



McDougall 10-Day Meal Plan Recipes

Feel free to mix-and-match. There are two recipes listed for most meals. You don't have to use both. These are just suggestions. Add a simple salad with an oil-free dressing, or add a baked potato or a side of brown rice. The possibilities are endless. These are just a few simple suggestions to get you started.

DAY 1

Breakfast

MULTIGRAIN HOT CEREAL

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

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

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

To Cook:

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

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

BETTER THAN FIRESIGN POTATOES

Preparation Time: 10 minutes (need cooked potatoes)
 Cooking Time: 15 minutes
 Servings: 2 to 4

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 and grind some fresh pepper over them. Cook, turning frequently with a spatula, until the potatoes brown slightly, about 15 minutes.



Lunch

COLESLAW

Preparation Time: 30 minutes

Chilling Time: 1 hour

Servings: 4

Dressing:

2 tablespoons balsamic vinegar

6 tablespoons cider vinegar

2 tablespoons Dijon mustard

1 tablespoon soy sauce

2 teaspoons agave nectar

½ teaspoon celery seeds

½ teaspoon caraway seeds

¼ teaspoon freshly ground pepper

Slaw:

2 cups shredded green cabbage

2 cups shredded red cabbage

1 carrot julienned

1 red bell pepper, julienned

1 yellow bell pepper, julienned

¼ cup finely chopped scallion

¼ cup minced fresh parsley

1 green bell pepper, julienned

Mix the dressing ingredients in a small jar and set aside.

Combine the vegetables in a large bowl. Pour the dressing over and toss to coat. Refrigerate for at least 1 hour to blend the flavors.

GLOBAL BEAN STEW

The grains used may be varied, making this dish truly international. Serve this plain in a bowl, over rice, or scooped up with baked tortilla chips.

Preparation Time: 25 minutes

Cooking Time: 60 minutes

Servings: 6

3 cups vegetable broth

1 onion, chopped

2 stalks celery, chopped

2 carrots, chopped

1 green bell pepper, chopped

1 red bell pepper, chopped

3 cloves garlic, minced

2 cups baby potatoes, chunked

2 15-ounce cans white cannellini beans, drained and rinsed

1 8-ounce can tomato sauce

1½ cups prepared hummus

1½ tablespoons parsley flakes

1½ tablespoons soy sauce

1 teaspoon basil

½ teaspoon oregano

½ teaspoon smoked paprika

1/8 to ¼ teaspoon crushed red pepper

½ cup cooked quinoa.

1½ cups thinly sliced fresh spinach



Place ½ cup of the broth in a large pot. Add onion, celery, carrot, bell pepper, and garlic. Cook, stirring occasionally, for 10 minutes. Add remaining broth, potatoes, and beans. Bring to a boil, cover, reduce heat and cook for 30 minutes. Add tomato sauce, hummus, and seasonings. Cook an additional 10 minutes. Add cooked quinoa, mix well, and cook for 5 minutes. Stir in spinach and cook an additional 2 minutes.

HINTS: This may be made with other cooked grains, such as bulgur, kasha, millet, rice, or even whole wheat couscous (which is not a grain, but a pasta). Most natural food stores sell prepared low-fat hummus or you can easily make your own by pureeing cooked garbanzo beans with a small amount of broth, garlic, and salt. This may also be made with garbanzo beans instead of the white beans. If you can't find baby potatoes, use larger red potatoes and chop them into bite-sized chunks. If you want to use chard or kale instead of the spinach, it will need to cook about 5 additional minutes.

Dinner

ITALIAN POTATO SALAD

Preparation Time: 20 minutes
 Cooking Time: 5-7 minutes
 Chilling Time: 1 hour
 Servings: 4-6

5 large red potatoes, scrubbed and sliced 1/4 inch thick
 1/2 pound mushrooms, sliced
 1 small red onion, thinly sliced
 1/2 cup chopped, roasted red pepper
 3/4 cup oil-free Italian dressing
 1 tablespoon chopped fresh basil

Drop the potatoes into boiling water and cook for 5-7 minutes. Drain and set aside. Meanwhile, combine the remaining ingredients and mix well. Pour over the potatoes and toss to mix. Cover and refrigerate for at least 1 hour before serving.

PEA SOUP

This tastes even better the next day and is great over baked potatoes.

