

Vegan Xanthan Gum • Essay Contest Winner!

VEGETARIAN

JOURNAL

Science, Caring, and Vegan Living
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HEALTH • ENVIRONMENT • ETHICS

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NUTRITION HOTLINE

This issue's Nutrition Hotline addresses seeds.

REED MANGELS, PhD, RD



QUESTION: Are flaxseeds and other seeds good to eat? How much should I be eating? My doctor told me to eat more seeds so I've cut down on beans and have been eating seeds instead.
R.D., MD

ANSWER: Seeds are a good choice with a few caveats. As the chart below shows, they have less protein and much more fat than you'd get from a serving of beans providing a similar amount of calories. Seeds, for the most part, are somewhat lower in iron and higher or similar in zinc compared to beans on an amount per calorie basis. The practical implication of all of this is, that if you replaced beans with seeds, you'd end up eating more calories and fat to get the same amount of protein. On the other hand, including some seeds will give you a boost of zinc, copper, magnesium, and other essential minerals.

Vegan food guides often combine seeds in the same group with nuts and recommend 1 or 2 servings of nuts and/or seeds daily with a serving being 2 Tablespoons of seeds.

A health care provider may have recommended eating seeds as sources of alpha-linolenic acid

(ALA), an omega-3 fatty acid that can be in short supply in a vegan diet. Not all seeds provide much of this essential fat. Some seeds, namely chia and flax, do contain significant amounts of ALA. It doesn't take much to meet ALA requirements, however. The recommendation for ALA for adult men is 1.6 grams per day and for adult women 1.1 grams per day. These amounts would be supplied by about 2¼ teaspoons (men) or 1½ (women) of chia seeds daily. For flaxseeds, 1 Tablespoon per day (men) or 2 teaspoons (women) daily would provide approximately the recommended amount of ALA.

Remember, whole flaxseeds are not well-digested; so to get the benefits of flaxseeds, use the ground form. Similarly, to get the benefits of ALA from chia seeds, it's best to eat them in ground form.

Food	calories	protein (g)	fat (g)	iron (mg)	zinc (mg)	ALA (g)
¼ cup chia seeds	220	7.5	13.9	3.5	2.1	8.1
¼ cup ground flax seeds	150	5.1	11.8	2.3	1.6	6.4
¼ cup pumpkin seeds	169	8.8	14.5	2.4	2.2	0.033
¼ cup sesame seeds	206	6.4	17.9	5.2	2.8	0.135
¼ cup sunflower seeds	207	5.8	19.0	2.3	1.8	0.026
¼ cup cooked lentils	172	13.4	0.6	5.0	1.9	0.055

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Vegetarian Journal is one project of The Vegetarian Resource Group. We are a nonprofit that educates the public about veganism/vegetarianism and the interrelated issues of health, nutrition, 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. Additional donations support our outreach and research.



www.vrg.org

NOTE FROM THE COORDINATORS

NETWORKING AND BRINGING US TOGETHER THROUGH VEGANISM



Among the reasons there is such division in our country and abroad is that individuals only associate with those like themselves. The Vegetarian Resource Group has always been about working towards a better world. In fact, one of our favorite activities is connecting people from different backgrounds and different skills and resources so they can work together in a positive way without hurting others, and each can gain from the interaction.

Health Coach Marcy called us wanting to volunteer. Another member was sponsoring a class at a local program instructing homeless men on life skills, and needed someone to teach vegan cooking/nutrition sessions. We were able to connect them, and Marcy took on this task.

A few months ago we had one intern from a city school, which is about 44% economically disadvantaged, and an intern from a suburban high school with about 15% disadvantaged students and known for being part of a school district with racial incidents. Two young people who normally would not have run into each other, both finished the internship saying they now have a new best friend.

We're so glad to have Rissa Miller as our new *Vegetarian Journal* Senior Editor. She brings valuable journalism and photography skills, organizing experience from running Baltimore Vegan Drinks events, and even has a minor in nutrition. And thank you to our previous editor of ten years, Keryl Cryer, who has given technical advice to Rissa, and is volunteering to help proofread and edit the *Journal*.

We had a volunteer from France, who worked with an incoming Maine college student to do a Vegan French Cooking video. She said, "My favorite project was definitely the cooking video I did with a fellow intern-turned-friend. We spent the day filming and laughing, especially making crepes." See the video at: <https://youtu.be/vmRhqpU9f8I>

A young VRG intern stated, "We visited a vegetarian (of over 60 years) at his wildlife preserve and 23 acres of protected land. His interesting stories inspired me for a lifetime of activism and service to the world." Our other intern wrote, "The most influential project of my internship was when I worked with our R.D., Reed Mangels, on a piece for the Scientific Update column in *Vegetarian Journal*. I had to read and interpret an article from a peer-reviewed scientific journal. Reed assigned me an article on the greenhouse gas emissions of certain diets and worked with me as I wrote the summary. I hope to work as a journalist in the future, analyzing bills and laws pertaining to the environment, and displaying the information in a way that you don't need a degree in biology to understand. This was amazing practice for that specific career goal." We're so glad that our experts, supporters, and members are helping to prepare young people for future activism.

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 think of The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and to the recipient(s) you choose. Your gift will support educational outreach programs and help promote vegetarianism.

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

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

A donation was made in memory of Stacia Francisco by John Przybylo.

A donation was made in memory of Sue and Dom Tedesco by Michael Tedesco.

Thank you very much to Gary and Meira Itzkowitz for their donation.

Great Veggie Bit Recommendation

I just had the most delicious veggie burger for lunch—The Beyond Burger!! Thanks for the recommendation!

Arlee B., via e-mail

Thanks!

I hope this email finds you well. I met with you guys during my dietetic internship, just a few years ago. I still use your cookbooks as resources! Following a plant-based diet has so many benefits for our health, the environment, and of course animal life. I love coming to your website for resources. Just wanted to thank you for the resources you provide!

Rayna H., via e-mail

Thank you for all the good work you do!

Wendy W., North Bend, WA

Appreciate VRG's Support

We are so grateful for VRG's support of our Vegfest Houston. This year, we had around 6,000 attendees, making it our largest festival yet!

Vegan Society of Peace, Katy, TX

VRG's Parents and Kids Facebook Group

Below you will find responses to a question posted on VRG's Parents and Kids Facebook Group (www.facebook.com/groups/VRGparentsandkids) asking What are your children's favorite veggie meals?

- Black bean burgers (cut up small, I have a one-year-old); pasta shapes with a little vegan cheese and small pieces of tomato or broccoli mixed in; baked tofu cubes; oatmeal with berries; scrambled tofu with turmeric and garlic powder; black beans, corn, rice, and avocado bowl; banana pancakes with peanut butter drizzle. I could go on...

