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# VEGETARIAN

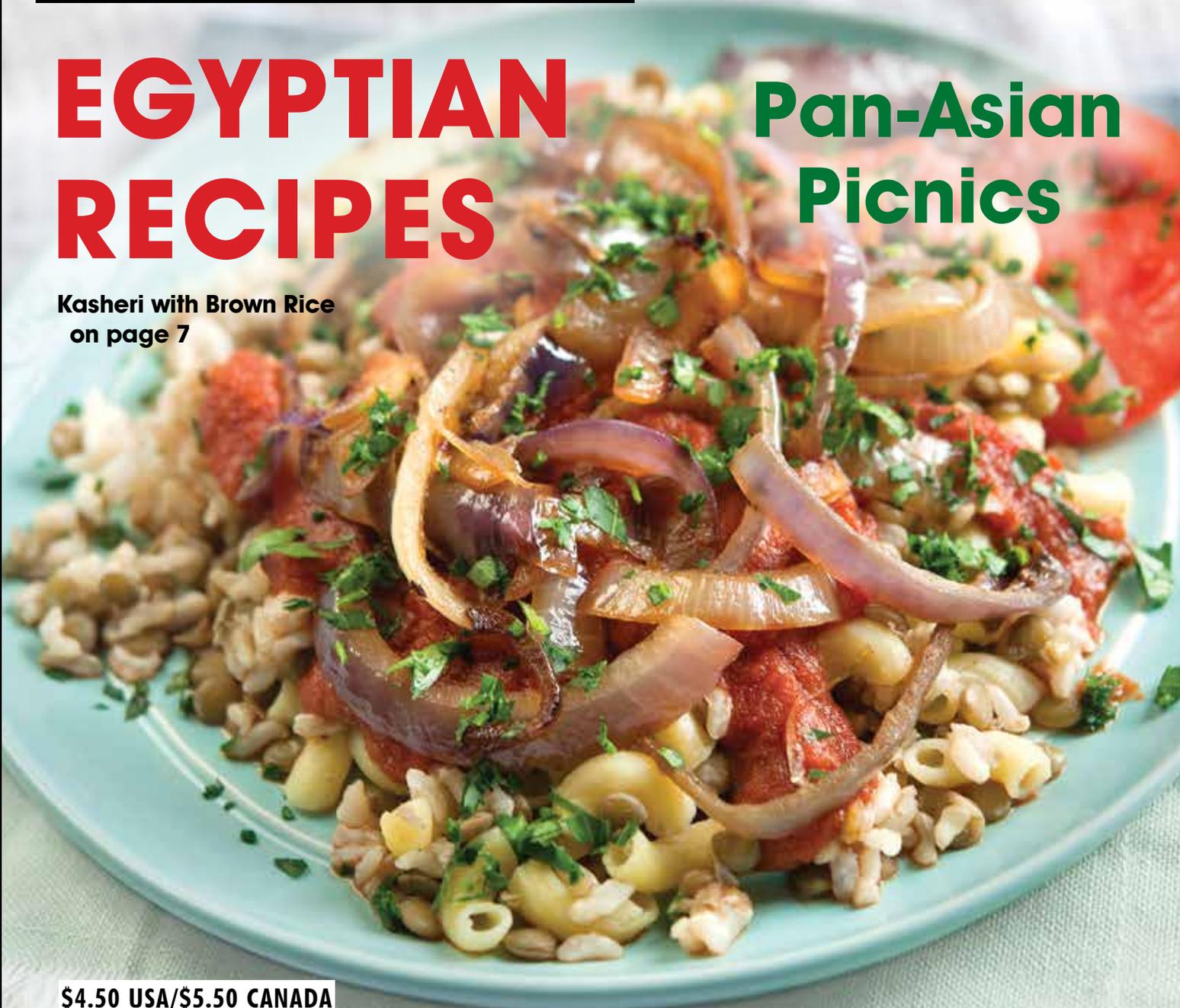
## JOURNAL

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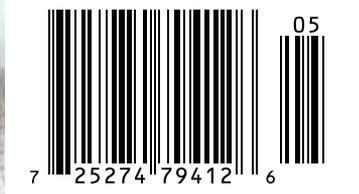
### EGYPTIAN RECIPES

### Pan-Asian Picnics

Kasheri with Brown Rice  
on page 7



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### Getting Vegan Food into Schools

VOLUME XXXVII, NO 3 2018

HEALTH • ECOLOGY • ETHICS

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# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline addresses whether drinking black tea every day can interfere with iron absorption.*

**QUESTION:** I drink several cups of black tea every day. Recently, I found out that I'm anemic, and my doctor told me to stop drinking tea because it could be interfering with iron absorption. Do I really need to give up my tea? **E.K. via e-mail**

**ANSWER:** The form of iron in vegan diets is non-heme iron, which simply means "iron that doesn't come from blood." Non-heme iron's absorption is subject to interference by phytates (see *Vegetarian Journal*, Issue 1, 2017) and polyphenols. Black tea contains polyphenols, as do coffee, green tea, herb tea, red wine, and cocoa.<sup>1</sup> Polyphenols prevent the non-heme iron from moving from the intestines into the blood. The iron stays in the intestines and is ultimately excreted. Black tea has at least twice as high a concentration of polyphenols as do herb teas or green tea.<sup>2</sup>

In studies where subjects drank black tea along with their meal, between 79 and 94 percent of the iron in the meal was not absorbed.<sup>1</sup> Peppermint tea was similar to black tea in terms of markedly interfering with iron absorption; other herb teas, such as chamomile tea, had less of an effect.<sup>1</sup> Herb teas and green teas have a lower polyphenol concentration than black teas.<sup>2</sup>

A recent study examined the timing of tea drinking on iron absorption. Drinking black tea an hour after finishing a meal substantially reduced the effect of tea on iron absorption.<sup>3</sup> In other words, waiting for an

hour after a meal to drink tea allowed more iron from the meal to be absorbed. The researchers only tested the effect of waiting an hour so we can't know if it would be better to wait even longer or if waiting a lesser amount of time would also be effective. Another study found that drinking tea an hour before a meal reduced the polyphenol effect.<sup>4</sup>

Based on these results, there are several things that you can do instead of giving up tea. You could drink black tea at least an hour before starting or an hour after completing a meal or snack. You could switch to herb tea (other than peppermint), knowing that there would still be some interference with iron absorption, or you could drink herb tea at least an hour before or after a meal. Cheers!

## References:

- 1 Hurrell RF, Reddy M, Cook JD. 1999. Inhibition of non-haem iron absorption in man by polyphenolic-containing beverages. *Br J Nutr.* 81:289-295.
- 2 Hallberg L, Hulthén L. 2000. Prediction of dietary iron absorption: an algorithm for calculating absorption and bioavailability of dietary iron. *Am J Clin Nutr.* 71:1147-1160.
- 3 Ahmad Fuzi SF, Koller D, Bruggaber S, et al. 2017. A 1-h time interval between a meal containing iron and consumption of tea attenuates the inhibitory effects on iron absorption: a controlled trial in a cohort of healthy UK women using a stable iron isotope. *Am J Clin Nutr.* 106:1413-1421.
- 4 Disler PB, Lynch SR, Torrance JD, et al. 1975. The mechanism of the inhibition of iron absorption by tea. *S Afr J Med Sci.* 40:109-116.

# FEATURES

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

## 6 • Vegan Recipes from Egypt

Chef Nancy Berkoff shares recipes for *Kasheri* with Brown Rice, Layered Eggplant, Orange and Olive Salad, Egyptian Lemonade, and more.

## 14 • A Summer Picnic with a Pan-Asian Twist

Zel Allen entices us with Sweet & Sour Papaya Salad, Yam Noodle Salad, Chinese-Style Kohlrabi Cakes, and *Bánh Mì* Stuffed Mushrooms.

## 24 • Academy of Nutrition and Dietetics Co-Founder Lenna Frances Cooper

John Westerdahl introduces a pioneer in vegetarian nutrition and dietetics.

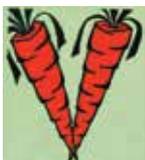
## 28 • Getting Vegan Food into Elementary Schools

Amie Hamlin explains all the regulations and how to address them.

## 34 • A Guide to Vegetarian Scouting

# DEPARTMENTS

Nutrition Hotline	2
Whether drinking black tea every day can interfere with iron absorption	
Note from the Coordinators	4
Letters to the Editors	5
Veggie Bits	10
Scientific Update	12
Join Us at VRG's Vegan Dinner in Washington, DC	23
Vegan Cooking Tips	26
Cool Cucumber Concepts by Chef Nancy Berkoff	
Notes from The VRG Scientific Department	27
Help Create a Veggie World	30
Laneece Hurd shares her experience as a long-distance VRG intern.	
Book Reviews	32
Vegetarian Action	35
Activism Through Art	
VRG Online Guides/New VRG Bumper Stickers	Back Cover



[www.vrg.org](http://www.vrg.org)

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

## NOTE FROM THE COORDINATORS

### CHANGING THE WORLD THROUGH SMALL TASKS AND ACTS OF KINDNESS



One Vegetarian Resource Group scholarship applicant wrote: "... Raising awareness for veganism in an area and school that has a minuscule vegan/vegetarian population — my school has just begun serving soy milk in the lunch line for no extra charge. This is one seemingly minor success that truly means a lot for the future of veganism in my community. More people will now be exposed to a vegan option, and I am certain that more is to come regarding the school lunches. As demand for veggie lunches increases, the school will have no choice but to make the menu more vegan-friendly."

We live in a grandiose world where people want easy knowledge, instant change, and leaders who they think have all the answers to follow. We want social media postings from all political, product, or personality persuasions that have tens of thousands of people looking at them, and whether the information is true or kind doesn't matter. However, real change can come from all our small actions, and acts of kindness, without expecting perfection. Beware of people of every persuasion, even if we mostly agree with what they are promoting, if they present themselves as knowing all the answers, espouse a perfect diet, etc.

Thank you to Keryl Cryer, our prior Senior Editor of 10 years, who filled in countless hours and helped get this issue of *Vegetarian Journal* done on time. Thank you to Gene Slothour-Hudnall, our new Volunteer Coordinator, who quickly got up to speed after a staff change. Thank you Reed Mangels, as always, and our writers, who were able to meet short deadlines. Kudos to Casey Brown, who, while busy with her dietetic internship, finished a research project for us and submitted an abstract for presentation at the Academy of Nutrition and Dietetics. And appreciation to Teagan Kim, a student at Johns Hopkins University, for doing weekly restaurant entries for our vegetarian/vegan restaurant guide ([www.vrg.org/restaurant](http://www.vrg.org/restaurant)); former VRG Intern Yasmin Radbod for doing an outreach booth for us at American University; VRG Intern Lanece Hurd for quickly finishing an article for us though busy with a hard school schedule; David Milner for providing ongoing HTML help; Suzanne Hengen for doing our recipes' nutrition analyses, and many others.

In this issue, John Westerdahl did fascinating research on vegetarian Lenna Frances Cooper, one of the founders of the Academy of Nutrition and Dietetics (previously known as the American Dietetic Association). Her pioneering work along with others resulted in an organization over 70,000 strong. You never know where the seeds you plant will end up sprouting. Thank you to everyone for your support and kindness.

*Debra Wasserman & Charles Stabler*

*Coordinators of The Vegetarian Resource Group*

## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

### Memorials & Honorary Gifts

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

In honor of: \_\_\_\_\_  
\_\_\_\_\_

Please send acknowledgement to:

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

Address: \_\_\_\_\_  
\_\_\_\_\_

My name and address:

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

Address: \_\_\_\_\_  
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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).

Thanks to Francesca Reese for her donation in honor of God's 6th commandment: Thou Shalt Not Kill.

A donation was made in honor of Frank Goodale by Liam Goodale.

A donation was made in honor of Rohan Patel by Richard Woosley.

## IS A FODMAP OR LOW-RESIDUE DIET INCOMPATIBLE WITH A VEGAN DIET?

I used to be vegan but had GI issues. Turns out I had gluten and rice intolerance plus gastroparesis. A FODMAP or low-residue diet was recommended (in addition to gluten- and rice-free). So, is that incompatible with a vegan diet?

Sue M., via e-mail

*Editors' Response:* There's a book titled *Low-FODMAP and Vegan* that meets your needs. See <http://bookpubco.com/content/low-fodmap-and-vegan>.

You should also meet with a dietitian to get assistance. See [eatright.org](http://eatright.org) for help with finding a dietitian near you.

## FAVORITE VEGAN RESTAURANT

The VRG maintains an online guide to veggie restaurants in the USA and Canada. (See <http://www.vrg.org/restaurant/index.php>.)

Over the past few years, the number of completely vegan restaurants in the USA has skyrocketed to close to 1,000! This number does not include vegetarian restaurants with many

vegan options and non-veggie restaurants offering separate vegan menus. Many more will be opening later in 2018!

We asked this question on our Facebook page: What is your favorite vegan restaurant? Here are some of the responses we received:

- Bar Bombón, Philadelphia, PA
- Candle 79, New York, NY
- Dellz, Charleston, SC
- Hip City Veg, Washington, DC
- Shojin, Los Angeles, CA

## FACEBOOK COMMENTS

As a new vegetarian, I am 100% grateful for the group/community!! It is incredibly helpful! Raven M.

I LOVE The VRG! I have supported them for years, and they are one of my favorite charitable groups. Rick W.

Wonderful organization. I've been a member for years. Catherine L.

*Editors' Response:* We regularly post articles on <https://www.facebook.com/thevegetarianresourcegroup/>.

*Correction:* We greatly apologize for misspelling Dorian Dallas' last name in Issue 1, 2018.

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:

## VEGAN CANDY RECIPES

**Plus:** Making Fermented Foods at Home, How Scientific Literature Defines a Plant-Based Diet, and More...

# VEGAN RECIPES FROM EGYPT

BY CHEF NANCY BERKOFF, EDD, RD

Over the years, many of my culinary students have said, “Egypt is a beautiful country; you need to come visit my family in Egypt.” So, I did! The majority of my time was spent in Aswan and Cairo... And a lot of that time was spent at the “center of the home,” which is, of course, the kitchen!

