

Vegan Dishes Without Added Oil, Salt, or Sugar

VOLUME XXXIII, NO 1

VEGETARIAN

JOURNAL

Science, Caring, and Vegan Living
Since 1982

The savory side of Chocolate

Do Vegans & Vegetarians stay Veggie?

Survey Results

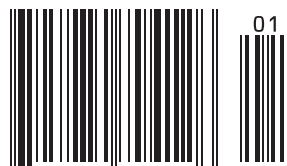
Get toddlers to eat veggies!



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NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline recommends ways to get toddlers to eat more vegetables.

QUESTION: *What are some ways to get toddlers to eat vegetables?*
J.C., via email.

ANSWER: It is important to try to find ways to get toddlers to eat vegetables. Children who eat few vegetables tend to also eat a limited variety of vegetables as adults¹. Adults who eat more vegetables and fruits seem to have a lower risk for many diseases²; promoting vegetables in toddlers' diets is a great way to help them develop healthy eating lifelong behaviors.

One of the simplest ways to get toddlers to eat vegetables is to eat them yourself. Toddlers love to copy parents, so if you eat mainly burgers and potatoes, it's likely they will, too. On the other hand, if you eat red pepper strips and broccoli florets, chances are that your toddler will at least try these foods. Similarly, peer pressure may work. Seeing friends or siblings eating vegetables has made some toddlers more eager to eat vegetables, too.

Toddlers have a strong need for stability – they don't typically like new things. That's important to keep in mind when introducing a new food. Don't be put off if they reject it at first. Research shows that toddlers may need to experience a food six or more times before it becomes "familiar" and accepted³. As they get to know a food, they may smell it, taste it and then spit it out, or lick it. Some families find that a one-bite policy (you have to eat a small bite) works as children get acquainted with new vegetables.

Toddlers often don't care for the bitter taste of some vegetables. Choosing sweeter vegetables such as carrots, corn, peas, and sweet potatoes can lead to success. For other vegetables, one way to reduce the bitterness is to serve them raw or lightly steamed rather than cooking them for a long time. Low-fat dips (hummus or salad dressing) can also be used to mask the bitter taste. Research has shown that use of low-fat dips increased the acceptance of vegetables⁴. A light sprinkle of salt (by the parent or caregiver) can also help to increase vegetable intake, possibly because salt hides some of the bitter flavor⁵.

Children will eat more vegetables when they're hungry. Serving a plate of raw vegetables before the meal is one way to increase acceptance. One study has shown that when children were given vegetables before a meal, their total vegetable intake (from before and during the meal) was higher than when they were only served vegetables at the meal⁶.

Involving toddlers in choosing vegetables, at the store or a farmer's market, in growing and harvesting vegetables, and in preparing vegetables often increases their willingness to eat them. Even something as simple as putting grated carrot "hair" and cherry tomato "eyes" on a rice cake spread with hummus can make your little one more eager to eat carrots and tomatoes.

Some experts recommend a

Continued on page 15...

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NOTE FROM THE COORDINATORS

A WEEKEND OF COAST-TO-COAST VEGAN OUTREACH



At the time of writing this piece, we just exhibited at Natural Products Expo East, the main trade show for the natural foods industry. It was gratifying to learn from several supermarket dietitians visiting our booth that they use our Guide to Food Ingredients. Kudos to Jeanne Yacoubou, who researches ingredients for us throughout the year, as well as Heather Gorn, who posts this information to our Facebook, Twitter, and blog. Thank you to Priscilla, whose language skills helped us talk with Spanish, Portuguese, and Chinese-speaking visitors. And thank you to Chris who used his Spanish and Hindi to speak with businesspeople from Latin America and India. We especially enjoyed connecting entrepreneurs producing new vegan foods with marketers and venture capitalists who may be able to help them. And our editor Samantha will be reporting on some of the new vegan products she found.

The same weekend we were at Natural Products Expo East, our volunteers had outreach booths for The Vegetarian Resource Group in San Francisco, California; Richmond, Virginia; and Washington, D.C. Thank you to everyone who donated their time. Phil Becker, who has volunteered for us for more than 30 years, said of the San Francisco Vegetarian Society Festival, this year people buying books “was a personal record for me as a VRG volunteer at this event.” Thank you to vegan registered dietitian Mark Rifkin, who was swamped with questions at the D.C. VegFest. He answered inquiries ranging from raising vegan kids to how to lose weight. And thank you to Elsa Spencer, PhD (nutrition), who along with her children volunteered at the Richmond Vegetarian Festival. She said there were so many questions at our booth about vegetarian diets, Paleo diets, vegan protein sources, and on and on.

Vegans and vegetarians are such a varied audience. In this issue we have an article on cooking with chocolate and a piece for those who want to cook with no added oil, sugar, or salt. An especially enjoyable task last year was judging our video contest. The students did such a great job. See page 21 and http://www.vrg.org/veg_videos.php. We are looking for sponsors to continue this video contest. Let us know if you're interested.

Thank you so much to all our donors and volunteers who enable us to carry out our varied outreach. We appreciate your support of a more ethical world for future generations.

Debra Wasserman & Charles Stabler

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.

Thanks to G. Wayman for her donation in honor of Bob Schmidt, a dedicated vegetarian whose spiritual practice honors all sentient beings.

We appreciate the generous donation from Bill Shurtleff (Soyinfo Center) in honor of Charles and Debra for a lifetime of outstanding work to make people aware of and to reduce cruelty.

VRG greatly appreciates an anonymous donation of \$5,000 for enrollment in our Circle of Compassion.

CONSIDER INTRODUCING VEGGIE BURGERS AT YOUTH SPORTS TOURNAMENTS

My sons' rugby club recently hosted an annual multi-county tournament. The club was responsible for providing food and drinks at a concession stand. As a vegetarian parent, I suggested to their coach that veggie burgers would be a healthy alternative to the typical hamburgers and hot dogs that my own sons wouldn't eat. He agreed.

Not knowing how well veggie burgers would sell at a rugby tournament, I supplied twenty-four patties. Twenty sold the first day. The second day when the teenagers played, all sold within the first two hours. We'll know to have more on hand next time!

As a parent volunteer working the cash box, I acknowledged each person who purchased a veggie burger and expressed thanks for their support. Several people were relieved that finally the vegetarian in their family truly felt accommodated at an event where typically only meat products are on the menu. A few stated health reasons for their selection and one

person just wanted a change from meat. I encountered absolutely no hostility, dislike, or sarcasm from anyone regarding the non-meat menu listing.

Jeanne Y., via e-mail

THE 50+ VEGAN CROWD

How great to see two articles for the over 50 reader in Issue 3 2013 *Vegetarian Journal*! My new book, co-authored with Virginia Messina, MPH, RD and Carol J. Adams, is also for those of us in the second half of our lives. *Never Too Late to Go Vegan; The Over 50 Guide to Adopting and Thriving on a Plant-Based Diet* is available.

With more than 75 recipes that are ideal for the 50+ vegan, it also includes information and advice about issues that younger people may not face: the legacy we want to leave; socializing with friends old and new; how and why to move toward veganism; family concerns and behaviors when you go vegan; and a theory and practice of caregiving as a vegan. I hope you will continue to write for those of us over 50.

With ongoing thanks for all the good work VRG does, Patti B., 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.

Coming in the Next Issue:

CAMBODIAN CUISINE

Plus: James Lick High School Garden, Kid-Friendly Entrées, Quick Salad Dressings, Guide to Vegan Milks, and more!

Beyond Meat®

By Jeanne Yacoubou, MS
Veggie Chicken Strips from a Cumberland, Maryland Company

Beyond Meat®, from Savage River, Inc., a meat analog company founded by Ethan Brown and based in Cumberland, Maryland, began out of concern for farm animals. As a child spending weekends on his family's farm, Brown grew increasingly concerned about the plight of animals raised for food. He eventually became vegan. Unsatisfied with meat analogs on the market, he decided to start a company that offered something "more realistic, tastier, and cheaper." He turned to Fu-Hung Hsieh at the University of Missouri.

Fu-Hung Hsieh, a biological engineering professor at the University of Missouri, and his assistant Harold Huff, perfected the technology to make a meat analog over many years. They used an industrial extruder to which a powder mix is added to water in certain proportions and heated to a very high temperature so that meat-like striations form. Then the product is quickly cooled so that it will not melt, but retain its fibrous, meat-like texture. The entire process only takes seconds.

The university sold Brown exclusive licensing rights.

Made from soy, pea protein, amaranth, and carrot fiber with a few other vegan ingredients, Beyond Meat® Veggie Chicken Strips, according to Brown, "will appeal to vegans and vegetarians as well as mainstream consumers looking to incorporate meatless meals into their diets while maintaining the taste and texture of meat." According to product literature, a 3 oz. serving of Beyond Meat® Veggie Chicken Strips contains "18 g of complete protein, no saturated or trans fats, and is gluten-free." It is rich in iron and low in sodium ("260 mg/3 oz. compared to similar products with up to 690 mg/3 oz. serving"). There is no white sugar in the product. (The typically corn-derived sweetener, maltodextrin, is listed as an ingredient.)

Brent Taylor, Vice President of Corporate Develop-

ment for Beyond Meat®, told The VRG that "unlike other meat analogs, ours has a visible fiber structure that pulls apart with your fingers...and I can eat it, stand alone, hot or cold, just like...chicken."

The VRG first learned of Brown's product in October 2011, when the writer spotted it on the menu at Woodstock Farm Animal Sanctuary's ThanksLiving: <http://woodstocksanctuary.org/news-events/events/thanksgiving-2011/>. There it was served as Savage River Faux Chicken Rajas in Orange Garlic Mojo. Since then, it has been served in many Mid-Atlantic universities and hospitals.

Mary Adams, Vice President of Marketing for Beyond Meat®, told us that "...36 northern California Whole Foods Markets began using Beyond Meat® in some of its prepared food items in mid-June 2012." These items may include chicken wraps, pastas, enchiladas, and salads. In Fall 2012, the product became available to consumers as a retail item. We have seen this product sold in Maryland Whole Foods Markets, further expansion to other Whole Foods Markets, mainstream supermarkets, convenience stores, and similar establishments, is planned.

Soon to be launched by the company is a product called Veggie Beef Crumble, first to be used in foodservice with eventual plans for retail sale. Plans for a pork analog are also in progress. For updates to Beyond Meat's® entry to the marketplace, readers may consult its website: <http://beyondmeat.com>.



Thai Satay prepared with Beyond Meat®. Recipe available at beyondmeat.com/recipes/thai-satay/



Kendal at Oberlin

By Laura McGuinness
Retirement Community Offers Vegetarian/Vegan Menu Options

Kendal at Oberlin is a retirement community that houses seniors in Oberlin, Ohio. They offer assisted living and skilled nursing right there in the community, as well as independent living for those able to care for themselves. Kendal is located on 100 acres with 37 assisted living suites, 42 nursing home apartments, and surrounding buildings that provide independent living for those still able to care for themselves. Kendal normally houses around 315 to 330 people at any given time. Among those hundreds of people, a handful follow a vegan diet (about 4 or 5) and another handful are dedicated vegetarians. However, the number of vegetarian seniors moving into Kendal is growing each year and many more are proving interested in the diet and willing to try new things. Director of Hospitality Services, Greg Zehe, describes those who are interested in a vegan/vegetarian diet, but not necessarily one hundred percent committed, as "flexitarians." He states that this new category is a huge (and growing) portion of their community.

Kendal at Oberlin serves about 650 meals per day. There are always two vegetarian options available, usually one containing vegetables and one containing beans. Common vegan options are: steamed vegetables, green curry tofu and bok choy, barbecue tofu with greens and noodles, broccoli with rosemary, Napa cabbage sautéed with lemon and ginger in a vegetable stock, and

pasta fantastica which is made with whole wheat pasta, sundried tomatoes, and baby spinach. Fresh fruit, a salad bar, and non-dairy milks are always available.