- My 11-month-old is adventurous. She loves Lightlife breakfast sausage, Field Roast Italian sausage, refried bean burritos (just refried beans in a soft taco shell), scrambled tofu with zucchini and bell pepper, and pancakes.

- My famous vegan mac and cheese, tacos, Buddha bowls, mushroom stroganoff, homemade vegan pizza, tofu salad, and minestrone soup.

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

Coming in the Next Issue:

VEGAN FRENCH CUISINE

PLUS Vegan Beauty Updates, Video Contest Winners,
Making Seitan Meat Analogs at Home

Comfort Foods

Complete with Nostalgic Memories

by Zel Allen

So, what earns certain dishes that time-honored award as comfort food? Often, it's something we grew up loving, like mac 'n cheese or blueberry muffins, dishes our loved ones prepared to perfection.

Comfort foods are those we never tire of. They have the ability to express our most sentimental yearnings. Think about mashed potatoes at Thanksgiving dinner, or a creamy, well-seasoned potato salad on the Fourth of July. Those are divine connections to not only foods we consider dear, but also family occasions that were memorably enjoyable.

On mornings when schedules are relaxed and we have no need to rush, I love to make something special for breakfast. Pancakes with maple syrup are pure satisfaction.

I owe a great big thank you to the Campbell Soup Company for inspiring me to create a delicious homemade version of their Cream of Mushroom soup. Turning it vegan was easy with the help of vegan bouillon cubes to perk up the flavor.

Another of my go-to comfort favorites is pasta. I'm totally taken with some of the new bean pastas I've encountered, especially garbanzo bean pasta. Smothered in a well-seasoned sauce of fresh tomatoes, mushrooms, and herbs, this dish will win over a hungry dinner party.

The first time I tasted soft pretzels, I was an instant devotee. I think it was the unique, pleasantly chewy texture that felt so deeply satisfying, and still does.

Apple crisp is as homespun as it comes and eternally brings the old-fashioned spark of satiety at the end of a meal. The original recipe first appeared in print in 1924, and remains steadfast as a favored American comfort food.

While many comfort foods had origins that take us back to our grandmother's kitchen, they maintain an important position in our contemporary food diary. Here's where it gets personal. I love chocolate. Many years ago, my husband and I ate at a restaurant in Laguna Beach, CA, where we enjoyed the best chocolate dessert ever. I never encountered a dessert that wasn't quite a brownie and wasn't quite a pudding. The texture was somewhere in between and completely captivated me. My attempt to recreate the dessert comes pretty darned close and remains a beloved family favorite.

While others may yearn for dumplings, pecan pie, or chocolate chip cookies, my favorites are rooted in my personal experience. I'm thrilled to share these homey recipes and hope they deliver the ultimate in cozy culinary joy.



photo by Zel Allen

Giant German Pretzels

(Makes 1 dozen pretzels)

If you're a bread aficionado like I am, no doubt you will fall in love with these hot, freshly baked pretzels. They're plump and wonderfully chewy, and taste even better dipped into flavorful sauces. Enjoy the pretzels right from the oven or set them aside to munch on later. To re-warm, preheat the oven to 375 degrees and warm the pretzels for 2-3 minutes.

2 cups lukewarm water (approximately 110 degrees)

2 packages active dry yeast

2 Tablespoons maple syrup

8 cups water

½ cup baking soda

½ cup vegan India pale ale (IPA)

¼ cup organic brown sugar

4 cups bread flour

2½ cups whole wheat flour

2 Tablespoons salt

½ cup vegan margarine

Line three large, rimmed baking sheets with parchment paper and set aside.

Combine the lukewarm water, yeast, and maple syrup in a quart-size bowl. Mix to dissolve the yeast and set aside for 10-15 minutes. The mixture will become foamy.

Put a large stockpot on the stovetop and add the 8 cups water, baking soda, IPA, and brown sugar and set aside.

In a large mixing bowl, combine the flours and salt, and mix well. Add the margarine in small bits and mix it into the flour with your hands until well combined.

Add the foamy yeast mixture to the flour mixture and stir well by hand until all the liquid is absorbed and results in coarse, stiff dough. Transfer the dough to the counter top and knead for 10-15 minutes until the dough becomes smooth and elastic.

Put the dough in a large, lightly oiled bowl. Cover with a damp towel and set aside to rise in a warm place for about 2 hours.

Punch the dough down and divide it into 12 equal parts. Working with one part at a time, use your hands to form the dough into a rope about 30 inches long.

To form the pretzel shape, lift the ends up, forming a U shape. Moving slightly downward, give the dough a twist, and bring the ends down so they drape about an inch over the bottom of the U. Press lightly where

the dough meets at the bottom of the pretzel. Form about 3 or 4 more pretzels and set them aside near the stovetop.

Preheat the oven to 450 degrees and bring the baking soda mixture to a rolling boil over high heat. Continue forming pretzels while the water is heating.

When the water is fully boiling, drop a pretzel carefully into the water. Boil it for 30-40 seconds and use a slotted spatula to lift it out onto the prepared baking sheet.

Continue forming, boiling, and placing pretzels on the baking sheets until all have been formed and boiled.

Bake the pretzels for 5 minutes, using both upper and lower oven racks. Switch places of the baking sheets, and bake for approximately 5-7 minutes longer until the tops are golden brown. (The upper rack is hotter and will bake the pretzels more quickly.) Watch carefully to avoid burning the pretzels. Remove immediately and allow the pretzels to cool briefly. Enjoy warm pretzels with the dipping sauces below.

Note: Not all beer is vegan. Some is filtered with animal products such as gelatin, egg whites, bone meal, or isin-glass (fish bladders/bones). Other beers contain honey. To source vegan alcohol, visit barnivore.com.

Total calories per pretzel: 330	Fat: 9 grams
Carbohydrates: 54 grams	Protein: 9 grams
Sodium: 1498 milligrams	Fiber: 4 grams

Smoky Cheezy Sauce

(Makes about 1½ cups)

1 cup soft silken tofu

2 Tablespoons nutritional yeast flakes

4 teaspoons lemon juice

2 teaspoons liquid smoke seasoning

1 teaspoon salt

1 teaspoon garlic powder

Combine all the Smoky Cheezy Sauce ingredients in a small bowl and mix/whisk vigorously. The tofu will remain slightly lumpy. Alternatively, combine all the ingredients in a small food processor or personal blender and process until smooth and creamy. Serve with Giant German Pretzels.

Total calories per 2 TB serving: 17	Fat: 1 gram
Carbohydrates: 1 gram	Protein: 2 grams
Sodium: 197 milligrams	Fiber: <1 gram



- 1 cup finely ground cornmeal**
- 1 cup all-purpose flour or whole wheat pastry flour**
- ¼ cup organic sugar**
- 2 teaspoons baking powder**
- 1 teaspoon baking soda**
- ½ teaspoon salt**
- 2 Tablespoons vegan egg powder (I used Follow Your Heart VeganEgg)**
- 6 Tablespoons ice-cold water**
- ½ cup melted vegan margarine**

Preheat the oven to 400 degrees and lightly oil an 8-inch square baking dish.

