

Veg-Friendly Chain Restaurants • Fresh Corn Ideas

VOLUME XXXIV, NO 3

# VEGETARIAN

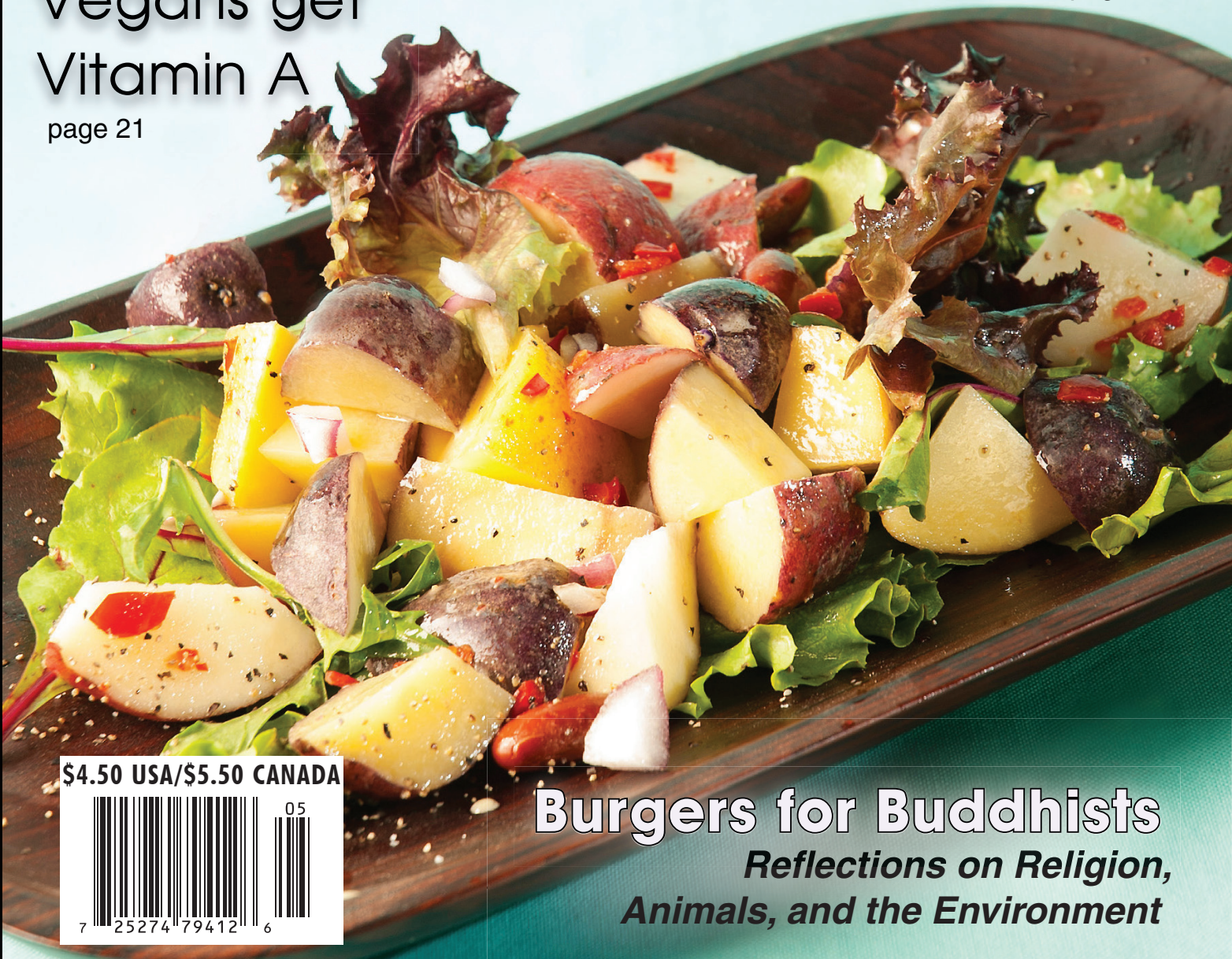
## JOURNAL

Science, Caring, and Vegan Living  
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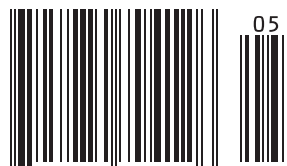
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### Burgers for Buddhists

*Reflections on Religion,  
Animals, and the Environment*

# NUTRITION HOTLINE

**REED MANGELS, PhD, RD**



*This issue's Nutrition Hotline addresses meal replacement shakes for vegans.*

**QUESTION:** *Are there vegan high-calorie meal replacement drinks that are comparable to popular non-vegan products like Boost and Ensure?*

**ANSWER:** People choose high-calorie meal replacement drinks for many reasons. Maybe they have a small appetite due to illness or surgery and find it easier to drink a high-calorie beverage than to eat a meal. These products can be useful for people with chewing issues. They are often used during cancer treatment or for older adults with poor appetites. Products are ready-to-use – no mixing or other preparation is needed.

In addition to being a concentrated source of calories, these products are often a good source of protein, vitamins, and minerals. Many of the commonly used products are based on cow's milk, but vegan products have now been developed. Orgain and Kate Farms Complete are two vegan ready-to-use meal replacement products.

Orgain organic vegan nutritional shakes are based on a blend of brown rice, hemp, chia, and flax, sweetened with organic cane sugar. An 11-ounce aseptic carton provides 230 calories and 16 grams of protein. It has 2 grams of fiber and 9 grams of sugar in a serving. It is gluten-free and soy-free and has vitamins and minerals added.

Complete vegan shakes are made with organic rice protein

and pea protein. An 11.3-ounce aseptic carton supplies 310-330 calories, 17-19 grams of protein, and about one-third of the daily recommendation for many vitamins and minerals.

This product is sweetened with organic brown rice syrup solids and organic agave. It has both more sugar (19 grams) and fiber (5 grams) than Orgain shakes. Complete shakes are higher in calories and many vitamins and minerals than Orgain shakes. For comparison purposes, let's look at two non-vegan products, Ensure and Boost.

Ensure shakes have water, sugars, and cow's milk as predominant ingredients. An 8-ounce bottle provides 220 calories, 9 grams of protein, less than 1 gram of fiber, 15 grams of sugar, and assorted vitamins and minerals. Ensure Complete provides more calories (350) and protein (13 grams).

Boost shakes are similar to Ensure with an 8-ounce bottle supplying 240 calories, 10 grams of protein, 3 grams of fiber, and 20 grams of sugar. Vitamins and minerals are added, mostly between 20 and 100% of daily recommendations. Boost Plus has 360 calories and 14 grams of protein in an 8-ounce bottle.

The vegan products have similar amounts of calories and protein to these non-vegan products. Complete is higher in fiber; Orgain is lower in sugar.

Thanks to Patricia C. for help with this article.

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**FOR INFORMATION, CALL (410) 366-VEGE.**

Also, if you do not want your name traded to other organizations, please let us know.

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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.

## NOTE FROM THE COORDINATORS

# VEGAN FAST-FOOD TESTS



Often when activists encourage a test of a vegan item at a fast food or quick-service restaurant chain, the test seems successful to us, as the item quickly sells out, and we read comments about how great it tastes. But then many activists are puzzled by why the item isn't kept on the menu. This excerpt from *Fortune* magazine is interesting: In 1990, *Fortune* covered the proliferation of the McDonald's menu, noting that the restaurant offered 33 items, not counting size permutations. That was up 25% from 1980. Today the menu has 121 items, a 75% increase from 2004, according to industry consultant Aaron Allen. Overall, McDonald's brings in about \$20,000 in sales per offering, per restaurant, on average. Compare that with high-end burger joint Shake Shack. Each of its 44 menu items average about \$66,000 in sales per store—more than three times the average for McDonald's," Allen says.

So, though a vegan item may be successful to us, the restaurant still has to look at how the item is going to fit into overall sales. They also consider whether the vegetarian item will have to replace another item to keep the menu offerings manageable. On the other hand, the restaurant may want to keep testing veggie items in order to obtain publicity or explore ideas for the future, even if it won't be added to the menu immediately.

The same is true when making decisions in nonprofits. Though members may all have good ideas for projects, even the largest nonprofits turn down doing valuable work, since they know it's impossible to handle all programs, even if the idea is good. Spreading yourself too thin usually is not successful, even if you are vegan. However, circumstances can change, so keep working for change in a positive way, approaching venues that may be the most appropriate. For example, if you receive responses to ingredient inquiries sent to chains, please share them with us.

For updates on veggie items being offered at restaurant chains, see page 15 and also visit <http://www.vrg.org/fastfoodinfo.php>

To vote for your favorite restaurant chain, see page 19 and then be sure to visit <http://www.vrg.org/vote/index.php>

For information on vegetarian and vegan restaurants in the USA and Canada, see <http://www.vrg.org/restaurant/index.php>

*Debra Wasserman & Charles Stabler*

*Coordinators of The Vegetarian Resource Group*

*Please note:* The article on Nepal (pages 16-18) was written before the devastating earthquakes. Nevertheless, we decided to run the piece, as it provides valuable information for anyone traveling there. Be sure to check ahead to see if any of the locations mentioned are now destroyed. As of publication, the author's host family and friends were all safe.

## 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).*

A donation was made in memory of Audrey Kass by Paul Hammes.

A donation was made in memory of John W. Grabar for his vegetarian efforts by Elinor Grabar.

We greatly appreciate the generous donation from [www.TheVegetarianSite.com](http://www.TheVegetarianSite.com).

A donation was made in honor of Emily Susan Beal's birthday by her parents.

## VEGGIE DIETS AND GLOBAL WARMING

Kudos on giving some well-needed attention to "Global Warming and Diet" in your, as always, excellent Issue 1 2015. With 2014 being the warmest year since temperature records have been kept in 1880, rapidly melting polar ice caps and glaciers, an increase in the number and severity of heat waves, droughts, wildfires, storms, and floods, and atmospheric CO<sub>2</sub> at the highest level in human history, your coverage is very timely. And, with increasing evidence of the major contributions of animal-based agriculture to climate change, including the 2006 UN Food and Agriculture report, "Livestock's Long Shadow," indicating that the livestock sector emits more greenhouse gases (in CO<sub>2</sub> equivalents) than is emitted by all the cars, planes, ships, and other means of transportation worldwide combined, your article reinforcing the dietary connection to climate change is important.

Richard H. Schwartz, Ph.D., via e-mail

## THANKS!

Without The Vegetarian Resource Group (publisher of *Vegetarian Journal*) I wouldn't have found so

many new options. Thanks VRG!  
Leslie M., via e-mail

Awesome publication. Glad to support The Vegetarian Resource Group. As a vegan for 20+ years, the information you provide is a wealth of knowledge to me.  
Gary F., via e-mail

## TEEN LOVES WWW.VRG.ORG

I'm sixteen, vegan, and have been saved by your website. I wanted to email you all to thank you. Now I am getting all the nutrients I need, and I am happier!  
Marin, via e-mail

## VRG ON CAMPUS

I was looking to meet with a registered dietitian at my (UC Berkeley) university health services center, just to ask some questions. While I was looking at their website, I found a link to The Vegetarian Resource Group: <http://uhs.berkeley.edu/home/healthtopics/nutrition.shtml#vegetarian>. I just thought it was fun to see a university recognizing your work in the community and I take pride in knowing I interned for you.

Laura, via e-mail

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

Coming in the Next Issue:

## SOUP FOR THE HOLIDAYS

**Plus:** *How Many Adults are Vegetarian? – Poll Results, Scholarship Winners, Serving Vegan Meals to the Homeless*

# Cauliflower *the Versatile Vegan*

by Dina Gharib

Cauliflower sometimes gets a bad rap. Despite its odd shape and color, cauliflower is one of the most versatile vegetables in existence. I'm here to shed some light on this maligned vegetable and to provide multiple ways of enjoying your greasy childhood favorites without the excess fat, guilt, or animal products.

## Pineapple Cauliflower Fried "Rice"

(Serves 4)

Start by preparing all your ingredients so that they are ready to go. Once you begin stir-frying, the process is very quick. Any kind or color of cauliflower will work.

**1 medium head cauliflower, cut into florets**

**1 teaspoon coconut or canola oil**

**¼ cup diced onion**

**¼ cup fresh or frozen peas and carrots**

**½ cup fresh or frozen broccoli florets**

**¼ cup fresh or frozen diced pineapple**

**¼ cup fresh or frozen shelled edamame**

**¼ cup reduced sodium soy sauce**

**2 Tablespoons pineapple juice**

Place the cauliflower florets in a food processor canister and process until it forms tiny grains that resemble rice. Empty the cauliflower into a bowl and set aside.

