

Vegan Backpacking Tips • Filipino Cuisine

VOLUME XXXII, NO 2

VEGETARIAN

JOURNAL HEALTH ECOLOGY ETHICS



Quick Breakfast

Smoothies

Cooking
with fresh
herbs

**Which Ingredients Are
Acceptable to Vegans?**

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NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline discusses dietary advice for hot flashes.

QUESTION: *"I've been asked for help by a friend with hot flashes which have been plaguing her for two years. Is there good dietary advice I can give her?" C.G., via e-mail*

ANSWER: Hot flashes are a commonly reported discomfort that occur during menopause. During a hot flash, women may feel flushed and overly warm, as well as feeling as if their heart is beating rapidly. Perspiration often increases and light-skinned women's faces and necks redden.

The cause of hot flashes is not known, but is thought to be due to changes in the hypothalamus, a part of the brain. For many women, with time, hot flashes go away.

A recent meta-analysis (a statistical technique that combines the results of several studies) found that isoflavone supplements derived from soy reduced both the frequency and severity of hot flashes compared with a placebo. The median amount of isoflavones was 54 milligrams — equivalent to the amount of isoflavones in about 7 ounces of tofu. One of the authors of this meta-analysis, Mark Messina, PhD, commented, "Because only supplements were evaluated, it is not clear the results apply to whole soyfoods, although there is no obvious reason why they would not given equal isoflavone content¹."

Weight loss in women who are obese or overweight has been shown to reduce menopausal symptoms in at least one study²

although other studies report no effect of weight loss. Similarly, in some studies (but not all) physical activity, exercise, or yoga may be helpful in reducing hot flashes³. Some foods and beverages are believed to trigger hot flashes in some women. Your friend may want to keep a record of foods she is eating (or has recently eaten) when she has a hot flash. She may be able to identify a pattern and then could try avoiding that food or beverage to see if avoidance helps to reduce symptoms. Some possible triggers include spicy foods, alcohol, and caffeine. Stress can also worsen hot flashes.

Unfortunately, there has been limited research into dietary effects on menopause symptoms.

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NOTE FROM THE COORDINATORS

THANK YOU TO THE ONE PERCENT



Thank you to all the doctors, dietitians, and other readers who bought a quantity of *Simply Vegan* to give to their patients. If anyone would like copies to give out, you can order the book at <http://www.vrg.org/catalog/>.

Comedian Dean Obeidallah had an article about Congress and car salesmen being considered the most unethical of all professions in a national Gallup Poll. In questioning who is really unethical, Dean said, “Honestly, have you ever heard someone brag that their lawyer, accountant or financial planner was the most ethical, honest person they ever met? Unlikely. But I bet you heard people say things like ‘My accountant is amazing at finding loopholes,’ ‘My broker gets me great returns on my money every year,’ or ‘My lawyer is a killer.’ We want the meat, but we don’t want to know how the calf is forced to live in a crate or how the lobster is boiled alive. We want tender veal, tasty seafood, lawyers who win cases and brokers who make us money. We want results. But when a poll comes around about ethics, we are all of a sudden holier than thou. We scoff at others’ apparent moral bankruptcy. We joke about their lack of ethics. We convince ourselves that we are ethically superior to them.”

You are the three percent who are vegetarian or headed in that direction. You are the one percent who are vegan or headed in that direction. That does make you different by truly acting on your beliefs, every day, at every meal. That’s a big difference. But before we become holier than thou, we all know that we are imperfect and just trying to do better.

Thank you to our members and donors for working with us to create a better world. Thanks to Zel Allen for her creative vegan Filipino Cuisine (page 16) and chef Nancy Berkoff for sharing tips on Cooking with Herbs (page 6). Kudos to Hillary Blunt and Aileen McGraw for showing us we can even be vegan while backpacking (page 10). It seems so long ago that we (Debra and Charles) had time to hike 400 miles while vegan on the Appalachian Trail.

For traveling of a different sort, Yasmin Radbod lets us know one can be vegan in China (page 22), though she points out typically people there are not vegetarian. Finally, thank you so much to Ed Coffin, RD, who shared his wisdom of co-packing vegan food products for all those budding entrepreneurs out there (page 14). Also, we greatly appreciate all the help Ed, Reed Mangels, Catherine Conway, and Whitney Blomquist gave us while doing outreach at the Academy of Nutrition and Dietetics annual meeting in Philadelphia. If you would like to volunteer at a VRG outreach booth, please drop Mary Herbranson a note at vrg@vrg.org. Thank you again for your support!

Debra Wasserman & Charles Stabler

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 to the recipient(s) you choose. Your gift will support educational outreach programs and help promote vegetarianism.

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In memory of: _____

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Please send acknowledgement to:

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

Thank you to Tammy Wenzel for her donation in memory of Christopher Wenzel, and Olga Radisson for her donation in honor of Gerald Patrick Scully.

Thank you to Penelope Striz for making a donation in honor of her son Ben for his commitment to anti-cruelty.

Thank you to Susan I. Goldstein for making a donation in honor of her father Alex in celebration of his life and spirit.

Longtime

When I discovered VRG's *Simply Vegan* back in '95, it had a huge impact on me as a teenage fledgling vegan... Not only the recipes and nutrition information, but also seeing all the different vegan businesses in the directory in the back. Now I'm proud to manage Boulder For Men - the first all-vegan men's store in the country! We are loaded up with vegan Dr. Martens, The Vegan Collection wallets, Truth Belts, The People's Movement kicks, and so much more! I'm proud to see us written up in the latest VRG local newsletter, and I hope everyone checks us out next time they're at the Conscious Corner to eat at Great Sage in Clarksville, Maryland!

Jimmy Cooney

Boulder for Men, www.boulder4men.com

Note: *Simply Vegan* has recently been updated and is now in its 5th Edition. See page 33.

More Southern Cooking Tips

In your Issue 4 2012 *Vegetarian Journal*, an intern addressed a question about healthy, vegan ways to cook traditional Southern

foods. As a fifth generation Alabamian who was raised in the Deep South tradition of cooking vegetables with bacon or fatback, and frying the dickens out of meats, I wanted to expand upon the answer your publication gave.

In vegetables, especially black-eyed peas and greens, the flavor from the traditional bacon or fatback can be replaced with miso and olive oil. How I do this with greens is to lightly sauté onion and garlic in olive oil, being careful not to get the olive oil too hot, and then cook the greens in the skillet with the oil, onion and garlic. When you have the desired degree of softness in the greens, turn off the heat and add a paste made of miso and warm water. Hot pepper flakes can be added for a spicy touch.

With black-eyed peas, cook the peas any way you like and add a paste of miso and warm water at the end. You do not want to cook or boil the miso as that will destroy the healthful benefits of the fermentation in the miso. How much miso paste you add is a matter of taste. Miso is very salty (which is why it works so well to replace the salty meats), so experiment in small doses.
Claire Hamner Matturro, via e-mail

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:

ECUADORIAN DISHES

Plus: MooShoes in NYC, Lunch Box Ideas for Kids, Quick, Easy Dishes for the Elderly, and more!

Cooking with fresh herbs

by Chef Nancy
Berkeff, R.D.,
L.D., C.C.E.

Cooking and eating for health have been around forever. In the bad old days, before there was a pharmacy down the street, someone in the community knew which plants or foods would possibly help to cure or prevent different diseases. Asian, Native American, and Indian medical systems have been in place for centuries and have employed herbs for health and to add wonderful taste to food!



Rosemary

Rosemary, that aromatic herb, is a natural antioxidant. It can have an antibacterial effect on food and an antioxidant effect on humans. What this means is that

rosemary may actually reduce the bacterial levels in some foods, acting as a natural preservative. In humans, rosemary may help to reduce certain types of artery damage, thus helping to prevent some types of heart disease. And it tastes so good in soups and stews! Rosemary can grow into a full hedge, if given enough room. Perhaps you can include a pot of fresh rosemary in your kitchen on your windowsill or in your backyard. Fresh rosemary adds invigorating aroma to any area where it is placed as a bouquet. Rosemary wood (the branches remaining after the leaves are stripped) can be used as part of the wood placed in a fireplace or backyard grill.

Parsley and Basil

Fresh parsley and basil have concentrated levels of chlorophyll, the green pigment found in plants. Chlorophyll is thought to be a good 'filter'; that is, it can help in maintaining the health of the stomach and small and large intestine. Eating chlorophyll-containing plants may help reduce the risk of some stomach and intestinal cancers.

Chopped parsley and basil add wonderful texture, color and flavor to sauces, pasta, rice, and salads; throw some in and increase the health quotient of the dish.

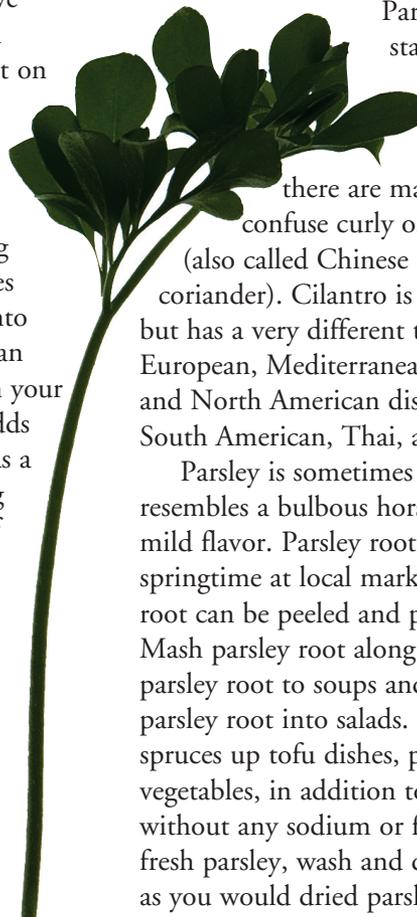


Did you know that parsley is one of the most nutritious herbs around? All parsley varieties contain lots of vitamins A and C, some B vitamins and iron, potassium, magnesium, and calcium. Parsley is even beneficial for your plant friends. Many gardeners will tell you that parsley can improve the health of roses and tomatoes when planted in close proximity.

Parsley leaves come in two standard forms, curly leaf and flat leaf (also called Italian parsley or celery leafed). Within the two varieties

there are many sub-varieties. Don't confuse curly or flat leaf parsley with cilantro (also called Chinese or Spanish parsley or fresh coriander). Cilantro is distantly related to parsley, but has a very different taste. Think parsley for European, Mediterranean, Middle Eastern, Japanese, and North American dishes, and cilantro for Latin and South American, Thai, and Indian dishes.

Parsley is sometimes grown for its root, which resembles a bulbous horseradish but has a wonderful, mild flavor. Parsley root may be available in the springtime at local markets or farmers markets. Parsley root can be peeled and prepared just like potatoes. Mash parsley root along with potatoes, add diced parsley root to soups and stuffing, and even shave parsley root into salads. Freshly chopped parsley root spruces up tofu dishes, pasta, rice, savory entrées and vegetables, in addition to adding lots of nutrition without any sodium or fat. Also, if you have extra fresh parsley, wash and dry it, and freeze it to be used as you would dried parsley.



Mint

Mint belongs to a large family with over 30 species, the most common being peppermint and spearmint. Native to the Mediterranean and western Asia, mints interbreed so easily it is often hard for even the experts to distinguish and separate all the varieties. All mints have the volatile oil menthol, which gives mint that characteristic cooling, cleansing feeling. The leaves and flowers can be used in cold salads, hot beverages, and savory or sweet side dishes.

The Greeks believed mint could clear the throat and cure hiccups. Menthol, found in all varieties of mint except spearmint, has been used in headache and muscular pain cures. To make a soothing mint tea, steep about 1 teaspoon of dried mint leaves in 1 cup of boiling water. Prepare mint tea and allow it to cool in the refrigerator, for a refreshing beverage. You can use mint tea to steam or cook springtime veggies, such as fresh peas, snow peas, sugar snap peas (with edible peas and pod), carrots, and green beans.

Mint does well as a potted plant. This aromatic herb can help to keep ants and fleas at bay. In ancient and colonial times, mint leaves were kept near food, beds, and wardrobes as pest control.

There are many types of mint. Match the type you grow or purchase with the foods and beverages you like to prepare. Try chocolate mint for desserts, spearmint for drinks, peppermint for drinks and desserts, garden mint for general cooking, and pineapple mint for salads.

Here are just some of the many uses for fresh mint:

Teas: Fresh mint, spearmint, and peppermint sprigs are great to put in your teapot with your favorite tea. Pick the top of the mint plant off, wash it and add to your teapot. Steep for 2-3 minutes to the strength you prefer.

Tofu: Add chopped mint leaves to scrambled or baked tofu or to cold tofu salads. Add the mint at the end of cooking for a delicate flavor.

Salads: Fresh mint leaves are good with salads. Pineapple mint particularly is great in a mixed green salad. Mixed with cooked barley or bulgur, red onions, tomatoes, parsley, and lemony vinaigrette, it becomes similar to a tabbouleh, a refreshing Middle Eastern salad.

Steamed Vegetables: Mint is popularly used with peas.



Carrots, potatoes, eggplant, white or black beans, and corn all perk up with the addition of freshly chopped spearmint. Add the herb at the end of the cooking process.

Lemongrass

Lemongrass acts like a magic wand, awarding everything it touches with a wizardly citrus aroma. Lemongrass is a native of India, Malaysia, and Sri Lanka. Many of us have been introduced to lemongrass in Thai and Vietnamese cuisine. Lemongrass has traveled throughout the world, adding its spell to soups, curries, sauces, rice, marinades, and teas. Fresh lemongrass looks like a stiff, solid, pale green onion and has a faint citrusy note. It pairs perfectly with fresh spring vegetables and with fresh green herbs, such as mint, parsley, basil, and sage.

