

Jackfruit Recipes • Breakfast Convenience Foods

VOLUME XXXIV, NO 1

# VEGETARIAN

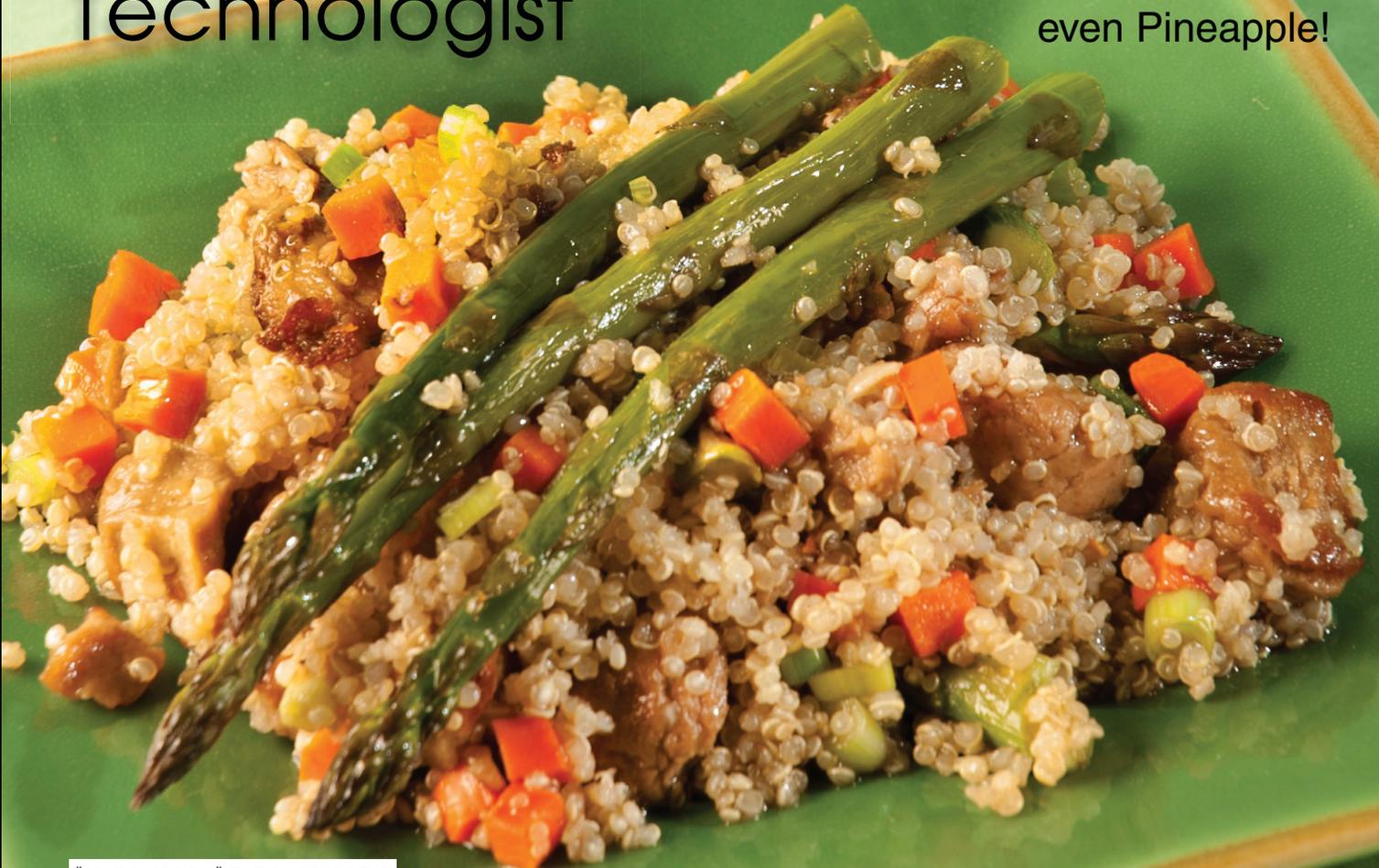
## JOURNAL

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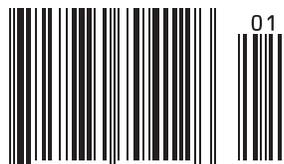
# Roasting

Cauliflower, Cinnamon  
Apples, Kale Chips, and  
even Pineapple!



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## Vegan on a Shoestring:

Can a low-budget vegan menu  
be nutritionally adequate?

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# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline discusses calcium supplements.*

**QUESTION:** I just noticed that the amount of calcium in my supplement has increased to 600 mg per pill. Should I look for a new supplement? L.A., via email.

**ANSWER:** Calcium supplements are typically used by people who aren't sure they're getting enough calcium from their diet. Health care professionals have promoted calcium supplements as a way to reduce the risk of bone loss and fracture that often goes along with getting older. Recently, however, some concerns have been voiced about these supplements. Several studies of large groups of people have found that those people who took calcium supplements, especially those taking a high dose of supplemental calcium, had an increased risk of dying from heart disease or of having a heart attack or stroke. Results have not been one-hundred-percent consistent. Some studies only saw increased risk in men<sup>1</sup>, other studies only looked at women<sup>2,3</sup>, and some saw no increased risk<sup>4,5</sup>. Most studies that did show increased risk with calcium supplement use did not see an increased risk with dietary calcium. We don't know why this is. Some researchers theorize it may be because calcium supplements provide a relatively large amount of calcium at one time while dietary calcium may arrive in the body at varying times because of different rates of absorption and because calcium-containing foods are eaten throughout the day<sup>6</sup>.

We also don't know exactly how calcium supplements might

increase the risk of heart-related problems. One possibility is an increased build-up of calcium in the blood vessels around the heart, which makes these blood vessels more likely to become narrow, thus reducing blood flow to the heart<sup>1,6</sup>. Calcium may also increase blood clotting and make blood vessels stiffer<sup>1,6</sup>, both of which could affect heart function. Use of calcium supplements may also increase the risk of kidney stones<sup>7</sup>.

Calcium is an important nutrient for bone health. While there is debate about when in life calcium intake is most important and even about how much calcium we need, the best recommendations we have come from the Food and Nutrition Board who developed the RDAs. Recommendations call for adults to get 1000 mg of calcium per day; 1200 mg per day is recommended for women age 51 and older and men after age 70.

Because of concerns about the increased risk of heart problems and kidney stones associated with the use of calcium supplements that have been seen in some studies, it seems sensible to get most or all of your calcium from food. Good sources include vegetables such as kale and collards, calcium-set tofu, and calcium-fortified plant milks. Our website – <http://www.vrg.org/nutrition/calcium.php> – can help you make plant-based choices. If you are concerned about the amount of calcium in your diet, a registered dietitian can help you sort this

Continued on page 23...

MANAGING EDITOR: Debra Wasserman  
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 EDITORS: Carole Hamlin, Jane Michalek, Charles Stahler  
 NUTRITION EDITOR: Reed Mangels, PhD, RD  
 NUTRITIONAL ANALYSES: Suzanne Hengen  
 COVER PHOTOGRAPHY: Linda Long  
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Vegetarian Journal is one project of The Vegetarian Resource Group. We are a nonprofit that educates the public about veganism/vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$25 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203, or go to <[www.vrg.org/donate](http://www.vrg.org/donate)>. Additional donations support our outreach and research.

## FEATURES

- 6 • Packaged Vegan Breakfast Foods
- 10 • Roasting Vegetables & Fruits  
Debra Daniels-Zeller provides a roasting chart and delicious dishes.
- 15 • Scholarship Runner-Up
- 16 • Become a Vegan Food Technologist  
Chef Nancy Berkoff provides some insight into this job field.
- 19 • Vegan on a Shoestring  
Karen Leibowitz answers the question "Can a Low-Budget Vegan Menu Be Nutritionally Adequate?"
- 22 • 2014 Essay Contest Winner
- 24 • Cooking with Jackfruit  
Chef Nancy Berkoff explains how to cook with this unique ingredient.

## DEPARTMENTS

Nutrition Hotline	2
Calcium supplements	
Note from the Coordinators	4
Letters to the Editors	5
Scientific Update	8
Notes from The VRG Scientific Department	23
Veggie Bits	28
Book Reviews	30
Vegan Cooking Tips	32
Quick and Easy Couscous Dishes, by Chef Nancy Berkoff, RD, CCE	
Atlanta VRG Dinner	32
Vegetarian Action	35
Registered Dietitian Debbie King, by Karen Leibowitz	
VRG's New Brochures	Back Cover

**NOTE FROM THE COORDINATORS**

**PROMOTING VEGAN BUSINESSES**



Whole Foods Market shared with *MarketWatch* a list of its top-selling items. At that time, these were the 10 most popular items among Whole Foods' exclusive brands, ranked by dollar sales:

- 1) 365 Everyday Value Extra Virgin Olive Oil 100% Mediterranean Blend
- 2) 365 Everyday Value Organic Whole Milk
- 3) 365 Everyday Value Organic Wild Blueberries
- 4) 365 Everyday Value Organic Grade AA Unsalted Butter
- 5) 365 Everyday Value Organic Grade B 100% Maple Syrup
- 6) 365 Everyday Value Organic 2% Reduced Fat Milk
- 7) 365 Everyday Value Organic Boneless Skinless Chicken Breasts
- 8) 365 Everyday Value Grade AA Unsalted Butter
- 9) Whole Foods Market Italian Sparkling Mineral Water
- 10) Whole Catch Wild Alaskan Sockeye Salmon Fillets

It comes as no surprise that this has little to do with being vegan. Except for the blueberries and water, the items are mostly fat and/or animal protein. We guess some customers can discuss the perceived higher quality of those items rather than buying equivalents in a supermarket. Possibly people see these as generic items and will buy the less expensive Whole Foods version rather than the brand name.

This can be looked at in several ways. Selling these products brings in customers and adds income so stores are also able to sell organic produce and vegan foods, which may appeal to vegans. When advocating for businesses to carry healthy vegan items, remember that markets need to use shelf space for what sells. So they have to make the items available as well as build consumer demand. Some people will only patronize restaurants and stores that solely sell vegan or vegetarian items, so as to reward the store's ethical decision making. Others will support mixed businesses so that non-vegans have exposure to vegan food. What's your opinion on this topic?

In this issue, kudos to Debbie King (page 35) who has long promoted vegetarianism in Texas and among health professionals. Thank you to Kitty and Karen (page 19) for ideas on assisting those on low incomes. Thank you to Nancy Berkoff (page 16) for a perspective on promoting veganism through becoming a food technologist. And congratulations to Laura McGuinness, who became vegetarian at ten-years-old, won one of our scholarship prizes, and continues to promote vegan eating.

Whichever role you take on, thank you for working for a vegetarian and vegan world.

*Debra Wasserman & Charles Stahler*

*Coordinators of The Vegetarian Resource Group*

**VRG's MEMORIAL AND HONORARY GIFT PROGRAM**

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

**Memorials & Honorary Gifts**

In memory of: \_\_\_\_\_

In honor of: \_\_\_\_\_

Please send acknowledgement to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

*My name and address:*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

*Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203, or donate at [www.vrg.org/donate](http://www.vrg.org/donate).*

Thanks to the following individuals who helped us personally acknowledge the students who entered last year's VRG Scholarship Contest: Ryan Andrews, Matt Baker, Whitney Blomquist, Priscilla Broadwater, Nina Casalena, Chris Dietrich, Kristi Fecchio, Sonja Helman, Karen Homann, Melissa Krol, Susan Petrie, Jenny Saccenti, Will Snyder, and Amy Vaughn.

A generous donation was made in memory of Maxmillion Sebastian by Liam Goodale.

**THANK YOU, VRG**

Thank you sincerely for your motivated effort against the overlooked tragedy against animals. As responsible activists, we know the innocence, kindness, and intelligence of these creatures, and yet the kindness is often unreciprocated and humans pretend to be of a different origin. After college, I will contribute more financially and in activism. I am greatly inspired and comforted to see another proud organization protecting animals.

Liam G.  
York, ME

**RETIREMENT HOME SERVES VEGGIE FOOD IN NC**

Last month I took my father and a friend of his to visit two retirement facilities in North Carolina. We were unanimous in choosing Fletcher Park Inn in Hendersonville, NC as our favorite. The rooms/suites are very spacious and well-appointed with nice kitchens, one or two bedrooms and bathrooms, and the food....Many to most of the choices were vegan, although cheese/dressings could be added if desired. So they cater to vegans,

vegetarians, and meat-eaters as well, but I'm not sure what they had for the carnivores since I went the vegan route. We all loved the place.

We also found the prices there to be reasonable and there were loads of cheerful young people around helping with everything.  
Catherine A., via e-mail

*Note:* Find a list of Senior Facilities in the USA offering veggie food on our website at: [www.vrg.org/seniors/senior\\_vegan.htm](http://www.vrg.org/seniors/senior_vegan.htm)

**VIDEO CONTEST**

I want to thank the entire team of VRG on having such a wonderful platform where vegetarians can get a lot of information, clear their doubts, and also get inspired. I am very happy that my video won a prize. I am passionate about being a vegetarian and made the video with all my heart. I also am happy that now more people will watch my video and hopefully get inspired to turn vegetarian. It feels good when creativity and hard work gets recognized.  
Prerana, via e-mail

*Note:* Winning videos will be listed in a future *Journal* issue!

