

Kid-Friendly Entrées • Quick Salad Dressings

VOLUME XXXIII, NO 2

# VEGETARIAN

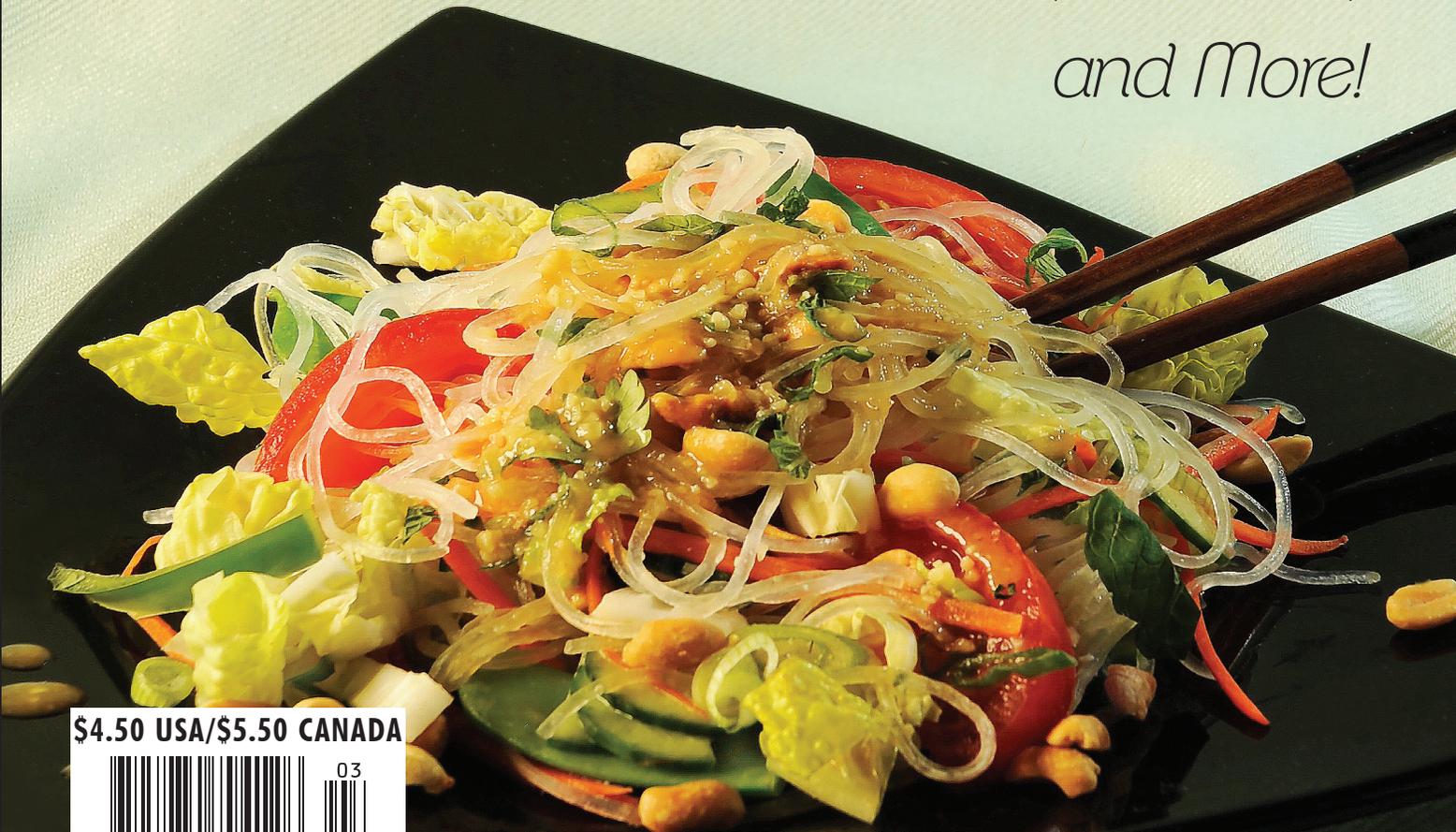
## JOURNAL

Science, Caring, and Vegan Living  
Since 1982

### Cambodian Cuisine

### Guide to Vegan Milks

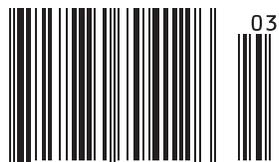
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**What do Vegetarian groups  
consider Vegetarian and Vegan?**

# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline addresses the question, "Why are there so many food label disclaimers?"*

**QUESTION:** *Long-time VRG members recently asked us why almost every item they pick up to read the ingredients has a disclaimer saying that the item was made on shared equipment that also processes eggs, soy, peanuts, and wheat.*

**ANSWER:** According to VRG's Research Director Jeanne Yacoubou, MS, The Food Allergen Labeling and Consumer Protection Act of 2004, (FALCPA), is the reason why manufacturers must list on food labels any of the eight allergens, (milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans), determined by the Food and Drug Administration (FDA) to be potentially harmful to the majority of allergy sufferers. Because highly sensitive individuals could have adverse reactions to even very small quantities of allergen present in food due to cross-contamination from equipment on which food containing the allergen was previously manufactured, some companies voluntarily indicate that shared equipment was used. Doing so may protect the manufacturer from legal liability if an adverse reaction occurs from a food product that does not contain the allergen as an intended ingredient, but was produced on shared equipment.

Currently FALCPA does not require a "may contain" statement or anything similar, such as a shared equipment disclaimer. The FDA warned that advisory labeling such as "may contain

[allergen]" should not be used as a substitute for adherence to current Good Manufacturing Practices (cGMPs). In addition, any advisory statement such as "may contain [allergen]" must be truthful and not misleading. However, in the statement of the Act, there is a paragraph that says that the FDA is aware of cross-contamination of major allergens due to shared equipment and requires further research into the subject.

Is a major food allergen that has been unintentionally added to a food as the result of cross-contact subject to FALCPA's labeling requirements? No. FALCPA's labeling requirements do not apply to major food allergens that are unintentionally added to a food as the result of cross-contact. In the context of food allergens, "cross-contact" occurs when a residue or other trace amount of an allergenic food is unintentionally incorporated into another food that is not intended to contain that allergenic food. Cross-contact may result from customary methods of growing and harvesting crops, as well as from the use of shared storage, transportation, or production equipment.

The FDA provides current information about undeclared allergens in specific food products on its website: <http://www.fda.gov/safety/recalls/default.htm>. For example, according to Food Safety News, undeclared allergens accounted for more than one in three food recalls during the last quarter of 2011.

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*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.

## NOTE FROM THE COORDINATORS

# VEGAN PRODUCTS MULTIPLY



Remembering back to the 1970s, just about the only soymilk commonly available was powdered soymilk through the mail or greatly sugared drinks sold in Asian stores. So it's amazing that in this issue, VRG's Nutrition Advisor, Reed Mangels, PhD, RD, reviews more than 200 vegan milks, from almond to rice to oat (page 6).

Almost weekly, we are contacted by companies developing new vegan products. They want to know what's appropriate for vegans. In order to answer this question, we conducted a survey of vegetarian and vegan groups, animal rights organizations, and religious groups (see page 20). This will help us give businesses a fuller answer.

In a magazine advertisement geared towards food and beverage manufacturers, the egg industry stated that "93% of consumers prefer to see common names for ingredients on food labels." Thus, they inferred that eggs versus egg replacers is important for consumer acceptance. What do you think? For your non-vegan friends, would they be more inclined to buy a product that had eggs in the ingredient list? Does it make a difference if the label says "egg replacer," "banana," "potato starch," "flax seed," or gives a "chemical sounding" name? Is the word "egg" considered a whole food to non-vegans and a positive selling point? Please e-mail your opinions to [vrg@vrg.org](mailto:vrg@vrg.org).

This month's Veggie Action (page 35) is on the James Lick High School Garden. Thank you to Laura McGuinness who wrote the article while interning with VRG last summer. Though she's back in college now, Laura continues to volunteer for VRG by converting *Vegetarian Journal* articles into HTML for our website and by editing our Maryland email newsletter. To subscribe, go to <http://www.vrg.org/local/>. Our national newsletter, VRG News, is at <http://www.vrg.org/vrgnews/>.

Kudos to all the volunteers who helped us respond to hundreds of scholarship applicants in February. And we especially appreciate Matthew, who has been coming into the office weekly to help with miscellaneous tasks.

Soren, who has volunteered for The Vegetarian Resource Group since he was in middle school, has now headed to Peru and Bolivia to do volunteer work. We wish him lots of luck and hope to see him again in the future. Welcome to Nina, who has taken over his duties of coordinating volunteers and outreach booths around the country. Her long-term goal is to own a vegan restaurant. We look forward to her trying out recipes with staff and volunteers in the office. Thank you all for your support.

*Debra Wasserman & Charles Stabler*

Handwritten signatures of Debra Wasserman and Charles Stabler in blue ink.

*Coordinators of The Vegetarian Resource Group*

## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

### Memorials & Honorary Gifts

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

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Please send acknowledgement to:

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*My name and address:*

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

Special thanks to Priscilla Soto and Jacqueline Willet for converting articles into Spanish for [www.vrg.org](http://www.vrg.org).

Thanks to Chris Dietrich, Craig Holliday, Laura McGuiness, and David Milner for all the work they've done to convert *Journal* articles into HTML.

Thank you very much to The Field Roast Grain Meat Company for their generous donation.

We greatly appreciate the generous donation from [www.TheVegetarianSite.com](http://www.TheVegetarianSite.com).

## THANKS FOR A WONDERFUL JOB

I was going through my backlog of things to read and of course started by reading through the last couple of *Vegetarian Journals* on my stack. I wanted to commend and thank you and the VRG team for such a wonderful publication! What strikes me is the *Vegetarian Journal* continually presents just the right amount of information – not too much and not too little – if I can use the analogy, like the perfect veg meal, just the right blend of ingredients and perfect amount to feel very content. So kudos again for the great work your team's doing!  
Dennis (VegDining.com), via e-mail

## LOVE YOUR WEBSITE, [www.vrg.org](http://www.vrg.org)

The other day I wanted to check and make sure as a vegan I'm getting enough protein. The search took me right to your website, with carefully researched data on protein and sample menus.

I can't thank you enough for your years of thoughtful, objective research. Keep up the good work!  
Marianne P.  
Columbia, MD

## VEGETARIAN RESOURCE GROUP SCHOLARSHIP WINNERS

I was so impressed with the commitment and dedication of the scholarship winners listed in *Vegetarian Journal* Issue 4, 2013, I felt I had to help future recipients.  
Philip G.  
Laguna Niguel, CA

*Editors' Note:* Thank you so much for your generous donation towards future scholarship winners! Scholarship entrants are given a one-year subscription to *Vegetarian Journal*. All the students entering VRG's annual scholarship contest are incredible. They are doing outstanding vegan outreach.

## STRICT VEGAN STANDARDS

Just loved the Notes from The Coordinators in *Vegetarian Journal* Issue 3, 2013. Will share the article with other Jewish vegetarians, who I think will enjoy the "debate" you've presented as much as I did!  
Betsy T., via e-mail

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

Coming in the Next Issue:

## BECOMING A VEGAN CHEF

**Plus:** Whole Grain Dishes to Serve in Schools, Senior Facilities Offering Veggie Options, Easy Tomato Dishes...

# Guide to Vegan Milks

BY REED MANGELS, PHD, RD

Walk into any natural foods store and most supermarkets and you will find all sorts of vegan-friendly milks. We were able to find close to 200 different products ranging from soymilks and almond milks to the more exotic milks made from hazelnuts, flaxseed, hempseed, and more. In 2011, 11% of adults in the U.S. used soymilk, while 9% used almond milk<sup>1</sup>. Rice milk was the third most commonly used plant milk.

If you're trying to decide which milk (or milks) to buy, taste is probably the most important consideration. As I've learned from doing lots of sampling with nutrition students, taste varies. One product (which will remain unnamed) that I can't even get past my nose, is always a hit with a couple of students who clamor to take leftovers home with them.

We can't provide much advice about product appeal other than suggesting that you try a variety of kinds of milks. We can provide some ideas about which milk to choose for your specific needs. More information about products can be found in the table accompanying this article and in PDF format on our website at:

[http://www.vrg.org/nutrition/milk\\_alternatives/index.htm](http://www.vrg.org/nutrition/milk_alternatives/index.htm)

## Soymilk

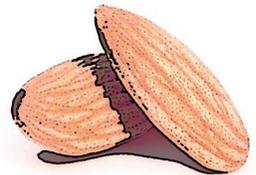
Soymilks typically have more protein, and often more calories, than other plant milks, making them a good choice for people who have higher protein needs – pregnant and lactating women, older people, elite athletes, and others. They can also be a good choice for vegans who don't choose to eat generous amounts of beans, nuts, other soy products, or other protein sources. For some children, soymilks can be a very easy way to get in some extra calories and protein.

Whole soybeans are the main ingredient in most soymilks. Silk brand products labeled as "light" use soy flour and 8th Continent lists soy protein as the main ingredient. Sweeteners are commonly used, although unsweetened products are available. Sweeteners include evaporated cane juice, sugar, fructose, cane sugar, brown rice syrup, and Sucralose. Many products are labeled as organic and/or contain organic soybeans. Silk makes both

organic and non-organic soymilks. 8th Continent products do not appear to be organic.

## Almond Milk

Almond milk tends to be low in protein with 1 to 2 grams of protein in an 8-ounce serving. Calories are lower than soymilk while sodium levels are higher and fat is lower. Almond milk can be a useful all-purpose milk for those who are already getting plenty of protein.



Almonds are the main ingredient in almond milk. Pacific Foods and Whole Foods 365 were the only brands that we identified as using organic almonds. Sweeteners used in almond milks include evaporated cane juice and cane sugar. Unsweetened products are available.

## Rice Milk

Rice milk is similar, from a calorie standpoint, to almond milk with 45 to 160 calories in an 8-ounce serving. As is true for other milks, flavored milks (vanilla, chocolate, carob, for example) will have more calories than unsweetened or original milks. Rice milk provides little protein and is typically lower in sodium than almond milk. Rice milk's consistency is often thinner than soymilk or almond milk. Brown rice is the base for all brands of rice milk that we found. Pacific Foods, Trader Joe's, and Whole Foods 365 brand are made with organic rice. Some varieties of Rice Dream are organic – this is indicated on the package.

