

VEGETARIAN

JOURNAL

HEALTH ECOLOGY ETHICS

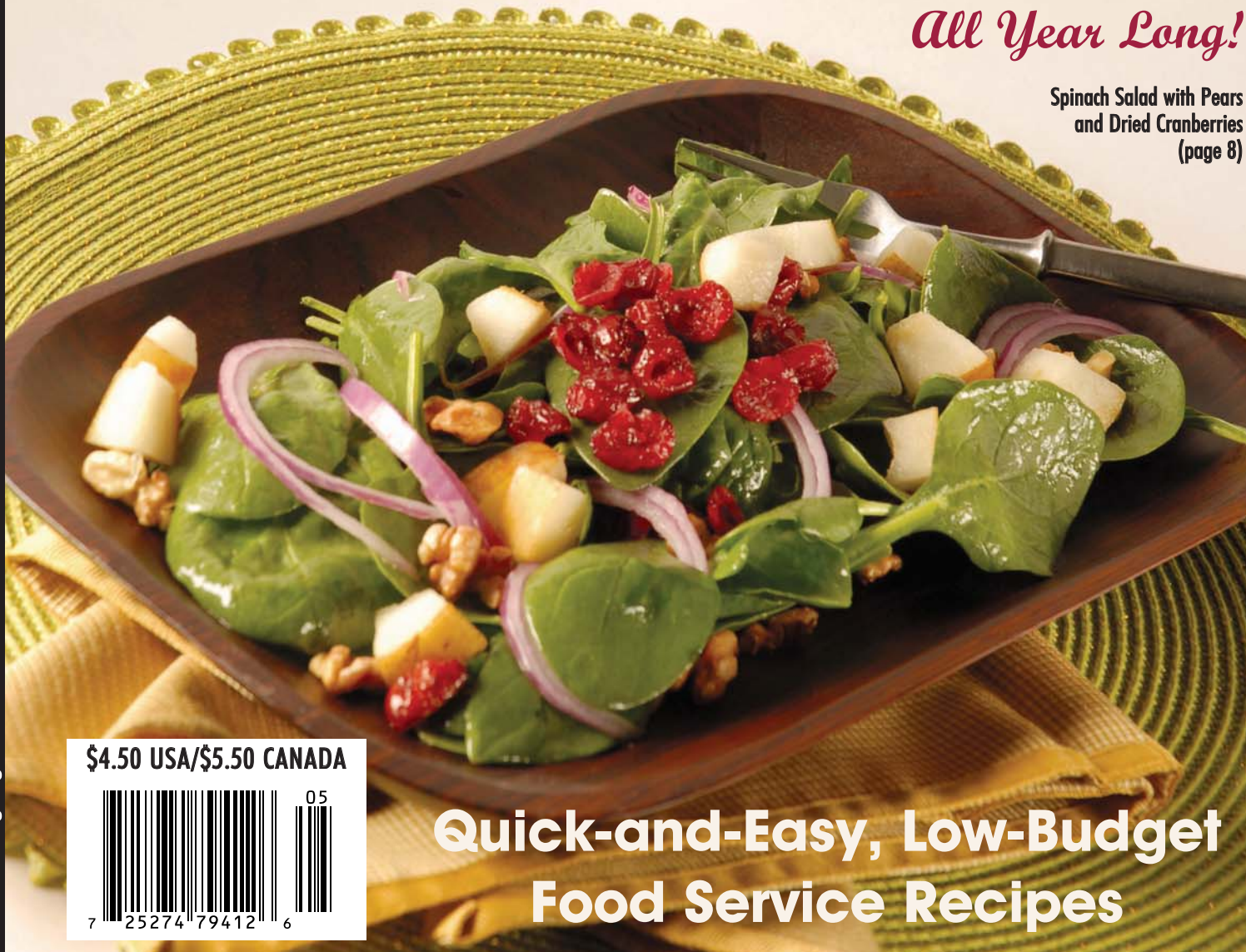
The Latest on Vegan Cheeses

Which Varieties Taste, Melt,
and Spread the Best?

Using Dried Fruit

*Right Now and
All Year Long!*

Spinach Salad with Pears
and Dried Cranberries
(page 8)



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**Quick-and-Easy, Low-Budget
Food Service Recipes**

NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline considers whether a vegetarian college student's diet may be contributing to her acne problems.

QUESTION: *"I am the parent of a vegetarian college student who has terrible acne. Can this be related to her diet?" M.T., via e-mail*

ANSWER: Food's role in acne is a controversial topic. There is no evidence that foods like chocolate or pizza affect acne, although some individuals notice that there is a connection for them. One possible explanation is that many students eat more pizza and chocolate during times when they're stressed (such as exam week, maybe). Stress, for some people, can trigger an outbreak of acne, so while it may look like pizza and chocolate are the culprits, it may actually be stress.

There are a couple of studies that support a role for certain foods in acne. One recent study did find that there was a connection between drinking cow's milk and acne.¹ Girls who drank two or more glasses of milk a day had a higher risk of acne than did girls drinking less than a glass of milk per week. This held whether the milk was whole, lowfat, skim, or chocolate. Soymilk was not studied.

Another recent study found that avoiding foods that can cause a sharp increase in blood glucose (blood sugar) levels could help with acne.² These foods include sodas, candy, sugar, white bread, and pasta. Replacing these foods with higher fiber and/or whole grain foods led to fewer symptoms of acne. Higher fiber foods would include fruits, vegetables, and dried beans, while whole grain foods would include whole wheat bread and whole wheat pasta.

Of course, if your daughter notices that certain foods do make her acne worse, she should avoid those foods.

Different foods, as well as different situations, can affect people differently. According to the National Institutes of Health (<http://www.nlm.nih.gov/medlineplus/ency/article/000873.htm>), acne can be made worse by a number of factors. One of these is changes in hormone levels—many women have outbreaks of acne around the time of their periods. Cosmetics or hair products that are very oily or greasy can lead to an outbreak of acne. High humidity or sweating can also make acne worse, as can some medications. Your daughter may want to discuss these possible triggers and her symptoms with her health care provider.

In addition, your daughter might want to schedule a visit to a registered dietitian to help her determine if her diet is nutritionally adequate or if it needs to be improved. Many colleges and universities have dietitians in the student health center.

REFERENCES

- ¹ Adebamowo CA, Spiegelman D, Berkey CS, et al. 2006. Milk consumption and acne in adolescent girls. *Dermatol Online J* 12(4):1.
- ² Smith RN, Mann NJ, Braue A, et al. 2007. A low-glycemic-load diet improves symptoms in acne vulgaris patients: a randomized controlled trial. *Am J Clin Nutr* 86:107-15.

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www.vrg.org

The *Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit organization that educates the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$20 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

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NOTE FROM THE COORDINATORS

TICKLED TO DEATH?



After the Humane Society of the United States' video of downer dairy cattle in California premiered and 143 million pounds of meat were recalled, The Vegetarian Resource Group received numerous media calls. Research Manager John Cunningham's quote in the *Baltimore Sun* may ring true to many readers: "Longtime vegetarians are somewhat bemused" by the reaction of surprise to the video. "As a friend of mine said, 'What did people think happened at a slaughterhouse? Did they think the animals got tickled to death?'"

The same week that the above story appeared, we were immensely moved by a piece on the nightly news. A teenage girl with autism was unable to speak a word and couldn't communicate with people for most of her life. Her parents didn't give up on her, and she eventually learned to talk through a computer. Her dad said they were stunned. "We realized inside was an articulate, intelligent, emotive person we had never met."

Imagine what it must be like for this girl to finally convey her feelings after all these years. She had such intelligent, perceptive thoughts that no one imagined and easily could not have known without the dedication of her parents and other workers. This story is just incredible to us.

Interestingly, while this story was being featured, author and professor Temple Grandin was quoted in the media concerning the meat recall. She is autistic and did not talk until she was almost four years old. Now, she is one of the most prominent livestock handling equipment designers. She believes that gentle handling in well-designed facilities will minimize stress levels, improve efficiency, and maintain good meat quality and that rough handling or poorly designed equipment is detrimental to both animal welfare and meat quality.

Most of us see similarities and differences between humans and non-human animals. However, think about these animals who can't talk and the pain that humans inflict on them through factory farming, slaughter, and other activities. Imagine when we finally learn to communicate with these animals, even if on a very basic level, and they convey their pain. Then, maybe people will be moved to change their behaviors towards animals. Let's hasten that day by continuing to work together for a more vegetarian world.

To help you on your way, this issue has Chef Nancy Berkoff sharing some vegetarian, low-budget meal ideas for institutions (pages 26-29) as well as fast sandwich spreads (pages 20-21) and Chef Ralph Estevez discussing some of his work to educate others about vegetarian meals (page 35). For your friends who are thinking of giving up cheese, you may want to share VRG's Research Director Jeanne Yacoubou's report on rennet (pages 11-13) and VRG Intern Melanie Campbell's article on vegan cheeses (pages 14-19).

Debra Wasserman & Charles Stahl

Handwritten signatures of Debra Wasserman and Charles Stahl in cursive script.

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

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Please send acknowledgement to:

Name: _____

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

A generous anonymous donation was made in honor of VRG's Nutrition Advisor Reed Mangels, PhD, RD.

A donation was made by Helena Doerr in honor of Stuart Stahler.

Special thanks to Laura Rico for translating articles into Spanish for our website:
<www.vrg.org/nutshell/index.htm#spanish>.

VRG Helps to Bring Even More Veggie Awareness to NYC

Thank you for your generous contribution to Brooklyn Goes Veg! It helped bring awareness to the borough's dining options and legitimacy to the event.

Melissa

www.BrooklynGoesVeg.com

VJ Reader Offers Oven-Frying Tips, Suggests Consistency Among Articles

In response to Issue 2, 2008:

I enjoyed the articles about vegan cheesecake, non-dairy milks, Indian cooking, and oven-frying.

I wanted to share that I've been making 'oven-fried' French fries for years just by tossing the taters (sliced in half lengthwise, then each half sliced in 1/4-inch lengthwise slices) in a tiny bit of oil, maybe two potatoes to one teaspoon oil. It doesn't take much. I use the maximum toaster setting in the toaster oven. It usually only takes about 15 minutes.

When they're done, you can throw cheese on for cheesy fries and put them back in oven for 5 minutes without turning oven

back on. There's enough residual heat to melt cheese, just right without overmelting it.

I do have a comment about the consistency of information in your magazine, though. One minute, you're talking about using whole grains (*Scientific Update*, page 24) and then, in the same issue, you use unbleached all-purpose flour, instead of whole wheat flour, in the *Savory Crust* in the cheesecake article (page 6). Yet in another recipe in the same article (*Savory Vegan Cheddar Cheese and Rice Cheesecake*, page 7), you say to use white or brown rice. I wonder if you could give instructions for white or whole wheat flour. In fact, maybe you could give us the whole wheat version in your next issue.

Diane I., via e-mail

Editor's Note: *All-purpose flour tends to produce lighter baked goods, but whole wheat pastry flour may be used instead of all-purpose flour in the Savory Crust.*

Correction: *The back cover of Issue 1, 2008, featured a review of It's All Good Veggie Chick'n and Beef products. These items were incorrectly identified as frozen, rather than refrigerated, foods. We apologize for the error.*

Letters to the Editors can be sent to: **Vegetarian Journal, P.O. Box 1463, Baltimore, MD 21203. You may also post letters to our website at <www.vrg.org>.**

Coming in the Next Issue:

THE TOP 10 VEGGIE-FRIENDLY RESTAURANT CHAINS

Plus: *Root Vegetable Dishes, a Gelatin Update, and more!*

Dried Fruit

Treasures to Savor All Year Round

By Debra Daniels-Zeller

WITH ALL THE LOUD CHEERS FOR FRESH AND local foods today, I assumed dried fruits were benched players in the fruit world. But I was wrong. After strolling the aisles of a grocery store recently, I found a variety of dried fruits that my grandmother never dreamed about. Near the produce department, bulk bins were filled with three kinds of raisins—Sultana, Flame, and Thompson; there were also currants, Turkish and California apricots, prunes, dates, and dried peaches. On a nearby display were colorful bags of dried berries, cherries, figs, cranberries, and mangos and super-sized bags of crispy banana chips. Later, I visited a natural foods store and discovered an extensive dried fruit assortment, most boasting ‘certified organic’ labels.

Drying is the oldest form of food preservation, and dried fruits have roots that extend back to 2900 B.C. in the Sumarian civilization. Figs were the first dried fruit mentioned in written records. Everyone loved them; even Cleopatra adored them. In ancient Egypt, ripe figs and dates fell from trees and dried naturally in the hot, dry climate. The first dried grapes (raisins) were probably plucked and eaten straight from the vine. The Egyptians incorporated the dried fruits into fruitcakes. In Rome, dried figs and raisins were awarded to winning Olympic athletes.

Raisins, figs, dates, and dried apricots sailed into foreign ports and became coveted trade items. They enhanced cuisines everywhere they were traded. Germans kneaded raisins into stollen, a traditional Christmas bread. Italians blended raisins, citron, pine nuts, and anise into *panettone* (yeast cakes). Russians stirred candied fruits and raisins into *kulich* (traditional Easter cakes), and the British were crazy about fruitcakes during Victorian times. In France, *pruneau* (prunes) were used as filling for rich tart shells. (Plums are called prunes in France, while prunes are called *pruneau*.) In India, dried apricots were chopped for chutneys and stirred into curries.