**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](mailto:vrg@vrg.org).**

**Coming in the Next Issue:**

**A VEGAN HAWAIIAN LUAU**

**Plus:** Picnic Fare, Quick and Easy Snacks, Veggie Dining in Prague, David Sudarsky and The Vegetarian Site...

VRG's

# Guide to Packaged

# VEGAN

# Breakfast Foods

by Debra Wasserman

Many of us are extremely busy in the morning, getting ready for work, helping children dress for school, and getting everybody out the door.

What is a busy vegan to do? Fortunately, if you don't have time to prepare breakfast from scratch or don't want to serve the same dry cereal again, there are tasty refrigerated and frozen packaged items to try. From wholesome hot oatmeal and kid-friendly

French toast sticks, to savory meat alternatives, here are some suggestions to get your day started off deliciously.

**Amy's Kitchen** manufactures a wide variety of breakfast items, including Toaster Pops in Strawberry and Apple flavors; Organic Cereal Bowls, including Steel-Cut Oats, Cream of Rice, and Multi-Grain; a Breakfast Burrito; a Gluten Free Tofu Scramble Breakfast Wrap; Tofu Scramble in a Pocket Sandwich, and more. See: [www.amys.com](http://www.amys.com)

**Gardein** offers Breakfast Sandwiches and Breakfast Sausages. See: [www.gardein.com](http://www.gardein.com)

**Field Roast** is offering Apple Maple Breakfast Sausages. See: [www.feldroast.com](http://www.feldroast.com)

**Nature's Path** manufactures Buckwheat Wildberry, Chia Plus, Homestyle, Flax Plus Red Berry, Maple Cinnamon, and Pumpkin Spice Frozen Waffles. See: [us.naturespath.com](http://us.naturespath.com)

**Whole Foods 365** offers Shredded Hash Browns, Multigrain Waffles, Apple Cinnamon Mini Waffles, and Meatless Breakfast Patties.

**Turtle Island Foods** makes Tofurky Breakfast Links and Tempeh Bacon. See: [www.tofurky.com](http://www.tofurky.com)

**Cascadian Farms** produces Organic Hash Browns. See: [www.cascadianfarm.com](http://www.cascadianfarm.com)

**Yves** manufactures Meatless Canadian Bacon and Meatless Breakfast Patties. See: [www.yvesveggie.com](http://www.yvesveggie.com)

**LightLife** makes Smart Bacon and Gimme Lean Sausage. See: [www.lightlife.com](http://www.lightlife.com)

**Van's Natural Foods** offers several vegan products, including Gluten Free French Toast Sticks; Cinnamon, Gluten Free Pancakes; Totally Original, Organic Waffles; Flax, Organic Waffles; Blueberry, Organic Waffles; Totally Natural, 8 Whole Grain Waffles; Multigrain, plus many more varieties of waffles. See: [www.vansfoods.com](http://www.vansfoods.com)

**Sol Cuisine** offers Veggie Breakfast Patties. See: [www.solcuisine.com](http://www.solcuisine.com)



# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Global Warming and Diet

Dietary choices have significant effects on greenhouse gas emissions. Since livestock production accounts for as much as half of lifestyle-related greenhouse gas emissions, use of meat or dairy products significantly affects an individual's carbon footprint. This effect is illustrated in two recent studies, one from the U.S. and one from the UK, which compared the estimated greenhouse gas emissions due to vegetarian and non-vegetarian diets.

Researchers from Loma Linda University determined annual greenhouse gas emissions resulting from food choices of people eating what they termed vegetarian diets (meat less than once a month), semivegetarian diets (meat less than once a week), and nonvegetarian diets<sup>1</sup>. Food choices used in this analysis were based on actual food consumption from the Adventist Health Study 2. Compared to nonvegetarian diets, semivegetarian diets reduced greenhouse gas emissions by 22% on average and vegetarian diets reduced greenhouse gas emissions by 29%, also on average. Since this study was of Seventh-day Adventists, even the nonvegetarians ate much less meat than the average American. If we were to compare a vegetarian diet (with no meat) to a typical American diet, it is likely that there would be an even greater reduction in greenhouse gas emissions.

The study from the UK compared the diets of more than 2000 vegans, close to 16,000 vegetarians, 8000 fish-eaters, and almost 30,000 meat-eaters<sup>2</sup>. Estimated greenhouse gas emissions due to dietary choices were more than twice as high for meat-eaters compared to vegans. When adjustments were made so that calories for each diet group were the same, an average 2000-calorie high-meat diet (more than 3.5 ounces of meat per day) resulted in 2.5 times more greenhouse gas emissions compared to an average 2000-calorie vegan diet. Moving from a high-meat diet (and 3.5 ounces of meat isn't really that much meat) to a vegan diet would reduce an individual's carbon footprint by 1560 kg of carbon dioxide equivalents per year. This is a greater reduction than would be seen if a family switched from driving an SUV to a Prius.

Taken together, these studies show how important

dietary choices are in alleviating climate change.

<sup>1</sup> Soret S, Mejia A, Batech M, Jaceldo-Siegl K, Harwatt H, Sabate J. 2014. Climate change mitigation and health effects of varied dietary patterns in real-life settings throughout North America. *Am J Clin Nutr.* 100 (suppl):490S-5S.

<sup>2</sup> Scarborough P, Appleby PN, Mizdrak A, et al. 2014. Dietary greenhouse gas emissions of meat-eaters, fish-eaters, vegetarians and vegans in the UK. *Climatic Change.* 125:179-192.

### Attitudes and Beliefs in Indian and Western Vegetarians: Similarities and Differences

Surveys suggest that western vegetarians tend to be concerned with animal suffering and are aware of the environmental impact of dietary choices. In India, 20-40% of the population follow vegetarian diets, often due to religious motivations. Are western and Indian vegetarians similar to each other in terms of attitudes and beliefs? To investigate this question, researchers asked Euro-American and Indian vegetarians and omnivores to complete several surveys about their food choices and their attitudes and opinions. Euro-American vegetarians were more likely to be concerned about animal welfare and the impact of their diet on the environment than nonvegetarians. There was no difference between attitudes of Indian vegetarians and nonvegetarians; both groups were less likely to have concerns about animals or the diet-environment connection than western vegetarians. A second larger study asked subjects to agree or disagree with statements such as, "Killing and eating animals makes it easier for us to be aggressive and violent" and "Eating meat is spiritually polluting." Indian and western vegetarians were more likely to agree with these statements than were nonvegetarians; the difference between vegetarians and nonvegetarians was especially strong in Indian participants. Indian vegetarians considered themselves to be more religious than did Indian nonvegetarians.

Western vegetarians less strongly endorsed the values of authority (showing respect for authority and respecting the traditions of society) than did western nonvegetarians; the converse was seen in Indian vegetarians. Indian vegetarians were more likely to endorse the values of authority and tradition than nonvegetarians. Generally, vegetarians more strongly identified treating others fairly and caring for others as important values than did nonvegetarians, regardless of cultural group. These results suggest that there are both differences and similarities between western and Indian vegetarians.

Ruby MB, Heine SJ, Kamble S, Cheng TK, Waddar M. 2013. Compassion and contamination. Cultural differences in vegetarianism. *Appetite.* 71:340-348.

### Vegetarian Wanna-bes

Some people who self-identify as "vegetarian" actually eat meat, either occasionally or frequently. Others never eat meat. Are there differences between these groups which, for convenience, we'll identify as "wanna-be vegetarians" and "true vegetarians"? More than 200 participants who identified as being "vegetarian" were recruited for a study. Vegans were not included in this study because the study researcher felt that their inclusion would complicate the interpretation of the results. Participants were asked if they readily or reluctantly consumed animal products including meat, poultry, or fish. If they refused to eat any of these products, they were classified as true vegetarians. If they readily or reluctantly ate at least one of these products, they were wanna-be vegetarians. About 28% of the self-identified vegetarians would eat some meat or fish. Study subjects were asked if their main motivation was health related or due to ethical reasons. True vegetarians were more likely to be motivated by ethics. True vegetarians were more likely to find meat disgusting, offensive, and repulsive. There was no significant difference in beliefs that humans and animals are similar between true vegetarians and wanna-be vegetarians. The study author suggests that either wanna-be vegetarians rationalize their choice to eat meat/poultry/fish by saying that animal products are delicious and satisfying or that their lack of disgust with meat, along with ingrained habits, allows them to eat meat even though their attitudes towards animals are similar to those of true vegetarians.

Rothgerber H. 2014. A comparison of attitudes toward meat and animals among strict and semi-vegetarians. *Appetite.* 72:98-105.

### Vegetarian Pregnancy

A study from Denmark examined more than 81,000 mother-child pairs. The mothers were asked if they were vegetarian when they were pregnant and if they used multivitamins, folic acid, or iron supplements. About 1% of women self-identified as being "vegetarian," although in this study this could mean eating some fish or chicken. "Vegetarian" subjects were also classified further as those who ate fish or chicken, lacto-ovo vegetarians, and vegans. Most women, including vegetarians, took supplements during pregnancy. More than 95% of vegans took multivitamins when they were pregnant. There were no differences between the groups of "vegetarians" or between "vegetarians" and nonvegetarians in the children's development. Children of "vegetarians" actually tended to walk earlier than did children whose mothers were not vegetarians.

Larsen PS, Andersen AN, Uldall P, Bech HB, et al. 2014. Maternal vegetarianism and neurodevelopment of children enrolled in The Danish National Birth Cohort. *Acta Paediatr.* [Epub ahead of print]

### Creatine

Creatine is a nitrogen-containing compound that can be made by the human body. It is also found in meat and fish. Generally, vegetarians have a lower intake of creatine than nonvegetarians. Most of the creatine in our body is found in our muscles. A small amount is found in our brain, where it seems to play an important role in brain function. Researchers from Brazil investigated the amount of creatine in the brains of vegetarians to see if their lower dietary intake affected the concentration of creatine in their brains. The vegetarian group included lacto-ovo, ovo, and vegan vegetarians. An MRI was used to assess brain creatine concentration. There was no significant difference in brain creatine concentration between vegetarians and nonvegetarians. This suggests that vegetarians are able to make enough creatine to maintain brain creatine concentrations that are similar to those of nonvegetarians.

Yazigi Solis M, de Salles Painelli V, Giannini Artioli G, et al. 2014. Brain creatine depletion in vegetarians? A cross-sectional 1H-magnetic resonance spectroscopy (1H-MRS) study. *Br J Nutr.* 111, 1272-1274.

# ROASTING Vegetables & Fruits

BY DEBRA DANIELS-ZELLER

Many people know roasted vegetables taste better, but what does roasting mean? It has a long history, according to Barbara Kafka in *Roasting: A Simple Art*. Roasting started as an “open-air activity with a hand-turned spit revolving over a fire,” and later, when roasting moved indoors with ovens, the techniques changed.

According to most chefs, roasting is mostly high-heat cooking (400 degrees or more) with no water added. A light coating of oil before cooking will help caramelize vegetables and helps prevent them from sticking to the pan. Every vegetable roasts a little differently. Peppers can take broiler heat, but extra-thin slices of vegetables, tomatoes, and leafy greens require lower heat. Kale can burn easily and is best when roasted at 200 degrees. For many vegetables, when the heat is turned down, they cook but don't develop the crisp browned exterior. When water is added or a cover is placed over the vegetables, they steam and lose the sweet tones.

Some chefs suggest parboiling dense vegetables like russet potatoes before roasting to ensure the vegetable is cooked inside when the outside becomes crisp. Parboiling is like blanching and means the vegetables are plunged briefly in a large pot of boiling water (not more than 3 minutes). This technique softens food so when the outside browns the inside is soft. Parboiled vegetables are slightly sweeter, and if you cut vegetables thin, consider parboiling as an option to try, rather than a rule to follow.

When roasting fruit, remember any fruit that can be grilled can be roasted. For best results, choose firm varieties like apples, pears, mangos, and pineapples. Unlike with vegetables, oil isn't necessary to bring out sweetness, and adding liquids to fruit before roasting is encouraged. Garnish or drizzle with chocolate sauce or maple syrup. Try chocolate chips and crushed nuts as a topping.

## ROASTING BASICS:

- Preheat the oven according to the recipe. Lightly oil a cookie sheet or 9 x 13-inch cake pan.

- Cut all vegetables to the same size.
- Blend herbs like rosemary, thyme, sage, or garlic into the oil before coating the vegetables, if desired. One Tablespoon of oil is plenty for a 9 x 13-inch pan of vegetables.
- Spread vegetables in one layer. Whole vegetables take longer than diced vegetables. Add quick-cooking vegetables like zucchini or tomatoes last.
- Turn vegetables when they are lightly browned, about every 10 minutes.
- Add salt and pepper to taste before or after cooking. Vegetables are done when they are fork tender.

Serve the vegetables with salt and pepper or add a sauce or vinaigrette for a gourmet touch. You can also make roasted vegetables the star attractions in main dishes, sandwiches, salads, or soups.

## Roasted Kale Chips

(Serves 4)

Kale chips can burn quickly when roasted at high temperatures. The low temperature in this recipe means the kale won't burn and chips are perfect every time.