In a wok or large skillet, heat the oil over high heat. Once hot, add the diced onion and stir constantly until the onion softens. Then, working quickly, add the peas and carrots, broccoli florets, pineapple, and shelled edamame, and constantly stir for 4 minutes. Next, add the cauliflower "rice" and cook for 2 minutes, constantly stirring. Finally, add soy sauce and pineapple juice, and sauté for 2 minutes, or until all the "rice" is coated with the sauce. Serve with a side salad topped with Chinese Sesame Soy Dressing from Issue 2 2014 of *Vegetarian Journal*. See: [www.vrg.org/journal/vj2014issue2/2014\\_issue2\\_QuickSaladDressings.php](http://www.vrg.org/journal/vj2014issue2/2014_issue2_QuickSaladDressings.php)

Total calories per serving: 98

Fat: 2 grams

Carbohydrates: 15 grams

Protein: 6 grams

Sodium: 583 milligrams

Fiber: 5 grams

## Cauliflower Crust Pizza

(Serves 2)

**1 pound cauliflower, cut into florets**

**3 Tablespoons ground chia or flax seeds, divided**

**6 Tablespoons water**

**½ teaspoon salt or to taste**

**½ teaspoon garlic powder**

**½ teaspoon dried oregano**

**4 Tablespoons reduced sodium tomato sauce**

**½ cup shredded vegan mozzarella cheese**

Preheat oven to 400 degrees and line a round baking sheet with parchment paper. Place the cauliflower florets in a large food processor canister and pulse until they resemble rice. Place in a microwave-safe bowl and microwave on high for 8 minutes or until the cauliflower is very soft to touch. Drain the excess liquid and transfer the cooked cauliflower "rice" into a freezer-safe bowl. Place in the freezer to cool for 10 minutes.

Meanwhile, mix together 2 Tablespoons of ground chia or flax seeds with 6 Tablespoons of water to create a vegan "egg." Set aside and allow the mixture to thicken.

Remove the cooled cauliflower rice from the freezer and transfer it to the center of double layered cheesecloth or a thin dish towel. Use your hands to squeeze the "rice" in the dish towel, removing all of the excess moisture from the cauliflower. Place the drained cauliflower in a large bowl, then add in the vegan egg mixture, the additional Tablespoon ground flax or chia seeds, salt, garlic powder, and dried oregano. Stir until all the ingredients are evenly combined, and then press the mixture into the parchment-lined round baking sheet. Firmly press the crust together to ensure that there are no thin spots.

Bake at 400 degrees for 30 minutes, until the top is lightly golden and dry to the touch. Use another piece of parchment paper to flip the whole pizza crust, and then return back into the pan to bake for an additional 15 minutes.

Once the crust is finished, top with the tomato sauce, shredded vegan cheese, and any additional



Photo by Debra Daniels-Zeller

toppings you'd like. Bake pizza for 5-10 minutes, or until the cheese has melted completely. Enjoy with a salad.

Total calories per serving: 254    Fat: 12 grams  
 Carbohydrates: 30 grams    Protein: 9 grams  
 Sodium: 936 milligrams    Fiber: 14 grams

## Creamy Cauliflower Soup

(Serves 4)

- 1 medium head cauliflower**
- 3 Tablespoons olive oil, divided**
- Salt to taste**
- ½ cup water or low-sodium vegetable broth**
- 1 large onion, diced**
- 4 cups water (or vegetable stock for more flavor)**

Place the whole head of cauliflower in a deep baking dish, and rub with 2 Tablespoons of olive oil and a sprinkle of salt. Add ½ cup of water or broth to the dish. Bake uncovered at 350 degrees for 90 minutes, or

until a knife easily slides through a piece of cauliflower. Remove the cauliflower and allow it to cool.

Cut the cauliflower into 4 equal parts, and set aside. Heat 1 Tablespoon of olive oil in a large saucepan over medium heat. Add the onion and cook until soft. Add the cauliflower and the remaining broth or water to the sauce pan. Simmer until the cauliflower falls apart (about 10 minutes). When done, allow the contents of the saucepan to cool.

Once cooled, in small portions add the contents of the saucepan to a food processor. Process until a creamy soup appears. Transfer back to the pot, and bring to a simmer. Serve with a side of bread and salad.

Total calories per serving: 171    Fat: 14 grams  
 Carbohydrates: 11 grams    Protein: 3 grams  
 Sodium: 45 milligrams    Fiber: 4 grams

Dina Gharib wrote this article while interning with The Vegetarian Resource Group. She is a student at the University of Maryland Baltimore County.

# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### What do Vegetarians Eat?

The Adventist Health Study-2 includes more than 89,000 adult Seventh-day Adventist participants whose diets range from vegan to nonvegetarian. This variety of diets allows researchers to look at food choices. Study participants are categorized based on their degree of avoidance of animal products. For example “non-vegetarians” eat meat or fish at least weekly, “lacto-ovo vegetarians” eat dairy products and eggs but eat meat or fish less than once a month, and “vegans” eat any animal products less than once a month. Perhaps not surprisingly, “vegans” ate more legumes, soy products, nuts, seeds, grains, potatoes, fruits, and vegetables than other groups. Specifically, “vegans” and fish-eaters ate more leafy green vegetables, vegetables from the cabbage family, and sweet potatoes. “Vegans” ate markedly lower amounts of sweets and snack foods compared to nonvegetarians, with “lacto-ovo vegetarians” in between. Interestingly, “lacto-ovo vegetarians” ate lower amounts of eggs and dairy than “nonvegetarians.”

These results suggest that “vegans” (and to a somewhat lesser extent other vegetarians) in this population are more likely to get nutrients from a variety of sources. Their diets include a diversity of plant-based foods. Additionally, fewer unhealthy foods – sweets, solid fats, refined grains – were eaten. Food choices were similar to those recommended in *Dietary Guidelines for Americans*.

Orlich MJ, Jaceldo-Siegl K, Sabaté J, Fan J, Singh PN, Fraser GE. 2014. Patterns of food consumption among vegetarians and non-vegetarians. *Br J Nutr.* 112(10):1644-53.

### Health and Ethical Vegans

People choose to follow a vegan diet for different reasons. For example, some people identify their primary motivation as their own health while others report that they are motivated by concerns about animals. How do different motivations affect lifestyle choices? That’s the question that researchers set out to answer in a study of 246 adult vegans. Participants completed an online survey examining their motivations, health behaviors, and

food choices. Forty-five participants listed their health as their main motivation for following a vegan diet; the remaining 201 participants primarily chose their vegan diet for ethical reasons.

Groups had similar BMIs. Those citing ethical motivations were more likely to take a multi-vitamin and supplements of vitamins D and B12. They consumed more soy products and sweets. Despite differences in amounts eaten, neither group ate an excessive amount of sweets, staying below 1 serving per day on average. Those choosing a vegan diet mainly for health reasons ate more fruit and drank more juice. The ethically-based group had been vegan for a longer time period than the health-based group.

Radnitz C, Beezhold B, DiMatteo J. 2015. Investigation of lifestyle choices of individuals following a vegan diet for health and ethical reasons. *Appetite.* Feb 25. [Epub ahead of print]

### Treating Childhood Obesity with Plant-Based Diets

Childhood obesity is an increasingly common problem that can set children up for a lifetime of chronic health conditions. Clearly, effective treatments for childhood obesity are needed. Researchers at Cleveland Clinic and Case Western Reserve University placed obese children (age 9-18 years) and parents on either a vegan diet or the kind of diet that is prescribed by the American Heart Association. The Heart Association diet is not a vegetarian diet. Twenty-eight adult-child pairs were studied – 14 pairs on each type of diet. Each group attended cooking and nutrition classes. They followed their assigned diet for 4 weeks. Although the participants on the vegan diet were instructed to avoid all animal products, they were not always compliant; they reduced their animal protein intake significantly but did not entirely avoid animal products. Their diet had 18% of calories from fat and 3.6% from saturated fat. The group on the Heart Association diet ate more fat (25% of calories) and saturated fat (7.6% of calories).

Both groups of adults and children lost weight. The children and adults on the vegan diet also reduced



blood pressure and blood cholesterol. Both types of diets received similar scores from participants on their enjoyment of the foods, overall satisfaction, and ease of preparation. Participants on the vegan diet reported more difficulty with purchasing food. Intakes of vitamins D and B12 were lower in the group on the vegan diet. If this diet was used long-term, more instruction on sources of these nutrients and advice on food shopping would be needed.

This study suggests that a vegan diet can help with weight loss and high cholesterol in obese children and adults.

Macknin M, Kong T, Weier A, et al. 2015. Plant-based, no-added-fat or American Heart Association diets: Impact on cardiovascular risk in obese children with hypercholesterolemia and their parents. *J Pediatr.* 166:953-9.

## A Vegan Diet for Weight Loss?

Several studies have reported that, on average, vegans have a lower weight than other vegetarians or nonvegetarians. This information suggests that there may be something about a vegan diet that helps with weight control. Researchers at the University of South Carolina decided to investigate this further. They placed 50 overweight adults on a variety of plant-based diets for 2 months. Participants were randomly assigned to either a nonvegetarian diet, a semi-vegetarian diet (red meat once a week, poultry no more than five times a week), a pesco-vegetarian diet (includes fish but no meat), a lacto-ovo vegetarian diet, or a vegan diet. They attended classes about their diet and were encouraged to avoid high-fat foods. They were not told to limit calories. After the 2 months were up, participants were encouraged to follow their diet for the next 4 months and continued to attend classes.

All groups lost weight. The vegan group lost the most weight, followed by the lacto-ovo vegetarians, the pesco-vegetarians, the semi-vegetarians, and the nonvegetarians. After 6 months, the vegan group had lost an average of 7.5% of their starting weight. Vegans had lower intakes of calories, fat, and saturated fats and higher intakes of fiber than the other groups. About half of the vegan group met the researchers' goals for complying with the guidelines for a vegan diet. This level of compliance was similar to that of other groups. All groups had low intakes of calcium, iron, vitamin D, and potassium and high intakes of sodium.

The results of this study suggest that vegan diets are an effective way to lose weight. Education about good

sources of important nutrients is needed to ensure that the diets are nutritionally adequate.

Turner-McGrievy GM, Davidson CR, Wingard EE, Wilcox S, Frongillo EA. 2015. Comparative effectiveness of plant-based diets for weight loss: a randomized controlled trial of five different diets. *Nutrition.* 31(2):350-8.

Turner-McGrievy GM, Wirth MD, Shivappa N, et al. 2015. Randomization to plant-based dietary approaches leads to larger short-term improvements in Dietary Inflammatory Index scores and macronutrient intake compared with diets that contain meat. *Nutr Res.* 35(2):97-106.

## Low-Carb Diets May Not be Ideal After a Heart Attack

Many more people are surviving heart attacks than in the past. Diet plays an important role in heart health, so heart attack survivors are often motivated to make dietary changes. We don't really know what the best diet is for heart attack survivors, although a sensible recommendation is to achieve and maintain a healthy weight. After a heart attack, some people follow low-carbohydrate diets, which can be high in animal protein and fat. Harvard researchers investigated the effects of these diets by studying more than 2200 women and 1800 men who survived a heart attack. Subjects were part of a larger study and had been asked about their diet before their heart attack and completed at least one other diet questionnaire two years later.

Use of a low-carbohydrate diet based on animal products after the first heart attack was associated with an increased risk of death from all causes and heart-related causes. A plant-based low-carbohydrate diet did not affect risk of death. In other words, a low-carbohydrate plant-based diet was no better or worse than a higher carbohydrate diet in terms of avoiding death. The researchers hypothesize that the higher saturated fat in the animal product-based low-carbohydrate diet is one reason for higher mortality in this group. They conclude, "[post heart attack] patients who intend to follow an LCD [low-carbohydrate diet] should avoid consuming mainly animal sources of fat and protein."

Li S, Flint A, Pai JK, et al. 2014. Low carbohydrate diet from plant or animal sources and mortality among myocardial infarction survivors. *J Am Heart Assoc.* [Epub ahead of print].

# Warm Weather Salads Fit to be Meals

By Debra Daniels-Zeller

Hot summer days and salads go naturally together, and just about any ingredient can be incorporated into a salad.

Start with fresh greens and keep flavors on the tart side. Citrus or vinegar can set the tone, along with oil. Not much oil is needed – just enough to make the dressing cling to the salad ingredients. You can cut back on oil by adding more vinegar and water with a small amount of sweetener to balance the tart tones.

Composed or layered salads begin with lettuce or greens and include vegetables, fruit, hearty foods such as tofu or beans, and a garnish. Use an assortment of vegetables and fruits, dry or fresh, and keep it simple. For vibrant colors, layer sliced tomatoes, carrots, peppers, beets, radicchio, or red cabbage. For texture contrasts, try crispy carrots, toasted nuts, or crunchy croutons and soft avocados, marinated tofu, or roasted asparagus.

Serve your salad with crusty bread, or crackers, chips and dip. Vegan cheese, nuts, seeds, marinated tofu, barbecue tempeh, rinsed canned beans, or quinoa can make an infinite variety of salads.

## Shiitake Mushroom, Quinoa and Greens with Toasted Cashews

(Serves 6)

Shiitake mushrooms add intriguing texture and deepen the flavor of this salad. You can also use button mushrooms if shiitake are not available.

- 1 cup shiitake mushrooms, stems removed and discarded, caps sliced**
- 2 teaspoons extra-virgin olive oil**
- 1 shallot or small onion, peeled and small diced**
- 1 Tablespoon chopped pickled peppers**
- 2 cups cooked quinoa**
- ¼ cup balsamic vinegar**
- 1 cup minced celery**
- 4 cups fresh lettuce or spinach, torn**
- ¼ cup diced vegan cheese**
- ¼ cup chopped toasted cashews**

Heat a heavy skillet over medium heat. Add mushrooms, stir and cook until the mushrooms soften. (Button

mushrooms will release liquid before they are done.)

Pour in olive oil and add shallot or onion. Stir and cook until shallot or onion begins to brown. Add pickled peppers, stir, and cook for a few minutes. Remove from heat. Add quinoa. Stir in balsamic vinegar.

In a large bowl gently mix mushrooms, quinoa, and celery. Gently blend in lettuce. Serve topped with vegan cheese and cashews.