## Coconut Milk

Coconut milk serves mainly as a source of calories, fat, and carbohydrates. Some vitamins and minerals may be added. It is not nutritionally equivalent to soymilk (or cow's milk) and, because it is based on coconut, it is higher in saturated fat than other plant milks. Saturated fats can increase



the risk of heart disease. A cup of coconut milk typically has 45 to 90 calories. If you're purchasing coconut milk to use as a beverage, choose the aseptically packaged or refrigerated varieties rather than canned coconut milk, which is higher in calories and fat, has a thicker consistency, and tastes more strongly of coconut.

Coconut milks may be sweetened with cane sugar, stevia extract, or evaporated cane syrup. So Delicious products are based on organic coconut cream.

## Other Milk

There are lots of other plant milks, including oat milk and milks based on blends of several grains and nuts. For more information, see: [http://www.vrg.org/nutrition/milk\\_alternatives/grain\\_milks\\_table.pdf](http://www.vrg.org/nutrition/milk_alternatives/grain_milks_table.pdf)

Unsweetened or original-flavor milks have a neutral flavor and can be used to make savory or sweet dishes. Flavored milks, whether vanilla, chocolate, carob, or cappuccino, work well in desserts and smoothies or shakes.

Most products are fortified with several vitamins and minerals. Choosing milks fortified with calcium, vitamin D, and vitamin B12 is a good idea if your diet is otherwise lacking in these nutrients. Check the label as some companies make both fortified and unfortified products.

We should note that while these products are popular with many adults and children, none of these beverages should be used to replace infant formulas or breast milk. They are not suitable for use by infants as a main food since they do not resemble breast milk or infant formula in composition.

Thanks to Gabrielle Rapsis and Candice Kalinski for collecting information for this article.

### Reference

1. Scott-Thomas, C. Almond milk catching up with soy as a favorite non-dairy milk alternative. Jan 2012. <http://www.foodnavigator-usa.com/Markets/Almond-milk-catching-up-with-soy-as-favorite-non-dairy-milk-alternative>

Product	Calories in 8 oz	Protein (grams per 8-oz serving)	Carbohydrate (grams per 8-oz serving)	Fat (grams per 8-oz serving)
<b>Soy milk, original or unsweetened</b>	70-140	5-12	3-17	2-6
<b>Soy milk, flavored</b>	70-180	5-10	8-29	2.5-5
<b>Soy milk, light or lowfat</b>	50-120	3-7	2-23	0-3
<b>Almond milk, unsweetened or original</b>	30-70	1-5	1-12	2-3.5
<b>Almond milk, flavored</b>	50-120	1-5	8-23	2-3.5
<b>Rice milk, original or unsweetened</b>	45-130	1	10-27	2-2.5
<b>Rice milk, flavored</b>	120-160	1-2	23-34	2-3
<b>Coconut milk, unsweetened or original</b>	45-80	0	1-8	4.5-5
<b>Coconut milk, flavored</b>	45-180	0-1	2-30	2-6
<b>Hemp milk</b>	70-170	2-3	1-24	5-8

Reed Mangels, PhD, RD, is a nutrition advisor for The Vegetarian Resource Group. She is co-author of *Simply Vegan*.

# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Hip Fracture – Part 1

When an older person fractures a hip, it's serious. According to the Centers for Disease Control and Prevention, one in three adults who lived independently before their hip fracture remains in a nursing home for at least a year after their injury. About one in five adults will die within a year of fracturing a hip. Researchers want to know if dietary factors could reduce the likelihood of hip fractures in older people.

Recent results from the Adventist Health Study-2 suggest that somewhat higher protein intakes may reduce the risk of hip fracture. This makes sense because protein plays a key role in bone strength and strong bones are less likely to fracture, even in a hard fall. This study involved more than 30,000 men and women. About 50% were categorized as "vegetarian" (meat or fish less than 4 times per month). Roughly 20% of the "vegetarian" group was categorized as "vegan" (eating any animal products less than once a month). The risk of hip fracture was more than 50% lower in vegetarians who ate legumes at least once a day as compared to vegetarians who ate legumes less than once a week. Vegetarians who ate meat analogues at least once a day had about a 60% lower risk of hip fracture than did vegetarians who ate meat analogues less than once a week. Dairy products, nuts, soy-milk, and tofu did not affect the risk of hip fracture. Among nonvegetarians, subjects eating higher amounts of meat or legumes had the lowest risk of hip fracture. These results suggest that higher-protein foods reduce the risk of hip fracture.

Lousuebsakul-Matthews V, Thorpe DL, Knutsen R, Beeson WL, Fraser GE, Knutsen SF. 2013 Oct 8. Legumes and meat analogues consumption are associated with hip fracture risk independently of meat intake among Caucasian men and women: the Adventist Health Study-2. *Public Health Nutr.* 1-11. [Epub ahead of print]

### Hip Fracture – Part 2

Bones are made up of calcium. Stronger bones have a higher calcium content. This calcium comes from

food (and supplements, if used). Most bone formation occurs during the teen years. With these facts in mind, the results of a new study are surprising. Researchers at Harvard asked almost 100,000 white men and women, age 50 or older, how much cow's milk they drank as teens. Other studies have shown that people are reasonably good at remembering how much milk they drank as teens, even if they don't know how many apples they ate 2 years ago. The researchers studied their subjects for more than 20 years to see who would fracture a hip. The researchers theorized that subjects who drank the most milk as teenagers would have the highest calcium intakes, strongest bones, and be least likely to have fractures as they aged. That's not what happened. In men, those who drank the least amount of milk as teens had the lowest risk of hip fracture, and those who drank the most milk had the highest risk of fracturing a hip. Women's risk of hip fracture was not affected by their cow's milk consumption – both women who drank a lot of milk as teenagers and those who drank milk rarely had about the same risk of breaking a hip as they got older. Of course, adequate calcium, protein, vitamin D and other nutrients are needed for strong bones. The results of this study should not be used to say that getting enough of these nutrients is not important.

Feskanich D, Bischoff-Ferrari HA, Frazier AL, Willett WC. 2013 Nov 18. Milk consumption during teenage years and risk of hip fractures in older adults. *JAMA Pediatr.* doi: 10.1001/jamapediatrics.2013.3821. [Epub ahead of print]

### Choices at Midlife Affect Health in Aging

A recent study examined the health impact of dietary choices made by women in their 50s and early 60s. More than 10,000 women were studied. They provided dietary records and were followed for about 15 years. Now in their 70s and early 80s, they were categorized as healthy agers or usual agers. Approximately 10% were categorized as healthy agers because they did not have physical or mental disabilities, any sort

of dementia, or chronic diseases. The remaining 90% were called usual agers, and had one or more disabilities or diseases. Healthy agers were more likely to have had good diets in midlife – diets high in fruits, vegetables, whole grains, nuts, and dried beans, and low in red or processed meat. While the healthy agers were not vegetarian, their diets were more plant-based. The researchers concluded, “Better diet quality at midlife seems to be strongly linked to greater health and well-being in persons surviving to older ages.” We can only wonder what the results would have been had the women been following vegetarian diets.

Samieri C, Sun Q, Townsend MK, et al. 2013 Nov 5. The association between dietary patterns at midlife and health in aging: an observational study. *Ann Intern Med.* 159(9):584-91.

## Thyroid Disease in Vegetarians Compared to Nonvegetarians

Some researchers have speculated that vegetarians may have a higher risk of developing thyroid disease because some studies show that vegetarians have lower iodine intakes. As a part of the Adventist Health Study-2, participants were asked if they had hypothyroidism that had been diagnosed by a physician. Hypothyroidism is when the thyroid gland is not active enough. Those categorized as “vegan” (eating any animal product less than once a month) had the lowest risk of having hypothyroidism, although this was not statistically significant. The “lacto-ovo vegetarian” (ate fish or meat less than once a month) group had a slightly higher risk of having hypothyroidism, although this also was not statistically significant. The authors theorized that a diet free of animal products may be protective of thyroid gland function. Additional research is needed in this area.

Tonstad S, Nathan E, Oda K, Fraser G. Vegan diets and hypothyroidism. 2013 Nov 20. *Nutrients.* 5(11):4642-52.

## Nutrient Intakes in Adventist Vegetarians & Nonvegetarians

Adventist Health Study-2 continues to provide insights into vegetarian health. This large observational study includes more than 70,000 adult participants whose diets range from vegan to nonvegetarian. A recent article from this study examined nutrient intakes of

different dietary groups. “Nonvegetarians” (eating meat or fish at least weekly) had the highest intake of saturated fat and the lowest intake of fiber. One-third of non-vegetarians were categorized as obese. In contrast, less than 10% of “strict vegetarians” were considered obese. “Strict vegetarians” (consumed any animal product less than once a month) had the lowest intake of saturated fat and the highest intake of fiber. Average intakes of nutrients that are often low in vegan diets, such as vitamin D, calcium, iron, and zinc, were above minimum requirements in strict vegetarians in this study. This was partly due to use of supplements and fortified foods. This adequacy was true for average intakes; some strict vegetarians had very low intakes of some of these nutrients.

Rizzo NS, Jaceldo-Siegl K, Sabate J, Fraser GE. 2013. Nutrient profiles of vegetarian and nonvegetarian dietary patterns. *J Acad Nutr Diet.* 113(12):1610-9.

## Benefits of Vegetarian Meals in Preschools

The recently-implemented Healthy, Hungry-Free Kids Act includes changes to preschool menus so that more fruits, vegetables, and whole grains are served to children. A recent study compared vegetarian and non-vegetarian meals that were served at a large preschool in South Carolina. Meals that were served before and after the Healthy, Hungry-Free Kids Act was in place were also compared. On average, vegetarian meals were served about three times a month and were usually based on cooked dried beans. Vegetarian meals were significantly higher in fiber and lower in sodium than nonvegetarian meals. In addition, vegetarian menus had half the cholesterol of nonvegetarian menus. Both vegetarian and nonvegetarian menus met the requirements for iron, zinc, and vitamin B12. A survey of parents found support for adding more meatless items to the menu, including veggie pizza, bean burritos, pinto beans and rice, and spaghetti with tomato sauce and lentils. The changes have the potential to improve the children’s intakes of fiber, sodium, fat, and saturated fat, and could be less costly than meat-based items.

Turner-McGrievy GM, Hales SB, Baum AC. 2013 Oct 19. Transitioning to new child-care nutrition policies: nutrient content of preschool menus differs by presence of vegetarian main entrée. *J Acad Nutr pii:* S2212-2672(13)01250-1. doi: 10.1016/j.jand.2013.07.036. [Epub ahead of print]

# Going Amok in Cambodia

Paddling up the Mekong for an Adventurous Culinary Journey

By Zel Allen

The lure of Cambodia is its gentle caress on the hearts and memories of those who come to visit. With its lush tropical jungles, bright sunshine, and gleaming Buddhist temples whose spires reach for the sky, this Southeast Asian locale is also the land of warm-hearted people, sprawling rice paddies, and an unhurried pace of rural life along the meandering Mekong River and Tonle Sap Lake. These forested lands and essential waterways are the indispensable lifelines contributing to a rich culture of food traditions that revolve around abundant rice, exotic fruits and vegetables, and everything coconut.

Cambodian or Khmer cuisine encompasses many cultures reflecting colorful and delectable influences, from China and Laos to the north, Thailand on the west, Vietnam bordering the east, and from French colonialism and Indian culture from the past. Each of these countries has contributed a visible legacy of appealing food traditions.

Stir-fry, steam cookery, and rice noodles came from China. Spices that flavor the multitude of tongue-tingling curries are derived from India, while the French introduced freshly baked baguettes, coffee, beer, and chocolate. Chilies, tomatoes, potatoes, and peanuts are not native to Southeast Asia but journeyed there via the Spanish and Portuguese explorers during the 16th century.

While many non-native foods reached Cambodia from other lands, a wealth of sugar palms, coconut trees, papayas, mangoes, and bananas are indigenous and thrive happily in the warm region. Vegetables are colorful, plentiful, and often grow wild. Bright displays of lufa gourd, eggplant, water spinach, yard-long beans, mushrooms, cabbage, bamboo shoots, Chinese broccoli, carrots, garlic, and snow peas are readily available at open-air farmers' markets.

Adding zesty flavors to Khmer cuisine are local aromatic herbs and spices like lemongrass, ginger, mint, and kaffir lime leaves. Seasoning with lots of black pepper, salt, and lime juice is a longstanding tradition that existed before chili peppers arrived and is sometimes preferred

over chilies. Exotic flavors and brilliant colors come from cardamom, saffron, tamarind, star anise, and turmeric. *Galangal* is an important flavoring ingredient often confused with ginger because it is also a rhizome and similar in appearance. Because it may not be available in local markets in the U.S., ginger takes its place in the following recipes.

Definitively sweet, sour, salty, and bitter flavors blossom in everyday dishes. Some foods are clearly sweet, others taste sour, and sometimes each of the flavors is combined into one delectable dish. Few family recipes are written down; rather, they are a centuries-old oral tradition handed down from mother to daughter. Each family prizes its own unique, and sometimes very secret, blend of seasonings, especially for favored dishes like *Amok*, an enchanting, thick curry of coconut milk, sweet potatoes, vegetables, and kaffir lime leaves. Highly treasured, *Amok* is given special status as the national dish of Cambodia.

Most Cambodians live in rural areas surrounded by jungle, rather than stores, along either the Mekong River or the Tonle Sap Lake that supply them with water for growing their most important crop – rice.



**Zesty Gingered Pineapple (recipe on page 17)**

Those meandering rivers that run through the central part of the country are also an important center of commerce where people can shop at the floating market by paddling from boat to boat to buy the day's fresh fruits, vegetables, and other essential household goods. Some villages have a daily farmers' market on land where produce vendors hawk their wares displayed on bamboo mats or banana leaves laid on the ground.