Spanish explorers brought dried fruits across the Atlantic to the Caribbean and North and Central America. In Jamaica, minced dried fruits were blended into batter for rum-soaked cakes. In North America, in the mid-1800s, emigrants who traveled the Oregon Trail frequently stewed a pot of dried apples, peaches, raisins, and currants for compotes, savory and sweet pies, or crullers.

In 1873, William Thompson’s seedless grape crop in California accidentally dried, and the first commercial raisin crop was created. These ‘accidental’ raisins were supposedly sold as exotic Peruvian delicacies in San Francisco. Now, Thompson grapes are the most widely cultivated grapes in California.

During World War II, prunes played a curious part in British military spy history. Prunes were soaked and softened, and the pits were extracted. After the prunes dried, miniscule maps of escape routes sealed in waxed paper were stuffed into the empty cavity. Then, the prunes were packed in Red Cross parcels and smuggled to prisoners of war. Two of the original prunes with maps weren’t sent but saved as souvenirs; they were sold at an auction in 2006.

In my family, my grandmother added raisins to cookies and pies, and my mom put dried fruits in the jelled salads of the ’50s. In the ’70s, I made trails mixes and granola with dried fruits for quick snacks. In 1978, after purchasing a thin yellow book called *Dry It—You’ll Like It* by Gen MacManiman, I decided to dehydrate our own bumper crop of plums. I rigged a small metal platform over our wood stove to dry them, but after our German Shepherd upset the tray and devoured the evidence, I invested in a dehydrator. My dehydrator still dries cherries, apricots, nectarines, figs, and apples.

VARIETY

Big nutrition in little packages, dried fruit contains abundant minerals, antioxidants, and fiber. Each piece

contains the same amount of calories as its fresh counterpart. This list highlights some common dried fruits and discusses their varieties and characteristics:

- **Apricots** provide some beta-carotene. Turkish apricots are very sweet and soft; California apricots are tart with a chewy texture. Both varieties are grown in California.
- **Cherries** come in either sweet or sour varieties. Like other fruits, sweet cherries and sour cherries contain phytonutrients that could reduce the risk of cancer. The sour pie cherries are so fragile they never make it to the grocery store fresh but are available at farmers' markets in May to July. Most dried sour cherries are sweetened; look for the fruit-sweetened varieties in natural foods stores.
- **Cranberries** have been used for decades to prevent urinary tract infections.
- **Currants** are very small, intensely flavored fruits made from Zante grapes. (See raisins.) They are not usually eaten raw but used instead for making raisins and occasionally wine.
- **Dates** are a good source of iron and potassium. Intensely sweet, there are many varieties; Deglet Noor is a popular super-sweet North African date. Medjools are fresh dates sold in the produce aisle.
- Dried **figs** offer calcium and provide more fiber than prunes. They also contain potassium, iron,

and manganese. Black Mission, Kadota, Calimyrna, and Brown Turkey are common dried varieties.

- **Prunes** provide magnesium and copper. Although any plum can be dried, commercial growers tend to use the sweetest varieties for prunes. If you have a plum tree, it's fun to see how your own plum variety stacks up.
- **Raisins (and currants)** provide iron, potassium, and fiber. Muscat raisins are rumored to be the best tasting, but 95 percent of the California raisin crop is from Thompson seedless grapes. Tender, with delicate flavors, Sultana raisins are made from white grapes.

SELECTION

When selecting dried fruits, I choose organic dried varieties because, as the fruits dry, they lose up to 90 percent of their moisture, and everything (including toxic pesticide traces) becomes more concentrated. Fresh apples, imported grapes, peaches, nectarines, pears, and cherries contain the most chemical residues, so when possible, purchase organic varieties or dehydrate organic fruits at home. Also, organically grown, dehydrated fruits are not treated with sulfur, an additive that maintains colors and helps to keep dried fruits fresh. Sulfur may cause allergic reactions.

Dry It – You'll Like It

In the book *Dry It—You'll Like It*, Gen MacManiman says you don't really need a dehydrator. Places to consider setting up drying trays include on top of the refrigerator or near a hot water heater or furnace, but remember most dehydrating is done in season, which means summer and autumn. However, a dehydrator can be invaluable; the sweet rewards are worth the investment. Approximate drying time is two or three days. Much of the timing depends on how thick the pieces of fruit are and how dry you want the fruit to be.

- Rinse fruit thoroughly. Remove pits and cut larger fruits, such as apples and peaches, into equal slices, less than a half-inch thick. Slice figs and plums into halves.

- While you prepare the fruit, preheat the dehydrator to at least 115 degrees. Fill each rack with prepared fruit, and then reduce the temperature to 100 degrees. As the fruit dries, the sugar concentrates, and soon you have the most tempting sweet treats.
- Check the fruit daily; do not over-dehydrate it, or it loses some flavor. Remove pieces when they are done. Store in covered containers in the refrigerator or freezer. Figs and large fruits that are only partially dehydrated are best stored in the freezer. The fruit stores well for at least six months.

STORAGE

Store dried fruits in a dark place at approximately 60 degrees. They can be stored for up to one year or refrigerated for up to 18 months. I refrigerate all my dried fruits to extend the lifespan. As the fruits age, tiny white spots may appear on the skin; this is a natural sugaring where fruit sugar crystallizes on the surface. You can freeze dried fruits for even longer storage.

To rehydrate fruit, cover with boiling water and allow it to sit two hours or longer. Some nutrients are leached into the water, so make sure that you use the soaking water, too.

USAGE

Dried fruits can enhance dishes year-round, so keep a variety on hand. Raisins, currants, prunes, dates, apricots, and dried sour cherries are staples in my kitchen.

There are so many easy ways to incorporate dried fruits into standard fare, and doing so can make many otherwise ordinary dishes extraordinary. Mix dried, fruit-sweetened cranberries into coleslaw or currants into carrot-apple salads. Use dried fruits to top green salads, or blend them into whole grain salads, braised vegetables, and curried dishes. Stir these dried treasures into cakes, cookies, breads, puddings, and porridge. Bake dried fruit-studded cobblers, pies, and bread puddings. Toss a handful of raisins or dried cherries into soup, stew, or pot pie. You can even make smoothies with puréed, soaked dried fruits; water; lemon or orange juice; a banana; and a little almond butter blended for a creamy, decadent flavor.

Dried fruit may be back-up players, but without them, many dishes wouldn't even make it to first base.

DRIED FRUIT SMOOTHIE

(Serves 2)

The flavors in this smoothie are sinfully decadent. My favorite version was made from dried plums or prunes at a farmers' market. Turkish apricots are very sweet, and California apricots are tart. I like the tart flavor for this recipe. You may also want to try making this smoothie with peaches, nectarines, or cherries.

1 cup boiling water
10 pitted dried apricots or prunes
½ ripe banana
½ cup orange juice or the juice of one orange
1 Tablespoon almond or cashew butter

Pour boiling water over fruit and let sit overnight. Combine all ingredients in a blender and purée until smooth and creamy. Add additional water if you like a thinner consistency.

Total calories per serving: 146 Fat: 5 grams
Carbohydrates: 25 grams Protein: 3 grams
Sodium: 4 milligrams Fiber: 3 grams

DRIED FRUIT-NUT SPREAD

(Makes approximately 1 cup)

Spread this recipe onto toast, apple slices, or celery sticks. You can also make a tasty drink from this recipe by simply blending in ⅔ cup water and ⅓ cup orange juice with 2-3 Tablespoons of the spread.

1 cup dried apricots, mangos, peaches, or nectarines
1 cup boiling water
2 Tablespoons almond butter, cashew butter, or peanut butter
1 Tablespoon lemon juice
⅛ teaspoon salt
1 Tablespoon lemon zest

Place fruit into a small mixing bowl. Pour boiling water over the fruit and allow to sit for a few hours.

In a blender combine the rehydrated fruit and nut butter and blend until smooth and creamy. Stir in lemon juice and salt. Place in a small bowl and garnish with lemon zest.

Total calories per 2-Tablespoon serving: 64
Fat: 2 grams Carbohydrates: 11 grams
Protein: 1 gram Sodium: 39 milligrams
Fiber: 2 grams

SPINACH SALAD WITH PEARS AND DRIED CRANBERRIES

(Serves 6)

**Pictured on the cover. For variety, try arugula instead of spinach.*

¼ cup red wine vinegar (Rice vinegar or white balsamic vinegar also work well.)
2-3 Tablespoons olive oil
2 cloves garlic, pressed
1 teaspoon apple juice concentrate
⅛ teaspoon salt
⅛ teaspoon cayenne or black pepper
8 cups baby spinach
1 Bosc pear, seeded and diced
1 small red onion, thinly sliced
¼ cup lightly toasted, chopped walnuts
¼ cup dried cranberries

Combine vinegar, olive oil, garlic, concentrate, salt, and cayenne in a glass jar. Cover with lid and shake until blended.

Place spinach in a large salad bowl. Pour dressing over spinach and toss. Divide into salad bowls and layer with pears, onions, walnuts, and cranberries.

Total calories per serving: 130 Fat: 8 grams
Carbohydrates: 14 grams Protein: 3 grams
Sodium: 110 milligrams Fiber: 3 grams

APPLE-CARROT-CELERY SALAD WITH DRIED FRUIT DRESSING

(Serves 6)

The crunchy apples, celery, and carrots contrast well with the tart dried fruit.

- 2 tart or sweet-tart apples, peeled and diced into small pieces (Granny Smith or Pink Lady apples work well.)
- 1½ cups grated carrots
- 1 cup finely diced celery
- 2 Tablespoons lemon juice
- ¼ cup chopped tart apricots, sour cherries, or fruit-sweetened dried cranberries
- ¼ cup *Dried Fruit-Nut Spread* (page 8)
- 1-2 Tablespoons water to thin

Combine apples, carrots, celery, and lemon juice. Toss until all fruit is coated. Blend in cranberries. Thin the *Dried Fruit-Nut Spread* with water and blend in with fruit and vegetables.

Total calories per serving: 75 Fat: 1 gram
Carbohydrates: 17 grams Protein: 1 gram
Sodium: 42 milligrams Fiber: 3 grams

CURRIED LENTILS WITH GOLDEN RAISINS AND TOASTED CASHEWS

(Serves 4)

French lentils hold their shape well. If they aren't available, you can use brown or green lentils in this recipe. Also, if you prefer your raisins to be soft, add them into the vegetable stock and cook them with the lentils.

- ¼ cup cashews
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon chili powder

- ¼ teaspoon cardamom
- ¼ teaspoon cinnamon
- ¼ teaspoon cloves
- Generous pinch of cayenne
- 1 onion, finely diced
- 1 Tablespoon olive oil
- 3 cloves garlic, pressed
- 1 small, unpeeled sweet potato or yam, washed, ends removed, and diced finely
- 1 heaping cup French, brown, or green lentils
- 2 cups water or vegetable stock
- Juice of 1 lemon (approximately ⅓ cup)
- ⅓ cup golden raisins
- Salt to taste (approximately ½ teaspoon)
- ½ cup finely chopped parsley or cilantro (optional)

Preheat oven to 350 degrees. Place the cashews on a baking sheet and toast for 10 minutes or until lightly browned. Remove from oven and allow to cool.

Blend spices in a small bowl. Heat a heavy skillet over medium heat. Add onions and oil. Stir and sauté until soft. Blend in spices, garlic, sweet potatoes, and lentils. Pour in water or stock, stir, and then cover and cook over medium-low heat for 30-40 minutes, adding more water if necessary.

When done, stir in lemon juice, raisins, and salt. Garnish with parsley or cilantro.

Total calories per serving: 338 Fat: 8 grams
Carbohydrates: 54 grams Protein: 15 grams
Sodium: 302 milligrams Fiber: 17 grams

MANGO CHUTNEY OVER GRILLED TOFU

(Serves 6)

If you can't find low-sodium tamari at a natural foods store, use low-sodium soy sauce instead. Champagne vinegar can be found in the salad dressing aisle, and dried ginger is near the dried fruit. If you can't

find it, check a natural foods store or Asian market.

If you have leftover chutney, it can be stored in the refrigerator for one week. It's good over tofu and rice.

One 14-ounce block extra firm tofu

MARINADE

- ¼ cup low-sodium tamari
- 1 teaspoon dark sesame oil
- 1 teaspoon vegan granulated sweetener, such as Sucanat
- 1 teaspoon grated ginger
- Pinch of cayenne

CHUTNEY

- 1 large tart apple (like a Granny Smith) or 1 quince, peeled and diced
- 1 orange, thinly sliced
- ½ cup vegan granulated sweetener, such as Sucanat
- ½ cup rice or champagne vinegar
- ½ cup finely diced dried mangos
- 2 Tablespoons minced onions
- 1 Tablespoon chopped dried ginger
- ½ teaspoon fresh grated ginger
- Pinch of cinnamon
- Pinch of cloves
- 1 clove garlic, pressed
- Juice and zest of 1 small lime

Vegetable oil to prepare grill

Squeeze the water out of the tofu and slice it into 6 pieces. Combine marinade ingredients. Seal the tofu slices in a freezer bag with the marinade and refrigerate until chutney is done.

Combine all chutney ingredients in a saucepan and simmer for 45 minutes.