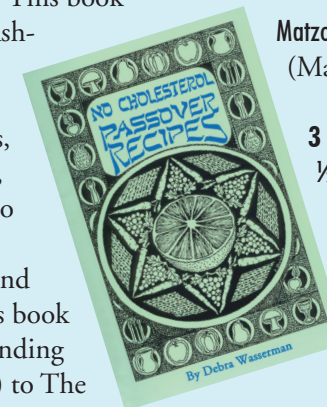
The seniors who are interested in vegetarian and vegan diets have been more likely to try these healthier foods if they look and sound appealing. A dish that has proven extremely popular within the entire community is Kendal's spicy lentil spaghetti, which is said to taste and look exactly like spaghetti in meat sauce. When asked to give tips to foodservice staff about preparing vegetarian/vegan items, Greg Zehe said, "We have our serving staff taste everything so they get familiar with the taste of it and can answer questions honestly. When somebody asks a worker how something tastes, they can respond truthfully." If your foodservice staff has a positive attitude towards vegetarian and vegan food, so will your clients! With this new generation of vegetarians entering retirement communities, a good attitude and an always evolving menu are the keys to happy and healthy senior citizens.

For more information on Kendal at Oberlin, visit: <http://www.kao.kendal.org>.

For information on other senior facilities and information for seniors, visit <http://www.vrg.org/seniors/>.

Celebrate Passover with Vegan Dishes!

The Vegetarian Resource Group offers *No Cholesterol Passover Recipes* by Debra Wasserman. This book features 100 vegan dishes following Ashkenazi Jewish traditions suitable for Passover. Among the recipes you'll find in this book are Passover Muffins, Carrot Cream Soup, Eggplant Caviar, Chopped "Liver" Spread, Sweet Potato Kugel, Layered Vegetable Casserole, Stuffed Cabbage, Fruit-Nut Chews, and Festive Macaroons. You can order this book online at www.vrg.org/catalog or by sending \$15 (including postage and handling) to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.



Start your morning off with the following recipe:

Matzo Meal Pancakes
(Makes 8 small pancakes)

3 small ripe bananas, peeled
½ cup matzo meal
¾ cup water
2 teaspoons oil

Mash bananas in a small bowl. Add matzo meal and water. Mix well.

Heat oil in a frying pan over medium heat. Form 8 small pancakes in the heated pan and fry about 10 minutes total until brown on both sides.

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

More Meat Associated with Increased Diabetes Risk

More people in the U.S. are being diagnosed with type 2 diabetes, formerly called adult-onset diabetes, which can lead to a greater risk of heart disease, eye problems, and kidney disease. Several studies have found that people who eat more red meat have a higher risk of type 2 diabetes. What about people who increase the amount of meat they consume, perhaps because they're on the Paleo diet or simply want more meat? A study of more than 150,000 people looked at how their meat consumption changed over a 4-year period and the effect of changes on diabetes risk. The results were sobering. Compared with those who ate fewer than 2 servings of red or processed meat weekly and whose meat consumption was stable, those who increased their red or processed meat intake by more than half a serving a day almost doubled their risk of diabetes. While part of this was due to weight gain associated with higher meat consumption, increased red meat consumption also independently increased the risk of having diabetes. Reducing meat consumption by a half serving a day reduced the risk of type 2 diabetes somewhat. This study did not look at vegetarians; other studies have found a lower risk of type 2 diabetes in vegetarians.

Pan A, Sun Q, Bernstein AM, Manson JE, Willett WC, Hu FB. 2013. Changes in red meat consumption and subsequent risk of type 2 diabetes mellitus: three cohorts of US men and women. *JAMA Intern Med* 173:1328-35.

Restaurant Meals Can Provide Calorie Overload

Many people eat out – whether for a special occasion or due to no time to cook. The average U.S. adult eats almost 5 meals a week in a restaurant. It's almost impossible for customers to know how many calories are in their meals. Even when regulations go into effect requiring large chains to post calorie information, about half of restaurants will be exempt from these requirements. Researchers recently measured the calories in the 42 most frequently purchased meals from Mexican,

American, Chinese, Italian, Japanese, Thai, Indian, Greek, and Vietnamese restaurants. Meals averaged 1327 calories, more than twice what most people need at a meal. Meals from Italian restaurants had the most calories and meals from Vietnamese restaurants had the least. Meals which appeared to be meatless (bean burritos, eggplant parmesan, vegetable tempura, vegetable red curry, and Greek salad) ranged between 872 and 1948 calories. The researchers recommend that all restaurants be required to post calorie information so that consumers can make informed choices.

Urban LE, Lichtenstein AH, Gary CE, et al. 2013. The energy content of restaurant foods without stated calorie information. *JAMA Intern Med* 173:1292-9.

New Results from the Adventist Health Study-2

A large study of Seventh-day Adventists is currently going on. The study includes more than 70,000 adult participants whose diets range from vegan to non-vegetarian. Study subjects have been followed for close to 6 years; over that time, 2570 people died. Researchers compared the dietary patterns of those who died to those who didn't. "Vegetarians" (described as those eating meat or fish less than once a week) had a lower risk of death than "non-vegetarians" who ate meat or fish more often. While these results made headlines in the popular press, they tell us little about mortality in vegetarians who never eat meat or fish. Looking at subgroups of vegetarians provides some more information. "Vegans" (consumed any animal product less than once a month), "lacto-ovo vegetarians" (consumed eggs or dairy at least once a month, other animal products less than once a month), and "pesco-vegetarians" (fish at least once a month, meat less than once a month) had a lower risk of death than did non-vegetarians. These results suggest that a reduction in animal product consumption is associated with lower mortality.

Orlich MJ, Singh PN, Sabaté J, et al. 2013. Vegetarian dietary patterns and mortality in Adventist Health Study 2. *JAMA Intern Med* 173:1230-8.

Prostate Cancer: Can Dietary Changes Affect Survival?

Other than skin cancer, prostate cancer is the most common cancer in men in the U.S.; one out of every six men will receive a prostate cancer diagnosis. Prostate cancer is the second leading cause of cancer-related deaths in men in the U.S. Most men who are diagnosed with prostate cancer do not die from it. Recent research suggests that diet may play a role in prostate cancer outcome. About 4500 men with prostate cancer were studied for a number of years. During that time, 315 men died from the disease. Men whose diets were higher in vegetable fats (mainly oils and nuts) and lower in carbohydrates had a lower risk of dying from prostate cancer and had lower death rates overall. Other studies have suggested that excessive use of refined carbohydrates may be associated with prostate cancer. It's not clear whether it is higher vegetable fat intakes or lower refined carbohydrate intakes that could explain the lower risk of death from prostate cancer seen in men with higher vegetable fat intakes. Replacing animal fats with vegetable fats also reduced the risk of death from prostate cancer. Men whose diets were higher in saturated fats and trans fats after their diagnosis of prostate cancer had a higher risk of death from all causes.

Richman EL, Kenfield SA, Chavarro JE, et al. 2013. Fat intake after diagnosis and risk of lethal prostate cancer and all-cause mortality. *JAMA Intern Med* 173:1318-26.

Freedland SJ. 2013. Dietary fat and reduced prostate cancer mortality: does the type of fat matter? *JAMA Intern Med* 173:1326-7.

Botulism Linked to Home-Fermented Tofu

The process of making fermented tofu at home involves allowing unrefrigerated tofu to be exposed to bacteria in the air for a week or more so that it ferments. Salt and spices are then added and the tofu is refrigerated. A recent report from the Centers for Disease Control and Prevention (CDC) linked botulism to home-fermented tofu. Foodborne botulism is caused by eating foods contaminated with botulinum toxin produced by the bacterium *Clostridium botulinum*. It can be fatal. Both of the people who developed botulism had purchased fresh tofu from the same Chinese grocery in Queens, New York, where tofu was sold in unrefrigerated, uncovered, water-filled bins. Contamination with botulinum spores

may have occurred at the factory where the tofu was made or at the grocery. Tofu fermentation took place under low-acid and low-salt conditions which could have allowed spores to germinate and form toxins. The people who became ill developed severe symptoms including vomiting and difficulty breathing and were hospitalized and intubated. Both recovered from their serious illness. Although fermented tofu has only been associated with botulism once before in the U.S., in China, fermented tofu and other fermented products are responsible for most food-related botulism.

Centers for Disease Control and Prevention (CDC). 2013. Botulism associated with home-fermented tofu in two Chinese immigrants - New York City, March-April 2012. *MMWR Morb Mortal Wkly Rep* 62:529-32.

Researchers Question Recommendations for Cow's Milk

David Ludwig, MD, PhD and Walter Willett, MD, DrPH are physician-researchers affiliated with the Harvard Medical School. They recently published an opinion piece in a scientific journal questioning the recommendation that people in most age groups drink 3 cups of reduced-fat cow's milk daily. They point out that there is little evidence that replacing whole milk with reduced-fat milk helps people to lose weight. People tend to compensate for the lower calories in low-fat milk by eating more of other foods, often sugary snacks such as cookies. In order to reduce saturated fat, they recommend replacing whole milk with foods containing unsaturated fat or minimally processed grains, beans, fruits, and vegetables. They are concerned about the higher risk of prostate cancer associated with dairy product consumption.

Ludwig and Willett state, "Humans have no nutritional requirement for animal milk, an evolutionarily recent addition to diet." They also say, "For those with high-quality diets (including green leafy vegetables, legumes, nuts, seeds, and adequate protein), the nutritional benefits of high milk consumption may not outweigh the negative consequences." They suggest that recommendations should call for 0 to 2 or 3 cups of milk daily, rather than requiring that everyone drink 3 cups of cow's milk.

Ludwig DS, Willett WC. 2013. Three daily servings of reduced-fat milk: an evidence-based recommendation? *JAMA Pediatr* [Epub ahead of print].

the *savory* side of chocolate

by Debra Daniels-Zeller

Say chocolate and most people conjure up images of something sweet. But the word chocolate actually comes from the Aztec word *xocolatl* that translates as bitter water. And as an ingredient, chocolate is filled with bitter tones.

The history of chocolate goes back 3,000 years. Some say chocolate was invented, not discovered, and that early civilizations like the Olmecs (in what is now Central America) invented the fermentation, drying, and roasting process. They then ground it into cocoa powder. The Mayas picked up chocolate cultivation, and later the Aztecs used cacao beans as a source of currency.

Cacao pods are picked by hand. Once opened, cacao seeds are removed, dried, and fermented in a two-step process. Fermentation takes five to eight days. It activates the flavors we recognize as chocolate. The seeds are then pounded into a powder. In the beginning, this powder was stirred into water to make a bitter beverage, no sugar added.

Europe imported cocoa beans in the 1500s, and chocolate and sugar later joined forces, creating a new world of sweets. Once the technology was

developed to turn chocolate into sweets around 1850, sweet treats quickly eclipsed the savory chocolate recipes.

Chocolate has been a dessert staple for centuries, but Mexicans have always used chocolate in traditional *mole* sauces. And Italians add chocolate to pasta dishes and stir the powder into sauces and glazes as a thickening agent. More recently, chefs have been adding chocolate to savory dishes, including roasted cauliflower.

But chocolate lovers beware: in savory dishes, chocolate isn't the star of the show, but a bit player that helps pull all the flavors together. So use a light hand with chocolate in savory dishes. Blend just enough chocolate to balance the other ingredients. And remember, if you taste chocolate or the dish is bitter, you've added too much. Temper it with sweet and salty flavors. For pairings in savory dishes, try sweet spices like vanilla, cinnamon, and nutmeg, and to kick up the heat, add spicy and smoky ingredients like cayenne and smoked chiles. If you're looking for vegetable ideas—consider parsnips, cauliflower, winter squash, or sweet potatoes.



Chocolate Balsamic Vinaigrette

(Makes about ¾ cup or 6 servings)

This vinaigrette tastes amazing over a spinach and pear or strawberry salad with toasted walnuts.

- ½ teaspoon ground fennel seeds
- ½ Tablespoon cacao nibs (see page 13)
- ½ cup balsamic vinegar
- ¼ cup extra-virgin olive oil
- 1-2 teaspoons agave nectar
- ¼ teaspoon cayenne
- Salt to taste

Toast fennel seeds in a small frying pan over medium heat. When the seeds become fragrant, remove from heat and let them cool. With a mortar and pestle, grind the cooled seeds and the cacao nibs into a powder.

Combine fennel and chocolate mixture with balsamic vinegar, olive oil, agave nectar, and cayenne in a blender. Add salt to taste.

Total calories per serving: 104
Carbohydrates: 5 grams
Sodium: 6 milligrams

Fat: 9 grams
Protein: <1 gram
Fiber: <1 gram

Slow-Simmered Black-Eyed Peas and Corn in Barbecue Sauce

(Serves 4)

This easy dish doesn't take long from start to finish, but you can also start this in a Crock-Pot® in the morning, and dinner is a snap in the evening.