Family meals in rural areas are as rustic as one might imagine and usually served on woven mats of palm leaves or bamboo placed on the floor. A typical lunch or dinner includes soup, salad, and two or three dishes in the form of stir-fries, curries, grilled foods, or stews. Fermented fish pastes and shrimp pastes are major flavoring agents in all Southeast Asian cuisine and are used to season literally everything but dessert. Vegans can use substitutes for the fish flavor.

Because of its proximity to the equator, Cambodia is predictably hot and often quite humid. Baking is a rarity because few homes have ovens. Cooking is done mostly outdoors where women tend a raised or ground-level fire pit for grilling foods, or squat on the ground to stir a curry simmering over an open flame. Perhaps one can spot a grandmother sitting on the ground cradling a sleeping baby or leisurely pounding herbs and spices with a mortar and pestle.

The wet season creates some challenges for families in rural areas, when they are more confined to the upper portion of the house. Some homes include a wooden or bamboo deck on the upper level, making it possible to grow vegetables in pots and cook food outdoors. Cambodians have learned to adjust their lives to the dramatic climate rigors that return each year as the monsoon arrives. The most important focus for Cambodians is family life and the simple food they gather from the land or purchase at the floating market.

Though I have sincerely tried to offer vegan versions of the traditional Cambodian dishes I experienced, I couldn't be completely true to the cuisine. The first challenge was recreating easy substitutes for several varieties of fish sauce. Often, one typical recipe will contain three different fish sauces or fish pastes. Another struggle was the need to substitute exotic ingredients with those that are readily available here in the U.S. while still introducing the cuisine at its best. I believe the enticing aromas and tantalizing flavors emerging from the following recipes will take you on an adventurous culinary journey and a rewarding glimpse into everyday cooking in the outdoor kitchens of Cambodia.

## Lemongrass & Kaffir Lime Leaves

### Using Lemongrass

Lemongrass is a tough stalk about two feet long and is used to infuse foods with a lemony flavor. Trim off and discard 1/2-inch off the bottom of each stalk. Peel the very tough outer layer or two and discard. Using only the bottom third of the stalk, slice or mince the lemongrass as directed in the recipe. The tough, inedible upper portions can be sliced into 1/2-inch lengths and added to soups for extra flavor. Discard before serving. If fresh lemongrass is unavailable, season the dish with fresh lemon juice.

### Using Kaffir Lime Leaves

Endowed with a uniquely delicious flavor, these aromatic leaves add a desirable touch to Southeast Asian soups, curries, and sauces. Look for fresh or frozen kaffir lime leaves in Asian markets. If the leaves are fresh and pliable, use them whole or slice them into 1/8-inch slivers and add to stir-fries or soups as directed. If the leaves are dried, use them whole in recipes with plenty of liquid, such as soups or saucy dishes. Discard before serving.

### Where to Buy

Fresh lemongrass is often available in chain grocery stores across the country and readily available in Asian markets. If you are unable to locate fresh lemongrass and kaffir lime leaves locally, you can order them fresh or dried from Thai Supermarket Online:

<http://www.importfood.com/>

Both are also available in dried form at Savory Spice Shop:

<http://www.savoryspiceshop.com>

## Amok

(Serves 4)

*Amok*, traditionally a hallowed fish and coconut milk stew, is the national dish of Cambodia. This vegan version flaunts the richness of coconut milk while still retaining the characteristic kaffir lime infusion and delicious complexity of typical Southeast Asian flavors. The traditional stew is steamed in banana leaf bowls on top of the stove, but oven baking is the easiest option for us Westerners. Serve *Amok* with brown rice or quinoa.

- ½ pound extra-firm tofu, cut into ½-inch cubes**
- 2 Tablespoons low-salt soy sauce or tamari**
- 2 Tablespoons fresh lemon or lime juice**
- 1 pound sweet potatoes, peeled and cut into bite-size pieces**
- 2 medium carrots, peeled and angle sliced**
- 6 shiitake mushrooms, stems discarded, caps thickly sliced**
- 1 red bell pepper, cut into 1-inch cubes**
- 6 cloves garlic, chopped**
- 8 fresh kaffir lime leaves, thinly slivered with scissors (If dried, leave whole.)**
- 2 Tablespoons red miso**
- 1 Tablespoon plus 2 teaspoons vegan sugar\* (page 17)**
- 1 Tablespoon lime juice**
- 1 teaspoon salt**
- 6 Thai chilies or ¼-½ teaspoon cayenne**
- ¼ teaspoon turmeric**
- 3 Tablespoons tapioca flour**
- One 14-ounce can coconut cream**
- 12 ounces low-sodium vegetable broth**

In a large deep skillet, combine the tofu, soy sauce, and

lemon juice. Using a wooden spoon, cook and stir over high heat for about 2 minutes, or until the liquid has evaporated. Continue cooking for another minute or two until the tofu is golden brown. Put the tofu into a 2-quart casserole dish.

Add the sweet potatoes, carrots, mushrooms, and bell pepper to the dish and toss well to distribute the ingredients evenly. Preheat the oven to 375 degrees.

In a medium bowl, combine the garlic, kaffir lime leaves, miso, sugar, lime juice, salt, chilies, and turmeric. Add the tapioca flour and ½ cup of the coconut cream. Use a whisk to incorporate the miso and thoroughly combine the ingredients. Add the remaining coconut cream and vegetable broth and mix well.

Pour the coconut cream mixture into the casserole and cover with aluminum foil. Put the casserole on a baking sheet and bake for 45-55 minutes, or until the potatoes and carrots are fork tender.

Total calories per serving: 447	Fat: 22 grams
Carbohydrates: 56 grams	Protein: 13 grams
Sodium: 1397 milligrams	Fiber: 9 grams

## Pomelo (or Grapefruit) Salad

(Serves 4-5)

The lively blend of seasonings in this salad encompasses the definitively sweet, salty, sour, and spicy flavors so typical of Cambodian cuisine. Harvested in the USA from November through June, pomelo is the thick-skinned, giant yellow ancestor of grapefruit. While the recipe calls for pink flesh pomelo, yellow flesh pomelo is fine, though a little less visible in the salad. Pomelo flesh is drier and sweeter than grapefruit and makes a

Amok



Pomelo (or Grapefruit) Salad



delicious focal point in this exotic salad. If pomelo is unavailable, use ruby red grapefruit in its place and add a touch more sugar to taste.

- 1 pink flesh pomelo or 2 ruby red grapefruits, peeled and sectioned, membranes discarded**
- 3-4 romaine lettuce leaves, thinly sliced**
- 1 large cucumber, halved lengthwise, peeled, cored, and thinly sliced or 2 Persian cucumbers, unpeeled**
- ½ large red bell pepper, julienned 1½ inches long**
- 1 shallot, chopped**
- 1 cup chopped mint leaves**
- ½ cup chopped basil leaves**
- 4 heaping Tablespoons roasted, unsalted peanuts**
- 2 Tablespoons plus 2 teaspoons organic brown sugar**
- 2 Tablespoons rice vinegar**
- Juice of 1 lime (about 2 Tablespoons)**
- ½ teaspoon salt**
- Pinch cayenne**

#### Garnish

- 1 Tablespoon dried, unsweetened shredded coconut**
- 3 sprigs mint, basil, or cilantro**
- 1 fresh lime wedge**

In a large bowl, combine the pomelo, lettuce, cucumber, bell pepper, shallot, mint leaves, basil leaves, and peanuts. Toss well.

In a small bowl, combine the sugar, vinegar, lime juice, salt, and cayenne. Mix well and add to the pomelo salad just before serving. Toss well and transfer to an attractive serving bowl.

Sprinkle the coconut into the center and garnish with the herbs and lime wedge.

**Lotus Stem Salad**



Total calories per serving: 175    Fat: 6 grams  
 Carbohydrates: 30 grams    Protein: 5 grams  
 Sodium: 303 milligrams    Fiber: 5 grams

## Lotus Stem Salad

(Serves 4-5)

While lotus stems may be abundant in Southeast Asia, they are quite uncommon in the U.S. When in season, asparagus makes a tasty substitute. String beans may be more available and work equally well. This is an easy and flavorful salad that can be made ahead.

- 1 large cucumber, peeled and cut into 1½-inch lengths**
- 1½ cups water**
- ½ teaspoon salt**
- 1 pound asparagus, trimmed and cut into 1½-inch lengths**
- 3 shallots or ½ purple onion, cut into half-moon slivers**
- 1 or 2 red chilies, seeded and cut into thin slivers**

#### Dressing

- Juice of 2 limes**
- 2 Tablespoons red miso**
- 1 Tablespoon vegan sugar\* (page 17)**
- 1 garlic clove, crushed**

#### Garnish

- Few sprigs cilantro**
- 1 small red chili, very finely minced**

Cut each cucumber section in half lengthwise. Then, cut each half into 4 stalks. Combine the water and salt, add the cucumber stalks, and marinate them for about 20 minutes.

Meanwhile, fill a 4-quart saucepan 2/3 full with water and bring to a boil over high heat. Plunge the asparagus into the boiling water in batches and blanch for 1½ minutes. Use a slotted spoon to scoop them into a large bowl.

Drain asparagus well and add the shallots and chilies. Drain the cucumbers thoroughly and add them to the asparagus mixture.

Put the dressing ingredients into a small bowl and use a small whisk or fork to incorporate the miso into the liquid. Add the dressing to the asparagus and toss well. Set aside to marinate about 30 minutes.

To serve, garnish with the cilantro and chili.

Total calories per serving: 85    Fat: 1 gram  
 Carbohydrates: 17 grams    Protein: 5 grams  
 Sodium: 623 milligrams    Fiber: 4 grams

## Cambodian Noodle Salad

(Serves 6-8)

This flavorful salad, with some grand liberties, is reminiscent of the many dishes we ate for lunches and dinners while traveling on a recent tour to Southeast Asia. Vegetables were plentiful and were frequently served raw in salads or in stir-fried combinations with or without tofu. If you don't have all the ingredients on hand or there are some you don't care for, just substitute with favorites you do have. Because dressed salads generally lose their crispness and flavor the next day, it's best to eat the salad the same day you prepare it.

- ½-1 pound mung bean noodles (also called bean threads or glass noodles)**
- 1 head romaine lettuce, cut crosswise into ½-inch wide slices**
- 5 Napa cabbage leaves, cut in half lengthwise and cut crosswise into ¼-inch-wide slices**
- 3 medium tomatoes, chopped**
- 4 green onions, sliced**
- 2 large carrots, coarsely shredded**
- 2 Persian or Japanese cucumbers, chopped**
- 1 green bell pepper, chopped**
- 1 cup chopped fresh mint leaves**
- ½ cup chopped cilantro**
- 1 cup roasted unsalted peanuts**
- ¼ pound snow peas, trimmed and cut in half crosswise**

### Dressing

- ½ cup plus 2 teaspoons fresh lime juice**
- 6 Tablespoons red miso**
- 2 Tablespoons plus 2 teaspoons vegan sugar\* (page 17)**

- 2 Tablespoons water**
- 4 garlic cloves, minced**
- 2 pinches cayenne**

### Garnish

- ¼ cup coarsely ground roasted unsalted peanuts**
- Small cluster of cilantro**

Put the bean threads in a large bowl and pour boiling water over them. Set aside to soak for 20-25 minutes.

Meanwhile, in an extra-large bowl, combine the romaine, cabbage, tomatoes, green onions, carrots, cucumbers, bell pepper, mint leaves, cilantro, peanuts, and snow peas. Set aside and prepare the dressing.

To prepare the dressing, combine all the dressing ingredients in a small bowl and use the back of a spoon to mash the miso, stirring it into the dressing. Mix well to distribute the flavors evenly. Add the dressing to the vegetables and use wooden spoons to toss all the ingredients gently.

When the noodles are softened, drain them thoroughly in a colander and use a kitchen scissor to snip them into convenient lengths. Add them to the vegetable bowl and toss well. Adjust seasonings if needed.

Garnish with a sprinkle of the ground peanuts in the center and artfully arrange the cilantro on top.

*Notes:* You can also choose yam noodles made from sweet potatoes, or pasta (like fettuccine or linguine) in place of the mung bean noodles. Because yam noodles and pasta are thicker, you only need ½ pound for the recipe. Cook them according to the directions. Yam noodles and bean threads are available in Asian markets.

Cambodian Noodle Salad (on cover)



Tofu, Peanut, and Tamarind Paté



Total calories per serving: 477    Fat: 20 grams  
Carbohydrates: 67 grams    Protein: 15 grams  
Sodium: 682 milligrams    Fiber: 10 grams

## Tofu, Peanut, and Tamarind Paté

(Serves 6)

I took on the challenge of adapting this dish from a recipe for traditional fish paté and turned it into an irresistible vegan paté you'll feel proud to serve. It makes a delectable starter with all the zesty flavors of the original dish and incorporates the typical sweet, sour, salty seasonings so typical of the cuisine. Because Chinese extra-firm tofu has all the water pressed out, it's drier and firmer than regular extra-firm tofu. Eliminate the 1 Tablespoon of water if you use the regular extra-firm tofu.

**8 ounces Chinese extra-firm tofu, crumbled**  
**2 Tablespoons plus 1 teaspoon red miso**  
**1 Tablespoon plus 1 teaspoon tamarind paste dissolved in 2 ounces of water**  
**1 Tablespoon water**  
**4 cloves garlic, very finely minced**  
**1 teaspoon organic brown sugar**  
**1 cup lightly packed basil leaves, very finely minced**  
**3 green onions, finely minced**  
**¼ cup coarsely ground unsalted peanuts**

### Garnish

**2 Tablespoons ground unsalted peanuts**  
**1 Tablespoon sliced green onions**  
**1 teaspoon diced red bell pepper**  
**2 basil leaves**

### Vegetable Platter

**Lettuce leaves**  
**Sliced cucumbers**  
**Sliced jicama**  
**Red bell pepper strips, cut 1-inch wide**  
**Sliced yellow or green zucchini**

Put the tofu in a deep, medium-size bowl and pound it with a pestle to create a coarse meal.

Add the miso, tamarind paste, water, garlic, and sugar; mix well to distribute all the ingredients evenly.

Add the basil leaves, green onions, and ¼ cup of the peanuts and mix well. The paté should be moist and hold together well enough to sit on a cucumber slice. Add 1 teaspoon of water if needed to moisten and bind

the mixture.

