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VOLUME XXXIII, NO 3

VEGETARIAN

JOURNAL

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NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline addresses the need for choline in pregnant vegans' diets and whether or not sunlight exposure is necessary for vitamin D supplements to be effective.

QUESTION: *What do you think about choline supplements for pregnant or going-to-be pregnant vegans? B.B., via email.*

ANSWER: Choline is an essential nutrient. Humans are able to make it in small amounts, but we need to have some choline in our diets as well. Choline needs are probably higher during pregnancy than at other times because pregnant women need to meet their own needs as well as supplying choline for the developing fetus.

It's most likely not necessary for someone who is vegan and pregnant to take choline supplements if their diet features a variety of foods and contains good sources of choline. Some foods that are especially rich in choline are edamame, baked beans, wheat germ, broccoli, Brussels sprouts, collards, kidney beans, pinto beans, peas, quinoa, soymilk, spinach, asparagus, cauliflower, and baked potatoes. The Adequate Intake (an amount to aim for) in pregnancy is 450 milligrams per day. The USDA's Nutrient Database (<http://ndb.nal.usda.gov/>) lists the choline content of many foods. Those who want to check their choline intake can use this website to look up the amount of choline in commonly eaten foods. I did a rough estimate of a menu for a pregnant vegan (<http://www.vrg.org/nutrition/veganpregnancy.php>) and got

close to 450 milligrams of choline. Of course, if there are concerns about whether or not a pregnant woman's diet is adequate, a supplement providing close to the Adequate Intake would be a good idea. The safe upper limit for choline in pregnancy is 3.5 grams (3500 milligrams) per day.

QUESTION: *Someone told me that when you take vitamin D supplements you have to also get sunlight in order for the vitamin D to be effective. Is this true?*

G.K., via email.

ANSWER: The short answer is no; sunlight is not needed in order for vitamin D supplements to be effective. Here's why. There are two ways that we can get vitamin D, an essential vitamin that has a number of health benefits. The first way is from food or supplements. The second way that we get vitamin D is through our body's own production of vitamin D – we make vitamin D when our skin is exposed to sunlight. We don't need this kind of sunlight exposure for vitamin D from foods or supplements to be effective. Adequate vitamin D can be obtained from food, supplements, or sunlight exposure or from a combination of these. To learn more about vitamin D for vegans, see our website, www.vrg.org.

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FEATURES

6 • Vegan Mexican Dishes

Karen Leibowitz shares some family favorites.

9 • Vegan Mexican Meal Plan

14 • Grains Go to School

In this edition of *FoodService Update*, Chef Nancy Berkoff shares recipes and tips for incorporating whole-grain dishes into school cafeteria food.

19 • Veggie Options in Restaurant Chains

TCBY and Tropical Smoothie Café added items you may want to try.

20 • So You Want to Be a Vegan Chef?

23 • Vegetarian Guide to Senior Facilities

Veggie Options in Senior Independent Living, Assisted Living, Nursing Homes, and Other Senior Facilities

DEPARTMENTS

<i>Nutrition Hotline</i>	2
Choline in pregnant vegans' diets, Vitamin D supplements and sunlight	
<i>Note from the Coordinators</i>	4
<i>Letters to the Editors</i>	5
<i>Scientific Update</i>	12
<i>Revisions to the WIC Food Package Make Sense</i>	27
<i>Notes from The VRG Scientific Department</i>	27
<i>Veggie Bits</i>	28
<i>Book Reviews</i>	30
<i>Help Create a Veggie World – Support VRG Outreach!</i>	32
<i>Vegan Cooking Tips</i>	34
What to Do With All Those Tomatoes? by Chef Nancy Berkoff, RD	
<i>Vegetarian Action</i>	35
For Gleco: Tom Regan's Fight for Animal Rights, by Laura McGuinness	
<i>Photo Shoot with Balance Photography, Veg Festivals</i>	Back Cover



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NOTE FROM THE COORDINATORS

BRINGING ABOUT VEGAN CHANGE



Concerned when one of our young members started working on his cooking merit badge, we armed him with the United States Department of Agriculture vegan adaptation of USDA food patterns, The Vegetarian Resource Group *My Vegan Plate*, and the Academy of Nutrition and Dietetics “Of Professional Interest” vegetarian food pyramid. When our scout approached the healthy, but solid and largely-built cooking instructor, we were surprised to hear that the counselor said he was vegan and looking for vegan cream cheese. We’ve come a long way since one of our members flunked a nutrition lesson in elementary school because he did not eat from all the four food groups.

We noted this quote in an article about Pete Seeger’s death, “He was kept off commercial television for more than a decade after tangling with the House Un-American Activities Committee in 1955. Repeatedly pressed by the committee to reveal whether he had sung for Communists, Seeger responded sharply: ‘I love my country very dearly, and I greatly resent this implication that some of the places that I have sung and some of the people that I have known, and some of my opinions, whether they are religious or philosophical, or I might be a vegetarian, make me any less of an American.’” Pete Seeger wrote or co-wrote “If I Had a Hammer,” “Turn, Turn, Turn,” and “Where Have All the Flowers Gone.” These songs were in large part responsible for Charles’ path to vegetarianism and his work for The Vegetarian Resource Group. We recommend that you listen to “Dona Dona” ([youtube.com/watch?v=BqzGZ5AaeSs&feature=kp](https://www.youtube.com/watch?v=BqzGZ5AaeSs&feature=kp)). Because we come from this broader rights perspective, though there is overlap, we have somewhat different opinions than activists primarily evolving from an animal welfare versus animal rights background.

We recently picked up a container of a Trader Joe’s snack that listed beet sugar on the label, as well as a statement that the product was vegan and low sodium. Do you remember seeing beet sugar listed on products before? Possibly the beet source was mentioned because of consumer knowledge that beet sugar isn’t processed through bone char. Most of the vegan and vegetarian groups agree that they don’t want to discourage companies from producing vegan products and don’t want to discourage consumers from going vegan by making the change seem too hard, such as having to avoid products with sugar, or being too critical and harsh with one another. On the other hand, change does happen because people push ahead in a positive way. So thank you to all our members and donors who continue to work for change using uplifting, non-judgmental, supportive, and practical methods. Change takes the actions of many, each having different roles, which sometimes overlap and sometimes need to be separate. But the pieces fit together to evolve towards a better world.

Debra Wasserman & Charles Stahler

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

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Name: _____

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

Thank you very much to the following businesses for their generous donations: Alternative Baking Company, Candle Cafe, Edward & Sons Trading Co. Inc., Maine Coast Sea Vegetables, Mrs. Winston's Green Grocery, and Turtle Island Foods.

Thanks to Saurabh Dalal for his donation in honor of his parents Manjula and Fakirchand.

Thanks to all the individuals who have volunteered in the VRG office. We couldn't do it all without you!

FOOD IN RETIREMENT HOME IS UNHEALTHY

Thank you for sending me your quinoa salad suggestion. It made me hungry even though I had just eaten lunch. I'm going to Kroger Supermarket tomorrow and will scout out the ingredients, then pick them up Monday. This is for our early T-day potluck next Thursday here at the retirement home. Our chef asked us to share a salad or dessert with about 8 residents. The food here isn't very healthy; I've tried to get them to improve the nutrition, but they insist on serving the kind of food that old people ate as young people. Makes no sense to me, so I just get salad bar food and scratch-cook in my apartment. Blood pressure is very stable.

Take care, and I promise not to request your recipe for baby back BBQ ribs!

John J., via e-mail

OUR ENTIRE FAMILY IS NOW VEGGIE!

I am married with five children, and live in Ohio. My son (Don 3rd) is now 20 and is in his first

year of college. My oldest daughter (Neena) is a senior in high school. She will be applying for the vegetarian scholarship within the next few weeks.

My wife has been vegetarian since 1985. All five of my children were raised vegetarian. I myself have been the only meat consumer in my family, until two weeks ago.

I have changed. I am so proud to say that I have become vegan. My wife has also made the conversion from vegetarian to vegan. Someday I vow to pledge to the future scholarship funds. For now, all I can do is to help educate other people. I just wanted you to know.

Don S. H., via e-mail

HEALTH FAIR ATTENDEES RECEIVE VEGETARIAN JOURNAL

I wanted to thank you again for providing the Nutrition Department of Stroger Hospital of Cook County with copies of your magazine for our health fair. Attendees enjoyed the magazine. Thanks so much.

Rob F. RD, via e-mail

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

Coming in the Next Issue:

TASTY EATS FOR THE HOLIDAYS

Plus: Teen Poll Results, Muffins, Colorful Pull-out Poster, Quick and Easy Kale Dishes, and more!

Vegan MEXICAN BY HAREN LEIBOWITZ Dishes

It's easy to prepare Mexican food vegan-style. Enjoy the recipes below!

Here are some of the ingredients commonly used in Mexican cuisine:

Mole (MOH-lay)

Mole is a chocolate and chili pepper sauce with a cocoa base. This dark, thick sauce contains more than 30 different spices. It can be brown, green, or yellow, depending on a few varying ingredients. *Mole* is more than a condiment; it's a key ingredient in many traditional Mexican dishes. Pour over enchiladas or vegan "chicken" strips. See recipe for *Mole* on page 8.

Nopal (No-PAH-l)

Nopales are the pad segments of prickly pear cactus. They are commonly used as a base for main dishes. The prickly spines can be difficult to work with, but there are special knives to make it easier. Whole cactus can be found in Latino markets or Asian markets. They are also available prepared and sliced in jars in the international food aisle of most major supermarkets. See recipe for Tacos de *Nopal* with Tofu on page 8.

Yuca (YOO-cah)

The root of a yuca plant, which tastes starchy like a potato, has been used by indigenous people in the Americas for centuries. Yuca (also called cassava) is commonly sliced and fried to make yuca fries or chips and paired with a garlic sauce called *mojo*. It is also a great addition to soups and stews. See recipe for Yuca and Avocado Stew on page 7.

Avocados

This creamy, buttery fruit is a true Mexican staple. It adds color and richness to sandwiches, soups, quesadillas, dips, and more. See recipe for Yuca and Avocado Stew on page 7.

Poblanos

This kind of chili pepper has a mild and flavorful taste, unlike other peppers that can be just too spicy. *Chiles Poblanos* can be used in salsas, cut into strips for tacos,

or stuffed with rice and vegan cheese to make *Chiles Rellenos*. See recipe for Grilled Chiles Rellenos (stuffed and grilled *poblano* peppers) on page 7.

Vegan Chorizo Crumbles, Soy-Free!

(Makes five ¼-cup servings)

Chorizo is a staple in traditional Mexican cuisine. There are two main types of chorizo: Spanish chorizo and Mexican chorizo. Spanish chorizo is fermented, cured, and red, while Mexican chorizo is browner and more crumbly. This recipe is to make Mexican-style chorizo, without the meat. Paprika is the main ingredient that gives chorizo its unique flavor and color. Some recipes use a spicier ingredient, Ancho chili powder, as a substitute for the paprika and cayenne pepper. This recipe is mildly spiced. If you are feeling adventurous and want to make the chorizo spicier, replace the paprika and cayenne pepper with 2 Tablespoons of Ancho chili powder.

½ cup vital wheat gluten
2 Tablespoons nutritional yeast
1 teaspoon cumin seed
½ teaspoon cayenne pepper (or Ancho chili powder)
2 Tablespoons paprika (or Ancho chili powder)
1 small yellow onion, chopped
2 cloves garlic, minced
½ teaspoon dried oregano
2 Tablespoons ketchup
2 Tablespoons apple cider vinegar
2 Tablespoons water
1 Tablespoon olive oil
Salt, to taste

Mix all the dry ingredients in a medium bowl. Add wet ingredients and mix very well until the mixture resembles loose dough. Crumble or tear dough into small pieces with your hands. Fry pieces in a skillet and crush pieces into smaller crumbles with a wooden spatula. Keep frying on medium heat for 8-10 minutes or until browned.

Enjoy the vegan chorizo crumbles mixed with

mashed black beans and chopped fresh cilantro, wrapped in a corn tortilla.

Total calories per serving: 107 Fat: 4 grams
Carbohydrates: 8 grams Protein: 12 grams
Sodium: 74 milligrams Fiber: 2 grams

Yuca and Avocado Stew

(Serves 6)

Drizzle of olive oil
3 garlic cloves, minced
3 green onions, sliced thin
2 carrots, peeled and sliced into thin disks
2 big handfuls fresh cilantro, roughly chopped
1 green bell pepper, very thinly sliced
1 red bell pepper, very thinly sliced
One 14.5-ounce can stewed tomatoes, fire roasted if possible
One 15.5-ounce can black beans, rinsed and drained
Salt and cracked black pepper, to taste
7 cups water
Lime juice from 2 limes
1 Tablespoon organic sugar
1 vegan bouillon cube
1 large yuca root, peeled and cut into disks
2 ripe avocados, sliced
4 small handfuls corn tortilla chips
Vegan shredded Monterey Jack or Pepper Jack cheese to sprinkle on top (optional)

Heat olive oil in pot and add garlic, onions, carrots, and half of the cilantro. Sauté on medium heat until onions become soft. Add green and red peppers, the canned tomatoes and beans, and some cracked black pepper and salt, to taste. Stir and cook for a few minutes. Then add water, lime juice, sugar, and the veggie bouillon cube and increase heat to bring to a boil.

Add yuca just before the pot starts to boil. Let boil, partially covered, for several minutes and then reduce heat to medium low. Continue cooking until yuca is cooked through. Yuca should be soft through the center. Stir in the remaining cilantro.

To serve, fill bowls half way with stew. Add tortilla chips and avocado slices, and top with a sprinkle of vegan Monterey or Pepper Jack cheese, if desired.