- 1½ cups dry black-eyed peas, rinsed
- 1 cup frozen corn
- 2 cups Sweet and Smoky Barbecue Sauce (see recipe page 12)
- 1½ cups water

Place ingredients in a Crock-Pot® and cook on low for 6-7 hours. Alternatively, use canned black-eyed peas. Drain, then in a large saucepan on the stovetop combine black-eyed peas, corn, smoky barbecue sauce and water, and simmer for about 10 minutes. Serve with a green salad and sourdough rolls.

Total calories per serving: 337
Carbohydrates: 69 grams
Sodium: 780 milligrams

Fat: 1 gram
Protein: 17 grams
Fiber: 8 grams

Black Bean and Yam Enchiladas Infused with Chocolate

(Serves 4)

Chocolate adds an exotic touch to these south-of-the-border enchiladas. One 15-ounce can of sweet potato or pumpkin purée can be used in place of the yam.

- 1 large yam, washed
- 1 onion, diced
- 1 Tablespoon canola oil
- 2 cloves garlic, pressed
- ¼ cup salsa
- ½ teaspoon cinnamon
- 2 teaspoons cocoa powder
- 1 teaspoon agave nectar (or to taste)
- One 16-ounce can vegan enchilada sauce (mild or hot)
- ½ teaspoon garlic powder
- One 15-ounce can no-salt-added black beans, drained and rinsed
- ¼ cup chopped black olives (optional)
- 1 Tablespoon vegetable oil
- 8 small corn tortillas

Preheat oven to 350 degrees. Poke the yam with a fork and bake for one hour or until very soft. Leave oven on for the enchiladas.

While yam bakes, heat a heavy skillet over medium heat. Add onion and oil. Stir and cook until onion becomes translucent. Add garlic, salsa, cinnamon, cocoa powder, agave nectar, and enchilada sauce. Stir and heat for a few minutes. Remove from heat.

Let baked yam cool a bit, then remove skin and mash yam gently with garlic powder and black beans. All the beans don't need to be mashed; leave a few whole for texture. Stir in the olives (optional).

Heat a nonstick griddle over medium heat. Brush each tortilla lightly with oil before putting it on the griddle. Cook the tortillas until they bubble and soften.

Pour one third of the sauce into a 7 x 9-inch or 8 x 8-inch cake pan. Brush each tortilla (both sides) with sauce before setting the tortilla in the pan and spreading with about 2 Tablespoons of the yam and black bean mixture. Roll the tortillas, lining them up in the pan. Pour remaining sauce over enchiladas. Cover and bake for 30 minutes.

Total calories per serving: 391
Carbohydrates: 64 grams
Sodium: 884 milligrams

Fat: 11 grams
Protein: 11 grams
Fiber: 12 grams

Sweet and Smoky Barbecue Sauce with a Hint of Chocolate

(Makes about 2 cups)

Chocolate pulls all the other flavors together and gives an exotic tone to this barbecue sauce. You can find vegan Worcestershire sauce in natural foods stores. This sauce is perfect over sliced, cooked tempeh or you can add it to black-eyed peas and corn in a Crock-Pot® (recipe on page 11). The sauce should keep for about a week sealed in the refrigerator.

- 1 cup ketchup
- ¾ cup water
- 2 cloves garlic, minced, or ¼ teaspoon garlic powder
- 1 Tablespoon vegan Worcestershire sauce
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon maple syrup
- 2 teaspoons chili powder
- 1 Tablespoon vegan dark chocolate syrup
- Hot sauce to taste
- Salt and pepper to taste

In a small saucepan, combine ketchup, water, garlic, vegan Worcestershire sauce, apple cider vinegar, maple syrup, chili powder, and chocolate syrup. Add hot sauce and salt and pepper to taste. Simmer for a few minutes, and then remove from heat.

Total calories per serving: 23 Fat: <1 gram
Carbohydrates: 6 grams Protein: <1 gram
Sodium: 193 milligrams Fiber: <1 gram
1 serving = 2 Tablespoons

Baked Tempeh in Sweet and Smoky Barbecue Sauce

(Serves 4)

This is one of my favorite comfort foods.

- 12-16 ounces tempeh, cut into 1-inch chunks
- 2 Tablespoons canola oil
- 2 cups Sweet and Smoky Barbecue Sauce (recipe above)
- 4 thin lemon slices
- 4 thin slices of onion

Preheat oven to 350 degrees.

Heat a nonstick skillet over medium heat. Add oil and let it heat. Carefully drop the tempeh chunks in

the hot pan. Cook until browned on bottom, about 5-7 minutes. Flip and brown the other side. When both sides are lightly browned, transfer tempeh chunks to a paper towel to drain remaining oil.

Place tempeh chunks in an 8 x 8-inch baking pan. Pour 2 cups of Sweet and Smoky Barbecue Sauce over the tempeh. Layer onions and lemon on top of the dish, slightly squeezing the lemon as you do this. Cover the pan, and bake for 30 minutes.

Serve over buns with a side of greens and coleslaw.

Total calories per serving: 319 Fat: 16 grams
Carbohydrates: 32 grams Protein: 17 grams
Sodium: 777 milligrams Fiber: <1 gram
1 serving = 2 Tablespoons

Chocolate Mole

(Makes about 2 cups)

In pre-Hispanic times, *mole* (a generic name for sauce) did not contain chocolate, but many modern versions of *mole* add chocolate to the mix, striking a sweet and savory balance. In Mexico, *mole* is often served over meat, so consider serving this vegan version over seitan, tofu cutlets, tostadas, burritos, roasted vegetables, or even try polenta with *mole*.

- 1 teaspoon olive oil
- 3 garlic cloves, minced
- 1 small onion, finely diced
- 1 Tablespoon chili powder
- 1½ teaspoons cumin
- ½ teaspoon cinnamon
- ½ teaspoon chipotle chili powder
- 1-2 Tablespoons cocoa powder or dark chocolate syrup
- ¼ teaspoon salt
- One 15-ounce can no-salt-added tomato sauce

Heat a small saucepan over medium heat. Add the oil, garlic, and onion. Stir and cook until onions become translucent.

Stir in chili powder, cumin, cinnamon, and chipotle chili powder. Stir until onions are well coated. Add cocoa powder or dark chocolate syrup and salt. Stir and add tomato sauce. Simmer on low for 10 minutes or until the sauce reaches your desired thickness.

Total calories per serving: 16 Fat: <1 gram
Carbohydrates: 3 grams Protein: <1 gram
Sodium: 40 milligrams Fiber: 1 gram
1 serving = 2 Tablespoons

Dark Chocolate varieties

Unsweetened (baker's chocolate)

Also called bitter chocolate, baker's chocolate contains pure chocolate liquor. This is chocolate that is liquefied before sweetening. It does not contain alcohol. This chocolate liquor is mixed with cocoa butter to form a solid bar. Unsweetened and other forms of dark chocolate should be stored in a cool dry room between 60-65 degrees. It will keep for years if stored properly.

Bittersweet

This is chocolate liquor with a bit of sugar, cocoa butter, and sometimes vanilla and lecithin (a type of fatty acid) added. Different brands list the percentage of chocolate. The higher the percentage (for example, 80 percent), the less sugar is added to the chocolate.

Semisweet

There's not a huge difference between bittersweet and semisweet except semisweet is often sweeter because it contains equal parts sugar and cocoa. The percentage of dark chocolate is about 50 percent.

Cacao Nibs

Nibs are the most unprocessed form of chocolate. When the shell is removed, the pieces of the cocoa beans are nibs once they have been roasted. No sugar is added. Nibs taste like slightly bitter roasted nuts or coffee beans. They are ground and made into a thick paste to which sugar is added for processing into solid bars. Look for nibs in natural foods or specialty foods stores.

Cocoa powder

When cocoa beans are roasted and ground, what remains is a paste called chocolate liquor, which contains both cocoa solids and cocoa butter. Cocoa powder is the powder that remains after the fat is removed. Dutch Processed cocoa powder has had the acids removed and should be used with baking soda when baking. Unsweetened cocoa powder has a milder flavor and is best in savory dishes.

Bequests

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

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

Chocolate-Infused Shepherd's Pie

(Serves 6)

Always a great comfort food recipe, this version of Shepherd's Pie has rich-tasting gravy, thanks to just the right amount of dark chocolate. Only the cook will know the secret of this recipe.

2 large potatoes, peeled and diced
1 small sweet potato or yam, peeled and diced
2 Tablespoons vegan margarine
2-4 Tablespoons salsa
2 Tablespoons canola or olive oil
1 onion, chopped
1 carrot, diced into small pieces
2 cups cauliflower, cut into bite-sized pieces
1 Tablespoon chili powder
¼ teaspoon garlic powder
¼ cup no-salt tomato paste
3 Tablespoons whole wheat flour
¾ cup water, divided
1 Tablespoon dark chocolate syrup or unsweetened cocoa powder
1½ cups frozen green beans
½ cup frozen peas
½ cup frozen corn
One 15-ounce can red kidney beans, drained and rinsed
½ teaspoon salt
1 teaspoon smoked paprika

Steam potatoes and sweet potato (or yam) until soft. This should take about 5-7 minutes. Drain and mash potatoes with margarine and salsa until the consistency is smooth and creamy. Set aside.

Preheat oven to 350 degrees. Heat a heavy skillet over medium heat. Use a skillet that can also be baked; cast iron works well. Add the oil and onions. Stir and cook until onions are translucent, about 5 minutes. Stir in carrots, cauliflower, chili powder, garlic powder, tomato paste, and flour. Mix until well blended. Add half the water, then stir, cover, and cook for 5 minutes.

Remove cover, stir in chocolate, green beans, peas, corn, kidney beans, and remaining water. Sprinkle salt over vegetables and blend in. Remove skillet from heat.

Smooth the potatoes over the vegetables. Sprinkle smoked paprika over the top and bake for 45 minutes.

Total calories per serving: 326 Fat: 9 grams
Carbohydrates: 54 grams Protein: 10 grams
Sodium: 428 milligrams Fiber: 11 grams

Chocolate Sweet Potato Drop Biscuits

(Makes 12 medium-sized biscuits)

I make these biscuits whenever I have leftover sweet potatoes. Winter squash can also stand in for sweet potatoes. Serve these with soup, shepherd's pie, or chili.

⅓ cup fresh orange juice
⅓ cup soy, rice, or nut milk
1 cup cooked mashed sweet potato
1¾ cups whole wheat pastry flour
⅓ cup cocoa powder
1½ teaspoons baking powder
½ teaspoon baking soda
3 Tablespoons maple syrup (reserve 1 Tablespoon for the baked biscuits)
2 Tablespoons canola oil
½ cup chopped pecans or walnuts (optional)

Preheat oven to 425 degrees. Blend the orange juice and your choice of vegan milk and set aside. When the mixture curdles, blend in the sweet potato.

In a large mixing bowl, combine flour, cocoa powder, baking powder, and baking soda. Mix in the orange juice-milk mixture. Stir to blend. Then stir in 2 Tablespoons maple syrup and oil. Mix until a soft dough forms. Gently blend in nuts, if desired.

Drop by heaping tablespoonfuls onto a parchment lined baking sheet. Bake for 15 minutes or until biscuits are done. (To test, gently poke with your finger. If the dough bounces back, the biscuits are done. Or you can insert a tester or toothpick in the center of the biscuit. If it comes out clean, the biscuits are done.)

Place biscuits on a cooling rack. Lightly brush the tops with the remaining 1 Tablespoon maple syrup.

Total calories per biscuit: 111 Fat: 3 grams
Carbohydrates: 20 grams Protein: 3 grams
Sodium: 110 milligrams Fiber: 2 grams

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

For more of her vegan recipes, along with gorgeous color photography, visit her blog at <http://www.foodconnections.blogspot.com>.

Nutrition Hotline continued from page 2...

stealth policy – adding finely chopped vegetables to favorite foods like tomato sauce or smoothies. This can work as a way to get your child to eat more vegetables, but it really doesn't teach them good healthy eating habits. You can certainly "hide" vegetables, but also try some of the other ideas for influencing your toddler's food preferences.

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NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

Vegetarian Resource Group Co-Director Charles Stahler was quoted on the ABC News website concerning Chipotle testing Sofritas (a tofu dish) in California and the Northwest. TCBY retweeted our tweet about their almond milk frozen yogurt being offered throughout the United States. VRG was also cited in the Albany *New York Times Union* concerning the number of vegetarians.

