

Quick & Easy Taco Fillings • Cooking With Tempeh

VOLUME XXXV, NO 1

# VEGETARIAN

## JOURNAL

Science, Caring, and Vegan Living  
Since 1982

*Guide to Meat  
Alternatives*

# Modern Comfort Food

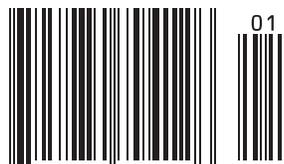
*Roasted Veggie Pizza*  
Recipe on page 19



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# BUDGET-FRIENDLY AIRPORT TIPS FOR THE VEGAN TRAVELER

# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline discusses low-fat diets for babies and children.*

**QUESTION:** *Our family is transitioning to a low-fat (15% of calories) plant-based diet. Our 1-year-old daughter's pediatrician did not think this was a good idea for a toddler and wanted us to add olive oil to her non-dairy milk. Should our daughter be on this low-fat diet? If not, are there alternatives to adding oil to her milk since we'd prefer to use whole foods?*  
A.G., via email.

**ANSWER:** Infants and toddlers need generous amounts of fat. Human milk, the perfect food for infants, gets about 55% of its calories from fat. This level of fat is recommended from birth to 6 months with a transition to 40% of calories from fat as solid foods are added to the diet between 6 months and 1 year. Between 1 and 3 years, 30-40% of calories from fat is considered appropriate for healthy toddlers. These levels of fat are recommended to support growth, provide a concentrated form of calories, supply essential fatty acids, and promote absorption of some vitamins.

While a few studies have used slightly lower-fat diets in young children, safety studies have not been conducted of diets with less than 27-28% of calories from fat for children under 4 years of age. Adding oil to milk may not be the best idea since the oil and milk won't mix together well. Oil can be mixed into other foods such as mashed potatoes and used in cooking. Use of some oils would

be reasonable since these are concentrated calorie sources and wouldn't cause choking problems as could occur with nuts and seeds.

It's also possible for the toddler to get adequate fat without using oils. Nuts could be finely ground and mixed into foods as could peanut butter or other nut butters. Chia seeds and flaxseeds are not well absorbed. Flaxseed meal is better absorbed and could be added to baked goods and smoothies. Avocado and tofu could be cubed and given as finger foods or mashed and spread onto bread or crackers.

For a typical 1-year-old toddler who needs about 800 calories, inclusion of 1.5 cups of full-fat soymilk, ¼ cup of tofu, ¼ avocado, 2 tablespoons of hummus, and 1 tablespoon of nut butter each day along with other foods would result in 30-40% of calories coming from fat. If the toddler is still breastfeeding, the soymilk could be replaced with breast milk. Distributing fat sources throughout the day will promote absorption of fat-soluble vitamins.

You can find some helpful materials from The Vegetarian Resource Group on feeding young vegan children here: <http://www.vrg.org/nutshell/kids.php> and here: [http://www.vrg.org/family/tips\\_for\\_young\\_vegans.php](http://www.vrg.org/family/tips_for_young_vegans.php)

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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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[www.vrg.org](http://www.vrg.org)

*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 SENIOR EDITOR

# THE VRG INTERN EXPERIENCE



I remember working as a young journalism major and intern very clearly. Being the least experienced person in the room is a humbling and intimidating experience. I spent hours panicked about appropriate office attire, praying that the damage I had inflicted on the copier wasn't permanent, and cursing my parents for failing to teach me how to make a proper cup of coffee. At The Vegetarian Resource Group, we do things differently. We want our interns to get involved with the aspects of vegetarianism that are interesting to them. When they manage to take control of their own learning, and truly dive in, we see impressive results.

When working with interns, I try to remember what was important to me when I was in their shoes: having things explained clearly, being treated with respect, working on something that interested me, and of course, having a little fun, too. The fun part comes easily: each week we receive samples of the newest vegan foods on the market, from decadent dairy-free ice creams, cookies, and chocolate, to meat-free versions of burgers, nuggets, breakfast meats, and beyond. Interns taste test and then review products, thoughtfully snacking and typing while learning about the intricacies of ingredients, communicating with corporations large and small, and writing concise copy. But we also get interns involved in meaningful work for the vegan community, sparked by their individual passions.

High school senior Anna Balfanz came to The VRG to complete a school project. She was involved in mock-trial and decided that while at The VRG, she would assist a lawyer in researching vegetarian prisoners' legal rights to vegetarian food. "I now have a much better understanding of the federal legal system, how constitutional rights and freedom of religion work in prison, and a better understanding of how to build a case," Balfanz said. Similarly, James Madison University junior Anne Custer is studying to be a dietitian, so she spent her time interviewing a vegan corporate grocery chain dietitian on how she counsels customers. Princeton University freshman Myrial Holbrook had always been interested in graphic design, so we gave her the opportunity to design a VRG recipe postcard that is now distributed at our outreach booths all across the country.

We love staying connected, so when interns are off at their next school, job, or adventure, we keep in touch. Past intern Laura McGuinness, who now attends UC Berkeley (but still does our e-mail newsletter!), recently warmed my heart in an e-mail, "VRG has changed me as a person, Samantha. I came back to California a much better adjusted, more mature young woman. I feel like I am truly an adult and VRG was the catalyst," she wrote. "I have learned to put aside my fear of approaching people and instead fearlessly engage with the community in hopes of imparting knowledge... I feel incredibly lucky that I got to do an internship that allowed me to gain knowledge of my two passions: veganism and writing."

If you're interested in interning at The Vegetarian Resource Group, e-mail a resume to [vrg@vrg.org](mailto:vrg@vrg.org). To donate money to support our needs-based interns, visit [vrg.org/donate](http://vrg.org/donate) or mail a check to P.O. Box 1463, Baltimore, MD 21203.

*Samantha Gendler*

A handwritten signature in cursive script that reads "Samantha Gendler".

*Senior Editor of The Vegetarian Journal*

## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

### Memorials & Honorary Gifts

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

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

Please send acknowledgement to:

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

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

*My name and address:*

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

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

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

Thanks to Betsy Hopstein for making a donation in memory of her cat April Hopstein.

Kudos to Great Sage restaurant in Clarksville, Maryland for donating 10% of their proceeds one Sunday to The Vegetarian Resource Group. We also greatly appreciate Alternative Baking Company, Candle Cafe, and Edward and Son's ongoing support.

Thanks to Ellen Louise Cohen for her Life Membership donation in memory of Honeybelle Cohen, a Jewish Service Dog.

## YOU'RE WELCOME!

Thank you for your online information. Two of my boys are attempting to eat as vegans, and as their cook and shopper, I am grateful that there is some helpful information out there.

Ann A., via e-mail

Hi. We became vegan seven months ago. I've really appreciated your online resources and recently picked up your journal in a bookstore. I'd like to receive the *Vegetarian Journal*, please. Thank you for your work to end animal and planet suffering due to human greed and ignorance!

Sally R., via e-mail

I have subscribed to the *Vegetarian Journal* for a number of years and I always look forward to each issue. I love the work The Vegetarian Resource Group has done in researching vegan options at chain restaurants, researching whether questionable ingredients in common foods are vegan, and providing a variety of recipes and ideas that are simple, healthy, economical, and available to low income people. Thank you VRG for showing us that being vegan is possible no matter where you live

or what your income is!

Thank you also for the special attention you have given to vegan institutional cooking, support for veganizing menus at nursing homes and hospitals, and the all around knowledge you have provided on general vegan nutrition!

You guys provide such a wealth of information in so many areas that I always refer new vegans or interested meat eaters to your website for information.

Elaine Wiggins, via Facebook

## INGREDIENT BLOG POSTINGS

You guys are the best! Thanks for doing such a thorough, wonderful job on things like this [ingredient updates]. I use almost no processed foods, but I appreciate the work that goes into this, and I like being aware and don't have time to do this kind of thing myself.

Leslie C., via e-mail

*Editors' Note: The Vegetarian Resource Group (publishers of this magazine) also produces a blog that includes articles on topics including food ingredient information, new veggie restaurants, and vegan lifestyle tips. Blog postings can be found at [www.vrg.org](http://www.vrg.org).*

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

Coming in the Next Issue:

## A PASSION FOR PEAS

**Plus:** Make Your Own Veggie Burgers at Home, Quick and Easy Sandwich Ideas, Captive Royals & Meat Machines

# Budget-Friendly Airport Tips *for the*

# CONSCIOUS **VEGAN** TRAVELER

BY SAMANTHA GENDLER

**R**iding stuffy parking shuttles, waiting in long baggage lines, and walking barefoot through a body scanner always leaves me starving and in a conundrum. It's not that being a vegan in an airport is difficult: French fries, soft pretzels, potato chips, and candy can usually be readily found without animal ingredients, and this is great! Indulging on vacation can be half the fun, but if you travel frequently, you may notice that while nutritious airport options are sometimes available, they are often overpriced and not always fresh. After paying ten dollars for a wilted iceberg salad (ordered sans chicken), two dollars for a sad, bruised banana, and most recently, a nine-dollar avocado roll, I finally learned that planning my travel snacks ahead of time could save me from a salt-and-sugar-laden coma and from emptying my wallet before my traveling had even begun.

Perhaps the reason many people do not plan their airport snacks in advance is because the rules seem tricky and subject to change. You don't want to be the woman holding up the line in tears because you had to dump out your green smoothie (err...happened to a friend...). However, simply checking the Transportation Security Administration website ([tsa.gov](http://tsa.gov)) in advance and doing some simple preparations can save your budget and your diet. Read on for some of my favorite vegan airport-friendly suggestions that, as of publication date, all meet the TSA's food and liquid regulations.

Just as you are permitted to siphon your shampoo, conditioner, and face wash into 3.4-ounce (or smaller) containers, you can do the same with food that takes on a liquid or purée consistency.

It may seem like a very small amount, but if you look at what a 3.4-ounce container can actually hold, it's more than one serving size of many of the foods and/or condiments you might want to pack. One 3.4-ounce container is equivalent to 6.8 Tablespoons! There are many places, including Ikea, Amazon.com, and Target, where you can buy TSA-approved travel containers, but a more economical option can likely be found in your

pantry. Try saving small containers from spices and seasonings, jams and jellies, condiments, and baby food after the product is gone. Wash them out thoroughly with soap and water, and if you remove the original label, note the size in ounces on the bottom in permanent marker. This will serve as a helpful reminder for you and may help the TSA move quickly as well.

Try the following combinations using 3.4-ounce (or smaller) containers for the liquid components:

— Vegan salad dressing with pre-cut and washed veggies. Prepare slices of red, orange, or green bell pepper, cauliflower florets, celery stalks, or sugar snap peas. My personal favorite combination is pairing Annie's Organic Goddess Dressing, which is a flavorful tahini-style dressing, with Persian cucumbers. Persian cucumbers are much smaller than regular cucumbers, with thinner skin, minimal-to-no seeds, and a satisfying sweet, refreshing crunch. Because of their small size, they are easy to throw in a zip-top bag without chopping, and can be eaten just by biting into them like a carrot.

— Almond, cashew, or peanut butter with fruit. The company Justin's sells nut butters in handy 1.15-oz squeeze packs in Classic Peanut Butter, Maple Almond Butter, Chocolate Hazelnut Butter, and more. The squeeze-ability of the packs makes them great for spill-prone kids (and adults) and makes them easy to apply to your snacks. They also sell snack packs of their nut butters paired with gluten-free pretzels. For something a bit more untraditional, Jem Raw Organics sells 1-oz jars of nut butters in exotic flavors like Hazelnut Raw Cacao, Superberry Maqui Camu, Cashew Cardamom, and Cinnamon Red Maca. Green apple slices dipped in Hazelnut Raw Cacao is a heavenly combination!

— Hummus or tapenade with pita. Spoon your homemade or favorite pre-bought variety into a small

container, or try Sabra's single-serve 2-ounce packs in Roasted Red Pepper, Classic, or Garlic, though you may want to avoid the latter on the actual airplane for the sake of your seatmates. Try stacking a few full-size pitas and cutting through them with a pizza cutter like a pie for cute triangular dipping slices.

Put all of your liquid-filled 3.4-ounce containers into a quart-sized clear plastic zip-top bag. One full quart-sized bag is allowed per person, and you can get a lot in there! It's okay if your jar of almond butter hangs out next to your shampoo, as long as everything is tightly sealed. The more precautions you take when packing your food (tape, rubber bands, bags within bags), the safer you'll feel; however, avoid wrapping anything so that it can't be seen. Though wrapped food is allowed, if the TSA agent cannot see the food through the container or bag, you'll be more likely to be pulled aside for screening.

If you're carrying-on the toiletries for the family, remember that children are each allowed one quart-sized bag, too; put the little ones in charge of the snack-filled bags, with the delicious contents serving as a reward for their responsibility once you make it through security. These rules do not apply to medications, baby formula, or breast milk, so if you travel with these liquids, remember to declare them for inspection at the security checkpoint to avoid unnecessarily slowing down the line. If you're traveling internationally into the United States, the rules are different and, in fact, oftentimes more lenient, so be sure to check [www.tsa.gov](http://www.tsa.gov) in advance.

Whole and pre-cut fruit (without liquid) is allowed by the TSA, but some fruits are definitely more travel-friendly than others. Soft fruits like bananas and peaches always seem to end up squishy and bruised by the time I'm through security and ready to snack. Oranges can be sturdy, but peeling one can end in a sticky mess. Apples are reliable and delicious; if you want to use one for dipping, try cutting it at home with a segmented slicer and using a rubber band to hold the slices together in the shape of the apple so they won't brown. A little lemon juice can help with this, too. Pack easily-damaged finger-friendly fruits like grapes, strawberries, and blueberries in small Tupperware containers. Secure with a rubber band just to be on the safe side. While you can probably find fruit salad (usually a mostly-melon mix) within the airport, it is so much fresher and much less expensive to cut your own fruit at home



*Above:* Mini 1-ounce jars of Hazelnut Raw Cacao butter and Superberry Maqui Camu from Jem Raw Organics paired with celery and gala apple.

*Below:* The author enjoys an airport-style picnic of vegan travel foods.



and pack it along. Drain the juice out so that you do not have any excess liquid along for the ride and consider lining your container with a dry paper towel.

