

Soyrizo Suggestions • Creative Sandwich Wraps

VOLUME XXX, NO 1

# VEGETARIAN

JOURNAL

HEALTH ECOLOGY ETHICS

Vegan Meal  
Plan Without  
Soy or Nuts –

No-Hassle  
Dinners

*Really!*

Butternut Squash Soup with Apple Cider  
and Vanilla (page 7)



\$4.50 USA/\$5.50 CANADA



Classic Mexican Cuisine

www.vrg.org

# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline addresses nutrition for vegan babies, strategies to gain weight, and the reason why produce can have more sugar than cookies but is still better for you.*

**QUESTION:** *"We plan to feed our 9-month-old a vegan diet. We started feeding her solid foods a couple of months ago, and so far, she has had some vegetables, fruits, and grains.*

*"My husband and I are debating whether to give her any soy products at all. Do you think this is a good idea? If we do avoid soy, how do we make sure that she gets adequate calcium and protein? Are there any other major nutrients we have to make sure she gets if we go the soy-free route?" A.H., via e-mail*

**ANSWER:** I wonder why you are considering avoiding soy products. Some cultures have been using soy foods in moderate amounts for centuries, and soy foods can provide dietary variety and convenience. I think soy foods have been unnecessarily demonized on some websites and in some popular literature. There actually appear to be some health advantages to early use of soy, especially in terms of reducing breast cancer risk. I do not personally see any need to totally avoid soy products, unless, of course, your child has been diagnosed with a soy allergy.

Soy foods are naturally good sources of protein and iron and are a concentrated source of calories. Fortified soy products also provide calcium, vitamin D, and vitamin B<sub>12</sub>. I'll touch on each of these nutrients briefly. For more on feeding vegan children, see <[www.vrg.org/nutshell/kids.htm](http://www.vrg.org/nutshell/kids.htm)>.

A 9-month-old doesn't need huge amounts of protein. The Recommended Daily Allowance (RDA) is 11 grams a day; this is also mainly supplied by breast

milk at this age. Most 1- to 3-year-olds need approximately 13 grams of protein, and 4- to 8-year-olds need approximately 19 grams. Being sure to include some foods that are fairly high in protein, such as beans, quinoa, nuts, and nut butters, to your daughter's diet can help meet protein needs.

- When you introduce your baby to beans, make sure they are well-cooked and then either mashed or puréed. Nuts and nut butters are choking hazards for babies and toddlers.
- Nuts can be ground finely and mixed with other foods like rice; nut butters can also be added to other foods but not eaten by the spoonful (for babies and toddlers).

For a table of protein in some vegan foods, see <[www.vrg.org/nutrition/protein.htm#table2](http://www.vrg.org/nutrition/protein.htm#table2)>.

Good sources of iron include dried beans, whole and enriched grains, and green vegetables. (See <[www.vrg.org/nutrition/iron.htm#table1](http://www.vrg.org/nutrition/iron.htm#table1)>.)

Your daughter doesn't need as much calcium as an older child or an adult. The recommendation for infants your daughter's age is 270 milligrams of calcium daily. Calcium recommendations go up with age—500 milligrams for 1- to 3-year-olds, 800 milligrams for 4- to 8-year-olds, and 1,300 milligrams for older children and teens.

Right now, assuming that you are breastfeeding, your daughter is getting most of her calcium from

*(Continued on page 30)*

## FEATURES

### 6 • A Primer for No-Hassle Dinners at Home

Debra Daniels-Zeller converts pantry staples into easy suppers.

### 14 • A Soy-Free, Nut-Free Vegan Meal Plan

Corey Bivins develops a three-day, allergen-free menu.

### 18 • Vegan in a Mexican Household

VRG Intern Veronica Lizaola revamps some family recipes.

### 24 • Wrapping It All Up!

Chef Nancy Berkoff, RD, EdD, introduces creative ideas for sandwich wraps in this issue's *Foodservice Update*.

### 28 • 2010 VJ Essay Contest Winner – Second Installment

## DEPARTMENTS

<i>Nutrition Hotline</i>	2
Should we avoid feeding soy to our young daughter? How can a vegan gain weight? And what's the difference between the sugar in fruit and the sugar in cookies?	
<i>Note from the Coordinators</i>	4
<i>Letters to the Editors</i>	5
<i>Vegan Cooking Tips</i>	11
All About Soyriso, by Chef Nancy Berkoff, RD, EdD, CCE	
<i>Scientific Update</i>	12
<i>All Pizza Hut Cheeses Made with Chymax™</i>	21
<i>Notes from The VRG Scientific Department</i>	21
<i>Veggie Bits</i>	22
<i>Order Vegan Passover Recipes</i>	27
<i>P.F. Chang's 'Vegetarian' Entrées Contain No Animal Ingredients</i>	29
<i>Book Reviews</i>	31
<i>Catalog</i>	33
<i>Vegetarian Action</i>	35
Heather Mills, by Heather Gorn	
<i>New Book From VRG — Vegans Know How to Party!</i>	<i>Back Cover</i>

MANAGING EDITOR: Debra Wasserman

SENIOR EDITOR: Keryl Cryer

EDITORS: Carole Hamlin,

Jane Michalek, Charles Stahler

NUTRITION EDITORS: Reed Mangels, PhD, RD,

Suzanne Havala Hobbs, DrPH, MS, RD

NUTRITIONAL ANALYSES: Suzanne Hengen

COVER PHOTO AND STYLING: Linda Long

ART CONTRIBUTOR: Vonnice Crist

WEB DEVELOPMENT/RESEARCH: John Cunningham

RESEARCH DIRECTOR: Jeanne Yacoubou

DEVELOPMENT: Sid Bravmann

RESTAURANT GUIDE/MEMBERSHIP: Sonja Helman

VEGETARIAN RESOURCE GROUP ADVISORS:

Arnold Alper, MD; Nancy Berkoff, EdD, RD;

Catherine Conway, MS, RD; Jim Dunn; Heather Gorn;

Suzanne Havala Hobbs, DrPH, MS, RD;

Enette Larson-Meyer, PhD, RD; Reed Mangels, PhD, RD;

Jerome Marcus, MD; Virginia Messina, MPH, RD;

Mark Rifkin, MS, RD; Brad Scott, MBA;

Wayne Smeltz, PhD

COPYRIGHT 2011 BY THE VEGETARIAN  
RESOURCE GROUP, INCORPORATED

PRINTED IN THE UNITED STATES OF AMERICA.

The *Vegetarian Journal* (ISSN 0885-7636) is published quarterly. The contents of *Vegetarian Journal* and our other publications, including web information, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on company statements for product and ingredient information. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your own best judgement about whether a product is suitable for you. To be sure, do further research or confirmation on your own.

SUBMISSIONS: We do not accept unsolicited manuscripts. Please send a query letter first.

ADVERTISING: *Vegetarian Journal* does not accept paid advertising. We do review vegetarian products.

E-MAIL: Contact The VRG via e-mail at [vrg@vrg.org](mailto:vrg@vrg.org).

The VRG's website is <[www.vrg.org](http://www.vrg.org)>.

CHANGE OF ADDRESS: Please send change of address to P.O. Box 1463, Baltimore, MD 21203. You may also e-mail a change of address to [vrg@vrg.org](mailto:vrg@vrg.org).

FOR INFORMATION, CALL (410) 366-VEGE.

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



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

## NOTE FROM THE COORDINATORS

# CONNECTING VEGETARIANS WORLDWIDE



We received an e-mail from the food organizer of a national scout jamboree in New Zealand who wanted to meet the vegetarian attendees' needs. Having had personal experience with figuring out how veggie kids would manage at camps serving 'traditional' foods, we were glad to help. Furthermore, we were thrilled that this food service professional cared so much, even though she was not at all vegetarian. She went out of her way to find some meatless products in New Zealand and added pancakes made with soymilk and without eggs, as well as vegan ice cream, to the menu. Though all of the options weren't vegan, she located yogurt without gelatin and cheese without animal rennet.

For three months this past fall, The VRG hosted a volunteer who took a break from his career in France just so he could learn about activism in the United States and, therefore, how to better promote veganism in France and Hungary. At the same time, one of our web volunteers was working on an organic farm in Finland. While in Europe, she added a note on our blog ([www.vrg.org/blog/](http://www.vrg.org/blog/)) about joining The Vegetarian Resource Group. To our amusement, somebody who was in a restaurant around the corner from our office in Maryland saw it and came over to join, because of one volunteer's efforts thousands of miles away.

It certainly is a small world, and vegetarianism is spreading everywhere. In spite of all the violence and hate around the globe, we're pleased that, with your help, we can be a connection among people around the planet who want to create better lives for humans and non-human animals. We can't solve all of the ills that surround us, but we thank you all for your financial and volunteer support and for the good deeds you do to make the world a better place.

We would like to say, "See you later!" to Jeannie McStay, who has left The VRG staff after 11 years. Thank you to all of our members who have supported Jeannie's outreach.

If you can commit to volunteering, please e-mail [vrg@vrg.org](mailto:vrg@vrg.org). Mention your interests, skills, and availability. We always need volunteers to help maintain our restaurant lists, convert articles to HTML, do clerical work in the office, and staff our outreach booths around the country. We are also looking for individuals who want to promote vegetarianism via electronic media and members who want to get involved at a higher organizational level. For example, volunteers have taken responsibility for coordinating fundraising projects, developing strategic plans, performing legal research, and setting up the organization's social media presence. Together, with your help, we can continue to work for a more vegetarian world.

Debra Wasserman & Charles Stahler

Coordinators of The Vegetarian Resource Group

## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

### Memorials & Honorary Gifts

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

\_\_\_\_\_

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

\_\_\_\_\_

Please send acknowledgement to:

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

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

\_\_\_\_\_

*My name and address:*

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

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

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

Thank you to Ann Marie, Brandi, Eric, Shamim, and Mike for volunteering at VRG's booth at Latino Fest in Baltimore. Also, we have to express great appreciation to VRG Intern Veronica Lizaola and longtime VRG volunteer Mark Rifkin, RD, for coordinating this effort.

Special thanks to Edward and Sons, as well as [www.thevegetariansite.com](http://www.thevegetariansite.com), for their generous support!

## 2010 VRG Scholarship Winner Follows Up, Continues Activism

Thank you so incredibly much for sending me a copy of the *Vegetarian Journal* announcing my winning the VRG scholarship. My family brought it to me when they came to visit! It was so neat to see! Thank you so much again!

I am working on labeling vegetarian products here in our dining hall at Seton Hill University. I've gotten more items added. I'm also working on a vegetarian society. I'll keep you posted.

Thank you again!  
Giannina G., PA

## Fast Food Info Becoming More Comprehensive

I was glad to see the updates to the restaurant chain info in the recent issues of your magazine. They are much more encouraging than the earlier research, which lacked information coming from many of the chains.

The information on ingredients is becoming much more informative all of the time. It seems, for us who care about cheese enzymes, the industry is heading towards

non-animal sources. (Full vegans will still have trouble with restaurants for the foreseeable future.)

Thanks to Jeanne Yacoubou and the staff for some great research, and I hope that someday this can be expanded to a fuller standalone guide, similar to what we had a decade or so ago.

Erb C., via e-mail

*Note:* An update about the rennet in Pizza Hut's cheeses appears on page 21 of this issue, and information about P.F. Chang's vegetarian entrées appears on page 29. You can always read the latest information about restaurant chains online at [www.vrg.org/fastfoodinfo.htm](http://www.vrg.org/fastfoodinfo.htm).

## Greetings From West Virginia!

You all at The VRG do a wonderful job in educating others regarding their food choices, and it's great to see those who are just in the beginning stages of educating themselves about their diet picking up the *Vegetarian Journal*. The majority of the Wheeling population is uneducated regarding this matter, and the *Vegetarian Journal* opens new doors and windows to so many people. Thank you and the staff for all that you do!

Rebecca G., via e-mail

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

Coming in the Next Issue:

# PERUVIAN CUISINE

**Plus:** Setting Up School Salad Bars, a Tortillas Tutorial, Searching for Vegan Food in Moscow, and more!

# NO-HASSLE DINNERS AT HOME

BY DEBRA DANIELS-ZELLER

**E**ASY DINNERS DEPEND ON THREE THINGS: A FEW fresh ingredients, a well-stocked pantry, and a weekly dinner plan. Buy fresh vegetables once a week; tomatoes, greens, or carrots add flavor and eye appeal. You will need to purchase pantry items less frequently (every six months or so). Ingredients from the pantry mingle well with fresh vegetables, beans, and grains. For example, raspberry vinegar, a touch of mustard blended with agave nectar, or the perfect herb or spice blend can make dinner a breeze. Before you start, make a list of a variety of shelf-stable goods. Then, fill your pantry with staples.

## STOCK UP

- ◆ Depend on everyday beans, such as black, red, pinto, or garbanzo beans, and count on quick-cooking grains, like quinoa, millet, and couscous. These are great foundations for easy dinners.

When purchasing, don't buy more grains than you can eat in six months, and don't purchase more dry beans than you can eat in one year. (Adults who eat beans frequently can consume approximately a pound and a half of dried beans a month.) After a year on the shelf, beans become brittle and difficult to digest. Slow cook dried beans for a long time or pressure cook for better digestibility.

Store beans and whole grains in tightly closed glass containers. For longer storage, keep grains in the freezer.

- ◆ Purchase a variety of vinegars, such as raspberry, balsamic, rice, and apple cider. Also, get a few sauces, such as enchilada and pasta, and a variety of canned tomatoes (sauce, paste, diced, and whole).
- ◆ Stock up on nut butters, which can become the basis for sauces, spreads, and salad dressings or additions to soups.
- ◆ When you have some extra time, chop onions, shallots, and peppers. Then, label and freeze them for later use.

## MAKE A PLAN

- ◆ Make a list of possible dinners for one week. Consider using leftover dishes or ingredients from one dinner for another the next night. Cook additional beans or grains, or cut more vegetables to save time another night. Peruse this sample list for one week:
  - ◆ Baked or simmered beans with caramelized onions and a raw vegetable salad
  - ◆ Beans and steamed vegetables in a tortilla wrap
  - ◆ Quick-cooking grains with sautéed vegetables
  - ◆ Whole grain-and-canned bean salad with a green salad or steamed cabbage
  - ◆ 'Pizza Fridays,' a gathering of vegetables and beans for topping individual pizzas
  - ◆ Chili, cornbread, and a kale salad
  - ◆ Baked chili potatoes, steamed carrots, and a kale salad
- ◆ Think variety.
  - ◆ Try theme nights, like 'Taco Tuesdays,' when everyone adds their own toppings or fillings.
  - ◆ If you have beans one night, try sandwiches or Asian noodles the next. Just remember to save food from one night to the next.
  - ◆ Remember to use leftovers promptly. The longer food is stored in the refrigerator, the less likely it will be used.
- ◆ Learn to master cooking with just a few herbs and spices—oregano, basil, and a curry blend, for example. Who really needs more than the basics at home? I keep 10 of the most commonly used herbs and spices and buy these on a yearly basis since they lose strength and flavor over time.

