

Make Vegan Condiments • Brassica Recipes

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JOURNAL

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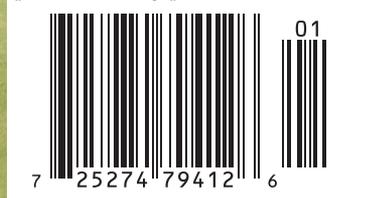
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*with vegan
cheese
please!*

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NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline addresses soaking and cooking dried legumes.

QUESTION: *My question is regarding the soaking of legumes to reduce phytate content in order to make iron more available. What should I do with the soaking water after removing the legumes? Discard it? Are the phytates in the water or do they change their chemical structure and the water can be otherwise used in recipes?* **T.M., via email**

ANSWER: Dried beans contain substances called phytates. When the beans are eaten, these phytates can bind up iron, zinc, and other minerals in our intestines. The minerals cannot be absorbed when they are bound to the phytates and are excreted. One way to reduce the effect of phytates is to soak dried beans for several hours or overnight and discard the soaking water. The phytates dissolve in water so when the beans are soaked, the phytates move into the soaking water and can be discarded. Then, when the beans are eaten, there is less phytate to interfere with mineral absorption. I'd recommend discarding the soaking water and not using it in other recipes.

QUESTION: *I like to cook dried beans in my slow cooker. Someone said that I shouldn't cook dry kidney beans this way, even if I soaked them beforehand. Is there any truth to this?* **K.B., via email**

ANSWER: Both red kidney beans and white kidney beans contain relatively high levels of phytohaemagglutinin, a substance that can cause extreme nausea, severe vomiting, and diarrhea.

These uncomfortable effects have been seen in people eating as few as four or five uncooked beans. Proper cooking destroys the toxic substance. The Food and Drug Administration (FDA) suggests that kidney beans should be soaked in water for at least five hours, the water poured away, and the beans boiled in fresh water for at least 30 minutes.¹

The problem with slow cookers is that they don't reach a high enough temperature to destroy the toxic substance. A number of incidents have been reported where people eating dry kidney beans cooked in a slow cooker have gotten sick.² It's also not a good idea to soak dry red or white kidney beans and then grind the soaked, uncooked beans to use in baked goods. If you like making recipes with kidney beans in your slow cooker, either cook the beans on the stove first following the FDA's instructions or use canned kidney beans.

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1. Food and Drug Administration. *Bad Bug Book, Foodborne Pathogenic Microorganisms and Natural Toxins. Second Edition.* 2012. <http://www.fda.gov/downloads/Food/FoodSafety/FoodborneIllness/FoodborneIllness-FoodbornePathogensNaturalToxins/BadBugBook/UCM297627.pdf>
2. Rodhouse JC, Haugh CA, Roberts D, Gilbert RJ. Red kidney bean poisoning in the UK: an analysis of 50 suspected incidents between 1976 and 1989. *Epidemiol Infect.* 1990;105:485-91.

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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

THE FUTURE OF VEGANISM



A supermarket industry publication recently included a full-page ad by America's Milk Companies titled "Give Milk The Presence It Deserves." Who would think the dairy industry would have to be asking for space in stores, but witness the growth of almond, soy, coconut, and other plant milks, and you can understand why.

For a presentation, the head of a food company asked us for input on what might happen in the next 100 years to move society towards a vegan diet. In the 2016 Vegetarian Resource Group national Harris Poll, of the five percent of the U.S. adult population that always eats vegetarian meals (including vegan) when eating out, their top reasons for eating vegetarian were: 25% animals; 21% health, 9% ethics, 9% environment, and 7% spiritual. Thus, at least half are doing so out of altruistic beliefs such as animals, ethics, and environment.

Of those who currently do not eat vegetarian meals, their primary reasons for eating vegetarian meals would be: 24% health, 9% cost, and 3% animals. For vegetarians, altruistic reasons seem to be the most prevalent motivations, with health being strong. For those not yet eating vegetarian meals, health seems to be the most important reason, cost and altruism less so. Most likely everyone won't become vegan because of one event, but rather evolve due to the ongoing factors of cost, convenience, peer pressure, and taste.

Debra believes the scarcity of water will impact what people eat. A key VRG volunteer suggested it will be "lab grown" meats and transparency about where our food comes from. One of our high school interns sees the keys as a "meat tax," regulations and restrictions on food advertising, and the opening of more vegan fast-food restaurants.

We would like to see a change in ethics and people not wanting to kill, but don't see that for the majority in our or our kids' lifetimes. Each in their own way, businesses, activists (many with opposing visions), nonprofits, scientists, politicians, academics, etc., are contributing to a more vegan world.

In honor of The Vegetarian Resource Group's 35th anniversary, a supporter has pledged \$15,000 to match donations. So every contribution you make towards our programs will be doubled. If you would like to donate towards our continued work for a veg world, please mail to VRG, P.O. Box 1463, Baltimore, MD 21203, call (410) 366-8343, or go to www.vrg.org/donate.

Thank you for your ongoing support.

Debra Wasserman & Charles Stahler

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

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Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

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

Thanks to Dennis Bayomi at VegDining.com for a donation.

Special thanks to David Sudarsky of TheVegetarianSite.com for a generous donation.

Thank you to several anonymous donors for their ongoing support.

We greatly appreciate all the donated time our high school and college interns gave the past year. They accomplished so much for the vegan movement!

Vegan Eating on a Carnival Cruise

We just went on a Carnival Cruise (Triumph). The staff was amazing. They created a custom vegan meal for our son every night, using tofu and quinoa. The chef viewed it as creative freedom, rather than a burden. The vegan dinners were pretty and tasty. Our waiter was knowledgeable and supportive of our son. He even gave him a hug at the end!

For lunch, our son usually hit the Mexican place and had a few black bean burritos; vegan teenage boys eat a lot! There was also a stirfry place that had tofu.

As for the tours, one was very supportive and had plenty of options while the other was not understanding of vegan folks. Our family and another veggie family talked to the Cruise Director and he was so appalled that they refunded our money and dealt with it with genuine concern.

All in all, our son was worried he would starve; however, he ate very well. Tell the head waiter you're vegan as soon as you board. We did and as a result had a vegan dinner for us that first night.

Taffy G., via VRG blog

Enjoying Vegetarian Journal

I have been buying *Vegetarian Journal* at my local health food store for six months now and I enjoy it very much!

I love the Nutrition Hotline page by Reed Mangels and the personal accounts by contributors about experiences in the vegan world. My favorite section is the Scientific Update. I really appreciate seeing summaries of scholarly research articles. I love Nancy Berkoff's column as well; she is so clear and unfancy. It's wonderful!

Vegetarian Action is another great section. I also like the paper you print on and the fact that the journal has no advertising. I can tell from reading *Vegetarian Journal* that The Vegetarian Resource Group interns have a good experience and are valuable to you, and that is so good to see!

In short, I love the magazine and the caring, low-key vibe coupled with excellent, accessible information. So last night I decided it was time to subscribe for two years (and I am looking forward to reading *Simply Vegan*).

Lynn B., 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:

PORTABLE PICNIC FEASTS

Plus: Quick and Easy Ideas for Cooking Quinoa Dishes; Fish Feel; Comparing Vegan Cheeses

Make Your Own **Vegan**

Condiments

By
Chef Nancy Berkoff
EdD, RD

Sauces and condiments have a long culinary history. Some people postulate they may have been used to “cover up” strong or off flavors that may have developed prior to refrigeration. Others think they were used to offset a bland diet with limited numbers of ingredients. If we think about the basis of many cuisines – rice, bread, cereals, potatoes, and pasta – we can understand how “jazzing up” with condiments might have become popular.

Making your own condiments can range from “it only takes a minute,” to an overnight soak or an all-day simmer, depending on your time, kitchen space, planning, and choice. The good news about most condiments is, once prepared, they have an extended shelf life, so you can have a variety of condiments over a long period of time. Many homemade condiments intensify in flavor in a good way over time.

If you would like to create your own “line” of condiments, you’ll want to save leftover fruit and veggie juices, cooked veggies for salsas, and salad dressings. When you are shopping, look for interesting (and on sale!) pickles, olives, and nuts, as they make interesting additions for condiments. The same goes for vinegars, oil, and salt, as they can take a “blah” recipe and add some interest.

Here’s a list of ingredients you may want to have on hand to whip up home-made condiments:

For your pantry: tomato sauce, canned tomatoes, tomato paste, white or apple cider vinegar, dried herbs (such as parsley or oregano), spices (such as black or white pepper, cumin, chili powder, onion powder, and paprika), canned green and black olives, assorted pickles, maple syrup, agave nectar, and vegetable oil and spray

For your refrigerator or freezer: lemons or lemon juice, silken or soft tofu, frozen peas and carrots (to use as a puréed ingredient), and soy sauce

Chutneys

Take advantage of seasonal fruits and veggies for chutneys and salsas, as well as fruit-based marinades. Also keep an eye out for sales on dried fruits and veggies, or make your own dried fruits and veggies, and include

apricots, peaches, apples, pears, blueberries, plums, and tomatoes.

Chutney originated in South Asia and was “adopted” into British cuisine – one of the first fusion condiments! Chutney can be sweet or savory, made with all fresh or all canned ingredients and can be served as an appetizer, a side dish, or as a condiment. Indian-style chutneys are usually thick and chunky, while British-style chutneys more closely resemble a jam. Chutneys can be made to be served “that day,” or prepared in larger batches and served over time.

Chutneys can be made with fruits, vegetables, herbs, or spices. Generally, a chutney recipe will have one dominant flavor and that is how that chutney is named. It may not be the ingredient used in the largest amount, but it will be the one with the “biggest” flavor. Some of the more popular chutneys are made using coconut, mint, coriander, cilantro, garlic, ginger, mango, raisin, banana, apricot, tamarind, red chili, green chili, lime, peanut, cumin, asafetida (a popular Jain or vegan spice), and tomato.

Salad Dressings

Salad dressings can be easily created with what you have at hand. Purée cooked beans, thin with a small amount of oil (if desired), flavor with a small amount of vinegar and then start to add minced or finely diced veggies (such as onions, peppers, chilies, tomatoes, zucchini or summer squash, or cucumbers), and fresh or powdered herbs. Combine salsa with vegan mayonnaise or sour cream for a creamy salad dressing and add cooked, cooled veggies, such as diced carrots, peas or corn, or even a small amount of diced pineapple, melon or dried fruit, such as cranberries, blueberries, or raisins.

Tartar Sauce

For tartar sauce (useful as a sandwich spread, salad dressing, or a cold sauce for cooked veggies or grains or steamed, grilled, or baked tofu, tempeh, or seitan), make your own vegan mayonnaise (see page 9) or purchase it and keep it on hand. Add minced pickles and lemon juice, shredded nori, and/or white pepper and you have your own customized tartar sauce.

Vegan Mayonnaise

Over the past few years, vegan mayonnaise has become much easier to purchase at the store, but it is easy to make and customize yourself, too. Most of us just don't think to make it ourselves. Vegan mayonnaise needs a base, such as soy or almond milk or soft tofu, and vegetable oil, lemon juice, and mustard. You can stir up vegan mayo recipes by hand or combine in a blender or food processor; you can prepare vegan mayonnaise "as needed" or make a large batch and keep refrigerated.

Caponata and Harissa

If you have some time, caponata and harissa are flavorful condiments that can "make the meal." Caponata is a Sicilian version of ratatouille, taking advantage of seasonal eggplant to create a savory side dish or condiment. Because eggplant is so mild in flavor, it absorbs the flavors of the other ingredients in the recipe as well as provides a great texture. Caponata can be used as a stand-alone sandwich filling, as a base for soups or salad dressings, and as a condiment for cooked grains, potatoes and veggies. It's difficult to resist caponata spread on thin, crusty bread or tossed with extra firm tofu.

Harissa is a spicy condiment-paste that's widely used in North African and Middle Eastern cooking. Harissa recipes vary between countries, regions, and households, but most versions include at least two types of chilies (the hotter the better), garlic, olive oil, and spices (like cumin, coriander, caraway, and mint), as well as tomatoes. If made traditionally, harissa packs quite a taste sensation and a little goes a long way! If you would first like to experience prepared harissa, there are some good versions available with online grocers.

