

Tasty Holiday Treats • Vegan in a Nutshell Poster

VOLUME XXXIII, NO 4

VEGETARIAN

JOURNAL

Science, Caring, and Vegan Living
Since 1982

Mayim Bialik

on becoming vegan, her new cookbook,
and family-friendly vegan meals

Muffin Mania



Egg Replacers:

Our list of substitutes for
baking and cooking

Poll Results:

How many 8-18-year-olds are veggie?

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NUTRITION HOTLINE

GABRIELLE ST. CLAIRE



This issue's Nutrition Hotline addresses the question, "How can I tell if my produce is organic?"

QUESTION: *I would like to purchase organic produce, but I'm not quite sure if it is actually organic. How will I know? R.A., via email.*

ANSWER: Today, it can be quite confusing distinguishing what is organic versus conventional at the supermarket. A great way to discern if produce is USDA certified organic is to review the PLU code. The PLU code is usually found on a sticker directly on the product. If you're buying produce without stickers on the item, such as mushrooms or green beans, there should be a PLU code on the sign for the particular item.

Supermarkets have used PLU codes on produce since the 1990s to make checkout and inventory control easier, faster, and more accurate. Today, there are more than 1,400 global PLU codes that are assigned to produce and related items. PLU is an acronym for Price Look Up. A PLU is a four- or five-digit number that identifies produce items based upon various attributes, specifically, whether an item is organic, conventional, or GMO (genetically modified organism). PLU codes are assigned by the International Federation for Produce Standards (IFPS). Neither farmers nor supermarkets are required by law to use the codes.

How to decipher PLU codes:

- A 4-digit PLU in the 3000s or 4000s means conventionally

grown potentially with the use of pesticides.

- A 5-digit PLU starting with the number 9 means organically grown without the use of pesticides.
- A 5-digit PLU starting with an 8 means genetically modified.

For example, if an apple PLU code is 4011, it is conventionally grown. If the apple PLU code reads 94011, it is organically grown. If the apple has 84011, then it would be a genetically modified apple. However, labeling GMO produce with a PLU code starting with 8 is optional. Today, most companies don't use an 8 PLU code even if the produce is genetically modified, and label the GMO items as conventional with a PLU code of 4.

In addition to using the PLU code to identify organic produce, you can also look for a sticker or a sign above the produce that has the USDA organic seal. This seal can only be used on products that have been certified by the government through the National Organic Program. To be certified, products must be inspected and meet USDA regulations. Learn more about organic labels by visiting <http://www.ams.usda.gov>.

Gabrielle St. Claire has a BS degree in Nutrition & Dietetics from New York University. She wrote this article while interning with The Vegetarian Resource Group.

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

NOTE FROM THE COORDINATORS

WHOEVER SAVES A LIFE, IT IS CONSIDERED AS IF HE (SHE) SAVED AN ENTIRE WORLD



Giant, a large Northeast regional supermarket chain, featured a Spinberry Smoothie in their *Healthy Kids Ideas* handout. Directions and ingredients: Blend strawberries and spinach with almond, coconut, or dairy milk. Add a banana to make it thick and creamy. It's amazing to us that this mainstream supermarket featured vegan options. A few years ago, they certainly would not have mentioned or carried almond or coconut milk. Times do change.

When Debra was on Giant's Consumer Advisory Committee about two decades ago, they started adding organic produce. However, these were wrapped in plastic. Debra tried to explain to them that people looking for organics didn't want items they couldn't see and that were covered in plastic, but Giant staff didn't quite get it. Twenty years forward, with the prevalence of Whole Foods nearby, Giant has quickly added many foods they weren't sure about back then. Of course, they still have to cater to many audiences: as shown by the page in their handout next to the vegan smoothie option that has a Strawberry Breakfast Sammie with an egg and Canadian Bacon. With your help and changing consumer demand, we hope that in 20 years, that page will no longer be necessary.

"Whoever Saves a Life, It Is Considered As If He Saved An Entire World." This saying is from the Talmud, an ancient Jewish tract. How many times has someone said that your vegetarian diet doesn't make a difference? Of course it does! Every little action brings about change, for good or bad. It seems we live in a 'Nothing Is Enough' world. It's interesting that the Internet society impacts this in both directions. On the one hand, everyone can have a say. On the other hand, because we are constantly bombarded by those 'more successful' and ongoing Internet attacks and criticism towards others, nothing ever seems enough. Yes, we always want to do more and better, but as the ancients realized, the route to a better world is the small, important, ongoing acts each of us performs. Congratulations to this year's Vegetarian Resource Group Scholarship winners (pages 6-7) and all the great students who entered our college scholarship contest.

This *Vegetarian Journal* issue is being mailed to more than 2,000 restaurants serving vegetarian food. Thank you to all of you for making a difference, as well as readers who support these establishments. If you want to share the Costa Rican recipes (pages 28-30) for Latino outreach, you can print these out in Spanish from www.vrg.org. Thank you, Priscilla. And you may want to share the centerfold poster in this issue with others. We greatly appreciate all our donors, members, and volunteers who support VRG's ongoing outreach. Thank you for your daily practice of vegetarianism/veganism (or working towards this goal) and your ongoing acts of kindness and support. Have a Happy New Year!

Debra Wasserman & Charles Stabler

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

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

Thanks to Hong Lee for volunteering to convert articles into HTML to put on our website: www.vrg.org.

Thanks to these VRG volunteers for staffing outreach booths: Nora Allen, RD; Arnie Alper, MD; Matt Baker, RN; Whitney Blomquist; Natalie Evans-Bruffy; Chris Dietrich; Becca Kaplan; Reed Mangels, RD; Amanda Riley; Mark Rifkin, RD; and Eric Sharer, RD.

Thanks to Jeff and Arlee Baskin for their donation in memory of Lewis Spitzer.

STAFF MAKES MY VEGANISM A REAL JOY

When the quarterly *Vegetarian Journal* comes, I make the time to read it from cover to cover. Sometimes I read it all at once, sometimes I spread it out over several days, and sometimes, depending on my schedule, I make it last over several weeks. The magazine is a true highlight of my life. Thanks so much for all the research you do, the thoughtful articles, and for great recipes. The entire staff helps make my veganism a real joy.
Diane S., Slatington, PA

VRG-NEWS

I have never replied to your Online VRG-News newsletter, but I want to thank you for sending them. I love being in the loop of vegetarian news and every month I find something interesting and helpful. Because of this month's letter I will use my powers as chief editor of my school newspaper, my student government position, and Expect Respect membership at my school to begin promoting vegetarianism. I've already convinced 2-5 students, simply because they have

seen my health and vibrancy, to go vegetarian. I do not pressure or force my opinions on anyone but simply stand as an example and inform people of the benefits, if they ask and want to know. Your VRG-News has been inspiring and helped me to be more confident, more informed, and come out of my shell.

Paige L., via e-mail

Editors' Note: VRG-News is a monthly online newsletter. To subscribe, go to: <http://www.vrg.org/vrgnews/#subscribe>.

USE CLEAR LABELS

I think everybody wants to see common names. As a vegan, if I can't pronounce something on a label, I usually don't buy it... Nowadays, I read labels thoroughly, and I'd much rather see something like "cornstarch," "dried banana," or "grapeseed oil" than "egg replacer." With all the gene modification going on now, even "egg replacer" might not be as innocent as it sounds. So I agree with the egg industry: use common names on labels. (I still wouldn't buy the product if "egg" were listed, but I've been a vegan for sixteen years, so I have good reason.)

Diane S., 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:

ROASTED VEGGIES/FRUIT

Plus: *Cooking Jackfruit, Becoming a Food Technologist, Quick Couscous Dishes, Essay Contest Winner, and more!*

The Vegetarian Resource Group's



HUNTER GABEL

VANDERBILT
UNIVERSITY

\$5000

Hunter wrote: "In the fifth grade, I had the idea to start a movement with a few other students focusing on both personal and environmental health. We spent the year working and researching with my school's principal and a local gardening expert before finally planting a garden wall of native vegetation as a way to block off the airport to the north of our school aesthetically, and to show that in spirit our school and community was working toward a healthier place. The plants at this stage didn't provide an edible option as I had hoped, but I was determined to see that part of my dream come true...."

"Eventually, what started as the garden wall grew into the idea for an on-campus garden, dubbed the Cougar Patch, as a way to help the entire campus community get involved in the spirit of healthful eating and environmental awareness. The garden got backing from the school district after testimony from me and other stakeholders, and it started scaling up from there. Once the teachers saw how students were engaged by the program, it quickly spread to all the other schools in our district. I still stop by to work in the gardens and have seen how excited the students are during community garden days, as it has truly become part of the campus and its culture.

"It was determined that the harvest from the school's garden could be used in healthy eating lessons for the students. Each class picks some of the harvest together, and then a teacher or parent volunteer prepares a dish with it and serves it to the students. While preparing the food and eating it, they discuss the benefits of vegetarian options, healthy eating, and fresh food. Since everyone put so much work into raising the crops, the kids were more than excited about eating their vegetables.

"I am still involved in the programs across the district, though my involvement varies by program and time of year. For example, during the high school's Grades of

Green campaign, I was involved at all the school sites as I tried to bring our composting programs together with those of all the school sites to prepare for a presentation to our city council. I am also heavily involved with the Health Fair each year; I try to assess what each school is doing and how they compare to the city's Wellness Day programs. All in all though, the community garden is still my baby. It provides the most engaging long-term education and direct access to healthy, vegetarian foods. I am the most passionate and inspired by those efforts and how they have allowed me to start a movement that spread across my district and community."

Hunter also worked to add vegetarian options at school events in high school. He reports: "...At our football snack bar I implemented veggie patties for hamburgers, vegetarian noodles, and meatless burritos onto our menu. The football items sold very well, as vegetarianism is a growing movement in my town, and the students and parents alike were excited to have an option to fit their diets. At our Student Government mixers, I made sure that meatless pasta, pizza, or stir-fry was available. It was also important to me to set aside specific vegetarian plates so that regardless of when people ate, there was still food available they could eat because unfortunately (or fortunately, depending on how you look at it) sometimes people who were not vegetarians would eat all of the meatless options early, leaving the vegetarians without food. I also implemented veggie options at our campus dances. At our prom, vegetarian lasagna was offered and was one of the first items to run out, which I believe showed that with open minds, even people who don't follow the vegetarian lifestyle can still enjoy the food."

Hunter said, "In 5 years, I hope to be in medical school, hopefully in a program that allows me to explore my interests in human health, nutrition, and environmental health as well. This plan for my future also relates to the story of how I became a vegetarian, because both of my passions stem from an illness ... When I was diagnosed with a rare, chronic disease, I began to look into ways to make my body healthier. After fully grasping the benefits it could have on my health while allowing me to take a stand on issues I felt so strongly about, I finally made the personal commitment to vegetarianism. My health has never been better and I feel great emotionally knowing that fewer animals are dying and fewer forests are being clear-cut due to my decision."

2014 SCHOLARSHIP winners



**ISABELLA
PEZZULO**

**UNIVERSITY
OF RICHMOND**

\$5000

Isabella became a vegan in eighth grade after being exposed to information concerning the treatment of animals and the environmental impact of producing animal products. Following are excerpts from what she wrote about her outreach activities.

“I worked with Food Not Bombs during the beginning of high school. I would help serve fresh, homemade vegetarian meals prepared by members to the homeless, along with day-old pastries and breads donated by The Panera Bread Company. We would bring food to two separate locations on the intercoastal where the homeless know they can get a hot meal.

For our school Environmental and Cosmos meetings, I contribute by preparing large dishes

so everyone can enjoy a healthy lunch. My most popular dishes are quinoa salad, homemade hummus, vegan samosas with homemade mango chutney, guacamole, black bean and corn salsa, pasta salads, vegan chocolate chip



A vegan blueberry pie Izzy made in celebration of Florida's abundant summer blueberries. She makes her own crust with coconut oil, sugar, and flour.

rosemary cookies, and pumpkin banana bread. It is my way of proving to my peers that vegan food isn't bland.

“Since sophomore year, I've sold my vegan granola everywhere at school: at my locker, during lunch, and between classes. It has happened more than once that a friend has interrupted my teacher during one of my classes to buy some of my granola. (Most of my teachers don't mind, since they enjoy my granola as well.)