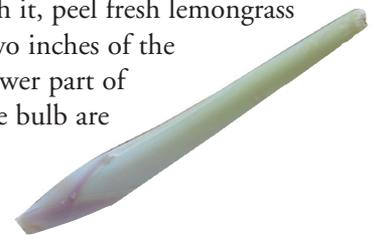
In addition to enhancing foods, lemongrass extract and essential oils are important to the perfume and cosmetics industries. Lemongrass has long been used in traditional Indian medicine to fight fever and infection; you may have heard of its herbal name, fevergrass. Lemongrass was often used as part of a 'cure' for malaria. The actual lemongrass plant has roots so strong that it is planted in Southeast Asia to prevent soil erosion.

If you can't find lemongrass at your local market, many Asian groceries carry it. Try to find spears with fresh, fat, light-green stalks. If the stalk has leaves, they should be green and tightly wrapped, not dried out or brown. Peel off the outer leaves and save them for flavoring broths, tofu dishes, rice, or pasta. Place the stalks upright in a bottle or jar of water in a sunny location. It may take a couple of weeks for them to root. Once they do, plant your lemongrass in a bright outdoor spot or pot them and let them grow indoors in a sunny window.

When purchasing lemongrass as a culinary ingredient, you can wrap extra stalks in brown paper or paper towels; they can last 2 to 3 weeks in the refrigerator wrapped in this way. You can also freeze fresh lemongrass for several months. Remember to segregate lemongrass from any ingredients in the refrigerator you don't want to end up tasting like lemon.

Lemongrass has a light, breezy, citrusy flavor. When you're ready to cook with it, peel fresh lemongrass down to within about two inches of the small white bulb. The lower part of lemongrass stalks and the bulb are tender enough to eat.

The upper part of the stem is too tough



to eat, but has a great flavor and aroma, so save it for cooking. Remember to remove tough pieces of lemongrass before serving.

Lemongrass can be combined with ginger, red or green chili, coconut meat, shallots, sweet bell peppers, or garlic as a flavoring blend. Simmer a piece of lemongrass in bean soups, vegetable or mushroom broths, fresh vegetable sauces, rice, or light creamy sauces. Add lemongrass to marinades for vegetables and to salad dressings or mashed avocado. If you are preparing a curry, add a small piece of lemongrass for a counterpoint flavor.

Lemongrass can be used as a 'swizzle' stick for hot herbal and black or green teas. Prepare a lemongrass tea with slices of fresh or dry ginger, add a piece of lemongrass and allow tea to steep. Serve this as a hot or chilled beverage or use as a broth for light, spring vegetables such as green peas, wax beans, pea vines or shoots, or baby carrots. It can also be used as a cooking liquid for white or jasmine rice, couscous, or Yukon Gold potatoes.

Garlic-Parsley Spread

(Makes 8-10 small portions)

Prepare this spread ahead of time and allow it to chill in the refrigerator. The flavors will 'improve' with time!

- 2 bunches curly leaf fresh parsley, chopped, stems included (about 1 cup)**
- 2 cloves fresh garlic, minced**

- ½ cup vegan mayonnaise, sour cream, or unflavored yogurt**
- ½ teaspoon fresh lemon zest**
- ½ teaspoon ground white pepper**

Combine all ingredients in a medium bowl and mix well. Allow to chill for at least 1 hour before serving as a dip for freshly sliced vegetables or vegetable sticks, veggie or tortilla chips, breadsticks, or toasted pumpernickel or rye bread

Total calories per serving: 52 Fat: 5 grams
Carbohydrates: 1 gram Protein: 1 gram
Sodium: 120 milligrams Fiber: <1 gram

Lemongrass Rice

(Serves 4)

Fragrant and delicate, perfect to pair with light springtime vegetable dishes.

- Vegetable oil spray**
- ¼ teaspoon ground turmeric**
- ⅔ cup finely chopped onion**
- ¾ cup water**
- 2 stalks lemongrass, cut into 2-inch pieces**
- 1 cup long grain white or brown rice**
- 1 whole green onion, chopped (about 2 Tablespoons)**



Spray a medium saucepan with oil and allow to heat. Add turmeric and chopped onion. Sauté until tender, about 3 minutes. Add water, lemongrass and rice and bring to simmer. Cover, reduce heat, and allow to cook until rice is tender and liquid is absorbed, approximately 15 minutes. Remove from heat and let stand for about 10 minutes. Remove and discard lemongrass.

Spray pan with vegetable oil; add green onion. Sauté quickly, about 1 minute, and stir into rice mixture. Serve hot.

Total calories per serving: 181 Fat: <1 gram
Carbohydrates: 40 grams Protein: 4 grams
Sodium: 4 milligrams Fiber: 1 gram

Whipped Minted Yogurt

(Serves 8)

Serve this delightful topping with fresh fruit salad, over vegan sorbet or as a breakfast treat.

- ¼ cup sugar (vegan brand)**
- ½ cup shredded fresh mint leaves**
- ½ cup water**
- 1 cup unflavored soy yogurt, well chilled**
- 1 cup silken tofu, well chilled**

Place the sugar, mint, and water in a saucepan over low heat and stir until the sugar has dissolved. Simmer for 4 minutes then let mixture stand for 5 minutes. Strain and cool.

Place the yogurt, tofu, and mint syrup in the bowl of an electric mixer and beat until light and creamy. Garnish with extra mint leaves when serving.

Total calories per serving: 72 Fat: 1 gram
Carbohydrates: 13 grams Protein: 3 grams
Sodium: 13 milligrams Fiber: <1 gram

Parsley-Cheddar Rice (or for the children, Green Rice and Cheese)

(Serves 4 adults or 6 kids)

Vegetable oil spray

3 cups hot cooked long grain rice (start with 1½ cups uncooked rice)

1½ cups shredded vegan cheddar cheese

¾ cup chopped fresh parsley

¼ cup minced green onion (white section only)

1 Tablespoon vegan margarine

1 teaspoon minced fresh garlic

1 cup soy or rice milk

Preheat oven to 375 degrees.

Spray a medium casserole dish

(about 1 quart size) with oil.

Combine rice, 1 cup cheese,

parsley, onion, margarine, garlic,

and milk. Top with remaining ½

cup cheese. Bake uncovered for 20 minutes or until bubbly.

Total calories per serving: 353

Fat: 13 grams

Carbohydrates: 48 grams

Protein: 8 grams

Sodium: 447 milligrams

Fiber: 3 grams

Vegetable Dumpling Soup

(Serves 6-8)

Enjoy this delicious soup!

Soup:

3 cups diced onions

2 cups peeled and diced parsley root

1 quart low sodium vegetable broth or water

6 carrots, peeled and diced

1 cup minced celery

2 bunches fresh parsley, minced, stems included, (about ¾ cup)

2 cups diced summer squash

1 Tablespoon fresh dill

2 teaspoons cracked black pepper

Place onions and parsley root in a large pot. Add broth or water.

Bring to a fast boil. Lower heat,

cover, and simmer for 45 minutes

or until parsley root is tender.

Add carrots, celery, parsley, summer squash, dill, and pepper.

Cover and simmer for 1 hour or until all vegetables are tender and flavor is developed.

Dumplings:

½ cup water

½ cup soy or rice milk

¼ cup prepared egg substitute (see note) or silken tofu

All-purpose flour

(approximately 1½ - 2 cups)

Mix water and milk together in a medium bowl. Add egg substitute or silken tofu and mix. Add flour slowly, mixing, until mixture does not easily fall off your spoon. It will be a thick and gooey mixture (think of too-thick mashed potatoes).

Fill a 2-quart pot with 1 quart of water and bring to a boil. Drop dumplings by the tablespoonful into the water. Keep the water at a low boil and cook dumplings for approximately 45 minutes or until light and fluffy.

Remove dumplings from water and add to vegetable soup. Allow to cook for 5 minutes and serve hot.

Hint: Dumplings take up a lot of space when they are cooking, so do not fill your pot more than half full.

Note: Ener-G Egg Replacer can be used as an egg substitute. See www.ener-g.com.

Total calories per serving: 246

Fat: 1 gram

Carbohydrates: 52 grams

Protein: 7 grams

Sodium: 177 milligrams

Fiber: 7 grams

Dill and Mustard Salad Dressing

(Makes about 1 cup)

Prepare this dressing and have it in the refrigerator to serve with green salads and fresh veggies right from the farmers market or the garden!

1 Tablespoon silken tofu

2 Tablespoons prepared mustard

2 teaspoons orange juice concentrate

¾ cup sunflower or vegetable oil

2 Tablespoons white wine or champagne vinegar

3 Tablespoons chopped fresh dill

2 teaspoons white pepper

Place tofu, mustard, and orange juice in the canister of a blender. Process until just blended. With the blender running, drizzle in oil until the texture you would like is attained. Add wine or vinegar, dill, and pepper, then blend on high for 30 seconds. Refrigerate for at least 1 hour before serving.

Total calories per 2 TB serving: 168

Fat: 18 grams

Carbohydrates: 1 gram

Protein: <1 gram

Sodium: 44 milligrams

Fiber: <1 gram

Nancy Berkoff is The VRG's Food Service Advisor, as well as the author of *Vegan in Volume* and *Vegans Know How to Party*.

Vegan Backpacking

A cruelty-free guide to the trails

Part I: Vegan Hiking Fuel

By Hillary Blunt

In this age of technology and information, backpacking provides a wonderful way to rediscover the beautiful outdoors. For vegans, the idea of backpacking can seem daunting at times, but with careful planning and good recipes, it can be easy and delicious. I took a week-long trip with good friends and learned the ins and outs of meal planning and eating on the trails. The following is what I took from my experience and some ideas for any vegan looking to go backpacking.

The most important thing to think about when planning meals for a backpacking trip is getting all the calories needed for long hikes with heavy packs. High-calorie snacks help to keep energy and spirits high.

Oatmeal is a simple way to start each day. Many supermarkets, as well as natural foods stores, sell oatmeal packets in a variety of flavors. Nature's Path makes a tasty vegan variety pack with flavors ranging from Maple Nut to Flax Plus. Simply boil water over your campfire and add it to the oatmeal per instructions. Top with almonds or cashews to boost protein and add calories.

Snacks and quick lunches are a must-have. Nothing beats a peanut butter sandwich on whole wheat bread. Good old raisins and peanuts (Gorp for short) and energy bars give the support needed to keep going. It's easy to make your own Gorp. Any kind of nuts and dried fruit work in Gorp, so have fun experimenting. Several energy bar companies cater to vegans. Clif Bars, which come in a variety of flavors including the mouth-watering Peanut Toffee Buzz and Black Cherry Almond, utilize soy and nut proteins while using only organic ingredients. Macro Bars cater to diverse needs. Each kind provides fiber, protein, or energy with flavors including Tahini Date and Banana Almond. ProBars, which contain no preservatives and are 70% raw, come in flavors like Superfruit Slam and Old School PB&J.

The following dishes nicely finish off a long day in the woods. My friends and I were lucky enough to stumble upon a food dehydrator, so most of these recipes utilize one, though many of the vegetables and other ingredients can be purchased dehydrated at food or camping stores.

Quinoa with Mixed Vegetables

(Serves 4)

1 onion, diced
10 cherry tomatoes, sliced
1 head of broccoli, cut into pieces
1 bell pepper, diced
1½ cups quinoa
Salt and spices to taste

Pre-Trip:

Spread onions and cherry tomatoes on a dehydrator tray and dehydrate at 145 degrees. After 2 hours, reduce to 135 degrees for approximately 6 more hours. Cook broccoli for about 5 minutes in a pot of boiling water. Spread broccoli and peppers on dehydrator trays in single layers and dehydrate at 125 degrees for 6-8 hours. Combine vegetables in a sealable bag.

On the Trail:

Put quinoa and dried vegetables in a pot with 3 cups of water. Cover and heat for about 15 minutes. Remove from heat and let sit for 5 minutes. Fluff quinoa with a fork and add salt and your favorite seasonings.

Total calories per serving: 276
Carbohydrates: 52 grams
Sodium: 30 milligrams

Fat: 4 grams
Protein: 10 grams
Fiber: 6 grams



Hillary prepared this quinoa recipe in a travel mug on her backpacking trip.

Ramen Noodle Delight

(Serves 4 hungry hikers)

6 packs Ramen noodles (natural foods stores carry vegan brands, discard seasoning packets)

1 cup textured vegetable protein

2-3 cups water

2 cubes no-sodium vegetable bouillon

On the Trail:

Boil 2-3 cups of water, depending on how much broth you prefer. Add noodles. Once the noodles have cooked for about 1-2 minutes, slowly stir in the textured vegetable protein. Finally, add the vegetable bouillon cubes and let simmer for 1-2 minutes, until noodles are soft.

Total calories per serving: 421

Carbohydrates: 71 grams

Sodium: 946 milligrams

Fat: 6 grams

Protein: 24 grams

Fiber: 6 grams

Potato Stew

(Serves 4)

5 large potatoes, peeled and chopped

16 ounces fat-free/low sodium vegetable broth

1 cup uncooked peas

2 large carrots, peeled and diced

One 14-ounce block of extra firm tofu

Reduced sodium soy sauce

Nutritional yeast (optional)

Salt and Pepper

Pre-Trip:

Potatoes: Boil the potatoes until they're soft. Drain. Mash potatoes with vegetable broth and run through a blender or mixer until it's creamy and free of lumps. Using non-stick sheets or parchment paper, dehydrate the potatoes at 135 degrees for approximately 8 hours. Crush the sheet of potatoes into flakes and store in a sealed bag.

Vegetables: Spread the carrots and peas on a dehydrator tray and dehydrate for approximately 6 hours at 125 degrees. Seal in an airtight bag.