Condiments can make a meal. The simplest ingredients, such as rice, pasta, potatoes, or bread, can be served three times a day, without boredom, when we have fascinating condiments to accompany them!

Agave Mustard

(Makes about 1½ cups)

Before you decide to make mustard, think about how you'll use the dry mustard, as the tins are usually relatively large. This recipe takes some time to make, including some waiting. However, once prepared, the mustard will last at least two weeks in the refrigerator.

¼ cup dry mustard

½ cup white vinegar (can be simply white vinegar or white wine vinegar)

2 Tablespoons water

¼ cup agave nectar

2 teaspoons vegetable oil

2 Tablespoons mustard seeds

2 Tablespoons silken tofu (or soft tofu)

1 teaspoon salt

2 teaspoons cornstarch

In a medium bowl, mix together dry mustard, vinegar, water, and agave nectar until smooth. Cover and chill overnight, or for at least six hours.

Place oil in a frying pan and heat. Add mustard seeds and heat over medium heat, covered. As soon as the mustard seeds start to pop, about three minutes, remove from heat. Set aside and allow to cool.

Add one inch of water to a small pot. The amount will vary depending on the size of the pot to create a double boiler. The bowl with the dry mustard will need to fit on top of (not in) the pot, or use a double boiler if you have one. Place the mustard-vinegar mixture over the boiling water, and add the toasted mustard seeds with remaining oil, tofu, salt, and cornstarch and whisk to blend. Cook, whisking constantly, until mustard thickens, three minutes. Remove from heat and allow to cool. Chill for at least one hour before using.

Note: You can customize your mustard by dividing the batches and using different types of mustard seeds. Yellow, also called "white" mustard seeds are mild. Brown mustard seeds are used in "Dijon" or "European" style mustards. Black mustard seeds are used for more assertive cuisines, such as Indian. Remember that mustard seeds need to soak and soften in liquid (or popped in oil) prior to being added to your recipe.

Total calories per 1 teaspoon serving: 7

Carbohydrates: 1 gram

Sodium: 32 milligrams

Fat: < 1 gram

Protein: < 1 gram

Fiber: < 1 gram



Last Minute Ketchup

(Makes about 1½ cups)

Ketchup is originally from Indonesia and was made with a variety of fruit pastes. After making this tomato-based ketchup, try experimenting with other fruit pastes, such as apricot or prune, made by processing soaked dried fruit with a small amount of water.

- 1 cup (8 ounces) no-salt tomato paste**
- 4 Tablespoons maple syrup**
- 2 Tablespoons vinegar (your choice)**
- 1 teaspoon reduced-sodium soy sauce**
- 1 teaspoon onion powder**
- 1 teaspoon dried parsley**

Combine all ingredients in a glass or plastic bowl (not metal) and stir until well combined, or mix in a blender until all ingredients are combined. Refrigerate leftovers in an airtight container.

Total calories per 1 Tablespoon serving: 17	Fat: <1 gram
Carbohydrates: 4 grams	Protein: <1 gram
Sodium: 17 milligrams	Fiber: <1 gram

Mint Chutney

(Makes about 2½ cups)

There are so many types of chutney! Try this green version and then move onto customizing your own, with seasonal herbs and fruit.

- 4 Tablespoons soy or cashew yogurt (plain or unflavored)**
- 1½ cups packed, washed and shredded fresh mint leaves**
- 1 cup packed, washed and stemmed fresh cilantro leaves**
- 1 Tablespoon seeded and chopped fresh chili**
- ½ cup diced onions**
- 2 teaspoons peeled and minced fresh ginger**
- 1 Tablespoon peeled and minced fresh garlic**
- 2 teaspoons cumin**
- 1 teaspoon ground white pepper**

Place the yogurt in a large bowl (you will be adding all the ingredients to this bowl). Set aside.

Finely dice (by hand) or grind (in a food processor) the mint, cilantro, chilies, onions, ginger, and garlic until almost uniform. Add to the yogurt and mix together. Mix in the cumin and pepper. Cover and refrigerate.

Note: Chutney can be smooth like a paste or chunky,

depending on your preference. If you like, you can add chopped walnuts, pistachio or pine nuts, as well as dried cranberries or raisins for more texture.

Total calories per serving: 2 Tablespoon	Fat: <1 gram
Carbohydrates: 1 gram	Protein: <1 gram
Sodium: 2 milligrams	Fiber: <1 gram

Harissa

(Makes about 2 cups)

Harissa is a fiery condiment, and a little goes a long way! Harissa will keep in the refrigerator for up to about two weeks. If you have not experienced harissa, you may want to purchase a commercial variety found in African or Middle Eastern stores or even on Amazon.com, to get the feel for it before making your own.

- 2 large whole red bell peppers, cut in half and seeded (about 1 pound)**
- 6 whole chilies (about 8 ounces, your choice of heat)**
- ½ teaspoon caraway seeds**
- 1 teaspoon ground white pepper**
- ½ teaspoon cumin**
- 3 peeled garlic cloves (about 3 ounces)**
- ¼ cup lemon juice**
- 1 Tablespoon vegetable oil**

Preheat broiler and set the oven rack at about six inches from the heat. Place red bell peppers with cut sides down onto a baking sheet. Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about five minutes. If a broiler is not available, you can use a barbecue grill for the same effect. If neither a broiler nor barbecue is available, you can place the peppers right into the flame of a stove top burner, but this will take a lot of turning and watching! Place the blackened peppers into a bowl and tightly seal with plastic wrap. Allow the peppers to cool for 20 minutes. After they are cooled, with your hands, remove and discard the skin. Set aside.

Bring a large pot of water to a boil. Add whole chilies and cook uncovered over medium heat until chilies start to soften, about three minutes. Drain and set aside to cool. Remove seeds and membranes from chilies (wear gloves, and don't touch your eyes); set aside.

Add roasted bell peppers, boiled chilies, caraway seeds, white pepper, cumin, garlic, lemon juice, and vegetable oil into a blender or food processor and purée until smooth. Refrigerate in an airtight container.

Total calories per 2 Tablespoon serving: 21
Carbohydrates: 3 grams
Sodium: 2 milligrams

Fat: 1 gram
Protein: 1 gram
Fiber: 1 gram

Vegan Mayonnaise

(Makes approximately 1½ cups)

Use this as the base for salad dressings, sandwich spreads and cold sauces — it is very versatile!

½ cup soft silken tofu
2 teaspoons fresh lemon juice
2 teaspoons prepared mustard (not dried mustard powder)
1 teaspoon ground white pepper
1 cup vegetable oil

Combine tofu, lemon juice, mustard, and pepper in a blender for about 30 seconds or until the tofu is smooth. While blending, slowly add in the oil until the mixture thickens to your preference. If you are going to use this for many different recipes, make it thick, as it can always be thinned out with some additional oil.

Variations:

Thousand Island Dressing: add ketchup or tomato paste and relish; if necessary, thin with a small amount of oil or water

Salsa Salad Dressing: stir prepared salsa into vegan mayonnaise

Tartar Sauce: add relish and lemon juice

Fast Corn Salad: to cooled cooked corn, add vegan mayonnaise, lemon juice, and relish, and, if you have the time, chopped onions and peppers

Fast Protein Salad: chunk extra-firm tofu or smoked tofu and stir in vegan mayonnaise, soy sauce, and seasonal chopped veggies.

Total calories per 1 Tablespoon serving: 85
Carbohydrates: <1 gram
Sodium: 5 milligrams

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

BBQ Sauce

(Makes about 2½ cups)

You can make this savory sauce ahead of time and refrigerate. Use as a dipping sauce or stir into vegan mayonnaise for a fast sandwich spread.

2 cups canned no-salt-added or homemade tomato sauce
3 Tablespoons agave nectar or maple syrup

1 Tablespoons apple cider vinegar
1 Tablespoon reduced-sodium soy sauce
1 teaspoon paprika
1 teaspoon chili powder
1 teaspoon dried oregano

Combine all the ingredients in a mixing bowl and whisk together. Cover and let stand for at least one hour, to allow the flavors to “marry” and combine.

If you have more time, gently heat combined sauce in a small pot, and stir and heat over low heat for about 20 minutes. Serve hot or allow to cool.

Total calories per 2 Tablespoon serving: 19
Carbohydrates: 4 grams
Sodium: 33 milligrams

Fat: <1 gram
Protein: <1 gram
Fiber: <1 gram

Caponata

(Makes about 4½ cups)

Caponata takes time to prepare, but it is worth it! Serve as a side dish or use as a condiment or sandwich filling. It is flavorful, versatile, and can be fairly addictive! Take advantage of eggplant in season and make several large batches. Store in the refrigerator for up to four weeks.

¼ cup olive oil
4 cups peeled and diced fresh eggplant
1 cup diced onion
1 cup seeded and diced green pepper
1 cup diced celery
4 cloves garlic, peeled and diced
1 cup no salt added tomato sauce
⅔ cup no salt tomato paste
¾ cup pitted Kalamata (or black) olives
¾ cup pitted green olives
2 Tablespoons apple cider vinegar
¼ teaspoon dried oregano
1 teaspoon black pepper

Pour oil into large skillet on medium heat. Add eggplant, onions, pepper, celery, and garlic to the pan and sauté until vegetables are translucent, about 5 minutes.

Add tomato sauce, tomato paste, olives, and vinegar to pan with vegetables. Mix well, cover, and reduce heat. Simmer 30 minutes, stirring frequently. Stir in oregano and black pepper. Serve warm or allow to cool.

Total calories per ¼ cup serving: 76
Carbohydrates: 6 grams
Sodium: 175 milligrams

Fat: 6 grams
Protein: 1 gram
Fiber: 2 gram

Quick and Easy Pear Dishes

By Nancy Berkoff,
RD, EdD

Fresh, canned, dried...sliced, diced, halved, puréed.... raw, baked, grilled, poached...pears are versatile and easy to prepare and serve. Pears also store well, so they are a year-round, go-to fruit. Many markets offer several types of pears, and the different varieties have varied tastes and textures. Choices are always nice!

Pears have 21 grams of carbs. The carbohydrates in a pear are low on the glycemic index, meaning they are not a “high sugar” fruit. One pear can offer up to 15% of an adult recommended daily allowance of fiber. Fresh pears are a good source of Vitamin C. One fresh pear contains 10% of the recommended dietary allowance (RDA) for Vitamin C. A serving of fresh pears can have up to 5% of the recommended daily adult allowance for potassium.

Pears are wonderful just eaten out of hand. If you have time, make a morning pear parfait. Top cooked or dry cereal with ½ cup diced pears, vegan yogurt with fruit, chopped dried fruit, and a sprinkle of dark chocolate or coconut chips.

There is a pear for every taste. Yellow Bartlett actually starts with a green skin and then ripens to a bright yellow. Depending on how ripe/firm you like your yellow Bartlett, you may be eating a hard, green pear, or almost spooning a brilliant yellow one. Red Bartlett starts out with a blush, and has a bright red skin when fully ripe. Green Anjou starts out green and stays that way, so you'll need to apply some pressure to test for ripeness. Red Anjou are closer to maroon and stay fairly red. Bosc pears have a speckly brown, pebbly skin and do not turn color when ripened; select Bosc when you are in a baking or poaching mood. If you can locate some Comice pears, take advantage of your

find. Comice are pears livin' large—sweet and juicy. Seckels resemble miniature pears and are very sweet and very pretty; they can be light green, maroon, or faintly striped.

When you've got a blender handy, purée overripe pears with your favorite juice and/or yogurt for a fast morning meal. Leftovers can be frozen for your very own signature pear sherbet. Pears can be oh-so-thinly sliced and put on cold sandwiches or diced and added to cooked rice, couscous, or pasta. If you're in a chocolate mood (who isn't?!), melt vegan chocolate chips in the microwave and dip fresh pear pieces for a pear fondue. Leftovers, if there are any, can be refrigerated for a cold snack.

If you have time, rather than baked apples, you can create baked pears. Cut several pears in half and

scoop out the seeds. Preheat the oven to 400 degrees. Spray a baking dish with vegetable spray. Place pears in baking dish, cut side down. Combine equal parts of apple juice or pear nectar and maple syrup, sprinkle over pears, cover, and bake until soft (or the texture you like). Serve as a dessert, with sorbet or vegan yogurt and some berries, or have for breakfast with some granola, chopped nuts, or vegan yogurt... or keep in

the refrigerator for a fast snack. When you have a grill on, cut fresh pears in half lengthwise, spray with a bit of vegetable oil, and grill, cut side down, until the texture you like is attained. You can sprinkle grilled pears with chili powder, garlic, and onion for a savory side dish or with cinnamon, vanilla, and ginger for a sweet one.