The families I visited were a mixture of vegetarians and omnivores, but vegetarian options were always present. Some of the older relatives explained that animal products were often expensive or in short supply, so they had adapted many recipes to be meatless. Many of the younger relatives said they were into health and therefore tended to limit their animal product intake. Several mentioned that there were many fasting days in the Muslim and Coptic Christian calendar, with “fasting” often meaning “abstaining from meat.” When enjoyable non-meat alternatives to traditional dishes were developed, there were many times when the vegetarian or vegan recipes remained on the menu.

## CAIRO

In Cairo, I learned to love *kasheri*, a satisfying combination of rice, pasta, and lentils topped with caramelized onions and tomato sauce. *Kasheri* must be a national dish, as it seemed there was a *kasheri* joint on every corner. The menu is simple... Would you like a small or large bowl? Table condiments varied, but always included some form of hot sauce and a lemon-and-oil combination.

The basis for *kasheri* (or at least the general consensus) is two parts rice, one part lentils, and one-half part either broken pasta, such as broken spaghetti, or a combination of one thin pasta and one round pasta, such as broken spaghetti and salad (ditalini) macaroni. This base is topped with caramelized onions and a tomato sauce. The sauce was often a canned tomato sauce, seasoned with either minced fresh onions and garlic sautéed together or onion and garlic powder. The onions ranged from carefully slow-cooked and beautifully browned onion combinations (such as red, sweet,

and shallots) to quickly browned white onions to even canned fried onions. In one version, *hummus* (whole, cooked garbanzo beans, not the puréed version) was mixed with the lentils and used as a topping.

Some people cooked each *kasheri* ingredient slowly and then combined all the ingredients to heat together. Others waited until they had leftovers of all required ingredients and then combined them to make their *kasheri*. For “*kasheri* in a hurry,” all the dry ingredients were combined and cooked together in a rice cooker, topped with canned tomato sauce and canned fried onions. A student version used ramen noodles rather than macaroni. As *kasheri* is not a light and fluffy item, the rice cooker version was successful. Indeed, this is a versatile dish!

## ASWAN

In Aswan, it was banana season. Everyone who had some space had a least a few banana plants. Roadside vendors hung huge hands of bananas on poles, and customers requested the number they wanted cut from the bunch. My Aswan hosts made the most of the fresh bananas, including a type of banana milk — bananas mashed into a purée, simmered with water and rice, and then put through a food mill or sieve. The banana milk was cooled and either served as a refreshing beverage or used as a cooking liquid. One morning, we had vermicelli simmered in banana milk, with more fresh bananas sliced on top.

Fresh okra, stewed with tomatoes and onions, was available at most meals, including breakfast. It was often paired with fresh *aish baladi* (flatbread) or *mahlab*. *Mahlab* is a puff of bread, reminiscent of South Asian *puri*, made with flour, water, and yeast. *Mahlab* can be prepared plain, topped with *nigella* (black seeds), or stuffed with mashed beans or cheeses.

One of my host families served *foul* (fava beans, stewed with tomatoes, parsley, and other ingredients to taste) and falafel for breakfast every day. On a cold day, the beverage was mint tea or strong, French-pressed

coffee. On hot days, Egyptian lemonade, made with fresh lemon juice and mint, was served everywhere to everyone. A recipe is on page 9.

*Za'atar* seasoning was used in cooking many dishes and was usually available on the table. *Za'atar* is popular throughout the Middle East, with versions differing among regions and families. *Za'atar* is often a blend of sumac, thyme, oregano, possibly marjoram, toasted seeds, salt, and black pepper. I was told that sesame seeds, *nigella* seeds, cumin seeds, or a combination are used, depending on availability, cost, and preference.

The following are recipes shared by and created with my host families. Enjoy!

## Kasheri with Brown Rice

(Serves 5)

*Kasheri* is dense, so it is not necessary to go for “light and fluffy” rice or pasta. Double this recipe and store in the refrigerator for an anytime snack.

- 1 cup uncooked brown rice or 2½ cups cooked rice**
- Water to cook rice if not precooked**
- 1 cup uncooked lentils or 2 cups cooked, drained lentils**
- 6½ cups boiling water, divided**
- ¼ cup minced onions**
- 1 teaspoon minced garlic**
- 1 teaspoon cumin powder**
- 1 cup uncooked elbow or salad (ditalini) macaroni or 2½ cups cooked macaroni**

Cook brown rice in a rice cooker or on the stove until tender. Set aside.

Cook lentils in a pot with 2½ cups boiling water, onions, garlic, and cumin. Cover and simmer, stirring occasionally, until tender, approximately 40 minutes. If using cooked lentils, stir-fry onions, garlic, and cumin first until onions are soft and then add lentils. Set aside.

Add macaroni to 4 cups boiling water and cook until tender, approximately 15 minutes. Drain and set aside.

Alternately, you may put all the ingredients into a rice cooker, cover with water, and cook until done.

### Onions

#### Vegetable spray

- 2 cups thinly sliced red or yellow onions**

Heat a large frying pan and spray with oil. Add onions and cook, tossing until browned, for approximately 20 minutes. Set aside.

### Sauce

- 1½ cups prepared no-salt-added tomato sauce**

- 2 teaspoons no-salt tomato paste**

- 2 teaspoons vinegar**

- 2 cloves garlic, minced**

- 1 teaspoon cumin powder**

While onions are cooking, combine all sauce ingredients in a small pot, stir, cover, and simmer. This may also be done in the microwave.

Combine cooked rice, pasta, and lentil mixture in a bowl, top with sauce and onions, and serve hot!

Total calories per serving: 406

Carbohydrates: 80 grams

Sodium: 17 milligrams

Fat: 2 grams

Protein: 17 grams

Fiber: 16 grams



## Brown Rice Mujaddara

(Serves 5)

This lentil-and-rice comfort food can be served as a main dish, used as a side dish, or stuffed into a wrap.

**1 cup uncooked lentils or 2½ cups cooked, drained lentils**  
**1 cup uncooked brown rice or 2 cups cooked rice**  
**Water to cook lentils and rice if not precooked**  
**Vegetable oil spray**  
**1 cup minced yellow or red onions**  
**2 teaspoons cumin powder**  
**3 Tablespoons chopped green onions for garnish (optional)**

Cook rice and lentils separately, either in a rice cooker or on the stovetop. Set aside.

While rice and lentils are cooking, spray a large frying pan with vegetable oil and sauté onions until crisp. Stir in cumin powder.

In a large pot or microwave-safe bowl, combine rice, lentils, and onions. Quickly heat to combine flavors. Portion into individual dishes, top with green onions if desired, and serve hot.

Total calories per serving: 288	Fat: 1 gram
Carbohydrates: 56 grams	Protein: 13 grams
Sodium: 5 milligrams	Fiber: 14 grams

## Makloubeh (Layered Eggplant)

(Serves 6)

I was told that *makloubeh* means “upside down” and is both a comfort food and a dish to serve for a special occasion. Rather than the traditional meat ingredients, this version uses roasted vegetables. Please note that the rice for this recipe needs to pre-soak for at least 3 hours.

**1 large unpeeled eggplant (approximately 1½ pounds), sliced lengthwise into ½-inch slices**  
**Vegetable oil spray**  
**2 cups cauliflower florets**  
**2 large tomatoes, cut into ½-inch slices**  
**2 medium potatoes, peeled and cut into ½-inch slices**  
**3 medium carrots, cut into ½-inch slices**  
**1 medium red onion, thinly sliced**  
**3 cloves garlic, diced**  
**1 cup brown rice, soaked in 2 cups water for at least 3 hours**  
**2 cups low-sodium vegetable stock or broth**  
**1 teaspoon turmeric powder**  
**1 teaspoon cumin powder**

**1 teaspoon ground cinnamon**

**1 teaspoon black pepper**

Preheat oven to 350 degrees. Spray a large frying pan with vegetable oil. Grill eggplant, cooking each slice for 1-2 minutes on each side. The eggplant does not need to be thoroughly cooked during this step because it will be cooked again. Set aside.

Mix together the cauliflower, tomatoes, potatoes, carrots, onions, and garlic. Spray with vegetable oil until coated. Place on a non-stick baking sheet, in one layer, and bake for approximately 10 minutes, until the vegetables are just crunchy.

While the vegetables are baking, drain the rice and combine with stock and spices in a small pot. Heat and stir, and allow to cook just until the mixture comes to a gentle boil. You are not thoroughly cooking the rice, just combining the flavors at this point.

Select a large pot or Dutch oven to hold all the ingredients. Alternate layers of eggplant and vegetables until all are used. Pour the rice and stock mixture over the layers. Cover and simmer gently, as you would like the layers to stay intact. Cook until the rice is soft, the liquid is absorbed, and the vegetables are thoroughly cooked. This may take 30-45 minutes, depending on your pot and your stove.

Remove from heat and allow to “rest” for 10 minutes. Portion this dish out so that everyone gets a layer of eggplant and a layer of vegetables. If you are feeling brave, you may want to invert the *makloubah* onto a serving plate. This creates a dramatic effect.

Total calories per serving: 241	Fat: 1 gram
Carbohydrates: 53 grams	Protein: 7 grams
Sodium: 88 milligrams	Fiber: 8 grams

## Vegan Kofta

(Serves 4)

*Kofta* is generally made with a meat paste. However, we tried this recipe using Field Roast when I was in Cairo, and we found our vegan version tasty and authentic! You can experiment with your favorite veggie burgers.

**2 Field Roast FieldBurgers or vegan burgers of your choice, cut into 1-inch pieces**  
**¼ cup finely chopped fresh parsley**  
**1 Tablespoon vegan mayonnaise or salad dressing**  
**1 Tablespoon chopped green pepper**  
**1 Tablespoon chopped onion**

**1 teaspoon cumin powder**  
**½ teaspoon sesame seeds**  
**Cold water as needed**  
**Vegetable oil spray**

Place vegan burgers in a food processor or blender and process until just crumbly. Add remaining ingredients, except water and vegetable oil spray, and process until a crumbly combination is achieved. Place mixture in a bowl and form into small cylinders, the length of a pinky finger. If needed, use cold water to help form the mixture. Cover and refrigerate for at least 30 minutes.

Preheat oven to 400 degrees. Spray a baking sheet with oil and place *kofta* on the sheet. Spray tops with oil. Bake for 10 minutes or until tops are browned and a bit crispy. Serve hot.

Total calories per serving: 162	Fat: 9 grams
Carbohydrates: 6 grams	Protein: 13 grams
Sodium: 251 milligrams	Fiber: 2 grams

## Orange and Olive Salad

(Serves 4)

This savory salad is terrific served with vegan *kofta*!

**6 navel oranges, peeled and sliced for 3 cups**  
**½ cup drained, washed, and sliced black olives**  
**1 Tablespoon lemon juice**  
**1 teaspoon ground cumin**  
**½ teaspoon black pepper**

In a large glass or plastic (not metal) bowl, combine oranges and olives.

In a small glass or plastic (not metal) bowl, combine lemon juice, cumin, and pepper. Sprinkle lemon juice mixture over oranges, cover, refrigerate, and allow to sit for at least 30 minutes before serving.

Total calories per serving: 113	Fat: 2 grams
Carbohydrates: 24 grams	Protein: 2 grams
Sodium: 88 milligrams	Fiber: 5 grams

## Khoshaf (Compote)

(Serves 4-6)

This recipe works well served with both sweet and savory entrées or served as a dessert. It keeps for at least a week in the refrigerator.

**½ cup pitted dried prunes**  
**1 cup raisins**  
**½ cup pitted, halved dates**  
**½ cup dried apricots**  
**½ cup dried, halved figs**  
**½ cup walnuts and almonds**  
**6 cups water**

Combine all the dried fruit and nuts in a large glass or plastic (not metal) bowl. Add water, cover with a lid, and place in the refrigerator for at least 6 hours. When ready, the fruit will be soft and will have made its own “sauce.” Serve cold.

*Note:* To make this recipe nut-free, eliminate the walnuts and almonds, and cover the mixture with 4 cups of water rather than 6 cups.

Total calories per serving: 402	Fat: 10 grams
Carbohydrates: 82 grams	Protein: 5 grams
Sodium: 8 milligrams	Fiber: 8 grams

## Egyptian Lemonade

(Serves 5)

This refreshing beverage is omnipresent... served on trains, on planes, and in the home!

**½ cup organic sugar or other sweetener**  
**1 cup boiling water**  
**2 cups fresh lemon juice**  
**¼ cup washed, torn, and destemmed fresh mint leaves**  
**2 teaspoons orange blossom water (if available)**  
**Ice cubes**

Place vegan sweetener in boiling water, stir to dissolve, and allow to cool.

Pour lemon juice into a large serving pitcher. Add sweetener mixture. When ready to serve, stir in mint and orange blossom water to flavor the beverage. Pour over ice, and serve.

Total calories per serving: 104	Fat: <1 gram
Carbohydrates: 29 grams	Protein: 1 gram
Sodium: 2 milligrams	Fiber: 1 gram

**Nancy Berkoff is The Vegetarian Resource Group's Foodservice Advisor. She is the author of many cookbooks and writes the *Vegan Cooking Tips* article that appears in every issue of *Vegetarian Journal*.**

# veggie bits

## Honey, Sans Bees

Drizzled over waffles, stirred into a hot cup of tea, or baked into muffins, Bumble Bloom's luscious honey alternatives will instantly sweeten your mood. Each of Bumble Bloom's four flavors — Classic, Cardamom, Ginger, and Cinnamon — boasts an all-organic ingredient list and a perfect honey consistency that clings to the spoon. The Cinnamon variety packs the most intense olfactory punch, with a warm, enticing aroma that hits as soon as you open the jar and invites you to spoon a hefty dollop into your oatmeal or spread it thickly across toast. The distinctive flavor of the Ginger mock honey sparks thoughts of sesame noodles and glazed carrots and begs to be added to your next stir fry. The rich, sweet Cardamom was an instant favorite for the whole crew, inspiring pairings with masala chai, spiced banana bread, or even simple apple slices. And, of course, the versatile Classic works with each of these and more. Move over, maple syrup — America's about to have a new favorite Canadian import! Sold in stores in Canada; ships worldwide from [www.seebumbleinbloom.com](http://www.seebumbleinbloom.com) and [www.vegansupply.ca](http://www.vegansupply.ca). *Written by Virginia Slothour-Hudnall.*



## Converted by a Pizza Burrito

Call me a microwave burrito skeptic, but I'd say it's nearly impossible to get a Hot-Pocket-style convenience food right. There's a temperature factor. There's a mess factor. You're wondering if you'll bite into an icy center or a molten-hot-lava one. You're wondering if the wrapping will hold up or if the innards will burst right through. And after all that, will the taste be worth it? Well, worry no longer: Alpha Foods cuts straight through the crowd with a line of savory, cheesy indulgences that will put all your fears to rest. Double-wrapped in a soft but sturdy tortilla that handily maintains its integrity, these burritos strike all the right notes. There's a drool-worthy cheesy, beefy Mexicali flavor and a spicy Chick'n Fajita — let your mind wander even a second after biting in, and you'll forget it's vegan. Also, there's a



delightfully sausage-and-cheese-centric Pizza burrito with just enough grilled peppers, onions, and mushrooms to make your day and a deliciously meaty but well-balanced beef-style Philly Sandwich. Each burrito is modestly sized, which may be Alpha's secret to avoiding the temperature pitfalls of its competitors — but don't be fooled: they're more filling than they look. Throw one of these incredibly flavorful burritos into a lunch box with a bag of pita chips or a handful of carrots, and even the hungriest snacker will be satisfied all day. Available at select Walmart locations in the U.S. Find one near you at [www.alphaplantbased.com/store-locator](http://www.alphaplantbased.com/store-locator). *Written by Virginia Slothour-Hudnall.*

## Chef's Paradise

Creative cooks rejoice: Tofurky's got your back! Living an animal-product-free life no longer means missing out on getting handsy with your vegan protein. With Tofurky's new DIY line, you now have access to recipe-ready ground hamburger, Italian sausage, chorizo, and breakfast sausage — all of which taste just like the real thing.



