

Foods Dietitians Recommend to Vegan Clients

VOLUME XXXII, NO 4

# VEGETARIAN

JOURNAL HEALTH ECOLOGY ETHICS

**10** *ways to use*

*Citrus*



Holidays  
gone  
VEGAN

\$4.50 USA/\$5.50 CANADA



www.vrg.org

# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline addresses the question of oxidation in juice.*

**QUESTION:** *If you juice oranges or other foods such as carrots, how long is it until the vitamin C content is reduced? Is there a difference between leaving the juice out and putting it in the refrigerator?*  
M.R., via e-mail

**ANSWER:** Freshly squeezed orange juice is an excellent source of vitamin C with about 120 milligrams of vitamin C in an 8-ounce glass. To help put this in perspective, the recommended dietary allowance (RDA) for vitamin C is 90 milligrams per day for adult men and 75 milligrams for adult women. The amount of vitamin C in a cup of orange juice, 120 milligrams, is an average value and can be affected by many factors, including the type of orange, season, growing region, and preparation and storage conditions. Carrot juice has less vitamin C than orange juice; one source reports 20 milligrams per cup.

Vitamin C is lost from foods when the foods are exposed to oxygen. Since oxygen is everywhere, this means that the more quickly freshly squeezed juice is used, the more vitamin C will be present. Keeping unused juice in a tightly closed container will reduce the amount of vitamin C lost<sup>1</sup>.

One study has found that about 2% of the vitamin C in orange juice is lost for each day of storage<sup>1</sup>. Storing juice at cooler temperatures, such as in the refrigerator, slows the loss of vitamin C<sup>2</sup>. This study was done using orange juice reconstituted from frozen concentrate but the rate of vitamin

C loss for freshly-squeezed orange juice would be similar. If you're trying to maximize the amount of vitamin C in your juice, it would be best to drink it immediately after it is made, rather than storing it. If you must store it, keep it refrigerated and in an opaque container.

Juice is not the only way to get vitamin C. Eating the whole fruit or vegetable eliminates the need to worry about vitamin C losses due to processing and has the added benefit of fiber. Citrus fruits have long been recognized as good sources of vitamin C. Less well-known sources include broccoli, Brussels sprouts, cabbage, and bell peppers as well as cantaloupe, kiwis, strawberries, and tropical fruits like papaya, guava, and pineapple. It's not surprising that most studies show that vegetarians have higher intakes of vitamin C than do non-vegetarians and that vegans have higher intakes than lacto-ovo vegetarians.

Our bodies cannot store vitamin C, so it is important to have plenty of good sources of vitamin C every day.

## REFERENCES

<sup>1</sup>Johnston CS, Bowling DL. 2002. Stability of ascorbic acid in commercially available orange juices. *J Am Diet Assoc* 102:525-529.

<sup>2</sup>Squires SR, Hanna JG. 1979. Concentration and stability of ascorbic acid in marketed reconstituted orange juice. *J Agric Food Chem* 27:639-641.

MANAGING EDITOR: Debra Wasserman  
SENIOR EDITOR: Samantha Gendler  
EDITORS: Carole Hamlin, Jane Michalek, Charles Stahler  
NUTRITION EDITOR: Reed Mangels, PhD, RD  
NUTRITIONAL ANALYSES: Suzanne Hengen  
COVER PHOTOGRAPHY: Linda Long, Jill Keller  
COVER FOOD STYLING: Claire Wiegand  
VRG VOLUNTEER COORDINATOR  
AND CATALOG MANAGER: Soren Clarkwest  
WEB DEVELOPMENT: Alan Polster  
RESEARCH DIRECTOR: Jeanne Yacoubou  
RESTAURANT GUIDE/MEMBERSHIP: Sonja Helman  
VEGETARIAN RESOURCE GROUP ADVISORS:  
Arnold Alper, MD; Nancy Berkoff, EdD, RD;  
Catherine Conway, MS, RD; Jim Dunn;  
Heather Gorn, MPhil; Suzanne Havalala Hobbs, DrPH, MS, RD; Enette Larson-Meyer, PhD, RD;  
Reed Mangels, PhD, RD; Jerome Marcus, MD;  
Virginia Messina, MPH, RD; Mark Rifkin, MS, RD;  
Brad Scott, MBA; Eric Sharer, MPH, RD, LDN;  
Wayne Smeltz, PhD

COPYRIGHT 2013 BY THE VEGETARIAN RESOURCE GROUP, INCORPORATED  
PRINTED IN THE UNITED STATES OF AMERICA.

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

**SUBMISSIONS:** We do not accept unsolicited manuscripts. Please send a query letter first.  
**ADVERTISING:** Vegetarian Journal does not accept paid advertising. We do review vegan products.  
**EMAIL:** Contact The VRG via e-mail at [vrg@vrg.org](mailto:vrg@vrg.org).

The VRG's website is <[www.vrg.org](http://www.vrg.org)>.  
**CHANGE OF ADDRESS:** Please send change of address to P.O. Box 1463, Baltimore, MD 21203. You may also e-mail a change of address to [vrg@vrg.org](mailto:vrg@vrg.org).

**FOR INFORMATION, CALL (410) 366-VEGE.** Also, if you do not want your name traded to other organizations, please let us know.



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

*Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit that educates the public about veganism/vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$25 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203, or go to <[www.vrg.org/donate](http://www.vrg.org/donate)>. Additional donations support our outreach and research.

## FEATURES

### 6 • Citrus Magic

Debra Daniels-Zeller demystifies citrus varieties and offers recipes to brighten even the greyest winter days.

### 12 • Dietitians & Vegetarianism

What foods do dietitians recommend to their vegetarian and vegan clients?

### 18 • 2013 Scholarship Winners

Two deserving teens win \$5000 towards college from VRG.

### 20 • Thanksgiving Gone Deliciously Vegan

A colorful twist on a classic Thanksgiving, plus a chestnut primer from Zel Allen.

### 32 • 2012 Scholarship Runners-Up

We rewarded past entrants, thanks to the St. Louis Vegetarian Society.

## DEPARTMENTS

<i>Nutrition Hotline</i>	2
How long does juice retain its vitamin C content?	
<i>Note from the Coordinators</i>	4
<i>Letters to the Editors</i>	5
<i>Notes from The VRG Scientific Department</i>	11
<i>Scientific Update</i>	16
<i>Vegan Cooking Tips</i>	26
Festive Dishes to Prepare Quickly, by Chef Nancy Berkoff, RD, EdD, CCE	
<i>Veggie Bits</i>	28
<i>Book Reviews</i>	30
<i>Catalog</i>	33
<i>Vegetarian Action</i>	35
The Berkeley Student Food Collective, by Kitty Jones	
<i>Dietetic Interns; PIFA; Tabling at Farmers Markets</i>	Back Cover

NOTE FROM THE COORDINATORS

VEGAN EMPATHY



An article about recent research from the University of Toronto and University of California, Berkeley stated that, “New research shows that upper-class people have less empathy than lower-class people, but sometimes this can lead them to do the most good for the most people when their bleeding-heart compatriots won’t.”

Many individuals become vegan or vegetarian because of empathy for animals, starving people in third world countries, people with disease, or the environment. Yet, as in all movements, sometimes the individuals and groups receiving the most publicity and support are those who are not empathetic towards others. A case could be made that those same groups made the most change. But then if you don’t practice empathy towards all, why is it logical to be vegetarian or vegan? If individuals can be treated any way that advances your cause, why should animals be treated better? There has always been and probably will continue to be for a long time this debate in bringing about change.

When we observe how nasty people can be on the Internet, in politics, and sometimes in our movement, it is sad and discouraging. Then, when we read the amazing essays sent to us by high school students entering The Vegetarian Resource Group’s annual college scholarship contest, we are reminded there are so many kids out there that care about others. Today it seems there is a vegetarian or two in almost every class. This is very different than not too long ago when there wasn’t a vegetarian at every school, and probably not a vegan in an entire school system. But these kids are still a minority. They are all so brave and often feel different from others. We feel bad we can’t give them all a scholarship, but for the purposes of this award, there are always five to ten who stand out. After a difficult selection process, we offer our congratulations to the 2013 scholarship winners (see pages 18-19). And thank you to the St. Louis Vegetarian Society, which enabled us to give several runner-up prizes to last year’s entrants (see page 32).

To support additional scholarships, needs-based internships, or sending *Vegetarian Journal* subscriptions to all the entrants, you can donate at [www.vrg.org/donate](http://www.vrg.org/donate) or call (410) 366-8343. Please indicate the purpose of your donation.

Debra Wasserman & Charles Stabler

*Debra Wasserman Charles Stabler*

Coordinators of The Vegetarian Resource Group

**JOB AVAILABLE.** Vegan group seeks Jack or Jill of all trades who is good at multitasking for part-time job 20-25 hours per week in Baltimore, Maryland. The volunteer coordinator clerically and physically ships vegan books, *Vegetarian Journal*, and other educational materials throughout the country; does the billing, packing, mailing, and marketing of items to consumers and wholesalers; answers consumer and media questions; and coordinates volunteers doing booths, events, and other activities around the country. Having knowledge of html and computer technology is helpful. Please send resume, writing sample, and cover letter addressing your short term and long term goals, interests, vegetarian/vegan knowledge, salary requirements, skills, strengths, and challenges to [vrg@vrg.org](mailto:vrg@vrg.org).

VRG’s MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

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

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

Please send acknowledgement to:

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

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

My name and address:

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

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

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

A donation was made by Xi Theta Zeta in honor of Cindy Blum speaking to their group in Hanover, PA.

Thank you so much to the following VRG volunteers and staff who took the time to help us acknowledge each 2013 scholarship entry with a personal note: Ryan Andrews, Nancy Benjamin, Whitney Blomquist, Ali Browder, Soren Clarkwest, Chris Dietrich, Kristi Fecchio, Sonja Helman, Mary Herbranson, Emma Malone, Amanda Matte, Gianna Mautone, Susan Petrie, Jenny Saccenti, and Amy Vaughn.

WE LOVED THE SINIGANG RECIPE

Just wanted to thank Zel Allen for the Sinigang recipe in *Vegetarian Journal* Issue 2. We were able to get the ingredients we needed at a local international grocery store. I made the recipe as written, although I withheld some soy sauce and salt for health reasons. It was a lot of cutting, but my husband, my mother-in-law (86), and I all enjoyed it! We ate it over brown rice. The vegetable soup was succulent and exotic. My Filipina niece was excited that we were making one of her favorite soups! Thank you for the recipe. We really enjoyed this vegetarian adaptation of a traditional Filipino dish. I even took several photos of the ingredient preparation and the soup!

JoAnne W., via e-mail

TEEN ENJOYS VEGETARIAN JOURNAL

I started getting *Vegetarian Journal* when I applied to The Vegetarian Resource Group’s scholarship contest, and I have to say, I absolutely love it! There are so many interesting articles and recipes. It’s really brought a lot to my vegetar-

ian lifestyle; so thank you! I really enjoyed Hilary Blunt’s article “Vegan Backpacking,” in Issue 2. I can’t wait to use those recipes and ideas for when I go hiking in Oregon! I can’t wait to read more.  
Emily R., CA

VRG’S SCHOLARSHIP SAVED TREES

Thank you very much for the financial support. Because of this, my father will not have to log his land in northern Wisconsin to help pay tuition. Together we can move the world toward a more humane and sustainable society.  
Amory F., VA

VISIT TO VRG OFFICE

Thank you for hosting a great class day at The Vegetarian Resource Group! We all really enjoyed the event and I was especially grateful to your staff for sharing their individual experiences as vegans and vegetarians. I also appreciate your generosity. Thank you so much for all the resources you provided us with. I will definitely get a lot of use out of them as I start my career as a dietitian.  
Nicki B.  
University of MD Dietetic Intern

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

Coming in the Next Issue:

HEALTHY VEGAN CUISINE

Plus: Quick and Easy Carrot Dishes, Savory Chocolate Recipes, Video Contest Winners, and more!

# CITRUS MAGIC

BY DEBRA DANIELS-ZELLER

**J**uicy, with sweet-tart flavors, citrus fruits brighten winter days and can magically improve soups, salads and main dishes. Lemons, limes, oranges, tangerines (or mandarins), and grapefruits are the most common citrus available. Less popular varieties include citron, kaffir lime, bitter orange, pomelo, Ugli fruit, yuzu, and tangelo.

For the best citrus selection, check markets from October through May (in the United States), with the most varieties from December through February. Navel oranges are available as early as October. Look for Valencia oranges (named for Valencia, Spain) from February through October. Meyer lemon season is January through March, and a variety of tangerines make appearances throughout the citrus season. Citrus grown for grocery stores is mostly cultivated in Florida and California, followed by Arizona and Texas. Though they're among the most popular fruits in the U.S., citrus isn't native to this country.

## CITRUS HISTORY AND CULTIVATION

Many people believe citrus originated in Southeast Asia, but new research indicates ancestors of citrus came from Australia. Scientists speculate the seeds floated north in equatorial currents about 30 million years ago. The oldest recorded citrus is a citron called Buddha's Hand, an odd yellow fruit with long fingers, cultivated in China about 4,000 years ago and still available today. It is used mostly to perfume rooms because this fragrant fruit is almost all rind and contains very acidic juice. Citron relatives and hybrids – oranges, lemons and grapefruit – evolved in Asia.