Finally, if you can stop yourself from eating pears straight from the fruit bowl, think about adding chopped pears to green salads, yogurt, smoothies, rice dishes, cooked vegetable dishes (as a garnish), or on your morning cereal.



Vegan Cooking Tips

Pears pair perfectly with wine. Here is a brief guide for your next tasting. For a list of vegan-friendly wines, visit: <http://www.barnivore.com/wine?vfilter=Vegan>

Pear variety/ Wine

-Anjou / Sauvignon Blanc

-Anjou / Demi-Sec Champagne

Anjou is very sweet and juicy when fully ripe, with excellent pear aroma.

-Bosc / Cabernet Sauvignon

-Bosc / Barberesco

Bosc is a pear with dense flesh and a nutty, spicy flavor. Mildly sweet, this “savory” pear is often used in cooking.

-Bartlett / Brut Champagne

-Bartlett / Merlot

Bartlett is a very juicy pear that is very aromatic with a smooth texture

-Comice / Ruby Port

-Comice / Sauternes

Comice is the sweetest of all pears and a bit heavier in texture. It’s an especially good dessert pear with full-bodied flavor.

-Red Bartlett/Chianti

-Red Bartlett/Tawny Port

If you are thinking of cooking with your pears, here’s a short guide to amounts:

About 2 medium pears = 1 cup sliced pears

About 4 medium pears = 1 cup puréed pear

About 3 medium pears = 1 pound of pears

If your pears don’t seem to ripen quickly enough for you, try the paper bag trick. Place several pears in a paper bag, seal, and allow to ripen overnight. If you ripen too many pears, cook them into a pear sauce, as an alternate to applesauce, or bake them as you would an apple, in the oven or microwave.



Bequests

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

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

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Motivations and Attitudes of Vegans

A study of German vegans provides insights into the reasons people are vegan and how they view animal agriculture. Researchers approached customers at seven vegan supermarkets in Germany and asked, “Do you follow a vegan diet?” If a customer said that they did, they were asked how often they made exceptions and ate animal products. Only those who never or extremely rarely ate an animal product were included in the study. A total of 329 vegans were surveyed. More than half were under the age of 35 and two-thirds were women. They had followed a vegan diet for an average of 3.8 years. Subjects were asked to name the most important reasons why they are vegan and could list up to three responses. They were also asked about their attitudes towards animals for food and treatment of farm animals. Close to 90% of respondents listed animal welfare/animal rights/animal agriculture as one of their main motives for being vegan. More than two-thirds said a motive for being vegan was personal health. Almost half mentioned environmental concerns. More than 80% of subjects had more than one main motive for being vegan, with 30% listing animals, personal health, and the environment as primary motives. A substantial majority (more than 80%) of subjects said “animals have similar feelings and fears as humans” and “all animals should be granted the right to a natural death.” Regardless of their motivation for following a vegan diet, the majority of subjects were not willing to buy animal products even if the welfare of the animals was guaranteed. The results of this study could have implications for food producers. The authors of this study believe today’s vegans may be an early indicator of a future trend. Similar to small numbers of consumers who were originally interested in organic foods or fair trade practices, the small number of vegans today may represent the beginning of a larger movement.

Janssen M, Busch C, Rödiger M, Hamm U. 2016. Motives of consumers following a vegan diet and their attitudes towards animal agriculture. *Appetite*. 105:643-51.

New Ruling by the U.S. Food and Drug Administration Expands the Use of Vitamin D2

Traditionally, there are two forms of vitamin D – vitamin D2 which is vegan and vitamin D3 which is derived from lanolin from sheep’s wool or fish oil. A vegan form of vitamin D3 has been recently developed but most commercial vitamin D3 is not vegan. The US Food and Drug Administration (FDA) recently made it easier for vegans to get vitamin D from fortified foods. The FDA ruled that vitamin D2 could be added to “milk alternatives” and “plant-based yogurt alternatives.” Examples of “milk alternatives” include soy-, rice-, almond-, and coconut-based beverages, according to the FDA. Previously, vitamin D2 was approved for use in soy beverages, and soy-based cheese substitutes. Vitamin D (could be either D2 or D3 form) was previously approved for use in breakfast cereals, grain products, cow’s milk and other dairy products, infant formula, and margarine. Vitamin D3 can be added to calcium-fortified fruit juices and fruit juice drinks, and other products. The new ruling about vitamin D2 in plant milks and plant yogurts took effect July 18, 2016.

Food Additives Permitted for Direct Addition to Food for Human Consumption; Vitamin D2 and Vitamin D3 (Final Rule). (July 18, 2016). *Federal Register* 81:137 46578-46582. Available at <https://www.gpo.gov/fdsys/pkg/FR-2016-07-18/html/2016-16738.htm>

What Does "Moderation" Mean, Anyway?

We’ve all heard it – “Eat whatever you want, in moderation” and “All foods can fit in a healthy diet if consumed in moderation.” Researchers from the University of Georgia and Duke University decided to look into how people define moderation. They wondered if the concept of “moderation” actually helps people to make better food choices. In a series of studies, the researchers found that people identified “moderate consumption” as eating more of an unhealthy food than what one

“should” consume. So, if you thought you “should” only eat one cookie, you might define moderate consumption as two cookies. “Moderate consumption” was said by research subjects to be eating less than what would be considered an indulgence. So, for those cookies, indulgence might be three cookies. The study got even more interesting when the researchers factored in how much subjects liked a food. They found that the more subjects liked a food, the larger a “moderate” serving would be. For example, subjects who liked gummy candies and who ate gummy candies often, thought that a larger number of gummy candies would be a moderate serving compared to people who didn’t especially like gummy candies. Also, people tended to view whatever amount of a food that they commonly ate as being a “moderate” amount. So, if you really like pizza, a “moderate” serving might be 6 slices. The results of this study suggest that the concept of “eating in moderation” is meaningless and not a useful way to educate people about nutrition. As the researchers say, “Our results suggest that people may be adjusting their perceptions of moderation to justify their own intake, regardless of what that intake is.”

VanDellen MR, Isherwood JC, Delose JE. 2016. How do people define moderation? *Appetite*. 101:156-62.

Canadian Diabetes Association Recommends Use of Plant-based Diet to Manage Type 2 Diabetes

Worldwide, more than 422 million people or about 1 in 12 adults has diabetes, mainly type 2 diabetes. Type 2 diabetes is due to the body’s not being able to use the hormone insulin effectively and is often linked to excess weight and inadequate physical activity. In 2013, the Canadian Diabetes Association identified a plant-based diet as one of several diets that are recommended for use by people with type 2 diabetes. The recommended plant-based diet is defined as “a regimen that encourages whole, plant-based foods and discourages meats, dairy products and eggs as well as all refined and processed food.” Many studies have compared plant-based diets to more traditional diets that have been used in the past to manage diabetes. Plant-based diets have been shown to be as good as or better than more traditional diets in helping people with diabetes manage their weight, control blood cholesterol, and improve symptoms of diabetes. Plant-based diets are well

accepted by people with diabetes and can reduce the need for diabetes medicines. Family influence, a lack of knowledge about meal planning, and a desire for meat were the top barriers people reported for following a plant-based diet. They wanted to have more individual or group counseling sessions to allow them to learn more about the diet. With diabetes on the increase worldwide, we hope that more countries will follow Canada’s lead and that practitioners will continue to work to develop educational materials that promote plant-based diets.

Rinaldi S, Campbell EE, Fournier J, O’Connor C, Madill J. 2016 Jul 28. A comprehensive review of the literature supporting recommendations from the Canadian Diabetes Association for the use of a plant-based diet for management of type 2 diabetes. *Can J Diabetes*. [Epub ahead of print]

Performance of Vegetarian Athletes

Many athletes choose to follow a vegetarian diet, with a goal of running faster or farther or otherwise improving performance. Vegetarian diets are often high carbohydrate which can help with endurance. A recent study examined reports of vegetarian diets and athletic performance to see if there was evidence for benefits or concerns. For this study, the researchers defined performance as strength, speed, endurance, and power; they did not look at flexibility or balance. They found eight studies of vegetarian diets and athletic performance that had been published earlier. The studies looked at resistance/strength training and at running events over a range of distances. The authors did not find either beneficial or harmful effects of a vegetarian diet; it did not improve or hinder performance. Since these conclusions were based on a small number of studies, additional research is needed to further explore the use of a vegetarian diet by athletes. At this point, however, there is no evidence of compromised performance due to the use of a vegetarian diet.

Craddock JC, Probst YC, Peoples GE. 2016. Vegetarian and omnivorous nutrition - comparing physical performance. *Int J Sport Nutr Exerc Metab*. 26:212-20.

Come Meet the Grand Dames of the Brassica Family! *by Zel Allen*

While some large families find it hard to get along, the Brassica family loves being together, in spite of its impressively large size. Gather Brassicas in a salad bowl and they zing! Steam them together to create a meal in a bowl, and they dance with joy.

The Brassicas are a delight to know. Formally, they're called Brassicaceae or Cruciferae, but their very informal family members are well known cousins. Living in the neighborhood are watercress, bok choy, all broccoli and cabbage varieties, choy sum, Swiss chard, tatsoi, arugula, rutabagas, radishes, Daikon, horseradish, kale, collards, turnips and their greens, mustard greens, and arugula. Also in the hood are mustard seeds and mustard oils.

History Reveals Surprises

The ancient Greeks had some pretty interesting thoughts about the origin of their cabbages and attributed their evolution to Zeus, chief of the Gods. They said he worked himself into a dripping sweat whenever his mind was struggling with conflicting predictions. From his roiling sweat sprung cabbages.

Sometimes historians are like detectives with their keen observations. By carefully observing details in ancient Egyptian wall paintings and bas-relief artwork, they noticed Egyptians were well acquainted with cabbage on their dinner plates. Those greens were not the plump, nicely-formed round heads we buy at the grocery today. The ancients were cooking headless cabbage, or leafy greens, more like our kale and mustard greens.

The ancient Greeks and Romans believed they had a great remedy to prevent drunkenness. Before heading out to a big party, they devoured hearty servings of cabbage, believing the cabbage would protect them from getting tipsy. While it may not have staved off drunkenness, the cabbage certainly gave them a great boost of healthy antioxidants.

Herodotus Exaggerated

Herodotus, the 5th century B.C.E Greek writer, was prone to exaggeration. He wrote there were hieroglyphics on the Great Pyramid walls describing enormous amounts of money spent on radishes, onions, and garlic

eaten by the slave builders of the pyramid. The amount mentioned would have equaled about \$30,000 today. While that amount sounds like a tall tale, there were many ancient records and paintings depicting these vegetables. It seems the Egyptians liked these pungent veggies as far back as 2400 B.C.E.

Pliny, a first-century Roman naturalist and writer, described a giant radish that weighed about seven pounds, about the size of a baby boy. European writers bested Pliny and told of a colossal radish that weighed 100 pounds.

One might say kale and cabbage are brother and sister because they came from the same great, great, great grandfather of the Brassica veggies. They began as colewort and eventually sprouted into cauliflower, broccoli, and Brussels sprouts at different times in history.

Ancient colewort lives on today! Present day Atlantic coast perennial gardens feature an attractive, large, leafy border plant that is actually the wild ancestor of kale. Colewort, known by many names (field cabbage, *crambe cordifolia*, sea kale), produces fleshy leaves bigger than a hand and flowers into a large spray of white blossoms.

Sauerkraut Did Not Originate in Germany

While it's natural to assume sauerkraut originated in Germany, especially because the words sauer and kraut are German, it was the Chinese who were fermenting cabbage more than 2,000 years ago as a way to preserve it. Anyone for a Reuben sandwich?

A kaleyard is the Scottish term referring to a field of kale. Historically, the Scots ate kale for their evening meal so often, they used the word kale synonymously with their dinner hour. Instead of ringing the dinner bell, they rang the kale bells.

