

Picnic Buffet Ideas • Feeding Vegan Toddlers

VOLUME XXXVII, NO 2 2018

# VEGETARIAN

## JOURNAL

Science, Caring, and Vegan Living  
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### PIZZA CREATIONS

Hazelnut and Chocolate  
Dessert Pizza  
pg. 10

### Irresistible Artisan Sandwiches

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### Eating Vegan in College

# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline discusses what probiotics are and whether frying chips containing probiotics kills the probiotics.*

**QUESTION:** *I'm seeing probiotics in many vegan products. What are they? Are they something that I should be eating? I've seen chips that say they contain probiotics. Wouldn't frying the chips kill the probiotics?* **G.M. via email**

**ANSWER:** Probiotics are live bacteria and other microorganisms that are thought to have health benefits. In case you're wondering, bacteria are not classified as plants or as animals but have their own classification. They are called prokaryotes, which means that they are microscopic, single-celled organisms.

You may see probiotics featured on the labels of foods like vegan yogurts, sauerkraut, kombucha, tempeh, and miso. Vegan probiotic supplements are also available in tablet and capsule form. Many of the probiotics in products that are found on grocery store shelves are the same microorganisms that are found in our bodies, especially in our intestines.

In theory, eating foods containing probiotics or taking a supplement containing probiotics could help to increase the number of "good" bacteria in our intestines. Probiotics may be especially useful after an illness or when taking an antibiotic, either of which can disrupt the microorganisms that live in our intestines. Probiotics can help to prevent the diarrhea that may follow a course of antibiotic treatment. They also may help to control the symptoms of irritable bowel syndrome.

Because there are so many different strains of bacteria that are used in foods and supplements containing probiotics, more research still needs to be done before we can say with certainty that they are beneficial for everyone.

Both high and freezing temperatures can kill the bacteria and other microorganisms that make up probiotics. There are still questions about whether some of the helpful effects remain even if the microorganisms are no longer alive; however, it's probably best not to subject foods that contain probiotics to extremely low or high temperatures.

*Today* reports that one brand of kraut-containing chips adds probiotics to the chip seasoning, which is added after cooking since frying the chips kills some of the bacteria in the kraut.<sup>1</sup>

The National Center for Complementary and Integrative Health reminds us that critically ill patients, those who have had surgery, very sick infants, and people with weakened immune systems are at risk for having dangerous infections when probiotic supplements are used.<sup>2</sup>

## References:

- 1 Largeman-Roth F. 8 healthy food trends for 2017. *TIME* website. <https://www.today.com/food/healthy-food-trends-2017-t106505>. January, 2017.
- 2 NCCIH. Probiotics in depth. <https://nccih.nih.gov/health/probiotics/introduction.htm#hed4>. October, 2016.

## FEATURES

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Also, if you do not want your name traded to other organizations, please let us know.

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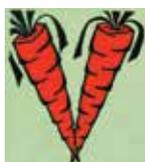
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## NOTE FROM THE COORDINATORS

# Supporting Young Vegans



Often, when longtime vegetarians come by our outreach booths, they say they know it all. Then it seems that, when they are ready to have a vegan baby, they go scouring for information. It's like teenagers who know it all until they are out of the house and taking care of all their own needs. It's different when you bear full responsibility.

For over 35 years, we're glad to have supported young vegetarians and vegans. Thank you to Ashley Kerckhoff, B.S., who wrote a piece about feeding toddlers found on page 11. You may also want to read our popular brochure "Vegan Nutrition in Pregnancy and Childhood" written by Reed Mangels, PhD, RD, at [http://www.vrg.org/nutrition/vegan\\_pregnancy\\_brochure.pdf](http://www.vrg.org/nutrition/vegan_pregnancy_brochure.pdf).

Of course, sandwiches and pizza are always favorites for kids of all ages. As chef Nancy Berkoff said, "Several years ago, this author had the opportunity to help coordinate the meals being offered to an international gathering of Tibetan monks and nuns. Their most requested food? Pizza!" See page 6 for pizza recipes and page 14 for sandwich ideas.

For the older kids, see our video contest winners on page 28 and Lanece Hurd's article Vegan Meals for College Students on page 26.

As children, many of us grew up with Campbell's, which was a symbol of "All-American" food. Recently, the Campbell Soup Company said they plan to withdraw from the Grocery Manufacturers Association, which no longer represents their interests, particularly their commitment to transparency in the food industry and their desire to become "the leading health and well-being food company." Campbell's has purchased organic and/or natural foods type companies Plum Organics, Bolthouse Farms, Garden Fresh Gourmet, and Pacific Foods, so the concept of what is "good food" is certainly changing. Thank you to all our staff, members, readers, and supporters who are part of this evolution.

Welcome to Ginny Slothour-Hudnall, our new Volunteer Coordinator. Recently, we enjoyed visits from Amory Fischer, a 2013 Vegetarian Resource Group scholarship winner, and two University of Maryland students, who were here as part of a college career day. Thank you also for recent assistance from Heather Gorn, who volunteered with us while she was in middle school and high school and then while obtaining her master's degree. As the last few months have been a hectic time, Keryl Cryer, who was our previous Senior Editor for about ten years, came back to assist and was a godsend in completing this issue and the previous issue of *Vegetarian Journal*.

Thank you to all generations working for a better world.

*Debra Wasserman & Charles Stahler*

*Coordinators of The Vegetarian Resource Group*

## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

### Memorials & Honorary Gifts

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

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Please send acknowledgement to:

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

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*My name and address:*

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*Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203 or donate at [www.vrg.org/donate](http://www.vrg.org/donate).*

Special thanks to Susan Bernstein for her generous donation in memory of Minnie Prins Bernstein.

Thank you to Saurabh Dalal for his generous donation in honor of Manjula and the late Fakirchand Dalal for inspiring work to advance Ahinsa.

Thanks for the generous donations from Edward & Sons Trading Co. Inc. and Alternative Baking Co., Inc.

## Thanks for All The Vegetarian Resource Group Does!

Thanks for all you do and for how long you have done it.

I find myself sending folks to your website [[www.vrg.org](http://www.vrg.org)] all the time, and I am so grateful for the resource.

Toni G., via email

The Vegetarian Resource Group is my go-to resource for vegan information backed by peer-reviewed studies and by experienced registered dietitians.

David D., via email

Thanks for all your great efforts and recipes!

Ryan K., via email

## Vegan Options at Hershey Park in Pennsylvania

Oddly enough, it was 25 years ago at Hershey Park where I decided to stop eating meat. I remember standing in line and smelling the burgers, and when it came time to order, I ordered a salad. I was 13, and my family thought it was a phase, but I never looked back and have since gone vegan. Now,

I'm planning a trip with my little family for the first time in 25 years and your blog posting on Hershey Park vegan options was incredibly helpful! Thank you!

Jennifer S., via VRG Blog

## Are You Seeing Empty Shelves at Whole Foods Stores?

The Vegetarian Resource Group posted the following question on its Facebook page:

*"Have you seen shortages of products in your local Whole Foods?"*

According to AOL, shelves at Whole Foods stores are often empty because of order-to-shelf, or OTS, which is a tightly controlled system designed to streamline and track product purchases, displays, storage, and sales.

These are some of the responses we received:

- It's been really hard to get Tofurky "turkey" deli slices at Whole Foods lately.
- I'm noticing this [empty shelves] all the time, and it's very frustrating.
- Yes, I have. Especially with vegan yogurts and produce. It happens a lot.

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

Coming in the Next Issue:

## EGYPTIAN VEGAN CUISINE

**Plus:** Summer Picnic Recipes with an Asian Twist, Getting Vegan Food into Public Schools, Veggie History...

# VEGAN PIZZA CREATIONS YOU CAN ENJOY ALL DAY LONG! BY NANCY BERKOFF, RD, EDD

**P**iiizzaa... Try saying it without a smile! It's an international treat available almost anywhere in the world and accepted by just about any age group. Several years ago, this author had the opportunity to help coordinate the meals being offered to an international gathering of Tibetan monks and nuns. Their most requested food? Pizza!

The definition of pizza has certainly expanded with its popularity. It seems that the basic pizza components are accepted as a crust, a sauce, and toppings. After that, the sky is the limit! In my travels I have had vegan *bánh mì* pizza in Vietnam, pineapple and lemongrass pizza with coconut milk sauce in Thailand, roasted seaweed pizza with a coarse meal crust (mixed whole grains, indigenous to the area) in northern Norway, a fermented tofu and olive pizza in Beijing (an acquired taste, to be sure), an oatmeal-crust dessert pizza in Ireland, roasted tomato and squash pizza in Turkey, pickled vegetable (cucumber, carrots, onion, and garlic) pizza with a bulgur wheat crust in Kiev, and a pickled vegetable (daikon and squash) with soba (buckwheat) crust in Japan, to name a few!

Pizza for breakfast can be sweet or savory. For a savory breakfast pizza, use a chickpea flour or wheat flour crust topped with mashed firm tofu tossed with soy sauce, scrambled silken tofu mixed with chopped fresh or sun-dried tomatoes, or silken tofu tossed with salsa. For a sweet breakfast or dessert pizza, try an oatmeal or flour crust baked with chopped pineapple, dried fruit, and granola tossed with a small amount of vegan yogurt or sweetened silken tofu. Tahini (sesame paste), fruit compote (dried fruit, stewed with ginger, cinnamon, and orange juice), chopped dried fruit, and shredded coconut add flavor and texture to a sweet pizza.

For lunch or dinner, try a Provençale-influenced pizza using a chickpea flour crust and including black olives, rosemary, and oregano in the toppings. A deli pizza could include a rye flour crust with caraway seeds topped with thinly sliced potatoes, sauerkraut, and, yes, a scattering of dill pickles.

Toppings for your beyond the traditional pizza could include shredded greens (either wilted in a sauté pan and added to a baked crust or baked in the oven along with the crust), drained and chopped artichoke hearts, hummus, sliced yellow squash, or even macaroni and cheese! To make a fast vegan mac and cheese, soak cashews or soy nuts for 30 minutes, drain, and process with water or vegetable broth and some shredded vegan cheese in a food processor until smooth. Cook pasta elbows or shells, drain, and toss with the vegan cheese sauce. Top an unbaked pizza crust with the mac and cheese, add chopped tomatoes or tomato sauce, and bake.

**"THE DEFINITION OF PIZZA HAS CERTAINLY EXPANDED WITH ITS POPULARITY."**

My students have shown me how to make a pizza "all in one." They take a slice of prepared pizza; top it with green salad, mac and cheese, a three-bean salad, or sliced pineapples and bananas; and fold it to create a pizza sandwich-roll. This takes fine motor skills, but it has an appetizing outcome! Another student option is the "pizza salad bowl." Students create a green salad with a base of tossed greens, add lots of crunchy veggies, and then shred a slice of pizza over the salad. Who needs croutons? This pizza bowl is actually very portable, and a good way to use leftovers. Another interesting creation was a pizza salad bowl with fresh spinach, layered with giardiniera (an Italian relish)-marinated, pickled vegetables used for antipasto (usually celery, olives, carrots, peppers, and cauliflower), chopped pineapple, raisins, and pizza-cROUTONS. It's colorful and an interesting combination of textures and flavors.

If you are preparing your own pizza crust, you can create some individual pizzas empanada style. Prepare

pizza dough, cut into small circles (approximately four inches wide), top the dough with chopped fillings, and then fold, crimp, and bake. If you like, you can mix some of the filling, finely minced, into the pizza dough to provide flavor inside and out. Your filling can be whatever you would use to top your pizza, as long as it is fairly dry. If you wanted to use tomatoes, you could use chopped sun-dried tomatoes or freshly chopped tomatoes that have been deseeded and patted dry.

There are many vegan frozen and refrigerated pizza crusts, and you can also use frozen or refrigerated phyllo dough. And, of course, there are always bagels waiting to be transformed into a pizza! If you have the time, experiment with both yeast and no-yeast crusts, using different flours. Whole wheat flour can be mixed with a small amount of almond flour to create a hearty crust; it will be heavier than traditional pizza crust, with more 'chew.' Buckwheat flour can also provide a denser crust. Rice flour and coconut flour may be combined for a lighter crust. This combination has great flavor but will require attention so it does not burn. It may not brown. Most pizza crust can be refrigerated, baked or not baked, for approximately two days, and frozen for a bit longer. Be certain to wrap securely so no off-flavors are acquired, and so that the crust/dough remains moist.

## Cauliflower for Pizza: Top or Bottom

(Topping for two 9-inch pizzas or crust for one 9-inch pizza; one 9-inch pizza serves 4)

This recipe can be used to top a pizza or to create a gluten-free pizza crust.

**1 large cauliflower head, destemmed and chopped into fine pieces (approximately 4 cups after chopping)**

**Water to cover cauliflower florets**

**2 teaspoons minced garlic**

**2 Tablespoons nutritional yeast**

**2 teaspoons onion powder**

**1 teaspoon white pepper**

**Vegetable oil spray (if using as pizza crust)**

Place cauliflower in a large pot and fill with just enough water to cover the florets. Bring water to a fast boil, lower heat, cover, and allow to cook until tender, approximately 5 minutes. Drain well. Place cooked cauliflower in a large bowl and mash by hand or with a hand-held electric mixer. Mix in remaining ingredients and continue to process until very smooth.

