

Argentinian Cuisine • 2011 Scholarship Winners

VOLUME XXX, NO 4

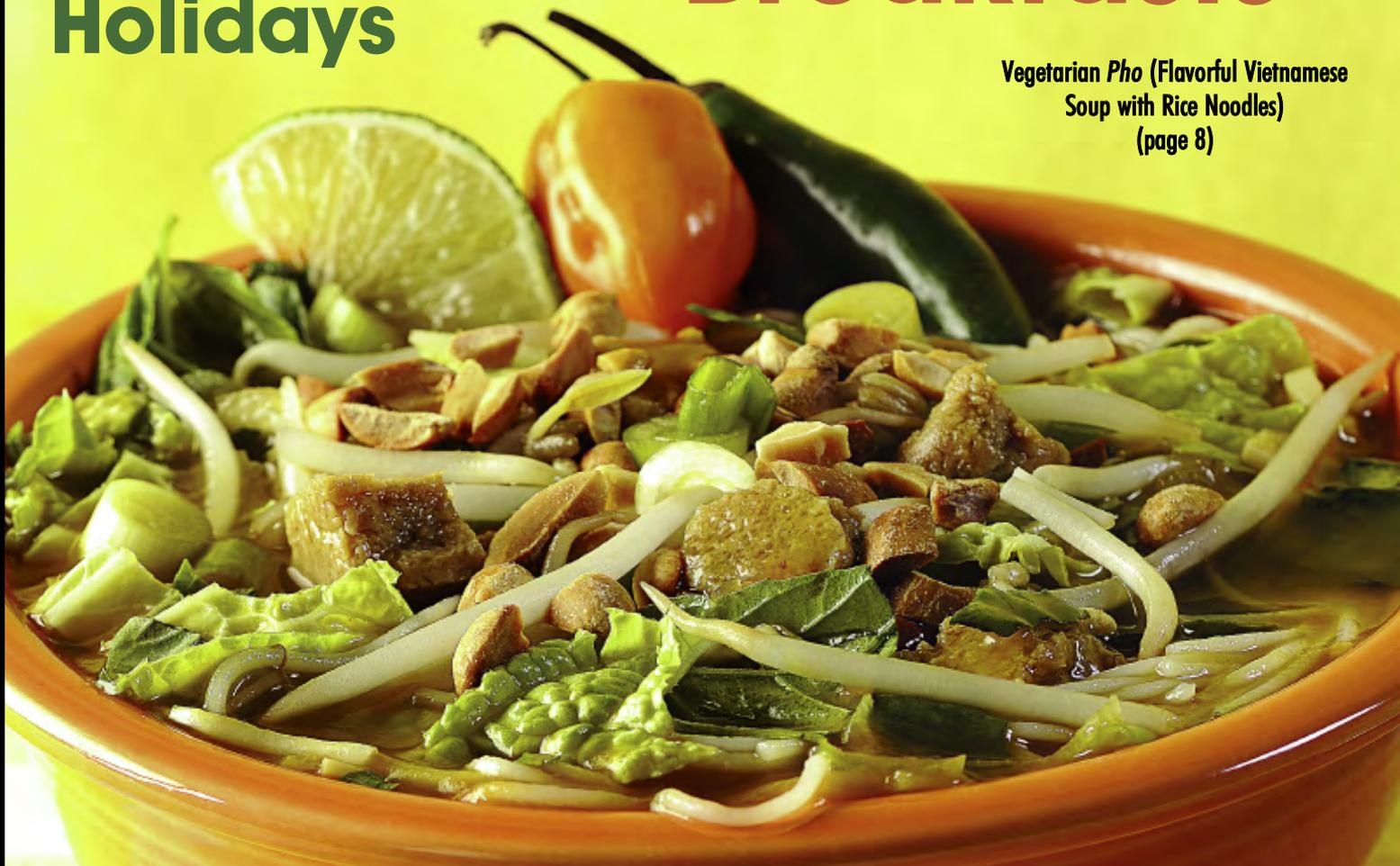
VEGETARIAN

JOURNAL HEALTH ECOLOGY ETHICS

**Vegan Soul
Food for the
Holidays**

**International
Breakfasts**

*Vegetarian Pho (Flavorful Vietnamese
Soup with Rice Noodles)*
(page 8)



\$4.50 USA/\$5.50 CANADA



Results from VRG's New Poll!

How Often Do People Eat Vegetarian Meals?

How Many American Adults Are Vegan?

www.vrg.org

NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline discusses if at-risk populations should steam tofu before consuming it, whether certain fruits and vegetables can interfere with blood thinners, and if meat provides more calories and nutrients than an equal amount of grains.

QUESTION: "I'm a registered dietitian working with the WIC Program (the Special Supplemental Nutrition Program for Women, Infants, and Children). WIC is finally giving soy-milk and tofu to pregnant, breast-feeding, and postpartum women and their children. On one website, I found dire warnings that tofu has to be steamed for at least five minutes (if not baked or fried) to kill bacteria. Does this ring true?" C.P., MD

ANSWER: Heat treatment of tofu is usually not necessary, but you present a special situation. Pregnant women, babies, and young children, as well as other people with immature or compromised immune system function, are at a higher risk for food-borne illness. For these groups, it's best to be careful—tofu being eaten raw (tofu salad, smoothies, etc.) should be steamed for 5-10 minutes and then cooled before use. Chances are low that someone would have ill effects from tofu that has been kept refrigerated, sealed, and used before the expiration date, but because this is a vulnerable population, I'd err on the side of caution. Rinsing tofu before cooking it is another step that can be helpful to reduce the amount of surface bacteria.

It isn't necessary to steam aseptically packaged tofu (like Mori-Nu). It has been heat-treated so as to be shelf-stable, and this heat treatment destroys bacteria. Aseptically packaged silken tofu has a consistency that works well in dishes where the tofu is not cooked, such as salad dressings, dips, and blended drinks. If steaming seems cumbersome, using aseptically packaged tofu

that doesn't need to be steamed simplifies meal preparation.

QUESTION: "I'm taking a drug called warfarin to prevent blood clots. My doctor asked if I drank cranberry juice or ate spinach. Why would she ask this?" A.M., FL

ANSWER: Warfarin is sometimes called a blood thinner, although it really doesn't make your blood thinner. It does make your blood less likely to clot, something that's important if you're at risk for a stroke or other problems.

To do this, warfarin keeps your body from making clotting factors. Vitamin K also plays a role in blood clotting. If your vitamin K intake varies a lot from one day to the next, it can interfere with what warfarin does. This doesn't mean that you should completely avoid foods that are high in vitamin K, such as spinach, but you should eat approximately the same small amount of those foods daily—not a lot one day and none the next. Other foods high in vitamin K include broccoli, Brussels sprouts, chard, collards, kale, mustard greens, parsley, and green tea.

Cranberries, cranberry juice, and other cranberry products can also interfere with warfarin, as can many herbal products. Ask your doctor or registered dietitian about which foods you should limit. Be sure to tell him or her about any herbal supplements that you take, and don't make changes in your diet without discussing them with your doctor.

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FEATURES

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NOTE FROM THE COORDINATORS

HOW OFTEN DO AMERICANS EAT VEGETARIAN MEALS? AND HOW MANY VEGANS ARE THERE?



Charles was overwhelmingly excited to receive the results of our new vegetarian poll. The survey responses were more intriguing than locating vegan apple pie or soft serve vegan ice cream—and that's saying a lot!

A few groups debate about the differences between the results of telephone polls and online polls. Some believe telephone polls are more trustworthy, but one challenge for telephone surveys is that so many people no longer have landlines. In general, these surveys do not reach cell phones. Polling companies use online databases with millions of names (not just an online survey that an organization or individual informally posts on the Internet) and contend that online surveys have proven to be accurate, such as in predicting election results. Both methods seem to have advantages and disadvantages.

As one point of reference, VRG's recent telephone poll gave us higher numbers for people who are vegetarian than a previous online poll we did, but we consider the difference to be reasonable. For our new poll data, see page 10 and <www.vrg.org/nutshell/faq.htm#poll>.

This year, VRG again received several hundred entries for our two \$5,000 college scholarships. The applicants reflect the diversity of America: all economic backgrounds, all ethnic groups, numerous religious backgrounds, rural and urban, conservative upbringings, and even involvement in opposing causes. Nevertheless, these students' commitment to vegetarianism unites them all, and their tireless efforts are contributing to a better and brighter future. Read about this year's scholarship recipients on page 16.

Thank you to all of our volunteers who helped judge the scholarship contest and responded personally to each and every entrant. The students tell us how unusual this personal touch is, and how appreciative they are. If you would like to help respond to future scholarship entries or join VRG in promoting or financing these scholarships, please e-mail vrg@vrg.org.

Debra Wasserman & Charles Stahler

Coordinators of The Vegetarian Resource Group

VRG'S MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegetarian-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and the person or family you choose. Your gift will support educational outreach programs and help promote vegetarianism.

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203.

Thank you to the Alper family for their donation in honor of Sam Stahler's Bar Mitzvah and his parents.

Thank you to The Vegetarian Site for their generous donation! Also, thanks to the Alternative Baking Company for their ongoing support.

Thanks to Ryan Andrews, Julia Hart, Mary Herbranson, Lisa Martin, Shannon Merc, Susan Petrie, Jenny Saccenti, Linda Tyler, Amy Vaughn, Kristi Watson, and others for helping us personally thank all the VRG Scholarship entrants.

2007 VRG Scholarship Recipient Graduates, Looks Forward to Nutrition Career

I want to thank The VRG, as well as those who make their scholarship fund possible.

I was a 2007 recipient and graduated with my bachelor of science in nutrition in May! This fall, I will be a dietetic intern at Cedar Crest College, and I am sitting for the exam to become a registered dietitian next May. Also, I will be presenting on vegetarian/vegan nutrition at Bethlehem VegFest, providing information from the American Dietetic Association and, of course, The VRG.

Thank you again for helping me make my dreams a reality!
Nora, via e-mail

Note: Read about the 2011 VRG Scholarship winners on page 16. The deadline for the next scholarship contest is February 20, 2012.

Thanks for Writing Simply Vegan!

I just wanted to say "Thanks!" to Debra Wasserman. I became vegan when I was in high school, and my first official vegan cookbook

was *Simply Vegan*! I'm now 33, and I have a vegan wife and two lil' vegan kiddos! Thanks, Debra! Chris, via e-mail

Note: More than 90,000 copies of Simply Vegan have been sold. Readers can order the fourth edition using the form on page 34 or online at <www.vrg.org/catalog>.

Naan Served in the U.S. and India Is Seldom Vegan

In response to "Nutrition Hotline" in Issue 2, 2011, of *VJ*:

I was reading *Vegetarian Journal* and felt compelled to write because of info from your "Nutrition Hotline." It is mentioned that *naan* is usually vegan. I think this may be misleading.

I was in India two times—first for two weeks, then for two months. Both times, I found it hard to be a vegan because milk and yogurt are added to so many foods. The first time, I did eat the *naan* because a waiter said it did not have dairy in it. (Now, I think that was a misunderstanding or a willingness to please.) Since then, I have found that it usually does

(Continued on page 27)

Letters to the Editors can be sent to: Vegetarian Journal, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail letters to vrg@vrg.org.

Coming in the Next Issue:

EGG SUBSTITUTES

Plus: South American Soups, Quick Cabbage Dishes, Student Essay Contest Winners, and more!

International Breakfasts

By Chef Nancy Berkoff, RD, EdD, CCE

WHAT IS BREAKFAST FOR YOU? IS IT A CUP OF strong coffee and a multi-vitamin? Maybe a latte and a granola bar eaten in the car? Or perhaps a stack of blueberry pancakes, doused in maple syrup, and peppery vegan sausage links?

No matter what your tastes, there's an international breakfast option out there for you! They aren't always as difficult to prepare or as exotic as you may think they are, either. Many of the ingredients for international breakfast dishes—such as broths, chopped fruits and vegetables, steamed rice, and tortillas—can also be used in other meals. This minimizes shopping, preparation, and costs. No special ingredients needed!

When you have time to try out some new dishes, have friends and family join in the fun of shopping and preparing. Then, spin the globe and begin your breakfast adventure!

LATIN AMERICAN BREAKFASTS

Mexican and Central American breakfasts include some familiar ingredients done in an exciting way. *Huevos rancheros* start with fried eggs, served with a flavorful red sauce and usually accompanied by steamed or refried beans and steamed tortillas. To veganize this dish, use scrambled tofu for the eggs. Add some vegan *pan dulces* (Central American sweet rolls) and a robust cup of coffee, and you've got a fun way to start the day!

The ever-popular breakfast burrito can be as plain or as fancy as you like. Traditional fillings include chopped tomatoes and onions or salsa, shredded lettuce, fresh or pickled chilies, and fresh cilantro. You can also toss in some chopped or scrambled tofu or make veggie *carnitas* (very thinly sliced Tofurky or other soy meat, seasoned with your favorite Central American spice blend).

Take a note from early morning Mexican street vendors, who offer seasonal mango, papaya, orange, pineapple, and melon slices or juices. Fresh or frozen vegan tamales flavored with pineapple, coconut, and raisins can be found, especially during winter holiday time. Serve *pan dulces* with vegan hot chocolate spiced with cinnamon or with *Horchata* (page 8), a hot rice drink that resembles liquid rice pudding.

EUROPEAN BREAKFASTS

Norwegian breakfasts are rarely hot or sweet. A typical breakfast is home-baked, seven-grain, whole wheat bread served with butter, margarine, or brown goat cheese, as well as sliced smoked salmon or cod, sliced tomatoes, and fruit juice. Actually, breakfast is usually lunch as well. It's not unusual for people sitting around the breakfast table to assemble a sandwich of breakfast ingredients, to be eaten later in the day at work or school. Vegans can use thinly sliced smoked tofu in place of the cod and slices of vegan cheese as sandwich ingredients.

Perhaps you'd like to treat yourself to a British breakfast 'tea.' Dainty finger sandwiches made with chopped tomatoes, onions, and capers or with sliced



cucumber and fresh dill are fun and easy. So are baked beans on toast, sweet pastries, and sliced fruit. Have a pot of tea at the table, properly enjoyed with the steamed non-dairy milk of your choice.