In ancient times, traders carried citrus along the Silk Road, a network of trade routes from China to the Middle East and Europe. Alexander the Great brought

citron to India and Europe. Wealthy Romans grew lemons in the first century and the Chinese cultivated mandarin oranges in the 1600s. Christopher Columbus brought citrus trees to Haiti on his first voyage to the New World. Spaniards planted orange trees in Florida in 1565, and by 1820 orange groves were thriving in California missions. One of the most important fruit crops in the world, citrus production today exceeds the combined total of apple, cherry, peach, and plum world harvests. The top five citrus-producing countries are China, Brazil, the United States, Mexico, and Spain.

## SELECTION, STORAGE

Citrus fruits don't ripen after picking, so oranges do not get sweeter and lemons will not get juicier. For best selection, look for firm citrus without any soft spots. The skin can be thick or thin, depending on the variety. Choose fruit heavy for its size. Inhale at the blossom end, and if you detect light citrus tones, the fruit is ripe. Lemons left on trees until maturity are said to be more fragrant and sweeter than commercial lemons in the produce section of your grocery store. For lemons with the most juice, select varieties with thinner peels, such as Meyer lemons.

Citrus keeps best in the refrigerator, but you can leave oranges out for a few days. Plan to use citrus in about a week; lemons and grapefruit last a little longer, but they gradually dry out. The most perishable citrus is lime; it develops brown spots and can dry out within a week, so keep limes in a plastic bag (so they don't lose moisture) and plan to use them within a few days.

Juice oranges, lemons, and limes and freeze the juice in ice cube trays, then transfer the cubes to plastic bags and store in the freezer for up to 6 months. Each cube contains about 2 Tablespoons of juice, perfect for flavoring soups, sauces, and smoothies.

## CITRUS VARIETIES AND USES

**CITRON:** Looks like a large yellow-greenish textured lemon. The inside pulp is sour and not good for eating raw. Citron peel is often candied, and the pulp is used to flavor liquors. Buddha's Hand is a fragrant citron.

**TANGERINE:** A pomelo-orange cross, the tangerine is closely related to the mandarin orange and is sweeter with a more complex intense flavor than an orange. Smaller than oranges and slightly flattened, tangerines are easy to peel. Use tangerines the same way you would oranges in the kitchen. Tangelos and Minneolas are tangerine-grapefruit hybrids.

**KUMQUAT:** Looks like a tiny oval orange. The entire fruit, including the seeds and skin, is edible and the rind is the sweetest part of this unique citrus. Most people eat kumquats fresh or in preserves, but you'll find recipes from soup to cookies using kumquats.

**UGLI FRUIT:** A grapefruit-orange-tangerine hybrid, Ugli fruit looks like a lumpy grapefruit with loose skin ranging in color from green to greenish-yellow. It tastes sweet, more like tangerine than grapefruit in flavor. Ugli fruit makes an excellent addition to fruit salads. For an extra sweet treat, the peel can be candied.

**LIME:** Limes are usually a bit smaller than lemons. Oval with a green skin and a green juicy flesh, the two main varieties of lime are Persian and Key limes. The latter variety is smaller, has more yellow than green color, and comes from Florida. The season for California limes begins in late October, but unlike other citrus, summer is peak season for Florida limes. Like lemons, choose organic or untreated if you want to zest the peel. Think salsas, dressings, desserts, or cocktails (Daiquiri, Margarita, Mojito) for limes. Use less juice and zest from limes than from lemons because limes have a more intense flavor.

**KAFFIR LIME:** Exotic looking, kaffir limes are round, bright green with a bumpy texture, and about the size of lemons. The fruit contains lots of seeds and the juice is quite sour in young kaffir limes and often unpalatable in older varieties. The leaves and rind are used in Thai cooking. Coconut, rice and vegetable curries, and sweet lime syrup (with kaffir lime leaves and zest, sugar, water, soy sauce, rice vinegar, and ginger) are just a few ideas for kaffir lime.

**YUZU:** One of the few frost-hardy citrus fruits, yuzu originated in China and is popular in Japan to add zest to dishes and as a garnish. Yuzu resembles a slightly flattened lemon with more texture. The flavor is more intense and it is known for its characteristically strong aroma. The juice makes a fine vinaigrette, but it doesn't give as much juice as a lemon and is often more expensive. In Korea the outer peel of yuzu and the flesh inside are used to make marmalade.

**GRAPEFRUIT:** This fruit got its name because it grows in clusters like grapes. Grapefruit can be seeded or seedless, and the flesh can be anywhere from red to pink, golden yellow and almost white. You can find grapefruit all year in markets, but some of the famous Texas varieties, such as the Ruby Red, Rio Star, and Ruby Sweet, are available only during citrus season. Pair grapefruit slices with chopped avocado for a delicious salad, or have as dessert by slicing it in half, sprinkling with brown sugar, and broiling for 2 to 3 minutes.

**POMELO:** One of the original citrus fruits, a pomelo looks like a giant grapefruit and is sometimes called a shaddock, named for the English explorer Captain Shaddock. He transported pomelos from Malaysia to the West Indies during the mid-18th century. Pomelos or shaddocks have a light green skin that turns bright yellow while ripening. You'll know it's ready to eat from its sweet floral smell. Enjoy the pomelo fresh or make a salad with it. To peel it, cut the top off the pomelo and make vertical slices down the sides of the fruit with a sharp knife. Then, remove the peel and as much of the pith (which is bitter) as possible. Separate the pomelo into its natural segments. The slices will be covered in a white membrane, which you can eat, but for an even sweeter and juicier taste, peel it away as well. Pair pomelo with shredded carrots, avocado and peanuts, or try it with sweet lime vinaigrette with mint and cilantro.

# 10 WAYS TO USE CITRUS

**LEMON:** The outer lemon peel can be bright yellow or green, and either seeded or seedless inside. The most common lemon variety is the Eureka, followed by the Lisbon, but there is not much flavor difference between the two. Meyer lemons are smaller, sweeter, and juicier with a thinner skin. Meyer lemons have a shorter growing season than other varieties.

Lemon reacts to foods in different ways. The juice can curdle milk and help apples, bananas, and avocados maintain their color, but it can draw the color from green vegetables, if left too long. One lemon yields about ¼ cup juice. Reconstituted lemon juice can be used for fresh, but the flavor is different; if a recipe calls for fresh lemon, the final product may turn out differently if you use processed juice for the real thing.

When using lemon zest (the outer peel), remove it with a microplane zester or grater before juicing, and remember a little goes a long way with zest. Lemon enhances a gamut of dishes from breakfast to dessert.

**ORANGE:** An ancient hybrid, oranges can be yellow or a mottled orange with red. They can enhance salad dressings, hot breakfast cereals, breads, desserts, and marinades for tofu and tempeh. The word orange generally refers to sweet oranges, though there are bitter varieties such as the Bergamot and Seville, which are not typically eaten raw. The Seville peel is often used to make marmalade, while the Bergamot peel is used to make Earl Grey tea. Sweet oranges are much more edible. Common types of sweet oranges include:

- **MANDARIN:** a type of seedless orange with a loose skin that is available in December. The most popular variety is the Satsuma.
- **CLEMENTINE:** a cross between an orange and a mandarin, with high sugar content and few seeds.
- **NAVEL:** named because the blossom end resembles a navel. This orange is sweet and seedless with a thick skin; it is propagated only through cuttings.
- **CARA CARA:** orange peel with pink-red flesh and a cranberry-like zing. Cara Cara oranges are juicy and sweet and are grown primarily in California.
- **VALENCIA:** considered classic oranges, Valencias typically contain a lot more juice than other varieties, which makes them ideal for making OJ. Valencias are thin-skinned and easy to peel.
- **MORO OR BLOOD:** the outside resembles an orange with only hints of the red flesh inside. The flesh can be anywhere from luscious pink to dark ruby red. The segments are stunning in salads, and the juice makes a great vinaigrette.

1. Make vinaigrette using lemon, lime, or orange juice instead of (or with) vinegar.
2. Stir fresh lemon juice into a soup just before serving.
3. Add a squeeze of lemon, lime, or orange juice or chopped zest to brighten a sauce's flavors.
4. Add about a teaspoon of lemon juice to a cup of soy milk for a buttermilk substitute in recipes.
5. Blend finely chopped orange or lemon zest into biscuit, bread, muffin, pancake, or cake batter.
6. Toss bananas, apples, pears, or avocados with citrus so they won't discolor.
7. Add lemon juice to rice while cooking for more fluff.
8. Make vegan citrus sugar. Use zest of 1 lemon and 1 orange and 1 cup sugar. Process in a food processor to distribute the zest. Store in a tightly covered jar. This sugar will keep for months unrefrigerated.
9. Make citrus salt with 1 Tablespoon minced citrus zest and ½ cup Maldon flaked sea salt. Toss, spread on a baking sheet, and dry in a 200-degree oven for 1 hour or until dry. Store covered at room temperature for 1 year.
10. Make a sweet lemon or orange cashew cream by soaking ½ cup unsalted, raw cashews in ½ cup apple cider in the refrigerator overnight. Add 1 Tablespoon chopped fresh lemon or orange zest and 2 Tablespoons fresh juice, and blend with a food processor or blender until creamy. Refrigerate for up to four days.

## Blood Orange Salad Dressing

(Makes ½ cup or 4 servings)

- ¼ cup juice from blood orange
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon water
- 2 Tablespoons extra-virgin olive oil
- ½ teaspoon vegan mayonnaise
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon garlic powder
- Dash of salt

Place all ingredients in a shaker jar and shake until well blended. Toss with greens and serve.

Total calories per serving: 76  
Carbohydrates: 3 grams  
Sodium: 46 milligrams

Fat: 7 grams  
Protein: <1 gram  
Fiber: <1 gram

## Chipotle-Citrus Tofu Marinade

(Serves 4)

- 1 dry chipotle
- 2 fresh Medjool dates, pits removed and diced
- 1 cup fresh orange juice
- ¼ cup fresh lime juice
- 2 Tablespoons balsamic vinegar
- ¼ cup olive oil
- 1 clove garlic, pressed
- 1 teaspoon agave nectar
- Salt and pepper to taste
- 1 pound tofu
- 1 teaspoon rice flour (optional)
- 1 Tablespoon olive oil

Blend chipotle, dates, orange and lime juice, vinegar, ¼ cup olive oil, garlic, agave nectar, salt, and pepper in a blender or with a hand-blender.

To marinate tofu, first press the excess liquid out by placing tofu between two plates and pressing gently.

Pour off the liquid. Slice tofu into ¼-inch slices. Place tofu in a refrigerator storage container and pour the marinade over the top. Cover and refrigerate for 8 hours.

Pan-fry tofu in remaining oil. When each side is browned, flip. Pour remaining marinade over tofu and serve. Or you can make a sauce with the marinade by heating it and adding the teaspoon of rice flour sprinkled over the top and stirred into the marinade.

Total calories per serving: 308  
Carbohydrates: 22 grams  
Sodium: 17 milligrams

Fat: 22 grams  
Protein: 10 grams  
Fiber: 2 grams

## Raw Kale and Avocado Salad with Lemon Dressing

(Serves 4)

This is a great way to get those who aren't familiar with kale on board. I've used this idea for lemons and avocados in other vegetable salads with great success.

- Juice and zest of 1 lemon
- ½ to 1 Tablespoon agave nectar
- 1 or 2 cloves garlic, minced
- 3 Tablespoons extra-virgin olive oil
- ¼ teaspoon each: salt and pepper
- 1 avocado, peeled, pitted, and diced
- 1 sweet-tart apple, washed, cored, and diced (not peeled)
- 1 bunch of kale, tough stems removed and discarded and leaves sliced very thin
- 2-4 Tablespoons chopped dried cranberries or sour cherries

In a medium mixing bowl, combine lemon zest and juice, agave nectar, garlic, olive oil, salt, and pepper. Stir in avocado and apple.

Place shredded kale in a medium

salad bowl. Gently toss with lemon dressing, avocado, and apple. Sprinkle with cranberries or cherries.

Total calories per serving: 260  
Carbohydrates: 25 grams  
Sodium: 193 milligrams

Fat: 18 grams  
Protein: 5 grams  
Fiber: 6 grams

## Tangerine Dream Cake

(Serves 8)

We prepared two of these cakes for this issue's front cover photo and used jam between the layers. Each cake is about 1-inch tall and is delicious even served without frosting.

### Juice and zest from 2 tangerines (add water to make 1 cup juice)

- ⅓ cup canola oil
- 1 Tablespoon apple cider vinegar
- 1 teaspoon vanilla extract
- 1½ cups all-purpose flour
- 1 cup vegan sugar
- 1 teaspoon baking powder

Preheat oven to 350 degrees. Line an 8-inch square or 9-inch round cake pan with parchment paper.

In a small bowl, combine the juice, zest (grated, chopped outer peel), oil, vinegar, and vanilla extract. Set aside. Mix flour, sugar, and baking powder in a large bowl. Blend well, making sure no small lumps of baking powder remain.

Combine wet and dry ingredients, and blend well without over-mixing. Pour batter into the prepared cake pan. Bake 30-35 minutes or until an inserted toothpick comes out clean. Cool on a cooling rack.