## As a Pizza Topping

Top unbaked pre-made crust with a thick layer of cauliflower mixture and then toppings of your choice, such as chopped sun-dried tomatoes or sliced olives, sliced mushrooms, peppers or chilies, and onions. Bake at 400 degrees until crust is baked and toppings are hot. (Time will vary depending on toppings used.)

## As a Pizza Crust

Preheat oven to 425 degrees. Firmly and evenly pack an approximately 1-inch layer of cauliflower mixture into a pizza pan or the bottom of a small cookie sheet. Spray top of cauliflower lightly with vegetable oil spray and bake without toppings for approximately 5 minutes until firm. Place toppings on cauliflower crust, return to oven, and bake until toppings are hot. (Time will vary depending on toppings used.)

Total calories per 1/4 pizza: 47

Carbohydrates: 8 grams

Sodium: 32 milligrams

Fat: <1 gram

Protein: 5 grams

Fiber: 4 grams

## White Pizza Sauce

(Makes 1½ cups, a liberal amount for one 9-inch pizza)

This recipe may be prepared ahead of time and refrigerated for up to two days. Leftover sauce works well with macaroni and cheese, with pasta, or to top steamed or roasted vegetables.

**1 cup raw cashews (soaked in water for at least 20 minutes and drained)**

**¾ cup cold water**

**1 Tablespoon fresh lemon juice**

**2 Tablespoons minced fresh garlic**

**2 Tablespoons nutritional yeast (optional)**

**¼ teaspoon powdered ginger**

**1 teaspoon white pepper**

Place all ingredients in a food processor and blend until smooth. If you would like a raw sauce, you may use it without cooking. If you would like a cooked sauce, place processed sauce in a small pot and heat over medium heat, stirring constantly, for a few minutes or until warm.

Total calories per 6 TB serving: 177

Carbohydrates: 11 grams

Sodium: 1 milligram

Fat: 13 grams

Protein: 5 grams

Fiber: 1 gram

## Chickpea Flour Crust

(Makes one 9-inch crust; serves 4)

This recipe is based on a traditional Provençale recipe for a *socca* (chickpea flour crêpe). Chickpea flour gives Provençale flavor to pizza. Top with fresh basil, sliced tomatoes, and vegan shredded cheese, as well as leftover cooked eggplant for a South-of-France pizza experience.

**1 cup chickpea flour**  
**1 cup cold water**  
**4 Tablespoons olive oil, divided**  
**2 teaspoons minced garlic**  
**¼ teaspoon salt**

Preheat oven to 425 degrees. In a bowl, whisk together the chickpea flour, water, 2 Tablespoons oil, garlic, and salt. Cover and set aside for at least 45 minutes. (This mixture can be prepared the night before and stored in the refrigerator.)

Turn on a broiler with a rack positioned 8 inches from the heat. Place a 10-inch oven-proof skillet (no plastic or rubber handles!) in the oven to preheat. If you don't have an oven-proof skillet, you may improvise with a large, heat-proof plate placed on a baking sheet or create a square pizza crust on a baking sheet that fits into your broiler. Carefully remove the heated

pan from the broiler, spread the chickpea batter in an even layer, and return to the broiler. Allow to cook for approximately 3 minutes or until crust is firm.

Remove the crust from the broiler, spread the remaining 2 Tablespoons of olive oil evenly around the crust, add toppings, and place in the oven, baking for approximately 8 minutes, until toppings are heated.

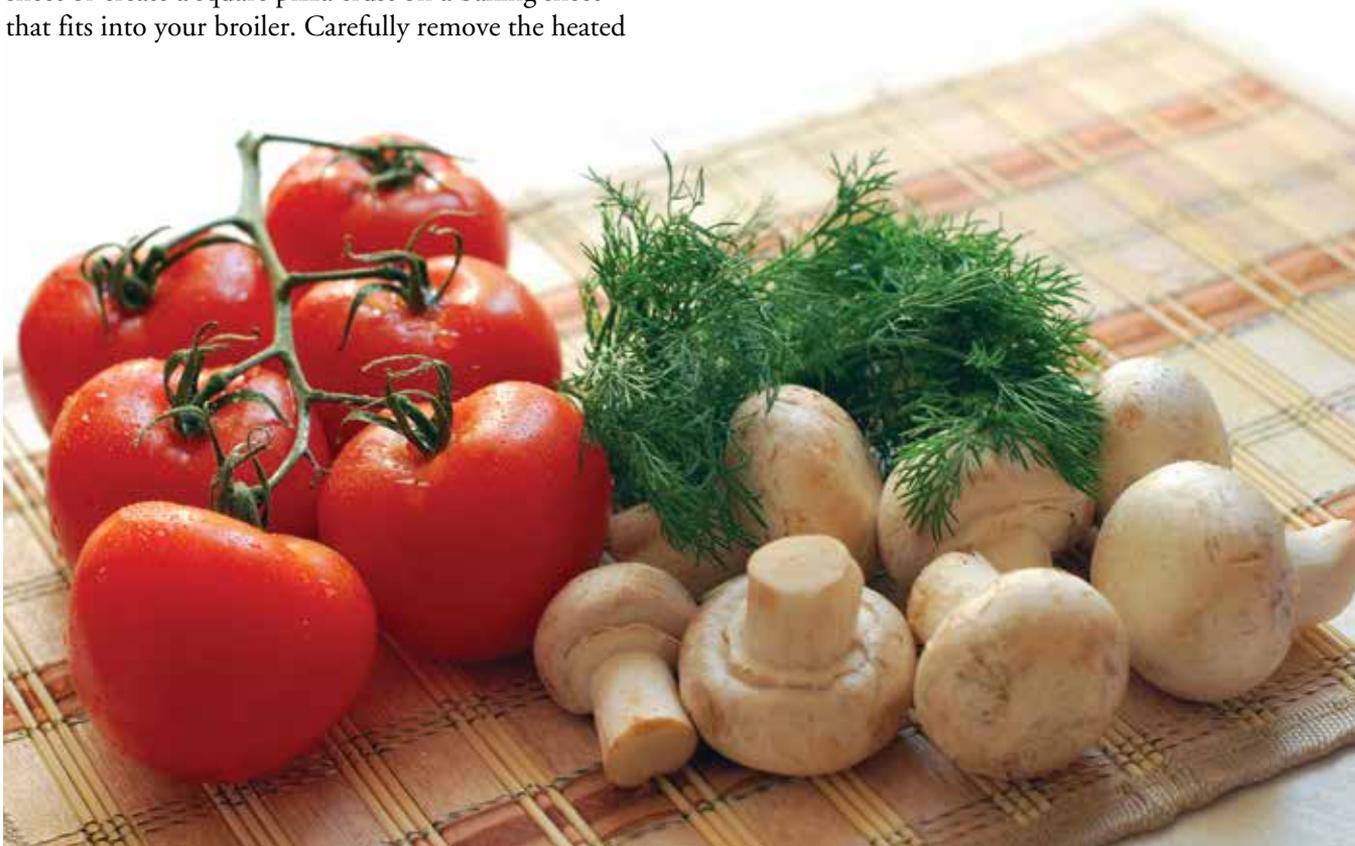
Total calories per 1/4 crust: 210	Fat: 15 grams
Carbohydrates: 14 grams	Protein: 5 grams
Sodium: 161 milligrams	Fiber: 3 grams

## No-Yeast Pizza Dough

(Makes one 9-inch crust; serves 4)

When we don't have time to wait for the rise, a 'no-yeast' dough is great to use! This recipe does not have quite the chew of a yeast crust but does have crispness.

**2½ cups flour**  
**1 Tablespoon baking powder**  
**1 teaspoon salt**  
**1 Tablespoon vegetable oil**  
**1 cup cold water**  
**Additional flour for cutting board**



Preheat oven to 400 degrees. In a medium-sized bowl, combine flour, baking powder, and salt. Add oil and mix to combine. Slowly add water until the mixture can be held together in a soft, non-sticky ball.

Sprinkle a small amount of flour onto a large cutting board. Knead the dough to ensure all ingredients are evenly distributed. Place the dough in the center of a 9-inch pizza pan, an oven-proof flat dish, or a small baking sheet. Work with the dough to create an even layer. You have the choice to bake until done, approximately 15 minutes, and then top the crust, or you can place toppings on the unbaked crust and then bake until crust is golden and toppings are hot, approximately 20 minutes.

Total calories per 1/4 crust: 317	Fat: 4 grams
Carbohydrates: 60 grams	Protein: 8 grams
Sodium: 863 milligrams	Fiber: 2 grams

## Speed-Scratch Pizza

(Makes one 9-inch pizza)

Personalize this pizza without spending too much time in the kitchen! We have found vegan pizza crust at Sprouts, Trader Joe's, Walmart, and Wild Oats.

### 1 unbaked pizza crust (thawed, if using a frozen crust)

#### Vegetable oil spray

½ cup chopped red and green bell peppers

½ cup chopped sweet onions

½ cup chopped fresh or drained canned mushrooms

1 teaspoon dried oregano

½ cup tomato paste

1½ cups canned tomato sauce

½ cup Vegan Parmesan (recipe follows)

Preheat oven to 400 degrees. Spread pizza crust on a pizza pan or non-stick baking sheet. Set aside.

Spray skillet with oil. Lightly sauté peppers, onions, and mushrooms tossed with oregano until slightly soft. Set aside.

In a small pot or a microwave dish, combine tomato paste and sauce and heat approximately 2 minutes or until bubbly.

Spread sauce on pizza crust and top with veggies and *Vegan Parmesan*. Place in oven and bake for approximately 10 minutes or until crust is golden.

Total calories per 1/4 pizza: 437	Fat: 8 grams
Carbohydrates: 76 grams	Protein: 13 grams
Sodium: 477 milligrams	Fiber: 6 grams

## Vegan Parmesan

(Makes approximately 1 cup)

¾ cup raw cashews

½ teaspoon low-sodium soy sauce

3 Tablespoons nutritional yeast

¼ teaspoon lemon juice

Place all ingredients in a food processor canister and process until very finely ground. Store, tightly covered, in the refrigerator for up to one week.

Total calories per 2 TB serving: 79	Fat: 5 grams
Carbohydrates: 5 grams	Protein: 4 grams
Sodium: 12 milligrams	Fiber: 1 gram

## Oatmeal Crust

(Makes one 9-inch crust)

1½ cups oat flour (see Note below)

2 teaspoons organic granulated sugar or brown sugar

½ teaspoon salt

¼ cup vegetable oil

½ cup cold water, as needed

Preheat oven to 375 degrees.

In a large bowl, mix together dry ingredients, then mix in oil, to coat. Slowly add water until you have a thick dough. Roll into a ball, wrap in plastic, and refrigerate for 30 minutes. Remove from refrigerator, place dough ball into the center of a 9-inch pie plate or pizza pan, and 'mash' into an even layer.

Bake oat crust for 10 minutes or until dry, and then add toppings. (For example, bake your oat crust, allow to cool slightly, and then top with chopped pineapple, nuts, shredded coconut, dried fruit, and/or fresh berries.) Or you can add your toppings to the unbaked oat crust, and then bake the crust and toppings together. (For example, top your unbaked oat crust with chocolate or carob chips, shredded coconut, and thinly sliced bananas or peaches, and bake until crust is dry and chips are melted.)

*Note:* If oat flour is not available, you can grind the oats of your choice in a food processor.

Total calories per 1/4 crust: 267	Fat: 17 grams
Carbohydrates: 26 grams	Protein: 5 grams
Sodium: 295 milligrams	Fiber: 3 grams

## Hazelnut and Chocolate Pizza

(Makes one 12-inch dessert pizzas)

*\*Pictured on the cover and below!* After tasting this dessert pizza, people may be asking for a birthday pizza rather than a cake!

### Topping

**1 cup plus 5 Tablespoons hazelnuts**

**1/3 cup agave nectar, maple syrup, or liquid sweetener of your choice**

**1/3 cup water**

**4 teaspoons unsweetened cocoa**

**2/3 teaspoon vanilla extract**

**2/3 cup fresh berries for garnish (optional)**

Preheat oven to 375 degrees.

Spread nuts on non-stick baking pan and roast for 10 minutes. Remove from oven and allow to cool. If substituting fruit for nuts (see note), skip this step. Place nuts (or fruit) in a food processor canister, and process with sweetener, water, cocoa, and vanilla until smooth like nut butter. Place in a bowl and set aside.

*Note:* If you would like to prepare this pizza nut-free, eliminate the almonds from the crust, and include an additional 3/4 cup oats. Remove the hazelnuts from the topping, and include 1 cup dates, 3/4 cup raisins, and 2 teaspoons toasted sesame seeds.

### Crust

**1 1/2 cups almonds**

**1 cup old fashioned oats (not instant or steel-cut)**

**1/2 cup rice flour**

**1/2 cup buckwheat flour**

**3 Tablespoons ground flaxseed**

**1/2 teaspoon salt**

**1 cup water**

**4 Tablespoons vegetable oil**

**Vegetable oil spray**

Place all the dry ingredients in a food processor canister. Process until well combined. Add water and oil and process again, until the ingredients are able to form a soft ball.

Spray a pizza pan, oven-proof plate, or small baking dish with vegetable oil. Evenly distribute dough on the pan. Place in oven and bake for 5 minutes (so crust is dry enough to avoid having toppings sink in). Remove from oven, spread on 2/3 of the topping, and serve warm, or place in refrigerator and serve cold. Top with berries just before serving, if desired.