“My experience with my school garden has been the true delight of my high school career. Currently, there are plans to erect a greenhouse at my school using the money we received when I wrote a grant request to the Whole Foods Garden Grant. This project has moved from a club to part of the school curriculum.

Through my journey of cooking for others and showing them the wonder of plants in the garden and through my art, I hope to

extend the joy I've received from living compassionately.”

This past summer Izzy coordinated vegetarian food for her job leading volunteers on the Appalachian Trail in New Hampshire, Maine, and Massachusetts.



Izzy's "Gauguin's Tahitian Lover" granola, made with vegan white chocolate, banana chips, almonds, pumpkin seeds, dried papaya, mango, pineapple, and more.

Upcoming: The Vegetarian Resource Group's 2015 Scholarship Contest will award \$20,000!

In 2015, due to a generous donor, we will award \$20,000 in scholarships. The deadline is February 20, 2015 for high school seniors graduating in 2015.

For details about the contest and past winners, see <http://www.vrg.org/student/scholar.htm>. To support additional vegetarian scholarships and VRG interns, go to www.vrg.org/donate.

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Asian Indians at Increased Risk of Diabetes, Stroke, and Other Health Problems

India, a country where around 40% of the population is vegetarian, has seen a marked increase in the number of people who have diabetes, heart disease, and stroke. We usually think of these diseases as being less common in vegetarians; instead, India has the second highest prevalence of diabetes in the world. Researchers examined possible reasons for the increased prevalence of diabetes and heart disease in Indians. Although there has been some increase in meat intake in Indians over the past 25 years, the increase is small – less than 3 pounds more meat per person per year now compared to 25 years ago. What may be happening is that traditional whole plant foods are being replaced by processed foods, fried foods, and sweets. This, in combination with the higher risk metabolic profile of many Asian Indians, may explain why chronic diseases are more prevalent.

Rice is one example of a dietary staple in India whose consumption has changed. Traditionally, brown rice and, in some regions, grains such as barley, millet, and amaranth, were central components of the diet. Now, brown rice and other grains have been largely replaced by polished white rice. In some parts of India, about half of the day's calories come from nutritionally deficient white rice. Additionally, lentils, fruits, vegetables, nuts, and seeds are being replaced by refined carbohydrates. These dietary changes may, at least partially, explain the elevated risk of chronic disease seen in many Asian Indians.

Additional evidence for diet's effect on disease risk in Asian Indians was seen in a study of Asian Indian Seventh-day Adventists living in the United States and Canada. In this group, changing from a vegetarian to a non-vegetarian diet was associated with weight gain, stroke, diabetes, and heart disease, and with a decreased life expectancy. This may have been due, in part, to both eating more meat and to eating fewer plant foods. Taken together, these results suggest that a diet based on unprocessed plant foods could have a marked effect on the risk of chronic disease in the Asian Indian population.

Singh PN, Arthur KN, Orlich, et al. 2014. Global epidemiology of obesity, vegetarian dietary patterns, and noncommunicable disease in Asian Indians. *Am J Clin Nutr.* 100:359S-64S.

How Many Athletes are Vegetarian?

The Olympics and other international competitive events include athletes from many countries. Researchers surveyed athletes at the 2010 Commonwealth Games, held in Delhi, India, in order to explore the different diets used by athletes and the motivations for those diets. The Commonwealth Games include thousands of athletes from the 71 Commonwealth nations and dependencies. A total of 351 athletes completed questionnaires. Thirteen percent of athletes reported avoiding red meat; 8% were self-defined vegetarians (7% said they were lacto-ovo or lacto vegetarian and 1% reported being vegan). Non-Western athletes, including those from Africa, India, the Caribbean, and Southeast Asia, were more likely to follow a vegetarian diet. Those athletes who participated in events with weight categories were more likely to follow a vegetarian diet than were athletes participating in other sports. Athletes following a vegetarian diet were more likely to avoid additives and wheat than were non-vegetarians. Five percent of participants followed a low/no lactose diet and 3% reported that they followed a dairy-free diet.

Athletes who followed a vegetarian diet may have done so because of religious beliefs. A number of athletes from Africa reported following vegetarian diets, possibly because meat was not a regular part of their traditional diet. Some athletes may have temporarily become vegetarian because the main meat sources at the Commonwealth Games were buffalo and goat, which are unfamiliar foods to many Westerners. The percentage of athletes reporting that they follow vegetarian diets is somewhat higher than The Vegetarian Resource Group's polls (<http://www.vrg.org/nutshell/faq.htm#poll>). The difference could be due to the international nature of the athletes surveyed and to the potential difference between people who say they follow a "vegetarian diet" and those who say they "never eat meat, fish, and poultry."

Pelly FE, Burkhart SJ. 2014. Dietary regimens of athletes competing at the Delhi 2010 Commonwealth Games. *Int J Sport Nutr Exerc Metab.* 24:28-36.

Diet and Risk of Kidney Stones

One in 10 Americans will have a kidney stone during his or her lifetime. This painful condition may be affected by dietary choices. A study of more than 50,000 people living in the United Kingdom found that vegetarians had almost a 30% lower risk of having kidney stones compared to “high meat-eaters” who were described as eating more than 3 ounces of meat daily. Both red meat and poultry were associated with higher risk of kidney stones. Higher fresh fruit intakes were associated with lower risk. Although being overweight is associated with an increased risk of having a kidney stone, vegetarians were at lower risk even when their typical lower body mass was accounted for.

You can read more about vegetarians and kidney stones at <http://www.vrg.org/journal/vj2006issue3/vj2006issue3hotline.htm>

Turney BW, Appleby PN, Reynard JM, Noble JG, Key TJ, Allen NE. 2014. Diet and risk of kidney stones in the Oxford cohort of the European Prospective Investigation into Cancer and Nutrition (EPIC). *Eur J Epidemiol.* 29:363-9.

Vitamin B12 Supplements are an Effective Way to Improve Status in Mothers and Babies

Vitamin B12 plays an important role in human development. It is needed to support nervous system formation. Poor vitamin B12 status during pregnancy has been associated with low birth weight and vitamin B12 deficiency in infants. Results of studies of vitamin B12 status in vegetarians and vegans suggest that not all are aware of or are regularly using reliable sources of vitamin B12.

Vitamin B12 supplements are an effective way to improve the vitamin B12 status of pregnant and breastfeeding women and their infants. This was demonstrated with a study of 366 pregnant women in Bangalore, India. Half of the women were given a vitamin B12 supplement providing 50 micrograms per day of vitamin B12 and half were given a placebo. They took the supplement or placebo throughout pregnancy and for six weeks after giving birth. Indicators of vitamin B12 status were checked several times during the study. The researchers did not say whether or not the women were

vegetarian. More than 40% of the women had vitamin B12 intakes which were below recommendations at the start of the study. Women who received vitamin B12 and their infants had higher blood levels of vitamin B12 compared to women who did not receive vitamin B12 and their infants. Breast milk vitamin B12 was also higher in women receiving the supplement. These results support the importance of adequate vitamin B12 in pregnancy and lactation and show that supplements can be an effective way to meet vitamin B12 needs. To learn more about vitamin B12, see our website <http://www.vrg.org/nutrition/b12.htm>

Duggan C, Srinivasan K, Thomas T et al. 2014. Vitamin B-12 supplementation during pregnancy and early lactation increases maternal, breast milk, and infant measures of vitamin B-12 status. *J Nutr.* 144:758-64.

Vegetarian Diet May Offer Health Benefits to Black People

Vegetarians tend to have lower blood pressure, lower risk of heart disease and diabetes, and less obesity than do nonvegetarians. Most studies of vegetarians, however, have focused on predominantly white subjects. Diabetes and high blood pressure are especially prevalent in black people. Researchers from Loma Linda University investigated the effect of a vegetarian diet on risk factors for heart disease, diabetes, and high blood pressure in black Seventh-day Adventists (75% African American and 25% West Indian) in the US and Canada. Of the approximately 600 study participants, 25% were vegetarian (includes both lacto-ovo vegetarians and vegans), 13% ate fish, and 62% were not vegetarian. Compared to nonvegetarians, the vegetarians had a lower risk of having high blood pressure and had lower average blood pressure. The vegetarians also had a lower risk of diabetes and had lower average blood glucose. Vegetarians also had a lower body mass index (BMI) than nonvegetarians.

These results suggest that a vegetarian diet is associated with significantly lower risk of common chronic diseases in black Americans. The study authors point out that the differences in risk factors which they observed could lead to a reduced risk of heart attack, stroke and kidney failure.

Fraser G, Katuli S, Anousheh R, Knutsen S, Herring P, Fan J. 2014. Vegetarian diets and cardiovascular risk factors in black members of the Adventist Health Study-2. *Public Health Nutr.* [Epub ahead of print].

TASTY *Holiday Eats* for the SEASON by *Lel Allen*

So much about the holiday season makes some of us a little sentimental, and many of those sentiments are centered on foods we remember fondly – those favorite sweet or savory dishes we’ve come to connect with cherished experiences in the company of those we love. And no matter whether we celebrate with unique rituals, attend holiday events, decorate the home or office, or enjoy our kids’ holiday programs, we inevitably seem to come together at the table to share delicious food.

Many of the tasty delights of the holiday season are available only for a brief time. Flavorful items like chestnuts, cranberries, persimmons, pomegranates, and even some varieties of winter squash are a joy to incorporate into holiday fare. Though butternut squash is one of the year-round regulars, it just doesn’t receive the devoted fussing and musing until winter arrives.

While some people cling to the same favorites year after year and reach for that familiar chocolate crackle cookie without fail, others aim to explore new and delightful ways to infuse lively flavors into their holiday menus. With so many holiday gatherings taking place during this season, there’s plenty of opportunity to prepare those old favorites and even delve into tempting new recipes that may give sparkling jewels like pomegranate seeds or chestnuts the spotlight.

Celebrations at home are the perfect opportunity to enjoy homey hot meals or dishes with rich, creamy sauces, lightly thickened gravies, or tasty soups. Foods like these would be difficult to transport to a potluck, but are ideal to enjoy in a home setting.

Finger foods and non-saucy dishes served cold or at room temperature are best for sharing at potlucks, office parties, and open houses where guests usually mill around the room chatting and rarely sit down. Those gatherings are the perfect setting to show off innovative appetizers, desserts, and salads that zing with color and flavor and are in no danger of spilling.

Few people turn down dessert when it’s offered, especially office mates. To impress the work-scene crowd, nothing beats home-baked cookies or sweet chocolate mousse infused with seasonal cranberries. For the finishing touch, dazzle their eyes with bright accents of sliced Fuyu persimmons or juicy wedges of tangerines nestled into a fluff of mint leaves.

Salads are an instant hit at potluck gatherings. Perhaps humans just naturally recognize those leafy greens are good for them. But artfully arranged with bright red pomegranate seeds, brilliant orange persimmons, and shiny red apples – mmmm, the salad grows in appeal. Because divinely sweet fruits like pomegranates and persimmons are here for such a short season and disappear quickly after the holidays, they deserve their moment in the holiday spotlight. Include them frequently and put their bright colors to work as gorgeous garnishes. You mustn’t be intimidated by pomegranates; use the handy preparation technique on the next page as a guide and enjoy them often.

Old family traditions can play a significant role in how gifts are wrapped and when and how they’re presented. Some families place a high value on homemade gifts and may prepare for the holidays throughout the year, gathering special ideas, materials, and ingredients. But even lovingly prepared homemade gifts like cookies and confections are deeply appreciated, especially by those who rarely spend time in the kitchen.

A rewarding way to enjoy homemade treats is a holiday cookie party. Prepare some mulled cider or a creamy nog, and invite each guest to bake a different type of cookie. Exchange and enjoy the variety.

This festive season is when the gift giver and the recipient feel richly rewarded. It’s a time to remember the smiling mail carrier, the attentive babysitter, the skilled auto mechanic, and others who earn a special thank you for their caring service during the year.

The Art of Gathering Pomegranate Seeds

In past years I've hesitated to buy pomegranates. I knew how delicious the juice was and fondly remembered the divine flavor of the juicy, sweet and tart seeds, but I hadn't a clue how to approach the fruit. In my first attempt, I ended up covered in juice, and so did my sweater, the counter top, and three dish towels.