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

8 cups water
 1 cup green split peas
 1/2 cup dried baby lima beans
 1/4 cup barley
 1 onion, chopped
 2 bay leaves
 1 teaspoon celery seed
 2 carrots, chopped
 2 potatoes, chunked
 2 celery stalks, chopped
 2 tablespoons parsley flakes
 1 teaspoon basil
 1 teaspoon paprika
 1/8 teaspoon white pepper
 freshly ground black pepper to taste

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

HINTS: If you want to make this without the lima beans, increase the split peas to 2 cups and reduce the initial cooking time to 1/2 hour. This recipe freezes and reheats well. For a delicious smoky flavor, try adding a couple drops of liquid smoke to the soup about 15 minutes before the end of the cooking time.



DAY 2

Breakfast

STEEL CUT IRISH OATMEAL

These take a bit longer to cook, however you can save some time by soaking them overnight.

Preparation Time: 5 minutes
 Cooking Time: 45 minutes
 Servings: 4

4 cups water
 1 cup steel cut oats

Bring the water to a boil. Add the oats and mix well. When the mixture starts to thicken slightly, reduce heat and simmer uncovered for 30-40 minutes, stirring occasionally.

Variation: To soak the oats overnight, bring the water to a boil, add the oats, stir and turn off the heat. Cover and let rest overnight. In the morning, bring the heat up on the pot and cook over low heat, uncovered for about 10-12 minutes. To add a bit of sweetness to the oats, add a few currents to the water before boiling, then follow directions above.

POTATO HASH

Preparation Time: 20 minutes
 Cooking Time: 15 minutes
 Servings: 4

2 large potatoes, peeled and diced
 1 medium onion, diced
 1 green bell pepper diced
 1 red bell pepper, diced
 1 cup frozen corn kernels, thawed
 1 teaspoon poultry seasoning
 ¼ cup chopped fresh parsley or cilantro
 Freshly ground pepper to taste

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

Place the onion and green and red bell pepper in a saucepan with a small amount of water. Cook, stirring frequently, until just tender, about 4 minutes. Add corn and cook 1 additional minute. Remove from heat. Add the cooked potatoes, poultry seasoning, fresh parsley or cilantro, and pepper. Mix well.

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

Lunch

ASIAN RICE SALAD

Preparation Time: 15 minutes
 Chilling Time: 1 hour
 Servings: 4

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



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

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

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

VENTANA LENTIL STEW

Serve this over whole wheat bread or split rolls or ladled over baked potatoes or brown rice.

Prep: 10 minutes.

Cook: 1 hour 15 minutes.

Serves: 6 to 8

1 onion, chopped
 2 cloves garlic, crushed or minced
 1-2 jalapeño peppers, seeded and chopped (wear plastic gloves when handling)
 2 cups green lentils
 2 cups chopped fingerling potatoes, cut into bite-sized pieces
 ¼ to ½ teaspoon chipotle chili powder
 2 cups baby spinach leaves or chopped spinach
 Hot sauce, for serving

Put the onion, garlic, and jalapeños in a large saucepan along with ½ cup of water. Cook, stirring occasionally, until the onion softens, about 5 minutes. Stir in the lentils, potatoes, ¼ teaspoon chipotle powder, and 5½ cups more water. Cover and bring the soup to a boil, then reduce the heat and simmer until the lentils are soft, about 1 hour. Stir in the spinach and cook 5 minutes. Add additional chili powder to taste.

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

Dinner

INSTANT MEXICAN RICE

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

2 ½ cups water
 2 ¼ 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 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 . 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.

ENCHILADA SAUCE

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: Makes 2 ½ cups

1 8-ounce can tomato sauce
 1 ½ cups water
 2 tablespoons cornstarch
 1 ½ 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

Breakfast

MULTIGRAIN HOT CEREAL

See breakfast Day 1

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.

HINT: Try these with nutritional yeast or ParmaZaan Sprinkles.

Lunch

DIJON SPINACH SALAD

Preparation Time: 15 minutes

Servings: 5

1 10-ounce package triple-washed spinach

1/2 cup thinly sliced red onion, separated into rings

2 cups sliced fresh mushrooms

3/4 cup Asian-Dijon Dressing or other oil-free salad dressing

Trim the spinach stems and tear into bite-sized pieces. Add the onion and mushrooms and toss to mix. Pour the dressing over and toss again. Serve at once.