Total calories per 1/6 pizza: 386

Fat: 25 grams

Carbohydrates: 35 grams

Protein: 10 grams

Sodium: 99 milligrams

Fiber: 7 grams

**Nancy is The Vegetarian Resource Group's Foodservice Advisor. She's a chef and dietitian living in California.**



# Feeding a Vegan Toddler

By Ashley Kerckhoff, B.S.

**M**y family follows a whole food, plant-based, vegan, diet. We became vegan when I was pregnant with our now 16-month-old daughter. I originally made my commitment to this way of eating for environmental sustainability reasons, and later came to learn about all the amazing health implications that come as well.

Feeding a young child (especially a toddler) can be tricky, particularly when eliminating some foods. However, that's exactly what we did, and I feel confident knowing that I'm putting nutritious and delicious foods in her little tummy.

## Snack Time

I am not the only mom in the vegan world who has encountered a situation like this at one point or another. During snack time at the park, a play-date, or another fun-filled parent-and-child outing, non-vegan mothers and fathers inquire about what snacks I feed my vegan child. To their surprise, we eat more than just fruit for snacks. I continue to tell them that I've come to find that my daughter loves a variety of different vegan snacks that are healthy, easy, and transportable:

- One great snack is *hummus*, with either veggies or a whole-grain pita.
- My daughter is a late teether, so *softer veggies*, like steamed carrots or tomatoes, is what we go towards.
- She also loves homemade vegan *muffins*. (Let your kids help make them. They will love it and it fills up play time on those rainy days!)
- Other options are *Larabars*, *green smoothies* (to get in those colorful veggies), and *homemade protein balls*. (*Plant-Powered Families* has a great recipe.)
- If your kiddo has plenty of teeth and you are confident your child can chew these items without choking, *trail mix* made with nuts and dried fruit only is another great, healthful snack!
- Furthermore, I always make sure to add a *good source of vitamin C* to her snacks (as well as meals) to increase iron absorption.

## Breakfast

What about breakfast hits for young children, besides oatmeal or a sugary and processed cereal of some kind?

- *Smoothies* are a HUGE hit with my daughter! They are so versatile (not to mention quick and easy to make) with nutrition and flavor that make both child and parent happy! We tend to do a combination of oats, frozen banana, almonds or peanut butter, chia or flax seeds, a pinch of cinnamon, and unsweetened soymilk. (Soymilk is often fortified with vitamin B<sub>12</sub>, an essential supplement for vegans.) Adding a spoonful or two of canned pumpkin plus some nutmeg gives it a nice fall twist (and an extra serving of veggies).
- My daughter also likes *non-dairy yogurt*, such as unsweetened (to avoid all the added sugars) soy or coconut milk yogurt with added toppings like granola and seasonal fruit.
- Finding a great *chia pudding* recipe is also a huge life saver, as it's super easy to make, and keeps well in the fridge for a while. Similar to yogurt, chia pudding is a blank canvas for adding whatever whole food toppings your child likes.

*Little Tip:* Get your young child involved in the topping-picking process. It gets them comfortable in the kitchen, lets them be creative, and teaches them about healthy eating. Also, they will be more likely to eat the snack if they help make it!

For more information, see:

- <http://www.vrg.org/nutshell/kids.php>
- <https://www.facebook.com/groups/VRGparentsandkids/>

You can also order the book *Plant-Powered Families* by Dreena Burton from The Vegetarian Resource Group Book catalog: <http://www.vrg.org/catalog/>.



# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Is There a “Vegetarian” Personality?

Are vegetarians and non-vegetarians similar in terms of personality traits and political views? That’s what a German study of approximately 5,000 adults set out to investigate. In the first part of the study, participants were given a definition of vegetarian (do not eat meat or fish) and vegan (do not eat any product of animals) and asked if they were vegetarian or vegan. Using these definitions, 2.7% were vegetarian or vegan. In the second part of the study, another group, which included some people from the first study, was asked if they “predominantly or exclusively followed a vegetarian or vegan diet.” Using these more lax criteria, 6% were classified as vegetarian or vegan. In both parts of the study, people classified as vegetarian or vegan were more likely to report openness, meaning a willingness to try new things. The vegetarians and vegans in the first part of the study were more likely to be interested in politics than the non-vegetarians. The non-vegetarians in both parts of the study were more likely to be politically conservative.

Pfeiler TM, Egloff B. 2018. Examining the “Veggie” personality: Results from a representative German sample. *Appetite*. 120:246-255.

### Why Do Some People Stop Being Vegetarian or Vegan?

Little is known about factors that may help to predict who will stay with a vegetarian/vegan diet and who will lapse. Canadian researchers examined 1,313 current and former vegetarians and vegans in the U.S. There were 1,102 people who identified as former vegetarians and vegans and 211 who said they were currently vegetarian or vegan. Study participants were asked questions, including about their original motivation for becoming vegetarian or vegan, whether they craved meat, the extent of social support for their diet, and whether they felt their diet was convenient. Lapsed vegetarians and vegans were more likely to be politically conservative,

report they did not have social supports, and have an initial motivation to be vegetarian/vegan that was not related to concerns about animals or the environment. Other factors, such as education level, meat cravings, and perceived inconvenience of being vegetarian/vegan, did not have a significant effect on the likelihood of stopping being vegetarian/vegan. The study authors propose that educating people about the benefits of a vegetarian/vegan diet for animals and the environment could be a way to motivate them to continue to follow a vegetarian/vegan diet. They also suggest that increasing social support for vegetarianism, such as emphasizing that others are eating less meat, could be a practical first step in encouraging people to stay vegetarian/vegan.

Hodson G, Earle M. 2018. Conservatism predicts lapses from vegetarian/vegan diets to meat consumption (through lower social justice concerns and social support). *Appetite*. 120:75-81.

### What Do Vegetarians Eat?

We know the foods that vegetarians and vegans don’t eat, but we may not be as certain about what they do eat. A recent large study of almost 200,000 middle-aged adults in the UK compared food choices of meat-eaters, vegetarians, and vegans. Study subjects’ diets were determined based on their responses to a survey. Vegetarians (3,870 people) did not report eating meat or fish; vegans (248 people) did not report eating meat, fish, eggs, or dairy products. The researchers observed that vegetarians did not simply replace meat with other high-protein foods but that they ate a large variety of plant foods. Vegetarians and vegans ate more vegetables, fruits, whole-grain pasta, brown rice, dried beans, nuts, and breakfast cereals than did meat-eaters. The vegetarians and vegans consumed fewer fried potatoes and sugary drinks. Vegetarian men and women and vegan men had lower alcohol intakes than meat-eating men and women. Vegans got 2-3% of their calories from plant milks and 10% of their calories from dried beans, nuts, and vegetarian products such as tofu and soy burgers. In contrast, vegetarians got 11-14% of their calories from dairy products and eggs and 6-7% from

dried beans, nuts, tofu, and soy burgers. Meat-eaters got 13% of calories from meat and fish and 11% of calories from dairy products and eggs. These differences among groups may help to explain the lower rates of a number of chronic diseases among vegans and vegetarians.

Bradbury KE, Tong TYN, Key TJ. 2017. Dietary intake of high-protein foods and other major foods in meat-eaters, poultry-eaters, fish-eaters, vegetarians, and vegans in UK Biobank. *Nutrients*. 9(12). pii: E1317.

## Italian Society of Human Nutrition Issues Position Paper on Vegetarian Diets

Approximately a year ago, we reported that the Academy of Nutrition and Dietetics (AND), the world's largest organization of food and nutrition professionals, had published a new position paper about vegetarian diets. This position paper has been joined by a position paper from the Italian Society of Human Nutrition, a non-profit scientific organization. The Italian position paper was developed to provide the Italian public with sound advice about vegetarian diets. It provides current information about nutrients, including vitamin B<sub>12</sub>, calcium, iron, zinc, and vitamin D. The overall conclusion of the position paper is that "vegetarian diets that include a wide variety of plant foods, and a reliable source of vitamin B<sub>12</sub>, provide adequate nutrient intake." The paper encourages government agencies and other groups to provide more educational resources about vegetarian diets for Italians.

Agnoli C, Baroni L, Bertini I, et al. 2017. Position paper on vegetarian diets from the working group of the Italian Society of Human Nutrition. *Nutr Metab Cardiovasc Dis*. 27:1037-1052.

## Biotin – Too Much Can Affect Lab Tests

The U.S. Food and Drug Administration (FDA) recently issued a safety alert about biotin supplements. Biotin, also called vitamin B<sub>7</sub>, is found in many multi-vitamins, as a stand-alone supplement, and in some supplements promoted as having hair, skin, and nail benefits. While there's usually no problem with taking a daily dose of biotin of 30 micrograms (0.03 milligrams), higher doses have been shown to interfere with some lab tests, causing falsely high or falsely low results.

The kinds of lab tests affected include tests used to diagnose heart disease and some tests of hormone levels. Currently, the FDA does not have information about how long you should wait after taking a biotin supplement before having a lab test done.

When I heard about this safety alert, I checked my vegan multi-vitamin and learned that it contains 100 micrograms of biotin. I'll be looking for a new supplement. If you are taking biotin supplements or supplements containing biotin at levels above 30 micrograms (0.03 milligrams) per day, be sure to tell your health care provider. In fact, it's smart to inform your health care provider about any supplements that you use.

Food and Drug Administration. Biotin (Vitamin B<sub>7</sub>): Safety Communication – May Interfere with Lab Tests. <https://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm586641.htm>. November 28, 2017.

## What Aren't Adults in the USA Eating? Vegetables and Fruits

Dietary guidelines in the United States call for healthy adults to eat the equivalent of 2-3 cups of vegetables and 1½ to 2 cups of fruit a day. It may help to picture a piece of most fruits as being equivalent to a cup of fruit. For more information about what counts as a cup of fruit, see <https://www.choosemyplate.gov/fruit>.

Overall, approximately 1 out of 8 adults meets the fruit recommendation, while fewer than 1 out of 10 adults meets the vegetable recommendation. These results are based on a survey of almost 320,000 adults living in the United States. Women, adults aged 51 and older, and those with higher income were most likely to meet the vegetable recommendation, while Hispanics, women, and people aged 31-50 were most likely to meet the fruit recommendation. West Virginia had the lowest percentage of people meeting the vegetable and the fruit recommendations. The District of Columbia had the highest percentage meeting the fruit recommendation, and Alaska had the highest percentage meeting the vegetable recommendation. Overall, the vast majority of adults in the United States are not eating enough vegetables and fruit.

Lee-Kwan SH, Moore LV, Blanck HM, Harris DM, Galuska D. 2017. Disparities in state-specific adult fruit and vegetable consumption – United States, 2015. *MMWR Morb Mortal Wkly Rep*. 66:1241-1247.

# The Ultimate Soul-Satisfying, Irresistibly Delicious, Artisan Sandwiches

By Zel Allen

Humans have used flatbread to wrap around or scoop up food since ancient times. During the 1700s, what we now refer to as sandwiches were simply called “bread and meat” or “bread and cheese.” During that same century, John Montague, the 4<sup>th</sup> Earl of Sandwich, loved card games so much that he didn’t want to leave the gambling table, so he ordered food brought to him in a form we now call a sandwich. Although he’s often credited as the inventor, the sandwich existed in many forms well before his creation was named for him.

When we think about a sandwich, we may each have a different image, or possibly multiple images of our concept of the ultimate sandwich. It might be hot or cold, spicy or mild, gigantic or mini, double-decker or skinny. The sandwich is the ubiquitous pal that shows up literally everywhere – perhaps in our kid’s lunchbox, on casual restaurant menus, in our carry-on for a domestic flight, or in the picnic basket.

Between the fridge and the pantry, almost every household has sandwich ingredients ready to stuff into whatever bread is on hand. With so many varieties of breads available – whole wheat loaf, sourdough, French baguette, European rye, hamburger bun, and Mexican tortilla – the sandwich is anything but boring.

The BLT is an American creation that appeared following World War II and made its home in casual cafés. For efficiency, the kitchen staff abbreviated the lengthy title of “bacon, lettuce, and tomato” sandwich and

simply called it BLT. *The Magnificent PLT*, a vegan take on the classic BLT, is packed with familiar ingredients like mayo, lettuce, tomatoes, and onions. Yet, from the first bite to the last, this sandwich zings to the max with bold flavor – thanks to the zesty marinated portobello mushrooms that make an ideal substitute for the bacon.

Veering from the classic BLT, people have exchanged the traditional mayo with egg-free vegan mayo or mustard, the lettuce with mustard greens or arugula, and the bacon with tempeh bacon, vegan deli slices, or veggie ham. And it’s okay to trade classic ingredients for more nuanced choices – no permission needed.



Gleaning ideas from other cultures can bring a banquet of fun flavors to the table. With the classic Vietnamese *Bánh Mì*, the French baguette is just as important to the sandwich experience as are the pickled vegetables that make the sandwich so compelling. That tasty French roll may have arrived in Vietnam when the French colonized French Indochina in 1887. Vegans can turn to marinated tofu or veggie faux meats like veggie ham in place of the classic pork filling.

The taco was a common dish in Mexico well before the Spanish conquistadores arrived in Latin America. While the *Tex-Mex Sofrita* is an innovative, Americanized filling for the typically Mexican taco, it fulfills its original purpose – a flatbread made of corn and wrapped around a hearty filling. This copycat version of Chipotle’s tofu-based sofritas comes close to the original and can even be enjoyed as a tasty topping for a tostada.