I've since become intimate friends with this beautiful fruit and look forward to autumn when the fruits ripen. Happily, pomegranates are available throughout the holiday season and a bit beyond. Here's the technique:

1. Place a colander into a large bowl and fill the bowl with enough water to submerge a large pomegranate. A salad spinner is the perfect tool.
2. Put the pomegranate on a cutting board and slice the top off. Carefully cut it vertically into six sections.
3. Working with one section at a time, lower it into the water with seeds facing downward. Use your fingers to release the seeds into the water.
4. Most of the seeds will sink to the bottom while the pith floats to the top for easy removal with a fine mesh strainer. Repeat the process with the remaining pomegranate sections. Then, simply lift the colander and shake off the excess water.

For convenience, remove the pomegranate seeds in advance of your recipe preparation. Store them in a covered container with a folded paper napkin in the refrigerator until use. To prevent the naturally bright color of the pomegranate seeds from becoming muddy looking, add them to the recipe shortly before serving.

Spinach Salad with Beets and Pomegranates

(Serves 5)

With only five ingredients layered to create dramatic color contrast, this stunning salad is one you can proudly show off at the holiday table. This recipe is all about presentation and makes its best showing in a wide, shallow

salad bowl. In addition to their blazing red beauty, the pomegranate seeds contribute delightful crunchiness and a healthy dose of fiber. The Maple Dijon Dressing (page 12) is my vegan, oil-free counterpart to honey-mustard dressing. With its delicate sweetness, the dressing makes a tasty topping for fruity salads.

One 8-ounce package baby spinach

3 beets, peeled, cubed, and cooked, or one or two 15-ounce cans diced beets, drained

2 carrots, peeled and coarsely shredded

2 large pomegranates

¼ red onion, cut in half vertically, then sliced into half moons

½ cup Maple-Dijon Salad Dressing (page 12)

Place the spinach in a large, wide salad bowl and heap the beets into the center. Sprinkle the shredded carrots in a ring surrounding the beets.

Cut the pomegranates into quarters. Carefully remove the seeds with your fingers. Form a 2-inch ring of pomegranate seeds next to the carrots, leaving a generous border of spinach at the outer edge.

Finish with a sprinkle of onions around the outer edge. Bring the salad to the table to show it off. Toss it thoroughly with Maple-Dijon Dressing.

Total calories per serving: 92

Carbohydrates: 21 grams

Sodium: 192 milligrams

Fat: <1 gram

Protein: 3 grams

Fiber: 3 grams

Spinach Salad with Beets and Pomegranates



Maple Dijon Dressing

(Makes 2 cups) 1 serving = 2 TB

1 cup water
¼ cup freshly squeezed lemon juice
¼ cup maple syrup
3 Tablespoons Dijon mustard
2 Tablespoons rice vinegar
½ teaspoon salt
¼ teaspoon ground pepper
¼ plus ⅛ teaspoon xanthan gum or guar gum

Process all ingredients in a blender on high for 1½ minutes to allow the xanthan gum to slightly thicken the dressing, stopping occasionally to scrape down the blender jar.

Shake well before using. Covered and refrigerated, the Maple-Dijon Dressing will keep for about 2 weeks.

Total calories per 2 Tbs serving: 18 Fat: <1 gram
Carbohydrates: 4 grams Protein: <1 gram
Sodium: 143 milligrams Fiber: <1 gram

Butternut Squash, Beet, and Apple Soup

(Makes 8-10 cups or serves 5-6)

A small cup of this light-as-a-feather soup makes a tasty starter, while a hearty bowl will satisfy during the busy holiday season.

1 butternut squash (1½-2 pounds), peeled and seeded
2 small beets, peeled
3½ cups water, divided
1 large onion, chopped
1 large carrot, diced
2 stalks celery, chopped
1½ cups apple juice
2 apples, peeled, cored, and coarsely shredded
½ teaspoon salt

Garnishes:

Pinch ground nutmeg

1½ cups corn kernels
¼ cup dried cranberries (optional)

Cut the squash and the beets into ½-inch cubes and put them in an 8- to 10-quart stock pot with 3 cups of the water. Cover and bring to a boil over high heat. Decrease the heat to medium and simmer for about 25 minutes, or until the squash and beets are tender.

Meanwhile, in a large skillet over medium heat, cook and stir the onion, carrot, celery and the remaining ½ cup water for 12-15 minutes, or until the vegetables are very soft and beginning to brown. Add 1 or more Tablespoons of water as needed to prevent burning.

Add the onion mixture and the apple juice to the stock pot with the squash and the beets. Use an immersion blender to process the soup in the stock pot, or put the soup in a blender in batches. Process until the soup is smooth or slightly chunky, as desired, stopping occasionally to scrape down the blender jar. Return the soup to the stock pot.

Add the shredded apples and salt and mix well. Cook the soup until simmering.

Ladle the soup into bowls. Garnish each serving with a pinch of nutmeg, 2 Tablespoons of corn, and the dried cranberries, if desired.

Total calories per serving: 223 Fat: 1 gram
Carbohydrates: 58 grams Protein: 4 grams
Sodium: 291 milligrams Fiber: 7 grams

Shiitake Tornadoes in Cashew Cream Sauce

(Makes 12 balls; serves 12)

This sumptuous festive dish makes a showy presentation on the holiday table. It's a winning entrée for those

with an inquisitive palate because its deliciously complex flavors present the fun challenge of guessing the hidden ingredients.

Tornadoes

8 ounces shiitake mushrooms, stems discarded, caps cut into quarters
1 onion, chopped
1 Tablespoon tamari
1½ teaspoons dried tarragon
¾ cup water
½ cup pitted kalamata olives
3 cups cooked short-grain brown rice
1 cup old-fashioned rolled oats
½ cup walnuts, coarsely ground
¼ teaspoon salt
Freshly ground pepper
1 cup black or regular sesame seeds
12 long sprigs fresh rosemary (garnish)
6 cherry tomatoes cut in half (garnish)

To make the tornadoes, preheat the oven to 350 degrees. Line a 17½ x 12½-inch rimmed baking sheet with parchment paper and set aside.

Combine the mushrooms, onion, tamari, and tarragon in a large, deep skillet. Add water and cook and stir over medium-high heat for 10-12 minutes, or until the mushrooms are cooked and the onion is softened and transparent. Add 1 or more Tablespoons of water as needed to prevent burning.

Transfer the mushroom mixture to a food processor and add the olives. Process mixture until smooth and creamy, stopping occasionally to scrape down the work bowl. Spoon the mixture into a large bowl.

Add the rice, oats, walnuts, salt, and pepper and mix well. Pour the sesame seeds into a deep medium bowl. Form the mushroom mixture into balls about 1½ inches in diameter. Roll each one in the sesame seeds to coat well. Place the coated balls on the prepared pan and bake for 30 minutes.

Cashew Cream Sauce

2½ cups low-sodium vegetable broth
¼ cup unsalted tomato paste
1-2 Tablespoons tamari
2 cloves garlic, crushed
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon dried thyme
½ teaspoon dried marjoram
Pinch cayenne
½ cup finely-ground cashews
2 teaspoons lemon juice
Freshly ground pepper

To make the sauce, combine the vegetable broth, tomato paste, tamari, garlic, garlic powder, onion powder, thyme, marjoram, and cayenne in a 2-quart saucepan. Bring to a boil over medium-high heat. Decrease the heat to medium and simmer 1-2 minutes.

Add the cashews, whisk and cook for 4-5 minutes, or until the sauce has thickened. The sauce will continue to thicken upon standing. Before serving, stir in the lemon juice and pepper.

To serve, spoon the sauce into a large, deep platter and arrange the tornadoes over it. To garnish, poke a rosemary sprig into each tomato half and push them into the tops of the tornadoes, so they stand upright.

Note: If not serving immediately, refrigerate the tornadoes and sauce separately. Warm the tornadoes in a preheated 350-degree oven for 12-15 minutes before serving. Heat the sauce in a saucepan over medium heat for 4-5 minutes.

Total calories per serving: 242 Fat: 14 grams
Carbohydrates: 24 grams Protein: 7 grams
Sodium: 310 milligrams Fiber: 5 grams

Sesame Appetizer Balls

(Serves 6-8)

Capture the winning flavors of the

Mediterranean with these easy-to-assemble, captivating starters. Served warm, chilled, or at room temperature, they can be prepared a day or two ahead and still taste great taken right from the fridge or briefly warmed in the oven.

2 slices whole wheat bread
1 tomato, seeded and coarsely chopped
½ cup coarsely ground walnuts
⅓ cup diced sweet onion
¼ cup minced Spanish olives
2½ Tablespoons red wine vinegar
1-2 cloves garlic, minced
¼ teaspoon salt
½ to ⅔ cup unhulled sesame seeds
¼ bunch parsley, for garnish
3 cherry tomato halves, for garnish

Preheat the oven to 375 degrees. Line a 17½ x 12½-inch rimmed baking sheet with parchment paper.

Tear the bread into pieces and put them in a medium bowl. Pour water over the bread to cover. Drain thoroughly, squeeze the bread very dry and put it in a food processor.

Add the tomato, walnuts, onion, olives, vinegar, garlic, and salt. Process until all the ingredients are incorporated and form a coarse mixture, stopping occasionally to scrape down the work bowl.

Put the sesame seeds in a small deep bowl. Roll Tablespoonfuls of the bread mixture into 1-inch balls. Roll each ball in the sesame seeds to coat completely. Place the balls on the prepared pan. Bake for 25-30 minutes, or until lightly browned. Arrange the parsley around the perimeter of a serving platter and place cherry tomato halves in parsley, if desired. Transfer the balls to the serving platter.

Total calories per serving: 154 Fat: 12 grams
Carbohydrates: 10 grams Protein: 5 grams
Sodium: 238 milligrams Fiber: 3 grams

Spiced Cranberry Nog

(Makes 3½ cups; serves 5)

A knock-your-socks-off joylicious holiday beverage, this unique take on eggnog lights up with a tangy edge and an inviting powder puff pink color thanks to the season's bountiful cranberry harvest. The nog is quickly assembled in the blender, but you may want to plan ahead for multiple batches when serving a crowd.

1½ cups fresh cranberries
2 cups vanilla soy milk
¾ cup maple syrup
2 teaspoons ground cinnamon
1 teaspoon vanilla extract
½ teaspoon ground allspice
¼ teaspoon ground nutmeg
¼ teaspoon ground cloves
⅛ teaspoon xanthan gum or guar gum
Dash nutmeg
Cinnamon sticks

Rinse the cranberries in a strainer under running water and put them into the blender.

Add the remaining ingredients and process on high speed for 1 minute, or until the cranberries are completely broken down and the nog becomes creamy and thick. There may still be tiny flecks of cranberries visible even after blending thoroughly.

Pour the nog into a pitcher and chill until ready to serve. To serve, fill small punch cups with nog, sprinkle each serving with a dash of nutmeg, and stand a cinnamon stick into each cup. Covered and refrigerated, the Spiced Cranberry Nog will keep for 2-3 days.

Total calories per serving: 182 Fat: 2 grams
Carbohydrates: 40 grams Protein: 3 grams
Sodium: 51 milligrams Fiber: 2 grams

Wicked Walnut Cookies

(Makes 4½ dozen cookies)

With a generous measure of creamy puréed walnuts, these delicious cookies offer melt-in-the-mouth soft centers and delightfully crunchy outsides. Black walnut extract makes these cookies stand apart with extra-rich flavor, making them an excellent choice for a cookie exchange party.

2 cups raw walnuts, divided
3 cups whole wheat pastry flour
¼ cups organic sugar
1 cup old-fashioned rolled oats
½ cup raisins
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon ground cinnamon
1 cup mashed bananas (about 2 large)
⅔ cup vegan margarine
1 teaspoon vanilla extract
¼ teaspoons extract (black walnut, maple, almond, or another 1 teaspoon vanilla extract)
¼ cup water
2 Tablespoons flaxseeds or ground flaxseeds

Preheat the oven to 350 degrees. Line two 17½ x 12½-inch rimmed baking sheets with parchment paper.