Imagine a Roman war hero in 3rd century B.C.E. turning down enormous sums of money to defect to the other side. Curius Dentatus was simply enjoying his roasted turnips so much he wasn't the least bit tempted by the giant stash of cash. He made a delicious discovery when he roasted his turnips over a hot fire and they turned sweet. The science behind that fact is high heat causes the starch to turn to sugar.

Early humans who first climbed down from the trees were hunter-gatherers who foraged for foods growing above the ground. When those foods weren't enough or became scarce, they had to dig for their dinner. They dined on roots and bulbs like wild radishes, turnips, cabbage, and onions. Many of the foods we eat today were part of prehistoric man's diet.

During the first millennium A.D., the cold winter-time season meant fewer vegetables on the plate, but cabbage and kale could be counted on for a hearty, warming stew flavored with onions.

Cooking tips

- Hard water can be quite alkaline, causing the familiar red anthocyanin pigment in red cabbage to change to an odd bluish color when cooked. To retain the bright purple color of red cabbage, cook it with acidic ingredients like lemon juice, vinegar, wine, or acidic fruits.
- Does the kitchen smell of unpleasantly sulfurous odors after cooking cabbage? Avoid cabbage stink by cutting the cabbage into long, thin shreds and stir-frying it in oil. Coating the surface of the cabbage seals in the sulfurous odors.
- To get the most health benefits from consuming broccoli, eat the stems and leaves as well as the florets. Many people toss out the leaves, but they're the most nutritious, followed by the florets, then the stems.
- In the Middle East, hot pink pickled turnips are a common meal accompaniment. What turns them pink? Beet juice in the pickling brine.
- If dark leafy greens seem too bitter to enjoy, tame those bitter bites with robust flavors from onions, garlic, ginger, chilies, balsamic vinegar or other flavored vinegar, lemon or lime juice, or soy sauce. Sweet foods like raisins, dates, apples, mangos, pineapples, jicama, tangerines, oranges, and dried cranberries also help to counteract those pungent leafy greens.

Health Benefits

While many of our ancestors and our savvy moms knew these vegetables were healthful, the veggies never quite earned the respect they are gaining now. Today's scientists have discovered hundreds of powerful phytochemicals contained in broccoli and cauliflower or bunches of kale, mustard greens, and bok choy. These compounds called glucosinolates actually contain properties that

can prevent the growth of cancer.

Brassicas possess high levels of carotenoids, vitamin C, folic acid, and fiber. Their deep, rich colors are clear indicators of their high antioxidant content.

Asian Cauliflower Salad

(Serves 5-6)

Here's an easy side salad that features the flavors of Southeast Asia and makes a tasty addition to the buffet table any time of year.

- ½ small cauliflower, trimmed and finely chopped**
- 1 medium carrot, thinly sliced**
- ½ cup water**
- Half 5-ounce can sliced water chestnuts, drained and coarsely chopped**
- 1 Persian cucumber, diced**
- ½ red bell pepper, diced**
- ½ cup raisins plus ¼ cup for garnish**
- ¼ cup shredded unsweetened coconut**
- 1 green onion, minced**
- 2 Tablespoons freshly squeezed lemon juice**
- 2 Tablespoons sesame oil**
- 1 Tablespoon sesame seeds**
- 1 teaspoon rice vinegar**
- ½ teaspoon salt**
- ⅛ to ¼ teaspoon cayenne**
- 1 head romaine or green leaf lettuce**
- 1 to 2 Tablespoons minced cilantro**

Put the cauliflower and carrot slices in a large, deep skillet. Add the water and cook and stir over high heat for about two minutes. Turn off the heat and use a slotted spoon to transfer the vegetables to a large bowl.

Add the water chestnuts, cucumber, bell pepper, ½ cup of the raisins, coconut, green onion, lemon juice, sesame oil, sesame seeds, vinegar, salt, and cayenne. Mix well to coat all the vegetables and distribute seasonings evenly.

Line a serving bowl or platter with lettuce leaves and spoon the salad into the center. For the finishing touch, sprinkle the reserved ¼ cup raisins over the top and add a sprinkle of cilantro.

Total calories per serving: 203	Fat: 10 grams
Carbohydrates: 29 grams	Protein: 4 grams
Sodium: 265 milligrams	Fiber: 6 grams

Balsamic Dijon Brussels Sprouts

(Serves 5-6)

Something about Brussels sprouts stirs up my creative urge to play with ways to bring out the best in this awesome vegetable. I chose Dijon mustard, balsamic vinegar, and maple syrup, familiar items that probably live in many home pantries.

1 pound Brussels sprouts, thinly sliced crosswise
3 Tablespoons water
1 Tablespoon extra-virgin olive oil
1½ Tablespoons Dijon mustard
1 Tablespoon balsamic vinegar
1 teaspoon maple syrup
¼ teaspoon salt
1 large tangerine, wedges separated and halved

Put the Brussels sprouts, water, and oil in a large, deep skillet. Cook and stir over high heat for about 4-5 minutes, or until tender. Add 1 or more Tablespoons of water as needed to keep the sprouts moist.

While the sprouts are cooking, combine the mustard, vinegar, syrup, and salt in a small bowl and mix well.

When the sprouts are tender, turn off the heat and add the Dijon mixture; toss the sprouts until they are well coated. Transfer to a serving bowl and garnish with a border of tangerines.

Total calories per serving: 84 Fat: 3 grams
Carbohydrates: 12 grams Protein: 3 grams
Sodium: 248 milligrams Fiber: 4 grams

A Quartet of Brassy Pickles

(Makes 3 quarts)

Pickles make a delicious accompaniment to any meal. The pickles will also brighten up the dinner plate.

Pickling Brine

4½ cups water
3 cups distilled vinegar
¼ cup organic sugar
6 cloves garlic, sliced
5 bay leaves
2 Tablespoons plus 1 teaspoon salt
1½ teaspoons mustard seeds
1½ teaspoons coriander seeds
1 teaspoon whole peppercorns

Vegetables

12 large radishes, stems and tails trimmed
1 Daikon radish, peeled and sliced into ½-inch-thick rounds (about 1 pound)
3 medium carrots, peeled and cut into ½-inch-thick sticks, (about ¾ pound)
2 medium rutabagas, peeled and cut into ½-inch-thick sticks, (about 1 pound)
1 small turnip, peeled and cut into ½-inch-thick wedges, (about ¼ pound)
1 medium red bell pepper, cut into 1-inch pieces

Combine all the pickling brine ingredients in a 6- to 8-quart stockpot. Cover the pot and bring to a boil over high heat. Boil for 1 minute to dissolve the salt and sugar. Turn off the heat and set aside. Prepare the vegetables.

When all the vegetables are peeled and cut, bring the brine to a boil and add the vegetables. Boil, uncovered, for about 2 minutes, then turn off the heat and set aside until completely cool.

Using a slotted spoon, transfer the vegetables to one or more glass jars, filling them to the top. Add the brine, covering the vegetables completely. Seal the jars and put them in the refrigerator. Allow the pickles to marinate for at least 1 week. Refrigerated, the vegetables will keep for up to 3 months.

Total calories per ¼ cup serving: 12 Fat: <1 gram
Carbohydrates: 3 grams Protein: <1 gram
Sodium: 77 milligrams Fiber: 1 gram

The Grand Brassi Salad

(Serves 5-6)

This salad is a Brassica family reunion: Everything but the edamame, tomatoes, and walnuts is a family member.

1 medium broccoli crown, cut into bite-size florets
¼ small cauliflower, cut into bite-size florets
5 Brussels sprouts, quartered
2 large collard leaves, ribs discarded, chopped
2 large kale leaves, ribs discarded, chopped
2 large mustard leaves, ribs discarded, chopped
2 leaves bok choy, chopped
Generous handful arugula leaves, chopped
½ bunch watercress, chopped
1 medium kohlrabi, peeled, cut into 1-inch long thin julienne
1 small turnip, peeled and diced
1 cup shredded red cabbage

½ bunch radishes, sliced
1½ cups cooked, shelled edamame
½ cup toasted walnuts or pecans
½ pint grape tomatoes, halved
½ recipe Creamy Cauliflower Dressing (see page 19)

Combine broccoli, cauliflower, and Brussels sprouts in a steamer and steam until tender, about 4-6 minutes. Set aside.

Arrange collards, kale, mustard, bok choy, arugula, and watercress in an extra-large salad bowl. Layer kohlrabi, turnip, red cabbage, and radishes over greens. Scatter the steamed vegetables and cooked edamame over the top, and put the walnuts into the center. For the finishing touch, form a ring of grape tomatoes around the edge of the bowl. Toss the salad well.

Serve with Creamy Cauliflower Dressing on the side. Store leftovers in the refrigerator. Undressed, the salad will keep an extra day.

Total calories per serving: 280 Fat: 12 grams
 Carbohydrates: 33 grams Protein: 18 grams
 Sodium: 491 milligrams Fiber: 14 grams

Penny Pinching Cauliflower Surprise

(Serves 2)

Habitually, many of us home cooks cut the leaves from a fresh head of cauliflower and discard them without realizing they are nutritious and tasty. These leaves can be seasoned and spiced in imaginative and delicious ways.

Leaves and core from 1 head cauliflower
3 Roma tomatoes, cut into thin wedges
2-3 large collard leaves, ribs discarded, leaves chopped
1 purple onion, halved and sliced into half-moons
4-6 cloves garlic, coarsely chopped
2 Tablespoons water
1 Tablespoon extra-virgin olive oil
2 Tablespoons fresh lemon juice
2 teaspoons rice vinegar
1½ teaspoons sesame oil
Finely minced zest from ½ lemon
Pinch cayenne, or to taste
Salt and pepper to taste
1 green onion, sliced, for garnish
5 cherry tomatoes, halved, for garnish

Wash the cauliflower leaves thoroughly and trim away only the dark brown ends.

Slice the leaves and core thinly and put them in a

large skillet. Add the tomatoes, collards, onion, garlic, water, and olive oil. Cook and stir over high heat for about 2 minutes. Add 1 or more tablespoons of water as needed to cook the leaves and prevent burning.

Cover the pan, reduce the heat to low, and steam for about 10-12 minutes, or until the leaves are fork tender.

Turn off the heat and add the lemon juice, vinegar, sesame oil, lemon zest, and cayenne. Season with salt and pepper and mix well. Transfer to a serving bowl and garnish with the green onion and cherry tomatoes.

Total calories per serving: 238 Fat: 11 grams
 Carbohydrates: 33 grams Protein: 9 grams
 Sodium: 106 milligrams Fiber: 12 grams

Cabbage Salad with Vegan Cheese

(Serves 6)

Lunch is pure delight with this delicious, cheese-infused salad that features crunchy green cabbage with accents of black olives and bell peppers. Hidden among the cabbage are bits of coarsely-ground walnuts and shreds of vegan cheese, giving the salad a wholesome touch.

1 red bell pepper, divided
2½ cups diced green cabbage
1¼ cups minced parsley
1 cup finely chopped purple cabbage
⅔ cup shredded vegan mozzarella
⅓ cup toasted, coarsely ground walnuts
10 black olives, sliced
6 button mushrooms, thinly sliced
1 tablespoon sesame oil
½ teaspoon salt
Freshly ground black pepper
Cluster of mint, for garnish

Dice the red bell pepper and put ¾ of the pieces in a large bowl. Set the remaining diced peppers aside for garnish.

Add the remaining ingredients, except the mint leaves, to the bowl and mix well to distribute the vegetables evenly.

Transfer the salad to an attractive serving bowl and sprinkle the top with the reserved diced red peppers. For the finishing touch, poke the cluster of mint leaves into the center.

Total calories per serving: 125 Fat: 9 grams
 Carbohydrates: 10 grams Protein: 3 grams
 Sodium: 401 milligrams Fiber: 3 grams

Hail Caesar Kale Chips

(Makes 4 cups)

These intensely-flavored kale chips make unique appetizers. Because the chips dehydrate in the oven, they shrink markedly and the quantity looks considerably smaller than when it entered the oven.