Tofu Jerky: Drain tofu and place in an airtight bag or container. Freeze overnight, then leave tofu on a plate in the kitchen for several hours. This freezing and thawing process gives the tofu a more meaty consistency and will help it soak up the marinade. Once tofu has thawed, slice it into three flat blocks and squeeze all of the water out by pressing it between two paper towels and using the palm of your hand. Dip each side of your tofu in the soy sauce to marinate it. Cut each block into 1-inch squares and dehydrate at 155 degrees for about 4 hours. Seal in an airtight bag.

On the Trail:

Combine potatoes and vegetables in a pot with water. Cover the pot and bring water to a boil. Stir the pot continuously after the potatoes and vegetables have absorbed the water, adding more water if necessary to keep stirring. Add the tofu jerky and remove pot from heat. Let sit for about 10 minutes, then add nutritional yeast, salt, and pepper to taste.

Total calories per serving: 529

Carbohydrates: 97 grams

Sodium: 579 milligrams

Fat: 7 grams

Protein: 24 grams

Fiber: 9 grams

Tasty Vegan Pasta

(Serves 4)

2 cups vegan pasta sauce

One 8-ounce box angel hair pasta

1 cup textured vegetable protein

Nutritional yeast

Pre-Trip:

Using a blender or food processor, blend together any chunks of vegeta-

bles in the pasta sauce, giving it a less chunky, thicker consistency. Spread the tomato sauce on dehydrator trays that are covered with non-stick sheets; spread uniformly, no more than ¼ inch thick. Dehydrate at 135 degrees for 6-8 hours. At about hour 4 or 5, peel off the tomato leather and flip it. Let cool, tear into pieces, and pack in a sealable bag.

On the Trail:

Follow directions on box for cooking pasta. Combine the tomato leather, textured vegetable protein, and about 2½ cups of water in a pot. Heat until leather dissolves and becomes saucy. Serve pasta and sauce with nutritional yeast to taste.

Total calories per serving: 366

Carbohydrates: 65 grams

Sodium: 704 milligrams

Fat: 6 grams

Protein: 17 grams

Fiber: 5 grams

Curried Couscous with Cashews

(Serves 4)

1½ cups couscous

2 Tablespoons curry powder

¼ cup dried onion flakes

1 Tablespoon sugar (vegan brand)

1 vegetable no-sodium bouillon cube

2 teaspoons garlic powder

½ teaspoon ground turmeric

1 cup raw cashew halves

Pre-Trip:

Combine all ingredients except cashews in a sealable bag.

On the Trail:

Boil approximately 3 cups of water. Add couscous mix and let simmer until couscous absorbs all of the water. Stir in cashew halves.

Total calories per serving: 492

Carbohydrates: 70 grams

Sodium: 80 milligrams

Fat: 18 grams

Protein: 15 grams

Fiber: 6 grams

Part II: Conquering the Elements, Vegan Style

By Aileen McGraw

My introduction to hiking occurred randomly, without expectation or prior experience. On a whim, I registered for Northwestern University's Project Wildcat, a pre-orientation program that takes incoming students on a week-long trip into the wilderness of Minnesota and Michigan's Upper Peninsula. I took on trail preparation full force, determined to show all cynics my ability to thrive in the woods, not only as a city dweller, but also as a vegan.

For me, veganism means living with a mindset towards innovation, adaptation, and constant inquiry. I adapted my meals to be trail-friendly and packable while also bringing my own food items beyond group stores. I made innovative mealtime recipes; while other campers enjoyed backwoods mac 'n' cheese, I improvised dinners from Garden of Life raw protein powder and standard pasta. As a vegan, I expect to make these adjustments. A real learning curve came in selecting footwear and clothing that worked on the trail while remaining free of animal products, including wool and leather.

Vegan hiking brings challenge and room for creativity, especially when selecting something as fundamental as hiking shoes and trail clothes. Expert advice stresses the importance of material and its impact on weight, breathability, durability, and water resistance. While industry choice commonly favors full-grain, split-grain, and nubuck leather, finding a competitive vegan option requires additional research and innovative thinking. Leather shapes to the foot more than non-stretch synthetics like nylon and polyester, but synthetic options generally breathe better, weigh less, minimize break-in time, and dry more quickly.

For vegans, synthetic boots are the obvious choice. I initially turned to online research as a guiding information source. Your ideal vegan boot depends on what your backpacking experience will be. For lighter hikes, trail runners provide lightweight and synthetic options. Many companies, like REI, Uncle Dan's, and New Balance, will show results when you search their sites for 'vegan,' however, the items they link you to are not always totally vegan, so be sure to read all labels closely.



Above: Aileen's view from the Superior Hiking Trail in Finland, Minnesota.
Below: Preparing campfire Potato Stew over the fire on Hillary's backpacking trip to Grand Manan Island, off the coast of New Brunswick.



Taking manufacturing complexities in stride, vegan companies such as Ethical Wares, Pangea, and Vegetarian Shoes sell vegan hiking shoes. For example, Ethical Wares states that their Trekking Boots give vegans a “breathable, robust, fully lined and padded” shoe ready to take on the trail, provided that conditions remain dry, as wet conditions present comfort issues with fabric footwear. The Vegetarian Resource Group has an online Guide to Leather Alternatives, which is very helpful. Visit: <<http://www.vrg.org/nut-shell/leather.php>>.

I began searching for a vegan backpacking wardrobe at outdoor outfitter REI. Going off my newly acquired packing list, I found synthetic hiking socks and liner socks, both essential in keeping feet dry and blister free while on trail. Continuing from the ground up, I embarked on formulating a wardrobe at once breathable, layered, and durable – all without the use of animal materials.

Packing lists vary depending on season, location and of course, Mother Nature. Cotton, truly the fabric of my vegan life, functioned less than ideally on the trail. Although it’s good for bandanas, I needed substantial pieces that either resisted or wicked away water

and sweat from my body to avoid chafing and to help maintain comfort and dryness.

I selected fleece pullovers (like the polyester-based Windwall Jacket from The North Face) as well as cold-weather layers and jersey and spandex tops (I opted for the Reaxion Tee from The North Face) and bottoms (Target has affordable non-cotton drawstring shorts) for breathable base layers. Blogs like Backpacking Vegan (<http://backpackingvegan.wordpress.com>) help hopeful vegan backpackers by centralizing useful resources, offering words of wisdom, and providing support.

With a backpack full of protein bars, dried fruit and nuts, synthetic wool socks, and fleece pullovers, I started my first hike in the Porcupine Mountains of Michigan’s Upper Peninsula. Nearly a year later, I am now a Project Wildcat counselor with 45 miles of the Appalachian Trail under my belt – all done in purely vegan style.

Hillary Blunt and Aileen McGraw wrote these articles while interning with The Vegetarian Resource Group.

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What's a Co-Packer?

Starting a vegan food manufacturing company BY ED COFFIN, RD

Many vegans have the dream of starting their own food manufacturing company and offering their products in retail outlets. While there is a myriad of challenges that need to be overcome, from idea to sales, the major starting point is always figuring out exactly how you'll produce your product. After completing some initial due diligence, most start-up food manufacturers finally decide that using a co-packer is the best solution for them to get things going.

So, what exactly is a co-packer? In short, a co-packer is an established food manufacturing company that produces your product to your specifications for a fee. You may ask yourself why you would pay someone to produce your product. When you begin looking into the costs of setting up a food manufacturing facility, you will quickly come to the realization that the capital required to run your own operation is out of reach for most start-ups.

From leasing or purchasing a facility, to purchasing food-grade equipment, to paying employees — these costs quickly add up to a daunting amount for a company with no sales. This is not to mention the costs that you, as a manufacturer, will need to shell out for ingredients and packaging. There will also be many other costs involved such as advertising, licensing, etc. However, with the temporary help of a co-packer, many small producers are eventually able to open their own facilities once their sales can support such an endeavor.

There are many factors that must be taken into

consideration when it comes to finding and selecting a co-packer. Before the search begins, you should at a very minimum have a standardized recipe and a non-disclosure agreement from an attorney. A standardized recipe is essentially the formula that your co-packer will use to produce your product. It should be scaled up to mass quantity and include all measurements in weight, for accuracy. A non-disclosure agreement is a short legal form that you will have any potential co-packer, or anyone with whom you discuss your business, sign to ensure that they will keep any information you share completely confidential. If you are short on funding, a basic non-disclosure agreement can be obtained online through an internet search.

Once you have those two documents in hand, you can begin your official co-packing search. The first aspect you want to consider is the location. While it's best to find a co-packer close enough to travel to on a regular basis to check on production, it's not always possible to locate the perfect match nearby. It is completely possible to partner with a co-packer not in your immediate area as long as you have excellent communication.

Not all co-packers are created equal and you want to be extremely diligent when conducting research on potential co-packers. Unfortunately, there are co-packers who might be known for stealing proprietary information, producing knock-off products, or generally producing poor-quality products. The best way to begin your search is by looking for co-packers that produce products similar to the ones you want to manufacture. This is because they are more likely to have the equipment and resources necessary to produce a high-quality product.

It should be noted that even though a company may not designate itself as a co-packer, it could still be willing to co-pack your product if you approach it. Many times small to medium-sized food manufacturers are willing to co-pack other products, even competing ones, to bring in extra cash and fill in production gaps. Perhaps you know of companies that produce high-quality products you enjoy and are similar to the ones you want to produce. It's definitely worth reaching out to them.

Once you have compiled a list of potential co-packers, you will want to begin conducting reference checks. Assuming they manufacture goods for other companies, you will want to reach out to those companies to ask

Online Co-Packing Info

- <http://www.findacopacker.com>
- <http://www.specialtyfoodresource.com/page/page/4205553.htm>
- <http://www.contractpackaging.org/custom/directory/search.cfm>
- <http://gourmetbusinessdirectory.com>
- <http://extension.psu.edu/food-safety/entrepreneurs/co-packers/pennsylvania-co-packers>
- <http://necfe.foodscience.cornell.edu/kitchen/kitchen.php>

Additionally, here is a helpful list of food incubators:
http://foodinnovationcenter.rutgers.edu/educational_resources/links/incubators.html

them how their experience has been with that particular co-packer. If you are working with a company that has never co-packed before, you should ask for some business references, such as their distributors or sellers, and ask them what their relationship is like. By completing this process, you will quickly get a sense about whom you'll feel comfortable with and whom you will not.

Once you have decided on a few co-packers you're interested in, you should begin discussions to answer issues surrounding pricing and production capacity. You will also deliberate over which expenses you will cover, and which will be covered by your co-packer. It can be difficult and nerve-racking to determine things such as how much product you can commit to producing and for how long, but going through this process will allow you to create a solid plan for moving forward. You'll also find that co-packers can be a useful resource for you and will answer questions regarding how to find distributors, how to develop packaging, and what forms of marketing work best. While you go through these discussions, it's important to ask as many questions as possible.

Once you have selected a co-packer you are interested in working with, next come the negotiations over putting a contract into place. Never begin co-packing without a contract! In this part of the process, there is no way around getting professional legal help and advice. A good contract will protect you and the co-packer in an amicable way. Your attorney will ensure you have protections

and solutions to ensure your product is being produced to your specifications and that you have an opportunity for legal recourse if something happens to go wrong.

During the process of this contract negotiating, you and your co-packer should begin to discuss specifics such as quality indicators. It's essential to provide your co-packer with clear guidance and expectations for your finished product and how that will be measured. Your contract should protect you from paying for a product that is not produced to your standards. Nothing is more important than communicating with your co-packer to ensure you are on the same page and both understand every aspect of the product that you wish to produce.

Finally, you'll want to begin to ask yourself questions about what your sales will need to look like in order to move into your own production facility. Paying a co-packer is a good temporary solution to get off the ground, but you might be paying them up to half of your profits in co-packing fees. Once you can support yourself, you'll be in a great place to really begin some serious growth. A final word of advice is to learn as much as you can from your co-packer. You will gain invaluable information that will help you while you are using your co-packer, and insight that will be essential once you are in the position to begin producing your product completely on your own.

Ed Coffin is a registered dietitian and VRG volunteer.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

THE VEGETARIAN RESOURCE GROUP IN THE NEWS

In an article titled, "Ten Clever College Financing Tips for 2013," Foxbusiness.com mentioned the two \$5,000 college scholarships offered by The Vegetarian Resource Group.

Eric Sharer, MPH, RD, LDN, was interviewed for *Produce Business* magazine for an article on produce consumption by vegetarians.

VEGAN OUTREACH

VRG Food Service Advisor Nancy Berkoff, RD, EdD, presented two national webinars to Meals on Wheels of America on how to include more vegetarian meals for their senior participants. She also toured vegetarian cooking schools in Northern India and presented small workshops on 'Going Veggie, U.S. Style.'

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, lectured on vegetarian nutrition for an honors Introduction to Nutrition class at the University of Massachusetts Amherst. During the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, she was on a panel that answered questions about vegan nutrition, following the screening of *Vegucated*. She also spoke on the history of the Vegetarian Nutrition Dietetic Practice Group at a celebration of VN's 20th anniversary and received an award for Excellence in Service and Leadership.

Living among Coconuts

by Zel Allen



Filipino Cuisine to Grace the Vegan Table

If the foods of the Philippines could speak, their words would reveal amazing tales of primitive tribes, power struggles and wars, invaders and settlers from foreign places, a wild land filled with natural beauty, and rich soil producing a lush jungle brimming with good things to eat. Foods of the indigenous natives gradually mingled with traditional cuisines of the settlers and became the colorful, flavorful melting pot of today's Filipino cuisine.

Growing wild in the outlying island provinces, or in areas far from sophisticated cities like Manila, is an abundance of coconut palms, and banana, mango, papaya, and jackfruit trees. Beneath the soil are wonderful root crops like taro, cassava, and sweet potatoes of many varieties and colors. These tropical fruit trees and starchy roots are also part of the neighborhood landscape where all one has to do is pluck a mango from the tree or dig up a few taro tubers for dinner.