Spoon the paté into a serving bowl, sprinkle the top with the remaining peanuts and other garnishes. Place paté in the center of a platter of vegetables.

Total calories per serving: 114    Fat: 7 grams  
Carbohydrates: 7 grams    Protein: 7 grams  
Sodium: 254 milligrams    Fiber: 2 grams

## Eggplant Salad with Green Onions and Jalapeños

(Serves 6)

A tasty little side dish, this features one of many vegetables Cambodians like to include in their meals. It's an ideal make-ahead dish that tastes great chilled or served at room temperature.

**5 Japanese eggplants**  
**6 green onions, sliced**  
**½ red bell pepper, cut into 1-inch long matchsticks**  
**½-2 jalapeños, minced**  
**1 Tablespoon plus 1 teaspoon low-salt soy sauce**  
**1 Tablespoon canola oil**  
**2 sprigs fresh basil leaves**  
**1 Tablespoon chopped mint or cilantro**  
**2 Tablespoons crushed roasted unsalted peanuts**

Poke the eggplants with a fork in a few places to prevent them from exploding. Put them on a foil-lined baking sheet and place it under the broiler about 3 inches from the heat source. Broil the eggplants for 12 minutes, then turn them over with tongs. Broil 10-12 minutes longer. If they are fork tender, set them aside for 5 minutes to cool. Broil another 4-5 minutes longer if needed to soften.

Holding the stems of the eggplants over the sink, use a paring knife to peel off the skins. Still holding the stems, use your hands or the knife to pull the eggplant apart in strings and put them into a bowl. Set aside.

Combine the green onions, bell pepper, jalapeños, soy sauce, and canola oil in a skillet and sauté for 1-2 minutes. Add the basil leaves and cook another minute, or just until the basil leaves are wilted.

Pour the mixture over the eggplant and mix well. Adjust seasoning, if needed. Transfer to a serving bowl and garnish with the mint and roasted peanuts.

Total calories per serving: 92    Fat: 4 grams  
Carbohydrates: 13 grams    Protein: 3 grams  
Sodium: 138 milligrams    Fiber: 7 grams



**Eggplant Salad with Green Onions and Jalapeños (page 15)**



**Mushrooms with Cambodian Herbs (page 18)**

## "Scallops" and Butternut Curry

(Serves 6)

In this aromatic curry I use king oyster mushrooms to stand in for the scallops because they provide that perfect hearty base and offer a satisfying similar chewiness to that of scallops. This dish provides plenty of sauce to spoon over steamed brown rice or noodles. If you can locate *galangal*, experiment with it in place of the ginger and you'll discover a delightful new richness of flavor. When cooked, *galangal* also becomes pleasantly soft and can be eaten like a vegetable.

- 1 medium onion, thinly sliced into half moons**
- ¼ cup water**
- 2 red chilies, seeded and slivered**
- 1-inch piece ginger, peeled and thinly sliced**
- 1 Tablespoon canola oil**
- 2 teaspoons dried curry leaves**
- ¾ teaspoon ground turmeric**
- 2¼ cups lite coconut milk**
- 1 small butternut squash, peeled and cut into bite-size pieces**
- 3 Roma tomatoes, quartered**
- 2 Tablespoons low-salt soy sauce**
- 5 kaffir lime leaves**
- 1 pound king oyster mushrooms, sliced crosswise into ½-inch-thick pieces**
- ¼ teaspoon salt**
- ¼ teaspoon cayenne**
- 3 Tablespoons roasted unsalted peanuts**
- 3 Tablespoons chopped cilantro**

In a large, deep skillet combine the onion, water,

chilies, ginger, canola oil, curry leaves, and turmeric. Cook and stir over high heat for about 2-3 minutes, or until the onions begin to color. Add 1 or more Tablespoons of water as needed to prevent drying.

Add the coconut milk, squash, tomatoes, soy sauce, and kaffir lime leaves and cook about 5 minutes.

Add the mushrooms and continue cooking for about 4 minutes or until the mushrooms are tender. Season dish with salt and cayenne.

Transfer to a serving bowl and garnish with the peanuts and cilantro.

Total calories per serving: 222	Fat: 10 grams
Carbohydrates: 30 grams	Protein: 6 grams
Sodium: 326 milligrams	Fiber: 6 grams

## Khmer Tofu and Aubergine Curry

(Serves 4-5)

I've adapted this typically spicy Cambodian curry to be far milder than its original fiery version but every bit as delicious. In addition to their frequent use of chilies and black pepper, Southeast Asian cooks turn to fresh herbs, which they use liberally to infuse their foods with enticing flavors. Because fresh herbs love Cambodia's hot, humid climate, they grow with enthusiasm. Serve this tasty curry over brown rice or rice noodles.

- ½ pound extra-firm tofu**
- 5 cloves garlic, crushed**
- 2 shallots, peeled and sliced**
- 1 red chili, sliced into thin slivers**
- 1 Tablespoon oil**
- 2½ cups lite coconut milk**



**"Scallops" and Butternut Curry**

- 1 cup low-sodium vegetable broth**
- 2 Japanese eggplants, cut lengthwise into eighths, then into 1½-inch pieces**
- 1 medium broccoli crown, cut into bite-size florets**
- ½ red bell pepper, cut into 1½-inch-long matchsticks**
- 4 Tablespoons low-salt soy sauce**
- 3 Tablespoons vegan sugar\***
- 8 kaffir lime leaves**
- Pinch cayenne**
- 2 Tablespoons cornstarch**
- 2 Tablespoons water**
- Pepper**
- 4 sprigs basil leaves**

In a large, deep skillet, combine the tofu, garlic, shallots, chili, and oil and cook over high heat, stirring constantly, for about 2 minutes, or until the mixture begins to brown. Add 1 or more Tablespoons of water if needed to keep the mixture moist.

Add the coconut milk, vegetable broth, eggplants, broccoli, bell pepper, soy sauce, sugar, lime leaves, and cayenne, and bring to a boil over high heat. Decrease the heat to medium, partially cover the pan, and simmer for 15-20 minutes, or until the eggplants are tender.

Combine the cornstarch and water in a small cup and stir to form a thin paste. Add the paste to the gently bubbling mixture, stirring constantly for about 1 minute, or until the mixture is thickened.

Season with pepper. Stir in the basil leaves and cook only until the basil has wilted.

Total calories per serving: 312	Fat: 16 grams
Carbohydrates: 34 grams	Protein: 10 grams
Sodium: 674 milligrams	Fiber: 6 grams



**Caramelized Coconut & Pineapple Rice Pudding (page 18)**

## Zesty Gingered Pineapple

(Serves 4-5)

Cambodians often enjoy fruits as side dishes and serve them at mealtimes. They also have a distinct fondness for ginger and use it liberally and often. This dish is so easy to assemble and even tastes great the next day.

- 1 fresh pineapple, trimmed and cut into bite-size pieces**
- 3 Tablespoons organic brown sugar**
- 2 Tablespoons low-salt soy sauce**
- 1-inch piece ginger, peeled and sliced into matchstick slivers**
- 3 cloves garlic, minced**
- 1-2 red Thai chilies, finely slivered**
- Pinch cayenne**
- 1 Tablespoon chopped mint leaves**
- 2-3 Tablespoons crushed roasted unsalted peanuts**

Combine all the ingredients (except the mint and peanuts) in a large, deep skillet. Cook over high heat, stirring frequently, for about 2-3 minutes to tame the ginger and garlic and flavor the pineapple. Spoon the mixture into an attractive serving bowl and garnish with the mint and peanuts.

Total calories per serving: 125	Fat: 2 grams
Carbohydrates: 26 grams	Protein: 3 grams
Sodium: 306 milligrams	Fiber: 2 grams

*\*Note on vegan sugar:* Organic sugars are not whitened through bone char. For further information see: [www.vrg.org/journal/vj2007issue4/2007\\_issue4\\_sugar.php](http://www.vrg.org/journal/vj2007issue4/2007_issue4_sugar.php)

## Mushrooms with Cambodian Herbs

(Serves 4)

Adapted from a traditional pork dish, this recipe turns the stage lights on mushrooms in place of meat. Unlike today's typical American diet, Cambodian cuisine places a strong emphasis on vegetables and includes them in every meal. This dish can be a main dish or side dish eaten with a salad or pickled vegetables and rice.

- 1 pound beech or button mushrooms**
- 2 stalks lemongrass, bottom third, thinly sliced**
- 2 shallots, chopped**
- 3 garlic cloves, chopped**
- 1 Tablespoon oil**
- 4 cups finely-sliced Napa cabbage or uncut bean sprouts**
- 1 carrot, peeled and cut into inch-long julienned strips**
- ¾ cup water**
- 2 Tablespoons red miso**
- 2-4 kaffir lime leaves**
- ½-inch piece fresh ginger, peeled and minced**
- 1 Tablespoon low-salt soy sauce**
- 2 teaspoons vegan sugar\* (page 17)**
- 1 bunch fresh cilantro, chopped**
- 3 sprigs fresh basil leaves**
- 1 sprig fresh mint, chopped, for garnish**

If using beech mushrooms, trim the bottoms and separate them. Leave button mushrooms whole. Wash the mushrooms and set aside.

Combine the lemongrass, shallots, garlic, and oil in a large, deep skillet. Cook and stir over high heat for about 2 minutes, adding 1 or more Tablespoons of water as needed to prevent burning.

Add the Napa cabbage, carrot, water, miso, kaffir lime leaves, and ginger, along with the mushrooms. Continue cooking, stirring frequently, until the cabbage and mushrooms are softened, about 2 minutes.

Add the soy sauce, sugar, cilantro, and basil and cook only until the basil has wilted. Transfer to a serving bowl and garnish with the mint.

Total calories per serving: 127    Fat: 4 grams  
Carbohydrates: 19 grams    Protein: 7 grams  
Sodium: 506 milligrams    Fiber: 4 grams

**Zel Allen is a regular contributor to *Vegetarian Journal* and the author of vegan cookbooks.**

## Caramelized Pineapple and Coconut Rice Pudding

(Serves 6)

Cambodians include rice at dessert time, too. The rich contribution of the coconut milk and the unique topping of ginger-infused, caramelized pineapple turn this simple rice pudding into a real treat. If you make this dessert ahead, chill the caramelized pineapple separately and warm it just before serving – you'll be glad you did!

- 2½ cups lite coconut milk**
- 1¼ cups unsweetened soymilk**
- ⅔ cup vegan sugar\* (page 17), divided**
- ½ cup sweet rice, also called sticky rice**
- 2 Tablespoons fresh lemon juice**
- 1½ teaspoons vanilla extract**
- 1 teaspoon lemon zest**
- 2 Tablespoons toasted, dried unsweetened coconut**
- 1 large ripe pineapple**
- 2 Tablespoons sesame oil**
- 2-inch piece fresh ginger, peeled and grated**
- 2-3 Tablespoons toasted sesame seeds or toasted shredded coconut for garnish**

Preheat the oven to 300 degrees and lightly oil an 8 x 8-inch baking dish.

In a medium bowl, combine the coconut milk, soymilk, 1/3 cup of the sugar, rice, lemon juice, vanilla extract, and lemon zest. Mix well and pour into prepared baking dish. Mix again to distribute the rice evenly.

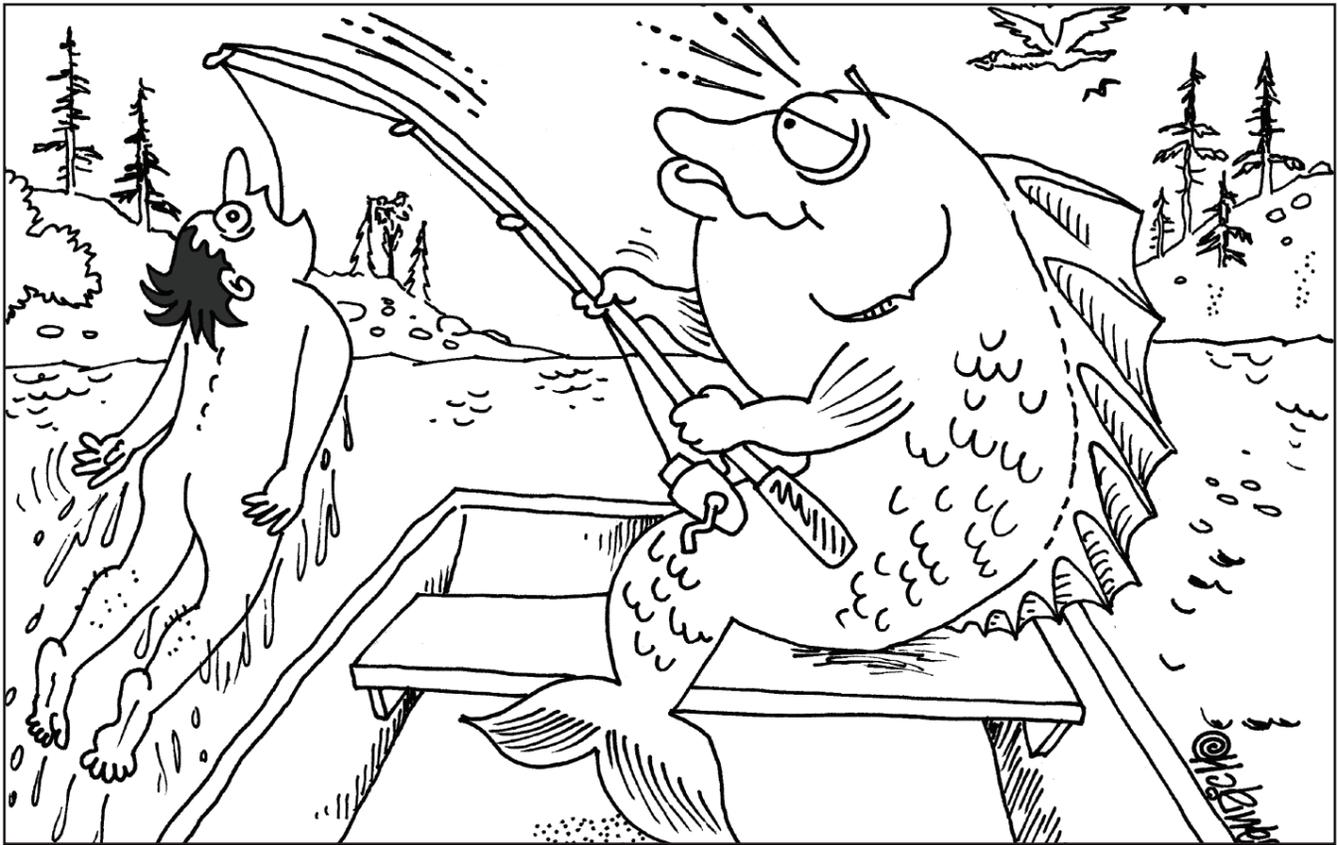
Bake the mixture for 30 minutes. Remove and stir in the toasted coconut and bake for another 1½ hours.