Lightly oil the grill. Grill tofu slices for approximately 4 minutes each. Serve each slice over rice and top with chutney.

Total calories per serving: 218 Fat: 4 grams
Carbohydrates: 34 grams Protein: 9 grams
Sodium: 495 milligrams Fiber: 3 grams

DATE BARS WITH CRUMBLE TOPPING

(Makes 20 bars)

These bars are delicious served warm with a scoop of vanilla non-dairy frozen dessert.

3 cups diced dates
1/2 cup orange juice
1 cup water
1/2 cup nonhydrogenated vegan margarine
1 cup maple syrup, or 1/2 cup maple syrup and 1/2 cup vegan granulated sweetener
1 cup whole wheat pastry flour
3/4 cup whole wheat flour
1 1/2 cups rolled oats
1/2 teaspoon baking soda
1/2 teaspoon salt
Vegetable oil to prepare pan

Cook dates with orange juice and water over low heat until very thick, stirring occasionally. Allow mixture to cool.

Preheat oven to 400 degrees. While fruit cooks, blend margarine and maple syrup together until smooth and creamy. In a separate bowl, combine flours, oats, baking soda, and salt. Cut the margarine-maple syrup mixture into the flour-oats mixture.

Spread half of the oat mixture

into a lightly oiled 9" x 13" baking dish. Press and flatten. Spread the thickened date mixture on top of the oat mixture. Top with remainder of crumble topping. Pat down lightly.

Bake for 30-40 minutes. Top should be lightly browned. Cut into squares while warm and remove from pan.

Total calories per bar: 239	Fat: 6 grams
Carbohydrates: 46 grams	Protein: 4 grams
Sodium: 141 milligrams	Fiber: 3 grams

ORANGE FRUIT SPICE CAKE

(Serves 8)

Unlike fruitcake, this spice cake is light. I like to use a combination of fruit, such as cherries, apricots, and currants.

Vegetable oil to prepare pan
1 orange
Approximately 1/2 cup water to add to orange juice
1 1/2 cups whole wheat pastry flour
1 cup vegan granulated sweetener, such as Sucanat or Rapadura
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg

1/4 teaspoon allspice
1 teaspoon vinegar
1/3 cup oil
Cooking spray to prepare baking pan
3/4 cup currants, raisins, dried cherries, or chopped dates or dried apricots, or a combination of dried fruit

Lightly oil an 8" x 8" baking pan.

Zest the orange and set aside. Juice the orange into a measuring cup and add the water to make the liquid equal 1 cup. Place cup in the freezer for 10 minutes.

Preheat oven to 350 degrees. Combine orange zest, flour, sweetener, baking soda, cinnamon, nutmeg, and allspice. Mix well. In a separate container, combine vinegar and oil. Then, pour into the flour mixture. Pour the cold orange juice-water mixture over the flour mixture. Stir just until blended. Pour batter into the prepared pan. Sprinkle dried fruit over the batter and bake for 30 minutes.

Total calories per serving: 295	Fat: 10 grams
Carbohydrates: 52 grams	Protein: 4 grams
Sodium: 160 milligrams	Fiber: 4 grams

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Bequests

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

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

An Update on Rennet

By Jeanne Yacoubou, MS, VRG Research Director

RENNET IS DEFINED AS THE INNER LINING OF THE fourth stomach of calves and other young ruminants or as an extract made from the stomach lining of a ruminant, used in cheesemaking to curdle milk. Rennet also broadly refers to any enzyme used for the coagulation of milk in the cheesemaking process. The active component in rennet is known as rennin, the actual enzyme that causes milk to coagulate. This enzyme must be added to break down the proteins that keep milk in its liquid form. Dean Sommer, a Cheese and Food Technologist at the Wisconsin Center for Dairy Research (WCDR), estimates that 5-10 percent of the rennet is retained in the cheese curds, while the rest stays in the liquid whey.

Organic Valley, a major producer of organic cheeses in the United States, told us, “Historically, rennet was extracted from calf stomachs by killing the calves, cutting the stomach into strips, scraping the lining to remove surface fat, stretching it onto racks

Calf rennet is now used in less than 5 percent of cheese produced in the U.S., but animal-derived lipase may be added to some cheeses with microbial rennet.

where moisture is removed, grinding it, and then finally mixing it with a salt solution until the rennin is extracted.” The rennin (also known as chymosin) was needed to coagulate milk during the cheesemaking process, allowing the liquid whey to be removed from the curds that are later pressed into cheese. Some small cheese operations wishing to maintain tradition, especially those in Europe but even in the United States, still produce cheese in this manner.

According to the WCDR, some people, namely traditional cheesemakers and some artisan and specialty cheesemakers, continue to believe that calf rennet produces the best-flavored aged cheeses, especially aged

cheddar, Parmesan, and others. In fact, veal calf rennet was once considered the “Cadillac of rennets” and secured the highest price among all milk coagulants.

Rennet is used only for making certain types of cheese. Other dairy products, such as ice cream, sour cream, and yogurt, are not made with rennet.

HISTORY OF RENNET USE IN THE UNITED STATES

Steve Lutzke of Chr. Hansen, a leading enzyme company, said the supply of animal rennet was consistently high through the 1970s. Since its price was reasonable, cheesemakers had no reason to look for alternatives. Consequently, the majority of cheese produced in the United States at that time was made with animal rennet.

According to Lutzke, the 1980s saw animal rennet supplies become more inconsistent, resulting in price fluctuations and even product shortages. Dave Potter of Dairy Connection, Inc., of Wisconsin, a supplier of enzymes to many cheesemakers, attributed the decline of calf rennet use in cheesemaking and the inconsistent supplies of the animal enzyme to the faltering veal industry, which became more unstable in the '70s due to the animal protection movement. Rennet produced by microbial (specifically fungal) fermentation became more available. Approximately half of all rennet used in the '80s was microbial.

By the 1990s, the animal rennet supply became even more inconsistent, making the price of animal rennet very high. The cheese industry had the economic incentive to transition away from animal rennet usage and so the turn toward microbially-derived rennet continued rapidly until, by the end of the decade, almost all cheese in the U.S. was made using microbial rennet. Microbially-derived rennet was also found to be purer than animal-derived rennet, resulting in more consistent cheese production.

TYPES OF RENNET

According to the WCDR, there are four types of rennet: calf rennet, microbial rennet, fermentation-produced chymosin, and vegetable coagulants.

Calf Rennet

Calf rennet has traditionally been the enzyme of choice in cheesemaking. However, between supply problems and animal rights, religious, and food safety issues, calf rennet is now used to make less than 5 percent of all cheese produced in the United States today, according to the WCDR. In other words, approximately 95 percent of all cheese in the United States is made with non-animal-derived rennet.

Microbial Rennet

Microbial rennets are those produced by fungi, such as *Rhizomucor miehei*. Typically, these rennets are less expensive than calf rennet, but they lack the same protein breakdown specificity that calf rennet has. This results in smaller cheese yields and, as a side effect, a somewhat bitter taste to the final cheese product. Microbial rennets also have other chemical and physical properties, such as increased heat resistance and residual amylase (an enzyme responsible for starch breakdown) activity, that can lead to functional problems in some foods to which whey had been added. However, microbial rennet manufacturers report that most of these issues have been resolved.

Fermentation-Produced Chymosin

Fermentation-produced chymosin (FPC) is by far the most common form of a milk-coagulating enzyme used today, according to the WCDR. Potter said that approximately 70 percent of all cheese is produced with FPC, while approximately 25 percent is made with microbial coagulants and the remaining 5 percent is made from calf rennet.

Of all the types of rennet, FPC most closely performs like calf rennet in cheesemaking because of similarities in chemical action and structure. It is not, strictly speaking, like the microbial rennets described above, although it also is produced by a fermentation process. Unlike microbial rennet, FPC is produced by genetically-modified microorganisms. The microbes are removed from the final product after extraction, purification, and standardization of the chymosin; therefore, the chymosin is not generally considered a GMO product.

FPC costs more than microbial rennet but less than calf rennet. Many in the cheese industry feel it produces a cheese of equal quality to that produced by calf rennet. Because it is a fermentation product, the raw materials for its production are

readily available, resulting in a stable supply at a consistent price for the cheese industry.

Vegetable Coagulants

In parts of Europe, vegetable coagulants are used to make cheese. These are produced by plants such as cynara, a type of thistle.

DOES USDA CERTIFIED ORGANIC CHEESE CONTAIN ANIMAL RENNET?

Recently, The VRG did an update (*VJ*, Issue 4, 2007) on bone char in the sugar industry. We discovered that USDA certified organic sugar has never passed through a bone char filter and, therefore, is always vegan. We wondered if we could make an analogous claim about USDA certified organic cheeses with respect to animal rennet, i.e., that animal rennet is never used in organic cheeses. The short answer is ‘no.’

Most organic cheesemakers with whom we spoke market their cheeses simply as “USDA Certified Organic” without specifying whether that cheese is, according to the USDA’s classification scheme, 100 percent, 95 percent, or at least 70 percent organic or if it’s “Made with Organic Ingredients.” In practically every case, it appears from our survey of many organic cheese companies that today’s “USDA Certified Organic” cheese is almost never 100 percent organic. Readers may note that, to use the phrase “USDA Certified Organic,” at least 95 percent of a product’s ingredients must be organic.

It is the presence of a very small quantity of non-organic rennet (and, in some cases, non-organic processing aids and/or preservatives) that leave the cheesemakers unable to claim that their cheeses are 100 percent “USDA Certified Organic.” This is true whether the rennet is animal or microbially derived. In most cases, organic cheesemakers today use microbially derived rennet produced through a fermentation process (i.e., the ‘microbial rennet’ described above). According to the National Organic Program (NOP), this fungal-derived rennet is not a genetically-engineered organism (GMO). The complete prohibition of GMOs in any product labeled “USDA Certified Organic” is a basic tenet of the NOP.

Many cheesemakers label this enzyme as ‘vegetable rennet.’ According to the WCDR, calling fungal-derived rennet ‘vegetable rennet’ is a misnomer, but it is still very commonly labeled this way. According to Joan Shaffer of the NOP’s media office, the microbially-derived rennet is not something that can be ‘organic’ since it is not “an agricultural product;” therefore,

no cheese made with microbially-derived rennet can ever be 100 percent organic. However, the microbially derived rennet can be in an organic product that is 95 percent or 70 percent organic because it is on the National List of Allowed and Prohibited Substances as an allowed substance that can be used to make or can serve as ingredients in USDA Certified Organic products. (Analogous, USDA Certified Organic sugar on the market today is also “95% Organic” and not “100% Organic” because of the use of a non-organic processing aid that is allowable under NOP rules.)

LIPASES NOT LABELED AS ANIMAL-DERIVED

Concerned readers should also be aware that some organic cheeses, like some non-organic cheeses, may contain other animal-derived enzymes. The most common one is lipase, responsible for breaking up fat molecules. Potter said that lipases are structurally very complex compared to rennets. “Fermentation-derived lipases on the market (today) do not function as well as animal lipases,” he commented. “This is because animal lipases are a complex blend of lipases. The arrangement and ratios needed for optimum functionality has not been replicated. The result in cheese is too much of one flavor compound developed and an imbalance of flavor during the cheese ripening process.” Thus, most lipases used in cheese today are derived from animals.

Most lipases used in cheese today are derived from animals. The animal source may not be listed on the label.

Organic Valley, for example, uses microbial rennet and animal-derived lipase in its Romano cheese and Blue Cheese Crumbles. The animal source is not listed on the label. Horizon, a major producer of organic cheese, told us by telephone that they use ‘microbial’ rennet in all of their cheeses. They did not make any further comment, saying that it was “proprietary information.” Kraft Foods, the major non-organic cheese manufacturer in North America, told us that their Parmesan and Romano Cheese Blend is made with ‘microbial rennet,’ but animal-derived lipase is also used to impart the distinctive flavor to Romano cheese. Again, the animal source is not listed on the label.

WHAT MAJOR COMPANIES SAY ABOUT ANIMAL-DERIVED ENZYMES

According to the enzyme companies, it appears that very little calf rennet (less than 5 percent) is used anywhere in the United States. On the other hand, some major cheesemakers have said that calf rennet is still used in several of their cheese varieties. Kraft, by far the largest cheese company in America, said that, when the word ‘enzymes’ by itself appears on a label, consumers should understand that both animal-derived and microbial-derived enzymes may have been used. They emphasized that the “box in the store” is the best place to find out ingredient information for a specific Kraft product; however, the box often just says ‘enzymes,’ leaving the consumers in doubt. Kraft told us that when microbial rennet is used, it will be labeled as ‘microbial rennet.’

However, on the Kraft website, there is a FAQ sheet that explicitly states that Kraft Macaroni & Cheese does contain enzymes derived from animals (calves and sheep), found in the animals’ stomach and intestines. The writer was informed by telephone that this applies to all varieties of Kraft Macaroni & Cheese. A Kraft representative also said that Kraft Natural Swiss and Kraft Grated Parmesan utilize microbial rennet that is NOT made with enzymes extracted from animal tissue. (This is interesting because many other people in the cheese industry told us that Parmesan cheese is one variety that is often made with calf rennet.) As mentioned previously, the Kraft Grated Parmesan Cheese may contain lipase (from an animal source).

