

My apple tree has an abundance of fruit this time of the year, so I always look for ways to use more apples. I make a lot of baked apples, in the microwave or in the oven. There is an easy recipe for Microwaved Baked Apples in the Quick & Easy Cookbook on page 271. Another favorite is Apple Crisp. This recipe is delicious with any kind of apples, although I prefer the tart green ones myself.

APPLE CRISP

Preparation Time: 20 minutes
Cooking Time: 40-50 minutes
Servings: 9

The McDougall Newsletter August 2003 - Recipes

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4 large firm apples, peeled and sliced
1 tablespoon lemon juice
½ teaspoon cinnamon
½ cup raisins or currents
¾ cup Grape Nuts cereal
¾ cup rolled oats
½ teaspoon cinnamon
½ cup maple syrup
2/3 cup apple juice
1 teaspoon cornstarch

Preheat oven to 350 degrees.

Place the apple slices in a bowl and toss with the lemon juice and cinnamon. Place in a non-stick square baking dish and sprinkle with the raisins or currents.

Mix the Grape nuts, rolled oats and cinnamon in a separate bowl. Stir in the maple syrup. Spread evenly over the apples. Whisk the apple juice with the cornstarch until well mixed, then pour over the apples and topping. Bake for 40 to 50 minutes until apples are tender.

Serve warm or cold.

VANILLA CREAM SAUCE

Preparation Time: 5 minutes
Chilling Time: 1 hour
Servings: makes 1 ½ cups

1 12.3 ounce package low fat silken tofu (firm)
½ cup soymilk
1/3 cup Natural Golden Cane Sugar
1 tablespoon vanilla extract

Place the tofu in a food processor and process until very smooth. Add remaining ingredients and blend until smooth and creamy. Chill before serving.

This may be prepared ahead and will keep in the refrigerator for at least 5 days.

Blue Ribbon Vegan Cornbread?

I was skeptical that pareve cornbread could be moist at all, never mind an award winner. Imagine my surprise when Cook's Illustrated reported a recipe for vegan cornbread that actually won the blue ribbon at the Iowa State Fair... and those folks know their corn.

DANA SLY'S BLUE RIBBON VEGAN CORNBREAD

Serves 9

2 Tbsp. ground flax seed
6 Tbsp. water
1 C all-purpose flour
1 C cornmeal
1/4 C sugar
4 tsp. baking powder
3/4 tsp. table salt
1 C soy milk
1/4 C canola oil

1. Adjust oven rack to middle position; heat oven to 425 degrees. Spray 8-inch-square baking dish with nonstick cooking spray.
2. Bring the water to a boil in a small saucepan. Add the ground flax seed, reduce the heat to medium-low, and simmer the ground flax seed in the water for 3 minutes or until thickened, stirring occasionally. Set aside.
3. In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt until well-combined.
4. Add the ground flax seed mixture, soy milk, and canola oil to the flour mixture. Beat just until smooth (do not overbeat.)
5. Turn into prepared baking pan. Bake for 20 to 25 minutes, or until a toothpick inserted in the middle comes out clean.
6. Cool on wire rack 10 minutes; invert cornbread onto wire rack, then turn right side up and continue to cool until warm, about 10 minutes longer. Cut into pieces and serve.

UPDATE — 10-Mar-05

The "secret" to the recipe is a mysterious ingredient I've never worked with before: ground flaxseed, or "flaxseed meal". When cooked briefly with hot water, it gets very thick and gummy and adds body to the cornbread that more fat or a dairy product otherwise would. Even better, a mere two tablespoons of ground flaxseed contains four grams of fiber and three grams of protein, plus other random healthful things that ward off cancer and decrease cholesterol. A wonder food, indeed, and it makes a very moist, pareve cornbread.

Easy Appetizer
(or have several for lunch!)

Ry Krisp Natural Crackers
topped with Athenos Cucumber Dill Hummus (or another flavor)

Add: Halved cherry tomatoes

Sliced green, red, yellow, and/or orange peppers cut into pieces

Sliced black olives, if desired

High Fiber Scottish Oat Muffins

(from: Bob's Red Mill High Fiber Hot Cereal)

submitted by: Jean Langenhuizen

(recipe substitutions italicized in parentheses)

- 3/4 cup Bob's Red Mill Whole Wheat Pastry Flour
- 3/4 cup Bob's Red Mill Whole Grain High Fiber Cereal
- ~~1/2 cup Brown Sugar~~
- 1 tsp. Baking Powder
- 1 tsp. Cinnamon
- 1/2 tsp. Baking Soda
- 1/3 cup Banana, mashed
- 1/2 cup plain Yogurt
(can use vanilla OR Tofutti sour cream)
- 1 whole Egg
*(Ener-G egg substitute or
flax seed (1 Tbsp.flaxseed + 3 Tbsp. water)*
- 2 Tbsp. Vegetable Oil
(1/2 cup unsweetened applesauce or more for moister texture)
- 1/2 tsp. Vanilla
- 1/2 cup shredded Carrot
- 1/2 cup chopped Dates
- 1/2 cup chopped Walnuts

Mix together dry ingredients. Mix liquid ingredients in a separate bowl. Combine the two mixtures and stir till moistened. Fold in carrot, dates & walnuts.