1 large bunch fresh kale

Dipping Sauce

1 cup unsalted cashews

1 cup water

½ cup plus 2 Tablespoons fresh lemon juice

1 Tablespoon plus 2 teaspoons nutritional yeast flakes

1 Tablespoon plus 1½ teaspoons dark miso

1 Tablespoon plus 1 teaspoon vegan Parmesan

1 clove garlic, coarsely chopped

1½ teaspoons salt

1 teaspoon rice vinegar

¾ teaspoon xanthan gum or guar gum

Paprika

To prepare the kale, have two large rimmed baking sheets lined with parchment ready. Wash and dry the kale and remove and discard the tough ribs. Tear the kale leaves into 1½-inch pieces and put them in a large bowl. Set aside and preheat the oven to 200 degrees.

To make the dipping sauce, put all the sauce ingredients, except the paprika, into the blender and process on high speed until smooth and creamy. Pour the sauce mixture into the bowl with the kale.

Use your hands to mix the sauce and kale together. Make sure all the pieces are well coated. Arrange the kale pieces close together on the baking sheets. Alternatively, dip each piece of kale into the Dipping Sauce, gently shake or rub off the excess, and place the pieces on the parchment-lined pan. Each piece should be completely covered with a light coating of the sauce. Lightly dust the tops with paprika.

Put the baking sheets in the oven and slowly roast the kale chips for 2½ hours, or until they are completely dry and very crisp. Timing varies depending on how thickly the dipping sauce is applied. Cool completely and store at room temperature in a covered container for up to 1 week.

Total calories per ¼ cup serving: 76 Fat: 4 grams
Carbohydrates: 8 grams Protein: 3 grams
Sodium: 303 milligrams Fiber: 1 gram

Baked Potatoes with Brussels Sprout Pesto

(Makes 4 servings)

These are very lavishly stuffed potatoes. For convenience, prepare pesto a day or two ahead. It keeps well without losing flavor. Spice lovers can add a pinch of cayenne. In place of the garnishes, you could also dot the tops with Sriracha or spread a spoonful of salsa across the tops and finish with sliced black olives.

4 large baking potatoes

Pesto

½ pound fresh Brussels sprouts

½ cup pine nuts

¼ cup extra-virgin olive oil

2-4 Tablespoons cooking water

¼ teaspoon salt

1 clove garlic

Freshly ground pepper to taste

1 green onion, green part only, chopped, for garnish

4 black olives, chopped, for garnish

4 cherry tomatoes, quartered, for garnish

Preheat oven to 400 degrees and line a baking sheet with aluminum foil or parchment.

Scrub the potatoes, put them on the baking sheet, and bake for 1 hour, or until soft when gently squeezed.

Trim the ends of the Brussels sprouts, if needed, and cut them in half lengthwise. Put the sprouts in a 2-quart saucepan with 1 cup of water. Cover and bring to a boil on high heat. Reduce the heat to low and steam for 6 to 8 minutes, or until sprouts are tender.

Transfer the sprouts and 2-4 Tablespoons of the cooking water to a food processor and add the pine nuts, olive oil, salt, garlic, and pepper; process until thick and creamy.

When the potatoes are done, put them on a dish and cut a slit the length of the potato. Press both ends toward the center to open the potato, and mash it briefly. Spoon a portion of the Brussels sprout pesto into the potato, mashing it well to blend it with some of the potato.

To garnish, sprinkle the tops with the chopped green onions, olives, and cherry tomatoes.

Total calories per serving: 436 Fat: 26 grams
Carbohydrates: 47 grams Protein: 9 grams
Sodium: 210 milligrams Fiber: 6 grams

Creamy Cauliflower Dressing

(Makes about 3¼ cups)

This unique salad dressing is one of those delicious inspirations I'm delighted to share.

1 small head cauliflower (about 1 pound)
1½ cups water, divided
¼ cup plus 2 tablespoons rice vinegar
¼ cup white miso
1 Tablespoon lite soy sauce
2 cloves garlic
¼ teaspoon white pepper
¼ teaspoon salt
1/8 teaspoon xanthan gum

Trim the leaves and thick stem from the cauliflower and save them to cook as a side dish. Cut the cauliflower into similar size florets and put them in a 2-quart saucepan. Add 1¼ cups of the water, cover, and bring to a boil over high heat. Decrease the heat to low and steam for 10 minutes, or until the florets are very soft. Cool briefly and transfer the cauliflower and all the water in the pot to a blender.

Add the remaining ¼ cup water, along with the vinegar, miso, soy sauce, garlic, pepper, salt, and xanthan gum. Process until smooth and creamy.

Pour into 2 narrow-neck bottles for easy serving and use immediately or chill and use later. Refrigerated, the Creamy Cauliflower Dressing will keep for up to 5 days.

Total calories per 2 Tablespoon serving: 11

Carbohydrates: 2 grams

Sodium: 150 milligrams

Fat: <1 gram

Protein: 1 gram

Fiber: 1 gram

Chinese Style Kohlrabi Cakes

(Makes about twenty 1½-inch patties, serving 5-6)

These colorful little patties make perfect appetizer bites that can be served warm, cold, or at room temperature. They're easy to assemble and can be made up to two days ahead. The recipe includes Vegan Egg, a powdered egg replacer made by Follow Your Heart, and available in natural foods markets. Serve the veggie cakes with Asian dipping sauce on the side.

1 medium kohlrabi (about ½ pound), peeled and coarsely shredded
1 small carrot, peeled and coarsely shredded
1 cup coarsely shredded Daikon radish

½ cup chopped green onions
½ cup diced red bell pepper
½ cup brown rice flour
1 Tablespoon toasted sesame seeds
2 teaspoons sesame oil
¾ teaspoon salt
1 small clove garlic, minced
½ cup ice cold water
2 Tablespoons Vegan Egg powder

Preheat the oven to 425 degrees and line 2 large rimmed baking sheets with parchment.

In a large bowl, combine the kohlrabi, carrot, Daidikon, onions, bell pepper, flour, sesame seeds, sesame oil, salt, and garlic. Mix well to distribute the ingredients evenly.

In a small bowl, combine the water and Vegan Egg and beat with a fork or whisk for a full minute, or until lightly thickened. Add the Vegan Egg to the kohlrabi bowl and mix well to incorporate it completely.

Spoon 2 rounded Tablespoons of the kohlrabi mixture for each patty onto the prepared baking sheet. Use your fingers to form small patties about 1½ inches in diameter.

Bake 15 minutes and turn the patties over. Switch the pans' oven rack positions and bake 12-15 minutes longer. Allow the patties to stand about 10-15 minutes to firm before serving.

Total calories per serving: 123

Carbohydrates: 22 grams

Sodium: 377 milligrams

Fat: 3 grams

Protein: 3 grams

Fiber: 4 grams

Asian Dipping Sauce

(Makes 1/3 cup)

2 Tablespoons lite soy sauce
2 Tablespoons rice vinegar
1 Tablespoon mirin
1 teaspoon minced ginger
1½ teaspoons sesame seeds
1 teaspoon sesame oil
2 garlic cloves, minced

Combine all the sauce ingredients in a small bowl and mix well. Serve on the side.

Total calories per 1 Tablespoon serving: 25

Carbohydrates: 3 grams

Sodium: 267 milligrams

Fat: 1 gram

Protein: 1 gram

Fiber: <1 gram

Rainbow Kaleslaw with Grapes and Roasted Peanuts

(Serves 9)

This is a party salad that feeds a crowd and looks great on the table. While a light, clear dressing will allow all the bright colors of this hearty salad to sparkle, a thick, well-seasoned, creamy dressing will contribute richer flavor to compensate for the kale's sharp bite.

1 large bunch fresh kale, ribs discarded, leaves torn into small bite-size pieces

½ head romaine lettuce, torn into bite-size pieces

1 bunch fresh mint leaves, minced

1 bunch radishes, sliced

2 yellow bell peppers, diced

2 large carrots, peeled and coarsely shredded

3 cups finely shredded purple cabbage

3 cups finely shredded green cabbage

1½ cups seedless red grapes, cut in half

1 cup toasted, coarsely chopped peanuts

1 pint cherry or grape tomatoes

½ cup of Creamy Cauliflower Dressing (see page 19)

In an extra-large bowl, combine the kale, romaine, mint, radishes, yellow bell peppers, carrots, purple and green cabbage, and grapes and toss well to distribute the vegetables evenly.

Heap the chopped peanuts into the center and arrange the cherry tomatoes to form a border around the edge of the bowl.

Bring the salad to the table and toss it with the salad dressing or serve the dressing on the side.

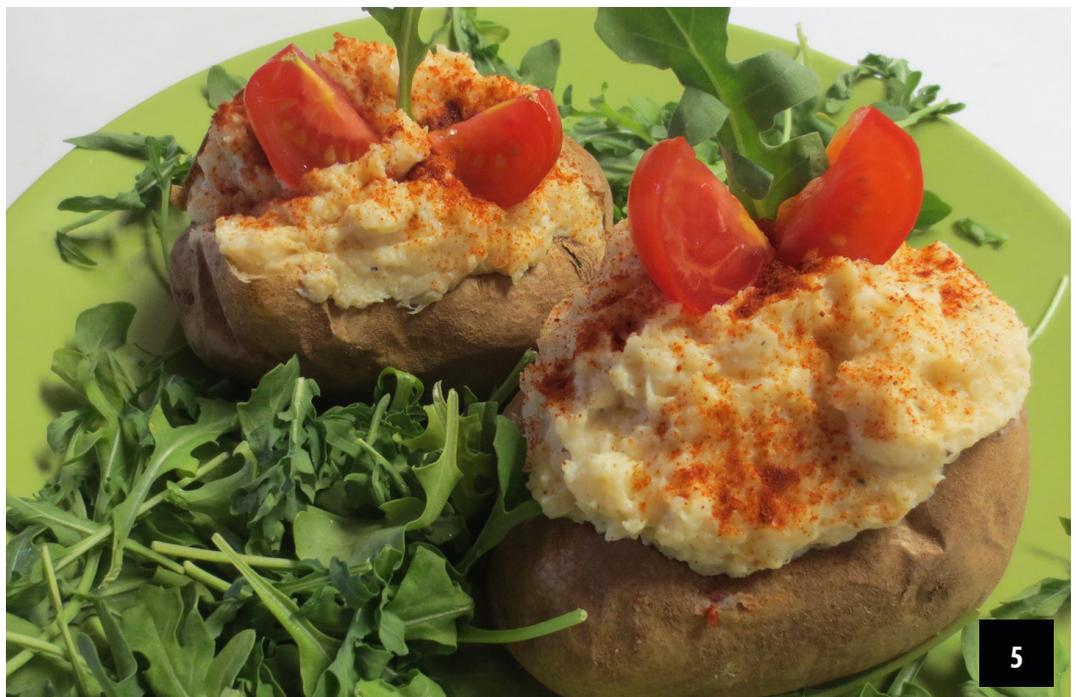
Total calories per serving: 181 Fat: 9 grams
Carbohydrates: 22 grams Protein: 8 grams
Sodium: 120 milligrams Fiber: 6 grams

Photos:

1. Asian Cauliflower Salad (page 15)
2. Balsamic Dijon Brussels Sprouts (page 16)
3. A Quartet of Brassy Pickles (page 16)
4. Cabbage Salad with Vegan Cheese (page 17 & on cover!)
5. Cauliflower Stuffed Potatoes

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





Why Do People Eat **Vegetarian** and **Vegan** Meals When Dining Out?

..... a **2016 National Harris Poll**.....

The Vegetarian Resource Group commissioned Harris Poll to conduct a nationally representative poll of 2,015 adults aged 18 and over. We asked:

Which of the following, if any, best describes your eating behavior?

- 1) I never eat meat, fish, seafood, poultry, dairy, or eggs.**
- 2) I never eat meat, fish, seafood, or poultry.**
- 3) I never eat meat, fish, seafood, poultry, dairy, or eggs when eating out or getting takeout, but eat one or more of these foods at home.**
- 4) I never eat meat, fish, seafood, or poultry when eating out or getting takeout, but eat one or more of these foods at home.**
- 5) When eating out or getting takeout, I sometimes eat meals without meat, fish, poultry, dairy, or eggs.**
- 6) When eating out or getting takeout, I sometimes eat meals without meat, fish, or poultry.**
- 7) None of these.**

We considered those who never eat meat, fish, seafood or poultry, plus those that never eat meat, fish, seafood, poultry, dairy, or eggs, as vegetarian. We classified that second category of vegetarians who don't eat dairy or eggs also as vegan.