ASIAN-DIJON DRESSING

1/4 cup soy sauce

1/4 cup rice vinegar

1/4 cup water

1 tablespoon Dijon mustard

1/4 teaspoon minced fresh garlic

1/4 teaspoon minced fresh ginger

Combine all ingredients in a blender jar and process until smooth.



MOROCCAN RED LENTIL SOUP

Serve this with whole grain flatbread to scoop up the juices, or ladle the soup over brown rice.

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Serves: 6 - 8

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

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

Stir in the orzo, cilantro, and lemon juice. Cook 10 minutes longer, until the orzo is al dente.

Serve hot.

Dinner

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.



SHEPHERD'S VEGETABLE PIE

Preparation Time: 35 minutes (need mashed potatoes)

Cooking Time: 1 hour

Servings: 6

3 cups vegetable broth
 1 onion, chopped
 1 stalk celery, sliced
 1 green bell pepper, chopped
 ½ teaspoon minced bottled fresh garlic
 ½ teaspoon sage leaves
 ½ teaspoon marjoram
 1 tablespoon soy sauce
 1 carrot, thinly sliced
 1 ½ cups sliced fresh mushrooms
 1 ½ cups cauliflower florets
 1 cup thinly sliced cabbage
 1 cup green beans, cut in 1 inch pieces
 2 tablespoons cornstarch mixed in 1/3 cup cold water
 Freshly ground pepper to taste
 3 cups mashed potatoes
 Paprika to garnish

Preheat oven to 350 degrees.

Place ½ cup of the broth in a large pot with the onion, celery, bell pepper and garlic. Cook, stirring occasionally, for about 4 minutes. Stir in sage, marjoram and soy sauce. Add the remaining vegetable broth and the carrot, mushrooms, cauliflower, cabbage and green beans. Bring to a boil, cover, reduce heat and cook for 20 minutes, stirring occasionally. Add the cornstarch mixture and stir until thickened. Season with pepper to taste. Transfer to a casserole dish. Cover vegetable mixture with mashed potatoes and sprinkle with paprika. Bake for 30 minutes until potatoes are slightly browned.

Hint: Thin the mashed potatoes with a little non-dairy milk or vegetable broth if they are too stiff to spread. Put them in a bowl, add a small amount of the liquid and beat by hand or with an electric beater until they are spreadable.



DAY 4

Breakfast

STEEL CUT IRISH OATMEAL

See breakfast Day 2

GRIDDLE CAKES

These are wonderful savory griddle cakes, best served with some kind of a topping, such as fresh tomatoes, salsa, mushroom sauce, gravy, or try the Red Pepper Sauce below.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: makes 11-12 griddle cakes

1 1/3 cups non-dairy milk
 1 tablespoon lemon juice
 1 cup cornmeal
 ¼ cup brown rice flour
 2 teaspoons baking powder
 ½ teaspoon baking soda
 dash salt
 1 cup frozen corn kernels, thawed
 1 cup grated zucchini
 ½ cup chopped green onions
 2-3 tablespoons coarsely chopped black olives
 2 tablespoons chopped pimiento, well drained
 2 tablespoons chopped fresh cilantro or parsley

Combine non-dairy milk and lemon juice in a measuring cup and set aside.

Combine the cornmeal, flour, baking powder, baking soda and salt in a mixing bowl. Combine the remaining ingredients in another mixing bowl. Add the non-dairy milk mixture to the cornmeal mixture and mix well, then stir in the vegetable mixture. Ladle batter by ¼ cup scoops onto a hot non-stick griddle and cook until golden brown (this takes a bit longer than pancakes). Flip and cook until griddle cakes are browned on both sides. Keep warm in a low oven until ready to serve.

RED PEPPER SAUCE

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: makes 1 cup

2 large red bell peppers, seeded and coarsely chopped
 1 small onion, coarsely chopped
 1 clove garlic, coarsely chopped
 1 tablespoon rice vinegar
 ½ tablespoon prepared horseradish
 1 teaspoon chili garlic sauce

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



Lunch

FAT-FREE HUMMUS

Servings: Makes 2½ cups
Preparation Time: 5 minutes

Two 15-ounce cans of garbanzo beans, drained and rinsed
1 teaspoon minced fresh garlic
1/3 cup packed chopped parsley or cilantro
1/8 cup water

Place all ingredients in a food processor and process until smooth. Serve as a dip with pita bread or use as a sandwich spread.