In addition, The VRG asked Sargento, another major cheese manufacturer, about the enzymes used in their cheeses. They estimated that 11 percent of their cheese brands “possibly contain” animal rennet. (They did not specify how this percentage was related to their total sales volume.)

For updates on ingredients, subscribe to VRG’s e-mail newsletter at <www.vrg.org>. Please note that we depend on company statements for product and ingredient information. It is impossible to be completely sure about a statement, information can change, people have different views, and mistakes can be made. Please use your own best judgment about whether a product is suitable for you. To be sure, do further research or confirmation on your own.

Jeanne Yacoubou is The VRG’s Research Director. She holds master’s degrees in philosophy, chemistry, and education and wrote “Veggie Options at Quick-Service Restaurant Chains” for Issue 2, 2008, of *Vegetarian Journal*.

Vegan Cheese

New and Improved Versions

By Melanie Campbell, VRG Dietetic Intern

DO YOU MISS CHEESY PIZZA OR AT LEAST THE consistency of cheese on pizza? The last few years have seen a boom in the vegan cheese market (including options from across the Atlantic). Today, there are several different companies producing a variety of vegan cheese alternatives that make that cheesy pizza a possibility.

At first glance, vegetarian cheese and vegan cheese may appear to be one and the same, but a closer review of the ingredient lists reveals the difference between the two types. Vegetarian cheese may contain casein, enzyme-modified cheese flavor (a derivative of cultured milk), butterfat, and, on occasion, goat's milk and cream. Each of these ingredients is derived from animals. Vegan cheese is a non-dairy alternative that is often made from soy products (tofu, soy flour, tempeh), rice flour, potato starch, or almonds.

NUTRITION

The nutritional content of vegan cheeses may vary. Vegan cheese slices contain 35-70 calories per serving, depending on the brand; dairy cheese slices yield approximately 50 calories each. Vegan cheese in block form can contain 40-100 calories per 1-ounce serving, compared to 90 calories from 1 ounce of dairy cheese.

Protein content in vegan cheese is low compared to dairy cheese, but this is due partly to the smaller serving size, which is less than 1 ounce. Vegan cheese slices have 1-2 grams of protein, while dairy versions have 4 grams of protein per slice. Vegan cheese in block form contains 0-4 grams of protein per 1-ounce serving; its dairy counterparts usually contain 7 grams of protein.

The vegan alternatives to cream cheese run approximately 80-85 calories per 2-Tablespoon serving size, compared to dairy cream cheese's 100 calories. Vegan sour cream alternatives contain 50-85 calories per 2-Tablespoon serving size, while dairy-based sour cream has 60 calories. Grated Parmesan cheese alternatives contain 15 calories per 2 teaspoons; grated dairy Parmesan cheese provides 20 calories.

Dairy cream cheese and grated Parmesan have 2 grams of protein per serving, as do the vegan versions. The grated Parmesan contains less protein due to the fact that its serving size is so small (one third of an ounce). Both vegan and regular sour cream have very little protein (1 gram per serving).

The fat and saturated fat content in vegan cheese is often, but not always, less than its dairy counterpart. Sodium content in vegan cheese is variable. The sodium content can be equal to or higher than the dairy version, depending on the product.

If you intend to use vegan cheese as a source of calcium and vitamin D, you may want to supplement elsewhere in your diet. With the exception of the Galaxy brand (Vegan and Rice Vegan cheese), most vegan cheese barely contains calcium, much less vitamin D. Fortified soy products (tofu, soymilk, etc.) and dark leafy green vegetables are some good sources of calcium. Adequate sun exposure; vitamin D-fortified soymilk, juices, and cereals; and calcium supplements with vitamin D are good sources of vitamin D.

TASTE

In a blind taste test (using VRG staff and volunteers), all vegan cheeses listed in the article were sampled. Some of these vegan cheeses were readily available in local health foods stores, and many can be purchased nationwide.

- Tofutti Soy Cheese Slices was the most preferred cheese slice alternative.
- Sheese Cheese Alternative, in block form, was chosen as the brand with the most palatable flavor.
- Tofutti's Better Than Cream Cheese was the clear winner amongst the cream cheese alternatives. It most resembled its dairy counterpart for flavor and spreadability.
- Vegan Gourmet and Tofutti tied for best sour cream alternative. They both had a nice tangy taste.

- Road's End Organics Cheddar Style Cheese Mix was the favorite in the dip category. Despite the extra preparation required (as compared to the ready-to-use dip in the jar), the flavor was delicious.
- The more moisture and fat a cheese contains, the easier it is to melt. The more protein it contains, the tougher it will become when heated. With regard to meltability, VeganRella, Cheezly, and Vegan Gourmet were the best. VeganRella and Cheezly could stretch once melted. Cheezly did not have greasy pools and would be ideal for making pizza.

COST

The average cost per item (for 4-11 ounces of product; see brand lists below and on the following page for

actual package size) if purchased in a supermarket chain or health foods store is approximately \$3. Cheezly and Sheese are only available from online retailers, such as Pangea and Vegan Essentials. Their average cost, not including shipping and handling, is approximately \$9 for 7-9 ounces of product. Soyabel and Soyadelia are German products from the Soyatoo! company, which makes Soy Whip. Currently, they are not available in the United States.

With all the vegan cheese alternatives available, there is no reason to feel deprived. So, go make that pizza!

REFERENCE

- Brown, Amy Christine. *Understanding Food: Principles and Preparation, 2nd edition*. Belmont, CA: Wadsworth Publishing, 2004.

VEGAN CHEESE BRANDS AND PURCHASING INFORMATION

CHEEZLY

● Products

- Slices: Cheddar, Mozzarella
- 7-Ounce Blocks: Cheddar Style with Bacon-Style Pieces, Edam, Garlic and Herb, Gouda, Mature Cheddar, Mature Cheddar (White), Mozzarella, Nacho

- **Brand Characteristics:** Vegan; dairy/cholesterol/GMO/wheat/gluten-free; no hydrogenated fats, artificial colors, or preservatives

- **Where to Purchase:** <www.redwoodfoods@nakedearthusa.com>, Vegan Essentials

GALAXY NUTRITIONAL FOODS

● Products

- Rice Vegan Slices (8 slices): American, Cheddar, and Pepper Jack
- Vegan Slices (8 slices): American, Mozzarella
- Vegan Blocks (8 ounces): Cheddar, Mozzarella
- Vegan Grated Topping (4 ounces): Parmesan

- **Brand Characteristics:** 100% non-dairy; casein/lactose/cholesterol/soy/gluten/preservative-free; zero trans fat

- **Where to Purchase:** <www.galaxyfoods.com>, many grocery stores nationwide, online stores

PANOS

● Product

- VeganRella (8-ounce block): Cheddar, Mozzarella

- **Where to Purchase:** Grocery stores nationwide

ROAD'S END ORGANICS

● Products

- "Cheese" mix (1.1-ounce powder): Cheddar, Gluten-Free Alfredo, Gluten-Free Cheddar, Mozzarella

- **Product Characteristics:** Vegan; casein-free; dairy-free; egg-free; soy-free

- **Uses:** With pasta or on grilled cheese, pizza, lasagna, casseroles, and subs

(Continued on next page)

VEGAN CHEESE BRANDS AND PURCHASING INFORMATION

(Continued from previous page)

ROAD'S END ORGANICS

- **Products**

- *Nacho Chreese Dip* (11-ounce jar): Nacho Mild, Nacho Spicy

- **Product Characteristics:** Lactose-free/ gluten-free; low sodium; no casein or rennet; wheat-free; cholesterol-free

- **Uses:** With tortilla chips or Mexican dishes

- **Where to Purchase:** <www.chreese.com>, <www.edwardandsons.com>, online stores

SHEESE (Bute Island Foods, Scotland)

- **Products**

- *Creamy Sheese* (9 ounces): Chives, Cheddar, Garlic and Herb, Mexican Style, Original

- **Product Characteristics:** Vegan; 100% dairy-free; cholesterol/lactose/gluten-free; non-GMO; no hydrogenated fat

- *Sheese* (8-ounce block): Blue, Cheddar and Chives, Cheshire, Edam, Gouda, Medium Cheddar, Mozzarella, Smoked Cheddar, Strong Cheddar

- **Product Characteristics:** Vegan; 100% dairy-free; cholesterol/lactose/gluten-free; non-GMO

- **Where to Purchase:** <www.buteisland.com> or <www.blackduckimports.com>, online stores

SOYATOO! (Tofutown, Germany)

- **Products**

- *Soyabel Cheese* (Block): Black Pepper, Crunchy Hazelnut, Herbs, Paprika, Roasted Onion, Supreme Baked, Supreme Nature, Very Italian Herbs

- *Soyadelia Cream Cheese* (Cream of Soy Cheese): Herbs, Paprika, Supreme Nature

- **Brand Characteristics:** Suitable for vegetarians and vegans; 100% Vegetal (relating to plants); 0% cholesterol, 0% lactose, 0% casein

- **Where to Purchase:** Not yet available in the United States

TOFUTTI

- **Products**

- *Better Than Cream Cheese* (8 ounces): French Onion, Garden Veggie, Garlic and Herb, Herbs and Chives, Non-Hydrogenated Plain, Plain

- *Tofutti Soy Cheese Slices* (12-slice package): American, Mozzarella

- **Brand Characteristics:** Milk-free, no casein/ animal products/butterfat/cholesterol

- **Where to Purchase:** <www.tofutti.com>, many grocery stores nationwide, Pangea

VEGAN GOURMET (FOLLOW YOUR HEART)

- **Products**

- *Vegan Gourmet Cream Cheese* (8 ounces) and *Sour Cream Alternatives* (16 ounces): Plain

- **Product Characteristics:** Organic; gluten/ wheat-free; 100% dairy-free; no hydrogenated fat/no trans-fat; no cholesterol

- *Vegan Gourmet Cheese Alternative* (10-ounce block): Cheddar, Monterey Jack, Mozzarella, Nacho

- **Product Characteristics:** 100% dairy-free; casein/gluten-free; no cholesterol/animal products

- **Where to Purchase:** <www.imearthkind.com>, online stores

NUTRITIONAL CONTENT OF VEGAN CHEESE SLICES (PER SLICE)

PRODUCT	CALORIES	PROTEIN (grams)	TOTAL FAT (grams)	SATURATED FAT (grams)	SODIUM (milligrams)	PRIMARY INGREDIENT(S)
Galaxy Rice Vegan Slices	45	1	2.5	0.5	130-140	Rice
Galaxy Vegan Slices	35	1	2	0	150-160	Soy
Tofutti Soy Cheese Slices	70	2	5	2-3	290	Soy
Kraft 2% Milk Singles*	50	4	2.5	1.5	290	Milk

NUTRITIONAL CONTENT OF VEGAN CHEESE IN BLOCK FORM (1 OUNCE)

PRODUCT	CALORIES	PROTEIN (grams)	TOTAL FAT (grams)	SATURATED FAT (grams)	SODIUM (milligrams)	PRIMARY INGREDIENT(S)
Cheezly	69	1	5	3	310	Soy
Sheese	100	4	8	5	310-340	Soy
<i>Soyabel</i>	94	9	6	3	N/A	Soy
Vegan Gourmet	70	1	3-7	0-0.5	110-160	Soy
VeganRella	50	0	2	0	200	Tapioca Starch/ Brown Rice Flour
Kraft Cracker Barrel*	90	7	6	4	240	Milk

Products containing organic ingredients are italicized.

*Non-vegan products are included for comparison purposes.

NUTRITIONAL CONTENT OF VEGAN CREAM CHEESE (2 TABLESPOONS)

PRODUCT	CALORIES	PROTEIN (grams)	TOTAL FAT (grams)	SATURATED FAT (grams)	SODIUM (milligrams)	PRIMARY INGREDIENT(S)
Creamy Sheese	80	2	7	3	140	Soy
<i>Soyadelia Cream of Soy Cheese</i>	82	3	8	3	N/A	Soy
Tofutti Better Than Cream Cheese	85	1	5	2	160	Soy
<i>Vegan Gourmet Cream Cheese Alternative</i>	90	2	8	3	115	Soy
Kraft Philadelphia Cream Cheese*	100	2	10	6	90	Milk/Milk Fat

NUTRITIONAL CONTENT OF VEGAN SOUR CREAM (2 TABLESPOONS)

PRODUCT	CALORIES	PROTEIN (grams)	TOTAL FAT (grams)	SATURATED FAT (grams)	SODIUM (milligrams)	PRIMARY INGREDIENT(S)
Tofutti Sour Supreme Better Than Sour Cream	85	1	5	2	160	Soy
<i>Vegan Gourmet Sour Cream Alternative</i>	50	0	5	1	25	Soy
Kraft Breakstone's All Natural Sour Cream*	60	1	5	3.5	10	Milk/Cream

Products containing organic ingredients are italicized.

*Non-vegan products are included for comparison purposes.