In a medium bowl, combine the soymilk and vinegar, stir briefly, and set aside to sour.

In a large bowl combine the cornmeal, flour, sugar, baking powder, baking soda, and salt and mix well.

Combine the vegan egg powder and ice-cold water in a small cup or bowl and beat with a fork until smooth and creamy.

Add the egg mixture to the soured soymilk, and whisk in the melted margarine.

Add the wet ingredients to the dry ingredients and mix until well incorporated. Spoon the batter into the prepared baking dish. Bake for 20-25 minutes or until a toothpick inserted near the center comes out clean. Allow to cool 10 minutes and cut into squares.

Total calories per serving: 231	Fat: 11 grams
Carbohydrates: 29 grams	Protein: 4 grams
Sodium: 477 milligrams	Fiber: 2 grams

Mustard Sauce

(Makes 1¼ cups)

- ¾ cup vegan mayonnaise**
- ½ cup Dijon mustard**

In a small bowl, combine the mayonnaise and mustard and mix well. Serve with Giant German Pretzels.

Total calories per 2 TB serving: 58	Fat: 5 grams
Carbohydrates: 1 gram	Protein: 1 gram
Sodium: 356 milligrams	Fiber: <1 gram

Southern Cornbread

(Serves 9-12)

Cornbread earns extra points in my kitchen for its ease of preparation. I've prepared it up to two days ahead, and it holds up well. To reheat the cornbread, cover the baking pan lightly with aluminum foil, and place in an oven at 350 degrees for about 10-12 minutes.

- 1 cup unsweetened, plain, or vanilla flavored soymilk**
- 1 Tablespoon rice or distilled vinegar**

About Vegan Egg Replacement Powders

There are many brands of commercial vegan egg replacement powder available. They work effectively as binders in baked goods. Some brands, like Follow Your Heart VeganEgg and The Vegg, work best mixed in cold water. Others like Ener-G, Neat Egg and Bob's Red Mill bind better mixed with warm water. If you are using flaxseed meal or chia seed meal, room temperature water binds best. Many grocers (check both the baking aisle and natural products section), natural foods stores, and online retailers such as Amazon offer a variety of vegan egg replacement powders.

Vegan Buttermilk Pancakes with Buttery Apples

(Makes 12 pancakes to serve 4)

Pancakes are a long-time favorite and become a special treat when topped with sautéed apples and maple syrup. The finishing touches to this breakfast dish are vegan sausage and wedges of fresh fruit.

Pancakes

- 1¼ cups all-purpose flour**
- 1 Tablespoon organic sugar**
- 2 teaspoons baking powder**
- ½ teaspoon salt**
- ½ teaspoon baking soda**
- 1 cup soymilk**
- 1 Tablespoon apple cider vinegar**
- 2 Tablespoons vegan egg powder (I use Follow Your Heart VeganEgg)**
- ½ cup ice water**
- 2 Tablespoons grapeseed oil (or any neutral oil, like canola)**

Sautéed Apples

- 3 Tablespoons vegan margarine (I use Earth Balance)**
- 3 apples, peeled, cored, and quartered**

In a medium bowl, combine the flour, sugar, baking powder, salt, and baking soda and mix well to distribute ingredients evenly. Set aside.

In a measuring cup, combine the soymilk and apple cider vinegar and mix well. Set aside for 5 minutes. In a small bowl, combine the vegan egg powder with the ice-water. When smooth, add the vegan egg to the soymilk, along with the grapeseed oil.

Add the wet ingredients to the dry ingredients, mixing briefly just until combined. Batter will be lumpy.

Preheat a griddle or skillet to about 375 degrees and spoon 2 heaping soup spoons of batter for each pancake onto a dry griddle. Pan-cook the pancakes until bubbles appear on top and the bottoms are nicely browned. Turn the pancakes over and cook until evenly browned. Transfer to a serving platter.

To make the sautéed apples, melt the margarine in a medium skillet over medium-high heat. Add the apples and sauté briefly, until softened, approximately 2 minutes. Check frequently to avoid burning. Enjoy served over the pancakes.

Total calories per serving: 379 Fat: 17 grams
Carbohydrates: 50 grams Protein: 7 grams
Sodium: 782 milligrams Fiber: 4 grams

Cream of Mushroom Soup

(Serves 6-8)

Pleasingly thick and ultra-rich tasting, just what you'd want in the perfect cream of mushroom soup.

- 15 dried shiitake mushrooms**
- 3 cups boiling water**
- ½ pound button or cremini mushrooms, cleaned**
- 1 medium onion, coarsely chopped**
- 1 clove garlic, finely minced**
- 1 Tablespoon extra-virgin olive oil**
- 3 Tablespoons water**
- 2 cubes vegan chicken bouillon**
- ½ teaspoon marjoram**
- Pinch of each oregano, rosemary, and thyme**
- One 12-ounce box soft silken tofu**
- 2 cups unsweetened soymilk**
- 2 slices white bread, crusty tops cut away, crumbled (sourdough is ideal)**
- Salt and pepper, to taste**
- 8 sprigs parsley, for garnish**
- 24 thin slices carrot, cut from a small carrot, for garnish**

Put the shiitake mushrooms in a medium-size bowl. Pour in 3 cups boiling water and set aside to soak for 30-60 minutes, or until the mushrooms are pliable.

Snip off and discard the shiitake stems and reserve the soak water. Put the shiitakes in the food processor and process into small bits. Transfer to a stockpot.

Coarsely chop the button or cremini mushrooms and add them to the processor, along with onions and garlic. Pulse until finely chopped. Transfer to the stockpot and add olive oil and the 3 Tablespoons of water. Cook and stir over high heat until softened.

Measure the shiitake soak water. It should be 2¼ cups. If less, add unsweetened soymilk to make up the difference. Add the soak water to the stockpot with bouillon, marjoram, and herbs. Turn off the heat.

Purée the silken tofu and soymilk in the food processor and add to the stockpot. Add the crumbled bread and set aside for 20-30 minutes to soften. Then stir with a whisk to create a smoother soup.

Warm over medium heat and gently simmer 4-5 minutes to harmonize the flavors. If the soup is too thick, add more soymilk. Season to taste with salt and pepper. Garnish with parsley and carrot slices.

Total calories per serving: 159 Fat: 6 grams
Carbohydrates: 19 grams Protein: 8 grams
Sodium: 491 milligrams Fiber: 3 grams



Asparagus on Toast with Almond Sauce

(Serves 4)

My mom and I shared a love for asparagus. Mom didn't fuss with sauces and simply spooned a chunk of butter on the hot vegetable. I've given the dish a bit of pizzazz, but it's that same simple asparagus on toast.