QUINOA CHOWDER

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 chunks.

Dinner

THREE BEAN SALAD

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

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

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

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

Refrigerate at least 1 hour to allow flavors to blend.



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.



DAY 5

Breakfast

MULTIGRAIN HOT CEREAL

See breakfast Day 1

GALLO PINTO

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

Lunch

BARBECUED BEAN SALAD

This is a fast and delicious salad that can be served in many different ways. It can be eaten plain as a side dish, as a topping for chilled greens, such as spinach or lettuce, stuffed into pita bread with some fresh chopped greens, or rolled up in a wrap plain, with barbecued tofu or with greens. To use home cooked beans in this recipe, cook your beans in a pressure cooker or on the stove and use about 1½ cups cooked beans for each can of beans called for. This may also be made with other variations of beans, choose all one kind or a mixture of different beans.

Preparation Time: 15 minutes

Chilling Time: 2 hours

Servings: 4 to 6

- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can pinto beans, drained and rinsed
- 1 15-ounce can white beans, drained and rinsed
- ½ cup diced sweet onion
- 1 stalk celery, diced
- 1 medium red bell pepper, diced
- 1 cup frozen corn kernels, thawed



½ cup bottled oil-free barbecue sauce
 1 tablespoon red wine vinegar
 2 teaspoons Dijon mustard
 Dash salt

Place beans in a large bowl. Add vegetables and mix well. Add remaining ingredients and toss again to mix. Refrigerate to blend flavors.

HINT: To use fresh corn instead of frozen, cook 2 ears of corn until tender. Cool. Slice from cob and use as directed above.

BROCCOLI BISQUE

Preparation Time: 10 minutes
 Cooking Time: 20 minutes
 Servings: 6-8

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

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

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

Dinner

PICNIC LENTIL SALAD

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

Preparation Time: 15 minutes
 Cooking Time: 30 minutes
 Chilling Time: 3 hours
 Servings: 6

1 cup dry brown lentils
 4 cups water
 1 cup grated carrots
 ½ cup chopped sweet onion
 ½ cup chopped fresh parsley
 ½ teaspoon crushed fresh garlic
 2 tablespoons of red wine vinegar
 1 tablespoon water
 1 tablespoon soy sauce
 2 teaspoons Dijon-style mustard
 1 teaspoon Worcestershire sauce
 ½ teaspoon ground oregano
 Several twists freshly ground pepper

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

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



MINISTRONE SOUP

This makes a wonderful meal with a loaf of fresh bread. It also reheats well.

Preparation Time: 30 minutes

Cooking Time: 3 hours

Servings: 8

1¼ cup 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, chunked
 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.



DAY 6

Breakfast

STEEL CUT IRISH OATMEAL

See breakfast Day 2

EAST-WEST BREAKFAST

Preparation Time: 15 minutes (need cooked potatoes and rice)

Cooking Time: 10 minutes

Servings: 4

1 cup vegetable broth
 ½ cup chopped onion
 ½ cup chopped red bell pepper
 ½ cup chopped celery
 1 large firm red potato, boiled and chunked
 1 cup cooked brown rice
 1 cup chopped fresh spinach
 1 tablespoon soy sauce
 ½ teaspoon ground cumin
 Dash Tabasco sauce (optional)

Place ½ cup of the broth in a large non-stick frying pan. Add the onions, bell pepper, and celery. Cook, stirring occasionally for 5 minutes. Add the potatoes and the remaining broth and cook an additional 5 minutes. Stir in the rice, spinach, soy sauce, and cumin. Cook and stir until heated through and spinach has softened slightly. Season with a dash or two of Tabasco sauce, if desired.

HINT: Serve this plain, or with salsa. Roll it up in a tortilla for something different. This keeps well in the refrigerator and reheats well.