Chop ½ cup of the walnuts into small pieces and set aside. Combine the flour, sugar, oats, raisins, baking powder, baking soda, and cinnamon in a large bowl; mix well. Make sure the raisins are well coated with flour to prevent them from sinking to the bottom of the batter. Set aside.

Put the remaining 1½ cups of walnuts in a food processor. Process until it becomes a creamy butter, stopping occasionally to scrape down the bowl. Add the bananas, vegan margarine, walnut and vanilla extracts, and process until smooth and creamy, stopping occasionally to scrape down the work bowl.

Add the wet ingredients to the dry ingredients and mix well. The dough will become quite stiff.

Pour the water and flaxseeds into a blender. Process on high for 1-2 minutes to form a thick slurry. Stir the slurry into the dough, mixing thoroughly to distribute it evenly.

Roll teaspoonfuls of dough into 1-inch balls and place them 1½ inches apart on the prepared baking sheets. Flatten them slightly with your hands or the bottom of a glass and press a piece of the reserved chopped walnuts into the center of each cookie.

Bake cookies for 14-18 minutes or until they are lightly browned on the bottom. If the cookies on the top rack need browning, move them to the bottom rack for another 2-3 minutes. Transfer the cookies to a cooling rack or plate and let cool completely.

| | |
|-------------------------------|------------------|
| Total calories per cookie: 94 | Fat: 5 grams |
| Carbohydrates: 12 grams | Protein: 2 grams |
| Sodium: 47 milligrams | Fiber: 1 gram |

Chocolate Truffle Mousse with Cranberry Splash

(Serves 8)

Once tasted, this sublime chocolate treat, with its smooth texture, is not easily forgotten. This dessert is so easy to prepare, it even makes the host ecstatic. You can serve the truffle as a simple mousse without the Cranberry Splash, and simply garnish with berries and mint, but you'll lack the burst from one of the great jewels of the season.

Mousse

2 cups water
1 cup cashews
⅓ cup coconut cream or full-fat coconut milk

1 cup plus 1 Tablespoon organic sugar
1½ teaspoons vanilla extract
½ teaspoon ground cinnamon
8 ounces unsweetened vegan chocolate

Splash

1½ cups fresh cranberries
1½ cups water
¾ cup plus 1½ Tablespoons organic sugar
8 sprigs fresh mint leaves (garnish)

For the mousse, pour the water and cashews into a blender. Process for 1-2 minutes, until smooth and creamy, stopping occasionally to scrape down the blender. Add the coconut cream, sugar, vanilla extract, and cinnamon and set aside.

Put the chocolate in a 1- or 2-quart saucepan. Cook and stir over the lowest heat for 1-2 minutes, or until the chocolate is completely melted. Add the melted chocolate to the blender. Process until the mousse is smooth and creamy, stopping occasionally to scrape down the blender jar. Spoon the mousse into eight small dessert cups or long-stemmed glasses to within ½-inch of the tops. Chill for 8-12 hours to firm. Wash and dry the blender jar.

To make the splash, combine the cranberries, water, and sugar in a 2-quart saucepan and bring to a boil, uncovered, over high heat. Decrease the heat to medium and simmer 12-15 minutes.

Let cool for 10 minutes. Transfer the cranberry mixture to a blender. Process until smooth, stopping occasionally to scrape down the blender jar. Pour the cranberry mixture into a small pitcher or serving bowl and chill for 8-12 hours. Because of its natural pectin, it will firm slightly when refrigerated.

To serve, stir the splash vigorously and spoon a generous portion over the chocolate truffle.

Top with a mint sprig, if desired.

Total calories per serving: 438 Fat: 23 grams
Carbohydrates: 64 grams Protein: 7 grams
Sodium: 15 milligrams Fiber: 6 grams

Santa's Favorite Panforte

(Serves 20)

Panforte is a very traditional, festive Italian Christmas candy. Baked into slabs, dusted with powdered sugar, and cut into bite-sized chunks or thin wedges, these crunchy, chewy, nut-and-fruit-filled nuggets make joyful treats for gifting. For convenience, *panforte* can be made way in advance, wrapped in plastic, and refrigerated until you're ready to box it, wrap it, or ship it across the country. While *panforte* keeps at room temperature for several weeks, it might attract ants or other critters that may also find it a delicious holiday temptation. You'll need a candy thermometer for preparing the syrup.

Panforte

2 cups pecans

1¾ cups walnuts

1¼ cups almonds

1 cup dried apricots (preferably Turkish), diced

1 cup all-purpose or whole wheat pastry flour

¾ cup plus 2 Tablespoons organic sugar

½ cup raisins

½ cup chopped dates

½ cup sweetened dried cranberries

2 Tablespoons plus 1½ teaspoons ground cinnamon

Syrup

1 cup agave nectar

¾ cup plus 2 Tablespoons organic sugar

1 cup organic powdered sugar

Preheat the oven to 350 degrees.

Line four 8-inch metal or aluminum

foil pie pans, or 7-inch cake pans with parchment paper.

To make the *panforte*, spread the shelled pecans, walnuts, and almonds on a 17½ x 12½-inch rimmed baking sheet and toast them for 8 minutes. Immediately transfer the nuts to a large platter to cool and decrease the oven temperature to 325 degrees.

Combine the apricots, flour, sugar, raisins, dates, cranberries, and cinnamon in an extra-large bowl. Add the cooled nuts and toss well to coat all the ingredients. Set aside.

To make the syrup, combine the agave nectar and organic sugar in a 2-quart saucepan and mix well. Attach the candy thermometer to the rim and place the pan over medium-high heat. Boil until the temperature reaches 230 degrees, about 5 minutes (this can happen very quickly). Do not stir.

Immediately pour the syrup into the fruit-nut mixture and use a heavy-duty wooden spoon to stir and coat the ingredients well. The mixture quickly becomes extremely stiff, and you'll need to apply muscle

power to combine the syrup and fruit-nut mixture thoroughly.

Distribute the mixture equally among the prepared pans, placing one spoonful of the mixture in the pan at a time, packing it down before adding another. Bake for 25-30 minutes. Let cool completely before removing from the pans. Carefully remove the parchment paper from each slab and dust each with powdered sugar on both sides, using your hands to coat it completely.

To serve, use a sharp, heavy-duty knife to cut the *panforte* into 1-inch pieces or slice into thin wedges. Wrap in a double layer of plastic wrap at room temperature. Santa's Favorite *Panforte* will keep for a long time in the refrigerator.

Total calories per serving: 398 Fat: 19 grams
Carbohydrates: 58 grams Protein: 5 grams
Sodium: 2 milligrams Fiber: 4 grams

Zel Allen is a regular contributor to *Vegetarian Journal*. She lives in California.

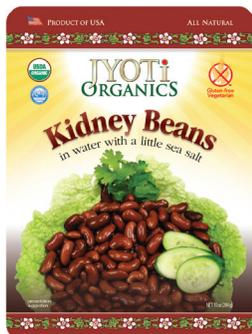
Santa's Favorite Panforte



veggie bits

Beans in Pouches

Jyotifoods Natural Foods' new organic bean pouches come in four different varieties: pinto, garbanzo, dark red kidney, and black beans. Healthy and appetizing, these beans are specially packed in BPA-free pouches instead of the usual cans and have a lower sodium content than canned beans. The pouches also give the beans more space than cans, so they aren't so tightly packed that they get mashed at the bottom. My favorite is the garbanzo beans, as they have such a unique texture and flavor from the rest. They satisfied my cravings for Middle Eastern and Indian food as I was able to transform them into mouth-watering falafel and Indian curry. Any of the four varieties would be a great complement to many dishes; try them atop a salad or in your next taco. On average, these beans contain a remarkable 40-50% of your daily recommended intake of fiber per pouch. Visit <http://www.jyotifoods.com> to find a supermarket or natural foods store near you that carries these bean pouches. *Written by Bansari Acharya.*



Comfort in a Box

I don't have high expectations for frozen entrées in general, but with the added requirements of being vegan and gluten free, I dug into Amy's newest vegetable lasagna with a healthy degree of skepticism. Twenty minutes later I was licking up the last bits of sauce. I find it difficult to get the consistency of rice pasta just right when cooking on the stovetop and keeping a watchful eye, so I was particularly impressed with the texture, consistency, and fresh taste of these lasagna noodles. The addition of zucchini, spinach, onions, and mini tofu bites added to the heartiness of the dish, while the generous dose of tomato sauce and Daiya mozzarella cheese made this meal taste like home. For a quick, comforting lunch or dinner at work, home, or anywhere with a microwave, it doesn't get much tastier than this. Look for Amy's Gluten Free Dairy Free Vegetable Lasagna in grocery and natural foods stores nationwide and in Target. *Written by Samantha Gendler.*



Pizza Kits

BelloLea pizza kits offer the 'cooking from scratch' experience while keeping the actual workload to a minimum. There are four varieties of do-it-yourself pizza: Whole Wheat, Low Sodium Whole Wheat, Gluten Free, and BBQ, and all are completely vegan, as well as free of cholesterol, artificial colors, flavors, and preservatives.

Each kit includes the sauce and crust mix to make a 12-inch pizza, plus a round high-temperature cooking paper to build and cook it on that simulates a pizza stone. This makes for a low-mess experience and one less dish to wash at the end. With the addition of your favorite toppings, such as veggies, vegan mozzarella, and faux meats, you'll have a fresh, personalized pizza after baking for only 10 minutes. Kids especially will enjoy creating one-of-a-kind pies for themselves and eating the results.

BelloLea also offers fundraising opportunities for your school, sports team, or group. Rather than cookies or candy, the pizza kits offer a healthy option that is flexible for families, whether vegan, gluten-free, or watching sodium intake, that is completely customizable. To find BelloLea pizza kits near you or to inquire about fundraising opportunities, visit <http://bellolea.com>.

Written by Samantha Gendler.



Quinoa Crunch

Quinoa Crunch by The Perfect Snaque is a wholesome snack food made with lentils, quinoa, and dried fruit. It regularly comes in 6-oz bags, but is also available in individual 1-oz pouches, perfect for lunchboxes and purses. I topped my salad with the Coconut Almond and was completely satisfied with the sweetened flavor and the lasting effect of being full. Quinoa Crunch is also tasty sprinkled over yogurt, cereal, oatmeal, or poured directly into the mouth. All three flavors – Apple Quinoa, Cinnamon Apple, and Coconut Almond – can be found at: www.theperfectsnaque.com or any participating Whole Foods Market. *Written by Devlyn Perugini, VRG Intern*



EGG Replacers

1/4 cup (2 ounces) of...

blended silken tofu

applesauce

soy yogurt

puréed peaches

prune purée (great with chocolate!)

canned pumpkin or squash

mix with water until frothy...

1/4 cup xanthan gum

2 Tablespoons cornstarch

2 Tablespoons arrowroot starch

EnerG Egg Replacer

The Vegg (egg yolk replacer)

Bob's Red Mill Egg Replacer

1/2 cup puréed or mashed

very ripe banana

2 Tablespoons water + 1 Tablespoon oil + 2 teaspoons baking powder

1 Tablespoon ground flaxseeds + 3 Tablespoons water (let sit in fridge at least 5 minutes)

1 Tablespoon chia seeds + 3 Tablespoons water (let sit in fridge at least 5 minutes)



To replace one egg, use one of these vegan replacements when baking.

VEGAN DIETS

WHAT IS A VEGAN?

Vegetarians do not eat meat, fish, or poultry. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, or cosmetics and soaps derived from animal products.

COMMON VEGAN FOODS

Oatmeal, cereal, toast, orange juice, peanut butter on whole wheat bread, frozen fruit desserts, salad bar items like chickpeas and three bean salad, dates, apples, macaroni, fruit smoothies, popcorn, spaghetti, vegetarian baked beans, lentil soup, guacamole, chili, stir-fried vegetables, burritos...

VEGANS ALSO EAT

Lasagna, homemade pancakes without eggs, hummus, eggless cookies, soy ice cream, tempeh, corn chowder, soy yogurt, rice pudding, fava beans, banana muffins, spinach pies, oat nut burgers, seitan, corn fritters, French toast made with soymilk, soy hotdogs, vegetable burgers, pumpkin casserole, scrambled tofu, falafel...