Dry snacks like trail mix, granola, cereal, and nuts are not subject to the 3.4-ounce rule, so carry on as much as you want! It is still helpful to make sure these items are tightly sealed in their original package or in zip-top bags so that you don't end up with them spilled at the bottom of your carry-on luggage. It is also helpful to remember not to bring anything too spicy, salty, sticky, or stinky, as you don't want to end up overly thirsty, with messy hands, and annoying your seatmates. Convenience foods are helpful only if you can avoid unnecessarily stressful situations; remember your comfort as well as that of your neighbors.

Here are some favorites that won't get you in a bind:

**Seeds and nuts:** I love packing old favorites like cocoa-covered almonds and raw cashews, but SuperSeedz, surprisingly tasty dry roasted pumpkin seeds, are new for me. Sold in convenient 1- or 4-oz packs, they pack quite a nutritional punch of protein, iron, and zinc. Go sweet with the Cocoa Joe or Cinnamon Sugar flavors or try the zesty Tomato Italiano for a pizza-like treat. Some of the tastiest nuts (cashews and macadamias, in my opinion) can also get quite pricey. To save money, buy from the bulk bins, or look for pre-packaged broken nut pieces; they taste the same at a fraction of the price.

**Bars:** There are many vegan bars on the market and Larabar Original Fruit and Nut Bars



Justin's Nut Butters now come in snack packs: their Almond, Hazelnut, and Peanut butters accompanied by gluten-free pretzels. Now available at Target.



Jem Raw Organics nut butters come in these adorable travel-friendly jars, and the exotic flavors will have you thinking outside the box. See: [jemraw.com](http://jemraw.com).



Sabra offers snack packs of several flavors of hummus, guacamole and salsa (with mini tortilla chips!) in single-sized servings. See: [sabra.com](http://sabra.com).



SuperSeedz are flavorful dry-roasted pumpkin seeds in small 1- or 4-ounce travel packs. More allergen friendly than packs of peanuts on a plane, they come in nine irresistible flavors. See: [superseedz.com](http://superseedz.com).

are some of my favorites. Their simple ingredient lists make me feel good about what I'm eating and their indulgent-sounding flavors (Banana Bread, Chocolate Chip Cookie Dough, Key Lime Pie) really live up to their names. These chewy, energizing treats now come in mini sizes too, at less than 100 calories per bar.

**Cereal or granola:** Simply pour your favorite from home into a zip-top bag and enjoy throughout your journey. To avoid a bag full of crumbs, try a collapsible plastic container, available at camping or outdoors stores, or on Amazon.com.

Finally, no airport travel tip makes me happier than remembering to bring along my tight-sealing BPA-free empty water jug. I prefer my 34-ounce Nalgene bottle ([nalgene.com](http://nalgene.com)) because it's huge (but light when empty), never leaks, and has a handy loop. (I am not above attaching it to my purse to avoid losing it!) It's important to stay hydrated in order to have energy while traveling and because airplane cabins can be so dry, but airport bottled water prices are unbelievably inflated. Most airports have installed filtered filling stations and all have water fountains, usually located near the restrooms, so bring along your favorite empty water bottle with a tight-fitting, preferably attached cap, and avoid paying a huge markup as well as constantly having to flag down a flight attendant for one of those tiny plastic cups.

Happy vegan travels!

**Samantha Gendler is the Senior Editor of the *Vegetarian Journal*.**

# Cooking with Tempeh

*By Chef Nancy Berkoff, RD, EdD*

**T**empeh is one of the few soy foods that does not trace its origins to China, Japan, or Korea. It's thought that tempeh was created on Java, in Indonesia, at least one thousand years ago. As with a great deal of food history, the exact details are not known, but we do know that there was trade between Indonesia and China all the way back to the tenth century and soybeans were heavily traded.

Foods were being fermented in China at that time – winter vegetables, summer fruit, rice, and coconuts, to name a few. This fermentation technique was most probably applied to soybeans to enhance the flavor and prolong the shelf life as well as increase the versatility of the very large soy crop.

Tempeh is a fermented soy product. It is fermented with a mold called *Rhizopus oligosporus*. Tempeh can be fermented for several days or several months, depending on the desired end product. The longer tempeh is fermented, the more chewy and flavorful it becomes.

Tempeh can be found in the refrigerated or freezer sections. It is usually tightly wrapped and resembles a flat, thin, speckled soy product. Tempeh has less moisture than tofu, but more flavor and color. It is often sold in 8-ounce packages, and so be certain to check recipes to see how much you'll need to create your tempeh dish.

Depending on your market, you should be able to locate tempeh in a variety of forms. Some tempeh is pre-cooked and ready to eat while some needs to be cooked; check the label for this information so you'll know if there will be a cooking step when preparing your tempeh dish, or whether you can launch right into a recipe or menu item. Some tempeh is made from soy and *Rhizopus* mold without any grains, and other varieties of tempeh are made from soy-grain combinations, such as soy and rice or barley or wheat. If you prefer

gluten-free tempeh, you'll want to do some label reading. Grains are added to tempeh to enhance fermentation and to provide different flavors. Tempeh may be "plain" flavored, meaning that it will be nutty and fully-flavored, without the addition of seasonings. Flavored tempeh can be found with soy sauce, miso (another fermented soy product), or seasoning combinations, as well as teriyaki, barbecue, Southwestern, and Mediterranean spices.

You'll want to select tempeh that is covered with a thin whitish bloom or coating. You may see a few black gray spots; this is fine. Be certain to reject tempeh with pink, yellow, or blue spots, as this means that unwanted mold has gotten into the package. Be certain the tempeh you purchase is firm and intact, with the visible soybeans and grains appearing to be very tightly packed, with a dry exterior; you don't want to see accumulated moisture between the packaging and the tempeh.

When you open your tempeh, you should smell an aroma mildly reminiscent of mushrooms; there may be a very faint ammonia-like aroma. However, if your tempeh has a very strong, overpowering aroma, your tempeh is no longer fit for consumption and should be discarded.

Refrigerated tempeh is food-safe in the refrigerator for up to 10 days. To store unused tempeh, wrap it well and store it in the refrigerator. Tempeh should also keep safely for two to three months in the freezer. Once thawed (thaw in the refrigerator), the defrosted tempeh should be safe for about five days.

If you purchase "uncooked" tempeh, you'll want to steam it until it is a bit tender before using it in a recipe. Even "ready-to-eat" tempeh benefits from a fast steam, on the stove or in the microwave, before using in recipes. The steaming helps the tempeh to absorb more flavors.

Steaming, baking, grilling, and frying are popular ways to use tempeh in recipes. Tempeh can be a key ingredient in stews, soups, sandwich fillings, and grilled kebabs, as well as a main ingredient in entrée dishes.

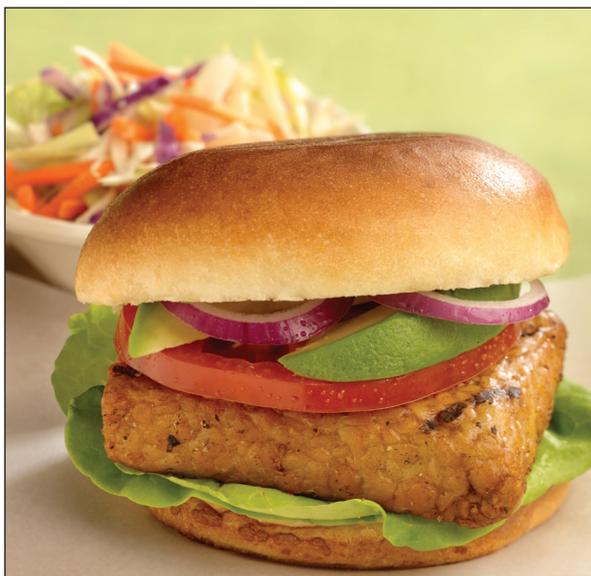


Photo courtesy of Lightlife.

Tempeh can be sliced, diced, crumbled, grated, or left whole, depending on the dish; it can be used as an accent or garnish in soups, salads or stews, or can be a main ingredient for “steaks,” sandwich fillings, loaves, balls, or casseroles. Tempeh can be cut into pieces, marinated, and stir-fried. It can be grated and tossed into soups, chilies, and sauces or used as a pizza topping.

Tempeh can even be made into a cooking stock, used to build soups, or to cook vegetables or grains. To make a tempeh stock, just crumble or grate uncooked tempeh into a pot of water, about 4 ounces (½ cup) of tempeh for every quart (4 cups) of water, with a chopped small onion (about ½ cup), chopped celery and carrots (about ¼ cup each), and several sprigs of parsley. Bring to a boil, reduce to a simmer, and allow to cook for about 1 hour, until flavorful. Strain the stock and refrigerate or freeze until ready to use. The tempeh from the stock can be used in soups or some of the following recipes; the tempeh used for stock will be fairly soft, so it works best in recipes where a lot of “chew” is not needed.

Tempeh can be sliced and grilled and used to build a Reuben sandwich, along with vegan cheese, vegan Thousand Island dressing, and sauerkraut on rye bread. Tempeh can be part of a fast meal created with “rice-aroni” type mixes or added to spaghetti sauce to provide more flavor and “chew.” Added to bean or vegetable soups (even ramen-style soups, added with the hot water to allow the tempeh to soften) it adds more protein. Tempeh can be used to create a *cacciatore* (sliced tempeh topped with herbed tomato sauce and grated vegan cheese or nutritional yeast and baked) or incorporated into veggie burgers or balls. The options are endless!

The following recipes are written for ready-to-use tempeh. If you have frozen tempeh, thaw prior to use in our recipes. For best results, either steam tempeh on the stovetop in a steamer for about 5 minutes or steam, covered, in a microwave for one minute on High. Allow tempeh to slightly cool. For some of the recipes, this means that you will be steaming the tempeh twice.

## Breakfast Tempeh

(Serves 3)

The tempeh in this recipe can be marinated overnight and can be baked or fried, depending on your preference.

- 2 teaspoons minced fresh ginger**
- 1 Tablespoon white or red miso paste**
- 2 Tablespoons orange juice**
- 1 Tablespoon maple syrup**

## 8 ounces unflavored tempeh, thinly sliced Vegetable oil spray or oil to fry

Mix ginger, miso, juice, and syrup in a medium bowl to combine. Add tempeh and mix. Cover and allow it to marinate in the refrigerator for at least one hour.

*Preparation choices:*

1. Oven fry: Heat oven to 400 degrees. Spray a baking sheet with vegetable oil. Place marinated tempeh on the sheet in a single layer. Pour any remaining marinade over tempeh. Spray top of tempeh lightly with oil. Allow to bake, turning once, until crispy, about 20 minutes.
2. Deep fry: Fill a deep pot with one inch of vegetable oil. Heat oil until a drop of water “boils” in the oil. Fry tempeh in single layers until crispy on the outside, about 2-3 minutes. Drain on toweling.  
Serve hot, garnished with fresh seasonal fruit.

Calculated as oven-fried.

Total calories per serving: 180	Fat: 9 grams
Carbohydrates: 14 grams	Protein: 15 grams
Sodium: 221 milligrams	Fiber: <1 gram

## Tempeh Sausage

(Makes eight 3-inch patties)

Once cooked, the filling for this “sausage” can be used as part of a breakfast scramble, an ingredient in neatballs or sauce, veggie burgers, wraps or used as a pizza topping!

## 12 ounces unflavored tempeh (1½ 8-ounce packages)

- 1 Tablespoon white or red miso**
- 1 Tablespoon no-salt tomato paste**
- 1 garlic clove, minced**
- 1 Tablespoon vegetable oil**
- 1 teaspoon paprika or smoked paprika**
- 1 teaspoon dried fennel or fennel seed**
- 1 teaspoon dried parsley**
- 1 teaspoon white pepper**
- Vegetable oil or oil for frying**

Prepare stove top or microwave steamer. Steam tempeh for 10 minutes or until softened. Place in a large bowl and mash by hand or lightly process in a food processor until mashed. Add all remaining ingredients, except oil for frying. Mix to combine. If mixture is not sticking, slowly add warm water and mix until it does.

Shape mixture into 3-inch patties or balls that are about 2 Tablespoons each.

### Preparation Choices:

1. Oven fry: Heat oven to 400 degrees. Spray a baking sheet with vegetable oil. Place patties or balls onto the sheet in single layer. Spray top of patties/balls lightly with oil. Allow to bake, turning once, until crispy, about 20 minutes.

2. Deep fry: Fill a deep pot with one inch of vegetable oil. Heat oil until drop of water “boils” in the oil. Fry in single layers until crispy on the outside, about 2-3 minutes. Drain on toweling.

Serve on crusty rolls as a hot sandwich or pair with cooked grains or pasta. Use for a “cacciatore,” topping with tomato sauce and melted vegan grated cheese or nutritional yeast. You can also sauté this mixture on top of the stove in an oiled pan, mixing and crumbling; add approximately 2 cups of tomato sauce and use it as a hearty “meat” sauce.

Calculated as oven-fried.

Total calories per serving: 104    Fat: 6 grams  
Carbohydrates: 5 grams    Protein: 8 grams  
Sodium: 86 milligrams    Fiber: <1 gram

## Tempeh Noodle Soup

(Serves 4)

Savory and soothing, make two batches and freeze one for a quick meal on a chilly day.

### Vegetable oil spray

**1 cup cubed (8-ounce package) plain or teriyaki ready-to-eat tempeh**

**½ cup matchstick-cut carrots**

**¼ cup minced celery**

**¼ cup minced onions**

**½ teaspoon chili flakes or black pepper**

**4 cups low sodium vegetable broth or stock**

**2 cups (begin with ¾ cup uncooked noodles) cooked and drained soup noodles of your choice (wide or thin)**

**2 Tablespoons chopped fresh parsley or dill**

Spray a pot large enough to hold the prepared soup (about 8 cups or 2 quarts) with vegetable spray and heat. Add the tempeh, vegetables, and chili flakes or black pepper. Sauté quickly over high heat until the onions have wilted. Add the broth, cover, and allow it to simmer until the carrots are soft. Add noodles and stir, allowing soup to cook until the noodles are hot, about 8-10 minutes. Stir in parsley or dill and serve hot!