Lunch

HEARTY DAL SOUP

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

¾ cups of water
 1 onion, chopped
 2 cloves garlic, crushed
 1½ teaspoons grated fresh ginger
 1 teaspoon smoked paprika
 ¼ teaspoon ground cumin
 Freshly ground black pepper
 1 cup red lentils
 1 15-ounce can garbanzo beans, drained and rinsed
 1 14.5-ounce can diced tomatoes
 2 cups chunked Yukon Gold potatoes
 1 tablespoon lemon juice
 1-2 teaspoons chili paste (Sambal Oelek)
 2 cups fresh chopped chard

Place ¼ cup of the water in a large soup pot. Add the onion and garlic. Cook, stirring occasionally for 3-4 minutes, until softened. Add the ginger, paprika, cumin, and several twists of freshly ground pepper. Mix in well, then add the remaining water, the lentils, garbanzos, tomatoes, and potatoes. Bring to a boil, reduce heat, cover, and simmer for 50 minutes, until lentils are tender. Add lemon juice, chili paste (start with 1 teaspoon and add more to taste) and chard. Cook for an additional 5-7 minutes, until chard is tender. Season with a bit of sea salt, if desired. Serve hot.



MOCK TUNA SPREAD

Servings: 2 cups
 Preparation Time: 15 minutes
 Cooking Time: 1 hour

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 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

Makes: 1-1/3 cups
 Preparation Time: 5 minutes

1 10.5-ounce package lite silken tofu
 1½ tablespoons lemon juice
 1 teaspoon honey
 1/2 teaspoon salt
 1/2 teaspoon dry mustard
 1/8 teaspoon white pepper

Place all ingredients in a blender jar and process until smooth and creamy.

Dinner

MEXICAN POTATO SALAD

Preparation Time: 15 minutes (need prepared salsa)
 Cooking Time: 30 minutes

2 pounds red potatoes, cut in chunks
 1 cup frozen corn kernels, thawed
 1 large tomato, chopped
 1 bunch scallions, chopped
 ½ cup fresh salsa
 2 tablespoons fresh lime juice
 2 tablespoons chopped fresh cilantro or parsley
 Freshly ground pepper

Place the potatoes in a large pot and cover with water. Bring to a boil, reduce heat, cover, and cook 30 minutes, or until just tender. (Don't let them get too soft). Remove from the heat, drain, and place in a large bowl. Add the corn, tomato, and scallions. Combine the salsa and lime juice. Pour over the salad and mix well. Add the cilantro or parsley and a few twists of pepper. Mix gently and serve at once.

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



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 chiles

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. 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, chiles, and cumin. Cook over medium-low heat for 15 minutes. Blend very briefly in the cooking pot with an immersion blender, or mass 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 more spicy, 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.



DAY 7

Breakfast

MULTIGRAIN HOT CEREAL

See breakfast Day 1

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 non-stick 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 rice, greens, corn and green onions and cook stirring occasionally, until heated through. Top with Enchilada Sauce or salsa before serving, if desired.

GREEN ENCHILADA SAUCE

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 1 quart

1 7-ounce can Mexican green sauce
 3 ½ 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.

Lunch

MAPLE MASHED SWEET POTATOES

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 6

3 pounds sweet potatoes
 ½ cup soy milk
 1 tablespoon pure maple syrup
 Dash salt
 Freshly ground black pepper to taste

Preheat oven to 400 degrees.

Scrub potatoes and prick all over with a fork. Place on a baking sheet and bake for about 45 minutes, or until potatoes are tender. Remove from oven and allow to cool slightly.

Cut potatoes in half lengthwise and scoop out flesh into a large bowl. Mash with a hand masher or electric beater (do not use a food processor). Add soy milk, maple syrup and seasonings. Mix well.

HINT: These may be prepared a day or two ahead of time and refrigerated. Reheat in a microwave before serving. They may also be peeled and cooked in water instead of baked. Drain off cooking water and proceed as above for mashing.



WICKED MUSHROOMS

Preparation time: 15 minutes

Cooking Time: 1¼ hours

Servings: 4

2 cups vegetable broth
 1 onion, chopped
 1 green bell pepper, chopped
 1½ pounds mushrooms, cut into quarters
 2 bay leaves
 ¼ teaspoon thyme
 1 tablespoon soy sauce
 1 cup red wine
 ¼ cup tomato paste
 1 tablespoon parsley flakes
 Freshly ground pepper to taste

Place ½ cup of the vegetable broth in a large pot. Add the onions and bell pepper. Cook, stirring occasionally for 5 minutes. Add the mushrooms, bay leaves, and thyme. Cook for an additional 10 minutes, stirring occasionally. Add the remaining broth and other ingredients. Simmer slowly, uncovered, over low heat for at least 60 minutes longer until the liquid becomes a thick sauce. Remove the bay leaves and serve hot over brown rice or other whole grain or potatoes.