EATING OUT? TRY THESE FOODS

Vegan pizza, Chinese moo shu vegetables, Indian curries and dal, bean tacos and burritos without the lard and cheese (available from Chipotle, Taco Bell, etc.), hummus and tabouli, Ethiopian injera (bread) and stews, Thai vegetable curries...

VEGAN NUTRITION

The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grains, nuts, seeds, and legumes.

PROTEIN

It is easy for a vegan diet to meet the recommendations for protein as long as calorie intake is adequate and a variety of foods are eaten. Strict protein planning or combining is not necessary.

SOURCES OF PROTEIN

Almost all foods except for alcohol, sugar, and fats provide some protein. Vegan sources include: almonds, lentils, chickpeas, tofu, peas, peanut butter, soymilk, rice, spinach, whole wheat bread, potatoes, broccoli, kale...

For example, if part of a day's menu included the following foods, you would meet the Recommended Dietary Allowance (RDA) for protein for an adult male:

- 1 cup oatmeal, 1 cup soymilk, 1 bagel
- 2 slices whole wheat bread,
- 2 Tablespoons peanut butter,
- 1 cup vegetarian baked beans,
- 5 ounces tofu, 1 cup broccoli, and
- 1 cup brown rice



IN A NUTSHELL

VITAMIN D

Vitamin D can be made by humans following exposure to sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults so that vitamin D production can occur. Food sources of vitamin D include vitamin D-fortified plant milks and mushrooms that have been commercially exposed to ultraviolet light.

CALCIUM

Calcium is found in dark green leafy vegetables, tofu made with calcium sulfate, calcium-fortified soymilk and orange juice, and many other foods commonly eaten by vegans. Vegans should eat foods that are high in calcium and/or use a calcium supplement.

FAT

Vegan diets are cholesterol free and are generally low in saturated fat. Eating a vegan diet makes it easy to conform to recommendations given to reduce the risk of chronic diseases such as heart disease and cancer. Eat mostly monounsaturated fats from foods like nuts, seeds, olives, avocados, and canola or olive oil.

ZINC

Zinc is found in grains, legumes, and nuts.

IRON

Dried beans and dark green leafy vegetables are especially good sources of iron, better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron. Sources of iron include: soybeans, lentils, blackstrap molasses, kidney beans, chickpeas, black-eyed peas, Swiss chard, tempeh, black beans, tahini, peas, bulghur, bok choy, raisins, watermelon, millet, kale...

OMEGA-3 FATTY ACIDS

In order to maximize production of DHA and EPA (omega-3 fatty acids), vegans should include good sources of alpha-linolenic acid in their diets such as flaxseeds, flaxseed or canola oil, tofu, and walnuts.

VITAMIN B12

The requirement for vitamin B12 is very low but it is an essential nutrient. It is especially important for pregnant and lactating women, infants, and children to have reliable sources of vitamin B12 in their diets. Non-animal sources include cereals, soymilk, rice milk, and meat analogs that have been fortified with vitamin B12. Also, around two teaspoons of Red Star nutritional yeast T6635, often labeled as Vegetarian Support Formula, supplies the adult Recommended Dietary Allowance.

Read labels carefully or contact companies since fortification levels can change. Vitamin B12 supplements are another option. Unless fortified, no plant food contains significant amounts of active vitamin B12.

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Vegetarian Meals Served Here

The Vegetarian Resource Group P.O. Box 1463, Baltimore, MD 21203
www.vrg.org (410) 366-8343

 Cut out and post on your store or restaurant window or refrigerator.



Vegan Meals Served Here

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Quick Kale

by Chef Nancy Berkoff, RD, EdD, CCE

Kale is pleasing to the eye, pleasant to taste, has great texture for the mouth and can be enjoyed cooked or raw, seasoned or unseasoned. When you are selecting kale, try to purchase just enough to either eat or cook (so it can be refrigerated and saved) within three days.

Uncooked Kale

To eat raw kale, carefully wash each leaf and break away any very tough stems or ribs, unless you like some good 'chew.' The culinary term 'chiffonade,' a very fine shred, is a wonderful way to serve uncooked kale. Roll each leaf into a cigar, and then thinly slice. You'll wind up with lacy kale, perfect for salads.

You may want to try a kale cobb salad: toss finely shredded kale and chopped Romaine and spinach. Mix in chopped avocado, cooked beans, cooked corn (or raw, fresh corn, sliced off the cob), and fresh mushrooms with your favorite dressing. How about a kale Caesar? Mix together shredded kale and shredded Romaine with a squeeze of lime juice, a hint of garlic, vegan croutons, and a vinegar and oil dressing. To go more upscale, mix shredded kale with cooled, cooked, diced asparagus; cooled, cooked quinoa; cooled, cooked diced sweet potato; and dried cranberries.

Cooked Kale

Cooking kale is a fast and easy job. Set a large pot of water to boiling (you'll want lots of room for your kale). Clean your kale and either leave kale leaves

whole or cut them into the size you'd like. Plunge the kale into the boiling water. As soon as the leaves begin to wilt, pour kale into a colander or strainer and drain. Dress your kale with your favorite salad dressing, a simple oil and vinegar, or some salsa. Serve over cooked grains or potatoes... or serve as is! If you have cooked more kale than you are going to eat at one sitting, rinse gently with some ice water and cool in the refrigerator to keep the color and the taste at its best.

Kale Chips

Very popular right now, kale chips are easy to make. Think 'nori' or crisp seaweed wrapper, and you've got the idea! Clean your kale leaves and pat very dry. Place kale individually (don't layer or stack) on a nonstick baking pan and bake in a very hot oven, at least 400 degrees, until the kale becomes very crisp. Serve hot, or allow the kale to cool and store in an air tight container. You can eat your kale chips "plain" or toss with garlic and onion powder, chili powder, or red pepper flakes.

Kale Smoothie

Take a page from some restaurant offerings and create a kale smoothie! Billed as a 'drinkable salad,' kale smoothies can include an apple and lemon juice base, chunks of frozen fruit, a small amount of fresh ginger, and shredded raw kale. Add a frozen banana or zucchini to make it creamy!

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.

Muffin Mania

BY DEBRA DANIELS-ZELLER

Warm and fresh from the oven, muffins make tasty treats anytime. They are also a snap to make. For one thing, muffins don't require the long fermentation of sourdoughs, or kneading and the long rise of yeast breads. And from start to finish, muffins take less than one hour to make.

Muffins (like biscuits, scones, and quick breads) rely on baking powder and baking soda to rise. Though both powder and soda can be listed in recipes, the two ingredients are not interchangeable, so don't substitute one for the other in recipes.

WHEN TO USE BAKING SODA AND BAKING POWDER

The leavening agents of quick breads and muffins, baking soda and baking powder are first activated by moisture and then by heat. Soda and powder incorporate air bubbles into the dough so that muffins can rise, and they soften the finished product.

Baking powder is made of baking soda, cornstarch, and an acid, which neutralizes the soda in recipes. One teaspoon of baking powder per cup of flour can raise muffins. Look for "double-acting" baking powder to insure a better rise.

Baking soda, or pure sodium bicarbonate, reacts when combined with acidic ingredients like apple cider, vinegar, citrus juices, molasses, cocoa powder, soy yogurt, and fresh fruit such as nectarines, cherries or berries. When dry and liquid ingredients are combined, stir quickly, spoon them into prepared tins, and get them in the oven.

Baking soda and powder may be listed together in recipes, depending on the ingredients.

BASIC MUFFIN PREPARATION

1. Start with all ingredients at room temperature.
2. Preheat the oven so that the muffins bake at an even temperature.
3. Measure all ingredients, and lightly oil or line the muffin tins with cupcake papers. If you use a quarter cup or less oil in the recipe, muffins may stick to paper liners.

4. Measure and sift flour, leavening, salt, and spices. Combine the liquid and dry ingredients in separate bowls. Then mix the dry and liquid ingredients. Add nuts and fruit and keep the mixing to a minimum – 10 to 20 seconds. Ignore the lumps.
5. Fill prepared muffin tins about $\frac{3}{4}$ full. If you overfill them the batter can stick to the pan, making it harder to remove the muffins. Place a few Tablespoons of water into empty tins, to ensure even baking.
6. Close the oven door when baking. Don't open it until muffins are almost done. Test with a toothpick before removing muffins from the oven. The toothpick should come out clean when poked into a muffin.
7. Cool on a rack for 5 minutes, then run a knife around the edges of each muffin before removing from the tins.

PERFECT MUFFINS

Perfect muffins are slightly rounded on top and have straight sides. They have a moist but not dense texture, and the crumb has a uniform texture without big air pockets or tunnels. Store cooled muffins in an airtight container. Cooled muffins can be placed in double plastic bags and frozen for later.

FLAXSEED EGG REPLACER

This egg replacer works well for adapting muffin recipes that use eggs. It can replace up to 2 eggs. Store unused egg replacer in the refrigerator and use within a week. For each egg use 1 Tablespoon ground flaxseeds and 3 Tablespoons water. Blend in a blender or with a hand blender until frothy.

GOING GLUTEN-FREE

Rather than trying to adapt gluten-free muffin recipes that also list eggs, try adapting vegan cakes and quick breads to make muffins. Cut back on the sweeteners from cake recipes to muffin recipes; adjust baking temperature (375 to 400 degrees) and baking time (about

25 minutes) for muffins.

Remember: when baking muffins make as few changes to the recipe as possible. Muffins are best when they're still warm, but you can cool them and freeze them for another time.

Troubleshooting Muffins

FAILURE TO RISE

Letting the batter sit before baking can use up the leavening power of baking soda or powder and the muffins may not rise much. If muffins are dense, or they fall back after baking, you may have too much liquid or too much baking soda or powder in the mix.

CRUMBLY TEXTURE

Adding too much flour, baking too long, or not adding enough egg replacer (flaxseed egg replacer or mashed bananas) can also result in a dry muffin.

TOUGH TEXTURE

Muffins have usually been over-mixed. Stir the ingredients just enough for a batter to form. Also, when adapting recipes, cutting too much of the oil can make a tough or dry muffin.

METALLIC AFTERTASTE

Adding more than 1 teaspoon of baking soda and no baking powder can cause an aftertaste. Also, use non-aluminum baking powder in recipes.

Carrot Cake Muffins

(Makes 12 muffins)

Don't worry if the batter for these cake-like muffins is thick, because carrots give up moisture as they cook.

2 Tablespoons ground flaxseeds

6 Tablespoons water

¼ cup vegan sugar*

¼ cup brown sugar*

2 Tablespoons molasses

¼ cup canola oil

1½ cups unbleached flour

¾ teaspoon baking soda

1 teaspoon baking powder

1 teaspoon cinnamon

½ teaspoon nutmeg

¼ teaspoon cloves

¼ teaspoon allspice

¾ cup raisins or currants

¼ cup chopped toasted pecans or walnuts

1½ cups grated carrots

Preheat oven to 400 degrees. Lightly oil or line muffin tins with papers.

Combine flaxseeds and water with a blender until the mixture is thick and frothy. Set aside. Blend sugar, brown sugar, molasses, and canola oil. Combine this with the flaxseed mixture, blending well.

Mix flour, soda, powder, cinnamon, nutmeg, cloves, and allspice together, making sure no small lumps remain. Stir in raisins and pecans. Then blend the wet and dry ingredients together. Gently blend in the carrots, making sure not to overstir the mixture as this can make muffins tough.

Fill muffin tins ¾ full. Bake for 25 minutes, or until a toothpick comes out clean. Cool on rack.

Total calories per muffin: 191

Fat: 7 grams

Carbohydrates: 31 grams

Protein: 2 grams

Sodium: 123 milligrams

Fiber: 2 grams

Carrot Cake Muffins



Blueberry Cornmeal Muffins

(Makes 12 muffins)

There's a hint of lemon to balance the sweet berries in this recipe. Use fresh or frozen berries, but remember that frozen berries can bleed into the batter. For lemon zest, grate the outer skin of an organic lemon with a microplane zester or a cheese grater with very small holes.