Total calories per serving: 254    Fat: 7 grams  
Carbohydrates: 33 grams    Protein: 15 grams  
Sodium: 166 milligrams    Fiber: 2 grams

## Grilled Tempeh Salad with Peas and Pineapple

(Makes 8 appetizers or 4 entrées)

This “fire and ice” salad is a mix of hot and cold and makes a wonderful entrée or hearty appetizer to signal the start of an exciting meal!

**12 ounces unflavored tempeh (usually 1½ packages)**

**¼ cup orange juice**

**2 Tablespoons white or red miso**

**3 Tablespoons sesame or peanut oil**

**3 Tablespoons rice vinegar**

**1 Tablespoon orange juice concentrate**

**2 teaspoons fresh grated ginger**

**Vegetable oil spray**

**8 fresh slices (about 1-inch thick) or sliced, canned, drained pineapple**

**8 cups mixed salad greens, washed**

**2 cups fresh or frozen, thawed snow peas**

Prepare stove top or microwave steamer. Thinly slice tempeh and steam for 5 minutes (on stove top) or one minute (microwave on High) and set aside. In a large bowl, whisk together all other ingredients except the spray, pineapple, salad greens, and peas. Add tempeh to the mixture and marinate for at least one hour, covered.

Preheat oven to 400 degrees. Place tempeh on a non-stick baking sheet and allow it to heat through for 5 minutes, until thoroughly hot. Do not use any extra marinade on the baking sheet, as this will burn.

Spray a baking sheet with vegetable oil and place pineapple on baking sheet in one layer. Bake for about 3-5 minutes, until hot. If a grill or barbecue is available, you can grill or barbecue the pineapple instead of baking.

While tempeh and pineapple are cooking, arrange the salad greens on individual plates. Place 1-2 slices of the hot pineapple on top of greens and snow peas followed by a serving of the hot tempeh. Serve immediately.

Calculated as appetizer serving.

Total calories per serving: 218    Fat: 10 grams  
Carbohydrates: 24 grams    Protein: 11 grams  
Sodium: 229 milligrams    Fiber: 4 grams

## Tempeh in a Roll

(Makes 16 with rice paper rolls or 6 with 4-inch tortillas)

The filling in this recipe can be used to create a wrap, roll, hot sandwich, and a basis for a baked casserole. When chilled it can be used in a cold salad.

### Vegetable oil spray

**½ cup minced green onions (white and green portion)**

**¼ cup minced carrots**

**1 cup small-diced teriyaki or plain-flavored tempeh**

**1 teaspoon minced fresh garlic**

**2 teaspoons hot sauce or soy sauce**

**1 cup cooked, drained green peas**

**3 cups (start with 1½ cups uncooked rice) cooked white, brown, red, or a mixture rice**

**2 cups cooked or canned, drained lentils**

**16 rice paper wrappers or six 4-inch tortillas**

Spray a large frying pan with vegetable oil and allow to heat. Add onions, carrots, tempeh, and garlic and sauté quickly, until garlic is soft, but not browned. Lower heat and stir in remaining ingredients, except wrappers, and cook and stir until warm, about 5 minutes. If the mixture is very dry, add ½ cup water or broth while stirring; the mixture will be rolled, so you don't want it falling apart, but don't want it soupy, either. Cover and set aside.

Place wrappers on a cutting board or clean surface. Depending on the size of the wrapper, top wrapper with 2-5 Tablespoons of filling and roll to close.

*You have several options for finishing your rolls:*

1. If you used tortillas, you may just want to heat the rolls in the microwave for 1-2 minutes on High or in a 300-degree oven for about 5 minutes; then serve.
2. If you used rice paper or other Asian-style wrappers, you may want to steam the rolls for about 5 minutes in a stove-top steamer. Serve hot or cold.
3. If frying is an option for you, heat a deep frying pan with about an inch of vegetable oil. Carefully fry each roll until golden brown, turning if necessary; this may take 2-3 minutes. Serve hot.

Calculated as 16 servings using rice paper wrappers:

Total calories per roll: 152

Fat: 1 gram

Carbohydrates: 28 grams

Protein: 6 grams

Sodium: 112 milligrams

Fiber: 3 grams

## Tempeh Brands

Here are some brands of tempeh you can purchase in stores:

- Lightlife Organic Soy, Flax, Soy/Wild Rice, Garden Veggie, or Three Grain Tempeh and Smoky Tempeh Strips
- Rhapsody Organic Tempeh and Teriyaki or BBQ Tempeh
- SoyBoy Organic Soy and Five Grain Tempeh
- Surata Soyfoods Organic and Multi Grain Tempeh
- Trader Joe's Organic 3 Grain Tempeh
- Turtle Island Foods Organic Soy, Five Grain, Sesame Garlic Marinated, Coconut Curry, and Smoky Maple Bacon Tempeh
- Westsoy Original and Five Grain Tempeh



## Tempeh on Toast

(Serves 4)

Serve this savory menu item for a hearty breakfast or breakfast buffet, for a hot lunch, or as a dinner entrée!

### Vegetable oil spray

**8 ounces tempeh, sliced thinly**

**2 Tablespoons low sodium soy sauce**

**½ cup thinly sliced sweet onion**

**¼ cup sliced, seeded fresh chili or green bell pepper**

**4 slices whole wheat bread or sandwich bread of choice**

**2 Tablespoons vegan mayonnaise**

**4 slices vegan cheese**

Spray frying pan with vegetable oil and heat on medium. Add the tempeh slices and cook until they start to brown, about 2 minutes. Pour in half of soy sauce and cook for 1 minute. Turn the slices and cook until very hot, about 3 more minutes. Pour in remaining soy sauce and cook for 1 minute. Remove the slices from the pan, and set aside.

Re-spray the same frying pan with oil and allow to heat. Add onion, and chili or green pepper and cook and stir until softened, about 3 minutes. On a cutting

board or clean surface, spread each bread slice half with vegan mayonnaise, top with tempeh, then vegetable mixture, and then with a slice of vegan cheese.

Either place toasts on a nonstick baking pan and bake at 425 degrees until cheese is melted (about 3 minutes), or toast in a toaster oven. Serve hot.

### Variations:

1. Sauté 2 cups of thinly sliced onions until brown. When assembling, add additional onions with the vegetable mixture to create a “smothered” tempeh sandwich.

2. Thinly slice 1 cup of seeded, but not peeled apples. Assemble toasts by topping tempeh with vegetable mixture, then apples, then cheese. Bake or toast.

Total calories per serving: 280    Fat: 14 grams  
Carbohydrates: 27 grams    Protein: 16 grams  
Sodium: 629 milligrams    Fiber: 2 grams

**Nancy Berkoff, RD, CCE, AAC is a chef and dietitian. She is author of *Vegan in Volume* and *Vegan Meals for One or Two*.**

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed for *Family Circle* magazine about children who decide to become vegetarians. She was also interviewed for *Today's Dietitian* on vegetarian eating for the entire family. Myallergykingdom.com, which is a Disney on-line resource about allergies, featured her as the expert of the month in a Q&A about children with allergies who want to be vegan.

*Vegetarian Journal* Senior Editor Samantha Gendler was interviewed by KUT, the NPR member station in Austin, Texas, about the public's increased interest in vegan diets. She was also interviewed for PBS 8 in Phoenix, Arizona about vegan options for Thanksgiving.

### VEGAN Education

VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, has been continuing her work with senior centers in Long Beach, CA by helping them develop vegan menus and creating vegetarian menus with skilled nursing centers.

Vegetarian Resource Group Nutrition Advisor Reed Mangels gave a presentation to the Florida Academy of Nutrition & Dietetics Annual Symposium on vegetarian infants, children, and adolescents.

# *“Do I need to take a daily multi-vitamin and mineral in order to be healthy?”*

Written by  
Meredith Binder

The simple answer to this question asked by many teens (or their parents) is no. The general consensus among experts in the field of nutrition is that it's much healthier for us to receive our nutrients from the foods that we eat rather than from a daily vitamin. This means that a balanced diet filled with vegetables, fruits, nuts, beans, whole grains, and fortified foods will supply us with enough of the vitamins and minerals that our bodies need. Therefore, there's really not a need to spend money on multi-vitamins and minerals. However, for some situations, there may be a need to take supplements for one or more specific nutrients. This is discussed in more detail below as it pertains to a vegetarian or vegan diet.

Foods that are fortified are those that have vitamins and minerals added to them, which are usually not found in these foods. Examples of plant-based foods that may be fortified are breads, cereals, juices, non-dairy milk beverages, and certain meat analogs. Since there are so many fortified foods available to us, there's actually the possibility of exceeding the amount of vitamins and minerals that our bodies need when taking a multi-vitamin in addition to eating regular meals. When this happens, the money we spent on multi-vitamins goes down the toilet, literally, as our bodies will excrete most vitamins (the ones that are water-soluble) when they've reached the amount that it needs. And although it is rare, the vitamins that our bodies do store (like vitamin A, a fat-soluble vitamin) can be harmful if we get too much of them.

All of that being said, vegetarians and vegans do need to make sure that they receive enough of certain vitamins and minerals, just as someone on a meat-based diet does. Some of these that are especially important for teenagers include iron, calcium, vitamin D, and vitamin B12.

Iron is very important during adolescence because it supports the growth spurts that occur during this period of life. Vegetarians and vegans actually need to consume more iron than omnivores because not as much iron is absorbed from plant-based sources as they do from animal sources. Many vegetarian foods are good sources of iron. Male vegetarian teens should consume about 20 mg of iron per day and female vegetarian teens should consume 27 mg of iron per day. Visit

here for more information on iron and plant-based sources of this nutrient: <http://www.vrg.org/nutrition/iron.php>.

Calcium is especially important for teenagers because not only do teens grow a lot during this time, but they also start accruing their peak bone mass. In fact, half of our maximum bone mass is accumulated during our teen years. Vitamin D is also important for healthy and strong bones. Teens need 1300 mg of calcium each day and 15 mcg (or 600 IU) of vitamin D each day. See here for more information on calcium: <http://www.vrg.org/nutrition/calcium.php> and here for more information on vitamin D: [http://www.vrg.org/journal/vj2009issue2/2009\\_issue2\\_vitamin\\_d.php](http://www.vrg.org/journal/vj2009issue2/2009_issue2_vitamin_d.php).

As mentioned, teens grow a significant amount during this time in their lives, and another vitamin, vitamin B12, is very important as it is needed for healthy cell division. Teens need 2.4 mcg of vitamin B12 per day. See here for more information on vitamin B12: <http://www.vrg.org/nutrition/b12.php>.

Although lacto-ovo vegetarians have been found to have adequate intakes of calcium and vitamin B12 through diet alone, vegans and others may want to consider taking supplements or use fortified foods containing these nutrients if they are not able to meet their needs through their normal diet. Vegetarians and vegans may want to consider taking a supplement for iron and/or vitamin D if they are not receiving enough of these nutrients. If you're concerned about receiving enough of any of these nutrients, talk to your doctor or a registered dietitian. Overall, you most likely do not need a daily multi-vitamin-and-mineral but possibly need a specific nutrient supplement.

If you feel that you're not receiving proper nutrition through your diet for any reason, then you might want to consider taking a daily multi-vitamin or supplement. However, you should first try talking to a nutrition expert, such as a registered dietitian, who may be able to give you advice on how to incorporate more nutrient-dense foods into your meals. Vitamin pills should never replace foods, especially because they don't contain fiber or the phytonutrients (substances found in plants) that are only present in foods. If you do end up shopping for a daily multi-vitamin-and-mineral, you can begin by looking for ones that say “vegetarian” or “vegan” on

the packaging. Keep in mind that even if they state this on the box or bottle, you should still further investigate the packaging by looking at the “supplement facts” which is similar to the “nutrition facts” label that you find on food packages. Here are points to keep in mind when you’re shopping for vitamins or supplements:

- A lot of daily multi-vitamins-and-minerals do not have iron included in them. Always check the “supplement facts” label to see if iron is listed. Some vitamins may also state “with iron” on their packaging which indicates that they do have iron.
- Check the “supplement facts” label for the type of vitamin D that is used. Vitamin D-3, sometimes written on labels as cholecalciferol, is often made from lanolin, a waxy substance that comes from sheep’s wool. Though the animal is not killed for lanolin, it is considered an animal product so vegans may want to be cautious of this. Vitamin D-2, sometimes on labels as ergocalciferol, is from yeast, so it is completely vegan. I have seen multi-vitamins labeled as “vegetarian” that use the D-3 form, since lanolin would be vegetarian, though not vegan. There is a vegan Vitamin D-3 that will be indicated as “vegan” on the label.

- Check the actual daily percentages of the vitamins and minerals that are included, which are found on the “supplement facts” labels. Just because a package of daily multi-vitamin-and-minerals claims, in big bold letters, to have all of the essential vitamins and nutrients that you need does not mean that it actually does. I have seen supplements that claim this and then only contain 1% of the recommended amount of calcium and absolutely no iron.

The contents of this article, our website and our other publications, including *Vegetarian Journal*, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. 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.

**Meredith Binder wrote this article while interning with The Vegetarian Resource Group.**

## Vegan Food for People on Feeding Tubes

At the October 2015 meeting of the Academy of Nutrition and Dietetics, there was a display by Real Food Blends from Chesterton, Indiana. They have an option that they say contains one serving of fruits and vegetables and is vegetarian.

Their information states:

- 100% real food, blenderized meals for people on feeding tubes.
- Ready to use for bolus (syringe) feeding.
- Convenient 12 pack, 9.4 oz. net weight per meal (yields 330 calories in an 8 ounce serving.)
- No refrigeration needed! Shelf-stable for 3 years from date of manufacturing.
- Ingredients: Water, kale, grape juice concentrate, hemp powder, extra virgin olive oil, quinoa, and cinnamon. (No corn syrup, dairy, soy, or nuts.)

Real Food Blends meals are 100% real food puréed meals for use in a feeding tube. The three varieties of

Real Food Blends meals are meant to complement an enteral formula diet, giving nutritional variety and real food to a tube-fed person. For people that practice a blenderized diet, these meals can be used as a convenient, on-the-go alternative to enteral formulas.

The Quinoa, Kale and Hemp meal contains only seven ingredients (see above). These blenderized meals are made shelf-stable through the same heating process that keeps baby foods on shelves. Real Food Blends meals are thicker than traditional enteral formulas, and are intended to be bolus fed with a syringe. Additional liquid can be added to thin out these meals for use in a feeding tube pump or smaller feeding tubes.