Almond Sauce

- 2¼ cups unsweetened soymilk**
- 2 Tablespoons nutritional yeast flakes**
- 1 Tablespoon fresh lemon juice**
- 2 teaspoons low-sodium soy sauce**
- 2 teaspoons organic sugar**
- Pinch cayenne**
- Freshly ground pepper**
- 1 cup almond flour**

Asparagus

- 1¼ pounds fresh asparagus, tough ends snapped off**
- 1 cup water**
- 1 half-pint cherry tomatoes, halved**



photos by Zel Allen

- 4 slices high-fiber, whole grain bread**
- ½ ripe avocado, cut into chunks**

To make the almond sauce, in a 2-quart saucepan combine soymilk, nutritional yeast, lemon juice, soy sauce, sugar, cayenne, and pepper and place over medium-high heat. Bring to a gentle boil. Add the almond flour, stirring constantly for one minute until the sauce slightly thickens. Set aside.

To prepare the asparagus, place in a deep skillet with water. Cover and bring to a boil over high heat. Reduce the heat to low and steam for approximately 2 minutes. Fork test for tenderness. Don't overcook.

Meanwhile, put the cherry tomato halves on a baking sheet and broil for 1-2 minutes. Toast the bread. Put 1 slice of bread on each of four plates. Divide the asparagus spears among the dishes, spoon some sauce over the asparagus, and top with a few broiled tomatoes. Garnish with avocado and serve with a knife and fork.

Total calories per serving: 353	Fat: 20 grams
Carbohydrates: 33 grams	Protein: 18 grams
Sodium: 263 milligrams	Fiber: 12 grams

Smothered Tomato and Mushroom Pasta with Herbs

(Serves 6)

When I want the ultimate in simple comfort, this dish never disappoints. Combining tomatoes and mushrooms with pasta is my favorite way to enjoy triple umami nirvana. I find that cutting the mushrooms into halves or quarters gives them a satisfying, toothy texture.

- 1 pound white button mushrooms, washed and dried**
- 7 medium tomatoes, cut into thin wedges**
- 6 leaves Swiss chard, finely chopped**
- 12 garlic cloves, halved (quartered if large)**
- 2 medium onions, cut into half moons**
- 1½ teaspoons dried basil**
- 1½ teaspoons dried oregano**
- ½ teaspoon dried rosemary, ground in a mortar and pestle**
- ¼ teaspoon cayenne**
- ¼ cup plus 2 Tablespoons extra-virgin olive oil**
- Salt and pepper**
- 2 Tablespoons fresh lemon juice**
- 10 ounces penne-style pasta**
- 1 teaspoon salt**
- Boiling water**
- Vegan Parmesan, to garnish**

Have a large, deep skillet ready and prepare the vegetables. If mushrooms are small, cut them in half. Large mushrooms can be halved or quartered. Put the mushrooms in the skillet. Add the tomatoes, Swiss chard, garlic, onions, herbs, and cayenne to the skillet and pour the olive oil over the mixture. Using a wooden spoon, cook and stir over medium high heat for about 5 minutes, or until the vegetables are just tender. Turn off the heat, season to taste with salt and pepper, and add lemon juice.

Fill a large stockpot with about 5 quarts of water. Add the salt, cover the pot, and place over high heat. When the water in the stockpot is boiling, add the pasta and follow the manufacturer's instructions for cooking times. When the pasta is tender, drain thoroughly, and add to the vegetables in the skillet. Toss together until the pasta is coated. Adjust seasonings and enjoy with vegan Parmesan.

Total calories per serving: 387 Fat: 15 grams
Carbohydrates: 52 grams Protein: 13 grams
Sodium: 558 milligrams Fiber: 6 grams

Smoky Cheezy Stuffed Potatoes

(Serves 4)

When I want an all-out splurge, I turn to ingredients that elevate the humble potato into an elegant meal.

2 giant Russet potatoes, scrubbed clean

Seasoned Sauce

- 2 medium onions, chopped**
- 1 Tablespoon extra-virgin olive oil**
- ⅔ cup mashed silken tofu**
- 2 Tablespoons white miso**
- 2 Tablespoons fresh lemon juice**
- 2 teaspoons liquid smoke flavoring**
- ¾ teaspoon salt**
- ¼ teaspoon powdered chipotle chili (or to taste)**
- Black pepper to taste**
- ½ cup shredded vegan mozzarella**

Garnish

- Paprika**
- 1 Tablespoon minced parsley**
- 4 cherry or grape tomatoes, halved**

To prepare the potatoes, preheat oven to 450 degrees and line a baking sheet with parchment. Pierce potatoes and roast for 50-60 minutes until they are soft when squeezed. Lower the oven to 400 degrees.

To prepare the sauce, in a medium skillet combine the onions and olive oil and gently sauté, stirring frequently, until the onions are transparent. Set aside. Combine the tofu, miso, lemon juice, liquid smoke, salt, chipotle chili, and black pepper in a food processor or blender. Process until smooth and creamy.

To assemble, cut potatoes in half lengthwise. Carefully scoop the potatoes with a spoon from the skins into a large bowl, leaving shells with about a ¼-inch border. Add the sauce into the potato bowl and mash with sautéed onions and mozzarella. Spoon the mixture into the potato shells on the baking sheet.

Dust the tops with paprika. Return the potatoes to the oven to warm through for 15-20 minutes and melt the cheese. Garnish with minced parsley and sliced cherry tomatoes.

Total calories per serving: 290 Fat: 8 grams
Carbohydrates: 47 grams Protein: 9 grams
Sodium: 927 milligrams Fiber: 4 grams

Chocolate Brownie Pudding

(Serves 9)

Chocolate is my go-to treat when sweet cravings come knocking. Delicious old-time favorites that top my list are brownies and chocolate pudding. Here's a dessert that combines them both because this remarkable brownie makes its own fudge sauce. Adding to the irresistible double chocolate is a hint of coffee.

Though the brownies are delicious served cold, they are even better lightly warmed. Serve this dessert in bowls, and if you like, top with vegan whipped cream.

- 1 cup coarsely chopped walnuts**
- $\frac{2}{3}$ cup vegan semi-sweet chocolate chips**
- $\frac{3}{4}$ cup organic dark brown sugar**
- $\frac{1}{2}$ cup plus 2 Tablespoons unsweetened cocoa powder, divided**
- 1 cup all-purpose whole wheat flour**
- 1 Tablespoon plus 2 teaspoons instant decaffeinated coffee crystals**
- 2 teaspoons baking powder**
- 1 teaspoon ground cinnamon**
- $\frac{1}{2}$ teaspoon salt**
- $\frac{3}{4}$ cup organic sugar**
- $\frac{1}{2}$ cup plain soymilk**

- 2 Tablespoons organic canola oil**
- 1 teaspoon vanilla extract**
- $1\frac{1}{4}$ cups boiling water**

Preheat the oven to 350 degrees and oil an 8-inch square, heat-proof glass baking dish. Put the baking dish on a large, rimmed baking sheet and set aside.

