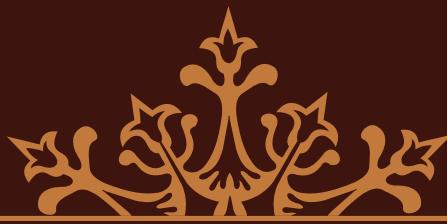




## ... *Holiday Recipes* ...





This online holiday e-menu offers recipes for both Hanukkah and Thanksgiving, which fall on the same day this year! These recipes may be a departure from tradition for some of you, like adding kale to mashed potatoes or subbing in broccoli in traditional latkes, but they are a healthful twist on holiday favorites and are sure to please the pickiest of palates at your holiday meal. Feel free to make these recipes your own, representative of your traditions and taste preferences. When you are ready for more recipes, please visit PCRM's website, *NutritionMD.org*, where you can find more than 800 vegan recipes. May you have happy and healthful holidays from your friends at PCRM!

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## Creamy Curried Carrot Soup

Makes about 2 quarts (8 1-cup servings)

*This simple soup is a rich source of protective beta-carotene.*

- 1 onion, coarsely chopped
- 6 carrots, sliced
- 2 cups vegetable broth
- 1 teaspoon curry powder
- 2 cups fortified soy- or rice milk, divided
- 1/2 - 1 teaspoon salt

Combine onion and carrots in a pot with broth and curry powder. Cover and simmer until carrots can be easily pierced with a fork, about 20 minutes.

Transfer 2 to 3 cups of carrots with their liquid to a blender; add some of the non-dairy milk, and purée until completely smooth, about 2 minutes. Repeat with remaining carrots.

Return to pot, add more non-dairy milk if a thinner soup is desired, and heat gently until very hot and steamy.

### Per 1-cup serving

- Calories: 72
- Fat: 1.4 g
- Saturated Fat: 0.2 g
- Calories from Fat: 17.4%
- Cholesterol: 0 mg
- Protein: 3.5 g
- Carbohydrates: 12.2 g

Sugar: 4 g

Fiber: 2.9 g

Sodium: 260 mg

Calcium: 100 mg

Iron: 1.2 mg

Vitamin C: 3.4 mg

Beta Carotene: 3677 mcg

Vitamin E: 1.4 mg

*Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*



## Mixed Greens with Apples and Walnuts

Makes about 7 1-cup servings

*This simple salad is especially delicious in the autumn when apples are fresh. Using a prewashed salad mix makes it easy to prepare.*

- 6 cups salad mix or washed and torn butter lettuce
- 1 tart green apple (Granny Smith, Pippin, or similar), cored and diced
- 1/4 cup chopped walnuts
- 3 - 4 tablespoons seasoned rice vinegar

Place salad mix or torn lettuce in a bowl. Add apple and walnuts. Sprinkle with seasoned rice vinegar and toss to mix.

### Per 1-cup serving

- Calories: 60
- Fat: 2.9 g
- Saturated Fat: 0.3 g
- Calories from Fat: 43.2%
- Cholesterol: 0 mg
- Protein: 1.4 g
- Carbohydrates: 8.4 g

Sugar: 5.7 g

Fiber: 1.9 g

Sodium: 115 mg

Calcium: 29 mg

Iron: 0.7 mg

Vitamin C: 8.9 mg

Beta Carotene: 1437 mcg

Vitamin E: 0.4 mg

*Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Broccoli Latkes

Serves 5

*Ordinary latkes aren't especially good for you – and it doesn't help matters when they're topped with a dollop of sour cream. But here's a healthier alternative: broccoli latkes. To keep these low-fat, you can bake them or pan-fry without oil. But, if your tradition requires oil, these are still a bit more nutritious, as they include broccoli and a touch of celery seed. And, we've included tofu sour cream and applesauce recipes to top these delicious delights.*

- 1 pound broccoli, chopped into small pieces
- 2 pounds potatoes, scrubbed and cubed into small pieces
- 1 onion, peeled and finely chopped
- 3 cups water
- 1/2 teaspoon celery seed
- Salt and pepper to taste
- 1 tablespoon oil or bake or pan-fry without oil

Cook all the ingredients (except the oil) in a large covered pot over medium heat for 20 minutes. Drain mixture. Mash ingredients together. Heat oil in large non-stick frying pan over medium heat. Form 10 pancakes. Fry eight minutes on one side. Flip and fry for another five minutes on the other side. Serve warm.