Always consult with your medical professionals before making any changes to your prescribed enteral (tube-feeding) formula, and before starting a blenderized diet. For more information, see: [https://real-food-blends.myshopify.com/collections/frontpage/products/quinoa-meal-multi-pack?\\_ga=1.221041880.1998332615.1444327858](https://real-food-blends.myshopify.com/collections/frontpage/products/quinoa-meal-multi-pack?_ga=1.221041880.1998332615.1444327858)

# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Vegetarian Diets & Weight Loss

A group of researchers combined the results of 12 studies where vegetarian diets were used for weight loss. They found that, overall, subjects assigned to vegetarian diets lost more weight than those assigned to control (non-vegetarian) diets. Those on vegan diets lost more weight, compared to control subjects, than did those on lacto-ovo vegetarian diets. These results suggest that vegetarian diets, especially vegan diets, can be an effective way to lose weight. Better results were seen in studies where subjects limited their calorie intake than in studies where subjects were simply placed on a vegetarian diet.

Huang RY, Huang CC, Hu FB, Chavarro JE. 2015. Vegetarian diets and weight reduction: a meta-analysis of randomized controlled trials. *J Gen Intern Med.* 2015 Jul 3. [Epub ahead of print]

### Red Meat and Diabetes

According to the Centers for Disease Control and Prevention (CDC), diabetes cost the United States \$245 billion in 2012 (the most recent year that costs are available). This huge expenditure is due both to the treatment-related expenses and to disabilities and early death due to diabetes. There are many factors that increase risk of type 2 diabetes. One easily modifiable factor is red meat consumption. Researchers in Germany developed a risk score for diabetes, based on a number of factors that have been shown to affect the risk for diabetes. Eating 5 ounces or more of red meat daily increased the risk of diabetes, about as much as having a parent with diabetes.

What is it about red meat that makes it a risk factor for type 2 diabetes? Researchers looked at more than 2500 adults, some of whom had diabetes. They asked participants about their eating habits and measured substances in their blood. They found that higher red meat consumption was associated with a higher risk of developing type 2 diabetes; these results were similar to other studies. Red meat included both unprocessed beef, veal, pork, and lamb and processed meats like sausage, bacon, and ham. Higher levels of the storage form of iron, ferritin, were seen in subjects who consumed more red meat and were associated with a higher risk of diabetes, as were

higher concentrations of certain fats in the blood. The researchers hypothesize that oxidative stress due to higher iron intakes may be one reason for the higher risk of diabetes seen with higher intakes of red meat.

Mühlenbruch K, Ludwig T, Jeppesen C, et al. 2014. Update of the German Diabetes Risk Score and external validation in the German MONICA/KORA study. *Diabetes Res Clin Pract.* 104:459-66.

Wittenbecher C, Mühlenbruch K, Kröger J, et al. 2015. Amino acids, lipid metabolites, and ferritin as potential mediators linking red meat consumption to type 2 diabetes. *Am J Clin Nutr.* 101:1241-50.

### Iron Absorption

It's fairly common for vegetarians to be told that getting enough iron on a vegetarian diet is challenging. That's because the form of iron found in plants may not be as easy for us to absorb. The main reason for this is that beans, whole grains, nuts, and vegetables contain substances called phytates. These phytates bind up with iron in the human intestinal tract and keep iron from being absorbed. A recent study suggests that there is more to the story of phytates and iron absorption. Researchers put 14 women on a diet high in phytates and 14 women on a low-phytate diet for 8 weeks. All of the women had low iron stores as shown by their low blood ferritin concentrations (ferritin is the storage form of iron). Although the women were not vegetarians, their low ferritin concentrations were typical of many vegetarians. The women on the high phytate diet ate whole wheat grain products (cereal, pasta, tortillas, bread), brown rice, beans, soy products, and nuts while the women on the low-phytate diet ate refined grains, eggs, cheese and other low-phytate foods. Phytate intake was markedly higher in the high phytate group; iron intakes were similar in the two groups. We would expect to see lower iron absorption in the high-phytate group. This did not happen; iron absorption was actually higher in the high-phytate group. These results suggest that, in women with suboptimal iron stores, regular use of a high-phytate diet does not have a large effect on iron absorption. If these results are confirmed by other studies, changes may need to be made

to the RDAs for iron, which call for higher iron intakes by vegetarians.

Armah SM, Boy E, Chen D, Candal P, Reddy MB. 2015. Regular consumption of a high-phytate diet reduces the inhibitory effect of phytate on nonheme-iron absorption in women with suboptimal iron stores. *J Nutr.* 2015;145:1735-9.

## Partially Hydrogenated Oils No Longer Recognized as Safe

In January 2006, the U.S Food and Drug Administration (FDA) began requiring that the amount of trans-fat in foods be listed on the Nutrition Facts label. Trans-fat, found in processed foods that contain partially hydrogenated oil, is linked to an increased risk of heart disease. Food companies reduced the amount of trans-fat in products such as cookies, crackers, snack foods, and margarine, but some of these products still contain partially hydrogenated oil. The FDA recently removed partially hydrogenated oil from the list of food additives “generally recognized as safe,” commonly called the GRAS list. This means that partially hydrogenated oils will not be recognized as safe for use in human foods. FDA is providing a 3-year compliance period, during which companies are expected to phase out use of partially hydrogenated oils. In the meantime, consumers should check the ingredient listing for partially hydrogenated oils.

FDA. June 2015. Final determination regarding partially hydrogenated oils. *Federal Register.* 80 FR 34650.

## Comparisons between Vegetarians and “Conscientious Omnivores”

The term “conscientious omnivores” was introduced in a book by bioethicist Peter Singer and activist Jim Mason to describe individuals who consume only meat or fish that has met certain ethical standards. For example, a conscientious omnivore may avoid factory farmed meat. Do conscientious omnivores differ from vegetarians in ways other than their food choices? A recent study examined more than 500 adults, 18% identified as conscientious omnivores for health reasons, 8% as conscientious omnivores for ethical reasons, 16% were vegetarian (not vegan) for health reasons, 21% were ethical vegetarians, 14% were vegans for health reasons, and 23% were ethical vegans. Study subjects completed a questionnaire about

their attitudes and practices. Those following their diet for ethical reasons reported fewer dietary violations and were more disgusted by factory farmed meat compared with those following their diet primarily for health reasons. The exception was the vegans who reported the same disgust with meat whether they were motivated by health or ethics. Compared to vegetarians and vegans, conscientious omnivores violated their diet more often and felt less guilt about violating their diet. They also had more difficulty following their diet and believed less in animal rights. The researcher who conducted this study offered several possible explanations for conscientious omnivores’ seemingly lower commitment to their diet. One is that they do not look at animals in the same way that vegetarians do. Another possibility is that it is more difficult to explain their diet – they eat meat but only meat produced in a certain way. Restaurants, caterers, and others may not understand the difference between “ethical” and “unethical” meat. Additionally, there is no consistent definition of “humane” practices in use of animals for food. Perhaps these results can be used to develop strategies for promotion of vegetarian eating as an ethical choice.

Rothgerber H. Can you have your meat and eat it too? Conscientious omnivores, vegetarians, and adherence to diet. *Appetite.* 2015;84:196-203

## Vegetarian Dietitians More Apt to Endorse Dietary Changes to Slow Climate Change

Dietary choices have been identified as having an important role in mitigation of global warming. Dietitians could convey this information to the public and potentially influence climate change. A study of 570 registered dietitians examined their awareness and behaviors related to climate change. Approximately 75% of respondents said that they believed that climate change is an important issue. However, only 38% were involved in activities that promote diet as a way to mitigate climate change. Vegetarian and vegan dietitians were more likely than nonvegetarian dietitians to be involved in these activities. Dietitians who felt knowledgeable about plant-based diets and those who believed that animal products are not essential for a healthy diet were also more likely to promote dietary change.

Hawkins IW, Balsam AL, Goldman R. 2015. A survey of registered dietitians’ concern and actions regarding climate change in the United States. *Front Nutr.* 2:21.

# Modern Vegan Comfort Food

By Debra Daniels-Zeller

**D**escribed as satisfying food with traditional ties, comfort food differs from culture to culture. The term “comfort food” first came into use in 1977 and was used to describe carbohydrate-heavy savory dishes. As cuisines change, comfort food evolves. Early comfort foods relied on canned soups, and casseroles may have been topped with crushed corn flakes. Comforting dishes of our youth created memories and satisfied when nothing else would do.

Many of us still love these foods. It’s time we give comfort foods a healthy twist. Add hearty winter greens or root vegetables. Try different flavor combinations for old favorites like Tex-Mex Mac with No Cheese or Broccoli-Mushroom Mac. Consider substitutions or additions such as vegan sausage, seitan, tempeh, or tofu.

Whether we are far from home or tired after a long day, comfort food brings back memories of friends, family, and the foods we love. Like an old friend, comfort food should be a gentle reminder that delicious food is also good for us.

## Black Bean Chili with Cornbread Dumplings

(Serves 6)

San Antonio is home to the first documented recipe for chili, but rumor has it that chili was originally a spiced up version of a bean dish that originated in Spain. Sweet potato or squash adds color to this long-time favorite. Beans can take more spice, and if you like your chili spicy, be generous with the chili powder.

### Chili

**1 cup black beans, soaked in 4 cups water for 8 hours and drained**  
**1 Tablespoon oil**  
**1 onion, diced**  
**1 green bell pepper, seeded and diced**  
**1 cup diced carrots**  
**1-2 Tablespoons chili powder**  
**1 teaspoon cumin**

**½ teaspoon oregano**  
**¼-½ teaspoon chipotle chili powder (optional)**  
**3-4 cloves garlic, pressed**  
**1 teaspoon agave nectar**  
**¼ cup no-salt tomato paste**  
**1 cup corn, frozen or canned**  
**1 cup diced peeled sweet potato or delicata squash (optional)**  
**One 8-ounce can chopped olives, drained**  
**One 28-ounce can no-salt diced tomatoes**  
**1-2 cups water**

Heat a heavy soup pot over medium heat and add canola oil. When the oil is hot, stir in the onion, green pepper, and carrots. Stir and cook until vegetables soften. Blend in chili powder, cumin, oregano, chipotle chili powder, and pressed garlic. Stir and cook for a few more minutes.

Stir in agave nectar, tomato paste, corn, sweet potato (if desired), olives, diced tomatoes and drained black beans. Simmer over medium-low heat for 1-1½ hours or until beans are tender. Add water to thin. Cook over medium-low heat for 1 hour. In the last 15 minutes of cooking, drop the dumplings (see below) by spoonful over the simmering liquid.

### Dumplings

**½ cup whole wheat pastry flour**  
**¾ cup cornmeal**  
**2 teaspoons baking powder**  
**¼ teaspoon salt**  
**½ cup unflavored rice, soy, or almond milk**  
**1 Tablespoon canola or olive oil**

Sift together whole wheat pastry flour, cornmeal, baking powder, and salt. Stir in milk and oil until a batter forms. Drop into chili, cover, and simmer for 15 minutes or until a toothpick comes out clean.

Total calories per serving: 379    Fat: 10 grams  
Carbohydrates: 64 grams    Protein: 13 grams  
Sodium: 597 milligrams    Fiber: 12 grams

## Roasted Vegetable Pizza

(Makes 6 individual pizzas – See front cover!)

Originating in Italy, pizza has spread to nearly every country. In Spain, pizza is made with a flatbread using cornmeal — a popular idea because the dough turns out every time. Use your hands to knead the dough, and you will never need to worry about over-kneading.

### Crust

- 1 cup water**
- 1/3 cup cornmeal**
- 1/2 cup water**
- 1 package yeast**
- 1/2 teaspoon organic sugar**
- 1 Tablespoon olive oil**
- 1/2 teaspoon salt**
- 1 1/2 cups hard wheat or bread flour**

Over medium heat combine cornmeal and 1 cup water in a pot. Stir and cook until cornmeal thickens—about 5 minutes. Add 1/2 cup room temperature water and stir mixture until the temperature is around 105 degrees. Stir in yeast. Then allow mixture to sit while yeast begins to work.

After about 10 minutes, add sugar, oil, and salt. Blend well. Stir in flour until dough is soft and smooth. Knead on a hard, floured surface for 5 minutes. Place in oiled bowl. Cover and set aside to rise in a warm place for one hour or until doubled in bulk.

### Sauce

- 8 ounces sliced mushrooms (optional)**
- 16 ounces pizza sauce**
- 1/4 cup chopped onion**
- 1/4 cup chopped olives**

Heat a heavy skillet over medium heat. Add the mushrooms, stir, and cook until mushrooms lose their moisture and begin to squeak. Blend in pizza sauce, onions, and olives, heat until warm, then remove from the heat.

### Topping

- 1 green bell pepper, seeded and sliced**
- 1 red bell pepper, seeded and sliced**
- 3 small (5-inch) zucchini, sliced**
- 1/2 Tablespoon olive oil**
- Salt and freshly ground pepper (to taste)**

Preheat oven to 400 degrees. Combine peppers and

zucchini with oil. Spread in one layer in a baking dish. Roast vegetables until fork-tender 25-30 minutes. Sprinkle with salt and pepper.

Divide dough into six portions. Roll each into a ball, then flatten into a pizza. Ladle tomato sauce on each. Place roasted veggies over sauce. Bake at 400 degrees for 20 minutes on a pizza stone or screen. Crust will be lightly browned on the bottom.

Total calories per serving: 301    Fat: 7 grams  
Carbohydrates: 56 grams    Protein: 9 grams  
Sodium: 518 milligrams    Fiber: 11 grams

## Grits and Greens

(Serves 4)

A traditional Native American dish, grits remain a go-to comfort food in the South for breakfast or dinner. As grits sit, they begin to solidify. The texture is very similar to polenta. When you add a plant-based milk while cooking, the texture becomes rich and decadent.