Thirty-seven percent of the population always or sometimes eats vegetarian meals when eating out. About three percent of the population is vegetarian (including vegans) all the time, and about five percent always eat vegetarian or vegan meals when eating out.

The Vegetarian Resource Group also asked of those that always or sometime eat vegetarian meals:

Which of the following is the main reason you eat meals without meat, fish, seafood, or poultry? For those that never eat vegetarian meals, we asked: **Which of the following is the main reason you “would” eat meals without meat, fish, seafood, or poultry?**

Those who always or sometimes eat vegetarian meals when eating out pick as their top reasons health (36%), cost (11%), animals (8%), and other (25%).

Those who do not currently eat vegetarian meals said they would because of health (24%) and cost (9%). Three percent of those people said animals would be the reason. About half of the group not currently eating vegetarian meals would not eat vegetarian meals for any reason. Thus, it appears for marketers of vegetarian meals, their main market is about 37% of the country (currently ordering vegetarian), with an additional 33% as a potential market in the future. About a third at this time do not express interest in vegetarian meals. Thus, it appears that marketers need to look at three different major segments from different viewpoints.

Vegetarians (including vegans) chose the following as their top reasons: animals (29%), health (18%), ethics (10%), environment (9%), and other (12%). This group is “directional in nature” because of the smaller sample size.

Which of the following is the main reason you eat/would eat meals without meat, fish, seafood, or poultry?

	Vegetarians Including Vegans	Sometimes or Always Eats Vegetarian When Dining Out	Never Eats Vegetarian When Dining Out
Health reasons (including weight loss)	18%	36%	24%
Cost	9%	11%	9%
Animals	29%	8%	3%
Religion/Spiritual Beliefs	9%	4%	4%
Inability to obtain meat or other animal products that are organic, GMO-free, or labeled humane	3%	5%	2%
Environment	9%	4%	2%
Ethics/Nonviolence/Political Beliefs	10%	4%	1%
Family/Friends	2%	2%	1%
Other	12%	25%	6%
I would never do this	-	-	48%

The figures for Vegetarians including Vegans in this chart is “directional in nature” because of the smaller sample size. It’s interesting that 57% of vegetarians (including vegans) are motivated by personal beliefs about animals, religion/spiritual beliefs, environment, and ethics, while only 10% of those who never eat vegetarian meals are motivated by these aspects in relation to their food choices. Those who sometimes or always eat vegetarian while eating out lie in the middle at 20%. This may have ramifications for those marketing vegetarian and vegan products, as there are different groups of consumers. Of those sometimes eating vegan meals when eating out, seven percent do so because of the inability to obtain meat or other animal products that are organic, GMO-free, or labeled humane. It’s unknown whether fewer people will be eating vegan (or vegetarian) meals if more of these products are promoted.

Though directional in interpretation because of the small sample,

the environment seems important for dietary changes to 9% of vegetarians and important to many fewer people in those other groups.

Which of the following is the main reason you eat/would eat meals without meat, fish, seafood, or poultry?

	Sometimes Eats Vegan When Dining Out	Sometimes Eats Vegetarian When Dining Out
Health reasons (including weight loss)	40%	36%
Cost	11%	11%
Animals	6%	5%
Religion/Spiritual Beliefs	2%	4%
Inability to obtain meat or other animal products that are organic, GMO-free, or labeled humane	7%	5%
Environment	5%	2%
Ethics/Nonviolence/Political Beliefs	4%	3%
Family/Friends	3%	2%
Other	23%	31%
I would never do this	-	-

**Which of the following is the main reason you eat/would eat meals without meat, fish, seafood, or poultry?
(This question was asked of everyone.)**

	Black	Hispanic	All respondents
Health reasons (including weight loss)	38%	31%	28%
Cost	11%	5%	10%
Animals	4%	5%	5%
Religion/Spiritual Beliefs	4%	4%	4%
Inability to obtain meat or other animal products that are organic, GMO-free, or labeled humane	2%	5%	3%
Environment	1%	4%	2%
Ethics/Nonviolence/Political Beliefs	1%	4%	2%
Family/Friends	-	2%	2%
Other	8%	15%	13%
I would never do this	29%	23%	30%

This survey was conducted online within the United States between March 16 and 18 in 2016 among 2,015 adults ages 18 and older by Harris Poll on behalf of The Vegetarian Resource Group via its Quick Query omnibus product. Figures for age, sex, race/ethnicity, education, region, and household income were weighted where necessary to bring them into line with their actual proportions in the population. Propensity score weighting was used to adjust for respondents' propensity to be online.

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 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 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 adult population.

Because the sample is based on those who agreed to participate in the online panel, no estimates of theoretical sampling error can be calculated.

About The Harris Poll

Over the last five decades, Harris Polls have become media staples. With comprehensive experience and precise technique in public opinion polling, along with a proven track record of uncovering consumers' motivations and behaviors, The Harris Poll has gained strong brand recognition around the world. The Harris Poll offers a diverse portfolio of proprietary client solutions to transform relevant insights into actionable foresight for a wide range of industries including health care, technology, public affairs, energy, telecommunications, financial services, insurance, media, retail, restaurant, and consumer packaged goods.

With U.S. adults 18 and over numbering about 245 million, we can estimate the number of vegetarians (including vegans) in the U.S. adult population, based on this poll, to be approximately eight million adults. About half of vegetarians were also vegan. Approximately 3.7 million U.S. adults are vegan; 4.3 million are vegetarian but not vegan.

For more information, see <http://www.vrg.org/nutshell/faq.htm#poll>

Veggie Meals in (or near!) National Parks

By Casey Brown and Heather Francis, Vegetarian Resource Group Interns

In conjunction with the 100th year anniversary of The National Park Service, over the past couple of months, we have been contacting the United States National Parks in hopes of finding out whether or not the parks offer vegetarian/vegan meals.

Over the course of the project we found most National Parks don't have any vegan options for their park services. What we discovered were convenience stores and snack shacks for many visitors to stop by as they are traveling through the parks. Most convenience stores contain trail mix, nuts, and various fruit selections for vegans and vegetarians alike. Since most don't have options, we have compiled a list of the National Parks with neighboring veg-friendly restaurants (if there are any). For the parks that do contain veg-friendly options, we added them to the list as well.

Although the list is ongoing, and has taken two months to put together, it hasn't been especially difficult to reach these parks. The park rangers and staff working for the National Park Service have been very receptive to answering our questions about whether or not their park has vegetarian and vegan options.

Overall, our best advice to those visiting a National Park is to bring your own food and beverages. There are many picnic areas available at each park to stop at when you're hungry. Also, it will be a stress-free way of traveling to the National Parks in addition to saving money by not eating out. Of course, you can also dine at one of the nearby restaurants we mention.

This information is excerpted from the complete article, which can be found online here:

<http://www.vrg.org/travel/doc/NationalParkDining.pdf>

Bryce Canyon National Park, Utah

The lodge at Bryce Canyon Restaurant contains vegan options on their menu with a Gardein Chicken substitute for lunch/dinner.

1 Lodge Way Hwy 63, Bryce, UT

Crater Lake National Park, Oregon

Restaurants:

Crater Lake Lodge Dining Room - Two options offered for dinner that are vegan: Roasted Portobello and a Vegetable Pasta Dish

Rim Village Café - Soups, Salads, Sandwiches, and Snack items available for purchase

Annie Creek Restaurant - Limited vegan options (Veggie Burger and Tofu Stir-Fry available, along with a salad bar)

Denali National Park & Preserve, Alaska

The Morino Grill located beside the Denali Visitor Center offers soups and salads, and some are vegan.

Restaurants with Vegan Options in the Area:

Prospector's Pizza - Milepost 238.9, Parks Highway, Denali, AK 99577 (Vegan pizza available)

Joshua Tree National Park, California

They do not have any services in the park, such as gas, food, or water.

Joshua Tree Vegetarian/Vegan Friendly Restaurants:

Crossroads Cafe - 61715 Twentynine Palms Highway

Joshua Tree Health Foods Store - 61673 Twentynine Palms Highway

Natural Sisters Cafe - 61695-B Twentynine Palms Highway

Joshua Tree Farmers Market - 61690 Twentynine Palms Highway

Royal Siam Cuisine - 61599 Twentynine Palms Highway

Sue's Health Foods Store - 56840 Twentynine Palms Highway



MUTANT VEGETARIANS?

Sensational Headlines and Polyunsaturated Fatty Acid Requirements By Riccardo Racicot, MS

"Study finds that Vegetarians are Mutant" ¹

'Vegetarian Diet May Alter Human DNA, Raising Cancer, Heart Disease Risks" ²

"Being a Vegetarian Could Kill You, Science Warns." ³

These sensational headlines are based on new research published for advanced access in the journal *Molecular Biology and Evolution* by a research group from Cornell University.⁴ As a molecular biologist and nutrition researcher, I was skeptical about these claims and was eager to learn more about the study. What I found was a fantastic study with exciting findings in need of no embellishment.

This new research focused on the omega-6 polyunsaturated fatty acid, arachidonic acid. Arachidonic acid plays many roles in the human body and is a main constituent of cell membranes. Dietary sources of arachidonic acid include meat, fish, poultry, and eggs. Unlike most omega-6 fatty acids, which are usually consumed in our diet as vegetable oils, arachidonic acid is not found in plants. However, humans are able to convert a precursor found in plants, another omega-6 fatty acid, known as linoleic acid, into arachidonic acid. In their study, Kumar Kothapalli and his colleagues at Cornell University found that some people are more efficient at this conversion than others.⁴

The reason: Genetics

To gain a better understanding of the findings of this research, I spoke directly with Dr. Kothapalli. According to Kothapalli, the study demonstrated that a population which has been practicing vegetarianism for many generations actively produces more of a particular enzyme known as fatty acid desaturase, which is responsible for converting linoleic acid to arachidonic acid.

Initially, the researchers found different versions of the fatty acid desaturase gene in a Japanese population. In some people they found a small section of DNA to be deleted in this gene. Since we have two copies of each gene, this allows for 3 different variations; those with both copies intact (I/I), those which have one copy with the section deleted (I/D) and those which have both copies with the section deleted (D/D). They found

those with both copies intact (I/I) had significantly higher amounts of fatty acid desaturase, indicating they would be more efficient at converting the plant-based linoleic acid to arachidonic acid than those with both sections of the gene deleted (D/D).⁴

Kothapalli and his colleagues then determined how often each variation occurs using human DNA samples. The DNA samples were taken from a population in Pune, India who are primarily vegetarian and have been vegetarian for many generations. Their DNA samples were compared with samples from the United States. The analysis found the I/I variation occurred in 68% of the Indian population and only in 18% of the United States population.⁴ The researchers then used global genetic data to determine how frequently the variants occur worldwide. Globally, the I/I variation was found in 70% of South Asians, 53% of Africans, 29% of East Asians, and 17% of Europeans.⁴

To confirm that the I/I variation did in fact lead to increased conversion of linoleic acid to arachidonic acid, the researchers performed biochemical tests on human samples. As they predicted, arachidonic acid levels were 8% higher in I/I individuals than D/D.⁴ The activity of the enzyme was also shown to be higher in the I/I group, with 31% greater conversion of linoleic acid to arachidonic acid than the D/D group.⁴

Overall, what this study truly shows is that over generations, populations who eat predominantly vegetarian diets (that usually include dairy products but not eggs) have adapted to low intakes of arachidonic acid by becoming more efficient at producing arachidonic acid. So, why did these results garner the sensational headlines?

To understand this, we need to take a look at the current hypothesis of how different types of unsaturated fats affect our health. The best model we have today is the omega-6 to omega-3 ratio. This ratio is used to compare the balance of different types of unsaturated

fats in our diets.

According to some, the types of fats we eat have changed dramatically over the past 150 years. These researchers believe humans evolved eating foods such as lean meats, fish, fruits, vegetables, and nuts, resulting in a dietary fatty acid ratio of 1:1 omega-6 to omega-3.⁵ Today the intake ratio for the general population has tilted heavily in favor of omega-6 fatty acids to 15:1.⁵ This is largely due to the increased availability of seed oils such as soy, corn, and cottonseed and inexpensive grain-fed meats. For vegetarians and vegans this ratio may be even higher because their diets often contain few omega-3 fatty acids. For example, the omega-3 fatty acids DHA and EPA are mainly found in cold-water fatty fish.