Total calories per serving: 434 Fat: 16 grams
Carbohydrates: 68 grams Protein: 10 grams
Sodium: 473 milligrams Fiber: 14 grams

Grilled Chiles Rellenos

(Serves 6)

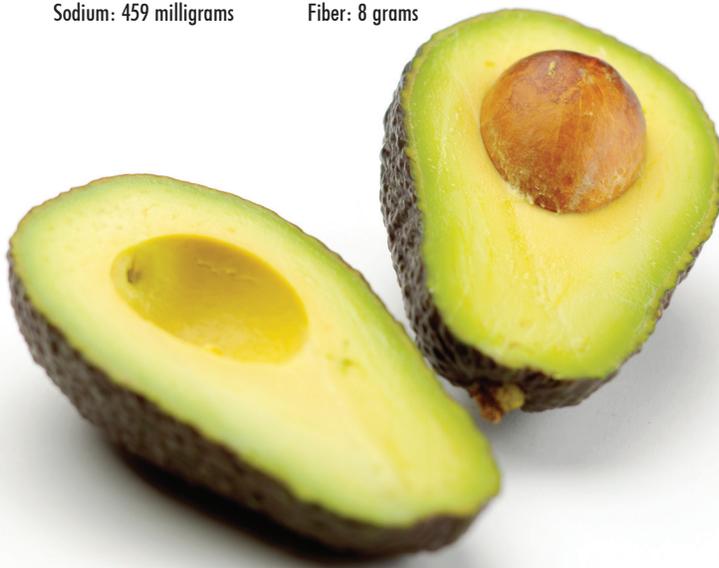
6 large poblano chili peppers or green bell peppers
2 Tablespoons olive oil
1 medium onion, finely chopped
2 cloves garlic, minced
2 jalapeños, seeded and chopped
½ red bell pepper, finely chopped
½ cup chopped fresh cilantro
1 teaspoon ground cumin
One 28-ounce can pinto beans, drained and rinsed
1-3 teaspoons hot sauce, to taste
1 cup shredded vegan Pepper Jack or Monterey Jack cheese
Salt and pepper, to taste

Cut *poblano* chili (or green) peppers in half lengthwise. Scrape out the seeds to create a boat for stuffing.

Heat olive oil in a nonstick skillet. Add onion, garlic, jalapeños, red bell pepper, cilantro, and cumin, and cook over medium heat for about 4 minutes until golden brown. Remove pan from heat and stir in pinto beans, hot sauce, and $\frac{3}{4}$ cup of the vegan cheese. Add salt and pepper to taste. Spoon the mixture into the hollowed chili peppers and sprinkle with remaining $\frac{1}{4}$ cup of cheese.

Set up a grill for indirect grilling and preheat to medium. Arrange the peppers on the grill away from the heat. Cook until peppers are tender and vegan cheese is melted, about 30-40 minutes. Remove from grill and serve at once.

Total calories per serving: 245 Fat: 10 grams
Carbohydrates: 32 grams Protein: 8 grams
Sodium: 459 milligrams Fiber: 8 grams



Tacos de Nopal with Tofu

(Serves 4)

Tacos are a classic Mexican dish commonly eaten daily for breakfast, lunch, dinner, or all three! Regions of Northern Mexico typically eat flour tortillas, while Central and Southern Mexicans favor corn tortillas.

1½ cups nopalitos (about 1 chopped nopal – cactus pad)
2½ cups blended silken tofu
Salt and pepper, to taste
1 cup chopped onion
Cooking spray
2 cups chopped tomato
16 six-inch corn tortillas
8 teaspoons minced cilantro
Hot sauce (optional)

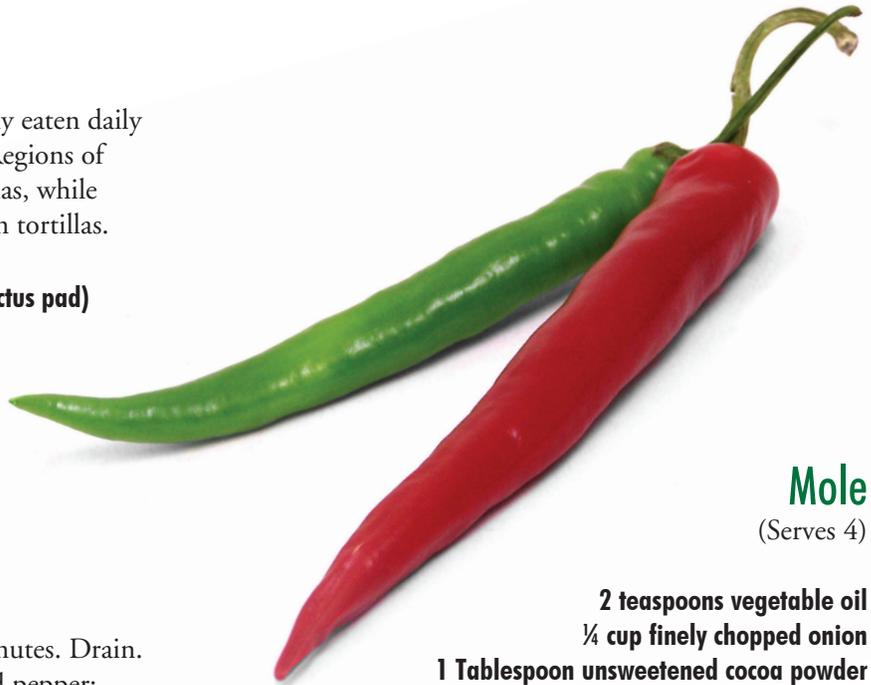
Cook *nopalitos* in boiling water for 10 minutes. Drain. In a medium bowl, combine tofu, salt and pepper; stir well with a whisk. Heat a medium nonstick skillet coated with cooking spray over medium heat. Add the onion and sauté 2 minutes or until tender. Add the tofu mixture, and cook until bottom begins to harden, stirring gently to scramble. Stir in the tomato and *nopalitos*, and cook 1 minute. Warm the tortillas. Spoon the tofu mixture onto each tortilla. Sprinkle evenly with minced cilantro, and fold in half. Top with hot sauce if desired.

Total calories per serving: 282 Fat: 6 grams
Carbohydrates: 47 grams Protein: 13 grams
Sodium: 54 milligrams Fiber: 7 grams

Donate to VRG through the Combined Federal Campaign

Federal government employees can support The Vegetarian Resource Group through the Combined Federal Campaign (CFC). Look for us under Health & Medical Research Charities of America.

Please also remember VRG in other workplace fund drives, matching gifts, etc.!



Mole

(Serves 4)

2 teaspoons vegetable oil
¼ cup finely chopped onion
1 Tablespoon unsweetened cocoa powder
1 teaspoon ground cumin
1 teaspoon dried cilantro
¼ teaspoon dried minced garlic
One 10.75-ounce can vegan condensed tomato soup
One 4-ounce can diced green chili peppers

Heat the vegetable oil in a medium saucepan over medium heat; cook the onion until tender. Mix in the cocoa powder, cumin, cilantro, and garlic. Stir in the tomato soup and green chili peppers. Bring to a boil. Reduce heat to low, cover, and simmer for 10 minutes. Transfer sauce to a bowl or pour directly over food to serve. Add more chili peppers for a spicier sauce.

Total calories per serving: 79 Fat: 3 grams
Carbohydrates: 13 grams Protein: 2 grams
Sodium: 533 milligrams Fiber: 2 grams

Note about sodium: Sodium in these recipes could greatly be reduced by using fresh tomatoes and beans instead of canned or bottled items. If you use canned beans for convenience, you can rinse them to reduce salt. Also you may want to look at the amount of sodium in the brand of bouillon, tortilla chips (use no salt), olives, crumbles, and vegan cheeses you select. You can omit added salt.

**Karen Leibowitz wrote this article while interning with
The Vegetarian Resource Group.**

Vegan **MEXICAN** BY HAREN LEIBOWITZ Meal Plan

Many flavors and ingredients in Mexican cuisine are heavily animal-based. But have no fear: a vegan diet with traditional Mexican taste is possible! Read on for a sample meal plan with recipes.

DAY ONE

Breakfast: Tofu scramble with salsa and avocado, wrapped in corn tortillas, served with watermelon

Lunch: Zucchini with Rice Soup (see recipe on page 10), served with an apple

Dinner: Baked, sliced plantains with sour cream (see vegan tofu sour cream recipe on page 11), served with rice, beans, and steamed peas

Snacks: *Elote* (grilled corn) with lime, salt, and Ancho chili powder

DAY TWO

Breakfast: *Moelletes* (toasted bean and vegan cheese open-face sandwich, on French baguette bread) served with cubed and steamed *chayote* (pear-like squash native to Mexico)

Lunch: Taco Salad (see recipe on this page)

Dinner: Tamale Corn Pie (see recipe on page 10)

Snack: Pumpkin seeds with sliced mango, sprinkled with chili powder and lime juice

DAY THREE

Breakfast: Breakfast burrito (tofu scramble, black beans, tomato, onion, corn, avocado, salsa, etc., served in a whole wheat tortilla)

Lunch: Baked Bean Quesadillas (see recipe on page 10), served with cubed melon

Dinner: Grilled *nopales* (cactus) wrapped in corn or

whole wheat tortillas, served with rice and salad

Snack: Cubed papaya and sliced banana with fresh-squeezed lime juice on top

Please note: These are general menus and should be adapted to your own needs.

Taco Salad

(Serves 4)

This dish is pictured on the front cover of this magazine!

1 pound soy crumbles (found in natural foods stores and some supermarkets)

½ cup chopped onion

One 16-ounce can kidney beans, drained and rinsed

½ cup water

1 Tablespoon chili powder

½ teaspoon cumin

½ teaspoon garlic powder

½ teaspoon black pepper

½ head romaine lettuce, chopped

1 cup chopped fresh tomatoes

½ cup chopped green or red bell pepper

½ cup shredded vegan cheese

¼ cup sliced black olives

1 cup broken tortilla chips

Combine soy crumbles and onion in a 2-quart bowl or casserole. Microwave on HIGH for 4 minutes (or heat in skillet), until onion is tender and crumbles are heated through. Add beans, water, and seasonings. Stir to combine. Cover and microwave on MEDIUM for 10 minutes (or heat in a skillet) until thick and bubbly.

On a serving platter, arrange lettuce, tomatoes, and peppers. Spoon taco mixture over lettuce. Garnish with vegan cheese, olives, and chips.

Note: This recipe is adapted from one found in *Vegan Microwave Cookbook*.

Total calories per serving: 368

Carbohydrates: 48 grams

Sodium: 955 milligrams

Fat: 10 grams

Protein: 35 grams

Fiber: 16 grams

Baked Bean Quesadillas

(Makes 3 whole quesadillas)

Here's a quick dish that kids and adults will also enjoy.

Vegetable oil spray

Three 6-inch corn tortillas, cut in half

1 cup canned beans of your choice (baked, black, pinto, etc.)

1 cup shredded vegan cheese

3 Tablespoons chopped cilantro

Place 3 tortilla halves on a clean work surface. Spray one side with oil. Turn sprayed side down. Place $\frac{1}{3}$ cup of beans in the center of the three tortilla halves. Top beans with vegan cheese and cilantro. Cover with remaining tortilla halves and spray the tops with oil. Place on large oil-sprayed frying pan and cook on each side for 3 minutes, or until golden.

Note: This recipe is adapted from one found in *Vegan Meals for One or Two* which can be purchased here: www.vrg.org/catalog.

Total calories per serving: 241 Fat: 9 grams
Carbohydrates: 36 grams Protein: 6 grams
Sodium: 628 milligrams Fiber: 6 grams

Tamale Corn Pie

(Makes 6 three-ounce servings)

Topping

1 cup cornmeal

1 cup cold water

1½ teaspoons red pepper flakes

Filling

1½ cups pinto beans, cooked or canned and drained, rinsed

Vegetable oil spray to cover pot

¼ cup chopped onion

3 Tablespoons chopped celery

3 Tablespoons chopped bell pepper

1 clove garlic, minced

½ cup canned tomatoes, drained and chopped

1½ teaspoons chili powder

1 cup cut corn, cooked

In a heavy stock pot, place cornmeal, cold water, and red pepper flakes and cook, stirring until mixture is thick (about 10 minutes) and has come to a boil.

Preheat oven to 350 degrees. Process beans in a food

processor or mash with a fork until chunky. Heat a stock pot and spray with oil. Sauté onions, celery, bell pepper, and garlic until soft. Add tomatoes, chili powder, and corn. Stir until all items are well combined and hot.

Spray oil on an 8 x 4 x 2½-inch pan and spread 75 percent of the cornmeal mixture on the bottom and sides. Fill with the bean mixture and top with the remainder of the cornmeal mixture. Bake pie for 30 minutes, or until crust is golden brown and beans begin to bubble.

Note: This recipe is adapted from one found in *Vegan in Volume*, which is available for purchase at this link: www.vrg.org/catalog.

Total calories per serving: 184 Fat: 1 gram
Carbohydrates: 38 grams Protein: 7 grams
Sodium: 11 milligrams Fiber: 7 grams

Zucchini with Rice Soup

(Serves 6)

Rice Soup

3 Tablespoons olive oil

2 cups long grain white rice

2 tomatoes

½ onion, chopped

½ teaspoon salt

2 cups water

1 small garlic clove

1 cube low-sodium bouillon

In a skillet, heat oil and add the rice. In a blender, blend the tomatoes, onion, salt, water, and garlic. Once the rice is browned, add the puréed vegetables and vegetable bouillon to the rice. Cook over medium heat, stirring occasionally for about 15 minutes or until rice is cooked.

Zucchini

2 teaspoons olive oil

2 tomatoes, chopped

1 onion, chopped

1 jalapeño chili, chopped

4 large zucchinis of any variety, cut into slices and then in half to form half moons

½ teaspoon salt (optional)

In a large skillet, add oil and heat. Add chopped vegetables and squash to skillet. Sprinkle with a little salt. Cook over medium heat, stirring for 10 minutes. Serve

immediately with rice soup and with some of the Tofu Sour Cream found below.

