

A Summer Picnic

Dinner with the Doctor

August, 2025

Tropical Baked Beans

1 lb white beans (2 1/2 cups dry beans)
2 tsp salt
1 cup diced onion
1 red bell pepper, diced
1/2 cup tomato sauce
1/4 cup molasses
2 TBSP dry cilantro
1 cup pineapple tidbits, drained (save juice)
1/2 TBSP lemon juice (about 1/2 a lemon)
1/2 TBSP lemon zest

1. Cook beans with salt until soft. Drain
2. Lightly sauté onion and pepper.
3. Mix all ingredients. Add enough reserved pineapple juice to make sufficient sauce to cover beans (about 1/2 cup, but this will vary). If desired, make a more tart sauce with a bit more lemon juice and zest.
4. Place in a 7 x 11 baking pan. Bake 30-40 minutes at 350 F until bubbly and flavors are mixed. Serve.

Broccoli Slaw

1/2 head cabbage, shredded (about 4 cups)
2 - 4 cups broccoli florets
 broccoli stems, peeled and shredded (optional)
3 green onions
1/4 cup roasted sunflower seeds
1 TBSP fresh cilantro, minced
1/2 - 1cup plant-based mayonnaise of choice

1. Shred cabbage and prepare broccoli florets.
2. Peel and shred broccoli stems for added nutrition.
3. Mix all ingredients together and chill before serving.

Notes:

- Add 1 tsp dill weed and/or Italian seasoning to mayonnaise to spice up the salad.

- See “Tofu Mayonnaise” recipe at the end of recipes for our favorite mayonnaise which has a better nutritional profile and decreased calories compared to most mayonnaise.

Vegetable Pasta Salad

1 box (12 oz) rainbow or whole wheat rotini (or a mixture) (6 cups)
 1 box water-pack tofu, firm or extra-firm, drained

Choice of vegetables

1 box cherry or grape tomatoes
 2 cucumbers, cubed
 1 box cherry tomatoes, halved
 2-3 stems broccoli, cut into florets
 2-3 stalks celery, sliced
 2 carrots, sliced or matchsticks (about 1 cup)
 1 yellow crookneck squash, julienned or diced
 1/2 green bell pepper, slivered or diced
 1/2 red bell pepper, slivered or diced
 1/2 red onion, slivered or diced
 1 15-oz can olives, sliced
 other raw vegetables of choice

Dressing

1/3 cup lemon juice
 1/3 cup olive oil
 2 tsp salt or to taste
 2 - 3 tsp basil
 1 - 2tsp oregano
 1 - 2 tsp garlic powder

1. Cook pasta according to package directions in lightly salted water until soft. Rinse in cold water.
2. Prepare tofu by cubing or crumbling coarsely
3. Mix cooked pasta and tofu gently with dressing and marinate in the refrigerator until well-cooled (overnight is fine).
4. Add choice of vegetables shortly before serving and adjust seasonings to taste

Notes:

- The amount of dressing needed is determined by how many vegetables you use. If there are a lot of vegetables (preferred!) additional dressing and/or seasonings may be needed. Minimal vegetables may not require the full amount of dressing.
- Some people prefer the taste and texture of lightly steamed broccoli and carrots

Southern Spoon Bread

2 cups	whole corn kernels, frozen
2 cups	water
1 tsp	salt
1/8 cup	oil
2 TBSP	applesauce
1 cup	yellow cornmeal

1. Blend all except cornmeal just long enough to break up corn, but not until smooth.
2. Mix liquid with the cornmeal in a bowl.
3. Pour into an 8 x 8" oiled baking pan.
4. Bake at 350F until firm and browned, (45 – 60 min.)

Note: 2 or 3 TBSP of Rotel chopped green chili will add an interesting flavor twist.

Carob Brownies

1 1/2 TBSP	molasses
1 3/8 cup	raw sugar or sweetener of choice
3/8 cup	carob powder
1/3 cup	oil
2 TBSP	flaxseed meal
3/4 cup	water
3/4 tsp	vanilla
1 3/4 – 2 cups	whole wheat pastry or white flour
1 1/2 tsp	salt
3/4 tsp	baking soda
1 cup	chopped walnuts

1. Beat first 7 ingredients together (a wire whisk works well).
2. Mix flour, salt and soda together, then add to wet ingredients and stir until just blended.
3. Fold in walnuts.
4. Spread in an oiled 9 x 13" baking pan. Bake at 350 F about 40 minutes, following carefully toward the end. Overbaking gives hard crunchy edges (which some people like!). Underbaking leaves the center mushy.
5. Cut into appropriate-sized pieces and serve.
6. May decorate with coconut, strawberries, whipped topping, or more nut pieces.

Tofu Mayonnaise

1 box tofu, firm or extra firm
1 – 2 Tbsp vegetable oil (optional)
1 tsp salt
1 tsp onion powder

1/2 tsp garlic powder
2 Tbsp lemon juice
Dill and paprika (opt.)

1. Process in a blender until smooth. Chill before using.
2. Note: This recipe was originally written for a 12-ounces box of MoriNu tofu. If using water-pack tofu with 14 or 16 ounces, increase seasonings and lemon juice appropriately.