## THINK SIMPLE

- ◆ Pair just a few good-quality ingredients together. For instance, try lightly sautéed kale and crispy shallots with sea salt and freshly ground pepper,

or simmer black-eyed peas and caramelized onions in enchilada sauce.

- ◆ Don't think about adding herbs and spices to everything. Often, just a squeeze of lemon and some freshly ground pepper is all a dish needs.

## BUTTERNUT SQUASH SOUP WITH APPLE CIDER AND VANILLA

(Serves 6)

*\*Pictured on the cover. This recipe was inspired by Molly Wizenberg's food memoir, A Homemade Life. Butternut squash tends to be large in size. If you have any squash left over, enjoy it as a side dish later in the week or use it for pumpkin bread.*

- 1 small butternut squash (approximately 2 cups cooked)
- 1 sweet-tart apple of your choice
- ¾ cup apple cider
- 1 cup low-sodium vegetable broth
- 1 bay leaf
- 1 teaspoon vanilla

**2 Tablespoons almond or hazelnut butter**

**2 cups water**

**Salt and freshly ground pepper**

**Homemade croutons or freshly grated vegan dark chocolate**

Preheat oven to 350 degrees.

Cut the squash in half lengthwise, remove seeds, and bake for 45 minutes or until soft. When the squash is tender, remove from oven and allow to cool.

While the squash cools, core and roughly chop the apple. Place the apples, cider, broth, bay leaf, and vanilla in a medium-sized saucepan. Simmer for 10 minutes or until the apples are very tender. Remove bay leaf.

Remove skin from squash. Purée the squash, apple mixture, and nut butter together. Add the mixture, water, salt, and pepper to a saucepan, and simmer for 5 minutes.

Top with homemade croutons, or try this soup with grated vegan dark chocolate as a garnish.

Total calories per serving: 93

Carbohydrates: 16 grams

Sodium: 52 milligrams

Fat: 3 grams

Protein: 2 grams

Fiber: 1 gram

## PANTRY ESSENTIALS

### BASICS

- ◆ Beans (any four varieties)
- ◆ Quick-cooking grains
- ◆ Pasta
- ◆ Bread
- ◆ Pizza crusts
- ◆ Tortillas, taco shells
- ◆ Peanut and other nut butters (optional)

### VEGETABLES

- ◆ Corn
- ◆ Onions/shallots
- ◆ Garlic

### SEA VEGETABLES

- ◆ Agar (for gelling)
- ◆ Kombu (for tenderizing dried beans)

### REFRIGERATED

- ◆ Lemons

### BAKING

- ◆ Flour, such as unbleached, whole wheat pastry, and whole wheat
- ◆ Or gluten-free flours, such as rice, buckwheat, and millet
- ◆ Yeast
- ◆ Baking powder
- ◆ Baking soda
- ◆ Sea salt
- ◆ Cornstarch or arrowroot
- ◆ Vanilla
- ◆ Dark chocolate
- ◆ Nuts and nut butters
- ◆ Molasses
- ◆ Vegan sugar

### CONDIMENTS

- ◆ Vegan mayonnaise
- ◆ Ketchup
- ◆ Salsa
- ◆ Pickles
- ◆ Olives
- ◆ Tamari
- ◆ Vinegar

### HERBS AND SPICES

- ◆ Sea salt
- ◆ Pepper
- ◆ Commonly used herbs and spices, such as garlic, basil, oregano, sage, curry blends, cinnamon, cardamom, nutmeg, chili powder, cumin, and cayenne

## KALE, PEAR, AND AVOCADO SALAD WITH LEMON VINAIGRETTE

(Serves 6)

*I came up with this intriguing kale-and-avocado salad idea after eating a similar one in a natural foods store deli. I liked it so much that I created my own version.*

*Here, the avocado complements the sweet pears while taming the kale's somewhat bitter tones. The lemon keeps the avocados and pears from turning dark. It is best to get organic lemons because the zest (the outer peel) is used in this recipe.*

*Make sure to soak the avocados and the pears in the dressing before adding them to the kale. If you don't have a pear, try an apple, which works just as well.*

*Leftovers of this salad can be used in a wrap or added to grain salads like Warm Quinoa and Corn Salad.*

- 2 organic lemons, juice and zest
- 2-3 teaspoons agave nectar
- 1 clove fresh garlic, pressed
- Pinch cayenne
- Pinch sea salt
- 2 Tablespoons extra-virgin olive oil
- 1 large avocado, peeled and diced
- 1 Bosc pear, stem and seeds removed and flesh diced
- 1 bunch kale, rinsed, tough stems removed, and sliced into ribbons

Zest and juice the lemons. Strain the seeds.

In a medium-sized mixing bowl, blend juice with 1 Tablespoon zest, agave nectar, garlic, cayenne, and sea salt. Whisk in olive oil. Add avocados and pears. Stir gently.

Place the kale in a large serving bowl. Gently blend in avocado-pear mixture.

**Note:** This salad is better if you allow it to marinate for an hour before serving.

Total calories per serving: 155 Fat: 10 grams  
Carbohydrates: 17 grams Protein: 3 grams  
Sodium: 56 milligrams Fiber: 5 grams

## WARM QUINOA AND CORN SALAD

(Serves 5)

*This filling, one-dish salad is quick and easy to make. High in protein and complex carbohydrates, quinoa makes this salad a substantial meal by itself.*

*If you want this salad to feed more people, drain a can of red beans, rinse them thoroughly, and then add them on top of the quinoa during the last 5 minutes of cooking. When the quinoa is done, mix in the beans.*

*I like to combine this recipe with roasted vegetables and stuff it into prepared taco shells. Then, I top it with shredded lettuce and tomatoes.*

### QUINOA AND CORN

- 1¾ cups water
- 1 cup quinoa, rinsed
- One 15-ounce can corn, drained and rinsed

Bring water to a boil over medium heat. Reduce heat, add the quinoa and corn, bring to a second boil, and then reduce heat again. Cook over low heat for 15 minutes or until grains have absorbed all of the water. While the quinoa and corn cook, prepare the dressing.

### DRESSING

- 4 Tablespoons balsamic vinegar
- 2 Tablespoons olive oil
- 1 or 2 cloves garlic, pressed
- ¼-½ teaspoon cayenne (optional)

In a small bowl, combine vinegar, oil, and garlic. Add cayenne, if desired.

## SANDWICH ESSENTIALS

### BREADS

- ◆ Wheat bread
- ◆ Buns, rolls
- ◆ English muffins
- ◆ Sourdough

### PROTEINS

- ◆ Hummus
- ◆ Black bean spread
- ◆ Cold tofu slices

### CONDIMENTS

- ◆ Mustard or vinegar
- ◆ Pickles or relish
- ◆ Salsa or hot sauce
- ◆ Vegan mayonnaise

### GRILLED, ROASTED, PICKLED, AND/OR RAW VEGETABLES

- ◆ Sliced beets
- ◆ Sliced turnips
- ◆ Sliced rutabagas
- ◆ Cucumbers
- ◆ Lettuce, sprouts
- ◆ Mushrooms
- ◆ Onions
- ◆ Peppers
- ◆ Tomatoes
- ◆ Zucchini

## FINISHING AND SERVING

- 1/4 cup sliced scallions
- 1/2 cup finely chopped curly parsley or peppercress
- 1/4 cup lightly toasted walnuts (optional)

When quinoa is done, transfer to a medium-sized serving bowl. Blend the dressing, scallions, and parsley into the quinoa. Top each serving with some walnuts. Serve with a steamed vegetable side dish.

Total calories per serving: 260 Fat: 8 grams  
Carbohydrates: 43 grams Protein: 7 grams  
Sodium: 197 milligrams Fiber: 4 grams

## QUINOA AND VEGETABLE TACOS (Makes 8-12 tacos)

*For these tacos, I add lettuce, tomatoes, and other salad ingredients so the entire dinner is in the taco shell.*

*This recipe calls for Warm Quinoa and Corn Salad (above). If you don't have any on hand, cook 1/2 cup quinoa with 1/2 cup frozen corn in 3/4 cup water for 15 minutes.*

- 1 large sweet potato or yam, washed and diced
- 1 medium potato, washed and diced
- 1 onion, peeled, outer skin removed, and diced
- 1 1/2 cups sliced carrots (1/2-inch slices)
- 1 Tablespoon olive oil
- 1 1/2 cups Warm Quinoa and Corn Salad
- 1 1/2 cups shredded lettuce
- 1 or 2 chopped medium-sized tomatoes
- Salsa
- 1 package prepared vegan taco shells

Preheat oven to 350 degrees.

Place potatoes, onions, and carrots in a large baking dish. Drizzle olive oil over vegetables and place in the oven. Roast vegetables, stirring occasionally,

for approximately 30 minutes or until vegetables are tender.

While the vegetables roast, assemble the remaining ingredients. Microwave the *Quinoa and Corn Salad* for a few minutes or until warmed. Layer the quinoa and corn, roasted vegetables, lettuce, tomatoes, and salsa in taco shells.

Total calories per taco: 189 Fat: 6 grams  
Carbohydrates: 31 grams Protein: 4 grams  
Sodium: 313 milligrams Fiber: 4 grams

## ENCHILADA BEANS WITH CAMELIZED ONIONS (Serves 4)

*As the beans in this recipe cook, they absorb the flavors of the sauce. (Canned beans don't absorb flavors as well.) Slow cooking the beans gives the best results for this recipe.*

*If you add a diced potato and/or drained canned corn, this tasty main dish serves six to eight.*

- 1 1/4 cups dry red beans, pintos, or black-eyed peas, soaked overnight
- One 16-ounce can enchilada sauce
- 16 ounces water
- 1 large onion, chopped
- 1-2 Tablespoons olive oil
- Water as necessary
- 1/2 cup broken tortilla chips (optional)

### SLOW COOKING METHOD

Drain and rinse the soaked beans. Place them in a large pot and add the enchilada sauce and water. Allow to cook for 8 hours.

When the cooking is almost done, sauté the onions in oil over medium-high heat. Stir frequently until browned but not burned. If the onions begin to stick, add some water. Caramelizing takes approximately 15 minutes.

Add the onions to the beans and stir to combine.

### STOVETOP METHOD

Drain and rinse the soaked beans. Place them in a large pot and add the enchilada sauce and water.

Sauté the onions in oil over medium-high heat. Stir frequently until browned but not burned. If the onions begin to stick, add some water. Caramelizing takes approximately 15 minutes.

Add the onions to the beans and simmer for approximately an hour until the beans are tender and the sauce is reduced.

### AFTER BEANS ARE COOKED

Garnish beans with broken tortilla chips, if desired. Serve with mixed salad greens.

Total calories per serving: 296 Fat: 6 grams  
Carbohydrates: 47 grams Protein: 15 grams  
Sodium: 301 milligrams Fiber: 10 grams

## TAHINI SAUCE (Makes 3/4 cup or six 2-Tablespoon servings)

*Made with pantry staples, this sauce easily dresses up beans, grains, or Asian noodles. You can also use it in place of nut butters on bread or as a base for homemade hummus. Add a little fresh ginger for pizzazz.*

- 1/2 cup tahini
- 1/4 cup water
- 1 Tablespoon agave nectar
- 1-2 Tablespoons low-salt soy sauce
- 1 Tablespoon rice vinegar
- Cayenne to taste

In a small bowl, blend all of the ingredients together.

**Note:** This recipe keeps for a few weeks in the refrigerator.

Total calories per serving: 131 Fat: 11 grams  
Carbohydrates: 7 grams Protein: 4 grams  
Sodium: 123 milligrams Fiber: 2 grams

## ITALIAN SLOPPY JOE SANDWICHES

(Serves 6)

*As a kid, I liked Sloppy Joes so much that, one year, I requested them for my birthday dinner.*

*As I got older, I experimented with tempeh in my old favorite sandwich. One day, I tried pasta sauce instead of the usual chili flavor, and the result was amazing.*

*Italian Sloppy Joes are now one of my favorite hot sandwiches.*

- 2 cups sliced mushrooms
- 2 Tablespoons olive oil
- 1 cup chopped onions
- 2 cloves garlic, pressed
- 1/4 teaspoon crushed red pepper flakes
- 8 ounces tempeh, crumbled
- Water as necessary
- One 15-ounce jar pasta or pizza sauce
- 3 whole grain burger buns

Heat a 10-inch skillet over medium heat. Add the mushrooms, stir, and dry-fry until they lose their moisture. Continue stirring until mushrooms are browned.

Remove mushrooms from the pan, add olive oil, and then add the onions. Stir and sauté onions until they become translucent. Add garlic, pepper flakes, and tempeh. Stir and cook until the tempeh browns, adding a little water if necessary. Add sauce and mushrooms and cook until heated.

While the tempeh cooks, toast the buns in a lightly oiled non-stick skillet. Serve half buns with the hot Sloppy Joe mixture on top.

Total calories per serving: 229 Fat: 12 grams  
Carbohydrates: 19 grams Protein: 13 grams  
Sodium: 344 milligrams Fiber: 3 grams

## STUFFED BAKED POTATOES

(Serves 2)

*Stuffed baked potatoes can make dinner fun! This tasty recipe calls for mushrooms and red peppers. However, the magic of stuffed baked potatoes is the countless ways you can personalize them. You can substitute other vegetables and sauces or salsas easily. Also, you can stop at a deli and pick up some interesting stuffing options, such as roasted garlic, hummus, or baked beans.*

- 2 Russet potatoes, scrubbed well
- 2 Tablespoons oil
- 1 cup diced red peppers
- 2 Lightlife Fakin' Bacon (tempeh strips), cut into 1-inch pieces
- 1 cup sliced mushrooms
- 1/4 teaspoon garlic powder
- 1/2 cup pizza sauce
- 1-2 Tablespoons nonhydrogenated vegan margarine
- Salt and pepper to taste

Preheat oven to 425 degrees.