During the last 30 minutes of baking, trim the pineapple and cut into bite-size pieces. Put the sesame oil in a large, deep, heavy skillet over high heat. Add the ginger and stir for 30 seconds. Add the pineapple and continue cooking over high heat, stirring constantly, for 1 minute.

Add the remaining 1/3 cup sugar and cook for 4-7 minutes, stirring frequently, until most of the liquid is absorbed and the pineapple begins to caramelize and turn golden brown.

To serve, spoon the rice pudding into dessert bowls and top with the warm caramelized pineapple. Garnish with a sprinkle of toasted coconut or sesame seeds.

Total calories per serving: 332    Fat: 14 grams  
Carbohydrates: 49 grams    Protein: 4 grams  
Sodium: 25 milligrams    Fiber: 3 grams



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# What do Vegetarian Groups Consider Vegetarian & Vegan?

By Karen Leibowitz, Laura McGuiness, Reed Mangels, and Charles Stahler

**N**umerous food companies developing products have asked us about what should be considered vegetarian or vegan. We (The Vegetarian Resource Group) define vegetarian as the abstinence from meat, fish, and fowl, and vegan as the abstinence from meat, fish, fowl, dairy, eggs, and other animal products. What does this mean to individuals and groups that practice and promote vegetarianism and veganism?

In order to respond to this question, we conducted a national Harris Poll and asked the opinions of those who eat one or more vegetarian meals per week. We also did a less formal survey of dietitians who said they see vegetarian clients. For this information, see: <http://www.vrg.org/nutshell/faq.htm#poll>.

In order to give a fuller answer, in 2013 we conducted a survey of vegetarian and vegan groups, animal advocacy organizations, and religious groups, plus we included in the survey a few doctors and dietitians who often consult with animal groups. Thus, we hoped to have a cross section of the wider movement of people who are vegetarians and vegans and promote vegetarianism and veganism. In this study, we were not looking at those who may eat and promote vegetarian foods, but aren't really vegetarian or vegan. There were beliefs that most vegetarian/vegan representatives agreed on, as well as other opinions that were varied. Some groups were happy to have input, but wished to remain anonymous. At least one animal advocacy group did not want to give their opinion.

## The American Vegan Society

The American Vegan Society was formed in 1960. We tend to think of their interpretation as a "top standard," much like the OU for kosher rules.

*They define **vegan** as:*

**PRODUCT:** Made entirely from plant sources (plus some minerals such as salt and baking soda)

**PERSON:** Excludes use of animal products to the greatest extent possible and practical while functioning in society.

Vegan pertains to food, clothing, cleaning, toiletries, cosmetics, entertainment, sports, and gardening.

*They define **vegetarian** as:*

**PRODUCT:** Contains no meat, fish, fowl (or derivatives such as gelatin and animal broths)

**PERSON:** Eats from plant kingdom with or without the addition of the use of eggs and/or dairy

The American Vegan Society says that for packaged foods to be labeled vegan, all ingredients must be vegan, even the small microingredients. Anything essential to the processing of the product must be vegan. For example, fish bladder is not acceptable to clarify wine, despite the fact that it does not remain in the wine. This standard also applies to the vegetarian label. All ingredients must be vegetarian. AVS states, "At this state of society, we are happy to have factories make their best efforts to clean everything prior to making vegan products. Complete 100% vegan factories are a future goal, but not yet practical for most manufacturers. Labeling that they MAY contain dairy (or other ingredients) due to shared facility is acceptable. In that case it is NOT an ingredient, microingredient, or processing aid, but an accidental contaminant. The manufacturer should be allowed to label the product as vegan with a cross-contaminant disclaimer."

In regard to restaurants, AVS states, "Restaurants should adhere to the same standards as stated above for food packaging. However, it is understood that the restaurant relies on accurate food packaging labels to determine suitability for vegans and/or vegetarians. The restaurants should not have to do serious research to determine vegan products. It should be clearly marked on processed foods. If it is not clearly marked, it should not be touted as vegan on the menu. Another option is to make it in-house thus controlling the ingredients."

## Definition of Vegan

Most groups surveyed agreed that vegan meant no animal products, with many also excluding non-food products

such as leather, wool, silk, and any products tested on animals. A few of the groups people tend to associate with promoting veganism mentioned variations of being practical and doing your best rather than relying on purity. One Seventh-day Adventist said that honey is generally not considered an animal product, though he was not reporting an official SDA position. A few groups, such as Go Vegan Radio and Animal Rescue in Pennsylvania, specifically stated that honey is not vegan. A Hare Krishna devotees group included in their response a definition of vegan, “to kill animals or use animal products only if it is required in the devotional service of the Supreme Lord Sri Krishna is the Hare Krishna’s definition of veganism.”

## Definition of Vegetarian

The Toronto Vegetarian Association said that a vegetarian is “someone who lives on a diet free of the flesh of any animals with or without the addition of dairy products, eggs, or honey.” A Hindu group said that egg is not vegetarian. Another Hindu group reported that vegetarian does not prohibit milk, milk products, or honey. Strict Jains would exclude eggs and honey, as they would not consider them vegetarian.

Some respondents stated that vegetarians eat dairy, while others used the word “may” eat dairy. So, in one case (if using the word “may” and implying may or may not) all vegans are also vegetarian (which is the traditional definition), while in the other cases (not using the word “may,” thus implying that all vegetarians use dairy) vegans and vegetarians are not overlapping categories. Go Vegan Radio stated that vegetarian is vegan, but if the word includes dairy and eggs, it is then meaningless if it allows animal products.

We asked, “As long as an item does not contain meat, fish, or fowl (or obvious items like gelatin), is it okay to label products as vegetarian in a restaurant without worrying about the microingredients?” Eighteen said NO, and sixteen said YES. We didn’t see a pattern in the answers, as some animal rights, vegetarian, vegan, and religious representatives said yes, while others said no.

We asked, “As long as an item does not contain meat, fish, or fowl (or obvious items like gelatin), is it okay to label products as vegetarian on a food package without worrying about the microingredients or processing aids?” Twenty four said NO, and ten said YES. This is consistent with our other polls where more people care about the stringency of how manufactured products are labeled, as compared to food served in a restaurant, which is somewhat harder to ascertain.

“As long as a product does not contain meat, fish, fowl, dairy, eggs, or honey (or obvious items like gelatin), is it okay to label products as vegan in a restaurant without worrying about the microingredients?” Eighteen said NO, and fourteen said YES. (Two fewer answered this question than for vegetarian above.)

“As long as a product does not contain meat, fish, fowl, dairy, eggs, or honey (or obvious items like gelatin), is it okay to label products as vegan on a food package without worrying about the microingredients or processing aids?” Twenty eight said NO, and six said YES. There’s much more consensus when we’re talking about the vegan label on food packages. The yes responses were from two vegetarian groups, two representatives of religious groups, and two representatives of animal groups. There wasn’t a pattern of all animal advocacy groups, all religious groups, or all vegetarian groups feeling the same way as we might have anticipated.

“As long as a product does not contain meat, fish, fowl, dairy, eggs, or honey (or obvious items like gelatin), is it okay to label products as vegan on a food package without worrying about the processing aids?” Twenty said NO, and fourteen said YES. There’s a little more split when talking about processing aids. Some of the yes replies may not be from respondents the public might expect, but we think they are the ones out there who often have to deal with the practicality of some of these issues when working with food businesses, rather than just philosophical discussions.

## WHAT DOES THIS MEAN FOR FOOD COMPANIES?

Though vegetarians in America often include eggs because mass-produced eggs aren’t fertilized here, if you are thinking about Hindus, Jains, and many animal rights advocates, it would be preferable not to use eggs in a product labeled vegetarian.

There are many varied opinions in the wider vegetarian movement. You are safer to be on the stricter side when labeling items vegan or vegetarian. However, whether or not someone labels a product vegetarian or vegan, anyone producing a vegan or vegetarian product should be sure to label sources of ingredients carefully, plus include this information on their website so that consumers can make their own decisions. You don’t want to miss consumers who might use your product, or alienate customers for whom a particular product may not be acceptable.

## Is it okay to label products with the following ingredients as vegan?

The number of representatives from 36 groups queried who answered yes for each of the following:	#
Cysteine from an animal product	4
Cysteine from human hair	8
Soy yogurt culture that started as a gene over 20 years ago from a dairy culture	20
An otherwise vegan burger cooked on the same grill where meat is cooked, if the grill is cleaned first	25
Unknown source of sugar (May or may not contain cane sugar whitened through bone char)	11
Fruit covered with wax from an insect secretion	11
A meat alternative grown from animal cell DNA, obtained ten years ago, which does not currently involve the raising of animals	11
Vitamin D from lanolin	5
None of these	8

Thank you to the following groups which participated in this survey:

American Vegan Society, Animal Place, Animal Rescue, Animal Rights Foundation of Florida, Christian Vegetarian Association, Compassionate Action for Animals, Winston Craig, PhD, MPH, RD (Seventh-day Adventist), Saurabh Dalal (Jain), Factory Farming Awareness Coalition, Farm Animal Reform Movement, Friends of Animals, Go Vegan Radio, Hare Krishna Devotee Group, William Harris MD, Hindu Center of Charlotte, Hindu Temple Society of North America, International Society for Krishna Consciousness, ISKON of Alachua, ISKON Atlanta, People for the Ethical Treatment of Animals, Quaker Animal Kinship, San Antonio Vegetarian Society, Toronto Vegetarian Association, University of Rochester Student Association of Vegan and Vegetarian Youth, Vegan Outreach, Vegetarian Society of DC, Veg Worcester, and Vegan Vegetarians Victorious. Others participated anonymously.

### 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, IRAs, 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.

# Injectable Vitamin B12

By Jeanne Yacoubou, MS  
VRG Research Director

We received an inquiry from a vegan who was considering taking injectable vitamin B12 (cyanocobalamin). Before starting treatment she wanted to be sure that it was derived from a non-animal source and that no animal products had been involved in manufacture. The VRG contacted several suppliers and manufacturers of injectable vitamin B12 in June and July 2013 to find out.

An American Regent pharmacist told us that the injectable vitamin B12 that they carry "...is manufactured in China and put in vials in the United States." She didn't know how it was produced and stated that she could not find out.

APP Pharmaceuticals also sells vitamin B12. A clinical/technical support representative told us that their injectable vitamin B12 is "... a fermentation product made using microorganisms...milk/egg is not present in the product as potential allergens..." After requesting more information from their vendor regarding genetic modifications and growth media, the same clinical/technical support representative called us back to say that their vendor replied by email stating that the injectable vitamin B12 is "acceptable for vegan use...con-

tains no milk/egg in final product. Genetic engineering is used, but the final product is GMO-free."

The medical information department at Sandoz Canada told The VRG by phone that their injectable vitamin B12 is made by "a fermentation process without animal components." The representative told us that she couldn't access any more information.

Canadian Cytex Pharmaceuticals stated that their injectable vitamin B12 is a "fermentation product from bacteria...the bacteria have been genetically engineered...no dairy or egg is used in the growth media. [The vitamin B12] is made in Italy."

The contents of this article, our website, and our other publications, including *The Vegetarian Journal*, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company employees or company statements. Information does change and mistakes are always possible. Please use your own best judgment about whether a product is suitable for you. Further research or confirmation may be warranted

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the Media

In an article about Jay-Z and Beyonce, *Forbes* magazine linked to VRG's protein information. Our vegetarian scholarship was featured in a 51-second video on the Kaplan Prep Test website. *The Washington Times* called us about alternatives to turkey being served to the military. As a result, they mentioned Tofurky's items being sold at military commissaries around the country. In October 2013, 426,000 people visited our website, [www.vrg.org](http://www.vrg.org), for information. Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, spoke for one hour on the Dr. Don radio show about vegetarian diets for teens.

### VEGAN Outreach to Health Professionals

2014 will be our 27<sup>th</sup> year of having an outreach booth at the annual meeting of the Academy of Nutrition and Dietetics (previously American Dietetic Association). Thank you to Reed Mangels, PhD, RD, and Catherine Conway, MS, RD, for volunteering at the booth this year. *The Dental Hygienist's Guide to Nutrition* from Elsevier will be reprinting our My Vegan Plate. We had a table at the University of Maryland dietetic internship day, which was held at the National Agricultural Library. This was attended by 70 dietetic interns. Our educational materials were included in packets given out at the annual meeting of The Tennessee Academy of Nutrition and Dietetics.

# Kid-Friendly VEGAN Entrées

By Chef Nancy Berkoff, RD, EdD

Portable, colorful, fun, crunchy, creamy, different/same as yesterday and adaptable! These are just some of the characteristics of foods we offer our household “customers” – children. One day cabbage is supreme... the next day “I never eat cabbage.” One week everything will be accepted as long as it goes with ketchup, and the next week, “I never want to see ketchup again.” Throw in, “I’m hungry now,” “Josh and Bryana’s mother said it’s fine for them to stay for dinner,” “It’s our turn to have the soccer team for dinner tonight,” or “Band practice is going to be early/late, so I need to eat in 15 minutes/three hours,” and we’ve got some cooking challenges to meet!

You can have kids participate in menu planning, shopping, and preparation. This can be very helpful. There are many websites that offer meal planning forms. These can be printed and written by hand or saved on the computer. (For example, see: <http://www.theproject-girl.com/2009/01/19/menu-planning-form-free-download>.) For lower tech planning, a good old chalk board, white board, or an easel with paper are useful tools for planning meals and creating food shopping lists.