Leafy greens are ubiquitous. The leaves of the taro and sweet potato are valued as nutritious soup or stir-fry ingredients. Leafy plants like *malunggay* and the spinach-like *kangkong* also grow copiously along with varieties of long green beans, cabbage, and pumpkin. These gems of nature are essentials that bestow their singular quality on Filipino dishes. Tiny Philippine limes, called *calamansi*, are a staple in every kitchen. A squeeze of *calamansi* juice, frequently the finishing touch to a dish, is also used to create the pleasant, pungent tart flavor in soups or stews so prevalent in this cuisine.

A typical open-air market, dazzling with a splash of rainbow colors, displays fresh fruits and vegetables cascading from hand-woven baskets, or sprawled over fresh 12-foot banana leaves or color-infused batik cloth. Vendors and shoppers scurry through narrow aisles bargaining loudly for plump golden pineapples, whole hands of bananas, or *ube*, native bright purple yams. Fresh foods of every category intermingle with household items like handmade brooms, while intense smells of animal and vegetable products waft heavily in the hot, humid close quarters.

The early inhabitants of these islands were Malay, whose simple cooking methods contributed many of today's popular dishes prepared with coconut milk. On less developed islands, coconut milk is still extracted by hand. Vinegar, fermented from coconut, allowed the native people to preserve vegetables by pickling or marinating, and then stewing.

Patis and *bagoong*, popular salty, fermented condiments, may have originated with early indigenous people and not only aided in preserving fruits and vegetables in early times but are also present-day seasoning essentials. The Philippines consists of an archipelago of many thousands of islands that sprawl between the Philippine Sea and the South China Sea. Because of their proximity to China, Indonesia, Malaysia, and Japan, the islands became an essential trading port for purveyors of goods from those countries. Over time, some of the traders



Pancit Canton



Lumpiang Shanghai



Sotonghon Guisado (recipe pg. 19)

settled in the Philippines, bringing elements of their food traditions to their new homeland.

The Chinese influence is evident in the variety of noodle dishes, or *pancit*, and egg rolls, called *lumpia*. Steamed buns and dumplings are familiar foods, along with ingredients like soy sauce, ginger, tofu, dried mushrooms, and fermented black beans that have become essential seasonings embedded in everyday Filipino dishes.

When Spaniards occupied the islands during the 1500s, they left their influential culinary mark by introducing new and exciting fruits and vegetables like brilliant red tomatoes, squash, corn, avocados, chayote, annatto seeds, and cacao brought by trading expeditions from South America and Mexico. The islanders quickly embraced these exotic plant foods that evolved with time into a tasty fusion of European and Filipino foods. Today, Filipinos prepare Spanish dishes like paella, empanadas, *almondigas*, and ceviche, yet these food specialties have literally morphed to become distinctly Filipino. Leche flan, a favorite dessert seen on restaurant menus today, also traveled to the islands from Spain.

Because the country is so close to the equator, its hot and humid climate doesn't entice one to spend long hours in the kitchen creating intricate dishes. Instead, foods are relatively simple, and quickly prepared using mainly stovetop cooking methods to create well-seasoned and sometimes spicy stir-fries, stews, soups, and pan-fried delicacies. Grilling is also popular.

Today's distinctive Filipino cuisine is surprisingly diverse and offers a delectable, exotic, homogeneous, multi-cultural pot of flavors, reflecting the orchestra of cultures that settled in the islands. At the heart of everyday meals is white rice, a major staple that accompanies nearly all soups, stews, stir-fries, and deep-fried foods. Though traditional dishes almost always feature animal foods, vegetables and tofu play an important role. Tossed salads are rare, but pickled vegetable dishes frequently appear at festive meals or as accompaniments.

Veganizing the Filipino recipes for this article was actually an ideal way to enhance the delightful and intriguing cuisine with far more vegetables than present in their original versions. The dishes still contain the quintessential seasonings and the distinctive ingredients of the islands, yet become deliciously lighter, less fatty, more nutritious, and much more colorful. Most of the ingredients are readily available in regular markets, but a fun trip to explore an Asian or Filipino grocery may offer more choices and many tasty surprises.

Pancit Buko (Coconut Noodles and Vegetables)

(Serves 6)

In Tagalog, *pancit buko* means coconut noodles. Taking the place of rice, mung bean, wheat, or yam noodles is the coarsely shredded mature coconut that offers delicious richness and pleasing texture to this easy-to-cook entrée. Don't let the coconut deter you from this recipe. It's easy to crack the tough shell with just a few strong whacks of a hammer. But if you're intimidated by fresh coconut, you can buy frozen, grated coconut in Asian or Filipino markets.

1 mature coconut or 2 cups frozen grated coconut
½ pound extra firm tofu, crumbled
1 medium onion, finely chopped
2 small tomatoes, chopped
5-6 garlic cloves, finely minced
½ cup water
1 Tablespoon extra virgin olive oil
3 cups chopped green cabbage
5 leaves Napa cabbage, thinly sliced crosswise
½ pound green beans, sliced into ¼-inch lengths
1 large carrot, cut into 1-inch-long matchsticks
1 cup water
¼ to ½ cup red miso
Pepper
Bagoong Miso (see pg. 20)
Paprika, for garnish

Put the coconut in a large plastic bag, place it on the ground outdoors, and use a hammer to crack it into several pieces. Separate the coconut meat from the shell with a firm paring knife. Rinse and dry the coconut. Use a hand grater or food processor to coarsely shred enough coconut meat to measure 2 cups. Set aside.

In a large, deep skillet, combine the tofu, onion, tomatoes, garlic, water, and olive oil and cook over high heat, stirring frequently, for 5-8 minutes or until the onions are softened. Add both cabbages, green beans, carrots, water, red miso, and the shredded coconut and cook over medium-high heat for 3-5 minutes or until the vegetables are just tender. Season to taste with pepper and Bagoong Miso and transfer to a serving bowl. Finish with a sprinkle of paprika.

Total calories per serving: 347
Carbohydrates: 22 grams
Sodium: 465 milligrams

Fat: 27 grams
Protein: 9 grams
Fiber: 9 grams

Sinigang (Tofu and Vegetable Tamarind Soup)

(Serves 8-10)

Here's a soup that's so packed with vegetables and stick-to-the-belly ingredients it can easily become the centerpiece of a satisfying meal. Tofu and mung beans replace the usual meat, chicken, or fish and lend heartiness to this lightly spiced, tangy, and savory-sour soup. Typically, white rice is added to the soup or served on the side, but consider the healthier option with short-grain brown rice. Filipinos leave many of the vegetables whole or cut into large pieces, but you can choose to chop them for convenience. The final seasoning will be left to the home chef to create the optimal sour and salty seasoning balance.

- 2 large onions, coarsely chopped**
- 1 head garlic, coarsely chopped**
- 2 Tablespoons extra virgin olive oil**
- 10 cups water**
- 1½ pounds tomatoes, quartered or coarsely chopped, divided**
- 3 Tablespoons tamarind paste or 10 whole tamarind pods, coarsely broken**
- 3 medium carrots, peeled and thickly sliced**
- ½ pound firm tofu, cut into ½-inch chunks**
- ½ cup whole, split or sprouted mung beans, or brown rice**

- 2 whole jalapeños or other hot peppers**
- Freshly ground pepper, to taste**
- 1 pound Chinese eggplant, peeled and cut into 1-inch chunks**
- 4 cups chopped cabbage, or 4-5 baby bok choy, halved**
- ½ pound Chinese broccoli, spinach, or kangkong (Filipino spinach), coarsely chopped**
- ¼ pound green beans, trimmed and cut into 1½-inch lengths**
- ¼ to ½ pound okra pods, whole, stem end trimmed**
- ¼ cup reduced-sodium soy sauce**
- 2 Tablespoons brown sugar**
- 1½ Tablespoons rice or apple cider vinegar, or to taste**
- ½ teaspoon salt or miso to taste**

Combine the onions, garlic, and oil in a 10- to 12-quart stockpot and add about 1 cup of the water. Cook and stir over high heat for about 4-5 minutes or until the onions are transparent. Add small amounts of water as needed to cook the onions and prevent burning.

Add the remaining 9 cups of water, half the tomatoes, tamarind paste, carrots, tofu, mung beans, jalapeño peppers, and pepper to taste and bring to a boil over high heat. Reduce the heat to medium-high and cook about 8-10 minutes.

Raise the heat to high and add the eggplant, cabbage, broccoli, green beans, and okra and cook 5 minutes longer or until the vegetables are softened. Add the

remaining tomatoes and cook 2 minutes more. Season soup to taste with the soy sauce, brown sugar, vinegar, and salt. Aim for a tangy soup with only a delicate hint of sweetness.

Note: Tamarind paste often contains a few tamarind seeds that are easy to spot and eliminate before adding to the soup. If using whole tamarind pods, tie them up in cheesecloth before dropping them into the soup kettle to prevent their shells and seeds from breaking off into the soup. If tamarind paste or pods are unavailable, substitute lemon or lime juice to taste.

Total calories per serving: 219
 Carbohydrates: 33 grams
 Sodium: 455 milligrams
 Fat: 7 grams
 Protein: 12 grams
 Fiber: 10 grams

Chicken Adobo (Faux Chicken in Vinegar Soy Sauce)

(Serves 4-5)

Adobo is the beloved national dish of the Philippines and is known for its multitude of variations. Every family has its own treasured recipe. Create your own variations using tofu or tempeh in place of the faux chicken, or bite-size zucchini in place of the bell peppers. Or, omit the faux chicken and make this a royal Vegetable Adobo with bite-size chunks of eggplant, zucchini, peppers, string beans, okra, bok choy, spinach, and cabbage. Serve over brown rice.



Chicken Adobo (recipe above)



Kare Kare



Laing (recipe pg. 21)

- 2-3 Tablespoons water**
- 1 Tablespoon extra virgin olive oil**
- 1 medium onion, cut in half vertically and sliced into half-moons**
- ½ red bell pepper, chopped**
- ½ green bell pepper, chopped**
- 10-12 garlic cloves, coarsely chopped**
- ⅔ cup rice or apple cider vinegar**
- ¼ cup reduced-sodium soy sauce**
- 3 Tablespoons water**
- 8-ounce package faux chicken strips**
- 1 Tablespoon cornstarch**
- 1 Tablespoon water**
- 1 green onion, sliced, for garnish**

Heat water and olive oil in a large, deep skillet over high heat for 30 seconds. Add the onions and peppers and cook, stirring frequently, until the onions are transparent, about 2 minutes. Add the garlic and cook 1 minute.

Add the vinegar, soy sauce, water, and faux chicken and bring to a boil. Meanwhile, combine the cornstarch and water in a small bowl or cup and stir to form a runny paste. When the liquid in the skillet is boiling, reduce heat to medium and slowly pour the cornstarch paste into the bubbling sauce until thickened, about 1 minute. Transfer Chicken Adobo to a platter and garnish with the green onions.

Total calories per serving: 164	Fat: 5 grams
Carbohydrates: 13 grams	Protein: 16 grams
Sodium: 749 milligrams	Fiber: 2 grams



Ube

Sotonghon Guisado (Sautéed Bean Thread Noodles)

(Serves 5-6)

Dishes featuring *pancit*, the Filipino name for noodles, are everyday staples as well as special occasion fare. The tricky part to preparing this dish is timing. Plan at least 2 hours or longer to marinate the tofu. The noodles require 15 minutes to soak and about another 15 minutes to cook. Don't allow the noodles to soak longer than 30 minutes or they may become mushy.

- ½ cup apple cider vinegar**
- ¼ cup-reduced sodium soy sauce**
- 5 Tablespoons water**
- 1 pound extra firm tofu, cut into long ½-inch strips**
- 10-ounce package mung bean noodles (called bean threads or cellophane noodles)**
- 2 medium carrots, peeled and cut into matchsticks**
- 1 large onion, sliced**
- 8 garlic cloves, coarsely chopped**
- 2 Tablespoons extra virgin olive oil**
- Water**
- 3 tomatoes cut into thin wedges**
- ½ pound broccoli, cut into bite-size florets, stems cut into matchsticks**
- 6 fresh shiitake mushrooms, stems discarded, halved**
- 2-4 cups low sodium vegetable broth or water**
- Salt and pepper to taste**
- Bagoong Miso (see pg. 20)**



Pancit Buko (recipe pg. 17)

Combine the vinegar, soy sauce, and water in a shallow baking dish. Add the tofu and set aside to marinate for 2-5 hours, turning frequently.

Fill an extra-large bowl with hot water and submerge the noodles. Soak noodles for 15 minutes to partially soften.

Put the carrots, onions, garlic, olive oil and 1 cup of water into a large, deep skillet or a flat-bottom wok and cook while stirring for about 7-10 minutes or until softened. Add more water as needed to prevent burning.

Add the tomatoes to the skillet and cook for 10-15 minutes, or until they are broken down. When softened, add the noodles to the skillet. Use kitchen scissors to quickly snip them into comfortable eating lengths. Add the broccoli, mushrooms, and previously marinated tofu along with all of the marinade.

Add about 2 cups of broth or enough liquid to partially submerge all of the ingredients. Cook, uncovered, on medium-high heat, stirring frequently, for about 12-15 minutes or until the broccoli is tender, the noodles are soft, and most of the liquid has been absorbed. Season dish to taste with Bagoong Miso or enjoy the condiment on the side.