Poke each potato with a fork and bake until tender, approximately 45 minutes.

While the potatoes bake, heat oil in a skillet over medium heat. Add peppers, tempeh strips, and mushrooms. Cook, stirring, for 10-15 minutes or until the tempeh strips are browned and the peppers and the mushrooms are tender.

Sprinkle with garlic powder and stir in sauce.

When the potatoes are tender, remove them from the oven. Cut down the middle of each potato, scoop out the flesh, and place the flesh in a mixing bowl. Mash the potato flesh with margarine. Then, gently blend the vegetables and tempeh strips into the flesh and place back into the potato skins. Return the potatoes to the oven for 5 minutes. Sprinkle with salt and pepper to taste.

Total calories per serving: 430 Fat: 22 grams  
Carbohydrates: 53 grams Protein: 10 grams  
Sodium: 471 milligrams Fiber: 7 grams

## AGAVE-MUSTARD SAUCE

(Makes approximately 1/3 cup or 5 Tablespoons, enough for 4 cups vegetables)

*This sauce combines the tang of mustard with sweet agave nectar to add zing to steamed vegetables like cabbage or carrots. Feel free to add other herbs and spices, depending on the dish you're serving.*

- 1 Tablespoon agave nectar
- 1/3 cup Dijon mustard
- Pinch cayenne
- Pinch dehydrated garlic (powder or flakes)

In a small bowl, blend all of the ingredients together.

**Variations:** Add 1 teaspoon fresh lemon zest, a pinch of tarragon or rosemary, or horseradish to taste.

Total calories per Tablespoon: 28 Fat: <1 gram  
Carbohydrates: 3 grams Protein: <1 gram  
Sodium: 384 milligrams Fiber: <1 gram

Don't think about adding herbs and spices to everything. Often, just a squeeze of lemon and some freshly ground pepper is all a dish needs.

Debra Daniels-Zeller is a frequent contributor to *Vegetarian Journal*.

# All About Soyrizo

By Chef Nancy Berkoff, RD, EdD, CCE

**C**HORIZO IS THE NAME OF A FAMILY OF SAUSAGE, originally from Spain but now embraced all over the Spanish-speaking world. Traditional chorizo is made from pork seasoned with dried red peppers, chile peppers, garlic, and possibly other spices. When cooked, it is usually crumbly, like a very fine ground round. Chorizo can be 'sweet' or 'hot,' dried or fresh, and spiced depending on the region of origin.

The vegan version of this sausage is often called 'soyrizo' and is most commonly available in the fresh, or moist, variety. Brands differ in the amount of 'heat,' so you'll want to do a taste test to decide which one may be right for you.

"Soyrizo turns out the best when it is cooked quickly over very high heat."

Keep in mind that most vegan soyrizos are not low in fat or sodium. For example, El Burrito SoyRizo is vegan and kosher. However, a 2-ounce serving has 120 calories (which is good), but 80 calories are from fat. Plus, there are 440 milligrams of sodium. This brand provides some calcium and iron, but still, you should save soyrizo for special occasions.

Vegan soyrizo must be refrigerated, but it can be frozen and then thawed when you're ready to make it. Soyrizo turns out the best when it is cooked quickly over very high heat. Preheat a frying pan without oil and place the soyrizo into the pan, stirring and mashing constantly to avoid sticking. Once the soyrizo is heated, it is ready to eat.

## SERVING SOYRIZO

○ Heat soyrizo as described above. Stir in soft silken tofu, and cook until the tofu has coagulated. Serve

mixture alone, in hard or soft tortillas, or over rice or cooked grains.

- For a baked meal, heat soyrizo as above. Grease a baking pan, add soyrizo, pour soft silken tofu on top, and bake until bubbly.
- For a skillet dinner, chop leftover cooked potatoes. Heat soyrizo as described above. Then, add in the potatoes or cooked rice, cooked beans, cooked veggies, chopped tomatoes, and chopped onions.
- Use soyrizo crumbles as a topping for baked potatoes, with some vegan sour cream, chopped scallions, and bell peppers or onions.
- Make soyrizo crumbles into a topping for home-made pizzas.
- Combine soyrizo crumbles with onions and either fresh bread crumbs or stuffing mix. Stuff into bell peppers or tomatoes and bake.
- Blend soyrizo crumbles with cooked grains and cooked mixed veggies for a one-pot meal.
- Use a small amount of soyrizo to season white, black, or kidney beans or garbanzos. It's also a great addition to bean soups, such as split pea or minestrone.

## Sources for Soyrizo

- El Burrito Food Products, Inc. — [www.elburrito.com/soyrizo.html](http://www.elburrito.com/soyrizo.html)
- Frieda's Inc. — [www.friedas.com](http://www.friedas.com)
- Melissa's/World Variety Produce, Inc. — [www.melissas.com/Products/Products/Soyrizo.aspx](http://www.melissas.com/Products/Products/Soyrizo.aspx)
- Trader Joe's — [www.traderjoes.com](http://www.traderjoes.com)
- Yves Veggie Cuisine — [www.yvesveggie.com/products/detail.php/veggie-chorizo](http://www.yvesveggie.com/products/detail.php/veggie-chorizo)

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Meat Is Associated With Weight Gain

A new study suggests that eating meat is associated with weight gain. This study looked at how more than 350,000 people ate and how their weight changed over approximately five years. For this study's purposes, 'meat' included red meat (beef, veal, pork, lamb), processed meat, and poultry but not fish. In this very large study, eating approximately 8 ounces of meat a day led to a greater weight gain, close to a pound a year, compared to the weight gain seen in someone eating less meat but the same amount of calories. Over a five-year period, this difference would result in approximately 4.5 pounds of weight gained. Weight gain can lead to obesity and increased risk of many chronic diseases. The results of this study suggest that reducing (or eliminating) both red meat and poultry is one action that non-vegetarians can take to keep from gaining weight as they get older. The study's authors recommend that people decrease their meat consumption to improve their health.

Vergnaud A-C, Norat T, Romaguera D, et al. 2010. Meat consumption and prospective weight change in participants of the EPIC-PANACEA study. *Am J Clin Nutr* 92:398-407.

### Vegan Meals Popular in School Lunch Program

School meals are not typically vegan-friendly, and all too often, they are also too high in fat and saturated fat. Researchers with the Physicians' Committee for Responsible Medicine (PCRM) thought that adding vegan items to a school menu would result in healthier lunches but wondered if students would accept these items. They conducted a study in an elementary school and a middle school, both in Florida. Forty percent of the schools' students received free and reduced-price lunches. A vegan item, along with non-vegan options, was offered in each cafeteria once a week for one month. Vegan items were a veggie burger, vegetarian chili, and rice and beans. These items were lower in fat and saturated fat and higher in fiber than the non-vegan items.

The day before the menu item was served, students had a taste test and received rewards for trying samples. The students enthusiastically accepted the vegan items, with sales of 76 percent of total items sold in the elementary school and 56 percent in the middle school being the vegan items. This study suggests that students are willing to purchase vegan options and that their inclusion can result in healthier choices in a school lunch program. If students are familiar with these foods, they may be more likely to incorporate them into their daily diet and may even ask their family to prepare foods like these. We hope this program can be expanded and adopted by other school districts.

Eckart J, Strong K, Niooert DK, et al. 2010. Students' willingness to purchase vegan menu items in the National School Lunch Program. *Florida Public Health Rev* 7:64-69.

### What Influences People to Make Major Dietary Changes?

Scientific research shows that moving to a plant-based diet has significant health benefits, but there have been almost no studies about the best ways to encourage people to make dietary changes. Research into human behavior suggests that there are several stages of change. The first stage, precontemplation, is when an individual is not aware of any need to change his or her behavior. For instance, he or she never really thought about following a plant-based diet. The next stage, contemplation, is when a person begins to acknowledge that a change would be helpful but hasn't taken any action yet. This is followed by the action stage and then by the maintenance stage. If lasting behavior change is to happen, people must move from the precontemplation stage through to the maintenance stage. Attitudes about a plant-based diet can influence behavior, as can perceptions about whether an individual thinks he or she can make a dietary change. The expected reaction of significant others (friends, family, co-workers) also plays a role in determining whether behaviors will change.

Researchers studied more than 200 college students at a large university in the northeastern United States.

Participants were categorized by their stage of change with regard to plant-based diets. Females were significantly more positive about plant-based diets than males and were more likely to report that they intended to adopt a plant-based diet. As expected, the farther along the stages of change the participants were, the more likely they were to be positive about a plant-based diet and about their intent to change to this diet. People identified as being in the contemplation stage were more likely to report that their significant others would react positively towards their dietary change than were people in the precontemplation stage.

Both males and females said that improved health was the main advantage of adopting a plant-based diet; both groups were concerned about protein adequacy. Females were motivated to reduce the harm to animals; males did not list this as an advantage. Males were more concerned with the taste of food and with possible muscle loss; females were more concerned about having a variety of foods to eat and missing foods they currently eat. Concerns were also expressed about the availability and affordability of food and of support from others.

These results give us some ideas to encourage people to make important dietary changes. At least for college students, messages that promote improved health and information about plant-based protein appear to be important. Males seem to want to know how to maintain strength and body size; women are more interested in nutritional benefits and familiar foods. The results of studies like this one can help vegetarian organizations be more effective in promoting dietary change.

Wyker BA, Davison KK. 2010. Behavioral change theories can inform the prediction of young adults' adoption of a plant-based diet. *J Nutr Educ Behav* 42:168-77.

## Vitamin B<sub>12</sub> in British Vegetarians

A recently published study from the United Kingdom reminds us that having a reliable source of vitamin B<sub>12</sub> is important in a healthy diet. We should note that this study was conducted close to 10 years ago, so the results that follow may not reflect vitamin B<sub>12</sub> statuses of vegetarians and vegans in the UK today.

In this study, close to 700 men were surveyed (one-third vegan, one-third vegetarian [mainly lacto-ovo], and one-third non-vegetarian). More than half of the vegans, 7 percent of vegetarians, and one non-vegetarian were

classified as vitamin B<sub>12</sub>-deficient based on blood vitamin B<sub>12</sub> levels. An additional 21 percent of vegans, 17 percent of vegetarians, and 1 percent of non-vegetarians had blood vitamin B<sub>12</sub> levels that were very low, though not categorized as deficient. Despite the fact that 20 percent of vegans and vegetarians reported taking a vitamin B<sub>12</sub> supplement regularly, the researchers found that blood levels of vitamin B<sub>12</sub> were not higher, on average, in men using supplements. This may be because the subjects reported inaccurately, their supplements did not contain true vitamin B<sub>12</sub>, or some men had recently started taking a supplement and it had not had time to take effect.

As *Vegetarian Journal* readers know, vegans must eat foods fortified with vitamin B<sub>12</sub> or use a vitamin B<sub>12</sub> supplement to avoid deficiency. For more information about vitamin B<sub>12</sub>, see <[www.vrg.org/nutrition/b12.htm](http://www.vrg.org/nutrition/b12.htm)> and <<http://veganhealth.org/articles/everyvegan>>.

Gilting AMJ, Crowe FL, Lloyd-Wright Z, et al. 2010. Serum concentrations of vitamin B<sub>12</sub> and folate in British male omnivores, vegetarians, and vegans: results from a cross-sectional analysis of the EPIC-Oxford cohort study. *Eur J Clin Nutr* [Epub ahead of print].

## Vegetarians in Belgium

A small study in Belgium compared 106 vegetarians with 106 non-vegetarians. The main difference between the groups was diet; they were matched by sex, age, Body Mass Index (BMI), physical activity, tobacco use, and alcohol consumption. In most cases, vegetarians had dietary intakes that were closer to recommendations than non-vegetarians. Vegetarians had lower total and saturated fat intakes, and vegetarian men had lower sodium intakes. Fruits and vegetables, iron, zinc, and fiber were higher in vegetarians' diets, while vegetarian women also had higher intakes of calcium, potassium, and magnesium than non-vegetarian women. The researchers suggest, "The vegetarian diet consumed in this group is adequate to sustain the nutritional demands in a better way than the omnivorous diet," and recommend that use of a vegetarian diet could lead to an improvement of the Belgian food pattern and ultimately to a reduction in chronic disease.

Deriemaeker P, Alewaeters K, Hebbelinck M, et al. 2010. Nutritional status of Flemish vegetarians compared with non-vegetarians: a matched samples study. *Nutrients* 2:770-80.

# A Soy-Free, Nut-Free Vegan Meal Plan By Corey Bivins

**S**OY, TREE NUTS, AND PEANUTS ARE SOME OF THE most widespread food allergies. These common allergens are also staples for many vegans, but they don't have to be. The following meal plan shows how to eat a vegan, soy-free, and nut-free diet, all the while eating well. The menus in this article contain

approximately 2,000 calories per day, which meets the needs of most adults. Of course, the menus can be modified to add foods (and calories) or subtract foods (and calories). These menus have been planned to meet the average person's needs for most nutrients.

## Day 1

### Breakfast

- 1 cup oats
  - 1 cup fortified oat milk
  - 1 teaspoon cinnamon
  - 1 Tablespoon maple syrup
- 1 banana
- 1 cup calcium-fortified orange juice

### Lunch

- 1 cup Amy's Lentil Soup
- Salad
  - 2 cups arugula
  - ½ cup strawberries
  - ½ cup blueberries
  - Seed Mixture
    - 1 teaspoon flaxseeds
    - 1 teaspoon sunflower seeds
    - 1 teaspoon sesame seeds
  - 1½ Tablespoons Red Star Vegetarian Support Formula Nutritional Yeast
  - 2 Tablespoons vinegar and oil dressing

### Afternoon Snack

- 2 graham crackers
- 1 apple

### Dinner

- Black Bean Veggie Burrito
  - ½ cup quinoa, cooked in 1 cup vegetable broth
  - ½ cup black beans
  - ½ cup sliced onions
  - ½ cup sliced peppers
  - ½ cup sliced zucchini
  - ¼ avocado
  - 2 Tablespoons salsa
  - 1½ Tablespoons Red Star Vegetarian Support Formula Nutritional Yeast
  - 2 tortillas

**Note:** See the following website for information on oat milk: <[www.pacificfoods.com/our-foods/nut-grain-beverages/organic-oat-original-non-dairy-beverage](http://www.pacificfoods.com/our-foods/nut-grain-beverages/organic-oat-original-non-dairy-beverage)>.