Our mini household catering will be successful as long as we plan our shopping. Start keeping an inventory of the items needed and amounts used. This lets you know how much of which items you need to purchase to have a variety of meals available in just a few minutes.

For example, if you stock up on bagels, tortillas, pizza crusts, and even prepared whole grain pancakes or waffles (make extra when preparing these and freeze until needed), you can whip up hot or cold entrées in a jiffy. Baked white or sweet potatoes can be used as an entrée one night, and then cut into salads or soups for several days. The same applies to having two types of low-sodium cooked beans (canned or frozen are fine), hummus, salsa, a variety of frozen fruits and veggies (fresh in season, of course), and another protein of choice, such as firm tofu, seitan, or tempeh.

For example, you can make “succotash” potatoes by topping a baked russet potato with a lot of lima beans, a small amount of corn, some kidney beans for color, and then flavorings of choice! Baked sweet potatoes can be topped with baked beans and a small amount of pineapple for a sweeter entrée.

In addition to pleasing the aesthetic (I’m only eating purple food today.) and taste (No onions!) requirements of our young “customers,” we want to include calcium, vitamin B12, iron, and the whole vitamin and mineral “rainbow.” As much as possible, try to use a variety of ingredients every day. To include lots of nutrient-dense ingredients, as well as to gain acceptance for a variety of foods, use minced or finely diced veggies for crunch and color, carrots and beets for sweetness, chopped oranges or limes for tang, and puréed silken tofu or puréed creamed corn for a creamy texture.

Having a buffet of condiments and garnishes is very helpful; it may be that just as many nutrients are obtained from fresh salsa, hummus, steamed edamame, black or kidney beans, chopped nuts, chopped fresh veggies or dried fruit, nutritional yeast, or pickled veggies as from the actual entrée. Stock the refrigerator and pantry with condiments and garnishes that have a fairly long shelf-life, so that perishable items such as chopped parsley or minced orange segments don’t go to waste.

Yes, this does mean some pre-prep work, so you’ll need to pencil in some cooking time one afternoon or evening a week. Baked tofu can be mildly spiced and frozen so it can be used as “mushroom steaks” one night, then served with pasta or rice and tomato sauce another night, or minced and tossed with salsa to top a salad or bagel, or rolled into a tortilla for another night. And, of course, use leftovers for lunch!

We know how versatile cooked beans can be: in a chili or soup one night, topping a pizza crust another night, or mixed with hot or cold pasta the next evening. To create some fast sauces, place soft silken tofu and tomato sauce or cooked beets (purple sauce!) in a blender. These sauces can be served hot or cold. Creamed corn (which is corn kernels with cornstarch, no dairy) can be blended by itself, with a small amount of hummus and water (you decide on the thickness), or with tomato sauce or salsa and served over steamed grains. Then use some cooked beans, edamame, or nuts as a topping.

“Build a meal” is what restaurants use, and it can work at home with a bit of shopping and preparation planning. Have a base entrée with a miniature buffet. For example, by serving savory baked tofu with a choice

of two or three condiments (ketchup, mustard, fruit sauce, salsa, etc.) and some toppings, you allow your children choice and some feeling of independence.

## Baked Garbanzos

(Serves 4-6)

No time to bake traditional slow-baked beans? This recipe is an excellent alternative! Serve on its own with a side salad or with crumbled tofu, veggie crumbles, or chopped nuts. You can also serve this over cooked grains or toasted wheat bread.

**4 cups cooked garbanzos (if using canned, drain and rinse)**  
**1½ cups prepared no-salt-added tomato sauce**  
**¼ cup maple syrup, apple juice concentrate, or agave**  
**½ cup minced sweet onion**  
**½ teaspoon garlic powder**  
**½ teaspoon ginger powder**

Preheat oven to 325 degrees. Combine all ingredients in a 2-quart (8 cups) baking dish and cover. Bake for 30 minutes, or until bubbly. Check once; if it appears drier than you'd like, add a small amount (about ¼ cup) water or apple juice. Serve hot.

Total calories per serving: 362    Fat: 4 grams  
Carbohydrates: 67 grams    Protein: 16 grams  
Sodium: 25 milligrams    Fiber: 14 grams

## Breaded and Baked Tofu

(Serves 4-6)

Bill these as “tofu nuggets” or “mini tofu steaks” and serve with your child’s favorite sauce for a hot or cold entrée. Can also be used for a TLT (tofu, lettuce and tomato) sandwich (page 27).

**1½ cups extra-firm tofu (about 16 ounces)**  
**¼ cup cornmeal**  
**¼ cup whole wheat flour or matzo meal**  
**¼ cup dry breadcrumbs**  
**2 Tablespoons seasoning mixture of your choice, such as Mrs. Dash Southwest blend**  
**Vegetable oil spray**

Drain tofu but do not dry on towels; we need enough moisture to allow coating to stick. Slice tofu into 12-16 equal pieces.

Combine cornmeal, flour or matzo meal, bread-

crumbs, and seasoning mix in a bowl. Place half of mixture on a dinner plate. Place tofu pieces on dry mixture and turn to coat. Use reserved coating if extra is needed. Place coated tofu in refrigerator for at least 30 minutes (can be in the refrigerator for up to 8 hours).

You have two choices for cooking: either spray a frying pan with oil and fry, turning, until tofu is golden and crunchy, or preheat oven to 375 degrees, spray baking sheet with oil, and bake tofu in a single layer about 20 minutes or until crunchy and golden. Serve with barbecue sauce, favorite salad dressing, salsa, or creamy corn sauce (blended creamed corn).

Serve hot or allow to cool and refrigerate until ready to use. Can be reheated in a hot oven or microwave.

*Note:* Smoked tofu or flavored seitan or tempeh may be used in place of the firm tofu. If you have the time, this can also be done with par-cooked russet potatoes (sliced lengthwise).

Total calories per serving: 187    Fat: 7 grams  
Carbohydrates: 19 grams    Protein: 14 grams  
Sodium: 59 milligrams    Fiber: 2 grams

## Entrée Macaroni Salad

(Serves 4-6)

This is a versatile dish, mild or spicy – let your kids’ preference help in selecting the dressing of choice.

**1 cup dressing of your choice (salad dressing, pesto, hummus, salsa, vegan mayonnaise, etc.)**  
**4 cups cooked, cooled macaroni (start with 2 cups of uncooked macaroni)**  
**1½ cups chopped fresh tomatoes, or drained, canned no-salt-added tomatoes**  
**½ cup minced celery**  
**½ cup minced carrots**  
**¼ cup diced pickles (if desired)**  
**2 cups protein of choice (crumbled extra-firm tofu, cooked beans, garbanzos, seitan, veggie crumbles, etc.)**

Combine all ingredients in a large bowl. Cover and allow to cool in the refrigerator for at least 30 minutes. This salad will last in the refrigerator for about 2-3 days.

Total calories per serving: 416    Fat: 13 grams  
Carbohydrates: 56 grams    Protein: 22 grams  
Sodium: 572 milligrams    Fiber: 4 grams

Above calculated using reduced fat Italian dressing and crumbled extra-firm tofu

## How About Some Spaghetti Sauce?

(Makes about 6 cups or about twelve ½-cup servings)

A spaghetti sauce that is a “total” food... and freezes very well!

### Vegetable oil spray

½ cup chopped onion

1 garlic clove, minced (or 1 Tablespoon garlic powder)

½ cup minced carrot

1½ cups thawed frozen, shelled edamame or fresh cooked, cooled edamame

4 cups canned no-salt-added tomatoes (do not drain)

1 teaspoon dried oregano

1 teaspoon dried basil

1 teaspoon red pepper flakes

Spray a large pot with oil, allow to heat, and add onions. Cook onions, stirring, until translucent, about 5 minutes. Add garlic and cook, stirring, for 1 more minute. Add carrots and cook until just tender, about 5 minutes. Stir in edamame and allow to cook for an additional 3 minutes. Add in tomatoes and spices and allow to cook until heated, about 5 minutes, stirring occasionally.

The texture will be your choice. You can use the sauce as is or take half of the sauce and blend in a blender or food processor, return to the pot, stir and allow to heat, or you may blend all the sauce for a very smooth sauce.

Serve over hot pasta or grains, baked or steamed potatoes, on pizza crust or a bagel, or use as a base for a tomato-vegetable stew.

Total calories per serving: 68

Fat: 2 grams

Carbohydrates: 8 grams

Protein: 5 grams

Sodium: 17 milligrams

Fiber: 2 grams

## Fruit Burgers

(Makes 4-6 burgers)

These burgers may just be off the beaten track enough to pique the curiosity of “selective” young eaters!

2½ cups peeled, cored, grated green apples, under ripe pears, or a combination

½ cup grated carrots or beets

¾ cup finely chopped sweet onion

2 cups fresh breadcrumbs

1 cup seeded and chopped bell pepper (green, red, or combined)

2 cups cooked brown rice, barley, or quinoa

½ cup ground rolled oats (oats can be ground in a food processor)

1 Tablespoon nutritional yeast

1 teaspoon black pepper (optional)

Vegetable oil spray

Squeeze some of the water from the apples or pears (don't want them soupy) and save the water. Place apples and/or pears, carrots/beets, onions, breadcrumbs, bell pepper, rice or other grain, 2 Tablespoons of oats, nutritional yeast, and pepper in a bowl and mix very well to combine. If mixture is too dry, add some of the apple and/or pear water.

Shape into patties (about ½ cup per patty, depending on the size you'd like). Roll patties in remaining oats to coat. Cover and place in refrigerator for at least one hour (can be left in refrigerator for up to 8 hours).

Either heat frying pan, spray with oil, and cook until golden brown, about 2 minutes per side, or preheat oven to 400 degrees, spray baking sheet with vegetable oil, and cook about 2 minutes per side, or until golden brown.

Refrigerate or freeze until ready to use and serve burgers hot or cool.

*Notes:* If onions are not desired, an equivalent amount of apples, carrots, or beets may be used instead. If it is not convenient to grind oats, seasoned dried breadcrumbs or matzo meal may be substituted.

Total calories per serving: 426

Fat: 5 grams

Carbohydrates: 83 grams

Protein: 14 grams

Sodium: 414 milligrams

Fiber: 8 grams

## Eggplant “Meatballs”

(Serves 4-6)

These do take some time to make, but they freeze very well and can be re-heated in minutes! This mixture can also be used to make burgers or a veggie loaf.

Vegetable oil spray

¾ cup finely chopped onions

3 cups peeled, diced eggplant

½ cup soft silken tofu

½ cup sesame seeds

3 cups dry breadcrumbs

½ cup nutritional yeast

2 teaspoons garlic powder

**2 teaspoons fresh lemon zest**  
**1 Tablespoon dried parsley**  
**1 Tablespoon dried oregano**  
**½ cup rinsed, chopped fresh basil or fresh spinach**

Spray a large frying pan with vegetable oil and sauté onions about 5 minutes, until translucent. Add eggplant and sauté 8-10 minutes, until eggplant is soft, spraying more oil if needed to keep eggplant from sticking.

Preheat oven to 375 degrees. Place tofu in a large bowl. Add eggplant mixture and sesame seeds. Place one cup of this mixture in a food processor and process until coarsely chopped (you are looking for a mixture that can be rolled into balls). Place processed eggplant into a bowl, mix in remaining ingredients until well combined. Refrigerate for at least one hour (can be refrigerated for up to 8 hours).

Spray baking sheet with oil. If mixture is too thick to roll into balls, add a small amount of cold water. If the mixture is not thick enough to roll into balls, more breadcrumbs or matzo meal may be added. Shape eggplant mixture into balls, about 2 Tablespoons per ball. Place on baking sheet. Spray the balls lightly with oil. Bake until golden brown, about 20 minutes. Serve hot with pasta or rice, or cool and refrigerate or freeze until needed.

*Note:* To initially freeze eggplant balls, place on a baking sheet in a single layer. Once frozen, place balls in an air tight container. To reheat, place frozen balls (do not allow to thaw) on a non-stick baking sheet and heat for approximately 10 minutes at 400 degrees or microwave until hot inside.

Total calories per serving: 563    Fat: 18 grams  
Carbohydrates: 78 grams    Protein: 28 grams  
Sodium: 612 milligrams    Fiber: 14 grams

## TLT: Tofu, Lettuce, and Tomato!

(Serves 1)

This is fast to make and you can use bread, buns, bagels, tortillas, or wraps to complete the sandwich!

**4 ounces (½ cup) tofu, tempeh, smoked tofu, or seitan**  
**2 teaspoons low-salt soy sauce**

**Vegetable oil spray**

**2 Romaine lettuce leaves or about 8 fresh spinach leaves**

**2 tomato slices**

**2 teaspoons dressing of choice (mustard, salsa, vegan mayo)**

**2 slices whole grain bread or another bread of choice**

Cut tofu or other protein choice into thin strips and toss with soy sauce. (If you have the time, allow to marinate in soy sauce for about 20 minutes.) Spray frying pan with oil and allow to heat. Cook tofu or other protein until as crispy as desired. Assemble sandwich with remaining ingredients and eat!

Total calories per serving: 255    Fat: 9 grams  
Carbohydrates: 30 grams    Protein: 18 grams  
Sodium: 735 milligrams    Fiber: 5 grams

Above calculated using extra-firm tofu and mustard

**Nancy Berkoff is the Food Service Advisor for  
The Vegetarian Resource Group and author of  
*Vegan in Volume.***

## Vegan Video Scholarship

**One \$500 award! Two \$250 awards!**

Create and submit a video relating what you want to tell others about veganism. For more information, visit: <http://www.vrg.org/videoscholarship.php>.

Some possible topics: food, nutrition, your feelings about veganism, water usage and veganism, veganism and animal rights, or other vegan topics that appeal to you. Humor and feelings are appreciated. All videos should be positive. Videos should not be critical of anyone or include any footage of animal cruelty. You may submit a video you have already made.

**Deadline: July 15, 2014**

# veggie bits

## Go Nuts for Cashew Milk

SO Delicious released a new line of creamy cashew milk beverages that are soy-free, dairy-free, non-GMO, and vegan. With only 35 calories per serving, this milk provides a whopping 60% of the RDA for vitamin B12, and 35% for vitamin D.