NUTRITIONAL CONTENT OF VEGAN CHEESE DIPS (SERVING SIZES VARY)

PRODUCT	CALORIES	PROTEIN (grams)	TOTAL FAT (grams)	SATURATED FAT (grams)	SODIUM (milligrams)	PRIMARY INGREDIENT(S)
<i>Chreese Mix</i> (powdered mix that consumer must prepare, 1½ Tablespoons per serving)	35	2	0	0	260	Flour/ Nutritional Yeast
<i>Nacho Chreese Dip</i> (prepared dip sold in a jar, 2 Tablespoons)	15	1	0	0	55	Lentil Flour/ Nutritional Yeast
Kraft Cheez Whiz Cheez Dip - Original* (1¼ teaspoons per serving)	90	3	7	4.5	490	Milk/Milk Fat

NUTRITIONAL CONTENT OF VEGAN CHEESE TOPPINGS (2 TEASPOONS)

PRODUCT	CALORIES	PROTEIN (grams)	TOTAL FAT (grams)	SATURATED FAT (grams)	SODIUM (milligrams)	PRIMARY INGREDIENT(S)
<i>Galaxy Vegan Grated Topping</i>	35	2	0	0	260	Flour/Nutritional Yeast
Kraft Grated Cheese*	15	1	0	0	55	Parmesan Cheese/ Skim Milk

Products containing organic ingredients are italicized.

*Non-vegan products are included for comparison purposes.

Melanie Campbell wrote this article while doing a dietetic internship with The Vegetarian Resource Group. She is currently working towards a master's degree in applied nutrition at Sage Graduate School in Albany, New York.

Fast Sandwich Spreads

By Chef Nancy Berkoff, RD, EdD, CCE

EVER SINCE THE EARL OF SANDWICH DECIDED to take his lunch between two pieces of bread, sandwiches have become a way to grab a fast meal or pack a portable snack. Bread is not usually an issue for sandwiches. There are so many healthy and delicious varieties of fresh or frozen fresh breads and rolls for sale. You don't even have to stick to two pieces of bread. You can roll tortillas, lavash, or cracker bread; top English muffins, bagels, crumpets, or *sopas* (a cross between a flour tortilla and an English muffin); or stuff a pita pocket.

After awhile, finding new ideas for sandwich fillings can become trying. Therefore, we thought we'd offer some suggestions to jazz up grab-and-go breakfast sandwiches, lunches, and snacks.

- Sliced or mashed **avocado** makes a good base for a sandwich filling. If you are going to prepare avocado fillings more than one hour before serving, squeeze in a bit of lemon or lime juice or light vinegar (such as rice vinegar) into the avocado to prevent browning. Avocado does fine on its own as a filling; however, to jazz it up, you can mix in some of your favorite mustard, spoon in a small amount of soy sauce or nutritional yeast, or place slices of extra firm tofu on top of the avocado.
- **Hummus** is available canned or fresh. Add some of that mashed avocado to your hummus for a new flavor. Spread hummus on bread and top with chopped black olives, salsa, chopped canned tomatoes, or sunflower seeds.
- **Caponata** is a popular eggplant appetizer. Purchased canned or in a jar, *caponata* is a thick mixture of chopped roasted eggplant, capers, black olives, and tomato purée. Look for it in the Mediterranean or Italian section of your market. We have found various brands in Trader Joe's, Whole Foods, Bristol Farms, and several national grocery store chains. We have also found *caponata* online.
Caponata is a spread all by itself; however, it can be topped with shredded vegan cheese or with

shredded romaine, chopped fresh spinach, or thinly sliced cucumbers.

- If you don't have time to cook **lentils**, then look for them in a can or a jar at the market. Drain lentils and mash in a bowl, or process very lightly in a blender or food processor. Spread lentils on bread, and top with shredded vegan cheese, chopped black olives, pre-chopped onions (in the produce section), tomato purée, or thinly sliced pickles.
- **Silken tofu** can be mixed with capers, chopped veggies (such as scallions, carrots, radishes, bell peppers, or fresh chilies), and a small amount of your favorite salad dressing for a savory sandwich filling.

Here are some suggestions to jazz up grab-and-go breakfast sandwiches, lunches, and snacks.

- **Extra firm tofu** can be crumbled and tossed with a small amount of vegan mayonnaise, prepared mustard, and curry powder for a savory sandwich. Extra firm tofu can also be tossed with vegan mayonnaise, raisins or dried cranberries, sunflower seeds, and a small amount of fruit preserves for a sweet sandwich.
- If you have the time, you can prepare your own **nut butter** by blending 2 cups of nuts (such as pecans, walnuts, cashews, or almonds) with a small amount of vegetable oil in a blender or food processor. Homemade nut butter will separate when stored. You can either mix the separated oil back into the butter or skim it off, but removing the oil will make the nut butter a bit grainy.
Top nut butters with very thinly sliced apples or pears and a sprinkle of vegan cheese, chopped walnuts, and shredded coconut; finely crushed

whole grain cold cereal; thinly sliced bananas and fresh peaches in season; or for a different taste, vegan bacon bits. (It's good, really!)

You can toss nut butters with crumbled extra firm tofu and a sprinkle of ginger for a spicy/sweet sandwich. Depending on your taste, you can add a sprinkle of garlic and a squeeze of lemon juice for a sweet-and-sour sandwich filling.

If you don't have the time or equipment for making nut butters, you can still branch out from peanut butter. Try soy butter (made from roasted soy beans), sunflower butter, or almond butter. You can mix soy or sunflower butter with your favorite fruit preserves before spreading on bread. You'll find the taste is even more intensified. Or you can mix in raisins, dried cranberries, diced dried peaches or apricots, well-drained canned pineapple tidbits, or apple butter (which is well-

cooked and concentrated apples, not a dairy product) with your nut butters to create new flavors.

- Do you have some leftover steamed **cauliflower or broccoli**? Chop the cauliflower or broccoli flowers very finely. Toss with chopped fresh parsley, nutritional yeast, and a small amount of vegan mayonnaise or your favorite creamy-style salad dressing for a tasty sandwich filling.

The sandwich fillings in this article do not need to just nestle in between two slices of bread or roll around in a tortilla. Think about packing a container of any of the fillings and dipping or dunking breadsticks; pretzels; wedges of apples or pears; carrot, celery, or jicama sticks; or baked chips into them. If you would like to use any of the fillings as dips, they can be thinned with a small amount of vegan mayonnaise or vegan sour cream.

Vegan Thai Dinner

Star of Siam ♦ 11 E. Illinois St. ♦ Chicago, IL

Sunday, October 26, 6:30 PM ♦ During the ADA Conference

Dietitians, local members, and the public are welcome!

The Vegetarian Resource Group will hold a vegan dinner during the American Dietetic Association Food and Nutrition Conference and Expo. Dietitians, VRG members, and the public are invited. Come and meet the dietitians from the ADA Vegetarian Nutrition Dietetic Practice Group. Please reserve early. Hope to see you there!

Menu

Mee Krob (Thai Rice Sticks) ♦ Spring Rolls ♦ Vegetable Tempura ♦ Green Curry Tofu
Fried Tofu with Spicy Sweet-and-Sour Plum Sauce ♦ Star's Tofu Delight (Vegetables and Straw Mushrooms)
Stir-Fried Eggplant with Basil and Bean Sauce ♦ Pad Thai (Rice Noodles) ♦ Charcoal Grilled Veggies
Mixed Vegetables on Rice ♦ Wild Rice Medley with Nuts ♦ Fried Rice ♦ Oranges for Dessert ♦ Tea

Cost

\$20 each for adults who register by September 30 and \$25 each after September 30 ♦ \$9 each for children
Prices include tax and tip. **PAYMENT MUST BE MADE IN ADVANCE.**

Menu subject to change. Please reserve early as seating is limited. Refunds will be made only if we have a replacement for your seat. Call (410) 366-8343 between 9 A.M. and 5 P.M. Eastern time Monday to Friday; fax (410) 366-8804; click the "Donation" button at <www.vrg.org> and write "ADA Dinner" in the notes section; or send a check to VRG, P.O. Box 1463, Baltimore, MD 21203.

"How Many People Order Vegetarian Meals When Eating Out?"

Asks a 2008 Vegetarian Resource Group Poll

IN PAST VEGETARIAN RESOURCE GROUP POLLS, we have generally found that 2 to 3 percent of the U.S. population never consumes meat, fish, or fowl and, thus, is vegetarian. But how many customers order meatless meals when eating out? To answer this question, VRG conducted a Zogby Poll in 1999 and again in 2008.

We asked, "When you eat out, do you..."

- 1) Sometimes order a dish without meat, fish, or fowl?
 - 2) Often order a dish without meat, fish, or fowl?
 - 3) Always order a dish without meat, fish, or fowl?
 - 4) Never order a dish without meat, fish, or fowl?
- Not sure"

What is fascinating to us is that there are more than double the number of people who always order vegetarian food out than there are actual vegetarians. This was true in 1999 and 2008. In both years, over half the population sometimes, often, or always orders meatless meals. Certainly restaurant owners and food service managers need to stay innovative in their vegetarian meal offerings. If a meatless dish is appealing, more than half the population are potential customers. For information about the top 10 restaurant chains for people eating meatless meals, see the Issue 4, 2008, of *Vegetarian Journal* and <www.vrg.org>.

The number of people who never order meat, fish, or fowl rose slightly from 1999 to 2008, while individuals who sometimes order a dish without meat, fish or fowl stayed about the same. However, those often ordering a dish without meat, fish, or fowl went down. There could be many factors. We wonder if this is just deviation due to statistical error or possibly partially due to the promotion of organic and certified animal products by the sustainable movements and the humane animal groups.

The high percentage of Latinos saying they eat vegetarian meals out (10 percent) is striking. This could be a mistake, but it does correlate with the high numbers previous VRG polls and others' surveys have found.

It is interesting that approximately 40 percent of the country sometimes orders a dish without meat, fish, or fowl, while a nearly equal part of the population never orders a vegetarian dish. This is similar to the division in the country concerning most beliefs but is not at all split along party lines. For example, 38.9 percent of Republicans sometimes order a dish without meat, fish, or fowl, while 38.8 percent of Democrats do the same. Therefore, ordering vegetarian dishes is a nice attribute we can all have in common, no matter what our other beliefs are. However, the difference in desires makes it more complex for restaurants and food services to meet the needs of various customers.

THE POLL RESULTS: When you eat out, do you...

	2008	1999
1) Sometimes order a dish without meat, fish, or fowl?	40.3%	40.8%
2) Often order a dish without meat, fish, or fowl?	8.4%	11.7%
3) Always order a dish without meat, fish, or fowl?	6.7%	5.5%
4) Never order a dish without meat, fish, or fowl?	41.1%	38.9%

When you eat out, do you ALWAYS order a dish without meat, fish, or fowl? "Yes."

Total	6.7%	Ages 18-24	9.1%	Democrat	8.2%	Catholic	3.3%
Male	8.7%	25-34	5.2%	Republican	7.1%	Protestant	5.8%
Female	4.8%	35-54	8.5%	Progressive	8.3%	Jewish	15.0%
		55-69	2.3%	Liberal	4.1%	Born Again	8.9%
Eastern U.S.	3.9%	White	6.2%	Moderate	5.1%		
South	10.5%	Hispanic	10.0%	Conservative	8.1%		
Central	4.8%	African American	3.9%	Very Conservative	13.6%		
West	8.1%	Asian	19.1%	Libertarian	6.6%		

When you eat out, do you SOMETIMES order a dish without meat, fish or fowl? "Yes."

Male	36.1%	Total	40.3%
Female	44.2%		

Dining Habits of All Total Respondents

Sometimes Order Vegetarian	40.3%
Never Order Vegetarian	41.1%

About This Poll

This survey was conducted on behalf of The Vegetarian Resource Group by Zogby International in a national U.S. telephone survey of 1,201 adults. Calls were made April 10 through April 12, 2008. Weighting (by region, party, age, race, religion, gender) is used to adjust for non-response and to better represent the actual population. The margin of error is plus or minus 2.9 percentage points. If we do the same poll 100 times, in 95 cases out of 100, we will most likely obtain the same response plus or minus 2.9 percent. There can be other sources of survey error, such as how questions are phrased. Margins of error are higher in subgroups. The questions concerning political affiliation also have a higher margin of error.

Because The Vegetarian Resource Group asked if survey participants "always" order a dish without meat, fish, or fowl, we will obtain lower percentages than others who simply ask if you are vegetarian or if you eat vegetarian without defining the term. When making decisions for marketing and meal development purposes, you should understand both numbers and types of groups.

Charles Stahler, one of the Co-Directors of The Vegetarian Resource Group, supervised this project.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VRG IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed for an article about 8- to 13-year-old vegetarians in the *KidsPost* section of the *Washington Post*, a story about teen vegetarians in the *Berkshire Eagle* (Pittsfield, MA), and a piece about Meatless Mondays for *Today's Dietitian*.

VRG OUTREACH

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, staffed The VRG's booth at the 5th International Congress on Vegetarian Nutrition in Loma Linda, CA, in the spring. She also participated in a poster session at the event, creating a display titled "How Many Vegetarians Are There?" that focused on VRG's poll results. In addition, Vegetarian Resource Group Food Service Advisor Nancy Berkoff, RD, EdD, CCE, is happy to report that The VRG's online vegetarian course has been accepted by the American Culinary Federation for chefs completing their continuing education credits in nutrition.