**One bunch kale, middle stems removed**  
**1-1½ Tablespoons extra-virgin olive oil**  
**Salt and freshly ground pepper to taste**

Preheat oven to 200 degrees. Lay parchment paper on a baking sheet. Tear kale into bite-size pieces and toss with oil, making sure a little oil coats each leaf. Spread on parchment paper. Sprinkle lightly with salt and pepper. Roast for 30 minutes, turning every 10 minutes to ensure even roasting. If chips are not crisp, continue baking until they become crisp, checking every 5 minutes.

Total calories per serving: 87  
Carbohydrates: 11 grams  
Sodium: 49 milligrams  
Fat: 4 grams  
Protein: 4 grams  
Fiber: 2 grams

## Roasted Roma Tomatoes

(Serves 4)

Slow roasting intensifies flavors. Use these tasty tomatoes for a pizza, pasta dish, casserole, or vegetable soup.

**1 pound Roma tomatoes, sliced in half lengthwise**  
**1 clove garlic, crushed**  
**1-1½ Tablespoons extra-virgin olive oil**  
**Salt and freshly ground pepper to taste**

Preheat oven to 325 degrees. Line a baking dish with parchment paper. Lay tomatoes cut side down on the parchment paper. Blend crushed garlic into the olive oil and drizzle over the tomatoes. Roast tomatoes for 2 hours or until softened and wrinkled. Sprinkle with a little salt and pepper before serving.

Total calories per serving: 51  
Carbohydrates: 5 grams  
Sodium: 6 milligrams  
Fat: 4 grams  
Protein: 1 gram  
Fiber: 1 gram

## Simple Roasted Root Vegetables

(Serves 4)

These make a great side dish. Or try them with salsa and black or red beans on crispy corn tortillas.

**1 rutabaga, small dice**  
**1 turnip, small dice**  
**1 large carrot, cut into matchsticks**  
**1 small sweet potato, small dice**  
**1 small potato, small dice**  
**1½ Tablespoons extra-virgin olive oil**  
**6-7 cloves garlic, peeled and left whole**  
**Salt and pepper to taste**

Preheat oven to 425 degrees. In a large mixing bowl, toss rutabaga, turnip, carrot, sweet potato, potato, olive oil, and garlic. Spread vegetables in a single layer in one or two baking pans. Roast for 30 minutes. Stir or turn vegetables every 10 minutes. Vegetables and garlic are done when they are lightly browned and soft inside. Add salt and pepper to taste before serving.

Total calories per serving: 163  
Carbohydrates: 27 grams  
Sodium: 73 milligrams  
Fat: 5 grams  
Protein: 3 grams  
Fiber: 5 grams

## Whole Roasted Cauliflower

(Serves 4)

This recipe is so easy. All you need to do is trim the outer leaves and stem, rinse, and place the cauliflower on a baking sheet. Use a vegan light Italian salad dressing; a little oil helps brown the cauliflower and makes it sweeter tasting.

**1 small whole cauliflower, washed, stem and leaves trimmed**  
**¼ cup light vegan Italian salad dressing**

Preheat oven to 425 degrees. Lightly brush marinade over the outside of the cauliflower. Roast for 40 minutes, basting the cauliflower every 10 minutes, cooking until the top of the cauliflower is caramelized and golden to brown on top. Cut in slices or sections to serve.

Total calories per serving: 32  
Carbohydrates: 5 grams  
Sodium: 154 milligrams  
Fat: 1 gram  
Protein: 1 gram  
Fiber: 2 grams

## Roasted Maple-Cinnamon Apples

(Serves 4)

This easy dessert tastes like apple pie without the crust. For variety, swap allspice with nutmeg and try this recipe with pears instead of apples. Children will enjoy this dessert served with their favorite frozen treat.

**1 Tablespoon vegan margarine, melted**  
**¼ cup organic brown sugar**  
**1 teaspoon cinnamon**  
**¼ teaspoon allspice**  
**4 apples, peeled, cored, and sliced into ¼-inch slices**  
**2 Tablespoons toasted pumpkin or sunflower seeds (optional)**

Preheat oven to 425 degrees. Combine margarine, brown sugar, cinnamon, and allspice. Place apples in a single layer in a baking dish. Toss with cinnamon sugar mixture. Bake for 25 minutes, turning every 10 minutes. Garnish with pumpkin or sunflower seeds. Serve with vanilla frozen dessert.

Total calories per serving: 121  
Carbohydrates: 25 grams  
Sodium: 34 milligrams  
Fat: 3 grams  
Protein: <1 gram  
Fiber: 2 grams

## Quinoa Salad with Roasted Asparagus

(Serves 4)

Serve this dish as a side or main dish. For a main dish, add 4-8 ounces of sautéed seitan or tofu, cooled and mixed in with the roasted asparagus. How quickly the asparagus cooks in this recipe depends on the thickness of the stalks. Check and turn stalks every 10 minutes so the asparagus doesn't overcook. Photo of dish on front cover.

**1½ pounds asparagus, rinsed, tough stems removed, and cut into 2-inch segments**  
**1 Tablespoon canola oil**  
**1¾ cups water**  
**1 cup quinoa, rinsed**  
**3 Tablespoons extra-virgin olive oil**  
**¼ cup balsamic vinegar**  
**2 cloves garlic, minced**  
**¼ teaspoon crushed red pepper flakes**  
**1 carrot, small dice**  
**¼ cup sliced green onions**  
**Sea salt and freshly ground pepper to taste**

Preheat oven to 400 degrees. Toss asparagus with canola oil, lay in a baking dish, and roast for 20 minutes, or until stalks soften. While the asparagus cooks, bring water to a boil in a small pan. Add quinoa. When water boils again, reduce heat and simmer for 15-20 minutes or until water is absorbed and grains are done. Let grains sit for 5 minutes, then fluff with a fork.

In a small bowl, blend olive oil, balsamic vinegar, garlic, and red pepper flakes. Whisk until well blended and stir into the quinoa-mixture; add carrots, and onions. Add salt and pepper to taste. Top with asparagus spears.

Total calories per serving: 338  
Fat: 16 grams  
Carbohydrates: 41 grams  
Protein: 10 grams  
Sodium: 28 milligrams  
Fiber: 7 grams



## Roasted Brussels Sprouts with Lemon-Dijon Sauce

(Serves 4)

This lemon-mustard sauce turns everyday Brussels sprouts into a gourmet delight. Serve with a vegetable and rice casserole or baked beans and cornbread. Agave nectar can be found in the natural foods section of stores.

**1 pound Brussels sprouts, washed and stems trimmed**  
**1 Tablespoon extra-virgin olive or canola oil**  
**2 Tablespoons Dijon mustard**  
**2 Tablespoons lemon juice**  
**1 teaspoon lemon zest**  
**1 teaspoon agave nectar**  
**¼ teaspoon pepper**  
**Salt to taste (optional)**

Preheat oven to 400 degrees. Place Brussels sprouts in a baking dish. Drizzle with oil, toss, and roast for 30 minutes, stirring and turning every 10 minutes. The sprouts should be browned on the outside and tender on the inside. While the sprouts cook, combine mustard, lemon juice and zest, agave nectar, and pepper. Pour sauce over cooked sprouts and sprinkle with salt to taste, if desired.

Total calories per serving: 93  
Carbohydrates: 12 grams  
Sodium: 210 milligrams  
Fat: 4 grams  
Protein: 4 grams  
Fiber: 4 grams

## Balsamic Roasted Portobello Mushrooms

(Serves 4)

Use the marinade for roasting portobellos in the winter and for grilling them in the summer. You can also use this marinade on cremini or button mushrooms that take about the same amount of time to roast.

**1½ teaspoons canola oil**  
**2 Tablespoons balsamic vinegar**  
**2 Tablespoons orange juice**  
**1 clove garlic, pressed**  
**Salt and pepper, to taste**  
**4 portobello mushrooms, stems and gills removed**

In a small bowl, blend oil, vinegar, orange juice, garlic, salt, and pepper. Add mushrooms to mixture and baste. Use a plastic bag for this if you like. Allow mushrooms to marinate for 1 hour.

Preheat oven to 450 degrees. Place portobellos in a baking dish, stem side down. Pour marinade over portobellos. Roast for 6 minutes. Turn, baste with marinade, and roast the reverse side for 6 minutes. Serve portobellos on buns with your favorite burger toppings and condiments.



Total calories per serving: 49  
Carbohydrates: 7 grams  
Sodium: 7 milligrams  
Fat: 2 grams  
Protein: 2 grams  
Fiber: 1 gram

## Orange Roasted Pineapple with Chocolate and Coconut Sorbet

(Serves 4)

Chocolate and pineapple pair up in this easy-to-make, decadent-tasting recipe. Wholesome Sweeteners dark brown sugar is a vegan product, so look for it in the natural foods section at your local grocery store. A small scoop of coconut sorbet really makes this recipe shine. This recipe also works well with lemon sorbet.

**1 small pineapple, cut into wedges, ends, peel, and tough core removed**  
**¼ cup dark brown organic sugar**  
**½ cup fresh orange juice**  
**¼ cup roughly chopped toasted almonds (optional)**  
**2 cups coconut sorbet**  
**¼ cup dairy-free chocolate topping**

Preheat oven to 450 degrees. Place pineapple wedges in a baking dish. Combine brown sugar and orange juice in a small bowl and spoon half over pineapple, reserving half to baste the pineapple as it roasts.

Roast for 10 minutes, turn, brush with marinade, and roast another 10 minutes. Repeat until pineapple is tender on the inside and browned on the outside. Serve with a scoop of coconut sorbet. Garnish with almonds and drizzle with chocolate topping.

Total calories per serving: 294  
Carbohydrates: 64 grams  
Sodium: 28 milligrams  
Fat: 4 grams  
Protein: 1 gram  
Fiber: 2 grams

**Debra Daniels-Zeller is a frequent contributor to *Vegetarian Journal* and author of the *Northwest Vegetarian Cookbook*.**

# ROASTING Chart

Vegetable	Time*	Temperature (Fahrenheit)
Asparagus	20 minutes	425°
Artichokes (baby, cut in half)	15 minutes	450°
Beets, small dice	30 minutes	400°
Brussels sprouts (small, whole)	35 minutes	400°
Cauliflower (whole)	45 minutes	425°
Carrots (matchsticks)	30 minutes	425°
Fennel (wedges)	20 minutes	425°
Eggplant (½-inch slices)	30 minutes	425°
Garlic (cut off top/roast whole)	35 minutes	425°
Jerusalem artichokes (½-inch slices)	15 minutes	500°
Kale	30 minutes	200°
Leeks, sliced in half lengthwise	40 minutes	400°
Mushrooms, button, cremini, turn halfway through	12 minutes	450°
Mushrooms, portobello, turn halfway through	12 minutes	450°
Onions, whole, stem end removed	60 minutes	400°
Onions, cut in half	30 minutes	425°
Parsnips, sliced or cut in half lengthwise	30 minutes	425°
Peppers, whole	45 minutes	400°
Potatoes (diced or fries)	20 minutes	450°
Squash, summer, cut in half lengthwise	20 minutes	425°
Squash, winter, cubed	45 minutes	425°
Sweet potatoes/yams, sliced or cubed	35 minutes	425°
Tomatoes, Roma, cut in half	90 minutes	325°
Tomatoes, Cherry, whole	90 minutes	325°
Turnips, cut in quarters	30 minutes	475°

\*Please note that roasting times are approximate.

## The Vegetarian Resource Group's Runner-Up SCHOLARSHIP

*Laura McGuinness*

Thank you to a Vegetarian Resource Group member who has helped us award an additional college scholarship. See past winners in previous *Vegetarian Journals* online at [www.vrg.org](http://www.vrg.org).

When in high school, Laura McGuinness from California wrote: "I have always adored animals. After reading *The Jungle* by Upton Sinclair, specifically the chapter on how the animals were treated in the slaughterhouses, my compassion for animals prompted my decision to become a vegetarian. When I was 10-years-old, my mother did not take me seriously. Now nearing my 18th birthday, I have been a vegetarian for the past seven and a half years.

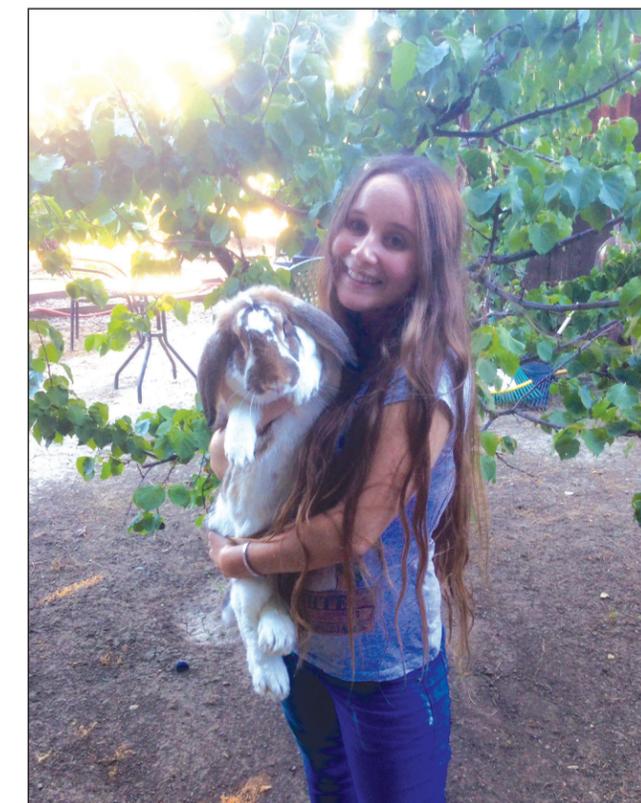
I decided to begin volunteer work with an organization committed to rehabilitating animals from the wild, to help educate others about the importance of treating animals humanely ... My commitment to supporting wildlife has also overlapped my volunteer work with my school activities; as a vegetarian for the past seven years, I felt it necessary to create the James Lick Garden

*"My compassion for animals prompted my decision to become vegetarian."*

Restoration Program to teach fellow students how to maintain a healthy vegetarian diet that respects animal life. I enjoyed watching the kids get excited about their plants and go around trying all the fruits and vegetables they had grown. Watching people who had previously scowled at the thought of vegetarian food realize that vegetables can actually be good was extremely rewarding to me.