- 2 cups low sodium vegetable stock or vegan mushroom stock**
- 1 cup coarse cornmeal**
- 2 cups plain/unflavored almond, soy, or rice milk**
- 1/2 teaspoon salt**
- 1 1/2 Tablespoons oil**
- 6 tempeh slices or strips**
- 1-2 shallots, peeled and minced**
- 1 bunch collard greens, middle stems removed and leaves rolled up and thinly sliced**
- 2-3 Tablespoons apple cider or juice**
- 1/2 teaspoon fresh lemon juice**

Heat stock in a heavy pan over medium heat. When stock boils, add coarse cornmeal (“grits”) in a thin stream. Once the grits have been added, stir in the milk and salt and stir for 2 minutes. Adjust heat so mixture simmers but does not boil. Cover and simmer for 10 minutes. Uncover and stir for 1 minute. Repeat this process two more times. The mixture will be very thick. Set aside.

Heat the oil in a nonstick skillet over medium heat. Add tempeh slices or strips and shallots; cook until shallots caramelize and tempeh strips brown. Remove from pan and add collard greens and apple cider. Stir, cover, and cook on low, until collards wilt. Add lemon juice before serving over grits and tempeh/shallot mixture.

Total calories per serving: 291    Fat: 11 grams  
Carbohydrates: 40 grams    Protein: 11 grams  
Sodium: 472 milligrams    Fiber: 7 grams



Above: Grits and Greens

Below: Vegetables for Shepherd's Pie



Below: Easy Mac and No Cheese with Broccoli, Seitan and Red Onions



## Country Biscuits topped with Warm Mushroom Gravy

(Serves 6)

Early Europeans brought simple biscuits and gravy to America, and the dish remains popular in the southern and western United States today. Mushrooms give the gravy a deep savory flavor and they have a meaty texture. These biscuits are best eaten warm. Freeze leftovers. Reheat, wrapped in tin foil in the oven, for about 10 minutes at 350 degrees.

### Biscuits

- 2/3 cup unflavored or plain almond or soy milk**
- 1 teaspoon lemon juice or vinegar**
- 2 cups whole-wheat pastry flour**
- 2 1/2 teaspoons baking powder**
- 1/2 teaspoon baking soda**
- 1/4 cup vegan margarine**

Preheat oven to 425 degrees. Lightly oil a baking sheet, or line with parchment paper.

Combine milk and vinegar. In another bowl sift together flour, baking powder, and soda. Cut margarine into the flour until tiny particles form. A fork or pastry blender works well for this. Stir in milk after margarine is well-blended.

After a thick dough forms, turn dough out onto a floured counter. Knead until the dough is smooth. Roll the dough out with a rolling pin to 1/2- to 3/4-inch thick. Use a biscuit cutter to cut rounds. Place on baking sheet and bake for 10-12 minutes. Slice and serve with mushroom gravy (below).

### Mushroom Gravy

- 1-2 ounces dried porcini, shiitake, or wild mushrooms**
- 1 bay leaf**
- 2 cups boiling water**
- 1 1/2 Tablespoons arrowroot powder**
- 1/4 cup unflavored or plain almond or soy milk**
- 1 Tablespoon vegetable oil**
- 1/2 cup diced onion**
- 1 sliced vegan sausage (optional)**
- Salt and freshly ground pepper (to taste)**

Place the mushrooms and bay leaf in a bowl. Pour the boiling water over them. Let mushrooms soak for an hour or more. When mushrooms are soft, remove, chop, and return them to the liquid. Discard bay leaf.

Combine arrowroot powder and almond or soy milk. A small jar or shake container with a lid works well for this. Make sure the arrowroot powder and milk are well-blended into the liquid.

Heat a heavy skillet. Add oil, onion, and optional vegan sausage. Stir and cook until onions begin to brown. Pour in the mushroom broth and mushrooms. Whisk in the almond or soy milk-arrowroot mixture. Stir and heat until gravy thickens. Spoon the gravy over warm biscuits.

Total calories per serving: 237    Fat: 10 grams  
 Carbohydrates: 30 grams    Protein: 6 grams  
 Sodium: 360 milligrams    Fiber: 4 grams

## Lentil Loaf with Garlic Mashed Cauliflower Potatoes

(Makes 1 stuffed loaf; 8 servings)

I made my first lentil loaf from *The New York Times Natural Foods Cookbook* in 1971. This classic loaf has changed many times since then, dropping the eggs, adding a variety of vegetables. This recipe serves lentil loaf as two dishes in one, and if cauliflower isn't your favorite vegetable, add diced rutabaga, parsnips, turnips, or sweet potatoes to the mashed potato mix. I often cook the lentils and mash the potatoes the day before. Use gluten-free bread crumbs for a gluten-free loaf.

- ¾ cup green lentils**
- 2 cups water**
- 1 pound Yukon Gold or waxy white potatoes, diced**
- 2 cups cauliflower florets**
- 2-3 Tablespoons vegan margarine**
- Vegan stock or broth to thin**
- Salt and pepper (to taste)**
- 1 Tablespoon oil**
- 1 small onion, small dice**
- 1 carrot, small dice**
- 1 celery stalk, small dice**
- 2 cloves garlic, pressed**
- 1 teaspoon sage**
- ½ teaspoon thyme**
- 1 small sweet-tart apple, diced with seeds removed**
- 1 cup breadcrumbs or crushed croutons**
- 3 Tablespoons ground flax seeds**
- 8 ounces no salt added tomato sauce**
- ½ cup lightly toasted chopped walnuts or pecans**
- ¼ cup barbecue sauce (optional)**

Place the lentils in water and cook over medium-low heat until very soft, about 35 minutes. Steam potatoes and cauliflower until soft—12 to 15 minutes. Mash potatoes and cauliflower with vegan margarine, using stock to thin to desired consistency. Add salt and pepper to taste. Set aside.

Preheat the oven to 350 degrees. Lightly oil a loaf pan. Heat the oil in a heavy skillet over medium heat. Add onion, carrot, and celery. Reduce heat, stir, and cook until vegetables soften. Combine the drained, cooked lentils, garlic, sage, thyme, diced apple, and breadcrumbs.

Combine ground flax seeds and tomato sauce in a blender and blend until tomato sauce is thick. Blend or stir the lentil mixture into the tomato sauce. Stir in the toasted nuts.

Place mixture in loaf pan and flatten the top, making a slight indentation in the middle for the mashed cauliflower potatoes. Spread a thin layer of barbecue sauce over the top of the loaf. Bake 30 minutes. Spread a portion of the mashed cauliflower potatoes over the top and continue baking another 15-20 minutes. Let cool for 5 minutes. Remove from pan, slice, and serve.

Total calories per serving: 291    Fat: 11 grams  
 Carbohydrates: 38 grams    Protein: 10 grams  
 Sodium: 155 milligrams    Fiber: 10 grams



Shepherd's Pie (recipe on page 22)

## Shepherd's Pie

(Serves 6-8)

This recipe likely originated in Scotland in the late 1800s as Cottage Pie stuffed with meat and topped with pastry crust. Today, mashed potatoes are the accepted Shepherd's Pie topping. Shiitake mushrooms provide hearty flavor here. Use an oven-ready, heavy skillet such as cast iron. Soak the mushrooms and mash the potatoes ahead of time for easy preparation.

**1½ pounds yellow or red potatoes, washed, skinned if desired, and diced**

**¼ cup unflavored rice, soy or almond milk**

**1 Tablespoon vegan margarine**

**⅛ cup dried shiitake mushrooms**

**1 cup boiling water**

**1½ cups shiitake mushrooms, stems removed, caps sliced**

**1 Tablespoon oil (canola or extra-virgin olive oil)**

**½ cup diced onion**

**2 stalks celery, sliced thin**

**1 carrot, small dice**

**1 cup cauliflower, chopped**

**½ red pepper, small diced**

**1 cup seitan (cubes or strips) or cooked/canned white beans**

**1 cup green beans, frozen, thawed**

**1 cup corn, frozen, thawed or canned**

**1 Tablespoon arrowroot**

**1 Tablespoon low-sodium soy sauce**

**1 teaspoon smoked paprika**

Steam potatoes for 10 minutes, or until soft. Mash the potatoes, milk, and vegan margarine. Set aside.

Pour boiling water over dried mushrooms. Rehydrate for at least an hour. The longer the mushrooms are in the water, the more flavorful they'll be. Strain, reserve liquid, and finely chop the mushrooms.

Preheat the oven to 350 degrees. Heat a heavy skillet over medium heat. Cast iron is best. Add fresh mushrooms and dry fry, stirring them until they are limp. Add the oil, onion, celery, carrot, and cauliflower. Stir and cook until vegetables soften. Stir in the pepper and seitan or beans and continue to stir and cook for 5 minutes. Blend in the chopped, soaked mushrooms, green beans, and corn.

Stir arrowroot and soy sauce into mushroom liquid until well blended. Pour over vegetables, stir, and spread the mashed potatoes on top; sprinkle with paprika. Bake for 20-30 minutes, or until the mixture bubbles.

Total calories per serving: 195

Carbohydrates: 24 grams

Sodium: 312 milligrams

Fat: 6 grams

Protein: 14 grams

Fiber: 4 grams

## Baked Beans

(Serves 4)

Baked beans have a long history and the sweet ingredients and breads they're served with change across geographic regions. In Ireland, a tomato-sugar sauce is used and baked beans are eaten on toast. In Boston, molasses flavors white beans simmered in cast iron skillets and brown bread is served. In Quebec, maple syrup flavors baked beans. When cooking, keep the heat on low and add water to thin to desired consistency. You can serve these beans with coleslaw and corn or brown bread, or enjoy them over toast.

**½ cup ketchup**

**½ cup water**

**1 Tablespoon Dijon mustard**

**¼ cup molasses**

**2 Tablespoons organic sugar or brown sugar**

**⅛ teaspoon cayenne**

**1 Tablespoon canola oil**

**1 large onion, peeled and diced**

**1 green pepper, seeded and diced**

**1 medium carrot, diced**

**2 cloves garlic, pressed**

**1 cup white beans, soaked overnight and drained**

**Water as needed to thin**

Combine the ketchup, water, mustard, molasses, sugar, and cayenne in a small bowl. Set aside.

Heat a heavy skillet over medium heat. Add oil, onion, and green pepper. Stir and cook until the peppers and onions soften, then add carrots and garlic. Stir and cook for about 5 minutes.

Blend in beans and molasses mixture. Cover and simmer for one hour or more, adding more water as needed.

Total calories per serving: 347

Carbohydrates: 67 grams

Sodium: 453 milligrams

Fat: 4 grams

Protein: 13 grams

Fiber: 9 grams

**Debra Daniels-Zeller is a regular contributor to *Vegetarian Journal*. She resides in Washington and also writes on her blog, <http://foodconnections.blogspot.com>.**

## The Vegetarian Resource Group's 2015 Runner-Up: Thalia Toribio

# SCHOLARSHIP *Sponsored by the St. Louis Vegetarian Society*

**M**y story begins in January, 2011 when I decided to become a vegetarian because I've always had a sensitive stomach ... I decided to eliminate all the junk food and sodas. After a while, I gained not only health but life back ... The reason why I'm vegetarian is because I never like to eat animals and hate factory farming ... I started promoting vegetarianism to the community with a group of my friends.

I made two lists of students who would like to have more vegetables in the cafeteria, then I brought it to the principal asking him to have more vegetables in the lunch period. He nicely told me that it would be his pleasure and the next day there were more vegetables. Also I went with my cooking teacher to lunch to give free samples of healthy food. Since I got great results, I decided to talk at a bake sale the next day. I made fruit skewers to sell instead of unhealthy meat-based snacks. I also showed informational videos in school and put quotes supporting a vegetarian lifestyle on our school's information TVs.

My biggest challenge was the day my friends and I went outside of the school giving out flyers and a lady came up speaking in French ... So I took my iPod and I Google translated everything and I gave it to her ... I apologized to her and I told her that we are sorry that we only speak mostly Spanish and some English....

I have learned to explain information about vegetarianism in my lunch period so I get to explain it in Spanish

to bilingual students, as well as the special needs students that we are concerned about the treatment of animals.

When I go to college I would like to create a program for vegetarians ... I would love to have the honor to give a speech in English and Spanish for people out there who don't know how to feed their body with healthy food.

My biggest strength is my parents. They are the reason why I fight for education. They motivated me to give the best. They are always giving me advice to do well in life since they didn't get to study and have an education. All of this motivates me to give my 100% in school ... One of my goals is to become a nutritionist and work in a school teaching students how to eat healthy and how to live a better life ... I know that in my school I'm one of the few people who is going for it and I have received a lot of pessimism from my peers, but that didn't stop me because I want to make a difference in my school. I had to put a lot of effort in English because it's challenging and very difficult for me because it's not my native language, but that didn't stop me from working hard.



*The deadline for The Vegetarian Resource Group college scholarship contest is February 20 of each year. Over \$20,000 is awarded annually. For details, see <http://www.vrg.org/student/scholar.htm>.*

*To support VRG scholarships or internships, send donations to VRG, P.O. Box 1463, Baltimore, MD 21203; or donate at [www.vrg.org/donate](http://www.vrg.org/donate). Indicate your donation purpose in the comments.*

**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.

# VEGAN Meat

By Anne Custer

## ALTERNATIVES

**M**eat substitutes come in handy for easy meals that require minimal preparation. Use deli slices to make a vegan club, put “meatballs” into your spaghetti, add “chick’n” to your stir-fry, or wake up to a breakfast of vegan sausage and bacon. There are substitutes for deli slices, meatballs and ground meat, poultry, bacon, and sausage. The trouble is choosing which is best for you with all the options available. This guide is here to help you to nutritionally compare some products on the market to make the best choice for your dietary needs.

### ***Deli Slices***

Lightlife, Yves, Tofurky, and Field Roast have provided vegans and meat eaters alike with the means to make sandwiches with “meat.” The analogs are fairly low in calories, ranging from 50-110 per serving, and offer classic flavors like turkey, ham, bologna, pepperoni, and salami. Although they are not organic, Lightlife, Tofurky, and Field Roast are all made with non-GMO soy. The average serving size is 4 slices (about 2 ounces), not including the outlier of 13 slices (1 ounce) for Tofurky’s Pepperoni. They are all low in carbohydrates with the highest level in Tofurky’s Italian Deli Slices at 7 grams per 5 slices and the lowest level in Yves Bologna at 2 grams per 4 slices. The substitutes have an average of 2 grams of fat per serving and a negligible amount of saturated fat. The average protein per serving is 13 grams, which is similar to the protein in a serving of oven-roasted turkey lunch meat, which has 11 grams of protein. If you are avoiding gluten, meatless deli slices are not for you. These products are all derived from wheat, but there are some gluten-free options in other substitutes highlighted in this guide.