Measure the walnuts and chocolate chips into a small bowl and set aside. In another small bowl, combine the brown sugar and $\frac{1}{2}$ cup of the cocoa and set aside.

In a large bowl, sift together the flour, remaining 2 Tablespoons cocoa, coffee crystals, baking powder, cinnamon, and salt and form a well in the center. Add the sugar, soymilk, canola oil, and vanilla and stir well. The mixture will be very thick and somewhat dry. Stir in the walnuts and chocolate chips and mix well.

Spoon the batter into the prepared baking pan, spreading evenly. Sprinkle the brown sugar and cocoa mixture over the top. Put the dessert in the oven and pour the boiling water over the top of the batter. Bake for 40-45 minutes. Remove and cool before serving.

Total calories per serving: 340	Fat: 15 grams
Carbohydrates: 50 grams	Protein: 6 grams
Sodium: 225 milligrams	Fiber: 5 grams



photo by Rissa Miller



photo by Zel Allen

Old Fashioned Apple Crisp

(Serves 6-8)

Apple crisp has stood the test of time and is simply a great-tasting dessert that can be easily assembled.

Filling

4 large Granny Smith apples, peeled, cored, cut into quarters, and sliced

½ cup black raisins

½ cup golden raisins

½ cup dried apricots, preferably Turkish, snipped into quarters

½ teaspoon orange or lemon zest (optional)

⅓ cup organic sugar

¼ cup whole wheat pastry flour

1 Tablespoon fresh lemon juice

¾ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

Topping

¾ cup old-fashioned rolled oats

½ cup whole wheat pastry flour

½ cup organic brown sugar, packed

½ teaspoon ground cinnamon

½ cup vegan margarine

Sprigs of fresh mint, for garnish

Preheat the oven to 350 degrees and have an 8-inch square, heat-proof glass baking dish ready.

Combine the filling ingredients in a large bowl. Spoon the mixture into the baking dish. To make the topping, combine the oats, flour, brown sugar, and cinnamon in a medium bowl. With a pastry blender or your hands, work the vegan margarine into the flour mixture until coarse and lumpy. Sprinkle the topping over the apple mixture. It will look uneven.

Bake uncovered for 50-60 minutes, or until the apples are fork-tender. Cool for 15 minutes and serve warm or cooled completely. Refrigerate leftovers.

To serve, spoon into dessert dishes and garnish with fresh mint. To reheat, warm about 15 minutes in a preheated 325-degree oven.

Total calories per serving: 466	Fat: 16 grams
Carbohydrates: 81 grams	Protein: 5 grams
Sodium: 171 milligrams	Fiber: 5 grams

Zel Allen is a regular contributor to Vegetarian Journal and author of Vegan for the Holidays and The Nut Gourmet. She lives in California.



SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Animal Product-Based, Low Carb Diets Associated with Shorter Lifespan

Low carb diets are frequently touted as a way to lose weight or to improve overall health. In reality, although some short-term weight loss may occur, these diets are associated with a higher risk of death. Beginning in 1987, researchers enrolled more than 15,000 U.S. middle-aged adults in a study that continued for about 25 years. The study subjects were asked about their diet periodically. Records were kept of which subjects died during the study period. Those subjects who had the lowest (less than 40% of calories) and the highest (more than 60%) intakes of carbohydrates were markedly more likely to die than were subjects whose carbohydrate intake was in the middle – around 50-55% of calories coming from carbohydrates. The researchers calculated that a 50-year old person whose diet had less than 30% calories from carbohydrate would reduce their projected life expectancy by four years compared to what would be expected if their diet had more carbohydrate. A very high carbohydrate diet had a similar but smaller effect—a reduction in projected life expectancy of 1.1 years. The researchers hypothesized that many of the very high carbohydrate diets were high in refined carbohydrates (sugars, white bread, white rice, etc.) and not high in whole grains. This study found that, if dietary carbohydrate was reduced and animal-based protein and fat were used to replace carbohydrate, risk of death increased. If plant-based protein and fat replaced carbohydrate, risk of death decreased. This study suggests that, if someone chooses to reduce carbohydrate, it's better to replace it with plant-based protein and fat. Low carb-high animal product diets aren't a good choice.

Seidemann SB, Claggett B, Cheng S, et al. 2018. Dietary carbohydrate intake and mortality: a prospective cohort study and meta-analysis. *Lancet Public Health*. 3(9):e419-e428.

Vitamin B12 in Vegan Women's Breast Milk

Getting enough vitamin B12 is especially important for infants and young children because of this vitamin's role in nervous system development. Breastfed infants rely on their mothers' milk to supply vitamin B12. A recent study found that the concentration of vitamin B12 in breast milk from vegans was similar to that of non-vegans. This study examined 26 vegans, 22 lacto-ovo or lacto vegetarians, and 26 non-vegetarians. All but two of the vegans used a vitamin B12 supplement. Approximately 20% of all the women had milk vitamin B12 concentrations that were described as low; however, the adequate concentration of vitamin B12 in breast milk has not been firmly established. Vegans were no more likely to have low milk vitamin B12 concentrations than were non-vegans. This study suggests that vegans who use vitamin B12 supplements will have breast milk vitamin B12 concentrations similar to those of non-vegans.

Pawlak R, Vos P, Shahab-Ferdows S, Hampel D, Allen L, Perrin M. 2018. Vitamin B-12 content in breast milk of vegan, vegetarian, and non-vegetarian lactating women in the United States. *Am J Clin Nutr*. 146: 1125–1131.

Supplements and Fortified Non-Dairy Milks Provide Vitamin B12 to Vegetarians

Where do vegetarians get vitamin B12? A study of Seventh-day Adventists examined practices of 728 adults. Vegans (defined as never or rarely eating meat, fish, dairy, and eggs) were 9% of the study subjects, 28% were lacto-ovo vegetarians (defined as never or rarely eating meat or fish), and the remainder were non-vegetarians. Overall, about 60% of study subjects used a vitamin B12 supplement. Those using vitamin B12 supplements had significantly higher blood vitamin B12 concentrations than those not using supplements. As might be expected, vegetarians and

vegans had a higher intake of vitamin B12 from fortified foods than did non-vegetarians. Non-dairy milks fortified with vitamin B12 had a positive effect on blood vitamin B12 concentrations in those subjects who did not use vitamin B12 supplements. On average, fortified foods supplied enough vitamin B12 to meet recommendations for vitamin B12. These results suggest that this population of vegans and vegetarians is aware of the need for adequate vitamin B12 and is using supplements and fortified foods to supply this essential nutrient.