- 1 Tablespoon ground flaxseeds**
- 3 Tablespoons water**
- 1 cup vegan milk (soy, rice, almond)**
- 1 teaspoon lemon juice**
- 1 cup unbleached flour**
- 1 cup cornmeal**
- ¾ teaspoon baking soda**
- 1 teaspoon fresh grated lemon zest**
- ¼ teaspoon salt**
- ¾ cup vegan sugar***
- ½ cup canola oil**
- 1 cup blueberries (fresh or frozen)**

Preheat oven to 400 degrees. Oil 12 muffin tins or line with cupcake papers.

Blend flaxseeds and water until thick and frothy. Set aside. In a small bowl, add lemon juice to vegan milk and set aside.

Blend flour, cornmeal, baking soda, lemon zest, salt, and sugar in a medium mixing bowl. Make sure there are no small lumps of baking soda. In another bowl, combine flax-seed mixture, milk mixture, and oil. Whisk to combine thoroughly. Add blueberries to the flour mixture then add the milk mixture, blending just enough to form a batter. Do not overmix. The consistency should be somewhere between a pourable cake batter and thick cookie dough—not too thin and not too thick. Fill muffin tins.

Bake muffins for 25 minutes or

until the tops are lightly browned.

Gently tap muffin tops or insert toothpick to confirm muffins are set.

Total calories per muffin: 232
Carbohydrates: 33 grams
Sodium: 136 milligrams
Fat: 10 grams
Protein: 3 grams
Fiber: 2 grams

Apple Cider Walnut Muffins

(Makes 12 muffins)

Apple cider and baking soda make these muffins light and sweet. You can use cinnamon instead of cardamom, if desired.

- 1 Tablespoon ground flaxseeds**
- 3 Tablespoons water**
- 2 cups whole wheat pastry or unbleached flour**
- 1 teaspoon baking soda**
- 1 teaspoon ground cardamom**
- ¼ teaspoon salt**
- ½ cup vegan sugar***
- 1 cup apple cider**
- ½ cup canola oil**
- 1 large apple, core removed and diced**
- ⅛ cup toasted chopped walnuts or pecans (optional)**

Preheat oven to 400 degrees. Lightly oil 12 muffin tins or line with cupcake papers.

Blend flaxseeds and water until thick and frothy. Set aside. In a medium-sized mixing bowl, sift together flour, baking soda, cardamom, salt, and sugar. In another bowl combine flaxseed mixture, apple cider, and oil. Whisk to combine thoroughly. Add apples and optional nuts to the flour mixture, then add the cider-oil-flaxseed mixture, blending just enough to form a batter. Do not overmix. The consistency should be somewhere between a pourable cake batter and a thick cookie dough. Fill muffin tins.

Bake for 25 minutes or until the muffin tops are lightly browned. Gently tap the surface or use a toothpick to confirm the muffins are done.

Total calories per muffin: 192
Carbohydrates: 25 grams
Sodium: 155 milligrams
Fat: 10 grams
Protein: 2 grams
Fiber: 2 grams

Pumpkin Muffins

(Makes 12 muffins)

These pumpkin muffins are moist and sweet. The pumpkin purée helps keep them moist and the pumpkin and spices help sweeten them. You can also use sweet potato purée if you don't have or like pumpkin.

- 1 cup pumpkin purée**
- ¼ cup canola oil**
- ½ cup maple syrup**
- 1 Tablespoon baking powder**
- 1¾ cups unbleached white flour**
- ¼ cup vegan sugar***
- 1 teaspoon cinnamon**
- ½ teaspoon nutmeg**
- ¼ teaspoon ginger**
- ¼ teaspoon cloves**
- ¼ teaspoon allspice**
- ¼ cup chopped toasted walnuts or pecans**
- 1 cup dried fruit (raisins, cherries, chopped dates, pears, and/or apples)**

Preheat oven to 375 degrees. Lightly oil each tin.

Blend pumpkin purée, oil, and maple syrup together. In a separate bowl, combine baking powder, flour, sugar, cinnamon, nutmeg, ginger, cloves, and allspice. Blend well. Combine wet and dry ingredients. Mix in walnuts and dried fruit.

Spoon batter into 12 muffin cups. Bake for 25 minutes or until a toothpick comes out clean. Let cool 5 minutes before removing from the muffin tins.

Total calories per muffin: 218
Carbohydrates: 39 grams
Sodium: 95 milligrams

Fat: 7 grams
Protein: 3 grams
Fiber: 2 grams

Gluten Free Mocha Chocolate Chip Muffins

(Makes 9 muffins)

Xanthan gum can be found in the natural foods section of stores. Some brands include Bob's Red Mill, Ener-G, and Hodgson Mill.

1 cup brown rice flour
1 cup gluten-free oat bran
3 Tablespoons tapioca flour
1 teaspoon xanthan gum
1 cup vegan sugar*
1/3 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup cold coffee
1 teaspoon gluten-free vanilla extract
1/3 cup canola oil
1 teaspoon apple cider vinegar
1/2 cup vegan chocolate chips

Preheat the oven to 375 degrees. Combine rice flour, oat bran, tapioca flour, xanthan gum, sugar, cocoa powder, baking soda, and salt in a large mixing bowl. Blend well with a fork or whisk. In another bowl, combine coffee, vanilla, oil, and apple cider vinegar. Combine wet and dry ingredients.

Stir in chocolate chips. Drop cupcakes into paper muffins cups or lightly oil muffin pan and drop the batter into the cup. Fill remaining tins with a few Tablespoons of water.

Bake for 25 minutes or until a toothpick comes out clean.

Total calories per muffin: 318
Carbohydrates: 53 grams
Sodium: 282 milligrams

Fat: 12 grams
Protein: 4 grams
Fiber: 4 grams

Gluten Free Banana Nut Muffins

(Makes 6 muffins)

The millet flour caramelizes as these muffins bake, so when they are done, the muffins are subtly sweet and light, yet moist. These muffins are best when eaten soon after baking. Look for special ingredients like xanthan gum and alternative flours in the baking aisles at grocery stores, or check natural foods or gluten free stores for a broader selection.

1 cup millet flour
1 Tablespoon tapioca flour
1 Tablespoon potato flour
1 teaspoon xanthan gum
1 teaspoon baking soda
2 Tablespoons canola oil
3/4 cup mashed ripe bananas
2 Tablespoons fresh lemon juice
1/4 cup maple syrup
**1/2 cup toasted chopped pecans
or walnuts**

Preheat oven to 375 degrees. Lightly oil 6 muffin tins.

Use a sifter over a medium-sized mixing bowl to combine millet, tapioca, and potato flours, xanthan gum,

and baking soda.

In a separate bowl, combine oil, mashed bananas, lemon juice, and maple syrup. Add the banana mixture to the dry ingredients and mix until a batter forms. Stir in the chopped nuts. Spoon the batter into 6 muffin tins.

Add a few Tablespoons of water to any empty tins (if you're using a 12-cup tin). This can help balance your pan, ensure the heat is evenly distributed, and keep the pan from warping. (This is not necessary if you're using cast-iron or silicon muffin tins.) Bake for 25 minutes or until a toothpick comes out clean.

Let muffins sit 5 minutes before running a knife around the edges, removing and cooling on a cooling rack.

Total calories per muffin: 251
Carbohydrates: 35 grams
Sodium: 228 milligrams

Fat: 12 grams
Protein: 3 grams
Fiber: 5 grams

*Note on vegan sugar: Organic sugars are not whitened through bone char. For more information see: www.vrg.org/journal/vj2007issue4/2007_issue4_sugar.php

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

Gluten Free Banana Nut Muffins



8-18 • How many are vegetarian and vegan?

A 2014 National Poll by The Vegetarian Resource Group

If you attended grade school or high school in the U.S. in the '50s or '60s, there's a good chance you didn't know any vegetarians, unless you were from a vegetarian-type background, such as Seventh-day Adventist. From The Vegetarian Resource Group's (VRG's) experience of sponsoring a vegetarian essay contest for more than 30 years, it seems that eventually there were a few vegetarians in almost every school, and now more likely there's one or a few in most classes. So how many young vegetarians and vegans are there today?

An April 2014 national online survey conducted by Harris Poll, on behalf of The Vegetarian Resource Group, asked more than 1,200 U.S. youth ages 8-18: Which of the following, if any, best describes your eating behavior? (Just select one choice.)

- 1) You never eat meat, fish, seafood, or poultry.
- 2) You don't eat meat, fish, seafood, or poultry at one meal per week.
- 3) You don't eat meat, fish, seafood, or poultry one full day per week.
- 4) You don't eat meat, fish, seafood, or poultry at many of your meals, but less than half the time.
- 5) You don't eat meat, fish, seafood, or poultry at more than half of your meals, but not all the time.
- 6) You never eat meat, fish, seafood, poultry, dairy, or eggs.
- 7) Not any of the above. No answer.

We are defining vegetarians as never eating meat, fish, seafood, or poultry. Vegans are vegetarians who also don't consume dairy or eggs. In this poll, we did not ask about honey or other animal products, such as leather. Those polls that have people self-define as vegetarian or vegan, don't use the word "never," or just ask the opinions of their readers or website visitors, will likely have different results.

Interestingly, the percentage of vegetarians and vegans in this poll is about the same as in our 2012 telephone poll among adults (Harris 2012). The percentage of youth eating one or more vegetarian meals per week is somewhat lower than adults. When looking at 18-34-year-olds in our adult poll, the number (41%)

eating one or more vegetarian meals per week is closer to the overall adult (ages 18-65+) average (43%). We suspect this will hold up once the students in this youth poll reach college age, but we won't know for a few years.

Four percent of U.S. youth ages 8-18 were found to be vegetarian (say they never eat any meat, fish, seafood, or poultry). This number includes vegans. With U.S. youth ages 8-18 numbering about 46 million (United States Census Bureau American Fact Finder), based on this poll, we can estimate there are about 2 million U.S. vegetarians 8-18 years old (4% of 46 million), while about 15 million eat one or more vegetarian meals per week (32% of 46 million). There may be about half a million vegan 8-18-years olds (1% of 46 million).

See the adult Harris poll and more surveys at <http://www.vrg.org/nutshell/faq.htm#poll>
Census information is at <http://factfinder2.census.gov>

Survey Methodology

This youth survey was conducted online within the United States between April 14-24, 2014 among 1,213 youths ages 8-18 by Harris Poll on behalf of The Vegetarian Resource Group via its Youth Query omnibus product. Results were weighted as needed for age, sex, race/ethnicity, parental education, education, urban/city and region.

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

All sample surveys and polls, whether or not they use probability sampling, are subject to multiple sources of error which are most often not possible to quantify or estimate, including sampling error, coverage error, error associated with nonresponse, error associated with

| How often do youth eat vegetarian meals? | | |
|--|--------------------------------------|---------------------------|
| | 8-18-year-olds (current Harris Poll) | Adults (2012 Harris Poll) |
| One meal per week | 6% | 7% |
| One day per week | 4% | 7% |
| Many of my meals, but less than half the time | 8% | 15% |
| More than half of my meals, but not all the time | 9% | 14% |
| Always (Vegetarian including vegans) | 4% | 4% |
| Always (Vegetarian not including vegans. Never eat meat, fish, seafood, or poultry.) | 3% | 3% |
| Always (Vegans. Never eat meat, fish, seafood, poultry, dairy, or eggs.) | 1% | 1% |
| Eats vegetarian meals at least once a week. | 32% | 47% |

| Percentage of youth that are vegetarian (Never eat meat, fish, seafood, or poultry) | |
|---|---|
| 4% | Total % of vegetarians (including vegans) |
| 3% | Vegetarians (excluding vegans) |
| 1% | Vegans (Never eat meat, fish, seafood, dairy, eggs) |
| 4% | Male |
| 5% | Female |
| 3% | Tweens (ages 8-12) |
| 5% | Teens (ages 13-18) |
| 4% | Grades 3-5 |
| 3% | Middle School (Grades 6-8) |
| 5% | High School (Grades 9-12) |
| 1% | Vegan Male |
| 1% | Vegan Female |

| Youth that eat one or more vegetarian meals per week | |
|--|----------------------------|
| 32% | Total |
| 32% | Male |
| 32% | Female |
| 32% | Tweens (ages 8-12) |
| 32% | Teens (ages 13-18) |
| 48% | Male (ages 8-9) |
| 33% | Female (ages 8-9) |
| 28% | Male (ages 10-12) |
| 25% | Female (ages 10-12) |
| 32% | Male (ages 13-15) |
| 34% | Female (ages 13-15) |
| 26% | Male (ages 16-18) |
| 36% | Female (ages 16-18) |
| 32% | Grades 3-5 |
| 30% | Middle School (Grades 6-8) |
| 30% | High School (Grades 9-12) |

question wording and response options, and post-survey weighting and adjustments. Therefore, the words “margin of error” are avoided as they are misleading. All that can be calculated are different possible sampling errors with different probabilities for pure, unweighted, random samples with 100% response rates. These are only theoretical because no published polls come close to this ideal. Respondents for this youth survey were selected from among those who have agreed to participate in our surveys. The data have been weighted to reflect the composition of the U.S. 8-18-year-old population. Because the sample is based on those who agreed to be invited to participate in the online panel, no estimates of theoretical sampling error can be calculated.