## Day 2

### Breakfast

- 2 cups fortified rice cereal
  - 1 cup fortified oat milk
- 2 slices whole wheat toast
  - 2 Tablespoons jam
- 1 papaya
- 1 cup calcium-fortified orange juice

### Lunch

- Salad
  - 1 cup romaine
  - 1 cup kale
  - 4 slices cucumber
  - ¼ cup sliced peppers
  - ¼ cup chopped tomatoes
  - 2 Tablespoons vinegar and oil dressing
- Black Bean Dip 'n Chips
  - ½ cup black beans
  - ¼ cup avocado
  - 2 Tablespoons salsa
  - 20 tortilla chips

### Afternoon Snack

- 4 cups popcorn
  - 1½ Tablespoons Red Star Vegetarian Support Formula Nutritional Yeast
- 1 pear

### Dinner

- Spaghetti
  - 1 cup whole wheat spaghetti
  - ½ cup marinara sauce
  - 1 portobello mushroom, chopped
  - ½ cup chopped broccoli
  - 2 Tablespoons finely chopped onions
  - 3 cloves garlic, minced
- Seed Mixture
  - 1 teaspoon flaxseeds
  - 1 teaspoon sunflower seeds
  - 1 teaspoon sesame seeds

**Note:** See the following website for information on oat milk: <[www.pacificfoods.com/our-foods/nut-grain-beverages/organic-oat-original-non-dairy-beverage](http://www.pacificfoods.com/our-foods/nut-grain-beverages/organic-oat-original-non-dairy-beverage)>.

(Continued on page 16)

## 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 into your will.

## Day 3

### Breakfast

- Blueberry-Banana Pancakes
  - ¼ cup whole wheat flour
  - ¼ cup white flour
  - 1 teaspoon baking powder
  - 1½ teaspoons sugar
  - ½ cup fortified oat milk
  - ½ banana
  - ½ cup blueberries
- 2 Tablespoons maple syrup
- 1 cup calcium-fortified orange juice

### Lunch

- Veggie Burger
  - 1 Sunshine Burger
  - 2 slices sourdough bread
  - 1 lettuce leaf
  - 1 slice of tomato
  - ¼ avocado
- 1 sweet potato
- 1 cup Brussels sprouts

### Afternoon Snack

- 2 ounces whole wheat pretzels
- 1 peach

### Dinner

- Veggie Stir-Fry
  - 1 cup kale
  - ½ cup chopped yellow squash
  - ½ cup chopped zucchini
  - 1 cup chopped eggplant
  - 1 serving Seitan Stir-Fry strips
  - ½ cup brown rice
- Seed Mixture
  - 1 teaspoon flaxseeds
  - 1 teaspoon sunflower seeds
  - 1 teaspoon sesame seeds
- 1½ Tablespoons Red Star Vegetarian Support Formula Nutritional Yeast

**Note:** See the following website for information on oat milk: <[www.pacificfoods.com/our-foods/nut-grain-beverages/organic-oat-original-non-dairy-beverage](http://www.pacificfoods.com/our-foods/nut-grain-beverages/organic-oat-original-non-dairy-beverage)>. Also, see <[www.sunshineburger.com](http://www.sunshineburger.com)>.

Vegans who do not consume soy products and nuts need to find alternative foods that provide key nutrients.

- Fortified soymilk is a significant source of calcium, vitamin D, and vitamin B<sub>12</sub> for many vegans.
  - Calcium can be found in dark, leafy vegetables—such as mustard greens, collard greens, turnip greens, and kale—as well as in calcium-fortified orange juice and calcium-fortified plant milks.
  - Vitamin D can be obtained by sunlight exposure and is added to some brands of fortified milks (hemp, rice, oat).
  - Be sure to include fortified milks (hemp, rice, oat), Red Star Vegetarian Support Formula nutritional

yeast, or a vitamin B<sub>12</sub> supplement daily to meet your needs for vitamin B<sub>12</sub>.

- Nuts and soy products supply protein.
  - Alternative sources of protein include lentils, chickpeas, and other dried beans and peas; quinoa and other whole grains; seitan; and sunflower and pumpkin seeds. Vegetables like peas, broccoli, and kale also provide some protein.
  - Iron-rich foods include dried beans such as lentils, kidney and black beans, and chickpeas; spinach; whole and enriched grains; peas; Swiss chard; and potatoes.

If you have a food allergy, the only way to avoid a reaction is to avoid those foods and products made with those foods. This can be difficult because they are in many processed foods. Fortunately, the Food and Drug Administration (FDA) requires food manufacturers to list common food allergens on food labels.

### Ingredients to Avoid for a Soy-Free Diet

- Edamame
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Miso
- Natto
- Shoyu sauce
- Soya
- Soybean, soy sauce, soy protein
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu

### Ingredients to Avoid for a Nut-Free Diet

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Filbert/hazelnuts
- Hickory nuts
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Macadamia nuts
- Marzipan/almond paste
- Nougat
- Nut butters/nut extracts/nut oils/nut paste
- Peanuts
- Peanut butter/peanut flour/peanut oil
- Pecans
- Pine nuts
- Pistachios
- Walnuts

### REFERENCE

WebMD. 2009. *Living With a Nut Allergy*. Accessed September 12, 2010, from <[www.webmd.com/allergies/guide/nut-allergy](http://www.webmd.com/allergies/guide/nut-allergy)>.

**Corey Bivins is currently studying nutrition at Eastern Michigan University. Also, thank you to Reed Mangels, PhD, RD, for her contributions to this article.**

# Join The VRG and Receive *Vegetarian Journal*!

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Payment Enclosed (check or money order)

Please charge my (circle one) MC / Visa: # \_\_\_\_\_ Expires: \_\_\_\_/\_\_\_\_

Send \$20 for one year of the quarterly *Vegetarian Journal*; in Canada and Mexico, please send \$32; other foreign subscribers, please send \$42 in U.S. funds with a postal money order or by MasterCard/Visa. Send payment and subscription information to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. You can order online at <[www.vrg.org/journal/subscribe.htm](http://www.vrg.org/journal/subscribe.htm)>. You can also order over the phone by calling (410) 366-8343 Monday through Friday 9-5 Eastern time. Or fax your order to (410) 366-8804. Please e-mail [vrg@vrg.org](mailto:vrg@vrg.org) with any questions.

# Vegan in a Mexican Household

By Veronica Lizaola

**W**ITH SUCH A RICH CULTURE and vibrancy, Mexican dishes offer a variety of spices and tastes. Mexican cuisine, with its intense flavors and colorful presentation, has been adapted from Spanish and pre-Columbian influences, such as the Maya and the Aztecs. Although the typical Mexican diet consists of a variety of meat products, there are still many ways for a vegan to enjoy *chilaquiles*, *fideo*, *enchiladas*, and *arroz con leche*, and soothing drinks, such as *agua de tamarindo*.

Having grown up in a Mexican household, I know first-hand that it is challenging to find authentic meals that do not contain any meat, lard, or gelatin. However, I became dedicated to creating refreshing vegetarian alternatives. Many of these dishes are very easy to prepare and require little time.

*\*Note: The fat content in some of the recipes will vary depending on the type of oil used, cooking temperature and time, and other factors.*

## PICO DE GALLO (Serves 3)

Pico de gallo is a chunky, flavorful Mexican condiment that often tops tacos and nachos. I use this recipe as

a dip. You will find that the sweetness of the mangos and jicama fruit complements the savor from the bell peppers, cilantro, and onions.

**2 mangos**  
**1/2 jicama**  
**1 green bell pepper**  
**2 tomatoes**  
**1 bunch cilantro**  
**1/2 red onion**  
**Juice of 2 lemons**

Wash all of your produce. Peel the mangos and jicama. Chop the mangos, jicama, bell pepper, tomatoes, cilantro, and onion into fine pieces. Make sure that all of the pieces are the size of a fingernail or smaller. Mix all of your chopped pieces together and sprinkle some lemon juice over the resulting *pico de gallo*.

### TORTILLAS FOR THE TORTILLA CHIPS

**1 cup of water**  
**1 3/4 cups masa harina (traditional Mexican corn flour available in the international foods aisle at some supermarkets and from Latino groceries)**

In a bowl, mix together the water and *masa harina* until the dough is smooth. You do not want it to be too sticky or too dry. If it is too sticky, add more *harina*. If it is too dry, add more water.

Heat a pan over medium heat. Break off a golf ball-sized piece of dough and flatten it with your hand until it is the size of a pancake. Place it into the pan for approximately 35 seconds and turn it to fry the other side for 35 seconds. Repeat the process until there is no more dough. Allow tortillas to cool.

### TORTILLA CHIPS (USING THE TORTILLAS MADE ABOVE)

**1/2 cup vegetable oil**  
**Salt (optional)**

Heat the oil in a deep frying pan. Cut cooled tortillas into strips wide enough to collect the *pico de gallo*. Add a handful of tortilla strips at a time to the pan and fry until golden and crisp. Stir so they don't stick together. Turn the strips over and allow them to fry until both sides are crisp and golden. Carefully remove from oil. Repeat until all the strips have been fried. Salt the strips, allow to cool, and then enjoy them with your *pico de gallo*!

Total calories per serving of *pico de gallo*: 177  
Fat: 1 gram      Carbohydrates: 44 grams  
Protein: 4 grams      Sodium: 29 milligrams  
Fiber: 11 grams

Total calories per tortilla: 52      Fat: 1 gram  
Carbohydrates: 11 grams      Protein: 1 gram  
Sodium: 1 milligram      Fiber: 1 gram

Total calories per tortilla chips serving (12): 118  
\*Fat: 3 grams      Carbohydrates: 22 grams  
Protein: 3 grams      Sodium: 1 milligram  
Fiber: 3 grams

## CHILAQUILES

(Serves 6)

Many people enjoy chilaquiles for breakfast, either with a side of refried beans or alone. They are a great way to use up leftover tortillas.

**12 corn tortillas, either store-bought or homemade (See opposite.)**

**1/4 cup corn oil**

**1 large tomato**

**1 dry poblano pepper**

**1/2 onion**

**1 teaspoon salt**

**Shredded vegan sharp cheddar, feta, or Monterey Jack cheese**

**Chopped avocado to garnish (optional)**

**Chopped cilantro to garnish (optional)**

Cut the corn tortillas into strips, triangles, or other shapes of your choice.

Coat a large sauté pan generously with oil and heat. Once the oil is hot, add the strips and allow them to fry until they are golden brown. Transfer the fried strips into a different pan.

Place the tomato and poblano pepper in a pan and roast over medium heat for approximately 5 minutes. Next, place the tomato, pepper, and onion into a blender and blend until you achieve a purée. Add the puréed salsa and salt to the *chilaquiles* and stir until the tortilla strips are all coated with the salsa.

Sprinkle your favorite vegan cheese on top. For added flavor, top with avocado and cilantro.

Total calories per serving: 160      \*Fat: 4 grams  
Carbohydrates: 28 grams      Protein: 4 grams  
Sodium: 557 milligrams      Fiber: 4 grams

## CALABASITAS CON SOPA DE ARROZ

(Serves 6)

Enjoy this popular lunch item with a warm tortilla! If there are any calabasitas left over, you can use these, along with your favorite mock fajita products, to make squash tacos.

### SOPA DE ARROZ

**3 Tablespoons olive oil**

**2 cups long-grain white rice**

**2 tomatoes**

**1/2 onion**

**1 teaspoon salt**

**2 cups water**

**1 small clove garlic**

**1 vegetable broth cube**

In a pan, heat the oil and then add the rice.

In a blender, blend the tomatoes, onion, salt, water, and garlic.

Once the rice is golden, add the puréed vegetables and the broth cube to the rice. Cook over medium heat, stirring continuously, for approximately 15 minutes or until the rice is done.

### CALABASITAS

**Drizzle of olive oil**

**2 tomatoes**

**1 onion**

**1 jalapeño pepper**

**4 large squash of any variety, sliced into circles and then cut in half to make semi-circles**

**2 teaspoons salt**

In a large skillet, add the oil and heat.

Chop the tomatoes, onion, and jalapeño into small pieces. Add the chopped vegetables and the squash to the pan. Sprinkle with salt. Cook over medium heat, stirring, for 10 minutes. Serve immediately with the *sopa de arroz*.

Total calories per serving of *sopa de arroz*: 307  
Fat: 8 grams      Carbohydrates: 53 grams  
Protein: 6 grams      Sodium: 163 milligrams  
Fiber: 2 grams

Total calories per serving of *calabasitas*: 70

Fat: 3 grams      Carbohydrates: 11 grams  
Protein: 3 grams      Sodium: 782 milligrams  
Fiber: 3 grams

## FIDEO

(Serves 4)

Fideo is a type of noodle dish that is served hot like a soup, and it is great when you want a light meal. You can find this type of noodle in many mainstream supermarkets. If you can't find fideo, you can substitute thin spaghetti noodles instead.

**2 Tablespoons vegetable oil**

**One 8-ounce package fideo pasta**

**1 medium-sized tomato**

**1/4 onion**

**1 cup water**

**1 vegetable broth cube**

**Juice of 1 lemon**

Place the oil and *fideo* in a pan. Cook over medium heat, stirring continuously, for approximately 7 minutes or until the *fideo* is golden. It will still be raw, but it will cook as part of the next step.

Place the tomato, onion, and water into a blender and blend for approximately 3 minutes until you achieve a purée. Add the purée and the broth cube to the *fideo*. Cook over medium heat, stirring, for approximately 15 minutes, until the broth cube has dissolved and the *fideo* is cooked. Squeeze lemon juice on top and serve immediately.

Total calories per serving: 285      Fat: 8 grams  
Carbohydrates: 45 grams      Protein: 7 grams  
Sodium: 239 milligrams      Fiber: 2 grams

With such a rich culture and vibrancy, Mexican dishes offer a variety of spices and tastes.

## ENCHILADAS

(Makes 6 two-enchilada servings)

*Enchiladas are popular because they are so versatile! These use a mock meat product, potatoes, and vegan cheese as the stuffing and are topped with tomatoes, lettuce, and avocado. Sopa de Arroz (page 19) makes a great side dish for these enchiladas.*

- 4 dry poblano peppers
- 4 medium-sized potatoes
- 1 small clove garlic
- 1 Tablespoon cumin
- 1/3 cup canola oil
- 12 corn tortillas, either store-bought or homemade (See recipe on page 18.)
- One package Morningstar Farms Crumbles or your favorite veggie meat substitute
- 1/2 cup shredded vegan cheese
- 1 tomato
- 1 cup shredded romaine lettuce
- 1 avocado, chopped

Heat a pan on the stovetop for 5 minutes, add the peppers, and roast over medium heat for 4-7 minutes. Peel and set aside.