Eggplant Parmesan, one of Southern Italy's culinary treasures, is a simple casserole of layered fried eggplant, a richly flavored tomato sauce, Parmesan cheese, and mozzarella, baked in the oven to melt the cheese. Why not put that delicious combination of ingredients into a vegan *Eggplant Parmesan on Sourdough* bread to meld American ingenuity with Sicilian tradition? What began with a casserole turns into a pleasurable sandwich.

The venerated *Reuben* sandwich claims a tangled web of wildly different origins. Was it the creator of the sauerkraut specialty Reuben Kulakofsky who made the sandwich for his weekly poker game in Omaha, Nebraska, during the 1930s? Or could it have been Arnold Reuben of Reuben's Delicatessen in New York City who came up with this sandwich combination in 1914? Some say it was Alfred Sheuing, a chef working at Reuben's Delicatessen, who created the sandwich for Arnold, Jr., to wean him off hamburgers. Another possibility is that William Hamerly, a bachelor, cook, and accountant, may have invented the sandwich. Because he admired Arnold Reuben's charity work so much, he named his creation the Reuben Sandwich.

Standard, non-vegan Reubens usually feature corned beef, sauerkraut, Swiss cheese, and Russian dressing on rye bread. Vegans use vegan cheese and swap out the corned beef for marinated tempeh, tofu, seitan, vegan bacon, or deli slices. This Reuben stands apart due to its well-seasoned tempeh bacon and caramelized onions.

The open-faced sandwich today may have been derived from trenches or trenchers in England during the Middle Ages. Slabs of bread took the place of plates and became soaked with the tasty flavors of the meal. Throughout Europe and the Nordic countries, open-faced sandwiches, also known as tartines, are as common today as they were in the 17<sup>th</sup> century Dutch taverns where customers were served slices of meat laid on buttered bread.

The *Open-Faced Kabocha Tartine* lends itself to an endless array of different toppings. This version begins with whole wheat pita bread covered with baked and mashed kabocha squash. Capturing the flavor prize is the colorful Mediterranean medley of red, yellow, and orange cherry tomatoes, green onions, Kalamata olives, and pine nuts topping the squash.

No matter who invented which sandwich or where the sandwich originated, the sandwich is firmly rooted in American cuisine. It can be a light snack, a quick lunch, a hearty meal – it can turn in many directions from simple to laborious and complex. The best thing about a sandwich, though, is that it is so easy to eat and so darned satisfying that nothing quite compares.

## My Favorite Overstuffed Travel Sandwich

(Makes 2 sandwiches)

Vegans seldom have the luxury of multiple choices when the flight attendant arrives to offer snacks or prepared meals. Solution? Make your own killer delicious sandwich, wrap it well, and bring extra napkins – just in case. Though this sandwich looks like it might be a dreadful mess, it actually holds together quite well. Accompany the sandwich with a piece of fruit and arrive at your destination well-fed and ready for fun.

**4 slices whole wheat bread**

**¼ cup homemade or prepared hummus**

**2 slices Follow Your Heart vegan Smoked Gouda cheese  
or your choice of vegan cheese**

**1 Persian cucumber, sliced**

**One 8-ounce package baked seasoned or teriyaki tofu, sliced**

**1 roasted yellow bell pepper, cut into 1-inch strips**

**Red or green leaf lettuce**

Arrange the bread on a plate. Spread a generous layer of hummus on both the top and bottom slices of bread. Set the top slice aside.

Starting with the bottom piece of bread, put a slice or two of vegan cheese over the hummus, followed by a layer of sliced cucumbers. Top the cucumbers with a layer of baked tofu, then a layer of the roasted bell peppers. Finish with a generous leaf or two of the lettuce and top the sandwich with the final piece of hummus-covered bread. Cut the sandwich in half and wrap each half separately for ease of handling.

Total calories per serving: 327

Carbohydrates: 27 grams

Sodium: 618 milligrams

Fat: 14 grams

Protein: 27 grams

Fiber: 4 grams



**My Favorite Overstuffed  
Travel Sandwich**

## The Magnificent PLT

(Makes 3 sandwiches)

Stealing the spotlight from bacon is a heaping mound of portobello mushrooms bathed in a well-seasoned marinade. Then, those mushrooms hit the sauté pan with a sizzle before climbing into the sensational sandwich. Slices of tempeh bacon may also be a tasty stand-in for the classic favorite. Honestly, it's all about flavor – and portobellos marinate wonderfully, absorbing the robust flavors of the marinade. Another ingredient not typical in the classic BLT is the slice of sweet onion that makes the sandwich pleasingly moist and zinging with flavor.

**¾ pound portobello or large cremini mushrooms**

### Marinade

**¼ cup reduced sodium soy sauce**

**¼ cup maple syrup**

**1¼ teaspoons hickory smoke seasoning (or liquid smoke)**

**2 cloves garlic, finely minced**

### Sandwich Fixings

**6 slices sourdough bread**

**1-1¼ cups homemade or prepared hummus**

**1 large tomato**

**1 large sweet onion**

**3 large leaves green leaf or romaine lettuce**

Slice the mushrooms thinly and put them in a medium bowl. Add the marinade ingredients and toss well with a wooden spoon to coat all the mushrooms. Set aside to marinate for 30 minutes, tossing once or twice.

While the mushrooms are marinating, slice the tomato and thinly slice the onion. Set aside.

Transfer the mushrooms and the marinade to a large skillet. Cook and stir over medium-high heat for approximately 3-5 minutes until the liquid evaporates. Turn off the heat.

To assemble the sandwich, toast the bread until pleasingly golden. Coat one side of all the bread slices with the hummus. Distribute the mushrooms evenly among the three sandwiches. Top the mushrooms with tomatoes, onions, and lettuce and cover with the top slice of bread. Using a sharp, serrated knife, cut each sandwich in half for easy handling, and enjoy.

*Note:* Sodium and calories will vary depending on the type of hummus used.

Total calories per serving: 640

Carbohydrates: 116 grams

Sodium: 1714 milligrams

Fat: 11 grams

Protein: 21 grams

Fiber: 11 grams

## Bánh Mì Sandwich

(Makes 3 plump sandwiches)

Pickled vegetables are the secret ingredients that brought the classic *bánh mì* sandwich to fame and gave it unique character. Because you'll need time to marinate the vegetable pickles, plan to start the preparations several hours or even a day ahead. The result is worth the wait.

Traditionally, the classic *bánh mì* sandwich is made with a meaty pâté to spread on the bread. You can spread a thin schmear of hummus or vegan mayonnaise in place of the pâté.

### Marinade

**¼ cup plus 1 Tablespoon distilled or cider vinegar**

**½ cup warm water**

**2 Tablespoons organic sugar**

### Carrot-Daikon Combo (CD Combo)

**1 large carrot, peeled**

**4-inch piece daikon radish, peeled**

**2 teaspoons organic sugar**

**1 teaspoon salt**

**1 Persian (or English) cucumber, angle-sliced thinly**

### Sandwich Fixings

**Three 6- to 8-inch baguettes**

**Vegan mayonnaise to taste**

**1 medium tomato, sliced and then slices cut in half**

**1-2 jalapeño peppers, thinly sliced (optional)**

**9 sprigs cilantro, or to taste**

**6-9 slices vegan deli meat**

**Sriracha or hot sauce**

Combine marinade ingredients into a medium-sized bowl. Mix well to dissolve the sugar and set aside.

To make the *CD Combo*, cut the carrot into 4-inch lengths, then cut in half lengthwise. Cut each piece into long, thin slivers approximately 1/8-inch thick and put them into a medium-sized bowl. Cut the daikon into similar slivers and add them to the carrots. Add the sugar and salt and massage the *CD Combo* for approximately 3 minutes, or until the vegetables are softened and pliable.

Rinse the *CD Combo* to remove the excess salt. Then, add the vegetables into the marinade. Add the cucumbers to the marinade and marinate the vegetables for 1-4

hours. Transfer the *CD Combo* to a large strainer and press firmly to release the excess liquid.

To assemble the sandwich, slice the baguettes almost in half, but don't cut all the way through. Leave them still attached at the opposite end. Slather each baguette with mayonnaise. Put a third of the *CD Combo* into each baguette. Then, layer each baguette with the tomatoes, jalapeño, cilantro, and finally, the deli slices. For the final touch, serve with hot sauce on the side.

Total calories per serving: 389  
Carbohydrates: 70 grams  
Sodium: 1366 milligrams

Fat: 5 grams  
Protein: 15 grams  
Fiber: 6 grams

## Tex-Mex Sofritas Taco Party

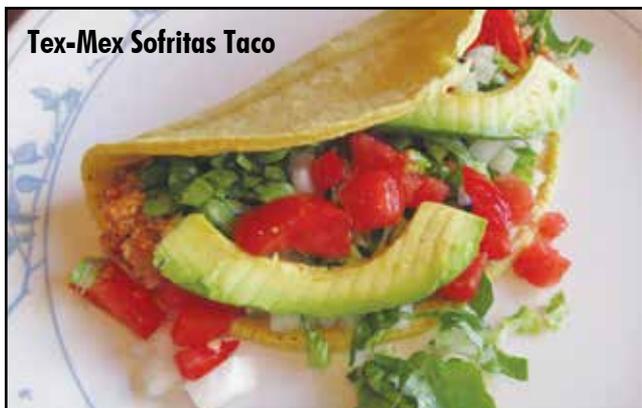
(Makes 8-10 tacos)

After tasting the vegan tofu sofritas bowl at our neighborhood Chipotle restaurant, I was sure I could create a successful homemade version. Now you can too!

How about hosting a fun, build-it-yourself taco party that doesn't require hours in the kitchen? The hearty sofritas filling can be prepared a day ahead, and the remaining ingredients are easy to assemble the day of the gathering.

### Taco Filling-Vegetable Combo

- 14-16 ounces firm tofu**
- 1 medium onion, minced**
- 1 red bell pepper, minced**
- ½ green bell pepper, minced**
- 3 cloves garlic, minced**
- 1½ teaspoons ground cumin**
- 1 teaspoon chili powder**
- 1 teaspoon oregano**
- ½ teaspoon ground coriander**
- ¼ teaspoon chipotle powder**
- ½ cup water**



### Seasoning Combo

- 3 ounces canned no salt tomato paste**
- 2 teaspoons fresh lime juice or rice vinegar**
- 1 teaspoon salt**
- ½ teaspoon hickory smoke seasoning (or use liquid smoke)**
- ¼ teaspoon organic sugar**

### Toppings

- 8-10 corn tortillas, warmed (see Note below)**
- Shredded romaine or green leaf lettuce**
- Chopped onions and tomatoes**
- 1-2 large avocados, thinly sliced or chopped**
- One 8-ounce package shredded vegan cheddar or mozzarella**
- Sliced black olives**
- Salsa**
- Hot sauce**

Rinse the tofu briefly, squeeze out excess water, and put a quarter of the tofu into a large bowl. Using a potato masher, mash the tofu firmly until it develops a fine, crumbly texture. Add the remaining tofu, a little at a time, and mash it thoroughly. Set the tofu aside.

In a large, deep skillet, combine the remaining *Taco Filling-Vegetable Combo* ingredients. Cook and stir over medium-high heat until the onions are transparent, approximately 2-4 minutes. Add 1 or more Tablespoons of water as needed to prevent burning the vegetables.

Add the tofu to the skillet, along with *Seasoning Combo* ingredients, and mix thoroughly to combine. Cook and stir for another 1-2 minutes to blend the flavors. Adjust the heat and seasonings, as needed.

To serve tacos, transfer the Taco Filling to an attractive serving bowl. Put each of the toppings, except the salsa and hot sauce, in separate bowls and invite guests to build a taco with their favorite choice of toppings.

*Note:* To warm the tortillas, set a dish towel on the kitchen counter near the toaster. Put a bowl of water near the toaster. Dip the tortillas individually into the water, shake off the excess water, and put them in the toaster slots. Warm briefly on a low to medium setting. As the tortillas are warmed, put them on the towel and keep them covered until ready to serve.

*Note:* Calorie and nutrient content will vary depending on the amount and type of toppings chosen. Recipe calculation includes ½ cup romaine, 1 Tablespoon chopped onion, 2 Tablespoons chopped tomato, ⅛ avocado, 1 ounce vegan cheddar, 1 Tablespoon sliced olives, 1 Tablespoon salsa, and ¼ teaspoon hot sauce.

Total calories per serving: 269  
Carbohydrates: 31 grams  
Sodium: 756 milligrams

Fat: 14 grams  
Protein: 9 grams  
Fiber: 7 grams

## Eggplant Parmesan on Sourdough

(Makes approximately 4 sandwiches)

Warning! This awesome Italian sandwich is a messy baby, but don't hold back – it's so killer delicious you'll love licking the drippings off your fingers.

Because there's a little advance prep involved, consider preparing the eggplant and making the *Homemade Vegan Parmesan* and *Zesty Tomato Sauce* a day ahead. Then, assembly is a breeze. Store the leftover Parmesan.