**Per Serving** Calories: 216

- Fat: 4 g
- Total fat as % of Daily Value: 6%
- Protein: 4 g
- Carbohydrates: 43 g
- Dietary fiber: 3.9 g

*Recipe courtesy Debra Wasserman, author of The Lowfat Jewish Vegetarian Cookbook.*



## Gemüserosti

Makes 6 patties

*Rosti is a traditional potato dish, similar to hash browns, but served in more generous portions and mixed, if you like, with onions, peppers, mushrooms, and more. To cut the fat in the Swiss original, tofu and vegetarian bacon bits easily replace the usual egg and bacon.*

- 2 medium potatoes
- 1 large carrot, shredded and steamed
- 1/4 onion, minced
- 2 ounces firm tofu, crumbled
- 2 tablespoons vegetarian bacon bits
- Salt, to taste
- Vegetable oil spray

Place potatoes in a medium saucepan. Add enough water to cover the potatoes. Bring water to a boil, reduce heat, and simmer for approximately 45 minutes or until potatoes are easily pierced with a fork. Drain water and allow potatoes to cool. Once cooled, peel and grate them.

In a medium bowl, mix together potatoes, carrot, onion, tofu, and vegetarian bacon bits. Shape into large patties, about 1/4-inch thick. Add salt to taste.

Heat a large non-stick skillet. Spray liberally with vegetable oil. Add the patties and cook about 3 minutes on each side, or until golden brown. Serve warm.

### Per patty

- |                          |                        |
|--------------------------|------------------------|
| Calories: 67             | Sugar: 1.2 g           |
| Fat: 0.8 g               | Fiber: 1.8 g           |
| Saturated Fat: 0.2 g     | Sodium: 184 mg         |
| Calories from Fat: 10.8% | Calcium: 31 mg         |
| Cholesterol: 0 mg        | Iron: 0.5 mg           |
| Protein: 2.5 g           | Vitamin C: 4.7 mg      |
| Carbohydrates: 13.1 g    | Beta Carotene: 918 mcg |
|                          | Vitamin E: 0.2 mg      |

*Source: Rotes Gatter, Hotel des Balances, Luzern, Switzerland.  
Published in Best in the World II, Jennifer Keller, R.D., editor.*

## Applesauce (for topping Latkes)

Makes about 6 cups

*Homemade applesauce is quite simple to prepare and full of flavor. It can be served hot or cold, or used as a topping for toast, pancakes, or cereal. Directions are given for cooking it on the stove or in a slow cooker.*

6 large tart apples (Gravenstein, Pippin, Granny Smith, etc.)

1 cup undiluted apple juice concentrate

1/2 teaspoon cinnamon

For chunky applesauce, peel apples, then core and dice. Place in a large pan. Add apple juice concentrate, then cover and cook over low heat, stirring often, until apples are soft. Mash slightly with a fork if desired, then stir in cinnamon.

For smoother applesauce, cut apples into quarters and remove cores. Chop finely in a food processor. Transfer to a pan and add apple juice concentrate and cinnamon. Cover and cook, stirring often, over low heat until tender, about 15 minutes.

Slow cooker method: Place diced or chopped apples in slow cooker with 1/2 cup of apple juice concentrate and cinnamon. Cover and cook on high for 2 1/2 to 3 hours.

### Per 1/2-cup serving

Calories: 86

Fat: 0.2 g

Saturated Fat: 0 g

Calories from Fat: 2.3%

Cholesterol: 0 mg

Protein: 0.4 g

Carbohydrates: 22.3 g

Sugar: 18 g

Fiber: 1.4 g

Sodium: 6 mg

Calcium: 11 mg

Iron: 0.3 mg

Vitamin C: 4.5 mg

Beta Carotene: 17 mcg

Vitamin E: 0.1 mg

*Source: Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.*



## Tofu Sour Cream (for topping Latkes)

Makes 1 cup

1 12.3-ounce package reduced-fat extra-firm silken tofu, crumbled

3 tablespoons lemon juice

1/2 teaspoon sugar

1/4 teaspoon salt

Place tofu, lemon juice, sugar, and salt in a food processor or blender and process until very smooth. Refrigerate in a covered container for up to 1 week.