For breakfast minimalists, you might try the French approach. A large cup of steaming latte, a minute glass of fruit juice, a baguette or vegan croissant with fruit preserves, and a square of dark chocolate says, "*à la française*." The secret is having coffee cups that resemble soup bowls, as the latte or steaming coffee with milk is the centerpiece of this morning meal. Large cups leave lots of room for dunking breakfast breads.

In contrast, traditional German and Eastern European hot breakfasts are not for the light-and-lean crowd. On weekends or holidays, you may find tables groaning with meat cutlets, eggs, potatoes cooked with onions and bacon fat, and breakfast 'puddings' made with smoked meat, eggs, and cream. Breakfast breads and pastries are served with oodles of fresh butter. Fruit

usually appears in the form of juice, fruit preserves, and fruit cooked in syrup and served with heavy cream. Thin waffles and crêpes are served with regional syrups, preserved berries, and of course, lots of butter.

We can re-create the groaning table with a variety of vegan meats, including vegan bacon strips, vegan sausage patties, and steamed or baked savory silken tofu puddings flavored with sautéed onions, white or black pepper, and vegan sausage crumbles. Add some freshly baked sweet breads, rolls, and vegan muffins and lots of fresh and baked fruit. Consider making this 'spread' for a holiday brunch!

And for the more adventuresome, there's always the famous Czech garlic and bacon soup for breakfast. Doesn't a fragrant bowl of garlic broth, seasoned with crumbled vegan bacon strips and served with a hard roll for dunking, sound interesting?

ASIAN BREAKFASTS

Asian breakfasts are the ultimate in subtlety and health. Japanese breakfasts can feature steamed sushi-style rice (more glutinous than long-grain rice), miso soup (available as a dry mix; check the ingredients to make sure it is vegan), steamed tofu, thick daikon radish slices, and pickled vegetables. They do just fine without the egg that is typically served with them! Keep in mind that Japanese breakfast dishes, while relatively low in fat and calories, are fairly high in sodium.

Vietnamese breakfasts may include *pho*, which is distinct from other Asian noodle soups because it has strong Chinese and French influences. Early *pho* chefs borrowed white rice noodles from China and adopted the French tradition of adding charred onions to beef



or chicken broth for color and flavor. Simply substituting vegetable broth will not take away from this soup's taste! Then, garnishes such as sliced onions, sprouts, chilies, and basil finish off the dish.

Popular in India and Pakistan, *raitas* are yogurt-based condiments that add 'cool' and subtle flavor to spicy foods. *Raitas* are a combination of yogurt and minced, raw fruits and vegetables, with some ginger, garlic, green chili paste, and/or mustard mixed in. Instead of dairy yogurt, use unflavored vegan yogurt or soft, silken tofu flavored with a small amount of lemon juice mixed into the tofu. Then, add your own mixture of fruits, vegetables, and seasonings, and you have created vegan *raitas* at home!

Adding International Flair to Yogurt

In many countries, breakfast is a bowl of plain (unflavored) yogurt. To give this dish a cultural bent, start with 2 cups of unflavored soy yogurt. If soy yogurt is not available, you can use soft, silken tofu, flavored with approximately 1 teaspoon of lemon juice per cup. This will yield 3 servings. Here are some ideas:

- **Scandinavian:** Add 1/4 cup of chopped tomatoes, chopped cucumbers, fresh berries (in season), canned or frozen raspberries or loganberries, or currant jelly.
- **Greek:** Add 1/4 cup of chopped cucumbers, chopped sweet onions, assorted olives, or dates.
- **Turkish:** Add 1/4 cup of fresh sliced apricots (in season), canned apricots in syrup, dried apricots, assorted fruit preserves, or a variety of dates.
- **Middle Eastern:** Add 1/4 cup of chopped tomatoes, cucumbers, sweet onions, radishes, dates, or raisins.
- **Russian:** Add 1/4 cup of vegetarian caviar, chopped sweet onions, chopped scallions, shredded beets, chopped apples, or walnuts and raisins.
- **Indian:** Add 1/4 cup of shredded carrots and cucumbers, chopped pistachios, or raisins and 1/2 teaspoon of spices, such as cinnamon, ginger, black pepper, cumin, or orange and lemon zest.

HORCHATA

(Makes 8 servings)

This Latin American beverage tastes great hot or cold. Make a double batch and store in the refrigerator.

- 1 quart rice milk
- 1 quart water
- 3/4 cup sugar (Use your favorite vegan variety.)
- 1 Tablespoon ground cinnamon
- 1 teaspoon vanilla extract

In a large pot, combine rice milk, water, and sugar. Heat and stir for approximately 3 minutes. Add cinnamon and vanilla and continue to stir for an additional 2 minutes.

Serve hot, or chill for approximately 2 hours and then serve.

Total calories per serving: 136	Fat: 1 gram
Carbohydrates: 31 grams	Protein: 1 gram
Sodium: 50 milligrams	Fiber: <1 gram

CRÊPES FOR BREAKFAST

(Makes 6-8 crêpes)

This sweet crêpe recipe is very convenient. The batter can be prepared and refrigerated until you're ready to use it.

- 1/2 cup soy or almond milk
- 1/2 cup water
- 1/4 cup melted nonhydrogenated vegan margarine
- 1 Tablespoon sugar (Use your favorite vegan variety.)
- 2 Tablespoons maple syrup or orange juice concentrate
- 1 cup unbleached flour
- 1/4 teaspoon salt
- Vegetable oil spray
- Water to thin crêpe batter, if necessary

In a large bowl, combine milk, water, margarine, sugar, maple syrup or orange juice, flour, and

salt. Mix only to combine. Cover and allow batter to chill for at least 2 hours. The batter can also be made a day ahead of time and stored in the refrigerator.

When ready to prepare crêpes, preheat a large skillet or electric frying pan to high heat and spray with vegetable oil. Place a layer of paper towels on a serving plate.

Crêpes should be very thin, thin enough to cook completely without flipping. Pour a very thin layer of the batter into the pan, approximately 2-3 Tablespoons depending on the size of the pan. Cook until golden and thoroughly cooked, approximately 1 minute, depending on the pan and thickness of the crêpe batter. Remove from pan and place on the serving dish. You'll want to layer the crêpes with paper towels or a clean cloth so they do not stick together.

Continue to create crêpes, thinning the batter with a very small amount of water if necessary.

Serve the crêpes hot, spread with fruit preserves and/or sprinkled with a small amount of chopped nuts.

Note: If you prepare the crêpes ahead of time, refrigerate them and then serve hot or cold when needed.

Total calories per crêpe: 179	Fat: 8 grams
Carbohydrates: 23 grams	Protein: 3 grams
Sodium: 190 milligrams	Fiber: 1 gram

VEGETARIAN PHO (FLAVORFUL SOUP WITH RICE NOODLES)

(Makes 6-8 servings)

**Pictured on the cover. This savory breakfast soup can be made ahead and heated as desired. Proceed with caution—it is garlicky!*

BROTH

- 8 cups vegetable broth
- 3 Tablespoons low-sodium soy sauce
- 8 garlic cloves, peeled and coarsely chopped
- 1 cup chopped onions
- One 2-inch piece of fresh ginger
- 2 cinnamon sticks
- 2 pods dried star anise
- 2 dried bay leaves

Place broth, soy sauce, garlic, and onions in a large pot and bring to a fast boil. Reduce heat and add ginger, cinnamon, star anise, and bay leaves. Cover and allow to simmer for 30 minutes. With a slotted spoon, remove the garlic, onions, cinnamon, anise, and bay leaves and discard them. Continue to simmer while you prepare the rice noodles.

NOODLES

- One 1-pound package dried rice noodles
- Approximately 3 quarts boiling water to cook noodles (See package directions.)
- One 8-ounce package seitan, drained and chopped (found in natural foods stores)
- 1/4 cup fresh, washed bean sprouts
- 1/2 cup shredded Asian cabbage, such as Napa
- 1/2 cup washed baby spinach
- 1 cup shredded fresh basil
- 1/2 cup chopped fresh cilantro
- 1 cup chopped scallions (both green and white parts)
- 3 Tablespoons chopped, roasted, unsalted peanuts (optional)
- 1 lime, cut into wedges
- 1/4 cup fresh, deseeded, and chopped chilies (You choose the heat!)

While the broth is simmering, prepare the noodles according to the package directions (usually soaking for 10 minutes and then cooking in 3 quarts of boiling water until tender, approximately 2 minutes). Drain noodles and place them in a serving dish that

is large enough to hold the finished broth as well.

Add the seitan to the broth and allow it to heat for approximately 3 minutes. With a slotted spoon, remove seitan from broth and place the seitan on top of noodles in the serving dish.

When ready to serve, place sprouts, cabbage, spinach, basil, cilantro, scallions, and (if using) peanuts on top of the noodles and seitan. Pour the hot broth over this and serve immediately. Allow everyone to season with lime and chilies, as desired.

Note: Asian basil, also called ‘purple’ or ‘opal’ basil, may be used in place of conventional basil.

Total calories per serving: 388 Fat: 1 gram
Carbohydrates: 76 grams Protein: 14 grams
Sodium: 775 milligrams Fiber: 3 grams

CUCUMBER RAITA

(Makes approximately 1½ cups or 2 servings)

1 cup plain (unflavored) vegan yogurt

½ cup peeled, chopped, and deseeded cucumbers
½ teaspoon grated fresh ginger
1 teaspoon ground cumin
¼ teaspoon dry mustard

Place yogurt into a bowl and stir in cucumbers. Add seasonings. Cover and chill for at least 30 minutes before serving.

Total calories per serving: 79 Fat: 2 grams
Carbohydrates: 12 grams Protein: 3 grams
Sodium: 16 milligrams Fiber: 1 gram

MINT RAITA

(Makes approximately 1½ cups or 2 servings)

1 cup plain (unflavored) vegan yogurt
⅓ cup chopped fresh mint
⅛ teaspoon cayenne

Combine all ingredients. Cover and chill for at least 30 minutes before serving.

Total calories per serving: 82 Fat: 2 grams
Carbohydrates: 12 grams Protein: 3 grams
Sodium: 20 milligrams Fiber: 2 grams

CARROT RAITA

(Makes approximately 1½ cups or 2 servings)

1 cup plain (unflavored) vegan yogurt
½ cup grated carrots
⅓ cup chopped golden raisins
¼ cup chopped no-salt-added pistachios
1 teaspoon ground cumin
1 teaspoon ground coriander
¼ teaspoon red pepper flakes

Combine all ingredients. Cover and chill for at least 30 minutes before serving.

Total calories per serving: 247 Fat: 9 grams
Carbohydrates: 37 grams Protein: 7 grams
Sodium: 38 milligrams Fiber: 4 grams

Nancy Berkoff is The Vegetarian Resource Group's Food Service Advisor. She is the author of *Vegans Know How to Party*, *Vegan in Volume*, *Vegan Microwave Cookbook*, *Vegan Menu for People with Diabetes*, *Vegan Seafood: Beyond the Fish Shtick for Vegetarians*, and *Vegan Passover Recipes*.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VRG IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, granted an interview about the benefits of transitioning from an animal-based diet to a plant-based one to *BLVD* magazine in Athens, Georgia. She also spoke to WebMD about a report concerning vegetarians and heart disease risk.

Nation's Restaurant News magazine cited VRG, stating, "Following a 2009 Harris Interactive Poll, The Vegetarian Resource Group estimated that about 3 percent of U.S. adults described themselves as vegetarian, meaning they never eat meat, poultry, fish, or seafood."

In addition, PBS.org talked to VRG and to Reed about raising children as vegetarians.

VRG OUTREACH

VRG's Food Service Advisor Nancy Berkoff, RD, EdD, CCE, presented a webinar called "Beyond Boca Burgers—Creating Vegetarian Meals for Our Clients" for the National Job Corps. Food service directors and health care staff from across the United States participated in this web-based seminar.

How Often Do Americans Eat Vegetarian Meals? And How Many Adults in the U.S. Are Vegan?

By Charles Stahler

WITH NUMEROUS GROUPS PUSHING MEATLESS Mondays, Tofurky Tuesdays, or other campaigns to cut back on meat one day per week, The Vegetarian Resource Group wondered how often Americans are eating vegetarian meals. To find an estimate, VRG commissioned Harris Interactive® to conduct a national telephone poll.

Seventeen percent of Americans stated they “don’t eat meat, fish, seafood, or poultry at many of my meals (but less than half the time),” and 16 percent don’t eat these foods at more than half of their meals (but not all the time). Thus, one-third (33 percent) of the country is eating vegetarian meals a significant amount of the time. That’s in addition to vegetarians! This is good news for companies producing vegetarian foods. No wonder so many restaurants have added vegetarian options.

In a 2008 VRG national telephone survey, 40 percent of respondents said they often order a dish without meat, fish, or fowl when eating out. We don’t care for the word ‘flexitarian’ since almost all people consume some vegetarian foods, even if they are not eating completely vegetarian meals. However, the U.S. population that is very interested in vegetarian foods, though not vegetarian, appears to be between 30 and 40 percent.

HOW MANY VEGETARIANS ARE THERE?

Approximately 5 percent of the country say that they never eat meat, fish, seafood, or poultry, which makes them vegetarian. Approximately half of these vegetarians are also vegan; that is, they also don’t eat dairy or eggs. Note that we had respondents select “I never eat meat, fish, seafood, or poultry” or “I never eat meat, fish, seafood, poultry, dairy, or eggs.” Because we use the word “never” and give the definition rather than having respondents self-define, our numbers may be lower than other polls. We also did not ask about honey, which would most likely give a lower figure for the number of vegans.

METHODOLOGY

Harris Interactive conducted this survey within the United States by telephone on behalf of The Vegetarian Resource Group between March 30 and April 3, 2011, among a nationwide cross section of 1,010 adults (aged 18 and over). Figures for age, sex, race, education, region, number of adults in household, and number of telephone lines were weighted where necessary to bring them into line with their actual proportions in the U.S. population.

In theory, with probability samples of this size, one could say with 95 percent certainty that the results for the overall sample have a sampling error of plus or minus 3 percentage points. Unfortunately, there are several other possible sources of error in all polls or surveys, including refusals to be interviewed (i.e., non-response), question wording and question order, and weighting. It is impossible to quantify the errors that may result from these factors.