Steam the potatoes and peel when ready. Place the potatoes in a medium-sized bowl, mash, and set aside.

Place the peppers, garlic, and cumin in a blender and blend for approximately 3 minutes. Pour into a wide bowl.

Heat a pan and add the oil. Dip a tortilla into the peppers mixture, coating it entirely. Place the tortilla into the pan. Fry for approximately 3 minutes, turn

over, and fry for another 3 minutes. Repeat until all of the tortillas have been dipped and individually fried.

In another pan, prepare the crumbles according to the package directions.

Once the tortillas and the crumbles are done, add the crumbles, cheese, and scoops of potato into each tortilla. Roll each tortilla, placing the seam-side down.

Chop the tomato into fine pieces. Sprinkle the tomatoes, lettuce, and avocado on top of the enchiladas, and serve.

Total calories per serving: 435 \*Fat: 12 grams  
Carbohydrates: 65 grams Protein: 20 grams  
Sodium: 570 milligrams Fiber: 13 grams

## ARROZ CON LECHE

(Serves 12)

*This sweet rice dessert, which is similar to pudding, is made with vanilla, raisins, and cinnamon. It can be served hot or cold.*

- 2 cups white rice
- Water to cover the rice during cooking
- 6 cups soymilk
- 1 stick cinnamon
- 1 teaspoon vanilla
- 1/2 cup vegan sugar, or to taste
- 1/2 cup raisins
- Powdered cinnamon (optional)

Boil the rice in water for approximately 15 minutes. Strain rice, rinse, and set aside.

In a pan, heat the soymilk and cinnamon stick to a slow simmer.

Allow to infuse for approximately 7 minutes. You can either remove the cinnamon stick or leave it in the soymilk for added flavor. Add the rice and simmer for 20 minutes. Then, add the vanilla, sugar, and raisins and simmer for approximately 5 more minutes. Remove from heat and, if you like, top with powdered cinnamon.

Total calories per serving: 232 Fat: 3 grams  
Carbohydrates: 44 grams Protein: 8 grams  
Sodium: 69 milligrams Fiber: 3 grams

## AGUA DE TAMARINDO

(Serves 6)

*This sweet and refreshing drink is a staple in Mexico and is one of the famous types of 'aguas frescas' (fresh waters). You can get this at any authentic Mexican restaurant, or you can now make it yourself!*

*Tamarinds can be found in mainstream supermarkets, usually near the garlic. This beverage is like an iced tea except better, since you can eat the tamarinds at the bottom of your glass!*

- 12 tamarinds
- 1/3 cup water (to cover the tamarinds)
- 6 cups cold water
- 1 cup vegan sugar

Cook the tamarinds in water for approximately 10 minutes. Allow them to cool. Then, mash them in a container with the 6 cups of cold water. Add the sugar, mix very well, chill, and enjoy!

Total calories per serving: 139 Fat: <1 gram  
Carbohydrates: 36 grams Protein: <1 gram  
Sodium: 1 milligram Fiber: <1 gram

**Veronica Lizaola is an art history major at the University of Houston. She wrote this article during a summer internship with The Vegetarian Resource Group.**

# All Pizza Hut Cheeses Made with Chymax™, a Microbial Rennet

By Jeanne Yacoubou, MS, VRG Research Director

**I**N FEBRUARY 2010, A VEGETARIAN JOURNAL READER asked us about the ingredients in The Natural™ pizza line at Pizza Hut. This line was first introduced in test markets in 2008 and then nationwide in 2009. A purchasing manager at Pizza Hut told us that The Natural™ pizza line was discontinued from the national menu, although it may still be available at certain Pizza Hut restaurants. Those that may carry it are franchises, not corporate-owned restaurants.

While inquiring into The Natural™ pizza line, we asked customer service representatives for an update on ingredient sources, especially since the Pizza Hut Ingredient Statement was no longer available on its website. The last information we received from Pizza Hut was in May 2007, when a Quality Assurance Specialist at Pizza Hut Headquarters in Dallas told us that Pizza Hut cheeses were made with a non-animal enzyme.

We spoke with several people on the toll-free consumer line throughout February 2010 and received contradictory information. One time, a representative told us that animal rennet was used to make the cheese.

The VRG found this information dubious, considering what Pizza Hut told us in 2007. Furthermore, in 2008, several major enzyme manufacturers told us that microbial rennet accounted for 80-95 percent of all enzymes used in making cheese in the United States. Thus, we continued to research the question.

In May 2010, The VRG received confirmation through a source at the Pizza Hut corporate level, who had in turn been told in writing by the only supplier of all six varieties of its cheeses, that the enzyme used to make the cheese was microbial. Chymax™ is the brand name of the microbial fermentation product used to curdle the milk during cheese production. Our contact told us that his search lasted three months. He approached many companies along the supply chain, starting with the six from which Pizza Hut purchases its cheeses, until he finally reached the cheesemaker itself. He told The VRG that both corporate-owned and franchised Pizza Hut restaurants must use companies chosen from an approved list of suppliers.

To cross-confirm what our Pizza Hut contact told us, The VRG contacted the senior product development specialist who sent the letter to our Pizza Hut contact. She confirmed that only Chymax™ is used to make its cheeses. She also stated that her company provides cheese to 'the big three' quick-service chains in the United States, as well as many other major restaurant chains. In addition, the company sells cheese to many major food service providers and food distributors, some of whom re-label the cheese using their own name.

**Note:** There is a specially-blended mix of Parmesan cheese and spices (known as 'fairy dust') that is automatically sprinkled on all pizzas in Pizza Hut kitchens. Customers may request that it be left off.

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### VRG IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, granted an interview about vegetarian food delivery systems to *Vegetarian Times* magazine and an interview about vegan diets to *Today's Dietitian* magazine. She spoke to The Daily Beast, which is a news and opinion website, about eating disorders. In addition, Reed talked about vegetarianism with Voice of America, the official external radio and television broadcasting service of the United States federal government.

### THE VEGETARIAN RESOURCE GROUP OUTREACH

Recently, VRG Nutrition Advisor Reed Mangels, PhD, RD, assumed editorship of *Vegetarian Nutrition Update*, a publication of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association.

# veggie bits

## Allergaroo Brings Ready-Made, Allergen-Free Cuisine to Your Microwave



Anyone with food sensitivities knows how frustrating it can be to find tasty but easy-to-prepare, allergen-free edibles. Luckily, Allergaroo makes products without wheat, gluten, dairy, eggs, or nuts. Their shelf-stable, heat-and-eat pastas come in three varieties—Elbow Rice Pasta with Mild Chili Sauce and Pinto Beans, Penne Rice Pasta with Tomato Sauce, and Rice Spaghetti with Tomato Sauce—that will please even the pickiest eaters. At eight ounces per microwavable pouch, these items are ideally portioned to satisfy tweens, but don't be surprised if they become a favorite with other family members as well.

Allergaroo products are available from many retailers, including some Target, Wegman's, Whole Foods, and Winn-Dixie locations. To find other stores, contact Allergy Friendly Foods at P.O. Box 790, Springfield, MO 65801, or at (417) 799-1875. You can also order from the company's website, <[www.allergaroo.com](http://www.allergaroo.com)>.

## Gourmet Indian Food at Home

If you're in the mood for restaurant-quality Indian cuisine without the visit to the restaurant, try some vegan entrées from Sukhi's Gourmet Indian Foods. The *Channa Masala* combines just the right amount of spices and sweetness, and both this chickpea dish and the accompanying *naan* heat up in fewer than five minutes. For parties, you may want to pick up a few boxes of Sukhi's *Samosas & Chutney*. Each package contains 10 miniature potato-filled pastries that crisp nicely in the oven, as well as a cilantro dipping sauce. Other choices from Sukhi's include the Vegan Chili Chicken, with soy chicken and bell pepper slices, and the *Matar Tofu*, with lentils, tomatoes, and onions. In addition to these frozen entrées, Sukhi's also offers its products in large, food service sizes.

To find a store near you that carries Sukhi's Gourmet Indian Foods, contact the company at 23682 Clawiter Road, Hayward, CA 94545, or via phone at (888) 4-SUKHIS. In addition, you can visit Sukhi's website at <[www.sukhis.com](http://www.sukhis.com)>. *Written by Ashley Boss, VRG Intern.*



## A New Twist on an Old Favorite

Newman's Own Organics has introduced what might very well be the first line of organic licorice. The company's new Licorice Twists come in 5-ounce packages and offer a generous five links per 130-calorie serving. Of course, there is a traditional, sharp Black Licorice and a fresh, aromatic Strawberry Licorice, but these goodies also come in two of today's trendiest flavors. Make sure that you try the dark, fragrant Pomegranate and the tangy Tangerine, with its strong, yet not overwhelming, citrus taste. Look for this candy at your local supermarket, and hope that most movie theater concession stands start to carry them soon as well!

You can write to Newman's Own Organics at P.O. Box 2098, Aptos, CA 95001, or call the company at (831) 685-2866. You can also visit them online at <[www.newmansownorganics.com](http://www.newmansownorganics.com)>.

## Gotta Get These Greens!



Rhythm Kale Chips are the raw, vegan, and gluten-free remedy to boring sandwich sides. Each 2-ounce bag starts out with garden-fresh kale that is mixed with vegetables, cashews, herbs, and spices and then air-crisped at a low temperature. The most addictive variety has to be the Bombay Curry, with hints of cilantro, coconut, and ginger. Still, the Kool Ranch, with its homestyle dressing flavor, and the 'cheesy' Zesty Nacho variety are almost as good.

Contact Rhythm Superfoods, LLC, at P.O. Box 41345, Austin, TX 78704, or at (512) 441-5667. Find more information at <[www.rhythmsuperfoods.com](http://www.rhythmsuperfoods.com)>.

## Would You Like Fries With That?

Asherah's Gourmet will revolutionize the veggie burger market with its new organic VeganBurgers. These soy-, gluten-, mushroom-, nut-, yeast-, and sugar-free patties are made from quinoa, flax, and vegetables, and they indeed taste like healthful whole grains and vegetables. No attempts to imitate the flavor of beef here! These 4-ounce burgers are available in Original and Chipotle varieties, and you can purchase them either in boxes of four or in food service packages of 24.

To learn more, write to Asherah's Gourmet Vegan Burgers at 73 Old Dublin Pike, Suite 10, Doylestown, PA 18901, or call (215) 489-9815. Visit their website at <[www.asherahsgourmet.com](http://www.asherahsgourmet.com)>.

## For Those Who Miss Seafood ...

The founders of Sophie's Kitchen have come up with their own vegan alternatives to fish and crustaceans! Using a starch made from the Asian plant konjac's roots, they have created fried Vegan Calamari, authentic-tasting Breaded Vegan Shrimp, and Vegan Squid Rings, all of which make inspired foundations for appetizers. They also offer small, gluten-free Vegan Shrimp that can liven up your favorite fried rice recipe, as well as larger Vegan Prawn to top salads and pastas. And be sure to try their Breaded Fish Fillets, made not from konjac but from textured vegetable protein (TVP).

Contact Sophie's Kitchen at 1590 Cunningham Road, Sebastopol, CA 95472, or at (877) GO-4-0-SEA. In addition, find out more at their website, <[www.sophieskitchen.net](http://www.sophieskitchen.net)>.

## Vegan Macaroons Debut, Just in Time for Passover

We never thought we'd see commercially produced macaroons made without eggs, but thanks to Emmy's Organics, these chewy coconut confections are finding their way to store shelves. Classic varieties include the Coconut & Vanilla and the ultra-rich Dark Cacao, but more adventurous types should give the Chai Spice, Choco-Orange, Lemon-Ginger, and Mint Chip flavors a try. Whichever kind you choose, you won't go wrong!

Write to Emmy's Organics at 707 Hancock Street, Ithaca, NY 14850, or call the company at (607) 319-5113. Their website is <[www.emmysorganics.com](http://www.emmysorganics.com)>.

## Not Just Cute Illustrations



Peter Rabbit Organics is a London-based company that has introduced something great for your little ones! Their yummy Fruit Snacks are 100 percent puréed organic fruit in squeezable, no-spill pouches with anti-choke caps. In addition, these products don't need to be refrigerated, making them perfect for the parent on-the-go! Each 3.5-ounce pouch features a sweet image of Peter Rabbit with the fruits that make up its kid-friendly flavor combo—Apple and Grape; Mango, Banana, and Orange; or Strawberry and Banana.

To learn more, e-mail Peter Rabbit Organics at [peter@prorganics.com](mailto:peter@prorganics.com) or visit <[www.peterrabbitorganics.com](http://www.peterrabbitorganics.com)>. *Written by Ashley Boss, VRG Intern.*

## Wow! A Soy-Free Vegan Yogurt!

Turtle Mountain has expanded its So Delicious product line to include Coconut Milk Yogurts. The items are truly unique in that they are made without dairy, soy, or gluten and offer a generous dose of vegan-friendly B<sub>12</sub>. These sweet, creamy yogurts come in nine varieties, including Blueberry, Passionate Mango, Plain, Raspberry, Strawberry, Strawberry Banana, and Vanilla. However, you'll have a hard time resisting the decadent Chocolate or the Pina Colada with real pineapple bits.

To learn more about So Delicious Coconut Milk Yogurts, write to the brand's parent company, Turtle Mountain, LLC, at P.O. Box 21938, Eugene, OR 97402. You can also call Turtle Mountain at (541) 338-9400 or visit <[www.turtlemountain.com](http://www.turtlemountain.com)>.



## Perfect for Spring Cleaning

If it's time to start uncluttering your closets and shaking out those dusty rugs, then it's time to reach for Bon Ami! This company has been around since 1886, and their products were non-toxic, hypoallergenic, and biodegradable long before it was popular to 'go green.' Their newest items draw on this eco-friendly heritage while effectively cleaning modern kitchen counters and bathroom fixtures. The All-Purpose Cleaner spray works wonders on most surfaces, while the Dish Soap tackles grimy pots and pans quite well. Likewise, the Powder Cleanser and the Liquid Cleanser earned a standing ovation for cutting right through stubborn tub stains and finally taking the mildew off those shower tiles.

To find out more about Bon Ami, you can contact the company at 1025 W. 8<sup>th</sup> Street, Kansas City, MO 64101-1200, or call (816) 842-1230. You can go to <[www.bonami.com](http://www.bonami.com)> for further info.