During high school, I started adding vegetarian sidebars to my holiday columns of the school newspaper. Instead of talking about the traditional Christmas ham or the Thanksgiving turkey I gave other advice. Eager to introduce others to my diet, I started bringing in vegetarian food: matzo ball soup, vegan marshmallows, brownies, vegetarian bacon, falafels, tuna noodle casserole without the tuna...

Writing is my second passion. I love to read and write. Literature is a part of my life I could never live



without. And I know that I could use my gift of literature to teach others about the importance of my first passion, animal rights. Reaching these goals would be my idea of the perfect life."

Laura is now attending the University of California at Berkeley, of course still vegetarian, and volunteering writing and editing for The Vegetarian Resource Group.

To see additional scholarship winners and information about the next contest, go to <http://www.vrg.org/student/scholar.htm>.

If you would like to donate towards additional Vegetarian Resource Group scholarships or internships, please donate at [www.vrg.org/donate](http://www.vrg.org/donate).

## How to Become a *Vegan*

# FOOD TECHNOLOGIST

By Nancy Berkoff, RD, EdD, CCE

The food industry has so many aspects, from food trucks to food engineering. If you think you might be more interested in the science rather than the art of the food world, then food technology may be a career option you'd like to explore.

Here are your first cyber-stops for background information on this field:

- Institute of Food Technologists: [www.ift.org](http://www.ift.org)
- Research Chefs Association: [www.rca.org](http://www.rca.org)

You may want to review the “Vegan Chef” article I wrote for Issue Three 2014 of the *Vegetarian Journal*, as research chefs are a combination of chef and food technologist.

From your research, you'll see there are food technologists (also called food scientists) who work in research and development with new products, testing, and quality control, to name a few. There are food technology specialties who work in food packaging, food engineering (work with the machinery that produces food), flavors and fragrances, frozen food chemistry...the list goes on and on.

On your path to food technology, you probably will not specifically pinpoint “vegan food technologist”—that will come after your initial education. After you have completed your education and perhaps a few internships, you can then begin to focus on a specific aspect of food technology. For example, some food technologists may dedicate their entire career to soy foods or to cereal chemistry. Once you have acquired your qualifications, you'll then be able to decide which companies or specialties would work best for you in your vegan food career.

There are many roads to a food technology career. Food techs may have majored in foods and nutrition, biology, organic chemistry, food microbiology, food science or food technology, among other majors. It is possible to pursue undergraduate and graduate degrees in food science. In addition to general science courses, food science courses will help you understand how to apply science to food safety, preservation, processing, packaging, and use of ingredients.

Although professional licensure is not required by law, (such as what you need to be a registered nurse or a certified teacher), the Institute of Food Technologists and the Research Chefs' Association offer professional certifica-

tion, as do other professional organizations, such as the American Academy of Cereal Chemists. Certification generally requires a mixture of education and experience, so you'll work as a food technologist prior to obtaining a certification.

There is a wide variety of employment settings for food technologists. Corporate food companies cover the spectrum from fast food chain to elegant frozen entrée development. Many national restaurant chains, such as Olive Garden or Cheesecake Factory, have corporate food technologists, usually working within the research and development area, and may be developing new menu items, recommending ingredients and products for menus, and assisting in corporate training.

Corporate food technologists may work with chefs and food service directors to develop and implement “healthy” menu items and recommend ingredients and products. They are available for consumer questions and participate in writing corporate policy and procedure, as well as media releases.

Food technologists develop, test, and oversee the production of fresh and processed products. For example, Chef Wolfgang Puck worked with a team of food technologists to translate his famous pizzas from a fresh product to a frozen product that stands up to the rigors of shipping and reconstituting by the consumer.

Food technologists develop fresh and processed products for restaurants to ensure consistency of taste and quality. For example, a national pizza chain may be known for its great pizza sauce. The sauce was developed in small quantities by a research and development chef and then translated into a mass-produced product by a food technologist. Labeling information, including nutritional analysis, might be developed by a research and development food technologist.

Here is a rundown on some of the many factors you'll want to consider for a food technology career:

**LOCATION:** You'll need to be located in an area where food is produced. This could be a large farm area where, for example, food companies decide to produce canned tomato products very close to where the tomatoes are grown, or an urban area near food labs, test kitchens, or urban food manufacturing plants.

**HOURS:** Depending on the corporate culture, food technology can be more 9-to-5 hours than other aspects of the food industry, depending on deadlines, manufacturing parameters, etc.

**EDUCATION:** You'll definitely want to be interested in food, math, science, and computers! Food technology is more science than art and more ‘test tubes’ than ‘soup pots.’ There is certainly room for creativity and passion in food technology, but you'll need to be able to translate that wonderful pot of sauce into formulas, packaging applications, and quality control considerations.

**TIME CONSIDERATIONS FOR TRAINING:** If you have the time, you'll get a B.S., M.S., and PhD in food science. Some food technologists enjoy the university and research setting. Earning several food science degrees is a useful networking technique for getting situated in the education or research aspect of food science.

If you don't have the time, you can find a university in your area that has a food science department. They often have extension services for small businesses. Services can include short technology courses and assistance from extension agents. Taking short courses and seminars may help you decide what your emphasis might be once you have completed your basic biology, chemistry, food science, computer, and business courses. Rutgers University, University of California Davis, University of Michigan, University of Florida, and Iowa State University are just a few of the schools offering such services.

Here are links to several university food science programs:

- Rutgers University – <http://foodsci.rutgers.edu/>
- University of California Davis – <http://foodscience.ucdavis.edu/>
- Cornell University – <http://foodscience.cornell.edu/>
- Iowa State University – <http://www.fshn.hs.iastate.edu/>
- Michigan State – <http://www.fshn.msu.edu/>
- University of British Columbia – <http://www.landfood.ubc.ca/graduate/programs/food-science-msc>
- University of Manitoba – [http://umanitoba.ca/afs/food\\_science/](http://umanitoba.ca/afs/food_science/)

Here is a snapshot of a “newly minted” food technologist:

Benjamin Ross is a junior food technologist for an East Coast company that develops natural flavors and additives for beverages, health bars, and cold cereals. His company has ridden the crest of the functional foods trend.

In the past two years, the company has done a lot of research on applications for soy and botanicals (ginseng, ginkgo, St. John's wort, etc.) in foods.

Benjamin earned his undergraduate degree from Rutgers University in organic chemistry. Before going on to earn his Masters degree, he wanted to work in the industry to get some real-life experience. He had been hoping to get into organic food research and development, but the job market in that area was not open when he started his job search.

His first job after college was as a laboratory technician for a flavor and fragrance company in New York City. Working in New York City was exciting, but he found the work uninspiring after a while. As a lab tech, he performed basic tests on a routine basis (such as pH, soluble solids and color measurements), maintained the lab equipment, and spent some time on computers.

One of his friends was working for another company and suggested he apply for a position there. It required a basic understanding of nutrition, computers, and laboratory skills. Benjamin had taken an undergraduate nutrition class and one introductory food science class. Along with his chemistry background, he qualified for the job. His current responsibilities include developing ideas for new products, working up templates and protocols and budgets for lab experiments on the computer, experimenting with new flavors and additives to establish their properties, coordination of organoleptic evaluations (taste tests) for proposed products, and participating as a team member for new product development. His current project is a soy-enhanced carbonated fruit juice. Benjamin is enjoying his position and hopes to advance to senior food technologist.

**HIS ADVICE:** If you're interested in developing food products, be sure to take basic chemistry, nutrition, and food science, and supplement these with courses that offer experience with laboratory techniques, applied nutrition, and the industrial side of food science.

**HOW TO GET THERE FROM HERE:** An undergraduate degree in nutrition with a minor in food science, or vice versa, would start you on the road that Benjamin is on. Food technologists must have a firm understanding of the nutritional, chemical, and physical properties of food, along with an understanding of consumer trends and business management. You have to be comfortable with science and nutrition.

Food technologists can obtain advanced degrees, specializing in certain areas such as packaging, fresh products,

or nutraceuticals (healthful ingredients naturally found in food). Food technologists can work in research and development and quality control labs, in test kitchens for food corporations, in restaurant and hotel corporate kitchens, and in private and public food and health labs.

A recent Southern California Institute of Food Technologists (IFT) newsletter listed the following openings for food technologists: quality assurance supervisor for a baking company, university faculty positions to teach food science and foods and nutrition, sensory lab technician, food scientist for a nutraceutical company, technical sales people, and research and development management. IFT Junior membership is available for students and regular membership for food professionals. Food technologists who distinguish themselves can receive professional member or fellow status, as well as different certification levels. The IFT publishes two monthly magazines, *Food Technology* and *The Journal of Food Science*. The IFT is very supportive of undergraduate and graduate students. Many larger cities or areas have their own branches of the IFT that offer networking, scholarship information, and research internships for students.

#### FINANCIAL CONSIDERATIONS FOR SALARY:

One thing we can promise about the food industry is that there is very little conformity as to job descriptions or salaries. Salaries will depend on the type of operation, such as corporate hotel versus small independent versus part-time caterers, franchise operations versus free standing restaurants, etc. You may be able to get a feel for the local economy and pay rates by looking through some of the larger employment websites, such as Monster.com.

Aspects to consider, beyond salary, are benefits (health, sick days, vacations, tuition reimbursement, and chances to travel), opportunities to learn and advance, ethics and business philosophy, working conditions, neighborhood, willingness to work with your schedule, and job security.

There are many opportunities in a food technology career, including opportunities to travel extensively or to be situated in a community. You may want to stay with one ingredient for a lifetime or to work with a cornucopia of products on a short-term basis.

Nancy Berkoff, RD, EdD, CCE is The Vegetarian Resource Group's Foodservice advisor. She is a chef, registered dietitian, and has a degree in food technology.

# VEGAN on a Shoestring

## Can a Low-Budget Vegan Menu Be Nutritionally Adequate?

By Karen Deibowitz

Former VRG intern Kitty Jones wrote a blog post, "Being Vegan and Saving Money" (<http://www.vrg.org/vrgnews/2014jan.php>), which refutes the misconception that following a vegan diet is expensive. She demonstrates that eating a plant-based diet is not difficult for someone on a budget. She buys her food from bulk bins or in bulk portions, from farmer's markets, or finds free food from food pantries and organizations like Food Not Bombs. She buys powdered soy and rice milks and even makes her own liquid nut milks. She cooks her foods at home in large batches and enjoys potlucks with friends rather than eating out or buying pre-cooked foods.

In her article, she includes a rough estimate – and a delicious composition – of her weekly food intake while on a limited income. It consists of a variety of fruits, vegetables, grains, legumes, and a daily 1 Tablespoon to 1 cup serving of vitamin B12-rich nutritional yeast.

While expenses are important, it is always critical to keep health in mind as well. Recommended Dietary Allowances (RDAs) provide general and age/weight/sex/life-style-specific guidelines for daily nutritional intake. The following sections contain Dietary Guidelines and RDAs for a college-aged female of normal height and weight, who is not pregnant or lactating, and lives an active lifestyle. I have asked Kitty for more specific portion sizes of the foods mentioned in her blog posting. With this, we can see how Kitty's diet compares to federal guidelines and recommendations, and decide whether a vegan diet that is low income is also wholesome. For the nutrient content of foods, we used the USDA National Nutrient Database for Standard Reference.

### Dietary Guidelines

"Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas." – USDA

Kitty's diet consists of a wide variety of vegetables ranging from kale and arugula to sweet potatoes and white beans.

"Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D." – USDA

Because Kitty's diet consists of all plants, it is loaded with dietary fiber. The bananas, honeydew melon, white bean chili, and several other foods contain potassium. Kale and fortified tofu (Vitasoy Organic Nasoya Tofu Plus Firm was used for this analysis) also provide calcium, as well as vitamin D in some tofu brands.

### Recommended Daily Allowances

I have included calories, fat, protein, and selected vitamins and minerals.

### Calories

**Recommendation:** 2,278 calories/day based on Kitty's age, gender, weight, height, and activity level

**Kitty's Average:** 2090 calories/day

Kitty consumed an average of 2,090 calories per day, ranging from 1,448 – 2,963 calories on a given day. Although Kitty's average intake seems to be about 200 calories less than her calculated calorie recommendation, Kitty's weight is stable. Since she's not losing weight, she's probably getting enough calories. It is a good idea to consume more calories on very active days.