Vida Latina San Diego published VRG member and dietitian Fannie Fonseca-Becker, M.P.H., R.D.'s recipe for tofu empanadas in Spanish. VRG intern Karen Leibowitz prepared the recipe for the VRG staff and had her picture of the empanadas published alongside the recipe.

VEGETARIAN Outreach

Pearson Education asked for permission to reprint our My Vegan Plate in their higher education health textbook titled *Nutrition and You with Mastering Nutrition*, 3rd Edition. A vegan version of a protein/calorie supplement drink created by two University of Maryland interns visiting the VRG office will be included in a new vegan book *Never Too Late to Go Vegan: The Over-50 Guide to Adopting & Thriving on a Plant-Based Diet*.

VRG dietitian and nutrition advisor Reed Mangels, PhD, RD, was quoted concerning non-dairy sources for calcium on the website of the Academy of Nutrition and Dietetics.

VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, is presenting a weekly wellness class for the City of Long Beach's Senior Centers, with a focus on senior vegetarian living.

Vegan Dishes without Added...

We would all like to eat healthy and tasty vegan meals. Carefully selected ingredients and thoughtful preparation help to create wonderful meals that do not require the addition of oil, salt, or sugar. You can easily prepare healthy vegan entrées from ingredients that may already be stocked in your pantry, refrigerator, and freezer. Pasta, rice, barley, couscous, beans and legumes, and potatoes can all form the base of healthy dishes. These ingredients are naturally low in salt and fat.

Remember, we need to include a bit of healthy fat in our diet, and this can come from soy products, such as tofu or tempeh used as an entrée base, soymilk (available in different fat 'levels') or silken tofu used as a cooking ingredient, as well as avocados, nuts and seeds, and olives.

Veggie Burgers and More

Veggie burgers can be created without salt and using just a small amount of fat. Prepare your veggie burger mixture ahead of time (see page 18) and use it to form burgers, veggie balls, veggie loaves, or use it as an unformed ingredient when creating a veggie 'meat' sauce.

Pile a veggie burger high with raw vegetables such as sliced tomato, lettuce, onion, bell pepper, shredded carrots, beets, kale, or red or green cabbage and you have a quick entrée. Take your healthy veggie burger mixture a bit further by cooking and crumbling it into tomato sauces (to make a vegetarian 'meat' sauce), using it as a filling for tacos, burritos, and veggie scrambles (along with a small amount of extra-firm or smoked tofu), using it as a vegetarian pizza topping, or using it in casseroles (such as tamale pie, chili, or shepherd's pie).

Pasta

Pasta is a convenient way to go for healthy vegan entrées. Select or prepare higher fiber or whole wheat pastas or brown rice or lentil noodles (available in ethnic markets and online). Create a marinara sauce (tomato sauce with vegetables) or mushroom sauce (minced mushrooms

oil

salt or

sugar

By Chef Nancy Berkoff, RD, EdD

and onions), add sautéed or steamed mushrooms, minced garlic, and extra tomatoes, and serve over cooked pasta for a fast entrée. You can also toss pasta with sauce, place it in a baking dish, top with chopped tomatoes, bell peppers and onions, then cover and bake until hot for a quick casserole. Additions to the tomato sauce can include chopped seasonal vegetables (such as summer squash, carrots, and different varieties of mushrooms), cooked lentils or white beans, roasted garlic, and fresh chopped herbs (try basil or oregano).

Beans and Legumes

Beans and legumes are easy to prepare and versatile (use no-salt-added canned or dried). Make a hearty four bean soup (try kidney, navy, garbanzo, and black-eyed peas), pair it with a baked potato (topped with chopped veggies), steamed brown, red or wild rice or pasta, and you have a fast and healthy entrée. You

can also season red or black beans with onion, cumin, and pepper and serve them on a steaming bed of quinoa, barley, or brown rice. Cooked beans can be puréed and seasoned and used as a protein-rich sauce to top pasta, rice, or other cooked grains. Toss cooked beans into a rice pilaf for another fast entrée.

Baked Beans

Baked beans can be a side dish or a meal by themselves. Baked beans can join you at the breakfast table, served in the English style on toast, as a side dish for lunch or supper, or as a hot sandwich filling. Baked beans are colorful, flavorful, and don't require salt or fat to make them tasty! They are a nearly perfect dish, as they are creamy and saucy in texture and can have flavors ranging from nutty to smoky. And of course, the star ingredient in baked beans is a great source of nutrition. Beans have no saturated fat and very, very little unsaturated fat (except for soybeans, which are relatively high in unsaturated fat). Beans are digested slowly, so they are good for long-lasting energy and for people trying to reduce their food intake (as a feeling of fullness after a bean meal lasts several hours). Depending on the bean type you choose, beans can contain iron, calcium, some B vitamins, zinc,

and potassium. The fiber content in beans is tenderized during baking, but still adds health to the dish.

New England Baked Beans are traditionally made with small white beans. Expand your baked bean horizon and have some fun selecting from the multitude of bake-able beans. Try some of these: Appaloosa (black and white striped), cranberry or Christmas beans (green and red striped), calypso (bright red), Tongues of Fire (brilliant crimson), yellow split peas, baby limas (very small, very white), Great Northern (very white, very mealy), lablab or hyacinth (crimson, black or brown), or caviar lentils (black lentils). Mung beans can be found in beige, brown, red and black, and lentils come in white, yellow, gray, green, orange, and red.

Baked beans can be made equally well with dried, no-salt-added canned, frozen or fresh beans. You'll have to steam or boil and drain dried beans before baking them. Canned beans can be used as is or can be drained and rinsed to remove any of the surface salt. Fresh or frozen beans may need to be briefly cooked before baking to 'plump' them up. You should select the bean form that fits in most easily with your lifestyle. If you have lots of time, use dried beans. Fresh, frozen, or canned beans can be baked quickly for a fast and satisfying dish.

Baking Beans

To bake beans, you need cooked, drained beans and a sauce or liquid to bake them in. The sauce is used to moisten and flavor the beans. Decide on which role your baked beans will play: entrée, casserole, side dish, or dessert. Then you can decide on the ingredients.

A rule of thumb for baking beans is to start with $\frac{3}{4}$ cup of sauce for every $1\frac{1}{4}$ cups of cooked beans. The beans will absorb a lot of the liquid and will help to soften the fiber. If you would like your beans to taste strongly of a certain flavor, add it at the beginning of cooking. If you'd like just a hint of a flavor, add it during the last 10 minutes of cooking. For example, if you would like to have an oniony bean casserole, finely chop onions and mix them with the beans before putting them in the oven. If you'd like just a whisper of onions, sprinkle them lightly over the beans several minutes before removing from the oven.

Baked beans benefit from slow baking. Try to bake them between 300 to 325 degrees over a long period of time, from 2-6 hours. If you bake beans quickly, you may wind up with tough, dry beans. Slow cookers and Crock-Pots® work very well for the 'baking' of bean dishes.

You can select one type of bean and vary the sauces, or vary the beans and the sauces. We've given you some

ideas below. If you use about 3 cups of cooked beans, you can add about $2\frac{1}{4}$ cups of sauce, baked in a covered 8 x 8 inch glass casserole dish or a small glass loaf pan. It's always a good idea to bake beans in a nonreactive dish (no metal) so no off flavors develop.

If you like one type of sauce, then vary your beans for a different flavor. Tomato-based sauces work well with white, pinto, cranberry, black-eyed peas, and green and gray lentils. Garlic- and lemon-based sauces work well with kidney, appaloosa, garbanzo (chickpeas), red and lima beans, as well as split peas and yellow and orange lentils.

Ideas for Baked Bean Sauces

Green Gratin: Combine soymilk with fresh shredded spinach, kale, or collard greens (if using frozen greens, thaw them and squeeze out as much water as possible), dried thyme, dried sage, and fresh garlic. Add beans and bake. If desired, top with dried bread crumbs and place baked beans under a broiler for several minutes until browned.

Lemony Vegetable: Combine vegetable broth with chopped onions, garlic, mint, and lemon juice. Toss with beans and bake.

Cacciatore Baked Beans: Combine canned no-salt-added tomatoes (with juice), tomato purée, garlic, oregano, basil, black pepper, and white wine. Toss with beans, top with a small amount of nutritional yeast, and bake.

Curried: Combine vegetable broth, chopped tomatoes, fresh ginger, curry powder, fresh cilantro or parsley, and ground cumin. Toss with beans and bake.

Traditional New England: Combine chopped onions, prepared mustard, black pepper, vinegar, molasses, and maple syrup together. Toss with beans and bake.

Pizza Baked Beans: Combined chopped tomatoes, prepared no-salt-added tomato sauce, sliced mushrooms, chopped bell pepper, chopped onions, basil, and black pepper. Toss with beans and bake.

Fruit Dishes

Some commercial sorbets or fruit ices contain very little added sugar. However, if you have extra fruit, such as strawberries or melon, you can purée it and freeze it to create your own sorbet. For vegan desserts, use apple juice

or orange juice concentrate for sweetening and ‘dessert spices,’ such as cinnamon, ginger, lavender, nutmeg, or pumpkin pie spice for flavor. Sorbets will contain the natural sugar found in the fruit, but don’t need added sugar for a pleasant taste.

Fresh sliced fruit sprinkled with cinnamon makes a refreshing dessert. For a warm dessert, bake, broil or microwave apples, pears, or fresh pineapple slices with cinnamon, ginger, and maple syrup. Cobblers can be made by thickening canned apples or peaches with cornstarch and topping with granola mixed with dried fruit.

Fruit sauces are easy to make (and a great way to use those extra strawberries that are looking a bit peaked). To make 2 cups of fruit sauce, purée 3 cups of fruit (fresh or frozen); bring 2 Tablespoons of apple juice concentrate and 1 Tablespoon of water to a boil (this makes a simple syrup). Add the syrup to the fruit purée, blend and add a bit of lemon juice for some tang. Refrigerate until ready to use. An alternative to fruit sauces are compotes; simply stew fruit combinations (fresh or dried) until tender, spice and flavor, and serve hot or cold.

Some fruit has its own natural container. Take advantage of this. Serve a scoop of frozen sorbet in a quarter cantaloupe, Persian or honeydew melon and garnish with fresh berries. You’ve got a simple (and healthy) dessert. Oranges or grapefruit can be scooped out and the pulp replaced with sorbet or even stuffed with whole grapes and then frozen.

Multi-Veggie Burger

(Makes about 10 burgers)

If you don’t have the tofu needed in this recipe, you can substitute more prepared and cooled mashed potatoes. Use this mixture to create burgers, balls, or loaves. Pictured on the front cover.

5 cups peeled and steamed baking potatoes (start with approximately 8 potatoes)

2 cups diced onions

1 cup finely minced fresh mushrooms

2 cups minced cooked carrots

1 cup cooked green peas

2 cups cooked corn

1½ cups crumbled firm tofu

1 cup dry breadcrumbs

1 Tablespoon dried parsley

Mash cooked potatoes. Set aside.

Steam the onions and mushrooms until soft. Combine mushroom mixture with mashed potatoes in a large mixing bowl. Add remaining ingredients, except breadcrumbs and parsley. Mix thoroughly. Add just enough crumbs to have a mixture to form patties. Mix in parsley. Form into ½ cup ‘burgers’ or 2-Tablespoon balls.

Cook on a hot, nonstick griddle or bake in a 350 degree oven until browned on both sides. Serve hot, or allow to cool and refrigerate or freeze until ready to use.

Total calories per burger: 211 Fat: 3 grams
Carbohydrates: 41 grams Protein: 9 grams
Sodium: 113 milligrams Fiber: 5 grams

Tofu Primavera

(Serves 6)

3 cups sliced fresh mushrooms

¾ cup chopped onions

½ cup chopped bell pepper

3 cups cubed extra-firm tofu

5 cups cooked, drained pasta (begin with 2 cups uncooked pasta)

3 cups silken tofu

2 Tablespoons nutritional yeast

2 teaspoons white pepper

½ cup frozen, thawed green peas or fresh, shelled green peas

½ cup frozen, thawed diced carrots

Preheat oven to 325 degrees. Meanwhile, sauté mushrooms, onions, and peppers in a nonstick pan over a very high heat until soft, about 5 minutes.

In a 9 x 9-inch baking dish combine mushrooms, onions, peppers, tofu, and pasta. Toss with silken tofu until combined. Stir in yeast and white pepper, then garnish with peas and carrots. Bake for 30 minutes or until golden brown and bubbly.

