

Veganizing Southern Cooking • Fast Frozen Foods

VOLUME XXXI, NO

VEGETARIAN

JOURNAL

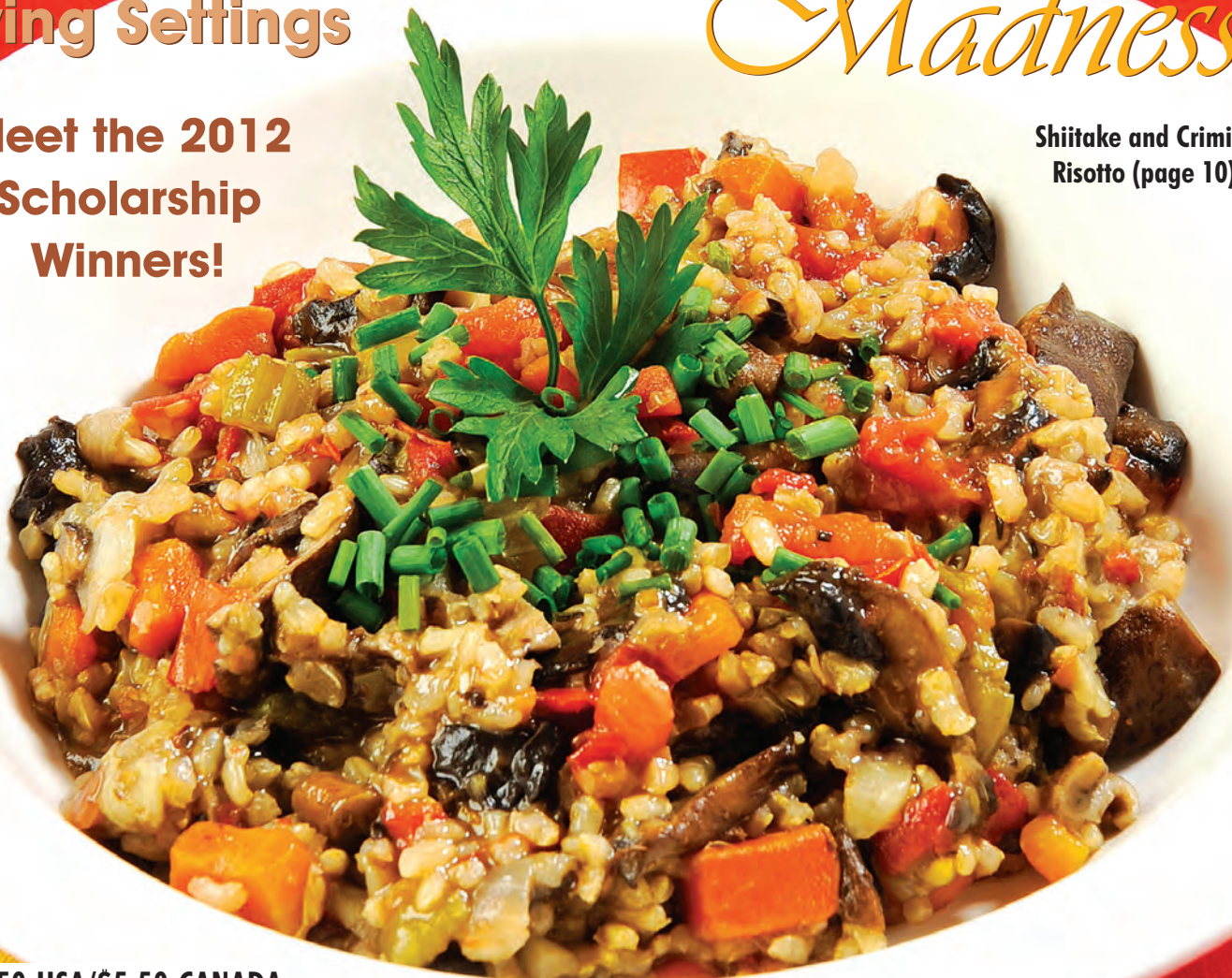
HEALTH ECOLOGY

Accommodating
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Living Settings

Mushroom Madness

Meet the 2012
Scholarship
Winners!

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New VRG Poll Results

How Often Do Americans Eat Vegetarian Meals?
And How Many Adults Are Vegan?

www.vrg.org

NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline discusses if the typical vegan gets enough vitamin C from diet alone to promote effective iron absorption and how to make Southern recipes more healthful.

QUESTION: *"As a vegan, getting enough iron is important to me. Some supplement companies say that vitamin C helps with absorbing iron, but do I really need to take a vitamin C supplement? Is vitamin C from my food enough?"*

ANSWER: Vitamin C supplements are not usually needed to help with iron absorption. For the most part, you can get enough vitamin C from your everyday diet.

While it is true that vitamin C makes it easier for iron from plant foods to be absorbed, questions arise as to how much vitamin C is needed to promote absorption. Older studies of iron and vitamin C found that as much as four times more iron was absorbed from a single meal when the meal included more than 75 milligrams of vitamin C¹. Children in India with iron-deficiency anemia were given 100 milligrams of vitamin C at lunch and dinner for two months. Most of them recovered from the anemia². Higher doses of vitamin C (300-2,000 milligrams daily) do not seem to have a significant effect on iron status³. These results suggest that vitamin C intakes of 50-100 milligrams with meals, a level that can be achieved from food, can effectively promote iron absorption.

The average American gets plenty of vitamin C; most studies show that vegans' vitamin C intakes are even higher than those of non-vegetarians⁴. Many of us know that citrus fruits are good sources of vitamin C, but other fruits and vegetables like cantaloupe, tomatoes, red peppers, and broccoli also provide vitamin C.

Examples of foods that supply 50-100 milligrams of vitamin C include:

- 1 cup cantaloupe
- 1 orange
- 1 kiwi
- 2 medium tomatoes
- 10 strawberries
- 1/2 raw green pepper
- 1 cup raw broccoli or cauliflower
- 1 cup cooked kale or Brussels sprouts

Iron absorption can also be enhanced by not drinking coffee and tea with meals.

For more information on iron, check out <www.vrg.org/nutrition/iron.htm>.

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NOTE FROM THE COORDINATORS

VEGANS HAVING IMPACT



People have grandiose ideas about what will make a better world, but it's really about being responsible and treating all people nicely, both of which are rarer than you would expect. Our Senior Editor, Keryl Cryer, has certainly demonstrated these qualities. She always managed to keep *Vegetarian Journal* on schedule, even while helping her family in New Orleans after Hurricane Katrina. We are very sorry to report that, after 10 years of commitment and hard work, Keryl will be leaving us as Senior Editor, due to a recent promotion and increasing responsibilities at her 'day job.' Keryl's diligence made our proofreaders' job too easy. We will greatly miss her as Senior Editor, even though we look forward to seeing her at future VRG events.

As we were searching for someone to take over Keryl's job (since no one can replace her), it was interesting how many people said they were vegetarian but actually still ate one animal product or another. In many ways, it should make all of us feel good that so many people want to be called 'vegetarian.' These 'mostly vegetarians' mean fewer animals slaughtered, less environmental destruction, and hopefully countless numbers of people adopting a more healthful diet.

With so many people calling themselves 'vegetarian,' we wanted to know how many actually never eat meat, fish, poultry, dairy, and eggs. See results from our national Harris Poll on page 12. We did not ask about items such as leather or wool, so the poll results refer only to how many people are eating vegetarian and vegan meals rather than how many vegetarians and vegans there are in the country. Can a person be called 'vegan' if he eats vegetables grown with manure or treats people in an unethical fashion? We'll save those debates for web discussion groups.

Previously, we asked readers if they would continue to support The VRG if we stopped producing *Vegetarian Journal* in a print format. Though we had a small sample of responses, most subscribers were extremely passionate about keeping the print version. Currently, we average more than 200,000 people a month coming to our website for information, but we believe these visitors use and see the information differently than do those carefully and leisurely reading a print periodical. VRG faces the same challenges as other media in an Internet world, where consumers are coming to websites for 'free' information. In general, people are now spending their money to support the devices, services, and companies that spread the information rather than actually supporting the efforts it takes to do careful research. How all this evolves over the upcoming years will be interesting to see. As the number of vegans shows, each of us has an impact on how the world develops.

Debra Wasserman & Charles Stahlner

Handwritten signatures of Debra Wasserman and Charles Stahlner in black ink.

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203, or donate online at <www.vrg.org/donate>.

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

A donation was made in memory of Yael bat Abraham v' Sarah by Barb Cohen.

Medical Professional Praises VRG Website

A peaceful and happy holiday to all of you wonderful people who make VRG the greatest veggie organization anywhere. It is *such* a pleasure to refer people to your terrific website (<www.vrg.org>), with science-based info on everything veggie, and cool recipes to boot! Most of the patients I deal with don't want 'hippie'; they want professional info presented in a clear way, which is what you do. It's a very happy site!
Betsy T., via e-mail

Please Send Copies of MyVeganPlate!

I recently attended the Sports, Cardiovascular, and Wellness Nutrition meeting and would be very interested in having copies of the *MyVeganPlate* handout. It is colorful and easy to read/use and would be perfect for some of the vegetarian clients who I see in our outpatient nutrition and diabetes clinic. If you could send 25 copies, that would be excellent.

Thank you so much for being a great resource to registered dietitians! I will also keep on hand a few copies of *Vegetarian Journal* for clients to review.
Rita S., via e-mail

So, What Do We Do With the Red Pepper?

In response to "Beans, Grains, and Vegetables" in Issue 2, 2012, of *Vegetarian Journal*:

Tonight, I made the "Chard and Peppers," and I realized that the recipe never said what to do with the red pepper after roasting it, taking it out of the oven, and then letting it cool. I ended up dicing it up and then adding it in at the same time as the potatoes.

I thought you might want to know that there was a step missing in the recipe, and perhaps it could be addressed in your next issue.

Thanks for all you do. I learn a lot from your *Journal*.

Debbie S. via e-mail

Note: The VJ staff apologizes for this oversight. The recipe instructions should appear as follows:

... When the pepper is soft and slightly blackened on the outside, remove from oven and allow to cool. Remove the seeds and stem, and slice the pepper into strips....

Heat a heavy skillet over medium heat... Remove the cover and stir in the *peppers and* potatoes. Sprinkle with salt and pepper before serving.

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:

JAMAICAN CUISINE

Plus: Vegans in China, Early Green Vegetables, Quick Bean Dishes, Ingredient Poll Results, and more!

A Multitude of Mushrooms

By Zel Allen

MUSHROOMS HAVE BEEN PRIZED since ancient times. Historically, they were revered, hoarded, and even kept from the peasants in some regions of the world. Hippocrates used mushrooms as both food and medicine. Hieroglyphics incised on Egyptian temples 4,600 years ago seem almost surreal with writings that say pharaohs believed mushrooms were ‘magic food’ that could assure them immortality.

Today, mushrooms can claim many fans, from home cooks to professional chefs. Mushrooms belong to the family of fungi and are sources of protein, fiber, potassium, niacin, and phosphorus.

While some knowledgeable foragers may hunt for mushrooms in woody areas, inexperienced gatherers should be aware that certain wild mushroom look-alikes can deliver a deadly dose of toxins. Most people make the safer choice and shop for commercially cultivated mushrooms in grocery stores. Asian markets may offer a wider variety of mushrooms and at better prices than chain stores.

As you make your way through the world of mushrooms, make sure to explore these possibilities:

- **Button mushrooms** can be eaten raw, marinated, or cooked, and they are delicious sliced into salads. Toss them into stir-fries, layer them in lasagna, or serve them over pasta.
- One of the most familiar of mushrooms, **criminis** are simply older versions of common white button mushrooms. Firmer and with a slightly fuller flavor than their younger kin, criminis are often dark brown and have smooth, rounded caps. This versatile variety may be prepared raw and added to salads, or they may be boiled and stuffed with filling for a savory appetizer. Criminis hold up well in high temperatures, making them ideal selections for baking, roasting, or stewing.
- **Portobellos** are just mature criminis and make a sensational entrée when simply grilled, broiled, or sautéed. Marinate, grill, and slice them, along with grilled onions, to create a mouth-watering sandwich filling. Mince raw portobellos in the food processor

and combine them with cooked grains to form tasty patties that can be baked, broiled, or fried.

- **Shiitakes** are fun and ultra-versatile with their soft, satiny texture. Something magical within the shiitake produces the strongest umami flavor when cooked. Cut off and discard their tough stems, and then slice and sauté the mushrooms. Stir-fry the caps whole and fall in love with their captivating texture. Include shiitakes in noodle dishes, risottos, and salads.
- **Oyster mushrooms** are the most delicate in flavor and texture. They are best prepared separately, as cooking them with other foods may overshadow their silky, melt-in-the-mouth texture, and light, almost elusive flavor. Enjoy them simply stir-fried with a little garlic.
- Unlike delicate oyster mushrooms, **king oyster mushrooms** are brazen with succulent flavor and a pleasantly chewy, ‘meaty’ texture. Their thin, deep brown caps and long, plump stems can be sliced, stir-fried, and added to almost anything, from soups and salads to pasta and rice dishes. Use king oyster mushrooms when assembling vegetable skewers for

“Historically, mushrooms were revered, hoarded, and even kept from the peasants in some regions of the world.”

the grill. Asian markets are the best place to shop for these mushrooms, which are easy to recognize with the distinctly plump, bulbous shape at the base of their stems.