The relatively higher intake of omega-6 fatty acids is believed by some researchers to result in inflammation and pro-inflammatory diseases like heart disease and colon cancer.^{6,7} The science on omega-3 fatty acids seems to be pretty clear; they are anti-inflammatory. However, when it comes to the omega-6 fatty acids, specifically arachidonic acid, the science appears to be more complicated. Arachidonic acid itself is a precursor to both pro-inflammatory and anti-inflammatory molecules.⁸ This connection between omega-6 fatty acids and pro-inflammatory diseases misled some journalists to believe higher arachidonic acid production in those with the I/I variation would put them be at higher risk for those diseases. In reality, vegetarians tend to have lower risks for these chronic diseases.⁹

For now, the hypothesis that the dietary omega-6 to omega-3 ratio is relevant for health seems to fall into the realm of expert opinion rather than that of sound scientific findings. Historical fatty acid ratio findings are based on extrapolations from a handful of anthropological nutrition studies and observations on wild animals. The data suggesting a high omega-6 to omega-3 ratio is harmful come from small studies with few participants, cell culture studies, and epidemiological observations.

Skepticism surrounding these findings seems justified when considering the breadth of data suggesting

omega-6 intake is associated with decreased risk of heart disease. Over the past few decades, randomized trials, case-control and cohort studies, and long-term animal feeding experiments have all demonstrated a decreased risk of heart disease for those eating 5-10% of calories from omega-6 fatty acids when compared to eating lower amounts.¹⁰ In line with these findings, a 2009 science advisory from the American Heart Association, “recommends that people aim for at least 5 percent to 10 percent of calories from omega-6 fatty acids.”¹⁰

Kothapalli, however, is a firm believer in the omega-6 to omega-3 ratio hypothesis. When asked about the implication of the study for those eating a vegetarian diet he responded: “If they are eating a vegetarian diet they should balance the omega-3s and omega-6s in their diet. Don’t eat more omega-6 from...vegetable oils. They need to balance between omega-6 and omega-3, then they will be okay.”

To gain a better perspective on the extensive amount of variable findings, I met with the leading expert on all things fat-related, Dr. Eric Decker, Head of the Department of Food

Science at the University of Massachusetts, Amherst. His answer was rather simple: the data are largely inconclusive with the exception that the general population is not currently consuming enough long chain omega-3 fatty acids on average here in the United States. Regardless who you are, vegetarian, vegan, omnivore, you should be eating more long chain omega-3s.

The U.S. Dietary Guidelines suggest consuming the equivalent amount of DHA and EPA from 2 servings of fatty fish per week, which works out to be about 250 milligrams of EPA and DHA per day.¹¹ On average, Americans consume 63 mg of DHA and 23 mg of EPA per day.¹² In vegetarians and vegans, these intake levels are even lower and sometimes even nonexistent. Vegan dietary sources of DHA and EPA are limited to sea vegetables, fortified foods, and supplements. Microalgae-derived DHA is vegan and widely available in supplement form. Sea vegetables have been growing in popularity in recent years as they are sustainable and provide EPA. A list of DHA and EPA sources can be found in the chart below.

“ This connection between omega-6 fatty acids and pro-inflammatory diseases misled some journalists to believe higher arachidonic acid production in those with the I/I variation would make them be at higher risk for those diseases. In reality, vegetarians tend to have lower risks for chronic diseases ”

Source EPA (mg)	EPA (mg)	DHA (mg)
Dulse, dried, 8 g	86.8	
Nori, dried, 8 g	198.2	
Kelp, dried, 8 g	63.4	
Wakame, dried, 8 g	79.2	
DHA-fortified oil, 1 Tbsp		16
DHA-fortified soymilk, 1 cup		32
Vegan DHA supplement, 1 capsule or soft gel		120-300
Vegan EPA + DHA supplement, liquid, 1 dropper	150	300
Vegan EPA +DHA supplement, 1 soft gel or capsule	80-150	165-320

Source: Sanchez-Machado DI, Lopez-Hernandez J, Paseiro-Losada P, Lopez-Cervantes J. Fatty acids, total lipid, protein and ash contents of processed edible seaweeds. *Food Chem.* 2004;85:439-444 and manufacturers' information.

Unfortunately, as with most nutrition-related inquiries, there is no definitive answer as of yet. The beauty of this study is that it brings us one step closer to better answers. As of now, we are reliant on unreliable data for our information. With the advent of the fields of nutrigenetics (the study of the effects of dietary patterns on genetics over time) and nutrigenomics (the study of the effects of nutrient intake on gene expression), we are becoming ever closer to making personalized dietary recommendations.

For now, I am able to leave you with three definitive takeaways from this article:

1) Being a vegetarian will not change your genes.

2) Being a vegetarian will not kill you.

3) Eat more omega-3 fatty acids.

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Riccardo Racicot recently graduated from the University of Massachusetts Amherst with a master's degree in Molecular Biology.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

VRG's Nutrition Adviser Reed Mangels, PhD, RD, was interviewed by *Vegan Health & Fitness* about vegan pregnancy. She also spoke to *Today's Dietitian* about low-fat plant-based diets. On NPR affiliate KPCC in Los Angeles, she spoke about vegan children on a public affairs show called AirTalk. On the web, she gave an interview for nextave.org, a PBS-affiliated site for adults over age 55 on how to accommodate a vegetarian or vegan dinner guest.

Vegetarian Journal Managing Editor and VRG Co-Coordinator Debra Wasserman was quoted in *The Baltimore Jewish Times* about Rosh Hashanah. Our vegetarian poll was cited in a *New York Times* daily briefing email. A journalist from Reuters in Canada also contacted us for poll figures.

VEGAN Education

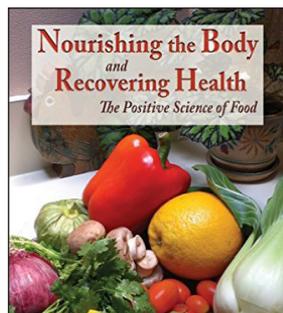
The Vegetarian Resource Group had a booth at the Maryland Dietetics in Health Care Communities conference. These dietitians serve individuals in a variety of settings, which include skilled nursing facilities, nursing homes, assisted living facilities, continuum care communities, and correctional facilities.

VRG's Nutrition Adviser Reed Mangels, PhD, RD, spoke at the Annual Meeting of the Arizona Academy of Nutrition and Dietetics about vegetarian pregnancies. At the Toronto Veg Food Fest, she sat on a panel titled "Live Long and Prosper: Nutrition Advice from Three Doctors." She was accompanied by Dr. Michael Greger and Dr. Tushar Mehta. Also at the Toronto Veg Food Fest, she gave a presentation called "Growing Up Healthy," during which she discussed raising healthy veg babies, children, and teens.

reviews

NOURISHING THE BODY AND RECOVERING HEALTH

By Ana M. Negròn, MD



One day, more than 10 years ago, Ana M. Negròn, MD, had an epiphany. She realized that what her patients needed was a new prescription – not one for more medications – but for nourishing plant foods. She began cooking with her patients and teaching them about the benefits of a diet based on whole plant foods. Her book, *Nourishing the Body and Recovering Health*, was written as “a guide to better health and wellness through excellent nourishment.”

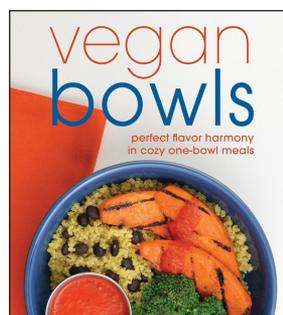
The book begins with a 6-week plan for changing to a healthier lifestyle and includes ideas for continuing beyond the first six weeks to a lifelong commitment to better health. Subsequent sections provide guidance on stocking the pantry and refrigerator, nutrition basics, the use of foods to combat common chronic diseases, and much more. Dr. Negròn is a wise woman and her message is clear and compelling – there is a strong and important connection between food and wellness.

***Nourishing the Body and Recovering Health* (ISBN: 978-1-63293-064-4) is published by Sunstone Press. It has 283 pages and retails for \$24.95. Look for this book in your local bookstore. Reviewed by Reed Mangels, PhD, RD.**

VEGAN BOWLS

By Zsu Dever

More and more restaurants are serving bowls today, and this cookbook offers a wide variety of vegan bowl recipes. Some of the unique dishes include Quinoa Breakfast Bowl, Sizzling Southwestern Fajita Salad Bowl, Hungarian Cauliflower Soup Bowl, Roman-Style Tempeh Bowl with Kale and Apple Salad, Philly Cheesesteak Bowl, Freekeh Stir-Fry Bowl with Broccoli and Shittake, Seitan Gyro Bowl, Enchilada Bowl with Pumpkin Cream Sauce, Braised



Butternut Bowl with Sage and Chard, Jerk Tofu Bowl with Coconut Rice, and Lebanese Fatoush Bowl with Portobello Kebabs.

***Vegan Bowls* (ISBN: 978-1-941252-15-4) is a 192-page book with beautiful color photos. It is published by Vegan Heritage Lifelong Books and retails for \$32.50. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

THE MAKE AHEAD VEGAN COOKBOOK

By Ginny Kay McMeans



When I come home from work, I wish there were some delicious vegan meals in my freezer that could easily be heated up and served. This cookbook offers 125 freezer-friendly recipes that you can prepare ahead and store in your freezer for later use.

Chapter 1 includes party pleasers such as Cauliflower Chickpea Pizza Bites, Lentil Balls in Sweet-and-Sour Sauce, and Soft Cinnamon-Sugar Pretzel Bites. The next chapter offers breakfast dishes, including Chocolate Layered Cinnamon Rolls, Orange Pecan Muffins, Classic Breakfast Burritos, and Banana Chocolate Chip Pancakes.

Chapter 3 offers soups and chili such as Poblano Chiles Pinto Bean Soup, Creamy Mushroom Tomato Soup, and White Bean Chili. You might want to serve a side dish provided in the next chapter, including Green Bean Casserole, Cauliflower Tots, Fresh Corn with Chipotle Maple Sauce, and Vegan Sausage Dressing.

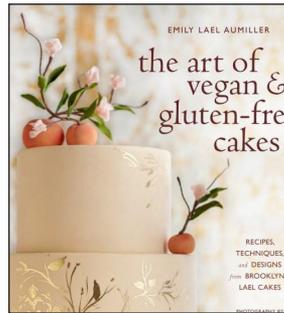
Hearty meals are included in Chapter 5, such as Lasagne Rolls, Red Lentil and Rice Loaf, Vegetable Enchiladas, Vegetable Curry, and Pasta Chili Bake.

The book also includes sweet dishes such as Chocolate Matcha Mint Cookies, Big Fat Cherry Pecan Cookies, Carrot Cake Cupcakes, as well as frozen desserts including Chocolate Espresso Ice Cream and Strawberry Bonbons. Nutritional analyses are not provided; however, you will find color photographs and helpful tips throughout the cookbook.

***The Make Ahead Vegan Cookbook* (ISBN: 978-1-58157-304-6) is a 304-page book. It is published by The Countryman Press and retails for \$24.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

THE ART OF VEGAN & GLUTEN-FREE CAKES

By Emily Lael Aumiller



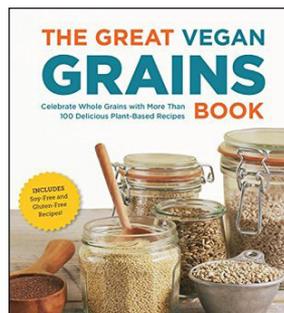
Have you ever wondered how bakers make gorgeous vegan cakes for weddings and other festive events? Emily Lael Aumiller has produced a cookbook which shows you step by step how to bake and decorate a wide variety of vegan cakes. Beautiful color photos will entice gourmet cooks to start baking immediately.

Some of the types of cake you can bake include Mexican Chocolate Cake, Madagascar Vanilla Bean Cake, Lemon-Poppy Cake, and Classic Red Velvet Cake. Then you can produce Madagascar Vanilla Bean Icing, which can also be modified with a few additions to make Lavender-Rosemary Icing, Strawberry-Basil Icing, Rosewater-Raspberry Icing, Espresso Icing, and others. Emily also shows you how to decorate cakes, including making sculpted flowers on wire, producing icing domes, making 3D circles, and so much more.