Total calories per serving: 156    Fat: 6 grams  
Carbohydrates: 21 grams    Protein: 5 grams  
Sodium: 105 milligrams    Fiber: 3 grams

## Greens with New Potatoes and Kidney Beans

(Serves 6)

The first potatoes of the season, new potatoes are delicate, slightly sweet, and tender. These potatoes are small with thin skins; take care not to overcook them. See the cover of this issue for a photo of this salad.

- 1½ pounds new potatoes, cut into bite-size pieces**
- ¼ cup red wine or raspberry vinegar**
- 3 Tablespoons extra-virgin olive oil**
- 1 Tablespoon vegan aioli spread or vegan mayonnaise with ¼ teaspoon garlic powder**
- 1 teaspoon Dijon mustard**
- 3-4 red cherry peppers, seeded and minced**
- 1 small red onion, small dice**
- One 15-ounce can kidney beans, drained and rinsed**
- 4 cups mixed salad greens**
- Salt and pepper to taste**

Steam potatoes just until tender. Do not overcook. While potatoes cook, combine wine or vinegar, olive oil, vegan aioli, and mustard in a small bowl. When potatoes are done, rinse under cold water.

Place potatoes in a large bowl and combine with cherry peppers, onion, kidney beans, and salad greens. Pour dressing over all and gently mix. Season to taste with salt and pepper.

Total calories per serving: 226    Fat: 9 grams  
Carbohydrates: 31 grams    Protein: 7 grams  
Sodium: 145 milligrams    Fiber: 8 grams

## Spinach and Bean Salad with Mustard Croutons

(Serves 6)

- ¼ cup extra-virgin olive oil
- 1½ Tablespoons Dijon mustard
- ¼ teaspoon white pepper
- 2 cloves garlic, pressed
- 8 ounces sliced vegan artisan bread, cut into 1-inch pieces
- 4 cups chopped spinach
- ¼ cup sliced green onions
- 1¼ cups canned kidney beans, rinsed and drained
- 3 Tablespoons vegan mayonnaise
- Juice of 1 fresh lemon
- ½ teaspoon agave nectar
- Salt and fresh pepper to taste

Preheat oven to 350 degrees. Whisk together olive oil, mustard, pepper, and garlic in a small bowl. Place bread in a medium mixing bowl and pour olive oil and mustard mixture over it. Mix well, then put bread on a baking sheet and toast. Turn once or twice, until golden and dry, 10-15 minutes. Remove from oven and let cool.

Gently toss spinach, onions, and kidney beans in a medium-size bowl. In another small bowl, blend vegan mayonnaise, lemon juice, and agave nectar. Whisk in salt and pepper to taste. Toss croutons and salad dressing with beans, onions, and greens before serving.

Total calories per serving: 259    Fat: 13 grams  
Carbohydrates: 29 grams    Protein: 7 grams  
Sodium: 459 milligrams    Fiber: 4 grams

## Lime-Infused Black Bean, Corn, and Tomato Salad

(Serves 5)

No cooking is involved for this easy-to-make whole meal salad. Leave the seeds in the jalapeño for a spicy kick.

- One 15-ounce can black beans, rinsed and drained
- 4 ears of shucked corn, or use 1½ cups frozen corn
- 2 medium-size tomatoes, chopped
- Juice of 1 lime, about 3 Tablespoons fresh lime juice
- 2 Tablespoons rice vinegar
- ½ teaspoon organic sugar
- ¼ cup extra-virgin olive oil
- 1 teaspoon cumin
- 1 clove garlic, pressed
- 1 minced jalapeño, seeds removed (if less heat desired)
- ½ teaspoon salt (smoked salt works well in this recipe)
- 3 cups chopped Romaine lettuce or spinach
- ½ cup chopped avocado (optional)
- ½ cup crushed tortilla chips

Place black beans, corn, and tomatoes in a medium-size bowl. Whisk together lime juice, vinegar, sugar, olive oil, cumin, garlic, jalapeño, and salt. Pour over bean mixture and stir. Refrigerate for an hour before serving.

Serve over chopped Romaine or spinach. Top with avocado and tortilla chips.

Total calories per serving: 263    Fat: 13 grams  
Carbohydrates: 31 grams    Protein: 8 grams  
Sodium: 465 milligrams    Fiber: 9 grams

Greens with New Potatoes and Kidney Beans (recipe on page 10)



Lime-Infused Black Bean, Corn, and Tomato Salad



### 3-Bean Salad with Sweet Onions and Arugula



## 3-Bean Salad with Sweet Onions and Arugula

(Serves 6)

This version of 3-bean salad contains less sugar than commercial variations. Paired with arugula, this salad is one of the most nutritious salads around. If you can't find arugula, use spinach or chopped baby kale.

**1 pound fresh green beans, ends removed and cut into 1-inch lengths or one 15-ounce can green beans, rinsed and drained**

**One 15-ounce can garbanzo beans, rinsed and drained**

**One 15-ounce can kidney beans, rinsed and drained**

**1½ teaspoons Dijon mustard**

**1 teaspoon agave nectar**

**5 Tablespoons apple cider vinegar**

**¼ cup extra-virgin olive oil**

**½ cup chopped fresh sweet onions or green onions**

**1-3 teaspoons chopped fresh herbs, summer savory or basil**

**Salt and pepper to taste**

**4 cups chopped arugula**

Simple Tossed Salad with Marinated Tofu (page 13) and Kidney Beans



Steam fresh green beans for 10 minutes or until tender. Place garbanzo and kidney beans in a serving bowl. When green beans are tender, rinse with cold water, drain and add them to the garbanzo and kidney beans.

Whisk together mustard, agave nectar, apple cider vinegar, and olive oil until smooth and creamy. Add onions and herbs; then add salt and pepper to taste. Gently blend dressing with beans and arugula.

Total calories per serving: 233    Fat: 11 grams  
Carbohydrates: 27 grams    Protein: 9 grams  
Sodium: 230 milligrams    Fiber: 9 grams

Ingredients for Lemon-Cashew Dressing (page 14)



## Salad Greens Primer

- Arugula
- Cabbage – red, green Savoy, Napa
- Dandelion greens
- Frisée
- Head lettuce like iceberg
- Kale
- Mustard greens
- Leaf lettuce
- Radicchio
- Romaine
- Salad Mix
- Spinach
- Wild Greens

**Note:** Add less of bitter and peppery greens like arugula, dandelion, frisée, kale, mustard, and radicchio.

## Soba Noodles with Marinated Tofu and Baby Kale

(Serves 6)

This salad can be made with marinated tofu from a natural foods store. Dice it, or make your own marinated tofu with the recipe below.

**8 ounces shiitake mushrooms, stems removed and sliced**  
**8 ounces soba noodles**  
**1½ teaspoons dark sesame oil**  
**2 Tablespoons rice vinegar**  
**1½ Tablespoons tamari or reduced-sodium soy sauce**  
**½ teaspoon organic brown sugar**  
**1½ teaspoons lime juice**  
**¼ teaspoon crushed red pepper flakes**  
**1 cup grated carrots**  
**1 cup minced celery**  
**½ cup minced red pepper**  
**8 ounces marinated tofu (recipe at right)**  
**2 cups finely chopped baby kale**  
**Smoked sea salt (or salt) and pepper to taste**

Heat a heavy skillet over medium heat. Add mushrooms, stir and cook until they soften. Remove from heat and set aside.

Bring a large pot of water to a boil. Add noodles and cook as directed. Drain and rinse when the noodles are slightly underdone.

While noodles cook, combine dark sesame oil, rice vinegar, tamari or soy sauce, brown sugar, lime juice, and crushed red pepper flakes. Whisk until well blended. Gently toss with noodles, red pepper, carrots, celery,

marinated tofu, and kale. Season to taste with smoked sea salt and pepper.

Total calories per serving: 241    Fat: 7 grams  
Carbohydrates: 38 grams    Protein: 11 grams  
Sodium: 765 milligrams    Fiber: 3 grams

## Marinated Tofu

(Serves 4)

Make any salad more substantial with this marinated tofu.

**8 ounces tofu, cubed**  
**1-2 Tablespoons canola oil**  
**5 Tablespoons rice vinegar**  
**½ teaspoon toasted sesame oil**  
**1 clove garlic, pressed**  
**½ teaspoon organic sugar**  
**½ teaspoon chili powder**  
**1 Tablespoon tamari or reduced-sodium soy sauce**  
**1 teaspoon extra-virgin olive oil**

Sauté tofu cubes in a nonstick pan in canola oil over medium heat, and cook for 10-12 minutes or until tofu begins to brown. Turn tofu and cook for 5-10 minutes. Turn again when bottom begins to brown. Remove and drain on a towel.

While tofu cooks, whisk together vinegar, sesame oil, garlic, sugar, chili powder, tamari or soy sauce, and olive oil. Place tofu in a glass bowl with a lid, and pour the marinade over the tofu. Refrigerate at least 2 hours or overnight.

*Hint:* To infuse the flavors, turn the tofu a few times so all sides are coated with the marinade.

Total calories per serving: 94    Fat: 7 grams  
Carbohydrates: 2 grams    Protein: 5 grams  
Sodium: 259 milligrams    Fiber: 1 gram

## Substantial Salads in a Snap!

Hearty additions easily take green salads to main dishes.

- Canned beans: garbanzo, black, kidney, white, lima
- Canned vegetables: corn, beans, beets, pickled vegetables
- Marinated tofu, bite-size chunks
- Seeds: toasted flax, pumpkin, sunflower seeds
- Nuts: toasted cashews, pecans, walnuts, peanuts, pine nuts
- Cooked grains: quinoa, millet, spelt, wheat berries, buckwheat
- Grilled veggies: bite-size eggplant, zucchini, onions, peppers
- Bread: crusty artisan bread in bite-size pieces or homemade croutons



## Grilled Vegetable Salad with Lemon-Cashew Dressing

(Serves 8)

Make the lemon-cashew dressing in the morning, and serve this green salad as a main dish later. Toast flax seeds in the oven at 325 degrees for about 10 minutes. Chop fresh or leftover veggies to add to this line-up if you want. Toasted seeds add texture and red cabbage brings color.

- 1 eggplant, sliced**
- 1 medium-size zucchini, sliced lengthwise**
- 1 green, yellow or red pepper, seeded and cut in half**
- 2 Tablespoons vegan vinaigrette**
- 4 cups salad greens of your choice**
- 1 cup shredded red cabbage**
- One 15-ounce can garbanzo beans, drained and rinsed**
- ½ cup chopped dill pickles or pickled vegetables**
- Lemon-Cashew dressing (recipe at right)**
- ½ cup toasted flax seeds**
- ½ avocado, thinly sliced (optional)**

Preheat grill. Place eggplant, zucchini, and pepper in a grill basket. Baste with vinaigrette. Grill vegetables for about 8 minutes on each side. When peppers are charred on the outside and eggplant and zucchini are done, remove from heat and let cool. Chop vegetables before adding them to the salad.

Combine greens, red cabbage, garbanzo beans, and pickles; toss. Serve by layering with roasted vegetables and 2 Tablespoons dressing per serving. Sprinkle seeds over the top and garnish with avocado slices.

Total calories per serving: 191    Fat: 10 grams  
 Carbohydrates: 23 grams    Protein: 7 grams  
 Sodium: 233 milligrams    Fiber: 9 grams

Grilled Vegetable Salad with Lemon-Cashew Dressing (recipe above)



## Lemon-Cashew Dressing

(Makes 1¼ cups)

Look for chia seeds in the natural foods section of your supermarket or in natural foods stores.

- ½ cup cashews**
- ½ cup apple cider**
- 2-3 Tablespoons fresh lemon juice**
- ¾ teaspoon chia seeds**
- 1 clove garlic, pressed**
- 1 Tablespoon minced sweet onions**
- 1 teaspoon fresh dill, chopped**
- Salt and pepper to taste**
- Water to thin, as needed**

Soak cashews in apple cider for a few hours or overnight. Place cashews, cider, lemon juice, chia seeds, garlic, onions, and dill in a blender. Purée until smooth. Add salt and pepper to taste. Refrigerate for a few hours. Add water, if needed, to thin.

Calculated as 1 serving = 2 Tablespoons  
 Total calories per serving: 44    Fat: 3 grams  
 Carbohydrates: 4 grams    Protein: 1 gram  
 Sodium: 2 milligrams    Fiber: <1 gram

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

## Garnish it!

Sprinkle just about anything on top of a salad for a garnish. Consider color, flavor, and texture.