- **Enoki mushrooms**, with their long, toothpick-thin stems and tiny rounded caps, are often served raw as a garnish in soups or salads. Enokis have two distinct personalities. When used in raw salads, they are crisp and offer a delicious nutty flavor. When cooked into soups, stir-fries, and stews, they turn delightfully soft and chewy.

- **Beech mushrooms** are native to East Asia and are known as *bunapi*, *buna shimeji*, or *hon shimeji*. Available in Asian markets, they often come packaged in a tight cluster of long, thin stalks and small, puffy-looking white or brown caps. Their flavor is unpleasantly bitter if served raw but mellow when cooked. Cut off and discard the firm base to separate the stalks, and enjoy them either whole or chopped into stir-fries.
- **Maitake mushrooms**, also called ‘hen of the woods,’ are native to northern Japan. This capless variety grows in brown leafy clusters that suggest an attractive, flower-like appearance. They hold

“Mushrooms are very low in calories and fat yet have a way of perking up a dish by contributing their unique, fusty, and sometimes mossy flavors.”

their shape well during cooking, and their meaty texture makes them stand apart in soups, stir-fries, and other dishes.

- **Dried mushrooms** have the most intense, somewhat smoky flavor and make the best cream of mushroom soup. Before using, cover dried mushrooms with boiling water and soak them for 30-60 minutes to soften. And don't discard the soak water! Strain it and use it to make delicious soups and sauces.

Mushrooms are very low in calories and fat yet have a way of perking up a dish by contributing their unique, fusty, and sometimes mossy flavors. To cut calories even further, switch from sautéing in oil to sautéing in water. For extra flavor, add a touch of balsamic vinegar, lemon juice, or a hint of soy sauce, along with herbs and spices, when water-sautéing. Follow in the footsteps of Apicius, ancient chef of Imperial Rome, and cook mushrooms in wine and chopped cilantro and season with pepper and a drizzle of vinegar.

Join the mushroom aficionados who embrace the humongous fungus family of mushrooms. You'll easily find their irresistible, savory umami flavors deliver heightened pleasure and dining satiety. Pair them with flavors bold or delicate. Combine them with grains, pastas, or legumes. And eat them with a rainbow of vegetables to have the feast of your life!

MARINATED BUTTONS

(Serves 6-8)

Boldly flavored and richly colored, these pungent marinated mushrooms are especially appealing because they are fat-free. Without the traditional oil base, this marinade easily penetrates the mushrooms and flavors them within a few minutes rather than several hours.

- 1 pound white button mushrooms, sliced**
- 1 small Persian or Japanese cucumber, finely chopped**
- 1/3 cup fresh lemon juice**
- 1/4 cup water**
- 1/4 cup balsamic vinegar**
- 4 garlic cloves, coarsely chopped**
- 1 Tablespoon maple syrup**
- 2-3 teaspoons low-sodium soy sauce**
- Pinch cayenne**
- 5 scallions, divided**

In a large serving bowl, combine the mushrooms, cucumbers, lemon juice, water, vinegar, garlic, syrup, soy sauce, and cayenne. Chop four scallions, add them to the bowl, and mix well.

To garnish, trim off and discard the root end of the remaining scallion. Slice the white portion and sprinkle over the center of the dish. Cut the green portion into long, thin slivers, leaving them attached where they are joined. Poke the attached end into the dish's center, leaving the tops standing upright, to add a finishing touch to the dish. Serve immediately.

Total calories per serving: 49
Carbohydrates: 10 grams
Sodium: 68 milligrams

Fat: <1 gram
Protein: 3 grams
Fiber: 1 gram



Marinated Buttons

SHIITAKE WALNUT PÂTÉ

(Makes approximately 1 2/3 cups or thirteen 2-Tablespoon servings)

Shiitake mushrooms have a personality all their own, and they lend extraordinary flavor and pleasing texture to foods. This recipe features them in a savory, ultra-creamy pâté I like to serve as an appetizer spread. Deliciously rich-tasting, the pâté is easy to assemble and can quickly morph into multiple creations. Serve the pâté with whole-grain crackers or toasted pita, or try one of the suggestions below.

1/2 pound shiitake mushrooms, stems discarded and then caps coarsely chopped

1 small onion, chopped

1 large garlic clove, chopped

1 Tablespoon water

Additional water as needed

1/2 cup raw walnuts

2 Tablespoons unsweetened soymilk, vegetable broth, or water

1 Tablespoon nutritional yeast flakes

2 teaspoons fresh lemon juice

1/2 teaspoon salt

1 small sprig of fresh herbs like parsley, basil, mint, or tarragon

In a large, deep skillet, combine

the mushrooms, onions, garlic, and water. Water-sauté over high heat for approximately 10 minutes or until the onions are transparent. Add small amounts of water as needed to prevent the mushrooms from sticking or burning.

Transfer the cooked ingredients to a food processor and add the walnuts; soymilk, broth, or water; nutritional yeast; lemon juice; and salt. Process until the mixture is smooth and creamy.

Spoon the mixture into an attractive bowl, garnish with fresh herbs, and serve warm or chilled. If refrigerated, any leftover pâté will keep for 3-4 days.

PÂTÉ SERVING SUGGESTIONS:

- Spoon it into celery ribs.
- Serve it on a large platter surrounded with colorful raw veggies and crackers.
- Spread it on crackers and top each with a sliced green olive.
- Simply slather it on bread.
- Use it as a sandwich filling.
- Stuff it into raw or cooked mushroom caps.
- Fill pasta shells with it.
- Spread it over cooked polenta.

Total calories per serving: 41 Fat: 3 grams

Carbohydrates: 2 grams
Sodium: 92 milligrams

Protein: 2 grams
Fiber: 1 gram

SPINACH AND SHIITAKE LOVE NEST

(Serve 4-5)

Serve this dish with a tossed salad and a side of steamed broccoli or kale.

CARAMELIZED ONIONS

3 large onions, sliced and then halved

1 Tablespoon low-sodium soy sauce

1 Tablespoon balsamic vinegar

Preheat oven to 375 degrees. Place the onions on a jellyroll pan, heaping them close together. Roast for 15 minutes. Turn the onions over with a spatula, heap them together again, and roast for another 15 minutes.

Turn the onions once more and spread them out on the pan. Roast for 10 minutes. Add the soy sauce and balsamic vinegar, mix well, and roast for 10-15 minutes longer to caramelize thoroughly.

STEAMED RICE

2 1/4 cups water

1 cup basmati brown rice

Salt to taste

While the onions are roasting, combine the water, rice, and salt in a 2-quart saucepan. Cover the pan and bring to a boil over high heat. Reduce the heat to low and steam for 35 minutes. Remove from heat and let rest, covered, for 15 minutes to absorb any remaining liquid.

SPINACH SHIITAKE SAUTÉ

1/2 pound fresh shiitake mushrooms, stems

discarded and then caps thickly sliced

For Further Reading

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Spinach and Shiitake Love Nest



Gourmet Mushroom Stroganoff

- 1/2 small carrot, diced**
- 3/4 cup water**
- Additional water as needed**
- One 12-ounce package baby spinach**
- 1 red bell pepper, chopped**
- 1 1/2 Tablespoons balsamic vinegar**
- 1 1/2 Tablespoons low-sodium soy sauce**
- 1 Tablespoon Dijon mustard**
- Sprigs of fresh herbs, such as parsley or cilantro**
- 4-5 cherry tomatoes**

In a large skillet, combine the mushrooms, carrots, and water. Water-sauté the ingredients over high heat, stirring frequently, for approximately 3-4 minutes or until softened. Add small amounts of water, if needed.

Add the spinach to the skillet, a little at a time, cooking briefly, just until wilted. When the onions are done, add them to the skillet, mixing well to distribute evenly.

Add the peppers, vinegar, soy sauce, and mustard and cook 1 minute longer.

To serve, place a portion of the steamed rice on each plate, forming a nest. Spoon a serving of the mushroom-spinach medley

into the nest. Garnish each with a cluster of herbs and nestle a tomato on top of each.

Total calories per serving: 261	Fat: 2 grams
Carbohydrates: 55 grams	Protein: 10 grams
Sodium: 547 milligrams	Fiber: 7 grams

GOURMET MUSHROOM STROGANOFF

(Serves 5)

Stroganoff has altered courses multiple times since the original version appeared in an 1861 Russian cookbook. Traditionally made with beef, mustard, and a small amount of sour cream, it contained no onions or mushrooms, both of which are central to this gourmet vegan version. Paying homage to the original recipe, I've retained the mustard and sour cream and exalted the earthy dish with a devastatingly rich cashew sauce. Serve over rice or wide noodles.

- 3 medium onions, sliced**
- 1 cup water, divided**
- 1 pound button mushrooms, sliced**
- 3 garlic cloves, finely minced**
- 1 1/2 cups low-sodium vegetable broth**
- 2 Tablespoons low-sodium soy sauce**
- 1/2 teaspoon dried dill weed**

- 1 cup finely ground raw cashews**
- 1 teaspoon Dijon mustard**
- Salt and freshly ground pepper, optional**
- 1/3 cup vegan sour cream**
- 1/3 cup minced parsley**
- One 3.5-ounce package enoki mushrooms**

In a large, deep skillet, combine the onions and 1/2 cup water. Water-sauté the onions over medium-high heat for approximately 5 minutes, stirring often and adding small amounts of water. Do not allow the skillet to run dry. Lower the heat to medium and cook for approximately 20-25 minutes until the onions begin to caramelize and turn golden. Stir frequently and add small amounts of water, as needed.

Add the mushrooms and garlic into the skillet, along with 1/3 cup of water. Cook the mixture over medium heat for approximately 4-5 minutes or until the mushrooms are softened.

Add the vegetable broth, soy sauce, and dill weed and bring to a boil. Add the cashews and stir frequently for approximately 3-4 minutes until the mixture thickens. Add the mustard, and season with salt and pepper, if desired.

Before serving, stir in the sour cream, mixing only briefly so some is visible. Garnish each serving with some parsley and place a few enoki mushrooms into the center.

Total calories per serving: 221 Fat: 11 grams
 Carbohydrates: 24 grams Protein: 9 grams
 Sodium: 403 milligrams Fiber: 3 grams

SHIITAKE AND CRIMINI RISOTTO

(Serves 6-7)

**Pictured on the cover. This hearty risotto uses brown rice in place of the customary Arborio rice. While Arborio rice produces a soft, creamy-textured risotto, brown rice will retain its nutty flavor and pleasingly chewy texture.*

The mushrooms combine deliciously with the dried herbs and vegetables, offering a robust dinner dish elegant enough for company dining. Include a tossed salad and steamed vegetables on the side.

- 6 Roma tomatoes, diced**
- 3-4 garlic cloves, minced**
- 2 1/2 cups chopped green cabbage**
- 1 medium onion, chopped**
- 2 ribs celery, diced**
- 1 large carrot, diced**
- 4-7 cups water, divided**
- 1 Tablespoon extra-virgin olive oil, optional**
- 1 garlic clove, crushed**

- 3/4-1 pound crimini mushrooms, sliced**
- 1/2 pound shiitake mushrooms, stems discarded and then caps sliced**
- 1/2 teaspoon dried thyme**
- 1/2 teaspoon dried rosemary, crushed in a mortar and pestle**
- 1 1/4 cups short- or medium-grain brown rice**
- 1 teaspoon salt**
- Freshly ground black pepper to taste**
- 1 Tablespoon minced fresh parsley**
- 1 Tablespoon minced fresh chives**

In a 2-quart saucepan, combine the tomatoes and garlic. Cook over medium-high heat, stirring frequently, for 5-6 minutes or until the tomatoes have begun to break down. Turn off the heat and set aside to add at the end.

In a large, deep skillet, combine the cabbage, onions, celery, carrots, 1/4 cup water, oil, and garlic. Cook the mixture over high heat, stirring frequently, for approximately 5 minutes or until the vegetables are softened. Add small amounts of water as needed to prevent burning the vegetables.

Add the mushrooms, thyme, and rosemary to the skillet and cook for approximately 2 minutes, stirring frequently and adding water as needed. Reduce the heat to medium-high and add the rice, salt, pepper, and 1 cup water.

Keep the pan simmering, stir frequently, and add 1/2 cup water at a time as the liquid is absorbed. The process of cooking down and adding water may take 30-40 minutes. Taste the rice for tenderness after 30 minutes.

When the rice is tender, add the tomatoes, stirring to distribute them evenly. Cook another minute to warm them. Adjust the seasonings, if needed, and garnish with a sprinkle of herbs.

Total calories per serving: 202 Fat: 1 gram
 Carbohydrates: 42 grams Protein: 7 grams
 Sodium: 424 milligrams Fiber: 5 grams

PORTOBELLO MUSHROOM PATTIES

(Makes twelve 3-inch patties)

*Portobello mushrooms form the ideal base for a hearty burger that's got enough attitude to stand alone without a bun. To enjoy these patties as an appetizer, make them no more than 1 1/2 inches in diameter and serve them warmed or at room temperature with a sauce of your choice. The patties are especially tasty and attractive when topped with **Cashew-Mushroom Bruschetta Spread**. (Recipe follows.) You can prepare both the burgers and the spread in advance and refrigerate*



Portobello Mushroom Patties



Hunter's Mushroom Sauce over Noodles with a Side of Broccoli

them. Then, assemble them and warm at 350 degrees for approximately 15 minutes before serving.