Given this information, we can estimate the percentage of vegetarians in the U.S. adult population, based on this poll, ranges from 2 to 8 percent. Several other VRG polls have reported an answer of between 2 and 3.5 percent. With sampling error, this poll would also fall into the range.

We don’t believe we have enough information to state whether the number of vegetarians in the U.S. is definitely changing but feel comfortable that it is at least a steady 2-3 percent. If we use a past low figure of 2 percent and the higher figure of 5 percent from this survey, we estimate that there may be 5-12 million adults in the United States who never consume meat, fish, or poultry.

In a separate Harris Interactive online poll that The VRG did in 2009, approximately 3 percent of Americans were vegetarian. The past and present surveys used different methodologies, and thus, a direct comparison can’t be made.

HOW OFTEN DO AMERICANS EAT VEGETARIAN MEALS?

(No Meat, Fish, Seafood, or Poultry)

- 6% One Meal Per Week
- 4% One Day Per Week
- 17% Many Meals But Fewer Than Half
- 16% More Than Half But Not All
- 5% Never Eat Meat, Fish, Seafood, or Poultry
- 48% Estimated Population Who Looks for Vegetarian Foods

The needs of the individuals interested in vegetarian meals can be different. For example, food companies and restaurants should note that consumers may be looking for vegan, low-sodium, gluten-free, locally grown, organic, gourmet, kosher, or other selections. If developing a vegetarian product or offering vegetarian meals, they will need to do more research on their customers' food preferences. In addition, when considering products and marketing strategies, businesses should consider the special needs of vegetarians versus those interested in vegetarian meals.

PEOPLE WHO NEVER EAT MEAT, FISH, SEAFOOD, OR POULTRY

Male	Female	
5%	6%	One Meal Per Week
2%	5%	One Day Per Week
13%	20%	Many Meals But Fewer Than Half
15%	17%	More Than Half But Not All
2%	2%	Never (Vegetarian But Not Vegan)
3%	2%	Never Eat Meat, Fish, Poultry, Dairy, or Eggs (Vegan)

There is a misconception that more women than men are vegetarian, but it appears that the split may be pretty even. A larger difference shows up when looking at who is eating vegetarian meals one day per week or at many meals. Marketers still should note the greater potential among females who sometimes eat vegetarian meals.

PEOPLE WHO NEVER EAT MEAT, FISH, OR POULTRY

(Total Number of Vegetarians and Vegans)

5% Total	5% Northeast*
5% Male	5% Midwest*
4% Female	4% South*
	5% West*

* The Northeast includes CT, DE, DC, ME, MD, MA, NH, NJ, NY, PA, RI, VT, and WV. The Midwest includes IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, and WI. The South includes AL, AR, FL, GA, KY, LA, MS, NC, OK, SC, TN, TX, and VA. The West includes AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WY, and WA.

The proportion of the total adult sample who "never eat meat, fish, or fowl" is 5 percent. However, one needs to be cautious in interpreting the findings for male, female, and geographic locations since these are based on a small number of respondents.

PEOPLE WHO DON'T EAT MEAT, FISH, SEAFOOD, OR POULTRY AT MORE THAN HALF OF MEALS

16% Total	23% \$15,000 – \$35,000 yearly income
15% Male	
17% Female	17% Northeast
22% 55+ years	16% Midwest
26% 65+ years	17% South
24% Retired	13% West

Charles Stahler is Co-Director of The Vegetarian Resource Group.

Vegan 'Soul Food' for the Holidays

By A. "Chef Ifayomi" Stanton

RICH IN FLAVOR, CULTURE, AND HISTORY, THE 'soul food' experience is a total experience for me. It involves the aromas that fill the house, the beautifully prepared dinner table of dishes made from recipes handed down for generations, and the coming together of family and friends to savor these mouth-watering favorites.

As an African-American 'soul sistah' with deep Southern roots, I too love to enjoy a meal of collard greens, cornbread, and corn on the cob with a slice of sweet potato pie on the side. Unfortunately, most homemade 'soul food' family recipes rely heavily on meat, dairy, sugar, and salt to flavor, season, or add richness and depth. As a result, there is a high percentage of obesity, hypertension, diabetes, and some forms of cancer among African-Americans.

As a vegan chef, wellness consultant, and holistic health practitioner, it is my personal mission and my professional objective to prepare, teach, and promote the benefits of a plant-based vegan diet. At the same time, I am working to dispel the myth that vegan 'soul food' cuisine lacks beauty, substance, and great taste.

To assist you on your path as a 'soul food' herbivore, I've included some vegan-converted family favorites for you to try this holiday season. These recipes were recreated to retain the 'soul' and the traditional flavor in a meatless and healthful new way.



SOUTHERN-STYLE SKILLET CORNBREAD

(Serves 8)

For some strange reason, cornbread seems to taste better when cooked in a cast-iron skillet. However, any glass or stainless steel baking dish can be used for this recipe.

VEGAN 'BUTTERMILK'

Slightly less than 1 1/2 cups plain unsweetened soymilk
1 Tablespoon apple cider vinegar

In a large measuring cup, combine the soymilk and the vinegar. Set aside.

CORNBREAD

1 1/2 cups cornmeal
1 cup all-purpose flour
1 Tablespoon baking powder
1 Tablespoon Ener-G Egg Replacer powder (Do not premix with water.)
1/4 teaspoon salt
1/2 teaspoon baking soda
1/3 cup grapeseed oil
3 Tablespoons agave nectar or 4 Tablespoons maple syrup
1/4 cup hot water
Non-stick cooking spray

Preheat oven to 400 degrees and place a cast-iron skillet into the oven to heat.

In a large bowl, sift together all dry ingredients. Add the 'buttermilk,' oil, agave nectar or maple syrup, and water to the dry ingredients. Mix or whisk until the batter becomes thin and puffy.

Carefully remove the heated skillet from the oven and liberally spray with non-stick cooking spray. Pour the batter into the skillet and return to oven. Bake for 25-30 minutes or until an inserted knife comes out clean. Allow to cool slightly before eating.

Total calories per serving: 262
Carbohydrates: 38 grams
Sodium: 313 milligrams

Fat: 11 grams
Protein: 5 grams
Fiber: 2 grams

SPOON-MOIST SOUTHERN-STYLE CORNBREAD STUFFING

(Serves 12)

If you add all of the vegetable broth to this stuffing but it is still 'dry,' add up to 1 cup water.

- 3 Tablespoons nonhydrogenated vegan margarine
- 2 garlic cloves, minced
- 1 large onion, diced
- 3 stalks celery, finely chopped
- 1 green bell pepper, finely chopped
- 1 skillet *Southern-Style Skillet Cornbread* (recipe above), crumbled
- 1/2 bag of stale whole wheat bread crumbs or 1 half-loaf of whole wheat bread, wet and crumbled (approximately 5 cups)
- 1/4 cup nutritional yeast flakes
- 1 Tablespoon ground sage or to taste
- 1 teaspoon salt or to taste
- 4 cups of low-sodium vegetable broth
- Non-stick cooking spray

Preheat oven to 375 degrees.

In a large saucepan, melt the margarine over medium-low heat. Add the garlic, onions, celery, and green peppers. Cover and cook, stirring frequently, for approximately 15 minutes until the vegetables are slightly transparent.

Crumble the *Southern-Style Skillet Cornbread* into a large mixing bowl. Add the bread crumbs, vegetables in their broth, nutritional yeast, sage, and salt and mix generously until all ingredients are combined. Stir in the vegetable broth, one cup at a time, until the stuffing is moist and semi-wet. Taste, and if needed, adjust seasonings.

Generously spray a roasting pan with non-stick cooking spray. Add the cornbread stuffing and bake for 30-40 minutes or until

golden brown. Serve with some *Mushroom Gravy Sauce* (below) and/or cranberry sauce.

Total calories per serving: 446 Fat: 12 grams
Carbohydrates: 75 grams Protein: 12 grams
Sodium: 822 milligrams Fiber: 9 grams

MUSHROOM GRAVY SAUCE (Serves 8)

This yummy gravy sauce can be used to add flavor to most any dish, and it freezes well.

- 1 1/2 cups low-sodium vegetable broth
- 1 Tablespoon arrowroot powder
- 1/2 Tablespoon flour
- 1 Tablespoon extra-virgin olive oil
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 cup thinly sliced crimini mushrooms
- 1/2 teaspoon dried thyme
- 1/4 cup white cooking wine (optional)
- 1 1/2 Tablespoons tamari
- 1/8 cup nutritional yeast
- 1/8 cup soymilk

Pour the vegetable broth into a small bowl and whisk in the arrowroot and flour until dissolved.

Add the oil to a medium-sized saucepan and heat. Add the onions and garlic and sauté for 3 minutes. Add the mushrooms and thyme and cook, stirring occasionally, for 5 minutes. Add the wine, turn the heat up to high, and bring to a boil for 3 minutes. Stir in the tamari and the arrowroot mixture and continue to boil for 1 minute. Lower heat and simmer, stirring occasionally, for 15 minutes. Add the nutritional yeast and stir until dissolved. Add soymilk and whisk for another minute until thick and creamy.

Total calories per serving: 44 Fat: 2 grams
Carbohydrates: 5 grams Protein: 2 grams
Sodium: 219 milligrams Fiber: 1 gram

SOUTHERN MIXED GREENS AND CABBAGE

(Makes eight 1-cup servings)

You can't call a meal a 'soul food' meal without a generous helping of greens! I discovered by accident that cabbage with greens is a wonderful combination! For a little extra flavor, try adding 1 Tablespoon crushed red pepper.

- 4 Tablespoons extra-virgin olive oil
- 4 large garlic cloves, crushed, divided
- 1 large onion, chopped, divided
- 1/2 pound fresh or frozen chopped okra, tips and ends removed
- Two 16-ounce bags pre-cut, pre-washed Southern mixed greens (available at Trader Joe's, Wegman's, etc.)
- 1 medium head of cabbage, chopped
- 2 cups low-sodium vegetable broth, divided
- 2 cups water, divided
- Two 16-ounce bags frozen chopped collard greens
- 1/4 cup Bragg's Liquid Aminos (available in natural foods stores)

In a large pot, heat the oil over medium heat. Add half of the garlic, half of the onions, and all of the okra and sauté, stirring frequently. When okra begins to soften, add the mixed greens and cabbage. Pour in 1 cup broth and 1 cup water. Cover and allow to simmer, stirring frequently, for approximately 15-20 minutes or until greens and cabbage have shrunk. Add the collards, Bragg's Liquid Aminos, and remaining garlic, onions, broth, and water. Cover and simmer over medium to low heat, stirring frequently, for 10-15 minutes until greens become dark in color.

Total calories per serving: 173 Fat: 7 grams
Carbohydrates: 323 grams Protein: 9 grams
Sodium: 623 milligrams Fiber: 11 grams

GREEN BEANS AND MUSHROOMS WITH THYME

(Serves 6-8)

If you are a garlic lover like me, add two more cloves to this recipe!

3 cups water
Salt to taste
1 1/2 pounds fresh green beans, cut and cleaned
2 Tablespoons fresh organic thyme, divided
1 1/2 Tablespoons organic extra-virgin olive oil
2 cloves garlic, minced
2 1/2 pounds fresh white-cap mushrooms, sliced

Add water, salt, green beans, and 1 Tablespoon of thyme to a large pot and bring to a boil. Reduce heat to medium-high and cook for 15 minutes or until green beans become slightly darker in color. Remove from heat and drain.

Add oil, garlic, mushrooms, green beans, and remaining thyme to a medium-sized saucepan. Cook over low heat, stirring occasionally, for 10 minutes or until mushrooms become spongy or until the green beans and mushrooms are cooked to your taste.

Total calories per serving: 109 Fat: 4 grams
Carbohydrates: 15 grams Protein: 8 grams
Sodium: 17 milligrams Fiber: 6 grams

MACARONI 'N' 'CHEEZ'

(Serves 10)

Do not overcook the pasta in this recipe. It is OK if it is al dente (tender but firm) because the pasta will cook more while baking.

MACARONI

Water to fill a large pot
2 pounds whole wheat pasta

Fill a large pot with water and bring to a rapid boil. Add the pasta and cook according to the package directions. When pasta is done, rinse, drain, and set aside.

'CHEEZ' SAUCE

1 1/2 cups plain soymilk
1/3 cup low-sodium soy sauce
3 ounces extra firm tofu
3/4 cup grapeseed oil
1 1/2 cups nutritional yeast
2 Tablespoons paprika
1 Tablespoon garlic powder
1/2 Tablespoon salt (optional)
Additional 1/4 cup water, if needed

Place all of the 'cheez' ingredients, except for the additional water, into a blender or food processor and blend until well-combined. Mix in the additional water if the 'cheez' mixture is too thick.

MAKING MACARONI 'N' 'CHEEZ'

Non-stick cooking spray
2 medium tomatoes, sliced
1 cup chopped parsley

Preheat oven to 350 degrees.

Lightly spray a casserole dish with cooking spray. Add cooked pasta, pour the 'cheez' over it, and stir to coat the noodles. Bake for 10 minutes. Remove from oven. Lay tomatoes on top of macaroni and sprinkle with parsley. Bake for an additional 10-15 minutes or until the sauce begins to thicken and brown slightly.

Total calories per serving: 601 Fat: 21 grams
Carbohydrates: 85 grams Protein: 30 grams
Sodium: 324 milligrams Fiber: 8 grams

SWEET POTATO PIE

(Makes two 9-inch pies or 16 servings)

When you're pre-cooking the pie shells, be careful not to overcook

them. If the pie crusts bubble, gently pierce them with a fork.

2 frozen organic whole wheat 9-inch pie shells
3 Tablespoons Ener-G Egg Replacer
1/4 cup hot water
4 cups cooked, peeled, and mashed sweet potatoes (Begin with approximately 3 medium sweet potatoes.)
1/2 cup sugar (Use your favorite vegan variety.)
4 Tablespoons nonhydrogenated vegan margarine
3/4 cup unsweetened soymilk
3 ounces vegan sour cream
1 Tablespoon pure vanilla extract
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground allspice
1/8 teaspoon salt

Preheat oven to 375 degrees. Prebake the pie shells until slightly browned. Set aside.

In a medium-sized bowl, combine the egg replacer and hot water and whisk until foamy. Set aside.