### Per tablespoon

Calories: 6

Fat: 0.1 g

Saturated Fat: 0 g

Calories from Fat: 17.9%

Cholesterol: 0 mg

Protein: 0.9 g

Carbohydrates: 0.4 g

Sugar: 0.2 g

Fiber: 0 g

Sodium: 37 mg

Calcium: 5 mg

Iron: 0.1 mg

Vitamin C: 0.5 mg

Beta Carotene: 0 mcg

Vitamin E: 0 mg

*Source: Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal D. Barnard, M.D.; recipe by Bryanna Clark Grogan.*

## Cranberry Persimmon Relish

Makes about 2 cups

*Cranberries and fuyu persimmons make a colorful autumn relish in which the sweetness of the persimmons is a perfect foil for the tart cranberries. Fuyu persimmons, which are eaten while still crisp, are sold in many supermarkets and natural food stores.*

2 Fuyu persimmons

1 cup fresh or frozen cranberries

2 tablespoons orange juice concentrate

1 tablespoon sugar or other sweetener

1/2 tablespoon ground ginger

Remove stems, then coarsely chop persimmons in a food processor. Add cranberries, orange juice concentrate, sugar or other sweetener, and ginger. Process, using quick pulses, until coarsely and uniformly chopped. Let stand 20 minutes before serving.

### Per 1/4-cup serving

Calories: 48

Fat: 0.1 g

Saturated Fat: 0 g

Calories from Fat: 2.1%

Cholesterol: 0 mg

Protein: 0.4 g

Carbohydrates: 12.6 g

Sugar: 9 g

Fiber: 2.1 g

Sodium: 1 mg

Calcium: 6 mg

Iron: 0.1 mg

Vitamin C: 10.9 mg

Beta Carotene: 113 mcg

Vitamin E: 0.5 mg

*Source:* Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.



## Roasted Sweet Potatoes with Moroccan Spices

Makes 5 servings

*These sweet potatoes are easy to prepare, but your guests don't have to know that. The seeds add crunch as well as spice.*

1 1/2 pounds orange-fleshed sweet potatoes, peeled, halved lengthwise, and cut crosswise into 1/2" slices

1/4 cup fat-free Italian salad dressing

1 tablespoon maple syrup

1 1/2 teaspoons grated lemon peel

1 1/2 teaspoons coriander seeds

1 1/2 teaspoons cumin seeds

1 1/2 teaspoons mustard seeds

Salt, to taste

Freshly ground black pepper, to taste

Position a rack in the bottom third of the oven and preheat the oven to 375°F.

Toss sweet potatoes, dressing, maple syrup, lemon peel, and coriander, cumin, and mustard seeds together in a heavy non-stick rimmed baking sheet or shallow baking pan, then spread evenly in a thin layer. Sprinkle with salt and black pepper. Roast until tender and golden brown, stirring occasionally, for 30 to 45 minutes. Serve hot.

### Per serving (1/5 recipe)

Calories: 101

Fat: 0.9 g

Saturated Fat: 0.1 g

Calories from Fat: 7.9%

Cholesterol: 0 mg

Protein: 2.3 g

Carbohydrates: 21.8 g

Sugar: 10.4 g

Fiber: 3.2 g

Sodium: 309 mg

Calcium: 51 mg

Iron: 1.3 mg

Vitamin C: 17.4 mg

Beta Carotene: 9538 mcg

Vitamin E: 0.3 mg

*Source:* Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal D. Barnard, M.D.; recipe by Bryanna Clark Grogan.



## Steamed Vegetables with Sesame Salt

Makes 8 to 10 1-cup servings

*This dish is delicious when served over brown rice. By varying the vegetables according to your taste and what's in season, you can easily create a regular dish that is ever-changing and always delicious. The guiding principle is to start steaming the longer-cooking vegetables first; then, when they are just barely tender, add the quick-cooking vegetables like broccoli, cauliflower, bell peppers, and summer squash. Here is a recipe to get you started.*

- 1 yellow onion
- 1 carrot
- 1 potato
- 1 yam or sweet potato
- 6 garlic cloves
- 1 cup button mushrooms
- 2 cups broccoli florets or cauliflower
- 1/4 cup sesame salt: 1/2 cup unhulled sesame seeds and 1/2 teaspoon salt (this mixture has a separate nutrient analysis available on *NutritionMD.org*)

Cut onion, carrot, potato, and yam or sweet potato into 1/2- to 1-inch chunks. Place in a pot on a vegetable steamer with garlic and mushrooms. Cover and steam until potatoes are just barely tender when pierced with a fork. Add broccoli or cauliflower. Cover and cook until broccoli or cauliflower are just tender, about 5 minutes. To prepare the sesame salt, toast sesame seeds in a dry skillet over medium heat, stirring constantly until they begin to pop and brown slightly, about 5 minutes. Transfer to a blender. Add salt and grind into a uniform powder.