- 2 Tablespoons water
- 1 Tablespoon flaxseed meal
- 2 or 3 giant portobello mushrooms (approximately 3/4 pound)
- 1 cup cooked barley, buckwheat, or short-grain brown rice
- 1 cup chopped sweet onions
- 1/2 cup almond or hazelnut meal
- 1/3 cup whole wheat flour or old-fashioned rolled oats
- 1 Tablespoon plus 1 teaspoon nutritional yeast
- 1 1/4 teaspoons salt
- 1/4 teaspoon ground black pepper

Preheat oven to 375 degrees and line a large jellyroll pan with parchment paper. Set aside.

In a small bowl, combine the water and flaxseed meal and stir well. Set aside to thicken.

Coarsely chop the mushrooms, put them into a food processor, and process until they are finely minced. Transfer to a large bowl.

Add the barley, buckwheat, or rice; onions; almond or hazelnut meal; flour; nutritional yeast; salt; and pepper. Mix well with your hands to distribute the ingredients evenly.

Stir the thickened flaxseed meal and add it to the mushroom mixture, mixing well with your hands to incorporate it throughout.

Form the mixture into patties and place them on the parchment. Press lightly on each patty to flatten to a 1/2-inch thickness. Bake for 25 minutes. Turn the patties with a spatula and bake 10-15 minutes longer.

Total calories per patty: 221
Carbohydrates: 24 grams
Sodium: 403 milligrams
Fat: 11 grams
Protein: 9 grams
Fiber: 3 grams

CASHEW-MUSHROOM BRUSCHETTA SPREAD

(Serves 4-5)

This is a recipe from my cookbook, The Nut Gourmet. Serve the spread in an attractive bowl accompanied by toasted pita wedges, or serve over mushroom patties.

- 1/2 pound sliced button or crimini mushrooms
- 2 Tablespoons water
- 1/2 cup coarsely chopped raw cashews
- 3 ounces soft tofu
- 2 garlic cloves, minced
- 1/2-1 teaspoon freshly squeezed lemon juice
- Salt and freshly ground pepper to taste
- Paprika

In a deep, 10-inch skillet, combine the mushrooms and water and cook over high heat for approximately 2 minutes or until softened.

Put the cashews, tofu, garlic, and lemon juice in a food processor and process approximately 1 minute, just long enough to break the cashews into smaller bits. Add the cashew mixture to the mushrooms in the skillet and heat gently to warm throughout. Season the bruschetta spread with salt, pepper, and a sprinkling of paprika.

Total calories per serving: 123
Carbohydrates: 8 grams
Sodium: 7 milligrams
Fat: 8 grams
Protein: 6 grams
Fiber: 1 gram

HUNTER'S MUSHROOM SAUCE

(Serves 5-6)

You may not find maitake and beech mushrooms in large chain groceries, so look in Asian markets. Their

definitive shapes, delicate earthy flavors, and springy texture make these mushrooms stand apart.

Serve this sauce over pasta or cooked grains and relish the delicious ensemble of sweet and savory flavors.

- 6 ounces brown beech mushrooms
- 3 1/2 ounces white beech mushrooms
- 3 1/2 ounces maitake mushrooms
- 2 1/2-3 1/2 cups water, divided
- 1 large onion, cut lengthwise into half-moons
- 5 large garlic cloves, crushed
- 2 medium sweet potatoes, peeled and diced
- 4 Tablespoons low-sodium soy sauce
- 2 Tablespoons balsamic vinegar
- 3 Tablespoons cornstarch

Cut off the bottom 1/2- to 1-inch portion that holds the mushroom clusters together, and separate both the maitake and beech mushrooms. Cut large maitake fronds in half lengthwise.

In a large, deep skillet, combine 1/4 cup water and onions and water-sauté over high heat for approximately 2 minutes, stirring frequently. Add the garlic and 1-2 Tablespoons of additional water as needed to prevent burning. Cook for 1 minute.

Add the sweet potatoes and 1-1 1/2 cups water and cook for 6-8 minutes or until the potatoes are fork tender. Add 1-1 1/2 cups more water, along with the mushrooms. Cook for 1 minute, stirring frequently, and season with

Zel Allen is author of *The Nut Gourmet*, which can be purchased from The Vegetarian Resource Group. To buy the book, call (410) 366-8343 or go online: <www.vrg.org/catalog>.

How Often Do Americans Eat Vegetarian Meals? And How Many Adults in the U.S.

Are Vegetarian? By Charles Stahler

FOR YEARS, FOOD COMPANIES, MARKETERS, researchers, students, and media have been asking The Vegetarian Resource Group about the number of vegetarians and vegans. To help answer this question again, VRG commissioned Harris Interactive® to conduct a nationally representative telephone poll of 2,030 adults aged 18 years and over. We asked:

Which of the following, if any, best describes your eating behavior? (Just select one choice.)

- 1) You never eat meat, fish, seafood, or poultry.
- 2) You don't eat meat, fish, seafood, or poultry at one meal per week.
- 3) You don't eat meat, fish, seafood, or poultry one full day per week.
- 4) You don't eat meat, fish, seafood, or poultry at many of your meals, but less than half the time.
- 5) You don't eat meat, fish, seafood, or poultry at more than half of your meals, but not all the time.
- 6) You never eat meat, fish, seafood, poultry, dairy, or eggs.
- 7) Not any of the above.

No Answer.

We considered those who never eat meat, fish, seafood, or poultry as 'vegetarian' and those who never eat meat, fish, seafood, poultry, dairy, or eggs as 'vegan.' (We did not ask about honey for vegans.) Because we use the word "never" in this poll and don't just ask if a person considers himself or herself vegetarian, our numbers may be lower than other poll results.

According to this latest poll, 47 percent of the adults in the U.S. eat at least one vegetarian meal per week. This has strong implications for food companies and restaurants. There is incentive for producing vegetarian

options as almost half the population demands it. However, based on our other research outside this poll, it's not enough to simply produce meatless items; businesses have to cater to various needs, which may include price, health, convenience, ingredient sources, and religious requirements. Also, since half the country did not say they consume vegetarian meals, marketing is more complex because of such different audiences.

METHODOLOGY

Harris Interactive® conducted this survey within the United States by telephone on behalf of The Vegetarian Resource Group from March 15 to March 18, 2012, and from March 22 to March 25, 2012, among a nationwide cross-section of 2,030 adults (aged 18 years and over). Figures for age, sex, race, education, region, number of adults in household, and number of telephone lines were weighted where necessary to bring them into line with their actual proportions in the U.S. population.

In theory, with probability samples of this size, one could say with 95 percent certainty that the results for the overall sample have a sampling error of plus or minus 2 percentage points. Unfortunately, there are several other possible sources of error in all polls or surveys, including refusals to be interviewed (i.e., non-response), question wording and question order, and weighting. It is impossible to quantify the errors that may result from these factors.

Four percent of U.S. adults were found to be vegetarian. With U.S. adults 18 years and over numbering approximately 230 million, we can estimate the number of vegetarians in the U.S. adult population, based on this poll, to be approximately 9 million. Vegans included in the vegetarian figures would be approximately 2 million people. If you take into account the poll's margin of sampling error, we can estimate the number of vegetarians in the U.S. population to range from approximately 5 million to 14 million adults. With margin of sampling error, vegans could range as high as 6.9 million.

HOW OFTEN DO AMERICANS EAT VEGETARIAN MEALS?

(No Meat, Fish, Seafood, or Poultry)

- 7% One Meal Per Week
- 7% One Day Per Week
- 15% Many Meals But Fewer Than Half
- 14% More Than Half But Not All
- 4% Never Eat Meat, Fish, Seafood, or Poultry
- 47% Estimated Population Who Looks for Vegetarian Foods

The needs of the individuals interested in vegetarian meals can be different. For example, food companies and restaurants should note that consumers may be looking for vegan, low-sodium, gluten-free, locally grown, organic, gourmet, kosher, or other selections. If developing a vegetarian product or offering vegetarian meals, they will need to do more research on their customers' food preferences. In addition, when considering products and marketing strategies, businesses should keep in mind the special needs of vegetarians versus those interested in vegetarian meals.

PEOPLE WHO NEVER EAT MEAT, FISH, SEAFOOD, OR POULTRY

(Total Number of Vegetarians and Vegans)

4% Total	8% Hispanic
3% Male	4% Below \$35K household income
5% Female	5% \$35K-\$50K
5% 18-34 Years	4% \$50K-\$75K
4% 35-54 Years	5% \$75K-\$100K
3% 55+ Years	1% Over \$100K
4% Northeast	5% High school education or less
3% Midwest	3% Partial college education
4% South	5% College graduate
3% White	
6% Black	

It is fascinating that, contrary to popular thought, there isn't much difference among male, female, region, or age for actual vegetarians. This also generally applies to household income, except for those making over \$100,000 per year. (Interesting that those earning over \$100,000 are 'the 1 percent.')

Among vegans, we found there isn't a difference between males and females, with 1 percent of each being vegan. The number of Hispanic people who are vegetarian is higher than might be expected, but we've seen similar results previously in our polls and other polls.

PEOPLE WHO EAT ONE OR MORE VEGETARIAN MEALS PER WEEK

(Not Including Vegetarians or Vegans)

43% Total	42% \$35K-\$50K household income
40% Male	45% \$50K-\$75K household income
45% Female	46% \$75K-\$100K household income
41% 18-34 Years	47% Over \$100K household income
39% 35-44 Years	41% Northeast
44% 45-54 Years	41% Midwest
46% 55-64 Years	39% South
45% 65+ Years	47% West
41% Northeast	44% White
41% Midwest	40% Black
41% South	39% Hispanic
47% West	45% College graduate
44% White	43% Below \$35K household income
40% Black	
39% Hispanic	
43% Below \$35K household income	

The VRG has been polling the U.S. population about dietary habits since the 1990s. For additional vegetarian poll information about adults, children ages 8-17 years, ordering meatless meals in restaurants, and other topics, please visit <www.vrg.org/nutshell/faq.htm#poll>.

Charles Stahler is Co-Director of The Vegetarian Resource

Frozen Foods Frenzy

By Chef Nancy Berkoff, RD, EDD, CCE

WHEN WE DON'T HAVE TIME TO PREPARE A MEAL from scratch, we can thank Mr. Birdseye for 'inventing' frozen food! Here are some ideas for 'eating from the freezer.'

EDAMAME

Frozen edamame (out of the shell) make a great addition to soup. Select a can of your favorite soup or some leftover homemade soup. Add the frozen edamame to the soup before heating on the stove or microwaving, and the edamame will heat with the soup.

Mix edamame into leftover cooked rice. Then, add some soy sauce or your favorite oil-and-vinegar salad dressing; sprinkle in some nutritional yeast, chopped nuts, or sesame seeds; and heat. Voilà—a great entrée!

If you have a small amount of either leftover cooked chili or beans and rice, add in heated edamame. Use the new mixture to fill burritos, tacos, pitas, or wraps. If you'd like a cold pita or wrap, couple chilled edamame with spinach or a tossed salad to create the filling. On the other hand, if you have leftover cooked edamame, you can purée them and freeze them. Then, you can use them as an ingredient in a cold dip or a hot soup.

FROZEN SPINACH

Frozen spinach does take a bit of planning, but just a bit! Several hours before you will be eating, remove the spinach from the freezer, place it in a bowl, and allow it to thaw in the refrigerator. When you are ready to prepare your meal, squeeze all of the water from the spinach (a good way to get some upper body exercise in!) and reserve the water. Now, you've got some choices:

- Toss the squeezed spinach with cooked pasta, add your choice of seasonings, microwave, and dig in!
- Add the spinach water as part of the liquid needed to cook pasta, rice, quinoa, couscous, or other grains. While your pasta, rice, or grains are cooking, season the spinach with spices, such as white pepper, onion or garlic powder, chili powder, shredded fresh herbs, sesame seeds, or chopped nuts. Combine the pasta,

rice, or cooked grains with your spinach creation for a lunch or dinner entrée.

- Steam or microwave your spinach. Then, use it as a 'bed' for leftover salad to create a layered entrée!

GRAPES

When grapes are in season, purchase extra seedless ones. Separate them from their stalks, wash and dry them, and then freeze them in a container or storage bag.

Frozen grapes, taken right from the freezer, make a great snack as you are reading, working at your computer, or watching sports! Use frozen grapes to garnish

“When we don't have time to prepare a meal from scratch, we can thank Mr. Birdseye for 'inventing' frozen food!”

cold salads and desserts or to stir into your morning soy yogurt or cold cereal on a hot day. You can also use frozen grapes to replace some of the ice when creating smoothies or in lieu of the ice in iced water, sparkling water, or iced teas.

FROZEN FRUIT

How about a 'frozen' fruit salad that you can serve as a breakfast or lunch entrée or as a dessert? Stock your freezer with peeled, sliced bananas (another use for bananas that are getting too ripe), frozen strawberries, and frozen berries. (You can wash, dry, and freeze berries when they are in season or purchase frozen berries.) Combine the frozen bananas, strawberries, and berries with some chopped nuts or nutritional yeast and then mix in just a splash of maple or rice syrup, orange juice, or another liquid sweetener. Add in some vegan yogurt, crumbled extra firm tofu, or crumbled cookies or cake, and you have a delicious, frozen fruit-based treat!