Roll up your sleeves and start forming patties or sausage links or add as a crumble to pastas, casseroles, chili, and more. Mix in your own spices or add straight to any recipe — you'll be delighted by how easy these are to work with. Tofurky brings the same savory, full-flavored goodness with notes of black pepper and fennel to the DIY version of its Italian sausage as to its classic sausage links. It would be an ideal addition to any vegan pizza. The breakfast sausage is perfect for lazy Sunday mornings, with a hint of maple syrup that will leave you craving pancakes, and the DIY chorizo is great for tacos, enchiladas, or an addition of Southwestern flair to any variety of dishes. Fashion homemade hamburger patties with the ground beef, whip up some Sloppy Joes, or go full-comfort-food with a made-from-scratch meatloaf. Whether you're making paella or breakfast burritos, these delicious DIY vegan meats are sure to enhance your meal.

To find Tofurky products at a retailer near you, go to [www.tofurky.com/find-a-store](http://www.tofurky.com/find-a-store). *Written by Virginia Slothour-Hudnall.*

## Upton's Ch'eesy Mac

For vegans, it isn't always easy to find comfort food at the grocery store — let alone delicious, easy-to-prepare, and easy-to-store comfort food. Upton's Naturals hopes to change that with their tasty Ch'eesy Mac and Ch'eesy Bacon Mac products. Each meal includes shelf-stable, precooked pasta accompanied by a generous packet of thick, cheesy sauce; just add to a frying pan and cook until golden brown, or combine in a bowl and microwave. These savory mac 'n cheese alternatives feature a particularly hearty pasta and enough scrumptious sauce to smother each noodle in rich, muted gold. It's not quite perfect enough to fool your friends, but it's more than cheesy enough to satisfy your cravings! Available online and in stores. Find locations near you at [www.uptonsnaturals.com/where-to-buy](http://www.uptonsnaturals.com/where-to-buy). *Written by Virginia Slothour-Hudnall.*



## Ode to Ravioli

It's hard to describe Kite Hill's new pasta; "heavenly" doesn't even come close. The company's mastery of almond milk-based cheese is elevated to the next level in this incredibly satisfying and easy-to-make line of meals. Whether you adore veggies or merely tolerate them, whether you perk up at the sight of vegan cheese or run the other way, you're certain to fall in love with Kite Hill's new ravioli. Bite into the Mushroom Ravioli, and you'll be immersed in the taste of sweet whipped ricotta paired expertly with savory sautéed portobello and shiitake, seasoned with fresh garlic and folded into a handmade artisan dough. Taste the Spinach Ravioli for the same sublime experience, but creamier — and somehow even more tantalizing — with sautéed spinach and roasted garlic poised to seduce even the most jaded taste buds. You'd never guess such an exquisite dish was vegan. Available at Whole Foods, Sprouts, Publix, Target, and other retailers. Visit [www.kite-hill.com/where-to-buy](http://www.kite-hill.com/where-to-buy) for a location near you. *Written by Virginia Slothour-Hudnall.*



## The Chocolate of Your Dreams

Dear Coco turns the "wow" factor up to 100 with their new Explore Peanut Butter chocolate assortment, featuring rich, silky Peruvian peanut truffles with a touch of heat, heavenly salted caramel, and peanut turtles that strike an intense, perfectly-blended sweet-and-salty note simultaneously. It also includes satisfyingly chunky PB&J cups with just the right dried-cherry-to-dark-chocolate ratio, a delicious and delightfully creative peanut-toffee-and-Old-Bay chocolate bar that's everything you never knew you wanted, and a mouthwateringly enormous "Colossal Classic Peanut Butter Cup" that beats anything you ate as a child — no contest. These fantastic award-winning vegan chocolates will leave you raving to your friends. Buy online or find a retailer near you at [www.dearcoco.com](http://www.dearcoco.com). *Written by Virginia Slothour-Hudnall.*



## The Beyond Burger

Beyond Meat's The Beyond Burger is one of the best vegan burgers we've tasted in quite some time. Based on pea protein, each burger contains 20 grams of protein. These burgers do not contain soy or gluten and are GMO-free. They are easy to prepare: simply pre-heat a grill or pan to medium-high heat and cook for 3 minutes on each side. You are told to not overcook the burger, and the interior of the patty will still be red or pink when fully cooked. We couldn't help but notice that the burgers sizzled while cooking and appeared juicy when done. One teenager we know sampled the burger and couldn't wait to share them with his non-vegetarian friends! These incredible burgers are sold through Amazon Fresh, Target, and several supermarkets. For other locations to purchase these burgers, visit [www.beyondmeat.com/store-locator](http://www.beyondmeat.com/store-locator). They are also available at many chain restaurants, including Bareburger, BurgerFI, TGI Fridays, and Veggie Grill. *Written by Debra Wasserman, VRG Co-Director.*



### Prostate Cancer and Alpha-Linolenic Acid: An Update

More than 10 years ago ([www.vrg.org/journal/vj2005/issue1/2005\\_issue1\\_sciupdate.php](http://www.vrg.org/journal/vj2005/issue1/2005_issue1_sciupdate.php)), we reported on a study that found that those men whose diets were highest in alpha-linolenic acid had an increased risk of developing advanced prostate cancer. These results were concerning because alpha-linolenic acid — a fat found in walnuts, flaxseeds, flaxseed oils, hemp, chia, and other foods — is something that vegans are encouraged to seek out since it is an omega-3 fatty acid. Other omega-3 fatty acids, like DHA and EPA, come from fish, although vegan sources are available. In 2005 we recommended, “Until more information is available, the results of this study suggest that men who are at increased risk of prostate cancer should not use high amounts of alpha-linolenic acid.”

A recent study revisits the question of alpha-linolenic acid’s role in prostate cancer. This study followed close to 50,000 men from 1986 to 2010 and asked them about their diet and the occurrence of prostate cancer over that time. During the study period, widespread screening for Prostate-Specific Antigen (PSA) began. This test allows for earlier detection and treatment of prostate cancer. Also during the study period, food sources of alpha-linolenic acid changed. In the study’s early years, trans-alpha-linolenic acid (a trans-fat) was found in deep-fried foods and foods containing partially hydrogenated oils. Because of the health problems associated with trans-fats, hydrogenated oil was removed from the list of food additives “generally recognized as safe.” This meant that, later in the study, men were eating lower amounts of trans-alpha-linolenic acid.

In the early years of the study, it found that alpha-linolenic acid was associated with an increased risk of advanced prostate cancer. Later, after PSA screening was common and trans-alpha-linolenic acid was not being added to foods, a higher intake of alpha-linolenic acid was no longer associated with a higher risk of advanced prostate cancer. Perhaps only trans-alpha-linolenic acid increases risk of advanced prostate cancer. Another possibility is that PSA screening is identifying prostate

cancer earlier before it becomes advanced. Based on this study’s results, it does not appear necessary for men to limit their intake of alpha-linolenic acid from foods. This study did not examine high doses of alpha-linolenic acid like those found in dietary supplements.

Wu J, Wilson KM, Stampfer MJ, Willett WC, Giovannucci EL. 2018. A 24-year prospective study of dietary *α*-linolenic acid and lethal prostate cancer. *Int J Cancer*. 142:2207-2214.

### Bean Biofortification

Iron deficiency is very common worldwide, especially in women and children in developing countries. One proposed means for reducing the occurrence of iron deficiency is to fortify staple foods with iron. This fortification is being done through conventional plant breeding as well as by genetic modification. Conventional breeding, in which plants are selected for iron accumulating traits, has been used to develop iron-biofortified millet, rice, and beans.<sup>1</sup> In some cases, this fortification has led to beans that contain twice as much iron as unfortified beans.<sup>2</sup> This kind of biofortification of beans with iron also seems a promising way to increase iron intakes of vegans and other vegetarians.

Unfortunately, along with the higher iron concentrations, these fortified beans also seem to have higher concentrations of phytates. These phytates are notorious for binding iron in the human intestinal tract and keeping it from being absorbed. Removing or significantly reducing the phytate concentration of iron biofortified beans has markedly increased the amount of iron absorbed from them.<sup>2</sup> In addition to breeding beans to increase their iron content, selective breeding could also be done to reduce the concentration of phytates.<sup>2</sup> This could result in beans that are good sources of easily absorbed iron. Stay tuned — someday we may have beans that are high in iron and low in phytates.

<sup>1</sup> Tan GZH, Das Bhowmik SS, Hoang TML, et al. 2017. Finger on the pulse: pumping iron into chickpea. *Front Plant Sci*. 8:1755.

<sup>2</sup> Petry N, Egli I, Gahutu JB, et al. 2014. Phytic acid concentration influences iron bioavailability from biofortified beans in Rwandese women with low iron status. *J Nutr.* 144:1681-1687.

## Medication Use and Cancer Screening Practices of Vegetarians and Meat Eaters

We know that vegetarians and vegans eat differently from non-vegetarians, but are there other differences among these groups? A recent study examined some health-related behaviors in vegetarians and non-vegetarians living in the U.K. More than 30,000 men and women were studied. Based on their responses to dietary questionnaires, they were identified as being meat-eaters (ate any amount of meat), fish-eaters (did not eat meat but did eat fish), vegetarians (did not eat meat or fish but did eat dairy products and/or eggs), or vegans (did not eat meat, fish, dairy products, or eggs). Study participants were asked about their use of medications and about whether they participated in cancer screenings. Non-meat-eating women (includes fish eaters, vegetarians, and vegans) were less likely to use hormone replacement therapy than were women who ate meat, with the lowest usage seen in vegan women.

Non-meat-eaters were less likely to use any medication than were meat eaters. Approximately 56% of meat-eaters used at least one prescribed medicine, while only 28% of vegans used at least one prescribed medicine. The use of alternative therapies was not assessed.

Vegetarian and vegan women were less likely to participate in breast cancer screening than were meat eaters; there was no significant difference between the groups in rates of screening for cervical cancer. Vegetarian, but not vegan, men were less likely to be screened for prostate cancer.

The U.K. has different recommendations and practices with regard to screening for cancer than the U.S. does, and this could lead to different results in vegetarians in the United States. To learn more about current recommendations for cancer screening in the United States, see [www.cdc.gov/cancer/dcpc/prevention/screening.htm](http://www.cdc.gov/cancer/dcpc/prevention/screening.htm).

Tong TYN, Appleby PN, Bradbury KE, et al. 2017. Cross-sectional analyses of participation in cancer screening and use of hormone replacement therapy and medications in meat eaters and vegetarians: the EPIC-Oxford study. *BMJ Open.* 7:e018245.

## Italian Vegetarian Food Guide Includes Information for Pregnant and Lactating Women

As there are no official government recommendations to help vegetarians plan their diets, Italian scientists decided to develop their own food guide for adult vegetarians. Their plan includes calorie levels from 1,200 to 3,200 calories and includes meal plans for pregnant and breastfeeding women. The Italian guide includes six food groups: grains, protein-rich foods, vegetables, fruits, nuts and seeds, and fats. The plan also features a calcium-rich food group, which includes foods highest in calcium from all the groups except for fats. It has an omega-3-rich food group, which includes foods from the nuts and seeds group and the fats group. The plan recommends a specific number of servings of foods from each group, depending on calorie level and whether a woman is pregnant or breastfeeding. For example, an adult who needs 2,000 calories a day and who is not pregnant or breastfeeding is told to eat 10 servings of grains, 3 servings of protein-rich foods, 6 servings of vegetables, 2.5 servings of fruits, 2 servings of nuts and seeds, 2 servings of fats, 6 servings of calcium-rich foods, and 2 servings of omega-3-rich foods. Vitamin D supplements are recommended when there is little or no sunlight exposure. Supplemental DHA is recommended for pregnant and lactating women. Vitamin B<sub>12</sub> supplements are recommended since many fortified foods are not available in Italy.

This food guide makes sensible recommendations. You can read more about it at [http://jandonline.org/article/S2212-2672\(17\)31397-7/fulltext](http://jandonline.org/article/S2212-2672(17)31397-7/fulltext).

Baroni L, Goggi S, Battino M. 2017. VegPlate: A Mediterranean-based food guide for Italian adult, pregnant, and lactating vegetarians. *J Acad Nutr Diet.* [Epub ahead of print].

## Previous Scientific Updates Can Be Read Online

If you are interested in reading previous Scientific Updates that we've run in *Vegetarian Journal* over the years, be sure to visit our website here: <http://www.vrg.org/journal/ScientificDepartment.htm>.

# A Summer Picnic

## With a Pan-Asian Twist

By Zel Allen

When it came to picnics, I was tiring of the ordinary. I needed to tap my imagination and create something that could make dining in the park an extraordinary and compelling adventure. The usual thick, juicy sandwich and containers of potato salad and coleslaw simply would no longer do.