In a large mixing bowl, combine the sweet potatoes, sugar, margarine, soymilk, sour cream, vanilla, and spices. Mix on high until smooth and creamy. Add the egg replacer mixture and mix for 1 additional minute, constantly scraping the sides of the bowl.

Add the sweet potato mixture to the pie shells and bake for 45-50 minutes. Remove from oven and allow to cool before serving.

Total calories per serving: 241 Fat: 11 grams
Carbohydrates: 32 grams Protein: 4 grams
Sodium: 190 milligrams Fiber: 4 grams

A. "Chef Ifayomi" Stanton is an accomplished vegan chef, event planner, dancer, fitness instructor, personal trainer, yogi, and holistic health professional based in Las Vegas, Nevada.

NUTRITION HOTLINE

(Continued from page 2)

QUESTION: "I read that eating a pound of meat provides more calories and nutrients than does a pound of grain. Is this true?" N.P., via e-mail

ANSWER: This does seem like a strange comparison. Realistically, we do not eat solely meat or solely grains. If the intent is to compare non-vegetarian and vegetarian diets, using grains as a point of comparison seems odd since vegetarian diets also include beans, vegetables, fruits, nuts, and possibly dairy products and eggs.

First, let's look at whether the statement "a pound of meat provides more calories than does a pound of grain" is accurate. As the table below shows, this may or may not be true, depending on the type and cooked state of each product.

CALORIES PER POUND

Brown rice, cooked	504
Brown rice, raw	1,680
Wheat flour	1,544
Oats, raw	1,721
Oats, cooked	322
Ground round, broiled	1,135
Beef round, raw	808
Roast beef, cooked	903

Source: U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <www.ars.usda.gov/nutrientdata>.

So, a pound of meat may provide more or fewer calories than a pound of grain.

What about the statement that "a pound of meat provides more nutrients than a pound of grain?" To illustrate this statement's false nature, the next table shows the amount of iron in a pound of grain versus a pound of meat.

MILLIGRAMS OF IRON PER POUND

Brown rice, cooked	1.91
Brown rice, raw	6.67
Wheat flour, enriched	21.07
Wheat germ	41.27
Quinoa (grain), raw	20.75
Ground round, broiled	11.8
Beef round, raw	8.72
Roast beef, cooked	10.58

Source: U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <www.ars.usda.gov/nutrientdata>.

Similar results are seen when we look at niacin levels of meat versus grains.

MILLIGRAMS OF NIACIN (VITAMIN B₃) PER POUND

Brown rice, cooked	6.937
Brown rice, raw	23.113
Wheat flour	22.505
Wheat germ	25.379
Ground round, broiled	24.416
Beef round, raw	30.781
Roast beef, cooked	22.836

Source: U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <www.ars.usda.gov/nutrientdata>.

Based on these charts, we can safely say that the nutrient and calorie content of a pound of meat and a pound of grain vary widely and that we cannot say that either is higher or lower in calories and nutrients.



VRG AWARDS TWO \$5,000 COLLEGE SCHOLARSHIPS TO HIGH SCHOOL ACTIVISTS

The Vegetarian Resource Group again received hundreds of applications for our two \$5,000 college scholarships for graduating high school seniors who have promoted vegetarianism in their schools and communities. All of the students who submitted applications are impressive. However, what differentiated the 2011 winners is their years of ongoing commitment to vegetarian activism on a weekly basis.

ABOUT THIS YEAR'S WINNERS



A reference called **NIKI GIANNI** from Illinois “a local legend.” Niki has volunteered at Mercy for Animals in Chicago for four years, going to their office for three to four hours approximately once a week. Outside of the office, she tables and

hands out vegan brochures and snacks on weekends.

At her high school, Niki is co-president of the vegetarian/animal rights club, which meets weekly and has more than 130 members. One of Niki's projects is passing out vegan food from the Soul Vegetarian Restaurant at different schools in the area. Niki already has freshmen and sophomores lined up in leadership positions so they can keep her club going after she graduates.

“NIKI HAS VOLUNTEERED AT MERCY FOR ANIMALS IN CHICAGO FOR FOUR YEARS, GOING TO THEIR OFFICE FOR THREE TO FOUR HOURS APPROXIMATELY ONCE A WEEK.”

She is also involved with a Humane League MySpace Project, which encourages young women to go vegetarian by having them watch various videos and sending out imagery of farmed animals.

Niki became a vegetarian at age 12, despite her parents' immediate wishes. Less than a year later, she

and her mother became vegans for ethical reasons. Niki says, in spite of her soy allergy, she loves being vegan.

Niki hopes to pursue a career as a veterinarian. She says, “I would like to work for either HSUS (the Humane Society of the United States) or Vets Without Borders someday—and while I realize I wouldn't be making much money—I want to help animals in the most effective way possible. If that involves eight years of schooling, so be it. I'm ready for the challenge, and I hope this career will boost my rate of helping animals.”



RACHEL SANDALOW-ASH from

Massachusetts became vegetarian after reading Jane Goodall's biography when she was 8 years old. She says, “Unfortunately, in elementary school, I was not very sympathetic to those who did not make the same choice as I did. I was

confrontational (some might say rude) in promoting my cause. In addition to hounding my dad every night at dinner, once, in fifth grade, I rebuked a friend of my teacher's in front of the whole class for wearing fur. This brought me a stern reprimand from my principal and did not accomplish anything, leaving me incredibly frustrated. So, I decided to promote the cause in a less abrasive manner, and I was rewarded when my father told me he would stop eating veal and lamb. I realized that a small victory can be a victory as well, and that people can move towards vegetarianism in many different ways ... I don't think that the point of vegetarianism is to score points by following as many rules as possible; the point is for each person to do what he or she can to eat in an ethical, environmentally sustainable, and socially responsible manner.”

When she was just becoming a teenager, Rachel insisted that all of the food at her bat mitzvah must be vegetarian. During her speech, she stood in front of a synagogue full of people—many of whom had never thought much about environmentalism, social justice, or vegetarianism before—and connected vegetarianism to the religious texts and traditions.

Rachel is co-president of Student Action for Justice and Education, a club that focuses on combating hunger, food insecurity, and obesity, and she is president of her school's Environmental Action Club (EAC). The EAC worked in collaboration with the Brookline Green Team, a group of teachers, administrators, and other adults dedicated to environmental issues, to implement Meatless Mondays in all Brookline, MA, school cafeterias.

Rachel says, "The wonderful thing about working for a cause in a team is that everyone's ideas build off each other and become that much more powerful. In my sophomore year, I helped lead a Brookline High Green Team Day Away (involving teachers, students, and administrators), in which we came up with a detailed plan to make the school more sustainable. The idea of encouraging students to eat less meat, especially through serving more vegetarian food in the cafeteria, was brought up, separately, in the 'dining and solid waste' committee as well as in the 'education and awareness' committee, which I chaired. Then in my junior year, we got lucky; the town (hired) a new head of food services, who was much more interested in environmental and food justice ... I think my most important role in this whole effort was that of a coordinator/ liaison between the adults and the students. Each had important ideas to offer, but there could be misunderstandings in communication between the two groups.

"THE POINT (OF VEGETARIANISM) IS FOR EACH PERSON TO DO WHAT HE OR SHE CAN TO EAT IN AN ETHICAL, ENVIRONMENTALLY SUSTAINABLE, AND SOCIALLY RESPONSIBLE MANNER."

"The food service developed the menus. Foods added included vegetarian chili, veggie burgers, hummus, baba ganouj, wraps, sesame noodle salad with edamame, vegetarian sushi, baked ziti, and Spanish rice with roasted vegetables. My job (along with the Environmental Action Club) was to do a publicity and awareness-raising campaign. I led the effort to make signs to put around the school and in the cafeteria highlighting Meatless Mondays and the vegetarian options, as well as the benefits of eating vegetarian, and made announcements over the loudspeaker. I also led the planning of assemblies—speaker and movie events for high school students to advocate the benefits of vegetarianism.

"All of the vegetarian options that I listed (and more) are still on the menu ... There is less devotion to the idea of Mondays being the best days for vegetarianism; some weeks, we offer a particularly large variety of vegetarian foods on Mondays, but sometimes we do so on other days."

Two other activities in which Rachel is involved include organizing annual 'hunger banquets,' which teach about allocation of resources, and helping to activate a dilapidated greenhouse at her high school so the students can give away food to low-income families.

"THE WONDERFUL THING ABOUT WORKING FOR A CAUSE IN A TEAM IS THAT EVERYONE'S IDEAS BUILD OFF EACH OTHER AND BECOME THAT MUCH MORE POWERFUL."

One reference stated, "In my 30-year career working with students, rarely have I encountered a student who combines such an intellectual understanding of pressing social issues, commitment to her ideals, and the willingness to follow through on the hard and sometimes mundane work that social change entails."

Rachel says, "In the past two or three years, I have discovered that leadership is essentially about finding the right balance—between logistical efficiency and democratic decision-making, and between creating a serious work environment and an atmosphere that values humor and relationships. Another key component of leadership is helping others discover their own potential."

Rachel continues, "I don't know exactly what I want to be when I 'grow up' ... I hope to eventually be able to effect systemic change, which would affect large groups of people. I am passionate about environmental and social justice issues, and if I worked in these fields in the future, I would be able to promote vegetarianism nearly every day."

To enter next year's \$5,000 scholarship contest for high school seniors, visit <www.vrg.org> for application details. The application is due Monday, February 20, 2012. Please submit early.

If you would like to fund additional college scholarships, you can go to our donation page at <www.vrg.org> or send a contribution to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

Doing the Vegan Tango

Recipes from Argentina By Debra Daniels-Zeller

ARGENTINA IS FAMOUS FOR THE TANGO AND *dulce de leche*, but too often, people think of the country and conjure images of plates mounded with *asado* (beef). That's mostly because this second largest country in South America tops the world in beef consumption. According to *The Washington Post* in 2006, Argentina's 40 million people consumed approximately 50 percent more beef than the average American, with 140 pounds per person a year. This shouldn't be surprising. Outside of the capitol of Buenos Aires, large cattle ranches sprawl across grasslands called the Pampas. No wonder many visitors to the country can't see beyond *asado* on the menu.

Today's Argentine cooking has ties to pre-Columbian food traditions, but it also boasts strong connections to Spain, Portugal, Italy, and many other European countries. With so many culinary traditions stirred into the pot, the essentials of Argentina's cuisine aren't really unique and distinct like French or Italian cuisines, but there are typical menu items, such as tamales, *empanadas*, and flan. Even these options rely on animal products, so how can a vegan enjoy Argentine dishes?

BEYOND THE BEEF

First, look beyond the *asado*. Keep in mind that Argentina's climate and topography are perfect for a variety of crops. The country produces enough bananas, barley, beans, corn, lemons, potatoes, rice, soy, sugar cane, and wheat to export them. In the northeastern part of Argentina, citrus harvests tip the scales at more

than 2 million tons a year, and luscious tropical fruits like pineapple from rainforests are treasured offerings. In the grain belt, farmers grow commodity crops of corn, rice, and wheat on large-scale farms. Northwest Argentina, which is bordered by the Andes Mountains, has food traditions tied to the old Inca Empire and Pre-Columbian foods. Here, potatoes, quinoa, and amaranth grains provide daily fare, and tomatoes, rather than citrus, flavor marinades. To the south in the Patagonia

"Though Argentina's culture doesn't emphasize vegetables, meatless hors d'oeuvres and sauces made with seasonal produce frequently appear on menus."

region, the climate and topography of rolling hills, plateaus, and low plains offer near perfect growing conditions for row-crop vegetables, apples, and pears.

Second, check out a cookbook from Argentina, and you'll discover vegetable-filled recipes that include hominy, eggplant, peppers, tomatoes, and other produce grown in the United States. Thick porridge-like meatless soups made with hominy and vegetables called *locro guascho* are common. And though Argentina's culture doesn't emphasize vegetables, meatless hors d'oeuvres and sauces made with seasonal produce frequently appear on menus. That doesn't mean you can count on strict vegetarian versions of dishes in restaurants. (Just about any dish could contain animal products such as butter, cream, or lard.) However, the melting-pot aspect of this cuisine means that substitutions can be incorporated, much like they are in the United States.

For example, savory dishes such as quinoa chowders have ties to ancient Andean traditions, and quinoa offers protein and carbohydrates. *Empanadas* (savory-filled, portable pastries) hail from Spain and Portugal and can easily accommodate smoked tofu, beans, or additional



vegetables. Tamales made with fresh corn migrated south from Mexico, where the Aztecs enjoyed them long before Spanish conquistadors arrived. Then, European settlers contributed ingredients like nuts, raisins, and olives to the existing cuisine. Tofu, tempeh, or even beans are perfect in tamales and savory casseroles.

ARGENTINE DESSERTS

Sweets have the same melting-pot background as Argentina's other foods. Puff pastries harbor a French connection, while many cakes and pastries claim German ties. The popular quince paste *membrillo*, as well as rice pudding, came from the Spaniards and Portuguese.

Before the Spaniards arrived, fruit was the 'dessert' or sweet of choice because indigenous cultures didn't have access to sugar. The introduction of sugar plantations in northern Argentina and Brazil made a huge impact on Argentina's sweet cuisine.

Today, whether chocolate or fruit, modern Argentine desserts involve a good quantity of sugar. Substitute vegan sugar and soy-milk and try a spoonful of *dulce de leche*. Then, you'll see just how sweet desserts in Argentina can be.

ARGENTINE HOMINY AND BEAN SOUP (LOCRO GUASCHO) WITH SOFRITO (Serves 8-10)

The cuisines of Argentina, Bolivia, Chile, Paraguay, and Uruguay have thick porridge-like soups called locros. These popular soups often form the main part of the meal in Argentina. This adapted locro recipe comes from the central part of Argentina, and while most varieties include

meat, vegetarian versions are not uncommon. This one relies on squash and sweet potatoes, common vegetables in Argentina. Don't peel the vegetables unless they look bad.

Sofrito is an onion-based sauce that is basic to South American cuisine. It is used to season soups and meat dishes, but you can try sofrito over steamed grains, too. Make some sofrito while the soup simmers and stir it into the soup when done.