Dr. McDougall's Soups Are the Vegan Answer to Ramen



Dr. McDougall's Right Foods makes three lines of vegan soups that fit right into the busy lives so many of us lead. Their Big Cup Soup Cups range in flavor from Pad Thai Noodle to Tortilla with Baked Chips to Vegetarian Chicken Ramen, while their Light Sodium Soup varieties include Chinese Noodle, Lentil Cous-cous, and White Bean & Pasta. Also, Dr. McDougall's makes Ready to Serve Soups in convenient, two-serving aseptic cartons with flavors such as gluten-free Black Bean, Light Sodium Garden Vegetable, and Roasted Pepper Tomato. All of these options are incredibly simple and delicious solutions to a short lunch break!

Dr. McDougall's Right Foods are available at many retailers, including but not limited to Safeway, Stop & Shop, and Whole Foods. To learn more, visit <www.rightfoods.com>, call (800) 367-3844, or write to the company at 105 Associated Road, South San Francisco, CA 94080. *Written by Amanda Matte, VRG Intern.*

A Better Way to Shop Online

Get your holiday shopping done and make donations to your favorite nonprofit, all at the same time! iGive.com allows members to shop over 1,000 online stores—including Amazon, Bed Bath & Beyond, Dell, Macy's, and Toys 'R' Us—as they normally would. However, a portion of each purchase goes to an organization that the member chooses. The Vegetarian Resource Group is now on the iGive.com list of causes, so use this free service to start shopping *and* donating today!

And That's a Wrap!

What better way to celebrate the holidays than with eco-friendly products from Earth Presents? This unique company offers coordinating gift wrap, gift tags, and greeting cards in whimsical designs, based on artwork by students with special needs. These paper products are manufactured from 100-percent recycled materials and printed with vegetable-based inks, which makes them fully recyclable post-festivities. In addition, Earth Presents produces custom-dyed bows fashioned from recycled plastic bottles in its green-powered factory.

Visit Earth Presents online at <www.earthpresents.com>, or call (301) 263-9282. You may write to the company at P.O. Box 458, Glen Echo, MD 20812.

Go Nuts for 'Cheese!'

Vegans and non-vegans alike will go crazy for Nutty Cow, a new brand of soft, spreadable vegan cheeses. These cashew-based products are the answer for anyone who wants a fast-and-easy way to make vegan lasagna or fettuccine Alfredo. Nutty Cow offers three equally appetizing cheese flavors: a tangy Garlic Herb, a slightly sweet Ricotta, and a delightful Maple Pecan that works well in desserts. If you have yet to find a vegan cheese that you really enjoy, try Nutty Cow—they'll wow you!

Learn more about Nutty Cow products online at <www.nuttycow.com>, call the company at (626) 888-9269, or e-mail them at info@nuttycow.com. The company's address is 36 Haynes Road, West Hartford, CT 06117. *Written by Rebecca Kaplan, VRG Intern.*



Satisfying Your Sweet Tooth

Pure Sweets' organic, gluten-free, and certified kosher flourless cookies, dessert toppings, and other confections will make your mouth water! All of the company's products are vegan, despite their clever, animal-inspired monikers. For example, their dark chocolate-covered, brown rice Crisp Bars have names such as the Ladybug (with raspberry flavoring), the Moose (with roasted hazelnuts) and the Kid, which is a sophisticated twist on PB&J with blackberry preserves. Also, the VRG staff became instant fans of the Mini-Macaroons, with the vanilla-and-almond Owl and the fragrant, lemon-and-lavender Poodle emerging as the favorites.



Order Pure Sweets products at <www.puresweets.com>. You may also call (215) 518-9007 or write to the company at 3580 Indian Queen Lane, Philadelphia, PA 19129.

Give to The VRG With the 2012 California State Employees' Charitable Campaign

The Vegetarian Resource Group has been approved to participate in the California State Employees' Charitable Campaign. If you are a California state employee, please contribute to vegetarian education and outreach by selecting The VRG for payroll deduction. Others can donate to The VRG directly at <www.vrg.org/donate>.

Vegetarians in the Hospital

How to Make the Most of Your Stay with the Nutrition You Need

By Megan Salazar, VRG Dietetic Intern

WHETHER YOU HAVE SCHEDULED A SURGERY OR find yourself in an ambulance because of an accident or sudden illness, the last thought on your mind may be what you are going to eat while you are in the hospital. As a vegetarian or vegan, it can be tricky to manage your diet and preferences if you are not aware of the options. Fortunately, there is a variety of ways in which you can prepare to meet your dietary needs during a planned hospital stay or during an emergency.

BEFORE SCHEDULED HOSPITAL STAYS

If you have scheduled a hospital visit or just want to be familiar with your options in case of a future event, you can prepare for your stay in the following ways:

- **Learn about area hospitals and what they offer for vegetarian and vegan diets.** Call your local hospital and request to speak with the dietary or food service department. Ask them if they have a special menu or offer items for a vegetarian diet. If you prefer certain brands, ask if they have those accessible or if they would be able to get them for you during your hospital stay. If they are unable to tell you what they have available, ask to speak with a dietitian.

“As a vegetarian or vegan, it can be tricky to manage your diet and preferences if you are not aware of the options.”

- **Have light meals and snacks ready.** Items such as dried fruit, nuts, snack bars, canned soups, and crackers will be handy if you get hungry in between meals. If you miss a hot meal, having items that provide a few more calories on hand can help you feel satisfied. However, a dietitian may need to approve items if you are on a therapeutic diet or cannot eat before surgery.
- **Write out instructions.** Carry a card of your pertinent medical information, allergies, and food preferences. This will be helpful whether you need to

provide hospital staff members with guidance or in case of an emergency.

- **Know the restaurants around the hospital that serve vegetarian or vegan meals to go.** Check out The Vegetarian Resource Group’s list of restaurants by area at www.vrg.org/restaurant/index.php.

DURING EMERGENCY HOSPITAL VISITS

Hospital visits cannot always be predicted, and there may be times when your ability to plan ahead is limited. Being unprepared does not mean that a hospital stay will be a disaster, though. Most hospitals carry a variety of foods that can be used to make a delicious vegetarian or vegan meal at a moment’s notice. Items like rice and beans, along with vegetables, fruits, and nuts, can be combined to satisfy your dietary needs. Don’t be afraid to request foods that are not on the menu, but be aware that any special items will need the dietitian’s approval if you are on a therapeutic diet.

Family members and friends can also help the patient’s experience by knowing what foods they can bring in from nearby grocery stores or favorite restaurants. Anyone who would like to bring in meals should discuss available options with the dietitian to be sure the foods are acceptable for the patient’s prescribed diet.

AFTER ARRIVING AT THE HOSPITAL

When checking into the hospital, the screening form that you fill out at admissions will usually have a section to indicate dietary preferences or concerns. The doctor will be able to note your special needs in the diet order, and the diet order lets the kitchen and food service staff know what is acceptable for you to eat. If the doctor does not indicate your preferences, the nurses and other staff members will be able to advocate for you. Ask them to contact the dietitian to make sure your needs are met. If you receive unacceptable foods, voice your concerns immediately so the food service staff can correct them. If the food service staff doesn’t address the issue, the nurses can contact the dietitian to reconcile any problems.

Every hospital differs in how they deliver food to their patients. Some hospitals have a room service

option that allows you to be in contact with a dietetic technician to guide you through the menu. The diet tech will be able to let you know what other foods they have that may not be on the menu. Other hospitals may bring you a standard tray of food based on your diet order, but items can be added to this tray at your request.

“Most hospitals will work with your needs and will usually go the extra mile to make sure you are fed the proper foods.”

If you are unable to eat by mouth and have to use a feeding tube, you will need to be given a special formula designed to be fed through the tube. You can be comfortable knowing that most formulas are vegetarian. Many formulas are based on casein (a protein from

cow’s milk). Some soy-based formulas contain ingredients that are not derived from animals with the exception of vitamin D, which may be derived from sheep’s wool. If you are uncomfortable with this, be sure to discuss alternative options with the doctor and the dietitian. Treatments like this are usually temporary and can help you transition back to a normal diet.

Your worries about food can be eased by speaking with the doctor and dietitian candidly about any dietary concerns. Most hospitals will work with your needs and will usually go the extra mile to make sure you are fed the proper foods, whether because of a preference or an allergy. Your health and comfort are usually the priority of all hospital staff, especially when it comes to nutrition.

The contents of this article and our other publications, including *Vegetarian Journal*, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional.

Megan Salazar wrote this article during a dietetic internship with The Vegetarian Resource Group.

We greatly appreciate the support of the following individuals/businesses in honor of VRG’s 30th Anniversary!

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Anonymous (1)



VRG AWARDS \$5,000 COLLEGE SCHOLARSHIPS TO HIGH SCHOOL SENIORS IN WASHINGTON AND IOWA

Scholarship recipient **KYANNA "KITTY" JONES** of Washington State became vegan in middle school. She said she "immediately set out to find other vegans in the area, because I had honestly never even heard of such a thing, until I became one. I found the Northwest Animal Rights Network and began volunteering regularly." Kitty has not stopped since then.



We don't have enough room to talk about *all* of Kitty's activism, but we'll highlight some of her noteworthy endeavors. Kitty pushed for Meatless Mondays by meeting with cafeteria workers and the food service director for the school district, circulating petitions, making school announcements, tabling, offering recipes, and sponsoring alternative meals. She founded the Student Animal Rights Club at her school. When students were talking about collecting items for the local food bank, Kitty noted that food banks rarely have soymilk. As a result, the school essentially did a vegetarian food drive to make up for this frequent shortage. In addition, Kitty collected 10,000 petition names for a Humane Society of the United States campaign.

When VRG evaluates scholarship candidates, we like to find out what the students have done between the February application deadline and the end of the school year. Most busy high school seniors have little time to continue their activism, but Kitty wrote, "Of course I've done more! Every single day I'm doing something for animals, because animal and environmental rights are what my life is based around.

"I continue to have a table in the student lounge every single week with information regarding various animal rights issues. Yesterday, a girl approached me to tell me how happy she was after going vegetarian when I showed *Meet Your Meat*. Another girl talked to me for half an hour about how she wanted to go vegetarian, and left the table with a list of companies that don't test on animals, vegan recipes, and a list of local veg*n restaurants!

"Last weekend, I worked at Seattle Vegfest for 20 hours (no kidding), handing out samples of vegan meats and telling people how healthful and compassionate veganism is. The weekend before that, I volunteered with Action for Animals for the Great American Meatout! We passed out hundreds of samples of soymilk, almond milk, and Tofurky deli slices, while also handing out coupons and vegan starter kits. (I think we gave out 1,200 of those.) I've volunteered at the Action for Animals office several times since applying; I do every week, usually for three- to five-hour periods. Last week, I also did a 'Save Japan Dolphins' campaign at my school, collecting over 200 signatures and 11 handwritten letters to the Ambassador of Japan, asking him to take action to stop the Taiji dolphin slaughter.

"I'M HOSTING ANOTHER 'HAVE A HEART FOR COWS' FEED-IN DURING LUNCH. I'LL BE WEARING MY COW SUIT AND PASSING OUT SAMPLES OF SOYMILK AND TOFURKY DELI SLICES."

"Tomorrow, in fact, I'm hosting another 'Have a Heart for Cows' feed-in during lunch. I'll be wearing my cow suit and passing out samples of soymilk and Tofurky deli slices, and passing out vegan starter packs and stickers. I write letters almost every day to various companies telling them not to sell fur, to offer vegan foods, etc., and call my representatives to ask them to support environmental and animal-friendly legislation.

"Next Monday is a potluck in my Spanish class, and I'm making vegan 'pork' chorizo and printing out the recipe to promote vegan cooking. A student in that class told me today that he was going to make a beef dish but, thinking of me, is making it 100 percent vegetarian! I lead by example; it really makes a difference."

Kitty continued, "I do what I do out of compassion, and because it is simply the right thing to do and needs to be done." If Kitty finds non-vegan candy bars or

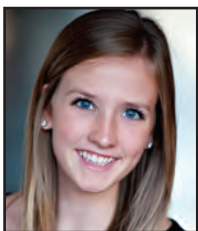
packaged non-perishable foods on the ground at school (“Kids are really wasteful here.”), Kitty will “keep it in my backpack to give to the next homeless person I see. I’ve been making vegan lunches every single day for a non-vegan friend of mine who is financially struggling.”

Kitty has found ways to encourage others to try vegan foods. “Considering that I live with non-vegetarians, recommending vegan food is an art,” she said. “It’s important to provide meat-eaters with a good vegetarian experience and to eliminate biases. I recommend food based on the person and what kind of foods they like. But one can’t go wrong with Tofurky sausages.”

Kitty’s references had the following to say about her:

- “If you met her in person, I know that you would immediately see the tremendous energy and enthusiasm she possesses.”
- “She is the most striking activist I know. She is not a person who waits for activism opportunities to arise; she creates them.”
- “Her contagiously positive attitude, exuding warmth and genuine empathy, makes it impossible to dismiss any message she is disseminating.”
- “In 20 years of teaching, I have not known a more inspiring student.”

Kitty’s goal is to study environmental science in college so she can apply knowledge and credibility to convince more companies, organizations, and individuals to adopt vegetarian policies or lifestyles. She said, “By doing what’s right for others, I’m indirectly doing what’s right for me.”



Scholarship recipient **GRETCHEN COLEMAN** of Iowa became vegetarian in third grade when she was 9. She remembers sitting around the dinner table and questioning why people eat things that were once alive. In meat-eating Iowa, it was

hard for her family to get used to the idea, and one relative even tried to sneak turkey bacon into her food. But she has persevered.