- Avocado slices
- Asparagus, pickled, grilled or roasted
- Beets, grated raw or pickled
- Beans
- Broccoli florets, chopped
- Carrots, grated
- Cauliflower, finely chopped
- Croutons, bread or tofu
- Fennel, finely chopped
- Flowers, edible varieties
- Olives, whole or chopped
- Peppers, roasted, grilled, or finely-chopped raw
- Seeds - sesame, pumpkin, sunflower, flax

## Vegan Offerings Popping up in Restaurant Chains

Mellow Mushroom® has more than 170 locations in 19 states and offers a wide selection of salads, hoagies, and pizzas that can be customized to a vegan diet. Their website states, “We offer a large variety of vegetarian options, many of which can be easily made vegan. You’ll find tofu and tempeh, which can be seasoned seven different ways and fresh veggies galore throughout our menu. We also offer Daiya vegan cheese, which is free of animal and soy products, and a good source of calcium. Our veggie customers always leave full, happy and satisfied!” For more detailed information see this Vegetarian Resource Group blog posting: <http://www.vrg.org/blog/2014/12/17/vegan-options-at-mellow-mushroom/>



At Pizza Rev, customers pick out their own dough, sauce, cheese, and toppings and the “pizza crafters” work with you to make your own personalized pizza right before your eyes. They are located in California, Minnesota, Texas, and Utah, and will be expanding to Missouri, Nebraska, and South Dakota. Their website states, “We offer Daiya vegan cheese, and our gluten-free and original crust options are both vegan. We have over a dozen veggie toppings, and our red sauce is vegan, too.” Visit: <http://pizzarev.com/menu/>



Salata restaurants has added three new vegan items to the menu at all of its 40 locations in Texas and California: quinoa, falafel, and tofu. They



are a permanent part of Salata’s 50-plus options for salad toppings or wrap fillings. The Salata website lists these dressings as vegan: Lemon Vinaigrette Dressing, Fat-Free Sun Dried Tomato Dressing, Balsamic Vinaigrette Dressing, and Chipotle Sauce. None of the soups

were marked vegan. See: <https://www.salata.com/>

According to the Smoothie King website, they now carry a Vegan Dark Chocolate Banana smoothie containing Sunwarrior® Warrior Blend plant-based protein, 100% cocoa, bananas and açai sorbet. The Vegan Mango Kale smoothie contains Sunwarrior® Warrior Blend plant-based protein, kale, mango juice blend, bananas, apple juice, and almonds. For more information, see: <http://smoothieking.com/menu/smoothies/wellness-blends/mango-kale#.VCsliBauQ8A>



According to ZPizza, if you’d like to build your own pizza or order a salad, their acceptable vegan ingredients are as follows:

- Pizza dough (contains organic flour, olive oil, yeast, sugar, salt)
- Gluten-free crust
- Vegan cheese by Daiya
- Veggie crumbles by Gardein
- Tomato sauce
- Marinara sauce
- Mexican salsa
- Roasted garlic sauce
- Caramelized onions
- Roasted eggplant
- All fresh vegetables



It is impossible to be 100% sure about a statement, information can change, people have different views, and mistakes can be made. Please use your best judgment about whether a product is suitable for you. To be sure, do further research or confirmation on your own.

For information on other chains, see <http://www.vrg.org/fastfoodinfo.php>

To find vegetarian restaurants, see <http://www.vrg.org/restaurant/index.php>

# A *Vegari* in a Small *Nepali* Village

By Yasmin Radbod

Last year, I finished an eight month Fulbright English Teaching Assistantship Grant in Nepal. The first month was spent training in Kathmandu, and for seven months I lived with a Nepali family and taught English daily at a local public school. My house was about two hours outside of Kathmandu in a small village called Badikhel, near the bigger town Godavari.

My host family was extremely generous and hospitable. My host dad was a government employee in the agricultural department, and my host mom stayed at home to manage the house and look after my two host sisters and grandmother. By chance, I was extremely fortunate to have chosen a family that eats very little meat! In Nepal, though cows are sacred, cow's milk is thought to be a necessity for children and adults alike. In Hinduism, to summarize, the cow symbolizes God's creation, and to kill a cow is an extremely serious offense. Most Nepali families will have at least one ox (male) and one cow (female) kept at their house. Cows are given *tikas* (red rice mixture placed as a dot on the forehead), the same as people are given, on holy and auspicious days. My host family, however, did not own any livestock and instead bought their *dahi* (yogurt) and *dud* (milk) from a supplier.

My host family was very understanding when I explained the meaning of the word 'vegan,' although other relatives, neighbors, and my host grandmother considered my diet to be extremely unhealthy. Vegetarians are accepted and some castes of Hindu society don't eat certain meats or eat meat at all. However, to not drink milk is a huge surprise for many. My host aunt told me that cow's milk is necessary for growth and calcium, which is similar to the beliefs of many people in the United States.

I ate the traditional *dahl bhaht* (soupy lentils, a spicy pickled side dish, a vegetable curry, and white rice) in the morning and evening, and I brought lunch with me to school. My host mom is traditional and did not like me to cook

or touch anything in the kitchen, so whatever she cooked, I ate. The vegetable curries for *dahl bhaht* include *sahg* (lettuce fried in a wok or pressure cooker), *aloo* (fried potatoes), *hariyo simi* (curried green beans), *gedahgadi* (a medley of soupy beans), *kauli* (fried cauliflower), *cyau* (fried mushrooms), and many other vegetables. Pretty much everything grows in Nepal, so there is always a great variety of vegetables to cook! The one time I was allowed to cook for my family was when my host dad harvested avocados but didn't know how to cook or eat them. I made guacamole for my family and they loved it. Some of my fellow grantees were placed in areas further from Kathmandu and struggled living with families who ate chicken, buffalo, or goat at every meal. These families insisted my friends eat this meat too, so I was very lucky to be with my family!

Having access to Kathmandu was very important for me, especially when I had food poisoning three times and gastroenteritis! Kathmandu has some great options for vegans. Although I didn't like the food at 1905 Restaurant, they host a farmer's market every Saturday from 10 a.m. to 1 p.m. (Walk out of Thamel past Himalayan Java and turn right; just up the street there is a big banner.) There are organic fruits and vegetables available, falafel, roasted soybeans, hummus from a sweet French



Yasmin (middle) with her host mom and host aunt celebrating *Tij*, a Hindu women's festival. On this day, the women traditionally don't eat or drink water for the sake of the health of their husband.



monk, and German breads (some are vegan). Brown, red, and purple rice are also available.

In Thamel, which is where most of the nightlife happens in Kathmandu, there are several vegan-friendly restaurants. If you ask any person where Thamel is, they can easily direct you; taxi drivers are very familiar with this area, too. It's near the old palace, Narayanhiti, and one block away from Durbar Square, the main commercial area. Walk into the Main Street of Thamel around the corner from The Garden of Dreams (old, royal gardens that are now open to the public and have wifi services for a small fee). Passing Himalayan Java, continue straight past Purple Haze Nightclub. At the next intersection, turn left and on your right-hand side you'll find Green Organic Cafe. It's a bit pricey, but everything is fresh and organic, and even the pizza can be made vegan (request it without cheese). Try their soups and brown rice, buckwheat *momos* (like dumplings, see photo on page 18), and vegetable and tofu patties. OR2K is across from Purple Haze on the right-hand side after you walk straight into Thamel. It is an Israeli restaurant that serves amazing hummus, falafel, *baba ghanoush*, and other Israeli classics. For nightlife and good food, try Reggae Bar, 10 shops before Green Organic Cafe. They have live rock music every night, and the vegetable *pakodas* (deep fried vegetable patties), vegetable *momos*, and a drink off their long bar menu won't disappoint. Phat Kath is across the street from Reggae and offers French cuisine and great local food. The atmosphere is mellow; it's too small for live

music, but it's cozy and they have drink specials every day.

Although alternatives to cow's milk are uncommon in Nepal, there are two locations that offer soymilk in Thamel. The largest Himalayan Java at the entrance of Thamel on your right side, just past The Garden of Dreams, offers soymilk in place of cow's milk in your coffee for a small fee. This is the only location of the Himalayan Java chain that offers soymilk. The soy latte is delicious and there is free wifi to use as well. You can purchase soymilk at Shop Right Supermarket, the largest supermarket in Thamel, which is located just a few shops before Reggae. They sell a soymilk imported from Thailand that has no animal ingredients and comes in different flavors, called Lactasoy. It's fortified with calcium and vitamins and is very tasty. Big Mart, a chain supermarket, also sells Lactasoy around Kathmandu (see photo above). There's one near Hotel Shangri La in Lazimpat and another in Dhobigat.



Here are a few recipes I've picked up from my host family and friends and adapted for vegans. The first is a super easy way to make vegetables tasty. Grind salt, chili peppers (chili powder works, too), and garlic by hand or with a small blender, to taste. Sprinkle this simple *achar* over corn on the cob instead of margarine. Or, if you are tired of eating carrots and cucumbers with hummus, sprinkle *achar* over some veggies and have them raw.

Another easy and fun snack for the family is *bhuteko makai*, known as fried corn, or popcorn. Nepalis eat this especially after harvesting maize in September and October, but it's a nice snack anytime. Nepalis eat corn in many different forms; the most common is half-popping the corn so it's very crunchy, but it's usually mixed with a dried bean as well, such as soybeans. To make it this way, rub oil on the sides of a deep pot. Cover the bottom with oil as well. Pour corn kernels inside and salt to taste. Try to pop the kernels only halfway; mix the kernels around with a long spoon and keep the lid firmly closed. If they pop into popcorn, that's alright, too! When you pop it as you would like, add some dry soybeans or nuts to the corn and eat it as a snack.

Normally Americans don't cook lettuce; we eat it raw in a salad or a sandwich. Nepalis frequently eat *sahg* (cooked lettuce) as their *tarkahri* (vegetable curry) in their *dahl bhakt*. It's easy to make and can be served hot



Yasmin with her students, celebrating the biggest Hindu festival, Dashain

or cold and poured over bread or rice. You need a deep pot, pressure cooker or wok, oil, salt, ginger, chili, cumin, garlic, green onion, fresh fennel or coriander (optional), one lemon or lime, vegetable broth or bouillon (optional), and fresh lettuce or spinach. First, heat the pot or wok. Pour two Tablespoons of oil into the pot. It should bubble immediately. Add ginger (you can grate fresh ginger using a grater or cut small pieces, or use ginger powder), chili, garlic, salt, and cumin to taste. After a couple of minutes, add the lettuce. Chop up the green onion and add that next. Cover and let it simmer into a soft mixture. In a separate pan or pot, you can repeat frying ginger, cumin, salt, garlic, and chili, and then pour in some vegetable broth or use 2 cups of water for one bouillon cube. Then pour the broth or bouillon into the pot of lettuce. If you don't want to add either of those, simply add water. The last step is to add either fresh fennel or fresh coriander leaves (to taste) into the mixture. Usually I use six to eight pieces of fennel or coriander to make the curry very flavorful. Let it simmer with the lid on for another 10 minutes. If it dries out, add some water. You can judge how soupy or dry you prefer it. Then you can pour the lettuce over some rice and squeeze a fresh lemon over the dish. It's now ready to eat!

Here are some language tips if you are traveling in Nepal:

- C is pronounced as "ch."**
- Ah makes an "ah" sound.**
- A makes an "uh" sound.**
- E makes an "eh" sound.**
- U makes an "oo" sound.**

People won't understand what vegan means, but people who know the English word 'vegetarian' will most likely understand you if you say you are a "pure vegetarian" because you eat nothing from animals.

*Ma sabkabahri hu* means, "I am vegetarian," but most people know the English word.

*Ma mahsu, dud, phul, mahchah, maha, sabai janahwar ko khannah na khane* means, "I do not eat meat, milk, egg, fish, honey – all animal-made foods I don't eat."

*Mahsu khana hundaina malai* means, "For me, eating meat is bad/unacceptable."

*Yo khandina* AND *nakhani* both mean, "I don't eat this."

*Yo khannah mah dud cha?* means, "Is there milk in this food?" Say *mahsu* instead of *dud* to mean meat.

*Yo mahsu nahaleko pauncha?* means, "Can you make this without meat?"

*Mero ciyah dud nahaleko.* When you are ordering tea, this means "Don't put milk in my tea." All Nepalis will assume you like milk and lots of sugar (*cini*) in your tea, so be clear!

*Mahsu ra dud mero biswahs hoina.* "Meat and milk are against my beliefs."

If you want to apologize, you can just say, "Sorry." Most Nepalis say that nowadays to apologize.

*Kir, gyu,* and *dahi* are all milk products, so don't accept if someone offers them!

*Thamelmah jahne?* "Can you go to Thamel?" You can say this to a taxi driver. They will overcharge you, but stick to 200 rupees as your limit.

*Dui saiye rupee ah dinchu.* "I will give you 200 rupees."

**Yasmin Radbod wrote this article while completing a Fulbright English Teaching Assistantship Grant in Nepal. She is a former VRG intern and is a VRG volunteer.**



Yasmin in Langtang (north of Kathmandu, bordering Tibet) enjoying butterfly momos with a vegetable curry filling and using ketchup as a dip.

## Vote for your Favorite Veg-Friendly Chain Restaurant

The Vegetarian Resource Group wants to know which mainstream restaurant chain for vegan and vegetarian options is your favorite. Give your opinion in our online poll.

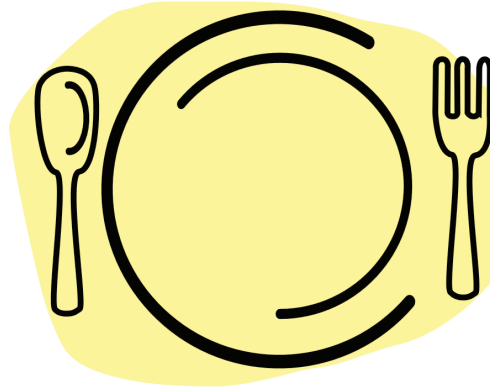
To vote, visit: <http://www.vrg.org/vote>

(Select one and click on the “Vote” button at the bottom of the page.)

*Please note:* This list does not include all-vegetarian restaurant chains.