Transfer vegetables to a bowl and sprinkle with sesame salt. Toss to mix.

### Per 1-cup serving

Calories: 79	Sugar: 2.4 g
Fat: 2.4 g	Fiber: 2.8 g
Saturated Fat: 0.4 g	Sodium: 93 mg
Calories from Fat: 28%	Calcium: 70 mg
Cholesterol: 0 mg	Iron: 1.6 mg
Protein: 2.4 g	Vitamin C: 18.6 mg
Carbohydrates: 13.1 g	Beta Carotene: 2530 mcg
	Vitamin E: 0.6 mg

*Source:* Turn Off the Fat Genes by Neal D. Barnard, M.D.; recipe by Jennifer Raymond M.S., R.D.



## Apple Cranberry Crisp

Makes 8 servings

*This dessert is perfect for autumn, when cranberries are available and apples are fresh, but you can make it at other times of the year if you buy extra bags of cranberries and freeze them. Brown rice syrup is available at health food stores.*

- 2 large tart apples, peeled and sliced
- 1/2 cup fresh or frozen cranberries
- 3/4 cup Grape-Nuts cereal
- 3/4 cup rolled oats
- 1/2 teaspoon cinnamon
- 1/3 cup brown rice syrup
- 2/3 cup apple juice
- 1/4 teaspoon cornstarch or arrowroot

Preheat oven to 350°F.

Arrange apple slices in a 9×9 inch baking dish, then sprinkle with cranberries. In a bowl, mix Grape-Nuts, oats, and cinnamon, then stir in brown rice syrup. Spread evenly over apples. In a small bowl or measuring cup, mix apple juice and cornstarch or arrowroot, then pour evenly over other ingredients.

Bake for 50 minutes, or until apples are tender.

### Per serving (1/8 recipe)

Calories: 148	Sugar: 14.4 g
Fat: 0.9 g	Fiber: 3 g
Saturated Fat: 0.2 g	Sodium: 84 mg
Calories from Fat: 5.3%	Calcium: 14 mg
Cholesterol: 0 mg	Iron: 3.5 mg
Protein: 2.5 g	Vitamin C: 3 mg
Carbohydrates: 35.1 g	Beta Carotene: 20 mcg
	Vitamin E: 0.2 mg

*Source:* Food for Life by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.



## Colorful Chili Dip

Makes 2 cups

*Serve this zesty dip with baked corn chips or whole-grain crackers, or as a sandwich spread.*

2 cups drained cooked or canned pinto beans  
(1 15-ounce can)

1 medium green onion, sliced

2 tablespoons balsamic vinegar

1 teaspoon chili powder

1/2 teaspoon ground cumin

1/2 teaspoon dried oregano

Several shakes Tabasco sauce, to taste

1/4 cup chopped red bell pepper

1/4 cup chopped green bell pepper

Combine all ingredients except bell peppers in food processor fitted with a metal blade. Blend until smooth and creamy. Transfer to a bowl and stir in bell peppers. Mix well. Chill thoroughly before serving.

**Per 1/2-cup serving**

Calories: 132

Fat: 0.8 g

Saturated Fat: 0.1 g

Calories from Fat: 5.3%

Cholesterol: 0 mg

Protein: 8.1 g

Carbohydrates: 24.2 g

Sugar: 1.2 g

Fiber: 8.4 g

Sodium: 15 mg

Calcium: 50 mg

Iron: 2.2 mg

Vitamin C: 27.2 mg

Beta Carotene: 294 mcg

Vitamin E: 1.2 mg

*Source: Breaking the Food Seduction by Neal Barnard, M.D.; recipe by Jo Stepaniak; © Jo Stepaniak 2005, published by permission.*

## Spinach, Beet, and Orange Salad with Ginger-Agave Dressing

Makes 4 servings

*Beets pair beautifully with citrus, and this salad is a delicious example. Beets come in a variety of colors—not only several shades of red and purple, but also pink, yellow, and even white!*