Pour over cereal, use as a smoothie base, or drink it by itself. The cashew milk is sold in shelf-stable quarts. It is available in two flavors: Unsweetened Original and Unsweetened Vanilla.

To learn more, visit their website at <http://www.sodeliciousdairyfree.com/>. To request So Delicious Cashew Milk at your local store, fill out the request form via this link: <http://bit.ly/MLSfcb>.

Written by Karen Leibowitz, VRG intern

## Putting the 'Ola' in Granola

Ola Granola is a good source of fiber that kids and adults can enjoy plain by the handful, as cereal with milk, or as a yogurt topping. It is hand-baked, soy- and gluten-free, certified vegan, non-GMO, and



kosher. It contains no trans fats while also being low in sugar, fat, and sodium. Ola Granola comes in four delicious flavors: Vanilla Almond, Cranberry Orange Pecan, No Nut Vanilla, and Chocolate Banana Chip. It is sold in several convenient forms: a 9 oz. resealable family pack, 3 lb. bulk bag, 16 oz. gift jars, or 1 oz. grab-'n-go singles, which are perfect for the kids' lunch boxes. You can find Ola Granola in supermarkets nationwide or order online at [www.olafoods.com](http://www.olafoods.com). All net profits are donated to the BeFoundation, whose mission is to support and improve the educational outcomes of disadvantaged students and their communities. Written by Priscilla Soto Vargas, VRG volunteer

## 'Cheezy' Puffs

From the makers of Earth Balance, whose buttery spreads you may already know, comes Vegan Aged White Cheddar Flavor Puffs! These 'cheese' puffs are completely vegan, gluten-free, and do not include trans fats or GMOs. They're made with USA-grown corn and have a navy-bean base, making them the perfect crunchy snack.



Earth Balance has successfully improved the vegan snack food market with these puffs, creating a distinctly real white cheddar flavor without any of the 'fake' vegan cheese taste you may be expecting.

Whether you're packing them for lunches, snacking at the office, or munching them during a movie, it's hard to stop once you get started with these puffs.

For more information and a list of retailers, visit <http://www.earthbalancenatural.com>. Written by Laura McGuiness, VRG Intern

## Ready, Set, Melt!

Making a vegan quesadilla can go from exciting to disappointing quickly. The ever-widening array of vegan cheeses all promise melty goodness while so few deliver.

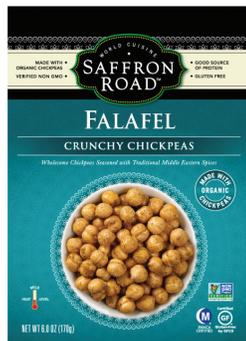
Follow Your Heart's Vegan Gourmet Shreds will not let you down. Not only will your quesadillas be oozing with 'cheese,' the Fiesta Blend (with cheddar and pepperjack) adds a spicy kick to your Mexican-inspired dishes. Mozzarella and Cheddar are offered as well, meaning that the possibilities are endless. The shreds are dairy-, gluten-, and soy-free, all possessing impressive melty-ness to take your favorite vegan dishes to the next level: try topping kidney beans with the cheddar and microwaving for a few minutes, or creating mini toaster oven pita pizzas with the mozzarella.

Visit <http://followyourheart.com> for more information. Written by Laura McGuiness, VRG Intern



## Crunchy Chickpeas

Chickpeas are a vegan's go-to salad bar topper, and a favorite dip in spreadable form, but it turns out that they also hold their own in the crunchy snack food category. Saffron Road's Crunchy Chickpeas pack the same protein punch as regular organic chickpeas, but come in three tasty flavors. Wasabi is true to form—intense. Bombay Spice is an intoxicating and slightly sweet blend of paprika, onion, tumeric, garlic, and annatto. Falafel, the flavor of which I was most dubious, turned out to be my favorite. This snack replicated the essence of the Middle East so well that I reduced the package to crumbs in record time. A one-ounce serving includes 6 grams of protein, plus they're gluten- and GMO-free. Crunchy Chickpeas come in handy resealable packages, but you may not find that necessary. They are available nationwide. Visit [www.saffronroad.com](http://www.saffronroad.com) to locate them near you. *Written by Samantha Gendler*



## Faux Gras & Basilcotta

I'm constantly amazed at the vegan wonders that can be achieved using nuts. The Real Vegan has introduced Faux Gras, a humane version of foie gras, traditionally made from duck liver. It's a walnut-based pâté, flavored with lentils and caramelized onions, and it's cholesterol free. Faux Gras is bound to get devoured at your next party when paired with crudités, baguette slices, or crackers. Basilcotta is another Real Vegan spread; this one is a cashew-based ricotta cheese or dip alternative. The possibilities are endless: pizza, pasta, paninis, salad dressing, sauce, and more. To find out where to buy Basilcotta and Faux Gras, and for recipes including Basilcotta Cream Sauce and Red Apple Faux Gras Sandwiches, visit [www.realvegan.com](http://www.realvegan.com).

*Written by Samantha Gendler*



## Sweet Earth Pumpkin Pie

I would like to consider myself a pumpkin pie connoisseur. It has been my favorite type of pie for decades, but only if it was homemade. Store-bought brands would often frustrate me; they were never any good. They were always too sweet, too watery, or not pumpkin enough; their crusts weren't flavorful enough, and the spices were not spicy enough! So, upon receiving Sweet Earth vegan pumpkin pie, I had rather low expectations. After trying it however, all I can say is: wow!

Not only are Sweet Earth pies absolutely delicious, they can be considered fairly healthy for a dessert. They are completely vegan, made with Vermont maple syrup, surrounded by a whole wheat crust, and low in fat. Other flavors of Sweet Earth pies include: triple berry, apple streusel, blueberry crisp, and peach cobbler. You can order these pies in two sizes: large (8-inch circumference and weighing 2 lbs.) or small (5-inch circumference and weighing 13.5 oz.). So whether you're planning on sharing the pies with family and friends or keeping one for yourself, Sweet Earth has a pie for you.

Everybody here at The Vegetarian Resource Group gave Sweet Earth's pumpkin pie two thumbs up! To find participating retailers near you, visit [www.sweetearthfoods.com](http://www.sweetearthfoods.com), e-mail them at [sales@sweetearthfoods.com](mailto:sales@sweetearthfoods.com), or call (831) 375-8673. *Written by Laura McGuinness, VRG Intern*



## Shop at the Vegetarian Site and Support the VRG

Thank you to TheVegetarianSite.com, which has supported The Vegetarian Resource Group for over ten years. TheVegetarianSite (<http://thevegetariansite.com>) donated a portion of October purchases to The VRG. TheVegetarianSite offers non-leather shoes and clothing, cruelty-free personal care products, books, videos, food, and more. Also check out their vegan dollar menu. We thank them, and we'd like to thank you for supporting The Vegetarian Resource Group!

# reviews

## VEGAN FOR HER

By Virginia Messina, MPH, RD with JL Fields

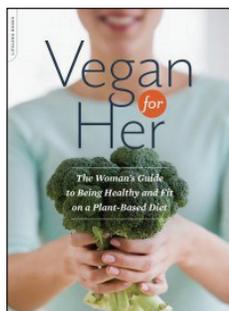
In the introduction to *Vegan for Her*, author Virginia (Ginny) Messina says, “I wrote this book for vegan women because women’s nutrient requirements and health concerns are unique.”

From a chapter on enhancing fertility on a plant-based diet to one on nutritional needs for vegan pregnancy to discussions of PMS and cramps, it’s clear that issues specific to women are at the heart of this book. Subsequent chapters focus on lifelong health, and examine issues including preventing breast cancer, promoting strong bones, and managing stress and depression. Throughout *Vegan for Her*, the emphasis is positive – what you can do and how a vegan diet can help to promote health.

One of the book’s strengths is that it is based on the latest scientific research, which Ginny has ably translated to provide practical recommendations. While nutrition is the main subject, I also found helpful information on plant-based skincare products and building a vegan wardrobe. A selection of vegan recipes caps off the book.

*Vegan for Her* is a highly useful resource for vegan women of all ages, but it’s also a great starting point for any woman who is considering a vegan diet. I highly recommend it and will be giving copies to my daughters.

***Vegan for Her* (ISBN: 978-0-7382-671-3) is published by Da Capo Press. It has 384 pages and retails for \$16.99. Look for this book in your local bookstore or online. Reviewed by Reed Mangels, PhD, RD.**

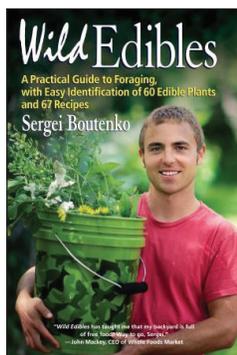


## WILD EDIBLES

By Sergei Boutenko

I enjoy hiking in the woods and always wish I had more knowledge of which wild plants are edible. *Wild Edibles* is a useful guide to foraging and includes information on identifying 60 edible plants. Many colorful photographs and line drawings are provided as well.

The author also presents clear details on which wild



plants are poisonous and not edible. Vegan recipes using these foods are included. For example, you can whip up a Wild Amaranth Smoothie or prepare Wild Daisy Salad, Sow Thistle Pesto, Sheep Sorrel Soup, Marinated Fiddleheads, or Roasted Veggies with Burdock.

***Wild Edibles* (ISBN: 9978-1-58394-602-2) is a 280-page book. It is published by North Atlantic Books and retails for \$19.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

## PIES AND TARTS WITH HEART

By Dynise Balcavage

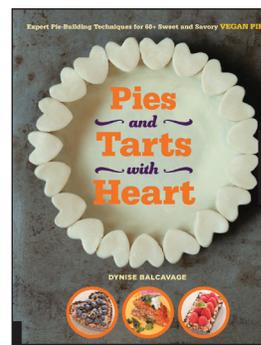
I love pie, so this book was appealing to me from the get-go. There are more than 60 vegan recipes in this book for all different types of pies and tarts. Nutritional analyses are not provided, but then again, one shouldn’t expect dessert recipes to be low in fat. The gorgeous photos in this cookbook will get you cooking in no time.

The book starts off with creative crust recipes, including a gluten-free crust, a cookie crust, Mashed Potato Pie Crust, and Hash Brown Pie Crust. Next, you will find traditional pie recipes, such as Cherry or Blueberry Pie, Strawberry-Rhubarb Pie, and Pumpkin Pie. Some of the more decadent and creamy pies are Banana Cream Pie, No-Bake Coconut Cream Pie, and Butterscotch Pudding Pie.

This cookbook also serves up citrus pies and tarts such as Key Lime Pie and Chocolate Orange Curd Tart. Raw pies such as Clementine-Pistachio Tart and Baklava-Crusted Apple Pie are included. Also, you’ll find Nutty Pies, including Classic Pecan Pie and Choco-Coco Macadamia Pie.

For readers who enjoy savory pies and tarts, you’ll find plenty of choices, such as Classic Seitan Pot Pie, Greek Spinach Pie, Red Pepper Onion Tarte Tatin, and North African-Inspired Kale Pie. And pie wouldn’t be complete without offering some toppings, such as Coconut Whipped Topping and Chocolate Sauce.

***Pies and Tarts with Heart* (ISBN: 978-1-59253-846-1) is a 159-page book. It is published by Quarry Books and retails for \$24.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



## BAKE AND DESTROY

By Natalie Slater

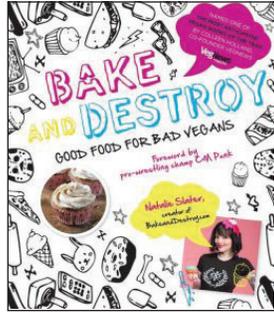
First off, this book is uniquely designed and the color photographs will make your mouth water. Natalie Slater is creator of *BakeandDestroy.com* and served as a judge on Food Network's Cupcake Wars.

This is by no means a health food cookbook, and nutritional analyses are not provided (which is probably a good thing with some recipes). Nevertheless, you'll find some very creative recipes in this book, as well as cooking tips.

Chapter 1 includes sweets such as Peach Cobbler Cupcakes, Frozen Lemonade Pie, and Fruit Punch Winkies (yes, a vegan twinkie). Chapter 2 covers breakfast ideas, including Banana Carrot Cake Donuts, Double Soy Latte Granita, and Yeah, It's a Green Smoothie.

Chapter 3 is entrées, including various creative pizzas, Taco Lasagna, Thai Dagwood Sandwich, Quinoa Potpie, and Pretzel Dogs of the Dead. In Chapter 4 you'll find amazing snacks such as Nacho Cupcakes and Chicago Mix Popcorn. Chapter 5's side dish offerings include Kale Chips 5 Ways and Stuffin' Muffins.

***Bake and Destroy* (ISBN: 978-1-62414-002-0) is a 192-page book. It is published by Page Street Publishing Company and retails for \$19.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



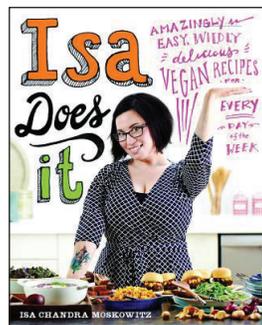
## ISA DOES IT

By Isa Chandra Moskowitz

Isa Moskowitz has written several vegan cookbooks and has come out with a creative new one. The book is beautifully designed with gorgeous photos included.

Chapter 1 consists of soups such as Sweet Potato & Red Curry Soup and Pesto Soup with Gnocchi, Beans & Greens. Chapter 2 features salads including Quinoa Caesar Salad and Sesame Slaw.

In Chapter 3 you'll find handheld dishes. This includes Baked Garlic-Curry Fries, Ancho-Lentil Tacos,



and Korean BBQ Portobello Burgers. Pasta & Risotto are featured in Chapter 4. Enjoy Roasted Butternut Alfredo, Tofu-Mushroom Stroganoff, and White Wine Risotto. The next chapter features stews, chilis, and curries such as Coconut Chana Saag, Smoky Incan Stew, and Okra Gumbo.