***The Art of Vegan & Gluten-Free Cakes* (ISBN: 9978-0-544-19069-6) is a 352-page book. It is published by Houghton Mifflin Harcourt and retails for \$40.00. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

THE GREAT VEGAN GRAINS BOOK

By Celine Steen and Tamasin Noyes



Celine and Tamasin have previously authored vegan cookbooks and this joint project is a terrific read, focused on vegan recipes using whole grains.

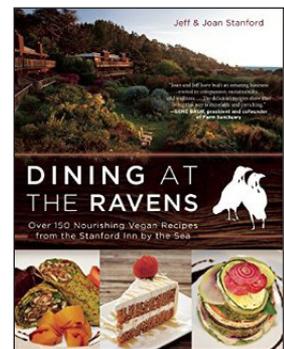
You can start your day off with breakfast dishes such as Apple Butter Spiced Millet, Roasted Pear Buckwheat Porridge, or Sausage Crumbles. If you're looking for some unique entrées, try preparing Berbere Kamut with Avocado, Spelt Chili, Moroccan Wheat Berries, Saucy Peanut Eggplant and Freekeh, or Hearty Sweet Potato and Sorghum Curry.

Of course you may want to add some delicious side dishes such as Teff and Pea Fritters, Cracked Wheat Koftas, Aztec Tofu, Greek Barley, or Sesame Purple Rice. Finally, you can make soups and salads such as Roasted Corn and Barley Chowder, Minestrone with Teff, Rye and Sauerkraut Salad, and Warm Farro and Sweet Potato Salad.

***The Great Vegan Grains Book* (ISBN: 978-1-59233-699-9) is a 176-page book. It is published by Fair Winds Press and retails for \$22.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

DINING AT THE RAVENS

By Jeff and Joan Stanford



The Ravens Restaurant at the Stanford Inn located in Mendocino, California, sources much of its produce from their certified organic garden. Now you can prepare some of their delicious vegan cuisine in your own kitchen!

Start your day off with one of their breakfast dishes, including Citrus Polenta with Braised Garden Greens and a Creamy Toasted Cashew Sauce, or Ravens Frittata and Quiche. You may also want to prepare baked goods such as Rustic Bread or Classic Breakfast Muffins.

Along with sauces, dips, and spreads, you'll find some creative appetizers and side dishes, including Cauliflower Ceviche and Sea Palm Sliders. There are also delicious salads such as Chanterelle Waldorf Salad or Asian Sesame Slaw, and soups including Asparagus Soup with Pistachio Cream, or Roasted Fennel and Cannellini Bean Soup with Garlic and Sage.

Main dish options include Vegetable Napoleon, Almond Hazelnut-Encrusted Tempeh, Forbidden Risotto with Sunchoke Lemon Cream, and Raw Lasagna. Of course, you don't want to skip dessert! You can prepare Carrot Cake, Pecan Torte, or Lemon Custard Bars.

The cookbook also includes recipes for some pantry basics such as Tofu Ricotta and Shiitake Bacon.

***Dining and the Ravens* (ISBN: 978-1-941-63165-2) is a 283-page book. It is published by BenBella and retails for \$19.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

Help Create a Veggie World

HEATHER FRANCIS, VRG INTERN

Heather Francis interned for The Vegetarian Resource Group in the summer of 2016. She conducted research ranging from vegan food at national parks to vegan donuts. She did an educational session for low-income youth, prepared vegan casseroles for a soup kitchen, and helped at numerous outreach booths.

Heather stated, "Overall, I will miss interning at The Vegetarian Resource Group, but I am extremely grateful for the opportunity and experience. I will continue to volunteer and stay involved with this impactful organization, as I'm already scheduled to work a booth in November near my hometown in New Jersey. I found that working for a non-profit, specifically this one, there is a lot of work, but at the end of the day I can go home knowing I am making a difference in an important movement. I will head back to Jersey with more knowledge of the vegan movement, and be able

to help others focusing on trying to do justice in the animal rights world. I am in school for dietetics, and this internship instilled more reasons why I should become a dietitian. I move back into school shortly, and my first week I will be meeting with the Senior Director of Residential Dining to go over the plans for the new vegan/vegetarian menu. I know I will utilize the tools and resources I have discovered the past two months interning for The Vegetarian Resource Group. It doesn't end here though, as the animal rights movement is growing and there is more to be done and to learn. Living the vegan lifestyle is about compassion, and showing compassion to each person one encounters. Compassion matters, and that's what the movement is about. The Vegetarian Resource Group makes this extremely clear in all that they do, and I am blessed to have been able to be a part of it."



HANA TAKEMOTO, VRG INTERN

"I was a high school intern for The Vegetarian Resource Group during the 2015-2016 school year. I had the pleasure of tasting and reviewing all sorts of different vegan foods, from seaweed and seitan to Ben & Jerry's vegan ice cream. I also helped add updates to VRG's online veggie restaurant guide and reviewed restaurants that



I've visited, such as Blind Faith Cafe in Evanston, Illinois. Along the way, I've attended events like the Natural Products Expo East in Baltimore and the Benefit Day at Great Sage restaurant in Clarksville, places that have offered me rich educational experiences. In addition, with the help of everyone at VRG, I've been working on investigating the benefits and feasibility of offering vegan food options for Atholton High School's lunch menu, an undertaking that has involved learning about Federal guidelines, interviewing food service staff, and distributing surveys. More recently, I've also had the opportunity to read essays that high school students submitted for VRG's High School Senior Scholarship Contest, an inspiring and uplifting task that I hope I can continue for years following the end of my internship here at VRG.

As my time at VRG is nearing a close, I can say with confidence that VRG has imparted to me powerful lessons about hard work, dedication, and passion in the name of veganism."

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veggie bits

Veggie-Packed Guacamole

Sabra, famous for their tasty hummus, recently introduced Veggie Fusion guacamole to their lineup in three flavors: Mango Lime, Garden Vegetable, and Southwestern. I loved how chunky the Garden Vegetable is; the carrots, squash, and peppers add supreme texture to an already thick guacamole. The Southwestern Veggie Fusion flavor has a zesty taste and the black beans give it a Tex-Mex flair. Love sweet and savory? Mango Lime offers a spritz of citrus and juicy mango. The guacamole is vacuum-sealed, keeping the avocados tasting fresh and the flavor sharp. Veggie Fusions will be a perfect lunchtime snack with tortilla chips or veggies to dip! See sabra.com for where to purchase near you! *Written by Heather Francis, VRG Intern.*



Lime Seaweed

The Roasted Lime Seaweed from SeaSnax certainly are “strangely addictive” as advertised! For those who have never tried roasted seaweed, it is a popular supplement to many Asian-inspired cuisines and is traditionally cut into paper-thin, crisp, and delicate sheets, sometimes with a touch of oil for taste. In this SeaSnax product, the lime adds a unique vinegar-like tanginess to the otherwise mild, roasted aftertaste. The bold taste complements the light texture of the seaweed. These sheets would go well rolled into some rice, or they can be a convenient to-go snack. I found the seaweed to be a wonderful snacking alternative to popcorn during a good movie.

SeaSnax products are currently available in health foods stores all over the world. Visit SeaSnax’s website at www.seasnax.com for more information. *Written by Hana Takemoto, VRG Intern.*



Vegan “Heat and Eat” Meals

Beyond Meat has now incorporated their 100% plant-protein Chicken Strips and Beef Crumbles that taste almost identical to chicken and beef into frozen meals.

There are four flavors: Roasted Sweet Potato Chili with Beyond Beef, Indian Curry with Beyond Chicken, Vietnamese Lemongrass with Beyond Chicken, and Korean BBQ with Beyond Chicken. Each ingredient is listed on the front, so you know exactly what you’re eating without having to inspect the entire box. The Roasted Sweet Potato Chili tastes like chili I would cook in a crockpot at home, and is my favorite out of the four choices. The curry is filled with potatoes and cauliflower, and has an intense kick in the sauce, perfect for your spicy cravings. The best part about the Beyond Meat Single Serve Meals is how unique each one is, ranging from a curry to chili to Vietnamese to Korean. These meals take about five minutes in the microwave, are under 500 calories, and are the perfect size for lunch or dinner. Find Single Serve Meals in a frozen aisle near you: <http://beyondmeat.com/store-locator> *Written by Heather Francis, VRG Intern.*



Organic Seitan

The Organic Seitan by Pacific Foods is conveniently packaged in a small and easy-to-store container but carries a big punch of nutrition and flavor with 15 to 16 grams of protein per serving. The seitan is made of a combination of wheat protein, beans, and sprouted lentils. A selection of the Original, Italian Herb, and Korean BBQ flavors makes adding this product into dishes easy! The chewy texture and smoky flavor of the Korean BBQ and the earthiness of the Italian Herb allow for the product to act as a convenient vegan “meat” addition in stirfry, salads, sandwiches, and many more. Look for it at retailers, including Safeway, Whole Foods, and Harris Teeter, or visit their website at www.pacificfoods.com. *Written by Hana Takemoto, VRG Intern.*



Vegetarian Action

Dedicated Vegan Dietitian Dr. John Westerdahl by Heather Francis

Dr. John Westerdahl has practiced a vegetarian lifestyle for 40 years and a vegan one for 20 years. He is a Nutritionist, Registered Dietitian, Certified Nutrition Specialist, Master Herbalist, Board-Certified Anti-Aging Health Practitioner, Health Scientist, Health Educator, and a father. He is also an active member of the Seventh-day Adventist Church.

As part of the Academy of Nutrition and Dietetics, he was the first state Vegetarian Nutrition Practice Group (VN DPG) coordinator in Hawaii, and after moving to California, he became the state coordinator. Last year, he was the chair of the VN DPG.

In addition to volunteering with the Academy of Nutrition and Dietetics, Dr. Westerdahl has also worked for the Castle Medical Center in Hawaii (an Adventist Health Hospital) and for The Bragg Health Foundation in California. At Castle Medical Center he assisted in opening its new Wellness & Lifestyle Medicine Center and helped enhance the vegetarian cuisine. He revamped the facility's menu, and was able to completely eliminate all red meat from their offerings. After moving from Hawaii to California, he joined Patricia Bragg as the Director of Health Science for Bragg Live Food Products and Director of the Bragg Health Foundation.

Now Dr. Westerdahl works independently and is writing vegetarian cookbooks and a book on plant-based living for health and longevity. Once a month, he gives a short health education lecture before his

church service at his local Seventh-day Adventist Church in Thousand Oaks, where he is actively involved. He is also working on his weekly national radio talk show—Health & Longevity—which airs on the Life Talk Radio Network on Sundays at 3 p.m. Eastern Standard Time and Fridays at 5 p.m. Health & Longevity is dedicated to providing the latest

cutting-edge information about Nutrition, Health, and Lifestyle Medicine so you can live a vibrant, healthy, and long life! It is a production of LifeTalk Radio.

Obviously, living a hectic and busy life, he is able to balance it with the help of his family. "It is part of our mission to spread the message of vegetarian nutrition. So we often work together as a family." Dr. John Westerdahl is an inspiring health practitioner

within the vegetarian field who has made tremendous efforts and contribution in advocating for a plant-based and vegan lifestyle. This article documents only a fraction of the work and impact Dr. Westerdahl has made in advocating for a vegan diets. He is a prime example of someone who talks the talk, and walks the walk when it comes to spreading the vegan message.

For information on Dr. John Westerdahl visit:
<http://drwesterdahl.com/index.html>



Heather Francis wrote this piece while doing an internship with The Vegetarian Resource Group.



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VRG Outreach at DC VegFest

BELOW: VRG volunteers Matt Baker, Alicia Hückmann, Casey Brown, Whitney Gray, and Whitney Blomquist staffing The Vegetarian Resource Group booth at the Washington, DC VegFest.



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Vegetarian Journal comes out four times a year, but you can find out what's going on with The Vegetarian Resource Group on our Facebook page every day!

Get recipes, nutritional information, and the lowdown on new vegan restaurants and products. Stay updated on what experts are saying about the benefits of vegetarian and vegan diets. Interact with other members of the veg community and learn about veg-friendly events and activities near you!

See you online at <https://www.facebook.com/thevegetarianresourcegroup>.