Total calories per serving: 271  
Carbohydrates: 45 grams  
Sodium: 46 milligrams

Fat: 9 grams  
Protein: 2 grams  
Fiber: 1 gram

*Note:* For vegan sugar information, visit <http://www.vrg.org/ingredients/index.php#sugar>

## Broiled Grapefruit

(Serves 4)

A winter treat for breakfast or dessert.

- 2 large pink grapefruits
- 2 Tablespoons vegan sugar
- 1/2 teaspoon cinnamon
- 1/8 teaspoon cloves
- 1/8 teaspoon nutmeg

Preheat oven broiler. Slice grapefruits in half and run knife around the outer edge and between the segments. Place in baking dish. Combine sugar, cinnamon, cloves, and nutmeg in a small bowl and sprinkle over grapefruits.

Place grapefruits under broiler for 3 minutes. Mixture should be bubbly and top caramelized. Let cool slightly before eating.

Total calories per serving: 77 Fat: <1 gram  
Carbohydrates: 20 grams Protein: 1 gram  
Sodium: <1 milligram Fiber: 2 grams

## Zesty Lemon-Mustard Dip

(Makes about 1 cup or 8 servings)

I love this spicy dip with warm pita bread and roasted root vegetables. If you are able to get fresh horseradish, grate it as fine as possible.

- 2 or 3 Tablespoons grated fresh or bottled horseradish
- 8 ounces silken tofu
- 1 large or 2 small garlic cloves, pressed
- 2 Tablespoons lemon juice
- 1 teaspoon lemon zest
- 2 Tablespoons Dijon mustard
- 1 Tablespoon rice or apple cider vinegar
- 1 teaspoon agave nectar
- 1 teaspoon tamari or soy sauce
- Freshly ground pepper to taste

Combine all ingredients in a blender or food processor. Refrigerate for about 1 hour so flavors blend.

Total calories per serving: 25 Fat: 1 gram  
Carbohydrates: 2 grams Protein: 2 grams  
Sodium: 145 milligrams Fiber: <1 gram

## Parsley Rice with Carrots, Lime, and Pistachios

(Serves 4-6)

- 1 3/4 cups water
- 1 cup brown rice
- 3 Tablespoons fresh lime juice
- 1 teaspoon agave nectar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup grated carrots
- 1 cup packed, minced curly parsley
- 1/2 cup shelled toasted pistachios

Bring water to a boil in a small saucepan. Add rice and 1 Tablespoon lime juice, then cover and bring to a second boil. Reduce heat and simmer 45-50 minutes, or until all water is absorbed by rice. Set pan aside for 5 minutes. Fluff with a fork. Place rice in a salad bowl.

Combine remaining lime juice, agave nectar, salt, and pepper. Stir in carrots and parsley. Blend well, then stir into the rice. Garnish with pistachios.

Total calories per serving: 283 Fat: 9 grams  
Carbohydrates: 46 grams Protein: 8 grams  
Sodium: 178 milligrams Fiber: 5 grams

## Orange Oats and Cranberries

(Serves 2)

- 1/2 cup fresh orange juice
- 3/4 cup water
- 1 cup old fashioned oats
- 2 Tablespoons dried cranberries
- 1 Tablespoon flax seeds

## 2 Tablespoons chopped pecans Almond, soy, or rice milk (optional)

Place orange juice, water, and oats in a small saucepan. Bring to a boil over medium heat. Add cranberries, reduce heat to low and simmer 5 minutes, stirring occasionally.

Remove from heat. Divide into serving bowls. Sprinkle with flax seeds and chopped pecans. Serve with almond, soy, or rice milk, if desired.

Total calories per serving: 270 Fat: 9 grams  
Carbohydrates: 41 grams Protein: 8 grams  
Sodium: 3 milligrams Fiber: 6 grams

## Grapefruit, Apple, and Avocado Salad with Satsuma Vinaigrette

(Serves 4 to 6)

- 1 avocado, pitted, peeled, and diced
- 1 apple, washed, cored, and diced
- 1/4 cup Satsuma juice (1 Satsuma)
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon extra-virgin olive oil
- 1/4 teaspoon garlic powder
- Pinch of salt
- 1 ruby grapefruit, segmented
- Freshly ground pepper, to taste
- 3 cups chopped romaine lettuce

In a small bowl combine avocado, apple, Satsuma juice, vinegar, olive oil, garlic powder, and salt.

In a large salad bowl, gently mix the dressing-avocado mixture with the grapefruit, adding freshly ground pepper to taste. Serve over a bed of romaine lettuce.

Total calories per serving: 162 Fat: 11 grams  
Carbohydrates: 17 grams Protein: 2 grams  
Sodium: 43 milligrams Fiber: 6 grams

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

# Give the Gift of Vegetarian Journal

Give your friends, relatives, and yourself a gift subscription to *Vegetarian Journal* for the holidays! The recipients will be reminded of your thoughtfulness four times throughout the year as the new issues of *Vegetarian Journal* appear in their mailboxes! Until December 31, 2013, we will be happy to send your *Vegetarian Journal* gift subscription and personalized note to anyone in the U.S. for the special price of \$15 per subscription (\$27 to Canada and Mexico; \$34 to other foreign countries), which represents a savings of 40% off our U.S. subscription rate and 25% off our foreign subscription rate. This offer expires on December 31, 2013.

Feel free to copy these order forms and mail in as many gift subscriptions as you like. Mail \$15 (see above for foreign rates) per gift to *Vegetarian Journal*, P.O. Box 1463, Baltimore, MD 21203. You can also charge your gift orders by phone by calling (410) 366-8343 Monday to Friday between 9-5 EST.

Name: _____	Name: _____
Address: _____	Address: _____
_____ Zip: _____	_____ Zip: _____
Special Message: _____	Special Message: _____
_____	_____
_____	_____
From: _____	From: _____

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed about vegetarian children for a Polish parenting magazine called *Dziecko*. She responded to questions about calcium and vitamin D for vegetarians for *Today's Dietitian* magazine. Reed also gave a one-hour broadcast about vegetarian diets for adolescents on The Dr. Don Show on KZZZ 1490 AM.

### VEGETARIAN Outreach

VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, has been working with the City of Long Beach, CA, to include vegetarian options for their congregate and home-delivered city-sponsored senior meals. She has also been assisting the California State Chiropractor's Association with including "vegetarian" in their nutrition education curricula for chiropractic training.

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, gave a lecture on vegetarian nutrition for athletes for a Nutrition and Exercise class at University of Massachusetts Amherst. She also ran the VRG table at an alternative health fair at Hampshire College.

# Dietitians & Vegetarianism

by Whitney Blomquist, Charles Stahler, and Reed Mangels, PhD, RD

For years, food companies, marketers, researchers, students, and media have been asking The Vegetarian Resource Group about the number of vegetarians and vegans, and what can be labeled vegetarian and vegan. To be able to give answers, we have conducted numerous consumer polls. See <http://www.vrg.org/nutshell/faq.htm#poll>.

In order to obtain another perspective, and additional information, we wanted to find out what registered dietitians are thinking, since dietitians are often involved in developing food policy for companies and institutions. Dietitians also advise clients who are vegetarian or who are thinking about being vegetarian. We wondered if dietitians would have the same views as consumers who are interested in vegetarianism.

We did an online survey of 109 registered dietitians who said that they have expertise in vegetarian diets. Sixty-five percent of these dietitians are not vegetarian or vegan. Sometimes we receive calls from people specifically looking for a vegetarian dietitian. It may not matter if your health professional is vegetarian or not in terms of getting correct information, but it is interesting that so many non-vegetarian and non-vegan dietitians are interested in counseling vegetarian and vegan clients.

In general, vegan, vegetarian, and non-vegetarian dietitians who say they have vegetarian expertise are giving similar recommendations. Their recommendations do not differ markedly either due to their own diets or to the diets of their clients. One exception is in the area of soy products. More vegan dietitians report recommending soy products such as soy milk or veggie burgers for everyone. Vegetarian and non-vegetarian dietitians are more likely to recommend soy products for vegetarian clients than for non-vegetarian clients.

Fewer than half of dietitians recommend calcium-fortified orange juice to their clients. The reasons for this may vary; one dietitian stated that as a pediatric dietitian, she does not promote juice drinking for her clients.

Regardless of their personal diets, dietitians responding to the survey were more likely to think that it was acceptable for restaurants to identify products as 'vegetarian' without investigating micro-ingredients than for food packagers to label products as 'vegetarian' without researching micro-ingredients. About half of each group would want restaurants to check micro-ingredients before labeling a product as 'vegetarian.' For labeling packages, about a third of each group would not require investigation of microingredients. A sizeable majority of each group thought that microingredients and processing aids should be investigated prior to labeling a product as 'vegan' in a restaurant or on a food package.

Of the dietitians surveyed, 109 listed vegetarian diets as an expertise; 14 said they were vegan and appeared to be vegan (or vegan except for honey) based on foods they said they did not eat; 24 said they were vegetarian and appeared to be vegetarian based on foods they said they did not eat; and 71 ate meat, fish, or poultry.

Of the self-identified vegans surveyed (14 total), all of them do not eat meat, fish, poultry, eggs, or dairy. Half of them do not eat meat, fish, poultry, eggs, dairy, and honey. Half do not eat other animal products, but do eat honey.

Of the self-identified vegetarians (32 total), 75% do not eat meat, fish or poultry, which we classify as vegetarian, while 25% do eat meat, fish or poultry.

See the detailed questions we asked and the survey results on the following three pages.

What foods do **vegan**, **vegetarian**, and non-vegetarian dietitians recommend to their clients?

What foods do self-identified vegetarian dietitians recommend?		
	To all their clients	To their vegetarian clients
lentils	91%	100%
chickpeas	81%	90%
brown rice	91%	90%
kale	81%	77%
orange juice with calcium	34%	33%
soymilk	47%	80%
veggie burgers	38%	53%
omega-3 fatty acids	81%	93%
almonds	94%	93%

What foods do self-identified vegan dietitians recommend?		
	To all their clients	To their vegetarian clients
lentils	100%	100%
chickpeas	100%	100%
brown rice	92%	85%
kale	92%	92%
orange juice with calcium	23%	23%
soymilk	85%	85%
veggie burgers	77%	77%
omega-3 fatty acids	69%	69%
almonds	85%	85%

What foods do dietitians who are not vegan or vegetarian recommend?

	To all their clients	To their vegetarian clients
lentils	95%	100%
chickpeas	92%	93%
brown rice	90%	87%
kale	82%	80%
orange juice with calcium	38%	50%
soymilk	59%	90%
veggie burgers	59%	82%
omega-3 fatty acids	84%	88%
almonds	98%	93%

## Define vegan & vegetarian.

We also asked the dietitians to give us their definition of vegetarian. A good number of vegetarian, vegan, and non-vegetarian dietitians gave variants of the vegetarian organizational definition of not eating meat, fish, or poultry, but possibly sometimes dairy and eggs. Several dietitians pointed out that some people say they're vegetarian, but eat fish, or that the definition may vary immensely from client to client. So a dietitian has to be sure to ask the client or patient what he/she eats or doesn't eat. One respondent said, "The dietitian's job is not to define it, but to help them navigate a healthy diet."

In addition, we asked dietitians to give us their definition of vegan. Answers were similar to the vegetarian organizational definition of no meat, fish, fowl, dairy, or eggs. Some respondents were more explicit, naming items such as mono and diglycerides. A few said honey can be an exception and some included non-food items such as leather shoes. One person stated, "All vegans are vegetarians, not all vegetarians are vegan. I am a vegetarian. I do not eat animals but I wear wool, silk, leather, etc. I am not vegan but am often forced to label myself as such because of the misconception that not eating beef means you are vegetarian."

We asked vegans, vegetarians, and non-vegetarians if it is OK for a restaurant to identify a product as **VEGETARIAN** without investigating the micro-ingredients, as long as an item does NOT contain meat, fish, or poultry (or obvious animal items like gelatin).

Self-identified vegans: **50%**; Self-identified vegetarians: **44%**; Non-vegetarians: **41%**

Is it okay to label a product as **VEGETARIAN** on a food package without investigating the micro-ingredients or processing aids as long as an item does NOT contain meat, fish or poultry (or obvious animal items like gelatin)?

Self-identified vegans: **36%**; Self-identified vegetarians: **28%**; Non-vegetarians: **27%**

As long as a product does NOT contain meat, fish, or poultry (or obvious animal items like gelatin), it is OK to label products containing the following as <b>VEGETARIAN</b> .			
	Self-identified vegans	Self-identified vegetarians	Not identified vegan or vegetarian
sugar from an unspecified source	36%	47%	48%
vitamin D from lanolin	29%	25%	24%
cysteine from an animal product	7%	13%	10%
cysteine from human hair	36%	22%	13%
ingredients made from feathers	21%	16%	13%
fruit covered with wax from an animal secretion*	14%	13%	16%
an otherwise vegan veggie burger cooked on the same grill where meat is cooked if the grill is cleaned first	57%	59%	59%
none of the above	28%	34%	33%

\*Note: More OKs for vegetarian than vegan may be a statistical error, or possibly because some self-identified vegans eat honey, which comes from insects.

We asked vegans, vegetarians, and non-vegetarians if it is OK for a restaurant to identify a product as **VEGAN** without investigating the micro-ingredients, as long as an item does NOT contain meat, fish, poultry, dairy, eggs, or honey (or other obvious animal items like gelatin).