Note: This recipe is adapted from *Calabasitas con Sopa de Arroz* found in Issue 1 2011 of *Vegetarian Journal*: http://www.vrg.org/journal/vj2011issue1/2011_issue1_vegan_mexican_household.php.

Total calories per serving: 377 Fat: 10 grams
Carbohydrates: 64 grams Protein: 9 grams
Sodium: 460 milligrams Fiber: 5 grams

Tofu Sour Cream

(Makes 1 pint; one serving = 2 Tablespoons)

3 cups water
14 ounces soft tofu
2 Tablespoons lemon juice
½ teaspoon salt

Bring water to a boil. Drop the uncut tofu into water and allow it to boil for about 1 minute. Remove from heat. Allow tofu to stand for 3 minutes or until completely cool. Drain the water from the tofu. Place

tofu, lemon juice, and salt in a blender and process the mixture until smooth.

Use to top tacos, quesadillas, chili, soup, and more!

Note: This recipe is adapted from one found in *Vegan in Volume*, which is available for purchase at this link: www.vrg.org/catalog.

Total calories per serving: 16 Fat: 1 gram
Carbohydrates: 1 gram Protein: 2 grams
Sodium: 75 milligrams Fiber: <1 gram

For more vegan Latino recipes and resources, visit <http://www.vrg.org/nutshell/index.htm#spanish>.

For information on recipe books referenced in this article, visit <http://www.vrg.org/catalog/> and click on “Books.”

Karen Leibowitz wrote this article while interning with The Vegetarian Resource Group. She hopes to become a registered dietitian.



SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Vegans and Heart Disease

We've all heard of cholesterol, LDL cholesterol, and HDL cholesterol. High concentrations of total cholesterol and LDL cholesterol in our blood are associated with a higher risk for heart disease, and high concentrations of HDL cholesterol are associated with a lower risk of heart disease. Other particles that appear in our blood also affect heart disease risk. High amounts of a particle called Apo A-1 are correlated with reduced risk and high amounts of Apo B are associated with a higher risk.

A large study in the United Kingdom looked at concentrations of these substances in vegetarians, vegans, fish-eaters, and meat-eaters. There were about 400 people in each dietary group. As has been seen in other studies, vegans had a lower BMI and ate fewer calories. Vegans had the lowest intake of saturated fat and the highest intake of polyunsaturated fat. Not surprisingly, vegans had the lowest concentrations of total cholesterol, LDL cholesterol, and Apo B. Some of the difference was probably due to vegans' lower weight, but most of the difference in levels of cholesterol and Apo B in blood was due to dietary differences. These lower concentrations suggest that vegans have a lower risk of heart disease than do vegetarians, meat-eaters, or fish-eaters.

Bradbury KE, Crowe FL, Appleby PN, Schmidt JA, Travis RC, Key TJ. 2014. Serum concentrations of cholesterol, apolipoprotein A-1 and apolipoprotein B in a total of 1694 meat-eaters, fish-eaters, vegetarians and vegans. *Eur J Clin Nutr.* 68:178-83.

Vegetarian Diets and Blood Pressure

A group of researchers recently combined the results of more than 30 observational studies and 7 clinical trials to assess the effect of a vegetarian diet on blood pressure. High blood pressure, also called hypertension, affects close to one third of adults in the United States. High blood pressure can cause heart attacks, kidney failure, and stroke.

When the results from all the studies were combined, vegetarians clearly had lower blood pressure than did nonvegetarians. Additionally, when non-vegetarians ate a vegetarian diet, their blood pressure decreased. The reduction in blood pressure associated with a vegetarian diet was similar to what would be seen if people reduced their sodium intake or lost about 10 pounds. The extent of blood pressure reduction associated with a vegetarian diet would be expected to reduce the risk of death from heart disease by 9% and from stroke by 14%. Vegetarians tend to be leaner than nonvegetarians and this may partially explain why vegetarians tend to have lower blood pressure. Only a part of the difference in blood pressure can be explained by weight, however. Other factors in a vegetarian diet that could improve blood pressure include higher potassium intakes and lower saturated fat intakes.

Yokoyama Y, Nishimura K, Barnard ND, et al. 2014. Vegetarian diets and blood pressure: a meta-analysis. *JAMA Intern Med.* [Epub ahead of print].

Medications in the United Kingdom Frequently Contain Animal-Derived Ingredients

It can be challenging to find out whether or not medications contain animal products. Researchers in the UK examined the 100 most commonly prescribed drugs in primary care. Close to 75% contained lactose, gelatin, or magnesium stearate, all substances that may be derived from animals. Lactose is derived from cows' milk, gelatin from cows or pigs or occasionally fish, and magnesium stearate may be from cows, pigs, or sheep as well as from non-animal sources. Magnesium stearate was identified as coming from vegetable sources in 31 out of 49 products, 4 products contained animal-derived magnesium stearate, and the remainder did not indicate the source of magnesium stearate. Drug manufacturers in the European Union are not allowed to indicate whether or not their products are suitable for vegetarians or vegans. The study authors call for greater disclosure of animal content in medications and

say that the ultimate solution would be to eliminate animal-derived products where possible from medications. Information about animal ingredients in medications is not commonly available in the US; concerns should be discussed with your health care provider.

Tatham KC, Patel KP. 2014. Suitability of common drugs for patients who avoid animal products. *BMJ*. [Epub before print].

Not Every Country Has a Dairy Group

In addition to providing a fascinating and thorough explanation of dietary trends worldwide, the Future Diets, Implications for Agriculture and Food Prices report, produced by the independent think tank Overseas Development Institute (ODI), presents examples of dietary guidance from other countries. This guidance is like *MyPlate* in the U.S. It was interesting to see how other countries describe food groups. For example, *MyPlate* has a Protein group.

Here's what other countries use:

- Pulses – India [pulses is another word for legumes or dried beans]
- Legumes and animal origin foods – Mexico
- Fish and meat dishes (meat, fish, egg and soybean dishes) – Japan

Where *MyPlate* has a Dairy group, other countries have the following:

- Milks and pulses (with a picture showing tofu and other soy products) – China
- Only a notation that a ½ serving from the meat and alternatives group should come from dairy or other high calcium products – Singapore
- No specific group – Mexico

To read more of this intriguing report, see <http://www.odi.org.uk/future-diets>

Prevalence of Obesity

The newest findings on the prevalence of obesity among children in the US are positive and negative. The positive results are that there has been a significant decrease in obesity in preschool-age children (2-5 years). Since 2003-2004, the prevalence of obesity in this age group dropped from close to 14% to about 8%. This is good news! On the negative side, overweight and obesity rates in children are still too high. About 18% of 6-11-year-olds are obese and 20.5% of 12-19-year-olds are obese. Overall, 31.8% of 2-19

year olds are either overweight or obese and 16.9% are obese. These results suggest that we need to curtail this epidemic of overweight and obese children and teens.

Ogden CL, Carroll MD, Kit BK, Flegal KM. 2014. Prevalence of childhood and adult obesity in the United States, 2011-2012. *JAMA*. 311:806-14.

Vegetarians Have Lower Risk of Hip Fractures

Fracturing a hip is something most people would prefer to avoid. Dietary patterns appear to affect the risk of hip fracture. In a study of more than 62,000 Chinese men and women, those whose diets were highest in fruits, vegetables, and soy products had the lowest risk of breaking a hip. Their risk was 21-34% lower than those whose diet was lower in fruits, vegetables, and soy products. In addition to potential benefits with regard to bone health, this eating style also reduces the risk of heart disease and diabetes.

Dai Z, Butler LM, van Dam RM, Ang L-W, Yuan J-M, Koh W-P. 2014. Adherence to a vegetable-fruit-soy dietary pattern or the Alternative Healthy Eating Index is associated with lower hip fracture risk among Singapore Chinese. *J Nutr*. [Epub ahead of print].

High School Food Choices May Have Lasting Effects

Colorectal adenomas are precancerous polyps. They can become cancerous if they are not removed. Researchers wondered if dietary factors increased the risk of developing these adenomas. They asked more than 17,000 women, aged 34-51 years, to remember foods they ate in high school and as adults. Women whose high school diets were high in vegetables, fruits, and fish had a low risk of developing a rectal adenoma (precursor of rectal cancer) as adults. Women whose high school diets were high in red meat, processed meat, desserts, and other sweets had a higher risk of developing rectal adenomas as adults. The risk was especially high in women who ate more red or processed meat and sweets during both high school and adulthood.

Nimptsch K, Malik VS, Fung TT, et al. 2014. Dietary patterns during high school and risk of colorectal adenoma in a cohort of middle-aged women. *Int J Cancer*. 134:2458-67.

FoodService Update

Healthy Tips and Recipes for Institutions from The Vegetarian Resource Group

Grains Go to School By Chef Nancy Berkoff, RD, EdD

Many studies link whole grains to a reduced risk of heart disease, diabetes, and cancer. Thank goodness we have opportunities beyond white rice to introduce students (and others) to the great world of grains! The grains you choose to put on a menu can depend upon demographics, budget, cooking equipment, and product availability in your area. The good news is that there is a grain for every taste, every budget, and every kitchen.

If your audience tends to be ‘middle of the road’ and not into ‘new and different,’ purchasing the ‘whole’ version of familiar products can help to include more grains on the menu. Whole wheat tortillas, whole wheat pancakes (sneak some quinoa or other grains into the batter), and whole wheat pasta are examples. You can also use crushed multigrain cold cereals (select one that is low in sugar) for breadings, as additions to muffin batter and cookie dough, or as a dry ingredient on salad or dessert bars.

Consider a gradual approach to introducing new grains into the menu, and pretty soon your diners will be looking forward to quinoa, bulgur, farro, or sorghum! Imagine the color, crunch, and taste of multi-grain tempeh with black beans, onions, tomatoes, and corn; quinoa with black beans and grilled onions; quinoa and oat pancakes; burritos with quinoa, brown rice, and kale; or cooked, cold grains on the salad bar!

Bulgur and Farro

Bulgur and farro are whole grains, with farro being more ‘whole’ and chewy, and bulgur being a bit less chewy. Both should appeal to students, as they provide great texture, a mild flavor, and a pleasant appearance. Cooked farro is dense and filling, similar to wheat berries. Bulgur, made from cracked, precooked wheat, is light and fluffy. Farro is more nutritionally dense, while bulgur is higher in fiber, meaning that larger servings of bulgur have fewer calories than farro.

Farro does very well in cooked grain salads. It can be cooked and cooled and tossed with cooked, chopped

veggies and lightly dressed with Italian dressing for a fast, cold salad. Hot farro works well in pasta sauces, as well as in gravies. You can use farro where you would usually use white or brown rice, or mix farro into rice to create a new dish!

Bulgur can be made into a hot breakfast cereal by cooking it in soy or rice milk and adding dried fruit, chopped nuts, and maple syrup. Bulgur adds texture and interest to muffins, quick breads, and yeast rolls.

Pearl Couscous

Pearl couscous, also called Israeli couscous or Mediterranean couscous, is actually pasta, but cooks like a grain. Select the whole grain version to offer lots of nutrition, including B vitamins, potassium, protein, and fiber, with no sodium, fat or cholesterol.

Pearl couscous can be cooked on the stove, in the oven, as described below, or even in a rice cooker. Pearl couscous cooks quickly and can be used as an entrée, with lentils or beans, as a side dish, added to soup, or cooled and made into a salad.

Sorghum

Sorghum has been used over the years to produce many food items, including syrups. It’s becoming popular as a cooked grain, for its sturdy texture and pleasant taste. When it comes to cooking, sorghum is very ‘forgiving.’ Actually, if sorghum is a bit overcooked, the grains “burst” and are better able to absorb seasonings!

As you can see, grains can be a colorful, textural addition to any menu. They are versatile and easy to prepare! Be sure to try some of the recipes that appear later in this article.

Here are some tips on how to create successful cooked grains. No matter what type of grain you cook, you want to be certain to wind up with a wonderful product, not too chewy, not too mushy.

- Use the right proportion of liquid: research the grain you are preparing to see if it is a 2:1 ratio (two parts water to one part grain) as it is with rice, or if more or less liquid is needed.
- Select a pot, pan, or baking dish with enough room. The more grains are allowed to expand, the better the texture and the yield.
- Use a flavorful liquid instead of only water: vegetable broth, mushroom broth, and fruit or vegetable juice can be used for all or part of the cooking liquid to add flavor and color.
- Quickly toast grains in a very hot, dry pan prior to adding liquid; this helps to develop the color, texture, and taste. You can heat the pan or pot you are using to cook grains and toast them right in that pan or pot.

Oven-Baked Grains

When we think of cooking grains, we usually think about cooking them in a pot on the top of the stove. Cooking grains in the oven frees up stove space, and can sometimes produce a more even product, avoiding the scorching or uneven cooking with the top-of-the-stove method. Oven-baked grains really follow about the same procedure as stove-top grains. Here's what you'll want to do:

- 1) Preheat the oven to 375 degrees. Start with uncooked white, red, brown, or green rice, quinoa, farro, barley, sorghum, or your grain of choice.
- 2) Select your baking pan, remembering that the grains may double or triple in size—we want to provide enough room for the grains to expand and the steam to circulate.
- 3) Rinse the grains with cold water until the water is clear. It's not necessary to wash grains, unless you know your supply tends to have pebbles or other material, but some people feel that removing some of the 'starch' produces a better product. Try to rinse as little as possible, so you don't rinse away the nutrients.
- 4) Place the grains in your selected oven pan.
- 5) Bring the liquid you are going to use to a boil on top of the stove. If you are in a commercial establishment with a heated water supply, such as a large coffee urn, you may want to jumpstart your liquid by using some of this preheated water.