What if I left the usual American-style picnic foods behind and pretended I was on an Asian picnic tour, visiting faraway places like Japan, Korea, China, Vietnam, Indonesia, and Cambodia? That could include tantalizing and exotic aromas, flavors, and textures that would make picnicking extraordinary. Yes, this tour would take me to distant places, even if I travel only as far as my local park, beach, or leafy glen in the forest. There, I'll find a nice shady spot and spread out a feast with a touch of the Orient.

### What to Eat

To start my Pan-Asian picnic, I exchanged carrot sticks and ranch dressing for a delicious little appetizer that steals a flavor blend from Vietnam. The result was plump little *Bánh Mì Stuffed Mushrooms* to devour in a few bites. Because I adore nibbling on tasty little finger foods, there were tangy *Marinated Tempeh Stix*, a traditional food from Indonesia. Then, I ventured to Japan to offer a *Spicy Wasabi Sauce* for dipping those little fingers of tempeh.

Because this is a picnic, I wasn't bringing fancy platters or polished silver to this meal. Instead, I served *Chinese-Style Kohlrabi Cakes* with relaxed informality so everyone could dunk them into a savory Tamari-based sauce. These little patties are perfect finger food.

Nothing beats a solid fork for digging into a chunk of awesome *Bulgogi*, a dynamic, robustly seasoned seitan dish that's also popular in South Korea. Another Korean highlight I brought to the picnic was *Japchae* (pronounced Jop-jay), a flavorful, stir-fried yam-noodle dish enhanced with marinated tofu, mushrooms, green onions, carrots, and bell peppers. I love this dish — it absolutely zings with flavor!

Instead of typical condiments Americans might choose like ketchup, mustard, and mayonnaise, I switched to the pungent flavors of soy sauce, vinegar, ginger, and garlic for marinating, stir-frying, dipping, and assembling a delicious *Sweet & Sour Papaya Salad* or a *Pan-Asian Cherry Salad with Papaya Seed Dressing*. As an alternative, you might want to serve *Singapore Sesame Dressing* with the *Pan-Asian Cherry Salad*. *Yam Noodle Salad* is another delicious salad option.

What's for dessert is a question that's bound to come up, and are we ever ready! The Chinese-inspired dessert I included delivers in multiple ways. Of course, it is sweet, is easy to make, keeps well, requires no refrigeration or special handling, and is easy to transport. So, what is it? You'll just have to reach into the picnic pack and pull out the sweet surprise!

Beverages are a must, so perhaps I'll offer a cup of vegan wine, raise my glass, and shout "gaan-bay" — Chinese for "cheers" — to start the meal. My picnic pack could include a pungent red or dry white wine, or maybe both. Mustn't forget that corkscrew — that's one of the first things I tossed into the picnic pack. For serious thirst quenching, I packed a gallon thermos filled with a fruit-based iced tea beverage.

### How to Pack

For these recipes, my headnotes and serving tips will offer suggestions for the best way to pack and bring ease to the picnic enjoyment. On my list of items to pack are serving spoons, forks, and iced tea spoons, plus extra bags to collect used utensils at picnic end. For sure, I'll be packing paper (or better yet, reusable) plates or bowls and cups. While I'm still challenged by chopsticks, many people find them easy to maneuver and will welcome them while dining Pan-Asian style.

Packing the foods takes a little extra thought. Picnic time is when comfort and convenience are the top consideration, so you'll want to pack the foods in containers that make the dishes easy to serve without much fuss. Items with runny sauces, like the *Sweet & Sour*

*Papaya Salad*, dipping sauce for the *Kohlrabi Cakes*, and *Singapore Sesame Dressing*, require containers that seal securely and are important for avoiding spills.

While informality is my usual picnic style, I might pack a pretty tablecloth and cloth napkins to add a touch of home to the event. I've seen people bring long-stemmed crystal wine glasses and fancy candlesticks to the Hollywood Bowl, but that's the exception. Most people keep it simple.

When considering how I would transport all these delicacies, a couple of thoughts came to mind. For an intimate picnic for two, a traditional picnic basket with handles is ideal and adds a touch of romance, but a sizable cooler, perhaps one on wheels, is needed for a fun day at the park with the whole family.

And when the lovely day of picnicking comes to a close, I've made sure there were plenty of bags to collect the dirty plates, cups, napkins, and other discards. In some locales, it's hard to find a trash barrel. In that instance, I simply bring the throwaways home. Being a considerate citizen takes a little effort but goes a long way in keeping the picnic area clean. Also, it protects the little critters in the environment from ingesting food scraps that are not healthy for the wildlife.

## Bánh Mì Stuffed Mushrooms

(Makes 20 mushrooms)

My affinity for Vietnamese *bánh mì* sandwiches inspired this unique appetizer that turns the marinated carrot-and-daikon radish mixture into an awesome stuffing for mushrooms — just pick them up and nibble away! You can prepare these a day ahead, put them in a covered container, and tuck them into the fridge.

### Marinade

**½ cup plus 2 Tablespoons mild vinegar**

**½ cup warm water**

**¼ cup organic sugar**

Combine ingredients in a large bowl, mix well until sugar is fully dissolved, and set aside.

### Carrot Combo

**2½ medium carrots, coarsely shredded**

**½-pound daikon radish, coarsely shredded**

**2 teaspoons organic sugar**

**1½ teaspoons salt**

Place ingredients in a large bowl and massage the mixture for approximately 3-5 minutes or until carrots are very soft and flexible. Put the combo in a strainer and rinse well under running water to remove the excess salt. Drain completely, pressing out all excess liquid. Transfer the carrot/radish mixture to the marinade and set aside for at least 1 hour or up to 4 hours to marinate.

### Mushrooms

**Approximately 20 button or cremini mushrooms (¾ pound)**

**1-1½ Tablespoons extra-virgin olive oil**

**½ pound vegan ham or baked seasoned tofu**

**¼ cup vegan mayonnaise**

**1½ Tablespoons reduced-sodium soy sauce or tamari**

**1-2 Tablespoons black sesame seeds**

Preheat oven to 350 degrees. Remove stems from the mushrooms by pressing on them with your thumb. (Save the stems for another recipe.) Arrange the mushroom caps on a large rimmed baking sheet and brush with the oil. Bake for 10 minutes. Remove and cool the mushrooms by turning them upside down on a triple layer of paper towels so they can drain.

Put vegan ham or tofu, mayonnaise, and soy sauce or tamari into the food processor and pulse-chop briefly until ham or tofu is coarsely minced. Transfer mixture to a large bowl.

Remove Carrot Combo from marinade with a slotted spoon, squeezing out all the liquid. Add to vegan ham mixture and mix well to combine them.

Using a small spoon, stuff mushrooms until they are heaping, pressing on them firmly. Garnish the tops with a tiny pinch of black sesame seeds, pressing to secure them.

Total calories per mushroom: 63

Carbohydrates: 6 grams

Sodium: 316 milligrams

Fat: 3 grams

Protein: 4 grams

Fiber: 1 gram



**Bánh Mì Stuffed Mushrooms**

## Marinated Tempeh Stix with Creamy Wasabi Sauce

(Makes 15 pieces)

Finger foods are the happiest foods to enjoy at a picnic. In grand Indonesian style, these tempeh stix are marinated and briefly sautéed. For convenience, prepare these 1-2 days ahead, pack them in ready-to-go containers, and refrigerate.

### Tempeh Stix

**1/3 cup plus 1 Tablespoon rice vinegar**

**1/3 cup organic brown sugar**

**1 Tablespoon chopped ginger**

**1 garlic clove, minced**

**1/2 teaspoon reduced-sodium soy sauce**

**1/4 teaspoon crushed red pepper flakes, or to taste**

**8 ounces tempeh**

**Vegetable oil**

**Cluster of parsley, cilantro, or mint leaves, for garnish**

In a 4- to 5-cup container, combine vinegar, sugar, ginger, garlic, soy sauce, and pepper flakes and mix well. Cut tempeh crosswise into 3/8-inch strips and put them into the marinade. Cover the container securely and shake well, turning it in all directions to cover all the tempeh with the marinade. Refrigerate for 3-4 hours, turning the container frequently.

Preheat oven to 375 degrees. Arrange tempeh on a lightly oiled baking sheet and roast for approximately 20 minutes. Remove them from the oven and set aside to cool.

When cooled, put tempeh pieces in a quart-sized, heavy-duty zip-top plastic bag, put the bag in a covered container to protect it from getting crushed, and refrigerate until ready to pack. Put the cluster of parsley in a small plastic bag and tuck it into the tempeh container.

### Spicy Wasabi Sauce

**1/2 cup vegan mayonnaise**

**1 Tablespoon plus 1 teaspoon prepared dairy-free horseradish**

**3/4 teaspoon prepared wasabi, or to taste**

In a small bowl, combine mayonnaise, horseradish, and wasabi and mix well with a fork until smooth and creamy.

Transfer the sauce to a covered container and refrigerate until ready to pack.

To serve, unwrap tempeh and put stix on a heavy-duty paper plate. Put the container with wasabi sauce in the center or at the edge of the platter and garnish with the cluster of herbs.

Total calories per one stix: 70

Carbohydrates: 5 grams

Sodium: 80 milligrams

Fat: 4 grams

Protein: 3 grams

Fiber: <1 gram

## Chinese-Style Kohlrabi Cakes

(Makes ten 2-patty servings)

Kohlrabi, a vegetable related to cabbage that resembles a turnip and tastes somewhat like a broccoli stem, rarely receives the spotlight, yet it shines at the picnic table. This tasty, make-ahead recipe delivers colorful little patties — perfect appetizer bites for hungry picnickers who love dunking food into a lively sauce. Pack the kohlrabi cakes in a covered container that makes them easy to transport and serve. If kohlrabi is unavailable, substitute with turnips.

### Kohlrabi Cakes

**1 medium kohlrabi (approximately 1/2 pound), peeled and coarsely shredded**

**1 small carrot, peeled and coarsely shredded**

**1 medium daikon radish, coarsely shredded**

**1/2 cup chopped green onions**

**1/2 cup diced red bell peppers**

**1/2 cup brown rice or any rice flour**



**Marinated Tempeh Stix with Creamy Wasabi Sauce**

- 1 Tablespoon toasted sesame seeds**
- 2 teaspoons sesame oil**
- ¼ teaspoon salt**
- 1 small clove garlic, minced**
- ½ cup ice cold water**
- 2 Tablespoons Follow Your Heart VeganEgg (available in natural foods stores or online)**

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

In a large bowl, combine all ingredients except for water and VeganEgg. Mix well to distribute ingredients evenly.

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

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

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

#### Asian Dipping Sauce

- 2 Tablespoons reduced-sodium soy sauce or tamari**
- 2 Tablespoons rice vinegar**
- 1 Tablespoon mirin (Japanese rice wine) or white wine**
- 1-2 teaspoons sesame seeds**
- 1 teaspoon minced ginger**
- 1 teaspoon sesame oil**
- 2 garlic cloves, minced**

In a small bowl, combine all ingredients and mix well. Cover securely. The sauce makes a tasty accompaniment for the *Kohlrabi Cakes*.

Total calories per serving: 76  
 Carbohydrates: 12 grams  
 Sodium: 356 milligrams

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



Chinese-Style Kohlrabi Cakes

## Bulgogi

(Serves 5)

A traditional Korean main dish usually made with beef, this flavor-infused vegan version features hearty chunks of tempeh and seitan. It pairs well with a variety of salads and noodle dishes. In addition, it is enhanced with an irresistible sweet-and-sour marinade that makes it a stand-out picnic centerpiece.

### Marinade

- ¼ cup reduced-sodium soy sauce**
- 2 Tablespoons plus 1 teaspoon organic sugar**
- 2 Tablespoons plus 1 teaspoon mirin (Japanese rice wine)**
- 1½ Tablespoons sesame oil**
- 1 Tablespoon maple syrup or agave nectar**
- 1 Tablespoon toasted sesame seeds**
- 1 Tablespoon chopped green onions**
- 2 cloves garlic, minced**
- ¼ teaspoon ground pepper**
- ⅛-¼ teaspoon crushed red pepper flakes**

### Seitan/Tempeh Combo

- 1 pound sliced or chopped seitan**
- 8 ounces tempeh, cut into ½-inch pieces**
- 1 small red onion, cut into half moons**
  
- 1 medium red bell pepper, cut into thin julienne slices**
- 1 teaspoon sesame oil**



Bulgogi

In a large bowl, combine marinade ingredients. Add seitan, tempeh, and onions to the bowl, combine, and marinate in the refrigerator for 30 minutes to 2 hours.

While the mixture is marinating, put bell peppers into a large, deep skillet with sesame oil. Cook and stir over high heat until the peppers are just tender, approximately 1½-2 minutes. Remove bell peppers and set them aside.

Transfer the marinating ingredients, including marinade liquid, to the skillet and cook and stir approximately 3-4 minutes until juices evaporate and onions are softened. Stir in bell peppers to garnish, cook for 1 minute, and set aside to cool completely. Transfer to a securely covered container and refrigerate.

Total calories per serving: 334	Fat: 13 grams
Carbohydrates: 25 grams	Protein: 32 grams
Sodium: 834 milligrams	Fiber: 2 grams

## Japchae

(Serves 6)

*Japchae* (pronounced Jop-jay) is a very tasty, traditional Korean, vegetable-happy stir-fry noodle dish that can be enjoyed warm or cold. It makes a perfect main dish picnic item because it's all enclosed in one covered container and then carefully transported to the picnic.

The key to making this dish with ease is having all of the vegetable items prepped in advance and the seasoning ingredients ready to use near the stovetop. You should also have handy a set of measuring spoons, a large deep skillet, a stockpot to cook the noodles, a colander, and a large bowl to hold the salad. That way, the dish actually comes together quickly.

### Tofu Marinade

- ½ pound extra-firm tofu, cut in half lengthwise and then thinly sliced crosswise**
- 5 fresh shiitake mushrooms, stems discarded and caps sliced (or dried shiitakes soaked for 3 hours to soften, then sliced)**
- 1 garlic clove, minced**
- 1 Tablespoon plus 1 teaspoon reduced-sodium soy sauce or Bragg Liquid Aminos**
- 1½ teaspoons organic sugar**
- 1 teaspoon sesame oil**
- Freshly ground pepper to taste**

In a medium bowl, combine ingredients and mix well with a wooden spoon. Set aside to marinate while you prepare the noodles, vegetables, and sauce below.