About Nielsen & The Harris Poll: On February 3, 2014, Nielsen acquired Harris Interactive and The Harris Poll. Nielsen Holdings N.V. (NYSE: NLSN) is a global

information and measurement company with leading market positions in marketing and consumer information, television and other media measurement, online intelligence and mobile measurement. Nielsen has a presence in approximately 100 countries, with headquarters in New York, and Diemen, the Netherlands. For more information, visit www.nielsen.com.

Thank you to Charles Stahler and Reed Mangels, RD, PhD, for writing up this information.

Vegan Menus from Costa Rica

by Priscilla Soto Vargas

with assistance from Reed Mangels, PhD, RD, Debra Wasserman, Charles Stahler, and Katya Galbis. Recipes by Martha Vargas.

| Week One | Breakfast | Lunch | Dinner | Snack |
|-----------|--|---|---|--|
| Monday | gallo pinto* corn or flour tortillas fried plantains orange slices | bean soft tacos with onions and red and green bell peppers lettuce, tomato, cucumber, and radish salad avocado slices | lentil soup wheat roll spinach with palm hearts pineapple chunks | peanuts dried figs |
| Tuesday | whole wheat toast with jelly almonds strawberries and blueberries | rice and beans fried plantains cabbage, carrots and corn salad tangerine sections | potato stew with mustard greens corn or flour tortillas kiwifruit | corn chips and pico de gallo* |
| Wednesday | oatmeal with raisins wheat toast cantaloupe almonds | black bean soup with green plantains steamed broccoli orange | brown rice and beans corn tortillas tomato, lettuce, carrots and radish salad peach halves | almonds/seeds/ raisins mixture orange juice |
| Thursday | toast with guava or pineapple jelly orange juice almonds apple | white bean soup with vegetables brown rice pineapple chunks apple | rice-and bean-stuffed peppers steamed broccoli corn fruit salad | crackers with hummus dried figs |
| Friday | gallo pinto* fried plantains orange and grapefruit sections almonds | bean and veggie burrito asparagus strawberries and blueberries | vegetable stew with potatoes, carrots, and celery Brussels sprouts mango | dried figs parsley, orange, and carrot smoothie |
| Saturday | oatmeal with raisins wheat toast orange sections blueberries | garbanzo (chickpea) soup wheat bread mustard greens papaya slices | arugula and broccoli salad avocado slices veggie pasta with tomatoes, basil, and mushrooms | wheat germ juice banana smoothie |
| Sunday | gallo pinto* corn tortillas orange juice kiwifruit | boiled yuca pieces refried beans Russian salad* steamed broccoli | vegetable and corn stew rice beans patacones* avocado slices pear | mixed nuts parsley, orange, and carrot smoothie |

* Recipe is included on page 30.

| Week Two | Breakfast | Lunch | Dinner | Snack |
|-----------|--|--|---|--|
| Monday | gallo pinto* fried plantains calcium-fortified orange juice or soy or almond milk | bean tacos with lettuce, tomato, cucumber, and avocado almonds | lentil soup wheat roll spinach salad pineapple chunks | fruit salad soy yogurt |
| Tuesday | cereal with calcium-fortified soy or almond milk | rice and beans fried plantains cabbage, carrot, and corn salad tangerine | tofu burrito on whole grain tortilla steamed green beans apple | air popped popcorn calcium-fortified soymilk |
| Wednesday | oatmeal with raisins wheat toast cantaloupe calcium-fortified orange juice | soymilk and tortilla soup peanuts banana | brown rice and beans patacones* tomato, spinach, and cucumber salad peach halves | almonds/seeds/ raisins mixture calcium-fortified orange juice |
| Thursday | toast with guava or pineapple jelly calcium-fortified orange juice or soymilk | tofu with pineapple chunks brown rice asparagus apple | rice-and bean-stuffed peppers steamed broccoli corn fruit salad | crackers with hummus soy yogurt |
| Friday | breakfast cereal with soy or almond milk orange and grapefruit sections | bean and vegan cheese quesadilla corn cole slaw strawberries and blueberries | vegetable stew with potatoes, carrots, and celery Brussels sprouts mango | pita bread with hummus calcium-fortified soymilk |
| Saturday | oatmeal with raisins wheat toast with jelly calcium-fortified orange juice | garbanzo soup wheat bread zucchini, onion, and mushroom salad rice pudding | fried yuca avocado slices baked plantains steamed green beans | figs air-popped popcorn |
| Sunday | breakfast cereal papaya and banana slices calcium-fortified orange juice | pasta salad with olives, tomatoes, and mushrooms steamed broccoli calcium-fortified soymilk | rice refried beans fried plantains avocado slices spinach, lettuce, tomato, and cucumber salad pear | mixed nuts blackberry soy- milk shake |

* Recipe is included on page 30.

Note: If you don't consume dairy or eggs, please be sure to obtain a source of vitamin B12 and vitamin D. Vitamin B12 sources include fortified cereals, fortified beverages, fortified meat analogs, Red Star Nutritional Yeast T6635, or a supplement (vitamin pill). Read labels to make sure they contain vitamin B12. Vitamin D can come from sun-light exposure (at least 10-15 minutes of summer sun on hands and face 2-3 times a week for adults), from foods like fortified plant milks, and from a supplement. These menus are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. For special needs, consult with your health provider.

Gallo Pinto

(Serves 4)

This is Costa Rica's most popular dish; it's delicious, nutritious, and vegan.

- ½ medium onion
- ½ medium red bell pepper
- ½ medium green bell pepper
- ¼ bunch of cilantro
- 1 Tablespoon oil
- 1½ cups cooked rice
- 1½ cups cooked black beans

Chop up the onion, red pepper, green pepper and cilantro. Heat the oil in a pan over medium heat. When the oil is hot, sauté the vegetables and cilantro without burning them. Add the rice and beans and mix well. Once it's well mixed, you can add to taste some of Costa Rica's most famous sauce called "Salsa Lizano."

Note: The use of Lizano sauce is optional. Please read the labels and ingredients of the products before you purchase them to make sure the product is appropriate for your needs.

Total calories per serving: 220 Fat: 4 grams
Carbohydrates: 38 grams Protein: 8 grams
Sodium: 2 milligrams Fiber: 7 grams

Patacones (Green Plantain Chips)

(Serves 3)

- 1 green plantain (make sure the plantain is very green)
- ⅓ cup oil
- 1 cup water
- Salt to taste

Peel the plantain. Cut into ½-inch rounds. Heat up the oil in a big pan. Once the oil is hot, place the rounds in it. Leave them there for about a minute. Before they turn brown, place them on a cutting board. With something hard, like a cutting board, press on each plantain round. Don't smash the rounds too hard; they are supposed to be flat, but intact. Mix the water and the salt, and quickly submerge the plantain slices, or you can simply sprinkle with salt. After they are submerged in the water (or sprinkled with salt), place them back in the pan and cook until they turn golden brown and become crispy.

Note: If you would like to use less oil, use only ¼ cup, or try using an oil spray. Fat content will vary as a result; we estimate that 10% of the frying oil will be retained.

Total calories per serving: 93 Fat: 3 grams
Carbohydrates: 19 grams Protein: 1 gram
Sodium: 2 milligrams Fiber: 1 gram

Russian Salad

(Serves 5)

Russian salad is eaten in Costa Rica at many parties and big events. It typically includes eggs and mayonnaise, but here is a delicious vegan version.

- 1 medium beet
- 2 carrots
- 5 medium potatoes

Boil all the ingredients separately. After they are cooked, let them cool, then chop them all up. Place everything into a big bowl and mix.

Total calories per serving: 181 Fat: <1 gram
Carbohydrates: 41 grams Protein: 5 grams
Sodium: 42 milligrams Fiber: 6 grams

Pico de Gallo

(Makes approximately 2½ cups)

In the United States, Pico de Gallo is known as salsa. This version uses fresh vegetables, making it much better than the kind that comes in a jar. Pico de gallo goes great with corn chips, tacos, and burritos.

- 3 tomatoes
- 1 small onion
- ½ small green bell pepper
- ½ cup cilantro
- Black pepper, lime juice, salt, and spicy sauce or peppers (optional)

Chop up the tomatoes, onion, green bell pepper, and cilantro. Put all the ingredients into a bowl and mix well. Then if you choose, you can add black pepper, lime juice, salt, and something to make it spicy like hot sauce or hot peppers.

Total calories per 2 Tbs serving: 5 Fat: <1 gram
Carbohydrates: 1 gram Protein: <1 gram
Sodium: 1 milligram Fiber: <1 gram



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NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

VRG's *My Vegan Plate* was featured in *Baltimore's Child* magazine alongside a positive article titled "Kids Eat the Darndest Things: Vegetarianism is Growing Among Youth."

On their updated Vegetarian Nutrition Resource List, the USDA Food and Nutrition Information Center included The Vegetarian Resource Group and gave a link to our Veganism in a Nutshell information.

VEGAN Outreach

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, spoke on Vegetarian Diets in Pregnancy and Lactation at the Partners in Perinatal Health Conference in Norwood, MA. She also gave a presentation entitled 'No Meat: No Problem - Working with Clients/Patients Who Are, Or Who Want To Be Vegetarians/Vegans,' to the Western Massachusetts Dietetic Association. She spoke further and more in-depth about Vegetarian Diets in the Lifecycle to the Delaware Dietetic Association.

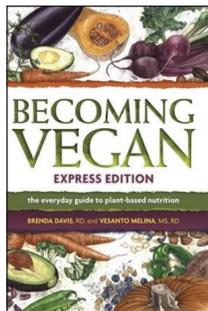
VRG Co-Director Charles Stahler and Managing Editor Debra Wasserman spoke at the Natural Products Expo East on "Growth of the Vegan Market - Meeting the Needs of Your Vegan Customers."

reviews

BECOMING VEGAN, EXPRESS EDITION

By Brenda Davis, RD and Vesanto Melina, MS, RD

Becoming Vegan, Express Edition could easily be described as the thinking person's guide to vegan diets. This book provides an in-depth explanation of why vegan diets are good for people, animals, and the planet. It is written by two vegan dietitians who have used their knowledge and experience to create a thorough guide that will be useful for both new and established vegans, those interested in moving towards a vegan diet, and health professionals.



Davis and Melina include tables, bulleted points, and sample menus to help readers apply the information that they provide. The book includes chapters on benefits of vegan diets, protein, fat, carbohydrate, vitamins, and minerals as well as sections devoted to life-cycle issues, weight (both overweight and underweight), and fitness. A vegan food guide is included. Timely issues such as a comparison of a vegan diet to a Paleo diet add interest. The mix of factual and practical information is especially appealing. I highly recommend this new express edition of *Becoming Vegan*.

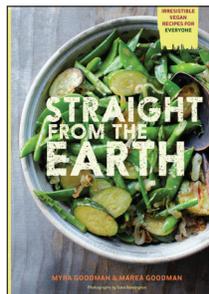
***Becoming Vegan, Express Edition* (ISBN: 978-1-57067-295-8) is published by Book Publishing Company. It has 284 pages and retails for \$19.95. Look for this book in your local bookstore. Reviewed by Reed Mangels, PhD, RD.**

STRAIGHT FROM THE EARTH

By Myra and Marea Goodman

Author Myra Goodman is the co-founder of Earthbound Farm and she has written this vegan cookbook with her daughter Marea. As the title implies, this book focuses on fresh produce, beans, grains, and herbs.