### Fat

**Recommendation:** 51 – 89 grams fat/day based on Kitty's age, gender, weight, height, and activity level

**Kitty's Average:** 37 grams/day

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# Kitty's Menu

## Monday:

- steel-cut oatmeal (¼ cup dry)
- 5 apples
- 5 chard wraps (with ½ sweet potato, miso, arugula, garlic)
- brown rice bowl (with soy sauce, ½ sweet potato, plantain)
- 3 slices of whole-wheat bread
- 5 cups of salad
- ¼ cup fortified nutritional yeast

## Tuesday:

- steel-cut oatmeal (¼ cup dry)
- 10 homemade onion rings
- 3 apples
- 2 bananas
- 5 cups of salad
- 2 whole-wheat tortilla wraps (brown rice, black beans, cashew cheese, lettuce)
- 2 Tablespoons fortified nutritional yeast

## Wednesday:

- sweet potato soup (with ½ sweet potato, kale, brown rice, and 2 cups garbanzo beans)
- 5 cups of salad
- 3 whole-wheat pancakes
- 2 cups chickpea saag (spinach or other greens)
- ½ bag tortilla chips and 1 jar of salsa
- 2 cups red bean chili
- ¼ cup fortified nutritional yeast

Kitty consumed an average of 37 grams of fat per day, ranging from 21-60 grams. A suggestion for someone slightly under the recommended amount of fat intake would be to consume more nuts and nut butters. For example, Kitty's meal plan would only need an additional 2 Tablespoons of peanut butter each day to reach the recommended amount.

*"Keep saturated fat to less than 10% of calories [...] keep trans fatty acid consumption as low as possible."* – USDA

Fast food and processed foods – which have substantial amounts of saturated and trans fat – are not the only options for a tight budget! Kitty, while keeping under

## Thursday:

- 3 whole-wheat pancakes
- 2 cups roasted garbanzo beans
- veggie stir-fry (12 ounces of fortified tofu, cabbage, onion, kale)
- 16-ounce kale/banana smoothie
- 2 Tablespoons fortified nutritional yeast

## Friday:

- 1 watermelon, sliced
- 1 honeydew melon
- Sandwich with 2 Tablespoons hummus and kale
- 2 bowls white bean chili
- 3 slices whole-wheat bread
- ¼ cup fortified nutritional yeast

## Saturday:

- 2 bowls Mesa Sunrise cereal (no milk)
- 1 orange
- 2 apples
- 16-ounce kale/banana smoothie
- 4 cups white bean chili
- 12-ounces of breaded/baked tofu
- 2 Tablespoons fortified nutritional yeast

## Sunday:

- About 100 strawberries (throughout the day)
- Sandwich with 2 Tablespoons hummus and kale
- 5 cups of salad (with figs and pistachios)
- Whole wheat cabbage dumplings
- 3 apples
- 2 bowls Mesa Sunrise cereal (no milk)
- Steel-cut oatmeal (¼ cup dry)
- ¼ cup fortified nutritional yeast

budget, eats whole foods and thus consumes virtually no trans fat and very little saturated fat.

## Protein

**Recommendation:** 46 grams protein/day based on Kitty's age, gender, weight, height, and activity level

**Kitty's Average:** 86 grams/day

Kitty eats on average 86 grams of protein, ranging from 55 – 143 grams on a given day. Because Kitty lives an active lifestyle, it is important for her to consume adequate protein to properly repair muscles.

*"Choose a variety of protein foods, which include ...beans and peas, soy products, and unsalted nuts and seeds."* – USDA

Kitty's choice of protein sources come from a variety of plants. Her protein sources are tofu, hummus, white bean chili, black beans, pistachios, cashews, and brown rice.

## Minerals

*Note:* The major sources are listed below, but keep in mind that almost every food plays a part toward getting the recommended amount of nutrients.

### Calcium

**Recommendation:** 1,000 mg calcium/day

**Kitty's Average:** 1,181 mg calcium/day

Kitty's use of calcium-fortified foods and green vegetables helps her to have an adequate calcium intake.

Major sources: breaded fortified tofu, veggie stir-fry with fortified tofu, whole-wheat pancakes (made with soymilk)

### Zinc

**Recommendation:** 8 mg zinc/day

**Kitty's Average:** 7.78 mg zinc/day

Kitty's use of beans and brown rice contributes to her adequate zinc intake.

Major sources: white bean chili, brown rice bowl, tortilla wraps, sweet potato soup

### Iron

**Recommendation:** 18 mg iron/day

**Kitty's Average:** 22.3 mg iron/day

Vegetarians may need as much as 1.8 times the RDA for iron. Because Kitty eats brown rice, beans, and other iron-rich foods, her iron intake is about 1.3 times the RDA for iron.

Major sources: sweet potato soup, red bean chili, white bean chili, chickpea saag, tortillas, breaded fortified tofu

### Potassium

**Recommendation:** 4,700 mg potassium/day

**Kitty's Average:** 4,637 mg potassium/day

Kitty consumes potassium from melons, grains, starchy

vegetables, and legumes.

Major sources: watermelon, honeydew melon, chard wraps, brown rice bowl, white bean chili

## Vitamins

### Folate

**Recommendation:** 400 mcg folate/day

**Kitty's Average:** 674 mcg folate/day

Because of her high consumption of legumes, fruits, and vegetables, Kitty gets an ample amount of folate daily.

Major sources: white bean chili, chickpea saag, sweet potato soup

### Vitamin B12

**Recommendation:** 2.4 mcg vitamin B12/day

**Kitty's Average:** 3.5 mcg vitamin B12/day

Vitamin B12 can be easily incorporated into a vegan diet by using fortified products like fortified tofu, fortified nutritional yeast, and fortified cereals, nut milks, and juices.

Major sources: breaded fortified tofu, vitamin B12-rich nutritional yeast

### Vitamin D

**Recommendation:** 15 IU vitamin D/day

**Kitty's Average:** 3.73 IU vitamin D/day

Vitamin D, an aid in calcium absorption, can come from foods or be absorbed from ultraviolet B light. With just 5-30 minutes of sunlight on arms and legs twice a week, one can stimulate vitamin D production. Kitty spent time in the sunlight every day, sometimes several hours. Her calculated daily average excludes her vitamin D production from sunlight. See link for more information on getting adequate vitamin D from sunlight exposure and foods: [http://www.vrg.org/journal/vj2009issue2/2009\\_issue2\\_vitamin\\_d.php](http://www.vrg.org/journal/vj2009issue2/2009_issue2_vitamin_d.php)

Major sources: breaded fortified tofu, veggie stir-fry with fortified tofu

Karen Leibowitz wrote this article while interning with The Vegetarian Resource Group. She is studying nutrition in college and hopes to become a Registered Dietitian.

# 2014 Essay Contest Winner

## A Privilege, not a Punishment by Hannah Measom, Age 9

All the kids in my gardening club looked at me with “I feel sorry for you” kind of looks when I turned down the chocolate fudge brownies John, one of the kids, brought in for his birthday. Then another kid named Aaron announced, “Hannah doesn’t get to eat yummy stuff because her parents make her eat vegan.”

This was my chance to explain to my club that no one makes me be vegan. It’s my own choice. And yes, when I was a baby, my parents did feed me only vegan food. In fact, I’ve been a vegan since birth. My family and I regularly volunteer at SASHA (Sanctuary and Safe Haven for Animals) farm sanctuary, the Midwest’s largest farm animal sanctuary. At SASHA, I have personally taken care of animals like chickens, pigs, cows, and lambs. I see non-vegan food as disgusting. Just like I would never eat my pet dog or my neighbor’s baby, I would never eat a pig (who is just as smart as a dog), or a baby animal like a



lamb. It is a privilege for me to be vegan.

Suzanna is another girl in my club. She also didn’t eat the birthday brownies, but that’s because she is allergic to dairy. She does feel sad, like she is missing out when she doesn’t eat the brownies. In fact, her mother always brings her an alternate snack. Suzanna feels she didn’t choose to be allergic to dairy. I, on the other hand, feel special enough not to have to eat non-vegan. I choose my way of eating.

The next time we had a club meeting, I brought pictures of some of the animals that live at SASHA farm sanctuary. I told everyone about Lulu, the pig, who rolls over on her back and loves getting her belly rubbed. All the kids were surprised to hear how these animals loved playing and loved life. In fact, the whole club wants to visit the farm sanctuary. I will ask the owners of SASHA farm if I can bring the club there in the near future. Then, perhaps everybody will want to feast only on vegan brownies!

### The Vegetarian Resource Group’s Annual Essay Contest Rules

To enter VRG’s annual essay contest, just write a 2-3-page essay on any aspect of veganism or vegetarianism. Indicate your age range: age 14-18, age 9-13, or age 8 and under. A \$25 prize will be awarded to the winner.

All entries must be postmarked by **Monday, May 2, 2015**, for this year’s contest. Entrants should base their entries on interviews, personal experience, research, and/or personal opinion. You need not be vegetarian to enter. All essays become property of The Vegetarian Resource Group. Only winners will be notified. The winning essay will be published in *Vegetarian Journal*.

Send entries to: **The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203**

Include your name, age, address, phone number, school, and teacher’s name.

## Continued from page 2, Nutrition Hotline...

out. If your dietary calcium intake is low and you can’t meet the RDA through your food choices, a low-dose calcium supplement can help to make up the difference. So, for instance, if your dietary calcium intake hovers around 700 mg per day and you need 1000 mg of calcium, a calcium supplement that provides 300 mg does not seem excessive. Ideally, however, you would meet your calcium needs from food.

Of course, if you already have osteoporosis or have a medical condition that affects your calcium needs, you should discuss calcium supplementation with your health care provider.

<sup>1</sup> Xiao Q, Murphy RA, Houston DK, Harris TB, Chow WH, Park Y. 2013. Dietary and supplemental calcium intake and cardiovascular disease mortality: the National Institutes of Health-AARP Diet and Health Study. *JAMA Intern Med.* 173:639-46.

<sup>2</sup> Bolland MJ, Grey A, Avenell A, Gamble GD, Reid R. 2011. Calcium supplements with or without vitamin D and risk of cardiovascular events: reanalysis of the Women’s Health Initiative limited access dataset and meta-analysis. *BMJ.* 342:d2040.

<sup>3</sup> Bolland MJ, Barber PA, Doughty RN, et al. 2008. Vascular events in healthy older women receiving calcium supplementation: randomized controlled trial. *BMJ.* 336:262-6.

<sup>4</sup> Lewis JR, Radavelli-Bagatini S, Rejnmark L, et al. 2014. The effects of calcium supplementation on verified coronary heart disease hospitalization and death in postmenopausal women: a collaborative meta-analysis of randomized controlled trials. *J Bone Miner Res.* 10.1002/jbmr.2311. [Epub ahead of print]

<sup>5</sup> Spence LA, Weaver CM. 2013. Calcium intake, vascular calcification, and vascular disease. *Nutr Rev.* 71:15-22.

<sup>6</sup> Reid IR. 2014. Should we prescribe calcium supplements for osteoporosis prevention? *J Bone Metab.* 21:21-8.

<sup>7</sup> Wallace RB, Wactawski-Wende J, O’Sullivan MJ, et al. 2011. Urinary tract stone occurrence in the Women’s Health Initiative (WHI) randomized clinical trial of calcium and vitamin D supplements. *Am J Clin Nutr.* 94:270-7.

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed for *Today’s Dietitian* about vitamin B12, for *CafeMom* about vegan pregnancy and feeding vegan infants, and for *Family* magazine about children who have chosen vegetarian diets and what parents should know.

### VEGAN Outreach

VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, went on a cruise with a Navy ship returning from Hawaii to Los Angeles. She was able to work with the food service specialists on board to incorporate vegan options into the available on-board foods and beverages.

Thank you to Elsa Spencer, PhD (nutrition) for staffing the VRG booth at the Charlottesville VegFest in September, 2014. Elsa was interviewed by one journalist student at the University of Virginia about VRG and her volunteering for VRG. A blogger from “Veggin’ Out and About” took her picture and interviewed her.

The Vegetarian Resource Group gave information to over 120 dietitians and other health professionals who work in settings such as assisted living, continuum care communities, and correctional facilities. Institution staff generally cater to meat eaters, but dietitians gladly took information for a few vegetarian patients, relatives, and themselves.

# Cooking with Jackfruit

By Nancy Berkoff, RD, CCE

Jackfruit is the “porcupine” of the vegetable world. Can you imagine the first person to brave its frightening exterior? If the exterior didn’t scare you off, the aroma of an overripe jackfruit could be a large deterrent. The jackfruit is also one of the more “gi-normous” fruits around. We’re talking up to 70 pounds of prickly skin, “ribs,” bulbs or pods, and seeds.

Forbidding exterior aside, the interior of jackfruit is golden and creamy looking, with individual pods or bulbs dotted with large black seeds. The pods or bulbs, which are actually coverings for the dark seeds, can be eaten fresh, roasted, or used as a cooking ingredient. Unripe or “green” jackfruit (unripe it is still beige, white, or golden) is often called “vegetable meat” for its chewy texture and mild flavor. Jackfruit seeds can be roasted or boiled, like chestnuts. Some people leave the seeds inside the bulbs and cook the two together. The nuts soften during cooking and can be eaten like a chewy bean.