Damayanti D, Jaceldo-Siegl K, Beeson WL, Fraser G, Oda K, Haddad EH. 2018. Foods and supplements associated with vitamin B12 biomarkers among vegetarian and non-vegetarian participants of the Adventist Health Study-2 (AHS-2) Calibration Study. *Nutrients*. 10(6). pii: E722.

Linking Dietary Choices to Climate Change

By Amy Dell, VRG Intern

Researchers at the University of Michigan and Tulane University developed a new database, dataFIELD, to better approximate the environmental impacts of dietary choices.¹ This is the first attempt to estimate the total greenhouse gas emissions and comprehensive energy demand (amount of energy needed to create a product) from self-selected diets (what people actually eat) in the U.S.

The researchers found that, on average, 4.7 kilograms of carbon dioxide are produced per day from the food a person in the U.S. eats. This greenhouse gas comes from food production, transportation, and ingredient processing. Compare this to the average passenger car emission of 404 grams (0.404 kilograms) of carbon dioxide per mile.² This study suggests that, in the U.S., meat is responsible for 56.6% of the total greenhouse gas emissions from diet, followed by dairy, which is responsible for 18.3%.¹ Vegetables, grains, legumes, and fruits each individually account for less than 3% of the total greenhouse gas emissions from diet.

The environmental impact of the highest greenhouse gas producing diets is eight times higher than that of the lowest greenhouse gas producing diets. Almost three-quarters of the greenhouse gas emissions attributed to the highest greenhouse gas producing diets are due to meat, specifically beef. According to

the researchers, “If the top quintile of diets (representing 44.6 million Americans on a given day) shifted such that their associated GHGE [greenhouse gas emissions] were aligned with the mean [average] impact, this would represent a one-day reduction in GHGE of 0.27 million metric tons CO₂ eq. (mmt), equivalent to eliminating 661 million average passenger vehicle miles on a given day.”¹

Dietary change, meaning lower calorie intake and/or less meat and dairy consumption, is an effective way to reduce greenhouse gas emissions and thus climate change.

¹ Heller MC, Willits-Smith A, Meyer R, Keoleian GA, Rose D. 2018. Greenhouse gas emissions and energy use associated with production of individual self-selected US diets. *Environ Res Lett*. 13(4):044004.

² EPA. Greenhouse gas emissions from a typical passenger vehicle. www.epa.gov/greenvehicles/greenhouse-gas-emissions-typical-passenger-vehicle. Accessed 25 June 2018.

Eat More Plant Foods to Reduce Cancer Risk Says Expert Panel

The World Cancer Research Fund Network recently issued their third evidence-based report on cancer prevention. The expert panel that developed these recommendations concluded that a marked reduction in cancer occurrence worldwide could be achieved by “avoidance of tobacco in any form, together with appropriate diet and nutrition, physical activity, and maintaining a healthy weight.” Specifically, the report calls for eating a diet high in plant foods and making whole grains, fruits, vegetables, and legumes a major part of the usual daily diet. Processed meat should be completely avoided, and red meat, if eaten, limited to no more than three servings a week. While the report did not specifically endorse vegan diets, it clearly made a case for eating mainly whole, plant-based foods to reduce the risk of cancer.

World Cancer Research Fund/American Institute for Cancer Research. Diet, Nutrition, Physical Activity and Cancer: a Global Perspective. Continuous Update Project Expert Report, 2018. Available at www.dietandcancerreport.org

EXOTICA MALAYSIA: GO EAST WITH CURRY, RICE, AND DUMPLINGS

By Hannah Greene

From Hindu temple meals served on banana leaves, to Chinese street hawkers calling out “Nasi kandar!” to British-inspired roti canai, the colorful multicultural history of Malaysia can be tasted in every bite of its cuisine.

Long ago, Indian and Middle Eastern traders brought their religion, culture, and cuisine to Malaysia. The British colonization hundreds of years later left a lasting impact on the country, and can still be seen in architecture, language, and food. Today, Malaysia is majority Malay (Muslim), along with Chinese, Indian, and indigenous Orang Asli ethnic groups.

I lived in Malaysia for eleven months during my junior year of high school. I was enchanted by the vibrant society and excited by an endless palette of incredible food. Regardless of ethnicity, religion, or location, Malaysians are united by a love of *makan* (eating). Cafeterias are open 24 hours a day, and the deliciousness of Malaysian food never ceases to amaze. This fusion cuisine—a blend of South Indian, Middle Eastern, Chinese, Thai, Indonesian, and British foods—is overwhelmingly tasty!

Almost all Malays and Chinese-Malaysians eat a meat-and-rice diet, but many Indians are lacto-vegetarians. Though Bali and Thailand are hot tourist destinations, Malaysia is largely undiscovered—just like its incredible food! Try some of these recipes to get a taste of this hidden gem.

Lei Cha (Green Tea Rice)

(Serves 6-8)

A host family drove us twenty miles to buy this lunch! “Green Tea Rice” is a Hakka Chinese dish from Taiwan. Traditionally, a mortar and pestle are used to pound ingredients, giving it the nickname “thunder tea rice.”

Soup

½ cup sesame seeds (or ¼ cup tahini)

⅔ cup roasted peanuts

1 Tablespoon green tea leaves or 1 heaping teaspoon green tea powder

4 cups fresh basil leaves

½ cup fresh cilantro

¼ cup mint leaves

1 Tablespoon black peppercorns (or ground pepper)

1 teaspoon salt, or to taste

4 cups hot water

Grind sesame seeds in a coffee grinder or use tahini. Use a food processor to purée peanuts, green tea, basil, cilantro, mint, peppercorns, and salt with sesame, and

process thoroughly. Heat water in a saucepan. Add the puréed ingredients and cook over medium flame, stirring occasionally, for 5-10 minutes.

Toppings

4 cups cooked brown or white rice, cooked according to package instructions

4 teaspoons olive or peanut oil, divided

14-ounce package firm tofu, diced

Salt or soy sauce to taste

4 cups total of any of the following items: green beans, broccoli, leeks, celery, green peas, radishes, spinach or *sweet potato leaves (*Found in Asian groceries)

Have cooked rice ready. Dice tofu. Wash and dice vegetables. Place 2 teaspoons oil in wok or frying pan over high heat. Sauté diced tofu until golden, and set aside. Sauté vegetables in 2 teaspoons oil with salt or soy sauce to taste.

In a bowl, cover the rice with sautéed vegetables, tofu, and green tea soup. Mix together and enjoy.