Self-identified vegans: **21%**; Self-identified vegetarians: **19%**; Non-vegetarians: **21%**

Is it okay to label a product as **VEGAN** on a food package without investigating the micro-ingredients or processing aids, as long as a product does NOT contain meat, fish, poultry, dairy, eggs or honey (or obvious animal items like gelatin)?

Self-identified vegans: **21%**; Self-identified vegetarians: **9%**; Non-vegetarians: **10%**

As long as a product does NOT contain meat, fish, poultry, dairy, eggs, or honey (or obvious animal items like gelatin), it is OK to label a product containing the following as <b>VEGAN</b> .			
	Self-identified vegans	Self-identified vegetarians	Not identified vegan or vegetarian
sugar from an unspecified source	29%	21%	24%
vitamin D from lanolin	7%	9%	6%
cysteine from an animal product	0%	0%	0%
cysteine from human hair	29%	6%	2%
ingredients made from feathers	7%	3%	3%
fruit covered with wax from an animal secretion*	29%	0%	3%
an otherwise vegan veggie burger cooked on the same grill where meat is cooked if the grill is cleaned first	50%	41%	27%
none of the above	36%	47%	57%



# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Survey of Vegans in the U.S.

A survey of 100 adult vegans from across the U.S. provided a snapshot of behaviors and motivations. Although this was a small study, it adds to what we know about vegan practices. About half of the study subjects, all of whom had been vegan for at least 9 months, reported health beliefs as their main reason for being vegan. Animal welfare concerns were the main motivation for 40% of subjects. The majority had BMIs in the normal weight range; those for whom health was their primary motivator were more likely to be classified as overweight or obese than those motivated by animal welfare. Few subjects (1%) reported eating fast food meals. Health-motivated vegans were more likely to choose lower fat products than vegans who were motivated by animal welfare. Subjects typically ate almonds, flaxseeds, and peanut butter at least twice weekly. Three-quarters of subjects ate tofu at least twice a week; almost 60% used soymilk that often. Commonly eaten vegetables included tomatoes, carrots, leaf and romaine lettuce, and broccoli. Commonly eaten fruits included apples, bananas, and oranges. All nutrients except vitamin D were adequate. Cigarettes and alcohol were rarely used and the majority of subjects exercised at least 3 times per week. These results show that the vegans surveyed were likely to practice health-supporting behaviors.

Dyett PA, Sabaté J, Haddad E, Rajaram S, Shavlik D. 2013. Vegan lifestyle behaviors. An exploration of congruence with health-related beliefs and assessed health indices. *Appetite* 67:119-24.

### Heart Disease – Could Causes Include Carnitine or Choline?

Cholesterol and saturated fat have long been thought to be related to the higher risk of heart disease seen in those eating more red meat. New research suggests that carnitine and choline may play a role. Carnitine is made from lysine, an amino acid. Red meat is an especially good source of carnitine, as are energy drinks and supplements. Most people make enough choline and

do not need to have a dietary source. Apparently, bacteria that live in the intestines of humans digest dietary carnitine and turn it into another substance, TMAO, which can lead to blocked arteries. When vegetarians or vegans are given carnitine, they produce less TMAO than meat eaters, suggesting that vegetarians and vegans have fewer bacteria in their intestines that can convert carnitine to TMAO. This could help to explain why heart disease rates are lower in vegetarians.

As an aside, media reports of this study said that 77 vegetarians and vegans were fed red meat. The published study actually said that one long-term (>5 years) vegan male agreed to eat an 8-ounce sirloin steak and that a small group of vegetarians and vegans was given carnitine supplements but was not given meat. This shows how information gets distorted; if a story sounds off, it's necessary to read the original study.

Choline, an essential nutrient, may also be associated with increased risk of heart disease. Choline is also involved in TMAO production. Researchers fed 40 healthy adults two hard-boiled eggs. Eggs are high in choline. Blood TMAO levels of study subjects increased after they ate the eggs. These researchers also examined more than 4000 adults and found that those whose blood levels were highest in TMAO were at highest risk of having a heart attack or stroke or of dying from heart disease. These results are preliminary but could help to explain the lower risk of heart disease seen in vegetarians.

Koeth RA, Wang Z, Levison BS, et al. 2013. Intestinal microbiota metabolism of l-carnitine, a nutrient in red meat, promotes atherosclerosis. *Nat Med* 19:576-85.

Tang WH, Wang Z, Levison BS, et al. 2013. Intestinal microbial metabolism of phosphatidylcholine and cardiovascular risk. *N Engl J Med* 368:1575-84.

### Vegetarian Companion Animals

How do vegetarians deal with the issue of animal-based pet foods? Are vegetarians more or less likely to have a companion animal (identified by this study as a "pet")?

A researcher at Bellarmine University recruited study participants mainly through the VRG's blog and newsletters. The final survey included 515 participants, 61% vegan, and 39% vegetarian. Close to three-quarters of respondents had at least one companion animal. Those abstaining from meat for ethical reasons were more likely to have a dog or cat than those who avoided meat for health reasons. There was no difference between vegans and vegetarians in terms of having companion animals. Subjects who avoided meat for ethical reasons were more likely to avoid feeding their companion animal(s) a high-meat diet compared to those avoiding meat for health reasons. Vegans were more likely to avoid high-meat diets for companion animals. Vegans and ethical vegetarians/vegans were more likely to feel guilty about feeding their companion animals diets based on animal products than non-vegans and health vegetarians/vegans. These differences in guilt were not due to differences in perception of how healthy vegetarian diets are for companion animals. The author stated that vegans and ethical vegetarians/vegans find it more objectionable to use animals for pet food because they see other animals as similar to humans. These groups were more likely to feed their companion animals a predominantly vegetarian diet.

Rothgerber H. 2013. A meaty matter. Pet diet and the vegetarian's dilemma. *Appetite* 68:76-82

### Vegetarians and Phytates

Phytates, substances found in whole grains, dried beans, nuts, and seeds, interfere with the absorption of minerals like iron and zinc. Bacteria in our intestines can produce phytases – enzymes which partially digest phytates and could reduce their impact on mineral absorption. Phytase activity is very low in humans. Polish researchers wondered if vegetarians, whose diets are typically higher in phytates, would have a greater ability to digest phytates. They studied 4 lacto-ovo vegetarians, 4 vegans, and 6 non-vegetarians. Bacteria collected from the vegans/vegetarians' intestines were the most effective at digesting phytates. This suggests that intestinal bacteria may be able to adapt to their environment so that bacteria in a high-phytate environment (like vegetarians' intestines) are better able to break down phytates. This could mean that phytates wouldn't interfere with iron and zinc absorption in vegetarians and vegans as much as was previously thought. This was a small study; additional research is needed.

Markiewicz LH, Honke J, Haros M, Swiątecka D, Wróblewska B. 2013. Diet shapes the ability of human intestinal microbiota to degrade phytate - in vitro studies. *J Appl Microbiol* 115:247-59

### Smile – You're a Vegetarian

German researchers examined dental health of 100 vegetarians (89 lacto-ovo vegetarians and 11 vegans) and 100 non-vegetarians. Subjects received a complete dental exam. Vegetarians had better gum health and were less likely to have inflamed or bleeding gums. Plaque accumulation was lower in the vegetarian group. They also had fewer missing teeth but were more likely to have decayed teeth. The vegetarians practiced oral hygiene more often. The results of this study suggest that a vegetarian diet has a positive effect on dental health.

Staufenbiel I, Weinspach K, Förster G, Geurtsen W, Günay H. 2013. Periodontal conditions in vegetarians: a clinical study. *Eur J Clin Nutr* [Epub ahead of print]

### Lower Risk for GERD

GERD (gastroesophageal reflux disease) is a condition that affects the esophagus. Normally, stomach acid does not move up into the esophagus. The opening between the esophagus and the stomach does not close properly in people with GERD. This means that stomach acid can irritate the esophagus and cause symptoms like heartburn and hoarseness. Obesity, smoking, and alcohol are risk factors for GERD. Researchers from South Korea wondered if a vegetarian diet would reduce the risk of GERD. They studied 148 vegetarian Buddhist priests and 148 non-vegetarians. About half of each group was male. The Buddhist priests were heavier and had a higher BMI. None of the priests smoked or used alcohol. The incidence of GERD, determined by endoscopic exam, was lower in the vegetarian priests than in the nonvegetarians. Risk factors for GERD in this study included being male, smoking, using alcohol, and not following a vegetarian diet. The researchers theorized that the higher amount of fruits and vegetables in many vegetarians' diets may be protective because of these foods' antioxidant content.

Jung JG, Kang HW, Hahn SJ, et al. 2013. Vegetarianism as a protective factor for reflux esophagitis: a retrospective, cross-sectional study between Buddhist priests and general population. *Dig Dis Sci* [Epub ahead of print]

# The Vegetarian Resource Group's



**GRETA  
LORENZ**

**UCLA**

**\$5000**

Greta wrote: "Like many, I became a vegan for what I perceive to be moral and ethical reasons. Although my parents, sister, and I have long been a part of a committed spiritual tradition, neither of my parents was vegetarian until I 'converted' them several years ago. Subsequently, both became vegan. This was my first experience in promoting 'kindness on a plate' and it left an indelible mark that has given me the confidence to promote within a wider sphere, including my middle and high schools. Just before entering high school I was awarded an Environmental Stewardship grant of \$1,000 for my research and presentation to the student body on the subject of meat eating and the enormous ecological drain it creates. My presentation included statistics on water and land usage, the grain needs, and methane gas emissions, to name a few. As a result of the award, I was asked by the headmaster to represent my school in the U.S. Green Schools Fellows program. Although I was unable to attend the training program in Virginia for financial reasons, I was honored to be chosen as my school's representative. The communication that had been established between the principal and myself emboldened me to ask for a meeting in which I presented my idea of showing the documentary "Peaceable Kingdom" (after seeing it, I became vegan) to the high school. I gave a copy to him, which to his credit he viewed, but ultimately felt it might be too disturbing for some of the students.

I am proud to say that my nickname has been 'vegan' all through high school and I wear the mantle seriously.... For the last 2 years, I have actively participated in L.A.'s annual "Veggie" parade, in which I dressed as a carrot.

My involvement in preparing and serving food for homeless shelters consists of first making the food at home. It is always vegetarian ... After preparation, I transport the food and then serve it every other Sun-

day at the women's shelter and every Wednesday and/or Thursday afternoon at the H.O.P.E. facility. I have been helping make and serve food at H.O.P.E. for over four years and doing the same at the downtown women's shelter for the last two years. I am a staunch, but hopefully not too obnoxious vegan, so I always try to make the meals vegan; however, I understand that many of our clients really like dishes made with dairy ... I make many dishes with tofu and use tempeh and seitan when I can afford it or get it donated. I make mashed potatoes using Earth Balance and one of my most popular dishes is baked cauliflower with soy cheese. Because I am aware that many of the homeless community really crave 'comfort food,' I try to make that as much as possible. Also, it is important that they get sufficient protein so I always make sure that happens. I make a lot of pasta dishes with tofu, tempeh, or seitan, as well as beans and rice burritos. I also make PB&J sandwiches to pass out to anyone who wants to take them for later. What I've found interesting over my many years of doing this, is just how many of the people I prepare food for and serve, say that they are already vegetarian! Startling, because when you don't often know where your next meal will come from, it takes a real commitment to adhere to a vegetarian diet. I am always humbled by that.

I've been asked by Mother's Kitchen to cook and serve (vegetarian of course) food at the Topanga Earth Day celebration. They have an annual booth there and I'm honored to be asked. I have done the same for them for the last two years.

I have spent time in an Ashram in southern India, where my job is to cook and bake for enormous numbers of people. All dishes are vegetarian. The trips to India were initially funded by my parents until 2009, when my father became ill and could no longer work (he passed away in 2012). I babysat, dog-walked, and began working at Starbucks in order to pay for my plane ticket. Having visited an orphanage in Paripally, India, I became aware that the children were sleeping on metal bed frames with no mattresses. On returning to the U.S., I made jewelry and sold it, making \$600, which was used to buy mattresses.

I'm thrilled to be accepted to UCLA. In addition to being an amazing university, they have a very active club called Bruins for Animals that promotes among other causes, veganism and cruelty-free farming. I'm intending to be their most vocal member."

# 2013 SCHOLARSHIP winners



**AMORY  
FISCHER**

**VIRGINIA  
TECH**

**\$5000**

Amory said, "I have destroyed the myth that vegetarians are short, unhealthy, scrawny individuals, who cannot survive without dietary supplements. I have held my own on a soccer team, lifted weights with football players, and stacked hay in the barn and bags of seed in the storehouse alongside the rest of my coworkers. They may be surprised to find out I am a vegetarian, but they no longer think people like me cannot keep up.

As a kindergartner, I would get upset about people eating meat in my presence. I would tell them continually why what they were doing was disgusting and wrong and why I disliked them for it. One could infer then, that I had few people who took me seriously and even fewer who would hang out with me, especially during lunch. I have learned since that to really get someone to think about the choices they make, one has to first relate to that person... People are willing to listen when they are talked to respectfully...