#### Noodles

**Approximately 10-12 cups water to cook noodles**

**4 ounces yam noodles (also called sweet potato noodles, available in Asian and natural foods stores)**

**Warm water to rinse noodles**

**2 teaspoons vegetable oil**

Fill stockpot with water and bring to a boil. Drop in noodles and cook until they are transparent and soft, approximately 5-6 minutes. Drain noodles in a colander and rinse them in warm water. Drain well and put them into the large bowl. Use a kitchen scissors to cut noodles into manageable lengths, approximately 6 inches. Add vegetable oil and mix with your hands to distribute the oil throughout. Set aside.

#### Vegetables

**5 teaspoons sesame oil, divided**

**1 medium onion, cut into thin half-moons**

**3 large green onions, cut crosswise into 2-inch pieces**

**Pinch salt**

**10-12 button mushrooms, sliced**

**1 large carrot, peeled and cut into 2-inch matchsticks**

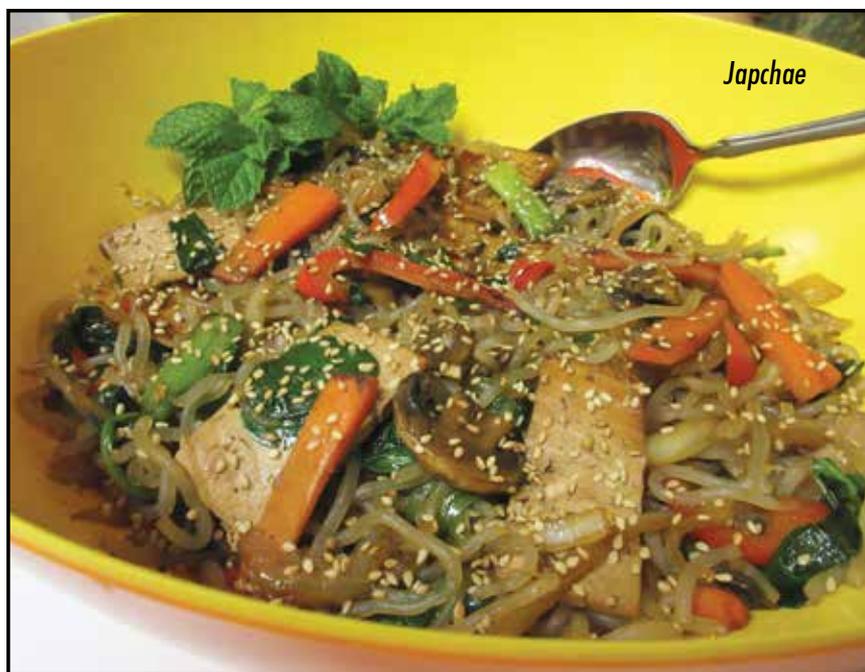
**1 medium red bell pepper, cut lengthwise into thin strips**

**4 ounces baby spinach**

Put 1 teaspoon sesame oil into the skillet and warm over medium heat. When hot, add onions, green onions, and salt. Using a wooden spoon, stir-fry for approximately 2 minutes, until just tender. Transfer to the bowl with the noodles and set aside.

Add 2 more teaspoons sesame oil to the skillet and heat. Add button mushrooms. Cook and stir over medium-high heat until just tender, approximately 1½-2 minutes. Transfer to the bowl with the noodles and set aside.

Add remaining 2 teaspoons sesame oil to the skillet and heat. Add carrots and bell peppers and stir-fry for approximately 2 minutes, until just tender. Add spinach and stir in until just wilted, approximately 30 seconds. Transfer to the noodles bowl.



Add *Tofu Marinade* ingredients to the skillet and stir-fry over medium-high heat for 1-2 minutes or until shiitake mushrooms are cooked. Add the skillet contents, marinade and all, to the noodle bowl.

#### Seasoning Sauce

**2 garlic cloves, minced**

**2 Tablespoons reduced-sodium soy sauce**

**1 Tablespoon organic sugar**

**Freshly ground pepper to taste**

**2 teaspoons sesame oil**

In a small bowl, combine *Seasoning Sauce* ingredients. Mix well and add to the noodle bowl.

Finally, combine all ingredients in the noodle bowl using your hands to mix well and distribute all the vegetables evenly. Taste and adjust seasoning.

#### Garnish

**1-2 Tablespoons toasted sesame seeds**

**Sprigs of fresh mint or cilantro**

Sprinkle sesame seeds over the top of the noodle-veggie mixture. Add some sprigs of mint or cilantro to the center or the edge of the bowl and serve with a large spoon or tongs.

Total calories per serving: 233  
Carbohydrates: 29 grams  
Sodium: 434 milligrams

Fat: 11 grams  
Protein: 7 grams  
Fiber: 3 grams

## Sweet & Sour Papaya Salad

(Serves 5)

The lively blend of seasonings in this salad encompasses the definitively sweet, salty, sour, and spicy flavors so typical of Cambodian cuisine. Though the Maradol papaya's native home is Mexico, it's become a very common fruit eaten throughout Southeast Asian countries. When green, the papaya is firm and not very sweet. Wait until the flesh turns more yellow, feels soft when gently squeezed, and develops a few dark spots. Then, it will be delicately sweet, juicy, and delicious, especially when splashed with sweet-and-sour seasonings.

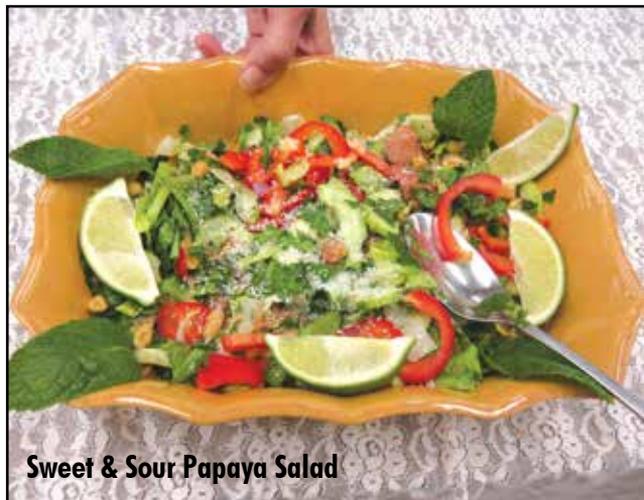
### Salad

- 2 ripe medium Maradol papaya (Mexican papaya), cut into bite-sized chunks**
- 3-4 romaine lettuce leaves, thinly sliced**
- 1 large cucumber, peeled, halved lengthwise, and cored, or 2 Persian cucumbers, unpeeled and thinly sliced**
- 1 cup chopped mint leaves**
- ½ large red bell pepper, cut into thin julienne slices**  
**1½ inches long**
- ½ cup chopped basil or cilantro leaves**
- 4 heaping Tablespoons roasted, unsalted peanuts**
- 1 shallot, chopped**

In a large bowl, combine ingredients and toss well.

### Dressing

- 2 Tablespoons plus 2 teaspoons organic brown sugar**
- 2 Tablespoons rice vinegar**
- Juice of 1 lime (approximately 2 Tablespoons)**
- ¾ teaspoon salt**
- Pinch cayenne**



Sweet & Sour Papaya Salad

In a small bowl, combine ingredients. Mix well and add to salad just before serving. Toss well and transfer to an attractive serving bowl.

### Garnish

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

Sprinkle coconut over the top and garnish with herbs and lime wedge.

Total calories per serving: 141  
Carbohydrates: 24 grams  
Sodium: 363 milligrams

Fat: 4 grams  
Protein: 4 grams  
Fiber: 5 grams

## Pan-Asian Cherry Salad with Papaya Seed Dressing

(Serves 10)

Typical Asian salads differ greatly from our familiar, lettuce-based American versions. Here, I've applied a little Asian-American fusion by featuring Asian ingredients like baby corn, snow peas, and bean sprouts along with leafy lettuce and beans. Maradol papayas have their origin in Mexico and Central America but have also migrated to Southeast Asia, where they are very popular fruit. The papaya seeds lend their uniquely pungent flavor to a delicious salad dressing.

Pack the salad in a large covered container, pack tongs for serving, and pour the dressing into a bottle for easy serving.

### Cherry Salad

- ½-1 pound fresh cherries**
- ½ head romaine lettuce, torn into bite-sized pieces or finely shredded**
- ½-1 head red leaf, green leaf, or butter lettuce, torn into bite-sized pieces or finely shredded**
- One 14-ounce can kidney beans, drained and rinsed**
- One 15-ounce can straw mushrooms, drained**
- ¼-½ pound button mushrooms, sliced**
- 2 cups purple cabbage, chopped or finely shredded**
- 1 large carrot, peeled and coarsely shredded**
- ½ pound snow peas, tough ends trimmed**
- ¼-½ pound bean sprouts**
- One 15-ounce can baby corn, drained and cut in half crosswise**
- ¼-½ bunch fresh regular basil, Thai basil, or mint, chopped**

Wash cherries well and dry them with paper towels. Use a cherry pitter to remove the pits, and cut each cherry in half. Set aside for garnish.

In a large salad bowl, combine lettuces, beans, mushrooms, cabbage, carrots, snow peas, and sprouts. Use salad tongs to toss all ingredients together.

Garnish the top of the salad with baby corn, fresh cherries, and chopped fresh basil or mint. Cover the salad and refrigerate until ready to pack for the picnic. At serving time, toss again and serve with the *Papaya Seed Dressing* on the side. (See *Note* below.)

**Papaya Seed Dressing** (Makes 1½ cups)

- ¼ cup fresh papaya seeds from a Maradol papaya**
- 2 green onions, coarsely chopped**
- ½ cup water**
- ¼ cup fresh lemon juice**
- ¼ cup rice vinegar**
- 2 Tablespoons plus 1 teaspoon reduced-sodium soy sauce or tamari**
- 1 Tablespoon plus 1 teaspoon organic sugar**
- 1 large clove garlic, coarsely chopped**
- 1 teaspoon sesame oil**
- 1 teaspoon dark miso**
- ¼ teaspoon salt**
- ¼ teaspoon xanthan gum or guar gum**

Scrape seeds from one papaya into a bowl, and remove only the amount needed for making the dressing. Refrigerate the remaining seeds for a future recipe. (See *Note* below.)

Put papaya seeds in a blender and add remaining *Papaya Seed Dressing* ingredients. Process on high speed until smooth and lightly thickened.

Use a funnel to pour the dressing into a narrow-neck bottle for easy serving, close bottle, and chill until ready to pack for the picnic. Refrigerated, the dressing will keep for up to 1 week. Shake well before using.

*Notes:*

- If you are looking for an alternative to the *Papaya Seed Dressing*, the *Singapore Sesame Dressing* recipe that follows is a great choice.
- Some papayas are very abundantly endowed with seeds and contain more than you'll need for this dressing. If you're not ready for a second batch of the dressing right away, put the leftover seeds in a small, covered container or plastic bag. Refrigerate them for up to 4 days or freeze them for up to 6 months.

Total calories per serving: 108  
Carbohydrates: 21 grams  
Sodium: 402 milligrams

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

## Singapore Sesame Dressing

(Makes 1¼ cups)

My son, who lives in the Philippines, raved about his favorite sesame dressing available only in his local markets. After he described the flavors and possible ingredients, I headed for the kitchen to prepare this dressing in anticipation of his upcoming visit. He loved it, and so did my husband. The dressing makes a delightful alternative to *Papaya Seed Dressing* for the *Pan-Asian Cherry Salad*.

- ½ cup water**
- ¼ cup organic canola oil**
- ¼ cup sesame oil**
- 2½ Tablespoons distilled vinegar**
- 2 Tablespoons roasted sesame seeds**
- 2 Tablespoons soy sauce or tamari**
- 1 teaspoon packed organic brown sugar**
- ½ teaspoon xanthan gum or guar gum**

In a blender, combine all ingredients and blend on high speed for a full minute. Using a funnel, pour dressing into a narrow-neck bottle for easy serving. Use immediately or cover and chill until ready to serve. Refrigerated, the dressing will keep for 7-10 days. Shake well before using.

Total calories per 2 TB serving: 110  
Carbohydrates: 1 gram  
Sodium: 125 milligrams

Fat: 12 grams  
Protein: <1 gram  
Fiber: <1 gram



**Pan-Asian Cherry Salad  
with Papaya Seed Dressing**

# Yam Noodle Salad

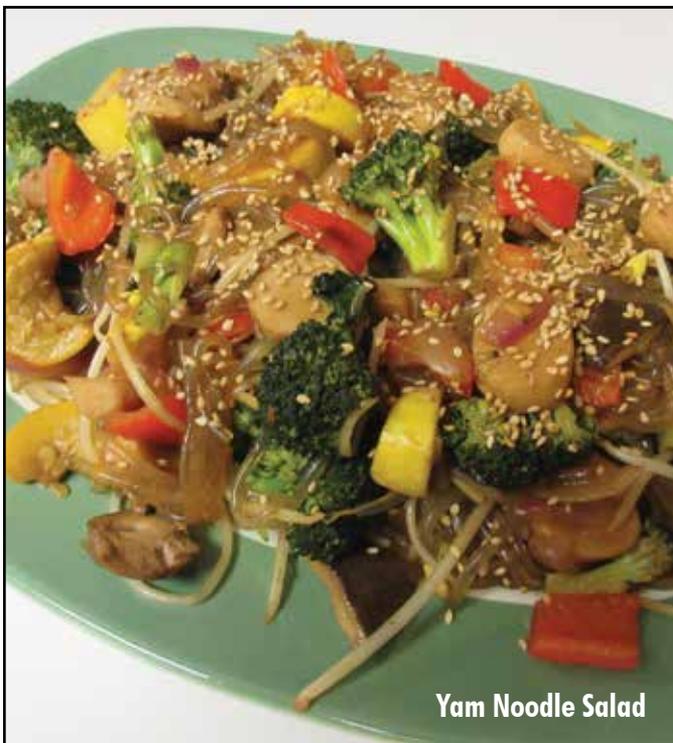
(Serves 6)

A succulently flavored salad, this recipe could be considered Pan-Asian as the noodles, known as *konjac* or *shirataki*, are native to Japan, China, and Indonesia.

For the picnic, pack the salad in a large, covered container and bring 2 large serving spoons. Pack the sesame seeds in a separate small container and sprinkle a bit over each serving for the finishing touch.