LOCRO

6-8 cups water
1 cup white beans, soaked in water overnight and drained
1-2 large onions, diced
1 green or red bell pepper, diced
2 cups cubed winter squash
2 cups cubed sweet potatoes
2 cups hominy or thawed frozen corn
2-3 cups coarsely chopped cabbage
1/2 teaspoon salt
Pepper to taste

Place water, beans, onions, peppers, squash, and sweet potatoes in a large soup pot. Bring to a boil

and skim off any foam. Reduce heat and simmer on low until the beans are tender and the skin peels back from the beans, approximately 1 hour.

Add hominy or corn, cabbage, salt, and pepper and continue to simmer while making the *sofrito*.

SOFRITO

2 Tablespoons canola oil
1 Tablespoon paprika
1/4 teaspoon cayenne
1 cup minced onions
1 teaspoon dried oregano
1 teaspoon cumin

Heat a skillet over medium heat. Add canola oil and paprika. Stir quickly and then add the remaining ingredients. Stir and cook for approximately 3 minutes. Stir the *sofrito* into the soup.

If the soup is too thick, add water. Adjust salt and pepper to taste and serve.

Total calories per serving: 304	Fat: 4 grams
Carbohydrates: 60 grams	Protein: 11 grams
Sodium: 175 milligrams	Fiber: 9 grams

Meat and Dairy Substitutes

The best way to savor Argentine recipes is to make vegan-friendly substitutions for them at home. All you need are a few tips for animal product alternatives to enjoy edible treasures from Argentina.

- Meat – Try tempeh, tempeh strips (for bacon and smoky flavored dishes), smoked or sautéed tofu, or grilled slices of seitan, a wheat-gluten meat substitute.
- Milk – Try soy, rice, almond, oat, or even coconut milk.
- Cream – For cream, why not make cashew cream? Soak equal parts cashews and water. Then, blend with a pinch of sweetener and a squeeze of lemon until smooth.
- Cheese – Use vegan cheese substitutes, or leave out the cheese and add beans or vegetables to tamales, *humitas*, or *empanadas*.
- Eggs – Tofu is the best bet when you need eggs for binding or a creamy ingredient for *humitas*, *tortas*, or flan.

EGGPLANT PICKLED IN VINAIGRETTE (BERENJENA A LA VINAGRETA)

(Serves 8-10)

This eggplant appetizer is usually served with meats, but it is perfect with grilled tofu or piled on tempeh burgers. I like to put it on a thick slice of crusty artisan bread, add a tomato and either lettuce or spinach, and eat it in a sandwich.

BERENJENA

4 cups water

1 large unpeeled eggplant (approximately 1½ pounds), cut into ¼-inch slices

1 cup cider or berry vinegar

In a large saucepan, bring water to a boil. Add eggplant and vinegar. Simmer eggplant until tender, approximately 5-7 minutes. Don't let it overcook; the slices must still hold their shape.

When done, transfer eggplant to a towel and drain well.

VINAGRETA

1 cup cider or berry vinegar

¼ cup extra-virgin olive oil

1 bay leaf

2 cloves garlic, pressed

½ teaspoon sea salt

1 teaspoon dried basil

1 teaspoon oregano

Pinch crushed red pepper flakes

In a glass bowl, combine the vinegar, oil, bay leaf, garlic, salt, basil, oregano, and pepper flakes. Whisk together.

Lay eggplant slices flat in a 9 x 9-inch dish. Pour vinaigrette over eggplant, cover, and refrigerate for 1 day so the flavors can marry.

Total calories per serving: 94
Carbohydrates: 6 grams
Sodium: 150 milligrams

Fat: 7 grams
Protein: 1 gram
Fiber: 3 grams

EGGPLANT RELISH WITH SUN-DRIED TOMATOES (SALSA DE BERENJENAS CON CHICOCAS)

(Serves 8)

Immigrants brought this eggplant relish recipe from Italy early in the 19th century. Argentinians added the sun-dried tomatoes to create their own version.

This relish is usually served as an appetizer and goes exceptionally well with crackers or pita crisps.

1 medium-large eggplant (approximately 1¼ pounds)

½ cup finely chopped sweet onions

¼ cup chopped sun-dried tomatoes

2 cloves garlic, pressed

¼ teaspoon sea salt

¼ teaspoon freshly ground pepper

2 Tablespoons light vinegar, such as champagne, rice, or white wine vinegar

1 Tablespoon extra-virgin olive oil

Fresh oregano or marjoram leaves

Finely chopped fresh basil leaves

Preheat oven to 350 degrees.

Roast eggplant for approximately 45-60 minutes until fork-tender.

Don't let it overcook; it needs some texture. Remove from oven and allow to cool. Remove skin and seeds and then finely chop.

In a glass bowl, combine onions, tomatoes, garlic, salt, pepper, vinegar, and oil. Whisk together and then add oregano or marjoram and basil. Stir tomato mixture in with the eggplant.

Allow this dish to sit overnight so the flavors can develop and become more intense.

Total calories per serving: 41
Carbohydrates: 6 grams
Sodium: 110 milligrams

Fat: 2 grams
Protein: 1 gram
Fiber: 3 grams

ARGENTINE FRESH CORN TAMALES CASSEROLE (HUMITA EN CACEROLA)

(Serves 4)

Tamales are popular all over South America, and most countries have a version of fresh corn tamales called humitas. The variety of corn used to make corn tamales in Argentina isn't sweet and contains less water than other varieties. Use frozen corn, not fresh, in this recipe to keep the authentic taste.

In Argentina, this fresh tamale casserole would have a texture similar to polenta and usually includes onions and tomatoes. For this recipe, I substituted sun-dried tomatoes, which lend more flavor to this delicious, egg- and dairy-free version of Argentine humitas.

1 Tablespoon canola oil

1½ cups chopped onions

1 large green or red bell pepper, deseeded and diced

1 cup diced zucchini

8 sun-dried tomatoes, chopped

4 cups thawed frozen corn

¾ cup cornmeal

¾ cup silken tofu

½ teaspoon salt or to taste

½ teaspoon dried basil

¼ teaspoon nutmeg

¼ teaspoon cayenne

Vegetable oil spray

Preheat oven to 350 degrees.

Heat a skillet over medium heat. Add oil, onions, peppers, and zucchini and cook for approximately 5 minutes or until the onions are translucent and the vegetables are soft. Add the tomatoes, reduce heat to low, cover, and cook for 12 minutes.

While the vegetables simmer, place corn in a blender or food

processor with cornmeal, tofu, salt, basil, nutmeg, and cayenne. Purée until liquefied. Add to the vegetable mixture and stir until thickened enough to form a soft dough, approximately 5 minutes.

Lightly oil a 9-inch casserole dish. Transfer dough to the dish. Bake until lightly browned, approximately 45 minutes.

Total calories per serving: 342 Fat: 7 grams
Carbohydrates: 67 grams Protein: 11 grams
Sodium: 388 milligrams Fiber: 8 grams

BAKED TURNOVER DOUGH (MASA PARA EMPANADAS)

(Makes enough for 8 empanadas)

Empanadas are popular all over Latin America. Although pre-made dough can be purchased in Latino markets, those versions may include animal products such as lard.

1 3/4 cups all-purpose flour
1/2 teaspoon baking powder
1/2 cup vegan shortening
1/2 cup ice water

In a large bowl, sift together the flour and baking powder. Blend well and then cut in shortening with a pastry blender or your fingers to make a coarse meal. Add water and mix well until a soft dough forms, adding more water if needed. Knead dough until smooth and elastic. Cover and allow to rest for approximately 30 minutes.

Place the dough on a lightly floured counter and divide into 2 pieces. Roll each into a log and slice into 4 pieces. Roll the small pieces into circles and lay on parchment paper. Prepare the *Empanadas de Verduras* filling below, fill dough, and bake.

Total calories per serving: 180 Fat: 9 grams
Carbohydrates: 21 grams Protein: 3 grams
Sodium: 113 milligrams Fiber: 1 gram

VEGETABLE TURNOVERS (EMPANADAS DE VERDUAS)

(Makes 8 empanadas)

To make these turnovers, start with the **Masa Para Empanadas** recipe above, or use two frozen vegan pie crusts. Thaw the dough if necessary, divide it into 8 pieces, roll them into circles, fill, and bake.

For a more substantial filling, add 8 ounces smoked tofu (cut into small cubes) to the vegetable filling before you spoon it onto the dough.

These turnovers can also be frozen, unbaked, and then thawed in the refrigerator later and baked. Add 5 minutes to the baking time if they were previously frozen.

4 chard leaves, rinsed and inner ribs removed
Water to steam chard
1 medium carrot, sliced into 1/2-inch slices
1/4 cup dried mushrooms, soaked in water overnight, drained, and roughly chopped
1/2 cup frozen corn
2 Tablespoons canola oil
1/2 red pepper, deseeded and diced
1/2 cup sliced scallions
1/2 cup parsley, chopped
1/8 teaspoon nutmeg
1/4 teaspoon freshly ground pepper
Salt to taste
1 recipe *Masa Para Empanadas* or two frozen vegan pie crusts
1 Tablespoon paprika
1 Tablespoon rice syrup

Cut chard ribs in 1-inch pieces and slice thinly. Chop chard leaves and set aside.

In a medium saucepan, steam the chard ribs with a little water

over medium heat for approximately 3 minutes. Add the leaves and steam for 2-3 minutes. Drain, reserving the liquid, and set aside.

Use the same pan and liquid to steam the carrots until soft, approximately 5 minutes. Drain the carrots, reserving the liquid. Mash carrots with a fork and allow to cool. Combine carrots, chard, mushrooms, and corn in a large bowl and set aside.

Heat a skillet over medium heat. Add oil, peppers, and scallions and cook, stirring, for 2 minutes. When the peppers and scallions are soft, stir in the parsley, nutmeg, pepper, and salt. Remove from heat and allow to cool.

If you are using *Masa Para Empanadas*, it should already be in 8 small circles and ready to fill. If using pie crusts, divide each into 4 pieces. Roll each piece into a small circle, one at a time.

When the peppers and scallions are cool, add them to the chard-carrot mixture and combine. Place 2 Tablespoons of filling into the center of each circle of dough. Fold circles in half and crimp the edges with a fork that has been moistened with water. Sprinkle each *empanada* with paprika and refrigerate for 30 minutes.

Preheat oven to 375 degrees. Place *empanadas* on a parchment-lined baking sheet and bake until golden, approximately 15 minutes. Remove *empanadas* from oven, lightly brush rice syrup over the tops, and return to oven for 15 minutes or until tops are golden.

Note: Thanks to vegan chef Fran Costigan for the tip about brushing rice syrup on the dough to brown a vegan pastry.

Total calories per *empanada*: 247 Fat: 13 grams
Carbohydrates: 29 grams Protein: 4 grams
Sodium: 203 milligrams Fiber: 3 grams

ARGENTINE PARSLEY SAUCE (CHIMICHURI) (Serves 8)

This sauce is served throughout Argentina and makes great use of parsley. Many people employ it as a sauce for meats, but it is excellent drizzled over roasted vegetables, grilled tofu, or a steaming bowl of quinoa. Just try it and see. Chimichuri can be made thick, or you can add more water or vinegar to thin.

1 cup finely chopped parsley
1/4 cup boiling water
1/2 cup apple cider vinegar
1/2 teaspoon salt
4 or 5 cloves garlic, pressed
2 teaspoons dried basil
1/2 teaspoon oregano
Generous pinch cayenne
2 Tablespoons extra-virgin olive oil

Place parsley in a medium-sized bowl. Pour water over the parsley and stir. Add the vinegar, salt, garlic, basil, oregano, cayenne, and oil. Whisk until well-blended. Refrigerate for one hour. Whisk again before serving.

Total calories per serving: 38 Fat: 3 grams
Carbohydrates: 1 gram Protein: <1 gram
Sodium: 151 milligrams Fiber: <1 gram

CARAMELIZED SOYMILK (DULCE DE LECHE) (Makes 1 cup or eight 2-Tablespoon servings)

Most likely brought by the Spaniards and Portuguese, dulce de leche is the most beloved beverage in South America and especially in Argentina. It has different names in different countries. In Peru, dulce de leche is natillas (made with goat milk), and in Chile, it is called manjar blanco.

This sweet treat is thick. You can spread it on toast, fill pastries with it, top vegan ice cream with it, or stir it into a hot drink. Conventional recipes use sweetened condensed milk; here is one with soymilk.

4 cups sweetened vanilla soymilk
1 1/2 cups sugar
1 vanilla bean, split down the middle

Place soymilk, sugar, and vanilla in a heavy saucepan. Bring to a boil over medium heat. Reduce heat to low and simmer, stirring occasionally with a wooden spoon to prevent sticking, for approximately 2 hours or until the mixture is reduced to 1 cup. It will thicken as it cools. Transfer to a covered jar and store in the refrigerator for up to 2 weeks.

Total calories per serving: 195 Fat: 2 grams
Carbohydrates: 42 grams Protein: 3 grams
Sodium: 48 milligrams Fiber: <1 gram

FRUIT 'MILK' SHAKE (LIQUADO DE FRUITAS) (Serves 2)

Popular throughout South America, these 'milk' shakes are actually 'no milk' shakes made with water and coconut sorbet. The ripe banana works as a thickener for the shake.

1 cup water
1 cup coconut sorbet
1 cup berries or peeled, pitted mangos or peaches
1 ripe banana
1 cup ice cubes
Vegan sugar to taste (optional)

Place all ingredients into a blender and blend until smooth and creamy. Taste for sweetness, and add a bit of sugar, if desired. This drink should be served very cold.

Total calories per serving: 267 Fat: 9 grams
Carbohydrates: 47 grams Protein: 2 grams
Sodium: 16 milligrams Fiber: 3 grams

A frequent VJ contributor, Debra Daniels-Zeller wrote "A Primer for No-Hassle Dinners at Home" for Issue 1, 2011.

Bequests

VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegetarian in our lifetimes, we realize that we are planning and working for future generations.

- Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of _____ dollars (or if stock, property, or insurance policy, please describe).*
- To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information into your will.