Delicious stir-fries and sautés are included in Chapter 6. Dine on Everyday Pad Thai, Mango Fried Rice, and Seitan & Broccoli. Chapter 7 features bowl dishes such as Curried Peanut Sauce Bowl and Warm Potato Salad.

Chapter 8 highlights Sunday Night Suppers such as Phyllo Pot Pie, Tamale Shepherd's Pie, and Nacho Night. Chapter 9 is A Few Basic Proteins, and here you'll find Steamy Beany Sausages and Sesame Tofu.

In Chapter 10 you'll find many breakfast/brunch ideas, including Chipotle Sausage Hash, Puffy Pillow Pancakes, and Coconut French Toast. The book ends with Chapter 11 featuring dessert. Enjoy Chai Spice Snickerdoodles and Chocolate Gingerbread Cookies.

***Isa Does It* (ISBN: 978-0-316-22190-0) is a 311-page hardcover book. It is published by Little Brown and retails for \$30. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

## VEGAN DESSERTS IN JARS

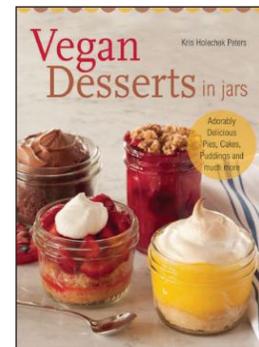
By Kris Holechek Peters

This small book demonstrates the versatility of canning jars. Now you can learn how to prepare a wide range of desserts in these reusable vessels.

Sample recipes include Raw Pecan Pie, Salty Crunchy Almond Cheesecake, Cream-Filled Carrot Cakes, Lemon Pudding Cakes, Peach Melba Cobbler, and Raspberry Brownie Bombs. A section on toppings and fillings is also provided. Recipes included here are Custard Sauce, Chocolate Ganache, Coconut Whipped Cream, Hot Fudge Sauce, and Meringue Topping.

Gorgeous color photos are provided. Also, since this is a dessert book, please note not all recipes are lowfat.

***Vegan Desserts in Jars* (ISBN: 978-1-61243-225-0) is a 124-page book. It is published by Ulysses Press and retails for \$15.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



# Quick Salad Dressings

By chef Nancy Berkoff, RD, EdD

Purchasing prepared salad dressing is easy... but store-bought dressings are not necessarily hand-tailored to your tastes and preferences, or made in the amounts you need or prefer. If you make your own salad dressings, most will hold in the refrigerator for up to three days. In fact, some taste even better the day after they are initially prepared, allowing the flavors to blend.

For 'made to order' salad dressings, you can use liquid saved from drained fruit to thin vegan mayonnaise-based dressings; this will cut down on the calories from fat, while replacing some of the flavor. Oil, vinegar, sugar, soy sauce, and prepared mustard all make flavorful dressings for fresh or canned veggies.

Vegan mayonnaise is a good binder for salad dressings, as are vegan sour cream, unflavored yogurt, and silken tofu. To cut back on fat, mix a small amount of mayonnaise with lower-fat vegan sour cream, soy yogurt, or silken tofu. Add seasonings such as chopped parsley, onion and garlic powder, lemon juice, vinegar, or unsweetened fruit juice concentrate to replace flavor.

Vegetable juice cocktail is a good base for salad dressings. You can thicken vegetable juice cocktail and make it creamy with vegan sour cream, yogurt, or silken tofu, or use puréed vegetables (such as canned carrots) as thickeners to keep it really veggie.

Working with the flavors you enjoy and the ingredients you have on hand, here are some suggestions for creating your own salad dressings:

**Indian Curried Grapefruit Dressing:** ¾ cup unflavored soy yogurt, 2 Tablespoons coconut milk, 4 Tablespoons grapefruit juice concentrate, 2 Tablespoons grapefruit juice, 2 Tablespoons curry powder, ½ teaspoon black pepper

**Thai Peanut-Orange Dressing:** ½ cup fresh orange juice, 2 Tablespoons fresh lemon juice, 2 Tablespoons peanut butter, 1 Tablespoon maple syrup, 1 teaspoon black pepper, ½ teaspoon chopped fresh chilies

**Retro Green Goddess Dressing:** ¾ cup soy sour cream or silken tofu, 1 Tablespoon olive oil, 1 Tablespoon white wine vinegar, 1 Tablespoon fresh lemon juice, 1 Table-

spoon shredded nori (dried seaweed, such as used for sushi), 1 Tablespoon minced garlic, 1 Tablespoon chopped fresh parsley, 1 Tablespoon minced fresh tarragon

**Italian Sun-dried Tomato-Rosemary Vinaigrette:**

8 sundried tomatoes, minced, ½ cup olive oil, 2 Tablespoons fresh lemon juice, ½ Tablespoon Dijon mustard, 1 Tablespoon fresh rosemary, minced

**Chinese Sesame-Soy Dressing:** ¾ cup rice vinegar,

1 teaspoon fresh orange zest, 1 Tablespoon soy sauce, 1 Tablespoon sesame oil, 1 Tablespoon fresh ginger, minced, 1 Tablespoon garlic, minced, 1 Tablespoon fresh orange juice

**New England Thanksgiving Vinaigrette:** ½ cup vegetable oil, 3 Tablespoons cranberry sauce, 1 Tablespoon maple syrup, 1 teaspoon vinegar

**Healthy Chopped Veggie Vinaigrette:** 6 Tablespoons red wine or balsamic vinegar, 3 Tablespoons olive oil, 1 Tablespoon minced garlic, 4 Tablespoons chopped Roma tomatoes, 2 Tablespoons chopped bell pepper, 2 Tablespoons chopped celery, 2 Tablespoons chopped onion, 2 teaspoons minced fresh oregano, 1 teaspoon minced fresh basil

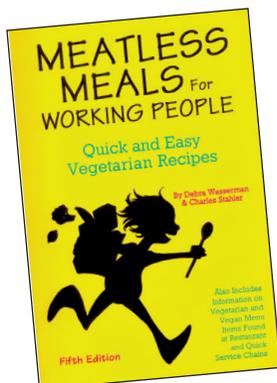
**Continental Shallot and Caper Dressing:** 6 Tablespoons red wine vinegar, 2 Tablespoons white wine vinegar, 4 Tablespoons olive oil, 2 Tablespoons chopped shallots, 1 Tablespoon drained capers, 1 teaspoon Dijon mustard, 1 teaspoon black pepper

**Southwestern Chili Pepper Dressing:** 2 Tablespoons chopped fresh chili (you determine the heat), 4 Tablespoons olive oil, 2 Tablespoons fresh lime juice, 2 Tablespoons minced onion, 2 Tablespoons tomato purée, ½ Tablespoon minced garlic, 1 Tablespoon chopped fresh cilantro, 1 teaspoon ground cumin, 1 teaspoon red pepper flakes

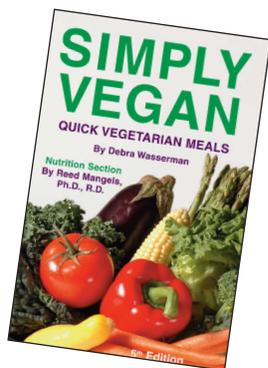
**Note:** Each combination above makes a bit more or less than a cup of salad dressing.

# VRG Catalog

## Books

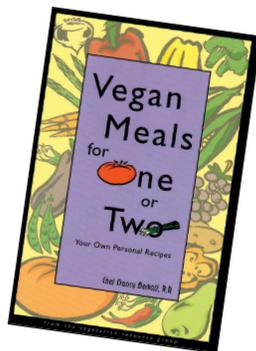


**Meatless Meals for Working People – Quick and Easy Vegetarian Recipes** (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to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

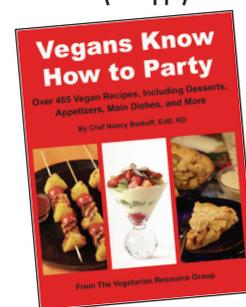
**Vegan in Volume** (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

**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.)

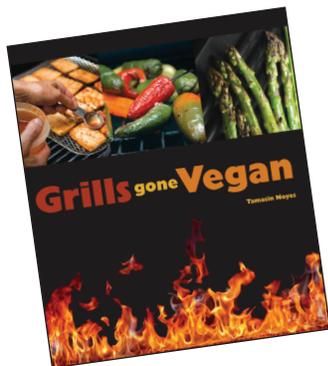
**Vegan Passover Recipes** (\$6) by Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.

**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.)

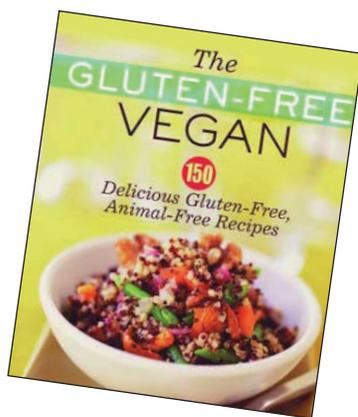


**Vegans Know How to Party** (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies!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

**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.



**Grills Gone Vegan** (\$19.95) by Tamasin Noyes. This 188-page book features vegan dishes you can prepare on an outdoor or indoor grill. Terrific recipes include Portobello Bruschetta, Seitan Satay, Roasted Corn Chowder, Red-Eye Tofu Steaks, and Quinoa-Stuffed Poblanos. Side dishes such as Grilled Radicchio Salad and Asian Sesame Noodles are offered. Desserts, rubs, marinades and sauces are also provided. This book has color photos.



**The Gluten-Free Vegan** (\$16.95) by Susan O'Brien. This cookbook makes it easy to follow both a gluten-free and vegan diet. Among the 150 recipes are Thai Vegetable Soup, Mexican Quinoa Salad, Kale with Peanut Sauce, Asparagus Risotto, Lentil Stew, Yam Enchiladas with Pomegranate Sauce, Mushroom and Olive Pizza, Potato and Tofu Hash, Blueberry Buckwheat Pancakes, Pumpkin Scones, Brownies, and Carrot Cake. Helpful tips and a list of resources are also provided. (192 pp.)

**Vegan Microwave Cookbook** (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook contains 165 recipes, some taking less than 10 minutes. It also includes

information for converting traditional recipes to the microwave, microwave baking and desserts, breakfasts, and recipes for holidays and parties.

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

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

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

### Bumper Stickers

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

### Vegetarian Journal

**Vegetarian Journal** subscriptions are \$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)

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 For orders over \$25, shipping is free within the continental U.S.  
 For other foreign orders, inquire about shipping charges first.

# Vegetarian Action

## Sprouting Veganism at School by Laura McGuinness

I spent a lot of time as a child picking vegetables at James Lick High School's well-known community garden in San Jose, California. As a senior there in the summer of 2012, I learned that the area had been abandoned by previous classes, and I took on the task of restoring it to its previous splendor, while simultaneously promoting a vegan diet.

It began with contacting the school's Environmental Club president with a proposal. Once the idea for a restoration project was approved, the race to beat the fall planting season was already on.

The founding class of the James Lick Garden Restoration Project graduated in the summer of 2012, leaving the garden weeded and yielding many crops. Before leaving, I taught the underclassmen volunteers the proper ways to weed, water, and harvest the garden, and treated them to vegan chocolate chip zucchini muffins, made using the garden's zucchini crop. This yummy vegan treat was the beginning of the garden's many vegan possibilities.

During 2013, when a new group of members was caring for the garden, the school held a student relations board meeting where the absence of vegan options in the cafeteria was discussed. Christen Nguyen, Vice President of the Environmental Club, informed the student body that by volunteering in the garden, they could promote vegan lifestyles within the school. This brought attention to the program and piqued students' interests about vegetarian food available in their own community. "Our vision was to promote healthy but tasty eating while also thinking local so as not to hurt the environment with nonlocal foods," Nguyen stated.

Vegan recipes were a new concept at James Lick;

students started harvesting the vegetables, experimenting with them, and encouraging vegan options within the school. Alex Ponik, a biology teacher and adviser for the Environmental Club, decided he wanted to take action as well. As Ponik's curriculum reached the nitrogen cycle, he started using the school garden as an example. He asked the entire class how they could work to improve the garden's productivity, and offered extra credit for any students who could propose a viable solution.

A student in Ponik's biology class, John Duque, said, "Little did we know that by the end of the year we would be reaping the rewards of the garden. For the last day of our class, the AP Biology class had a potluck where groups of students would only use ingredients coming from the garden." Only recipes using produce from the garden could be used, and students created healthy and tasty vegetable-based dishes that even branched out into cookies, juices, and smoothies.

This year's seniors left with a newfound outlook on vegan food, exiting the classroom with 50 individual bags containing three different types of vegetables from the garden. Next year, the Environmental Club hopes to host a Healthy Eating Day. They are already in contact with a nutritionist and want to harvest the vegetables they planted in the garden to serve a nutritionally-sound meal to interested classmates. With the number of students who happily engaged in promoting the garden and its potential for vegan meals, there is no doubt this school will go far in promoting healthy and local vegan meals within their community.



Students Camille Custodio and Claire Pham proudly displaying butter lettuce from the James Lick Garden.

Laura McGuinness wrote this article while interning with The Vegetarian Resource Group.



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## Restaurant Fundraising Day

Thank you to The Great Sage restaurant in Maryland for holding a fundraising day for VRG. We're also grateful to our volunteers, Nina (below), Matt, Beth, and Jenny for greeting guests and distributing *Vegetarian Journals* and other VRG materials. The Great Sage is a gourmet vegan restaurant that serves as an excellent model for how vegan restaurants should be run, from the staff and management to the unique dishes such as German Parsnip 'Sausages' and a Campfire Delight, complete with toasted vegan marshmallows. The restaurant is part of Conscious Corner, which consists of other eco-friendly businesses: Roots Market, Nest Eco-Friendly Clothing and Gifts, and Boulder for Men Conscious Clothing Store.

If you're interested in holding a Vegetarian Resource Group fundraising day at your restaurant, please contact us at [vrg@vrg.org](mailto:vrg@vrg.org).



## Academy of Nutrition & Dietetics



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Reed Mangels, PhD, RD, answers questions and distributes materials at VRG's booth during the annual meeting of the Academy of Nutrition and Dietetics in Houston, Texas. We placed *Vegetarian Journals* into the hands of 900 health professionals.