Total calories per serving: 327 Fat: 11 grams
Carbohydrates: 35 grams Protein: 25 grams
Sodium: 40 milligrams Fiber: 4 grams

Not-Cream of Cauliflower

(Serves 6)

This soup is creamy without dairy and flavorful with a nice spicy aftertaste. It’s a great way to use leftover mashed potatoes. Plus you don’t have to use the stove!

1 Tablespoon no-salt-added vegetable broth

¾ cup onion, chopped

½ cup carrots, peeled and chopped

1½ pounds fresh cauliflower (about 3½ cups) chopped

4 cups no-salt vegetable broth or water

1 teaspoon white pepper

¼ teaspoon cumin

¼ teaspoon nutmeg

1 Tablespoon fresh dill, chopped

1½ cups prepared mashed potatoes

Combine vegetable broth and onion in a 3-quart casserole or bowl. Microwave on HIGH for 30 second intervals until the onion is tender. If using a stove, place broth and onion in a medium pot and steam, covered, for one minute.

Next, add carrots, cauliflower, 4 cups vegetable broth or water, white pepper, cumin, nutmeg, and dill and stir to combine. Stir in mashed potatoes.

Cover with a lid and microwave on HIGH for 10 minutes or until vegetables are tender. For stove method, cover and cook over medium heat, stirring occasionally, for about 20 minutes, or until vegetables are tender.

Add soup by batches into the canister of a food processor or blender. Process the mixture until puréed and smooth. Return to casserole or bowl, cover, and microwave on HIGH for 2 minutes, or return to stove, cover, and simmer on low heat for 5 minutes or until soup is warm.

Notes: Fresh broccoli, broccolini, or broccoli rabe can be used in place of the cauliflower. Also, this soup freezes well. It will be a little thinner when thawed, and can be thickened with additional mashed potatoes.

Total calories per serving: 99 Fat: <1 gram
Carbohydrates: 21 grams Protein: 4 grams
Sodium: 140 milligrams Fiber: 4 grams

Fruit Salad with Avocado Dessert Salsa

(Serves 6-8)

Salsa:

1 cup peeled and chopped ripe avocado

½ cup soy yogurt (flavor of your choice)

3 Tablespoons lime juice

½ cup drained, canned crushed pineapple packed in juice

Combine all ingredients for salsa in a medium, non-reactive bowl (non-metal so that it won’t affect taste or color) and toss. Allow to chill.

Salad:

Romaine or red leaf lettuce for underliner

1 cup thinly sliced bananas

3 Tablespoons fresh orange juice

1 cup diced ripe mango (fresh or frozen)

1 cup diced ripe papaya (fresh or frozen)

1 small guava, peeled and diced (approximately ½ cup)

½ cup halved green grapes

Line a serving platter or individual plates with lettuce leaves. Combine bananas with orange juice and then arrange bananas in a single layer on top of the lettuce. Arrange the mango and papaya on top of the bananas. Garnish with guava and grapes. Right before serving, top with avocado salsa. Serve immediately.

Total calories per serving: 145 Fat: 4 grams
Carbohydrates: 27 grams Protein: 3 grams
Sodium: 15 milligrams Fiber: 5 grams

Eggless Pumpkin Custard

(Serves 5-6)

This can be served as a lowfat, no cholesterol custard and eaten by itself, or used as a pie filling.

2 cups canned pumpkin (not “pumpkin pie filling”)

1½ cups silken tofu

1 cup rice or almond milk

4 Tablespoons apple juice concentrate

2 teaspoons cinnamon

1 teaspoon powdered cloves

1 teaspoon nutmeg

½ teaspoon orange zest

Preheat oven to 375 degrees. Combine pumpkin, tofu, and milk in a blender or food processor and blend until smooth. Add remaining ingredients and mix well to combine.

Pour into individual custard cups or a baking dish and bake for 20 minutes or until custard is set. Serve warm or chill until ready to eat.

Total calories per serving: 156 Fat: 5 grams
Carbohydrates: 22 grams Protein: 8 grams
Sodium: 31 milligrams Fiber: 3 grams

Cold Tropical Fruit Sauce

(Serves 3)

1/3 cup chilled pineapple juice
1/4 cup chopped strawberries
2 Tablespoons mashed banana

Blend all ingredients until smooth. Serve as a dessert sauce, spoon over hot or cold cereal, or add a small amount of vinegar and serve as a salad dressing!

Note: for a 'baked' banana split, preheat oven to 400 degrees. Place peeled, halved bananas in an oven-proof, nonstick baking dish. Top with minced pineapple (canned in juice) and the tropical fruit sauce. Bake until bubbly, about 3 minutes.

Total calories per serving: 27 Fat: <1 gram
Carbohydrates: 7 grams Protein: <1 gram
Sodium: 1 milligram Fiber: 1 gram

Fruit Coulis

(Makes 2 cups)

1 1/2 cups fresh or frozen, thawed berries, rinsed
2 Tablespoons orange juice concentrate
2 Tablespoons white wine or 1 Tablespoon grape juice
and 1 Tablespoon rice wine vinegar

Blend all ingredients. Strain, if desired. Serve over hot or cold cereal, yogurt, steamed rice, or use as a base for a smoothie

Total calories per serving: 10 Fat: <1 gram
Carbohydrates: 2 grams Protein: <1 gram
Sodium: <1 milligram Fiber: <1 gram
1 serving = 2 Tablespoons

**Nancy Berkoff is author of *Vegan in Volume*,
Vegan Meals for 1 or 2, and *Vegans Know How to Party*.**

The Vegetarian Resource Group's **2013 VIDEO CONTEST WINNERS**

NO MORE MEAT by Noam Lautman

Noam stated, "I became interested in vegetarianism when I was about 10 years old. My uncle and his family took me to an upscale fish restaurant where they ordered lobster on a bed of rice. I had never seen such a thing before, and it was quite a shock to see a whole lobster sitting there, just as advertised, on a bed of rice. I could hardly look at it and went to eat at another table. Later my father told me that to cook a lobster, people buy it live and dump it in boiling water. That was my introduction to trying to eat in a more humane manner."

NOW IS THE START by Sienna Scheid

Sienna stated, "I'm interested in vegetarianism because of the wastefulness of meat processing. I'm very environmentally conscious and I can't stand how much energy and water is put into producing even the smallest amount of meat."

VEGETARIAN RAP by Alexia Lamb

Alexia wrote, "I have been a vegetarian for nine years, and it has honestly made me a happier and healthier person. I have been introduced to new things, new people and new experiences. It has made me feel better about myself and my environment, and became a big part of my identity. Because of all this, I love sharing my vegetarianism with others, while encouraging them to give it a try too! Let's hope the video will speak for itself on why I'm so interested in vegetarianism."

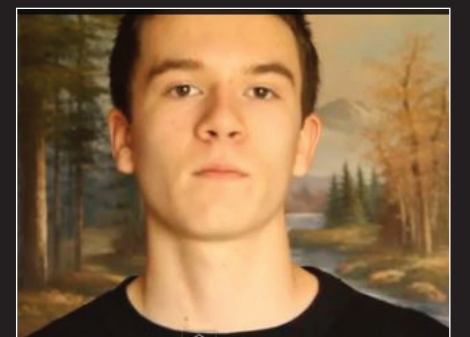
THOSE WITH NO VOICE by Kevin Guyer

Kevin wrote, "I believe strongly in the ethical, health, and environmental aspects of veganism. I also love vegan food!"

THE VEGGIE SHOP by Jordan Banafsheha

Jordan wrote, "Part of living in America is respecting various perspectives. By creating my humorous music video I hope to educate the public about a lifestyle I believe respects our planet."

Watch these videos at www.vrg.org/veg_videos.php
Thank you to a generous VRG member for sponsoring the 2013 video contest.



The “I-Can’t-Chew” Vegan Diet

By Yvonne Martel

One question that I’m frequently asked, as are all vegans I know, is whether it is hard to follow such a “restrictive” diet. My answer is, of course – certainly not! As all committed vegans know, a plant-based diet opens up whole new culinary possibilities for those of us who love to cook, and restaurants are becoming ever more responsive to our needs. (Even my Southern barbecue-loving city recently premiered a dairy- and egg-free bakery and a vegan restaurant!) However, several years ago, I faced a personal challenge when my vegan diet collided with the challenges of a medical condition.

At the time, I was 33 years old, in great shape, and never had a serious health scare. That’s why I sat in a state of minor shock in the TMJ specialist’s office while she patiently explained my MRI results. The grayish images revealed significantly damaged cartilage in my jaw joints – the reason why I had recently been suffering from dental pain. I would need major jaw surgery.

Navigating the medical establishment as a vegan takes patience and persistence. Facing the prospect of my jaw wired shut for the first few days and then a total restriction on chewing for another three months, I had to prepare for some major food challenges. I tried to take it one step at a time. While registering with the hospital by phone, I made sure to tell the kind admissions staffer about my vegan diet. She promised to pass the information along but also advised me to bring some of my own food – just in case. The day before surgery, my doctor talked to me in general terms about how I would need to eat afterwards. However, unfortunately, he was not able to suggest a good vegan alternative to the canned, dairy-based nutritional liquids. His staff gave me a copy of *I-Can’t-Chew Cookbook*, which had maybe one or two accidentally vegan recipes. While he thought better of pressing me too much on the issue, I’m sure he wished he could tell this stubborn patient to loosen up just this once and drink the regular nutritional formulas already! Nevertheless, I had been vegan for years and thought I would manage just fine without much guidance.

The surgery went without a hitch. However, despite informing the hospital of my dietary needs, the food sent to my room included gelatins, cream of mushroom soup, and those milk-based nutritional drinks I had earlier refused. While glad I had heeded the admis-

sions staffer’s recommendation to bring my own food, post-surgical nausea made it impossible to keep anything down. I tried to deal with my nausea on my own – by drinking thin liquids such as sports drinks and ginger ale – to no avail. (Those drinks help you recover from a stomach bug, not surgery, as I learned.) So after waking up the next morning feeling tired and dehydrated, I was relieved to see the hospital’s dietitian pay a visit to my room, thinking that she must have some specific advice for relieving the nausea and structuring my diet. However, she had only a small booklet of general no-chew recipes which she said I may be able to modify.

Being persistent at engaging with the medical staff and helping them to understand my needs finally paid off, though. My doctor and I had a productive discussion. Even though he did not know what vegan foods to recommend, he emphasized that I needed to take in a healthy mix of fats, protein, and carbohydrates to restart my digestive system (not just thin, sugary drinks). Finally, things clicked for me, and I started to think about what foods I could consume in order to get a blend of different nutrients. My nausea abated once I learned to make drinks full of nutritious ingredients like soymilk, coconut milk, hemp protein powder, nut butters, and fruits. This was my diet for the first few days.

After five days, my surgeon de-wired my jaw and instructed me to follow a strict no-chew diet for the next several months. For sure, it would be an improvement over the liquid diet, since I could not imagine drinking nothing but smoothies for months. Still, I had some concerns about staying healthy while avoiding monotony. One friend even suggested I eat jars of baby food, but I just could not stomach the thought! Googling “vegan no-chew diet” turned up very little. I discovered just one blog about a poor vegan guy who broke his jaw after a biking accident. While I laughed along sympathetically with his plight, the entry about eating a whole can of refried beans for dinner left me uninspired. I may not be a gourmet cook, I thought, but surely I can do a little better! Left to my own devices, I started paging through the recipes in my cookbooks one by one and started to experiment.

My first realization was that, although you can swallow almost anything without chewing it if you cut it up into small enough pieces, you will not necessarily taste much of it. I got more pleasure out of meals made with creamy textures and thick liquids. Eating sauces, dips, puddings, soups, and broths – basically anything that dissolves on the tongue – prevented taste bud boredom. Canned soups and frozen dinners were nice timesavers, since the soft contents could be swallowed easily. However, even the ‘healthy’ brands of convenience foods are often full of sodium, and I quickly got tired of the bland flavors. Though lack of time sometimes got in the way, home cooking mostly saved me from getting completely exasperated with my condition. One silver lining from this whole experience is that I have learned how some foods that taste absolutely wonderful when prepared from scratch really do not require that much effort – like applesauce, hummus, and puréed soups. (Homemade applesauce, by the way, is amazing as compared to the stuff from a jar – like eating your grandmother’s apple pie without the crust!)