**2 medium eggplants (approximately 1 pound each), peeled**  
**Extra-virgin olive oil**  
**Salt**

### Homemade Vegan Parmesan

**1 cup whole almonds**  
**1 Tablespoon plus 1½ teaspoons nutritional yeast flakes**  
**1 teaspoon onion powder**  
**1 teaspoon salt**  
**½ teaspoon garlic powder**

### Zesty Tomato Sauce

**2 medium ripe tomatoes, chopped**  
**4 Tablespoons no salt tomato paste**  
**3 large cloves garlic, pressed or minced**  
**1 Tablespoon water**  
**¼ teaspoon crushed red pepper flakes**  
**Pepper to taste**

### Finishing Touches

**8 slices sourdough bread**  
**Extra-virgin olive oil**  
**1 cup shredded vegan mozzarella**



**Eggplant Parmesan  
on Sourdough**

Preheat oven to 425 degrees, and generously oil 2 large rimmed baking sheets.

Slice the eggplants approximately 5/8-inch thick and place them on the baking sheets. Brush the tops generously with the olive oil and lightly sprinkle with salt. Roast the eggplant until tender and golden, approximately 25-30 minutes, or until very soft. Remove eggplants, set aside, and lower the oven temperature to 400 degrees.

Place the *Homemade Vegan Parmesan* ingredients in a food processor canister. Pulse briefly, until the almonds are broken down into a coarse meal. Set aside.

To prepare the *Zesty Tomato Sauce*, combine the tomatoes, tomato paste, garlic, water, and pepper flakes in a 2-quart saucepan. Cook and stir over medium heat until the garlic mellows and the tomatoes are broken down, approximately 4-6 minutes. Season to taste with pepper.

To assemble the sandwich, toast the sourdough bread until golden and arrange the slices on a large rimmed baking sheet. Brush the tops with olive oil and spread each slice with approximately 3 Tablespoons of the tomato sauce. Remove four bread slices from the pan and set aside.

Arrange a single layer of roasted eggplant over the bread slices on the pan and spoon some of the tomato sauce over the top. Sprinkle lightly with *Homemade Vegan Parmesan*. Top with another layer of eggplant slices, a generous spoonful of tomato sauce, and a generous sprinkle of *Homemade Vegan Parmesan*. Sprinkle the tops generously with the vegan mozzarella and place the pan into the preheated oven for approximately 4-5 minutes to melt the cheese. Spoon some of the remaining tomato sauce over the reserved bread slices.

Remove the pan from the oven and cover the sandwiches with the top piece of bread. Using a serrated knife, cut the sandwiches in half and enjoy.

Total calories per serving: 669

Fat: 25 grams

Carbohydrates: 95 grams

Protein: 18 grams

Sodium: 1494 milligrams

Fiber: 15 grams

## The Divine Tempeh-Bacon Reuben

(Makes 2 or more sandwiches)

Who doesn't love a Reuben sandwich? With its magical flavor trio of savory, sweet, and sour, this is one sandwich that has earned plenty of adoring fans. While no prepared vegan corned beef is available, many home chefs rely on substitutes such as tempeh bacon,

marinated tempeh, or seitan. With a little advance prep, this beloved classic comes together in a flash.

The *Caramelized Onions* can be prepared several hours or even a day ahead. While most standard recipes for caramelizing onions require lengthy stovetop stirring and constant attention, this oven method allows the home chef to tend to other tasks while the onions are roasting. The result is delicious!

Also, the *Russian Dressing* (see Note at end of recipe) can be prepared well ahead of time. Cover and chill until ready to serve. Refrigerated, the dressing will keep for 1 week. Stir well before using.

### Caramelized Onions

**3 large onions, sliced**

**1 Tablespoon reduced sodium Tamari or soy sauce**

**1 Tablespoon balsamic vinegar**

Preheat oven to 375 degrees and have ready a large rimmed baking sheet. Heap the onions into the center of the baking sheet and roast for 30 minutes. Using a metal spatula, turn the onions over and heap them into the center again. Roast another 20 minutes. Spread the onions on the pan and roast for another 10-15 minutes, or until they are very soft. Sprinkle the onions with the tamari and vinegar, toss to distribute the flavors, and spread onions out in a single layer. Roast 5 minutes longer to infuse the seasonings. Set aside.

### Russian Dressing

**One 12-ounce box soft silken tofu**

**¼ cup plus 3 Tablespoons ketchup**

**2 Tablespoons extra-virgin olive oil**

**1 Tablespoon horseradish**

**2 teaspoons apple cider vinegar**

**½ teaspoon salt, or to taste**

**1 garlic clove, minced**

**1-2 dashes Tabasco Sauce or favorite hot sauce**

**¼ cup diced onion**

**2 Tablespoons pickle relish, drained**

Combine tofu, ketchup, oil, horseradish, vinegar, salt, garlic, and hot sauce in a blender and blend on high speed until smooth and creamy. Transfer to a serving bowl and stir in the onion and pickle relish.

### Sandwich Assembly

**4 slices rye bread**

**Russian Dressing**

**6 slices tempeh bacon or vegan bacon slices**

### Caramelized Onions

**1 roasted red bell pepper, cut into ½-inch strips**

**½-2/3 cup low salt sauerkraut**

**2 slices vegan Swiss cheese**

Preheat oven to 400 degrees and have ready a small rimmed baking sheet.

Toast the bread slices. Lay the bread on a plate and slather a generous amount of *Russian Dressing* on top, spreading to the edges. Then, layer two bread slices with the tempeh bacon, followed by a generous portion of the *Caramelized Onions*. Top with bell peppers and sauerkraut. Put the Swiss cheese over the sauerkraut, transfer the sandwich to the baking sheet, and tuck it into the oven for approximately 5-7 minutes to melt the cheese.

When the cheese has melted, remove sandwiches from oven and spoon more of the *Russian Dressing* over the reserved pieces of bread. Cover the sandwich with the bread and cut it in half for easier handling.

*Note:* If you don't wish to make Russian dressing, Thousand Island dressing can be substituted. What distinguishes the Russian dressing is the addition of horseradish and hot sauce, which give the dressing more pungency. Also, the recipe makes more than needed for 2 sandwiches. Refrigerate leftovers for later.

Total calories per serving: 562

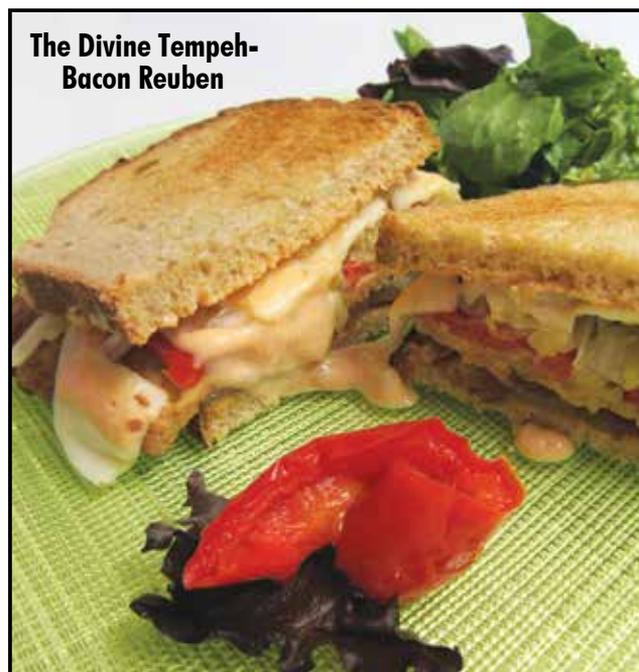
Carbohydrates: 87 grams

Sodium: 1723 milligrams

Fat: 15 grams

Protein: 21 grams

Fiber: 14 grams



## Open-Faced Kabocha Tartine

(Makes 4-6 servings)

A cheery-looking, open-faced extravaganza, this tasty delight is easy to assemble and makes a fabulous light meal. It's equally as delicious served gently warmed or at room temperature. For convenience, the ingredients can be prepared a day ahead and assembled shortly before serving. If kabocha squash is unavailable, consider butternut squash an excellent stand-in. Getting a mix of red and yellow cherry tomatoes, if possible, adds bright colors to this sandwich.

**1 small kabocha squash (approximately 2 pounds) or approximately 2 cups cooked, mashed kabocha or butternut squash**

**1 or more teaspoons maple syrup (if needed)**

**2-3 whole wheat pita breads**

**18 cherry or grape tomatoes, quartered**

**2 green onions, chopped**

**4-5 Kalamata olives, sliced**

**2 Tablespoons pine nuts**

**2 teaspoons extra-virgin olive oil**

**Salt and pepper to taste**

**2-3 Tablespoons minced parsley (optional)**

Preheat oven to 400 degrees and have ready a large rimmed baking sheet. Line a small rimmed baking sheet with aluminum foil or parchment. Pierce kabocha, place it on the small baking sheet, and bake for 45-55 minutes, or until the squash is very soft when pressed.

When the squash is cool enough to handle, cut it in half and discard the seeds. Scoop out the flesh and mash it well. If the squash is not sweet, add maple syrup until the squash is delicately sweet.



**Open-Faced  
Kabocha Tartine**

Spread approximately ½-¾ cup of the mashed squash over each pita, almost to the edge of the pitas, and put them on the large baking sheet.

In a medium-sized bowl, combine the tomatoes, onions, olives, pine nuts, and olive oil and season with salt and pepper. Spoon the tomato mixture over the pita breads and slip them into the oven for approximately 8-10 minutes to warm through. Alternatively, serve the 'pizzas' at room temperature.

Cut each pita into quarters and arrange them on a platter. For the finishing touch, garnish the platter with a sprinkle of parsley around the edges.

Total calories per serving: 231

Carbohydrates: 41 grams

Sodium: 222 milligrams

Fat: 7 grams

Protein: 7 grams

Fiber: 7 grams

## Fruity Quesadillas

(Makes 2 servings)

Rather than melted cheese, these little quesadillas feature peanut butter and a no-sugar-added, naturally sweet fruity spread that turns the tables on tradition. These babies make a delicious dessert or late-night snack.

The *Plum Butter* recipe below makes approximately 3 cups. If you have any *Plum Butter* left over, transfer it to a covered container and store it in the refrigerator, where it will keep for 2-3 weeks. It is great to have on hand to enjoy on morning toast or crackers.

### Plum Butter

**2 cups dried apple slices**

**2 cups water, divided**

**18 pitted dates, snipped in half**

**12 pitted dried plums (prunes)**

In a 2-quart saucepan, combine the apple slices, 1 cup of the water, dates, and dried plums. Cover the pan and bring to a boil over high heat. Reduce the heat to low and simmer for 10 minutes.

Transfer the cooked fruits, liquid and all, to a food processor. With the machine running, add the remaining 1 cup of water, a little at a time, until the mixture is smooth and creamy.

### Quesadilla Fixings

**2 corn tortillas**

**Unsalted creamy or chunky peanut butter**

**1 large apple, cut into quarters and thinly sliced (approximately 1/8-inch thick)**



**Fruity Quesadilla**

Spread a generous layer of peanut butter over the tortillas, spreading to the edges. Follow with a generous layer of *Plum Butter* spread over the peanut butter. Top with the apple slices, covering the entire surface.

Put the loaded tortillas on a large rimmed baking sheet and place it under the broiler for 2-3 minutes. Remove the pan from the broiler. Use a spatula to fold the loaded tortillas in half, and serve.

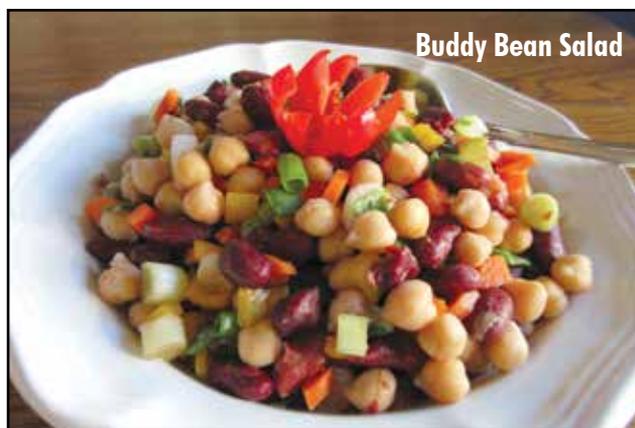
Calculated using 2 TB plum butter and 2 TB peanut butter.

Total calories per serving: 529	Fat: 17 grams
Carbohydrates: 94 grams	Protein: 11 grams
Sodium: 37 milligrams	Fiber: 12 grams

## Buddy Bean Salad

(Serves 4-5)

Sometimes a sandwich meal needs a little buddy – something like a flavorful bean salad to make the lunch or dinner feel complete. This salad is quick to assemble and can even be made a day ahead for convenience. To dress it up a bit, consider adding minced parsley.



**Buddy Bean Salad**

**One 15-ounce can garbanzo beans, drained and rinsed**  
**One 15-ounce can kidney beans, drained and rinsed**  
**3 green onions, sliced**  
**1 medium carrot, peeled and diced**  
**1 yellow bell pepper, diced**  
**Juice and zest of 1 lemon**  
**1 teaspoon organic sugar**  
**½ teaspoon salt, or to taste**  
**½ teaspoon lemon pepper**

Combine all the ingredients in a large bowl and toss well to distribute the vegetables and seasonings evenly. Set aside for 30 minutes, toss well again, and adjust seasonings if needed.

Total calories per serving: 203	Fat: 2 grams
Carbohydrates: 37 grams	Protein: 11 grams
Sodium: 591 milligrams	Fiber: 11 grams

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

## 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.

## QUICK & EASY

# PORTABLE PICNIC BUFFETS

BY NANCY BERKOFF

**H**ow fun is an interactive buffet during warm months? Lots of fun, with a bit of planning and preparation. Depending on your plan, the interaction may begin in the kitchen, with some of the participants assisting in the preparation, or it may begin when everyone helps themselves to build their own meal. Either way, you'll need lots of containers and some imagination.