2 small beets, scrubbed and trimmed, stems removed  
6 cups baby spinach  
2 medium oranges, peeled and cut into sections  
4 tablespoons rice vinegar  
2 tablespoons agave nectar  
2 teaspoon paprika  
2 teaspoons grated fresh ginger  
1/2 teaspoon chili powder  
Juice of 1 lime

Preheat oven to 400°F. Wrap each beet in foil to seal. Place beets on a baking sheet. Roast beets until fork tender; this may take as little as 40 minutes or as much as 1 hour and 20 minutes, depending on the size of the beets. Let beets cool, unwrap, and peel beets under running water. Cut beets into bite-size wedges.

Arrange spinach on a platter and top with beets and oranges.

To prepare the dressing: Add vinegar, agave nectar, paprika, ginger, and chili powder to a saucepan and bring to a boil. Add lime juice. Let dressing cool and drizzle over spinach salad.

<b>Per serving (1/4 recipe)</b>	13.5 g sugar
89 calories	3.5 g fiber
0.5 g fat	59 mg sodium
0.1 g saturated fat	100 mg calcium
5% calories from fat	2.3 mg iron
0 mg cholesterol	51.1 mg vitamin C
2.5 g protein	2947 mcg beta-carotene
20.6 g carbohydrate	1.5 mg vitamin E

*Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, M.D.; recipe by Robyn Webb.*

## Spiced Squash Bisque

Makes six 1-cup servings

*This spicy bisque will warm the soul and body. With a wonderful blend of calming spices, your home will have an inviting holiday aroma. You can substitute another other type of winter squash in this recipe. One of my favorite combinations is Hubbard squash, Danish squash, and butternut squash. However some of the winter squashes may require longer cooking time, so be sure to test by putting a fork in the squash to measure tenderness.*

4 1/2 cups peeled, seeded, and cubed winter squash  
1 cup chopped onion  
3 1/4 cups vegetable broth, divided  
2 garlic cloves, minced  
1 teaspoon ground cardamom  
1 1/2 teaspoons ground cumin  
1/4 teaspoon ground nutmeg  
1/4 teaspoon cayenne pepper, or to taste  
1 teaspoon salt  
3/4 cup dairy-free sour cream, to garnish (optional)

Preheat oven to 375°F. Place squash in baking dish and bake for 30 minutes, or until tender. Set aside. In a large stockpot, sauté onion in 1/4 cup broth over medium heat until translucent, about 3 minutes. Add garlic, cardamom, cumin, nutmeg, cayenne, and salt. Sauté 2 to 3 minutes. Add squash. Add remaining 3 cups broth. Purée soup in batches in a food processor or blender until smooth. Return soup to pot and bring to a boil. Turn down to simmer, partially cover pot, and simmer 10 minutes or until heated thoroughly.

If using, garnish the top of each bowl of soup with 2 tablespoons dairy-free sour cream.

<i>Per serving (1/6 recipe)</i>	
158 calories	6.2 g sugar
0.3 g fat	1.8 g fiber
0.1 g saturated fat	908 mg sodium
4.5 % calories from fat	53 mg calcium
0 mg cholesterol	1 mg iron
1.3 g protein	15.5 mg vitamin C
14.3 g carbohydrate	4298 mcg beta-carotene
	1.2 mg vitamin E

*Source:* The Get Healthy, Go Vegan Cookbook by Neal Barnard, M.D.; recipe by Robyn Webb.

## No-Meat Loaf

Makes 12 slices

*This savory loaf is delicious with mashed potatoes and brown gravy or as a sandwich filling. The vegetables need to be finely chopped, which can be easily accomplished with a food processor.*

1 cup dry bulgur	1/2 teaspoon garlic powder
1 1/2 cups boiling water	1/2 teaspoon salt
2 tablespoons water	1/4 teaspoon dried thyme
1 small onion, finely chopped	1/4 teaspoon dried sage
1 medium carrot, shredded or finely chopped	1/4 teaspoon black pepper
2 celery stalks, finely chopped	3 tablespoons ketchup or barbecue sauce
1 pound mushrooms, finely chopped	1 tablespoon reduced-sodium soy sauce
1/2 cup finely chopped walnuts	4 teaspoons stone-ground mustard
1/3 cup potato flour	Vegetable oil spray
1/2 teaspoon dried marjoram	Additional ketchup or barbecue sauce for topping

Place bulgur in a large bowl and pour 1 1/2 cups boiling water over it. Soak until bulgur is tender and most of the water is absorbed, about 15 minutes. Heat 2 tablespoons water in a non-stick skillet and add onion, carrot, and celery. Cook over medium-high heat for 3 minutes, stirring often. Stir in mushrooms and continue cooking, stirring occasionally, until vegetables are soft and mushrooms are brown, about 5 minutes.