If fresh jackfruit is not available or is out of season, it can be purchased frozen, dried, or canned either in brine (usually unripe) or in syrup (ripe and sweet, not used as a vegetable meat). Young or unripe jackfruit is what is needed for “vegetable meat.” Canned young jackfruit can be found at Asian and South Asian stores and online; frozen young jackfruit is often available as well. Be certain to select young, green, or unripe, canned in water or brine, to use jackfruit as a vegetable meat. Ripe or canned jackfruit in syrup is for dessert use.

Fresh jackfruit can often be too ripe to use as ‘meat.’ It can be hard to find, or is sold in quantities too large to conveniently use before it ripens. However, fresh ripe jackfruit is a great sweet snack, terrific for eating right from the shell or as an ingredient in fruit salads or sorbets. If you do find a source for fresh unripe jackfruit, you can clean, seed, and cut it and freeze for later use.

When tackling fresh jackfruit, you are going to want to ask for a tutorial on cutting and cleaning it from the store staff, or you can view many different videos online. Be certain to do your homework before working with a fresh jackfruit! Here is an example of one jackfruit tutorial: [http://www.youtube.com/watch?v=MsafP-TDi\\_k](http://www.youtube.com/watch?v=MsafP-TDi_k).

Here’s another great website offering recipes, history,

etc. However, they cannot ship to the USA at this time: [http://www.jackfruit365.com/about\\_us.html](http://www.jackfruit365.com/about_us.html).

Here are some web and mail-order sources:

**Fresh Jackfruit:** Alphonso Mango Company: <http://www.alphonsomango.com/info.html> can ship fresh jackfruit to some states when in season.

**Local Harvest:** listings of local farms that ship fresh/canned/dried fruit: <http://www.localharvest.org/store/fruits.jsp>

**Canned/Frozen Jackfruit:** Amazon: Yes, believe it or not, Amazon has canned young jackfruit in brine: <http://www.amazon.com/s?ie=UTF8&page=1&rh=i%3Aaps%2Ck%3AJackfruit>

Phillam Filipino Store: canned and frozen young jackfruit <http://www.philamfood.com>

Young jackfruit has a great ‘chew.’ The flavor is neutral, so it will adapt to any herbs or spices you choose to add. The pods are usually about 2-3 inches around and are very nice to add to stews. It can be chopped, shredded, or sliced, and formed into cutlets, steaks, burgers, and balls or used as a ‘meat crumble.’ Jackfruit has an advantage over veggie meat substitutes, as it doesn’t contain any sodium, fat, artificial color, preservatives, or gluten, and does have fiber and vitamin C. It is lower in protein than soy, beans, or meat substitutes, with about 3 grams of protein per 8 ounces (1 cup).

We have included interesting and tasty young jackfruit recipes at the end of this article. If you are into low-maintenance preparation, you can simply marinate drained, rinsed (to remove salt) young jackfruit in your favorite combination, such as barbecue sauce, oil and vinegar, or Italian dressing or salsa, for about 30 minutes and then sauté or microwave to tenderize. If you don’t care to wait, or you would like your jackfruit very chewy, you can grill or barbecue jackfruit pods that you’ve tossed with your favorite seasonings. You can then shred or slice the jackfruit and use it as an ingredient tossed with hot pasta; stir-fry or combine pasta, rice, and jackfruit and bake as a casserole; or add the jackfruit into a marinara sauce, chili or soup.

For a recent catering event, Star of Siam Thai Restaurant in Long Beach, California created a braised fusion cuisine jackfruit entrée, rubbing the bulbs with a mixture of chili and curry powder, placing them on the char broiler to partially blacken them, and then simmering them in a green curry sauce “spiked” with jalapeños. If you have leftover young jackfruit, you can simmer it with pasta, such as vermicelli, Israeli couscous, barley, or quinoa and your favorite sauce, herbs, and spices for a savory hot entrée.

All of the following recipes use young jackfruit, also called green or unripe jackfruit. Canned young jackfruit should be drained. Rinse the jackfruit if you would like to remove some of the salt. Frozen young jackfruit should be thawed before using in the recipes.

## Chinese Five-Spice Jackfruit

(Serves 6-8)

This is a simmer-all-day recipe that can be made ahead of time and then reheated as needed.

**One 20-ounce can young green jackfruit in brine (drained and rinsed) or 3 cups frozen, thawed young jackfruit, or 3 cups seeded, rinsed fresh jackfruit**

**½ cup chopped white onion**

**2 Tablespoons lime juice or tangerine juice**

**1 Tablespoon minced fresh garlic**

**2 Tablespoons low-sodium soy sauce**

**1 Tablespoon peeled and minced fresh ginger**

**2 teaspoons Chinese Five-Spice mixture**

**1 teaspoon organic brown sugar or maple syrup**

**1 teaspoon black pepper**

**Water as needed**

Put the jackfruit in a slow cooker or crock pot. Add remaining ingredients, mix, and add just enough cold water to cover the mixture by about one inch. Depending on your equipment, cooking should take about 3 hours, stirring occasionally. The mixture is done when the jackfruit is “fork tender” (pulls apart easily with a fork).

You may want to serve this hot over rice or rice noodles; create an Asian pizza by spreading on a pizza crust and baking at 400 degrees for about 5 minutes; or use as a filling for steamed buns.

Total calories per serving: 42  
Carbohydrates: 9 grams  
Sodium: 225 milligrams  
Fat: <1 gram  
Protein: 1 gram  
Fiber: 5 grams

## Jackfruit Salad

(Serves 5)

This is a ‘fire and ice’ type of salad, with both mild and spicy ingredients. It does contain one very rich ingredient – coconut cream – but it is worth the calories for a special occasion. This recipe gains flavor over time, so you may want to prepare and refrigerate it 1-2 days prior to serving.

**1½ cups chopped young green jackfruit (canned, drained; frozen, thawed; or fresh, seeded\*)**

**1½ cups coconut cream (not coconut milk)**

**½ cup chopped fresh or canned, drained tomatoes**

**½ cup sliced red or sweet onion (your choice)**

**2 teaspoons peeled, minced fresh ginger**

**1 teaspoon seeded, chopped fresh chili (the heat is your choice)**

**½ teaspoon white pepper**

**1 Tablespoon minced fresh cilantro or flat-leaf parsley**

Place the jackfruit in a large bowl, cover, and refrigerate for 10 minutes. Mix all remaining ingredients except cilantro in a bowl. Combine jackfruit and coconut mixture, mix well, garnish with cilantro, and serve cold. You can also serve this salad as a warm-weather entrée, with chilled noodles, flatbread, or as the topping for a simple green salad.

Total calories per serving: 204  
Carbohydrates: 14 grams  
Sodium: 67 milligrams  
Fat: 16 grams  
Protein: 3 grams  
Fiber: 7 grams

\*Jackfruit calculated as rinsed



Photo Courtesy of Melissa’s Produce

## Savory Jackfruit Cutlets

(Makes 2-3 cutlets)

This recipe can be used to create a main entrée jackfruit “steak” or a jackfruit “burger,” as well as jackfruit “meat” balls or the “meat” filling in a casserole. A basic recipe is provided here. You will want to personalize it with dried or fresh herbs and spices of your choosing.

**1 cup canned young jackfruit in brine (drained\*)**  
**1 cup peeled, boiled white, purple or gold potatoes**  
**Vegetable oil spray**  
**½ cup minced onion**  
**1 Tablespoon seeded minced bell or chili pepper**  
**1 teaspoon minced fresh garlic**

The jackfruit needs to be mashed, so if the canned jackfruit is not tender enough to be mashed, place it in a microwave bowl and microwave for about 30 seconds or steam on top of the stove until tender. Combine jackfruit and potato in a bowl and mash until the mixture is fairly consistent.

Spray skillet with oil. Cook onions, chili, and garlic until soft, about 2 minutes. Add jackfruit mixture; cook and stir over low heat for 2 minutes. Remove from heat and refrigerate for at least 30 minutes (or overnight, if desired).

Preheat oven to 400 degrees. Shape cooled mixture into “cutlets,” “burgers,” or “balls.” Place on non-stick baking sheet and bake for 10 minutes, turning once. The prepared “cutlets” or “burgers” can then be (carefully) grilled or finished in a skillet (with a small amount of vegetable oil spray). The “balls” can be briefly steamed and served with pasta or with crusty bread.

Total calories per serving: 127 Fat: <1 gram  
Carbohydrates: 28 grams Protein: 3 grams  
Sodium: 41 milligrams Fiber: 9 grams

\*Jackfruit calculated as rinsed

## Jackfruit Chili

(Serves 8-10)

This recipe will hold up very well for several days in the refrigerator (after it is cooked) and can be served hot as an entrée or cold as a sandwich filling or dip.

**One 20-ounce can young green jackfruit in brine (rinsed and drained) or 3 cups frozen, thawed young jackfruit or 3 cups seeded, rinsed fresh jackfruit**

**Vegetable oil spray**  
**1 cup chopped onion**  
**2 cloves garlic, minced**  
**2 Tablespoons seeded chopped fresh chili (your choice of heat)**  
**1 teaspoon cumin**  
**½ teaspoon red pepper flakes**  
**½ teaspoon chili powder**  
**One 15-ounce can white or pinto beans or 2 cups cooked beans, drained**  
**3 cups canned no-salt-added chopped tomatoes, with liquid**  
**2 teaspoons hot sauce (or to taste)**  
**1 cup cut corn (frozen, thawed or fresh, cut off the cob)**  
**4 cups water**

Place jackfruit in a bowl and shred with a fork as much as possible. Set aside. Spray the bottom of a large pot with vegetable oil. (You will be cooking the chili in this pot.) Add onions, garlic, fresh chili, cumin, red pepper flakes, and chili powder. Mix and cook over low heat, stirring, until onions are soft, about 3 minutes. Add remaining ingredients and bring quickly to a fast boil. Immediately reduce heat, cover and simmer, stirring occasionally for 15-30 minutes or until jackfruit is cooked to desired tenderness.

Serve over cooked rice or corn bread, or use as the base of a chili-vegetable soup or as ingredient in a baked chili casserole.

Total calories per serving: 133 Fat: <1 gram  
Carbohydrates: 27 grams Protein: 6 grams  
Sodium: 62 milligrams Fiber: 8 grams

## Peppery Jackfruit

(For tacos, sandwiches, etc; Serves 5-6)

This is a versatile recipe depending on how you decide to cut the jackfruit – dice, slice, julienne, etc. It can be used as a sandwich filling (pulled barbecue or sloppy Joe); taco, enchilada or burrito filling; or pizza topping. You could also toss it with pasta, or serve it over steamed rice or grains.

**Vegetable oil spray**  
**½ cup minced onion**  
**2 cloves garlic, minced (approximately 1 Tablespoon)**  
**One 20-ounce rinsed and drained young green jackfruit in brine, or 3 cups fresh or frozen, seeded young jackfruit**  
**1 teaspoon chili flakes**  
**1 teaspoon paprika**

**½ teaspoon dry yellow mustard (optional)**  
**1 teaspoon ground black pepper**  
**3 Tablespoons no-salt tomato paste**  
**1 teaspoon apple cider vinegar**  
**1 teaspoon vegetable oil**  
**1 teaspoon orange juice concentrate**  
**¼ cup water**  
**2 teaspoons maple syrup**

Spray a medium non-stick skillet with vegetable oil spray. Over medium-low heat, add onion and garlic. Heat and stir until very soft, about 4 minutes. Set pan and mixture aside.

Drain and rinse the jackfruit well if using canned jackfruit, rinse if using fresh, thaw if using frozen; be certain all seeds and coverings are removed, using only the “meat” or central portions of the jackfruit. Place jackfruit in a medium bowl and toss with chili flakes, paprika, mustard (if using), and black pepper. Place the skillet back on the stove over low heat. Add seasoned jackfruit. Stir and heat until jackfruit is coated and warm, about 2 minutes.

In a small bowl, mix together tomato paste, vinegar, oil, orange juice concentrate, water, and maple syrup. Add to jackfruit, stir, and heat for about 5-10 minutes, until you reach the texture you would like. The less cooking, the more chewy the dish; the more cooking, the more tender the dish will be.

You may leave the jackfruit whole, or dice, shred or julienne, depending on your preference. Serve warm over the bread or grain of your choice.

*Note:* If you would like a very chewy texture, you can preheat the oven to 400 degrees, spread the cooked mixture on a non-stick baking sheet, and bake for about 10 minutes, until slightly dry. Baking makes it easier to shred the jackfruit.

Total calories per serving: 66 Fat: 1 gram  
Carbohydrates: 13 grams Protein: 1 gram  
Sodium: 40 milligrams Fiber: 6 grams

## Jackfruit “Not Crab” Croquettes

(Serves 8-10)

Jackfruit is often called vegetable meat. For this recipe, jackfruit is used as “vegetable fish!” If you can find arame, a type of seaweed frequently used in Japanese cuisine, it adds a mild seafood flavor to this recipe; if arame is not available, crumbled nori (dried seaweed) can be used.