The idea is to bring many containers of ready-to-eat ingredients. The containers may be placed in the center of a picnic blanket or on an outdoor table. Participants may pass the containers around, or they may circulate around the containers, depending on your setup. It's a great way for everyone to interact and to have their meal exactly as they like.

Here are some ideas to get you started!

### BUILD-YOUR-OWN BURRITO OR WRAP

Offer a choice of several "wrap" materials, including different flavors or types of tortillas, flat bread, or large, washed Romaine leaves or red cabbage leaves.

- Guests can top their wraps with fresh items such as sweet and red chopped onions; red, yellow, or green bell peppers; diced summer squash or cucumber; shredded carrots, green or red cabbage, fresh collard greens, or beets; fresh corn (not cooked, cut right from the cob); and sliced or mashed avocado.
- As for items from the pantry, try sliced olives, pickled chilies, chopped fresh tomatoes, or drained canned white, red, or black beans or garbanzos. If you have leftover cooked chili beans, you may want to bring these along, as well.
- Bring several types of salsa and/or hot sauce.

If you don't have the time to shop and prepare, there are always "take-out wraps." (At least, that's what my students call them.) The night before your picnic,

order double or triple servings of Chinese or Thai veggie combinations, along with several orders of brown rice. Place in separate containers, so that participants may make their own choices. Bring along washed lettuce and/or cabbage leaves, and let everyone create their own wrap.

Another version of take-out wraps, approved by my students, is a combination of potato salad and cold chili beans, wrapped in lettuce or a tortilla. Use your imagination and what is available "to go" at your favorite market!

### BUILD-YOUR-OWN SALAD ENTRÉE

Everyone receives either a plate or an edible salad bowl; you can find large tortilla shells in the store, or if you have the time, fry or bake your own. You can also purchase individual rolls and scoop out the center to use as an edible bread bowl.

- Take advantage of the season and prepare several salad mixes with fresh baby lettuces, spinach, beet greens, mustard greens, collards – you name it!
- Offer a variety of salad dressings, as well as salsa and hummus. To enhance your hummus, you can add a small amount of beet juice, chopped fresh or canned chilies, hot sauce, shredded nori, harissa or chili sauce, horseradish, or chopped nuts.
- Depending on what is in season, you can offer diced or chopped carrots, beets, peaches, nectarines or apricots, strawberries, blueberries, raspberries, cherries (have your guests pit their own), melon, or summer squash.
- If you have cooked, cooled pasta or cooked, cooled diced potatoes in your refrigerator, bring them along, too!

Corn or veggie chips make great summer sides for salads. Or bring along some rolls or biscuits to create a warm-weather meal!

## BUILD-YOUR-OWN GAZPACHO

The base of your gazpacho is blenderized fresh tomatoes. If tomatoes are having a good season, purchase a large quantity and allow to ripen. Estimate approximately 2 tomatoes per person and blend, along with your own preference for onions (1 teaspoon per tomato); chopped bell peppers (1 teaspoon per tomato); fresh, minced garlic (¼ teaspoon per tomato); and ground white or black pepper. If you would like a thickened gazpacho base, add fresh bread (without the crust), approximately ¼ cup per tomato. Blend the night before and allow to chill in the refrigerator for at least six hours.

When you're ready to serve, everyone receives a bowl or a cup and a serving of the gazpacho base.

- Bring along canned, drained white or black beans, chopped bell peppers, chopped onions, diced melon, diced pineapple, and diced tempeh or smoked tofu to add to the gazpacho base.
- Consider providing vegan sour cream or silken, soft tofu that has been combined with a small amount of lemon juice or white vinegar as a topping.

Pair with a fresh fruit salad and/or a green salad and baked veggie chips, and you have a refreshing meal!

## STUFFED PRODUCE

Stuffed produce means that everyone “gets their own” in an edible container. Think about stuffing fresh tomatoes, bell peppers, or yellow summer squash or zucchini with a mixed potato-and-veggie salad. Cooked, cooled potatoes can be mixed with any combination of fresh green peas (no need to cook), the leftover “inside” of the veggie you have scooped out for the shell, and any combination of chopped onions, chopped parsley, chopped fresh basil, chopped fresh green beans, diced carrots, diced beets (rinsed under cool water so that everything doesn't turn purple), chopped mushrooms, and/or other seasonal veggies. You may toss with vinaigrette, hummus, nutritional yeast, or dried herbs and spices. In addition to potatoes, cooked, small-shaped pasta; cooked barley, quinoa, or kasha; or a combination works as well. These may be prepared a day ahead and kept in the refrigerator until you are ready to go.

If you would like a sweet version of stuffed produce, small melons can be halved and filled with fresh seasonal fruit salad, a granola-and-vegan yogurt mixture, or a vegan sour cream-and-berry mixture. If you have some time, you can create your own dessert crême by blending silken tofu with fresh seasonal fruit, such as ripe peaches, apricots, strawberries, or blueberries, and

placing it in the refrigerator to chill for at least six hours. Bring the dessert crême to your outdoor site, along with the cut-and-seeded melon, and fill right on the spot. The dessert crême can also be used for dessert wraps or to top fresh fruit salad.

## COLD PIZZA

If you would like to bring ready-to-eat items, you might want to consider cold vegan pizza. You can create your own; using a bagel or vegan pizza crust prepare the night before, cool, wrap, and be ready to go. You may want to prepare a cauliflower pizza crust, which does take some time, as the cauliflower needs to be chopped, cooked, cooled, mixed with bread crumbs and other ingredients, and then baked, but it is worth the time! (See recipe on page 7.)

## CONDIMENTS

No matter what type of savory meal you choose to pack, you'll want to have hot-weather-friendly condiments, ones that don't require a lot of chilling to stay tasty and safe. You may want to consider salsas, vinaigrettes, assorted vinegars and oils, prepared mustard, harissa, hot sauce, ketchup, and tomato paste. If you'd like to add an international flavor to your condiments, you may want to visit some ethnic markets for different types of pickles, such as South Asian mango pickle; Southeast Asian lotus root pickle; Japanese pickled plum or ginger; central American pickled chilies, carrots, and onions; Italian pickled garden salad; Eastern European pickled zucchini or red cabbage; and traditional American pickled veggies, such as pickled okra, green beans, baby corn, and Brussels sprouts. You can create your own Mediterranean tapenade, a thick mixture of finely chopped olives, capers, minced garlic, and a small amount of oil.

## FRUIT OR VEGETABLE SUSHI

Fruit or vegetable sushi takes some time to prepare, but it is worth the effort. You'll want to review basic sushi rolling and then decide if you would like to invest in sushi equipment or improvise with cheesecloth or plastic wrap to replace the bamboo rollers and mats.

For vegetable sushi wrappers, you may use nori sheets or seeded, very thinly sliced cucumbers, fresh daikon radish, or zucchini.

- Cook the short-grained rice of your choice, spread on a baking sheet, and allow to cool to room temperature.

- While the rice is cooling, sprinkle with sesame seeds of your choice (white, black, toasted) and rice wine vinegar or very light vinegar.
- Cut fresh veggies, seitan, extra-firm tofu, tempeh, mushrooms, carrots, green beans, celery, pickles, seeded tomatoes, fresh or canned bamboo shoots, soybean sprouts, fresh chilies or peppers, and/or fresh pineapple into “sushi”-sized pieces. This usually means pieces no more than ¼- to ½-inch long and wide, depending on whether you are going to be presenting the sushi in slices or in whole rolls.
- When you are ready to roll, place your wrapper on your selected surface, and cover with a thin layer of rice. A thin layer of your selected filling goes down the middle of the rice layer, leaving a wide border on each side. Tightly roll the sushi and cut slices at the width you prefer.
- Condiments could include soy sauce, assorted vinegars, pickled ginger, diced garlic or sweet pickles, wasabi, or spicy mustard.

For fruit sushi, you would omit the vinegar and sprinkle rice very lightly with agave or rice syrup.

- Your fillings could include chopped dried fruit; chopped fresh fruit such as peaches, apricots, melon, or strawberries; dried items such as granola, toasted coconut, or carob chips; or diced and drained canned fruit.
- Your wraps could include very thinly sliced fresh pineapple, melon, or underripe avocado (which can be a bit difficult to do).

- If you are a baker, try thin layers of either yellow or white cake.

If you would like to make your sushi “interactive,” you can bring all the fixings and allow participants to create sushi cones, with the wrapper simply folded into an ice cream cone shape, rather than rolled. This provides the taste without attempting to master sushi techniques in the outdoors.

## BUILD-YOUR-OWN DESSERT (PARFAITS, DESSERT WRAPS)

You can bring the fixings for a parfait or a wrap, and allow your guests to choose. For parfaits, you’ll need individual cups; for dessert wraps, get corn or flour tortillas or even vegan ice cream cones!

- Layers for the parfaits or interiors for the wraps or cones may include vegan pudding; sweet chutney; dried fruit mixes; nut butters or apple butters; fruit preserves; fresh berries; chopped fresh melon, peaches, nectarines, or apricots; chopped fresh grapes; and shredded coconut.
- If you have extra portions of cake, cupcakes, or cornbread (without chilies), crumble them and use them as a dessert ingredient as well.
- If you have a cooler, bring along some vegan yogurt or silken tofu that has been blended with seasonal fruit to use as a layer or a topping.

Have fun with your outdoor eating, taking advantage of all the wonderful seasonal ingredients!

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

# Where You Can Purchase Vegan Non-Leather Sandals

Here's a list of some online companies (a few also have storefronts) that sell non-leather sandals. You'll find both dress and casual sandals. You can also find The Vegetarian Resource Group's complete guide to non-leather shoes and more here: <http://www.vrg.org/nutshell/leather.php>.

## Alternative Outfitters

- Flat, thong and wedge sandals for women
- <https://www.alternativeoutfitters.com/collections/womens-sandals>



## Bhava Studio

- Variety of women's sandals, including a bootie sandal and a strappy sandal
- <https://bhavastudio.com/collections/sandals>



## Kind Walking

- Men's and women's sandals, including Keen and Birkenstock brands
- <https://www.kindwalking.com/>



## MooShoes

- Wide variety of sandals, including Birkenstock sandals for men and dressy sandals for women
- <https://www.mooshoes.com/>



## Neuaura

- Flat and wedge sandals for women
- <http://www.neaurashoes.com/>



## Nice Shoes (Canada)

- A variety of women's and men's sandals
- <https://niceshoes.ca/catalog/women%27s-footwear/sandals>



## Nomadic State of Mind

- Rope sandals for children, women, and men in various colors
- <http://shop.nomadicstateofmind.com/>



## Okabashi

- Flip flops and sandals for women and men
- <https://www.okabashi.com/>



## Splaff

- Men's and women's sandals
- <http://www.splaff.com/sandals>



## Sudo

- A variety of women's sandals, including flats, wedges, and flip flops
- <http://www.sudoshoes.com/>



## Vegan Chic

- Wide variety of sandals and flip flops for women and men
- <http://www.vegan chic.com/women/vegan+sandals/search.aspx>



# VEGAN MEALS FOR COLLEGE STUDENTS

BY LANEECE HURD

If you're preparing to attend a college, you may be wondering how you will continue to eat a vegan diet despite the change in environment. I have found that, even if you are still living at home, college often brings about significant changes in your schedule that could affect the times and convenience of your meals. While being a vegan in college does sometimes require a little ingenuity, it's not impossible! Whether you're a college student living in a dorm, in a small apartment, or at home, I hope you find this article helpful and that it gives you a few ideas on some simple and satisfying vegan meals you can prepare.

I'm currently completing my third and final year of community college and have been maintaining a meat-free lifestyle the entire time. Because there aren't many vegan options on our small campus, I typically cook all of my meals myself and carry them with me. As a college student with lots of assignments and exams, I am often short on time but still want to enjoy fast, delicious meals that are relatively healthy and inexpensive as well. For fast breakfast ideas, overnight oatmeal,

I also consulted some other vegan college students and they gave some excellent advice on how to maintain a vegan lifestyle wherever you are.

For *breakfast*, a couple of students wrote that they also enjoy having overnight oatmeal. Oats are a great pantry staple for college students because they are shelf-stable and are typically pretty inexpensive. To make overnight oatmeal, just combine one part rolled oats to one part non-dairy milk, and any other desired add-ins such as fruit and nuts or seeds. Stir and place in the fridge overnight. In the morning, the oats can be heated in the microwave or eaten cold and taken on the go. Some other breakfast recommendations that the students found suitable included fruit smoothies, toast with peanut butter and banana, or toast with avocado.

For vegan students who are *on a meal plan*, finding food in a dining hall with few vegan options can sometimes be tricky. Wherever you are, there are usually a few vegan dishes hiding somewhere, and if not, it might be beneficial to put in a request to your school's cafeteria for more vegan meals. Many schools offer tofu dishes, veggie burgers, and even some vegan meat substitutes on sandwiches and wraps. Other students mentioned that they tend to go for the vegetable soups, pasta or rice dishes, roasted potatoes, and various sautéed vegetables, always checking to make sure they are cooked in oil or water rather than butter or lard. All of the students recommended checking out the salad bar, where you can fill up on leafy greens, beans, edamame, nuts/seeds, and many vegetables like carrots, broccoli, cauliflower, and beets. To help bulk up the meal, one student mentioned that she likes to pick up veggies from the salad bar and enjoy them with some rice, potatoes, or pasta that she cooks herself.