## Vegetable Stir-Fry

- 2 small broccoli crowns, cut into florets**
- One 9.5-ounce package king oyster mushrooms, sliced crosswise**
- 1 medium onion, thinly cut into half moons**
- 1 medium yellow squash, sliced and slices halved**
- 1 medium red bell pepper, chopped**
- 1 Tablespoon chopped ginger**
- 1 Tablespoon sesame oil**
- 1 Tablespoon grapeseed oil**
- 2 garlic cloves, chopped**
- 1/8-1/4 teaspoon crushed red pepper flakes**
- 1/4 cup rice vinegar**
- 3 Tablespoons plus 1 teaspoon reduced-sodium soy sauce**
- 1 teaspoon maple syrup**
- 1/4 teaspoon Lee Kum Kee chili bean sauce (optional; available on Amazon.com)**



Yam Noodle Salad

In a large non-stick skillet, combine broccoli, mushrooms, onions, squash, bell peppers, ginger, sesame and grapeseed oils, garlic, and pepper flakes. Cook and stir over high heat for approximately 4-6 minutes or until the vegetables are just tender.

Turn off the heat and add remaining ingredients. Mix well and set aside.

## Noodles

**8-10 cups water**

**4 ounces yam noodles (also called sweet potato noodles, available in Asian and natural foods stores)**

**Warm water to rinse noodles**

**2 teaspoons grapeseed oil**

**2-3 Tablespoons toasted sesame seeds, for garnish**

In a 6- to 8-quart pot, bring water to a boil. Add noodles and cook for 5-7 minutes or until the noodles are softened.

Drain noodles in a colander and rinse in warm water. Drain well. Use kitchen scissors to snip the noodles into smaller lengths for easier handling. Add grapeseed oil, mixing it into the noodles with your fingers.

Add cooked noodles to the *Vegetable Stir-Fry*, tossing them with a wooden spoon or your fingers to distribute them throughout. Transfer the salad to a serving platter and garnish with sesame seeds.

Total calories per serving: 189

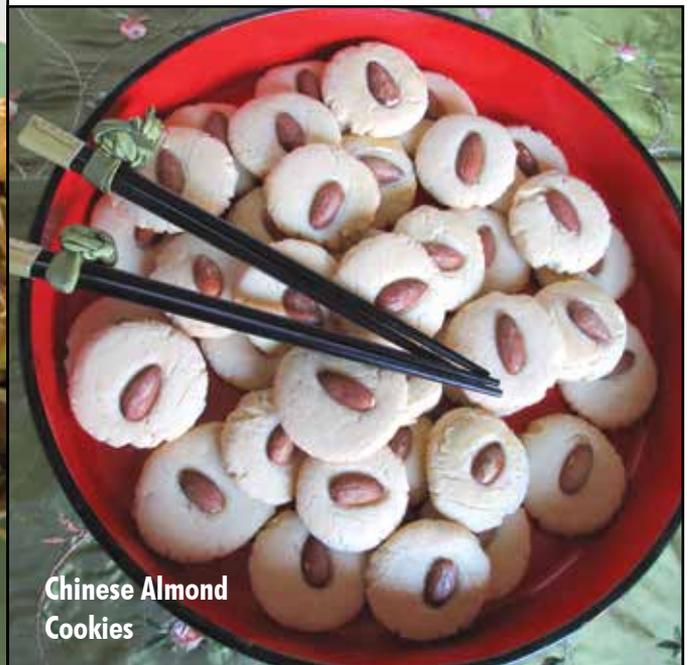
Carbohydrates: 27 grams

Sodium: 347 milligrams

Fat: 8 grams

Protein: 4 grams

Fiber: 3 grams



Chinese Almond Cookies

## Chinese Almond Cookies

(Makes 4 dozen cookies)

Chinese restaurant meals sometimes conclude with an almond cookie and a dish of orange slices. Bake these cookies up to 3 days ahead, or place them in the fridge or freezer for longer storage. To avoid crushing the cookies, pack them in a firm covered box or container.

### 2 Tablespoons Follow Your Heart VeganEgg (available in natural foods stores and online)

½ cup ice water

1 cup vegan margarine

¾ cup organic sugar

1 teaspoon almond extract

2¼ cups all-purpose flour

1 teaspoon baking powder

¼ teaspoon salt

4 dozen whole or blanched almonds

Preheat oven to 350 degrees and have ready 2 large rimmed baking sheets covered with parchment paper.

In a small bowl, combine VeganEgg and ice water. Use a small whisk to blend the mixture into a smooth creamy texture. Set aside.

In a large bowl, combine margarine, sugar, and almond extract. Using the back of a spoon, mash and mix until all the ingredients are incorporated. Stir until smooth and creamy.

In a medium bowl, combine flour, baking powder, and salt and mix well to distribute the ingredients evenly. Add the flour mixture into the large bowl a little at a time, mixing well after each addition.

Form dough into balls approximately 1¼-inch in diameter and place them on the baking sheets approximately 2 inches apart. Oil the bottom of a drinking glass and press on the balls to flatten slightly. Press an almond into the center of each cookie and brush cookie tops with VeganEgg mixture.

Bake cookies for 12-14 minutes. Then, switch the baking sheets around on the oven racks and bake 4-5 minutes longer. Remove and cool.

Total calories per cookie: 75

Carbohydrates: 8 grams

Sodium: 62 milligrams

Fat: 4 grams

Protein: 1 gram

Fiber: <1 gram

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

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## VRG's Vegan Dinner in Washington, DC

### Sunday, October 21, 2018, at 6 p.m.

The Vegetarian Resource Group will host a vegan dinner at **Busboys and Poets** in Washington, DC (approximately three blocks from the Convention Center) on Sunday, October 21, 2018, during the annual meeting of The Academy of Nutrition and Dietetics. Meet VRG advisors Reed Mangels, PhD, RD; Catherine Conway, MS, RD; Mark Rifkin, MS, RD; Debra Wasserman; Charles Stahler; and vegetarian dietitians from around the country. All are welcome.

#### MENU

- BBQ Vegan Chicken Bites
- Beans and Wild Rice (Black beans, guacamole, pico de gallo)
- Crispy Brussels Sprouts (Brussels sprouts with shallots, agave vinaigrette)
- Chocolate Chip Cookies
- Tabbouleh (Quinoa, parsley, tomatoes, green onions, lemon juice)
- Fountain drinks and iced tea included

#### MUST RESERVE AND PAY IN ADVANCE!

Send \$35 per person (includes tax and tip) with attendee names to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. Call (410) 366-8343. Or pay at [www.vrg.org/donate](http://www.vrg.org/donate) and write "DC Dietitian Dinner" and attendee names on the "Comments" box.

# ACADEMY OF NUTRITION AND DIETETICS CO-FOUNDER LENNA FRANCES COOPER

## A Pioneer in Vegetarian Nutrition and Dietetics

By John Westerdahl, PhD, MPH, RDN, FAND

As the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) celebrates its 100<sup>th</sup> anniversary, it is a good time to reflect on the Academy's rich history. It is a time to honor and recognize the visionary women who started this professional nutrition organization. One such woman was the Academy's co-founder Lenna Frances Cooper. In describing her character and dedication to the dietetic profession, the July 1965 *Journal of The American Dietetic Association* states, "This woman who accomplished so much in the field of applied nutrition and dietetics was slight of stature, quiet in voice, and gentle in manner, but she had the true spirit and courage of the pioneers. She had vision, steadfastness of purpose, high integrity, and a thirst for knowledge which she shared freely with her students and staff. Her warm personality and deep understanding of others made her an ideal teacher and dietitian and won friends wherever she went."

Lenna achieved much in her nutrition and dietetics career. To give structure and professionalism to the field of dietetics, she was the first to propose the formation of and co-founded the American Dietetic Association (now known as the Academy of Nutrition and Dietetics) in 1917. She became the Academy's first vice president and later served as the fourteenth president in 1937. During World War I, she was the first Supervising Dietitian for the U.S. Army (1918-1919). In 1929, as a charter member, she became the first president of the Michigan Dietetic Association. Lenna served on the staff of the U.S. Surgeon General and

created the Department of Dietetics at the National Institutes of Health. Her greatest renown came as senior author of *Nutrition in Health and Disease*, used as a textbook for 30 years in dietetic and nursing programs throughout the world.

Each year at FNCE (the conference of the Academy of Nutrition and Dietetics), the Academy recognizes and honors Lenna's legacy of leadership in nutrition

and dietetics through the presentation of the Lenna Frances Cooper Memorial Lecture Award. This highly esteemed award is presented to a dedicated Academy member, notable and inspiring speaker, and role model who has made significant contributions to the profession of nutrition and dietetics. Still, few people are aware of Lenna's personal career background and history as a pioneer in the field of vegetarian nutrition and dietetics. Her study and career in foods and nutrition began with a focus and specialization in vegetarian nutrition.

In 1901, Lenna graduated in nursing from the Battle Creek Sanitarium (a Seventh-day Adventist health institution)

in Battle Creek, Michigan. It was there that she became a protégé of the famed vegetarian physician, Dr. John Harvey Kellogg, superintendent and medical director of the sanitarium. During the early part of the 20<sup>th</sup> century, the Battle Creek Sanitarium became world famous as a leading medical center, spa-like wellness institute, and grand hotel that attracted thousands of patients actively pursuing health and well-being. The sanitarium served only vegetarian meals to its patients and visitors.



Under the tutelage and inspiration of Dr. Kellogg and his wife, Ella Eaton Kellogg, Lenna first developed her love for the study of foods and their scientific preparation. Dr. Kellogg encouraged Lenna to study foods and food chemistry at the Drexel Institute in Philadelphia, where she excelled in her studies. Later, she received her bachelor's and master's degrees from Columbia University in New York City.

Dr. Kellogg appointed Lenna the Chief Dietitian of the Battle Creek Sanitarium and the Director and Dean of the Battle Creek Sanitarium School of Home Economics. Vegetarian nutrition and cooking were the foundation of the dietetics courses taught at the school under Lenna's supervision. More than 500 dietitians graduated from Battle Creek during her tenure. Lenna became a leading proponent for health care through diet and a pioneer in the field of vegetarian nutrition and dietetics. Lenna's first book, *The New Cookery* (Good Health Publishing, 1913), featured nutritionally balanced, attractive, and palatable vegetarian recipes, most of which were served at the Battle Creek Sanitarium.

“Dr. Kellogg appointed Lenna the Chief Dietitian of the Battle Creek Sanitarium and the Director and Dean of the Battle Creek Sanitarium School of Home Economics. Vegetarian nutrition and cooking were the foundation of the dietetics courses taught at the school under Lenna's supervision.”

Many of these unique recipes incorporated the innovative nut-, wheat gluten-, and legume-based meat substitutes, whole-grain cereals, and other vegetarian food products that were originally created at the sanitarium. Working closely with Dr. Kellogg, Lenna developed the vegetarian cuisine/medical nutrition therapy menus that were served to the sanitarium's patients.

Because of her multifaceted talents and accomplishments in dietetics at the Battle Creek Sanitarium, Lenna's reputation as a leader in her field gradually became recognized on a national level. Those early days of training and experience working at Battle Creek gave her a strong foundation in nutritional science that paved the way to an illustrious career.

As the Academy begins its second century, we thank Lenna Frances Cooper for her vision and leadership as a cofounder of this professional organization. We also acknowledge her pioneering work in the field of vegetarian nutrition and dietetics. Today, scientific research continues to confirm that plant-based and vegetarian diets are an important nutritional approach to the prevention, treatment, and even the potential reversal of many of the chronic diseases facing the world today. Lenna was way ahead of her time.

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**John Westerdahl, PhD, MPH, RDN, FAND, is a Past Chair of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics. He is in private practice specializing in vegetarian nutrition and hosts a weekly national radio show, Health & Longevity, on the LifeTalk Radio Network.**

# Cool Cucumber Concepts

By Nancy Berkoff, RD, EdD, CCE

Cucumbers are delicious to eat, not to mention refreshing inside and out! When you go to the market, choose cucumbers that are smaller, have even coloring, and have firm tips. Older cucumbers tend to be longer and have softened tips; they may have tough seeds and may not be juicy. Persian-style and English-style cucumbers generally have very small seeds and an edible peel. They don't have as long a shelf life as "traditional" cucumbers, but they tend to be easier to digest and provide a higher yield, as nothing is discarded. Cucumbers have a high water content, so plan to store them in a cool place so they don't dry out.

Cucumbers don't take a lot of preparation. You'll want to wash them, cut a thin slice, and taste to see if you would like to leave the peel on. Then, you can use them in many ways, so be certain to keep enough fresh ones on hand to use throughout your menu:

- On a hot day, turn leftover tomato soup into a fast gazpacho by adding diced cucumbers and either a dash of hot sauce or some minced chilies.
- Blend ripe avocados until smooth, thin with some soy or almond milk, stir in minced cucumbers, and add either chopped grapes or mangoes for a creamy, cold soup.
- If you purchase some ready-to-eat macaroni or pasta salad, potato salad, tabbouleh, or fattoosh, you may want to add some minced cucumber. You can create a falafel salad, combining leftover, cold, chopped falafel with chopped cucumbers and a dressing of your choice.



- Purée cucumbers in a blender or food processor, mix with lime juice, and add chili powder if you like. Freeze the mixture as ice cubes for beverages or white wine, or use it as a refreshing sorbet or individual popsicles.

## Sliced Cucumbers

One of the most common cucumber preparations is a simple slice. You can peel the cucumbers or leave the peel on before you begin slicing them, depending on your preference. Add sliced cucumbers to ready-to-eat burritos, sub sandwiches, or falafel for extra crunch. If you have some wonderful bread available, a cucumber and tomato sandwich, lightly dressed with vegan mayonnaise or hummus, is a delight. Plus, leftover cucumber slices can be added to cold water or iced tea.