Below are the top 10 voted for so far:

1. Chipotle
2. Qdoba Mexican Grill
3. Taco Bell
4. Noodles & Company
5. Souplantation/Sweet Tomatoes
6. Panera Bread
7. Subway
8. P.F. Chang's China Bistro
9. Moe's Southwest Grill
10. Baja Fresh Mexican Grill



For a list of vegetarian and vegan restaurants, see <http://www.vrg.org/restaurant/>

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD was interviewed by *US News and World Report* for an article entitled, “What are Mistakes that New Vegetarians Make?” She was also interviewed by *The Bulletin* in Bend, Oregon about vegan diets and suggestions for ways that people can incorporate vegan items into their diets to replace nutrients they may have previously gotten from animal products.

*Food Technology Magazine* asked the VRG about the vegetarian market. A high school student writer interviewed our volunteer coordinator, Nina Casalena, about our scholarship contest.

### VEGAN Outreach

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, who teaches nutrition at the University of Massachusetts Amherst, had nine nutrition student volunteers as well as her husband, Arnie Alper, MD, help her staff The Vegetarian Resource Group booth at the Valley VegFest in Northampton, Massachusetts. She also spoke for one hour about vegan nutrition and answered questions about protein, iron, calcium, vitamin B12, and cholesterol from an interested audience.

VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, is working with Senior Services in Long Beach, California, to help provide vegetarian meals and lifestyle to active and at-home seniors. She is also teaching several online college courses that incorporate vegetarian nutrition and culinary arts.

The Age of

# Information

is also the Age of

by Ricardo Racicot

# Misinformation

## Claims Regarding Vegetarianism and Vitamin A

In today's age of information we are able to access the answer to almost any question within seconds. With access to the Internet and search engines at our fingertips, thanks to smartphones and laptops, any inquiry or dispute can be settled immediately. Unfortunately, this is a double-edged sword. While we may have swift access to information, there is no assurance that it is accurate. This is especially true regarding nutrition information. There are countless resources on the Internet claiming to be legitimate sources, many of which have an agenda. These sources include advocacy groups promoting a particular agenda and may posit legitimate sounding ideas as science when the background information is not there. This, I believe, perpetuates myths and poor-quality information, directly resulting in stigmatizing vegetarians and misinformation about their diets.

A few months ago, I saw a Facebook posting from one such advocacy group claiming, "Carrots are not a source of vitamin A. Vitamin A is found exclusively in animal foods." While I am not a vegetarian, this type of misinformation concerns me because it may dissuade people from pursuing a healthy vegetarian lifestyle. Claims such as this are unfounded and based on a poor understanding of science, and I would like to dispel some common myths surrounding vegetarianism and vitamin A.

### Claim: Vitamin A is found exclusively in animal foods

Technically, this is correct. However, it's highly misleading. Vitamin A in its complete form, retinol, is only found in animal products; however, the precursors to vitamin A are found in a plethora of fruits and vegetables, including carrots, mango, spinach, and sweet potatoes. When we eat foods containing these precursors, such as beta-carotene, our body converts them to vitamin A. The rate of conversion from beta-carotene to retinol varies widely depending on a number of factors and ranges from a 3.8:1 to 28:1 ratio, meaning it requires somewhere between 3.8 to 28 units of retinol precursors to make a single unit of retinol.<sup>1</sup> Because of the variation in the conversion rate of carotenoids to retinol, daily

vitamin A requirements are expressed in micrograms (mcg) of Retinol Activity Equivalents (RAE), a unit that takes into consideration the ease of absorption depending on the source of vitamin A. Many plant-based sources actually have a higher RAE than their animal-based counterparts, with the major exception being beef liver. While plant-based foods are not a source of complete vitamin A, they provide our bodies with the necessary building blocks to meet our vitamin A requirements.

	Cooking Method	mcg RAE/Cup
Beef Liver	Pan Fried	9,680
Sweet Potato	Boiled	2,581
Carrot	Boiled	1,329
Spinach	Boiled	943
Eggs	Boiled	203
Coho Salmon	Dry Heat	80
Chicken Breast (skinless)	Roasted	8

The daily Recommended Dietary Allowance of vitamin A for adult males is 900 mcg RAE and 700 mcg for females.

Source: U.S. Department of Agriculture, Agricultural Research Service. 2013. USDA National Nutrient Database for Standard Reference, Release 26. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/bal/bhnrc/ndl>



# How **Vegans** Obtain Enough **Vitamin A** to Meet Daily Requirements

In the United States, vitamin A deficiency is rarely an issue, so much so that the newly proposed FDA Nutrition Facts label will not require the listing of vitamin A.<sup>2</sup> This holds true for vegetarians, too. For adult males the Recommended Dietary Allowance (RDA) is 900 mcg RAE while for women it is 700 mcg RAE. These amounts of vitamin A are easily achievable by a few servings of yellow-orange fruits and vegetables and/or dark leafy greens. For example, a simple raw salad of spinach, Swiss chard, carrots, tomatoes, and bell peppers is enough to fulfill the daily requirement for a woman. The salad, along with an additional whole, raw mango fulfills the requirement for a man.

	Cups	mcg RAE
Spinach	2	281
Swiss Chard	1	110
Tomato	.75	57
Carrots	.5	267
Red Bell Peppers	.25	58
Total	4.5	773
Mango	2	181
Total	6.5	954

Source: U.S. Department of Agriculture, Agricultural Research Service. 2013. USDA National Nutrient Database for Standard Reference, Release 26. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/bal/bhnrc/ndl>

*Other common sources of vitamin A that could help vegetarians meet their daily requirement include:*

	Cooking method	mcg RAE/Cup
Butternut Squash	Baked	1,144
Kale	Boiled	885
Collards	Boiled	722
Bok choy	Boiled	360
Cantaloupe	Raw	299
Romaine Lettuce	Raw	205
Apricot	Raw	158
Grapefruit	Raw	133
Broccoli	Boiled	120
Summer Squash	Boiled	101
Asparagus	Boiled	90
Peas (with edible pod)	Boiled	83
Papaya	Raw	68
Plum	Raw	28
Peach	Raw	25

Source: U.S. Department of Agriculture, Agricultural Research Service. 2013. USDA National Nutrient Database for Standard Reference, Release 26. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/bal/bhnrc/ndl>



**Claim: Breastfeeding infants of vegetarian parents are at risk for vitamin A deficiency.**

Breastfeeding infants born to mothers with poor dietary habits who lack essential nutrients are those who are at risk for deficiency. A child being breastfed by a vegetarian mother is only at risk for vitamin A deficiency if the mother is not consuming adequate vitamin A. During lactation, the RDA for vitamin A increases to 1,300 mcg RAE per day. Again, this is easily achievable with several servings of yellow-orange fruits and vegetables and/or dark leafy greens. Consuming plant-based foods containing vitamin A precursors allows the mother to convert them to vitamin A and pass them along to the infant through breast milk. Lactating mothers with adequate intakes of vitamin A precursors will provide their infants with adequate amounts of vitamin A.

**Claim: Vegetarian children are at risk for vitamin A deficiency.**

According to a recent study, less than 5% of all children ages 2-8 years old have a daily intake of vitamin A less than what is recommended by the USDA.<sup>4</sup> Additionally, a 2002 study of children ages 11-18 years old showed vegetarians consume almost 1500 more units of vitamin A on average than their non-vegetarian counterparts.<sup>5</sup> There is little risk of vitamin A deficiency in vegetarian children who regularly eat yellow-orange fruits and vegetables and/or dark leafy greens.

**Claim: Fat is required for vitamin A absorption.**

Vitamins are generally classed into two categories: fat-soluble and water-soluble. Water-soluble vitamins include the B vitamins and vitamin C. As their name implies, these vitamins dissolve in water. Vitamins A, D, E and K are fat-soluble vitamins and dissolve in fat. Because of this, fat needs to be consumed along with the source of vitamin A for proper absorption. Consumption of a fat source, such as avocado, has been shown to increase absorption of beta-carotene from carrots 6.6-fold as compared to eating carrots alone.<sup>6</sup> Other fat sources that could potentially increase absorption include oils such as olive oil, salad dressing, nuts, and nut butters.

**Conclusion**

Adequate vitamin A intake is readily achievable by those practicing a vegetarian diet. A vegetarian diet offers the

opportunity for adults and children to meet vitamin A needs through consumption of vitamin A precursors from fruits and vegetables and for breastfeeding infants through their well-nourished mother's milk. Consumption of fat along with vitamin A and its precursors enhances absorption, with the amount of fat required being minimal. As with all types of diets, fulfilling the requirements for essential nutrients should be considered when making meal choices.

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“Adequate vitamin A intake is readily achievable by those practicing a vegetarian diet.”

Ricardo Racicot recently graduated from the University of Massachusetts Amherst with a bachelor's degree in nutrition.

# What is the Amount of Oxalate in Seitan?

By Reed Mangels, PhD, RD

The Vegetarian Resource Group sometimes receives questions about the oxalate content of vegan foods. Some people limit their dietary oxalate intake because of conditions such as kidney stones, fibromyalgia, and interstitial cystitis. There are several resources for people interested in knowing more about the amount of oxalate in different foods. We pointed out some in a blog post from 2011. See: <http://www.vrg.org/blog/2011/05/30/oxalic-acid>.

Jack Norris, RD, a vegan dietitian, frequently writes about oxalates on his blog [jacknorrisrd.com](http://jacknorrisrd.com). One of his posts led us to a list of tables developed by the Harvard School of Public Health: <https://regepi.bwh.harvard.edu/health/Oxalate/files>, which list the oxalate content of many foods. Even with all of these resources, we were stumped when we received a question from a reader about the amount of oxalate in seitan.

We contacted Michael Liebman, PhD, a professor at the University of Wyoming, who has done research on the oxalate content of foods. He agreed to analyze a sample of gluten flour which is used to make seitan. Dr. Liebman found that 100 grams of Arrowhead Mills Vital Wheat Gluten had 54 mg of total oxalate and 15.1 mg of soluble oxalate. Soluble oxalate appears to be more easily absorbed. Dr. Liebman concluded that a tablespoon of Vital Wheat Gluten (which weighs 9 grams) has 4.9 mg of total oxalate.

We took these numbers and used a recipe for seitan from *Vegetarian Journal* found in this article: <http://www.vrg.org/recipes/vjseitan.htm>. According to this recipe, 2 cups of gluten flour yields 5 or 6 servings (4 ounces) of

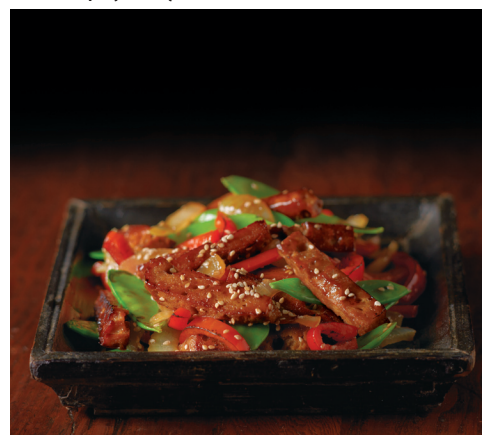
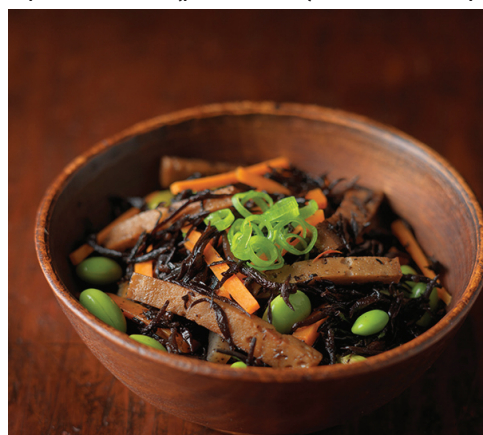
seitan. The gluten flour would contribute 26-31 mg of oxalate to a 4-ounce serving of seitan. The total oxalate in the seitan would be somewhat higher depending on the other ingredients which were used. Other ingredients in the seitan recipe were not included in the calculation. These ingredients include garlic powder; ground ginger; water or vegetable stock; lite tamari, Braggs liquid amino acids, or soy sauce; and optional sesame oil. The broth to cook the seitan contains tamari or soy sauce, kombu (a type of seaweed), and optional ginger. We are uncertain as to how much oxalate from the broth ingredients is present in the seitan and if some oxalate from the seitan is lost into the cooking broth, so our estimate of the oxalate content of the seitan is just that, an estimate. Ginger, garlic, and soy sauce have all been identified as low in oxalates in one or more databases.

Please note that individuals on a low-oxalate diet should discuss the appropriate amount of oxalate to include in their diet with their health care provider. Amounts will vary depending on the individual, their medical condition, and other factors.

Here are some companies that manufacture seitan:  
**Sweet Earth Natural Foods:** [www.sweetearthfoods.com](http://www.sweetearthfoods.com)  
**Monk's Meats:** [www.monksmeats.com/](http://www.monksmeats.com/)  
**Taft Foodmasters:** [www.taftfoodmasters.com](http://www.taftfoodmasters.com)  
**Upton's Natural:** [www.uptonsnaturals.com/](http://www.uptonsnaturals.com/)  
**West Soy:** [www.westsoytofu.com/products/seitan.html](http://www.westsoytofu.com/products/seitan.html)

You can also make seitan at home.  
See: [www.vrg.org/recipes/vjseitan](http://www.vrg.org/recipes/vjseitan)

Hijiki Seitan Salad (pictured on left) and Seitan Stir-Fry (right) made from Sweet Earth Natural Foods Seitan Strips (center)



# The Vegetarian Resource Group Submitted Comments in 2014 on the Revision of the Nutrition and Supplement Facts Label

Submitted by: The Vegetarian Resource Group  
Reed Mangels, PhD, RD, LDN, FADA, Nutrition Advisor  
Charles Stahler, Co-Director, The VRG  
Debra Wasserman, Co-Director, The VRG

Thank you for the opportunity to submit comments on the Revision of the Nutrition and Supplement Facts Label.