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Federal Government Announces Veggie-Friendly Changes to the WIC Food Package

The federal government's Special Supplemental Nutrition Program for Women, Infants, and Children, called WIC for short, provides food vouchers to low-income pregnant, postpartum, and breastfeeding women and their infants and children up to age 5. Recent changes to the food packages included in the WIC program make them more vegetarian-friendly. These changes, the first major revision to the WIC food package since 1980, will be phased in between February 2008 and August 2009. The changes include the following:

- Soymilk or tofu as a substitution for cow's milk for women and children. (Medical documentation is required for children.) Tofu and soymilk must meet specific nutritional standards to be approved for purchase.
- A reduced amount of cow's milk for children and pregnant women; milk for age 2 and older must be 2% milk.
- An allowance for canned beans, along with dried beans, which were previously part of the food package.
- An increase in the amounts of peanut butter and dried or canned beans for women.
- A reduction in the amount of juice; the addition of fruits and vegetables for women and children and the addition of bananas and baby fruits and vegetables for infants.
- An emphasis on whole grains.
- A reduction in the amount of eggs.

Federal Register. *Revisions in the WIC Food Packages; Interim Rule*. Code of Federal Regulations, 7CFR, Part 246. Dec. 6, 2007. 72:68,966-69,032.

United States Dept. of Agriculture. *WIC Food Package*. Available at <www.fns.usda.gov/wic/benefitsand services/foodpkg.htm>.

Updated Recommendations for Reducing Risk of Cancer

The American Institute for Cancer Research and the World Cancer Research Fund recently updated their 1997 publication, which examined links between diet and cancer risk. This report is developed by a group of experts and is designed to be used in developing health policy worldwide.

The most recent report, completed in 2007, concluded that there is convincing evidence that red meat and processed meat increase the risk of cancer of the colon and rectum. There is a suggestion, but limited evidence, of an association between red meat intake and risk of cancer of the esophagus, lungs, pancreas, and endometrium. Also, limited evidence suggests an association between processed meat and increased risk of cancer of the esophagus, lungs, stomach, and prostate. Vegetables probably decrease risk of cancer of the mouth, esophagus, and stomach, and fruits are associated with a probable decreased risk of these cancers as well as lung cancer.

The recommendations of this expert panel include the following:

- Eat mostly foods of plant origin, including at least five servings of a variety of non-starchy vegetables and fruits every day. Relatively unprocessed grains and/or legumes should be eaten with every meal.
- Be physically active as part of everyday life.
- Be as lean as possible within the normal range of body weight.
- If eaten at all, limit intake of red meat to less than 18 ounces weekly; avoid processed meat.

WCRF/AICR. *Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective*. Washington: AICR, 2007.

Childhood Dairy Intake and Adult Cancer Risk

Dietary patterns in childhood may affect risk for certain cancers in adulthood. A recent study examined the

link between childhood dairy intake and adult cancers. The initial information for this study was collected close to 70 years ago in Great Britain. Approximately 5,000 children were studied, and their dairy intake was estimated based on the amount of dairy products used by their household. The children were tracked through adulthood, and the investigators identified those who had developed cancer. High childhood dairy intake (including milk, cheese, and ice cream) was associated with an increased risk of colorectal cancer but not with an increased risk of breast, prostate, or stomach cancer. Higher milk intake (a little more than a cup of milk daily) in childhood was also associated with an increased risk of colorectal cancer and a decreased risk of prostate cancer in adulthood. The study's researchers speculate that dairy intake in childhood may affect the functioning of the immune system and thereby increase cancer risk, although this is only one possibility.

Van der Pols JC, Bain C, Gunnell D, et al. 2007. Childhood dairy intake and adult cancer risk: 65-y follow-up of the Boyd Orr cohort. *Am J Clin Nutr* 86:1,722-29.

Obesity May Reduce Health Care Costs

Obesity may reduce health care costs? That statement seems counterintuitive. After all, doesn't obesity lead to medical problems that increase health care costs? A recent report from the Netherlands suggests otherwise. This study, conducted with computer modeling, predicted that preventing obesity can help people to live longer. People who live longer have higher health care costs, especially in the later years. Obese people have higher medical costs than do non-obese people, if you compare them from one year to the next. However, obesity increases risk for diseases like diabetes and heart disease, which frequently results in a shorter lifespan. This shorter lifespan in those with obesity tends to lower lifelong medical costs.

The question of the impact of longer life on health care costs has not been directly studied with vegetarians. Some studies of vegetarian Seventh-day Adventists suggest that they take less medicine and have fewer hospital stays than do non-vegetarians, possibly resulting in a reduced health care cost compared to non-vegetarians.

Should these results be used to slash funding for obesity prevention programs? Of course not! Obesity prevention does not have to reduce health care costs to be important. Obesity can cause suffering and death,

so any interventions that can help people live longer, healthier lives should be pursued, regardless of the hypothetical potential for increased health care costs due to the resultant longer lifespan.

van Baal PHM, Polder JJ, deWit GA, et al. 2008. Lifetime medical costs of obesity: Prevention no cure for increasing health expenditure. *PLoS Med* 5(2): e29. doi:10.1371/journal.pmed.0050029.

Nuts — More May Be Less

If you eat several handfuls of nuts every day in addition to your usual food intake and don't increase your activity, you'll gain weight, right? That's what we'd expect to hear since those several handfuls of nuts would supply several hundred calories more than you usually take in, and extra calories lead to weight gain. Imagine how surprised researchers must have been when they looked at studies where subjects were fed nuts in addition to their usual food and either did not gain weight or did not gain as much weight as would be expected based on the extra calories. This has been seen in studies using almonds, peanuts, pecans, walnuts, and macadamia nuts. How could this be?

Researchers in Ghana, Brazil, and the United States hypothesized that the nuts were not being completely absorbed—that some of the nuts' calories were never getting into the subjects' bodies. To test this, they gave healthy men and women approximately 2 ounces of peanuts, peanut butter, peanut oil, or peanut flour. Then, they measured how much fat appeared in the subjects' stools. Any fat that showed up in their stools was fat that had not been absorbed and represented calories that were unavailable. The group that ate peanuts had significantly more fat in their stools and lost more calories through this route. Approximately a third of the fat the peanuts should have supplied to the body actually was excreted in the stool. This loss may be due to an inability to absorb all of the fat in peanuts, possibly because the nuts were not completely digested.

While the results of this study should not be taken to mean that nuts can be eaten without regard to their calories, they do suggest that limited amounts of nuts can be used as a part of a healthy diet without necessarily resulting in weight gain.

Traoret CJ, Lokko P, Cruz ACRE, et al. 2008. Peanut digestion and energy balance. *Int J Obes* 32:322-28.

Thanks to Jay Lavine, MD, for pointing out this article.

Foodservice Update

Healthy Tips and Recipes for Institutions from The Vegetarian Resource Group

Quick-and-Easy, Lower Budget Vegan Items to Serve in Institutional Settings

By Chef Nancy Berkoff, RD, EdD

ACCORDING TO LT. SHEILA LEJEUNE, MS, RD, food service director of Lafayette Parish Correctional Center in Louisiana, her department serves at least 1,000 inmates per meal for approximately \$2 a day. Lt. LeJeune has been with the facility for more than 24 years, having been hired after a federal inmate who did not receive requested diabetic meals won a 1982 lawsuit against the Lafayette Sheriff's Department. In addition to the diabetic meals, Lt. LeJeune attempts to offer nutritionally complete meals for inmates who follow special dietary patterns. Since time and budget are limited, many menu items are prepared so they fulfill the requirements of several different dietary patterns.

LeJeune's focus is to try to keep food costs low while running a safe and sanitary food facility and offering high-quality meals. With 10 food service personnel and 20 inmates assisting, the department serves approximately a million meals each year. Of these meals about 160,000 are special diets, including diabetic, low-salt, bland, modified consistency, pregnancy, renal, and vegetarian.

Menus are planned so inmates receive approximately 3,000 calories per day. Inmate employees can have double portions if desired, plus additional food items and coffee. There is also a canteen where inmates can purchase additional foods.

VEGETARIAN IN A MINUTE

We know that institutional meal preparation and serving time is short and budgets limited. Vegetarian menu items can still be easy to prepare and to serve, and they may be acceptable to the general population as well as the vegetarian population. Here are some suggestions for fast, lower-budget vegan menu items.

ENTRÉES

Three-Bean Tamale Pie: Alternate three types of cooked beans with salsa, top with prepared vegan cornbread mix, and bake. If cornbread is usually prepared with dairy and/or eggs, substitute seasoned mashed potatoes. (The seasoning could include dried parsley, ground black or white pepper, and garlic powder.)

Chili Sauté: Add chopped bell peppers, onions, and garlic to three- or four-bean chili, and sauté or bake. Serve over steamed rice, vegetarian cornbread, or mashed potatoes.

Veggie Shepherd's Pie: Top vegetable stew—a mixture of carrots, celery, onions, and mushrooms or mixed vegetables combined with cooked beans—with prepared mashed potatoes and bake.

Pasta Bake: Combine cooked pasta with tomato sauce, chopped tomatoes, and diced mushrooms. Season with ground basil and oregano and bake.

Lentil Stew: Combine cooked lentils with cooked, quartered steamed potatoes; cooked carrot slices; diced celery; and chopped tomatoes. Season with pepper and dill, and simmer until ready to serve.

Veggie-Size: Serve veggie burgers topped with vegetarian chili and chopped veggies. Serve on a hamburger bun or toasted bread.

Burrito Wrap: Fill a large tortilla with mashed beans, sliced chilies, chopped tomatoes or salsa, and sliced onions. Heat in the oven or microwave and serve hot.

SIDE DISHES

Garlic Mashed Potatoes: Prepare mashed potato mix with hot water and vegan margarine, which contains no dairy ingredients. Add granulated garlic.

Herbed Potatoes: Coat small, cooked potatoes with vegetable oil spray. Toss with dried herbs, and bake until crisp.

Refried Beans: Mash cooked pinto or black beans with sautéed onions and bell peppers. Steam or bake to heat.

O'Brien Potatoes: Add diced peppers, chopped onions, and cut corn to hash browns. Bake to heat.

Rice Pilaf: Sauté cooked rice in a small amount of vegetable oil or steam in vegetable broth or water. (You can use water that has been drained from cooked vegetables.) Garnish with cooked peas, carrots, mushrooms, and chopped nuts.

DESSERTS

Peach or Cherry Cobbler: Top frozen or canned pie filling with strips of vegan pie crust, chopped nuts, and raisins, and bake.

Baked Apple: Stuff cored apples with raisins and ground cinnamon. Sweeten with orange juice concentrate, and bake.

Apple Bread Pudding: Combine shredded rolls and bread with apple pie filling, and bake. (Use applesauce for additional moisture.)

Fruit Compote: Stew dried fruit (such as raisins, apricots, prunes, and apples) with peeled, sliced apples and pears. Season with cinnamon, mace, and lemon zest. Serve hot or chilled.

THINK VERSATILITY

Vegetarian ingredients are versatile and adapt easily to different dishes. Canned or cooked lentils can be mashed with stewed eggplant or zucchini, fresh tomatoes, onions, and garlic and then used as a sandwich filling. Tomato salsa can be a salad dressing, the flavoring for soup, and an ingredient in casseroles. Orange or apple juice concentrate can flavor a salad dressing or marinade, replace sugar in baking recipes, or add 'zip' to a sweet-and-sour sauce. Cooked black beans can be tossed in salads, simmered in soups, baked into breads, or smashed into spreads, or they can stand on their own, garnished with sliced onions.

THINK EFFICIENCY

Develop time-saving production techniques for preparing vegetarian and non-vegetarian menu items. For example, preparing steamed vegetables with nonhydrogenated vegan margarine rather than butter or using vegetable stock or base rather than meat stock means making only one batch for everyone. Purchase canned vegetarian refried beans (for the same price as the non-vegetarian variety), canned fruit packed in juice or water, and frozen fruit processed without sugar.

Sysco food service, a national purveyor, carries the Moonrose line of vegetarian products. Many of these items are helpful for vegetarian quantity feeding, including soy pasta and several veggie meats that can be used for vegan meatballs, 'steaks,' and chops.

DRESS UP THAT GREEN SALAD

Green salads are cool, crisp, and receptive to change. Build a basic salad with head and leaf lettuce and red and green cabbage. Then, add ingredients to create fast vegetarian entrées or side dishes.

As an entrée, add:

- Cold black, white, kidney, or red beans
- Cold lentils tossed with mushrooms and tomatoes
- Smoked, barbecued, baked, or grilled tofu
- Sliced veggie deli meats
- Bean and salsa combinations
- Hummus and olive combinations
- Grilled eggplant
- Grilled or marinated mushrooms
- Cold vegetarian ravioli or tortellini
- Chopped walnuts or peanuts

As a side dish, add:

- Green and wax beans
- Cut corn
- Shredded carrots, beets, zucchini, and/or crookneck squash
- Chopped onions, radishes, tomatoes, garlic, and/or olives
- Chopped pickled vegetables
- Sliced marinated or fresh mushrooms
- Chopped nuts, such as walnuts, peanuts, or cashews, or pumpkin and sesame seeds

WHITE BEAN AND TOMATO STEW

(Makes twenty-five 3-ounce portions)

Pair this with a pasta salad and fresh baked bread for lunch.

3 pounds cooked white beans, drained
3 cups vegetable stock
3 cloves garlic, minced
3 ounces chopped onions
1 teaspoon dried thyme
1 teaspoon paprika
2 Tablespoons chopped fresh parsley
1 ounce olive oil
¾ cup minced fresh carrots
14 ounces chopped canned tomatoes, drained

Combine beans, stock, garlic, onions, and thyme in a medium-sized stockpot and simmer for 40 minutes. Add paprika and parsley and continue to simmer.