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 of less hot sauce for those people.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2 to 4

3 15-ounce cans black beans, drained and rinsed
 1¾ cups vegetable broth
 1 cup fresh salsa
 ¼ teaspoon ground oregano
 ¼ teaspoon chili powder (or more to taste)
 1/8 teaspoon smoked chipotle chili powder (optional)
 Several dashes of hot sauce (optional)

Reserve 1 cup of the beans in a separate bowl, place the remaining beans, the vegetable broth and the salsa in a blender jar. Process until fairly smooth, then pour into a saucepan. Mash the reserved beans slightly with a fork or bean/potato masher. Add to the saucepan with the remaining ingredients. Cook over medium heat for 10 minutes to blend the flavors. Adjust seasoning to taste before serving.

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

Dinner

POTATO SALAD

Preparation Time: 20 minutes

Cooking Time: 10-12 minutes

Resting Time: 30 minutes

Servings: 6

2 pounds Yukon Gold potatoes, peeled and chunked
 3 tablespoons white wine vinegar
 ½ cup finely chopped celery
 ½ cup chopped green onions
 ½ cup shredded carrots (optional)



Dressing

½ cup Tofu Mayonnaise (see hint)
 1 tablespoon prepared mustard
 1 tablespoon non-dairy milk
 1 tablespoon parsley flakes or chopped fresh parsley
 ¼ teaspoon dill weed
 ¼ teaspoon salt
 Freshly ground black pepper to taste

Place potatoes in a large pot with cold water to cover. Bring to a boil, reduce heat slightly and cook potatoes at a slow boil until just tender, about 10 to 12 minutes. Drain, place in a large bowl, toss with the vinegar and let rest for 30 minutes. Prepare vegetables and set aside.

Combine all ingredients for dressing in a small bowl and whisk until smooth. Set aside. Mix vegetables into the potatoes, add dressing and toss gently to mix. Serve at once.

HINTS: Use any type of mustard that you like in this recipe. I usually use yellow mustard, but Dijon also is delicious. This may be refrigerated before serving, if desired. It keeps well in the refrigerator up to 24 hours. If you're in a rush, this salad may also be served soon after mixing. It is wonderful to take to a picnic or potluck because everyone loves it.

Tofu Mayonnaise is made with a package of soft silken tofu, 1½ tablespoons lemon juice, 1 teaspoon sugar, ½ teaspoon salt, ½ teaspoon dry mustard, 1/8 teaspoon white pepper. Place all ingredients in a food processor and process until smooth.

CREAMY VEGETABLE CURRY

This dish would traditionally be made creamy by the addition of coconut milk. However, because of the saturated fat in coconut milk, it is not one of our recommended foods. You can make a perfectly acceptable substitute with unsweetened soy, rice, or almond milk, and a bit of coconut extract.

Preparation Time: 20 minutes

Cooking Time: 60 minutes

Servings: 6

1¾ cups vegetable broth
 1 onion, chopped
 2 carrots, sliced
 1 teaspoon minced garlic
 2 tablespoons curry powder
 1 teaspoon ground coriander
 ¼ teaspoon cayenne (optional)
 2 cups chunked Yukon gold potatoes
 2 cups green beans in 1-inch pieces.
 1 15-ounce can chopped tomatoes
 1 15-ounce can garbanzo beans, drained and rinsed
 ½ cup frozen peas, thawed
 ½ cup unsweetened soy, rice, or almond milk
 1/8 teaspoon coconut extract

Place ¼ cup of the broth in a large non-stick pot. Add the carrots, onions, and garlic. Cook, stirring occasionally until onion has softened, about 5 minutes. Stir in the curry powder, coriander and cayenne (if using). Add the remaining broth, the potatoes, beans, tomatoes, and garbanzos. Bring to a boil, reduce heat, cover and cook over low heat for about 40 minutes. Add the peas and cook for an additional 5 minutes, or until all vegetables are tender. Mix the coconut extract into the soy, rice, or almond milk. Add the vegetable mixture and stir well to mix. Serve over brown basmati rice.