Vegetarianism is an integral aspect of my world view... In my freshman year of high school, I won second place in the state of Virginia forensics competition with a piece devoted to nonviolence and compassion for all life. When I was 15, I won sixth place in the state's Virginia High School League Forensics Original Oratory Competition with a speech on the topic of vegetarianism...

I joined the Key Club in freshman year of high school... I approached the club sponsor with the idea of a separate Environmental Committee. She agreed to let me try it out - if I would be in charge... (In one project) I have organized 30 of my peers through my position as Key

Club Environmental Committee Chair to help set up and take down tents, tables, and chairs for the Charlottesville Vegetarian Festival. We also help run the festival, staffing booths for vendors or educators that need a break, passing around petitions, assisting the many food stands with serving customers, and running errands... I will be graduating this year, so in order to continue this tradition of helping with the Vegetarian Festival and other environmental projects, I have made a 14 page booklet for my successors on the committee to be able to carry the torch. It is filled with detailed descriptions of all the projects we worked on..."

One reference stated, "Amory organized Key Club volunteers for the Charlottesville Vegetarian Festivals as well as Charlottesville's Eco Fair... Without Amory's support we would have had a difficult time managing the event. However, last year's event was so successful that this year we are doing the event as a zero waste festival. Without Amory and his leadership of the Key Club we would not even consider this additional project."

Amory related, "A friend of my step-father's asked me about my dream of going into politics... I responded by saying that my path would be based on whatever doors of opportunity opened. I place my future in the Lord's hands, and day by day I live by two simple goals: to help those suffering today and preserve the earth for future generations. Vegetarianism is the solution to both those goals."

Amory plans to major in environmental policy at the Virginia Polytechnic Institute and State University.

For information about next year's Vegetarian Resource Group scholarship contest, see [www.vrg.org/student/scholar.htm](http://www.vrg.org/student/scholar.htm). The entry deadline is February 20, 2014.

To donate towards the scholarship awards or needs-based internships, or to underwrite sending *Vegetarian Journal* to applicants, go to [www.vrg.org/donate](http://www.vrg.org/donate); call (410) 366-8343, or mail checks to VRG, P.O. Box 1463, Baltimore, MD 21203. Please indicate your wishes.

# Thanksgiving gone *deliciously* Vegan

by Zel Allen

A wonderful Thanksgiving meal requires no alchemy in the kitchen – just a bushel of nature’s divine seasonal treasures and a pinch of love to give them flavor. Unbounded by a lack of past tradition, all vegans can fill that blank canvas with luscious Thanksgiving dishes that may create lasting memories at the family table.

If you’re one of those curiously creative cooks who finds the kitchen a wondrous banquet of food exploration, you’ll enjoy the dazzling array of autumn and winter fruits and vegetables in the following recipes. And Thanksgiving is vegan paradise for all home chefs who take up the challenge of inventing truly memorable dishes and unique appetizers like Yin-Yang Thanksgiving Pâté and luscious desserts such as Easy Pumpkin Tofu Cheesecake.

You may want to set the Thanksgiving table with linens, cloth napkins, and candles. A few pie pumpkins, dried corn, and colorful gourds make perfect and inexpensive table decorations. Or perhaps you prefer something a little splashier like fresh flowers in autumn shades of gold and burgundy.

Sweet potatoes, mashed potatoes, roasted potatoes, and baked potatoes are all welcome visitors as you vary the Thanksgiving offerings from year to year. And one of the very special treats of this season is fresh chestnuts, with their magnificent sweet flavor and creamy, potato-like texture. A long standing annual ritual in my house begins in October when I order a few pounds of fresh chestnuts directly from the grower. The night before Thanksgiving, all of us gather at the family-room table sporting our chestnut knives. Amid grumbles and complaints, the group dutifully peels the freshly cooked chestnuts to be later found in our Thanksgiving dinner.

Take pleasure in your holiday adventure from the kitchen to the table by bringing beautiful foods to the feast, and dining with gusto. And in old-fashioned Thanksgiving tradition, don’t forget to give thanks for your many blessings and for the abundance you were able to share with family and friends.

## Roasted Butternut Sunset

(Serves 8)

Butternut is a delicious squash on its own, but interwoven with carrots, beets, fresh cranberries, and a little kitchen magic, it becomes an extraordinary fusion of rich flavors and flaming colors, reminiscent of a fiery sunset. This dish is even better prepared ahead and reheated at 350 degrees for about 15 minutes.

- 1 large butternut squash (2½ to 3 pounds), peeled and cut into ¾-inch pieces**
- 3 large carrots, peeled and thickly sliced**
- 2 small beets, peeled and diced**
- ¾ cup fresh cranberries**
- 1 Tablespoon extra-virgin olive oil**
- 1 teaspoon salt**
- ¾ cup orange or tangerine juice**
- ¼ cup plus 3 Tablespoons maple syrup**
- ¼ cup white miso**
- 1 teaspoon orange or tangerine zest**
- 1 green onion, diagonally sliced, or 1 Tablespoon minced fresh parsley, for garnish**

Preheat the oven to 375 degrees.

Place the squash, carrots, beets, cranberries, olive oil, and salt in a large bowl and toss well to coat the vegetables. Transfer the vegetable mixture to a 17½ x 12½-inch rimmed baking sheet. Bake for 15 minutes.

Meanwhile, combine the orange juice, maple syrup, miso, and orange zest in a small bowl and whisk until smooth. Remove the vegetables from the oven and pour the orange juice mixture over them. Bake another 15 to 20 minutes or until the vegetables are tender. Spoon the vegetables into a serving bowl or platter and garnish with the green onion slices, if desired.

Total calories per serving: 176  
Carbohydrates: 39 grams  
Sodium: 653 milligrams

Fat: 3 grams  
Protein: 3 grams  
Fiber: 5 grams

## Harvest Succotash

(Serves 6-8)

This is an old-fashioned dish that originated with the Narragansett Indians in Rhode Island. Originally made with corn and lima beans, this dish has evolved into a lovely Thanksgiving standard.

- 1 pound frozen lima beans**
- 1 pound frozen edamame (shelled)**
- One 15-ounce can corn kernels, drained**
- One 15-ounce can kidney beans, drained and rinsed**
- 1 red bell pepper, diced**
- ½ cup sweetened dried cranberries**

Sauce

- 2 cups soy or nut milk**
- 2 Tablespoons nutritional yeast**
- 1 Tablespoon lemon juice**
- ¾ teaspoon salt**
- ½ teaspoon ground nutmeg**
- ¼ teaspoon pepper**
- 1-2 Tablespoons cornstarch**
- 1-2 Tablespoons water**

Prepare the lima beans and edamame according to package directions, drain off any excess liquid, and put them in a 3-quart casserole.

Add the corn, kidney beans, bell peppers, and cranberries and mix well. Set aside casserole and preheat oven to 325 degrees.

To make the sauce, combine the soy or nut milk, nutritional yeast, lemon juice, salt, nutmeg, and pepper in a 2-quart saucepan. Bring to a boil over medium-high heat and then immediately decrease the heat.

Combine the cornstarch and water in a small bowl and stir to form a smooth, runny paste. Whisk the paste into the simmering milk a little at a time, stirring constantly for about 1 minute, or until the

sauce is slightly thickened. For thicker sauce, combine another Tablespoon each of cornstarch and water, add to the simmering liquid, and whisk for about 1 minute.

Pour the sauce over the succotash, mix well, and bake at 325 degrees for 20-25 minutes or until heated through.

Total calories per serving: 392  
Carbohydrates: 60 grams  
Sodium: 568 milligrams

Fat: 8 grams  
Protein: 25 grams  
Fiber: 14 grams

## Yin-Yang Pâté

(Makes 3 cups; 10-12 servings)

With a touch of playful sculpture, two tasty appetizer pâtés become one very striking yin-yang presentation. Accompany with whole-grain crackers or toasted pita wedges, or spoon into leaves of Belgian endive.

Carrot Pâté

(Makes about 1½ cups)

- 1¼ cups chopped carrots**
- 1¼ cups chopped red bell pepper (about 1 large pepper)**
- 1 cup raw or roasted cashews or macadamias**
- 2 Tablespoons plus 1 teaspoon freshly squeezed lemon juice**
- 1½ teaspoons minced fresh ginger**
- ¾ teaspoon salt**
- ¼ teaspoon ground pepper**
- Pinch cayenne**

To make the carrot paté, put the carrots, bell pepper, cashews, lemon juice, ginger, salt, pepper, and cayenne in a food processor and process for 1 minute, or until smooth, stopping occasionally to scrape down the work bowl. Transfer to a small bowl and wash and dry the processor work bowl to use again for the Mushroom Walnut Pâté.

Mushroom Walnut Pâté

(Makes about 1½ cups)

- 1 pound cremini or button mushrooms, coarsely chopped**
- 1 small onion, coarsely chopped**
- 2 large garlic cloves, chopped**
- ¼ cup water**
- ½ cup raw walnuts**
- 1 Tablespoon nutritional yeast flakes**
- 1 teaspoon freshly squeezed lemon juice**
- 1 teaspoon salt**

To prepare the mushroom paté, cook and stir the mushrooms, onions, garlic, and water in a large skillet over high heat for 3-4 minutes, or until the onion is transparent and the mushrooms are softened. Add 1 or more Tablespoons of water as needed to prevent burning. There should be at least 1 Tablespoon of liquid remaining in the pan.

Transfer the mushroom mixture and the remaining liquid to a food processor and add the walnuts, yeast flakes, lemon juice, and salt. Process the mixture until smooth, stopping occasionally to scrape down the work bowl.

To assemble, remove 1 Tablespoon of each paté and set aside. Spoon the remaining mushroom paté onto one half of a dinner plate. Using the back of a spoon, form one half of the yin-yang symbol. Spoon the remaining carrot paté onto the plate and form the other half of the symbol. Complete the presentation by placing the reserved tablespoon of each paté into the widest portion of the opposite color. Smooth the edges to form a complete circle. See next page for photo.

Total calories per serving: 136  
Carbohydrates: 11 grams  
Sodium: 429 milligrams

Fat: 9 grams  
Protein: 5 grams  
Fiber: 2 grams



Pistachio and Sweet Pea Torte with Roasted Tomato

## Pistachio and Sweet Pea Torte with Roasted Tomato Aioli

(Serves 10-12)

Vegan Thanksgiving yearns for a classic signature dish that becomes a cherished must-have for the Thanksgiving main course. Deliciously seasoned with flamboyant flavors, captivatingly aromatic, and visually appealing, this unique torte is a first-rate holiday entrée that delivers plenty of pizzazz. If you favor sauces to dress up the presentation, include the irresistible Roasted Tomato Aioli, an elegant complement to the torte. Both the torte and the aioli can be prepared a day ahead.

### Torte

- 1½ cups water**
- ½ cup raw cashews**
- 1 Tablespoon plus ¼ teaspoon white vinegar or rice vinegar**
- 2½ cups old-fashioned rolled oats**
- 2 teaspoons baking powder**
- 1¾ teaspoons salt**
- ½ teaspoon baking soda**
- ½ cup plus 3 Tablespoons coarsely ground roasted pistachios**
- 2 onions, diced**
- 2 carrots, diced**
- 1 stalk celery, diced**
- 1 red bell pepper, diced**
- 6 cloves garlic, minced**
- One 2-inch piece fresh ginger, peeled and grated**
- 1 teaspoon ground cumin**
- 1 teaspoon coriander**
- 1 teaspoon poultry seasoning**
- ½ teaspoon fennel seeds, coarsely ground with a mortar and pestle**
- ½ teaspoon each dried oregano and marjoram**
- ½ teaspoon ground turmeric**
- Pinch cayenne**
- Freshly ground pepper**
- 3 cups cooked short-grain brown rice**
- 1 pound frozen peas, thawed**
- 1 carrot, shredded, for garnish**
- 3 Tablespoons minced fresh parsley, for garnish**

Cover the base of a 9-inch springform pan with a piece of parchment paper 2 inches larger than the pan. Snap the collar back onto the base, and cut away the excess paper with scissors. Lightly oil the sides of the pan, place it on a baking sheet, and set aside.

To make the torte, pour 1 cup of the water and the cashews into a blender and process on high speed until smooth and milky. Transfer to a small bowl, stir in the vinegar, and set aside to sour.

Combine the oats, baking powder, salt, and baking soda in a large bowl and mix well. Stir in ½ cup of the ground pistachios.

Preheat the oven to 375 degrees. Combine the remaining ½ cup of water, onions, carrots, celery, red bell pepper, garlic, ginger, cumin, coriander, poultry seasoning, fennel seeds, oregano, marjoram, turmeric, cayenne, and pepper in a large skillet. Cook and stir over medium-high heat for 10-12 minutes, or until the vegetables are softened. Add 1 or more Tablespoons of water as needed to prevent burning.

Add the cooked vegetables and the rice to the oat mixture and combine well.

Put the peas in a food processor and process until creamy, stopping occasionally to scrape down the work bowl. Add the peas and the soured cashew milk to the vegetable mixture and mix well.

Spoon the mixture into the prepared springform pan and spread to the edges, packing the mixture firmly. Smooth the top and sprinkle with the remaining 3 Tablespoons of pistachios. Bake for 55 to 60 minutes, or until the torte is firm when gently pressed. Let cool at least 30 minutes before serving.