Lightly grease or line muffin tin with paper cups. Fill 2/3 full. Bake at 400 degrees for 18-20 minutes.

Makes 12 muffins.

Italian Steak (style strips) & Pasta

1 6oz Box of Steak Style Strips
(LightLife, Smart Strips)
1/2 C FF Italian Dressing
1 clove of garlic
1/2 tsp cracked black pepper
2 tsp olive oil
2 med. zucchini, quartered and cut into 1/4" slices
1&1/2 cups fresh mushrooms, sliced
1 to 2 cans of diced Italian seasoned tomatoes
1/4 tsp. crushed red pepper (opt.)
2 Cups of cooked Bowtie Pasta (Barilla, Farfalle Pasta)
Grated Parmesan Cheese (opt.)
Chopped fresh basil (opt.)

Marinate strips in dressing & garlic 1/2 to 1 hour. If short on time it can be marinated while chopping up veggies.
Put pepper on strips evenly.

Heat large nonstick skillet over medium heat until hot and then add steak style strips with the marinade. Cook about 10 minutes, season lightly with salt if you wish remove from skillet and keep warm.

In same skillet heat oil, add zucchini & mushrooms, crushed red pepper, stir in diced tomatoes. Heat through. Add 2nd can of diced tomatoes for more juice.

Boil bowtie pasta 10-11 minutes while cooking meat and veggies. Drain.

Add meat & pasta, mix. Can be topped with parmesan cheese and basil if wanted.

Pumpkin Bread

Ingredients

1 ¼ c. wheat pastry flour
¼ c. gluten flour
1 ¼ tsp. baking soda
2 tsp. cinnamon
a little ginger & cloves
1 c. canned pumpkin
½ c. splenda
½ c. unsweetened applesauce (or 2/3 tbs. agave syrup)
½ c. soymilk
2 egg whites
2 TBS olive oil
2 TBS flax seed meal

Mix together and put in bread pan. I used three mini bread pans and baked about 30 minutes.



Hot Artichoke Dip

Vegetarian Times Issue: November 1, 2005 p.32 — Member Rating: ★ ★ ★ ★

Everyone loves spinach-artichoke dip, but it's a fat-and-calorie fiesta. Not this recipe—yet you'll never know it.



Ingredient List

Makes about 2 1/2 cups

- 1 12-oz. pkg. light silken tofu
- 2 Tbs. reduced-fat ~~mayonnaise~~ *veganaise*
- 1 Tbs. Dijon mustard
- 1 Tbs. lemon juice
- 2 cloves garlic, minced (about 2 tsp.)
- 1/2 tsp. onion powder
- 1 15.5-oz. can artichoke quarters in water, drained, rinsed, chopped
- 1 cup frozen chopped spinach, thawed and squeezed dry
- 1/2 cup grated ~~Parmesan cheese~~ *soy shreds*
- Paprika for dusting

Directions

1. Preheat oven to 400F. Purée tofu, mayonnaise, mustard, lemon juice, garlic and onion powder in blender or food processor until smooth. Transfer to bowl.
2. Stir artichokes, spinach and Parmesan cheese into tofu mixture. Spoon into 8-inch glass pie dish or casserole. Bake 20 minutes. Dust with paprika; serve.

Nutritional Information

Per TABLESPOON: Calories: 16, Protein: 1g, Total fat: 1g, Saturated fat: g, Carbs: 1g, Cholesterol: 1mg, Sodium: 56mg, Fiber: 1g, Sugars: 1g

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Watermelon Drink

By Chef #420960 on July 09, 2008

0 Reviews

Prep Time: 15 mins | Total Time: 15 mins min | Serves: 10

About This Recipe

"Watermelon agua fresca- a very refreshing drink adapted from an LA times recipe."

Ingredients

- 1 medium seedless watermelon, rind-removed and cut into medium pieces (about 6 lbs.)
- 2 tablespoons agave nectar
- 1/4 cup fresh lime juice, plus
- 2 tablespoons fresh lime juice (about 3 limes)
- ~~1/4 teaspoon sea salt~~

Directions

1. In blender, puree watermelon with 4 cups of water and agave nectar.
2. Strain through course strainer to remove any solids.

Watermelon Drink

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Directions (cont.)

3. Adjust seasoning to taste: agave nectar for sweetness; lime juice for tartness; sea salt to enhance flavor; water to thin.
4. Garnish each glass with slice of lime, if desired.
5. Keeps for 2 days if refrigerated.

| Nutrition Facts | | Amount Per Serving | % |
|---------------------------|-----|--------------------------------|----|
| Serving Size: 1 (9 g) | | Total Fat 0.0g | 0% |
| Servings Per Recipe: 10 | | Saturated Fat 0.0g | 0% |
| Amount Per Serving | | Cholesterol 0.0mg | 0% |
| Calories 2.2 | | Sodium 58.3mg | 2% |
| Calories from Fat 0 | 94% | Total Carbohydrate 0.7g | 0% |
| | | Dietary Fiber 0.0g | 0% |
| | | Protein 0.0% | 0% |