Here are some tasty sliced cucumber pairing ideas:

- Cucumber, tomato, and red onion
- Cucumber, sesame seeds, and nori
- Cucumber, avocado, and garlic
- Cucumber, scallions, and parsley
- Cucumber, vegan sour cream, and dill
- Cucumber, vegan yogurt, and basil or cilantro

## Cucumbers for Salads

Cucumbers can play a supporting role in salads or can be the main event:

- Chopped cucumbers, watermelon, and red onions, sprinkled with balsamic vinegar and either nutritional yeast or crumbled vegan cheese
- Diced cucumbers, halved cherry tomatoes or diced salad tomatoes, cubed avocado, and croutons
- Chopped cucumbers, black olives, cooked and chilled pasta, and either crumbled smoked tofu or veggie crumbles
- Diced cucumbers tossed with fresh dill and either plain vegan yogurt or vegan sour cream mixed with lime juice

- Sliced cucumbers mixed with fresh or roasted fennel and garlic paste
- Diced cucumbers tossed with garlic and ginger paste, minced fresh chilies or bell peppers, and shredded carrots
- Thinly sliced cucumbers and radishes, sprinkled with vinegar, organic brown sugar, and red pepper flakes

### Asian-Inspired Ideas

When you have a bit of time and want to practice your knife skills, you may want to try some Asian-style cucumber preparations:

- Cut cucumbers into matchsticks (approximately 1 inch x ¼ inch), and you can use them along with

cold rice, a sprinkle of vegan sweetener, and a light vinegar to create fast sushi. Use nori as a wrapper... You are ready to go!

- Toss your matchsticks with crumbled nori, rice vinegar, toasted sesame seeds, and sesame oil. Instead of the sesame oil, you can prepare a light dressing with soy sauce and citrus juice, such as tangerine or grapefruit.
- Try a diced cucumber salad tossed with diced fresh or canned pineapple, vinegar, minced chilies, and a bit of vegan sweetener for a Malaysian-style cucumber salad.
- Use a vegetable peeler to create long cucumber ribbons and toss with rice vinegar, a small amount of oil, white pepper, and a dash of hot sauce for an Asian cucumber-based salad.

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### THE VEGETARIAN RESOURCE GROUP IN THE NEWS

Elsa Spencer (PhD, Nutrition) represented The Vegetarian Resource Group in an outstanding radio interview for Radio One's WOLB, discussing veganism and answering callers' questions. VRG's Nutrition Advisor Reed Mangels, PhD, RD, did an interview on vegan kids for *NowThis Food*.

### VEGAN EDUCATION

The Vegetarian Resource Group helped a European start-up find information on co-packers who specialize in vegetarian products. VRG's Food Service Advisor Chef Nancy Berkoff, EdD, RD, participated on an Oldways panel discussing creating plant-based solutions for health-care settings. Nancy continues to work with the City of Long Beach, CA, senior citizens programs to provide education and incorporate vegetarian menus. She also continues to teach several vegetarian courses at local colleges and universities and to consult with several skilled nursing facilities to assist with vegetarian menus.

## 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.

# Getting Vegan Food into Elementary Schools

By Amie Hamlin

**S**chools are the places where children go to learn each day, and parents count on the staff doing everything they can to protect their children. Still, there is at least one area where schools are usually out of step with what research shows will protect our children — food and nutrition. This is not unique to schools — it is a society-wide problem.

Despite the updated school meal standards that began in 2012 and the updated snack standards that began in 2014, schools are still full of unhealthful food. Typically, the following are still present in schools: bake sales, Halloween candy, cupcakes for birthday parties, chocolate milk at breakfast and lunch, highly processed breakfasts, and lunch entrées that resemble fast food (though they are likely to have far less sodium and fat than fast food, to meet the regulations). Wellness policies required by the federal government are supposed to address these kinds of things, but oftentimes, the policy is tucked away in a binder and not a living document.

This article focuses on school breakfasts and lunches. Schools in New York City; Ithaca, NY; and one small

upstate New York district work in partnership with the Coalition for Healthy School Food. In Ithaca and the small school district, vegan entrées have been added to the menus. In New York City, the coalition worked with the New York City Office of School Food to create a vegetarian menu and offer it to schools as an option. As a result, there are now at least five vegetarian schools in New York City (and likely more since the time this article was written).

Offering vegan entrées does not cost more — if it did, schools would not be able to offer them. Schools have approximately \$1.10 to spend on the actual food costs for a lunch, out of the \$3.23 reimbursement for a student receiving a free meal. The rest of the money goes to cover staff pay and benefits, equipment repair and replacement, and sometimes utilities. Expensive ingredients are not possible, so vegan cheese, tempeh, avocados, miso, and many of the faux meats are not likely to be on school menus. In addition, non-dairy cheese would not qualify as a reimbursable component and therefore would be an extra cost schools cannot afford.

There are many ways that schools could add vegan options to their menus: Meatless Mondays, Tasty (or Try It) Tuesdays, Wellness Wednesdays, or World Food Day Thursdays. They could add hummus or cold bean salads that count as a meat alternate to their salad bars.

## An Amazing Event to Support Healthy Plant-Based Foods in Schools

Each year, the Coalition for Healthy School Food celebrates with a Fall Gala in New York City to raise funds for its programs to get vegan food on the menus and to educate the whole school community about the benefits of plant-based diets. The event is an all-you-can-eat food tasting, and every year, supporters flock to this event for the incredible food and entertainment. This year's gala is Thursday, October 18. The theme is "Our Heroes: Creating REEL Change," and it will honor the makers of some of the most important food and nutrition documentaries. For more information, see [www.healthyschoolfood.org](http://www.healthyschoolfood.org).

## Understanding the School Meal Program

It's important to have a basic understanding of the school meal program before trying to work with a school to make changes. The most important thing to know is that changing school food is not a quick fix. These kinds of changes take time and require resources. The Coalition for Healthy School Food can help by providing advice, recipes, and resources.

Developing relationships is important, as is being able to determine your point of entry into the system. For example, if the Food Service Directors are not receptive, you may need to go to the school board or superintendent. But it would be best to go directly

to the Food Service Directors first, so that they feel respected. Work with them and be helpful. They don't need more work to do, so getting extra feet on the ground to help implement changes is important. See the Food Service Directors as your friends; if you are serious about creating change, you will be spending a lot of time with them.

Schools may be "Self-Op," meaning the school district employs the food service personnel, or the schools may work with an outside company (contract management) to employ food service personnel. Either way, the funding for school meals does not come from the school budget; the program operates completely separately. Funds come from federal and state reimbursements (most, but not all, states provide an additional reimbursement), paid meals, à la carte sales, and catering. Some schools do a lot of scratch cooking, and others do none, using all frozen, canned, or otherwise packaged foods. Some schools cook/prepare food out of a central kitchen, distributing food to other schools in the district, while others do this in their own kitchens.

A school breakfast consists of three categories of food: milk, grain, and fruit (or vegetable). Schools must offer four items from these three categories, students must take three food items for the meal to be considered "reimbursable" (by the federal government), and one of the items taken must be fruit. For each breakfast taken, the federal government will reimburse the school, typically \$1.75 for a child receiving a free breakfast in the contiguous 48 states in a non-severe-need school. (Schools that have 60% or more of students eligible for free meals are considered "severe-need" and receive higher reimbursement rates.)

For lunch, five categories of food must be offered: meat or meat alternate, grain, vegetable, fruit, and milk. Of these five components of food, only three components need to be taken for the meal to be reimbursable, but at least one of the components needs to be either a fruit or a vegetable. The federal government will reimburse a non-severe-need school in the contiguous 48 states \$3.23 for each child receiving a free lunch. (Reminder: Approximately \$1.10 of this amount goes to food cost.)

The meal standards implemented in 2012 require more fruits and vegetables, subcategories of vegetables (greens, red/orange, legumes, starchy, and other) that must be served at least once a week, whole grains, sodium amounts, and calorie ranges.

Schools were required to offer grains that were "100% whole grain-rich." But in a classic example

of food industry spin, "whole grain-rich" actually means 50% whole grain. Now, schools can receive an exemption for grains and can reduce their grains to 80% whole grain-rich (40% whole grain).

## Making Changes

The categories that offer the greatest opportunity for improvement are the dairy and meat categories.

Milk *must* be offered, but it does not have to be taken. It would take an act of Congress to change this. Given this reality, there are three things schools can do to reduce milk consumption:

- 1) Eliminate chocolate milk as an option.
- 2) Make sure that there is free water, which is required by federal law to be available in cafeterias, and that either students are able to get up to get it or that it is brought to their tables.
- 3) Offer non-dairy milks. When students have a note from a parent or doctor that they need a non-dairy milk, a school may, but is not obligated to, provide it. Non-dairy milks cost more, and reimbursements do not cover the added cost. Also, the non-dairy milk must meet certain nutrient requirements.

The meat/meat alternate category allows for serving beans, lentils, split peas, tofu, veggie meats, and non-dairy yogurt. (The yogurt would not be affordable for schools.) Generally, the serving size for legumes is ½ cup of beans, lentils, or split peas. For tofu, it's 4.4 ounces.

Manufactured vegan items would do well to apply for the Child Nutrition (CN) label. This allows food service directors to feel sure that the product will qualify as a meat/meat alternate. One frozen product that we love is Falafel Tots from American Bean Products. They've been a big hit in all the schools where we've tested them. There aren't many manufacturers working in the area of vegan school entrées, and so those who do will position themselves to be the front runners.

The Coalition for Healthy School Food has recipes that qualify as meat alternates at [www.healthyschoolfood.org/recipes.htm](http://www.healthyschoolfood.org/recipes.htm). These are plant-powered entrées from around the world and are bean-, lentil-, or tofu-based. Some of the favorites are West African Beans and Greens, Ms. Patel's Rajma, North African Red Lentils, Awesome Bean Burger, and Pasta Faggioli.

**Amie Hamlin is the Executive Director of Coalition for Healthy School Food. She lives in Ithaca, NY.**

# Help Create a Veggie World

## My Experience as a Long-Distance Intern for The Vegetarian Resource Group *By Laneece Hurd*

I originally found my way to vegetarianism after learning of the many health benefits that come with reducing meat consumption and increasing plant intake. After eating a vegetarian diet for about three years, I learned of the process of how most dairy products are obtained, and I found myself feeling disgusted and disappointed. I always considered myself an animal lover, but I had never made the ethical connection to these specific animals. Right at that time, I made the decision to become a vegan. After researching and learning so much about health and nutrition, I became fascinated by the science behind using food to prevent, or even reverse, certain illnesses and knew that I wanted to pursue a career in this field. This May, I graduated from community college with my associate's degree in food science. Now, I will be transferring to continue my education and pursue my bachelor's degree in nutrition and food science.

Because I was so passionate about the health and ethical benefits that come from a vegan lifestyle, I wanted to do something that encouraged others to try it out as well. In early 2017, I began a long-distance internship for The Vegetarian Resource Group. Later that year, I attended the VRG Dietetic Intern Day, at which dietetic interns from the University of Maryland, College Park, came to the VRG office to share their opinions and perspectives on veganism and to learn more about the lifestyle. As someone who is studying nutrition and food

science, I thought this experience was particularly valuable as I was also able to learn a lot from them as they shared their educational journeys.

During my internship, I've done many tasks, but perhaps one of my favorite duties is writing articles for the VRG blog. I've always loved writing, and so this gives me the opportunity to combine my love for writing with my passion for veganism. I've

written a number of articles in which I share tips on living a vegan lifestyle, vegan recipes, reviews of vegan products, and restaurant reviews. I also assisted a few other VRG interns in the production of three extensive guides that explore many of the vegan yogurt, vegan cheese, and vegan frozen pizza options available on the market.

In addition to all the written projects I've completed, I've volunteered at The Vegetarian Resource Group table at a few events, including the D.C. Green Festival, Richmond Vegetarian

Festival, and D.C. VegFest. I really enjoyed working at these festivals because I got to spread the message of veganism to non-vegans and connect with other vegans and vegetarians, many of whom are longtime supporters of the VRG and were able to speak of the numerous ways that the organization has impacted the vegan movement. Hearing testimonies like this continuously makes me feel proud and honored to be supporting The Vegetarian Resource Group's mission to create a more vegan world in any way I can.



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# reviews

## THE VEGAN AIR FRYER

By J.L. Fields

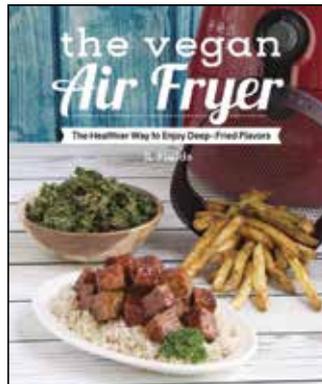
Air fryers have been popular in Europe for some time, and they are becoming more popular in the USA. Air frying is similar to convection cooking, whereby hot air quickly circulates around food and gives it a crispy texture. After glancing through this cookbook, you may be inspired to purchase an air fryer immediately.

*The Vegan Air Fryer* starts with breakfast and brunch recipes, so you can try making Doughnut Holes, Tempeh Bacon, and Sausage-Style Soy Curl Hash. Next, prepare some starters and snacks, such as Vegetable Egg Rolls, Spicy Mac 'n' Cheese Balls, Fried Tofu with Peanut Sauce, and Vegan Wings.

Side dish options include Parsnip Fries, Onion Rings, and Kale and Potato Nuggets. Serve those along with main dishes such as Sesame-Crusted Tofu, Corn Dogs, and Chick'n-Fried Steak. Finally, you can learn to make air fryer dessert items like Fruit Pastry Pockets, Apple Pie Taquitos, and Fruit Crumble.

You will find beautiful photos in this book, as well as helpful tips.

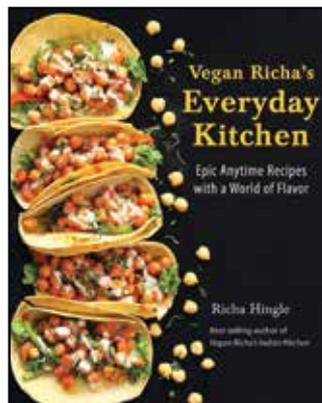
***The Vegan Air Fryer* (ISBN 978-1-941252-36-9) is a 192-page book. It is published by Vegan Heritage Press and retails for \$21.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



## VEGAN RICHA'S EVERYDAY KITCHEN

By Richa Hingle

The author's Indian background shines in this cookbook. You'll find a wide range of creative vegan recipes starting with peanut butter- and coconut-based dishes like Peanut-Sauce Fried Rice and Red Curry Soup with Lentils. When you move on to



the Sweet & Sour chapter, you can enjoy Crispy Sweet and Sour Tofu, Teriyaki Lentil Balls, and Manchurian Chickpeas and Broccoli.

The next section features Masala & Saag recipes, including Mushroom Matar Masala, Cauliflower and Chickpeas in Berbere Sauce, and Jackfruit-Split Pea Wot. As the Buffalo & Firecracker chapter suggests, you'll find spicy dishes such as Buffalo Chickpea Pizza with White Garlic Sauce and also Buffalo Lentil Tacos.

