regular rolled oats. We think they are more filling also. They do take a bit longer to cook, however, you can save 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 currants to the water before boiling, then follow directions as above.

#### **SHREDDED POTATO PANCAKES WITH SCALLIONS**

By Tiffany Hobson

Preparation Time: 15 minutes

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

Total Cooking Time: 48 to 50 minutes

Servings: 18 to 20 potato pancakes

2 large Russet potatoes, shredded

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

3 teaspoons Ener-G Egg Replacer

½ cup All-Purpose Flour

1 teaspoon non-aluminum baking powder

½ - 1 teaspoon freshly ground black pepper

Combine Ener-G Egg Replacer, flour, baking powder and pepper in a large bowl. Whisk the dry ingredients together and set aside.

Using either a food processor or hand grater, shred all the potatoes. Transfer the potatoes into a colander and squeeze out excess liquid. When finished, place the potatoes onto a towel or double set of paper towels to squeeze out as much of the remaining liquid as possible. Discard any big pieces that were not completely grated if using a the food processor. Transfer potatoes to the large bowl of dry ingredients. Add the scallions to the bowl. Mix all the



ingredients well until the flour is completely absorbed. (I use my hand to mix the ingredients together as it seems to incorporate all of the components best.)

Using a  $\frac{1}{4}$  cup measuring cup, spoon the mixture into a non-stick frying pan. (If using an 11-inch pan, this will allow you to cook 4 potato pancakes at a time.) Flatten the mixture with a spatula (if the pancake sticks to the spatula, scrape it off and add it back to the pancake in the pan) and cook over medium heat. When you flip the pancake, flatten the pancake again with the spatula. The first batch always takes longer to cook than the remaining batches. Usually the first batch is 8 minutes on the first side and 6 to 8 minutes on the other. The rest of the batches take about 6 minutes on each side to cook.

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

### **TOFU SOUR CREAM**

Preparation Time: 5 minutes

Chill Time: 2 hours

Serves: Varies

1 12.3 ounce package silken tofu  
2 tablespoons lemon juice  
2 teaspoons sugar  
Dash of salt

Combine all ingredients in a food processor and process until smooth. Refrigerate at least 2 hours to allow flavors to blend. Keeps in the refrigerator for about a week.

### **FRUITY BAKED OATMEAL SQUARES**

By Cathy Fisher

Preparation Time: about 15 minutes

Cooking Time: 30 minutes

Servings: 4 (or makes 16 snack bars)

2  $\frac{1}{2}$  cups old-fashioned rolled oats  
1  $\frac{3}{4}$  cups nondairy milk  
 $\frac{3}{4}$  cup blueberries  
 $\frac{3}{4}$  cup red raspberries  
1  $\frac{1}{2}$  teaspoons cinnamon  
 $\frac{1}{2}$  teaspoon ground nutmeg

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

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



### **SMOKY BBQ SAUCE**

Preparation Time: 5 minutes

Cooking Time: 10 - 15 minutes

Servings: Makes 2 cups

1 tablespoon chili sauce  
 2 tablespoons ketchup  
 3 tablespoons sweet chili sauce  
 ½ cup orange juice  
 1 cup stock or water  
 1 cup molasses  
 ½ cup low-sodium tamari  
 2 tablespoons lemon juice  
 2 tablespoons mustard powder  
 2 tablespoons minced garlic  
 1 tablespoon Tabasco sauce  
 1/8 teaspoon chili flakes  
 ½ tablespoon liquid smoke  
 2 tablespoons cornstarch

Combine all ingredients, except the cornstarch, in a pot and slowly bring to a simmer. Add cornstarch at the end to thicken. Chill for 3 to 5 hours. Lasts for 2 weeks in the refrigerator.

### **THAI CHILI DRESSING**

Preparation Time: 5 minutes

Servings: 2 gallons

½ cup lime juice  
 1 cup sweet chili sauce  
 ¼ cup rice vinegar  
 2 tablespoons cold water  
 2 tablespoons soy sauce or tamari  
 ½ bunch cilantro, chopped  
 1 tablespoon garlic, minced  
 2 tablespoons ginger, minced

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

### **CREAMY CAESARY DRESSING**

This easy to make dressing turns chopped romaine or other greens into a satisfying salad. The dressing lasts for a week in the refrigerator.

Servings: Makes about 1 cup

1 12.3-ounce box Mori Nu lite silken tofu  
 4 cloves garlic, minced or pressed



3 tablespoons Dijon mustard  
3-4 tablespoons nutritional yeast flakes  
2 tablespoons Bragg liquid amino acids or tamari  
3 tablespoons fresh lemon juice  
2-3 tablespoons or more of water, depending upon the consistency you like

Blend all the ingredients in the food processor or blender, until smooth and creamy.

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