Since her freshman year of high school, Gretchen has worked at Fresh Café and Market 10 to 20 hours per week. When she started, they sold turkey and tuna. Gretchen worked with her boss to first take tuna off the menu, and within a month or two, they changed the menu to be completely vegetarian with many vegan and even raw food options. Her store has vended at several health expos, where she was the chef.

Gretchen helps with farmers’ markets and special events and gets to ‘evangelize’ vegan food. She has also volunteered to go to local malls and corporations during their health fairs and spread the veggie word; she hands out brochures for the Vegetarian Community of Iowa. Her boss at Fresh Café and Market said, “Trust me, in Iowa, the ‘heartland,’ that is no easy feat, but she does it with a smile... Gretchen’s sweet honesty gets most people to listen...”

“GRETCHEN DID AN INTERNSHIP WITH A CHEF AND DIETITIAN WHO IS FORMULATING AND DETERMINING NUTRIENT CONTENT FOR MEALS FOR PEOPLE WITH DYSPHAGIA.”

Gretchen is on the Student Leadership Board for Meals from the Heartland, an organization that provides vegetarian meals in Des Moines (Iowa), other parts of the United States, Haiti, and Africa. The meals include soy protein, rice, dried vegetables, and vitamin powder. Foods are usually sent to orphanages around the world.

This summer, after she graduated from high school, Gretchen did an internship with a chef and dietitian who is formulating and determining nutrient content for puréed meals for people with dysphagia. These individuals have problems eating solid foods due to head and neck cancer, dental issues, and other reasons.

Gretchen plans to study dietetics in college so she can promote natural and vegetarian living. She would like to go abroad with the Peace Corps or another volunteer organization to help others. She has dreamed of opening an animal refuge center, and eventually, she would like to have children who will fight for the causes in which they believe.

If you will be a high school senior in 2013 and would like to apply for a \$5,000 college scholarship, go to <www.vrg.org/student/scholar.htm>. The deadline is Wednesday, February 20, 2013.

Readers who would like to sponsor additional scholarships or needs-based internships, you can donate at <www.vrg.org/donate>. Write your intentions in the notes area. Or you can call The VRG’s Co-Directors Charles or Debra at (410) 366-8343 to discuss your interest.

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Vegetarian Diets and Blood Pressure

Close to one-third of adults in the U.S. have high blood pressure. Although high blood pressure usually doesn't make people feel sick, it increases their risk for heart disease and stroke, two of the most common causes of death. Researchers at Loma Linda University recently reported the results of a study examining blood pressure in white Seventh-day Adventists. In this small study, 504 people were categorized as 'vegan' (10 percent of the group; ate meat, fish, dairy less than once a month), 'lacto-ovo vegetarian' (36 percent of subjects; ate meat and fish less than once a month), 'partial vegetarian' (14 percent; ate meat and fish less than once a week), and 'non-vegetarian' (40 percent). Subjects had their blood pressure measured and were asked about use of medications to treat high blood pressure. The average blood pressure of the entire group was relatively low; approximately a quarter of all study subjects were taking medicine to treat high blood pressure. Looking only at subjects who were not taking blood pressure medicine, subjects classified as 'vegans' or 'lacto-ovo vegetarians' had the lowest blood pressure. This was partly, but not entirely, due to differences in Body Mass Index (BMI) since overweight people tend to have higher blood pressure than people who weigh less. Subjects classified as vegans or lacto-ovo vegetarians had a much lower risk of having hypertension (excessively high blood pressure) compared to non-vegetarians. Protective factors in a vegetarian diet may include higher intakes of potassium (a mineral found in fruits, vegetables, whole grains, and other plant-based foods) and fiber.

Pettersen BJ, Anousheh R, Fan J, et al. 2012. Vegetarian diets and blood pressure among white subjects: results from the Adventist Health Study-2 (AHS-2). *Public Health Nutr* 10:1-8.

Red Meat and Mortality

A recently published study used data from two very large studies, the Health Professionals Follow-Up Study (more than 37,000 men studied) and the Nurses' Health Study (close to 84,000 women) to assess the association

between red meat intake and mortality. Subjects did not have heart disease or cancer at the start of the study. They were observed for up to 28 years, and records were kept on food consumption, development of diseases, and deaths. The more red meat (including both processed and unprocessed meat) subjects ate, the greater their risk was of dying due to heart disease or cancer. A one-serving-per-day increase in total red meat consumption was associated with a 16 percent higher risk of dying of heart disease and a 10 percent higher risk of dying of cancer. If only processed meat (hot dogs, bacon, bologna, etc.) was examined, a one-serving-per-day increase was associated with a 21 percent higher risk of dying of heart disease and a 16 percent higher risk of dying of cancer. The researchers estimated that, if red meat consumption had been limited to less than half a serving per day, 8.6 percent (men) and 12.2 percent (women) of deaths from heart disease during the follow-up period would not have occurred.

In an editorial accompanying this report, Dean Ornish, MD, recommends eating plant-based foods and concludes, "In addition to their health benefits, the food choices we make each day affect other important areas as well. What is personally sustainable is globally sustainable. What is good for you is good for our planet."

Pan A, Sun Q, Bernstein AM, et al. 2012. Red meat consumption and mortality: results from 2 prospective cohort studies. *Arch Intern Med* 172:555-63.

Ornish D. 2012. Holy Cow! What's good for you is good for our planet: comment on "Red Meat Consumption and Mortality." *Arch Intern Med* 172(7):563-64.

Vegetarians, On Average, Have Earlier Age at Menopause

Menopause, the cessation of menstrual periods, occurs, on average, between the ages of 48 and 52 in American and European women. Older age at menopause is associated with a higher risk of breast cancer. A large study, from the United Kingdom, of more than 50,000

women recently reported on factors that can affect the age at which women reach natural menopause. The average age at menopause was 50.7 years. Women who weighed more, had a higher Body Mass Index (BMI) at age 40, who gained more weight between ages 20 and 40, who had more children, or who regularly drank alcohol tended to have a later age at menopause. Women who reported that they followed a vegetarian diet or who smoked were younger at menopause. Vegetarian women's average age at menopause was 50.1 years, compared to 50.7 years for non-vegetarians. The earlier age at menopause was seen in both women who became vegetarian before they were 20 years old and in women who became vegetarian between the ages of 20 and 40 years. These results were similar to other studies that have shown earlier natural menopause in vegetarians as well as a later menopause in women who ate larger amounts of meat. The earlier average age of menopause seen in vegetarians may provide some health benefits, including a lower risk of breast cancer.

Morris DH, Jones ME, Schoemaker MJ, et al. 2012. Body mass index, exercise, and other lifestyle factors in relation to age at natural menopause: analyses from the breakthrough generations study. *Am J Epidemiol* 175:998-1005.

Motivations of Current and Former Animal Product Limiters Are Different

Some people make a gradual change to a vegetarian or vegan diet, while some change overnight. Some people stay vegetarian for many years, and others do not. The Vegetarian Resource Group has examined the motivations of people who remain vegetarian or vegan. (See <www.vrg.org/research/retention_survey_2009.php> for more information.) Researchers from Western Washington University recently compared motivations of current and former animal product limiters. Current animal product limiters were categorized as vegans (118), lacto-ovo vegetarians (48), fish-eaters (22), and others (8). Most had been limiting animal products for more than six years. Former animal product limiters were categorized as now eating meat once or twice weekly (more than half), eating meat regularly (15), or eating meat if there were no other choices (5).

Current limiters tended to be younger than former limiters and were more motivated by ethical food choices and by health. Their eating pattern tended to be more

of a part of their self-identity compared to former limiters. Vegans were more likely to be motivated by ethical and environmental factors than were lacto-ovo vegetarians or fish-eaters. Health motivations were similar among all three groups. Former animal product limiters cited factors such as difficulty with preparing foods, boredom, and cravings for meat as the main reasons for returning to meat-eating. They were more likely to have made the initial change to a vegetarian or near-vegetarian diet abruptly and not to have had support from a vegetarian or vegan group.

These results suggest that motivations and factors such as self-identity and involvement with a vegetarian or vegan group can make it more likely that people will stay vegetarian or vegan.

Haverstock K, Forgays DK. 2012. To eat or not to eat. A comparison of current and former animal product limiters. *Appetite* 58:1030-36.

Vegetarian Diet May Improve State of Mind

Some researchers believe that the type of dietary fat that people eat can affect their moods. Non-vegetarian diets are often high in arachidonic acid. High intakes of this fatty acid have been shown to lead to changes in the brain that can have a negative effect on mood. Fatty acids found in fish (DHA and EPA) are supposed to have a positive effect on mood. Despite this, one study has found that vegetarians report having a better frame of mind than non-vegetarians, even though the non-vegetarians had higher intakes of DHA and EPA.

To examine this further, researchers divided 39 non-vegetarians into three groups. One group ate their usual diet (meat or poultry at least once daily), one group ate fish three to four times a week but avoided meat, and one group ate a vegetarian diet (no meat, fish, or poultry) for two weeks. Subjects completed questionnaires about their mental state at the beginning of the study and after two weeks of their assigned diet. Over the two-week study period, subjects eating a vegetarian diet had lower levels of stress and tension than the other two groups. This is a small, preliminary study, but it suggests that dietary changes can have positive effects on mood.

Beezhold BL, Johnston CS. 2012. Restriction of meat, fish, and poultry in omnivores improves mood: a pilot randomized controlled trial. *Nutr J* 11:9.

MENU PLANNING USING THE 2010 DIETARY GUIDELINES

By MEGAN SALAZAR, VRG DIETETIC INTERN

THE UNITED STATES DEPARTMENTS OF AGRICULTURE (USDA) and Health and Human Services (HHS) released the *2010 Dietary Guidelines for Americans* with updated advice for what Americans should eat. The main goal of the update was to emphasize a greater amount of nutrient-dense foods, such as fruits, vegetables, whole grains, and lean proteins, to promote better health among the population. For the first time, the *Dietary Guidelines* included eating patterns for both lacto-ovo vegetarians and vegans. We wanted to try planning vegan menus using the suggested eating patterns to see what challenges there would be and whether nutritionally adequate menus could be planned. I used the eating patterns in the *2010 Dietary Guidelines* to make a daily menu for a female vegan adult and a male vegan adult.

The eating patterns in the *Dietary Guidelines* are based on food groups—fruits, vegetables, grains, protein foods, vegan ‘dairy,’ and oils. It was not difficult to meet the recommended number of servings from all food groups. I found it more challenging to stay within the calorie limits while still meeting the nutrient values. To meet recommendations for most vitamins and minerals, I had to be sure to use a variety of grains, proteins, and vegetables. Of course, I was trying to plan ‘perfect’ menus. Normally, people may be low in one or more nutrients one day and make up for them another day. It’s certainly possible to meet average daily needs by following a diverse menu plan on a weekly basis.

It was most difficult to meet the recommendations for vitamins D and E. The quantity of vitamin D

VEGAN MEAL PLAN BASED ON THE 2010 DIETARY GUIDELINES — 1,800 CALORIE-LEVEL (ESTIMATED NEED FOR A 26- TO 50-YEAR-OLD SEDENTARY FEMALE)

FOODS	CAL.	FOODS	CAL.	FOODS	CAL.
BREAKFAST		Spinach and Kale Salad:		DINNER	
2 cups ready-to-eat breakfast cereal	161	1 cup spinach	7	Tofu ‘Fried’ Rice:	
1 cup original fortified soymilk	100	½ cup kale	17	3 oz. tofu	76
1 cup fresh raspberries	64	½ cup yellow bell pepper	50	1 cup cooked rice (long-grain, brown, enriched)	216
Total calories for breakfast	325	¼ cup sunflower seeds	93	½ cup peas (frozen)	52
LUNCH		1 tsp. balsamic vinegar	5	¼ cup scallions	11
Hummus Sandwich:		1 tsp. extra-virgin olive oil	40	1 cup Swiss chard, sautéed	35
2 slices whole wheat bread	138	1 cup fortified rice milk	120	1 cup shiitakes, sautéed	43
½ cup hummus	204	Total calories for lunch	746	1 tsp. sunflower oil	40
¼ cup sliced cucumber	4	SNACK		1 container vanilla soy yogurt	150
¼ cup sliced tomatoes (½ medium)	8	1 Tbsp. almond butter	101	Total calories for dinner	623
¼ cup alfalfa sprouts	2	1 medium banana	105	Total calories for day	1,900
¼ cup avocado, sliced	58	Total calories for snack	206		

Nutrient Content: 75.1 g protein; 287 g carbohydrates (65.4 g fiber); 67.8 g fat (<10% from saturated fat); 1,734 mg calcium (173%); 31.5 mg iron (166%); 5,358 mg potassium (114%); 1,929 mg sodium (94%); 23,138 IU vitamin A (1,002%); 532 mg vitamin C (709%); 324 IU vitamin D (54%); 13.8 mg vitamin E (92%); 1,047 mcg vitamin K (1,163%); 16.1 mcg vitamin B₁₂ (673%); 9.8 mg vitamin B₆ (700%); 18.7 mg zinc (234%)

recommended (600 IU) is hard for many people to reach. Many vegan milks have been enriched with this essential vitamin. If sunlight exposure is limited and dietary vitamin D is low, supplements may be needed. Vitamin E is found in higher amounts in seeds, nuts, and some vegetable oils. By adding a small amount of oil to the menus, I was able to markedly increase their vitamin E content. Alternatively, I could have added a couple of spoonfuls of wheat germ or almonds.