Total calories per serving: 487

Fat: 26 grams

Carbohydrates: 47 grams

Protein: 23 grams

Sodium: 421 milligrams

Fiber: 10 grams

Karipap (Curry Puff)

(Serves 8)

This delicious snack can be found all over Malaysia, from school cafeterias to roadside vendors. It consists of curried potatoes folded into puff pastry.

2 packages vegan puff pastry, thawed according to box directions

Curried Potato Filling

6 red potatoes, washed, peeled, and quartered

½ teaspoon salt

Water to boil potatoes

3 Tablespoons peanut oil

1 medium red onion, diced

3 cloves garlic, chopped

1 Tablespoon curry powder

1 Tablespoon garam masala

1 teaspoon chili powder, to taste

½ teaspoon turmeric powder

Salt to taste

Unfold puff pastry and using an upside-down mug, cut the dough into circles (or trace a round object using a knife to create discs). Chill on baking sheet in fridge while preparing potato filling.

Boil potatoes in a large pot with ½ teaspoon salt, in enough water to cover the tops, then reduce to medium-low heat for 10-15 minutes, or until the potatoes are fork tender. Drain, cool, and dice into small cubes.

Heat oil in a large skillet or wok over medium heat. Add onions and garlic and cook for 2 minutes, until fragrant. Add curry powder, garam masala, chili powder, turmeric, and salt. Cook for 1 minute. Add potatoes and mix until all are covered with spices.

Spoon 2 Tablespoons of curried potatoes onto each of the dough circles, only on one side of the dough. Fold the dough forming a semicircle and securely pinch edge closed. Make small diagonal slit in the top to vent.

Preheat oven to 400 degrees and then bake for 12-15 minutes. Enjoy warm.

Total calories per serving: 422 Fat: 22 grams
Carbohydrates: 48 grams Protein: 8 grams
Sodium: 366 milligrams Fiber: 3 grams



photos by Nathaniel Corn

WHAT IS BAO FLOUR?

Delicate bao dumplings are a popular food throughout Asia, originating in China perhaps as long ago as the 3rd century AD. The chewy, steamed buns are made with bao flour, also known as Hong Kong flour, which is white wheat flour containing a moderate amount of gluten. The white color of bao flour is part of the tradition. In Asia, bao are usually creamy white, all a result of using specific flour to achieve the desired look and tender mouthfeel. Bao flour is available online, but cake flour from the grocery store will also work.



Bao (Dumplings)

(Serves 6)

This any-time-of-day food is often steamed at roadside bicycle stands. I loved walking to the bao shop after school for a dumpling. Look for bao flour at your local Asian market or online. If bao flour is not available, make the dough as follows using cake flour.

Dough Wrapper

2 cups bao flour or cake flour

3 Tablespoons organic sugar

1½ teaspoons instant yeast

¾ cup warm water

1 Tablespoon vegetable oil

1 pinch salt

Mix ingredients and knead for 6-8 minutes. Shape the dough into one large ball and let rest in a warm location for 1 hour, or until the size of the ball has doubled. If the dough is too sticky, add more flour as needed. Divide into 6 to 8 parts, and round into balls. Flatten each into a disc so it is about ½-inch thick in the center and ¼-inch thick at the edges.

Fillings

Get creative! For a more traditional dumpling, fill with sweet red beans or curried vegetables. Try curried tofu, vegan chocolate frosting, fruit jam, or peanut butter.

Sweet Red Beans

One 15-ounce can red beans (Chinese red beans preferred, but kidney beans work), drained and rinsed

¾ cup water

1½ Tablespoons organic sugar

Smash the beans with a spatula or potato masher. Transfer to a pot and mix in water and sugar. Cook off extra water until a paste forms, stirring occasionally.

Spinach

3 cups fresh spinach

1 Tablespoon peanut or olive oil

1½ teaspoons reduced sodium soy sauce

Sauté spinach with oil and soy sauce until wilted.

Assembling Dumplings

To prepare steamed buns, cut parchment paper or a clean brown paper bag into 3x3-inch squares. Place a 1½-Tablespoon mound of filling in the center of the dough and fold the edges upwards, creating a dome enclosing the filling. Place the dumplings on top of the paper squares, and then into a steamer. Steam for 15-20 minutes on high heat, until dough is fully cooked. Let stand 5 minutes before enjoying.

Total calories per serving: 291

Fat: 6 grams

Carbohydrates: 52 grams

Protein: 9 grams

Sodium: 178 milligrams

Fiber: 5 grams

Mee Kari (Curry Noodles)

(Serves 4-6)

My #1 favorite Malaysian food! This can be purchased from street vendors all hours of the night, often from the back of a bicycle. Patrons pick out the type of noodles and the fillings for the curry.

Curry

1 medium onion, chopped into small pieces

4 garlic cloves, peeled
½ inch ginger, peeled and sliced
½ cup water
2 Tablespoons cooking oil
2 cinnamon sticks
3 star anise
6 curry leaves (if available)
1 fresh stalk lemongrass (see note)
½ teaspoon turmeric
2 Tablespoons curry powder
1 Tablespoon vegan red curry paste (see note)
One 16-ounce block firm tofu, cubed
4 cups vegetable broth
One 14-ounce can lite coconut milk
2 teaspoons organic sugar, or to taste
1 teaspoon salt or to taste
2 cups rice noodles (cooked per package instructions)

Toppings

1 cup or more bean sprouts
1 cup or more fried tofu or soy puffs
¼ cup or more chopped spring onions
Cilantro leaves for garnish

Place onions, garlic, ginger, and water in a blender or food processor. Purée into a paste.

Heat cooking oil in a wok or large pan. Add cinnamon and star anise. Once fragrant, add curry leaves and fry for 1 minute. Pour the ginger-paste into the pan and cook for several minutes until the mixture is fragrant. Add the lemongrass, turmeric, curry powder, red curry paste, and tofu. Cook for five minutes, stirring, then add vegetable broth. Bring to a boil, and reduce to a simmer. Add coconut milk and stir. Cook for 10 minutes. Taste the curry and add salt to taste. If it is too spicy, add sugar or more coconut milk.

Meanwhile, cook the noodles. Fill a bowl with prepared noodles and top with curry. Garnish with bean sprouts, fried tofu, spring onions, and cilantro.

Notes: Fresh lemongrass can be found at Asian grocers and natural foods stores. Prepare fresh lemongrass by removing both ends and exterior layers, so the interior is exposed. Chop into thin circles. Also, be sure to read the ingredient list on containers of red curry paste, not all brands are vegan. Thai Kitchen brand is one option.

Total calories per serving: 502 Fat: 37 grams
 Carbohydrates: 22 grams Protein: 20 grams
 Sodium: 763 milligrams Fiber: 4 grams

Nasi Lemak (Fat Rice)

(Serves 4)

The unofficial national dish of Malaysia, this is typically a breakfast food, but it can be enjoyed any time of day! *Nasi lemak* is often served wrapped in a banana leaf!