Preheat oven to 350°F.

Drain any excess water off the bulgur. Add vegetables along with walnuts, flour, marjoram, garlic powder, salt, thyme, sage, black pepper, 3 tablespoons ketchup or barbecue sauce, soy sauce, and mustard and stir for 1 to 2 minutes, until the mixture holds together. Pat into a vegetable oil sprayed 5"×9" loaf pan and top with ketchup or barbecue sauce. Bake for 60 minutes. Let stand for 10 minutes before serving.

<i>Per slice (1/12 of loaf)</i>	Sugar: 5.3 g
Calories: 120	Fiber: 3.8 g
Fat: 3.6 g	Sodium: 385 mg
Saturated Fat: 0.4 g	Calcium: 25 mg
Calories from Fat: 27.1%	Iron: 1.2 mg
Cholesterol: 0 mg	Vitamin C: 5 mg
Protein: 3.7 g	Beta Carotene: 519 mcg
Carbohydrates: 20.8 g	Vitamin E: 0.4 mg

*Source:* Turn Off the Fat Genes by Neal D. Barnard, M.D.; recipe by Jennifer Raymond M.S., R.D.



## Mashed Grains and Cauliflower

Makes 8 servings

*This recipe is a sneaky way to eat cauliflower, a star vegetable in the cruciferous family. Cruciferous vegetables contain unique cancer-fighting phytochemicals called isothiocyanates. Top this one with Mushroom Gravy.*

1 cup chopped onion  
 1/4 cup vegetable broth or water  
 2 cups dry millet, quinoa, couscous, or grain of your choice  
 4 cups chopped cauliflower (about 2 heads)  
 1/2 teaspoon sea salt  
 Water for cooking 2 cups of selected grain  
 Sauté onion for 3 minutes, using broth or water, 2 tablespoons at a time as needed to prevent sticking. Add grain and cook for 5 minutes. Add cauliflower, salt, and water. Cover pot and cook until grain has absorbed all the water. When the grains are done, mash the mixture together with a potato masher. Add a little additional water if necessary in order to get a smooth consistency.

Stored in a covered container in the refrigerator, leftover Mashed Grains and Cauliflower will keep for up to 3 days.

<b>Per serving</b>	Sugar: 1.9 g
Calories: 207	Fiber: 5.8 g
Fat: 2.3 g	Sodium: 192 mg
Saturated Fat: 0.4 g	Calcium: 18 mg
Calories from Fat: 9.8%	Iron: 1.8 mg
Cholesterol: 0 mg	Vitamin C: 16.1 mg
Protein: 6.6 g	Beta Carotene: 35 mcg
Carbohydrates: 40.3 g	Vitamin E: 0.1 mg

*Source:* The Survivor's Handbook: Eating Right for Cancer Survival by Neal D. Barnard, M.D., and Jennifer Reilly, R.D.

## Stuffed Winter Squash Makes 6 servings

*Golden squash halves, mounded with stuffing and topped with apricot sauce, make a visual feast worthy of any holiday meal. Use any of the smaller varieties of winter squash, including acorn squash, delicata, sweet dumpling, or kabocha.*

3 medium winter squash	1/2 cup chopped dried apricots
1/2 cup water	1/2 teaspoon dried sage
3 tablespoons reduced-sodium soy sauce, divided	1/2 teaspoon dried marjoram
1 medium onion, chopped	1/2 teaspoon dried thyme
2 garlic cloves, minced	1/4 teaspoon black pepper
2 cups sliced mushrooms (about 1/2 pound)	Water or vegetable broth, if needed
1 cup sliced celery (2 large stalks)	2 cups apricot nectar
1/4 cup finely chopped fresh parsley	1/4 teaspoon ground ginger
4 cups whole-wheat bread cubes	1/4 teaspoon ground coriander
	1/4 teaspoon cinnamon
	2 tablespoons maple syrup
	2 teaspoons cornstarch

Cut squash in half and scoop out seeds. Steam until tender when pierced with a fork, about 20 to 30 minutes.