HINT: Curry powder is a mixture of spices that differs greatly by brand. Use our favorite in this recipe and if you like a bit more heat in your foods, definitely add the cayenne.



DAY 8

Breakfast

STEEL CUT IRISH OATMEAL

See breakfast Day 2

COSTA RICAN POTATOES AND BEANS

Preparation Time: 30 minutes (need cooked potatoes)

Cooking Time: 30 minutes

Servings: 4

½ to 1 cup vegetable broth
 1 onion, chopped
 ½ teaspoon minced fresh garlic
 1 jalapeño pepper, seeded and minced
 2½ cups chopped fresh tomatoes
 ¼ cup chopped fresh cilantro
 Several twists fresh ground black pepper
 4 cups packed chopped spinach
 3 cups chunked cooked potatoes
 1 15-ounce can black beans, drained and rinsed
 Hot sauce

Place ½ cup of the vegetable broth in a large non-stick frying pan. Add the onion, garlic, and jalapeño. Cook over medium heat, stirring frequently, until vegetables are very soft, adding the rest of the vegetable broth if necessary. Add tomatoes, cilantro, and black pepper. Cook, uncovered over low heat, stirring occasionally, for 15 minutes.

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

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

Lunch

GARBANZO SPINACH SALAD

Preparation Time: 15 minutes

Chilling Time: 1-2 hours

Servings: 4-6

3 15-ounce cans garbanzo beans, drained and rinsed.
 2 cups loosely packed chopped fresh spinach
 ½ cup chopped red bell pepper
 ½ cup chopped yellow bell pepper
 3 green onions, finely chopped
 ½ cup oil-free Italian dressing
 Several twists fresh ground pepper

Combine beans and vegetables in a bowl. Pour dressing over and toss to mix. Season with fresh ground pepper. Refrigerate for 1-2 hours for best flavor.

HINT: This is one of my favorite salads and very often I eat this right after putting it together. It keeps well in the refrigerator for several days.



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 regular or reduced-sodium soy sauce
 2 Tablespoons prepared mustard
 2 Tablespoons brown sugar
 1 teaspoon rice wine vinegar
 1 teaspoon vegetarian Worcestershire sauce
 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, soy sauce, mustard, brown sugar, vinegar, Worcestershire sauce, 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.

To serve, ladle the mixture over split whole wheat buns.

Dinner

QUINOA GARDEN SALAD

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Chilling Time: 2 hours

Servings: 6 to 8

2 cups water
 1 cup quinoa, well rinsed
 1 red bell pepper, chopped
 1 green bell pepper, chopped
 ½ yellow bell pepper, chopped
 2 tomatoes, chopped
 1 bunch chopped green onions
 1 14.5-ounce can garbanzo beans, drained and rinsed
 ½ cup chopped fresh parsley
 ¼ cup chopped fresh mint
 ½ cup fresh lemon juice
 1 tablespoon soy sauce
 Several dashes Tabasco sauce
 Several twists of freshly ground black pepper

Place the water and quinoa in a saucepan, bring to a boil, reduce heat, cover and cook for 15 minutes, until water is absorbed. Remove from heat and set aside.

Meanwhile, combine the vegetables, beans, parsley, and mint. Add the cooked quinoa and mix well. Add the remaining ingredients and toss well to mix. Cover and refrigerate for at least 2 hours before serving.

HINTS: Use any combination of bell peppers, you need about 2½ cups total. Quinoa is very bitter unless it is rinsed well before cooking.



MUSHROOM BARLEY SOUP

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4 to 6

6½ cups water
1 cup barley
1 onion, chopped
1 tablespoon, soy sauce
1 tablespoon dried parsley
2 teaspoons dill weed
½ teaspoon ground cumin
¼ teaspoon garlic powder
1/8 teaspoon fresh ground pepper
1/8 teaspoon wasabi powder
½ pound fresh mushrooms, sliced
2 cups shredded cabbage

Place the water, barley, onion, and seasonings in a large pot. Cover and cook over medium heat for 30 minutes.

Add the mushrooms and cabbage and cook for another 30 minutes.

HINT: To save time in preparation, buy sliced mushrooms and shredded cabbage in the supermarket. Wasabi powder is sold in most natural food stores. It is a Japanese horseradish powder.