Total calories per serving: 412	Fat: 11 grams
Carbohydrates: 67 grams	Protein: 13 grams
Sodium: 533 milligrams	Fiber: 4 grams



Pinkabet Ilocano (recipe pg. 20)

Pinkabet Ilocano (Vegetables Sautéed in Bagoong)

(Serves 6)

I must admit I've taken grand liberties with this recipe that originated in Ilocos, the northern region of Luzon, which is the largest, most populated island of the Philippines. This tasty, vegetable-packed stew traditionally receives its savory flavor from pork and anchovy paste. To transform the stew into one that vegans will fall in love with, I've given it a tomato base and replaced the pork with chunks of tempeh. For seasoning, my miso-based, garlic-enhanced bagoong adds irresistible flavor and scents the kitchen with its hefty fragrance. Prep all the vegetables first. Then, the flavorful dish will be ready to serve within 30 minutes.

- 8 ounces tempeh, cut into ½-inch pieces**
- 1 large onion, chopped**
- 7 garlic cloves, finely minced**
- 1½ cups plus 3 Tablespoons water**
- 1 Tablespoon extra virgin olive oil**
- 8 medium tomatoes, diced**
- 1 pound eggplant, peeled and cut into bite-size pieces**
- 3 cups whole or thickly sliced fresh or frozen okra**
- 2-3 cups butternut squash, peeled and in bite-size chunks**
- ¼ pound green beans, trimmed and cut into 1½-inch pieces**
- ¼ cup Bagoong Miso (next recipe)**
- Pepper to taste**
- 3 Tablespoons minced parsley, for garnish**

Put the tempeh, onion, garlic, 3 Tablespoons of the water, and olive oil in a large, deep skillet. Cook and stir over high heat for about 3-5 minutes or until the onions are softened. Add 1 or more Tablespoons water as needed to prevent burning.

Add the tomatoes and cook about 3 or 4 minutes, or



Ube Halaya (recipe pg. 21)

until they begin to break down. Add the remaining 1½ cups water, eggplant, okra, squash, green beans, Bagoong Miso, and pepper. When the liquid begins to boil, reduce the heat to medium. Simmer, uncovered, 10-15 minutes, or until the vegetables are tender. Adjust seasonings, if needed. Spoon into serving bowls and top each with a sprinkle of parsley.

Total calories per serving: 236

Carbohydrates: 32 grams

Sodium: 402 milligrams

Fat: 9 grams

Protein: 13 grams

Fiber: 9 grams

Bagoong Miso and Patis Miso (Sautéed Condiment Paste)

(Serves 8)

Taking the place of salt are two essential flavor enhancers that play an important role in Filipino kitchens. *Bagoong*, pronounced with three syllables, bago-ong, is a thick, salty, fermented fish-based condiment used daily to season a multitude of dishes. The other is *patis*, a liquid fish sauce. Vegan Bagoong, with its generous measure of garlic, is a delicious, thick, and aromatic miso version of shrimp or anchovy paste that makes an irresistible seasoning for stews, soups, and stir-fries or to serve on the side.

- 7 cloves garlic, finely minced**
- 2 Tablespoons extra virgin olive oil**
- ⅔ cup red miso**
- 2 Tablespoons apple cider vinegar**
- 1 teaspoon vegan sugar**
- Pinch cayenne**

To make Bagoong Miso, cook and stir the garlic and olive oil in a medium skillet over medium-high heat for about 2 minutes. Adjust the heat as needed to prevent burning.

Add the miso, vinegar, sugar, and cayenne and mix well with a wire whip to incorporate all the ingredients. Use immediately or refrigerate until ready to use. Refrigerated, Bagoong will keep for up to one month.

To make Patis Miso, add enough water to 2-3 Tablespoons of red miso to create a runny sauce about the consistency of tomato juice. Use as needed for seasoning. To store, pour the patis into a narrow-neck bottle and chill. Refrigerated, Patis will keep for up to one month.

Total calories per serving: 82

Carbohydrates: 7 grams

Sodium: 854 milligrams

Fat: 5 grams

Protein: 3 grams

Fiber: 1 gram

Laing (Spinach with Coconut Milk)

(Serves 4-5)

Replacing the typical measure of pork and shrimp with earthy Portobello mushrooms transforms this traditional spinach recipe into a delicious vegan vegetable dish. While spinach or taro leaves are usually the focus of this side dish, I thought kale bathed in the coconut milk would taste sensational, and it does. If you like spicy flavors, consider adding a pinch or two of cayenne.

4 cups finely minced kale (1 medium bunch), ribs discarded
1 large Portobello mushroom (about 5 ounces) diced
1½ cups light coconut milk
½ cup diced onions
1 Tablespoon peeled and finely minced fresh ginger
1 jalapeño, seeded and finely minced
½ cup coconut cream
1 teaspoon salt
Freshly ground pepper
Bagoong Miso to taste (see pg. 20)
1 roasted red bell pepper, cut into ½-inch strips, for garnish
1 Tablespoon crushed no salt roasted peanuts, for garnish

In a large, deep skillet, combine the kale, mushrooms, light coconut milk, onions, ginger, and jalapeño. Cook over medium-high heat, stirring frequently, until the kale is very soft and the mushrooms are cooked, about 15-20 minutes.

Add the coconut cream, salt, and pepper and cook about 2-3 minutes to blend flavors. Season dish with Bagoong Miso to taste. To garnish, surround the Laing with the bell pepper strips and sprinkle the top with crushed peanuts.

Total calories per serving: 200 Fat: 13 grams
Carbohydrates: 17 grams Protein: 5 grams
Sodium: 638 milligrams Fiber: 4 grams

Ube Halaya (Purple Yam Pudding)

(Serves 4)

This thick, satin-smooth pudding-like dessert is a familiar favorite on the Filipino dessert scene. Ube, pronounced “ooh-beh,” is a type of yam grown in the Philippines and is often grated, cooked, and combined with coconut milk and sugar to make pudding, jam, or cake. Ube’s intensely bright purple color makes for an utterly dramatic presentation. Frozen ube is available in

Filipino or some Asian markets, but you can substitute sweet potatoes or yams with excellent success. Be sure to defrost the ube before using.

1 pound package frozen, defrosted ube or 1 pound yams or sweet potatoes, peeled and cut into ½-inch slices
14-ounce can lite coconut milk
¾ cup sugar (vegan brand)
¼ cup vegan margarine
7 ounces coconut cream
1 teaspoon vanilla extract
Sliced bananas, for garnish
Halved strawberries, for garnish

If using ube, empty the package into a 3-quart saucepan and add 1 cup water. Cook, uncovered, over medium heat, stirring constantly, for about 5 minutes or until the ube is softened. Add small amounts of water as needed to prevent burning. If using yams or sweet potatoes, put them in a 3-quart saucepan with about ½-inch of water. Cover and bring to a boil over high heat. Reduce the heat to low and steam for about 4-5 minutes, or until the potatoes are fork tender. Drain excess water.

Thoroughly mash the cooked ube or sweet potatoes in the pot and add the coconut milk, sugar, and margarine. Cook over medium-low heat, stirring frequently, for about 30-40 minutes or until the mixture turns into a very thick paste and begins to pull away from the sides of the pan.

Add the coconut cream and vanilla, mix well, and spoon the mixture into 4 lightly-oiled 3-inch ramekins, custard cups, or dessert dishes. Place a piece of plastic wrap directly over the pudding in each bowl to prevent the tops from drying. Refrigerate for several hours.

The ube becomes firm enough to invert onto dessert plates or can be served from the ramekin. The sweet potatoes or yams do not unmold well. Serve in the ramekins or spoon onto a dessert dish and reshape with the back of a spoon or a knife. Garnish with bananas and strawberries.

Total calories per serving: 570 Fat: 26 grams
Carbohydrates: 82 grams Protein: 3 grams
Sodium: 162 milligrams Fiber: 7 grams

Zel Allen is a regular contributor to *Vegetarian Journal*. She is the author of several vegan cookbooks including *The Nut Gourmet* and *Vegan for the Holidays*. These books are available from www.vrg.org/catalog.

a Vegan in

CHINA

by Yasmin Radbod

part two!

Again, let me introduce myself briefly; I am a college student who interned with The Vegetarian Resource Group. Recently, I studied abroad at Nanjing University. I have had absolutely incredible experiences as a vegan in China, as well as some terrible situations. I will start with some pleasant stories that I hope will offer insight for you or someone you know who is interested in studying abroad in China or simply visiting the country.

One of my most positive experiences in Nanjing was stumbling upon a bean stand. When I say stand, I mean a small outdoor shop on the side of the street that is convenient to stop at for a snack while on a walk. In Chinese these stores are just known as *xiao chi* 小吃, which literally means 'little eat' or 'snack.' At this particular stand pictured, the beans and nuts are *Nanjing techan* 南京特产, which means 'specialty Nanjing food.' There are no other products sold here besides various types of beans and nuts, and soybean oil is used to roast the beans. One bag of beans, the size of a large handful, is only five *kuai*, less than one U.S. dollar. This vendor offers *candou* 蚕豆 which are fava beans fried in oil, made crispy on the outside and they are bitter, salty, and crunchy. In addition, there is *huangdou* 黄豆 which are soybeans. The vendor roasts the soybeans lightly in oil so that they are crunchy. Fried green edamame beans are available, too, called *xiangsu dou* 香酥豆 meaning 'crispy' or 'cooked bean,' and these are salty and taste similar to the ones sold in the U.S. He also sells chestnuts, which are common around Nanjing. I consider the boss of this stand my *shushu* 叔叔, uncle, because I went to his shop so frequently and he and I became close friends.

There are some other vegan havens in China. Nanjing is also blessed with many Buddhist temples that were my go-to. Jimingsi 鸡鸣寺 Jiming Temple is the most famous temple in Nanjing. I went to their wonderful vegetarian restaurant so often that I became very close with the ladies who work there. They all are vegan. Through getting to know them and other Buddhists at various other temples in Nanjing, I discovered

many vegetarian options that were available right in Nanjing. In fact, Nanjing has three completely vegan restaurants, one of which is at Jiming Temple. Jiming Temple is unique because it has two separate dining areas offering different atmospheres. If you enter the temple and walk through the worshipping halls, you can enter the second floor of the restaurant and gaze out at a great view of the ancient Ming Dynasty wall. On the second floor the menu is limited; they have dishes such as 'Noodles with Mock Chicken,' 'Noodles with Mixed Vegetables,' fried rice dishes, and *shaomai*, delicious sticky rice balls. They also serve *baozi*, which are similar to dumplings but are steamed buns with a vegetable in the middle. If you walk directly around the temple to the back you will find the first floor of the restaurant, which offers an extensive menu of mock meat dishes, hot pot, stir-fry, noodles, fried rice, cold dishes, and more. It is also more expensive, and the ambiance is much more upscale. Many temples in China have either a humble, quiet noodle restaurant open to the public, or a larger, more expensive and decorated vegetarian restaurant. The larger restaurants pay more attention to the way the food is prepared; i.e., the colors of the vegetables used, their placement on the plate, and which styles of cooking are more appealing to the eye.

Above all, my most pleasant experience as a vegan in China was stumbling upon Gaozuo Temple 高座寺, which is located within the famous Yuhuatai 雨花台 Martyr Cemetery in Nanjing. The day I found this temple, the head monk happened to be walking around and noticed me. We started talking, he invited me to his office to drink tea, and we became lifelong friends. He, and all the other monks and volunteers at this temple, are strictly vegan. He often invited me to the temple to eat vegan hot pot with him and other monks and talk about why I am vegan compared to why they are vegan. The hot pot consists of a large table with seating for about 10 people, one giant pot in the middle, and several bowls of vegetables placed around the pot. Vegetables usually included are various types of mushrooms, cabbage, spinach, lotus, tofu skin,

broccoli, and bamboo. Sauces are served on the side; you choose which sauces to put in your bowl, and everyone uses their chopsticks to pick out food from the giant pot to put in their individual bowl. The sauces usually vary between a spicy chili sauce, a peanut sauce, and plain soy sauce. I celebrated my 20th birthday at this temple with my monk-friend.

Living in Nanjing was quite convenient as a vegan. Across the street from the foreign students dormitory is a Turkish restaurant which offers Turkish lavas (similar to pita bread), hummus, and vegan salads. Right up the street is an Indian restaurant that has a large selection of vegetarian dishes, as well as vegan pakoras, samosas, and the like. About a five minute walk from the dorm is a Middle Eastern restaurant selling hummus, pita bread, falafel, tabouli, and grilled eggplant. Fruit is in abundance and is found on almost every street corner; local convenience stores also sell all natural juices (no added ingredients). Unfortunately, it is impossible to find restaurants that serve whole grains; white rice and white flour are always used in place of whole grains. However, there are several markets in Chinese cities which do sell various types of grains—but a kitchen is required for cooking. In Nanjing I had easy access to many international foods, as well as Chinese vegetable stir-fry dishes, vegan vegetable boiled dumplings, and much more.

The study abroad program I went on is strictly for American students and we were required to participate in group activities and take a week-long trip together every semester. During my first semester in China, we went to Sichuan Province for a week and it was very difficult to be vegan. There are two things about participating in a traditional Chinese meal that can be irritating. First, if eating at a restaurant in a large group, it is very common to use a lazy susan and rotate multiple dishes around the table. This can be troublesome for vegans because all the vegetable dishes are shared by everyone, often leaving little left for the vegan to eat. Secondly, in sharing dishes, everyone uses their own chopsticks, but everyone's chopsticks touch all the food. Many times I noticed meat or the oil from another dish accidentally left on a vegetable dish by someone else's chopsticks. Learn from my experiences, and if you are traveling in China with friends or you are a guest at a Chinese meal, make sure that they are aware of your vegan diet in advance.