## A Refreshingly Fruitful Endeavor

The Fruit Tree Planting Foundation is an international non-profit dedicated to planting orchards that alleviate world hunger, combat global warming, and strengthen communities. Each year, the organization co-sponsors the Communities Take Root program, which donates trees, organic soil, equipment, and a volunteer workforce to begin orchards at public schools, at city parks, in low-income neighborhoods, at animal sanctuaries, and elsewhere. To apply for this year's round of orchard donations, visit <[www.communitiestakeroot.com](http://www.communitiestakeroot.com)>.

# Foodservice Update

Healthy Tips and Recipes for Institutions from The Vegetarian Resource Group

## Wrapping It All Up!

By Chef Nancy Berkoff, RD, EdD

**WRAPS ARE EVERYWHERE! THEY CAN BE SERVED** hot or cold, sweet or savory. They can be casual or elegant and made to convey any type of cuisine. In fact, try to find a cuisine that does not include them! Soft tortillas, rice paper, edible plant leaves, pasta sheets, barely leavened breads (such as pita, lavash, or *naan*), seaweed, and even tofu skins can be used to 'transport' food.

First of all, remember that any traditional sandwich can be turned into a wrap. Simply choose your fillings, select your wrapper, and either roll or fold! For example, a hot barbecued tofu sandwich usually served on a bun can be made into a wrap. Just chop the tofu; roll it into a pita, lavash, or vegetable wrapper; and top with some barbecue sauce and a small amount of vegan coleslaw. Desserts can be made portable by creating a 'cone' with a tortilla, fruit wrap, or rice paper and filling it with chopped fruit, vegan yogurt, and a sprinkling of nuts and carob chips.

Keep in mind that wraps are not limited to acting as 'containers.' They can provide flavor and moisture as well. Banana, bamboo, lotus, grape, romaine, and

cabbage leaves add a bit of flavor to fillings and can help to keep in moisture when wraps are steamed or baked. Crispy leaves, such as large spinach leaves, young chard leaves, and red cabbage leaves, provide color and texture to cold wraps.

Now, let's explore some popular options for wraps!

### USING DOUGH

Dough is probably one of the most common wraps and holds ingredients as they are cooked or eaten.

- Tortillas can be used for hot wraps, such as enchiladas, quesadillas, or burritos. They also work for cold wraps, such as fresh veggie tacos. Tortillas can be used as is, steamed, or fried.
- Roll or fold ingredients into rice paper. Then, steam or refrigerate before eating.
- For a bit of fusion dough wrapping, use pita bread, *chapati* or *naan*, lavash, or 6-inch pizza rounds.

### SOY WRAPPERS

Yuba, or tofu skin, makes a great soy-based wrap. Soymilk is heated to provide a pliable skin that is skimmed from the heated milk's surface and then dried. Yuba can be used to wrap hot or cold foods, and it works well with gluten-free menu items.

Most Asian markets stock yuba or have a supplier who can get it for you. If you have the patience, you can make your own yuba, but it is time consuming.

### RICE WRAPPERS

Compared to using other wrappers, working with edible rice paper does take a few extra steps:

- 1) Prepare a clean surface for working with your rice paper. Fill a bowl with warm water. Dip each piece



of rice paper into water for approximately 5-8 seconds, just until the rice paper is moistened.

- 2) Lay rice paper flat and individually on the clean surface. Allow to sit for approximately 30 seconds to soak up the water. Don't let the rice paper sit beyond the moistened stage since it will become too soft to work with. For this reason, you'll want to dip only a few pieces of rice paper at a time so they don't become mushy.
- 3) Place a thin layer of filling on the section closest to you. Roll the rice paper away from you, wrapping as tightly as you desire.
- 4) Serve your rice paper roll immediately, steam it, or refrigerate it to serve later.

Like yuba, edible rice paper works well with gluten-free menu items.

### BEYOND EDIBLE WRAPS

Wraps do not always need to be edible. Parchment paper and aluminum foil can be used to roll ingredients for one-hand eating!

For example, try a 'pizza cone.' Place a 6-inch baked pizza crust on a circle of parchment paper or foil large enough to entirely wrap the cone. Shape the paper and the crust into a tight cone. Add a savory marinara sauce, chopped vegetables, soy crumbles (such as vegan bacon, sausage, or ground round), and shredded vegan cheese into the cone. Completely wrap and prop in a deep-sided pan. Bake (with foil) or microwave or bake (with parchment) until heated. Serve hot or cold.

### SAVORY WRAP IDEAS

Mix and match the wrappers, dressings, and fillings from the lists below.

#### WRAPPERS

- 8-inch flour, whole-wheat, tomato, spinach, or blue corn tortillas
- 8-inch lengths of lavash
- 6-inch pita bread
- 6-inch baked pizza crusts
- 8-inch nori (dried seaweed), laver, dulse, or sea lettuce
- 8-inch sheets of edible rice papers
- 8-inch lengths of yuba
- Large, cleaned romaine leaves
- Large, tender, cleaned green cabbage leaves

## Where to Get Unique Wrappers

- **Tumaro's Gourmet Tortillas** <[www.tumaros.com](http://www.tumaros.com)> offers traditional flour tortillas, flavored tortillas, and soy-based tortillas. The soy-based tortillas are available in flavors and with added flaxseed. Tumaro's makes packages for food service, convenient when prepping in volume.
- **Origami Foods** <[www.origamifoods.com](http://www.origamifoods.com)> produces flavored wraps that are all fruit- or vegetable-based, with no gluten or added sugar.
  - Their **fruit wraps** include fruit rolls, which can be eaten as a snack or used as a wrap for a dessert.
  - **Fruit straws** can be used as an edible straw to flavor soy, rice, or almond milk.
  - **Fruit cones** and **snack sacks** can be filled (rather than rolled) with dessert ingredients, including chopped fresh, frozen, or dried fruit; nut butters; granola; and chocolate or carob chips.
    - For a really decadent dessert, whip hazelnut butter with veggie cream cheese and coat a fruit cone. Add chopped fresh or frozen strawberries, blackberries, shredded coconut, and chocolate chips, and serve!
  - Origami's **vegetable wraps** and **snack sacks** are offered as an alternate or addition to traditional nori sushi wrappers. Use them to add color and texture to a plate of veggie sushi or to an appetizer platter of wrapped finger foods.
- **Maine Coast Sea Vegetables** <[www.seaveg.com](http://www.seaveg.com)> sells several organic varieties of sea vegetables, including some that can be used as wraps, such as dulse, kelp, sea lettuce, and laver. Each sea vegetable has its own color, flavor, and texture.

On the days that wraps are not on the menu, sea veggies can be chopped and added to soups, salads, salad dressings, pastas, grains, and stews for flavor and texture.

## DRESSINGS

(APPROXIMATELY 1 TABLESPOON PER WRAP)

- Vegan cream cheese, flavored with dried herb blends; chopped scallions, bell peppers, chilies, or olives; or salsa
- Vegan sour cream, flavored with spinach or beet purée, chopped pimentos, minced olives, salsa, or hummus
- Vegan mayonnaise, flavored with chopped pickles, pickle relish, olives, capers, minced carrots, minced cucumbers, tomato paste, or vegetable purées
- Salad dressings, such as vegan ranch, Thousand Island, Dijon, vinaigrette, etc.
- Hummus
- Mashed or puréed beans, flavored with fresh or dried herb blends; chopped white, red, or yellow onions; garlic; or nutritional yeast

## FILLINGS

(APPROXIMATELY 2 OUNCES OR 4 TABLESPOONS PER WRAP)

- Diced smoked tofu, mixed with minced green and red bell peppers
- Diced Tofurky, mixed with nutritional yeast, chopped tomatoes, and sweet onions
- Diced extra firm tofu, mixed with barbecue sauce and tossed with vegan coleslaw
- Diced extra firm tofu, mixed with nutritional yeast, sliced almonds, diced apples, celery, and grapes
- Seasoned veggie ground round, mixed with salsa

## Wrapping on the Bar!

Consider setting up a wraps bar by placing different types of wrap ingredients on your existing salad bar. In addition to your usual salad bar items, include some of the following:

- Ethnic ingredients, such as salsas, *raita* made with plain soy yogurt, and chutneys
- Shredded vegan cheese
- Hummus
- Several types of cooked beans flavored with different spice blends
- Chopped nuts, sesame seeds, and sunflower seeds

- Diced vegan soy bacon strips, shredded romaine, and chopped tomatoes
- Diced veggie deli slices, shredded vegan cheese, diced tomatoes, and shredded fresh spinach
- Cooked, chilled white beans; diced or shredded vegan mozzarella or seasoned, crumbled extra firm tofu; and sliced black olives
- Cooked, chilled black beans, seasoned with cumin and tossed with diced green and red peppers, sweet onions, and a small amount of chopped vegan bacon bits
- Flavored rice or grains—such as Spanish rice or rice pilaf, barley, quinoa, or amaranth—tossed with chopped seasonal vegetables
- Vegan cream cheese, mixed with chopped carrots, onions, radishes, and parsley and seasoned with a small amount of chopped nori, dulse, or tamari

## SWEET WRAP IDEAS

Mix and match the wrappers, dressings, and fillings from the lists below.

### WRAPPERS

- 8-inch flour, whole-wheat, multi-grain, or flavored tortillas (Check with your supplier since we have seen blueberry- and strawberry-flavored tortillas.)
- 8-inch lengths of lavash
- 6-inch pita bread
- 6-inch baked pizza crusts
- 8-inch fruit wraps or Origami snack sacks
- 8-inch vegan crêpes
- 8-inch sheets of edible rice papers
- 8-inch lengths of yuba
- 8-inch cooked vegan pancakes

### DRESSINGS

(APPROXIMATELY 1 TABLESPOON PER WRAP)

- Vegan sour cream or cream cheese, flavored with fresh or thawed frozen strawberries, blueberries, and/or raspberries; minced mangos; or crushed pineapple
- Nut butters, used on their own or whipped with vegan sour cream or cream cheese
- Whipped silken tofu, sweetened with maple syrup, melted chocolate or carob chips, or frozen orange juice concentrate

## FILLINGS

(APPROXIMATELY 2 OUNCES OR 4 TABLESPOONS

PER WRAP)

- Chopped fresh or frozen mixed fruit and dried fruit, combined with nuts or shredded coconut
- Apple, cherry, or blueberry pie filling
- Fresh apple slices, tossed with a small amount of apricot or peach nectar and seasoned with cinnamon
- Fruit sorbet or frozen vegan dessert
- Sliced strawberries and diced mangos, tossed with shredded coconut
- Sliced bananas, tossed with orange juice and mixed with fresh or frozen berries and either vegan chocolate or carob chips
- Vegan yogurt
- A sprinkling of nuts and either vegan chocolate or carob chips

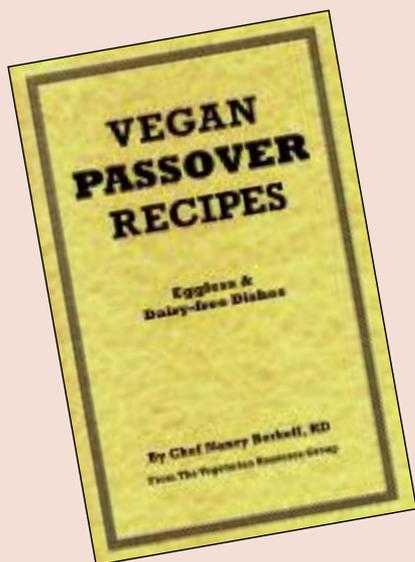
## CONSTRUCTING SAVORY OR SWEET WRAPS

- 1) Select your wrappers. Place them flat on sheet pans or individual serving dishes.
- 2) Coat wraps with selected dressing.
- 3) Top wraps with selected filling.
- 4) Roll or fold wrap so that filling is secure.
- 5) For hot wraps, bake in a 375-degree oven for 5 minutes. Serve, or wrap with waxed paper, parchment paper, or foil until ready to serve.
- 6) For cold wraps, refrigerate or chill for at least an hour. Serve, or wrap with waxed paper, parchment paper, or foil until ready to serve.

**Chef Nancy Berkoff is The Vegetarian Resource Group's Food Service Advisor. She is the author of *Vegan in Volume*, as well as VRG's newest book, *Vegans Know How to Party*. (See back cover.)**

## LOOKING FOR PASSOVER RECIPES?

The VRG offers a 48-page booklet called ***Vegan Passover Recipes*** by Chef Nancy Berkoff, RD. It gives instructions for more than 35 creative dairy- and egg-free recipes, including soups, salads, side dishes, sauces, entrées, desserts, and even several microwave recipes, such as Pizza Casserole and Spinach/Mushroom Kugel. All recipes follow Ashkenazi Jewish traditions and are pareve. To order ***Vegan Passover Recipes***, send \$10 (includes postage and handling) to VRG, P.O. Box 1463, Baltimore, MD 21203; call (410) 366-8343; or visit <[www.vrg.org/catalog](http://www.vrg.org/catalog)>. Here's just one example of the delicious recipes within the book's pages:



### 'CREAM' OF ASPARAGUS OR BROCCOLI SOUP

(Serves 4-5)

*People will be amazed and delighted with this non-dairy, lowfat 'cream' soup.*

- 2 cups fresh or thawed frozen asparagus spears or broccoli florets
- 1/2 cup finely chopped onions
- 1 cup vegetable stock
- 1 cup peeled and boiled white potatoes, mashed (or leftover mashed potatoes)
- 1/2 teaspoon white pepper

Microwave asparagus or broccoli and onions for 3 minutes or steam for 8 minutes until very soft. Retain any liquid (about 1/4 cup).

In a blender, combine cooked vegetables, stock, potatoes, and pepper. Process until puréed. Place in a medium pot and allow soup to simmer, covered, for 5 minutes. Serve hot, garnished with additional chopped steamed asparagus or broccoli.

# 2010 Essay Contest Winner

Second Installment

## FOWL PLAY

By Adrienne Moyer, 17 yrs  
Jenison, MI



I HAVE A FEW FRIENDS WHO ARE vegetarians, but I had never given much thought to becoming one myself. It wasn't until I was subjected to a very traumatic experience that I did more than just give it a thought—I wholeheartedly dedicated myself to the cause of vegetarianism. The goal of society should be to eliminate living by the death of others.