### ***Meatballs and Ground Meat***

Here at The Vegetarian Resource Group, we had the pleasure of tasting Beyond Meat’s Italian and Swedish

Meatballs. Our senior editor, Samantha Gendler, served them over spaghetti squash with tomato sauce to her non-vegan friends who couldn’t tell the difference. These meatballs are made with pea protein so they can be used by those with gluten or soy allergies. The average serving size for meatless meatballs is four. They range from 90-200 calories per serving and average 13 grams of protein. Amy’s is the only organic offering and Nate’s are made with non-GMO soy. The average fat content is 7 grams and each has a negligible amount of saturated fat.

Meat crumbles, or ground “meat”, come in different forms. Many are made to be added to dishes like chili, spaghetti, or tacos, but some can be molded into burgers or meatballs. Neat and Beyond Meat both offer gluten-free and soy-free products that can be shaped into different forms. Neat’s products are made with pecans, so those with nut allergies should be mindful. Match’s crumbles are gluten-free as well and Upton’s are made with non-GMO soy. Per 1.5-ounce serving, Match has the fewest calories at 46 calories and Neat’s Mexican Mix has the most calories at 235 calories.

### ***Poultry Substitutes***

This was by far the largest category of meat substitutes. Brands from MorningStar to Gardein to Simply Balanced offer vegan chicken to consumers. With flavors such as Teriyaki, Kung Pao, Barbeque, and Thai Basil, it’s almost impossible not to find a poultry analog that fits your taste. These also come in different shapes such as tenders, wings, nuggets, patties, strips, and even half of a vegan chicken. Nutritional value varies greatly due to the wide range of products and options. Tofurky, Gardein, Beyond Meat, Lightlife, and Vegetarian Plus are all made with non-GMO soy. Tofurky’s Lightly Seasoned Slow Roasted Chick’n has the highest fat content at 22 grams per 3.2-ounce serving compared to Lightlife Smart Chick’n Strips, which have 0 grams of fat per 3-ounce serving. The substitutes are all low in saturated

fat. Please note that other than Smart Chick'n Strips, other Lightlife's Chick'n products are not vegan because they contain egg.

## Bacon Slices and Sausage

As a vegan, one of the questions I'm asked most frequently is whether or not I miss bacon. I don't miss anything, except maybe the convenience, but that seems to be changing, especially with the addition of these meat substitutes. Yves even offers a Canadian Bacon substitute. These bacon analogs are all derived from wheat and soy sources. Lightlife, Tofurky, and Upton's are all made with non-GMO soy. The aforementioned brands, with the addition of Yves, all have a small amount of fat averaging 1 gram per 3-slice serving and a negligible amount of saturated fat. Three slices of veggie bacon have 60-80 calories and average around 12 grams of protein. Compare that to the nutritional value of three slices of pork bacon at 160 calories, 12 grams of fat, 11

grams of protein, and 4 grams of saturated fat and you have yourself a much healthier replacement.

As for sausage, SoL Cuisine is the only gluten-free option and is made with non-GMO soy. Other brands made with non-GMO soy are Tofurky, Lightlife, Field Roast, and Gardein. The analogs highest in calories are Tofurky Italian and Tofurky Andouille, both at 270 calories per 3.5-ounce serving. Lightlife Gimme Lean, SoL Cuisine Patties, and 365 Everyday Patties all contain 60 calories per 2-ounce, 1.3-ounce, and 1.3-ounce serving, respectively. Tofurky Beer Brats and Italian have the highest fat content at 13 grams per 3.5-ounce serving and Lightlife Gimme Lean Sausage has the lowest at 0 grams per 2 oz serving. The average saturated fat content was negligible. Please note that Lightlife's Smart Sausages are not vegan because they contain egg.

<b>Deli Slices</b>	<b>Serving Size</b>	<b>Calories Per Serving</b>	<b>Protein Per Serving (g)</b>	<b>Fat Per Serving (g)</b>	<b>Carbohydrates Per Serving (g)</b>	<b>Saturated Fat Per Serving (g)</b>	<b>Iron Per Serving</b>
Field Roast Lentil Sage Deli Slices	3 slices, 52 grams	100	14	2.5	6	0	1.1
Field Roast Smoked Tomato Deli Slices	3 slices, 52 grams	100	14	2.5	6	0	1.4
Field Roast Wild Mushroom Deli Slices	3 slices, 52 grams	100	12	3	6	0	1.1
Lightlife Smart Deli Bologna Slices	4 slices, 52 grams	70	13	1	3	0	1.4
Lightlife Smart Deli Ham Slices	4 slices, 52 grams	70	12	1	4	0	1.1
Lightlife Smart Deli Pepperoni Slices	13 slices, 30 grams	50	8	0.5	3	0	0.7
Lightlife Smart Deli Turkey Slices	4 slices, 52 grams	100	14	3.5	4	0.5	1.4
Tofurky Bologna Style Deli Slices	3 slices, 52 grams	100	14	3	5	0	1.1
Tofurky Hickory Smoked Deli Slices	5 slices, 52 grams	100	13	3	6	0	1.1
Tofurky Italian Deli Slices	5 slices, 52 grams	110	11	4	7	1	1.1
Tofurky Oven Roasted Deli Slices	5 slices, 52 grams	100	13	3	6	0	1.1
Tofurky Peppered Deli Slices	5 slices, 52 grams	100	13	3	6	0	1.1
Tofurky Pepperoni Deli Slices	8 slices, 28 grams	60	7	0.5	6	0	1.1
Tofurky Roast Beef Style Deli Slices	5 slices, 52 grams	100	13	3	5	0	1.1
Tofurky Smoked Ham Style Deli Slices	5 slices, 52 grams	100	14	3	5	0	4.5
Yves Meatless Deli Bologna Deli Slices	4 slices, 62 grams	80	14	2.5	2	0	3.6
Yves Meatless Deli Salami Slices	4 slices, 62 grams	80	15	0	4	0	3.6
Yves Meatless Deli Turkey Slices	4 slices, 62 grams	100	16	1.5	5	0	3.6
Yves Meatless Ham Slices	4 slices, 62 grams	100	15	2	5	0	3.6
Yves Meatless Pepperoni	6 slices, 48 grams	80	14	1	4	0	3.6
Yves Meatless Roast without the Beef Slices	4 slices, 62 grams	110	15	2.5	4	0	3.6
Yves Meatless Smoked Chicken Slices	4 slices, 62 grams	100	16	1.5	5	0	3.6

<b>Meatballs</b>	Serving Size	Calories Per Serving	Protein Per Serving (g)	Fat Per Serving (g)	Carbohydrates Per Serving (g)	Saturated Fat Per Serving (g)	Iron Per Serving (mg)
365 Everyday Value Original Meatless Meatballs	4 balls, 60 grams	110	12	4	9	0	1.1
Amy's Original Meatless Meatballs	8 balls	190	14	5	24	0.5	2.7
Beyond Meat Italian Meatballs	4 balls, 85 grams	200	18	12	6	2	0.7
Beyond Meat Swedish Meatballs	4 balls, 85 grams	200	18	12	6	2	0.7
Gardein Classic Meatless Meatballs	3 balls, 90 grams	150	17	6	10	0	2.7
Nate's Original Meatless Meatballs	3 balls, 43 grams	90	7	4.5	5	0	1.1
Nate's Savory Mushroom Meatless Meatballs	3 balls, 43 grams	100	8	4.5	6	0	1.8
Nate's Zesty Italian Meatless Meatballs	3 balls, 43 grams	110	10	4.5	9	0	1.4

<b>Ground Beef</b>	Serving Size	Calories Per Serving	Protein Per Serving (g)	Fat Per Serving (g)	Carbohydrates Per Serving (g)	Saturated Fat Per Serving (g)	Iron Per Serving (mg)
Beyond Meat Beefy Crumble	½ cup, 55 grams	100	13	4.5	3	0	0.4
Beyond Meat Feisty Crumble	½ cup, 55 grams	120	13	5	3	0	0.4
Boca Ground Veggie Crumbles	57 grams	60	13	0.5	6	0	1.8
Match Ground Beef	3.5 ounces, 100 grams	100	18	1.5	7	0	n/a
Neat Breakfast Mix	40 grams	200	5	14	6	1	3.6
Neat Italian Mix	40 grams	190	4	15	12	1.5	1.4
Neat Mexican Mix	40 grams	210	5	15	16	1.5	1.4
Neat Original Mix	40 grams	190	4	15	11	1.5	1.4
Upton's Ground Seitan	2 ounces, 57 grams	100	15	1.5	7	0	1.4

## Comparing Sodium Levels

Sodium is typically the main concern in faux meats. While our cells need sodium to function properly, too much sodium can lead to high blood pressure and cardiovascular disease, among other problems. To help identify lower-sodium products, I've ranked products lowest to highest in sodium content by product.

### Deli Slices (sodium in 1 ounce)

1. Field Roast Wild Mushroom Deli Slices 160 mg  
Yves Meatless Deli Turkey Slices 160 mg
2. Yves Meatless Roast without the Beef Slices 170 mg
3. Tofurky Smoked Ham, Oven Roasted, Peppered, Smoked, or Italian Deli Slices 175 mg
4. Lightlife Smart Deli Turkey Slices 180 mg  
Tofurky Pepperoni Slices 180 mg
5. Tofurky Bologna Style Deli Slices 185 mg
6. Lightlife Smart Deli Ham Slices 190 mg
7. Yves Meatless Deli Bologna Slices 215 mg

8. Field Roast Lentil Sage Deli Slices 220 mg
9. Tofurky Roast Beef Style Deli Slices 225 mg
10. Yves Meatless Ham, Salami or Smoked Chicken Deli Slices 230 mg
11. Yves Meatless Pepperoni 245 mg
12. Lightlife Smart Deli Pepperoni Slices 250 mg
13. Field Roast Smoked Tomato Deli Slices 260 mg
14. Lightlife Smart Deli Bologna Slices 300 mg

### Meatballs (sodium in 1 ounce)

1. Beyond Beef Italian or Swedish Meatballs 125 mg
2. Gardein Meatless Meatballs 130 mg
3. Nate's Savory Mushroom Meatless Meatballs 165 mg
4. 365 Everyday Value Meatless Meatballs 185 mg  
Nate's Original Meatless Meatballs 185 mg
5. Amy's Meatless Veggie Meatballs 220 mg
6. Nate's Zesty Italian Meatless Meatballs 235 mg

### Ground Meat (sodium in 1 ounce)

1. Match Ground Beef 90 mg
2. Upton's Ground Seitan 140 mg  
Boca Veggie Crumbles 140 mg
3. Neat Breakfast Mix 160 mg
4. Beyond Beef Crumbles 190 mg
5. Neat Italian Mix 250 mg
6. Neat Original Mix 265 mg
7. Neat Mexican Mix 375 mg

### Poultry (sodium in 1 ounce)

1. Gardein Zesty Marinara Crispy Chick'n Filets 85 mg
2. Simply Balanced Smoky Chipotle Meatless Chicken 95 mg
3. Field Roast Sunflower Country-Style Breaded Cutlets 100 mg
4. Gardein Mandarin Orange Crispy Chick'n, Teriyaki Chick'n Strips, Crispy Chick'n Patty, Crispy Chick'n Sliders 105 mg  
Vegetarian Plus Vegan Half Chicken 105 mg
5. Field Roast Hazelnut Herb or Coconut Breaded Cutlets 115 mg
6. Gardein Chipotle Lime Crispy Fingers and Vegetarian Plus Tikki Masala Vegan Chicken 120 mg  
Beyond Meat Grilled or Lightly Seasoned Strips 120 mg
7. Beyond Meat Southwest Style Strips 125 mg  
Lightlife Smart Chick'n Strips 125 mg
8. Simply Balanced Korean Barbeque and Teriyaki Meatless Chicken 130 mg
9. Upton's Naturals Chick Seitan 140 mg  
Gardein Seven Grain Crispy Tenders or Sweet and Tangy BBQ Wings 140 mg
10. Tofurky BBQ Slow Roasted Chick'n 145 mg  
Gardein Lightly Seasoned Chick'n Scaloppini 145 mg  
WestSoy Chicken Style Seitan 145 mg
11. Tofurky Tandoori Slow Roasted Chick'n 150 mg  
Vegetarian Plus Chicken Strips 150 mg
12. Vegetarian Plus Korean Sesame Vegan Chicken 155 mg  
Tofurky Lightly Seasoned Slow Roasted Chick'n 155 mg
13. MorningStar Griller Chick'n Veggie Patty 160 mg  
Beyond Meat Homestyle or Southwest Style Tenders 160 mg
14. Vegetarian Plus Orange Vegan Chicken 165 mg
15. Yves Meatless Chicken Burger 170 mg  
Tofurky Thai Basil Slow Roasted Chick'n 170 mg  
Beyond Meat Feisty Buffalo or Sesame Ginger Poppers 170 mg

- Vegetarian Plus Chicken Drumsticks 170 mg
- Boca Original Chick'n Veggie Nuggets 170 mg
16. Vegetarian Plus Non Breaded Chicken Nuggets 175 mg
17. Vegetarian Plus Teriyaki Vegan Chicken 180 mg
18. Vegetarian Plus Ginger Vegan Chicken 185 mg  
Tofurky Sesame Garlic Slow Roasted Chick'n 185 mg
19. Vegetarian Plus Kung Pao Vegan Chicken 195 mg
20. Vegetarian Plus Black Pepper Chicken Tenders or Chicken Steaks 210 mg
21. Boca Spicy Chick'n Veggie Patties 230 mg

### Bacon Slices (sodium in 1 ounce)

1. Tofurky Smoked Maple Bacon Marinated Tempeh 105 mg
2. Upton's Naturals Bacon Seitan 130 mg
3. Yves Meatless Canadian Bacon 210 mg
4. Lightlife Smart Bacon 450 mg

### Sausage (sodium in 1 ounce)

1. 365 Everyday Value Meatless Breakfast Patties 105 mg
2. Gardein Sausage Breakfast Patties 145 mg
3. Tofurky Spinach Pesto Artisan Sausage 160 mg
4. Tofurky Andouille Artisan Sausage 165 mg  
Lightlife Gimme Lean Meatless Sausage 165 mg
5. Field Roast Mexican Chipotle Grain Meat Sausage 170 mg
6. Tofurky Chick'n and Apple Artisan Sausage 175 mg
7. Tofurky Beer Brats Gourmet Sausage or Italian Gourmet Sausage 185 mg  
Field Roast Italian Grain Meat Sausage 185 mg
8. Yves Sausage Breakfast Patties 190 mg
9. Field Roast Smoked Apple Sage Grain Meat Sausage 195 mg
10. Tofurky Kielbasa Gourmet Sausage 200 mg
11. SoL Cuisine Sausage Breakfast Patties 205 mg
12. Tofurky Sausage Breakfast Links 215 mg
13. Field Roast Apple Maple Breakfast Sausage 220 mg

This product guide was developed by Anne Custer while interning with The Vegetarian Resource Group. Special thanks to VRG's Nutrition Advisor Reed Mangels, PhD, RD for working with her on this piece.