The *Dietary Guidelines* can be a useful tool in planning a vegan menu as they help you visualize the variety of foods needed. It may be more challenging for anyone—whether vegan, vegetarian, or non-vegetarian—to meet nutrient needs while eating a lower calorie diet. Using the *Dietary Guidelines* as a planning tool day in and day out may also take too much time for most people. As long as your menus are varied in types of foods, especially with a rainbow of colors for produce, you should not have to count nutrients daily or weekly.

The new MyPlate guide for eating can be a less time-consuming tool for determining the quality of your meals. By filling up half of your plate with vegetables and fruits, a quarter with protein, and another quarter with grains, it is easy to see how this guide fits along with the *Dietary Guidelines* in showing you how to choose a more nutrient-dense meal. Vegans would replace the dairy component of MyPlate with non-dairy sources of calcium. The Vegetarian Resource Group has developed a vegan plate handout: <www.vrg.org/nutshell/MyVeganPlate.pdf>.

You can see the vegan eating pattern in the *2010 Dietary Guidelines* at <<http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>> on page 82. ChooseMyPlate.gov has information about the MyPlate menu planning tool.

Megan Salazar developed these meal plans during her dietetic internship with The Vegetarian Resource Group.

VEGAN MEAL PLAN BASED ON THE 2010 DIETARY GUIDELINES — 2,400 CALORIE-LEVEL (ESTIMATED NEED FOR A 21- TO 40-YEAR-OLD SEDENTARY MALE)

FOODS	CAL.	FOODS	CAL.	FOODS	CAL.
BREAKFAST		¼ cup shallots, chopped	12	DINNER	
1 cup rolled oats, cooked	166	2 oz. tofu cubes, prepared in tamari	51	Mexican Rice and Bean Bowl:	
1½ cups soymilk	149	2 Tbsp. sunflower seeds	93	1 cup cooked brown rice	216
1 medium banana, sliced	105	1 tsp. soy sauce	3	½ cup cooked pinto beans	122
2 Tbsp. almond butter to spread on banana slices	304	1 tsp. grapeseed oil	40	Various spices as preferred	—
½ cup orange juice, from concentrate (calcium-and vitamin D ₂ - fortified)	55	2 slices multi-grain bread	138	1 tsp. grapeseed oil	40
Total calories for breakfast	779	½ cup mashed avocado	117	¼ cup red bell peppers, chopped	12
LUNCH		1 cup grapes	104	¼ cup yellow onions, chopped	11
Vegetable and Tofu Stir-Fry:		½ cup fortified rice milk	60	1 medium tomato, chopped	31
1 cup cooked kale	33	Total calories for lunch	747	1 Tbsp. cilantro, chopped	—
1 cup cubed, roasted butternut squash	82	SNACK		½ cup blueberries	42
½ cup white button mushrooms, sliced and cooked	14	2 oz. whole-grain crackers	249	1 container calcium-fortified soy blueberry yogurt	150
		¼ cup hummus	102	Total calories for dinner	624
		Total calories for snack	351	Total calories for day	2,501

Nutrient Content: 80.6 g protein; 366 g carbohydrates (52.6 g fiber); 94.8 g fat (<10% from saturated fat); 1,818 mg calcium (182%); 20.8 mg iron (109%); 5,394 mg potassium (119%); 1,339 mg sodium (58%); 37,362 IU vitamin A (1,617%); 300 mg vitamin C (400%); 311 IU vitamin D (52%); 15.1 mg vitamin E (101%); 632 mcg vitamin K (702%); 5.2 mcg vitamin B₁₂ (118%); 2.7 mg vitamin B₆ (193%); 13.8 mg zinc (172%)

NUTRITION HOTLINE

(Continued from page 2)

⁴ Mangels R, Messina V, Messina M. *The Dietitian's Guide to Vegetarian Diets, 3rd ed.* Sudbury, MA: Jones & Bartlett Learning, 2011.

**Written by Reed Mangels, PhD, RD, and Julia Warren, dietetics student and VRG volunteer.*

QUESTION: *"I am trying to take my grandmother's Southern recipes and make them more healthful. What are some ideas to make them meat-free and more suitable for my diet?"*

ANSWER: There are many delicious ways to make Southern recipes more healthful and meat-free.

One qualm about Southern food is the amounts of saturated and total fat that are present. Many traditional Southern dishes are either pan-fried or deep-fried in a large amount of oil. Fatback, lard, and butter are also heavily used in Southern cooking as seasonings, in frying, and in baking. The issues with these fats are the amount used and their saturated fat content. In addition, the sodium content of many Southern dishes is a concern. Greens and fried foods are often heavily salted.

Coming from a Southern background, I have eaten my share of **collard greens** cooked with ham hocks. I actually prefer a more healthful way to make collards, which involves the monounsaturated fat-rich olive oil. Instead of simmering collards with chicken stock and a ham hock, sauté collards in olive oil with fresh garlic or garlic powder for a few minutes until the leaves become bright green. You can either serve the greens like this with a side of vinegar or, for more tender greens, add vegetable stock to cover and allow to simmer until the desired texture is reached. If using the vegetable stock method, you can either eat as is or place the mixture in a food processor and process, making a thick collard purée. This purée is a perfect alternative to mashed potatoes; all you have to do is add a teaspoonful more of olive oil, salt to taste, and, if desired, nutritional yeast.

To make Southern-style kale with no cooking required, wash 10 cups of fresh kale (which is approximately a 27-ounce bag that could feed 4-6) and remove the stems. For a rustic dish, rip the kale leaves into small pieces; for a more refined dish, cut the kale leaves into

thin ribbons, the size of shredded cabbage for coleslaw. Place the prepared kale into a bowl. Then, use a food processor to combine a handful of raw sunflower seeds, 1½ Tablespoons of your favorite vinegar, 1 Tablespoon of mustard, 1 Tablespoon of olive oil, and 2 teaspoons of nutritional yeast. Season with salt and pepper, and add water to attain a consistency of thick salad dressing, like Caesar salad dressing. Once the desired consistency is attained, pour this dressing over the kale leaves, toss, and either eat immediately or cover and marinate in the refrigerator for up to one day.

The great thing about this dressing is that you can create your own flair by adding completely different ingredients. Try incorporating other nuts or seeds, such as cashews or pepitas, or ingredients like olives, shallots, pickled jalapeños, or hot sauce. Whenever I make this kale salad at home, it is always different, depending on the ingredients that I find in my pantry.

For me, a characteristic flavor profile of Southern food is smoke. The meat products used in many vegetable dishes tend to add a **smoky flavor**. One way to attain this smoky flavor without adding meat is by grilling. Try taking whole romaine lettuce leaves and tossing them with olive oil, salt, and pepper. Place the

"A characteristic flavor profile of Southern food is smoke. One way to attain this smoky flavor without adding meat is by grilling."

lettuce onto a hot grill and cook until the leaves are wilted but still retain their color. Do not be afraid if you see grill marks on the lettuce because this is where the flavor is! Serve with the dressing for kale, which is described above, to emphasize the smoky flavor.

Another tasty Southern dish is **black-eyed peas**, which are sometimes made with fatback or lard. My favorite way to cook black-eyed peas involves a little Asian influence. I use 1 teaspoon of peanut oil and ¼ cup of lite coconut milk per 2 cups of cooked black-eyed peas. If you like things saucier, add more lite coconut milk and a splash of soy sauce for that fantastic umami flavor. Season with 2 teaspoons each of minced garlic and nutritional yeast, and add salt to taste. To make this dish even heartier, serve the black-eyed peas over brown or wild rice.

**Written by Amanda J. Gilley, a culinary nutrition student from Johnson & Wales during an internship*

Foodservice Update

Healthy Tips and Recipes for Institutions from The Vegetarian Resource Group

Accommodating Vegans in Assisted-Living Facilities

By Chef Nancy Berkoff, RD, EdD

AS THE POPULATION OVER 50 INCREASES, WE will see more and more assisted-living operations. Of course, these facilities will have to meet their clients' various dietary needs and desires. This is where it can get difficult for the food service operator. It's relatively easy to prepare 200 vegetarian entrées or 50 non-vegan desserts. It gets more complicated when you're trying to please a mixed audience with limited cooking staff or cooking space.

There are many techniques for handling the 'just a few vegetarians/vegans' issue. Have a 'vegetarian policy' that is easy for the client or client's family to understand. You might explain that, in your assisted-living facility, all vegetarian requests are prepared as vegan meals or that all your vegetarian meals are made without meat, poultry, fish, eggs, or dairy products. If this is to be an occasional request, you might include a requirement

"There are many techniques for handling the 'just a few vegetarians/vegans' issue."

of 24 hours notice. Some clients, for example, might only eat Sunday lunch with the community (and eat the rest of their meals in their own rooms), or a client might have a vegan family member who visits for lunch on Wednesdays.

Try to keep a history of vegetarian requests. If you serve holiday meals, you might want to maintain a diary with how many vegan requests you had last Easter,

Mother's Day, Thanksgiving, or St. Patrick's Day. (Oh, no! All the cabbage and potatoes were cooked with the corned beef!) This can give you a base for planning. The same thing goes for Sunday brunches and catered parties. After a few events, you'll find you've got quite a good list of vegan alternatives for holiday fare.

EMPHASIZING SIMPLICITY

Emphasize simplicity with meal preparation. This will make it much easier to fulfill your clients' meal requests. Pretend you don't have many pots or much refrigerator space. Prepare many menu items as if they were going to be eaten by vegan, allergic-to-nuts, gluten-intolerant, no-MSG customers. Then, you can build on this base preparation for clients who would like more ingredients.

For example, consider making a basic Greek salad. Shred the greens, slice the cucumbers and olives, dice the bell peppers and onions, and toss the olive oil with a bit of vinegar and shredded fresh oregano. Mix all of the ingredients together, add a grind or two of black pepper, and you've got a basic Greek salad that you can serve to everyone. You can always toss in the non-vegan foods for those that want them, but you'll do that without having to make three or four different types of salad.

We can use the same technique without sacrificing flavor for cooked pasta (tossed with olive oil and dried spices), steamed veggies (dusted with a favorite spice blend), hot cereal (prepared with water and with condiments such as soymilk and vegan margarine that clients can add themselves), and toasted bread or bagels. An added bonus is that this technique makes any leftover portions more versatile for future meals.

There may be adjustments needed for some preparations, but they are easily done. For example, cornbread lends itself easily to vegan preparation, as do many soups. Cornbread, vegetable soup, lentil soup, bean soup, and pie crusts can be made with a vegan base. Clients can add non-vegan ingredients at the time of service.

HAVING THE RIGHT INGREDIENTS

Vegan entrées are simple to put together if you keep the necessary ingredients on hand. Decide what to buy based on the amount of time and money you would like to expend and on your kitchen staff's skill level.

- **Convenience Foods:** The easiest (but probably most costly) vegan options are convenience products. Veggie burgers are easy to prepare and available in many varieties. Offer a vegan burger entrée topped with sliced tomatoes, shredded lettuce, and carrots. Smother a veggie burger in mushroom gravy for a vegan 'Salisbury steak,' and pair it with mashed potatoes (made with vegan margarine and vegetable stock) and herbed steamed vegetables.

Taking it a step further, veggie burgers can be cooked and crumbled into tomato sauces to make a veggie 'meat' sauce, a pizza topping, or a filling for tacos, burritos, chili, tamale pie, shepherd's pie, and lasagna. Veggie burgers can also be used for the 'beef' in a dish of 'beef,' tomatoes, and macaroni.

- **Vegan Hot Dogs:** Veggie hot dogs can be grilled or steamed and served with chopped fresh and pickled vegetables. Slice veggie hot dogs into casseroles, such as a smoky four-bean and rice casserole, or into split pea soup. Make a bagel dog for breakfast

or lunch by grilling a veggie hot dog and rolling it in strips of bagel dough so that it looks like a pig in a blanket. Wrap the bagel dog in foil and heat in a 400-degree oven for approximately 5 minutes.

- **Pasta:** Pasta is an easy way to make vegan entrées. Prepare a marinara sauce with some minced, sautéed vegetables, such as carrots, onions, peppers, and garlic. Add steamed or sautéed mushrooms and extra tomatoes, and toss with the cooked pasta. Serve immediately, or place in a steam table pan, top with shredded fresh basil and bell peppers, and bake until hot. You can also sauté cooked pasta with minced garlic and greens, such as thawed, drained spinach. Leftover pasta can be turned into a comforting soup with the addition of vegetable or mushroom broth and some extra veggies.
- **Canned Beans:** Canned beans can be used to make a hearty soup. Drain and purée canned beans, and thin them with vegetable stock. Add cooked pasta, whole beans, and frozen vegetables, and let simmer. Pair with tossed greens and cornbread for a complete meal. Season black or red beans with fresh or dried herbs and serve over steamed brown rice or barley. Create a four-bean casserole with kidney beans, baby limas, and black and white beans mixed with cooked rice that has been seasoned with cumin, onion powder, garlic powder, and white pepper. Also, canned beans can be added to tomato or mushroom sauce and served over pasta.
- **Baked Potatoes:** Create a baked potato bar on 'buffet day.' Include baked white and sweet potatoes and offer herbed vegan margarine, chopped raw

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VRG IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, wrote a chapter on vegan diets for the recently published *Encyclopedia of Lifestyle Medicine* (SAGE Publishers).