**½ cup chopped onion**  
**20-ounce can young green jackfruit in brine (rinsed and drained) or 3 cups frozen, thawed fresh young jackfruit or 3 cups seeded, rinsed jackfruit**  
**2 cups drained, firm tofu or one 15-ounce can white beans, drained**  
**2 Tablespoons dried, crushed arame or nori**  
**2 Tablespoons nutritional yeast**  
**1 Tablespoon Old Bay Seasoning**  
**2 Tablespoons finely minced fresh garlic**  
**1 teaspoon prepared mustard (your choice of variety)**  
**½ cup dry rolled oats**  
**Vegetable oil spray**

Place onions and jackfruit in a food processor and process until the jackfruit is broken into pieces about ½-inch in size. Do not over-process—we don’t want a paste! Add the tofu or white beans into the processor along with all remaining ingredients except oats and oil spray. Pulse only to combine; this should be a very chunky mixture. Place the mixture into a bowl, add oats, and stir well to combine. Refrigerate for at least 30 minutes. The mixture can be made a day ahead and stored in the refrigerator until ready to cook.

When ready to cook, preheat oven to 375 degrees. Spray a non-stick baking sheet with oil. To make approximately 2-inch croquettes, measure ⅓ cup (about 4 Tablespoons) of the mixture and shape it into a patty. Carefully place on the baking sheet and repeat until all the mixture is used. Bake for 10 minutes. Carefully turn each croquette and bake for another 10 minutes. Serve hot as an entrée, as the filling for a submarine sandwich, or as a “seafood burger.”

*Note:* If you would like to bread the croquette, you can use approximately ½ cup of seasoned dried bread crumbs, matzo meal, panko (rice), or cornmeal. Spread breading on a plate and carefully coat each croquette on both sides prior to placing on baking sheet.

Total calories per serving: 102 Fat: 3 grams  
Carbohydrates: 12 grams Protein: 8 grams  
Sodium: 39 milligrams Fiber: 6 grams

**Nancy Berkoff is the Foodservice advisor for  
The Vegetarian Resource Group and author of  
Vegan Meals for 1 or 2.**

## Summer Staff Needed for Vegetarian Kitchen in International Teen Camp

The Global Youth Village, a residential international leadership camp in Virginia's Blue Ridge foothills, is seeking seasonal food service staff in their vegetarian kitchen. Eighty youths and staff explore meat-free international, whole foods cuisine prepared by a team that is passionate about quality and good nutrition. Housing, meals and salary provided. Dates: mid-June till mid-Aug, 2015. (Details on website by first week of January. ) Seeking both experienced professional staff and those who want to learn! To learn more and apply, visit <http://www.globalyouthvillage.org>, email Leila Baz at [staff@legacyintl.org](mailto:staff@legacyintl.org), or call 540-297-5982.

## Get Some Culture

Dismiss what you thought you knew about sauerkraut: this is not the overboiled cabbage you may be familiar with. Farmhouse Culture's sauerkraut is raw, organic, and a mouthful of tangy delicious snap. They've infused old-world fermenting techniques with six fresh flavors, from the traditional Classic Caraway, which is perfect atop a vegan brat or dog, to a gorgeous magenta Ginger Beet. VRG staffers were partial to Garlic Pickle, Smoked Jalapeño, and Kimchi. We enjoyed the Smoked Jalapeño piled on top of baked red potatoes, the Kimchi as a topping for Korean portabello burgers, and the Garlic Pickle straight out of the pouch! The flavors are strong enough to perk up any dish, but are not overwhelming.

Try this kraut on vegan sausages, sandwiches, soups, or tossed in salads and grain dishes. As a bonus, the pouch packaging is BPA free, fully recyclable, and made without environmentally harmful chemicals.

Farmhouse Culture Kraut is sold in select natural foods stores nationwide. Visit their website at [www.farmhouseculture.com](http://www.farmhouseculture.com) for a list of those stores, and if you're in the San Francisco Bay Area, farmer's markets that host this kraut. *By Karen Leibowitz, VRG intern.*



## Hand-Formed Burgers

Field Roast is knocking it out of the park with another great vegan product. Literally. Their newest venture, the Hand-Formed Burger, is not only a hit in grocery stores and at foodie events, but in stadiums and ballparks too. They are already available at sports venues in Seattle, Cleveland, and San Francisco and expanding all the time, so be sure to request them at your local venue if you would like to see more (or any) vegan food at games.

It's easy to tell from the organic shape that each patty is formed by hand. They are hearty, juicy, and taste somewhere between a classic burger and a vegetable patty. You can clearly see bits of barley, carrots, onions, and celery, but the flavor leans toward a meat analog, especially when amplified by cooking on a grill or in a cast iron grill pan. The burgers are sold in packs of four for \$8.99. Visit [www.fieldroast.com](http://www.fieldroast.com) for a complete list of brick and mortar and online retailers, including Whole Foods, Wegmans, Vegan Essentials ([www.veganessentials.com](http://www.veganessentials.com)), and Pangea Vegan Products ([www.veganfoods.com](http://www.veganfoods.com)). *Written by Samantha Gendler.*



## Mock Meat

Vegetarian Plus is Vege USA's line of 100% vegan products that specializes in alternative meats to mock just about any classic dish.

The textures that these analogs offer are fibrous and tender enough to fool even meat-eaters. We sampled the Kung Pao Chicken and Lamb Vindaloo, both of which were in sauces full of rich flavor without being overly salty or too spicy. Try mixing them with rice and vegetables. Products are frozen and sold in conveniently packaged boxes with servings for two to four, ready to heat and serve.

To view the selection of Vegetarian Plus products, visit [www.vegetarian-plus.com](http://www.vegetarian-plus.com). Fill out the contact form on the website, call (888) 772-8343, or send an email to [sales@vegeusa.com](mailto:sales@vegeusa.com) to order. *By Karen Leibowitz, VRG intern.*



## 'Cheesy' Squares

Just like the cheesy lunchbox snacks you remember, but better, Earth Balance brings you Vegan Cheddar Flavor Squares. These snacks are non-GMO, Kosher, and free of trans fat! They're lightly salted and just perfectly crunchy. You'll be surprised at the amount of cheddar flavor loaded into each square. Earth Balance uses sustainable palm oil and works with the Non-GMO Project. Earth Balance Vegan Cheddar Flavor Squares can be purchased at Whole Foods Markets and the natural foods sections in grocery stores. Try some for yourself; they may just taste like nostalgia in a box. *Written by Devlyn Perugini, VRG Intern*



## Chickpea Chips

Murukku is a traditional South Indian snack made of dal (chickpea) flour and rice flour, and seasoned with salt and sesame seeds. It's an elegant spiral-shaped treat shaped by hand for festivals such as Diwali. Maya Kaimal's Chickpea Chips are a modern version, re-imagined in chip form for convenience snacking that you definitely won't want to wait for a special occasion to eat. Kaimal has created three flavors based on the original ingredients: Lightly Salted, Seeded Multigrain, and Sweet Chili, which has a lasting spicy-garlic kick that comes from the Asian spice asafetida. All three varieties are light and crispy, with no oily residue left behind on fingers after snacking. In addition to being tasty alone or dipped, Chickpea Chips contain no GMOs or trans fats and are gluten-free, kosher, and vegan. You can look for Maya Kaimal Fine Indian Foods Chickpea Chips in a natural foods store near

you, or order from a list of specialty online retailers such as Williams Sonoma, Amazon Fresh, and iGourmet, by visiting [www.mayakaimal.com](http://www.mayakaimal.com). *Written by Samantha Gendler.*



## A Divine Treat

Hail Merry Miracle Tarts are special after-dinner (or before!) desserts to satisfy your conscious sweet tooth. These tarts feature a creamy, ganache-like filling that tops a cocoa or almond flour crust – perfect for gluten-free diets. The filling is made with coconut and other raw oils to create a creamy consistency. The tarts are about the size of the palm of your hand and each tart can be around two servings; they are great treats for kids and day-trip travels. Hail Merry offers a wide variety of flavors to satisfy any palate. The Coconut Vanilla Crème, Chocolate Mint, and Persian Lime are especially mouth-watering. The Chocolate flavors are rich and decadent. Visit the Hail Merry website at [www.hailmerry.com](http://www.hailmerry.com) to purchase these tarts, macaroons, and other products, or to view retailers who sell Hail Merry products. Some retailers include select Wegmans and Whole Foods locations. *Written by Karen Leibowitz, VRG intern.*



## O-Loves

Olives are naturally low calorie and flavorful, but due to pits and brine, they've never exactly been lunch box staples. The I Love Snacking company aims to change that with their colorful, no-fuss, no-drip pouches that contain about 10 boldly-flavored olives each. There are four zingy varieties, all of which are plump, juicy, and pit-free: Chili & Garlic, Lemon & Rosemary, Chili & Oregano, and Basil & Garlic. I Love Snacking also offers other travel-friendly foods with a Mediterranean flair: Hummus with Mini Crackers, Stuffed Grape Vine Leaves, Black Olive Tapenade, and Pepper and Artichoke Bruschetta. The 4-oz sizes make great single-serve snacks for a picnic or airplane, while the teeny-tiny 1-oz options are perfect for children's lunches. Look for them at HEB Supermarkets, BJ's Wholesale Club, Duane Reade, and World Cost Plus Markets. They're also available on 14 airlines and through select online retailers. Visit [www.ilovesnacking.com](http://www.ilovesnacking.com) for more details. *Written by Samantha Gendler.*



**VEGAN FINGER FOODS**

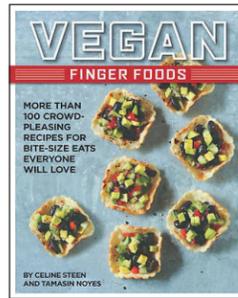
By Celine Steen and Tamasin Noyes

The next time you invite family and friends over to your home, you may want to prepare recipes from *Vegan Finger Foods*. As the title reveals, you'll find more than 100 recipes for bite-size food that's sure to please a crowd. The book includes gorgeous photos, too.

One section of the cookbook features items that can be eaten while held in your hand. Enjoy Snacking Chickpeas in various flavors, Kale Cucumber Cups, Baked Jalapeños, and Glazed Sugar Snaps. Next, you'll find stuffed dishes with dips including Kimchi-Stuffed Sausages, Baked Buffalo Tofu Bites, Baked Frittata Minis, and Pulled Jackfruit Mini Tacos.

The next chapter is Bread-Based Bites, which includes Smoky Four-Seed Crackers, Mini Savory Scones, Twisted Bread Sticks, and Spinach Swirls. Finally, Chapter 5 is Sweet Little Somethings, including Caramelized Bananas with Chocolate Chipotle Sauce, Tahini Caramel Corn, Almond Crescents, and Mini Lemon Cupcakes.

*Vegan Finger Foods* (ISBN 978-1-59233-594-7) is a 176-page book. It is published by Fair Winds Press and retails for \$22.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

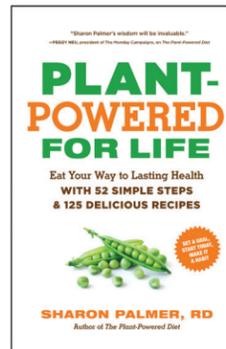


**PLANT-POWERED FOR LIFE**

By Sharon Palmer, RDN

Sharon Palmer is a Registered Dietitian and a fan of whole foods. Her latest book is for vegans and those simply wanting to add healthy plant-based dishes to their menus.

There are many creative recipes in this book, including Pear Buckwheat Pancakes, Arugula Salad Pizza, Tuscan Kale Salad with Nectarines and Brazil Nuts, Sweet Potato Harvest Wild Rice Salad with Persimmons and Baby Spinach, Gnocchi with Pistachio-Orange Pesto, Pigeon



Peas with Pumpkin and Sofrito, Moroccan Vegetable Tagine with Couscous, Korean Kimchi Hot Pot, Curried Tofu Papaya Wraps, and Carrot Spice Cupcakes with Chocolate Cream Cheese Frosting.

*Plant-Powered for Life* (ISBN 978-1-61519-187-1) is a 384-page book with color photos. It is published by The Experiment and retails for \$24.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

**SALAD SAMURAI**

By Terry Hope Romero

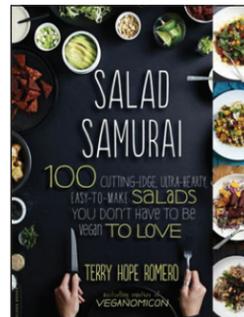
How often has a non-vegetarian family member or friend told you that you can always eat a salad when dining out or attending a family function or party? My first thought is: Why would I only want to eat a salad?! Now you can share the new book *Salad Samurai* with others, and the next time you are offered a salad, perhaps it will be a hearty one meant to be a meal in itself.

The first section in this book is salad toppings, including Back at the Ranch Dressing, Creamy Cilantro Lime Dressing, and Green Curry Dressing, along with 5-Spice Tamari Almonds, Chia Crunch Croutons, Maple Orange Tempeh Nibbles, and Coconut Bacony Bits.

Next, the creative salad offerings in this vegan cookbook are primarily divided into seasons. For spring, you may want to try Blueberry Tamari Greens Bowl, Asparagus Pad Thai Salad, or Thai Seitan Larb in Lettuce Cups. During the summer you can prepare East-West Roasted Corn Salad, Green Papaya Salad with Lemongrass Tofu, Plums Love Arugula Salad, or Backyard Buffalo Ranch Caesar Salad.

When fall rolls around, enjoy Grilled Miso Apples & Brussels Sprouts Salad, Italian Wedding Farro Salad, Collards & Sweet Potato Crunch Bowl, or Hazelnut Shiitake Butternut Salad. Finally, during winter you can prepare Gingery Beets & Lentils with Tahini and Agave Nectar, Pomegranate Quinoa Holiday Tabouli, or Seitan Steak Salad with Green Peppercorn Dressing.