Dinners in a Hurry

Helen's Kitchen makes entrées, meat alternatives, and burritos that allow hungry vegans to make dinner fast! The curry entrées are ideal for those looking for a ready-made meal with some exotic flavor, and the Thai Red, with butternut squash and peas, is the most satisfying variety. Helen's Kitchen also makes a GardenSteak and a Chik'n GardenSteak. These tasty burgers take only a few minutes to cook, and then, they are ready to be covered with your favorite sandwich toppings. In addition, Helen's Kitchen single-serving burritos—especially their Vegetarian Ground Beef Burrito with Veggies—are delicious and are perfect for a quick lunch or dinner.

Write to Helen's Kitchen at The Food Collective, 1882 McGaw Avenue, Suite A, Irvine, CA 92614, or call (866) EAT TOFU (328-8638). For product listings and store locations, visit <www.thehelenskitchen.com>.

Written by Lindsey Siferd, VRG Intern.

Soothing From Head to Toe

Emily Skin Soothers has added an organic liquid soap to its line of cruelty-free soaps and skin care products. Emily Liquid Soap Soother has a mild yet refreshing scent, perfect for your whole body. Like all of the Emily products, this soap has no added dyes or fragrances, so it is ideal for those who have dry skin conditions.



Also, it's made from only five natural ingredients, including organic oils, herbs, and organic aloe vera. The earth will thank you ... and so will your skin!

For more information, write to Emily Skin Soothers, Inc., at 77 Turnpike Road, Ipswich, MA 01938, or call (978) 412-8272. Visit the company website at <www.emilyskinsoothers.com/liquidsoap.html>.

Written by Jessica Friend, VRG Intern.

A Better Way to Shop Online

Get your holiday shopping done and make donations to your favorite nonprofit, all at the same time! iGive.com allows members to shop more than 900 online stores—including Amazon, Best Buy, L.L.Bean, Macy's, Sears, and Toys 'R' Us—as they normally would. However, a portion of each purchase goes to an organization that the member chooses. The Vegetarian Resource Group is now on the iGive.com list of causes, so use this free service to start shopping *and* donating today!

Calling All Nacho Lovers!

Are you going to a play-off game or catching a new flick on the big screen? Well, Nacheez is a delightful vegan alternative to the nacho cheese you'd find coating chips at stadiums and movie theaters. This gluten- and soy-free sauce is made primarily from cashews but maintains the creamy, goopy quality that you'd expect from its dairy counterparts. The Mild variety will appeal to a wide audience, while the Spicy flavor—with green chiles and jalapeño peppers—provides a bit more kick.

Write to Nacheez's parent company, Love & Joy Foods, at P.O. Box 19056, Sacramento, CA 95819-0056, or contact them via e-mail at ilsa@nacheez.com. The company's website is <www.nacheez.com>.



Biscoff Cookies Can Make Your Holidays Even Sweeter

You may recognize Biscoff Cookies as those crispy, caramel-flavored, Belgian wafers from international flights. Well, those vegan airline biscuits are making their way to North American markets. Biscoff Cookies are available in individual two-packs, large value packs, and food service quantities, and holiday options range from the size of stocking stuffers to impressive corporate gifts. So, the next time you're relaxing with a hot cup of coffee or a cold glass of soymilk, reach for some Biscoff Cookies to make the experience complete.

To learn more about Biscoff Cookies, write to its parent company, Lotus Bakeries North America, Attn: Customer Service, P.O. Box 330535, San Francisco, CA 94133. You can also call (800) 422-2924 or visit the website at <www.biscoff.com>.

Help VRG With Every Purchase!

The VRG is introducing a new Visa® Platinum Rewards Card! This credit card comes in four attractive, vegan-friendly designs and helps the user earn points for free airline tickets and merchandise. In addition, the bank sponsoring this credit card will make ongoing contributions to The VRG that help support the organization's outreach, scholarships, and more! Visit <www.cardpartner.com/app/vrg> to learn more about this opportunity and to apply!



A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Vegans and Vegetarians at Lower Risk for Cataracts

A cataract is a clouding of the lens in the eye that leads to vision loss. Cataracts are common in older people. More than half of 80-year-olds in the United States either have a cataract or have had cataract surgery, and age-related cataracts are responsible for almost half of blindness worldwide. Vegetarians may be at lower risk of developing cataracts because their diets are higher in antioxidants like vitamins A and C and lutein, all of which have been associated with a lower risk of cataracts. British researchers studied more than 27,000 people over age 40 and found a strong relationship between diet and cataract risk. Compared to people eating more than 3 ounces of meat a day, vegans had a 40 percent lower risk of developing a cataract, vegetarians who ate dairy and/or eggs had a 30 percent reduced risk, and fish-eaters had a 20 percent lower risk. While the researchers suspect that differences in nutrients among the groups led to the differences in risk of cataracts, additional research is needed to find out which factors in a vegetarian or vegan diet reduce risk of cataracts. For more information on diet and cataracts, see <www.vrg.org/journal/vj2006issue1/vj2006issue1sciupdate.htm>.

Appleby PN, Allen NE, Key TJ. 2011. Diet, vegetarianism, and cataract risk. *Am J Clin Nutr* 93:1128-35.

Vegetarian Diet Offers Benefits for Type 2 Diabetes

Type 2 diabetes, the most common kind of diabetes, affects more than 8 percent of Americans. It is the seventh leading cause of death in the United States and is a major cause of heart disease and stroke. Risk factors include obesity and physical inactivity. Since vegetarians are less likely to have type 2 diabetes than people eating a conventional diet, researchers wondered what would happen if people with type 2 diabetes switched to a vegetarian diet. To study this, 74 people with type 2 diabetes were randomly assigned to either a vegetarian

diet or a conventional diabetic diet for six months. The vegetarian diet was a near-vegan diet with animal products limited to one portion of lowfat yogurt daily. Both diets provided approximately 500 fewer calories per day than the subjects were estimated to need. For the last three months of the study, subjects were placed on an individualized exercise program. More than 40 percent of subjects eating a vegetarian diet were able to reduce their diabetes medication compared to 5 percent of those eating a conventional diabetic diet. The vegetarian group lost more weight and body fat, had a greater decrease in waist circumference and LDL (bad) cholesterol, and reported a greater increase in quality of life. The results of this study suggest that vegetarian diets emphasizing beans, grains, fruits, vegetables, and nuts, along with reduced calories and increased physical activity, are helpful and should be promoted for people with type 2 diabetes. Of course, people with type 2 diabetes should consult their health care provider before making major dietary changes.

Kahleova H, Matoulek M, Malinska H, et al. 2011. Vegetarian diet improves insulin resistance and oxidative stress markers more than conventional diet in subjects with Type 2 diabetes. *Diabet Med* 28:549-59.

Nutrient-Dense Vegetarian Diets Recommended for Weight Management

Studies repeatedly show that, as a group, vegetarians are less likely to be overweight than non-vegetarians. It seems logical that health care providers should be recommending vegetarian diets as one way to control weight. Some providers, however, are still concerned about the nutritional adequacy of vegetarian diets. A recent study took a unique approach to address this concern and to compare vegetarian meals to non-vegetarian meals. Researchers from Eastern Michigan University used records from the National Health and Nutrition Examination Survey (NHANES), a large study conducted by the Centers for Disease Control

(CDC). Study participants who did not eat meat, poultry, or fish on the day they completed food records were categorized as vegetarian in terms of analyzing that day's diet. Compared to people eating non-vegetarian diets on the day of the survey, people eating vegetarian diets had higher intakes of fiber, calcium, iron, vitamins A and C, and other vitamins and minerals. Although protein intake was lower, it was adequate. Total fat, saturated fat, and cholesterol intakes were also lower in people eating a vegetarian diet. Vegetarian diets were closer to dietary guidelines. Those who ate a vegetarian diet on the day of the study ate twice as many whole grains and dried beans as did those eating a non-vegetarian diet. While vegetable intakes were similar, those eating a vegetarian diet ate more dark-green vegetables; those eating a non-vegetarian diet ate more potatoes. The average calorie level of a vegetarian diet was 350 calories lower than a non-vegetarian diet. If we look at the level of nutrients per calorie, it's clear that a vegetarian diet comes out ahead. These results suggest that a nutrient-dense vegetarian diet can be recommended for weight control without hesitation.

Farmer B, Larson BT, Fulgoni VL, et al. 2011.

A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the National Health and Nutrition Examination Survey 1999-2004. *J Am Diet Assoc* 111:819-27.

Vegetarian School Lunch Menus Revised

Former VRG Intern Stephanie Gall, MS, RD, and current VRG Intern Megan Salazar have revised the already vegetarian lunch menu for a private Seventh-day Adventist school in Colorado. Now, the menu includes more fresh fruits, vegetables, and whole grains and less sodium and fat. Seasonal food choices were also incorporated. In addition, the revised menus were still affordable. The results from this project have implications for any school system looking to improve their vegetarian offerings or incorporating meatless meals into the school week. You can read more about this project and see samples of the recipes used at <www.vrg.org/fsupdate/index.htm>.

It's easy to be a school cafeteria know-it-all, until you actually see what happens in a school cafeteria. Coach Ryan Andrews, MS, RD, learned 18 lessons during his one-year stint as a school cafeteria worker: <www.precisionnutrition.com/lunch-lady-ryan>.

Possible Link Between Poor Diet and Mental Health Issues in Early Adolescence

Research suggests that nearly 50 percent of all lifelong mental health disorders appear by age 14. This is the approximate age when adolescents establish lifestyle behaviors, such as diet, physical activity, and risk-taking behavior. These behaviors, as well as demographic factors such as gender and family income, may be associated with children's mental health. Studies have shown that a Western diet, which typically features a high intake of red meat, sugar, and fast foods, may be linked to mental health disorders, such as depression and attention deficit hyperactivity disorder (ADHD).

One study aimed to identify specific factors correlated with mental health problems in early adolescence. Researchers interviewed 1,598 participants from the Western Australian Pregnancy Cohort (Raine) Study, when the subjects were 14 years old. Each adolescent's primary caregiver completed questionnaires covering socio-demographic and family information, the child's behavior, and the subject's diet over the previous year. They were asked to describe the diet in terms of number of servings according to Australian dietary recommendations. Also, the adolescents completed a separate questionnaire about their activities and risk-taking behaviors.

At least 14 percent of the adolescents studied showed signs of mental health abnormalities. Those who had a higher intake of meat, meat alternatives, and 'junk' food were also more likely to have poorer mental health. One partial explanation for this may be that 'junk' food, such as high-fat, low-nutrient snacks and fast food, is typically low in important micronutrients that are essential for healthy brain function. In addition, higher 'junk' food consumption may be linked to other factors that are associated with poor mental health, such as lower family income and high television viewership. A greater focus on establishing healthful lifestyle behaviors, including limiting the amounts of snack foods and meats in adolescent diets, may help to promote better mental health.

Robinson M, Kendall GE, Jacoby P, et al. 2010.

Lifestyle and demographic correlates of poor mental health in early adolescence. *J Paediatr Child Health* 47:54-61.

**Written by Rita Pruzansky, psychology student and VRG volunteer.*

Hot and Cold Pasta Salads

By Chef Nancy Berkoff, RD, EDD, CCE

FOOD FASHIONS COME AND GO, BUT PASTA salads remain consistently popular. Pasta salads can be served hot or cold, sweet or savory, and they fit into just about every part of the day. Think beyond typical wheat flour-based pasta, and check out whole wheat, semolina, rice, potato, corn, lentil, and mung bean pasta. Also, wheat pasta is available flavored with carrots, tomatoes, spinach, lemon, cracked pepper, or other dried herbs. Try all of these in pasta salads.

A variety of pasta shapes make for appealing presentations for your meals, but it helps to match pasta shapes with the right sauce. For example, smaller, rounder shapes, such as orzo, stellini, or penne, grab onto sauce and call for thinner sauces. Longer, slender shapes need a thicker sauce to prevent sauce run-off.

GOING GLOBAL

Pasta salads embrace the world's cuisines. Paprikash noodles tossed with vegan sour cream, paprika, and shredded Tofurky give a Hungarian flair to pasta salads, while cold udon noodles with smoked tofu, chopped scallions, and soy or miso sauce evoke Asian cuisine.

Pizza pasta salad is made with salad-appropriate pasta, such as elbow macaroni, and all the ingredients and seasonings you would use for your favorite pizza. Options include chopped fresh basil; diced plum tomatoes; vegan pepperoni slices; crumbled vegan sausage; fresh or sautéed mushrooms, onions, and bell peppers; sliced olives; and shredded vegan cheeses. Serve your pizza pasta salad hot or cold.



Leftover lasagna can be chopped and tossed with extra sauce and chopped tomatoes to make a lasagna pasta salad.

Prepare a hot tomato pasta salad by tossing freshly cooked pasta with lightly sautéed tomatoes, basil, and garlic. Chill this combination and then prepare a cold Margharita salad with the addition of vegan soy mozzarella. Additional fresh basil, chopped fresh tomatoes, diced red onions, olive oil, and vinegar put an interesting spin on an old classic.

The 'fixings' for tacos can be tossed with cooked macaroni to make a taco pasta salad. Think about using some shredded vegan cheese, shredded or chopped vegan ground round, flavored tofu or Tofurky, diced onions and peppers, sliced olives, and chopped chilies.

A pasta take on the classic Niçoise salad is made with cold, poached *haricot verts* (slender green beans), black olives, and chopped extra firm tofu. Toss cold pasta with olive oil and vinegar, and use it to replace the usual potatoes.

Here are some additional pasta salad meal ideas:

- Cold pasta with cucumbers, tomatoes, and radishes
- Pasta with wild mushrooms and sun-dried tomatoes
- Three-colored pasta with broccoli florets
- Squash pasta with creamy vegan tomato sauce
- Scalloped pasta salad—pasta tossed with a vegan cheese sauce, topped with bread crumbs, and browned in the oven
- Spicy Thai noodles with peanut sauce
- Cold pasta with soy sauce, fresh ginger, and broccoli sprouts
- Tetrazzini (cooked noodles) with peas and either mushrooms or cubed tofu
- Cold vegan ravioli or tortellini salad with vegan pesto
- Ziti with vegan sausage and peppers
- Pasta with artichoke hearts, oregano, and basil

DESSERT PASTAS

You don't need to purchase special pasta for dessert pasta salads. Use what you've got on your shelf. For example, you can cook, drain, and chill angel hair. Shape the angel hair into nests and deep fry. Fill the pasta nests with sorbet and fruit salad.