Pour the oil into a small sauté pan. Add the carrots and sweat until translucent; add tomatoes and sweat until glistening. Add carrots and tomatoes to stock. Stir to combine and allow stew to simmer until most of the liquid is absorbed.

Total calories per serving: 98 Fat: 1 gram
Carbohydrates: 16 grams Protein: 6 grams
Sodium: 110 milligrams Fiber: 4 grams

TOMATO, VEGETABLE, AND BEAN SOUP

(Serves 10)

¼ cup olive oil
½ cup chopped canned mushrooms
1 cup chopped onions
½ cup chopped celery
4 cloves garlic, minced
1 Tablespoon red pepper flakes
1 Tablespoon dried sage
3 cups vegetable broth or vegetable juice

2 pounds chopped canned tomatoes (not drained)
1 pound cooked white beans
10 ounces uncooked pasta

In a medium-sized stockpot, heat oil and sauté mushrooms, onions, and celery until vegetables are soft. Add garlic, red pepper flakes, and sage and cook for 1 minute. Add broth, tomatoes, and beans. Bring to a boil over high heat. Add pasta and reduce heat to medium. Cook uncovered for 10 minutes or until pasta is *al dente* (just tender). If desired, continue to cook, but don't let the pasta absorb all the liquid.

Total calories per serving: 239 Fat: 7 grams
Carbohydrates: 37 grams Protein: 9 grams
Sodium: 489 milligrams Fiber: 5 grams

TEXTURED VEGETABLE PROTEIN (TVP) TACOS

(Serves 10)

2 cups water
2 cups Textured Vegetable Protein (TVP)
2 Tablespoons vegetable oil
½ cup taco seasoning (commercial blend of chili powder, cumin, and black pepper)
1 cup salsa
10 corn tortillas

In a large skillet, heat the water over medium heat and add the TVP, stirring well. Allow the TVP to reconstitute for 2-3 minutes. Add oil and then taco seasoning, stirring well.

Allow to cook for another 3-5 minutes, stirring frequently. Mix in salsa and remove from heat. Serve wrapped in tortillas.

Total calories per serving: 187 Fat: 3 grams
Carbohydrates: 28 grams Protein: 11 grams
Sodium: 1,541 milligrams Fiber: 5 grams

VEGGIE SLOPPY JOES

(Serves 12)

Use this recipe as a base for many vegetarian entrées, soups, and stews. Add chopped or julienned seasonal vegetables, a variety of tomatoes, peppers and chilies, or mushroom blends for variety. This recipe can be made several days ahead and kept refrigerated until needed. Do not freeze, as the texture does not hold up well when frozen.

13 cups Textured Vegetable Protein (TVP)
3 cups boiling water
1 cup minced onions
1 cup minced green bell peppers
3 cups canned diced tomatoes (with liquid)
1 cup tomato paste
2 cups prepared tomato sauce
2 Tablespoons granulated garlic
3 Tablespoons soy sauce
2 Tablespoons ground black pepper
2 teaspoons maple syrup

Place TVP in medium-sized bowl. Add boiling water and stir. Allow to soak for 5 minutes.

Place TVP in a small stockpot. Add remaining ingredients and stir to combine. Simmer until vegetables are soft and mixture is hot, approximately 15 minutes.

Note: Serve over steamed rice, cornbread, or toasted buns or herbed rolls. Use this recipe as a hot sandwich filling in pita bread or wraps or to 'stuff' a potato. Also, it can be used as an ingredient in hot appetizers, wrapped in phyllo or puff pastry dough, or used as a stuffing ingredient for mushroom caps. Or modify the seasonings, and use it as a vegetarian Bolognese sauce for pasta.

Total calories per serving: 62 Fat: <1 gram
Carbohydrates: 44 grams Protein: 55 grams
Sodium: 533 milligrams Fiber: 20 grams

BAKED ONIONS

(Makes 50 portions)

Fifty 4-ounce yellow or white onions
**1 cup oil or melted nonhydrogenated
vegan margarine**
10 ounces dry seasoned breadcrumbs
1 quart vegetable stock

Peel onions and steam for 3 minutes or until tender. Place steamed onions on ungreased baking pans. Brush with oil and sprinkle with breadcrumbs. Pour stock around onions. Cover tightly and bake at 400 degrees for 20 minutes.

Total calories per portion: 107 Fat: 5 grams
Carbohydrates: 14 grams Protein: 2 grams
Sodium: 201 milligrams Fiber: 2 grams

FRUIT SALAD WITH CITRUS DRESSING

(Serves 12)

*This recipe can serve as a refreshing
end to almost any meal.*

**3 cups canned, drained pineapple chunks
packed in water or juice**
**3 cups peeled and chopped red grapefruit
or orange pieces**
2 cups canned, drained diced peaches
½ cup unsweetened orange juice
⅓ cup lemon juice
1 cup chopped nuts (optional)
2 Tablespoons orange juice concentrate

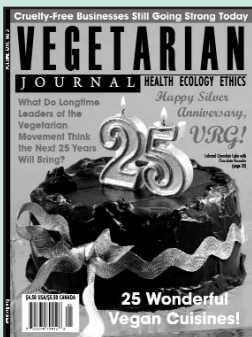
Combine fruit and set aside.
In a small pot, combine

orange juice, lemon juice, and nuts (if using). Bring to a boil, reduce heat, and simmer for 5 minutes. Stir in orange juice concentrate. Allow dressing to cool. Pour over fruit mixture and toss until evenly coated.

Total calories per serving: 65 Fat: <1 gram
Carbohydrates: 17 grams Protein: 1 gram
Sodium: 3 milligrams Fiber: 4 grams

**Nancy Berkoff is The Vegetarian
Resource Group's Food Service Advisor.
She is the author of *Vegan in Volume*,
Vegan Meals for One or Two,
Vegan Menu for People with Diabetes,
*Vegan Seafood: Beyond the Fish
Shtick for Vegetarians*, and
numerous other cookbooks.**

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Vegetarianism in Political Magazines

By Bobby Allyn

VEGETARIANISM AND VEGANISM OFTEN APPEAR IN the nation's leading newspapers. From pieces about the rise of vegan-friendly retailers to vegan firefighters in Austin, Texas, *The New York Times'* archives reveal many articles a year on plant-based diets. A LexisNexis search in all majors papers during a six-month period resulted in 760 hits for vegetarianism and veganism—most of which are recipes, restaurant reviews, and articles on veganism's growing pop culture allure. But how are vegetarianism and veganism covered in political magazines? Very scantily.

Over the past six years, the words “vegan” and “vegetarian” have been steadily increasing in number in all the major political magazines but never in the context of diet or lifestyle. For example, an article in *The Weekly Standard* quoted Mitt Romney as saying, “Being a conservative Republican in Massachusetts is a bit like being a cattle rancher at a vegetarian convention.” Or seen in a quote in the February 2007 edition of *Mother Jones*, “There are people who are against birth control for religious reasons. Then there are the hippies and vegans who say no chemicals.” But out of all the political magazines that I searched—left-, right-, and centrist-leaning—the only one to heed an article actually about vegetarianism or veganism was a conservative publication, *The National Review*.

In 2003, *National Review* editor Rich Lowry gave Jonah Goldberg an assignment: go on a vegan diet and write about it. Reluctant and apprehensive, Goldberg took Lowry up on the offer and wrote an article for the February 2003 edition called “Soy Vey!” Probably a lot of *National Review* readers were surprised when Goldberg found veganism less painful than he had expected. “After a couple days of this regimen, I felt healthier.” He also conceded that vegan alternatives can be tasty. “Meatless Chik'n nuggets, truth be told, don't taste that bad.” Nevertheless, Goldberg didn't hesitate to unleash his irrational, meat-addicted side by making analogous comparisons to cannibalism. “If meat is murder, why hawk products that look like mutilated corpse... Imagine selling a faux human flesh... Wouldn't that be in poor taste?” In the end, Goldberg resented Lowry for putting him on a vegan diet, but still, it was a clever experiment that proved to Goldberg

and *National Review* readers that a vegan diet can be delicious and actually make adherents “feel healthier.” Conclusions drawn from a more recent article in *The Nation* were not as positive.

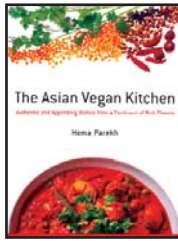
In the February 2007 edition, Daniel Lazare reviewed Tristram Stuart's *Bloodless Revolution: A Cultural History of Vegetarianism from 1600 to Modern Times* in a piece titled “My Beef with Vegetarianism.” Unlike the *National Review* article that was an assignment specifically on veganism, Lazare decided to use the book review as a vehicle to vent his opposition to abstaining from meat. He claimed that nature is crueler than slaughterhouses and that vegetarianism is an “ideology.” He goes on to allege that vegetarianism has “antihumanist and authoritarian elements.” Being a reader of *The Nation*, I was shocked and annoyed by Lazare's article, but I wasn't the only one. Many online readers responded similarly, and some were vehemently outraged. Kaye Beiswanger of Minnesota said, “As a vegetarian, I found this article so offensive that I canceled my subscription after being a loyal subscriber for years.” And Patrick McKernan of Goffstown, New Hampshire, said, “As I read the article, I kept hoping to find some indication that the author knew something, or had at least thought, about the matter at hand. Apparently not.” It's unfortunate that the only article discussing vegetarianism in *The Nation* in the past 10 years has been one filled with misconceptions and gross overstatements.

As my LexisNexis searches and other research conclude, vegetarianism isn't covered in political magazines. And demonstrated by articles in *The National Review* and *The Nation*, political affiliation doesn't matter when it comes to ignorance about vegetarianism and veganism. Maybe it's good that political magazines don't tackle vegetarianism, keeping the practice and lifestyle a non-partisan issue. But I think it behooves political periodicals across the nation to cover an issue that has such widespread cultural, economic, and environmental impacts as vegetarianism, not as merely a brief aside to Dennis Kucinich or Ralph Nader.

Bobby Allyn wrote this article during his Eleanor Wolff Internship with The Vegetarian Resource Group.

THE ASIAN VEGAN KITCHEN

By Hema Parekh



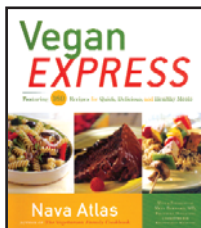
The Asian Vegan Kitchen offers readers a wide variety of innovative dishes from nine Asian nations. Among the 200 vegan recipes are Indian Mushroom and Green Pea Curry made with Almond Gravy, Japanese Sukiyaki, Chinese Kung Pao Tofu, and Thai Spicy Green Papaya Salad. Also, there are Vietnamese Spring Rolls, Burmese Split Pea Fritters, Indonesian Stir-Fried Tempeh in Coconut Milk, Malaysian Fragrant Lemongrass Rice, and Korean Tofu Kimchi.

This cookbook includes 32 beautiful color photos as well as a glossary of ingredients. Nutritional analyses are not provided.

***The Asian Vegan Kitchen* (ISBN 978-4-7700-3069-6) is published by Kodansha International. This book retails for \$19.95. Order it online or purchase it in a bookstore. Reviewed by Debra Wasserman.**

VEGAN EXPRESS

By Nava Atlas



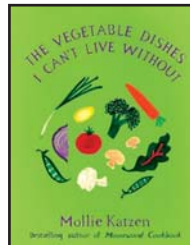
Nava Atlas has authored many vegetarian books, and *Vegan Express* lives up to her usual high quality. This latest offering features 160 vegan recipes that can be prepared relatively quickly. You'll find chapters on soups; tofu, tempeh, and seitan; grains and beans; pasta and noodles; pizza, quesadillas, and wraps; salads; side dishes; sauces and salad dressings; and desserts.

Notable recipes include Pink Bean, Quinoa, and Spinach Soup; Tofu Aloo Gobi (Cauliflower and Potato Curry); Lentils with Greens and Sun-Dried Tomatoes; Seitan Chow Fun; Creole Coleslaw; and Butterscotch Mousse Pie. Several color photos of dishes grace this book, and nutritional analyses and menu suggestions are provided.

***Vegan Express* (ISBN 978-0-7679-2617-1) is a 248-page book retailing for \$18.95. It is published by Broadway Books. Purchase this book online or in your local bookstore. Reviewed by Debra Wasserman.**

THE VEGETABLE DISHES I CAN'T LIVE WITHOUT

By Mollie Katzen



Mollie Katzen, author of the best-selling *Moosewood Cookbook*, has written a new book promoting vegetable-based dishes. Approximately 75 percent of this cookbook is vegan-friendly. The remaining recipes are vegetarian, and several of those can be made vegan by substituting vegan cheese for dairy cheese, rice- or soymilk for cow's milk, vegan margarine for butter, and so forth. Two recipes in the book call for fish sauce (and don't specifically state to use a vegetarian version of fish sauce); however, the instructions also indicate that you can use soy sauce instead.

Recipes that are especially unique include Arugula-Pecan Pesto, Grilled Eggplant and Portobello Mushrooms with Miso-Apple-Wasabi Glaze, Braised Brussels Sprouts in Maple

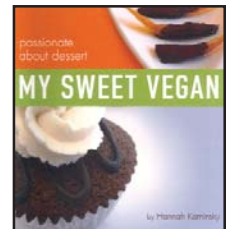
Mustard Sauce, and Bitter Greens with Sweet Onions and Sour Cherries. Several pickling dishes are also included.