When traveling in rural Chinese areas (especially in Yunnan Province and Sichuan Province), I have found the treatment of animals to be especially cruel. It is easy to find animal furs for sale made from all types of wild



The bean stand Yasmin frequented in China.
Translation: Nanjing Specialty Bean Products

animals, as well as street markets that strictly sell animal products used in traditional Chinese medicine. Animals are also sold as pets. The condition of animals in these markets is horrendous. For example, in Nanjing there is a famous animal market within Fuzimiao, the Confucius Temple, where you can bargain and buy birds, cats, dogs, rabbits, fish, and turtles. It is also common in China to see migrant workers selling live animals on the street, usually kept in bags or makeshift cages. When I was in Kunming, a city in Yunnan Province, I stumbled upon a street entirely dedicated to selling animals.

My Chinese friends were mostly very accepting of my diet and did not question why I choose to be vegan. However, I also had many experiences in which I ordered a vegetable dish and the oil was not vegan, or I discovered that a tofu dish had tiny bits of meat. Duck blood is sometimes used in many tofu dishes as well. Make sure to always be very clear about your vegan diet and ask what all the ingredients are in the dish you are ordering. As I said earlier, I always felt most safe when eating at a Buddhist temple because those restaurants are vegetarian.

Unless you are traveling in a distant province such as Yunnan, butter, cream, and the like are very rarely used. However, eggs are popular in some vegetable dishes and are commonly used in pancakes. During my stay in China I avoided almost all street food because I did not trust the oil being used. It is absolutely essential to ask the owner of a street stand or family restaurant the type of oil they are using and exactly what ingredients are in food you are ordering. If you are still hesitant, stand by the street stand while they prepare food for other people so you can directly watch what ingredients are included. This is particularly important in distinguishing which pancakes have eggs and which do not.

Which Ingredients are Acceptable to Vegans?

responders:

online

mail-in

<i>If a product is labeled vegan, it should not contain:</i>	Ethical Vegan n=74	Health Vegan n=28	Not Vegan n=38	Ethical Vegan n=30
Sugar	14%	21%	16%	33%
Beet Sugar	9%	18%	--	3%
Cane Sugar	11%	18%	11%	10%
Vitamin D	11%	14%	8%	10%
Vitamin D2	7%	10%	8%	7%
Vitamin D3	38%	25%	13%	57%
Vitamin B12	8%	7%	--	3%
Cysteine	38%	29%	37%	63%
Wheat	--	--	--	--
Onions	--	--	--	--
Products made on the same equipment as non-vegan products	31%	57%	61%	37%
Synthetic Ingredients	16%	36%	19%	27%
Products that had ingredients made from feathers	74%	89%	97%	100%
Products that had ingredients made from human hair	62%	86%	82%	77%
Products whitened by filtering through bone char, though bone char is not in the food	88%	82%	89%	90%
Soy yogurt cultures containing microorganisms produced over 20 years ago from microorganisms present in a dairy yogurt culture	32%	43%	29%	50%
Ingredients that originally started from lanolin (a substance extracted from wool)	93%	68%	74%	90%
Fruit covered with wax from an insect secretion	77%	75%	89%	83%
Genetically modified organisms (GMOs)	46%	68%	50%	57%



IT'S NOT JUST ABOUT MEAT: Numerous companies developing products for vegans have asked us which ingredients are acceptable to vegans. To help determine the answer to this question, The Vegetarian Resource Group commissioned a national Harris poll. The results are at <http://www.vrg.org/nutshell/faq.htm#poll>. In 2012, we also conducted a more informal online poll, plus a mail-in poll with a sampling of *Vegetarian Journal* readers. The products most strongly rejected by all segments of respondents are products made from feathers, products made from human hair, products whitened by filtering through bone char though bone char is not actually in the food, ingredients that originally started from lanolin, and fruit covered with a wax from an insect secretion.



HOW DO SELF-DESCRIBED ETHICAL AND HEALTH VEGANS FEEL ABOUT...

Honey

Eighty percent of online responders and **87%** of mail-in responders who consider themselves ethical vegans do not use honey. Out of the online responders who consider themselves health vegans, **46%** of them do not use honey.

Leather

Eighty-six percent of online responders and **66%** of mail-in responders who consider themselves ethical vegans do not use leather. Out of the online responders who consider themselves health vegans, **53%** do not use leather.

Wool

Eighty-one percent of online responders and **80%** of mail-in responders who consider themselves ethical vegans do not use wool. Out of the online responders who consider themselves health vegans, **39%** of them do not use wool.

Bequests

The 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, IRAs, 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 in your will.

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Dairy Products Not Associated with Weight Loss

Dairy product consumption is increasing worldwide, even in countries such as China where dairy products were not a traditional part of the diet. As we face a global epidemic of obesity, scientists are questioning the effect of increased dairy product use on the risk of obesity. Some researchers have suggested that dairy products can promote weight loss, although this claim has been questioned. A recent meta-analysis rigorously examined the results of 29 studies which investigated the impact of dairy products on weight loss.

Overall, dairy product use was not associated with weight loss. In studies where subjects followed low calorie diets, the use of dairy products was associated with greater weight loss over the short term but was not associated with weight loss in longer term studies, lasting at least a year. In studies where subjects did not reduce calories, the use of dairy products was not associated with short-term weight loss and was actually associated with weight gain in studies lasting a year or longer. As the authors of the study state, “A long-term and sustained weight loss is of greater public health and clinical significance than a short-term weight loss is, and the results of this meta-analysis do not support increasing dairy consumption as an effective way for long-term weight control.” It seems clear that dairy products are not an essential part of a weight reduction diet and that wide-scale introduction of dairy products is not a solution to the problem of obesity.

Chen M, Pan A, Malik VS, Hu FB. 2012. Effects of dairy intake on body weight and fat: a meta-analysis of randomized controlled trials. *Am J Clin Nutr* 96(4):735-47.

Omega-3s and Heart Disease

Omega-3 fatty acids, namely EPA and DHA, are typically found in fish and fish oil and are the reason many people take fish oil supplements. Vegetarians can get alpha-linolenic acid, another omega-3 fatty acid, from foods including flaxseeds, flaxseed oil, walnuts,

and canola oil. Alpha-linolenic acid can be converted to EPA and DHA in our bodies to a limited degree. Vegetarians can use microalgae supplements to get the same omega-3 fatty acids as are found in fish. Use of foods or supplements containing omega-3 fatty acids has been promoted to the general public because these fats are believed to have benefits in terms of reducing the risk of heart disease.

Some have questioned whether or not vegetarians need to use fish oil supplements to reduce their risk of heart disease (you can read more about this issue on our website at <http://www.vrg.org/journal/vj2005issue1/vj2005issue1hotline.htm>). A recent meta-analysis raises significant questions about the role of omega-3 fatty acids in heart disease in the general population. Twenty studies of a total of 68,680 people were included in the meta-analysis. Researchers examined the effects of supplements of omega-3 fatty acids on heart attacks, strokes, and deaths from heart disease.

Omega-3 supplements (typically fish oil capsules) did not decrease the risk of heart attack, stroke, or of dying from heart disease. These results call into question the widespread use of fish oil supplements to reduce the risk of heart disease or stroke.

Rizos EC, Ntzani EE, Bika E, Kostapanos MS, Elisaf MS. 2012. Association between omega-3 fatty acid supplementation and risk of major cardiovascular disease events: a systematic review and meta-analysis. *JAMA* 308(10):1024-33.

No Need to Avoid Peanuts or Tree Nuts in Pregnancy

The American Academy of Pediatrics has concluded that the mother's avoidance of tree nuts or peanuts during pregnancy does not reduce the risk of her infant developing an allergy to one or both of these products (*Pediatrics*. 2008; 121:183-191). A recent study looked at a related issue – whether or not avoiding nuts during pregnancy can affect the risk of asthma. Many vegetarian women who rely on nuts and peanuts as convenient foods will be interested in these results. The

study was conducted in Denmark and included more than 60,000 subjects. Maternal nut and peanut intake was assessed at the mid-point of pregnancy using a questionnaire. When infants were 18 months old, their mothers were asked if they had been diagnosed with asthma or had symptoms, such as a wheeze. The mothers were also asked about their children's symptoms and diagnoses when the children were 7 years old.

Higher maternal peanut or tree nut intake during pregnancy (once or more a week as compared to never) was associated with a lower risk of asthma in 18-month-old and 7-year-old offspring. This study found no increased risk of asthma with peanut and tree nut consumption during pregnancy. Higher use of tree nuts and peanuts was actually associated with a lower risk of wheezing. These results suggest that women can eat peanuts or tree nuts when they are pregnant without having to worry about increasing their child's risk of developing asthma or wheezing.

Maslova E, Granström C, Hansen S, Petersen SB, Strøm M, Willett WC, Olsen SF. 2012. Peanut and tree nut consumption during pregnancy and allergic disease in children – should mothers decrease their intake? Longitudinal evidence from the Danish National Birth Cohort. *J Allergy Clin Immunol* 130(3):724-32.

Benefits of Beans in Type 2 Diabetes

Dried beans such as kidney beans, chickpeas, and lentils are typically high in fiber and protein. They are described as 'low-glycemic index' foods, which means that after people eat beans, their blood sugar levels don't go up that much. These characteristics make beans a potentially important food group for people with diabetes. A recent study assigned people with type 2 diabetes, the most common kind of diabetes, to one of two groups. Half were encouraged to increase their intake of cooked dried beans by at least one cup a day. The other half was encouraged to increase their fiber intake by eating more whole wheat products. The study lasted 3 months. Blood tests showed that blood sugar levels were better controlled in the group eating beans. This group also lost slightly more weight and had a larger drop in waist circumference.

In addition, the group eating beans had lower blood pressure and a lower heart rate. Estimated heart disease risk was lower in the group eating beans com-

pared to the group eating fiber from wheat. These results indicate that beans can play an important role in diets of people with type 2 diabetes.

Dried beans are a traditional food for many cultures, including some Native Americans, Latin Americans, and Asian Indians. As diets of these groups have changed to include more animal products and processed foods, rates of type 2 diabetes have soared. A return to the use of dried beans may help to reduce the risk of developing type 2 diabetes.

Jenkins DJ, Kendall CW, Augustin LS, et al. 2012. Effect of legumes as part of a low glycemic index diet on glycemic control and cardiovascular risk factors in type 2 diabetes mellitus: a randomized controlled trial. *Arch Intern Med* Oct 22:1-8. [Epub ahead of print]

Vegetarians Have a Lower Risk of Death Due to Heart Disease

A recent meta-analysis combined the results of seven studies where vegetarians' health was compared to non-vegetarians' health. More than 120,000 participants were included. Study participants were from the UK, Germany, the Netherlands, Japan, and California. The 'vegetarian' group included lacto-ovo vegetarians and vegans, as well as participants who ate meat or fish less than once a week. The risk of death from heart disease was 29% lower in the 'vegetarian' group than in non-vegetarians. This reduced risk was seen in those who had followed a vegetarian or near-vegetarian diet for more than 5 years. There was not a significant difference between the groups in the risk of dying from a stroke. The incidence of cancer was 18% lower in the 'vegetarian' group. This difference did not appear to be due to a difference in cancer incidence in any one of the major cancer sites, such as breast, lung, prostate, or colon, but was in overall cancer incidence.

Huang T, Yang B, Zheng J, Li G, Wahlqvist ML, Li D. 2012. Cardiovascular disease mortality and cancer incidence in vegetarians: a meta-analysis and systematic review. *Ann Nutr Metab* 60(4):233-40.

In the next issue: An update from the International Congress on Vegetarian Nutrition where Reed Mangels will be speaking about bone nutrients for vegetarians and the acceptability of food production methods to vegans, vegetarians, and those eating at least one vegetarian meal weekly.

veggie bits

Natural Toothpaste for the Whole Family

Reinvigorate your smile and freshen your breath with Green Beaver's fluoride-free natural toothpaste.

Choose from varieties such as frosty mint, cilantro mint, and star anise; kids will especially appreciate the green apple and zesty orange flavors. The product contains cleansing agents—Dylitol, lemon and tea tree extracts—combined with mineral whiteners. Green Beaver says their toothpaste is fortified with vitamin C to ensure healthy development and maintenance of teeth and gums. With its unique bold flavor and natural origins, Green Beaver has succeeded in producing a line of toothpastes the whole family can enjoy.

Contact Green Beaver by writing to 760 Tupper Street, Hawkesbury ON, K6A 3H2, e-mailing sales@greenbeaver.com, or by visiting www.greenbeaver.com.
Written by Shelby Jackson, VRG Intern.



Cravings for Caramels?

JJ's Sweets has launched a new expanded line of cocomels – dairy-, gluten-, and GMO-free coconut-milk caramels you will certainly find worth indulging in. Chewy and delicious, the vegan candies can easily rival any dairy-filled caramel. The company hand makes these creamy caramels in rich and mouth-watering flavors such as Chai Spice, Java, Original, Sea Salt, and Vanilla, and some varieties are available covered in fair trade vegan chocolate as well.

Contact JJ's Sweets at P.O. Box 3312, Boulder, CO 80307, by email at info@cocomel.com, or via phone at (303) 800-6492. The company's website is <www.cocomel.com>. *Written by Hillary Blunt, VRG Intern.*



Spread the Love with Sunflower Seed Butter

Once Again has a line of vegan-friendly nut and seed spreads; all their vegan products are marked on the front with a 'v.' Their sunflower seed butter is rich and creamy with a loose consistency. It contains the perfect amount of salt to compliment the fragrant sunflower seed flavor, and allow its natural sweetness to flourish. The ingredients are 100% organic, and none of their spreads contain hydrogenated oils. Once Again has a great shelf life; you can open it, stick it in your fridge and take it out a month later and it should still be good. The texture will be the same in May as it was in April. Once Again tastes good naturally and transcends other nut spreads for richness of flavor.

You can order Once Again's products online at <http://shop.onceagainnutbutter.com/main.sc>. You can also call them at (585) 468-2535 or write to them at 12 South State Street, Nunda, NY 14157. *Written by Rebecca Kaplan, VRG Intern.*



An Organic Alternative for Getting Clean!