6) Carefully pour the hot liquid over the grains, cover tightly, and transfer to the oven. A general rule of thumb is that about 2 pounds of grains should oven steam in about one hour, depending on the grain and the size of the pan. When the liquid is absorbed, the grains should be done.

7) Once you are satisfied that the grains are cooked, carefully fluff to let the steam out. This is an important step, as the trapped steam will continue cooking the grains, and we don't want overcooked mushy grains!

RECIPES

Sorghum Salad

(Serves 20)

This colorful salad can be served as an entrée or used as a filling for tortillas or wraps. For variety, pearl couscous can be used instead of the sorghum.

- 5 cups sorghum**
- 15 cups water (3½ quarts) or use a combination of vegetable broth and water**
- 1 cup lemon juice**
- 1 cup vegetable oil (for salad dressing)**
- 3 cups chopped parsley**
- 5 cups chopped tomatoes (about 2 pounds)**
- 4 cups peeled, chopped cucumbers (about 1½ pounds)**
- 1 cup chopped onions (optional)**
- 4 heads Romaine lettuce, rinsed, leaves chopped**

Combine the sorghum and liquid in a large pot. Bring to a boil, reduce the heat, cover and simmer 1 hour, until the grains are tender and have begun to burst. Remove from the heat and strain off any liquid remaining in the pot.

In a large bowl or pan, whisk together the lemon juice and oil. Add the cooked sorghum and toss together. Add the remaining ingredients, except the lettuce leaves, and toss together. Right before serving, add lettuce and toss to combine.

Note: Sorghum can be precooked and stored in the refrigerator for two days.

Total calories per serving: 297	Fat: 13 grams
Carbohydrates: 44 grams	Protein: 8 grams
Sodium: 23 milligrams	Fiber: 7 grams

Corn Chowder with Grains

(Serves 20)

For variety, sorghum or farro may be used instead of quinoa in this chowder.

- 10 cups water**
- 5 cups quinoa**
- 5 cups peeled, cubed potatoes**
- 3 cups peeled, cubed carrots (if using frozen carrots, do not allow to thaw)**
- 2 cups finely diced onions**
- 4 cups cut corn (if using frozen, do not allow to thaw; if using canned, drain)**
- 1½ cups chopped fresh parsley (or use ¾ cup dried parsley)**
- 1 Tablespoon ground black pepper**
- 3 Tablespoons onion powder**
- 10 cups warm soy milk**

Place water, quinoa, potatoes, carrots, and onions into a large pot, steam jacketed kettle, or tilting skillet and allow ingredients to simmer until tender, about 30 minutes, depending on cooking method. Stir in corn, parsley, black pepper, and onion powder and simmer another 5 minutes or until hot all the way through. Add soy milk, bring to a fast boil, stirring constantly, and reduce heat immediately. Simmer 2 minutes. Serve hot.

Notes: If you would like the chowder to be very thick, it can be thickened with leftover mashed potatoes, stirred in gradually at the end of cooking. Red bell peppers and green peas make a colorful garnish and this is a method for getting more veggies into the recipe.

Total calories per serving: 300 Fat: 5 grams
Carbohydrates: 53 grams Protein: 13 grams
Sodium: 96 milligrams Fiber: 7 grams

Everything Rolls

Makes one hundred 2-ounce rolls. One serving = 1 roll.

- 1 cup plus 1 Tablespoon yellow cornmeal (9 ounces)**
- 1 cup farro or wheat berries (8 ounces)**
- 2 Tablespoons salt (1 ounce)**
- ¾ cup organic brown sugar or other sweetener (6 ounces)**
- 1 pound whole wheat flour (4 cups)**
- 5 pounds all-purpose flour (20 cups)**
- 1¼ ounces instant yeast (2 Tablespoons plus ½ teaspoon)**
- ⅓ cup vegetable oil (2½ ounces)**
- 2 quarts water, warm or 110 degrees (8 cups)**

Preheat oven to 375 degrees. Place dry ingredients in a mixing bowl for a mechanical mixer. Use a dough hook and mix on #1 or slow speed for 2 minutes.

Add vegetable oil and mix on #1 speed for 2 minutes more. Gradually add enough water to make a soft dough that pulls itself from side of bowl.

Mix dough on #2 or medium speed for 10-12 minutes, or until a small piece of dough can be stretched to resemble a thin, stretchy sheet. Cover and leave in a warm place or proofer and allow to rise until doubled in size, about 45 minutes, depending on conditions.

Punch down the dough, and then knead the dough until all the bubbles are gone and the dough is smooth, without any bumps. Shape dough into one hundred 2-ounce rolls, using a 2-ounce scoop, or 4 Tablespoons of dough per roll. Place dough balls on nonstick baking pans and proof them – allow them to rise – until they double in size.

Bake rolls for 15 minutes or until golden brown. Remove from pans and allow to cool before serving.

Notes: The dough can be mixed by hand, but will take some additional time and muscle! Plan ahead for these rolls, as they will need to proof (sit) for about 1½ hours. They bake quickly, but take some time to prepare!

Total calories per serving: 120 Fat: 1 gram
Carbohydrates: 24 grams Protein: 3 grams
Sodium: 142 milligrams Fiber: 1 gram

Basic Quinoa

(Serves 20)

Quinoa is cooked using the same method as brown rice. Quinoa is generally done when the grains become lighter or transparent, and the germ (looks like a spiral) has separated from the kernel.

- 5 cups quinoa**
- 10 cups water (or a combination of vegetable broth or tomato juice and water)**

Stove-top method: Combine quinoa and water in a large pot and bring to a fast boil. Reduce to a simmer, cover, and cook until all water is absorbed, stirring occasionally, about 30 minutes.

Rice cooker method: The usual rule of thumb for quinoa or brown rice is two parts liquid to one part grains. Add your liquid and quinoa to the rice cooker. Mix lightly to combine and to prevent scorching on the bottom, cover

and allow the rice cooker to do its job!

Note: To flavor your quinoa as it is cooking, you can mix in 2 Tablespoons of onion powder or cinnamon, depending on the flavor you desire, or 2 Tablespoons of a dried herb or spice combination of your choice.

Total calories per serving: 159 Fat: 2 grams
Carbohydrates: 29 grams Protein: 6 grams
Sodium: 9 milligrams Fiber: 3 grams

Quinoa Pilaf

(Serves 20)

5 cups quinoa
8 cups water
2 cups low sodium vegetable broth
Vegetable oil spray
1 cup finely diced carrots
1 cup finely diced celery
1 cup finely diced green bell pepper
1 cup finely diced red bell pepper
1 cup cooked corn kernels

Combine quinoa, water, and broth in a large pot and bring to a fast boil. Reduce to a simmer, cover, and cook until all the water is absorbed, approximately 30 minutes.

While quinoa is cooking, spray large pan with vegetable oil spray. Mix vegetables together and add to the pan, stirring and sautéing. When quinoa is done, mix into vegetables, allow to heat for one minute and serve.

Total calories per serving: 177 Fat: 3 grams
Carbohydrates: 33 grams Protein: 6 grams
Sodium: 33 milligrams Fiber: 3 grams

Whole Wheat Pearl Couscous with Broccoli and Peas

(Serves 20)

This “green” dish can be served hot or cold and holds well in the refrigerator for two days. Vary the veggies for a seasonal touch. Bulgur, cracked wheat, or kasha may be used in place of the couscous for variety.

5 cups pearl couscous
8 cups water
3 cups low sodium vegetable broth

4 cups cooked broccoli florets
3 cups cooked green peas
1 cup reduced-fat Italian dressing
½ cup nutritional yeast (optional)

Place pearl couscous in a large pot or commercial rice cooker. Cover with water and broth, bring to a fast boil, reduce heat, cover, and allow to steam until liquid is absorbed and couscous is tender, approximately 20 minutes, depending on cooking method.

Place couscous in a large bowl or pan. Add remaining ingredients and toss to combine. Serve warm, or allow to chill in the refrigerator for at least one hour for a cold salad.

Note: Couscous can be prepared ahead of time and chilled until ready to use.

Total calories per serving: 189 Fat: 2 grams
Carbohydrates: 36 grams Protein: 7 grams
Sodium: 142 milligrams Fiber: 6 grams

Hot Grains Cereal and Fruit

(Serves 20)

This dish is so delicious; it’s like having dessert for breakfast!

5 cups quinoa, bulgur, brown rice, or kasha
8 cups water
2 cups pineapple or orange juice
3 cups diced apples
3 cups dried fruit, such as raisins, cranberries, or cherries
1 cup orange juice concentrate
1 Tablespoon cinnamon
3 cups heated soy, rice, or almond milk

Combine grain, water, and juice in a large pot or commercial rice cooker and bring to a fast boil. Lower heat and allow to simmer, covered, until tender, about 30 minutes, depending on cooking method.

Stir in apples, dried fruit, and concentrate. Combine cinnamon and heated milk. Stir into grains. Serve hot. If desired, garnish with sliced bananas or grapes.

Note: Seasonal fresh fruit or canned fruit, packed in water or juice, can be used instead of apples.

Total calories per serving: 284 Fat: 3 grams
Carbohydrates: 59 grams Protein: 8 grams
Sodium: 27 milligrams Fiber: 4 grams

Grain Stuffed Peppers

(Serves 20)

Prepare dish ahead of time and refrigerate or freeze. Brown rice, farro, or sorghum can replace quinoa.

- 10 whole bell peppers**
- Vegetable oil spray**
- 4 cups seeded and chopped red and/or green bell peppers**
- 2 cups chopped onions**
- 4 cups drained, chopped canned mushrooms***
- 8 cups drained, chopped canned tomatoes (reserve juice)***
- 3 cups salsa***
- 10 cups cooked quinoa (start with 5 cups uncooked quinoa)**
- 3 cups crushed vegan multigrain cold cereal**

Preheat oven to 325 degrees. Wash whole bell peppers and cut in half lengthwise. Remove seeds and stems.

Place pepper, cut side up, in baking pans, ready to be filled. Set aside.

Spray a large pot with vegetable oil and allow to heat. Add chopped peppers and onion, and allow to cook, stirring, until tender, about 10 minutes. Stir in mushrooms and allow to heat for 3 minutes. Add the diced tomatoes (saving the juice) and the salsa. Stir and cook over medium heat for 5 minutes. Stir in quinoa. Mixture should be just thick enough to stick together, resembling the thickness of bread stuffing or dressing. If mixture is too thick, stir in some reserved tomato juice.

Fill peppers in baking dish with quinoa mixture and sprinkle crushed cereal on top of each. Pour reserved tomato juice around filled peppers—this will supply some steaming liquid while the peppers are baking. Bake, covered, for 20 minutes. Uncover and allow to bake for 5 more minutes. Serve hot.

Notes: To reduce sodium, use fresh mushrooms, tomatoes, and salsa for *items.

Total calories per serving: 244 Fat: 3 grams
Carbohydrates: 48 grams Protein: 9 grams
Sodium: 409 milligrams Fiber: 8 grams

Sunshine Super Salad

(Serves 20)

- 10 cups cooked, cooled quinoa (use 5 cups uncooked quinoa)**
- 3 cups finely diced carrots**
- ¼ cup low-salt soy sauce**
- 1 cup minced parsley**

- ½ cup lemon juice**
- 1½ cups sunflower seeds**
- ½ cup minced black olives**
- 2 cups diced tomatoes (if using canned tomatoes, drain)**

Place quinoa in a large bowl or pan. Add remaining ingredients and toss well to combine. Serve immediately or allow to cool in the refrigerator. If desired, serve with a small amount of salad dressing, or use as a crunchy sandwich filling instead.

Notes: With the addition of silken tofu or vegan mayonnaise to moisten the mixture, this recipe can be used to make veggie burgers! If sunflower seeds are not desired, 1½ cups mashed garbanzo beans can be used instead.

Total calories per serving: 234 Fat: 8 grams
Carbohydrates: 35 grams Protein: 8 grams
Sodium: 162 milligrams Fiber: 5 grams

Whole Grain Pudding

(Serves 20)

Serve this dish warm or cold. Decorate with fruit!

- Vegetable oil spray**
- 10 cups cooked quinoa (start with 5 cups uncooked quinoa)**
- 2 cups raisins or a combination of dried fruit**
- 6 cups soy or rice milk**
- ½ cup shredded coconut (optional)**
- ½ cup organic brown sugar or other vegan sweetener**
- 2 cups drained, chopped canned pineapple**
- 2 cups drained, puréed peaches**
- 2 teaspoons vanilla extract**
- 1 teaspoon cinnamon**

Preheat oven to 350 degrees. Spray a large baking pan or muffin tins with oil. Combine all ingredients. Pour into pan or muffin tins. Bake until set (not wobbly), approximately 45 minutes.

Note: Brown rice, bulgur, or sorghum can be used instead of quinoa.

Total calories per serving: 275 Fat: 4 grams
Carbohydrates: 54 grams Protein: 8 grams
Sodium: 42 milligrams Fiber: 4 grams

Nancy Berkoff is a chef and dietitian. She is the VRG's FoodService Advisor and author of *Vegan in Volume*.

Now Being
Served...

VEGGIE OPTIONS in Restaurant Chains

TCBY Launches Silk® Chocolate Almond and Vanilla Almond Dairy-Free Frozen Yogurt

The Country's Best Yogurt (TCBY) announced the debut of its newest frozen yogurt formulated with Silk® Chocolate Almond milk. The dairy-free frozen dessert was automatically shipped for a 12-week run to all full-service TCBY locations (approximately 250 stores) and is available as an optional item to the more than 100 other TCBY locations co-branded with other food chains, such as Subway and Blimpie.

In a few days after its arrival in TCBY stores across the United States, Silk® Chocolate Almond already had sold out in many locations, according to a TCBY Retail Customer Service Specialist. "It sold out much more quickly than predicted," The VRG was told by phone.

We also learned from TCBY that Silk® Chocolate Almond "should become a core item" at all locations. Other flavors of the almond milk frozen yogurt are now being offered, including Vanilla Almond.