A couple of years ago, I was visiting my uncle's farm. There was a mother duck that had recently hatched several ducklings, and I noticed that one duck was being neglected. I begged my uncle to let me raise it. With fair warning that it might be butchered later, he reluctantly agreed. I nurtured the duckling, and she grew bigger and stronger. As she was developing, I couldn't help but notice that she had a deformity. Her feet were mutated, making walking difficult. The reason her mother neglected her became clear to me: it was nature's way of weeding out the weak. The duckling's disabilities only endeared her to me more, and as the months passed, I became very attached to her. I named my friend "Hope."

A year later, on a warm summer day, a sense of dread came over me. Feeling uneasy about my duck, I journeyed to my uncle's house. In his old, dilapidated barn, I discovered him butchering my beloved duck! The desperate cries, the foul odor, and the gory sight of an uneven fight haunt me still.

From that day forward, I found the sight of meat revolting, triggering painful flashbacks of my friend's slaughter. As such, it did not take much effort on my part to abstain from eating meat and become a vegetarian, a lifestyle that others might find challenging.

Although my decision to convert to vegetarianism was due to a traumatic experience, there are different reasons why one might choose this path. Some people become vegetarians for health reasons, such as lowering

their cholesterol or reducing their risk for developing heart disease, cancer, diabetes, obesity, or hypertension. Others may choose vegetarianism for spiritual reasons, or just because they prefer the types of food in that diet.

Although I have a number of reasons for championing this cause, I consider ethics to be the most important. Humans, as superior beings, should understand that killing other animals for food isn't necessary for survival; there are alternatives. Humans, as sensitive beings, should be caring and protective of the less intelligent animal world. Humans, as civilized beings, should abhor violence and refrain from harming any living creature.

Conditions at slaughterhouses are appalling. Animals are crammed into cages so small that they cannot move. They are fed drugs to induce rapid growth, resulting in the breaking of their underdeveloped legs. Oftentimes, the workers subject the animals to cruel treatment.

**"The duckling's disabilities only endeared her to me more, and as the months passed, I became very attached to her. I named my friend 'Hope.'"**

Chickens are tossed like footballs and are shackled upside-down. Many are still conscious as their throats are slit or as they are dunked into scalding hot water for feather removal. Paul McCartney was right on target when he reflected, "If slaughterhouses had glass walls, everyone would be a vegetarian."

To be truly informed, I investigated the risks associated with vegetarianism. The main risk of a vegetarian diet is the lack of quality protein, which aids in the development of muscles. However, protein can be obtained via other sources, such as nuts, seeds, tofu, veggie burgers, and grains, so the risk is minimal.

Hope did not die in vain. Had it not been for this defining moment in my life, I might have remained ignorant of the cruelty and despair imposed upon animals due to our selfish extravagance. Is there redemption for the human race? I have hope. Humans started out as barbarians. They hunted animals and thought nothing of cannibalism. As they evolved, they concluded that cannibalism was wrong, but they continued hunting. Today, the range of animals used for food is more limited. This is largely due to the domestication of

animals, as well as to animal rights movements. I hope that, in the future, we advance as a society, such that it will only be natural to reject all inhumane treatment of animals. Although it was over 500 years ago, it was clear that Leonardo da Vinci was optimistic about the future. He predicted, "There will come a time when men such as I will look on the murder of animals as they now look on the murder of men."

As for me, I'll take a salad over a hamburger any day. I am sure it will taste just ducky!

## ANNUAL ESSAY CONTEST RULES

To enter VRG's annual essay contest, just write a 2-3 page essay on any aspect of vegetarianism or veganism. There are three entry categories: age 14-18, age 9-13, and age 8 and under. A \$50 savings bond will be awarded in each category.

All entries must be postmarked by Monday, May 2, 2011, for the year 2011 contest. Entrants should base their entries on interviews, personal experience, research, and/or personal opinion. You need not be vegetarian to enter. All essays become property of The Vegetarian Resource Group. Only winners will be notified.

### Send entries to:

The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203

Please make sure to include your name, age, address, phone number, school, and teacher's name.

## P.F. Chang's 'Vegetarian' Entrées Contain No Animal Ingredients

By Jeanne Yacoubou, MS, VRG Research Director

**A** VRG MEMBER TOLD US ABOUT AN EXPERIENCE SHE had at P.F. Chang's China Bistro in Edina, MN, in September 2010. She was told that the sauce in their entrées listed as 'vegetarian'—including Buddha's Feast, Coconut Curry Vegetables, Stir-Fried Eggplant, Vegetarian Ma Po Tofu, and Vegetable Chow Fun—contains milk. She asked The VRG to look into this because, in 2008, we had reported that P.F. Chang's 'vegetarian' entrées contain no animal products.

The VRG contacted P.F. Chang's about this issue. Stephanie in Customer Relations at P.F. Chang's assured us that all of the chain's vegetarian plates are dairy-free. These include the following: Buddha's Feast: Steamed (vegetable medley with five-spice tofu served steamed); Buddha's Feast: Stir-Fried (vegetable medley with five-spice tofu served stir-fried); Coconut Curry Vegetables (stir-fried mixed vegetables, crispy silken tofu, and peanuts in a vegetarian coconut curry sauce); Ma Po

Tofu (Sichuan's famous dish of crispy silken tofu in a vegetarian sauce with steamed broccoli); Stir-Fried Eggplant (tossed with scallions in a savory chili pepper sauce); Vegetarian Fried Rice (fried rice in a savory vegetarian sauce); and Vegetable Chow Fun (soft, wide rice noodles and vegetables in a vegetarian sauce).

Stephanie told The VRG, "I am unsure where your source received their information—and maybe they were confusing the coconut milk we use in the Coconut Curry Vegetables—but I can assure you there is no milk in our vegetarian recipes."

Because coconut milk powder may contain casein or other dairy products, we confirmed with P.F. Chang's. They said there was no casein in their vegetarian dishes.

When The VRG asked Stephanie if there were any eggs, egg products, or honey in the vegetarian dishes, she stated, "We do not use eggs, egg products, or honey in the dishes listed."

# NUTRITION HOTLINE

(Continued from page 2)

breast milk. Once she's weaned, however, she'll need other good sources of calcium. Some non-soy plant milks have calcium added to them. Green vegetables, such as kale and collard greens, also provide calcium. (The calcium in spinach is not well absorbed.) After you stop breastfeeding, you can use charts that detail the calcium in foods (<[www.vrg.org/nutrition/calcium.htm#table1](http://www.vrg.org/nutrition/calcium.htm#table1)>) to see if your daughter is getting enough. If not, a children's calcium supplement would be needed.

Vitamin D is added to soymilk and some other plant milks. Look for brands fortified with vitamin D when your daughter stops nursing.

Good sources of vitamin B<sub>12</sub> include fortified plant milks, fortified veggie 'meats,' fortified breakfast cereals, and Vegetarian Support Formula nutritional yeast.

Although we often hear concerns about obesity in children, we also need to be aware that children need enough calories to grow normally. Soy products are relatively high-calorie (compared to fruits and vegetables, for example), so if you are not using them, you may need to be more aware of other calorically dense foods, such as bean dips, avocados, and nut butters. Keep an eye on your daughter's growth rate, and add higher calorie foods as needed.

Good luck!

**QUESTION:** "I lost approximately 10 pounds after I had surgery a year ago and haven't been able to gain it back. (I was thin already.) My doctor says it's not because of any medical problem, and I'm not taking any medicines. I sometimes feel weak and dizzy and know that I need to gain weight.

"I've been vegan for many years and think that my diet is pretty healthy. I usually eat a large bowl of cold cereal with rice milk for breakfast, along with several pieces of fresh fruit. Lunch is a big salad or a veggie sandwich and a couple of more pieces of fruit. For dinner, I like to make stir-fries or a vegetable stew. I usually snack on fruit and a few nuts. I don't feel like I can eat any more food than I am eating now. Do you have any ideas?" H.L., FL

**ANSWER:** While your diet sounds extremely healthy, it also includes many foods that are commonly described as 'bulky.' Bulky foods make you feel full because they have a lot of fiber, but they don't provide the calories that you need to gain weight. Fruits, raw vegetables, and whole grain cereals all are very filling foods. They are great if you're trying to lose weight but may not be the best choices when you're trying to add pounds.

Here are a few suggestions:

- Try cutting back a bit on the fresh fruit and raw vegetables and snacking on more nuts, bean dips, avocados, energy bars, and other higher calorie foods.
- Instead of starting your meals with a big salad, eat other foods with more calories first. If you still have room, then have some salad.
- Make sure your beverages provide some calories. Instead of filling up with water, drink a smoothie with lunch, or have a glass of fruit juice or soymilk with dinner.
- Use more oil in cooking. For example, sauté with canola or olive oil, and make salad dressings with flax oil.

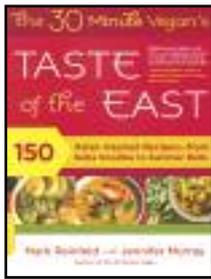
And remember that successful weight gain takes time. You can realistically expect to gain an average of half a pound to a couple of pounds a week.

**QUESTION:** "I saw a website that showed how much sugar there was in foods. It was really interesting—they used sugar cubes to compare the sugar in different foods. I was so surprised to see that there's more sugar in an orange or a bunch of grapes than in three chocolate chip cookies. How can that be?" O.S., via e-mail

**ANSWER:** Fruits contain a kind of sugar called fructose (literally, fruit sugar). They also contain vitamins, minerals, fiber, and water. For example, that orange may supply all of the vitamin C that you need for an entire day, along with other vitamins and fiber. Even though they contain fruit sugar, oranges are still pretty low in calories. They're called a nutrient-dense food, a food that packs a lot of good nutrition in a small number of calories. In contrast, the chocolate chip cookies may have less sugar, but they also don't offer much of anything else, except possibly fat and calories. It's important to look at the big picture and not just focus on sugar in whole foods like oranges or grapes.

## THE 30-MINUTE VEGAN'S TASTE OF THE EAST

By Mark Reinfeld and Jennifer Murray



The authors of *The 30-Minute Vegan* have published a follow-up to that popular cookbook. Their new *Taste of the East* includes 150 Asian-inspired recipes that can be prepared in less than half an hour.

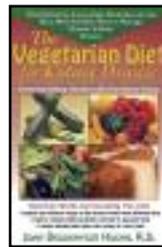
Part I introduces dishes from India, including Samosas, Tempeh Vegetable Korma, Tamarind Sweet Potatoes, Mango Lassi, and more. Part II features tasty cuisine from Thailand, such as Green Papaya Salad, Thai Basil Eggplant, Red Curry, and Coconut Ice Cream. Part III serves up Chinese dishes like Hot and Sour Soup, Spinach Tofu Dumplings, Bok Choy with Five-Spice Cashews, and Seitan and Broccoli. Part IV is all about Japanese dishes, including Nori Rice Balls, Wakame and Cucumber Salad, Pan-Seared Shiitake Udon Bowl, and Teriyaki Tofu. Finally, Part V consists of Asian fusion dishes, such as Coconut Mashed Parsnips, Indonesian Coconut Tempeh, Korean BBQ Tofu, and Tibetan Noodle Soup.

Chef's tips and tricks are sprinkled throughout this cookbook. Nutritional analyses are not provided, but most of the recipes do not appear to be high in fat.

*The 30-Minute Vegan's Taste of the East* (ISBN 978-0-7382-1382-8) is published by Da Capo Press and retails for \$18.95. Purchase it online or in your local bookstore. Reviewed by Debra Wasserman.

## THE VEGETARIAN DIET FOR KIDNEY DISEASE

By Joan Brookhyser Hogan, RD



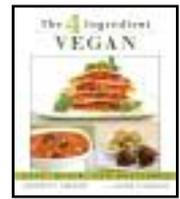
At one time, people with kidney disease were discouraged from following a vegetarian diet. It's very different today. Vegetarian diets can be used by people with chronic kidney disease and are recommended as a possible treatment. That's because vegetarian diets can slow kidney disease progression and help to manage other diseases, such as diabetes and high blood pressure, that can lead to kidney damage. Even those who are not vegetarian can benefit from a more plant-based diet.

Joan Brookhyser Hogan, a registered dietitian and specialist in renal nutrition, has written a comprehensive guide to vegetarian diets for people with kidney disease. Her clear, credible presentation dispels some myths, including the need for so-called 'quality protein.' Hogan uses brief stories from her clients to illustrate how helpful a vegetarian diet can be. She also includes meal plans and recipes developed to meet needs of different stages of kidney disease. All meal plans and recipes are vegetarian; many are vegan. This is an important, potentially life-changing book for those with chronic kidney disease.

*The Vegetarian Diet for Kidney Disease* (ISBN 978-1-59120-266-0) is published by Basic Health Publications, Inc. It has 152 pages and retails for \$14.95. Reviewed by Reed Mangels, PhD, RD.

## THE 4-INGREDIENT VEGAN

By Maribeth Abrams with Anne Dinshah



Some cooks are intimidated by recipes with a long list of ingredients. Now, there's a cookbook that meets their needs. *The 4-Ingredient Vegan* includes recipes with only four main ingredients, plus herbs, spices, water or broth, oil, and similar flavor enhancers.

For example, the Morning Meals section includes Cashew French Toast made from non-dairy milk, cashews, oats, and whole-grain bread, as well as a Baked Bean and Tater Casserole that contains only baked beans, tater tots, and your choice of veggies. The Fiesta Rice Salad consists of brown rice, corn, black beans, and cilantro salsa. The Baked Artichoke Dip calls for spinach, artichoke hearts, vegan mayonnaise, and garlic, while the Hazelnut-Yam Pâté includes hazelnuts, mashed yams, chickpeas, and light miso.

Other options include the Mediterranean Penne, which requires penne, vegan mayonnaise, tahini, and capers. The Stuffed Bell Peppers consist of brown rice, bell peppers, vegan chili, and salsa. And for dessert, try the Pear-fect Strudel, with Bartlett pears, dried apricots, pumpkin pie spice, and phyllo dough.

*The 4-Ingredient Vegan* (ISBN 978-1-57067-232-3) is published by the Book Publishing Company and can be ordered from The Vegetarian Resource Group for \$19 (including postage and handling). Reviewed by Debra Wasserman.

# reviews

## ONE MAGIC SQUARE

By Lolo Houbein



With the price of food continuing to rise, more and more people are interested in growing produce in their own backyard. Now, there's a terrific book called *One Magic Square: The Easy, Organic Way to Grow Your Own Food on a 3-Foot Square* that shows you how to cultivate crops efficiently in even the smallest yard.