Vermont Soap Organics offers a wide array of products, namely soap! These soaps smell divine, get the job done, and best of all, are cruelty-free. The soaps come in 17 tantalizing scents ranging from the super moisturizing oatmeal lavender to a citrus sunrise bar that's perfect for summer. These soaps are multitaskers as well. Have a spare? Stick one in your drawer. Your clothes will smell amazing all day!

Some other fun products on offer include organic yoga mat wash and 'Liquid Sunshine' – a fix-it-all made from organic castile soap that will wash hands, dishes, and even laundry. And to top it off, it smells like citrus infused with rosemary. Yum!

Find out more at www.vermont-soap.com. To contact the company, use info@vermontsoap.com or call them toll free at (866) 762-7482. *Written by Amanda Matte, VRG Intern.*



Cluck and Moo-Free Meats

Food For Life's Cluckphrey patties and Moophrey burgers are the perfect vegan addition to barbecues or even just a convenient and easy mid-week dinner. These dishes are baked, nutritious, and contain mostly organic ingredients. Bearing an uncanny resemblance to the look and texture of chicken patties and beef burgers, even meat eaters will appreciate these delicious protein-filled vegan meats. Heat up in a skillet, microwave, grill, or bake; no matter how you cook them, they are quick, filling, and tasty. Kids especially will love dunking and then gobbling up the Chick-A-Roos meatless nuggets. Visit www.foodforlife.com to order

Food for Life products online or to find a store near you. *Written by Whitney Blomquist, VRG intern.*



Cuckoo for Coco

Coco-Roons are raw coconut 'macaroons' that come in six different flavors – Apple Pie, Brownie Cacao Nib, Lemon Pie, Almond and Strawberry, and Vanilla Maple. All these flavors have six core ingredients: raw unsweetened coconut, raw almond flour, unfiltered maple syrup, raw cold-pressed coconut oil, vanilla extract, and Himalayan crystal salt. With these base flavors alone, the taste is very similar to marzipan, and this is especially evident in the Vanilla Maple and Cacao Nib flavors. The Lemon Pie Coco-Roon tastes exactly like your favorite kind of lemon pastry; it brings all the sweetness of lemon without the tartness. The Almond and Strawberry "PB & J" has a very faint strawberry taste that compliments the almond nicely.

These are great for occasional treats or vegan athletes looking for a quick energy boost. Coco-Roons are also advertised as being vegan, kosher, gluten-free, organic, and suitable for diabetics. To order Coco-Roons online or see if Coco-Roons are sold near you, look on their website, <http://mycocoroons.com/>. *Written by Valerie Shore, VRG Intern.*



Snacks for Adventurous Spirits

Primal Spirit Foods has created meatless jerky delicious enough to satisfy carnivores and vegetarians alike. Their vegan, kosher line of jerky strips is all-natural and cholesterol-free, and comprised mainly of soy, seitan, and shiitake mushrooms. They are the perfect snack to tuck in a backpack for an outdoor adventure. Six dynamic flavors are offered, including Thai Peanut and Hickory Smoked. These chewy treats are sure to keep you feeling powerful on a hike, and energized during a long day at the office. Contact Primal Spirit Foods at: RR1 Box 314 Limestone Hill Road, Moundsville, WV 26041; (304)-845-1810. For additional information and a listing of retailers, visit the company's website: <http://www.primalspiritfoods.com/index.php>. *Written by Amanda Matte, VRG intern.*



Cruelty-Free Makeup Brushes

The softness of the bristles will have you doing a double take, but rest assured; all 11 of the Obsessive Compulsive Cosmetics makeup brushes are 100 percent vegan. These pro-quality synthetic tools are crafted from nylon and taklon and do not sacrifice quality application for cruelty-free beauty. Brush #001, the Large Powder Brush, will quickly become your all-over every day favorite for loose and pressed powders, while Brush #009, the Angle Brush, is built for precision and detail and is great for liner.

This sleek set is a must-have for animal lovers who want an ethical way to create a flawless finish. OCC's full line is available at their flagship store on the Lower East Side of Manhattan at 174 Ludlow Street or on their website, www.occmakeup.com. *Written by Samantha Gendler.*



VEGETARIANISM: A GUIDE FOR THE PERPLEXED

By Kerry Walters

Kerry Walters is a philosophy professor and author. This new work is not light reading; however, it is perfect for college classrooms.

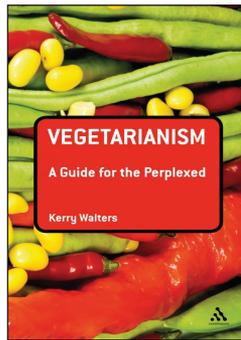
You'll find various arguments for vegetarianism from ethical vegetarians, as well as hear words from their critics. Readers will be able to observe the strengths and weaknesses of each point of view. Discussion centers on the issues of compassion, rights, interests, eco-feminism, environmentalism, anthropocentrism, and religion in relationship to vegetarianism.

Some of the better known individuals sharing their point of view include Tom Regan, Peter Singer, and Carol Adams. They agree on certain points and disagree in some areas. Regan feels "animals need a model that grants them rights based on their possessing inherent rights." Singer states, "Pains of the same intensity and duration are equally bad, whether felt by humans or animals." Adams points out that all forms of exploitation are interconnected with one another. To her, "Patriarchal dualism exploits women and people of color in ways similar to its exploitation of animals and nature."

Philosopher Mary Midgely states that "the diets of meat-eaters and vegetarians reflect two different ways of thinking about the world and one's place in it." To her, diets are never neutral. Readers soon discover that the first factory farming of domesticated animals really got off the ground in World War II, when huge quantities of poultry were raised to feed the troops.

In the United States today, 99% of poultry and 98% of egg-laying hens are factory farmed. Once hens are no longer producing eggs "efficiently," they are slaughtered for pet food and animal feed. Readers also learn that the litter from chicken houses is fed to cattle and that most veal calves come from dairy factory farms. Additionally, "Food animals excrete slightly over 2 billion tons of hard and wet manure each year, equivalent to ten times the amount of human waste produced in the same time period."

One of the best known modern defenses of a reference for life philosophy comes from Albert Schweitzer.



He infers, "that every living thing is ... imbued with a deep-seated urge to live." To him, this makes life sacred. Historically, Indian Hinduism is the oldest religious tradition to defend vegetarianism as a spiritual duty. Even though fewer than a third of Indian Hindus are vegetarian, "abstention from the flesh of animals is explicitly advocated in the Laws of Manu, codified between 200 BCE and 100 BCE." Interestingly, emphasis is put on the spiritual purity of humans rather than the welfare of animals. Buddhists, on the other hand, tend to focus on either the kinship of all living things or on compassion for animal suffering.

***Vegetarianism: A Guide for the Perplexed* (ISBN978-1-4411-0350-5) is a 210-page hardcover book (also available in paperback). It is published by Continuum International Publishing Group. You can purchase this book online.**

Reviewed by Debra Wasserman.

VEGAN SANDWICHES SAVE THE DAY!

By Celine Steen and Tamasin Noyes

I'm always looking for sandwich ideas and this new book offers 101 creative recipes. Start off with breakfast sandwiches, including Berry-Stuffed French Toast Pockets and Maple-Nut Pie Wafflewich.

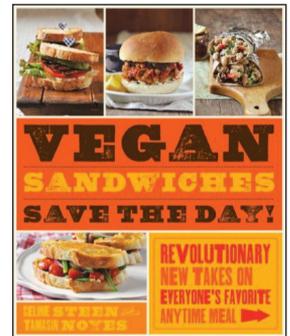
Next, you can move on to topless sandwiches, including Hollandaze'd Asparagus Rounds, Navajo Tacos, and Cabana Cheese Sandwiches. Chilled sandwiches include French Tofu Salad with Grapes, Tempeh Arugula Caesar Wraps, and Sushi Soy Wraps.

Classic deli sandwiches include One World Reuben and Pittsburgh Steak Sandwiches. Other unique sandwich suggestions include Pav Bhaji, Carnitas Sandwiches, Ethiopian Wraps, and Chow Mein Sandwiches. Travel friendly sandwiches are indicated.

Sweet sandwich ideas are Oreo Wafflewiches, Mango Butter & Ginger Whoopie Pies, and Peanut Butter Brownie Sandwiches.

Color photos are included in this cookbook; however, there are no nutritional analyses.

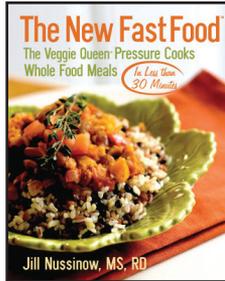
***Vegan Sandwiches Save the Day!* (ISBN 978-1-59233-525-1) is published by Fair Winds Press. It is 192 pages and retails for \$19.99. You can purchase it online or at your local bookstore. Reviewed by Debra Wasserman.**



THE NEW FASTFOOD

By Jill Nussinow, MS, RD

Jill Nussinow's new book focuses on vegan recipes made with a pressure cooker. These whole food meals can all be prepared in less than 30 minutes!



The first three chapters of this cookbook teach you everything you'll need to know to prepare dishes in a pressure cooker. For example, suggestions are offered to help you buy the right pressure cooker to meet your own needs. Also, helpful charts tell you how much time it takes to prepare various grains and vegetables using this equipment.

Chapter four teaches you how to prepare a wide variety of grains in a pressure cooker. Recipes include Curried Rice and Lentils and Fruited Wild Rice. Chapter five offers vegan-based dishes, including Middle Eastern Chickpeas with Spinach, and Stewed Baby Lima Beans with Tomatoes.

Vegetables shine as both side and main dishes in chapter six. Try Orange Scented Beet Salad; Orange Glazed Broccoli with Carrots and Kale; Maple Vinegar Braised Parsnips; Tempeh, Potatoes and Broccoli; or Thai Summer Vegetable Curry.

Chapters seven and eight show you how to prepare soup, stew, chili, and other main courses. You can prepare Thick and Creamy Potato Leek Soup; Tibetan Squash

and Garlic Soup; Spicy West African Sweet Potato, Tomato and Groundnut Stew; Summer White Bean Chili; and Vegetable Tagine.

Finally, chapter nine provides dessert recipes including Coconut Almond Risotto, Triple Berry Bread Pudding, and Squash Custard. Nutritional analyses are not provided; however, the recipes are not high in fat.

The New FastFood (ISBN 978-0-9767085-1-3) is 224 pages. It is published by Vegetarian Connection Press and retails for \$19.95. You can purchase this book online at www.vegetarianconnection.com. Reviewed by Debra Wasserman.

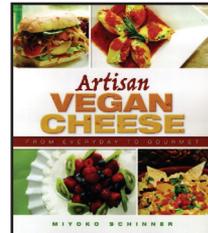
ARTISAN VEGAN CHEESE

By Miyoko Schinner

Miyoko previously owned a vegan food company and authored several vegan cookbooks. Her latest book, *Artisan Vegan Cheese*, once again shows her creative talents.

Please note: Many recipes take time to prepare and are not quick-and-easy. Cheese preparation, after all, is an art. Also, many recipes in this book are nut-based and some are high in fat. That said, be sure to try her Meltable Muenster, Macadamia Ricotta, Soft Gruyère, Air-Dried Gouda, and Smoked Provolone.

You will also find recipes for cheese sauces such as Alfredo Sauce and Fondue. Next, find first courses and small plates, including Caprese Salad and Artichokes Stuffed with Almonds and Cheese. Entrées and accom-



paniments include Classic Baked Macaroni and Cheese, Stuffed Shells, Cheese Gnocchi, Potatoes Gratin, Spanakopita, and more.

Finally, enjoy dessert items such as Raspberry Mousse, Pumpkin Cheesecake, Tiramisu, and Chocolate-Chestnut Cannoli.

Artisan Vegan Cheese (ISBN 978-1-57067-283-5) is a 150-page book. It is published by Book Publishing Company and can be purchased from The Vegetarian Resource Group online at www.vrg.org/catalog/. Reviewed by Debra Wasserman.

GRILLING VEGAN STYLE

By John Schlimm

If you enjoy grilling and are looking for some new creative vegan recipes, this book is for you. You can prepare Golden Tandoori Seitan, Fiery Baby Artichokes, String Bean and Arugula Salad, Portobellos with Roasted Leeks and Spinach, Homemade Vegan Worcestershire Sauce, Italian Herb Burgers on Focaccia, Grilled Corn on the Cob with Piquant Sauce, Maple-Soy Tempeh over Rice, Grilled Peaches with Raspberry Sauce, and so much more.

You will also find grilling resources and color photos.

Please note: Nutritional analyses are not provided and liquor is used in some recipes.

Grilling Vegan Style (ISBN 978-0-7382-1572-3) is a 240-page book. It is published by Lifelong Books and retails for \$20.00. Look for this book in your favorite bookstore or online. Reviewed by Debra Wasserman.



Quick Breakfast ...in a mug or travel cup!

by Nancy Berkoff, RD, EdD, CCE

Breakfast in a mug can be just one part of your morning meal, sipped leisurely during an early morning class or meeting; or it can be a gulp-able meal unto itself, taken on the dash.

If you truly don't have 'time to chew' in the morning, the blender is the answer. Build a meal-in-a-cup the night before. Load the blender or food processor with fruit, tofu, soy yogurt, applesauce, or juice. Refrigerate your ingredients in the blender canister overnight. Then, just blend and go in the morning.

*Licua*dos, a delicious Central American beverage, can be made ahead of time and enjoyed in the morning. *Licua*dos traditionally contain milk and sugar or honey and fresh fruit. Instead, try rice, almond, or vanilla soy milk combined with orange juice concentrate, or maple syrup and fruit to make your own vegan version. Banana and papaya are popular flavors, as are mango, pineapple, melon, prickly pear (cactus fruit), carrot and even Mexican chocolate and cinnamon. Think about creating a *mariposa* (butterfly) *licua*do that is light as a feather with melon, pineapple, and mango. Purchase frozen chunked fruit or seasonal fresh fruit to blend for your own *licua*dos.