The Vegetarian Resource Group (VRG) is an independent non-profit organization dedicated to educating the public on vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. In addition to publishing the *Vegetarian Journal*, VRG produces books, pamphlets, and article reprints. Our health professionals, activists, and educators work with businesses and individuals to bring about healthy changes in schools, workplaces, and the community. Registered dietitians and physicians aid in the development of nutrition-related publications and answer questions about the vegetarian and vegan diet. Financial support comes primarily from memberships, contributions, and book sales.

We support the proposed revisions to the Nutrition and Supplement Facts Label and offer additional comments and suggestions.

## Indicate the form of vitamin D which is being added to foods.

Vitamin D used in fortification and dietary supplements may be in the form of vitamin D2 (ergocalciferol) or vitamin D3 (cholecalciferol). The form of vitamin D which is added to foods is important to vegetarians. The vitamin D3 commonly used in supplements and fortified foods is derived from lanolin from sheep's wool<sup>1</sup> and is not considered to be vegan. Currently some foods and supplements simply list vitamin D without specifying the form. The addition of the requirement to specify the form of vitamin D would be helpful to vegans and to those who prefer to use a specific form of vitamin D.

## Require that foods fortified with vitamin B12 indicate both the %DV and the absolute amount of vitamin B12 per serving.

Fortified foods and supplements are the only reliable way for individuals who avoid all animal products to obtain vitamin B12. Including the amount of vitamin B12 added to fortified foods and supplements

would enable these individuals to monitor their intake of this essential vitamin. This labeling would also be helpful to those age 50 years and older who are advised to meet their RDA mainly by consuming foods fortified with crystalline vitamin B12 or vitamin B12-containing supplements.

## Require that the source of ingredients that are often derived from animals be identified.

Vegetarians, those who keep kosher or Halal, and others who avoid animal products would benefit from ingredient lists that clearly indicate animal-derived ingredients. Some companies already voluntarily identify ingredients such as mono- and di-glycerides, L-Cysteine, and natural flavors as "vegetable" or "from non-meat sources" due to consumer demand. Requiring this type of labeling allows consumers to make informed choices. Our polls indicate that 47% of adults in the United States are eating one or more vegetarian meals each week.<sup>2</sup>

## Consider overall nutrition value.

As advocates for health-promoting plant-based diets, we agree with former FDA head David Kessler, MD that, "Whatever form those regulations ultimately take, their goal should be to encourage the sale and consumption of products full of fruits, vegetables, and whole grains, rather than those loaded with little more than fat, sugar, and salt."<sup>3</sup> This could be accomplished by the development of some sort of overall rating system for foods which would give highest ratings for foods based on fruits, vegetables, and whole grains and give markedly lower ratings for nutrient-poor foods which have been fortified with vitamins and minerals. Additionally, foods which are high in added sugars should not be able to make nutrition and health claims.

## Keep the requirement that calcium and iron be included on the nutrition facts label.

Calcium and iron are essential nutrients of especial interest to vegans (vegetarians who do not use any animal products). The requirement to include both the %DV and the absolute amount of these nutrients in foods will help consumers (including vegans) to choose foods which are good sources of these nutrients.

See citations on page 25.



# Dextrose: Update to The Vegetarian Resource Group Food Ingredient Guide

By Jeanne Yacoubou, MS

**Alternate names:** glucose, D-glucose, corn sugar, grape sugar, rice sugar

**Commercial source:** cornstarch

**Used in:** baked goods, powdered mixes, soups, snack foods, cereal, confections, condiments, beverages, ice cream, frozen desserts, infant formula, canned fruit, caramel color, pan coatings, jams and jellies

**Used as:** sweetener, texturizer, bulking agent, moisture conditioner, stabilizing agent, crystallization inhibitor, fermentation substrate

**Definition:** A simple sugar, dextrose is approximately 70-80% as sweet as sucrose (table sugar).

**Manufacturers:** ADM, Tate and Lyle, Cargill, Roquette

ADM told us that they use no animal ingredients or processing aids in dextrose manufacture.

[http://www.adm.com/\\_layouts/productdetails.aspx?productid=27](http://www.adm.com/_layouts/productdetails.aspx?productid=27)

Tate and Lyle reported that their dextrose is not made with animal ingredients or processing aids.

<http://www.tateandlyle.com/ingredientsandservices/chooseaningredientorservice/americas/pages/dextrose.aspx>

Despite many attempts by email and phone to several people, Cargill told The VRG that they only respond to customer questions.

<https://www.cargillfoods.com/emea/en/products/sweeteners/dextrose/functional-properties/index.jsp>

Roquette did not return our calls or emails for more information on dextrose.

<http://www.roquette-food.com/dextrose-monohydrate-natural-sugar-sweetener-confectionery-cereal-products/>

**Classification:** Vegan

For more ingredient information, see <http://www.vrg.org/ingredients/index.php>.

## References for page 24

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## 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.

# Burgers for Buddhists

Reflections on Animals, Religion, and the Environment

by Gene Sager

After visiting a new Buddhist temple in San Francisco, I scouted the neighborhood for a restaurant. A funky sign nearby caught my eye: “Burgers for Buddhists.” I asked why all the burgers on the menu were vegetarian; the chief cook/owner explained, saying, “Buddhists don’t eat meat, period.” This sounded like an oversimplification, and I decided to revisit and expand my research on this issue. Along the way, there have been lessons to be learned about other religions as well.

Buddhism is the leading Asian religion in the world today. It has spread effectively into more Asian countries than have Hinduism and Taoism. And in Europe and the U.S., it has more non-Asian adherents than the other Asian religions. Like all religions with long histories, it has undergone many changes. The number and diversity of Buddhist groups rival Protestant Christianity, and Buddhists disagree on many individual and social issues. It comes as no surprise, then, that some Buddhists are vegetarian and some are not.

Despite the diversity that develops in religious traditions, there are common threads that are retained. Some threads are distinct principles or virtues; others are themes, or what I call “atmospheres.” The key virtue in Buddhism is compassion (*karuna*). It is the fundamental value that runs deep and connects intimately with all the other teachings. The Four Noble Truths focus on the relief of suffering, and it is out of compassion that one pursues this relief. Buddhism calls for compassion for “all sentient beings” – all beings who experience pleasure and pain – i.e., humans and other animals. We accrue good karma (good feeling or contentment) by practicing compassion, and bad karma by failing to do so. If we cause unnecessary suffering, then deep down we feel some form of inner turbulence or discontent.

Everyone is aware of the Buddhist goal of inner calm, an atmosphere of tranquility that pervades Buddhist culture from the Indian images of the founder to Japanese landscape gardens. It was this peacefulness that attracted me to Buddhism when I lived in Japan. I came to realize that the practice of compassion has gradually increased

my contentment and inner peace. So, does this practice of compassion call for a vegetarian diet?

## Scripture as a Source

Religious groups use scripture as a primary source for guidance concerning diet and other moral issues, but thoughtful members of these traditions confront multiple problems. In Buddhism, important scriptural passages conflict with one another. A favorite passage used by Theravada Buddhists (Nissaggiya Picittiyas, 5) teaches that meat eating is acceptable. On the other hand, the *Lankavatara Sutra*, a text favored by Mahayana Buddhists, promulgates an emphatic prohibition against eating meat.

The most difficult problem concerns the context or conditions in which meat is produced. The time-honored scriptures do not refer to issues about feedlots or hormones or antibiotics. A passage reading, “You may consume the flesh of animals” would be quite different from a passage which might read, “You may consume the flesh of animals who have been raised under cruel conditions.” Scriptural passages without specific condition cannot give us definite guidelines for action.

A difficulty in all religions involves the conflict between scriptural passages that teach general virtues and passages that allow or call for specific actions. If the holy book calls for protection of nature as a virtue but also seems to permit cutting of forests and mining, we are left to our own devices as to how much of a footprint we should leave. A parallel dilemma is the virtue of caring for creation and the allowance to eat meat.

Clearly, we cannot find a solution to the issue of the ethics of meat consumption by appeal to scripture alone. We have to employ our worldly knowledge and apply it with what I call “spiritual savvy.” This is what I offer here as a conclusion.

## Compassion in Action

First, I must mention two contemporary Buddhist leaders because of their prominence and special characteris-

tics. The Dalai Lama recommends a vegetarian diet out of compassion and for the conservation of the environment. He himself eats a small amount of meat, which he says his doctor recommends for his unique metabolism. The other major Buddhist leader today is the Vietnamese Zen Master Thich Nhat Hahn. He has consistently advocated what he calls “Engaged Buddhism.” This means a Buddhist applies the teachings in everyday life, including social and environmental issues. Thich Nhat Hahn is a vegetarian and recommends the practice to others. His spirituality is always expressed in action, never merely in thought or words. As a Zennist, he sees the unity of opposites, so that the inner is in reality a part of the outer and the outer is part of the inner.

At the end of the day, we have to wade through the currents pushing and pulling at us: scriptural interpretation, cultural patterns, religious traditions, denominational bias, treatment of livestock, and environmental impacts. Leaders like the Dalai Lama or a saint may come and go,

but the challenge of everyday practice remains. For Buddhists, it is a matter of showing compassion to all sentient beings. Principles over personalities.

In the United States, we must make our decisions in the context of the treatment of livestock and environmental impacts. This situation calls for a clear and active response. Principles or virtues like faith, compassion or love should translate into action. If compassion is just a vague feeling or a warm sentiment, it can hardly be called real. Compassion without work is surely dead.

We must conclude, I believe, that the menu at the funky restaurant in San Francisco is appropriate after all. Compassion calls for a veggie burger.

**Gene Sager enjoys writing about world religions and their environmental impact today. His favorite activities include moon watching and the ban-the-plastic-bag campaign. He says, “There’s a good moon rising.”**

## VRG Vegan Dinner in Nashville, Tennessee

Sunday, October 4 2015 at 6 p.m.

### Sitar Indian Restaurant

Network with Vegetarian Resource Group staff and other dietitians from around the country during the annual meeting of The Academy of Nutrition and Dietetics.

Open to Dietitians, VRG members, students, and the public. Sitar Indian Restaurant is near the Lowes Vanderbilt, a FNCE (conference) hotel.

Price Including Tax and Tip:

Payment before September 5, 2015: **\$25**

Payment after September 5, 2015 **\$30**

Refunds made only if we can replace your seat.

Payment to: The Vegetarian Resource Group

Address: PO Box 1463, Baltimore, MD 21203

Phone: (410) 366-8343 Monday-Friday 9-5

Web: go to [www.vrg.org/donate](http://www.vrg.org/donate) and write in the comments

“Nashville Indian dinner” and the names of attendees.

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

# Attending X \$25/person before 9/5/15 = \$ \_\_\_\_\_

# Attending X \$30/person after 9/5/15 = \$ \_\_\_\_\_

Names of Attendees: \_\_\_\_\_

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

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Donation towards vegetarian outreach: \$ \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

Buffet Menu:

Samosa (potato and pea turnover)

Salad

Papadum (thin and crispy lentil crackers)

Roti (whole wheat bread)

Chutney

Rice, Tea

Yellow Dal (lentils)

Chana Masala (chickpeas)

Baingan Bhurtha (eggplant)

Bhindi Masala (okra)

Vegetable Patia (fresh veggies w/ sweet & sour mangoes)

Fruit

# veggie bits

## Fresh from the Orchard

Each Red Jacket Orchard cold-pressed juice packs major flavor and tastes exactly like the fruit it came from. Though some varieties are blends based on pure apple juice, the addition of grapes, raspberries, cranberries, strawberries, or black currants makes the juice taste like you are biting into those fruits themselves (without the seeds!). Every flavor I tried was sweet, refreshing, and just the right amount of tart. These juices do not contain added sugar or water; this is straight-up juice, so sometimes, it can taste a bit thicker than popular shelf-stable grocery store brands you may have tried before. Some of them evoke the joyful taste, color, and texture of a melted popsicle in summer (especially strawberry!), except without any nasty additives. In addition to the blends, Red Jacket Orchard offers cold-pressed unfiltered ciders (spiced or not), New York-style lemonade, and Stomps, which are puréed fruit nectars that preserve the fruit fiber: the Apricot flavor is rich in lycopene and beta-carotene, while the Tart Cherry Stomp, my favorite flavor, and a gorgeous deep, dark color, is absolutely loaded with antioxidants. Shop for 12-oz 6-packs or 32-oz 4-packs on [redjacketorchards.com](http://redjacketorchards.com) or look for them in a natural foods store near you. *Written by Samantha Gendler*



## Whoopie!

Somewhere between a pie, cake, and cookie, is the Whoopie pie. However you classify it, it's tough to go wrong when sandwiching a creamy filling in a sweet, moist, cakey bun. The Piping Gourmets has now created a version of the classic treat that's vegan, kosher, gluten-free, and non-GMO without sacrificing texture or taste. The pies come in six flavors: Chocolate Raspberry, Vanilla Lemon, Chocolate Vanilla, Chocolate Mint, Vanilla Vanilla, and the *Vegetarian Journal* staff favorite, Chocolate Chocolate. Each box contains four individually-wrapped Whoopie Pies and preparing them is easy; they come frozen, so all you have to do is thaw and wait (admittedly, the waiting wasn't so easy). Look for Piping Gourmets Whoopie Pies at a natural foods store near you or use the store locator at [www.thepipinggourmets.com](http://www.thepipinggourmets.com). *Written by Samantha Gendler*