Silk® Chocolate Almond is 98% fat-free as well as dairy-free. A TCBY employee told The VRG that "TCBY adds sugar and corn syrup to Silk's® almond milk to make Silk® Chocolate Almond frozen yogurt."

To locate a TCBY near you, visit the online store locator at: tcb.com/find-a-store.

Tropical Smoothie Café Offers Beyond Meat®

Since spring 2013, Tropical Smoothie Café (TSC) offers all-vegetable Beyond Meat®, a plant protein made primarily of pea and soy protein, in any food item including wraps, sandwiches, flatbreads, and salads. TSC has more than 300 locations in 36 states. According to

Beyond Meat® founder Ethan Brown, TSC is the first national chain of its size to offer Beyond Meat®.

The VRG was in contact with TSC in July through December 2013 to learn more about the ingredients in several menu offerings where Beyond Meat® could be served. TSC's nutritional consultant told us via TSC's public relations firm that she had used our Guide to Food Ingredients to classify TSC ingredients.

According to the Tropical Smoothie nutritional consultant: "For clarification, on the TSC menu all items categorized as vegan are completely animal free, no animal byproducts. Menu items categorized as vegetarian may contain honey, milk, eggs, or yeast, and if they do contain these items, they will be indicated as such."

In response to our question about TSC smoothies, The VRG was informed through TSC's public relations firm that "...ingredients in the recipe (i.e. soy, whey or turbinado) can be removed in any of our smoothies upon customer request. A full list of ingredients for our smoothies is available at each Café to help consumers determine the best option for their dietary needs."

A Tropical Smoothie Café store locator can be found here: <https://order.tropicalsmoothie.com/#content=/Restaurant/Search>.

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.

For more information on fast food and quick casual restaurant chains, visit The VRG website: <http://www.vrg.org/fastfoodinfo.php>.

Thanks to VRG Research Director Jeanne Yacoubou, MS for gathering this information.

SO YOU WANT TO BE A... *Vegan Chef*

By Chef Nancy Berkoff, RD, EdD, CCE

So you want to be a vegan chef... With some training, flexibility, and some entrepreneurial skill, there is a world of culinary possibilities out there for you. Here is a run-down on some of the many factors you'll want to consider:

Location:

Many urban areas have lots of room for different types of vegan cuisine, including fine dining, American, ethnic, coffee shop, snack shop, and even fast food. Some less urban areas, such as wine countries, may have audiences that are receptive to or demand vegan options. Do your research to see where vegan audiences and vegan food supplies are available. You may want to consider training close to an area that is a vegan 'hot spot,' so you can begin to network and become an integral part of the culinary scene.

Hours:

Once you have earned your chef's 'stripes,' you'll want to remember that, unless you are working for a business and industry account (company cafes and dining rooms, businesses that have in-house catering, etc.) that offers 9-5 hours, plan to work weekends, holidays, early, late, and any time that people would like to eat a meal! It may be possible to work part-time hours, but most full-time chefs are working very long hours... or, in other words, when everyone else is 'playing' you should plan on working. This means Mother's Day, Thanksgiving, Saturday nights and Sundays... your family and friends will most probably have to come visit you at work to get to see you!

Financial and Time Considerations for Training:

There are many roads to becoming a vegan chef. You may want to invest in formal schooling, or you may choose to go the apprentice route. While you are in training, either in a formal program or being self taught, you'll want to work in many different types of food service operations to apply your knowledge, acquire many skills, and explore which environments work best for you. Chef training is not as rigid or clear-cut as many other types of occupational training. There are chef

certifications, but they are generally not required to work as a chef. There is not a required numbers of hours that you need to formally complete. The proof is generally in the (silken tofu) pudding!

There are lots of options for chef's training. You may choose to complete formal full-time culinary school training. You may decide to combine on-the-job training in vegan employment with part-time business or management courses at local community colleges or training centers, or you may go the self-taught route. The choice is yours, depending on your time, finances, and personal preferences.

If you decide to go the formal culinary school route, you will have to decide what you would like from your culinary courses. Can you tolerate 'omnivore' training with instructors who will provide alternate assignments for your vegan preferences, or are you more comfortable in a less inclusive, but completely vegan environment? For example, the Culinary Institute of America (the gold standard for American culinary training) has a vegetarian (not vegan) student restaurant and incorporates lots of healthy and vegetarian cooking. But the program still is heavy on 'classical' cuisine with animal products. You'll need to decide if you would like to have a culinary world view, observing omnivore techniques that you can then 'translate' into vegan, or if you prefer to train in the vegan world.

If you do choose to go the culinary school route, here are some questions to ask and important research that you should do:

1. Find out what type of certifications the school has. It can be via a public or private agency or a professional association, such as the American Culinary Federation. This detail is important to demonstrate reliability or will be necessary if you would like to continue your education (to transfer credit) later on.
2. Research the business aspects of the school, including how long it has been in business, any credit rating (the Better Business Bureau can be helpful with this), health department ratings, etc.

3. Establish how payment is handled and what is included (tuition, books, equipment, uniforms, supplies, etc.). Be wary of schools that offer to apply for loans for you.
4. Speak to graduates about their experiences, including the strength and knowledge of the faculty, class size, length of program, assistance and/or accommodation with academic issues, and interaction with the culinary community.
5. Speak to employers about how pleased they are with the graduates from that school.
6. Take a complete tour of the school and any facilities they might use (some culinary schools place students at local culinary operations), interview faculty and current students, sit in on some classes, and even talk to businesses in the vicinity.

To get an idea of what omnivore chef training includes, visit the American Culinary Federation website at www.acfchefs.org. Look through their education and certification sections. If you do decide to go with exclusively vegan training, you'll want to ensure that the program includes the many techniques used in omnivore training, so that you have the widest possible culinary repertoire.

If you choose to go the apprentice or culinary employment route combined with non-culinary classes (business, marketing, etc.), you'll want to find which food operations in your area are known for their cuisine, chefs, training, etc. You'll want to interview prospective operations, to see what their practices are for chefs-in-training. For example, is there a formal schedule, with a designated number of weeks devoted to vegetable and grain cookery, some weeks devoted to menu creation? Will you be rotating around the different front-and back-of-the-house stations? Will there be testing to assess your progress and what form will those tests take? Some facilities may have formal programs while others may be informal (more of a "follow me and do what I do" process).

While you are in training mode, create a paper or online portfolio that includes many styles of recipes, such as omnivore recipes 'converted' into wonderful vegan dishes, vegan and ethnic cuisines, vegan and healthy options, vegan and gluten-free, vegan and lower fat, etc. Include pictures, testimonials from diners or fellow chefs, and certificates of participation to demonstrate your culinary ability and involvement.

Networking:

Become involved in local culinary organizations. You can research the local branch for national and international culinary associations, such as the American Culinary Federation, the Personal Chefs Association of America, the International Association of Culinary Professionals, the International Food Service Executives Association and *Chaine de Rotisseurs*, *Dames de Escoffier Association*, or the *Roundtable for Women in FoodService*. Look for the local chapter of the National Restaurant Association, and professional food organizations (the local Chamber of Commerce should have a listing), small business owners organization, and all local organizations promoting healthy, organic, or vegetarian lifestyles!

Networking is important to acquire information about local culinary culture, and to locate training and employment opportunities. Investigate local markets, farmers markets, co-ops, collectives, and stores that cater to the vegetarian population to become a familiar 'face' on the veggie scene.

Do Your Homework:

Research different levels of successful restaurants, from Moosewood (not exclusively vegetarian) and Charlie Trotter's Marin County raw restaurant (closed after several years, but with a fantastic run) to vegan fast food, raw foods, grocery chains that offer prepared vegan foods, or any place where you might like to train and ultimately work.

Financial Considerations for Salary:

There is very little conformity in the culinary industry regarding job descriptions or salaries. Salaries depend on the type of operation. For example, corporate hotel versus small independent, part-time caterers, franchise operations versus gourmet catering truck, etc. You may be able to get a feel for the local economy and pay rates by looking through large job or salary websites, such as *Monster.com* or *Salary.com*.

Aspects to consider beyond salary are benefits (health insurance, sick days, vacations, tuition reimbursement, chances to travel, etc.), opportunities to learn and advance, ethics and business philosophy, working conditions, neighborhood, willingness to work with your schedule, and job security.

On the whole, a career in culinary arts can usually supply a 'living wage,' but very few culinary people get rich working in the culinary world. The food world can supply a steady income, but is physically and emotionally taxing, while not being as lucrative as what we might see on *Iron Chef*. Most culinary professionals would say

to do it for passion rather than for lots of money in the bank. Of course, if you have strong culinary skills, a winning personality, and business acumen, you could be on the road to financial success!

If you have the choice, you'll need to decide if you want to work full-time at one establishment or part-time at several, remembering that culinary hours are a bit more flexible than, say, banking hours. If the bread is still in the oven, or if you still have a lot of customers, your 7 p.m. end of shift will become more '7ish.' On the other hand, if business is slow, hours may sometimes be cut for several shifts.

Where to Work:

It's a personal call if you want to work at an omnivore operation preparing vegan cuisine. You'll want to see if local Seventh-day Adventist or Buddhist establishments have a need for vegan chefs, if you feel comfortable with their philosophies. Locate and explore local dedicated vegan establishments or research the need for personal vegan chefs in your area.

Vegan chefs work in the delis of natural food markets. You might combine vegan culinary skills with business and own or manage restaurant or food operations. You can decide to focus on catering, writing cookbooks, or be a personal chef, depending on your personality and skill level.

For example, if you enjoy being hectic and constantly challenged, you may like to work for a large vegan restaurant or commissary (operations that supply food facilities with prepared food, such as airline caterers). If you prefer the one-on-one, you might think about offering personal chef services, where you interact with an individual or family, or offer a vegan catering service, where you deliver hot meals five days a week to an established customer list.

No matter which vegan culinary avenue you choose, you'll need strong social and business skills. Success in the culinary world is not just about culinary skills, but is also very much about making and maintaining contacts and business connections. The culinary community is very small and chefs generally have long memories. The vegan culinary community is even smaller, so you'll want to do your homework prior to making your debut. Remember that good contacts and bad impressions can last a long time in our industry!

Nancy Berkoff is a professional chef and registered dietitian. She is The Vegetarian Resource Group's Food Service Advisor.

The VRG in **Vegan Dinner** in **Georgia**

Sunday, October 19, 2014 @ 6 PM

Catered by **Soul Vegetarian Restaurant**
Atlanta, Georgia

The Vegetarian Resource Group will host a vegan dinner during the Annual Meeting of the Academy of Nutrition and Dietetics. Dietitians, VRG members, students, and the public are welcome.

Buffet Includes:

Crisp Vegetable Tray with Onion, Cucumber, or Garlic Dip; Garden Salad and Prince Dressing (house dressing made with soymilk); Dinner Rolls and Corn Bread

Side Vegetables (choice of 2): Tender Greens, Sweet Potatoes, Herb-Baked Potatoes, Green Beans

Entrees (choice of 2): Southern Style Baked BBQ Tofu, Smothered 'Steak' with Gravy and Onions, Cheesy-Spinach-Tofu Lasagna, Mediterranean Cauliflower with Couscous

Dessert: Apple Pie or Vanilla Delight Cake

Beverage: Lemonade

Location: Morehouse School of Medicine, Georgia
1.9 miles from the Georgia World Congress Center

Payment: \$25 by September 1, 2014. Includes tax and tip. If seats are available, \$30 after September 1. Send payment to The Vegetarian Resource Group, PO Box 1463, Baltimore, MD 21203; Call (410) 366-8343 with a credit card M-F 9-5 EST, or go to www.vrg.org/donate and write Atlanta dinner in the comments area. Refunds only given if we can replace your seat.

Name _____

Attending: ___ x\$25/person before 9/1/14=\$ ___

Names of Attendees: _____

Address: _____

E-mail: _____

Phone: _____

Donation towards vegetarian outreach: \$ _____

Total enclosed: \$ _____

The VRG's **Vegetarian** Guide to **Senior Living Facilities**

Vegetarian and Vegan Options in Senior Independent Living, Assisted Living, Nursing Homes, and Other Senior Facilities

By *Sonja Helman, Reed Mangels, Charles Stahler, and Debra Wasserman*



More and more readers have been asking about vegetarian and vegan options at senior facilities. We always half-joked that when our staff entered assisted living that we'd be calling for takeout food. When Charles' vegetarian aunt was 101-years-old in a nursing home, she mostly lived on vanilla cake, noodle pudding, and tea. This was probably her preference anyway, but it will be nice to have more in-house options in the future.

When many of us were in college, most schools did not have vegan dishes. Now it appears that almost every university has a nice variety of vegan choices, some even with their own vegan cafeteria line. We expect the same to happen with senior facilities. The following survey of vegetarian options in senior facilities indicates we are off to a good start. Let us know if you have experience with any senior facilities that have good veggie meals. Be aware that choices can change when staff or ownership changes.

Please note that this is a partial list of senior establishments with vegan and vegetarian options. For a more complete listing, please visit our website at www.vrg.org/seniors/senior_vegan.htm.

Alaska

Valdez Senior Center

PO Box 1635

Valdez, AK 99686

(907) 835-5032

Independent Living

Serves vegetarian options more than once a week.

Sample vegetarian dishes: eggplant parmesan, burritos, spaghetti, pad Thai, Southwest pasta, cabbage rolls, brown rice casserole, stuffed peppers.

Arizona

Maravilla Scottsdale

7221 E. Princess Blvd., Ste. 117

Scottsdale, AZ 85255

(480) 630-3158

Assisted Living, Independent Living, Memory Care.

Serves vegetarian options at every meal and vegan options upon request.

Sample vegetarian/vegan dishes:

Handmade black bean burgers, stir-fried vegetables with curry, lentils.