Burgers & More includes recipes for Quinoa Carrot Barbecue Burgers and for Sweet Potato, Peanut, and Chickpea Burgers. Bowls & Hands highlights dishes such as Laksa Curry Soup, Tempeh Broccoli Wraps with Jalapeño Popper Cream, and Baharat Chickpea Avocado Bowl. Then, Deep-Dishing includes Alfredo Spinach Pizza, Vegetable Lasagna, and Smoky Mac Bake.

Richa offers up original Breakfast for Lunch ideas, including Lentil-Vegetable Frittata and Samosa-Stuffed French Toast. Lastly, she provides numerous dessert recipes, such as Lemon Chia Pudding, Mango Cupcakes, and Almond Butter Snickerdoodles.

*Vegan Richa's Everyday Kitchen* features nutritional analyses, as well as beautiful photos produced by the author. This book would make a terrific gift.

***Vegan Richa's Everyday Kitchen* (ISBN 978-1-941252-39-0) is a 288-page book. It is published by Vegan Heritage Press and retails for \$24.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

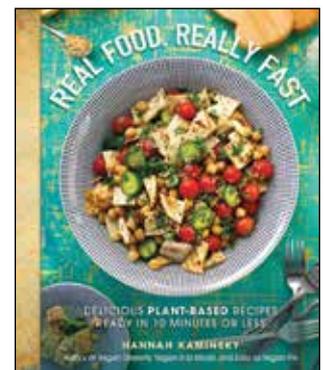
## REAL FOOD, REALLY FAST

By Hannah Kaminsky

Hannah is the author of several vegan cookbooks, and her latest one serves up relatively easy recipes alongside beautiful photos.

Starting with breakfast, she teaches readers to prepare Hash Brown Waffles, Pumpkin Spice Latte French Toast, or Tofu Shakshuka. Next, move on to snacks and appetizers, including Buffalo Buttered Pecans, Island Breeze Ceviche, Summer Corn Queso, and Wasabi Pea Fritters.

The author's Grilled Caesar Salad looks scrumptious, as does the Millionaire's Kale Salad. Either would pair well with one of these soups: Chickpea



Mulligatawny, Manhattan Mushroom Chowder, or Tamarind Rasam.

Creative side dishes include Cruciferous Colcannon, Pan-Fried Balsamic Brussels Sprouts, and Smoky Chipotle Creamed Kale. Serve those along with one of these main dishes: Jamaican Jerk Chili, Pizza Waffles, Seitan Bulgogi, Tamale Pot Pies, or Walnut Bolognese. And of course, who can forget about dessert? Try S'mores Baked Alaska, Peppermint Bark Meltaways, or White Chocolate Peanut Butter Fudge.

***Real Food, Really Fast* (ISBN 978-1-5107-2759-5) is a 224-page hardcover book. It is published by Skyhorse Publishing and retails for \$19.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

## SWEET, SAVORY & FREE

By Debbie Adler

After the author's son was diagnosed with severe food allergies, she created the recipes featured in this vegan cookbook. All are free of the top food allergens, which include dairy, eggs, fish, peanuts, shellfish, soy, tree nuts, and wheat.



The Morning Munchies section begins with breakfast items such as Strawberry Shortcake Pancakes, Orange Rosemary Scones, Pumpkin Swirl Cinnamon Buns, and Quinoa & Kale Burritos. Next, a chapter features soups such as Cauliflower Chowder, Carrot Bisque, and Spicy Tortilla Soup.

Meals in Muffin Tins & Ramekins is a creative chapter offering recipes for Green Mac & Cheese, Pot Pie Primavera, Cannellini Cupcakes with Whipped Parsnip, and Broccoli Tarts. You will also enjoy dishes from the Pizza, Pasta, Rice & Noodles section, such as Cajun Wild Mushroom Risotto, Sweet Onion & Potato Pierogi, It's All Greek to Me Pizza, Veggie Fried Rice with a Thai Twist, and Paella.

Moving on to entrées, the author includes Spanakopita Enchiladas, Green Curry Portobellos, Spinach and Basil Dumplings, and Krab Kakes. Serve them along with one of these side dishes: Sweet Potato Parsnip Fritters, Nectarine Salsa, Sea Vegetable & Cabbage Slaw, or Roasted Root Vegetable Hummus.

Another very helpful chapter features breads, such as Pumpernickel Bread, Banana Java Date Bread, Rye Bread Focaccia, and Stromboli. Finally, dessert items include Tiramisu Cupcakes, Candy Bar Cookies, Apple Cobblers, and more.

This book features a lot of useful information for allergy sufferers, including sources for ingredients. Beautiful photos also accompany many recipes.

***Sweet, Savory & Free* (ISBN 978-1-944648-04-6) is a 275-page book. It is published by BenBella Books and retails for \$19.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

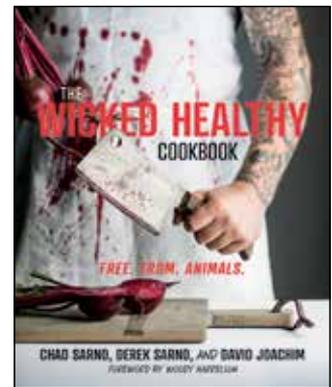
## THE WICKED HEALTHY COOKBOOK

By Chad Sarno, Derek Sarno, and David Joachim

This book offers a wide array of innovative vegan dishes from some very talented chefs, many helpful cooking tips, a comprehensive appendix listing which recipes special dietary needs, and gorgeous photos. It starts off with First Bites, including Grilled Sweet Potato, Sriracha Caramel, and Kale Toasts; Minted Pea Ricotta; and King Satay with Spicy Peanut-Ginger Sauce. Next move on to Hand Helds, such as Green Forest Pizza, Jackfruit Carnitas Tacos, and Bánh Mì with Lemongrass Tofu and Ginger Aioli.

Nature's Candy includes desserts like Drunken Berries with Amaretto Gelato, a Kabocha Tart with Salted Almond Crumble and Espresso Syrup, and Almond Meringue Cookies. There's also a section called Wicked Healthy Juices and Cocktails that includes Iron Man Juice with beets, spinach, oranges, and bell peppers; Strawberry Basil Cooler; and grapefruit- and tequila-based Citrus and Spice. And in the Sauces and Basics section, you'll find Cauliflower Mornay Sauce, Homemade Badass Sriracha, Tomato Habanero Jam, Compound Butters, and more.

***The Wicked Healthy Cookbook* (ISBN 978-1-4555-7028-7) is a 320-page hardcover book. It is published by Hachette Book Group and retails for \$30. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



# A Guide to Vegetarian Scouting

**M**ichael Nardi created *A Guide to Vegetarian Scouting Dissertation...in Partial Fulfillment of the Requirements for the Degree of Doctor of Scouting*. His purpose was to help the “Boy Scouts of America, its Councils, and Units retain Vegetarian Scouts, Venturers, and Scouters.” Nardi said, “No Scout, Venturer, or Scouter should have to leave Scouting due to their dietary needs.” **Note:** This item was prepared in Mr. Nardi’s personal capacity and does not reflect the view of the Boy Scouts of America.

There is no national Boy Scout policy for vegetarian scouts. However, in the *12<sup>th</sup> Edition of the Boy Scout Handbook* issued in 2009, the Boy Scouts of America added information on vegetarians to its Cooking chapter. *The Boy Scout Handbook* states that when planning meals for Scout camping trips, Scouts need to consider “special food needs.” *The Boy Scout Handbook* also



mentions that Scouts who are planning these meals should discuss any special food needs with their patrol members. “Vegetarians don’t eat meat but have plenty of other options for good nutrition. Some religious groups avoid certain foods.” Their cooking merit badge pamphlet states: “Consider the needs of vegetarians when creating menus. People who do not eat meat, fish, or poultry are considered vegetarians.”

In his report, Mr. Nardi gave several illustrations of what is currently happening. For example, The Crossroads of America Council of Boy Scouts serves Central Indiana and has its headquarters in Indianapolis, IN. According to Mr. Lee Murdoch, Crossroads of America Council’s Director of Outdoor Programs,

“We work to accommodate all dietary requirements like Vegetarian, Vegan, Gluten-Free, etc. as we are made aware of them by our unit leaders for our programs like summer camp.” Ransburg Scout Reservation is the premier summer camp in the Crossroads of America Council. Its 2016 summer camp menu has vegetarian options listed for each meal. These include:

- **Vegetarian Options for Lunch** – Cheese Pizza, Veggie Sloppy Joe, Vegetarian Meatball Sub, Black Bean Burger, Veggie Corn Dog, Chix Sandwich, Vegetarian Hot Dog, Veggie Chicken Nuggets, Grilled Cheese.
- **Vegetarian Options for Dinner** – Lentil Loaf, Breaded Eggplant Cutlet, Veggie Chili Mac, Veggie Enchilada Casserole, Veggie Chicken Parmesan, Veggie Jambalaya, Stuffed Shells, Veggie Pork Noodles (Murdoch, 2016).

The UK Scout Association (formerly the British Boy Scouts) located in Gilwell Park, London, England, is the largest national scout organization in Europe. In their *Diversity Guidelines for Event Organizers* published in 2007, the UK Scout Association believes that “where possible individual needs should be met by making reasonable adjustments. This should include asking people if they have specific needs before they attend an event.” Specific needs “covers medical, religious, dietary, and mobility needs as well as personal preferences.” They believe that key points for consideration for events are dietary requirements, food, and the manner in which food is served. The UK Scout Association acknowledges that “there is a wide range of dietary requirements; some are personal preferences whilst others may be required for medical or religious reasons.” They recommend that, if a Scout organization is “catering for a large number of people,” and it does “not have information on individual needs,” the Scout organization “should ensure that 50 percent of all food served is vegetarian or vegan. Different catering preferences should be served on separate plates, have separate serving utensils, and be clearly labeled” (UK Scout Association, 2007, p. 1-2).

To see Mr. Nardi’s complete report, visit:

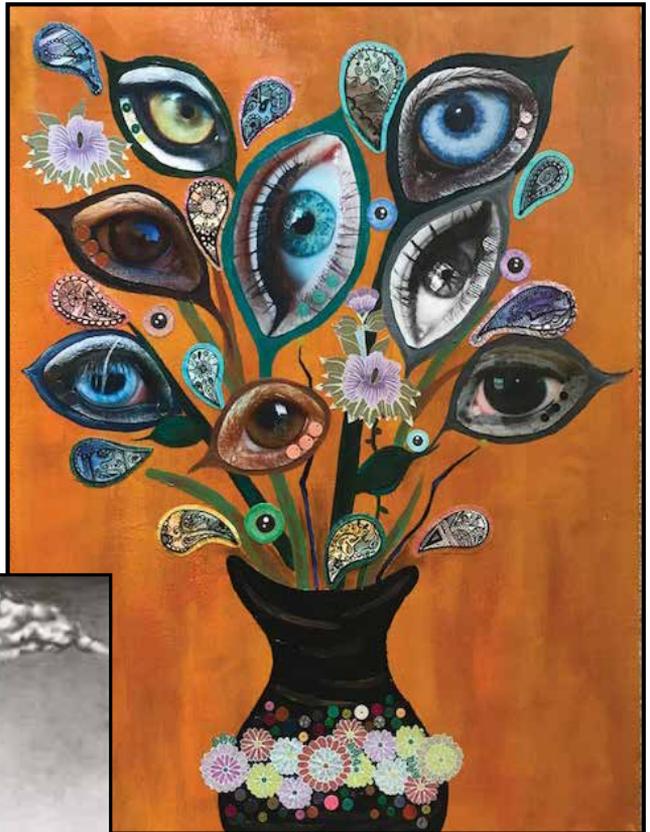
[www.vrg.org/nutshell/A\\_Guide\\_to\\_Vegetarian\\_Scouting.pdf](http://www.vrg.org/nutshell/A_Guide_to_Vegetarian_Scouting.pdf)

# Vegetarian Action

## Activism Through Art

As high schools seniors, Karli Haws and Ashley Owen did Vegetarian Action through their art. We thought we'd share their pieces along with their own words.

**Karli Haws** created "Flowers from the Garden of Life" (at right) to show that animals are not so different from humans. She stated, "When you look in the eyes of an animal, you can understand that they are a being who loves life and fears death just as we do. Additionally, when you simply look at an animal eye, it is unclear which type of animal it belongs to. Yet, humans deem certain animals for consumption and others for pets. To me, there is not such a distinction; all are worthy of life and love."



**Ashley Owen** said she is a vegan in a typical Texas town. Some in her family were concerned, confused, or curious. She stated, "In my junior year I became the editor-in-chief of the yearbook and enrolled in AP Art. We have to create pieces for our art portfolio, and part of our portfolio required us to have 12 projects with a central, unifying theme. I instantly knew what topic I wanted to cover: veganism. I began working on my portfolio, and as soon as I began my first piece, I became in love with creating vegan art... I loved that my creations could make people think."

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## The Vegetarian Resource Group Online Guide to Vegan-Friendly Restaurants

Whether you live in the USA or Canada or are visiting either country, you may want to take a look at The VRG's online vegetarian restaurant guide. Here you'll find a list of vegan-friendly restaurants, including all types of ethnic cuisines, gourmet establishments, quick service places, food trucks, stalls in markets, and more. You can view the guide here: [www.vrg.org/restaurant/index.php](http://www.vrg.org/restaurant/index.php).

## Join Our Private Facebook Group for Parents and Kids!

VRG has started a private Facebook support group for vegan parents and kids. Discuss your favorite vegan products and recipes for children or ask for advice about a wide-variety of topics: pregnancy, birthday parties, school lunches, Halloween, non-leather children's shoes, cruelty-free products, vegan camps, and more. Please use it as a place to share your wisdom, seek advice, or just find a sympathetic ear. The goal is to offer support to other families living a veggie lifestyle. See you online at: [www.facebook.com/groups/VRGparentsandkids](http://www.facebook.com/groups/VRGparentsandkids).

## New Bumper Stickers!

The Vegetarian Resource Group is offering a new bumper sticker that says "Vegans Have Good Hearts." The sticker certainly promotes a positive message on multiple levels. Put a sticker on your car or even on your refrigerator!



The minimum order is two stickers for \$2, or you can purchase 10 stickers for \$6. Order these stickers through our online catalog: [www.vrg.org/catalog/](http://www.vrg.org/catalog/). Or you can send a check to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.



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