VRG OUTREACH

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, returned as a guest on *The Dr. Don Show*, a weekday broadcast on KZZZ 1490 AM. She did a one-hour show about vegetarian diets for babies. In addition, Reed gave a lecture about vegetarian nutrition to an honors introductory nutrition class and had a conversation about vegetarian nutrition during an honors seminar class, both at the University of Massachusetts Amherst.

Vegetarian Resource Group Food Service Advisor Nancy Berkoff, RD, EdD, CCE, assisted her local Meals on Wheels with planning and preparing holiday meals for vegetarian participants.

vegetables, steamed fresh or frozen veggies, sautéed mushrooms, crumbled veggie burgers, chopped fresh herbs, and several kinds of sauces. Then, let your customers create their own unique entrées.

- **Nutritional Yeast:** Nutritional yeast is a useful ingredient to have on hand. Not only can it add B₁₂ and other nutrients to a menu item, but it is also a real flavor ‘chameleon.’ Sprinkled onto sweet items, such as hot cereal, it has a malty taste. Sprinkled over pasta, it has almost a ‘parmesan’ taste.

SIDE DISHES

Think about all of the accompaniment dishes that would be easy to veganize. Rice pilaf, oven-roasted potatoes, and baked potatoes or yams can be made vegan. Have some vegan margarine and/or chopped veggies to top baked potatoes and some chopped pineapple to top baked yams.

Most grilled, baked, or steamed veggies or mushrooms can be prepared using vegan ingredients, such as vegetable oil or vegan margarine. Or you can wrap portions of the daily vegetable dish in foil and bake them separately for vegan clients. Beets baked in foil come out sweet and tender, as do carrots, corn on the cob, and summer squashes.

VEGAN DESSERTS

Dessert is easy. Fresh, ripe seasonal fruit topped with maple syrup and shredded coconut is always welcome. Frozen fruit (frozen without sugar) can be thawed and served the same way. All of your clients will appreciate sliced bananas topped with a bit of orange juice concentrate, or you may want to drizzle sliced bananas with maple

syrup and then brown them under the broiler. Also, baked apples or pears can be prepared quickly for everyone to enjoy!

The following recipes are presented in two different ways. The first is for home use or a small number of clients, while the second serves large groups of 20 people.

TOFU ‘BACON AND EGGS’ SCRAMBLE

(Serves 4)

This fast, very versatile dish can be made as mild or as spicy as the clients prefer! It can be prepared without the vegetables, or you can substitute in sliced mushrooms and summer squash for a milder taste. If vegan bacon is not available, substitute vegan ground round, veggie crumbles, or crumbled veggie burgers.

Serve this dish as an entrée with toast, over cooked rice or grains, or as a wrap.

- 1 Tablespoon vegetable oil**
- 4 strips vegan bacon**
- ¼ cup chopped red bell peppers**
- ¼ cup chopped green bell peppers**
- 2 Tablespoons chopped scallions**
- 1 ½ cups drained, mashed firm tofu**
- ¼ teaspoon turmeric (to produce a yellow color), optional**
- 1 teaspoon low-sodium soy sauce**
- ½ teaspoon black or white pepper**
- 1 teaspoon nutritional yeast**

Heat oil in a skillet. Prepare the vegan bacon in oil until cooked but not crispy. Remove the vegan bacon from the pan (leaving the oil in the pan), and dice into small pieces. Add all ingredients, including the diced bacon, into the skillet. Cook over medium

heat, stirring, for approximately 5 minutes or until the vegetables are the desired texture. Serve hot.

Note: If using vegan bacon bits instead of vegan bacon, omit the first step. Start by heating the oil and then add the bacon bits, vegetables, tofu, and other ingredients.

Total calories per serving: 139 Fat: 8 grams
Carbohydrates: 7 grams Protein: 11 grams
Sodium: 213 milligrams Fiber: 3 grams

TOFU ‘BACON AND EGGS’ SCRAMBLE

(Serves 20)

- 3 Tablespoons vegetable oil**
- 12 strips vegan bacon**
- 1 cup chopped red bell peppers**
- 1 cup chopped green bell peppers**
- ¼ cup chopped scallions**
- 2 pounds drained, mashed firm tofu**
- 1 teaspoon turmeric (to produce a yellow color), optional**
- 1 Tablespoon low-sodium soy sauce**
- 1 teaspoon black or white pepper**
- 2 Tablespoons nutritional yeast**

Heat oil on a griddle. Prepare the vegan bacon in oil until cooked but not crispy. Remove the vegan bacon from the griddle (leaving the oil on the griddle), and dice into small pieces. Add all ingredients, including the diced bacon, onto the griddle. Cook over medium heat, stirring, for approximately 5 minutes or until the vegetables are the desired texture. Serve hot.

Note: If using vegan bacon bits instead of vegan bacon, omit the first step. Start by heating the oil and then add the bacon bits, vegetables, tofu, and other ingredients.

Total calories per serving: 78 Fat: 5 grams

Carbohydrates: 4 grams
Sodium: 130 milligrams

Protein: 6 grams
Fiber: 2 grams

VEGAN MAC 'N' CHEESE (Serves 5)

If there are leftovers or you'd like to have some servings that you can heat later as needed, this recipe freezes well.

**4 Tablespoons nonhydrogenated
vegan**

margarine

1/4 cup flour

3 cups low-sodium vegetable broth

2 teaspoons low-sodium soy sauce

2 Tablespoons garlic powder

1 Tablespoon paprika

**1 Tablespoon turmeric (to produce a
yellow color), optional**

2 teaspoons white pepper

1 cup nutritional yeast

**3 cups cooked elbow or salad maca-
roni**

**(Start with 1 1/2 cups uncooked
pasta.)**

Preheat oven to 350 degrees. Melt the margarine in a medium-sized pot. As soon as it is melted, turn off the heat and whisk in the flour to make a *roux* (paste). Gradually whisk in the broth to create a smooth, lump-free liquid. Stir in the soy sauce, garlic powder, paprika, turmeric, and pepper. Put heat on very low and add nutritional yeast. Cook and mix for approximately 4-5 minutes until the sauce is smooth and creamy. Add the macaroni to the sauce and mix until evenly coated. Cover and keep warm.

TOPPING

**2 Tablespoons nonhydrogenated
vegan**

margarine

1 cup dried bread crumbs

In a small pan, melt the margarine. Remove pan from the heat and stir in the bread crumbs.

Pour the macaroni into an 8 x 8-inch baking pan. Top with bread crumbs. Bake uncovered for 25 minutes or until just bubbly. Serve hot.

If freezing portions, allow the recipe to cool completely in the refrigerator before packaging in airtight containers and placing in the freezer.

Total calories per serving: 501 Fat: 17 grams
Carbohydrates: 64 grams Protein: 26 grams
Sodium: 470 milligrams Fiber: 12 grams

VEGAN MAC 'N' CHEESE (Serves 20)

**3 cups nonhydrogenated vegan mar-
garine**

1 cup flour

**10 cups (1 quart + 1 cup) low-sodi-
um**

vegetable broth

2 Tablespoons low-sodium soy sauce

4 Tablespoons garlic powder

3 Tablespoons paprika

**2 Tablespoons turmeric (to produce a
yellow color), optional**

1 1/2 Tablespoons white pepper

3 cups nutritional yeast

**3 pounds cooked elbow or salad
macaroni**

**(Start with 1 1/2 pounds uncooked
pasta.)**

Preheat oven to 350 degrees. Melt the margarine in a stock pot. As soon as it is melted, turn off heat and whisk in the flour to make a *roux* (paste). Gradually whisk in the broth to create a smooth, lump-free liquid. Stir in the soy sauce, garlic powder, paprika, turmeric, and pepper. Put heat on very low and add nutritional yeast. Cook and mix for approxi-

mately 4-5 minutes until the sauce is smooth and creamy. Add the macaroni to the sauce and mix until evenly coated. Cover and keep warm.

TOPPING

**8 Tablespoons nonhydrogenated
vegan**

margarine

4 cups dried bread crumbs

In a medium-sized pan, melt the margarine. Remove pan from the heat and stir in the bread crumbs.

Pour the macaroni into full hotel pan (2 inches). Top with bread crumbs. Bake uncovered for 25 minutes or until just bubbly. Serve hot.

If freezing portions, allow the recipe to cool completely in the refrigerator before packaging in airtight containers and placing in the freezer.

Total calories per serving: 630 Fat: 34 grams
Carbohydrates: 60 grams Protein: 21 grams
Sodium: 635 milligrams Fiber: 9 grams

VEGAN CUSTARD (Serves 4)

This basic recipe can be served in individual cups, garnished with a bit of nutmeg or a thin fresh orange slice. It can also be used as the base for a vegan custard pie. This recipe does take a bit of stirring during preparation, but it is worth it!

2 cups soymilk, divided

2 Tablespoons cornstarch

**3/4 cup sugar (Use your favorite vegan
variety.)**

2 teaspoons vanilla extract

1 teaspoon ground nutmeg

**2 teaspoons fresh orange or lemon
zest**

In a small bowl, combine 1/4 cup

soymilk with the cornstarch and whisk to combine. Set aside.

Pour the remaining soymilk and the sugar into a medium pot, and while stirring, bring to a fast boil. As soon as the milk boils, remove the pot from the heat. Whisk the cornstarch mixture into hot milk (still in the pot) until well-combined. Return the mixture to the stove and mix in the vanilla, nutmeg, and zest. Whisk constantly over low heat for 5-10 minutes until the mixture thickens. Remove from the stove and refrigerate for at least one hour before serving. The mixture will thicken a bit more when it is refrigerated.

Total calories per serving: 219 Fat: 2 grams
Carbohydrates: 46 grams Protein: 4 grams
Sodium: 48 milligrams Fiber: <1 gram

VEGAN CUSTARD

(Serves 20)

10 cups (2 quarts + 1 pint) soymilk, divided

10 Tablespoons (5 ounces) cornstarch

4½ cups (1¾ pounds) sugar (Use

your

favorite vegan variety.)

2 Tablespoons vanilla extract

1 Tablespoon ground nutmeg

2 Tablespoons fresh orange or lemon zest

In a mixing bowl, combine 2 cups soymilk with the cornstarch and whisk to combine. Set aside.

Pour the remaining soymilk and the sugar into a small stock pot, and while stirring, bring to a fast boil. As soon as the milk boils, remove the pot from the heat. Whisk the cornstarch mixture into hot milk (still in the pot) until well-combined. Return the mixture to the stove and mix in the vanilla, nutmeg, and zest. Whisk constantly over low heat for 10-12 minutes until the mixture thickens. Remove from the stove and refrigerate for at least one hour before serving. The mixture will thicken a bit more when it is refrigerated.

Total calories per serving: 245 Fat: 2 grams
Carbohydrates: 53 grams Protein: 4 grams
Sodium: 48 milligrams Fiber: <1 gram

COFFEE SAUCE

(Serves 4)

*This sauce makes a pleasant accompaniment for the **Vegan Custard** above, for sorbets or vegan frozen desserts, or as a 'drizzle' for sliced*

cake. Be sure to watch this sauce as it cooks because it can scorch easily. If you're looking to make a variation on this recipe, substitute green tea powder or instant iced tea mix for the coffee.

½ cup water

¼ cup corn syrup, rice syrup, or molasses

2 teaspoons instant regular or decaf coffee

½ teaspoon vanilla extract

In a small pot, combine the water, syrup or molasses, and coffee. Cook, stirring constantly, over medium heat for approximately 2-3 minutes until the mixture just begins to bubble. Remove from the heat and stir in the vanilla. Cover and refrigerate for at least one hour before serving.

Total calories per serving: 61 Fat: <1 gram
Carbohydrates: 16 grams Protein: <1 gram
Sodium: 32 milligrams Fiber: <1 gram

COFFEE SAUCE

(Serves 20)

4 cups water

3 cups corn syrup, rice syrup, or

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.

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STICKY FINGERS' SWEETS

By Doron Petersan



I've always enjoyed baked goods from Sticky Fingers Sweets and Eats, located in Washington, D.C. Now, everyone can prepare these wonderful treats at home. Doron Petersan has long been active in animal rights and has a degree in dietetics. She, along with head baker Jenny Webb, recently teamed up on the Food Network's *Cupcake Wars* and took home the prize in the second season's finale.

The cookbook starts off with baking tips. Then, there are recipes for cakes (and cupcakes), such as Chocolate Mocha Cake, Tiramisu, Red Velvet Cake, Boston Crème Cake, Coconut Strawberry Lemonade Cake, and Champagne Cake.

Sticky Fingers' famous Sticky Buns are included in this book, as well as their Little Devils (chocolate cake sandwiches filled with vanilla cream). Both are absolutely delicious! You'll also find a variety of recipes for biscotti and brownies.

The cookie chapter features Lemon Coconut, Almond Linzer, Phat Mint, and Gingerbread cookies. In the muffins, breads, and scones section, try Pumpkin or Peach Almond Muffins and Orange Cranberry Scones.

Other terrific recipes include Chocolate Whoopie Pies, Bourbon Pecan Pie, and Key Lime Pie.

***Sticky Fingers' Sweets* (ISBN 978-1-58333-463-8) is a 288-page hardcover book with color photos. It is published by Avery and retails for \$27.50. Look for this book in your favorite bookstore or online.**

Reviewed by Debra Wasserman.