California

Crestwood Center

Napa Valley, Crestwood

Behavioral Health

Rehabilitation Center

295 Pine Breeze Dr.

Angwin, CA 94508

(707) 965-2461

Serves vegetarian options more than once a week.

Sample vegetarian dishes: roasted veggies, hummus, and feta wraps, spinach pie; bean and cheese burritos; fettuccini with pesto and tomato salad; veggie burgers; homemade veggie pizza; nachos topped with bean chili; Swiss, mushroom, and spinach paninis.

Sample vegan dishes: veggie burgers. Some dishes can easily be made vegan by requesting to leave the cheese off.

Springfield Place

101 Ely Blvd. South

Petaluma, CA 94954

(707) 769-3300

Assisted Living.

Serves vegetarian and vegan options upon request at every meal.

Sample vegetarian dishes: eggplant parmesan, leek and goat cheese tart, vegetarian lasagna, garden vegetable soup, salads.

Sample vegan dishes: braised tofu with brown rice and veggies, vegan hot dogs and burgers, steamed vegetable platter, Amy's Kitchen products.

Terraces of Los Gatos

800 Blossom Hill Rd.

Los Gatos, CA 95032

(408) 357-1104

Nursing Home, Assisted Living, Independent Living.

Serves vegetarian options more than once a week.

Sample vegetarian dishes: stuffed bell peppers, veggie lasagna, shepherd's pie, eggplant parmesan, quiche, stuffed squash.

Colorado

Heritage Club Mountain View

8101 E. Mississippi Ave.
Denver, CO 80247
(303) 337-3400
Nursing Home, Assisted Living,
Independent Living, Continuing
Care Retirement Community.
Serves vegetarian options more than
once a week and vegan options upon
request.
Sample vegetarian dishes: stuffed
shells with marinara sauce, veggie
burger, spinach lasagna.

Connecticut

Tidelawn Manor

97 Seaside Ave.
Westbrook, CT 06498
(860) 399-2565
<http://www.tidelawnmanor.com/>
State Licensed Residential Care
Home.
Serves vegetarian options more than
once a week and vegan options upon
request.
Sample vegetarian dishes: pizza, rice
and beans, hummus, pasta dishes
with veggies, baked cauliflower with
garbanzo beans and ricotta. Features
'No Meat Monday.'

Florida

Accordia Woods Assisted Living

1889 Curlew Rd.
Palm Harbor, FL 34683
(727) 771-1917
Assisted Living.
Serves vegetarian and vegan options
upon request.
Sample vegetarian dishes:
lasagna, quiche, cheese pizza.
Sample vegan dishes: meatless burg-
ers, meatless chili, tofu wraps.

East Ridge Retirement Village

East Ridge at Cutler Bay
19301 SW 87th Ave.
Cutler Bay, FL 33157
(305) 238-2623
Nursing Home, Assisted Living,
Independent Living, Continuing
Care Retirement Community.
Serves vegetarian options at every
meal.
Sample vegetarian dishes: grilled
vegetable platter, eggplant parmesan,
baked ziti, spinach quiche, vegetarian
chili, Caesar salad, grilled vegetable
platter.

Georgia

The Fite Living Centre

5 Fite St.
Cartersville, GA 30120
(770) 382-2002
<http://www.fitelivingcentre.com/>
Assisted Living.
Serves vegetarian options at every
meal.
Sample vegetarian dishes: lasagna,
quiche, Mexican casserole, lentil
soup, vegetable chowder, veggie
patties, tofu loaf, Griller patties.
Sample vegan dishes: lentil soup,
bean burritos, tofu loaf.

Illinois

Fountains at Crystal Lake

965 Brighton Cir.
Crystal Lake, IL 60012
(815) 477-6004
Assisted Living, Independent Living,
Memory Care.
Vegan and vegetarian meals served
upon request.
Sample vegetarian dishes: quiche,
quesadillas, baked pasta, loaded
veggie baked potato.
Sample vegan dishes: Seared tofu

steaks, lentil and couscous salad,
corn/barley/black bean salad, veggie
burgers.

Kansas

Mount St. Scholastica, Inc.

801 S. 8th St.
Atchison, KS 66002
(913) 360-6200
<http://www.mountsb.org/>
Nursing Home, Independent Living.
Serves vegetarian options at every
meal and vegan options more than
once a week.
Sample vegetarian dishes: lasagna,
vegetable stroganoff, veggie pizza,
broccoli cheese casserole, stir-fry with
tofu, rice primavera.
Sample vegan dishes: vegan chicken
strips, veggie patty, lentil harvest
pilaf, macaroni and bean casserole,
tofu fried rice.

Michigan

Village of East Harbor/ Unidine

33875 Kiely Dr.
Chesterfield, MI 48047
(586) 716-7419
Nursing Home, Assisted Living,
Independent Living.
Serves vegetarian and vegan options
upon request.
Sample vegetarian dishes: eggplant
parmesan, garlic-spinach-cheese
tortellini.
Sample vegan dishes: mushroom
bean chili, tofu/broccoli/cashew
stir-fry.

Minnesota

Knollwood Place

3630 Phillips Pkwy.
St. Louis Park, MN 55426
(952) 939-1609

Assisted Living.
Serves vegetarian options upon request.

Sample vegetarian dishes: pasta with red sauce and veggies, pilaf rice, kasha, baked potato.

Sample vegan dishes: beet soup, tomato soup, salads.

New Jersey

The House of the Good Shepherd

798 Willow Grove St.
Hackettstown, NJ 07840
(908) 684-5728

www.hotgs.org

Nursing Home, Assisted Living, Independent Living.

Serves vegetarian options upon request.

Sample vegetarian dishes: various tofu dishes, veggie burgers, pasta dishes made with soy products.

New York

Mayfair Care Center

100 Baldwin Rd.
Hempstead, NY 11550
(516) 538-7171

Nursing Home

Serves vegetarian and vegan options at every meal.

Sample vegetarian options: stuffed cabbage, tossed salads, veggie burgers.

Pleasant Valley

4573 State Rt. 40
Argyle, NY 12809
(518) 638-8274

Nursing Home, Assisted Living, Adult Daycare.

Serves vegetarian options more than once a week and upon request and vegan options rarely.

Sample vegetarian dishes: fruit plate, pizza, macaroni and cheese, lasagna.

North Carolina

Givens Estates Retirement Community

2360 Sweeten Creek Rd.
Asheville, NC 28803
(828) 771-2217

<http://www.givensestates.org/>

Nursing Home, Assisted Living, Independent Living.

Serves vegetarian options at every meal and vegan options more than once a week.

Sample vegetarian dishes: quinoa salad, stuffed peppers, nut loaf, lentil patties.

Sample vegan dishes: tofu stir-fry, vegetarian grilled subs.

Ohio

Golden Living Center – Western Reserve

9685 Chillicothe Rd.
Kirtland, OH 44094
(440) 256-8100

<http://www.goldenlivingcenters.com>

Nursing Home.

Serves vegetarian options and vegan options more than once a week.

Sample vegetarian dishes: pasta, rice and beans, vegetable burgers, salads.

Llanfair Retirement Community

1701 Llanfair Ave.
Cincinnati, OH 45224
(513) 681-4230

<http://llanfairohio.org/>

Nursing Home, Assisted Living, Independent Living.

Serves vegetarian options at every meal.

Sample vegetarian dishes: stuffed peppers using soy crumbles, tofu meatballs and spaghetti, other pasta dishes and salads. Features ‘Meatless Mondays.’

Willow Brook at Delaware Run, Willow Brook Christian Communities

100 Delaware Crossing West
Delaware, OH 43015
(740) 201-5772

<http://www.willow-brook.org/>

Assisted Living, Independent Living. Serves vegetarian and vegan options at every meal.

Sample vegetarian dishes: veggie burgers, vegetarian panini sandwiches, salads, lasagna, veggie platters, fruit plates.

Oklahoma

Tulsa Jewish Retirement Center

2025 E. 71st St.
Tulsa, OK 74136
(918) 496-8333

<http://www.tjrhcc.org/>

Nursing Home, Assisted Living, Independent Living.

Serves vegetarian options at every meal and vegan options upon request.

Sample vegetarian dishes: stir-fry vegetable lo mein; loaded baked potato with mushrooms, broccoli, and cheese; stuffed bell pepper with brown rice; mushrooms and more over polenta.

Oregon

Courtyard Senior Plaza

6125 SE Division St.
Portland, OR 97206
(971) 221-7312

Independent Living.

Serves vegetarian dishes at every meal.

Sample vegan dishes: 3-bean chili, polenta portobello casserole, risotto cakes, chickpea stew, black bean rice burrito with whole wheat tortilla.

Hawthorne Gardens

2828 SE Taylor St.
Portland, OR 97214
(971) 222-0396
Assisted Living.
Serves vegetarian options.
Sample vegetarian dishes: pizza, quiche, baked potato bar, pasta primavera, chilaquiles, roasted butternut squash, macaroni and cheese.
Sample vegan dishes: cabbage rolls, vegan soups, lentil stew.

N.W. Place

2420 NW Marshall St.
Portland, OR 97210
Independent Living.
Serves vegetarian options at every meal.
Sample vegetarian dishes: lasagna, vegetarian stir-fry, quiche, cheese ravioli, stuffed baked potato, pasta in marinara sauce, spinach salad, garden veggie burgers.

Pennsylvania

Bethany Village

150 Noble Ln.
Bethany, PA 18431
(570) 251-3463
Personal care home.
Serves vegetarian meals more than once per week and upon request and vegan meals upon request.
Sample vegetarian meals: eggplant parmesan, macaroni and cheese, vegetable pizza, meatless sandwiches, pasta dishes, soups.

South Carolina

Morningside of Hartsville

1901 W. Carolina Ave.
Hartsville, SC 29550
(843) 857-3159
Assisted Living.
Serves vegetarian options at every

meal and vegan options upon request.
Sample vegetarian dishes: quiche, vegetable lasagna, pasta primavera. They will make menu substitutions to accommodate vegans.

Virginia

Mary Marshall Assisted Living Residence

2000 5th Ave. South
Arlington, VA 22204
(571) 527-5008
Assisted Living for low-income individuals with disabilities.
Serves vegetarian options at every meal.
Sample vegetarian dishes: tofu, meatless chicken, meatless beef.

The Laurels Retirement & Assisted Living

5635 BSG Dr.
Norton, VA 24273
(276) 679-5635
Assisted Living.
Serves vegetarian and vegan options upon request.
Sample vegetarian dishes: lasagna, vegetarian casseroles, soups, sandwiches, salads.

West Virginia

The Seasons

331 Holt Ln.
Lewisburg, WV 24901
(304) 645-4453
Assisted Living.
Serves vegetarian meals upon request.
Sample vegetarian dishes: lasagna, mushroom fricassee, ratatouille, vegetarian baked beans. Will note in the resident's food preferences that they desire veggie meals.

Wisconsin

Bellevue Independent and Assisted Living

1660 Hoffman Rd.
Green Bay, WI 54313
(920) 337-0771
Assisted Living, Independent Living.
Serves vegetarian options at every meal and vegan options more than once a week.
Sample vegetarian dishes: Italian lentil stew, onion galette with mustard crème, roasted tomato and eggplant tart, Spanish chickpea stew with spinach, roasted vegetable strudel, wild vegetable lasagna, lentil shepherd's pie.

Atrium of Racine

3900 N. Main St.
Racine, WI 53402
(262) 639-1100
Assisted Living
Serves vegetarian and vegan options more than once a week.
Sample vegetarian dishes: quiche, pizza, pasta with sauce.
Sample vegan dish: black bean burgers served with an entrée salad and side of veggies.

Visit the Seniors section of The Vegetarian Resource Group's website at <http://www.vrg.org/seniors/> for more information, including a Senior's Guide to Nutrition, foods for specific health issues and diets, and a longer list of facilities that serve vegetarian meals.

If you have suggestions for additional senior facilities to be added to the web list, please send details to vrg@vrg.org or mail to VRG, P.O. Box 1463, Baltimore, MD 21203.

Revisions to the WIC Food Package Make Sense

As the name suggests, the WIC (Women, Infants, Children) Program was developed to protect the health of low-income pregnant and postpartum women, infants, and children up to age 5. The program provides participants with vouchers that are used to purchase specific foods that are identified as being nutritious. More than nine million people receive WIC benefits each year. WIC is administered by the USDA, which issued a final rule on food packages on February 28.

One important change for vegans and others avoiding dairy products is that medical documentation is no longer needed for program participants to get vouchers for soy beverages and calcium-set tofu in place of cow's milk. Of course, not all states allow soymilk or tofu to replace cow's milk but for those that do, it will be easier for this substitution to take place. As of 2011, 71% of state agencies allow soymilk to replace cow's milk and 40% allow tofu to replace cow's milk.

Other positive changes include:

- Previously, the only kind of tofu that was allowed was tofu that had been prepared using only calcium salts. This kind of tofu is not available in many marketplaces. The new rules allow tofu that is calcium-set but which contains other coagulants like magnesium chloride. State agencies are encouraged to choose brands of tofu with the highest amounts of calcium to be included on their lists of foods approved for purchase with WIC vouchers.
- Refried beans, without added sugars, oils, fats, vegetables, or meat, are now listed as approved legumes.

- Whole wheat pasta was added to the list of whole grain options. Other whole grain options include brown rice, bulgur, barley, oatmeal, and corn or whole-wheat tortillas as well as whole wheat bread.
- WIC participants can receive vouchers to purchase fruits and vegetables. The value of these vouchers has been increased from \$6 per month to \$8 per month for children. Women are given \$10 per month for fruit and vegetable purchases.
- State agencies are required to allow organic fruits and vegetables to be purchased. In the past, some states did not allow organic products to be purchased with WIC vouchers.
- Fresh bananas can be used in place of some of the jarred baby food.
- States are given the option of allowing families with 9-11-month-old infants to purchase fresh fruits and vegetables in place of some jarred baby food.