Heat 1/2 cup of water and 1 tablespoon of soy sauce in a large pot. Add onion, garlic, mushrooms, and celery. Cover and cook over medium heat, stirring occasionally, until onion is soft, about 5 minutes. Remove from heat.

Stir in parsley, bread cubes, apricots, sage, marjoram, thyme, and black pepper. The mixture should be moist enough to hold together, but not wet. If it is too dry, add a small amount of water or vegetable broth.

Preheat oven to 350°F. Divide stuffing mixture evenly among squash halves and bake 20 minutes.

Meanwhile, mix apricot nectar with ginger, coriander, cinnamon, maple syrup, cornstarch, and the remaining 2 tablespoons of soy sauce. Bring to a simmer, stirring constantly, and cook until clear and slightly thickened, about 2 minutes. Remove from heat.

Make a depression in the top of the stuffing on each squash. Fill with apricot sauce. Serve remaining sauce on the side.

<b>Per 1/2 squash</b>	Sugar: 27.8 g
Calories: 269	Fiber: 11.2 g
Fat: 1.7 g	Sodium: 435 mg
Saturated Fat: 0.3 g	Calcium: 128 mg
Calories from Fat: 5.6%	Iron: 4 mg
Cholesterol: 0 mg	Vitamin C: 23.8 mg
Protein: 6.3 g	Beta Carotene: 1489 mcg
Carbohydrates: 63.7 g	Vitamin E: 1.1 mg

*Source:* Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

## Mashed Potatoes and Kale

Makes about 6 1-cup servings

- 4 medium russet potatoes
- 1 1/2 cups water, divided
- 1 cup fortified unsweetened soymilk
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1 bunch kale
- 1 tablespoon reduced-sodium soy sauce
- 2 - 3 garlic cloves, minced

Scrub potatoes, peel if desired, and cut into chunks. Place in a large pot with 1 cup of water. Cover and cook over medium heat until tender when pierced with a fork, about 20 minutes.

Without draining, mash potatoes, then add soymilk, salt, and pepper.

Wash kale, remove stems, and finely chop leaves (you should have about 3 cups).

Heat 1/2 cup of water in a large pot or skillet. Add soy sauce and garlic and cook 30 seconds. Stir in chopped kale, then cover and cook over medium heat until tender, about 5 minutes.

When kale is tender, mix it with mashed potatoes.

### *Per 1-cup serving*

Calories: 134	Sugar: 2.9 g
Fat: 0.9 g	Fiber: 4.7 g
Saturated Fat: 0.1 g	Sodium: 532 mg
Calories from Fat: 5.8%	Calcium: 119 mg
Cholesterol: 0 mg	Iron: 3.1 mg
Protein: 4.7 g	Vitamin C: 38.2 mg
Carbohydrates: 29 g	Beta Carotene: 4358 mcg
	Vitamin E: 0.6 mg

*Source:* Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.



## Mushroom Gravy

Makes 4 servings

*This gravy is delicious over Mashed Grains and Cauliflower, but enjoy it with any dish that can handle a scrumptious, healthy gravy.*

12 ounces button, cremini, or favorite mushrooms

1/4 cup water

1/4 cup flour

1 1/2 cups vegetable broth

1 - 2 tablespoons soy sauce (optional)

1 teaspoon Italian seasoning

1/4 teaspoon salt, or to taste

1/4 teaspoon black pepper, or to taste

Clean and slice mushrooms, then sauté in water until soft.

Mix flour with 1 cup broth until smooth by shaking it in a small plastic container with a tight fitting lid.

Add remaining 1/2 cup broth, soy sauce (if using), Italian seasonings, and about 1/2 of the flour mixture to the mushrooms. Bring gravy to a simmer for 3 to 5 minutes, stirring often. Add the remaining flour mixture and continue heating and stirring until thickened. Add salt and black pepper to taste. Serve warm (and as soon as possible).

Stored in a covered container in the refrigerator, leftover Mushroom Gravy will keep for up to 3 days.