LET THEM EAT VEGAN!

By Dreena Burton



Dreena Burton has been creating vegan recipes for 20 years, and *Let Them Eat Vegan!* introduces readers to her family-friendly cuisine. She begins with "Breakfast Bites and Smoothies," with recipes such as Pumpkin Oat Muffins and Apple Spice Hemp Pancakes. Then, "Salads That Make a Meal" features savory options like Kale-Slaw with Curried Almond Dressing and Quinoa Tabbouleh with Olives.

You'll love this book's soup recipes, which include Peanut Thai Vegetable Stew, Anise and Coriander-Infused Orange Lentil Soup, and White Chili with Roasted Poblano Peppers.

"Side Stars" include Lemon Dijon Green Beans, Gingered Broccolini, and Creamy Polenta. The "Your Main Squeeze" section features entrées like Winter Veg Chickpea Potpie; BBQ Sunflower Tofu; and Potato, Shallot, and Pepper Frittatas. You can also prepare a variety of burgers, such as Mushroom Pecan Burgers or Panfried Falafel Patties.

Burton's pasta recipes are fabulous! Try the Spinach Herb Pistachio Pesto, Mac-oh-gee!, or White Bean-Sweet Potato Pasta Sauce. Of course, you'll want to follow these wonderful dishes with a fantastic dessert. The Chocolate Cherry Pecan Cookies, Berry Patch Brownies, Fresh Orange Cake, To-Live-For Pecan Pie, Raspberry Almond Torte, Tapioca Pudding, and an entire chapter

worth of frozen desserts are sure to make your mouth water.

***Let Them Eat Vegan!* (ISBN 978-0738215617) is a 288-page book with color photos. It is published by De Capo Press and retails for \$20. Look for this book in your favorite bookstore or online. Reviewed by Debra Wasserman.**

VEGAN PREGNANCY SURVIVAL GUIDE

By Sayward Rebhal

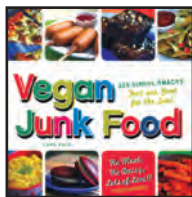


Vegan Pregnancy Survival Guide is a small book, but it covers a lot of ground. From eating well before, during, and after pregnancy to dealing with inevitable questions ("How do you get enough protein/calcium/iron?"), Sayward Rebhal provides sound advice. Her light-hearted, upbeat tone makes this an easy read. Although Rebhal is not a dietitian, she did get input from vegan dietitian Matt Ruscigno, MPH, RD. Despite some minor quibbles about small details in the nutrition section, the information is solid overall and is backed up with citations from research articles and other books. Rebhal's advice is practical, and it's obvious that she's been through a vegan pregnancy, especially when she provides ideas for dealing with heartburn, morning sickness, and other common pregnancy ailments. This book would make a useful gift for someone planning a vegan pregnancy.

***Vegan Pregnancy Survival Guide* (ISBN 978-0-9801440-3-1) is published**

VEGAN JUNK FOOD

By Lane Gold



If you read this book's title, you already know that it isn't a source for lowfat recipes. *Vegan Junk Food* is meant for you to create occasional treats, but these recipes are worth the wait!

Early in the day, you can try Tater Tot Breakfast Casserole, Sticky Caramel Baked French Toast, or Pumpkin Pie Pancakes with Cinnamon Syrup. For lunch, be sure to consider the Pad Thai Wrap, Crispy Chicken Ranch Burger, or Southwest Sliders with Spicy Queso Sauce.

If you're craving some comfort food, you might want to prepare South-of-the-Border Potato Tacos, Tempeh Fajitas, or the Won Ton Samosas. Pizza choices include Tandoori Tempeh Pizza on Onion-Garlic Naan, Thai Pizza, and a Deep-Dish Hawaiian Pizza.

The next time you throw a party, offer your guests Chipotle Bean Dip, Chocolate Chip Cookie Dough Dip (served with graham crackers), Mexicali Fondue, or Easy Candied Almonds.

Naturally, this book includes numerous dessert recipes, such as Root Beer Float Cupcakes, Chocolate Peanut Butter Pudding Pie with Pretzel Crust, English Toffee, Coconut Crust Banana Custard Pie, Lime Cheesecake Truffles, Hazelnut Chocolate Baklava, White Chocolate Lemon Brownies, and so much more.

***Vegan Junk Food* (ISBN 978-1-4405-2897-2) is 226 pages and is published by Adams Media. The book retails for \$16.95. Purchase it online or at your local bookstore. Reviewed by Debra**

Wasserman.

DATING VEGANS

By Anne Dinshah



When searching for a mate, vegans might become discouraged by the fact that they are a minority in this country. Anne Dinshah is a lifelong vegan who decided to research and write about the topic of dating. The resulting book offers insight into situations such as when a vegan dates a non-vegan. The author shares romantic suggestions and humorous moments, and she includes vegan recipes the dating couples prepared as they got to know one another. After all, food is often a central issue when a vegan looks for a potential partner.

This book will help readers decide which values are important when considering whether to date another person, vegan or not. For example, could you live with a non-vegetarian who cooks meat in your home? Would you care if your non-vegetarian significant other ate meat outside your home, even though he or she did not eat meat inside your home? If you are vegan and the other person is vegetarian, would you insist that your children be raised vegan?

Dating Vegans is useful for people who aren't vegan as well. The social situations described can be applied to other settings, such as two people with different religious backgrounds or different political beliefs dating.

***Dating Vegans* (ISBN 978-0-942401-20-2) is 176 pages and is published by the American Vegan Society. The book retails for \$12.95, and you can purchase it at**



<www.americanvegan.org>.

Reviewed by Debra Wasserman.

JANEY JUNKFOOD'S FRESH ADVENTURE!

By Barbara Storper, MS, RD

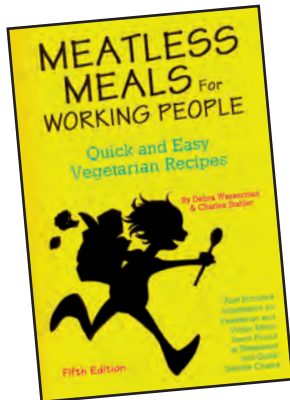
We reviewed *Janey Junkfood's Fresh Adventure!* several years ago and are delighted to see it's now available in a lower-cost paperback format. This edition is still filled with colorful illustrations and relates an engaging story of Janey Junkfood and her quest to make the National Junior Juggling Team. Along the way, all sorts of great concepts such as eating breakfast, cutting down on sugar, and reading food labels are introduced, but not in a dry, scientific fashion. Janey's story is fun and inspiring. In fact, maybe you or your children will start juggling an apple, a banana, a peach, a pear, and a plum while taking bites from each!

The book includes 14 recipe cards for treats like Veggie Grab Bags, a Broccoli Forest, and Sushi Rolls. Recipes spotlight fruits and vegetables. Some recipes include cheese and yogurt, but vegan products easily substitute for these ingredients.

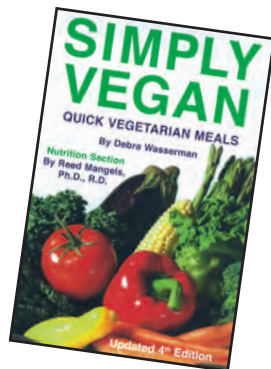
Janey Junkfood's Fresh Adventure! is a great way to teach children about healthful eating! I highly recommend this book for kids of all ages, but especially for 8- to 12-year-olds.

VRG Catalog

Books



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



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

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



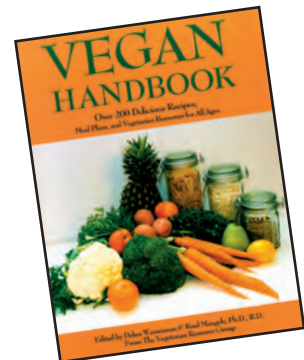
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically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

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

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

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

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



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

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

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



The Everything Vegan Pregnancy Book (\$16.95) by Reed Mangels, PhD, RD. This 304-page guide provides moms-to-be with all they need to know to ensure healthy pregnancies while maintaining their vegan diets. The book addresses concerns such as which foods to eat and which to avoid, strategies to deal with disapproval about vegan pregnancy, ways to ensure a vegan-friendly birth at the hospital, and even advice about setting up a vegan nursery!



Nonna's Italian Kitchen (\$14.95) by Bryanna Clark Grogan. This cookbook offers an amazing collection of traditional Italian dishes made vegan. Recipes include Almond Ricotta, Hot Garlic Dip for Raw Vegetables, Stuffed Crêpes, Crispy Eggplant Croquettes, Lemon-Rosemary Breast of Tofu, and even vegan Tiramisu. (256 pp.)

Vegan Seafood: Beyond the Fish Stick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique and good-tasting vegan fish and seafood dishes. Inside these 96 pages you will learn about cooking with vegan 'fish,' websites offering vegan 'seafood' products, and info about omega-3 fatty acids. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, 'Tuna' Salad, and much more!

Free Children's Handouts

I Love Animals and Broccoli Coloring Book

A coloring book that promotes healthful eating and vegetarianism for children ages 3-7.

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

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

Bumper Stickers

Bumper Stickers (\$1 each, 10+ \$50 each)

"Be Kind to Animals—Don't Eat Them"

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Vegetarian Journal subscriptions are \$25 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

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Indie Folk Rock Musician John Darnielle

An Interview By Candice DeForest

JOHAN DARNIELLE IS A PROLIFIC INDIE FOLK ROCK singer-songwriter who has gained a cult following since founding his band, The Mountain Goats, in 1991. He remains busy with his music career, benefit performances for organizations like Farm Sanctuary, and his family. Still, he took some time out from promoting The Mountain Goats' upcoming tour, with shows from Texas to London, to talk about his vegetarianism.

HOW LONG HAVE YOU BEEN A VEGETARIAN, AND WHY DID YOU CHOOSE THIS LIFESTYLE?

I stopped eating meat in January of 1996, during a big blizzard in New York. I happened to see a movie in which some farmers were taking a hog to market, and they loaded him into the back of their flatbed and shot him with a rifle. It's not like I hadn't known about animal slaughter, but the hog looked so visibly stoked to be getting in the flatbed; he looked like a dog excited to be going for a ride. Who'd shoot a dog in a car excited to go for a ride? And I knew that pigs were considerably smarter than dogs, and something just clicked for me, and that was the end of that.

HAS YOUR VEGETARIAN LIFESTYLE INFLUENCED YOUR MUSIC?

Only in small ways you wouldn't notice. I don't use meat metaphors in my songs anymore. There are some that are fairly common poetic tropes, such as "meat on your bones" and so forth, but I try to keep the stories I tell universal. I write about emotions. Emotions don't eat!

WHEN ON TOUR, WHAT DO YOU LIKE TO EAT?

Touring used to be difficult, but it gets easier as you get more experience at being vegetarian. Also, there are so many resources online to locate veg-friendly dining spots now. I usually go for Indian food when I can,

because there's such a great vegetarian component to Indian food. Chinese food's a touring staple, and in Los Angeles, Minneapolis, and Washington, D.C., I try to go Ethiopian, which has tons of my favorite veg foods.

YOU SAID YOU ARE TRANSITIONING TO A VEGAN LIFESTYLE. WHAT IS YOUR REASONING FOR WANTING TO GO VEGAN?

It's undeniable that, if we eat dairy, we're probably still contributing to animal suffering. To me, that contribution is less than if you actually eat animals. At the same time, if I want to bear minimal responsibility for the suffering of animals in the world, I'm eventually going to have to cut out eating anything that comes from animals. It hasn't actually been that hard. I guess the hardest hurdle is in baking; (*Vegan Cupcakes Take Over the World* author) Isa Chandra Moskowitz is a godsend in this area.



John Darnielle of The Mountain Goats

HOW DO YOU ACTIVELY EDUCATE OTHERS ABOUT VEGETARIANISM?

The 'other side' has been pretty good at demonizing vegetarians as 'preachy,' so we're already at a rhetorical disadvantage if we want to share our joy. That is what it is for me: the joy of so many foods and cooking styles I wouldn't ever have tried and gotten to know if meat was usually at the center of my plate!

In terms of education, I cook for people and take them to great vegetarian restaurants, but I don't go into the philosophy unless they want to know. At least, that's *my* role. I love people who go all-in and let people know about the footprint they're leaving on the world, too! We all have our own parts to play.

Candice DeForest wrote this article during an internship with The Vegetarian Resource Group.

VRG Scholarships Available



Vegetarian Video Scholarships

The VRG is offering three vegetarian video scholarships! Just make a video about a vegan topic, such as food, nutrition, water usage and vegetarianism, vegetarianism and animal rights, or other subjects. Then, post it online and e-mail the link to The VRG! You may submit a video you have already made or create an entirely new film. There will be one \$500 prize and two \$250 prizes awarded each year. The deadline for next year's contest is Saturday, April 20, 2013.

College Scholarships for Graduating High School Seniors

Every year, The Vegetarian Resource Group awards two \$5,000 college scholarships to graduating U.S. high school seniors who have shown compassion, courage, and a strong commitment to promoting a peaceful world through a vegetarian diet and lifestyle. Visit www.vrg.org/student/scholar.htm for more details. The deadline to apply for the 2013 competition is Wednesday, February 20, 2013.



Don't Forget About The VRG's 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 now has more than 1,500 families participating.