For vegan college students who *aren't on a meal plan*, cooking meals might require a bit of creativity, but it doesn't have to be daunting. Many of the students suggested making sandwiches and wraps using PB & J, veggies and hummus, chickpea "tuna" salad, tofu or tempeh, and even vegan deli slices, as a great option for quick and easy lunches (or dinners) that can be made in a dorm or apartment with little to no cooking required.

If you have access to a *miniature refrigerator and freezer*, you will want to keep it well stocked with some

**"WHILE BEING A VEGAN IN COLLEGE DOES SOMETIMES REQUIRE A LITTLE INGENUITY, IT'S NOT IMPOSSIBLE!"**

green smoothies, or a few slices of banana bread are my typical go-tos. I'm often on campus at lunch time, so I'll either pack a Tofurky sandwich, a veggie wrap, a kale salad with beans, or some leftovers from dinner, as well as a few snacks such as fresh fruit, nuts, dry-roasted edamame, or Larabars. For dinner, one of my favorite things to do is to prepare multiple dishes in one day, which saves time throughout the week. Usually on a Sunday afternoon or whenever I have some free time, I like to prepare a large batch of black beans, Cajun-style red beans and rice, veggie chili, or coconut-curry lentils, and freeze individual portions for warm and hearty weeknight dinners to have after long days of being in class. To provide a variety of perspectives,

staples that will help you put together healthy vegan meals and snacks in a limited amount of time. Some of the students recommended having frozen fruit for smoothies and frozen vegetables for quick lunches and dinners. Other suggestions include non-dairy milks for smoothies and oatmeal, as well as some sauces and condiments, such as BBQ sauce, soy sauce, and nutritional yeast, to give your meals more flavor.

If you do have access to a *microwave, cooktop, or even a rice cooker*, some great pantry staples to have on hand would be oats, rice, quinoa, pasta, potatoes, and canned beans. A few of the students mentioned that they often start with these as the base of a meal and then combine them with frozen vegetables or fresh vegetables, if available, to create a balanced and satisfying meal. Some of the common dinner meals that they prepare include tofu and veggie stir-fry, chili with beans, pasta with marinara sauce, and lentil and vegetable stew over baked potatoes. One student said she often starts with

leafy greens and any other vegetables she has on hand and loads it up with quinoa, beans, baked tofu, and hummus to make hearty salads.

For quick *on-the-go snacks*, be sure to check the convenience cafés and vending machines around campus. A lot of students reported finding Naked fruit smoothies, Clif Bars, Larabars, Nature's Bakery Fig Bars, Lenny and Larry's Complete Cookies, pretzel and hummus snack packs, and even some vegan potato chips and pita chips. All universities will offer various options; so be sure to check around and see what's available to you. Other common snacks that the students said they frequently have during long study sessions include apples with nut butter, carrots and hummus, popcorn, plenty of fruit like bananas and oranges, and even dark chocolate, for when they're craving something sweet.

Laneece Hurd is a Vegetarian Resource Group intern.

## Vegetarian Journal Senior Editor Position Opening at The Vegetarian Resource Group

Use your skills to make a difference for the animals, human health, and the environment! The Vegetarian Resource Group, publisher of the vegan magazine *Vegetarian Journal*, is looking for a part-time person (approximately 5-8 hours per week) in Baltimore to edit and lay out the 36-page *Vegetarian Journal* four times a year, plus periodic miscellaneous tasks, such as designing brochures, t-shirts, decals, etc. **Desired skills:** Must be proficient in Adobe InDesign, an excellent writer/editor, and comfortable working with freelance writers, interns, and volunteer proofreaders. Send writing sample, design sample, résumé, and cover letter addressing vegan knowledge, short- and long-term goals, and magazine editing and layout experience. \$14 per hour compensation. **Please send all materials to [vrg@vrg.org](mailto:vrg@vrg.org): "Attn. *Vegetarian Journal* Senior Editor Job."**

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the News

VRG's Nutrition Advisor Reed Mangels, PhD, RD, was interviewed by Veggie Fit Kids website. She also was interviewed on KMUZ 88.5/100.7 FM (Nu Health Nation) about vegan diets for diabetes, pregnancy, older adults, and athletes. See: [www.mixcloud.com/nuhealthnation](http://www.mixcloud.com/nuhealthnation).

### Vegan Education

A medical center in Ohio asked to reprint The Vegetarian Resource Group's *My Vegan Plate* in their diet education materials.

VRG's Nutrition Advisor Reed Mangels, PhD, RD, did a presentation on vegan pregnancy and a Nutrition (and Fun) for Vegan Children talk at the Portland VegFest. Reed also did a presentation titled *Getting a Good Start: Vegetarian Moms, Infants, and Children* at the Northwest Health and Nutrition Conference in Portland, Oregon.

# The Vegetarian Resource Group's 2017 Video Contest Winners

Each year, The Vegetarian Resource Group invites the public to make videos about a vegetarian/vegan topic, such as food, nutrition, water usage and vegetarianism, or veganism and animal rights, and enter our contest for a chance to win cash prizes of up to \$200. We would like to congratulate the six winners of the 2017 contest. View all the winning videos here: [http://www.vrg.org/veg\\_videos.php](http://www.vrg.org/veg_videos.php).

## Generation Compromise/Our Food vs. The Environment By Emma Josephson



"I believe veganism is the answer to a lot of this planet's hurt environmentally, due to the large amount of resources used in the process of producing animal products. The more obvious effect it has, is that veganism promotes compassion to all living beings which can help create more compassionate people in the world."

"I believe veganism is the answer to a lot of this planet's hurt environmentally, due to the large amount of resources used in the process of producing animal products."

— Emma Josephson

## Vegetarian Diet By Rachel Massey



"I am interested in vegetarianism because it is a healthy, animal-friendly, and exciting diet. I have always had issues with eating meat, and ever since I switched five years ago, I have been very content with my diet. I've been able to convince some friends to become vegetarian, and now I want to make a video to try to inform more people about vegetarianism."

## Vegetarianism Has Been My Goal By Theo Lumpkins



"Vegetarianism has been my goal for almost as long as I can remember, and my reality for nearly four years. Every day of my life, I am reminded of the beauty of living a plant-based life, and I want everyone to experience the joy just like I do, for themselves, and for our planet."

## Vegetarianism for Moral Reasons

By Aimée Grainger



"I am interested in vegetarianism for moral reasons, as I hope I've explained in my video."

## Nutritional Guide for a Vegetarian Athlete

By Logan Mason



"I am very interested in getting the best out of my body and vegetarianism has the benefits I am looking for. Studies have shown that human bodies are better meant for a herbivore diet, and vegetarians are some of the healthiest people around."

"Along with not wanting to support animal cruelty, I decided to become a vegetarian because of my health. Many diseases, like high blood pressure, run in my family, so I want to prevent it while saving the animals."

— Acsah Melgares

## Vegetarianism

By Acsah Melgares



"Hello, my name is Acsah, and I've been a vegetarian almost two years now. My switch to vegetarianism came as a surprise for everyone around me because I grew up in a culture where meat is served at every party. Although that may throw people off, I think that vegetarianism does not exclude any group. Anyone can be a vegetarian, so long as they want to.

I decided to switch over to a vegetarian diet because of my love for animals. As a child, I would always point out animal cruelty – in the circus, food, etc. Along with not wanting to support animal cruelty, I decided to become a vegetarian because of my health. Many diseases, like high blood pressure, run in my family, so I want to prevent it while saving the animals. I don't see a difference between torturing a dog and torturing a chicken – they are both God's wonderful creation. Therefore, I want to look out for animals that 'belong' to the meat industry in hopes that, one day, I can make a difference."

Don't forget, you can view all the winning videos here: [http://www.vrg.org/veg\\_videos.php](http://www.vrg.org/veg_videos.php).

The deadline for The Vegetarian Resource Group's next video contest is **July 15, 2018**.

See: <http://www.vrg.org/videoscholarship.php>.

For information about VRG's College Scholarship Contest, see <http://www.vrg.org/student/scholar.htm>.

To support The Vegetarian Resource Group scholarships and internships, donate at [www.vrg.org/donate](http://www.vrg.org/donate) or The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

*Please note:* Video prizes have been given in honor of W.M. Zahn, who was a great mentor.

# reviews

## VEGAN MEXICO

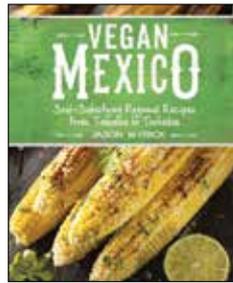
By Jason Wyrick

I have always enjoyed Mexican food, and Jason Wyrick delivers with a wide variety of dishes. Learn how to make Red Chorizo (traditionally ground flavored sausage) from tempeh, seitan, textured vegetable protein, or mushrooms. Then, enjoy “street food” staples, such as Veracruz-Style Empanadas, Northern Mexico Chichangas, Potato and Drunken Bean Gorditas, and Tostadas with Hearts of Palm Ceviche.

In this book, you will find recipes for a wide variety of tacos, enchiladas, tamales, and soups. There are salads like Watermelon Jicama Salad, Cactus Salad, and Spinach-Potato Salad with Lime-Agave Dressing. In addition, Jason offers grilled fare, breads, drinks, and sweets such as Candied Pumpkin, Limes Stuffed with Coconut, and Cocoa-Pistachio Churros.

Helpful tips, such as methods for roasting peppers and details on how to wrap tamales, can be found in this book. You’ll also enjoy the photos.

***Vegan Mexico* (ISBN: 978-1-9412-5221-5) is a 292-page book. It is published by Vegan Heritage Press and retails for \$22.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



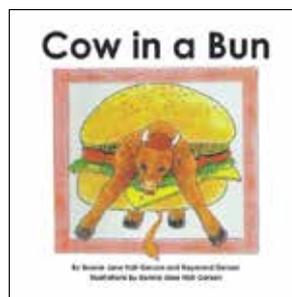
## COW IN A BUN

By Bonnie Jane Hall-Gerson and Raymond Gerson

This children’s book is a useful tool to introduce kids to the benefits of following a veggie lifestyle.

It features a talking cow that teaches two young children, Isabelle and Tommy, about what happens to farm animals after they are taken away to a slaughterhouse. By the end of the book, the children decide to become vegetarian. *Cow in a Bun* is written for young elementary school-aged children and features hand-drawn illustrations.

***Cow in a Bun* (ISBN 978-1-5254-4755-4) is a 25-page book. It is published by Xlibris and retails for \$17.55. You can purchase this book online, including in Kindle format, or from your local bookstore. Reviewed by Debra Wasserman.**



## VEGAN FOR ONE

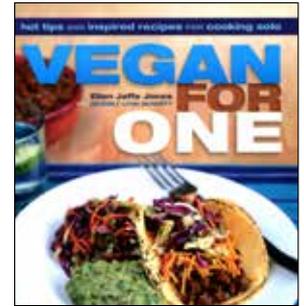
By Ellen Jaffe Jones with Beverly Lynn Bennett

Dining solo never has to be boring again! Whether you’re a vegan living alone or the only vegan in your household, this book is meant for you. It provides helpful tips along with delicious vegan recipes. For breakfast, try Buttermilk Pancakes, Breakfast Potato-and-Veggie Skillet, or Maple, Apple, and Pecan Waffles. Next, move on to snacks, such as Sweet Cinnamon Baked Tortilla Chips, and then Sauces and Gravies, including Dairy-Free Béchamel Sauce or Cashew Cheese Sauce.

Delicious salad options, such as Creamy Ranch-Dressed Potato Salad, Taco Salad, and Sesame Slaw, are offered. And you can serve them with Miso Noodle Soup, Roasted Butternut Bisque, or other soups.

For lunch, try Seitan Street Tacos, Classic BLT, or Tofu and Slaw Spring Rolls. For dinner, start with an appetizing side dish, such as Sweet Potato and Pecan Casserole, Indian-Style Millet, or Candied-Ginger Baby Carrots. Main dish options include Curried Lentils with Spinach, Mac-n-Cheese, Barbecue Tofu or Tempeh, and Deconstructed Veggie Lasagna. Finally, end your meal with Rich and Chewy Brownies, Silken Berry Pudding, Caramel-Almond Blondies, or Strawberry-Banana Soft-Serve Ice Cream.

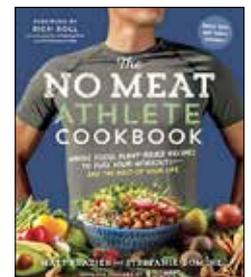
***Vegan for One* (ISBN 978-1-57067-351-1) is a 154-page book. It is published by Book Publishing Company and retails for \$17.95. You can purchase this book online from The Vegetarian Resource Group (see page 34) or from your local bookstore. Reviewed by Debra Wasserman.**



## THE NO MEAT ATHLETE COOKBOOK

By Matt Frazier and Stephanie Romine

Matt Frazier is a vegan ultramarathoner and the founder of the No Meat Athlete Movement. Stephanie Romine is a health coach, recipe developer, and yoga teacher. Together they’ve written a vegan cookbook suitable for beginning athletes as well as world-class competitors.



The recipes are very creative and meal plans are included! For a morning meal, try the unique Savory Oatmeal, which includes oats, carrots or beets, kale or spinach, salsa or marinara sauce, nutritional yeast, avocado, pumpkin seeds, and seasonings. You'll also find Almond Butter-Banana Pancakes or Waffles, Chickpea Quiche, Harissa Baked Tofu, and more.