## Pesto Pizza

When you hear the word 'Tofurky,' pizza probably isn't the first thing to pop into your mind. Well, the company that made your Thanksgiving more enjoyable also knows its way around a pizza. If you're searching for a gluten-free vegan option that doesn't feel like a sacrifice, the Tofurky Pesto Supreme is bursting with flavor and even pleased our non-vegetarian friends. The sweet, flatbread-like, rice and potato flour crust holds up well considering how absolutely loaded it is with toppings: wheat-free vegan sausage, roasted onions and red peppers, garlic, Daiya cheese, and a creamy pesto sauce standing in for the usual tomato. Look for the Gluten Free Pesto Supreme in the frozen section, and if you don't need to avoid gluten, Tofurky's Pepperoni Pizza is a *Vegetarian Journal* staffer favorite. Its authentic pepperoni taste leaves us wondering, "How do they do it?" every time. Visit [www.tofurky.com](http://www.tofurky.com) for more information and to find a store that carries Tofurky pizzas near you. *Written by Samantha Gendler*



## Bobo's Oat Bars

Perfect for growing kids and teens or even adults who can't seem to stay full, Bobo's Oat Bars are portable, tasty, and quite filling for their size. With 16 flavors, including Coconut, Cinnamon Raisin, Apricot, Cranberry Orange, and Banana, there's enough variety to keep this lunchbox snack interesting week after week. Six of the flavors are gluten free, including Chocolate Almond, Lemon Poppyseed, and Maple Pecan. To my surprise, I detected no difference in the consistency and deliciousness of the gluten-free flavors over the regular varieties—one of them was even my favorite: Peanut Butter and Jelly. A great grab-and-go option for anyone looking to take along a wholesome, nutritious snack that will last, Bobo's Oat Bars are non-GMO, Kosher, and preservative-free. The bars come in two sizes, 1.3 ounces (Bobo's Bites) or 3 ounces (Bobo's Bars). You can order them in bulk by the case at <http://bobos oatbars.com> or find them individually at natural foods stores and fitness centers near you or in Whole Foods nationwide. *Written by Samantha Gendler*



## Pascha-tively for Everyone!

Vegan? Keep Kosher? Allergic to nuts? Gluten-free? All of them, and spend your whole day searching for food? Look no further. The moment you tear the silver wrapping off a bar of Pascha Organic Dark Chocolate, a unique, bitersweet aroma of dark chocolate fills the room. With eight different dark chocolate bars and three varieties of dark chocolate chips, you'll find no reason to revert to another bar. From the 85% cacao bar to the semi-sweet dark chocolate chips, all Pascha chocolate is organic, non-GMO verified, fair trade certified, vegan, Kosher, and free from all eight major food allergens. Essentially, it's chocolate that you can devour guilt-free. Learn more about or purchase Pascha Organic Dark Chocolate at [paschachocolate.com](http://paschachocolate.com). It's available from online retailers [amazon.com](http://amazon.com), [chocolate.org](http://chocolate.org), and [vitacost.com](http://vitacost.com), as well as grocery stores nationwide.

*Written by Anna Balfanz, VRG intern*



## Snack with Snakaroons

Whether you're packing for a hike, craving an after-dinner snack, or hoping to find a natural, filling treat for your kids, try Laughing Giraffe Organics Snakaroons. With six different flavors – chocolate, vanilla, lemon, banana, pineapple, and goji maca – these Snakaroons can satisfy any sweet-tooth. We loved the sweet and refreshing flavor combination of goji berries and maca root as well as the familiar chocolate taste. All Snakaroons are gluten-free, organic, raw, vegan, and Kosher. Each bag of Snakaroons zips shut, giving them a 7-10 month shelf life and making them easy to eat on vacations or outdoor trips. Purchase either a pack with 8 servings or a bulk of mini-packs, which are perfect for packing in lunches or tossing in your bag for an on-the-go treat. Learn more about, locate, or purchase Snakaroons at <http://www.thelaughinggiraffe.com>, or visit them on Facebook at <https://www.facebook.com/LaughingGiraffeOrganics>. Snakaroons are also available in Whole Foods and other grocery stores nationwide, as well as from online retailers such as [amazon.com](http://amazon.com) and [vitacost.com](http://vitacost.com). *Written by Anna Balfanz, VRG intern*



## Pocket Meals

Gardein has come out with three new pocket-style meals: BBQ Pulled Porkless, Italian Meatless Sausage, and Crispy Chick'n with Veggies. The first two varieties are soft wheat dinner rolls that are stuffed with either pulled porkless shreds in a tangy sauce or Italian meatless sausage, spinach, and roasted red peppers. While both stuffed buns were delicious, the BBQ flavor was one of the most impressive vegan frozen foods I've ever tasted. The flavor and consistency were a "wow!" The third product, the Crispy Chick'n with Veggies, is likely different from anything (vegan or not) you've tried: the chick'n itself IS the pocket, and it is stuffed with kale, barley, and sundried tomatoes. It's essentially a giant chick'n nugget stuffed with grains and veggies in a spicy sauce, and it is not only delicious, but filling as well: it packs a punch with 22 grams of protein. (The other pocket meals have 10 grams each.) All three of these products would make excellent satisfying after-school snacks for a teen or child who can use the toaster oven or microwave. Look for them in the frozen foods section of grocery stores and at Target nationwide. Visit [gardein.com](http://gardein.com) for more information. *Written by Samantha Gendler*



## A Wrap for Everyone

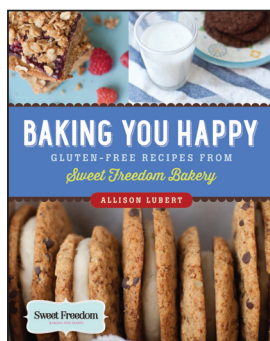
Pure Wraps has created an ingenious product that is vegan-friendly and mostly allergen-free. The only ingredients are coconuts, Himalayan salt, and curry powder. The finished product is a preservative-free wrap that is low in calories and carbohydrates. Swap these flavorful wraps for anything you would use a regular flour tortilla for. Made with non-GMO ingredients, these wraps are sure to please. My favorite was the coconut curry flavor. I wrapped black beans and jasmine rice into a flavorful, satisfying burrito. The strong seasoning wasn't overpowering, but rather added to the whole meal. The chewy texture of the wrap resembles a crunchy tortilla, but without the gluten. Visit [ThePureWraps.com](http://ThePureWraps.com) website to learn more about them or order them for yourself! They are currently only available in select stores and on Amazon. *Written by Anne Porterfield Custer*



# reviews

## BAKING YOU HAPPY

By Allison Lubert



Allison Lubert is the owner of Sweet Freedom Bakery in Philadelphia. This establishment is both vegan and gluten-free. Her cookbook features many outstanding treats and the color photos will encourage you to start baking now!

Section one includes cookies, bars, and squares such as Chocolate Chip Blondies, Chocolate Cayenne Lime Cookie Cake, and Raspberry Lemon Bars.

Sections two and three highlight cupcakes and toppings. You may want to prepare Orange Creamsicle Cupcakes, Salted Caramel Cupcakes, or Brownie Sundae Cupcakes. You can then top these with a wide variety of frostings, sauces, and glazes.

The Breakfast Goodies chapter includes items such as Cinnamon Sugar Coffee Cake, Pumpkin Doughnuts, and Cinnamon Sugar Crullers. Finally, a chapter titled “Festive Favorites and Holiday Treats” features a Birthday Cake, Gingersnaps, and Eggnog Cupcakes.

***Baking You Happy* (ISBN 978-1-4413-1571-7) is a 143-page book. It is published by Peter Pauper Press, Inc. and retails for \$16.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

## BUT I COULD NEVER GO VEGAN

By Kristy Turner



Kristy Turner is the blogger behind Keepin’ It Kind. Her new cookbook offers 125 creative vegan recipes demonstrating that this cuisine is delicious. Nutritional analyses are not provided; however, you will find color photos.

The first section of this book offers a lot of how-to information, such as pressing tofu, making cashew cream, roasting garlic, cooking beans and grains, plus much more.

One chapter serves up “cheesy” vegan dishes, including Tempeh Bacon Mac ‘n’ Cheese with Pecan

Parmesan; Tofu Feta, Spinach, and Potato Gratin; and Balsamic Baked Pears with Cashew Blue Cheese. Another chapter offers “meaty” meals, including Portobello Pot Pie, Chickpea Sloppy Joes, Thai Seitan Satay with Spicy Peanut Dipping Sauce, and BBQ Jackfruit Fajitas with Guacamole.

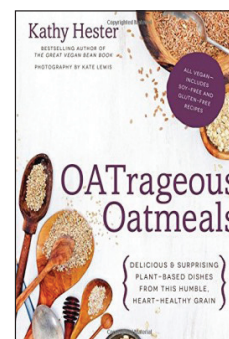
Creative salads include Roasted Broccoli & Apple Salad with Lemon-Tahini Dressing and Warm Lemony Olive Potato Salad. For soup recipes, try Broccoli Cheddar Soup and Spinach Artichoke Soup. You’ll also find a variety of creative pizza recipes, as well as vegan “fish” dishes.

Brunch suggestions include Pecan-Date Cinnamon Rolls, Lemon Cornmeal Waffles with Blueberry Sauce, and Caramel Apple-Stuffed French Toast. And, of course, you don’t want to skip dessert recipes such as Butterscotch Bread Pudding, Chocolate Chip Brownies, and Oatmeal Raisin Ice Cream Sandwiches.

***But I Could Never Go Vegan* (ISBN 978-1-61519-210-6) is a 320-page book. It is published by The Experiment and retails for \$23.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

## OATRAGEOUS OATMEALS

By Kathy Hester



This new cookbook teaches you how to cook with oatmeals (oat groats, steel-cut oats, stone-ground oats, rolled oats, instant oats, and oat flour) in ways you would not imagine. Learn how to prepare dishes such as Creamy Cashew-Oat Cream Cheese, Cranberry Orange Baked Oatmeal, Butternut Squash Maple Walnut Scones, Carrot Cake Smoothie, Chai-Spiced Oat Shake, Pepita Sunflower Seed Savory Granola, Mushroom Ginger Congee, Tempeh Oat Brussels Sprout Scramble, Oat Dosa, Cajun-Stuffed Bell Peppers, Turtle Oat Truffles, Mini Raspberry Cakes, plus much more.

This book has color photos. Helpful tips and nutritional analyses are included as well.

***OATrageous Oatmeals* (ISBN 978-1-62414-074-7) is a 208-page book. It is published by Page Street Publishing and retails for \$19.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

## GREENS 24/7

By Jessica Nadel

I love greens and enjoy finding new recipes featuring them. This vegan cookbook has over 100 creative recipes and great photos.

You can start your day off with a Cherry-Kale Quencher Smoothie and a serving of Sweet Spinach Pancakes or Broccoli and Greens Quiche. Greens are also featured in these small bites: Sautéed Dandelion with Lemon and Pine Nuts, and Raw Collard Wraps with Cashew Cheese.

Are you craving soup? Try Cream of Asparagus Soup, Lemony Miso Soup with Chinese Broccoli, or Curried Dahl with Chard. Salad dishes include Beet Greens, Pear, and Maple Walnut Salad, and Arugula, Watercress, and Stoned-Fruit Salad with Jalapeño Vinaigrette.

Unique main dishes include Linguini with Lemon, Olives, and Rapini; Chickpea and Fennel Curry on a Bed of Fresh Watercress; and Collard and Quinoa “Cabbage Rolls.” And finally, there are green desserts: Lemon and Parsley Olive Oil Cake, Triple Chocolate Beet Greens Cake, and Rhubarb and Chard Pie.

**Greens 24/7 (ISBN 978-1-61519-227-4) is a 176-page book. It is published by The Experiment and retails for \$19.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

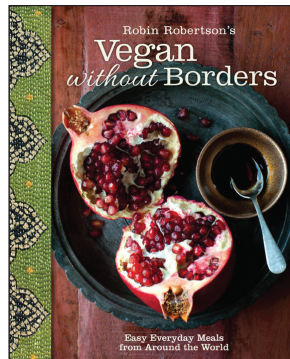


## VEGAN WITHOUT BORDERS

By Robin Robertson

This cookbook is a work of art and features vegan dishes from around the world. The photos will entice you to start cooking immediately!

From Europe, enjoy Sicilian-Style Cauliflower, Portuguese Kale Soup, Vegetable Paella, Spicy Pinto Empanadas, Baked Eggplant Fries, Easy Apple Strudel, and Soda Bread Scones.



The Americas section serves up Three-Corn Cornbread, Butternut Mac and Cheese, Cilantro-Jicama Slaw with Lime-Orange Dressing, Piña Colada Squares, and Brigadiero Chocolate Fudge Truffles.

African and Middle Eastern recipes include Injera (bread used with Ethiopian stews), Falafel Pie, Fattoush Wraps, and Stuffed Dates Three Ways. From India you'll find Coconut Spinach and Lentil Dal, Kofta Curry, and Cardamom Chickpea Cookies.