Pastas and Mexican foods made delicious soft, easy-to-swallow casseroles. The ingredients for a burrito without the tortilla are soft and smooth – including rice, refried beans, salsa, guacamole, vegan cheese and sour cream, and even quinoa. I also learned to stuff pasta shells or manicotti with tofu filling and top it with pesto, marinara sauce, or a ‘cheesy’ sauce. Although my doctor had seemed worried about me getting enough protein in my diet, I found protein-rich foods easy to incorporate. Crumbled silken tofu, mashed legumes, and nut butters provided plenty of variety. Wilting thin strips of cooked spinach in pasta sauce provided a great source of leafy green vegetables. As for side dishes, mashed root vegetables and potatoes never got old, and puréed sweet potatoes paired wonderfully with refried black beans. Although I toyed with the idea of buying an expensive juicer at first, I ended up managing well enough with a standard blender and an immersion blender. The immersion blender made the prospect of making a puréed soup much less daunting. Even traditional cookbooks tend to have a few recipes for cream of [insert any vegetable] soup, and soy or cashew milk make good substitutions for any dairy ingredients. The blender also proved useful for making fruit compotes which, along with a bit of maple syrup or molasses, usually topped my bowl of oatmeal in the morning. Vegan yogurts have also come a long way recently, and they made a tasty accompaniment to breakfast.

I also enjoyed experimenting with raw foods, even though my interest in them had been limited in the

past. A natural foods store nearby has a well-stocked deli where I discovered hummus and dips made from nuts and seeds. At first I had to think about what to pair with them, since bread was unfortunately off-limits. (The only way I could think to eat it was to swallow it down in small pieces with a big gulp of water, and that wasn’t much fun.) However, these smooth, creamy nut- and seed-based concoctions still tasted wonderful when paired with whole-wheat couscous or other grains. I found that surrounding the small grains with the creamy textures made them slide down my throat easily without getting stuck. I also discovered melt-in-your-mouth desserts made from cashew cream, coconut cream, and avocados. Though a little on the expensive side when purchased from the prepared foods case, some items turned out to be very easy to make at home. I used to think raw food preparation was too intimidating to even attempt, but making a luscious pudding dessert is as easy as throwing a perfectly ripe avocado, cocoa powder, and agave syrup into a blender.

Speaking of desserts, fortunately for my sweet tooth I did not have to deprive myself of all sugar. I prepared cream pies sans crust with fillings of silken tofu, sweetener, chocolate, peanut butter, and fruits. Coconut and hemp milk ice cream and popsicles made delicious summer treats. And as the weather cooled down, I enjoyed warm apple cider or hot cocoa made of almond or soy milk. I was excited to discover that adding my favorite vegan marshmallows was not a problem, since they melted on my tongue. And thankfully, chocolate bars were not off-limits either, for the same reason!

It took awhile to get the hang of things, but after months of practice, I did learn how to seamlessly incorporate a variety of foods – fruits, vegetables, legumes, nuts, whole grains, and soy products – into my no-chew diet. My recovery has been a long journey, and I hope to never experience anything like it ever again! Now that I am back to eating all kinds of solid foods, it is exciting to eat crunchy vegetables, firm tempeh, chewy pizza crust, and other treats I missed. However, the experience opened my mind to even more delicious ways of eating, like raw cuisine and preparing more foods from scratch.

As veganism grows in popularity, I do look forward to a time when hospitals and the medical community will know more about vegan diets and expand the options available to us. But until there is an *I-Can’t-Chew Vegan Cookbook*, I hope that reading about my experiences may help any other vegans out there facing a no-chew diet. Though it is a challenge, I have learned that it is surmountable with patience, creativity, and an open mind (and taste buds).

Do Vegans & Vegetarians stay Vegetarian?

By Charles Stahler, Reed Mangels, Shelby Jackson, & Hillary Blunt
Compiled by Ricky Christopher Brathwaite

For more than 18 years, The Vegetarian Resource Group has been polling to find the number of vegetarians in the United States. See <http://www.vrg.org/nutshell/faq.htm#poll>. Recently, we wanted to determine the number of people who stay vegetarian. We also examined peoples' original motivation for becoming vegetarian and if there's a link between that reason and the length of time they maintain their diets.

In 2006, we received 267 surveys from readers of *Vegetarian Journal*, our website, and additional ones collected by volunteers. We resurveyed them again after three years in 2009. In 2012, we resurveyed the same people and received back 131 surveys from individuals who were vegetarian or vegan in 2006. Our methodology is exploratory and further research is necessary to extrapolate to the general population. Note that we don't have information about the non-respondents. For information on 2009 results, see http://www.vrg.org/research/retention_survey_2009.php.

The vast majority of vegans and vegetarians stayed at least vegetarian. Our hypothesis was that people who became vegetarian primarily for ethical reasons would be much more likely to stay vegetarian than health vegetarians. This did not hold up, with 93% of health individuals staying vegetarian from 2006 to 2012, and 97% of ethical motivators staying vegetarian. Interestingly, of those who gave the environmental reason, 100% stayed vegetarian. In this article, we can only make conclusions about those who responded in 2006 and 2012.

We also theorized that vegans were more likely to stay vegetarian or vegan than vegetarians who weren't vegan

in 2006. We were wrong here as well: 96% of vegetarians stayed vegetarian or vegan while about the same amount, 97% of vegans stayed vegetarian or vegan.

There was much more movement between vegetarian and vegan than we expected. Twenty two percent of 2006 vegetarians who responded in 2012 became vegan, while 16 percent of 2006 vegans became vegetarian.

Regardless of whether someone had been vegetarian for less than a year or more than 30 years in 2006, there was little difference in the percentage that stayed vegetarian. Breaking down groups by the number of years someone was a vegetarian in 2006, percentages of those groups that were still vegetarian in 2012 ranged from 92% to 100%. We often hear stories in the media of someone who stopped being vegetarian. As with any belief system, it appears there will be a certain number of people who stop or start. However, over a 90% retention rate still seems pretty high. We don't know about those who didn't answer the survey. It's possible that some people who stopped being vegetarian would want to be sure to let us know, while others might have been embarrassed that they strayed from the diet. People's responses may depend on their motivations, experiences, and personality.

In our survey, respondents were asked if they did not eat meat, fish, fowl, dairy, or eggs, and then were classified as vegetarian or vegan (though all vegans are vegetarian). Four percent who started out as vegetarian or vegan in 2006 were no longer vegetarian or vegan. Though this study can't be extrapolated to the general population, we look forward to being able to build upon this research.

In 2006, 62 people were vegan
In 2012, 81% were still vegan
16% were now vegetarian
3% were not vegetarian

In 2006, 69 people were vegetarian
In 2012, 74% were still vegetarian
22% were now vegan
4% were not vegetarian

In 2012, 131 of our original 267 respondents answered our survey again. Here are those results.

Female

In 2006, 51 women were vegetarian
In 2012, 78% were still vegetarian
18% had become vegan

In 2006, 48 women were vegan
In 2012, 81% were still vegan
17% had become vegetarian

Male

In 2006, 18 men were vegetarian
In 2012, 61% were still vegetarian
33% had become vegan

In 2006, 14 men were vegan
In 2012, 86% were still vegan
7% had become vegetarian

Age in 2006 Still Vegan/Vegetarian in 2012

18-19	100%
20-29	100%
30-39	94%
40-49	100%
50-59	93%
60-69	95%
70 +	100%

Gellan Gum in Many Non-Dairy Beverages Is All-Vegetable

By Jeanne Yacoubou, MS

The VRG noticed ‘gellan gum’ listed on the ingredient statements of several popular non-dairy beverages, including Tree of Life®, Silk® and Pacific® products. We researched this ingredient. We asked KeHE®, the parent company of Tree of Life®, about its Vanilla Almond Beverage. We received a call back from a KeHE® customer service representative in August 2013 who said that the gellan gum in their almond beverage “...is not made of animal products... gellan gum is made from a bacterial culture [and] used as a thickening agent...It is a non-GMO product.” The ingredient statement can be seen here: <http://www.iberb.com/Tree-of-Life-Unsweetened-Vanilla-Almond-Beverage-32-fl-oz-946-ml/42622>.

Silk® lists gellan gum as an ingredient in its almond milks. A Silk® customer service representative told us on the phone in August 2013, that their almond milk products are often described as ‘vegan.’ The website states that their almond milks are “free of dairy, soy, lactose, gluten, casein, egg and MSG.” See: <http://silk.com/products/vanilla-almondmilk#>.

Pacific® states on its website FAQ page that “Gellan gum is an all-natural ingredient approved for use in organic products. It is obtained through a natural fermentation process. It acts as a thickening agent and will bind water. We add it to our beverages to keep water from separating out and forming a layer on top of the beverage.” Pacific® offers several non-dairy beverages containing gellan gum. See: <http://www.pacificfoods.com/food/non-dairy-beverages/nut-grain-beverages/all-natural-hazelnut-original.aspx>.

The United States Department of Agriculture’s National Organic Program, under the recommendation of the National Organic Standards Board, added gellan gum (high-acyl form only) in 2010 to its National List of Allowed and Prohibited Substances approved for use in organic foods and beverages. See: <http://www.gpo.gov/fdsys/pkg/FR-2010-12-13/pdf/2010-31196.pdf>.

This means that gellan gum can be an ingredient in a USDA Organic- or USDA Made with Organic Ingredients-labeled food or beverage product even if the gellan gum is not USDA-certified organic. Its listing is located in section § 205.605 Nonagricultural (nonorganic) substances allowed as ingredients in or on processed products labeled as “organic” or “made with organic (specified ingredients or food group(s))” of the

following document: <http://www.ecfr.gov/cgi-bin/text-id.x?c=ecfr&sid=6f623e1de5457587ccdfec12bc34ed1c&rgn=div5&view=text&node=7:3.1.1.9.32&idno=7>.

The VRG contacted CP Kelco, the leading manufacturer of gellan gum, for more information about its manufacturing process. We were told on the phone by a customer service specialist that gellan gum “...is produced by bacterial fermentation...on corn syrup...it is a non-GMO product.” A statement provided to us by CP Kelco reads in part:

- CP Kelco’s...gellan gum...[is] not considered “bio-engineered food” as defined by the United States Food and Drug Administration’s proposed rule governing such foods.
- CP Kelco’s...gellan gum [is] produced by fermentation. CP Kelco’s products of fermentation are produced using bacteria that have not been genetically modified as defined in EU Directive 2001/18. No raw materials produced from or by GMO have been used for standardizing the ready-to sell product.

An information sheet provided to The Vegetarian Resource Group by CP Kelco describes gellan gum as “suitable” for those on vegetarian or vegan diets. Food grade and personal care gellan gum products manufactured by this company are certified kosher and halal.

Here is more on gellan gum from the CP Kelco website: www.cpkelco.com/products-gellan-gum.html.

Source: Biofermentation using a sugar source

Function: Gelling, texturizing, stabilizing, suspending, film-forming and structuring

Description: Gellan gum is a polysaccharide produced by fermentation of a pure culture of *Sphingomonas elodea*. The composition and structure of native gellan gum produced by commercial fermentation is identical to the naturally occurring polysaccharide formed by *Sphingomonas elodea* on plants of Lily pad varieties.

We often depend on product and ingredient information from company employees or company statements. Information does change and mistakes are always possible. Please use your own best judgment about whether a product is suitable for you. Further research or confirmation may be warranted.

For updates on food ingredients and for all kinds of vegetarian- and vegan-related information, please subscribe to our free e-newsletter: www.vrg.org/vrgnews/.

To support The VRG’s research, donate via our website at: www.vrg.org/donate.