Orzo and couscous can be used as the base for warm or cold sweet salads. Toss warm orzo or couscous with a small amount of melted vegan margarine or olive oil, rice syrup, fresh blueberries, and chopped fresh mint. Serve warm or chilled. Another option is to toss orzo

or couscous with sweetened vegan yogurt, lemon zest, chopped dates, dried apricots, and nuts. Bake until golden brown for a hot dessert salad.

Lemon-flavored fettuccini can be cooked, drained, cooled, and tossed with chopped fruit, vanilla extract, and a small amount of orange juice. For a more exotic flavor, use rose water or orange blossom water. If lemon fettuccini is not available, toss cooked fettuccini with fresh lemon zest and vanilla extract, and reheat to seal in the flavor. The same can be done with orange zest or almond extract.

Letters

(Continued from page 5)

have dairy in it and avoided it my second time there. I have tried to buy it here in stores like Whole Foods, and it always has milk in it.

I have run into the same thing in Indian restaurants in the U.S. I was at a wedding at a nice restaurant in California a couple of years ago and asked them. The waiter assured me the *naan* was not made with milk, so I decided to go talk to the cooks who were outside cooking the *naan* in barrels. They said that their batter did have milk in it. I just do not eat *naan* now.

When I was in India, I was working for a company that was owned by an Indian-American and employed many people from India. When I asked them about it, they said as far as they knew, *naan* was usually made with milk. Maybe the preference for *naan* made with yogurt, milk, or water is regional, but I am not sure.
Michelle, via e-mail

I just read your answer to a "Nutrition Hotline" question about Indian bread on page 23 of Issue 2, 2011.

As someone who has lived in India and has been vegan for three years (on top of being vegetarian for 20), I have to inform you that *naan* is not vegan. In fact, it almost always contains yogurt. Even store-bought, prepackaged *naan* (like those sold at Whole Foods) contain dairy. *Roti*, on the other hand, is almost always vegan, as it is made with water, *atta* flour, and a little oil. Also, be aware of *keema naan*, which has meat in it.

You reversed *naan* and *roti*. But as noted in the column, good vegans always ask if animal products are included in their food.

You should do a recipe special listing some Indian recipes; they are easy to make and extremely flavorful.

Thank you for all your publication does to promote the vegan lifestyle. :)

Frank, via e-mail

Note: The author of the "Nutrition Hotline" said the readers have valid points that naan does sometimes contain animal products. She said, "In my experience, when I went to Indian restaurants, I have been told almost 100 percent of the time that naan does not contain dairy/egg if it is not brushed with ghee/butter. Certainly, you should ask the waitstaff, but as examples above illustrate, this isn't a certainty either."

VRG asked the opinion of Saurabh Dalal, a longtime vegan Jain who is active with the Vegetarian Society of D.C. and the International Vegetarian Union. He said, "I usually do not eat naan because I assume it has dairy in it. In the U.S., I believe many Indian restaurants also use eggs, which would likely not be the case in India. I would not say naan is usually vegan. Often, the roti or puri is vegan, ... but it's still good to ask the waitstaff if there is any milk/dairy, egg, or even butter or ghee put on top."

In a Punjabi store in Baltimore, we did find naan that was labeled 100 percent vegetarian, parve, and halal. It shouldn't have dairy if parve, and there are no obvious eggs on the ingredients label. It does contain cane sugar and L-cysteine. This product was distributed by Kontos Foods and labeled as Alexander's Great Flatbreads. They have several varieties of naan. For more information about these products, see <http://208.64.161.54/kontos/Pages/products_flatbread.lasso?markets=foodservice>.

For information about calcium content in the vegan versions of popular Indian dishes, see <www.vrg.org/journal/vj2009issue4/2009_issue4_calcium_indian.php>.

Vegans Know How to Party

Holiday Recipes from The Vegetarian Resource Group

EARLIER THIS YEAR, THE VEGETARIAN Resource Group released a new book titled *Vegans Know How to Party*. Chef Nancy Berkoff, RD, EdD, CCE, has created more than 465 recipes, including appetizers, main dishes, and desserts. Below are a few recipes from this cookbook that you can prepare during the holiday season.

To purchase this book for \$25 (includes postage), call The Vegetarian Resource Group between 9 A.M. and 6 P.M. Eastern time or order the book online at <www.vrg.org/catalog/index.php?main_page=index&cPath=1>.

BLACK AND GREEN OLIVE TAPENADE

(Makes 1 quart or 16 servings)

- 1 clove garlic, minced
- 1 cup chopped red onions
- 1/2 cup red vinegar
- 1 1/2 cups pitted black olives
- 1 1/2 cups pitted green olives
- 1/2 cup chopped roasted red peppers or drained canned pimentos
- 1/4 cup fresh basil leaves
- 1 Tablespoon dried oregano
- 1 1/2 cups olive oil
- 1 Tablespoon red pepper flakes
- 1 Tablespoon black pepper

Place garlic, onions, and vinegar into a food processor or blender and process until finely chopped. Add all remaining ingredients and purée until the mix is the texture of a dip. Chill until ready to serve.

Total calories per serving: 146
Carbohydrates: 15 grams
Sodium: 223 milligrams
Fat: 10 grams
Protein: 1 gram
Fiber: 3 grams

MAPLE-BAKED PEARS WITH RASPBERRIES

(Serves 6-8)

- 3 Tablespoons apple juice
- 1 Tablespoon apple juice concentrate
- 1 Tablespoon fresh lemon juice
- 1 teaspoon fresh lemon zest
- 2 Tablespoons maple syrup
- 1/2 teaspoon powdered ginger
- 3-4 ripe pears
- 1 1/2 cups fresh or thawed frozen raspberries
- 2 Tablespoons shaved vegan dark chocolate (optional)

Preheat oven to 375 degrees.

Combine apple juice, concentrate, lemon juice, zest, syrup, and ginger in a small bowl and mix well. Pour the mixture into a shallow baking pan long enough to accommodate 6-8 pear halves.

Cut the pears in half lengthwise and remove the stems and seeds. Place the pear halves, cut side down, onto the juice mixture. Bake for 12-15 minutes, until the pears just begin to soften. Turn the pears over and bake for another 5-7 minutes or until fork-tender.

Remove the pan from the oven. Place the pear halves on a serving platter or on individual plates. Drizzle with the juice mixture from the bottom of the baking pan. Just before serving, top the

pears with raspberries and (if desired) chocolate.

Total calories per serving: 91
Carbohydrates: 23 grams
Sodium: 3 milligrams
Fat: 0 grams
Protein: 1 gram
Fiber: 5 grams

MAPLE-GLAZED CARROTS AND WINTER SQUASH WITH PECANS

(Serves 10)

- 3/4 cup chopped pecans
- 3 Tablespoons vegetable oil, divided
- 5 Tablespoons maple syrup, divided
- 4 1/2 cups fresh peeled and diced butternut squash (Start with approximately 2 pounds of whole squash.)
- 2 1/2 cups peeled and sliced carrots (Start with approximately 1 pound of whole carrots.)
- 1/2 cup apricot jam
- 2 teaspoons orange zest

Preheat oven to 400 degrees.

Place the pecans into a heavy skillet and toast over high heat, stirring constantly, for approximately 3 minutes or until the pecans are lightly toasted. Add 1 Tablespoon oil and 1 Tablespoon syrup. Cook, stirring constantly, for 1 additional minute or until the pecans are well-coated. Remove pecans from the skillet and set aside. Turn off the heat, but leave the skillet on the stove.

In a large bowl, mix together the squash, carrots, and remaining oil. Place squash mixture into the bottom of a heavy, oven-proof

casserole (such as a roasting pan) and roast, stirring occasionally, for 30 minutes or until the vegetables are tender.

Add the jam, zest, and remaining maple syrup to the skillet and mix. Bring to a fast boil, stirring constantly, and then lower heat. Allow to simmer until very thick, approximately 4 minutes.

Remove the vegetables from oven. Stir in the sauce and the pecans. Remove to a serving bowl and serve immediately.

Notes:

- If you don't wish to use pecans, you can replace them with roasted soybeans or shelled pumpkin seeds.
- You can substitute other hard winter squash for butternut.
- Make sure that you use fresh squash. Frozen squash will not work in this recipe.

Total calories per serving: 198 Fat: 10 grams
 Carbohydrates: 25 grams Protein: 2 grams
 Sodium: 39 milligrams Fiber: 3 grams

WILD RICE STUFFING
 (Serves 8)

- 2 cups apple cider, divided
- 6 cups stale, cubed crusty bread
- 3 cups cooked wild rice (Start with 2 cups uncooked wild rice.)
- 1 can sliced water chestnuts, drained
- 1/2 cup dried cranberries
- 1/4 cup chopped dried apricots
- 1/4 cup chopped dried plums
- 1 teaspoon dried sage

Preheat oven to 350 degrees.

In a large bowl, mix 1 cup cider with the bread, and allow it to sit for 5 minutes until the bread is soft. Add the remaining ingredients and mix well to combine. Ladle the mixture into a

2-quart, oven-proof casserole dish. Cover and bake for 30-40 minutes or until the ingredients are tender and heated through. Serve immediately.

Total calories per serving: 572 Fat: 1 gram
 Carbohydrates: 136 grams Protein: 6 grams
 Sodium: 327 milligrams Fiber: 3 grams

APPLESAUCE CAKE
 (Makes one 9 x 13-inch pan or 8 large servings)

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup sugar (Use your favorite vegan variety.)
- 1 Tablespoon cornstarch
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/8 teaspoon cloves
- 1/4 teaspoon mace
- 2 1/3 cups unsweetened applesauce
- 1/2 cup raisins
- Vegetable oil spray

Preheat oven to 325 degrees.

In a bowl, mix the dry ingredients together. Then, add the applesauce and raisins and stir until well-combined.

Spray a 9 x 13-inch baking pan with oil. Add batter to the pan and bake for 45-60 minutes. Insert a toothpick into the cake's center;

the cake is done when the toothpick comes out clean.

Note: Use your favorite frosting or the *Vegan Devon Cream* below on this cake.

Total calories per serving: 291 Fat: <1 gram
 Carbohydrates: 71 grams Protein: 4 grams
 Sodium: 463 milligrams Fiber: 3 grams

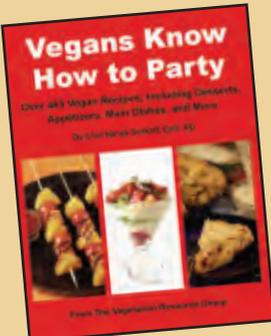
VEGAN DEVON CREAM
 (Makes approximately 3 cups or 8 servings)

Devon cream is thick and luxurious, but it is not as fluffy as whipped cream. It will hold for several hours in the refrigerator, and it can be rewhipped, if necessary.

- 1 cup chilled vegan coffee creamer
- 3 Tablespoons vegan cream cheese
- 2 Tablespoons sugar (Use your favorite vegan variety.)
- 1/4 teaspoon fresh lemon zest

Place creamer and cream cheese in a large, chilled bowl. Use an electric mixer and beat at high speed until the mixture is fluffy. Sprinkle in a little sugar at a time, beat, and taste. Repeat until desired sweetness is reached. Mix in the lemon zest. Use to frost a cake or as a base for creamy desserts.

Total calories per serving: 58 Fat: 3 grams
 Carbohydrates: 7 grams Protein: <1 gram
 Sodium: 50 milligrams Fiber: <1 gram



Order your copy of Vegans Know How to Party in time for the holidays! This book also makes a great gift! See catalog on page 34.



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SWEET VEGAN

By Emily Mainquist



Emily Mainquist has been baking delicious vegan desserts in Baltimore, Maryland, for several years. Her creations are sold in numerous stores, as well as on a cart in a local shopping mall. Recipes for her vegan treats are now published in a new cookbook called *Sweet Vegan*.

The first chapter includes Breakfast Sweets, such as Cinnamon Cranberry Muffins, Gluten-Free Chocolate-Chip Zucchini Bread Squares, and Peach Biscuits. The next chapter features Sweets in Crusts, including Triple Chocolate Cheesecake, Fruit Pizza, and Pumpkin Pie.

Chapter 3 puts Cakes of All Kinds in the spotlight. Tempting choices include Red Velvet Cake, Pineapple Upside-Down Cake, Lemon Buttercream Cupcakes, Gluten-Free Chocolate Cupcakes, and PB&J Cupcakes. Chapter 4 concentrates on Cookies, Brownies, and Bars, such as Almond Snickerdoodles, Raw Cinnamon Raisin Cookies, Peanut Butter Brownies, and Raspberry Chocolate Bars.

Finally, Chapter 5 features Everything Sweet In Between, including Raw Melon Soup, Peppermint Bark, Toffee Squares, Pretzel Rods, and Tiramisu.

Readers will appreciate the beautiful color photos throughout this book. Nutritional analyses are not provided.

Sweet Vegan (ISBN 978-1-906868-35-2) is published by Kyle Books and retails for \$18.95. Look for this book in your favorite bookstore or online. Reviewed by Debra Wasserman.

THE BLOOMING PLATTER COOKBOOK

By Betsy DiJulio



The Blooming Platter Cookbook caught my eye due to its unique offerings and focus on fresh produce. The 175 vegan recipes are divided by course and by season.

The Starters chapter includes Red Lentil-Pistachio Spread, Knock-Off-Amole (guacamole made with fresh peas instead of avocado), and Seitan Pâté with Sautéed Pears. The Salads section shines with Blackberry and Corn Salad, Grilled Romaine Hearts with Five-Spice and Lime-Roasted Cashews, and Red Beans and Rice Salad with Cajun Vinaigrette.

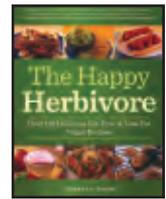
Either the Parsnip-Cardamom Soup with Hazelnuts or the Spanakopita Soup with Phyllo Croutons would make a terrific meal by itself. However, you could easily add Chinese Tempeh Lettuce Wraps, Apricot-Studded Date-Walnut Spread Sandwiches, Spicy Baja Tacos, or Roasted Butternut Pizza with Caramelized Onions and truly have a feast.

Of course, you'll want to finish off your meal with some desserts. Enjoy the Macadamia Shortbread Tart with Lemon Mousse and Fresh Berries, the Chocolate-Plum Clafouti Cake, the Cranberry Crumble with Rosemary-Pecan Streusel, the Baked Apple Baklava with Cider Sauce, and much more.