DAY 9

Breakfast

MULTIGRAIN HOT CEREAL

See breakfast Day 1

STELLA BLUES TOFU SCRAMBLE

Serve it on its own, over potato pancakes, or with a side of hash brown potatoes for breakfast, lunch, or dinner.

Prep: 15 minutes

Cook: 12 minutes

Serves: 4

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

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

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

Serve immediately.

TAHINI SAUCE

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

Prep: 5 minutes

Makes 2 cups

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

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



Lunch

TOMATO VEGETABLE SALAD

Preparation Time: 30 minutes
 Chilling Time: 1 to 2 hours
 Servings: 6

6 tomatoes, chopped
 2 cups fresh or frozen (thawed) corn kernels
 2 zucchini, julienned
 ½ cucumber, finely chopped
 ½ cup water chestnuts, thinly sliced
 4 shallots, finely chopped
 1 tablespoon, chopped fresh parsley
 1 teaspoon chopped fresh basil
 ½ teaspoon minced fresh oregano
 ½ teaspoon minced fresh tarragon
 ½ cup oil-free dressing

Combine all the ingredients and toss well to mix. Chill before serving.

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
 Two 16-ounce cans whole tomatoes, chopped, with liquid
 One 4-ounce can chopped green chiles
 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 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.

HINT: 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.



Dinner

SPINACH VEGETABLE SALAD

Preparation Time: 30 minutes
Servings: 4

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

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

GRILLED PORTABELLO MUSHROOMS

Preparation Time: 5 minutes
Cooking Time: 10 minutes

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

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

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

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.

Mash the potatoes using a hand-held electric mixer. Don't use a food processor to mash potatoes or the potatoes turn into a starchy paste within seconds.

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

Variations on basic mashed potatoes:

1. For garlic mashed potatoes, cook six peeled cloves of garlic with the potatoes.
2. For roasted garlic mashed potatoes, cut the top off one head of garlic, drizzle 1 tablespoon vegetable broth over cut portion, wrap in parchment paper, then tightly wrap in aluminum foil. Bake at 400 degrees for about 45 minutes. Cool. Remove from wrapping, invert over bowl, and squeeze garlic out of the cloves. Add to potatoes while mashing.
3. For colorful mashed potatoes, add cooked vegetables while mashing. Try carrots, sweet potatoes, turnips, kale, or spinach (well drained), broccoli, or celery root.
4. For herbed mashed potatoes, add fresh chopped herbs after the potatoes are mashed. Try parsley, dill, chives, cilantro, basil, or another of your favorites.
5. For green onion mashed potatoes, add one cup of chopped green onions to 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, the oregano, sage, soy sauce, and wine. Bring to a boil, reduce heat, and simmer uncovered for 8 minutes. Add the cornstarch mixture and cook and stir until thickened.

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

GOLDEN GRAVY

This is wonderful served over stuffing and mashed potatoes.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes about 2 cups

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

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



DAY 10

Breakfast

STEEL CUT IRISH OATMEAL

See breakfast Day 2

FLUFFY PANCAKES

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: Makes 10 to 12 pancakes

¾ cup whole wheat pastry flour

¾ cup unbleached white flour

2 teaspoons baking powder

Dash salt

1 cup mashed ripe banana

1 tablespoon lemon juice

1 cup non-dairy milk

½ cup sparkling water

1/3 cup fresh blueberries (optional)

Mix the flours, baking powder and salt together in a bowl. Place the bananas in another bowl and mash well. (This is about 2 bananas). Add the bananas and mix well. Stir in the 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 beat.

Heat a non-stick griddle over medium heat. Pour mixture by ¼ 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.



Lunch

BURRITO BOWLS

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

Prep: 25 minutes

Cooking: 50 minutes to cook rice

Makes: 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 1-1/2 cups home cooked beans)
 1 cup chopped tomatoes
 1 red or orange bell pepper, diced
 1/2 of a sweet yellow or red onion, chopped (or two scallions)
 1 cup 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 for regular and 50 minutes for short-grain. 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.

HINTS:

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 makes 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
 3 ½ 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.



Dinner

POLENTA WITH BLACK BEANS AND MANGO SALSA

Preparation Time: 15 minutes
 Cooking Time: 20 minutes
 Servings: 6-8

1 24 ounce package San Gennaro 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 non-stick 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.

HINT: Prepared Mango salsa is available in some markets and will cut down on the preparation time.