Color photos and helpful tips can be found throughout this book. Nutritional analyses are not provided; however, most recipes do not appear to be high in fat.



*Salad Samurai* (ISBN 978-0-7382-1487-0) is a 180-page book. It is published by Lifelong Books and retails for \$19.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

**EVERYDAY VEGAN EATS**

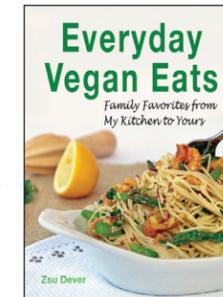
By Zsu Dever

This new cookbook is filled with beautiful photos and useful tips for a novice or experienced vegan cook. A helpful chart lists recipes that can be prepared in less than 30 minutes.

Nutritional analyses are not provided. Please note that some of the recipes are high in fat, but most are not.

Some of the creative recipes include Cream of Mushroom Soup (using almonds and vegan milk for the base), Hot and Sour Soup with Bok Choy, Portobello Fajitas with Roasted Poblano Cream Sauce, Asian Chopped Salad, Tandoori Tofu and Vegetables, Scampi Pasta with Asparagus and Walnuts, Baked Macaroni and Cheese, Tater Tot Casserole, Classic-Style Benedict, Country Hash, Fudge Brownies, Blueberry Scones, and Soft Pretzels.

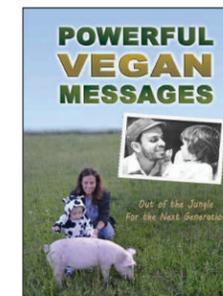
*Everyday Vegan Eats* (ISBN 978-0-9854-6626-8) is a 224-page book. It is published by Vegan Heritage Press, LLC and retails for \$19.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.



**POWERFUL VEGAN MESSAGES**

By H. Jay Dinshah and Anne Dinshah

I met Jay Dinshah, founder of the American Vegan Society, soon after I became vegan and have known his daughter Anne since she was a child. Anne has done a wonderful job updating this book that contains her and her father's words as well as many other vegan individuals' stories. Some of the information shared goes back 60+ years. Veganism is considered cool today; however, after reading this book you will better understand the history of the vegan movement in the United States and have more knowledge of what it means to be vegan.



I was studying international relations/foreign policy-making at Georgetown University when I became vegan. My interest in veganism stems from a strong belief in non-violence as well as a deep concern about world hunger. I'm especially happy to see that *Powerful Vegan Messages* explains the concept of ahimsa. Ahimsa is a Sanskrit term that means nonharming. As this book states, ahimsa means "to go through life doing the least amount of harm, hurting, killing... as possible; and it means to do the most amount of helping, assisting, and benefiting of others as possible." Don't you wish more people understood this concept?

Readers are introduced to the thoughts of many leaders in the vegan movement who crossed paths with Jay Dinshah. Several have been involved with the Natural Hygiene movement, International Vegetarian Union, North American Vegetarian Society, and other groups including Gentle World, FARM, The Vegetarian Society of DC, The Vegetarian Resource Group, The San Francisco Vegetarian Society, The Toronto Vegetarian Society, and others. This book belongs in every library so future generations will understand their vegan roots.

*Powerful Vegan Messages* (ISBN 978-0-942401-24-0) is a 344-page book. It is published by American Vegan Society and retails for \$14.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

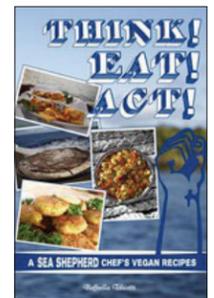
**THINK! EAT! ACT!**

By Raffaella Tollicetti

This vegan cookbook is written by a chef working on a Sea Shepherd ship. Sea Shepherd is most known for its anti-whaling campaigns. The photos will influence you to start cooking.

Some of the recipes you'll find in this book are Pasta Broccoli Potatoes and Walnuts, Asparagus Cream Lasagna, Pumpkin Gnocchi, Seitan in Red Wine Sauce, Peanut Satay Stir-Fry, Massaman Tofu Mushroom Soup, Garlic Scrolls, and Oat Macadamia Chocolate Cookies. Please note that nutritional analyses are not provided and some of the recipes are high in fat.

*Think! Eat! Act!* (ISBN 978-1-62106-666-8) is a 192-page book. It is published by Microcosm Publishing and retails for \$19.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.



# Help Create a Veggie World

The Vegetarian Resource Group had an outreach booth at the annual meeting of the Academy of Nutrition and Dietetics in Atlanta, where we placed *Vegetarian Journals* directly into the hands of more than 900 health professionals. About 10,000 people attend this meeting. Thank you to Reed Mangels RD, Julie Convington RD, and Catherine Conway RD for volunteering at the booth, and answering inquiries from food service, hospital, university, and private practice dietitians. Staff from several food companies also asked us questions related to vegetarian labeling. Amusingly, when students of one of our nutrition advisors came by the booth, and saw their professor's book on our table, they took selfies of themselves and the book.



## KAYELLEN UMEAKUNNE

Thank you so much to volunteer Kayellen Umeakunne who did so much work to create a beautiful experience for attendees at The Vegetarian Resource Group vegan dinner in Atlanta, held at Morehouse Medical School. Kay created the room to be inviting and reflect the school's African American heritage. Kay is the Research Bionutritionist/Bionutrition Core Manager at the Morehouse School of Medicine Clinical Research Center. In addition to helping us with the dinner, that week she also participated in the National Association of Bionutritionists First Annual Nutrition Clinic, hosted their tour of the Morehouse Bionutrition Core, and presented at the Academy of Nutrition and Dietetics Annual Meeting on "Food Fermentation: Connecting Ancient Traditions with Science."

Thank you also to Kay for hosting a meeting of the Vegetarian Nutrition Dietetic Practice Group earlier in the year.



Photos: Soul Vegetarian Restaurant catered the VRG dinner during The Academy of Nutrition and Dietetics meeting.

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### Quick and Easy Couscous Dishes

By Nancy Berkoff, RD, CCE

**A**re you in a hurry? You may think it's just too much work to cook grains, but this is not necessarily true. Some grains are quick-cooking, generally requiring less than 30 minutes to prepare, including brown rice, couscous, quinoa, buckwheat groats (kasha), and bulgur.

Traditional couscous, which is fine grained, or Mediterranean couscous (also called Israeli or pearl couscous) is actually pasta, but cooks like grains. Selecting the whole grain version offers lots of nutrition, including B vitamins, potassium, protein and fiber, with no sodium, fat or cholesterol.

Traditional, fine-grained, whole wheat couscous is definitely a 'last minute, I'm really hungry' dish. Boil some water or broth, pour over couscous, cover, allow to steam for about 10 minutes, fluff, and it's ready to eat!

Mediterranean pearl-shaped couscous requires a bit more attention and time...but not much! Mediterranean couscous is usually prepared as a pilaf, but can be done just like pasta – add to boiling water, allow to cook until tender, drain, and serve hot.

If you have the time to prepare a pilaf (remember to make extra, as the leftovers taste great), here are the steps:  
1. Sauté the Mediterranean couscous in a small amount of vegetable oil or vegan margarine just to coat the pearls.  
2. Cover and simmer in just enough liquid to allow the grain to become tender.

That's it! You can add fresh or dried herbs, minced garlic or vegetables, saffron threads, or your favorite seasoning mix. To serve about 5 people, you'll need 1 cup of Mediterranean couscous and about 2 cups of water (or vegetable stock). Spray some vegetable oil in a pot, add couscous and sauté it for about 2 minutes or until most of the oil is absorbed. Heat your selected liquid, pour over the couscous, and allow it to simmer until it is soft. Some people like to sauté onions or garlic in the oil before adding the couscous. Others like to cook the couscous on the stove until it is just soup and then bake it, covered, until it is dry.

In addition to savory dishes, whole wheat couscous, traditional or Mediterranean, can be used as the base for warm or cold sweet dessert salads. Toss warm couscous with a small amount of melted vegan margarine or olive oil, rice syrup, fresh blueberries, and chopped fresh mint and serve warm or chilled. Another option is to toss couscous with sweetened vegan yogurt, lemon zest, chopped dates, and dried apricots and nuts. Then bake until golden brown for a hot dessert salad.

Pearl couscous can be cooked on the stove, in the oven, as described above, or even in a rice cooker! Pearl couscous cooks quickly and can be used as an entrée, with lentils or beans, as a side dish, added to soup, or cooled and made into a salad.

### 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.

# Vegetarian Action

## Texas Dietitian Debbie King Challenges a Stubborn Reputation

by Karen Leibowitz

In the land of pickup trucks, sunny skies, and red meat diets lives vegetarian cook, educator, and advocate Debbie King, R.D. Over the years, this Texan has seen the perception of vegetarian diets in her area change for the better.

Debbie and her family have been vegetarians since she was 10-years-old. Her parents wanted to raise the family vegetarian for religious reasons, and out of her four siblings, Debbie was the least willing. As she grew into her teen years, she was mostly vegetarian, but when eating out with her non-vegetarian friends, she experimented with meat every now and then to see if she liked it. Her choice to stay vegetarian was influenced by her distaste for the texture of meat, and more importantly her desire to be as healthy as possible. As a result of her involvement with Pacific Union College's home economics department and taking her first food science class at Loma Linda University, her "passion for nutrition was ignited," as she began her journey to become a registered dietitian.

Moving to Texas from Nevada during her teen years as a vegetarian was a challenge. There were very few options for her family; even the vegetable side dishes were made with chicken broth or seasoned with bacon. Even now, Texas seems to hold a reputation for a lack of vegetarianism. Recently, her family took a trip to Alaska and while ordering lunch, a family from Canada sitting with them said, "We thought there were no vegetarians in Texas," to which her youngest daughter replied – "It's just the four of us."

Since moving to Texas, Debbie has promoted

vegetarian/vegan diets in several ways, and has noticed interest in vegetarianism growing. She volunteers to host a booth promoting vegetarian resources at the annual meeting of Texas dietitians. This booth is sponsored by the Vegetarian Nutrition Dietetic Practice

Group. She also lectures about vegetarian diets to dietitians at long-term care facilities, helped establish a website for the Vegetarian Nutrition Dietetic Practice Group to provide evidence-based nutritional information, and teaches community cooking classes. During her cooking classes she takes the time to explain the nutritional benefits of plant-based diets and helps clarify misconceptions about topics like protein.

Because of her work, a local Texas hospital now offers a meatless entrée at each meal. When running into former cooking-class attendees in stores and restaurants, she notices that they are choosing vegetarian/vegan options. She also trains hospital chefs on how to make veggie meals.

Debbie encourages anyone pursuing a vegetarian-focused dietetics

career to have hope because there are not nearly as many challenges now to promoting plant-based diets as there were in the past. She says, "The number of plant-based foods from all sectors of the food industry continues to grow with the consumers' growing interest in meatless meals."



Visit Debbie King's website at [www.TexasVeggie.com](http://www.TexasVeggie.com) for cooking class handouts, recipes, and information about types of vegetarian diets.

Karen Leibowitz wrote this article while interning with The Vegetarian Resource Group. She is studying dietetics at James Madison University.

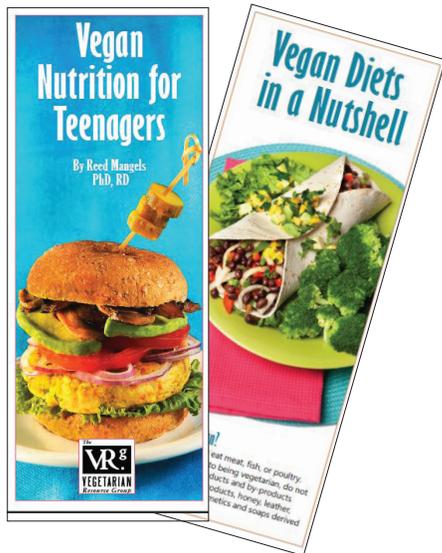


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**NEW VRG BROCHURES:**

The Vegetarian Resource Group has come out with two new vegan brochures, *Vegan Diets in a Nutshell* and *Vegan Nutrition for Teenagers*. To access PDF files of the brochures, please visit <http://www.vrg.org/nutshell/>. You can request copies of these brochures for tabling or other educational efforts by calling (410) 366 - 8343 or e-mailing [vrg@vrg.org](mailto:vrg@vrg.org). A donation for printing and postage is always appreciated.



**INSIDE THIS ISSUE: QUICK AND EASY COUSCOUS DISHES; VEGGIE ACTION BY REGISTERED DIETITIAN DEBBIE KING; ARE CALCIUM SUPPLEMENTS NECESSARY?**



**VRG Outreach Booth at Chicago Vegan Mania**

Thank you to Jessica Schiappa, RD, Eric Sharer, RD, and Andrew Getz who staffed The Vegetarian Resource Group booth at Vegan Mania, and gave out information to over 360 people who came by the table. Eric and Jessica were also on a vegan nutrition panel called "The Latest in Plant-Based Nutrition."

If you would like to volunteer at VRG booths, contact Nina at [vrg@vrg.org](mailto:vrg@vrg.org) or the Vegetarian Resource Group, email [vrg@vrg.org](mailto:vrg@vrg.org).

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