### Aioli

- 1 pound Roma tomatoes, cut in half lengthwise**
- 1 cup water**
- ½ cup raw cashews**
- 2 cloves garlic**
- 1 Tablespoon plus 2 teaspoons freshly squeezed lemon juice**
- ¾ teaspoon salt**
- ¼ teaspoon ground smoked paprika or liquid smoke**

To make the aioli, place the tomatoes on a baking sheet, cut side up, and broil about 3 inches from the heat for 15-20 minutes, turning twice while broiling, until completely soft. Meanwhile, put the water, cashews, and garlic in a blender. Process until smooth, stopping occasionally to scrape down the blender jar. Add the broiled tomatoes, lemon juice, salt, and paprika to the cashew mixture. Process until smooth and creamy, stopping occasionally to scrape down the blender jar. Transfer the sauce to a 1-quart saucepan and simmer over medium heat for about 5 minutes.

To serve, place the springform pan on a large serving platter. To unmold, run a knife around the

edge to loosen the torte. Carefully lift off the collar. Garnish the edge of the platter with the shredded carrot and minced parsley, if desired. Cut the torte into serving-size wedges and serve with aioli on the side.

*Variation:* Substitute vegan sour cream for the Roasted Tomato Aioli.

Total calories per serving: 469 Fat: 12 grams  
Carbohydrates: 77 grams Protein: 15 grams  
Sodium: 793 milligrams Fiber: 9 grams

## Chestnut-Smothered Brussels Sprouts

(Serves 12)

Brussels sprouts and chestnuts may seem like the ultimate cliché of trendy holiday foods, but not so; this tasty version turns Brussels sprouts haters into devoted converts. The host who likes to plan ahead may want to blanch the Brussels sprouts the day before for convenience.

- 1 pound Brussels sprouts, cut into quarters lengthwise**
- 2 cups diced onions**
- 2 cups diced fresh tomatoes**
- 1 cup diced red bell peppers**
- 2 Tablespoons extra-virgin olive oil**
- 24 cooked and peeled chestnuts, diced (see page 25 for cooking and peeling instructions) or 1 cup chopped nuts of your choice**
- ½ teaspoon each garlic powder and onion powder**
- 6 pimento-stuffed green olives, minced**
- Salt to taste**
- Freshly ground pepper**
- 1 green onion, sliced, for garnish**

Combine the Brussels sprouts, onions, tomatoes, bell peppers, and olive oil in a large, deep skillet. Cook and stir for 4-5 minutes over high heat, or until the onions are very soft and the tomatoes begin to break down. Add 1 or more Tablespoons of water as needed to prevent burning.

Add the chestnuts, garlic powder, onion powder, and olives. Season with salt and pepper. Cook another 1-2 minutes to heat through. Serve in a bowl or platter and garnish with the green onion, if desired.

Total calories per serving: 100 Fat: 3 grams  
Carbohydrates: 17 grams Protein: 2 grams  
Sodium: 39 milligrams Fiber: 3 grams



Chestnut-Smothered Brussels Sprouts (page 23)



Yin-Yang Pâté (page 21)



Harvest Succotash (page 21)



Roasted Butternut Sunset (page 20)



Easy Pumpkin Tofu Cheesecake (garnished with cranberries)

## Easy Pumpkin Tofu Cheesecake

(Serves 10-12)

Pumpkin and Thanksgiving are so synonymous it's hard to imagine a Thanksgiving meal without a pumpkin dessert. The cheesecake needs several hours to cool and firm in the refrigerator and works best when prepared a day in advance.

### 1 Flaxseed Pie Crust (recipe on page 25)

**One 15-ounce can pumpkin**

**14 ounces firm tofu, drained**

**1 cup plus 3 Tablespoons vegan sugar**

**¼ cup arrowroot starch**

**2 teaspoons ground cinnamon**

**1-2 teaspoons freshly squeezed lemon juice**

**1 teaspoon vanilla extract**

**¾ teaspoon ground nutmeg**

**½ teaspoon ground allspice**

**1/8 teaspoon ground cloves**

**Pinch salt**

Preheat the oven to 350 degrees. Prepare the pie crust with the recipe on the next page.

Put the pumpkin, tofu, sugar, arrowroot, cinnamon, lemon juice, vanilla extract, nutmeg, allspice, cloves, and salt in a food processor. Process mixture until thoroughly blended (thick and creamy), stopping occasionally to scrape down the work bowl. Spoon the filling into the prepared crust and smooth the top and edges.

Bake for 55-60 minutes, or until the top is firm when lightly pressed. Let cool completely. Cover and refrigerate for 8-12 hours.

To serve, place the springform pan on a serving platter or footed cake plate. Run a knife around the edge to loosen the cheesecake. Carefully lift off the collar. Cut into wedges and serve.

Total calories per serving: 337    Fat: 15 grams  
Carbohydrates: 45 grams    Protein: 8 grams  
Sodium: 140 milligrams    Fiber: 5 grams

The recipes appearing in this article are from Zel's newest book *Vegan for the Holidays*, which is available from The Vegetarian Resource Group. Order on page 34 or online at <http://www.vrg.org/catalog/>

# Cooking & Peeling fresh chestnuts

I'm aware that many home chefs are unfamiliar with chestnut preparation, so here's a brief primer on cooking and peeling them. Once you've tasted their sweet and creamy rewards, you'll become a dedicated fan and will want to make them part of your Thanksgiving tradition. For convenience, chestnuts can be cooked and peeled up to two days ahead and kept refrigerated. Even more convenient, buy them already cooked and peeled. While there are several ways to cook chestnuts, I found boiling them works best. Because peeling chestnuts is a patient process, find a comfortable chair. Here's the method:

- 1 Using a firm, sharp, short-bladed paring knife, make a crisscross cut on one or both sides of each chestnut. Put the chestnuts into a large saucepan, and cover them with about 3 inches of water.
- 2 Cover the saucepan and bring to a boil over high heat. Reduce heat to medium, and boil the chestnuts gently for about 25-35 minutes.
- 3 Using a slotted spoon, transfer about 8 chestnuts to a small bowl and place it in front of you. Have a medium bowl handy for the peeled chestnuts and another for the discarded shells. Cool the chestnuts only briefly, about 1 minute – they peel more easily when they're quite hot.
- 4 Using your paring knife, take hold of the shell close to a crisscross cut and remove it with a pulling motion. You will also need to remove the brown inner skin as well. Be prepared for a little tug-of-war. Sometimes the inner skin is a bit stubborn. If it is too resistant, the chestnut may need to be cooked for a few more minutes.
- 5 As the chestnuts cool, they become more challenging to peel. It's best not to fight with them. Just put the pot back on the burner and heat them up for a few minutes so you can finish the task with ease. Be sure there is enough water in the pot to cover the chestnuts.

## Flaxseed Pie Crust

(Makes one 9-inch crust serving 10)

You'll welcome this no-fail pie crust into your dessert recipe repertoire because it does not require high-tech culinary skills.

**½ cup whole raw almonds**  
**1½ cups whole-wheat pastry flour**  
**½ cup ground flaxseeds**  
**1 Tablespoon organic brown sugar, firmly packed**  
**½ teaspoon salt**  
**¾ cup water**  
**1/3 cup canola oil**

Cover the base of a 9-inch springform pan with a piece

of parchment paper 2 inches larger. Snap the collar back onto the base and cut away the excess paper with scissors. Lightly oil the sides of the pan, place it on a baking sheet, and set aside.

Put the almonds in a food processor. Process until they form a coarse meal. Add the flour, ground flaxseeds, brown sugar, and salt; process until thoroughly mixed. Add the water and canola oil and process until the mixture becomes a moist soft dough, stopping occasionally to scrape down the work bowl.

Spoon the crust mixture into the prepared pan and use your fingers to press it firmly into the bottom and 1-inch up the side of the pan.

Total calories per serving: 190    Fat: 13 grams  
Carbohydrates: 15 grams    Protein: 4 grams  
Sodium: 119 milligrams    Fiber: 4 grams

# Holiday Rush

By Chef Nancy Berkoff, RD, EdD

## Festive Dishes You Can Prepare Quickly

### Are these scenarios familiar?

**4:00 pm:** Door bell rings: It's Aunt Ethel, Uncle Ralph, and the kids... "We were in the neighborhood, finishing up some holiday shopping... and we thought we'd just stop by for a visit."

**7:00 pm:** Phone rings: "Hey... we heard you were home catching up on your work before the holidays and figured you needed some company, so... we're headed over to your place... We'll be there in about 15 minutes."

**3:00 pm:** You are at work... the phone rings, "Hey, sweetie, we just got invited over to Joe and Sally's. They're having a last minute holiday get together... about 20 people. I said we'd bring dessert."

Company's coming... right now! You can handle this. It just takes a bit of planning, some anticipation, and a deep breath. For example, during the holiday season, if you order take-out food at a veggie restaurant, order extra...

- steamed brown rice
- vegetable fried rice (without egg)
- crispy noodles (sometimes called chow mein noodles)
- veggie spring rolls
- pizza (with or without vegan cheese)
- pasta with sauce
- Italian bread
- steamed or grilled veggies

### And then you can:

- Toss the rice together with the fried rice in a baking pan, heat it up in the oven, garnish with some thawed, microwaved, heated frozen, or leftover cooked veggies and have a fast hot entrée.
- Toss the rice together with the fried rice in a

baking pan and heat it up in the oven. While the rice is heating, carefully slice the spring rolls in thin slices, wrap in foil and heat in the oven, or microwave. Top the rice with the spring rolls, and you have a fast hot entrée.

- Before you put leftover pizza in the freezer, allow it to cool, cut off the crust, (and save for a snack). Cut each pizza slice in half the long way and roll up—instant pizza rolls! Place in freezer. These can be reheated in the oven or microwave as needed.
- Freeze leftover Italian bread. When company appears, take bread out of freezer, spread with tomato paste, drained canned tomatoes, and shredded vegan cheese. Heat in the oven for fast appetizers.
- Leftover pasta with sauce can be tossed with leftover veggies, tossed into a heated sauté pan, and tossed, heated, and served as a hot entrée, topped with a sprinkle of nutritional yeast or shredded vegan cheese.

### Or, when you cook at home, prepare extra...

- pasta shells, rotini, or other interesting pasta shapes
- baked white potatoes
- baked yams or sweet potatoes
- white beans or lentils

### Have in the pantry...

- canned navy or kidney beans
- cut corn
- assorted pickles and olives
- hearts of palm
- prepared salsa
- canned fruit
- assorted nuts
- carob or vegan chocolate chips
- shredded coconut
- maple syrup
- nutritional yeast

### And then you can:

- Toss the cooked pasta with an assortment of beans and lentils and salsa or sauce, heat in the oven or toss in a sauté pan for a fast entrée.
- Prepare a fast 'relish' tray with hearts of palms, olives, and pickled veggies.
- Make a very fast chili with assorted canned beans and cut corn.
- Whip up a fast dessert by tossing canned peaches or apricots with coconut, nuts, and vegan chocolate or carob chips.

### Have in the refrigerator...

- vegan sour cream
- vegan cream cheese
- soft silken tofu
- soy yogurt
- shredded vegan cheese

### Have in the freezer...

- assorted veggie mixes
- sorbet or vegan frozen desserts

- assorted frozen fruit, such as cubed mangos, blueberries, strawberries, or peaches
- frozen vegan cake, cut into cubes
- vegan waffles
- frozen bagels

### And then you can:

- Toss your canned fruit combo with silken tofu and mix with maple syrup.
- Toss your canned fruit combo with soy yogurt and dabs of cream cheese.
- Mix salsa with vegan sour cream to create a creamy veggie dip.
- Thaw frozen fruit and create a dessert platter with vegan sour cream, vegan cream cheese blended with maple syrup, cake cubes, and toothpicks for dipping the fruit and cake.
- Top vegan waffles with cream cheese, maple syrup, and a fruit mixture.
- Create a bagel platter with toasted bagels, vegan cream cheese, bean dip (purée canned beans with sour cream), salsa, and shredded vegan cheese.

## Join The VRG and Receive *Vegetarian Journal!*



### Inside each issue:

- Nutrition Hotline - Answers to your questions
- Vegan Recipes - Quick dishes & international cuisine
- Veggie Bits - Natural foods product reviews
- Scientific Updates - Vegetarian research summaries
- Veggie Action - Ideas for promoting vegetarianism

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

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

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

E-mail: \_\_\_\_\_

Payment Enclosed (check or money order)

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

Send \$25 and receive the quarterly *Vegetarian Journal*; \$35 in Canada and Mexico; other foreign subscribers, please send \$45 in U.S. funds with a postal money order or by credit card.