These changes were implemented on May 1, 2014.

The Vegetarian Resource Group was one of more than 7000 groups and individuals who submitted comments to the USDA recommending specific changes to the WIC Program. We are delighted to see that many of the suggestions we made were implemented, including removal of the requirement for medical documentation in order to get vouchers for soymilk or tofu and increased dollar amounts for fruit and vegetable purchases.

by Reed Mangels, PhD, RD

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the Media

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed by *active.com*, an online community for active people, about heart healthy beans. She was also interviewed by *Today's Dietitian* magazine about vegetarian diets for older adults, the Marquette High School newspaper in Missouri about vegetarian teens, and *Baltimore's Child* magazine about vegetarian children. Reed had an article on bone nutrients for vegetarians accepted for publication by the *American Journal of Clinical Nutrition*.

VEGAN Outreach

VRG FoodService Advisor Nancy Berkoff did a presentation for the Arizona Nephrology Conference on March 7 in Phoenix, Arizona on vegan renal diets. Attendees were mostly RDs, RNs and MDs. Nancy's *Vegetarian Journal* article on Menu Selection for Vegan Renal Patients was given out. She continues to teach vegetarian nutrition classes to senior citizens for the City of Long Beach, California.

veggie bits

Just Like Honey!

It's not unusual for companies to make lofty claims, but when testing this product amongst fellow *Vegetarian Resource Group* staffers and friends, they repeatedly confirmed, "It tastes just like honey!" We're not just excited because the product is so aptly named; with such a convincing new substitution, all sorts of possibilities flooded my vegan brain. Just Like Honey will be at home sweetening black tea, spread on a just-baked biscuit, or drizzled over oatmeal. The traditional Rosh Hashanah snack that symbolizes a sweet new year has just not been the same with apples and maple syrup or agave nectar, so it's a good thing that Just Like Honey is certified Kosher, as well as organic and gluten-free. It is made of a blend of brown rice syrup, agave syrup, maple syrup, and other natural flavors by Suzanne's Specialties. There are other rice nectar blends available, including blueberry, raspberry, and maple, but the chocolate rice nectar syrup is worth a special mention. It has a rich cocoa flavor and sauce-like consistency that would perfectly top off a vegan ice cream sundae. You can purchase any of the rice syrup blends, including Just Like Honey, in 16-oz jars for \$5.25, or even in gallon jugs, for \$34, at www.suzannes-specialties.com. You can also look for them at Wegmans, Shaw's, Whole Foods, or your local natural foods store. *Written by Samantha Gendler.*



Tasty Taft

The Taft Seitan Gyro is always one of the most popular products at every vegetarian event I've attended in New York City; there are always lines forming to try the samples. Created by Jessica Taft, a graduate of The National Gourmet Institute, the innovative vegan seitan creations offer texture and flavor that's hard to overlook. These mock meats possess a lot of character in their flavor and make a mean vegan sandwich. Taft products are certified vegan, Kosher, and contain no GMOs or preservatives.

For my Taft Gyro experience, I made a grilled sandwich with vegan cheese. The Taft meat comes pre-cooked and could be consumed without being heated, but the taste is enhanced when served hot. The strips are the perfect portion size and come in a wonderful resealable bag for storing. Taft products can be stored in the freezer or fridge for extended lengths of time and still retain freshness. I used only 2 to 3 slices to make a complete sandwich, which means a little goes a long way. The Taft product also packs a lot of protein at 25 grams per serving! You could use this product on pizza and salads, but in my opinion, Taft Seitan Gyro always tastes best as a sandwich.

Whether you're a fan of innovative products or just enjoy wonderful mock meats that don't lack flavor, you will love the Taft Seitan Gyro. *Written by Gabrielle St. Claire, VRG volunteer.*



Simple and Healthy Boxed Rice Entrees

I have a gift for messing up dishes that should be quite simple to cook, like rice. However, I executed several of Lundberg's new Organic Whole Grain Rice and Seasoning Mixes without a hitch, and was rewarded with so much more than just rice. There are 11 varieties total, ranging from Organic Wild Porcini Mushroom Whole Grain & Wild Rice, which has a lovely nutty flavor, to my favorite, Organic Whole Grain Jambalaya, which blends brown rice with garlic, onion, bell peppers, tomato, and other Bayou-reminiscent spices. There are also rice blends options, which mix in lentils, and red or black beans. A variety of flavor profiles, from Mediterranean (Organic Garlic & Basil Whole Grain Wild Rice) to East Indian (Organic Mild Curry Whole Grain Lentils & Rice) are explored. All mixes are organic, vegan, Kosher, gluten free, and pleasantly foolproof. They are hearty alone, but could make an impressive dinner with veggies or tofu mixed in. I'm particularly excited to revisit the Jambalaya mix, topped with my favorite vegan spicy sausages. Lundberg's new organic rice entrées are available in supermarkets and natural foods stores nationwide and sold at a suggested retail price of \$3.69 for a 6-oz package. *Written by Samantha Gendler.*



Juice Boost

Nothing beats the taste of fresh-pressed juice, but who has time for all that washing, peeling, and chopping, followed by 10 minutes of cleaning out the juicer? R.W. Knudsen's Nature's Peak juices blend fruits and cleverly hidden veggies without artificial colors, flavors, or preservatives. Don't let the olive-green color of the Orchard Veggie Blend throw you off; it tastes only of fruit—apple, kiwi, and pear—but contains spinach and carrot juice, sweet potato, and spirulina. The Berry Veggie Blend is tart and wonderful, and tastes like crushed blackberries, which are the fourth ingredient. Kids especially are sure to enjoy the Tropical Veggie Blend, not suspecting the carrot and sweet potato juice hiding behind the pineapple and mango flavors. All three blends are 50/50 mixes of fruits and veggies and are delicious alone or added to a smoothie. Visit www.rwknudsenfamily.com to locate Nature's Peak juices near you. *Written by Samantha Gendler.*



Treeline Cheeses

If you know a vegetarian who is having a difficult time transitioning to a vegan diet because of a love for gourmet cheese, Treeline Cheese just may be the answer.

The two varieties of soft cheeses, Scallion French-Style Soft Cheese and Herb-Garlic French-Style Soft Cheese, are elegant. They are at home paired with a glass of wine, dabbed on a salad of field greens and balsamic vinaigrette, or spread on a baguette. They are made through a process of fermentation of cultured cashews, but taste just like dairy. It's tough to believe this soft, creamy, flavorful goodness is vegan, and cholesterol-free, too.

The two hard cheeses offered by Treeline, Classic Hard Cheese, which has a smoky flavor and edible rind, and Cracked Pepper Hard Cheese, which is tangy and dusted with spicy, freshly-cracked black pepper, are less convincing as animal-based cheese stand-ins than the soft varieties, but are still impressive. They'd be a hit grated over pasta, stirred into risotto, or served plain with crackers or bread. To locate a natural foods store that sells Treeline Cheeses near you, visit <http://www.treelinecheese.com>. *Written by Samantha Gendler.*



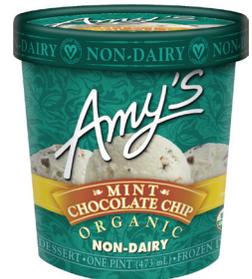
Vegan Cuts

'Surprise' subscription services have become all the rage. The premise is exciting: you pay a flat rate for a monthly delivery of goodies. You never know what you'll get, and that's the fun of it. I received a 3-month beauty product subscription from another popular service as a gift, and while it was fun opening surprise packages, the products were seldom in line with my values. Enter Vegan Cuts. They have two subscription services of all vegan products: one for food – Snack Box – and one for beauty – Beauty Box. The Snack Box contains 7-10 completely vegan goodies, with a different selection each month. Favorites in my recent Snack Box included Harvest Snaps snap pea crisps, Barbara's animal-shaped cereal, and a Raw Revolution coconut chocolate energy bar. The Beauty Box contains 4-7 cruelty-free personal care products, from shampoo, to makeup, to skincare. My sample included some familiar brands, like Pacifica, but others completely new to me, like Rainbow Honey. Vegan Cuts subscription boxes make great gifts, for yourself or others, and are \$19.95 per month. Visit <http://vegancuts.com> to order or to shop the products offered in their boxes. *Written by Samantha Gendler.*



Amy's Ice Cream

From Amy's Kitchen, maker of so many other vegan products we love, from burritos to rice bowls and soups, comes four new flavors of vegan ice cream: Chocolate, Vanilla, Mint Chocolate Chip, and the hands-down office favorite, Mocha Chocolate Chip. The non-dairy frozen goodness has a coconut milk base and contains all organic ingredients. It's also certified Kosher and gluten free. The ice cream originated at 'Plant,' a vegan restaurant in Asheville, North Carolina, where it was a popular dessert. Once the Amy's family tried it, they knew it had to go mainstream. You can now find Amy's frozen desserts in major supermarkets and natural foods stores nationwide. To locate the closest retailer near you, visit <http://www.amys.com/>. *Written by Samantha Gendler.*



THE VEGGIE-LOVER'S SRIRACHA COOKBOOK

By Randy Clemens

This cookbook features 50 vegan recipes using Sriracha, a popular hot sauce. Starters include Sriracha-Mango Guacamole and Stuffed Sriracha 'Shrooms. Delicious soups and stews include Fiery Pho Chay and Five-Alarm Black Bean Soup with Cilantro-Coconut Crema.

Some of the fiery main dishes include Curried Kale and Squash Risotto, Spicy California Rolls, and Jackfruit "Pulled Pork" Sammiches with Pickled Red Onion.

You can serve these salads and sides with your main meal: Edamame-Sriracha Succotash, spicy Tabbouleh-Stuffed Dolmas, or Sriracha Broccoli Slaw. Let's not forget breakfast. Try the California Benedict with Sriracha-Chive Hollandaise or Mean Quiche Florentine. And, of course, don't miss the dessert options, including Super Simple Peanut Butter and Sriracha Cookies and Upside-Down Pineapple-Sriracha Cake.

You'll find beautiful color photos throughout this cookbook. Nutritional analyses are not included; however, most recipes are not high in fat.

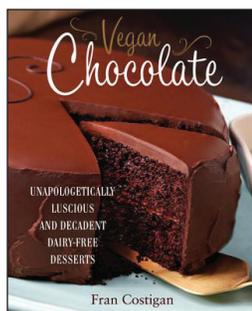
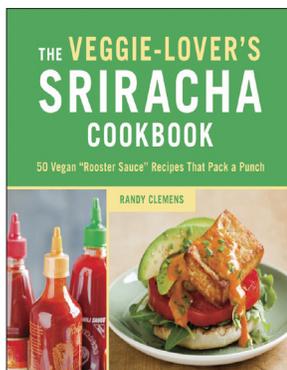
The Veggie-Lover's Sriracha Cookbook (ISBN: 978-1-61519-042-3) is a 272-page book. It is published by The Experiment and retails for \$17.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

VEGAN CHOCOLATE

By Fran Costigan

The subtitle of this cookbook is "Unapologetically Luscious and Decadent Dairy-Free Desserts," and believe me, you'll want to try all the recipes in this book! The gorgeous color photos will further nudge you to get cooking.

Chapter 2 features truffles with flavors like Chai-Spiced, Espresso, and Chocolate Orange Sesame. Chapter 3 showcases cakes including Chocolate Pecan



Cranberry Coffee Cake and Chocolate Fudge Cupcakes.

Showstoppers in Chapter 4 include White and Dark Chocolate Cheesecake, as well as Eclairs. The next section features cookies and bars such as Blondies, Moon Pies, and Gluten-Free Brownie Bites.

Chapter 6 highlights Pies and Tarts such as Chocolate Coconut Cream Pie and Raspberry Chocolate Silk Tart. These are followed by puddings like Coconut Milk Black Rice Pudding and Magic Chocolate Mousse.

Frozen Desserts are featured in Chapter 8. Try the Chocolate Sorbet or Mint Chocolate Chip Ice Cream. If you're planning a family gathering, you may want to make some of the confections such as Chocolate Peanut Butter Cups or Chocolate Crostini. Finally, you may want to accompany these desserts with some chocolate beverages, including Espresso Hot Chocolate or Chocolate Date Thick Shake.

Nutritional analyses are not included. Remember, this is a dessert book, so don't expect lowfat results.

Vegan Chocolate (ISBN: 978-0-7625-4591-2) is a 304-page hardcover book. It is published by Running Press and retails for \$30. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

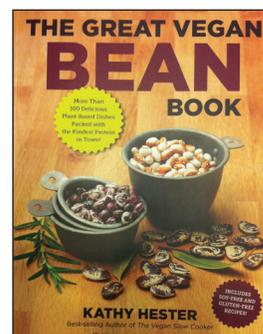
THE GREAT VEGAN BEAN BOOK

By Kathy Hester

Beans are inexpensive and versatile, and this new cookbook serves up a wide range of creative bean-based dishes. Kathy shows readers that they can serve beans from morning till night and even for dessert.

Here's a list of some recipes you'll find in this vegan cookbook: Baked Crispy Chickpea Seitan Patties, Lemon Coconut Chickpea Muffins, Southern-Style White Bean Gravy, Pepita Black Bean Dip, Indian Split Pea and Mung Bean Soup, Pumpkin White Bean Chowder, Asian Black Soybean Slaw, Lentil Beet Salad, Thai Sweet Potato Bean Stew, Apple Baked Beans, Brown Rice Fava Bean Risotto, and Ginger Red Bean Popsicles.

The Great Vegan Bean Book (ISBN: 978-1-59233-549-7) is a 192-page book. It is published by Fair Winds and retails for \$19.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.



AFRO-VEGAN

By Bryant Terry

This new cookbook from Bryant Terry offers over 100 vegan recipes with African, Afro-Caribbean, and Southern food flavors. Beautiful color photos are also included.