Main reason given in 2006 for becoming vegetarian or vegan	Percentage who remained vegetarian or vegan in 2012
Health	93%
Ethics	97%
Animal Rights	97%
Weight Loss	100%
The Environment	100%
Spiritual Beliefs	85%
Taste	100%

How long participants had been vegan and vegetarian in 2006	Percentage who remained vegetarian or vegan in 2012
Less than one year	100%
1-2 years	100%
3-5 years	100%
6-10 years	92%
11-15 years	94%
16-19 years	93%
20-25 years	100%
26-29 years	100%
30 or more years	96%

Polish-Style Pierogis

Pierogis are soft, doughy dumplings that generally contain cheese. Polska Foods offers a traditional Polish-style vegan pierogi stuffed with a scrumptious combination of sauerkraut, cabbage, mushrooms, and caramelized onions. In addition to being vegan, this pierogi is non-GMO and is made with organic flour. They're very flavorful and don't need sauce or salt added. Preparation is simple, and while the package suggests boiling, steaming, or frying, I prefer to bake them in the toaster oven. When steamed, the dough is tender, and when baked the dough becomes pleasantly crusty. If you choose to fry them, you may try frying chopped onions with them and serving with rice on the side. They are especially tasty with vegan cheese sprinkled on top or dipped in ketchup. The pierogis can be purchased at Whole Foods, Safeway, and Mollie Stone's, among other stores. Check out their website www.polskafoods.com, or call (800) 750-0817 for details. *Written by Kitty Jones, VRG intern.*



A Different Kind of Noodle

House Foods offers a line of noodles called Tofu Shirataki, and these are no ordinary noodles. The noodles are made from a blend of flour from the konjac yam – a member of the Asian yam family – and tofu. Other companies make noodles from the konjac yam, but the added tofu in this particular product gives it a denser texture. The result is a vegan, kosher, gluten-free, and low-carb pasta alternative. One serving contains only 20 calories and 3 grams of carbohydrates. There are four different varieties of noodles: fettuccine, macaroni, angel hair, and spaghetti. Preparation is quick and simple: Rinse the noodles thoroughly to get rid of the tofu smell, drain, and parboil for 3 minutes or microwave for 1 minute. Don't forget to dry the noodles thoroughly, as they can be slimy! We suggest using paper towels and pressing down gently to remove as much of the liquid as possible. Use these noodles for soup, stir-fry, pasta salad, and just about any dish that requires pasta. Try mixing in your favorite vegan tomato or alfredo sauce with some steamed veggies, and the result is a healthy and light entrée that can be enjoyed at home or on the go. Look for more recipes like Tuscan Noodle Soup and Pan Fried Noodles on their website. Tofu Shirataki noodles are available at natural food stores and select supermarkets nationwide. To learn more, write to House Foods America Corporation at 7351 Orangewood Avenue, Garden Grove, CA 92841, or call (714) 901-4350. Visit their website at www.house-foods.com. *Written by Karen Leibowitz, VRG intern.*



Substantial To-Go Meals

Maggie's Conscious Vegan Cuisine is making mouthwatering, hearty, ready-to-eat vegan meals a reality. I recently enjoyed a bowl of Maggie's Heirloom Bean & Veggies Chili. The meal left me feeling satisfied but not guilty because there were no added oils, salts, or sugars. This chili is nutrient-dense, low in fat, high in fiber, gluten-free, and made with nothing but wholesome goodness. Maggie's Super Saag, an aromatic blend of chickpeas, yellow curry, and spinach, has an authentic Indian taste and smell. The saag is filling on its own and comes alive when poured over rice or quinoa. The company offers seven varieties of four-serving, travel-friendly meals: Green Life (an Israeli-style blend of kale, garbanzo beans and spices), Tuscan White Bean, Kale & Tomato, Not Your Madrecita's Gazpacho, Very Good for You Korma, Heirloom Bean & Vegetable Chili, Lentils with Curry & Lime, and Super Saag. Maggie's meals are perfect for busy, on-the-go people who are, well, conscious eaters! If you can't find Maggie's at your local Whole Foods, request it! You can contact Maggie's Conscious Vegan Cuisine at (855) 834-2699 or e-mail info@consciousvegancuisine.com. Visit their website at www.consciousvegancuisine.com. *Written by Kitty Jones, VRG intern.*



Sausages that Satisfy

Each flavor of the new Tofurky Artisan Sausages – Chick'n and Apple, Spinach Pesto, and Andouille – is packed with a diverse arrangement of spices, and is suitable for even the pickiest palate. These sausages include savory ingredients such as roasted poblano peppers, russet potatoes, spinach, and wheat berries. My favorite was the Spinach Pesto sausage, cut into slices and stirred into soup to make a hearty stew. Try the Chick'n and Apple sliced in your favorite spaghetti, or the Andouille in a hot dog bun topped with grilled onions and peppers. Unlike other vegan sausages, these don't fall apart when you slice them or have a grainy taste. Each sausage has a whopping 29 grams of protein to keep you full and satisfied. They are vegan, kosher, free of GMO ingredients, and made in small batches for a fresh taste. Tofurky Artisan Sausages are available at select natural food stores and supermarkets nationwide. To learn more, visit their website at www.tofurky.com. *Written by Karen Leibowitz, VRG intern.*



Zen in a Jar

Jen's Zen chocolate sauce is one of the best chocolate spreads I've ever had. It's a rich chocolate fudge sauce with a coconut milk base that is not only sweet, but full of flavor. Indulge in this creamy sauce as a topping for ice cream or as a dip for sliced apples and bananas, and wait for the hint of the coconut flavor to come alive. You can be sure this sauce will have you coming back for more because it is the perfect balance of ingredients for a delicious dessert topping. In addition to being vegan, this sauce is gluten-free, GMO-free, and 95% organic. Jen's Zen chocolate sauce won Best New Vegan Product at Expo West 2013, and rightfully so. Choose from three sweet flavors: Chocolate, Chocolate Raspberry, and Chocolate Peppermint. Jen's Zen sauces are available at select natural food stores, or online via their website. To learn more, e-mail questions to jen@jenszen.com, or call (303) 525-5997. Visit their website at www.jenszen.com. *Written by Karen Leibowitz, VRG intern.*



Hurray for Hurraw!

In my search for the perfect lip balm – not too shiny, sticky or slimy, sun-protecting, and tasty – I was met with beeswax over and over again, even in brands that claimed to be cruelty-free. Enter Hurraw! These slim, colorful tubes pack a punch: they are made with all-natural, vegan, raw, fair-trade, and organic ingredients. And there are 22 flavors to choose from! Traditionalists may be content with Mint or Vanilla Bean, but at only \$3.95 a pop, you can afford to try mixing it up with one of the beverage-inspired flavors, like Earl Grey, Chai Spice, or Green Tea. For a hint of color, Grapefruit adds a sheer pink and Cinnamon gives a subtle red, plus a spicy tingle. Hurraw's newest line, which is based on Ayurvedic Dosha principles, boasts unique flavor combinations. My favorite is Pitta, which is a cooling blend of lemon-grass, peppermint, and coconut. Outdoor enthusiasts, whether sunning or skiing, will want to reach for the Sun Balm, which protects lips with an SPF of 15 and extra-creamy formula for longer staying power. Look for Hurraw! at a Wegmans, Whole Foods, or American Apparel near you. Or, order direct from their website: www.hurrawbalm.com. *Written by Samantha Gendler.*



Pizza Crust to the People!

Even though I'm not gluten-free, Venice Bakery's Gluten-Free Vegan Pizza Crust makes my mouth water. It's tasty with vegan pesto and veggies, or classic tomato sauce and vegan mozzarella. It comes in plain or Italian-seasoned flavors. Venice Bakery also makes easy-to-prepare flatbreads that come as a two-pack. Top with veggies, tomato sauce, and seasonings for a quick appetizer or meal. They don't have artificial preservatives, and if not being used right away, can be frozen for months. Although it is not akin to a wheat-based pizza crust, this thin crust has a fantastic crunch around the edges and a flavor that pleases, whether you're gluten-free or not. The pizza crusts are available at Whole Foods in the southern California region and can be ordered online at www.venicebakery.com. For more information about this product, e-mail contact@venicebakery.com. *Written by Kitty Jones, VRG intern.*



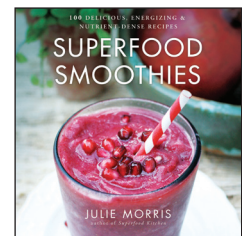
SUPERFOOD SMOOTHIES

By Julie Morris

If you haven't gotten friendly with your blender lately, the 100 irresistible-sounding recipes and gorgeous full-color

photography in *Superfood Smoothies* will have you reacquainted.

Julie Morris guides you through her 'super 15,' which includes foods you're probably familiar with, like pomegranate and flaxseed, and introduces more adventurous ingredients like maca and sea buckthorn. Part One of the book is chock-full of information about some of nature's more exotic goodies and how to purchase them, while Part Two (the majority of the book) focuses on tasty smoothies for any occasion. Try the Banana Oat for a filling breakfast, or the Lemon Lime for a slushy treat to rival a margarita. Although I'm an experienced daily green smoothie drinker myself, I came away from this book inspired to branch off from my usual spinach and kale in order to try baby bok choy, arugula, cucumber, and mint for a change. A handy symbol guide allows the reader to quickly skim for recipes that will fit their needs, from low-calorie to high-protein or extra fiber. Best of all, Morris makes a point of avoiding all dairy in her smoothies; she also prefers to sweeten them with natural ingredients like dates, bananas, and maple syrup. Though some of the recommended ingredients could be pricey or difficult to find, the general smoothie-building



tips and tricks, as well as advice on how to fix a smoothie gone awry, can apply to anything you'd like to blend up and slurp down.

Superfood Smoothies (ISBN 978-1-4549-0559-2) is a 208-page book. It is published by Sterling New York and retails for \$16.95. Reviewed by Samantha Gendler.

GREAT GLUTEN-FREE VEGAN EATS FROM AROUND THE WORLD

By Allyson Kramer

Following a gluten-free vegan diet can leave you feeling like your favorite ethnic dishes — especially those that contain mock meats and noodles — are out of reach. As if menu- and label-reading aren't confusing enough, attempting gluten-free vegan cooking presents even further conundrums, like "How will the egg-replacer react with the brown rice flour?" Allyson Kramer's *Great Gluten-Free Vegan Eats from Around the World* will catapult you out of your food rut and give you the confidence to experiment with spices and global ingredients without worry.

The book is organized by region. Try your hand at classic French cuisine with the Pain Ordinaire, a crusty traditional French white bread, and the Boeuf(less) Bourguignon. Or, jump



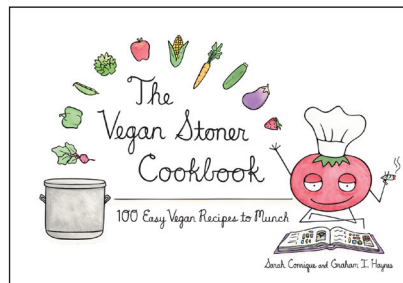
on the Pho bandwagon; the popular Vietnamese noodle soup is often enjoyed as street food, but you can have this tofu version, which gets its kick from chiles and garlic, in the comfort of your own home. Don't worry, dessert isn't left out: there's Bambara Peanut Butter Rice Pudding from Central Africa, Sweet Coconut Orange Cookies from Morocco, Strawberry Mochi Cake from Japan, and more. The brief but helpful ingredient guide that begins the book will help demystify your ethnic grocery store searches for things like besan (chickpea flour), pepitas (pumpkin seeds), and anko (red bean paste).

Great Gluten-Free Vegan Eats from Around the World: Fantastic, Allergy-Free Ethnic Recipes (ISBN 9-781-59223-548-0) is a 208-page book. It is published by Fair Winds Press and retails for \$21.99. Reviewed by Samantha Gendler.

THE VEGAN STONER COOKBOOK

By Sarah Conrique and Graham I. Haynes

This is a creatively designed cookbook. The authors are creators of TheVeganStoner.com blog and the founders of Simple Gestures Design Studio. Along with photos of the recipes, you'll find line drawings of the ingredients used in each dish, as well as helpful tips.



Most of the dishes are fairly easy to prepare. Unfortunately, nutritional analyses are not provided and some of the recipes appear to be somewhat high in fat. That said, you may want to try the Date Shake or Fresh Baked Granola for breakfast. For lunch, you can prepare Collard Wraps or Mac and Peas.

If you're looking for some fun munchies, try the Chili Cheese Fries, Pizza Bread, Tempeh Tacos, or Tofu Puff Pastry. And for dinner, you can make Chickpea Curry, Corned Seitan Hash, or Swedish Neatballs.

Of course, no cookbook is complete without dessert. You can cook your own Animal Cookies, Churro Chips, or Monkey Bread. If you prefer a cold dessert, try Mango Sherbet or Peanut Butter Squares.