By mail: VRG, Box 1463, Baltimore, MD 21203; By email: [vrg@vrg.org](mailto:vrg@vrg.org); Online: [www.vrg.org/subscribe](http://www.vrg.org/subscribe);

By phone: (410) 366-8343, Mon.-Fri. 9-5 Eastern; By fax: (410) 366-8804

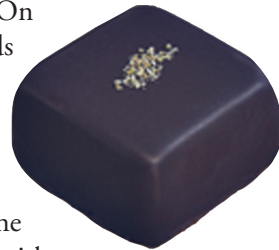
## Quinoa Qrunch

The Incas were on to something when they called quinoa a sacred grain; it's one of the most protein-rich grains we can eat. But the Incas probably weren't concerned about the convenience factor that drives many of our food choices today, which is where Qrunch comes in. Qrunch burgers provide all the nutrition of quinoa without the measuring, rinsing, and simmering time. The addition of millet to these patties provides a satisfying crispy crust, especially when sautéed in a skillet. On top of being quick, filling, and vegan, Qrunch burgers are virtually allergen free. They do not contain wheat, eggs, corn, dairy, nuts, soy, or sweeteners. All four flavors – Original, Spicy Italian, Sweet Curry, and Green Chile – taste notably different. Despite the traditional veggie burger shape, these patties aren't limited to being served on a bun. I enjoyed the Sweet Curry with pita bread and hummus, and the Green Chile wrapped in a tortilla with romaine lettuce and salsa. You can find Qrunch burgers nationwide in the gluten-free or frozen sections at Wegmans, Kroger, and Whole Foods, as well as in some local natural foods stores. Visit [www.qrunchfoods.com](http://www.qrunchfoods.com) for more information. Written by Samantha Gendler.



## Chocolate on a Mission

With each bite of a Missionary Chocolates truffle, you can satisfy your sweet tooth and do a bit of community service all at once. Owner and Chocolatier Melissa Berry is a naturopathic doctor who is building an integrated hospital in Portland, funded in part by her handcrafted vegan treats. Missionary Chocolates are dairy-free, gluten-free, nut-free, and soy-free, but that doesn't mean flavor-free. On the contrary, let your taste buds feast upon the bold flavors: Vanilla Salted Caramel, Meyer Lemon Explosion, Spicy Cinnamon Chipotle, and Peppermint Perfection. The presentation is part of the fun with these treats. Each truffle is topped with a tiny hint of its contents: an espresso bean, a sprinkling of salt, or a bright-green foil wrapper for peppermint. And those who need to watch their glycemic index aren't left out of the party; Berry has created a caramel-filled dark chocolate Coconut Palm Sugar Truffle with a glycemic index of only 35. Missionary Chocolates truffles are available at their retail storefront in Portland at 2712 NE Glisan St, at select shops and farmers' markets in California, Oregon, and Washington, and online at [missionarychocolates.com](http://missionarychocolates.com). You can call (503) 961-3262 to arrange an order, carry the truffles in your store, or even to create your own custom flavor. Written by Samantha Gendler.



## A Berry Quick and Nutritious Snack

Naturipe's Berry Quick Snacks are a fantastic, convenient way to have fresh fruit on the go. The pre-washed berries are perfect for kids, coming in a durable, portable package that won't be crushed in a school lunch and can be eaten right from the pack. They are a practical solution to replace less healthy snacking options and ensure you and your family are getting a fresh, healthy serving of blueberries full of vitamins and antioxidants.

Berry Quick Snacks are being sold nationwide at grocery stores, restaurants, and some schools, becoming available in more and more places every day. Naturipe ultimately plans to expand their distribution to cafeterias, hospitals, airports, and other convenient locations where healthier snacking options are needed. Another great feature of Berry Quick Snacks is that they could be sold in vending machines. Naturipe does not yet have Berry Quick Snacks in vending machines but would like to see them there soon. If you would like to bring Berry Quick Snacks to your vending machines that provide refrigeration at 32 degrees, contact Dave Adams at [dadams@naturipefarms.com](mailto:dadams@naturipefarms.com). If you would like to see Naturipe's Berry Quick Snacks at a grocery store near you, contact a Naturipe sales representative at [sales@naturipefarms.com](mailto:sales@naturipefarms.com). Written by Emma Malone, VRG intern.



## Candle Cafe Gourmet at Home

Candle Cafe restaurant has been a prized New York vegan hot spot for almost 30 years, and now you don't have to be in the Big Apple or even dining out to enjoy their fine gourmet vegan meals. Candle Cafe now offers four new takes on classic dishes as convenient frozen entrées: Ginger Miso Stir Fry, Seitan Piccata with Lemon Caper Sauce, Macaroni and Cheese, and Tofu Spinach Ravioli. Each entrée takes less than five minutes to prepare and is both satisfying and well-portioned. The seitan dish, dressed in a zingy lemon caper sauce and delicately combined with organic brown rice with spinach, is the kind of flavorful treat you don't usually get from other frozen food selections. The Tofu Ravioli has big juicy bites of organic pasta filled with spinach and tofu and is accompanied by just the perfect amount of roasted garlic tomato sauce and melted 'cheese.' The noodles in the classic Macaroni and Cheese taste unbelievably fresh and the creamy 'cheese' sauce is a gourmet twist on a familiar favorite. The Ginger Miso Stir Fry includes tofu, zucchini, water chestnuts, peppers, carrots, and edamame, accented with a ginger miso sauce and paired with organic brown rice. Definitely try these entrées; they are hot, hearty, and sure to fill you up. For more information or to find out where Candle Cafe Frozen Entrées can be found near you, see their website at [www.candlecafefoods.com](http://www.candlecafefoods.com). Written by Emma Malone, VRG intern.



## Lightlife Chicken Alternatives

Lightlife's new Crispy Gold'n Chik'n Patties and Crispy Gold'n Chik'n Nuggets are among the most convincing chicken alternatives I've ever tried. They are strikingly similar to the animal version; the texture and seasoning are spot-on. These crispy vegan delights are packed with 8-11 grams of protein per serving, less than 250 calories, and do not contain cholesterol or trans fats, making them the perfect entrée for kids and adults alike. The patties are good for eating plain, or on a bun dressed with your favorite sauce and toppings. The nuggets make a crunchy, juicy addition to a salad, and kids will enjoy dunking them in ketchup or mustard in traditional nugget fashion. The lightly seasoned crumb breading, packed with a tender, smooth center, leaves a lingering peppery flavor that warms the taste buds. They're also quick and easy to make. Just pop them in the oven for 12-14 minutes and you'll have a delicious vegan addition to a meal that's suitable for the whole family. Crispy Gold'n Chik'n Patties and Nuggets retail for about \$3.99 a box and are available at major grocery stores and natural foods stores. To locate a Lightlife product near you, call 1-800-SOY-EASY or visit their website at [www.lightlife.com](http://www.lightlife.com). Written by Emma Malone, VRG intern.



## Bequests

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

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

**ONE-DISH VEGAN**

By Robin Robertson

This book offers main dishes that can be prepared ahead of time, heated up, and then brought to your table in one serving vessel. You will not find recipes for desserts, side dishes, or appetizers.

For lunch, nothing beats a hearty bowl of steaming hot soup. You'll see recipes including Wild Watercress Soup with Slivers of Seitan, Indonesian Noodle Soup with Tofu, and Senegalese-Inspired Red Lentil Soup. Looking for a hearty salad? Try Smoky Chickpea Salad with Mango and Avocado, Scattered Sushi Salad, or Cumin-Spiced Quinoa Salad with Jalapeño Pesto.

Some hearty entrées include Jamaican Jerk Tempeh and Vegetables, Bombay Beans with Chutney, Orange-Scented Chipotle Chili, and Thai Peanut Bowl with Tofu and Asparagus. Of course, you don't want to skip pasta dishes like Penne with Garlicky Escarole and White Beans, or Creamy Noodle Curry.

The last chapter's dishes need to be heated up in an oven. These include Southwestern Mac and Queso, Turkish-Style Stuffed Eggplant with Walnut Sauce, Butternut and Cremini Lasagna, and Chickpea Pot Pie.

**One-Dish Vegan (ISBN 978-1-55832-812-9) is a 208-page book. It is published by Harvard Common Press and retails for \$19.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

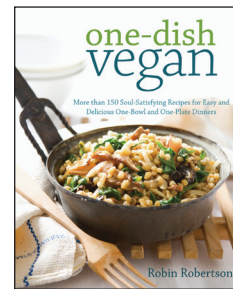
**THE GLOBAL VEGAN FAMILY COOKBOOK**

By Brian P. McCarthy

Chef McCarthy has been cooking professionally since 1982. His latest book offers a wide range of international dishes.

Appetizers include Grilled Plantains with Mole Sauce, Pot Stickers, and Tempura Onion Rings. Soothing soups include Jamaican Coconut and Bean Soup, Pho Noodle Bowl, and Miso Soba Noodle Soup. Also, you can prepare these salads: Cilantro Lime Slaw, Falafel Salad, or Incan Quinoa Salad.

Side dishes add variety to a meal. Try Aloo Gobhi, Curry Almond Orzo, or Roasted Curry Cauliflower. For



that main entrée, you can make Barbecue Ribz, Chili Rellenos, Cottage Pie, Jerk Tofu, Portobello Mushroom Wellington, Stromboli, Tamales, and much more.

Follow up your meal with a creative dessert, including Apple Strudel, Chai Tapioca Pudding, Mexican Wedding Cookies, or Southern Style Peach Pie.

If you're looking for some new breakfast ideas, you may want to cook Canadian Flipjacks, Crumpets, or Belgian Waffles. The book also includes recipes for dressings, beverages, breads, sauces, dips, and spreads.

Please note that nutritional analyses are not provided; however, you will find a glossary and other helpful tips.

**The Global Vegan Family Cookbook (ISBN 978-1-59056-415-8) is a 368-page book. It is published by Lantern and retails for \$22. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

**VEGAN SECRET SUPPER**

By Mérida Anderson

Mérida is the founder of Vegan Secret Supper, a dining club that she currently runs in Brooklyn, NY and previously ran in Canada. This cookbook includes 150 creative recipes with suggestions on how to plate dishes. You'll also find color photos throughout.

You can start off with an appetizer such as Apple Smoked Tofu & Caramelized Onion Spring Rolls with Carrot Tamarind Chutney & Avocado Aioli. Next, you can serve soup including Carrot Ginger soup with Lemon Basil Cream, or Mushroom Consommé. A sample salad offering is Mustard Roasted Nugget Potatoes with Crispy Fennel & Smoky Portobellos.

Main dishes include Butternut Squash & Almond Gnocchi Sautéed with Sage Garlic Butter; Leek & Oyster Mushroom Risotto Cakes with Yellow Beet Reduction; and Coconut Fettucine Alfredo with Seared Brussels Sprouts & Cherry Tomatoes. You will also find recipes for breads and grains. And of course, you don't want to forget about dessert. Try Cashew Lemon Pudding Cake, Pumpkin Maple Cinnamon Buns, Sweet Potato Lime Crème Brûlée, or a mouthwatering selection of vegan ice cream.

**Vegan Secret Supper (ISBN 978-1-55152-496-2) is a 224-page book. It is published by Arsenal Pulp Press and retails for \$26.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



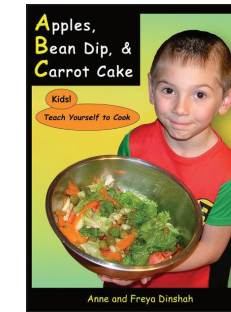
**APPLES, BEAN DIP, & CARROT CAKE**

By Anne and Freya Dinshah

Vegan parents are often looking for kid-friendly cookbooks with vegan recipes. *Apples, Bean Dip, & Carrot Cake* fits the bill. More than 25 kids in full-color photos show readers how to prepare vegan snacks and meals and how to safely use kitchen tools and equipment. The book is divided into four levels, with the first level geared towards very young children just learning how to cook. The remaining levels increase in difficulty as children are able to do more by themselves.

Level one encourages very young children to prepare Trail Mix, Fruit Juice Popsicles, Shake-It Dressing, and more. In level two, children can make Ambrosia Fruit Salad, Bean Dip, Guacamole, and other dishes. By level three, children are able to steam vegetables, make Pita Pizza, Sushi, Gingerbread Cookies, and other items. Finally, older children reaching level four will enjoy using a blender to make Hummus, Peach Banana Smoothies, and Banana Ice Cream.

**Apples, Bean Dip, & Carrot Cake (ISBN 978-0-942401-22-6) is a 160-page book. It is published by American Vegan Society and retails for \$24.95. You can purchase this book from your local bookstore or online at [www.americanvegan.org](http://www.americanvegan.org). Reviewed by Debra Wasserman.**



**VIRGIN VEGAN**

By Linda Long

Linda Long shoots the beautiful photos that appear on the cover of each issue of *Vegetarian Journal*. She's now completed another cookbook that features her gorgeous images of her own recipes and some contributed by chefs and cookbook writers.

Among the recipes you'll find in this book are Chocolate-Stuffed French Toast with Rice Krispies, Arugula Watermelon Salad, Fast Horseradish Soup, Mushroom Bread Stuffing, Dilip's Lime Jerk Seitan, Vegetable Napoleon with White Bean Ragù and Sautéed



Broccoli, Crispy Tofu and Rotisserie-Style Tempeh, Thai Seitan Grill, Cashew Nut Roast with Parsley Stuffing and Gravy, Chef Adam's Chickpea Pesto, Pecan Pie, and Peanut Butter Cups.

The introduction includes all the basics readers need to know to follow a vegan diet. Nutritional analyses are not provided; however, most recipes appear not to be high fat. Helpful hints also appear throughout the book.