If you have a bit more time, stock your refrigerator or pantry with fresh whole fruit, bagged nuts or seeds, bagged cold cereal or granola, or dried fruit; you can leave the house with a smoothie in one hand and a healthy chew-able in the other.



For a change of pace, and a fast breakfast, prepare steel-cut oatmeal in your rice cooker, using a three to one ratio (3 parts water to 1 part oats; such as $\frac{3}{4}$ cup water to $\frac{1}{4}$ cup oats) the night before. When the oats are cooked, portion into transportable covered dishes. Top with raisins, nuts, wheat germ or sliced peaches, or whatever favorite topping you love, and place in the refrigerator. In the morning, you can microwave for a minute or two, mix, and you have a hot meal! This also works well with brown rice, barley, and quinoa.

What to stock for a fast morning smoothie:

Fresh produce: bananas, grapes, carrots, celery; any seasonal fruit will work.

Refrigerated stuff: soy, almond, coconut, rice, or hemp vegan milk of your choice; soy yogurt; soy sour cream; and soft silken tofu.

Frozen ingredients: strawberries, blueberries, mango chunks; juice concentrates; frozen soy, coconut or rice ice cream of your choice.

Pantry: applesauce, wheat germ, nutritional yeast, dried fruit, cocoa powder, maple syrup, soy or rice milk, juice.

Combination suggestions:

Creamy Smooth: $\frac{1}{2}$ cup fruit-flavored soy yogurt, $\frac{1}{2}$ cup vegan milk, $\frac{1}{2}$ banana, 1 Tablespoon nutritional yeast, 1 teaspoon thawed orange juice concentrate

Harvest Apple: $\frac{1}{2}$ cup tofu or plain vegan yogurt, $\frac{1}{4}$ cup applesauce, 1 Tablespoon thawed apple juice concentrate, $\frac{1}{4}$ cup vegan milk, sprinkle of cinnamon

Potassium Plus: carrot juice, $\frac{1}{4}$ cup orange juice, $\frac{1}{2}$ banana

Sunny: $\frac{1}{2}$ cup orange juice, 2 ounces pineapple juice, $\frac{1}{2}$ banana or 2 ounces of tofu or vegan yogurt, 3 ounces strawberries, 1 Tablespoon wheat germ

Ginger-Peachy: $\frac{1}{2}$ cup sliced peaches, $\frac{1}{4}$ cup orange juice, 2 Tablespoons carrot juice, dash of maple syrup, dash of ginger

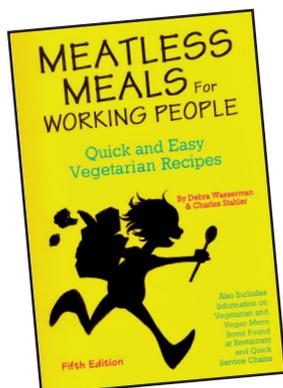
Apples Plus: apple cider blended with applesauce, apple juice concentrate, raisins, cinnamon

Banana Split: hot or cold milk blended with banana, berries, pineapple, cocoa powder (or chocolate syrup)

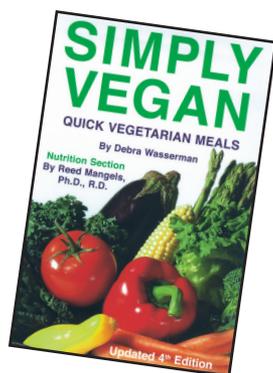
What the Bunny Knows: carrot juice blended with banana, celery, wheat germ, orange juice concentrate

VRG Catalog

Books

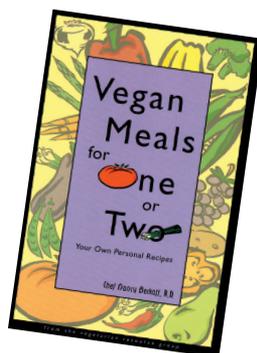


Meatless Meals for Working People – Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a 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 95,000 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.

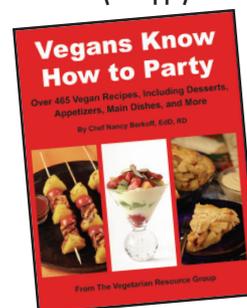
Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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, Polish Stuffed Cabbage, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

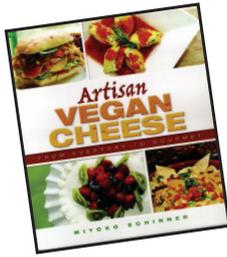
Vegan Passover Recipes (\$6) by Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.

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.)

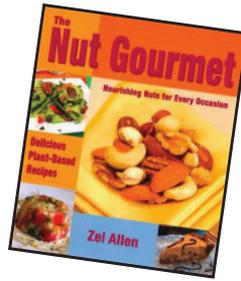


Vegans Know How to Party (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also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

Vegan 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 dishes such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.



Artisan Vegan Cheese (\$19.95) by Miyoko Schinner. In this 150-page book, learn how to make vegan cheese at home. You'll find recipes for artisan cheeses, meltable cheeses, cheese sauces and fondue, sweet cheese dishes, and much more. Some of the recipes take time to prepare others are fairly instant to make. Keep in mind that cheese preparation is an art. The book also has nutritional analyses and gorgeous color photos.



The Nut Gourmet (\$19.95) by Zel Allen. This cookbook proves that nuts can be served any time of the day. Prepare Pistachio Pea Pate as an appetizer, Banana Pecan Pancakes for breakfast, Sweet Potato Waldorf Salad, Walnut Stuffed Eggplant, Tomato Cashew Pasta Sauce, Cherry Almond Mousse... (256 pp.)

Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique and good-tasting vegan fish and seafood dishes. Inside these 96 pages you will learn about cooking with vegan 'fish,' websites offering vegan 'seafood' products, and info about omega-3 fatty acids. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, 'Tuna' Salad, and much more!

Free Children's Handouts

I Love Animals and Broccoli Coloring Book

A coloring book that promotes healthful 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"

Vegetarian Journal

Vegetarian Journal subscriptions are \$25 per year in the U.S., \$35 in Canada/Mexico, and \$45 in other countries.

Reprints from Vegetarian Journal

Non-Leather Shoes, Belts, Bags, etc. (\$5)

Guide to Food Ingredients (\$6)

Order Form

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21203; place your order over the phone at (410) 366-8343 Mon-Fri 9 a.m. to 5 p.m. Eastern time; fax your order form to (410) 366-8804; or order online at our website: www.vrg.org

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Jim Dunn Works with Neglected Youth

by Whitney Blomquist

JIM DUNN, A LONGTIME VRG VOLUNTEER AND vegan/animal rights activist, decided he wanted a change of pace and began tutoring a few evenings a week at HANDY, Inc. (Helping Abused Neglected Disadvantaged Youth), a non-profit organization located in Fort Lauderdale, FL, whose mission is to “embrace, educate, and empower vulnerable youth to become engaged, productive adults.” After observing the buckets of fried chicken being served to the young teens at HANDY, Jim approached the staff with an offer to implement a program that would introduce the kids to the idea of a plant-based diet. The offer was accepted and five 1½-hour sessions were arranged – with Jim and his friend Michelle Ellis developing the program. “We covered all the aspects of why one becomes a vegan, including various health issues, but at this age they are convinced that they’re immortal, so that doesn’t get their attention. We did, however, find that we could approach the health topics by talking about the performance of world class vegan athletes,” Dunn said.

To cover the animal cruelty issues, a talented speaker from the Animal Rights Foundation of Florida was brought in. Dunn noticed that the animal cruelty issues intrigued many of the teens. “I went to the HANDY people up front and said I wanted to show some slides and video of animal brutality – the reality of how animals are treated in the animal agriculture industry – that some people, especially teens, are likely to find disturbing. I thought that if they are old enough to make many of their own food choices, then they should know where that food comes from.” The staff at HANDY completely agreed with Dunn and

these animal issues struck a chord with the teens.

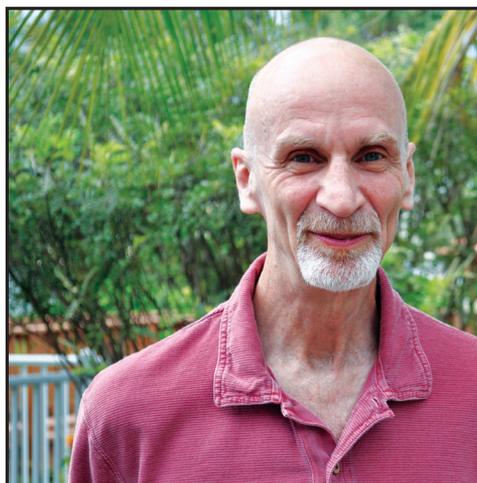
The sessions were varied, but there was no concern about redundancy – the assumption was that these kids may not be exposed to these ideas again anytime soon and the team wanted them to stick. The sessions included presentations, informative YouTube clips, group discussions, and in the last session a “veggie rap”

contest. At the beginning of each session there was a review of the previous session. “This was a good way for us to find out what was sticking and what wasn’t,” Dunn said. “We were a bit surprised to find that they remembered many of the environmental issues that we talked about.”

Ellis, and Jim’s wife Maggie provided vegan food samples at each session that quickly became a highlight of the program for the kids. They loved the vegan chili, the fresh veggies with dips, the tofu fingers, and the fresh fruit parfaits. They cleaned their plates every time and always asked for seconds.

Most of the teen participants were referred to HANDY by county organizations and have extremely challenging home lives. “Many of these kids are in financially stressed situations so we had to explain how to put together a healthy plant-based meal inexpensively while showing them that a vegan diet is much more than just salads and pasta with marinara sauce,” Dunn proclaimed.

Clearly these kids are not now in a position to make big changes to their diets on their own; however, Jim thinks that the seeds of change have been planted and at least some of the kids have a new and enlightened perspective regarding a healthy, environmentally sound and cruelty-free diet.



Jim Dunn: Vegan, VRG volunteer, Activist

Whitney Blomquist wrote this as an intern with
The Vegetarian Resource Group.



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Decoding Sugar Packaging

Which Sugars Aren't Processed with Bone Char?

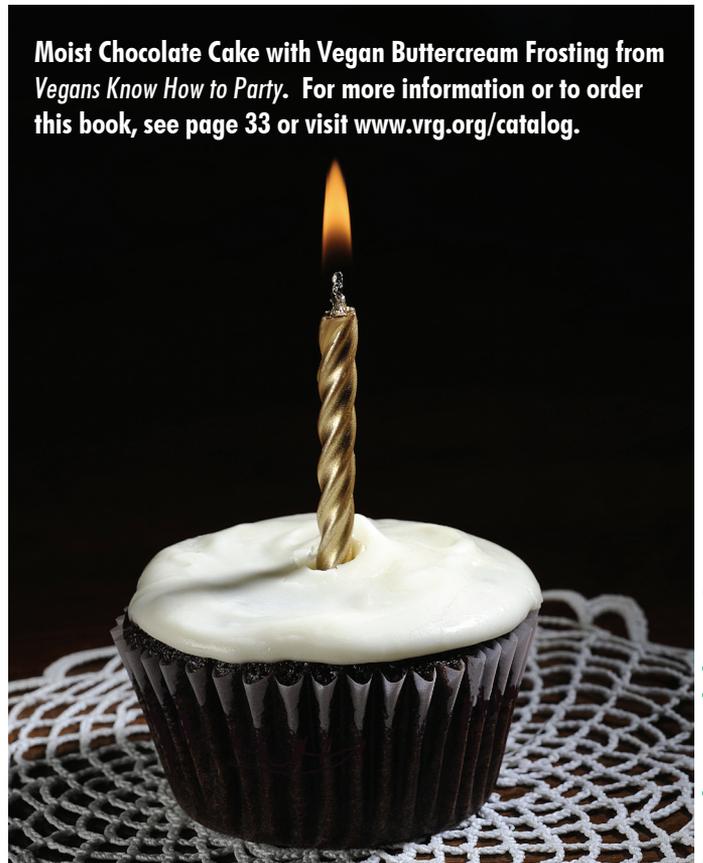
The VRG received an inquiry from a food company about vegan sugar defined as sugar that had not been processed through cow bone char. As we reported in a 2007 update, most United States cane sugar continues to be decolorized through cow bone char.

We spoke with two employees at C&H® Sugar in January 2013 who told us that most of their sugar not certified USDA Organic is processed through “natural charcoal” (i.e., cow bone char). Their Washed Raw Sugar has not been decolorized using bone char, but it is only produced at its Hawaii plant and not available for widespread distribution, especially in large quantities. C&H® directed us to its sister companies: Florida Crystals® and Domino® Sugar. Florida Crystals sugar, conventional and USDA Organic varieties, has not been processed through cow bone char. It is widely available in large and small quantities.

The VRG spoke with Shannon, a customer service representative at Domino® Sugar. She explained that although most Domino® Sugar has been processed through cow bone char, it is possible to tell from the sugar bag label whether it came from one of two of Domino's nine North American plants in which processing does not involve cow bone char. One of the plants is located in Yonkers, NY and the other is in Orlando, FL. The first number/letter on the package code reveals the plant in which the sugar was processed. The number '1' identifies the

Yonkers plant as the processing location. The letter 'X' means the sugar was processed at the Orlando plant. For the complete article, see our blog at www.vrg.org/blog.

Moist Chocolate Cake with Vegan Buttercream Frosting from *Vegans Know How to Party*. For more information or to order this book, see page 33 or visit www.vrg.org/catalog.



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