### *Per serving*

Calories: 50	Sugar: 1.1 g
Fat: 0.4 g	Fiber: 1.7 g
Saturated Fat: 0.1 g	Sodium: 524 mg
Calories from Fat: 6.8%	Calcium: 13 mg
Cholesterol: 0 mg	Iron: 1.6 mg
Protein: 2.2 g	Vitamin C: 2.8 mg
Carbohydrates: 10.3 g	Beta Carotene: 233 mcg
	Vitamin E: 0.1 mg

*Source:* The Survivor's Handbook: Eating Right for Cancer Survival by Neal D. Barnard, M.D., and Jennifer Reilly, R.D.

## Brussels Sprouts in Creamy Sauce

Makes about 8 1/2-cup servings

1 pound fresh Brussels sprouts (about 4 cups)  
1 small onion, sliced  
2 tablespoons sesame salt: 1/2 cup unhulled sesame seeds and 1/2 teaspoon salt (this mixture has a separate nutrient analysis available on *NutritionMD.org*)  
1 tablespoon whole-wheat pastry flour  
1/4 teaspoon salt  
1/8 teaspoon celery seed  
1/8 teaspoon black pepper  
1 cup soymilk  
1/8 teaspoon nutmeg

Trim Brussels sprouts, removing any wilted leaves. Put 1 inch of water in a large pot and bring to a boil. Add Brussels sprouts, cover, and cook 12 minutes. Drain and set aside.

In a large non-stick skillet, heat 1/2 cup of water. Add onion and cook over high heat, stirring often, until onion begins to brown and all the liquid has evaporated, about 5 minutes. Add 1/4 cup of water, stir to loosen any stuck bits of onion, and continue cooking over high heat, stirring often, until onion is nicely browned, about 5 more minutes. Add a tablespoon or two of water whenever the onion begins to stick.

Lower heat to medium and stir in sesame salt, flour, salt, celery seed, and black pepper. Cook 1 minute, stirring constantly. Add soymilk. Bring to a simmer and cook 2 minutes, stirring constantly. Stir in Brussels sprouts and continue cooking 2 to 3 minutes. Sprinkle with nutmeg before serving.

To prepare the sesame salt, toast sesame seeds in a dry skillet over medium heat, stirring constantly until they begin to pop and brown slightly, about 5 minutes. Transfer to a blender. Add salt and grind into a uniform powder.

### Per 1/2-cup serving

Calories: 56	Sugar: 2.8 g
Fat: 2 g	Fiber: 2.3 g
Saturated Fat: 0.3 g	Sodium: 140 mg
Calories from Fat: 31.2%	Calcium: 82 mg
Cholesterol: 0 mg	Iron: 1.4 mg
Protein: 3.1 g	Vitamin C: 34.4 mg
Carbohydrates: 8 g	Beta Carotene: 254 mcg
	Vitamin E: 0.7 mg

*Source: Turn Off the Fat Genes by Neal D. Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Pumpkin Spice Cookies

Makes 36 3-inch cookies

*These plump, moist cookies are easy to make and delicious.*

3 cups whole-wheat pastry flour  
4 teaspoons sodium-free baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
2 teaspoons cinnamon  
1/2 teaspoon nutmeg  
1 15-ounce can solid-pack pumpkin (about 2 cups)  
3/4 cup sugar  
1/2 cup molasses  
1 cup soymilk, rice milk, or water  
1 cup raisins  
Vegetable oil spray

Preheat oven to 350°F.

Mix together flour, baking powder, baking soda, salt, cinnamon, and nutmeg. In a separate bowl, combine pumpkin, sugar, molasses, and non-dairy milk or water. Combine the two mixtures, then stir in raisins. Drop by tablespoonfuls onto a vegetable oil sprayed baking sheet. Bake 15 minutes, or until lightly browned. Remove from baking sheet with a spatula and place on a rack to cool. Once cool, store in an airtight container in the refrigerator.

### Per cookie

Calories: 84	Sugar: 9.7 g
Fat: 0.4 g	Fiber: 1.9 g
Saturated Fat: 0.1 g	Sodium: 108 mg
Calories from Fat: 4%	Calcium: 52 mg
Cholesterol: 0 mg	Iron: 1 mg
Protein: 1.9 g	Vitamin C: 0.7 mg
Carbohydrates: 19.9 g	Beta Carotene: 820 mcg
	Vitamin E: 0.3 mg

*Source: Turn Off the Fat Genes by Neal D. Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*





# Physicians Committee

for Responsible Medicine

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