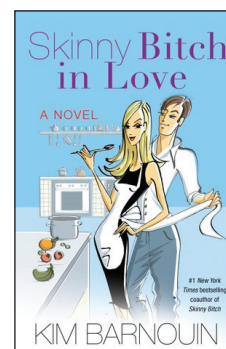
The Vegan Stoner Cookbook (ISBN 978-1-60774-464-2) is a 128-page hardcover book. It is published by Ten Speed Press and retails for \$16.90. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

SKINNY BITCH IN LOVE

By Kim Barnouin

Some readers may be familiar with the *Skinny Bitch* cookbook series. One of the authors has now written a vegan-themed novel. This quick-read would be enjoyable to anyone looking for some light reading.

The main character of the book is Clementine Cooper. She's vegan and was raised on an organic farm.



At the beginning of the novel she's a sous chef at a vegan restaurant who is the victim of sabotage done by a co-worker. She loses her job and quickly must find another way to earn a living. During this time of unemployment she meets the owner of a steak house and the two begin to have a love-hate relationship.

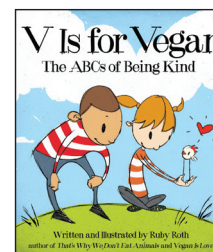
The vegan theme is found throughout the book. Ethics, health, and the environment are all brought up. You may want to ask your local library to carry this book.

Skinny Bitch in Love (ISBN 978-1-4767-0886-7) is a 306-page hardcover book. It is published by Gallery Books and retails for \$26.00. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

V IS FOR VEGAN

By Ruby Roth

Ruby Roth has written and illustrated another vegan children's book. *V is for Vegan* is an alphabet book for young children. The first entry is "Aa is for animals — friends, not food. We don't eat our friends, they'd find it quite rude." The book ends with "Zz is for zero, no animals harmed. Horray for the day when they're no longer farmed." Let's hope this book shows up in all local libraries!

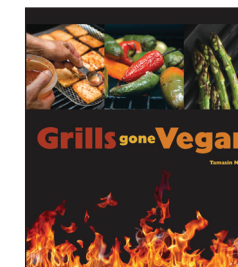


V is for Vegan (ISBN 978-1-58394-649-7) is a 32-page book. It is published by North Atlantic Books and retails for \$16.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

GRILLS GONE VEGAN

By Tamasin Noyes

What I like about this book is that instructions are given for both outdoor and indoor grills, which means you can grill vegan meals all year round. Apartment dwellers can enjoy grilled vegan cuisine, too!



Chapter 1 offers helpful information for those who are new to grilling. The last chapter of the book includes recipes for marinades and other condiments.

Next, dive into all the wonderful recipes. Starters include Roasted Garlic, Cajun Mushrooms, Stuffed Jalapeño Chiles, and Grilled Baby Artichokes. You can prepare side dishes including Mexican Slaw, Ethiopian Bean Skillet, or Asian Sesame Noodles.

Be sure to move on to Soups and Sandwiches, including Roasted Corn Chowder and Teriyaki Portobello Burgers. Some main dishes offered are Red-Eye Tofu Steaks, Seitan Ribz, Quinoa-Stuffed Poblanos, Broccoli and Cheeze Calzones, and Porcini and Sausage Paella.

Finally, don't forget to prepare dessert over a grill. Enjoy Maple-Glazed Grapefruit or Pineapple and Pomegranate Couscous Cakes.

Grills Gone Vegan (ISBN 978-1-57067-290-3) is a 188-page book. It is published by Book Publishing Company. You can purchase this book online from The Vegetarian Resource Group at www.vrg.org/catalog. Reviewed by Debra Wasserman.

Help Create a Veggie World

SAMANTHA, SENIOR EDITOR

When I first spotted the ad for a vegetarian editor and graphic designer, I thought I'd be a good fit for the position. I jumped at the opportunity to combine my compassion for animals with my communications and publishing degrees. But when I realized that The Vegetarian Resource Group offices were less than a mile from my apartment, I knew it was meant to be. Frankly, I couldn't believe that a vegetarian



group with such a rich history existed within walking distance and I had been none the wiser. Editing the journal isn't all comma splices and color swatches. One of the best parts of this job is getting to work with our college interns. VRG interns do not go on coffee runs or get relegated to the copy machine; I work with them on writing feature-length articles and Veggie Bits, our short product reviews. I teach Technical Writing at the University of Maryland at College Park when I'm not at VRG, so it's a treat to be able to help shape a student's writing without having to assign a grade at the end. Instead, we celebrate by sampling some of Baltimore's best vegan eats: mac 'n cheese at Land of Kush, milkshakes at Lost City Diner, or veggie sushi at Sticky Rice.



Though much of my time here at VRG is spent carefully inputting the nutritional analysis for our recipes, and trying to design attractive yet functional displays of data for our many surveys, I recently got to take part in my favorite aspect of creating a veggie world: sampling new vegan products. At the Natural Products Expo East, I roamed row after row of the Baltimore Convention Center, sampling mini vegan marshmallows in tiny cups of cocoa and every gooey grilled 'cheese,' in sight, all in the name of finding innovative vegan products to introduce to you, our readers. It's a tough job, but someone's got to do it.

A few days after accepting the Senior Editor position, I realized I had history with VRG after all. There's an ancient fridge in my parents' basement covered with magnetic letters, pictures of my sister and me with Bert and Ernie, and other childhood relics. Amongst the memorabilia, I spotted a tiny rectangular magnet with an old VRG logo. According to my mother, it was placed there by 9-year-old me, who was newly vegetarian, and an active supporter of The Vegetarian Resource Group nearly 20 years ago.

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Carrots!

By Chef Nancy Berkoff, RD, EdD

Carrots are pretty and full of flavor and nutrients. They can be stored fresh for months, but can also be canned, frozen, or dried. Carrots are equally at home with sweet or savory dishes.

If you have carrots in your refrigerator or your pantry, then you can create stuffing for vegetables, quick breads, muffins, cookies, puddings, chips, salads, soups, sauces, and roasted, grilled, or baked vegetable dishes. Of course, there is always the ever popular carrot stick that's good for dipping or eating on its own.

There is a type of carrot for everyone. Horse carrots are big, irregularly shaped carrots, sometimes with splits in them. Horse carrots tend to be older and more fibrous, making them good for long cooking in soups or stews. True baby carrots are miniature carrots, bred to resemble whole adult carrots. They are sweet and tender, requiring hardly any cooking at all. Small, round carrots are found in the springtime and are good for glazing, as their shape makes it easier for sauce to adhere.

Those perfectly formed baby carrots sold in stores are larger carrots that have been cut, by machine or hand. This type of baby carrot was the producer's answer to making horse carrots more popular with consumers. Baby carrots have not been processed, except to be cut.

To peel or not to peel has been a long-standing carrot debate. If you know you've gotten your carrots from a reliable source (as in not grown with pesticides and perhaps having a chemical residue), then scrubbing is fine. Carrot peel does have a bit of bitterness, so cooks making vegetable stocks and broths tend to peel their carrots to avoid any bitterness in their long-cooking dishes. Aesthetically, the color of cooked carrots may be brighter when peeled. It's up to you what you'd like to do.

Grated raw carrots can be added to green salads, coleslaw, pasta or potato salad, as well as used as a garnish for soups.

Carrots are cook-friendly. They will retain their nutrients and their color if you treat them with just a bit of care. Remember that the least amount of cooking liquid is always the best way to preserve nutrients in cooking vegetables, as well as cooking them as quickly as possible. To simply cook carrots, cover carrots with boiling water

or boiling vegetable stock. You don't want carrots to sit in cold water as the water heats, as this destroys some of the nutrients. Also, drain cooked carrots as soon as possible so they are not sitting and losing nutrients.

Here's a fast and easy lemon carrot recipe: Cut up old carrots and then steam or boil them until just tender and drain. Return the carrots to the pot. For every 2 cups of steamed carrots, use 2 teaspoons of fresh, chopped parsley, 1 Tablespoon of vegan margarine, and 2 Tablespoons of lemon juice. Toss the carrots with these ingredients and reheat just until carrots are hot. Serve lemon carrots as a side dish or purée the dish and use it as a base for 'creamy' vegetable soup.

Carrot juice can be used as a cooking liquid for vegetables, rice, soup, and pasta. In fact, if you've carefully cleaned your carrots, you can cook pasta, rice, or other vegetables in the carrot cooking water. This is a thrifty way to save water and to get as many nutrients as possible from your carrots.

You can combine ½ cup carrot juice, ¾ cup puréed cooked carrots, 2 cups silken tofu, and 1 Tablespoon orange juice concentrate to make carrot custard. Blend the ingredients together and allow them to firm up in the refrigerator for several hours. Alternately, you can bake the prepared carrot custard for about 30 minutes in a 375-degree oven until it is set. If you add thyme, white pepper, and onion powder, you'll have a savory side dish to serve with greens and potatoes. If you add cinnamon and raisins, you'll have a sweet dessert.



Vegetarian Action

Mark Rifkin, RD By Karen Leibowitz

Mark Rifkin, RD is a highly active member of the vegan community through his personal, volunteer, and professional life. He has been vegetarian since 1984 and vegan since 1986. He originally made the dietary switch because of his firm belief in the ethical treatment of animals. He majored in environmental studies in college and during that time became aware of the need to protect all animals and treat them with respect. Soon after, his reasons for following a vegan diet expanded to environment, health, peace, and justice.

Mark has volunteered for The Vegetarian Resource Group since 1987. He has staffed booths, assisted at potluck dinners, and organized other events. He started Call-A-Dietitian Day, which is an event whereby callers can schedule a time slot to ask a dietitian nutrition-related questions and receive professional advice. He was also involved in animal rights outreach, and has organized protests and demonstrations, worked at booths, and researched and composed literature. He volunteers for EarthSave Baltimore, helping to organize monthly potluck dinner events. In his personal life, he provides support and education on social media as well as at the potluck events he attends.

Mark promotes veganism in his professional life by being an active Maryland coordinator, tabling organizer, and public policy chair with the Vegetarian Nutrition Dietetic Practice Group (VNDPG) within the Academy of Nutrition and Dietetics. He's even gone out of his way to ensure that vegan options were provided at an Academy of Nutrition and Dietetics national meeting. Mark also provides private professional nutritional counseling to vegans and vegetarians.

We asked Mark what advice he has for those wanting to incorporate and promote vegetarianism into

their professional lives. One of the most direct ways is to pursue a professional nutrition career. Mark warns, though, that "Working with omnivores and the discussion of some animal products in a positive light will be necessary to earn a living. While that may be ethically challenging for some, for nearly every condition, working with omnivorous patients in this way while



Mark Rifkin, RD

advocating incorporation of more whole plant foods, not only supports the goal [of advocating a vegetarian/vegan diet], but will be essential to reach it." He went on to say that for some, perhaps a more ideal, yet challenging, route would be to start a business or private practice. This way you are able to fully promote vegetarian and vegan diets. Mark does both. For those pursuing non-nutrition careers, Mark suggests they find a niche that appeals to all, not just vegetarians. For example, the business people behind Pangea (www.veganstore.com) successfully promote veganism through their products, which appeal to all different types of people, not just vegetarian.

Mark presented on the issue of "Lapsed Vegetarians" at NAVS Vegetarian Summerfest, and recently researched the genetics and history of lactase persistence and how official attitudes toward dairy in the U.S. and "lactose intolerance" directly contradict the conclusions of anthropological researchers.

According to Mark, this is all in the context of pursuit of an educational goal that his mother dismissed as impractical. He was exposed to vegetarian and environmental philosophies that induced a dietary change his parents thought was a phase, but later became his career—quite unexpectedly.

Karen Leibowitz wrote this piece while doing an internship with The Vegetarian Resource Group.



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VEGAN DRINKS: VRG interns Laura McGuinness, Karen Leibowitz, and Priscilla Soto showcasing the VRG's materials at HOMEslyce in Baltimore, MD, a pizza place that offers Daiya cheese and several types of vegan 'meat' as toppings. The event was part of Vegan Drinks, a free monthly happy hour for vegans, vegetarians, and those interested in either.

Washington, D.C. Veg Fest



DC VEG FEST: VRG volunteer and dietitian Mark Rifkin and VRG Coordinator Debra Wasserman chatting with Elena from Compassion Over Killing, the national nonprofit that put on the festival. Throughout the day, Mark answered nutrition questions. Thanks also to Heather Gorn for volunteering all day.

The VRG Parents' List

If you're raising veggie kids, you may want to join The Vegetarian Resource Group's online parents' discussion group at <http://groups.yahoo.com/group/vrgparents/>. Members raise a wide range of questions, and other parents respond with practical advice from their own experience raising veggie kids. This group has more than 1,500 families participating.

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