

Dinner with the Doctor Recipes | August 2023

Veggie Tuna

Ingredients

2 cups carrots, shredded and finely chopped
2 stalks celery, diced very small
1 bell pepper, diced small
¼ cup red onion, diced very small
1 tomato, cut into small squares
1 tablespoon liquid aminos
⅓ cup Vegemise
Salt

Directions

1. If using a food processor to cut up vegetables, be careful not to turn them into mush. Drain off any liquid from tomatoes or other veggies.
2. Combine all, adjusting mayonnaise and salt to taste.

Stuffed Summer Squash

Ingredients

4 to 5 medium yellow summer squash
½ teaspoon salt
2 tablespoons olive oil
1 small onion, chopped
2 carrots, shredded
⅔ cup broccoli, chopped fine
½ cup red bell pepper, chopped fine
Reserved squash pulp
¾ teaspoon garlic salt

Pinch of cayenne (optional)
1 tablespoon liquid aminos

Directions

1. Drop squash and salt into boiling water. Boil for 10 minutes. Cool squash on paper towels.
2. Cut squash in half lengthwise; scoop out pulp, leaving ½-inch thick shells. Reserve pulp.
3. Heat oil and sauté onion until tender. Add other veggies and reserved pulp; sauté 2 minutes. Add garlic salt, cayenne and liquid aminos. Spoon into squash shells and place in a 9 x 13-inch pan, reserving ½ cup of the onion-corn mixture for garnish. Bake at 325 degrees F for 20 to 25 minutes.

Curried Corn Bisque

Ingredients

1 tablespoon olive oil
1 large onion, chopped coarse
3 cups fresh or frozen (thawed) corn kernels
1 teaspoon curry powder
½ teaspoon salt
⅛ teaspoon cayenne
1 box (12.3 ounces) extra-firm, silken tofu
2 cups water
2 teaspoons vegetable broth and soup mix
¼ cup green onion, top part, thinly sliced

Directions

1. Heat oil in a large pot over medium heat. Add onion, corn, curry powder, salt and cayenne. Cook and stir for 10 minutes until onions begin to brown. Remove from heat.
2. Drain tofu. Put into a blender or food processor, and blend to smooth. Scrape down the sides.
3. Add half of the cooked corn mixture and half of the water; blend with the tofu to smooth.

4. Add tofu mixture back to sautéed veggies, reserving $\frac{1}{2}$ cup of the onion-corn mixture for garnish. Stir in the remaining water and vegetable broth mix. Heat through.
5. Serve each bowl garnished with 1 tablespoon green onion and one spoonful of reserved onion-corn mixture.

Raspberry-Glazed Summer Fruit Tart

Ingredients

CRUST:

- 2 cups whole-wheat pastry flour
- $\frac{1}{3}$ cup sucanat
- $1\frac{1}{2}$ teaspoons aluminum-free baking powder
- $\frac{1}{3}$ cup canola oil
- $\frac{1}{8}$ cup plus 1 teaspoon lite coconut milk
- 2 teaspoons pure vanilla

FILLING:

- 1 cup seedless all-fruit raspberry or blackberry jam
- 1 large peach, blanched, peeled and seeded
- 1 large, tart apple, peeled, seeded and cut into $\frac{1}{4}$ inch slices.
- 1 kiwi, peeled and thinly sliced
- $\frac{1}{4}$ cup fresh blueberries (optional)

Directions

1. Gently spoon the flour into the measuring cup and level off with a knife.
2. In a medium bowl combine flour, sucanat and baking powder.
3. Using a pastry blender, cut in oil until pea-sized pieces form. Add coconut milk and vanilla to the flour mixture, stirring just until combined.
4. Gently knead 12 to 15 strokes until a ball forms. Cover with plastic wrap and chill for 1 hour.
5. Crumble chilled dough evenly over an 11-inch tart pan with a removable bottom. Pat dough evenly on bottom and sides. Prick with a fork and bake at 375 degrees F for 25 minutes. Cool on a wire rack.

6. Melt jam in a small saucepan. Using a pastry brush, brush some of the jam over the entire crust, coating it well.

7. Arrange peeled and thinly sliced fruit in a circular fashion on the bottom of the crust. Generously brush, then pour the remaining jam over the fruit.