For more comparative charts on meat alternatives, see our website at <http://www.vrg.org/journal/vj2016issue1/AdditionalMeatAlternativesCharts.pdf>.

# veggie bits

## Ready-to-Eat Cookie Dough

EatPastry Cookie Dough provides the homemade cookie taste we all want without any of the hassle. While not overly sweet, this premade cookie dough bakes into cookies that are soft and chewy with a heavenly aroma. This product offers a quick and perfect solution for potlucks and family gatherings, and is available in a wide spectrum of flavors, including Chocolate Chip, Chocoholic Chip, Peanut Butter Chocolate Chip, Oatmeal Raisin Chocolate Chip, plus gluten-free options in Chocolate Chip, Snickerdoodle, and Sugar Momma. There's something for everyone, whether you are vegan or not. If you've had a long day and don't want to wait the 9-12 minutes suggested baking time, feel free to spoon it straight from the container because this cookie dough is just as pleasing and possibly even better eaten raw. Made in a full vegan kitchen free of cross-contamination from dairy and eggs and certified non-GMO, you can rest easy while enjoying this cookie dough. You can find EatPastry Cookie Dough at Whole Foods, Wegmans, and your favorite natural food stores, or visit their website, [eatpastry.com](http://eatpastry.com), to find the nearest retailer. *By Ivy Grob, VRG intern.*



## Pizza Party for my Palate

Amy's Kitchen Rice Crust Pesto Pizza is better than any pizza I've eaten out or ordered in. I even burned it a bit and it still tasted amazing. The gluten-free rice crust is light and crispy, providing the perfect bed for layers of pesto, cheese, tomatoes, and broccoli. The pesto and Daiya mozzarella cheese are dairy-free and do not disappoint. Some vegan cheese can be too gooey, but this cheese has just the right amount of melt-in-your-mouth goodness. The tomato slices and broccoli florets provide a garden-fresh-tasting flavor that will leave you satisfied long after eating it. Amy's Pizza is available for purchase nationwide at most grocery and health food stores. This pizza is higher in fat, saturated fat, and sodium than Amy's roasted vegetable vegan pizza, another tasty option. *Written by Anne Custer, VRG intern.*



## Nana Creme

VRG staffers were so excited to try Nana Creme that we skipped lunch and dug right into dessert! Nana Creme, a vegan ice cream made of bananas rather than a nut milk, is heavenly, with distinct flavors that include Vanilla, Strawberry, Cookie Dough, Chocolate Covered Banana, Mint Chip, Chocolate Chip, Brownie, Blueberry Pie, Banana Cinnamon Crumb Cake, Sugar Cookie, Salted Maple, Cremesicle, and Mango. If you like fruity tastes, you'll definitely love the Mango or Strawberry flavors, and if you're into ice creams with more of a creamy consistency with lots of tasty chunks, you can't go wrong with Brownie, Cookie Dough, or Chocolate Covered Banana. Blueberry Pie was the most unique flavor, which one staffer described as "next level." Though the base of Nana Creme is bananas, the banana taste is not overwhelming, and in some flavors, not detectable. Nana Creme doesn't include any common allergens in their products; the base ingredients are just water, cane sugar, organic bananas, safflower oil, and lemon juice. Nana Creme ships nationwide. For store locations and details about shipping, visit <http://www.nanacreme.com>. *Written by Navaal Mahdi, VRG intern.*



## Creamy Vegan Dressing

Follow Your Heart, popularly known for their vegan mayonnaise, Vegenaïse, has made a veganized version of classic dressing favorites. Flavors include Ranch, Bleu Cheese, Thousand Island, Caesar, Balsamic Vinaigrette, and my personal favorite, Honey Mustard (with no honey.) These dressings are unbelievably thick and creamy and taste exactly like their non-vegan inspirations. Bleu Cheese is remarkably similar, complete with a pungent aftertaste, perfect for dipping vegan chick'n wings. I used to spread Honey Mustard on everything, so I'm an expert on the sweet and tangy taste, and I'm happy to say this is the perfect substitute! Dip veggies in them or drizzle them on a salad. These products are available to purchase nationwide at major chain grocery stores and health food stores. See [followyourheart.com](http://followyourheart.com) for more details. *Written by Anne Custer, VRG Intern.*



## BroccoLeaf

BroccoLeaf (short for broccoli leaves) from Foxy Produce is now being harvested as an addition to your favorite group of leafy green vegetables. Grown from the stem underneath the crown of broccoli, you can buy these huge leaves pre-cut and prepackaged in bags or as bundles of whole leaves. Less bitter than kale and smoother than collards, BroccoLeaf stands out with its own personality. This veggie is rich in vitamins A, C, and K, and is also a source of potassium, folate, and calcium. Use BroccoLeaf in any of your already beloved recipes such as stir-frys, smoothies, juices, tofu scrambles, and salads. Try it wrapped around a veggie burger or falafel patties as a substitute for a bun. At a recent VRG luncheon, I cooked BroccoLeaf in vegetable broth with onion, garlic, stewed tomatoes with chiles, and corn for a new take on an old Southern collard green recipe, and it was received with numerous compliments. This vegetable offers the ultimate versatility, and is also certified organic. You can find BroccoLeaf in select Whole Foods. *Written by Ivy Grob, VRG Intern*



## Pasta Chips

One bite of Pasta Chips will have you booking a flight to Tuscany. There are four vegan varieties, which all evoke authentic Italian flavors: Garlic and Olive Oil, Mediterranean Sea Salt, Spicy Tomato Herb, and Spinach Broccoli Kale. Each chip is baked into a perfectly proportioned size for ultimate snacking. Pair these zingy one-of-a-kind chips with your favorite dip or condiment. Try a roasted red bell pepper or lemon zest hummus with the Spinach Broccoli Kale, or your favorite nut butter with the Mediterranean Sea Salt for a best-of-both-worlds salty and sweet taste. The possibilities for different combinations are endless, not to say these chips cannot stand alone. I recommend first trying the Spicy Tomato Herb by itself to savor the rich flavor of tomato and garlic, then try it dipped in your favorite vegan cream cheese or topped with salsa. Find Pasta Chips in grocery stores nationwide. Use the store locator or buy directly by visiting [pastachips.com](http://pastachips.com). *Written by Ivy Grob, VRG Intern.*



## Peel off Polish

Forget everything you know about traditional nail polish. Play Love Laugh has reinvented and reinvigorated the nail polish world with the changed features to show it. Gone are the harsh, lingering smell, acetates, and artificial dyes, which are instead replaced with an odorless fruit and vegetable base that dries quickly and is completely vegan. It is free of formaldehyde and other toxic chemicals found in most commercial nail polishes. The best part is that you don't even need nail polish remover; it can simply be peeled off after being soaked in warm water. There is a whole range of colors to choose from, all with fun names and perfect for adults and kids alike. "Go for the Green," "Really Teally Fun," and "Grapelicious" are the bright statement makers, with plenty of other more low-key pinks and purples. Top off the polish with the sparkly varieties for an eye-catching look. Sets of three complementary colors are available together for mixing and matching or for any artistic designs you can create. You can find the Natural Peel Off nail polish at [www.playlovelaugh.com](http://www.playlovelaugh.com). *Written by Ivy Grob, VRG Intern*



## Za'atar Burger

The Za'atar Veggie Burger by Sweet Earth Natural Foods packs a plant-based protein punch of Middle Eastern spice. Available in a convenient two-burger pack, this veggie burger would be great to fix for a simple date night at home. The spices of the veggie burger are zesty and fiery, while not overpoweringly spicy. Dress up this burger with traditional fixings like lettuce, tomato, and vegan mayonnaise, or for the more adventurous try it with your favorite kimchi or fresh sliced apples and roasted asparagus packed into a pita. I tried my Za'atar Veggie Burger topped with tomato and mustard and wrapped in broccoli leaves. Whether dressed up or eaten plain to savor the natural flavoring, this veggie burger is just as nutritious as it is delicious. It contains 18 grams of protein and 6 grams of fiber per serving, leaving your body feeling as good as your taste buds. Find the Za'atar Veggie Burger at a natural food store or major retailer near you by using Sweet Earth's Facebook Store Locator App. *Written by Ivy Grob, VRG Intern*



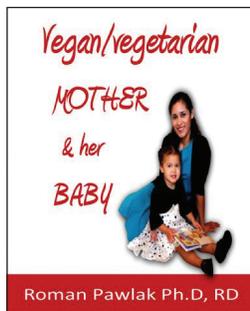
# reviews

## VEGAN/VEGETARIAN MOTHER & HER BABY

By Roman Pawlak, PhD, RD

According to the author, *Vegan/Vegetarian Mother & Her Baby* was written for pregnant vegetarians, for parents of vegetarian children and teens, and for health professionals. Health professionals may be especially appreciative of the research-based information that is included. Consumers who read this book may understand more about nutritional needs of pregnant and lactating women, infants, children, and teens. Topics covered include growth of vegetarian/vegan children, use of soy products, and sources of important nutrients. The chapter on vitamin B12 was especially thorough. Information was presented using a combination of text, figures, and tables. Since this book does not include meal plans or food guides, readers may want to supplement this information from other reliable books or websites such as [www.vrg.org](http://www.vrg.org).

*Vegan/Vegetarian Mother & Her Baby* (ISBN 978-1-62620-175-0) has 242 pages. Contact the author at [romucha@hotmail.com](mailto:romucha@hotmail.com) for purchasing information. It is on Kindle for \$9.99. Reviewed by Reed Mangels, PhD, RD.



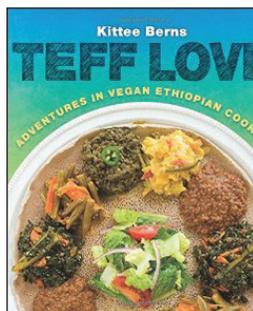
## TEFF LOVE

By Kitee Berns

Vegan Ethiopian food is delicious and now you can use *Teff Love* to prepare this cuisine at home. You'll find a recipe to make injera (Ethiopian bread).

For breakfast you can prepare Ye'shimbra Duket Kita (Savory Chickpea-Flour Pancakes) or Ye'beqolo Genfo (Creamy, Cheesy Corn Grits with a Spicy Seasoned-Oil Drizzle).

Another chapter features spicy red sauces and stews, including Ye'Atakilt Wot (Potatoes, Carrots, and Cauliflower in a Spicy Sauce), and Ye'misser Wot (Red Lentils in a Spicy Sauce). If you don't like spicy food, one chapter highlights mild sauces and stews, includ-



ing Ye'Ater Kik Alich (Split Peas in a Mild Sauce) and Ye'atakilt Alich (Stewed Cabbage, Potatoes and Carrots in a Mild Sauce).

The section on cooked vegetables and casseroles offers Ye'Abesha Gomen (Tender Stewed Collard Greens) and Ye'Zelbo Gomen Be'Karot (Tender Kale with Carrots, Onion, and Mild Spices). You'll also find cold dishes such as Ye'Kaysir Atakilt (A Salad of Tender Roasted Beets and Fresh Herbs in a Citrus Dressing) and Azifa (Tangy Lentil Salad). Finally, a section on beverages and sweets includes Telba (A Roasted-Flaxseed Shake) and Mocha Teff Brownies.

Although nutritional analyses are not provided in this book, most of the recipes do not appear to be high in calories. You will find color photos.

*Teff Love* (ISBN 978-1-57067-311-5) is a 192-page book. It is published by Book Publishing Company and retails for \$19.95. You can purchase this book from The Vegetarian Resource Group at [www.vrg.org/catalog](http://www.vrg.org/catalog) or your local bookstore. Reviewed by Debra Wasserman.

## VEGAN PRESSURE COOKING

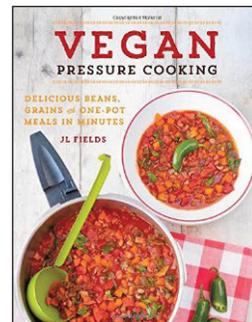
By J.L. Fields

Pressure cookers have come back in style and this new vegan cookbook offers a variety of one-pot meals you can prepare at home. You can quickly make Apple Pie Steel-Cut Oats or Pumpkin Spice Porridge for breakfast.

For lunch or dinner try Curried Mung Bean Stew, Black-Eyed Pea and Collard Green Chili, Fava Bean Risotto, or Seitan Swiss Steak. Some delicious sides include Bok Choy, Mushrooms, and Onion with Tamari Lime Dressing; Steamed Kabocha Squash; or Rosemary and Thyme Brussels Sprouts.

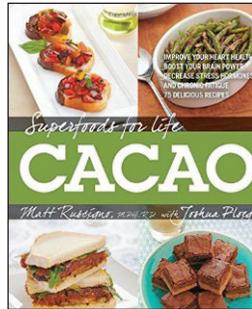
You will also find recipes for preparing Basic Seitan or Vegan "Pepperoni" Sausage. Dessert options include Fruit and Nut Rice Pudding and Easy Applesauce.

*Vegan Pressure Cooking* (ISBN 978-1-59233-644-9) is published by Fair Winds Press. It has 176 pages including beautiful color photographs and retails for \$22.99. Look for this book online or in your local bookstore. Reviewed by Debra Wasserman.