This volume begins with a basic introduction to organic gardening, including soil secrets, composting guidance, intercropping tips, watering and mulching details, information about dealing with weeds and pruning, crop rotation instructions, and much more. You'll also learn about choosing the correct plants for your region's climate and how to save seeds.

Next, you'll find a section offering numerous suggestions about what to grow in your square garden box. Ideas include making salad plots and gardens with themes such as the curry plot, the stir-fry plot, and the pasta/pizza plot. There's also the soup plot, the herb plot, and many others.

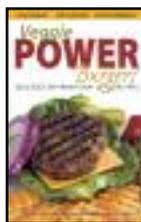
Finally, there's a terrific section discussing common fruits, vegetables, and herbs and information about how to grow and use them.

Please note that, although this book is very vegan-friendly, not all the information is totally vegan.

***One Magic Square* (ISBN 978-1-61519-012-6) is published by The Experiment. Order this book online at <<http://astore.amazon.com/httpwwwvrgorg-20/detail/1615190120>> or purchase it in your local bookstore. Reviewed by Debra Wasserman.**

## VEGGIE POWER BURGERS

By Cathy Gallagher and Barbara Schugt



Occasionally, I'll hear people say they don't like any of the veggie burgers sold in supermarkets. *Veggie Power Burgers* was probably written just for them!

The book serves up a wide range of burger recipes, many with an international twist. Try the Brazilian Cashew Burgers, African Millet Burgers, Inca Quinoa Burgers, Indonesian Tempeh-Walnut Burgers, and Peruvian Sweet Potato Burgers. The volume also has recipes for sauces like Cucumber/Apple Relish and Green Mint-Chili Salsa.

Most of the recipes in this book are vegan, and the few that are not can easily be made vegan. In a few cases, honey is used, but agave can be substituted. Also, soy yogurt and sour cream can replace the dairy versions.

***Veggie Power Burgers* (ISBN 978-0-615-20823-7) is published by BC Art Group, Inc. This book retails for \$15. It can be purchased at <[www.veggiepowerburgers.com](http://www.veggiepowerburgers.com)>. Reviewed by Debra Wasserman.**

## THE URBAN VEGAN

By Dynise Balcavage



Dynise Balcavage's newest book has more than 250 creative vegan recipes, ranging from street fare to gourmet offerings. Some of the more interesting recipes include Pecan Streusel Coffee Cake, Curried Wheat Berry-Spelt Salad, and Savory

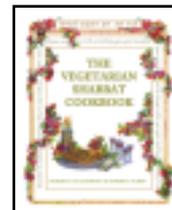
French Terrine. Other unique choices are Millet-Crusted Mushroom-Leek Pie, Seitan Steaks with Tarragon-Mustard Sauce, and Peanut Brittle.

In addition, this book features useful icons that quickly tell you if a recipe is kid-friendly, quick-and-easy, lowfat, or inexpensive.

***The Urban Vegan* (ISBN 978-0-7627-5281-2) is published by ThreeForks. Order this book online at <<http://astore.amazon.com/httpwwwvrgorg-20/detail/B0030IM160>> or purchase it in your local bookstore. Reviewed by Debra Wasserman.**

## THE VEGETARIAN SHABBAT COOKBOOK

By Roberta Kalechofsky and Roberta Schiff



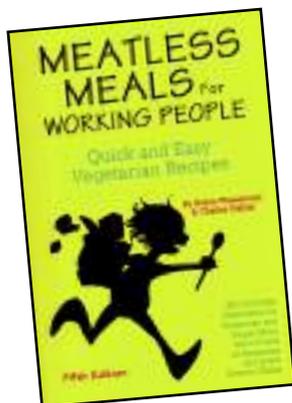
Jewish vegetarians and those that simply enjoy vegan dishes will want to purchase *The Vegetarian Shabbat Cookbook*. Traditionally, Shabbat meals are prepared before sundown on Friday evening and are consumed through Saturday afternoon. The recipes in this cookbook easily can be made ahead of time and eaten later.

Among the mouthwatering options are Baked Apple Cider Doughnuts, Indian Sweet Corn Soup, Baked Southern Fried Tofu, Linguini with Moroccan Lentil Sauce, Quinoa Puttanesca, Eggless Challah (bread), and Cinnamon Maple Pear Crumble.

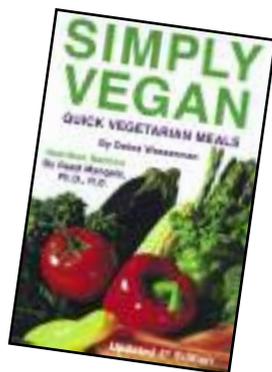
***The Vegetarian Shabbat Cookbook* (ISBN 978-0-916288-56-3) is 242 pages. It retails for \$26 and can be purchased online at <[www.micahbooks.com](http://www.micahbooks.com)>. Reviewed by Debra Wasserman.**

# VRG Catalog

## Books

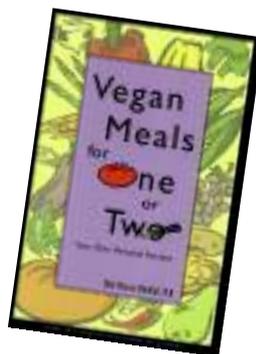


**Meatless Meals for Working People—Quick and Easy Vegetarian Recipes** (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be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



**Simply Vegan** (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 90,000 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.)



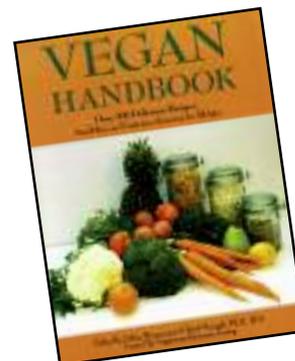
**Vegan Meals for One or Two—Your Own Personal Recipes** (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically 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.



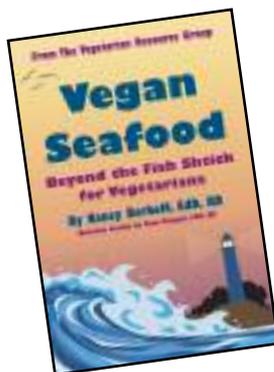
**Vegan Handbook** (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256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

**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.



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



**Vegan Seafood: Beyond the Fish Shtick for Vegetarians** (\$12) by Nancy Berkoff, EdD, RD. 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, Gefilte 'Fish,' Spicy 'Fish' Cakes, and much more!

### Free Children's Handouts

**I Love Animals and Broccoli Coloring Book**  
A coloring book that promotes healthy eating and vegetarianism for children ages 3-7.

**Vegetarian Nutrition for Teenagers Brochure**  
with all of the basics about veggie nutrition.

(For these items, a donation to cover printing and postage would be appreciated.)

### Bumper Stickers

**Bumper Stickers** (\$1 each, 10+ \$.50 each)  
"Be Kind to Animals—Don't Eat Them"  
"Vegetarians Are Sprouting Up All Over"

### Vegetarian Journal

**Vegetarian Journal** subscriptions are \$20 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

### Reprints from Vegetarian Journal

Non-Leather Shoes, Belts, Bags, etc. (\$5)  
Guide to Food Ingredients (\$6)

### Order Form

To order, mail to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; place your order over the phone Mon-Fri 9 a.m. to 5 p.m. Eastern time at (410) 366-8343; fax your order form to (410) 366-8804; or order online at our website: <www.vrg.org>.

Check or Money Order (Enclosed)

ITEM	QUANTITY	PRICE	SUBTOTAL
Vegetarian Journal Subscription			

SUBTOTAL \$ \_\_\_\_\_  
 SHIPPING AND HANDLING\* \$ \_\_\_\_\_  
 MARYLAND RESIDENTS, ADD 6% SALES TAX \$ \_\_\_\_\_  
**DONATION** \$ \_\_\_\_\_  
 TOTAL \$ \_\_\_\_\_

Credit Card  VISA  MasterCard  
 NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_  
 ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_  
 PHONE ( ) \_\_\_\_\_  
 CREDIT CARD # \_\_\_\_\_  
 EXPIRATION DATE \_\_\_\_\_  
 SIGNATURE \_\_\_\_\_

**\*SHIPPING AND HANDLING CHARGES**  
 For orders under \$25, add \$6 (\$10 Canada/Mexico) for shipping.  
 For orders over \$25, shipping is free within the continental U.S.  
 For other foreign orders, inquire about shipping charges first.

## HEATHER MILLS BY HEATHER GORN

**A**S I WALKED DOWN THE QUIET STREETS OF HOVE, a beach town on the south coast of England, I couldn't help but think that this was a strange place for Heather Mills' new vegan café, VBites. Though it opened on July 4, 2009, Mills had been trying to buy the premises for several years; when I arrived there, I understood why. Positioned in the middle of a skate park, playground, pool, and picnic benches in Hove Lagoon State Park, VBites forms a hub that is surrounded—in fact, virtually overrun—by kids, parents, and everyone else out to enjoy the nice weather by the shore. Mills, who lives in Hove herself, recalls the locals' initial suspicion about VBites:

"They would say, 'Why are you turning our community café into a vegan café?' And now they say, 'I'm absolutely blown away!'" She estimated that they are serving approximately 700-900 patrons a day during the busy season.

Mills, a former model-turned-activist, is also a mother of a 6-year-old, so making sure that kids have access to healthful vegan food is a cause that is close to her heart. In addition to serving on the board of the New York Coalition for Healthy School Food, she also recently opened a VBites café that serves free meals to underprivileged kids and their families in the Bronx. Though she continues to navigate the complexities of school bureaucracies to get more healthful foods into school lunch programs, Mills decided, "The easiest way to get it to the children in the meantime was to open a café."

The Redwood Wholefood Company, Mills' all-vegan food company based in England, has four lines—Cheezly, Vegideli, Cheatin', and Fabulous Fudge Factory. Collectively, these brands include around 50 meat and dairy substitutes, from cheeses to sausages, from fish steaks to fudge, and everything in between. Mills sees her role as "covering the transitional carnivore." For many people, the first step toward a vegan diet is replacing the animal products they are accustomed to eating

with equivalent vegan substitutes; therefore, it is especially important that these substitutes be delicious. "That's the whole point," Mills summarized. "Don't make a big deal out of it—just feed. If it's good food, people will like it."

This past March, Mills exhibited her products (called VBites in the United States) at the Natural Products Expo West in Anaheim, CA, to an eager crowd. Cheezly is now available at some natural foods stores across the U.S. and from online retailers, with VBites frozen pizzas and pizza toppings (beef, chicken, chorizo, ham, and pepperoni) following in short order.

VBites Ready Meals come in five varieties: Chicken Style Madras Curry, Beef Style Curry with Potatoes, Beef Style Stroganoff, Chicken Style Cacciatore, and Sausage & Chorizo Style Casserole. Ready Meals are all shelf-stable and prepared without harmful preservatives, and Mills is looking to open the minds of supermarkets to the ease with which they can carry vegan products.

At the Natural Products Expo, Mills also noticed an overwhelming interest in franchising VBites as a vegan fast food chain. This has always been her intention, but with the first VBites at Hove having not yet been open a year as of this writing, she wants to take some additional time to make sure she understands every component of the business before expanding.

In addition, Mills is working on a vegan cookbook, which she is self-publishing in the coming months.

For more information about Heather Mills, please visit <[www.heathermills.org](http://www.heathermills.org)>. Learn about Redwood Wholefood Company at <[www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk)>, about VBites Café at <[www.vbites.com](http://www.vbites.com)>, and about the VBites product line at <[www.vbitesusa.com](http://www.vbitesusa.com)>.



Model-Turned-Vegan Activist Heather Mills

**Heather Gorn is a longtime VRG volunteer. She is currently a graduate student in English at Cambridge.**

# VRg

THE VEGETARIAN RESOURCE GROUP  
VEGETARIAN JOURNAL  
P.O. BOX 1463  
BALTIMORE, MD 21203  
www.vrg.org

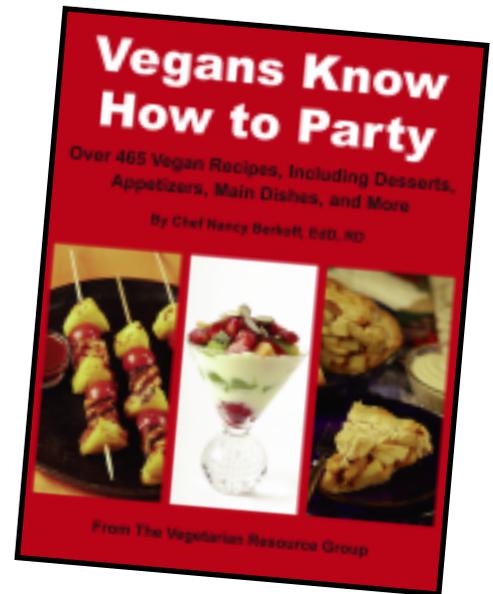
NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
BALTIMORE, MD  
PERMIT NO. 9169

CHANGE SERVICE REQUESTED

## **New!** Vegans Know How to Party

With **Vegans Know How to Party**, Chef Nancy Berkoff shows you how to put on a soiree for vegans and anyone who enjoys great food! This 384-page book features color photographs and over 465 vegan recipes for appetizers, entrées, desserts, and much more! It teaches readers how to make soups, salads, dips, breads, sandwiches, pizzas, 'neatballs,' kebobs, ethnic specialties, and beverages. The 8½ x 11-inch volume also has recipes for cakes, pies, cookies, muffins, parfaits, puddings, and other decadent delights! In addition, it includes tips about party planning, kids' parties, cooking for a crowd, and working with caterers.

To order **Vegans Know How to Party** in the U.S., send \$25 to The VRG, P.O. Box 1463, Baltimore, MD 21203. You can also order the book online at <[www.vrg.org/catalog/](http://www.vrg.org/catalog/)>. Feel free to call (410) 366-8343 or e-mail [vrg@vrg.org](mailto:vrg@vrg.org) with any questions.



## And Don't Forget About Our Scholarships!



Each year, The Vegetarian Resource Group awards two \$5,000 college scholarships to graduating U.S. high school students who have championed vegetarianism in their schools and/or communities. Applicants are judged on having shown compassion, courage, and a strong commitment to promoting a peaceful world through a vegetarian diet and lifestyle. This year's application deadline is Monday, February 21, 2011. Please visit <[www.vrg.org/student/scholar.htm](http://www.vrg.org/student/scholar.htm)> to learn more!

Printed on recycled paper!