Asian recipes feature Kung Pao Seitan and Eggplant, Szechuan Bok Choy, Sesame Mochi, Bibimbap, Corn Pudding with Coconut Sauce, and Coconut Fried Bananas.

**Vegan Without Borders (ISBN 978-1-4494-4708-3) is a 280-page hardcover book. It is published by Andrews McMeel Publishing and retails for \$40.00. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

## PLANT POWER

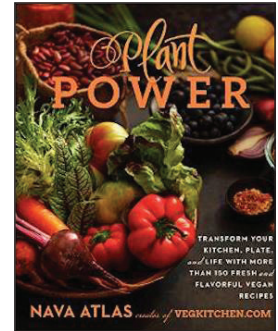
By Nava Atlas

Nava Atlas is the author of several vegan cookbooks and creator of vegkitchen.com. Her latest cookbook would appeal to mainstream cooks as well as long-time vegans.

Nava offers many tips, including suggestions as to what to serve with each recipe to complete your meal, as well as variations for many of her dishes. Hannah Kaminsky's photos appearing throughout this book are mouthwatering as well!

Here are some of the creative dishes you can prepare at home: Quick Quinoa Paella, Cream of Broccoli Soup, Pasta with Hearty Lentil and Spinach Sauce, Whole-Wheat Pizza Crust, Pesto Pizza with Roasted Mixed Vegetables, Spicy Eggplant in Garlic Sauce, Thai-Style Pineapple-Coconut Rice, Tempeh and Walnut Soft Taco Filling, Smoky Lentil and Mushroom Sloppy Joes, Easy Hash Brown Potatoes, Creamy Kale and Cabbage Slaw, and Unbaked Fudgy Brownies.

**Plant Power (ISBN 978-0-06-227329-1) is a 376-page hardcover book. It is published by Harper One and retails for \$29.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



# Help Create a Veggie World

## SHANI STEWART

Shani Stewart has been volunteering with The Vegetarian Resource Group since October 2014 and was drawn to the organization because she believes it is important to spread the word about vegetarianism and veganism. She works on the Restaurant Guide at [www.vrg.org](http://www.vrg.org), which lists vegan and vegetarian restaurants by state throughout the U.S. and Canada, as well as VRG's national email monthly newsletter.

Shani was inspired to go vegetarian because of her appreciation for nature and all living things, and the realization that animals have and exhibit the same emotions as humans. She was greatly affected by videos of slaughterhouses and realized that she had always felt uncomfortable eating meat. Once she made the switch, she found that eating veggies, fruits, beans, and nuts was not only healthier (she lost 50 pounds!) but easier, too. She learned to make substitutions and meet her needs with foods like cauliflower, nuts, and beans. "I believe that others should go veg not only to improve their health, but for the humanity in it all."

Shani now encourages others to try going vegetarian. "Remember that you can be creative. You don't have to eat the same mundane garden salads every day. There are options that taste the same as meat with the same textures, or better...There's also plenty of support online, in your community...and several wonderful programs, events, and scholarships that VRG has that are beneficial to everyone."

To volunteer with The Vegetarian Resource Group, please email [vrg@vrg.org](mailto:vrg@vrg.org).



## ANNA BALFANZ

Anna Balfanz came to VRG to fulfill a high school internship requirement. She made the most of her time and worked on interesting and important projects: researching prisoners' right to vegetarian food and a teen FAQ responding to religious questions about vegetarianism. She also wrote a restaurant review about vegan options at a local restaurant, a book review of Carol Adams' *Eco Feminism*, product reviews, and an article about vegan b'nai mitzvahs. She particularly enjoyed responding to the many scholarship applications VRG receives. "Having just suffered through the excruciating process of college applications and essays, I suddenly found myself on the other side," she said. "The office may have been glad when we finished, but I missed reading them!"

Anna has been vegetarian for her entire life. At first, this was a result of being raised by vegetarian parents, but now she considers it her choice, and an educated and informed decision. She encourages others to not just accept what they're given, to be caring, and to use critical thinking. "I'm really glad I'm vegetarian and I want to be vegan," Anna said. "I've always been passionate about animal rights, but now I want to be more involved."

If you'd like to intern at VRG like Anna, email [vrg@vrg.org](mailto:vrg@vrg.org). "What I really liked about the internship is that it is educational and doesn't just show one side of the issue. It's about giving information, which actually is on our side, so we're getting it out there," Anna said. "VRG is very friendly to interns and volunteers and very accessible to high schoolers."



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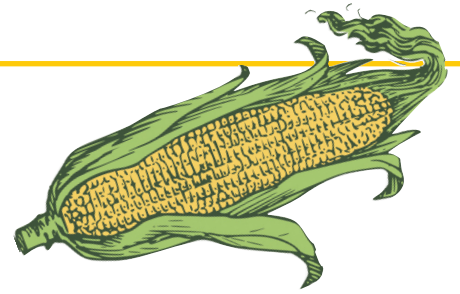
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# Quick and Easy Ideas for

By Nancy Berkoff, RD, CCE



**F**resh, frozen, or canned, corn adds wonderful texture to just about every item on the menu. Keep some frozen corn and canned corn on hand to spruce up meals. Also, take advantage of fresh corn and purchase more than you need. Clean and wash fresh corn, cut off the cob, place in freezer bags or containers, and store in the freezer until ready to use.

### *Corn Broth, Corn Soup, or Corn Chowder*

Use the corn cobs to create a corn broth. Just boil corn cobs with a small amount of carrots, onion, and celery for a delightful broth that can be used as a base for vegetable or bean soups, or as a cooking liquid for grains or rice.

Fresh “cream” of corn soup or corn chowder can be a “meal in a minute” by placing silken tofu, fresh corn (cut off the cob), thawed, frozen corn, or drained, canned corn, a small amount of tomato paste, and seasonings you enjoy, such as black or white pepper, onion powder, ground thyme, etc., in a blender. Blend until smooth, or until the texture you like is achieved. Add some more corn kernels, and some pieces of cooked potato, if you have some on hand, and heat on the stove until warm. If you have the time, you can sauté some diced onions and bell peppers and add to the soup while it is warming for extra flavor.

### *Central American-Style Corn*

If you have extra fresh corn on the cob or some frozen corn on the cob, you can prepare it Central American style. For fresh corn, peel back the husks (but don't remove them) and clear out the corn silk. Spread a thin layer of vegan mayonnaise or mayonnaise-style dressing (such as Thousand Island) over the corn, sprinkle some minced garlic or minced chilies (or both), and re-wrap the corn in the husk. You can place these on a barbecue grill or in the microwave and allow them to cook until the corn is just soft.

For frozen corn, spread with vegan mayonnaise and seasonings, wrap in foil, and cook on a barbecue grill or in a hot oven (about 400 degrees) until corn is as soft as you like it!

### *Corn Relish*

Corn relish is a traditional condiment that can be used to spice up menu items or can even be used as a sandwich filling. Combine cooked, cooled corn with chopped pickles or pickle relish for a fast corn relish. You can use this with cooked or cold entrées, or add to soups or cooked vegetables.

If you are feeling like doing a bit more chopping, you can combine corn with chopped pickles, chopped red or green bell peppers (or both), chopped sweet onions, chopped fresh tomatoes (or drained, diced tomatoes), and black olives. Use this as a condiment or as a salad filling, combined with leftover cooked beans or diced extra firm tofu or seitan.

### *Corn “Pilaf”*

Make a corn “pilaf” by sautéing finely chopped onions in a small amount of vegetable oil until golden and then adding corn kernels. Toss and sauté until the corn is a bit toasty and serve hot. Chill leftover corn pilaf and use it as a salad topping the next day or stir it into vegetable soup, minestrone, or bean soup.

### *Corn Pudding*

Corn pudding can be made by using a simple “corn mush” recipe (think of cream of wheat made with corn meal), stirring corn meal with water or non-dairy milk over low heat until thick and smooth. Add in corn kernels, raisins, cinnamon, ground ginger, and maple syrup or molasses and allow to cook until desired thickness. Corn pudding can be served plain, either warm or chilled with sorbet (which will allow it to become even thicker) and sliced and served with sliced pineapple or sliced peaches.

### *Corn Bread and More*

If you are in a baking mood, cut fresh corn kernels into a cornbread mix, top with corn kernels and bake. You can also toss corn kernels into burrito fillings, sandwich mixes, cooked grains or veggies, and even salad dressings.

# Vegetarian Action

## MARCO ANTONIO REGIL'S LATINO ACTIVISM

by Karen Leibowitz

**M**arco Antonio Regil, a popular Mexican game show host, was surrounded by the meat-filled culture of northern Mexico and southern California for the majority of his life but became vegan seven years ago after watching the documentary *Glass Walls*. Marco has been making a huge impact in the vegetarian/vegan movement, particularly for Latino populations. After becoming vegan, he helped co-create a division of PETA called Latino PETA because he believed more Spanish speakers needed to have access to information about animal rights. He helped PETA understand Latino culture, and he dubbed the voice of Paul McCartney in Spanish for *Glass Walls*. He is now working on a series of videos, including how to shop for vegan groceries and making vegan accommodations for family events, something that Marco deals with frequently. It's very common to use lard and meat in Mexican cooking. At family reunions, Marco brings vegan alternatives to Mexican staples, and his family can't believe the dishes don't include dairy or lard because they taste better than their conventional counterparts!

Marco says some of the main barriers in Latino culture to making the switch to veganism are lack of awareness and the perceived stigma associated with veganism. Especially for men, the stereotype of meat-eating being macho persists. However, Marco observes that, "More people are realizing the enormous cruelty to animals in the process of becoming food." He notes that Mexico has vegan "restaurants popping up everywhere," from a street vegan *taqueria* to restaurants offering vegan *chillaquiles*. He also sees activism in Mexico

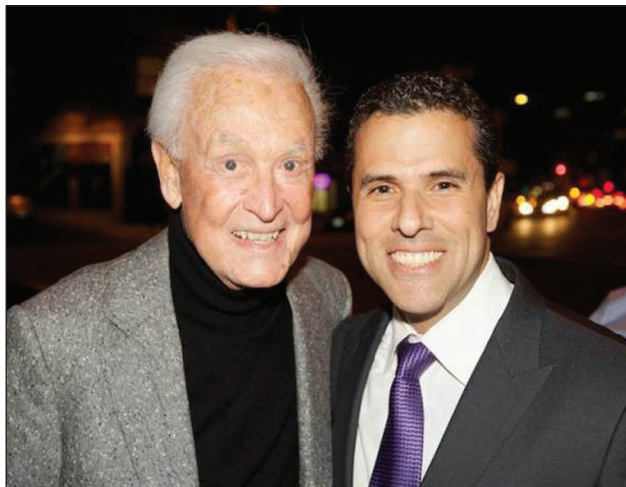
with organizations such as *Anima Naturalis*, which has helped ban animal circuses in 13 states, including Mexico City.

Marco is active on social media and has more than 1 million followers on Facebook. He believes social media is an amazing tool for him to promote the advantages of a vegan lifestyle, share meal ideas, and

post opportunities to get involved in stopping animal cruelty. He encourages people to note how they feel after they eat vegan foods compared to their non-vegan counterparts. "There is a big difference between eating a cinnamon roll that is vegan and one that has dairy." He also notices that some people think eating vegan is more expensive, but as a former carnivore he contends there is money saved after making the switch.

When he first became vegan, his diet consisted of veggie patties, beans, quinoa, vegan cheese, coconut bacon with salads, and other vegan 'substitutes.' Today he eats mostly fruit, vegetables, and hardly any processed foods. He says fruit is sold in Mexico abundantly and on every street corner, which is convenient because it is an important part of a healthy vegan diet.

Not only does Marco set an example by following a vegan diet, but also by actively spreading information about the benefits of going vegan and the impact people can have by avoiding animal products.



Marco Antonio Regil (right) with Bob Barker at the opening of PETA's West Coast Headquarters, the Bob Barker Building in LA's Echo Park.

Thank you to Karen Leibowitz for bringing knowledge of her Mexican culture to VRG outreach.



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## Dietetic Interns from UMD



A group of nine University of Maryland dietetic interns, three of whom are vegetarian, visited The Vegetarian Resource Group to learn about meeting the needs of their future vegetarian and vegan clients. The soon-to-be dietitians created vegan meal plans and discussed ethical concerns within the food industry. They ended the day by sampling vegan dishes they prepared including spinach salad with strawberries, stuffed peppers, vegan tacos, pasta salad with beans, and a variety of flavorful quinoa dishes.

**INSIDE THIS ISSUE: MARCO ANTONIO REGIL'S LATINO ACTIVISM; VEGAN MEAL REPLACEMENT SHAKES; THE VERSATILE VEGAN CAULIFLOWER; AMOUNT OF OXALATE IN SEITAN; A VEGAN IN A SMALL NEPALI VILLAGE**

## Baltimore Veg Fest

Vegetarian Resource Group interns Navaal Mahdi from Maryland and Myrial Holbrook from Ohio (pictured below) speaking with a booth visitor at the Baltimore VegFest. The women answered questions about their vegan diets, distributed nutritional information and vegan recipes, and talked about the impact VRG has had on the community. Some visitors were already vegan or vegetarian and were interested in finding new low-calorie veg recipes. "It was rewarding because even though it was my first day as an intern, I could see the the impact that VRG has had on the community since 1982 and I didn't realize how enthusiastic people got about being vegetarian and vegan so seeing it all come together was really gratifying," Myrial (right) said.