You can start your morning off with Blueberry Cornmeal Pancakes, Crispy Potato and Tempeh Stir-Fry, or Banana Bread with Macadamia Nuts and Bittersweet Chocolate. Later, sample one of these delicious salads:



Cress, Belgian Endive, Persimmon, and Hazelnut Salad; Spinach Salad with Maple-Roasted Butternut Squash and Walnuts; or Heirloom Lettuce Salad with Herbs.

To make a heartier meal, you may want to add soup to your salad. Enjoy Rustic Potato-Leek Soup with Quick Garlic Croutons, Sweet Summer Corn Soup, or Thai Coconut Soup. And if you're interested in entertaining family and friends, here are some terrific appetizers you can serve: Thai Fresh Spring Rolls with Peanut Dipping Sauce, Coconut-Curry Cashews, Fried Green Tomatoes, and Stuffed Mushrooms with Arugula, Walnuts, and Sundried Tomatoes.

You'll find a wide variety of entrées in this cookbook. Try Lentil and Potato Curry, Four Bean and Sweet Potato Chili with Skillet Corn Bread, Grilled Fig Sandwiches with Roasted Pistachio Pesto and Balsamic Caramelized Onions, or Plantain Tacos with Puréed Black Beans and Mango-Lime Salsa. Serve these main dishes with some exciting sides, including Cumin-Roasted Cauliflower and Carrots, Rainbow Chard with Dried Apricots and Pine Nuts, Miso-Roasted Eggplant, or Garlicky Brussels Sprouts and Carrots.

Finally, don't forget dessert! Enjoy Baklava, Pomegranate-Roasted Pears, Brown Rice Pudding, Banana-Coconut Cake, and several frozen desserts.

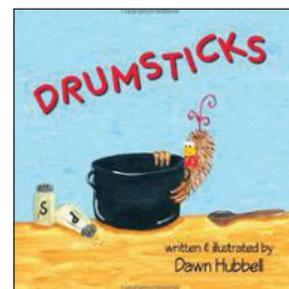
***Straight from the Earth* (ISBN:9978-1-4521-1269-5) is a 224-page book. It is published by Chronicle Books and retails for \$27.50. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

DRUMSTICKS

By Dawn Hubbell

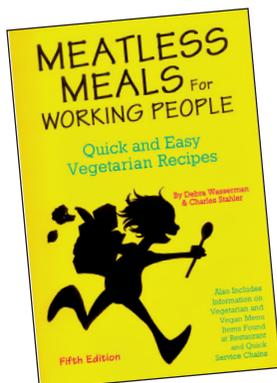
Dawn Hubbell has written and illustrated a vegan-friendly storybook for children. Without giving away the plot, let's just say a chicken mistakenly thinks other animals will be eating it at a future meal. The book contains fun-filled illustrations that any young veggie kid would enjoy.

***Drumsticks* (ISBN 978-0-9896700-1-2) is a 32-page book. It is published by Sleepy Sheep Publishing, LLC and retails for \$8.99. You can purchase this book at a bookstore or online. Reviewed by Debra Wasserman.**

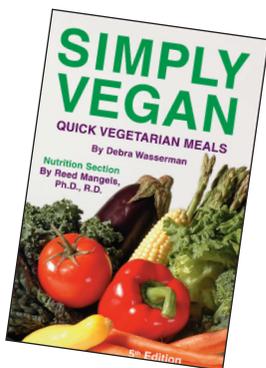


VRG Catalog

Books

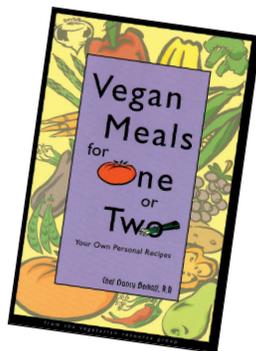


Meatless Meals for Working People – Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a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



Simply Vegan (\$15.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 100,000 copies sold.

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



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

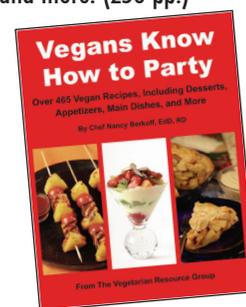
Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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

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

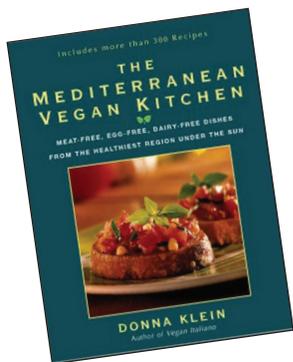
Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique vegan fish and seafood dishes. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, 'Tuna' Salad, and much more!

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

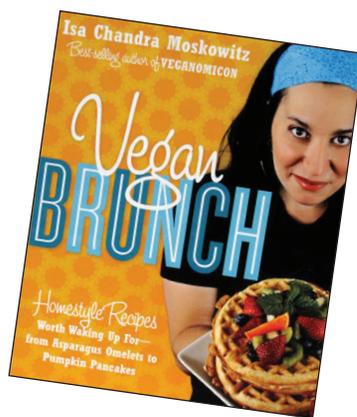


Vegans Know How to Party (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also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

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



Mediterranean Vegan Kitchen (\$18.95) by Donna Klein. This book features Catalan Grilled Vegetables with Almond Sauce, Sicilian-Style Broccoli and Parsnip Soup, Tunisian Roasted Vegetable Salad, Linguine with Tomato-Pesto Sauce, Saffron-Scented Risotto alla Milanese, Roasted Asparagus with Mushrooms, Greek Lenten Spinach Pie, Italian White Grape Ice, Greek Currant Cake, and more. Nutritional analyses provided. (252 pp.)



Vegan Brunch (\$19.95) by Isa Chandra Moskowitz. This cookbook makes it easy to prepare a delicious vegan brunch. Among the 175 recipes are Puttanesca Scramble, Swiss Chard Frittata, Classic Broccoli Quiche, Perfect Pancakes, Cornbread Waffles, Chorizo Sausages, Peruvian Home Fries, Red Flannel Hash, Jalapeno Garlic Grits, Cocoa Raspberry Muffins, Scones, English Muffins, Bagels, Mango Lassi, and more. Color photos are provided. (240 pp.)

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

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

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

***Vegan Nutrition for Teenagers** Brochure with all of the basics about vegan nutrition.

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

Bumper Stickers

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

Vegetarian Journal

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

Reprints from Vegetarian Journal

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

Order Form

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

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Vegetarian Action

Mayim Bialik by Samantha Gendler

Though she is best recognized for her television roles, including schoolgirl Blossom in the early '90s, and neurobiologist Amy Farrah Fowler on the current hit comedy, 'The Big Bang Theory,' Mayim Bialik is making an impression beyond the screen by promoting veganism. Her most recent endeavor is a cookbook entitled *Mayim's Vegan Table*, which she hopes will help families feel comfortable with making easy vegan dishes.

The book stemmed from her popular blog on the Jewish parenting website, *Kveller*, where Bialik details her journey as a Jewish mother, which, no surprise, includes a lot of talk about cooking and eating. Because Bialik is a vegan, her blog quickly became a resource for vegetarian Jews looking to align their beloved culinary traditions with their modern vegan values. Writing about veganism and Judaism flowed well. "Being vegan is not a religion, but sometimes there is a religious kind of consciousness to it," Bialik said.

After posting vegan recipes like Kosher for Passover Mini Potato *Kugels* and *Sofganyot* (jelly donuts traditionally served on Chanukah), and infusing them with humor and stories about cooking with kids, Bialik was inundated with requests for more. "People can't imagine celebrating holidays after making a transition to being vegan or vegetarian," she said.

Originally, her plan was to turn her recipes into a pamphlet, but it ended up being 200+ pages, with more than 100 vegan recipes in addition to relatable chapters explaining the rationale behind plant-based eating. "I literally took the recipes that I make the most often and the ones that are the most reliable. I didn't want to do a fancy celebrity cookbook, because I'm not a fancy celebrity," she said. To add a nutritional voice to the book, Bialik collaborated with Dr. Jay Gordon, a pediatric nutritionist and pediatrician.

Bialik became vegetarian at age 19, and slowly began cutting out dairy in stages. But when her first son was

born, she discovered that he had an adverse reaction to any trace of dairy in her breast milk. "He was fussy and gassy and really just miserable, so I cut out all dairy, which solved the problem very quickly," she said. "Then I read *Eating Animals* by Jonathan Safran Foer, which changed everything for me. That was the end of any trace dairy or eggs in candy bars, pastries, everything. I didn't know where to draw the line, so I simply erased it."

Though Bialik is involved in and lends her name to several vegan causes, she calls raising vegan and conscious kids her "personal activism." She promotes veganism when taping *The Big Bang Theory*. "On tape nights we have a live audience and I wear crazy loud vegan t-shirts so that when we go out for curtain calls I'm advertising that I'm vegan... I like the 'Kale Yeah I'm Vegan!' one from PETA," she said. "It's a couple hundred people getting to see it each night; it's what I like to wear when I know people are paying attention. I hope that people will say, 'Oh, she's wearing a vegan shirt. She's a vegan.'"

In addition to promoting veganism out of costume, Bialik (who holds a PhD in neuroscience like her character, Amy), makes sure she has plenty of vegan food on set. "Whenever we have food scenes, which there are a lot of, our propmaster knows to make me a vegan version," she said. "We recently had a lasagna scene... Unfortunately, it was the propmaster's first time ever making a vegan lasagna... it was OK. I told him I need to introduce him to Daiya."

Bialik likes easing people into veganism, always keeping busy moms in mind. "I know I'm very lucky to live in a city where I can easily get amazing vegan food... I know that's not the case in many places in the country, so in the cookbook I try to present things that are able to be made inexpensively and quickly," she said. "I wrote the book on a very broad platform, which makes it easier to hear the lessons and motivation behind veganism."



Mayim Bialik

**Samantha Gendler is the Senior Editor of
The Vegetarian Journal.**

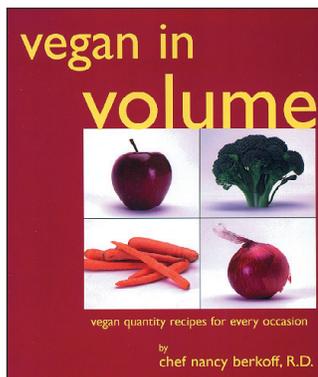


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VEGAN IN VOLUME (272 PAGES)
 BY CHEF NANCY BERKOFF:

Great for anyone who runs a restaurant, caters, staffs food services, or hosts parties. Includes over 125 recipes, most serving 25. Also includes sections on converting total yields of quantity recipes, senior menu ideas, cooking for kids, and much more. To order for yourself or give to food service staff, send \$20 to VRG, P.O. Box 1463, Baltimore, MD 21203. Call (410) 366-8343 or go to www.vrg.org/catalog.



TO RESTAURANT MANAGERS: If you are receiving this *Vegetarian Journal* issue in the mail, you most likely have a free listing in our national online restaurant guide. Please check your listing at <http://www.vrg.org/restaurant/index.php>. Let us know if there are any changes. We're always interested in creating partnerships with businesses that we feel share our values. If you're interested in hosting a fundraising event, please contact Nina at vrg@vrg.org. Thank you for promoting veggie diets. It's appreciated!

TO READERS: What better way to promote vegan diets than patronizing restaurants that cater to vegetarians? Please check out our national restaurant guide at www.vrg.org/restaurant/index.php. Let us know of any additions, deletions, or changes. Email: vrg@vrg.org

INSIDE THIS ISSUE: \$10,000 IN VRG COLLEGE SCHOLARSHIP AWARDS; COSTA RICAN MEAL PLANS; GLUTEN-FREE MUFFINS

BELOW: VRG INTERN DEVLYN PERUGINI AT THE CHARLES VILLAGE FESTIVAL IN BALTIMORE, MD. Summer intern Devlyn came to us all the way from Hawai'i! During her internship, she researched, wrote articles, and staffed booths at festivals, farmer's markets, and the Taking Action for Animals Conference in Washington, DC. "I have a newfound confidence in my veganism and feel completely capable of continuing to spread this good work," Devlyn said. Thank, you Devlyn!
 If you're interested in interning with The Vegetarian Resource Group, email vrg@vrg.org.



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