Next, the book provides dinner and hearty meals to fuel and aid recovery. Dishes include Loaded Spaghetti Squash, Jerk Kidney Beans, Peanut Butter Tempeh, Nut-Crusted Tofu, Roasted Red Pepper Mac & Cheese, French Onion Stew with Mushrooms, plus more.

One chapter is called "Get Your Greens: Salads & Dressings" and includes Vietnamese Veggie & Rice Noodle Salad, Confetti Quinoa Salad, Lemon Tahini Dressing, and Classic French Vinaigrette. The "Small Plates & Sides" section features Cashew Creamed Kale, Baked Tempeh Nuggets, Quinoa Primavera, and sports drinks you can make at home.

And just because you're in training, it doesn't mean you should deprive yourself of dessert! Try the Mango Sticky Rice, No-Bake Mocha Cheesecake, or Chocolate Lava Mug Cake.

**The No Meat Athlete Cookbook (ISBN 978-1-61519-266-3) is a 288-page book. It is published by The Experiment and retails for \$24.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

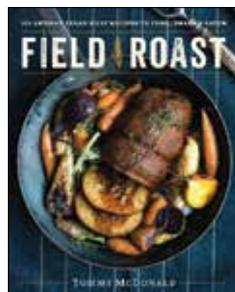
## FIELD ROAST

By Tommy McDonald

I have always thought that Field Roast's artisan vegan meats are some of the best on the market. Tommy McDonald, Field Roast's Executive Chef, is now sharing 101 artisan vegan meat recipes that you can prepare in your own home.

The book starts with a wide range of roast recipes, including Lemongrass and Ginger Roast, Harvest Holiday Roast, Holiday Wellington, Pastrami Roast, and Steakhouse Roast with Vegan Demi-Glace. Step-by-step instructions and photographs are provided.

The next chapter has recipes for sausages, meat-loaf, burgers, and pâté, with offerings such as Oaxacan Chili-Spiced Sausage and Pepper-Stuffed Burgers. For breakfast, you can prepare dishes like French Toast with Forest Berries and Sausage, and Florentine Benedict.



Looking for sandwich ideas? Try a New Orleans-inspired creation like Muffuletta or Cornmeal-Crusted Oyster Mushroom Po'Boy or a Texas-style Burnt Ends Biscuit Sandwich. Pair your sandwich with Mushroom Burgundy Stew, Roasted Sugar Pie Pumpkin Stew, or Roasted Chili Tomato Bisque. Or perhaps you would like to add a Cascade Cobb Salad, German Potato Salad, or Grilled Asparagus Salad with Hazelnuts.

For dinner, you can serve Dan Dan Noodles, Smoky Kalua Jackfruit, or Paella as your main course, and then chow down on one of these sides: Citrus and Chili Slaw, Caramel Apple Brussels, Smoked Oyster Mushroom Stuffing, or Frank Fried Rice.

**Field Roast (ISBN 978-0-7382-1959-2) is a 228-page hard cover book with gorgeous photos. It is published by Da Capo Press and retails for \$30. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

## VEGAN BURGERS AND BURRITOS

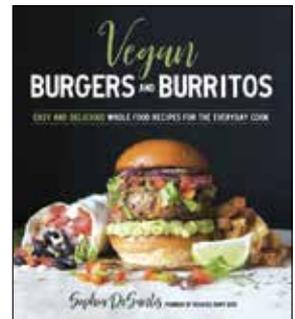
By Sophia DeSantis

Sophia DeSantis is a plant-based food blogger, and her book provides 79 vegan recipes for your family. You'll find a wide range of recipes for hand-held dishes along with tips and suggestions on how to make the dishes even more kid-friendly.

Burger recipes include Apple Sage "Sausage" Burger, Hawaiian Teriyaki Burger, Cauliflower "Fish" Burger, Sweet Potato Enchilada Burger, Buffalo Wing Sliders, and more. Burrito options range from Frito Pie Pouches to Crab Cake Po' Boy, from The Ultimate Mexican Churro to My Big Fat Creek Burrito.

DeSantis also includes many sauce recipes for your burgers and burritos, including Vegan Ranch, Tartar Sauce Extreme, Ultimate Onion Dip, Skinny Peanut Sauce, and many others. Finally, there are side dishes such as Smoky Seasoned Sweet Potato Fries, Crispy Zucchini Chips, and Curried Carrot Fries.

**Vegan Burgers and Burritos (ISBN 978-1-62414-479-0) is a 191-page book. It is published by Page Street Publishing Company and retails for \$21.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



# veggie bits

## One Degree Organic Granola

The brand One Degree Organic Foods offers a wonderful selection of sprouted granolas, three of which are vegan. I got to try the Vanilla Chia flavor and the Quinoa Cacao flavor. What I liked most about the Vanilla was that the vanilla flavor was not overpowering, which allowed me to taste the chia as well. I particularly enjoyed the Quinoa Cacao granola. The dark chocolate was semi-bitter instead of sweet, and the quinoa made the granola very filling. I ate both granolas by themselves as a quick snack, but I imagine they would be delicious paired with vegan yogurt, mixed in with vegan cereal or a fruit bowl, or tossed into some trail mix. For more information, check out [https://onedegreeorganics.com/product\\_categories/granola/](https://onedegreeorganics.com/product_categories/granola/). To find stores that carry this granola, visit <https://onedegreeorganics.com/where-to-buy/>. *Written by Brigitte Dumais.*



## Violife Vegan Cheeses

Violife is a Greek company that makes coconut oil-based vegan cheeses that are now available in the United States. They've produced a new line of ready-to-eat offerings that come in resealable packaging, ideal for snacking or cooking. Their sliced cheeses are available in three flavors, each with a distinct taste. My favorite was the Provolone with Hot Peppers, which has a pretty decent kick to it! As for the wedges, Violife's version of a blue cheese is impressively intense (and an accurate analog for milk-based blue cheese) but might be a bit too much for those who like their cheeses milder. The salty Mediterranean cheese is probably the winner in this category, although the Mozzarella did an impressive job of melting on a bagel. Be aware that coconut oil is high in saturated fat, so these cheeses are best as a once-in-awhile treat. However, the addition of B<sub>12</sub> to all of the Violife cheeses was a great idea, and an easy way to get some essential nutrients in your diet. You can check where to find Violife at <https://violifefoods.com/us/where-we-are/>. *Written by Arielle Burgdorf.*



## In a Pickle!

Gaea's new additions to their Olive Snack Pack line will leave you in a pickle! There are three types of delicious pickled veggie snacks: carrot, cauliflower, and gherkin. The carrot snack consists of pickled carrot bits marinated in lemon essential oil, sea salt, and olive oil. They're slightly sweet with a lemony bite. Because of their size, VRG staffers recommend not giving them to small children due to the possibility of choking. The cauliflower snack consists of pickled cauliflower marinated in lemon essential oil, sea salt, and olive oil. They're small and have a slightly lemony flavor. As the cauliflower snack is crumbly, VRG staffers found it easiest to eat with a utensil. The gherkin snack consists of mini pickles marinated in sea salt, vinegar, garlic, olive oil, and coriander. The gherkin snack is great for a pickle fix: they are small, tasty, and fun to sample.

Gaea pickled veggie snacks are shelf-stable and great for eating on the go. To find Gaea products near you, visit <http://www.gaeaus.com/>. *Written by Shannon Borgoyne, VRG Intern.*



## Slice of Lightlife

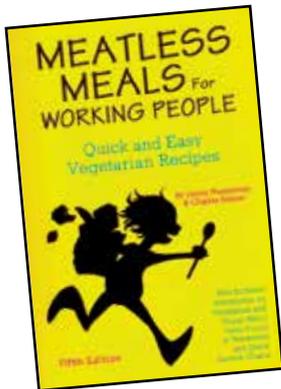
Two new types of Lightlife Deli Slices are now available: Chickpea and Red Pepper and White Bean and Kale. Chickpea and Red Pepper deli slices have an initial pleasant aroma of red pepper. When bitten into, the slices taste like yummy red pepper with a subtle chickpea note reminiscent of hummus. They could pair well with subtly-flavored vegan cheeses (like gouda). White Bean and Kale deli slices have a pleasant aroma with a savory undertone. The slices' flavor is subdued, so it could pair well with strongly-flavored vegan cheeses (like cheddar).



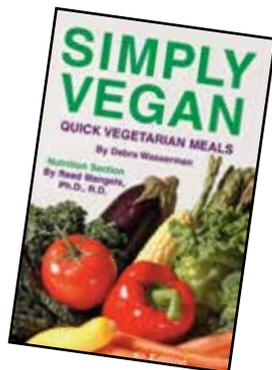
Lightlife Deli Slices are moist and crumbly, perfect for your next sandwich! They come in convenient, resealable pouches and are only 90 calories per 3 slices. To find Lightlife Deli Slices, visit <https://lightlife.com/>. *Written by Shannon Borgoyne, VRG Intern.*

# VRG Catalog

## Books

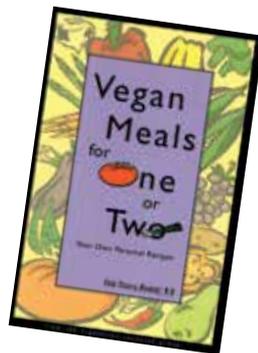


**Meatless Meals for Working People – Quick and Easy Vegetarian Recipes** (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to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



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

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



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

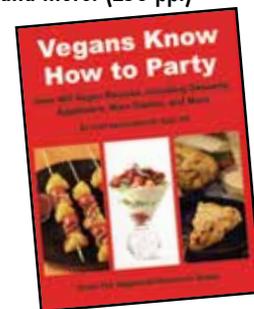
**Vegan in Volume** (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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

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

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

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



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



# Vegetarian Action

## Animal Activist and Entrepreneur Cam MacQueen *By Casey Brown*

After learning about all of the things that Cam MacQueen has accomplished, you would assume that she has been vegan her whole life. However, growing up in the South made it difficult for her to establish the connection between food and animals. It wasn't until college when she discovered Peter Singer's book *Animal Liberation* that everything changed for her. She says this was "one of the single most defining moments of my life."

Her activism truly began during a meeting with three other vegans. Together, they decided to form what is currently known as Friends of Animals (FoA), and MacQueen has continued advocating on behalf of animals ever since. Her activism includes testifying against pound seizure (the practice of using animals from shelters in experimental studies); working as the volunteer and campaign coordinator for People for the Ethical Treatment of Animals (PETA); co-producing two vegan festivals in Greenbelt, MD; creating a column for *Pathways Magazine*, and so much more!

After working for *Pathways Magazine*, MacQueen decided she wanted to produce a new column; this column known as "Cultivating Compassion" would focus on individuals doing work in the community to benefit animals, the environment, social justice, and peace. It would "provide a platform for raising awareness about issues facing all of us and what each of us could do to make a difference." Many well-known individuals, including Farm Sanctuary cofounder Gene Baur, have been featured.

While working with PETA, MacQueen and her coworkers frequented a Chinese restaurant that had a plethora of vegan options. When this restaurant added a lobster tank to their lobby, she and her coworkers began boycotting the restaurant and calling them to express their concerns. Within two weeks, they were told the lobster

tank would be removed, and MacQueen was able to take the lobsters from Maryland up to Maine to be freed. Years later, the owners of the restaurant informed her that the lobsters' liberation inspired them to close the Chinese restaurant and open up a well-known vegan Asian restaurant: The Vegetable Garden (Rockville, MD). MacQueen says that "this story brought tears to my eyes and is definitely one of the most inspiring moments of my career."



Cam MacQueen in front of The Block off Biltmore

Later, MacQueen spent time in Ferguson, MO, protesting after the shooting of Michael Brown. After this event, while driving home to Asheville, NC, she knew she had to do something to inspire change. Thus, an eco-vegan, social justice, solidarity bar called The Block off Biltmore (TBOB) was born. Her dream was "for it to be a place where change agents come together to discuss, mobilize, strategize, and actualize positive results for the community and beyond – while having fun and building friendships." When starting TBOB, she made sure all of the alcohol served was vegan. Since opening, TBOB has evolved into

her dream; it has become a space where like-minded individuals can come together for events such as vegan meet-ups, vegan potlucks, and documentary screenings. See <http://theblockoffbiltmore.com/>.

MacQueen is an inspiration to animal activists for her continuous passion and dedication to the cause. She encourages aspiring activists to join in on the resistance and to always remember that "animal rights is human rights and human rights is animal rights." Learning, staying involved, having an open dialogue with others, and having fun are some of her keys to success. "The animals, the Earth, and your body will thank you!"

**Casey Brown has interned with The Vegetarian Resource Group and is presently a volunteer.**

# VR<sup>g</sup>

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## Find Us on Facebook!



*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 products and restaurants. 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>.

## Enter The VRG's Video Contest!

Each year, The Vegetarian Resource Group invites the public to make videos about a vegetarian/vegan topic, such as food, nutrition, water usage and vegetarianism, or veganism and animal rights, and enter our contest for a chance to win cash prizes of up to \$200.

**This year's deadline is July 15, 2018!**

Find out more information here:

<http://www.vrg.org/videoscholarship.php>



And view winning videos from past years here:  
[http://www.vrg.org/veg\\_videos.php](http://www.vrg.org/veg_videos.php)