**Virgin Vegan (ISBN 978-1-4236-2516-2) is a 176-page hardcover book. It is published by Gibbs Smith and retails for \$19.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

**CHLOE'S VEGAN DESSERTS**

By Chloe Costarelli

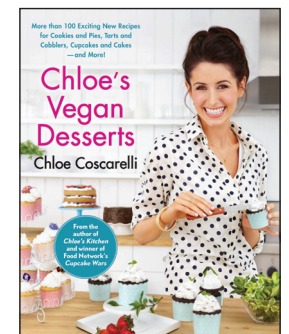
The color photos in this book will make you drop everything and start baking. You may even want to start in the morning with desserts for breakfast, including New York-Style Crumb Cake, Chocolate Babka, or New Orleans Beignets.

Chloe was the winner of Food Network's Cupcake Wars, and her desserts are often quite unique. Cookies and Bars featured include Blondies, Vermont Maple Cookies, and Baklava. Pies, Tarts, and Cobblers include Mocha Mud Pie, Raspberry Lemon Tart, and Peach Cobbler. Cupcake and cake recipes include Mixed Berry Shortcake, Spiced Applesauce Cake, Dark Chocolate Fudge Cake, Cinnamon Mocha Cupcakes, and Coffee Almond Crunch Cupcakes.

The 'Spoon Desserts' section includes recipes for Chocolate Hazelnut Gelato and Rum Raisin Rice Pudding. 'Drink Up!' includes Pumpkin Spice Latte and Chocolate Raspberry Shake. Finally, under 'Basics,' find recipes for interesting toppings, sauces, and crusts, including Coconut Whipped Cream, Fudge Frosting, Gluten-Free Pie Crust, and more.

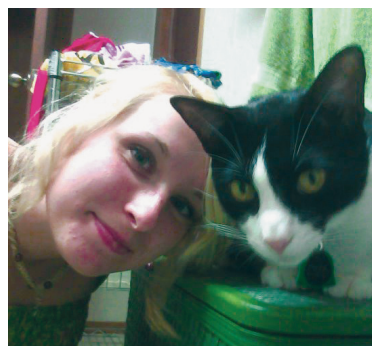
No nutritional analyses are provided, and since this is a dessert book, don't expect all the recipes to be low fat.

**Chloe's Vegan Desserts (ISBN 978-1-4516-3676-5) is a 257-page book. It is published by Atria books and retails for \$19.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



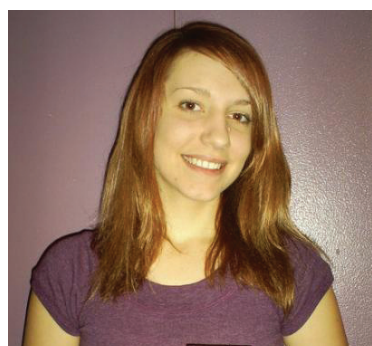


# 2012 SCHOLARSHIP runners-up



**CHANEL  
CRISTNI  
TUCKER**  
**MISSOURI**

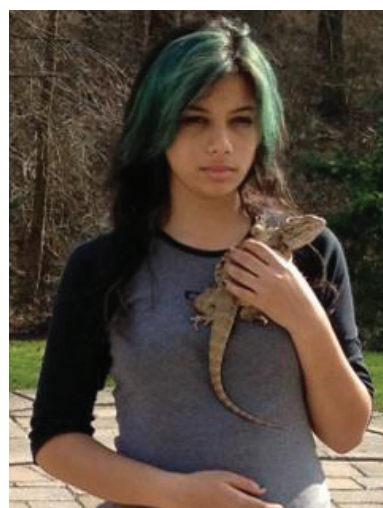
Chanel Cristni Tucker became a vegetarian at age 10 and then transitioned to a vegan diet. She volunteered with the Humane Society of Southwest Missouri and the James River Care and Rehabilitation Center, as well as raised funds for a homeless shelter. Chanel would like to major in French and Nursing so she can become a traveling nurse practitioner in countries such as Haiti, Algeria, and French Guiana.



**ALYSSA  
INFALT**  
**WISCONSIN**

Alyssa said that promoting vegetarianism in a farming community is challenging, but she has influenced the country store where she works to carry veggie burgers and serve them on Saturdays, as well as provide more vegetarian soups. "Many of my cohorts butcher their own animals or send their animals to the local butcher shop to slaughter their cows, chickens, or pigs. Convincing these farmers that slaughter is morally wrong is practically impossible. They have strong beliefs about butchering that dates back many generations. However, I found a way to compromise with my friends. We had "Vegetarian Fridays" at school where everyone who sat at the same table as me ate vegetarian. Now when I go to these friends' houses, they make sure they have vegetarian food that others, as well as myself, would enjoy."

Thank you to the St. Louis Vegetarian Society whose donation enabled us to award runner-up prizes for our 2012 scholarship contest. The students are all amazing, so it's very difficult to choose the winners. To read about previous winners of \$5,000 each, see <http://www.vrg.org/student/scholar.htm> and see pages 18 and 19 for this year's winners. To support additional scholarships and internships, go to [www.vrg.org/donate](http://www.vrg.org/donate).



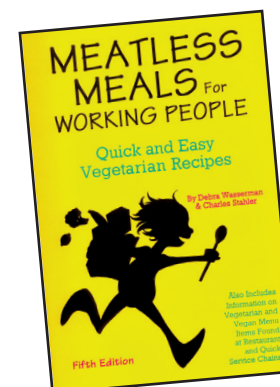
**SHAINA  
VILLALOBOS**  
**NEW  
JERSEY**

Shaina Villalobos worked with the executive chef at her school over a four-year period to rethink the original vegetarian choices of pizza, pasta, and mozzarella sticks that were on the menu. They added healthier options such as hummus, tomato-pesto paninis, and tomato, spinach, garlic, herb-flavored wraps. Shaina researched recipes that utilized extra ingredients the foodservice already had in the kitchen. Many involved hummus, carrots, peppers, or fruit. There was usually leftover spinach from other dishes, so they decided to use it in veggie wraps. "It's nice because this means we won't have to spend a lot of money on extra resources for vegan and vegetarian lunches, and can use what would otherwise be thrown away," Shaina said.

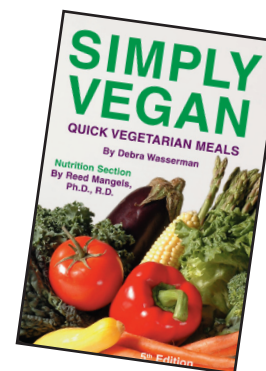
As a counselor at her church camp, Shaina has provided vegan hot dogs, burgers, and 'chicken' nuggets for both children and adults. She received the Hispanic Heritage Youth Award in Mathematics and Engineering and was a Petty Officer Second Class in the NJROTC program. Shaina hopes to study biology in college so she can promote vegetarianism and help the environment.

## VRG Catalog

### Books

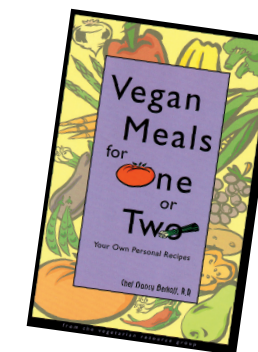


**Meatless Meals for Working People – Quick and Easy Vegetarian Recipes** (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to 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** (\$15.95) 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 100,000 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.

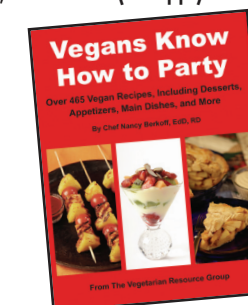
**Vegan in Volume** (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

**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, Polish Stuffed Cabbage, 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.)

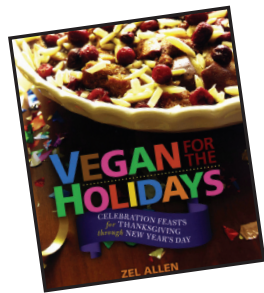


**Vegans Know How to Party** (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies!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

# Vegetarian Action

## The Little collective that Could by Kitty Jones

**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 dishes such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.



**Vegan for the Holidays** (\$19.95) by Zel Allen. In this 154-page book you'll find recipes for holidays falling between Thanksgiving and New Year's Day. Enjoy vegan dishes such as Garlicky Chestnut Butter, Spiced Cranberry Nog, Horseradish Coleslaw, Curried Pumpkin-Peanut Soup, Okra Creole, Bar-Burner Chili, Autumn Vegetable Roast, Baked Maple Sweet Potatoes, and Pistachio Paradise Cookies. This book has color photos.

**Soup's On!** (\$10.95) by Barb Bloomfield. Find recipes for vegan soups, muffins, and accompaniments. Try Miso Escarole Soup, Seitan Soup with Cabbage, Lemon Blueberry Muffins, Mango Muffins, Sesame Sticks, Bagels, and more. Nutritional analyses are provided. (128 pp.)



**Vegan Seafood: Beyond the Fish Sh\*tick 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"  
"Vegetarians Are Sprouting Up All Over"

### Vegetarian Journal

**Vegetarian Journal** subscriptions are \$25 per year in the U.S., \$35 in Canada/Mexico, and \$45 in other countries.

### Reprints from Vegetarian Journal

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

### Order Form

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

Check or Money Order (Enclosed)

ITEM	QUANTITY	PRICE	SUBTOTAL
Vegetarian Journal Subscription			

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

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

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

The Berkeley Student Food Collective (BSFC) is a cooperatively-run, non-profit grocery store in Berkeley, California. The collective works within the local community to educate and inspire people to eat consciously, promoting community-building and environmental stewardship. Does this sound too good to be true? It gets better: all the products at the store are ethically, ecologically, and socially-sound, plus 100% vegetarian!

Merchandise at the store must fit one or more of the following categories: local, fair-trade, organic, or humane. All the produce is organic, local and sourced within 250 miles of the store. There is a strong emphasis on sustainability and non-GMO foods. Even their to-go coffee cups, in-house-made food containers, and bulk bin baggies are biodegradable. There is a fridge full of mouth-watering, convenient snacks and to-go meals, many of which are made in the store by volunteers. They carry an abundance of vegan products, with more vegan treats being added all the time. The general membership of the collective feels strongly about the value of animals' lives and food justice, and therefore the collective does not sell meat products at all.

The collective's revenue directly supports its mission of providing local, environmentally sustainable, ethical, and affordable food while educating about food systems and sustainable business. This includes offering a student-run Democratic Education course at UC Berkeley. Students analyze social, economic, and environmental areas related to food and agriculture systems, and explore contemporary issues and potential solutions.

BSFC also sponsors and supports community events, including vegan bake sales and dinners. In April, they put on Earth Week activities such as kombucha pong (like beer pong, but with kombucha tea in place of

beer), movie screenings, meatless Monday, and fair-trade chocolate sampling.

The establishment of the collective is an intriguing story. In 2009, the fast food giant Panda Express tried to open up shop on the UC Berkeley campus. Students were angered by this and believed that the franchise did not represent the values of their community and would serve students unhealthy, unethical, and unsustainable food. They decided to take matters into their own hands.



Gwen Von Klan is the collective's operations manager and the only paid employee.

They gathered signatures and held protests until Panda Express finally gave up. The following year, the students managed to pull together \$100,000 and created their own business that upheld their moral values: the BSFC. The founding of the collective also inspired the creation of the Cooperative Food Empowerment Directive (CoFED). CoFED is an organization that helps and 'inspiregizes' college students to start their own sustainable food co-ops. Today, the collective is doing very well financially. Members are optimistic that it will be able to expand to a bigger and better location in the future.

Starting a cooperative grocery store in your community might be an overwhelming (yet not impossible) idea. If you're curious about starting a cooperative,

do not hesitate to ask CoFED for assistance ([www.cofed.coop](http://www.cofed.coop)). Alternatively, be sure to support any vegetarian cooperatives, restaurants, and businesses in your area.

The collective is open to absolutely everyone, including non-students and non-members. It is located at 2440 Bancroft Way, #102, Berkeley, CA 94704. For questions or more information, contact [operations@foodcollective.org](mailto:operations@foodcollective.org) or call (510) 845-1985. If you live in or are visiting the Bay Area, please check out this fabulous establishment.

Kitty Jones wrote this article while interning at VRG. She is a student at UC Berkeley and a volunteer at BSFC.



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

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

CHANGE SERVICE REQUESTED

## Farmers Market Outreach



VRG intern Karen Leibowitz represents VRG at the Waverly Farmers Market in Baltimore, MD. "In addition to meeting newcomers, it was encouraging to see how many long-time vegans there were, but they still wanted the newest information," she said. If you're interested in running a booth at your local farmer's market, e-mail [vrg@vrg.org](mailto:vrg@vrg.org) for handouts.



**SPELLING IT OUT:** Vegetarian Resource Group volunteer Whitney Blomquist (far right) and her family Tony Bruffy, Josh Bruffy, Natalie Evans-Bruffy, Brock Bailey and Mila the rescued mutt running the VRG table at the Philadelphia International Festival of the Arts in April 2013. The theme of the festival was "If you had a time machine..." and so Blomquist decided to go back in time by dressing like Benjamin Franklin, who ate tofu in 1770!



## UMD Dietetic Interns visit VRG

In May 2013, a group of University of Maryland dietetic interns visited The Vegetarian Resource Group to learn about meeting the needs of their future vegetarian and vegan clients. The group, consisting of mostly non-vegetarians, but a few vegetarians, practiced developing sample vegan meal plans for varying ages and activity levels. Each of them tried their hand at preparing a vegan recipe, including homemade chocolate espresso almond milk, white bean dip, and no-bake oat cookies.