The Blooming Platter Cookbook (ISBN 978-0-9800131-3-9) is published by Vegan Heritage Press. It is 210 pages and retails for \$18.95. Look for this book in your favorite bookstore or online. Reviewed by Debra Wasserman.

THE HAPPY HERBIVORE

By Lindsay S. Nixon



I can't tell you how thrilled I was to have a cookbook other than a vegan dessert book arrive in our office for review. Believe me, I have nothing against an occasional treat, but the fact is that vegans should also eat a variety of healthful foods. *The Happy Herbivore* helps to achieve this.

This cookbook features more than 175 fat-free and lowfat vegan recipes. You can start off your day with a Breakfast Burrito, Egnog French Toast, Brown Rice Pancakes, and Cajun Home Fries.

If you're looking for some dishes to warm you up, try Aztec Corn Soup, African Kale and Yam Soup, Tortilla Soup, Red Lentil Dal, and Chili Sans Carne.

For lunch, you might want to prepare the Mushroom Burgers or the Smoky Black Bean Enchiladas. And if you're searching for quick one-pot dinner ideas, you can try Seitan Pot Roast, Chickpeas and Dumplings, or Mexican Cabbage.

Other fantastic recipes include Corn Pudding, Maple-Glazed Vegetables, Baked Onion Rings, Low-Country Cucumber Salad, and Charleston Red Rice.

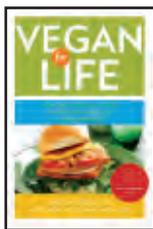
Readers will find many gorgeous color photos throughout this cookbook. Nutritional analyses are provided, as well as symbols indicating whether each recipe is gluten-free, soy-free, quick to prepare, and/or kid-friendly.

The Happy Herbivore (ISBN 978-1-935618-12-6) is published by BenBella Books and retails for \$19.95. Look for it at your favorite bookstore or online. Reviewed by Debra Wasserman.

reviews

VEGAN FOR LIFE

By Jack Norris, RD,
and Virginia Messina,
MPH, RD



This book's subtitle says it all—“Everything You Need to Know to be Healthy and Fit on a Plant-Based Diet.” From details about vegan protein, vitamin B₁₂, and calcium needs, to chapters on vegan diets through the life cycle, to an inspiring explanation about why vegan diets are the way to go, Jack Norris and Ginny Messina have produced a highly readable, information-packed book about vegan nutrition. *Vegan for Life* features a conversational style and lots of practical information. I was particularly fascinated by the favorite dinners that 20 of Ginny and Jack's vegan friends described. (Full disclosure: One of my favorite dinners is included.)

The beauty of this book is that it can be read (and reread) on different levels. Vegans who want to make sure they're covering all their nutrient needs will appreciate the tables of good protein sources, essential fats, and many vitamins and minerals. Summaries of key scientific research and explanations of different types of research are helpful for those interested in knowing the 'why' behind recommendations. And if you're mainly interested in what to make for your next meal, you've come to the right place—menus, cooking tips, and meal ideas are plentiful. I highly recommend *Vegan for Life*—for new vegans, established vegans, people curious about vegan diets ... It's essential reading!

Vegan for Life (ISBN 978-0-7382-1493-1) is published by Da Capo Press. This book has 304 pages and retails for \$17. Look for it in your local bookstore. Reviewed by Reed Mangels, PhD, RD.

ANI'S RAW FOOD ASIA

By Ani Phyo



Ani's Raw Food Asia serves up a creative array of raw vegan dishes. You can start off with a refreshing beverage, such as a Mango Lassi or Pomegranate Cocktail. Follow up your drink with a Rainbow Salad with Tahini Dressing, a Green Papaya Salad, or an Arame and Nori Salad with Micro Greens and Cabbage.

In this book, you'll find some recipes for kimchi (pickled Korean vegetables) and *namuls* (seasoned vegetable sides traditionally served with rice in Korea). Additional options for side dishes are the Indian-inspired Kreamed Curry Saag Spinach or Japanese Vegetable Tempura with Orange Lemongrass Dipping Sauce.

Several chilled soups, including Coconut Tomato Soup from Thailand and Miso Soup with Spinach and Bean Sprouts, are featured. Also, sauces are prevalent in this book, so it was not surprising to find dishes such as Corn Fritters with Hot and Sour Cucumber Dipping Sauce and Spring Rolls with Mango Dipping Sauce.

Instead of traditional rice, Ani uses kelp noodles, as well as 'noodles' made by using a spiral slicer on various vegetables and coconut noodles made by slicing Thai baby coconuts into long

strands. When a dish calls for rice, Ani uses mainly light colored vegetables, such as turnips, daikon, or jicama, chopped into small pieces.

The book ends with creative raw desserts like Coconut Balls in Sweet Rose Cream with Pistachios, Five-Spiced Poached Pears Parfait with Candied Walnuts, and Sweet Sesame Halvah.

Ani's Raw Food Asia (ISBN 978-0-7382-1457-3) is published by Da Capo Lifelong Books and retails for \$22.50. Look for this hardcover book with beautiful color photographs in your local library, at your favorite bookstore, or online. Reviewed by Debra Wasserman.

WHAT COMES AFTER

By Steve Watkins



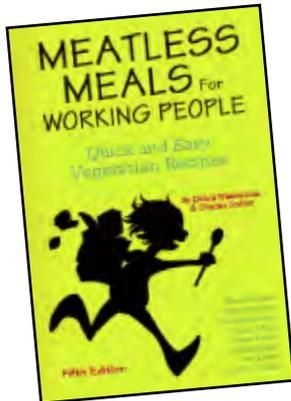
This young adult novel centers on Iris Wight, a 16-year-old vegetarian who has deep empathy towards animals. Iris' mother is not in the picture, and when her father dies, Iris is uprooted from her home in Maine and sent to live in North Carolina with her Aunt Sue and Cousin Book. Sue raises goats on her farm, and Iris quickly becomes irritated with the way her aunt and cousin mistreat their animals.

The fact that Iris is vegetarian is woven throughout the narrative. Readers will follow Iris' struggles as she lives among meat-eaters, and they will root her on as the story progresses.

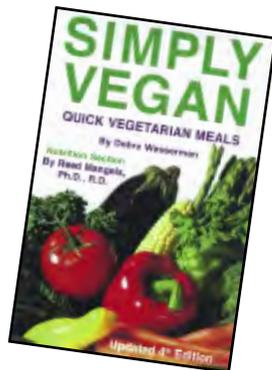
What Comes After (ISBN 978-0-7636-4250-1) is published by Candlewick Press and retails for \$16.99. Look for this hardcover book in your local library, at your favorite bookstore, or online. Reviewed by Debra Wasserman.

VRG Catalog

Books



Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 100,000 copies in print.



Simply Vegan (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 90,000 copies sold.

Conveniently Vegan (\$15) by Debra Wasserman. Prepare meals with all the natural foods products found in stores today, including soymilk, tempeh, tofu, veggie hot dogs, ... You'll find 150 recipes using convenience foods (including canned beans) along with grains, fresh fruits, and vegetables. Menu ideas, product sources, and food definitions included. (208 pp.)



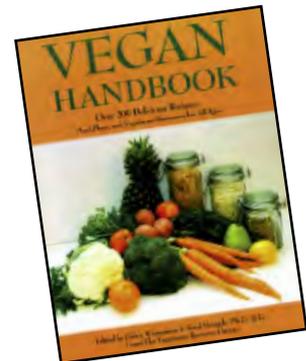
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically use ingredients the way they come packaged from the store. Information on meal planning and shopping is included, as well as breakfast ideas, one-pot wonders, recipes that can be frozen for later use, grab-and-go suggestions, everyday and special occasion entrées, plus desserts and snacks. A glossary is also provided.

Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

No Cholesterol Passover Recipes (\$9) by Debra Wasserman. Includes 100 eggless and dairyless recipes. Seder plate ideas. (96 pp.)

The Lowfat Jewish Vegetarian Cookbook—Healthy Traditions From Around the World (\$15) by Debra Wasserman. Over 150 lowfat international vegan recipes with nutritional breakdowns, including Romanian Apricot Dumplings, Pumpernickel Bread, Russian Flat Bread, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

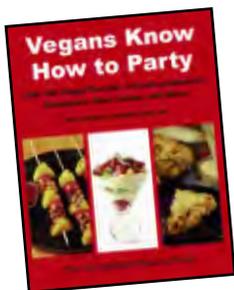
Vegan Passover Recipes (\$6) by Chef Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



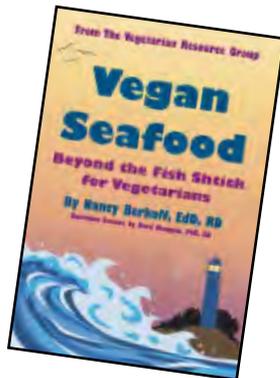
Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

Vegan Microwave Cookbook (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook contains 165 recipes, some of which take less than 10 minutes to cook. It also includes information for converting traditional recipes to the microwave, microwave baking and desserts, making breakfasts in a snap, and suggestions and recipes for holidays and parties.

Vegan Menu for People with Diabetes (\$10) by Nancy Berkoff, EdD, RD. This 96-page book gives people with (or at risk for) diabetes a four-week meal plan, exchange listings for meat substitutes and soy products, and recipes for enjoyable dishes, such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.



Vegans Know How to Party (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also inside are tips for basic party planning, kids' parties, cooking for a crowd, working with a caterer, and more!



Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created these unique and good-tasting vegan fish and seafood dishes. After using this book, you'll agree with millions of vegetarians who say: Sea Animals—Don't Eat Them! Inside these 96 pages you will find sections about cooking with vegan 'fish,' 'seafood' stocks and sauces, websites offering vegan 'seafood' products, and info about omega-3 fatty acids for vegans. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, Ethiopian-Style 'Shrimp' and Sweet Potato Stew, 'Crab' Rangoon, 'Tuna' Salad, Gefilte 'Fish,' Spicy 'Fish' Cakes, and much more!

Free Children's Handouts

I Love Animals and Broccoli Coloring Book
A coloring book that promotes healthy eating and vegetarianism for children ages 3-7.

Vegetarian Nutrition for Teenagers Brochure
with all of the basics about veggie nutrition.

(For these items, a donation to cover printing and postage would be appreciated.)

Bumper Stickers

Bumper Stickers (\$1 each, 10+ \$.50 each)
"Be Kind to Animals—Don't Eat Them"
"Vegetarians Are Sprouting Up All Over"

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Non-Leather Shoes, Belts, Bags, etc. (\$5)
Guide to Food Ingredients (\$6)

Order Form

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Vegetarian Action

Vegan Camp Exploration With Dr. Andy Mars *By Julia Warren*

FOR SOME PARENTS, FINDING THE RIGHT CAMP for their child can be overwhelming. A number of specialty camps concentrate on activities such as water skiing, adventure sports, or the arts. Others focus on health issues, like diabetes or asthma.

While many camps claim to have vegetarian options, they rarely offer more than the usual salad bar, peanut butter and jelly sandwiches, and maybe a Gardenburger. That's why Camp Exploration is a breath of fresh air for campers looking for both exciting summer camp experiences and great vegan food.

Since 1994, Dr. Andy Mars has directed an all-vegan summer camp. Each year, a day camp and five different overnight sessions are offered. Each session's activities are based around themes, such as hiking, traveling the California coast, visiting Yosemite or Disneyland, and even taking an alien- and space-focused road trip to Roswell, New Mexico.

Apprehensive parents and children always have the opportunity to meet and talk with Dr. Mars before attending Camp Exploration.

"After the other bad camp, I wasn't sure I wanted to try something else," one participant said. "Then, I met Doc, and when I talked to him, I felt all better. And after going, it was even better than I thought."

With no more than 12 campers (and three adult counselors) per session, the campers really get to know each other. They get to eat, explore, and travel together. There are no specific age ranges for any session, but most campers are between 8 and 12 years old.

Camp Exploration is near Los Angeles, so the majority of the campers are from southern California. This is not to say that the camp is lacking in diversity; parents and children have come from across the United

States and from countries such as Israel, Korea, Japan, and Russia. In addition to Camp Exploration, Dr. Mars directs an after-school program called Students Taking Action and Responsibility Today (START) during the school year. This program contributes approximately half of the campers each summer.

Although the camp food provided is entirely vegan, many of the campers are not vegan or even vegetarian.

"In 18 successful summers (and winters) of these programs, we have never had a non-vegetarian camper complain about the food," Dr. Mars said. "They absolutely love it."

When asked what their favorite camp food is, campers agree that sushi and veggie kabobs are some of the best (and most fun) meals. Other favorites include Italian night, a Mexican burrito bar, and the all-important camp staple ... roasted marshmallows and s'mores (vegan, of course!).

Campers can choose to help in food preparation, which can lead to eating better even after returning home.

Camp Exploration's success can be measured by the campers' feedback and the number who come back each year. Some campers return for years in a row and even for multiple sessions during a single summer.

To learn more about Camp Exploration, visit their website at www.kidsla.org/camp/summer/.

Not in California? Check out some other summer camps with good vegetarian food options on the VRG website at www.vrg.org/blog/2011/07/19/vegan-and-vegetarian-summer-camps/.



Roasting vegan marshmallows at Camp Exploration

Julia Warren is a nutrition major at the State University of New York at Plattsburgh. She wrote this article while doing a long-distance internship with The Vegetarian Resource Group.

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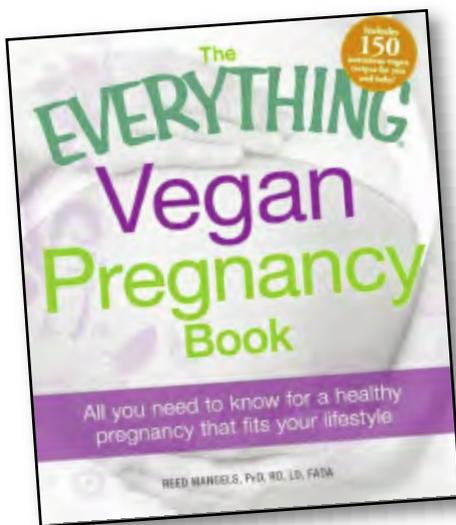
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