The first section of this book is called Spices, Sauces, and Heat. Sample recipes you can prepare include Creole Spice Blend, Jamaican Curry Powder, Pomegranate-Peach Barbecue Sauce, and Mango-Habenero Hot Sauce.

Section 2 is titled Okra, Black-Eyed Peas, and Watermelon and features these food items. Try Blackened Okra with Red Rice, Berbere-Spiced Black-Eyed Pea Sliders, or Strawberry-Watermelon Salad with Basil-Cayenne Syrup.

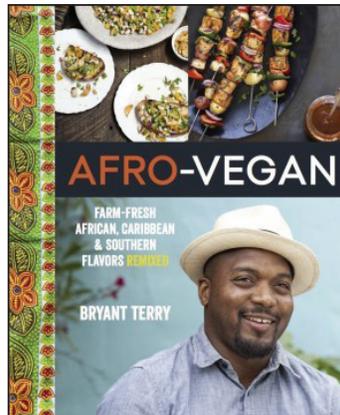
The third section features Soups, Stews, and Tagines. Enjoy Sweet Potato and Pumpkin Soup, Black Bean and Seitan Stew, or Tofu Curry with Mustard Greens. You'll find Greens, Squashes, and Roots in the next section. Munch on Mucovado-Roasted Plantains, Citrus Salad with Arugula, or Dandelion Salad with Pecan Dressing.

Section 5 highlights Grits, Grains, and Couscous including Curried Corn, and Coconut Rice and Dirty Millet. Section 6 is titled Street Food, Snacks, and Small Bites. You can prepare Sugared Pecans, Lemongrass Boiled Peanuts, or Creole-Spiced Plantain Chips.

Next, move on to Preserves, Creams, and Spreads and try Dill-Pickled Mustard Greens, Fig Preserves with Thyme, and Mango-Maple Syrup. The Biscuits, Smoothies, and Porridge section offers Maple-Glazed Banana Johnnycakes and Fresh Corn Grits with Swiss Chard and Roasted Cherry Tomatoes.

For dessert you can prepare Vanilla Spice Ice Cream or Coconut Rice Pudding with Nectarines. And the book ends with beverages, including Grape-Tarragon Spritzer and Tamarind Sweet Tea.

***Afro-Vegan* (ISBN 978-1-60774-531-0) is a 224-page hardcover book. It is published by Ten Speed Press and retails for \$27.50. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



NO MEAT ATHLETE

By Matt Frazier with Matthew Ruscigno, MPH, RD

Ultramarathoner Matt Frazier and vegan dietitian (and athlete) Matthew Ruscigno have teamed up to produce *No Meat Athlete*, a comprehensive guide for vegan or near-vegan athletes, at any fitness level. The book begins with information about plant-based nutrition for athletes with a focus on whole foods. Although both authors are vegan and all recipes and meal plans in the book are vegan, the authors generally use the term “plant-based” to mean that “the vast majority of what you eat is plants.” They encourage readers to read the book and decide what a “plant-based” diet means to them.

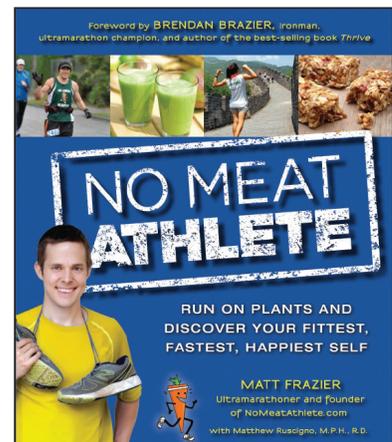
No Meat Athlete is engaging and fun to read. A variety of athletes tell their stories and provide food or training ideas that have worked for them. Sidebars on topics ranging from soy safety to iron needs of athletes to trail running tips add interest.

I can't wait to try the more than 50 recipes, including homemade energy gels and bars and Buffalo Hummus.

The last part of the book focuses on running and includes sections on making running a habit, advanced training techniques, and training plans for a 5K, 10K, and half marathon. Although the focus of the last part of the book is on running, there are also sections for bodybuilders and triathletes, and it would be easy to modify many of the recommendations for other sports.

No Meat Athlete is an excellent resource for those wanting to enhance their performance and achieve health while eating a vegan diet.

***No Meat Athlete* (ISBN: 978-1-59233-578-7) is published by Fair Winds Press. It has 256 pages and retails for \$19.99. Look for this book in your local bookstore or purchase it online. Reviewed by Reed Mangels, PhD, RD.**



Help Create a Veggie World

NINA CASALENA, VOLUNTEER COORDINATOR
& CATALOG MANAGER

Nina joined The Vegetarian Resource Group staff in November 2013 and is thrilled to be spending her time working for a cause she believes in. Three years ago, upon learning how animals suffer for products like dairy, eggs, and honey, she converted her vegetarian diet to full-on vegan. "When I went vegan, I found VRG's nutrition information extremely helpful," she said. "VRG does a really good job of helping people *stay* vegan, which I think is really important."

Nina describes her job as a 'catch-all' for lots of different tasks, and enjoys helping to create a veggie world in different ways each day. She processes book orders, responds to mail and calls about vegetarianism, and coordinates with local and national volunteers. "I can go from speaking with an 80-year-old vegetarian from Boston who is interested in meeting more vegetarians in her area, to packing up 100 pounds of literature for an upcoming VegFest," Nina said. "One day, I was interviewed for a high school paper about veganism, and the next I was handing out literature at an outreach booth. There is certainly a lot of variety!"

Because VRG is grateful for volunteers, individuals get to work on hands-on projects relevant to their interests.

"Everyone in the office tries their best to make the volunteer experience fun, worthwhile, and inspiring," Nina said.

If you are interested in joining us as a volunteer or intern, please email us at vrg@vrg.org.



MATT BAKER, VOLUNTEER

Matt, who is a nurse, volunteers with The VRG on Friday afternoons and at events.

Exposure to the animal rights movement in his teens caused him to transition to a vegetarian diet, and since then, he's become vegan. "I've always been interested in ethics and pride myself on being a compassionate person," he said. "It was sort of a 'no-brainer' situation and I loved making the switch! I got a lot of inspiration and momentum from a good friend...She led by example, showing me that it's easy to use plant foods and products. From there, it was a matter of experimenting with new plant foods and cultivating my love for vegan cooking. It's been a great experience and an ongoing process of learning."

Matt began volunteering as a way to be more active in the vegetarian movement. "Anyone could have a good time working with The VRG. It seems like there is something for everyone – from creative writing to organizing events."

So far, working on The VRG Restaurant Guide (<http://www.vrg.org/restaurant/index.php>) has been one of Matt's favorite tasks. "It's a really cool resource that I recommend to every vegetarian and vegan I know." He's also enjoyed the fun he's had connecting with people at events, like the Great Sage restaurant fundraising day, and seeing how

receptive they are to the vegan lifestyle. "I really appreciate when people get excited about using the resources we provide," he said.

If you'd like to participate in outreach events, like Matt has, contact vrg@vrg.org.



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What to Do With All Those Tomatoes?

By Chef Nancy Berkoff, RD

Fresh green, red or yellow tomatoes, sun dried tomatoes, tomato paste, tomato purée, tomatoes from the vine, tomatoes from the can or jar.... There is a form of tomato for just about every taste and purpose!

Salsa

One of the easiest ways to use fresh tomatoes in season is to make salsa. You can start with a base of lots of chopped tomatoes (either all fresh or a combination of fresh and canned), a bit of chopped onion, and your choice of chili (from mild bell pepper to super hot fresh, canned, pickled, or dried chilies).

With your salsa base, use what is available to create a condiment, cold soup, salad dressing (you'll purée your salsa), or a side dish. For example, adding cooked black beans or garbanzos, chopped celery, and corn makes a delicious salsa, side dish, or a great sauce for cooked grains or potatoes. Toss salsa with leftover chopped green salad and use as a sandwich, wrap, or burrito filling. Mix salsa with leftover cooked pasta, and you have a refreshing cold side pasta salad. Add some smoked tofu, cooked white beans, or chopped seitan and you have an entrée!

Tomato-Based Cooked Dish

If you feel like cooking, a wonderful tomato-based dish

called *Shashuka* in the Middle East (or Eggs in Purgatory in the Mediterranean) is easy to veganize and very versatile. Chop and sauté onions, garlic, bell pepper, cumin, and red pepper flakes or chili until you have a soft mixture. Add in lots of fresh or canned diced tomatoes and a small amount of tomato paste, and then allow the dish to simmer. The traditional method is to crack eggs into the simmering tomatoes. For our vegan version, we could add crumbled extra-firm tofu. Serving the tomato mixture over mashed potatoes or noodles makes a great dish! Depending on what's available, mushrooms, garbanzos, parsley or cilantro, basil, diced carrots, diced celery, sliced olives, or leftover cooked grains can be added to create many dishes from one base.

Stuffed Tomatoes

Fresh tomatoes lend themselves to stuffing. For cold stuffed tomatoes, you can create a bean-based salsa, tofu and chopped salad mixed with your favorite salad dressing, chopped mushrooms and hummus, or a medley of chopped bell peppers with cooked, chilled lentils and use these as stuffing. For hot stuffed tomatoes, use leftover potatoes or cauliflower, mashed and seasoned with garlic and onions or leftover cooked grains, seasoned with your favorite spice blend, and mixed with tomato sauce as a stuffing.

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.

Vegetarian Action

For Gleco: Tom Regan's Fight for Animal Rights

By Laura McGuinness

Tom Regan didn't start out a vegan. He didn't start out a vegetarian, either. He was not raised by vegetarian parents and he did not take on this dietary change until he was well into his adult years. In this way, his work and ideology in the animal rights and vegan fields of thought are extremely influential. If this man can live a non-vegan life and experience an epiphany half-way through adulthood, anybody can.

Tom Regan became a lacto-ovo-vegetarian in the summer of 1972 and transitioned to being a complete vegan shortly thereafter. During his time working as a butcher in his college years, Regan never saw the negative impact of his lifestyle. He was married, expecting children, and acting as the co-founder of a state-wide, grassroots organization called North Carolinians Against the War. He was an anti-war advocate and believed that peaceful living was the best kind of living. He had never considered the hypocrisy of being an anti-war advocate as well as a meat-eater until the fateful year when he and his wife lost their first child.

Their first child was not a human baby, but in fact their miniature poodle, Gleco. Regan said that when Gleco died, he and his wife "...were an emotional basket case. I often say that reason can lead the will to water but only emotion can make it drink. That's what happened in our case. We embraced the argument rationally but, emotionally, we saw the animals we ate in the same way that we saw Gleco. Well, when the mind and heart are on the same page, that sealed the deal for us." Tom Regan and his wife decided to abstain from eating meat shortly after this realization.

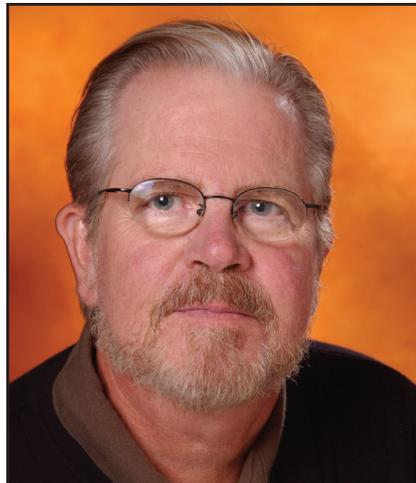
Regan's main beliefs within the animal rights movement are as follows: all experiencing subjects-of-a-life are given inherent values at birth and thus do not have

a responsibility to humans. "Inherent value is different than existing as a resource for others. Machines and tools, for example, have resource value for those who use them. It's all right to use them 'merely as a means' because that's what their value comes to. But subjects-of-a-life, like the people reading these words, should never be treated 'merely as a means.' They should always be treated as ends in themselves, which is what inherent value means."

While some people advocate veganism for the environmental or nutritional benefits, Regan believes that veganism is simply a form of ethics. If you want to carry out a morally just life, one devoid of unethical choices, you should refrain from eating other living beings.

Tom Regan has written numerous books on the topic of animal rights, including: *Empty Cages*, *Defending Animal Rights*, and *Matters of Life and Death*. He has also given hundreds of professional and public lectures throughout the world, promoting animal rights and expressing his views. He is a professor emeritus of philosophy at North

Carolina State University, where he taught primarily animal-rights-related courses from 1967-2001. It is there that the Tom Regan Animal Rights Archive is being established, housing not only Regan's personal papers and books that document his important role in the history of the animal rights movement, but also information regarding other organizations and their functionality within the movement. This archive is the first of its kind, marking the first global attempt to establish a collection of materials related to the animal rights campaign. Through this national archive, Tom Regan's many influential beliefs and theories will continue to thrive.



Tom Regan, Animal Rights Activist

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



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Shooting with Balance Photography

Left: Nathaniel and Rissa (with assistant) of Balance Photography shooting vegan French toast for the VRG. They also shot fruits and veggies for the new cover of *Vegan Handbook* and our *Vegan in a Nutshell* brochure. Balance Photography is a full-service, vegan-owned photography company based in the Baltimore/DC corridor. They specialize in documentary-style images, headshots/portraits, and commercial photography. They are Green-America-approved, avid environmentalists, and committed to vegan and eco-ethics in all aspects of their business and lives. Nathaniel and Rissa also produce and organize the events for Baltimore Vegan Drinks and publish a vegan blog, *The Dirty Hippie & Bohemian Girl*. Find them at www.balancephotography.net.

UMD interns at VRG

A group of 10 University of Maryland dietetic interns visited The Vegetarian Resource Group to learn about meeting the needs of their future vegetarian and vegan clients. The non-vegetarian group practiced developing sample vegan meal plans for varying ages and activity levels. Each of them brought a delicious vegan dish to share, including Thai noodle salad, spicy cabbage slaw, and chocolate peanut butter cereal balls.



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