## SUPERFOODS FOR LIFE, CACAO

By Matt Ruscigno, MPH, RD with Joshua Ploeg



Cacao beans are the dried seed of the fruit of the cocoa tree. These beans are used for making cocoa powder, cocoa butter, and chocolate, as well as cacao nibs and cacao powder. Cacao was first cultivated as early as 300 CE by the Mayans and was brought to Europe about 400 years ago. Cacao is recognized as an excellent source of flavonoids, which may reduce the risk of heart disease, high blood pressure, and other chronic diseases. Cacao also contains significant amounts of copper, magnesium, and iron. These are just some of the facts that I learned from *Superfoods for Life, Cacao*.

Matt Ruscigno, a vegan registered dietitian, has teamed up with Chef Joshua Ploeg to create a collection of vegan recipes using cacao powder, cacao nibs, bitter-sweet chocolate, cocoa powder, and other cacao derivatives as well as explanations for cacao's superfood status. Matt's short readable chapters focus on topics such as cacao's nutrient content, chocolate's effect on mood and physical performance, and cacao's potential role in lowering risk of heart disease and stroke. All information is based on the most recent research and references are included.

Recipes include both sweet and savory dishes. Some of the more intriguing recipes include Rich Borscht with Cacao Accent, Crowd-Pleasing Bell Pepper Pizza (crust and sauce are made with cocoa powder), and Chocolate-Cocoa Za'atar Pesto Balls. I tried the Surprisingly Succulent Baba Ghanoush, which combined melted bittersweet chocolate with the usual ingredients for this eggplant dip. The baba ghanoush had a mildly sweet, somewhat savory flavor that tasters could not pinpoint as having chocolate in it. Cocoa Jerk Tofu was made with unsweetened cocoa powder. The sauce reminded me of a mole sauce and had a complex mix of flavors.

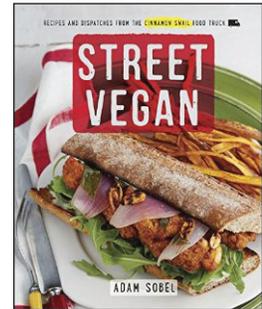
If you're intrigued by the idea of cooking savory dishes with chocolate or want to learn more about the benefits of cacao and its derivatives, *Superfoods for Life, Cacao* is a great resource.

***Superfoods for Life, Cacao* (ISBN 978-1-59233-610-4) is published by Fair Winds Press. It has 192 pages and**

**retails for \$18.99. Look for this book in your local bookstore. Reviewed by Reed Mangels, PhD, RD.**

## STREET VEGAN

By Adam Sobel



Having spent my childhood 30 minutes outside of New York City, I have fond memories of street food found on city corners. Add in all the wonderful food trucks today, and you can find a wide variety of vegan options.

Adam Sobel is the chef/owner of the vegan food truck Cinnamon Snail. This is his first cookbook and it's very creative. Note that these are not quick and easy recipes; however, your time and effort will be rewarded.

For breakfast you can try Maple Mustard Seitan Strips, Fresh Fig Pancakes, Poached Pear-Stuffed French Toast, or Shredded Root Vegetable Hash Browns. Beverage options include Coconut Star Anise Milk, Pistachio Milk with Clove and Rosewater, and Peppermint Hot Chocolate.

Enjoy appetizers such as Truffled Potato and Fried Onion Pierogies, Pan-fried Kimchi Dumplings, and Chimichurri Tempeh Empanadas. Next, you can prepare soups such as Live Habanero Tomato Soup and Thai Coconut Curry Soup.

Among the wonderful main dishes are Pecan-Crusted Seitan, Raw Pizza, Ginger Island Tofu, and Jalapeño Roasted Corn-Stuffed Red Quinoa Croquettes. Be sure to add some of these sides: Lemon-Soy Watercress, Horseradish Mashed Potatoes, Kimchi, or Lemon-Garlic Swiss Chard.

Of course, your meal is completed with dessert! You'll find Peanut Butter-Chocolate Ganache, Macadamia-White Chocolate Twinkies, Raw Chocolate Pudding, Live Pumpkinish Pie, and Chocolate Sambuca Cookies. There's also a chapter devoted to vegan donuts. Enjoy Mexican Hot Chocolate-Glazed Twists, Roasted Chestnut Cake Donuts, and Black Tea Twists.

***Street Vegan* (ISBN 978-0-385-34619-1) is published by Clarkson Potter. It has 272 pages, includes color photographs, and retails for \$25. Look for this book online or in your local bookstore. Reviewed by Debra Wasserman.**

# Help Create a Veggie World

## MYRIAL HOLBROOK, VRG INTERN

Myrial Holbrook, a high school intern from Ohio, called The VRG office a “small, but mighty powerhouse,” and we would say the same about her! In just three weeks, she staffed an outreach booth at Baltimore VegFest, discussed vegan nutrition with University of Maryland dietetic interns, wrote blog posts and articles on vegan restaurants, reviewed new vegan products, and researched food labeling. “I learned how nebulous the definitions of vegan and vegetarian can be,” she said. “Before my internship, I trusted labels and company statements. Now I



realize how important it is to do your own research.

Holbrook also stretched her HTML coding and graphic design skills during her internship, “This work helped me understand what a non-profit organization must prioritize on paper and online in terms of vision and message.”

She does have one complaint about her internship – it was too short! “The other interns were accepting and diverse... These connections have widened my perspective and renewed my passion for spreading the vegetarian lifestyle,” she said. As a freshman at Princeton, “I will continue my work for the movement. For me, this internship is only the beginning of my commitment to The VRG and its mission.”



## IVY GROB, VRG INTERN

Summer intern Ivy Grob, the recipient of the 2015 Eleanor Wolff Scholarship, came to The Vegetarian Resource Group from the University of Florida. An environmental science major, Grob dug into projects with a scientific eye and wrote about veganism as it relates to composting and college dining options. At The VRG, Grob saw herself growing into an activist she never knew existed within her, “Before this internship, I thought being vegan just meant you change your diet and the fabric of your clothes, but now I see it as so



Poplar Spring Animal Sanctuary in Maryland

much more,” Grob said. “Every time you choose a vegan meal, you are choosing to be an activist, you are choosing a healthy environment, and you are choosing to save the life of an animal.” Grob ended the summer with a renewed passion for veganism. “This internship has compelled me to share my vegan beliefs with others and has made me realize how important it is to share, as so many people still don’t know what vegan means.... I will continue to promote veganism for the rest of my life.”

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# Quick and Easy Taco Fillings

By Chef Nancy Berkoff, EdD, RD

Let the taco tasting begin! Whether “traditional” or “21st century,” tacos can be made tasty and quickly! Be certain to match your filling to your taco. If you are using hard shells, you’ll want crunchier ingredients, such as fresh chopped veggies like bell peppers and onions, crumbled tempeh, fresh mushrooms, cut corn, whole beans (rather than mashed), shredded jack or cheddar vegan cheese, and shredded greens. If using a soft shell, such as a steamed corn or flour tortilla, you’ll want to consider softer ingredients, such as mashed black or pinto beans, white or red potatoes, chopped steamed veggies, alfalfa or clover sprouts, salsa, diced and grilled onions, cooked chili, canned tomatoes, diced silken tofu, or steamed grains such as rice or quinoa.

A plain taco filling, such as cooked white beans or diced firm tofu, can be jazzed up with a creative salsa. Play with salsas, adding diced or minced olives, mushrooms, corn, bean sprouts, garlic, summer squash (such as zucchini), celery, carrots, or capers. Create a “sweet and sour” salsa by adding chopped dried apricots or raisins to traditional tomato salsa, as well as chopped fresh or canned peaches or even a spoonful of apricot preserves or orange marmalade. Try adding diced red onion and jalapeño to diced pineapple and mango salsa for a kick.

Utilize leftovers! Last night’s lentil stew, cooked beans, steamed kale, green salad, or veggie loaf can be tossed with chopped or diced canned tomatoes or salsa and used for a fast taco filling. Leftover cooked mushrooms of any type can be combined with leftover cooked beans, sauce of your choice, and leftover “neat” balls. Or, crumble cooked tempeh, toss with a spicy or sweet sauce of your choice, and fill a taco!

Tacos are all about the toppings, so pile them on! Toppings can include shredded carrots, shredded raw red or green cabbage, shredded beets, shredded (raw) kale or

Romaine, chopped red or sweet onions, chopped green onions, chopped bell peppers or chilies, diced or smashed avocados, chopped mushrooms, thinly sliced radishes, or sliced black or green olives. The “cherry on top” can be a sprinkle of nutritional yeast, vegan cheese, or a dollop of vegan sour cream. If you have the time, you might want to combine silken or soft tofu in a blender with some salsa for a creamy taco topping.

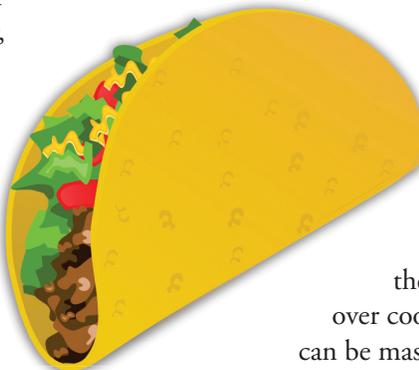
A quick guacamole can be made just by smashing an avocado with a fork, and adding a pinch of salt and a squeeze of lemon. Top with a few diced onions or fresh cilantro if you have it on hand.

Imagine last night’s lentil stew or bean combo mixed with chopped cooked potatoes, and moistened with some salsa, tofu, or avocado topping a soft tortilla or filling a hard taco shell. Pile high with shredded greens and carrots, sliced radishes and onions, then top with vegan shredded cheese or sour cream. It’s dinner time!

Scramble some extra tofu, flavored with soy sauce for dinner or breakfast. Add the scrambled tofu, hot or cold, to a taco shell with some mushrooms and veggies of choice and you have a fast taco. Do the same with leftover Chinese food for a “fusion cuisine” taco.

For a “pizza” taco, add a combination of chopped fresh or canned tomatoes, olives, peppers, onions, smoked tofu, and white beans or chopped extra-firm tofu to a taco shell, top with nutritional yeast or shredded vegan cheese, and heat in the oven or microwave until warm.

Leftover cooked potatoes, either diced or mashed, mixed with salsa or smashed avocado (or both) and seasoned with chopped onions, fresh cilantro or parsley from the garden, chopped chilies or bell pepper, and a dash of hot sauce make a hearty taco filling. If you have leftover corn on the cob, cut the corn off the cob and use as a topping; leftover cooked peas work also. Leftover cooked beans can be mashed and added to the mix as well!



# Vegetarian Action

Molly McBride, RD, LD

## Promoting Veganism in the Corporate World by Anne Custer

Corporate Dietitian Molly McBride has maintained her vegan lifestyle throughout her four years working for the retail food store Kroger. She has written articles for the Kroger Simple Truth blog promoting veganism and offering meat-free recipes such as Vegetarian BBQ, Quinoa Made Easy, and A Day in the Life of a Vegan. While working full time, McBride is also in school getting her master's degree in nutrition at the University of Cincinnati.

McBride was first introduced to plant-based diets after watching the documentary *Forks Over Knives*. She initially wanted to challenge herself “as a nutrition professional as to how easy or hard it would be to maintain adequate nutrient intakes without consuming animal products.” She and her boyfriend decided to begin a plant-based journey and four years later they are married and following a vegan diet. She is a member of the Vegetarian Nutrition Dietetic Practice Group and donates her Kroger rewards that she gets from shopping with her rewards card to a local animal rescue.

Knowing she has made “one of the most compassionate decisions a human can make by going vegan,” keeps her motivated. She said that going vegan is one of the best decisions she has ever made in her life. “It makes me feel better about my existence, knowing I have a lighter impact on the environment and save animals in the process.”

In her professional life, McBride “provides education, reviews literature, offers recipes, writes content, and counsels on vegan principles.” She finds it disappointing to face all the misconceptions about vegan diets head-on because of the amount of misinformation out there. She encourages dialog with her clients in order to figure out

and clear up confusion about vegan nutrition. She puts an emphasis on making fruit, vegetables, nuts, legumes, and grains the center of a meal rather than animal products. McBride explains her activism: “The purpose of advocating for veganism is pushing people towards 100% plant foods and 0% animal foods. I think that if I can meet the customer where they are with their diet

and preferences and make these adjustments, that is more impactful than asking them to overhaul their diet and choose only vegan foods/beverages if they aren't ready... I have the useful testimony that I became vegan right in the middle of being a Kroger shopper (and towards the beginning of my career with Kroger),” says McBride.

Vegans might be surprised to know the plethora of options found at Kroger, and for a more affordable price than other stores carrying natural foods. Molly's favorite choices are Gardein Golden Fishless Fillets, Daiya Mozzarella Cheese, and Simple Truth Breakfast Patties. Most people who call the customer line are wondering about allergies or other dietary restrictions

and Molly has become the go-to person to answer those inquiries, offering them vegan alternatives they can buy in the store.

With the vegan population growing, it's a comfort to know there are health professionals like McBride giving clients quality advice on vegan diets. How can you be an advocate? She advises that “living a life that is compassionate and healthy sends the strongest message.”



Kroger Dietitian Molly McBride, R.D., L.D.

Anne Custer is a junior at James Madison University studying dietetics. She wrote this article while doing an internship with VRG.



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Cathy Conway, MS, RD, CDN, CDE; Jasmine Westerdahl; Reed Mangels, PhD, RD; and Charles Stahler at The Vegetarian Resource Group booth at the Academy of Nutrition and Dietetics Food and Nutrition Conference in Nashville. Thank you to everyone who helped, including Julie Covington and Doris Westerdahl (not pictured).



**INSIDE THIS ISSUE: HELP CREATE A VEGGIE WORLD; VEGGIE ACTION BY REGISTERED DIETITIAN MOLLY MCBRIDE; DO I NEED TO TAKE A MULTIVITAMIN TO BE HEALTHY?; PLUS MUCH MORE!**



**Animal Rights Conference**

VRG intern Anne Custer working at our booth at the 2015 Animal Rights Conference. “I enjoyed being at the conference surrounded by so many vegans who were passionate about animal rights. It was almost overwhelming!” Anne said. “I learned a lot about the movement from talking to attendees about their efforts, attending a few of the sessions, and answering questions about The VRG.” If you would like to volunteer at VRG booths, contact The Vegetarian Resource Group by emailing [vrg@vrg.org](mailto:vrg@vrg.org).

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