This book is terrific for vegetarians trying to add variety to their menu and would make a wonderful gift for anyone trying to consume more vegetables. Also, Katzen's hand-drawn illustrations and handwritten recipes give the book a charming and casual feel.

***The Vegetable Dishes I Can't Live Without* (ISBN 978-1-4013-2232-8) is a 144-page hardcover book retailing for \$22.95. Look for this book online or in a bookstore. Reviewed by Debra Wasserman.**

MY SWEET VEGAN

By Hannah Kaminsky



Here's another fantastic vegan dessert cookbook written by an imaginative young author. The incredible dessert recipes and color photos will make your mouth water.

Recipes that stand out include Golden Glazed Donuts, Black Bottom Blondies, Peanut Butter Bombs, Chai "Cheese" Cake, Marshmallow Mud Cake, Peach Melba Layer Cake, Self-Frosting Peanut Butter Cupcakes, Baklava Tarts, Strawberry Spirals, and Coconut Custard Pie.

Also, the book includes an ingredient guide with specifics on foods used to prepare the desserts.

***My Sweet Vegan* (ISBN 0-978-0-9791286-1-5) is published by Fleming Ink Publishing. It has 184 pages and retails for \$22.95. You can order this book online or purchase it from your local bookstore. Reviewed by Debra Wasserman.**

VEGANOMICON

By Isa Chandra Moskowitz and Terry Hope Romero



Isa Chandra Moskowitz and Terry Hope

Romero, the authors of *Vegan Cupcakes Take Over the World*, have once again produced a creative vegan cookbook, this one featuring more than 250 recipes. They state, “This is an all-purpose cookbook,” in which you’ll find “recipes you wish you’d grown up with.”

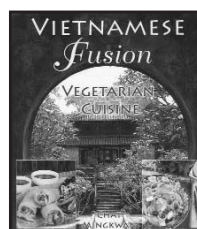
Some of the creative offerings in this book include Greek Tofu Benedict, Creamy Asian Pear and Tempeh Salad with Wasabi Dressing, Chickpea Cutlets, Seitan Piccata with Olives and Green Beans, Pumpkin Saag, Scallion Flatbread, Chocolate Chip Brownie Waffles, and Jelly Donut Cupcakes. Also, there are beautiful color photographs of some dishes.

Another wonderful aspect of this book is the inclusion of helpful icons next to each of these recipes. These indicate whether the dishes are soy-free, gluten-free, or low- or reduced-fat; if they can be prepared in fewer than 45 minutes; and if they are supermarket-friendly (using common ingredients found in mainstream markets). For example, the recipe for Chestnut-Lentil Pâté is soy-free, gluten-free, and supermarket friendly.

***Veganomicon* (ISBN 978-1-56924-264-3) is published by Perseus Books. This hardcover book retails for \$27.50 and can be ordered online or in bookstores. Reviewed by Debra Wasserman.**

VIETNAMESE FUSION VEGETARIAN CUISINE

By Chat Mingkwan



On occasion, I’ve had the opportunity to dine in a vegetarian Vietnamese restaurant; generally, the staff members knew little English. Therefore, it was difficult to ask many questions about how the dishes were prepared. I’ve always wanted to see a vegetarian Vietnamese cookbook published, and now there is a terrific one.

Vietnamese Fusion Vegetarian Cuisine is a vegan cookbook with lots of information about the ingredients necessary to prepare the dishes. If you’re fortunate to live in an area with Asian markets, you should have no problem finding all the ingredients. You can also shop online for many items.

This book offers recipes for various dipping sauces commonly found in Vietnamese cuisine. You’ll also find instructions on how to prepare Fresh Spring Rolls, Bamboo Shoot Dumplings, Vietnamese Coleslaw, Papaya Salad, Hot-and-Sour Soup with Pineapple and Tamarind, Stuffed Cabbage Soup, Pho (noodle soup), Clay Pot Vegetables, Tofu Stew with Coconut Juice, Rice Cupcakes with Savory Fillings, Banana and Tapioca Pudding, Vietnamese Iced Coffee, and much more.

Beware that nutritional analyses are not provided in this cookbook and some recipes are deep-fried. On the other hand, many recipes are lowfat. Also, sugar is commonly used in Vietnamese cuisine.

***Vietnamese Fusion Vegetarian Cuisine* (ISBN 978-1-57067-207-1) is published by the Book Publishing Company and retails for \$14.95. The paperback book includes some color photos. Look for this volume online or in your local bookstore. Reviewed by Debra Wasserman.**

THE GLUTEN-FREE VEGAN

By Susan O’Brien



Oftentimes, when you tell someone you’re vegan, they’ll say, “What can you eat?” Now, imagine being vegan and also unable to consume gluten. Thankfully, there’s a cookbook catering to the needs of both vegans and those on a gluten-free diet.

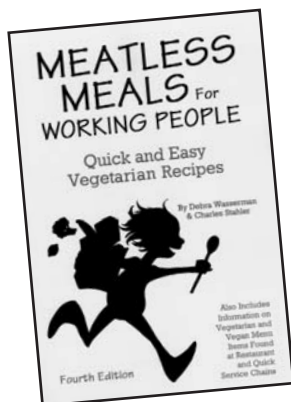
The Gluten-Free Vegan offers 150 recipes, including appetizers, soups, salads, main and side dishes, breakfast foods, baked goods, and desserts. There’s also an introduction to what you can and can’t eat on a gluten-free, vegan diet.

Recipes that stand out include Mock Tabbouleh Salad (made with quinoa instead of bulgur), Almond Cheese (prepared with almond pulp), Kale with Peanut Sauce (using brown rice vinegar, wheat-free tamari, and agave nectar), No-Meat Meatballs (made with mushrooms, brown rice, mashed potatoes, and nuts), and Brownies (made with brown rice flour and quinoa flour).

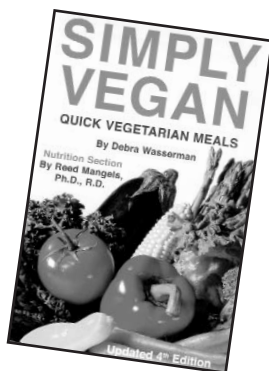
***The Gluten-Free Vegan* (ISBN 1-60094-032-3) is published by Marlow and Company. This 256-page book retails for \$16.95 and can be purchased online or in bookstores. Reviewed by Debra Wasserman.**

VRG Catalog

Books



Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 90,000 copies in print.



Simply Vegan (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 85,000 copies sold.

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



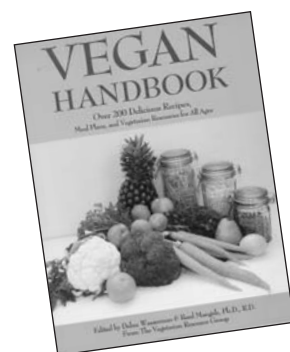
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically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

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

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

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

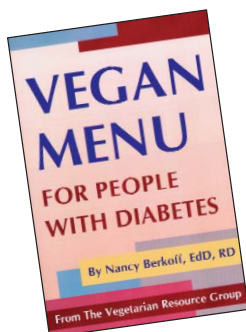
Vegan Passover Recipes (\$6) by Chef Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



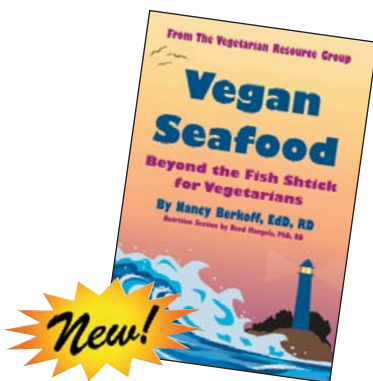
Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

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

Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada (\$18). Whether you're traveling on business or planning a much-needed vacation, this book is certain to make your dining experiences better. This fourth edition lists more than 2,200 restaurants, vacation spots, and local vegetarian groups to contact for more info about dining in their areas. (448 pp.)



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



Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. According to a national VRG poll, almost 15 percent of Americans say they never eat fish or seafood. Chef Nancy Berkoff has created these unique and good-tasting vegan fish and seafood dishes. After using this book, you'll agree with millions of vegetarians who say: Sea Animals—Don't Eat Them! Inside these 96 pages you will find sections about cooking with vegan 'fish,' 'seafood' stocks and sauces, websites offering vegan 'seafood' products, and info about omega-3 fatty acids for vegans. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, Ethiopian-Style 'Shrimp' and Sweet Potato Stew, 'Crab' Rangoon, 'Tuna' Salad, and much more!

For Children and Teens

Leprechaun Cake and Other Tales (\$5) by Vonnie Crist, recipes by Debra Wasserman. Vegan story/cookbook for children ages 8-11, with glossary of cooking terms. (128 pp.) Slightly damaged cover.

The Soup to Nuts Natural Foods Coloring Book (\$3) by Ellen Sue Spivak.

The Teen's Vegetarian Cookbook (\$9.99) by Judy Krizmanic. This book is packed with health info, easy recipes, college cuisine, glossary terms, and more. (186 pp.)

Bumper Stickers

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Vegetarian Journal

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Chef Ralph Estevez

An Interview with the Team Chef of the Washington Redskins by Melanie Campbell

DON'T KNOW ABOUT YOU, BUT WHEN I THINK OF football, the last thing that comes to mind is vegetarianism. So, I was pleasantly surprised to find out that not only is Ralph Estevez a vegetarian, but also that this chef for the Washington Redskins incorporates vegetarian meals into the football team's menus.

Ralph Estevez was born in Brooklyn, New York, and grew up in a Cuban-Italian family with a strong passion for cooking. Traveling through foreign countries only intensified this affinity and influenced his cooking style. Eventually, his passion would lead him to the Baltimore International College, School of Culinary Arts.

Since graduating from culinary school, Ralph has spent the past 22 years working as a professional chef for high-profile companies and institutions, including Disney's MGM Studios, Citibank, JP Morgan, Legg Mason, Verizon, and Sinai Hospital in Baltimore. Ralph has also been a chef at major sporting events, such as Super Bowl XXXVII and six U.S. Open golf tournaments.

Today, Ralph, who has been a vegetarian since 1996, is married with two young daughters. He currently works seven days a week as the team chef for the Washington Redskins. In what little spare time he has, he volunteers for the Harford County Humane Society in Maryland and for The Vegetarian Resource Group.

As a frequent VRG volunteer, Ralph has disseminated information on vegetarian and vegan nutrition and done cooking demonstrations at events like the Johns Hopkins University Spring Fair, the Baltimore Book Festival, and the School Nutrition Association Convention. Last year, at the Richmond Vegetarian Festival in Virginia, Ralph prepared a vegan chicken

gumbo for his cooking demonstration as a tribute to the Redskins players and coaches who have ties to the Hurricane Katrina-devastated Gulf Coast region. Ralph relishes the opportunity to meet people at the various festivals, especially when they become excited after they find out what he does for a living and how he incorporates vegetarian dishes into his repertoire. Ralph truly enjoys when someone tastes one of the dishes that he has prepared and has no idea that it is vegan.



Ralph Estevez, Team Chef for the Washington Redskins football team

It was only a matter of time before Ralph's vegetarian lifestyle would influence his work with the Redskins. Athletes tend to have very specific dietary needs, and they know all too well the results of putting unhealthy food in their bodies. Armed with this knowledge, Ralph began incorporating more healthful food items into his menu rotation. He often uses tofu, a Swiss vegan seasoning mix, and xanthan gum as a thickener. His words of advice when it comes to cooking vegetarian is not to get caught in the veg cooking rut (continually preparing the same dishes over and over again). Many vegetarian and vegan dishes can be prepared identically to

non-vegetarian dishes with a few simple substitutions.

For individuals currently working in food service who want to introduce vegetarianism into their place of business, Ralph suggests that you arm yourself with as much knowledge and research as possible. "Know your cuisines and their history, and go for it. If it doesn't come out right, don't stop until it does. Start out small, maybe soups, and expand from there."

Melanie Campbell wrote this article during a dietetic internship with The Vegetarian Resource Group.

Help Promote Vegetarianism with New Graphics From The VRG!

The Vegetarian Resource Group has developed a new series of graphics that you can use to promote vegetarianism via the web, on bulletin boards, and anywhere else that you can imagine! All are free to download at <www.vrg.org/nutshell/goodheartsflier.htm>.



Link to VRG on the Web!

This ad was originally developed for the program given out during the first Veggie Pride Parade in the United States, which took place in New York City on May 18. Now, there's an RGB version of the graphic that individuals and veggie groups can use as a banner on their websites or blogs. Feel free to download this image and use it as a link to <www.vrg.org>.

Fliers, Flyers, Everywhere!

Post these half-page fliers on bulletin boards, poles, and anywhere else where such bills are legally allowed! The color version prints beautifully on white paper, while the black-and-white will look great on many bright colors of stock. Simply download a PDF, print on standard letter-sized paper, cut along the dotted line, and start posting!



Pocket-Sized Promotions!

Tired of searching for a pen and paper every time you want to refer people to The VRG's website? Then, pass them a business card-sized promo instead! Choose from black-and-white or color versions, print out a sheet of 10 on paper or cardstock, and cut along the dotted lines. Voila! Instant business cards! You can even add your personal info or your group's contact info on the back!

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