Coconut Rice

2 cups jasmine rice
One 14-ounce can lite coconut milk
Salt to taste
1½ cups water
1 inch ginger, peeled and sliced

Rinse rice with a mesh colander and drain until water runs clear. Put rice into a rice cooker or large pan and add coconut milk, a pinch of salt, water, and ginger. Simmer the rice for 18-20 minutes, or until soft.

Sambal (Spicy Sauce)

4 shallots, peeled and sliced
1 clove garlic, peeled
5 dried red chilies, seeds removed
1 teaspoon miso paste or soy sauce
1 teaspoon oil
½ red onion, sliced into rings
1 cup tamarind juice (optional, if available)
Salt to taste
½ Tablespoon organic sugar
One 14-ounce block tofu, cubed

Other Ingredients

½ cup raw peanuts
1 small cucumber, cut into slices

Combine shallots, garlic, chilies, and miso paste or soy sauce in a food processor. Heat oil in a pan and add onions. Cook on medium heat for 1 minute. Add the shallot-garlic-chili paste and fry for 2 minutes. Add optional tamarind juice, salt, sugar, and tofu. Simmer for 5 minutes, or until the mixture thickens.

Fry raw peanuts on medium heat until they start to brown. Serve a mound of coconut rice topped with a scoop of *sambal*, alongside fried peanuts and sliced cucumbers. For a truly authentic experience, eat this with your hands!

Total calories per serving: 626 Fat: 21 grams
 Carbohydrates: 89 grams Protein: 21 grams
 Sodium: 84 milligrams Fiber: 5 grams

Pisang Goreng (Fried Bananas)

(Serves 4-6)

A delicious on-the-go treat found at street side vendors.

½ cup rice flour

1½ cups all-purpose flour

½ teaspoon salt

2 teaspoons organic sugar

½ teaspoon baking soda

3 Tablespoons melted vegan margarine or oil

½ cup applesauce

1 Tablespoon water, plus more as needed

3 bananas, sliced into strips about 3 inches long
Oil for frying (approximately ¼ inch deep in pan)

Combine dry ingredients in a bowl. Add margarine and applesauce. Add water as needed so paste sticks to bananas but is not runny. Coat bananas with mixture.

Heat frying oil for several minutes and fry the banana slices. If the oil does not immediately sizzle, it is not hot enough. Once slices are golden brown, remove slices from oil with a slotted spoon and drain oil off. We estimate 10% of oil used while frying will be retained.

Total calories per serving: 431

Fat: 11 grams

Carbohydrates: 77 grams

Protein: 7 grams

Sodium: 540 milligrams

Fiber: 4 grams

TRAVELING IN MALAYSIA

Malaysia is a fascinating multicultural country, with friendly locals happy to show off their beautiful beaches, jungles, mountains, temples and mosques, and modern technological marvels. Hindu temples and Indian restaurants can be found throughout the country. Try *Thosai/dosa* (a chickpea pancake) with *sambar* (dal curry), *parippu vadai* (fried lentils), or vegetable curry with rice. Little India in Kuala Lumpur offers delicious vegan food.

Some Chinese Buddhists are vegan, and their buffets are inexpensive with all sorts of meat substitutes. At an ordinary Chinese restaurant, ask for a veggie stir-fry without egg, fish sauce, or oyster sauce.

There are many sweet vegan desserts: *ondeh-ondeh*, a green coconut/pandan dessert; *pisang goreng* (fried bananas); *cendol* (a surprisingly delicious green coconut-pandan-red bean iced dessert); and ABC (a refreshing ice, syrup, and tapioca iced dessert; ask for no ice cream).

I strongly suggest visiting parts of Malaysia beyond the touristy zones of Kuala Lumpur, Melaka, and Penang. In those areas, much of the genuine cultural beauty is lost in a facade of tourist appeal. The true allure of Malaysia can be found in less developed areas. Outside of the major cities, fascinating religious and cultural traditions are deeply ingrained in daily life. Visit the national parks for jungle life, the east coast for dazzling beaches, and the middle of the peninsula for cultural immersion.

Most people will not understand what “vegan” means, but “full vegetarian” is widely understood. Specify that you would prefer not to eat egg, milk, honey, or fish sauce.

HELPFUL PHRASES IN MALAY

“Saya tidak boleh makan daging, ayam, ikan, telur, susu, madu atau apa-apa produk haiwan.”

I cannot eat meat, chicken, fish, eggs, milk, honey, or any animal products.

“Tolong beri makanan sayur sahaja.”

Please give vegetarian foods only.

“Tolong beri saya sayur dengan nasi.”

Please give me vegetables with rice.

“Kari sayur”

Vegetable Curry

Hannah Greene was a 2018
intern at The Vegetarian
Resource Group.
She is from Maryland.



2018 ESSAY CONTEST winner

AUDREY WATSON
AGE 13

TOTAL PLANT-AHOLIC



I used to eat meat all day, every day. My family served me meat, I gobbled it down in delight. But I've always cared about animals. I just didn't realize that I could go plant-based. Until sixth grade, that is.

I'm in seventh grade now, and I've only been a vegetarian for about a year, but I've learned more in that time period than I have in my entire life. I used to think about meat as a necessary part of my diet. I didn't like the alternatives to it. But one day, I woke up and thought "Today I'm going to make a change."

It may not seem like the greatest moment of truth, but it was mine. Some people witness horrific events or learn about some pretty awful stuff in school. Not me. But I had been building up to this moment for months now. I had a vegan friend who always nagged me about eating meat. I was subscribed to PETA emails and kept seeing the horrific stories popping up in my inbox. I felt bad for the animals every day, and I had yet to make a change until now.

But I did make the change. I was a complete carnivore, but I've now become a complete vegetarian. I'm not going to lie, it was hard. I was tempted every day. And the alternatives weren't pretty. But I learned to like tofu, beans, hummus, and all those great meatless options out there. I was truly becoming aware of the horrors happening in our world today, and I wanted to make a change. Advocacy is hard for anyone, especially a 13-year-old like me. I learned and I grew, just like I did with my diet. Every part of me changed, and it was for the better. I feel like I'm finally making a difference in the world. I'm happy with my life and feel accomplished and proud. Anyone can make the switch. I went from total meat eater to total plant-aholic. It won't be easy, but you'll be making a difference, and that's what matters.

The deadline for the next Vegetarian Resource Group Essay Contest for kids is May 20, 2019. For information about the contest and previous winners, see: www.vrg.org/essay/

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.

Proclaim Liberty Throughout all the Land Philadelphia's Centuries of Vegetarian Activism

By Vance Lehmkuhl

Paraphrasing 19th-century abolitionist Theodore Parker, Dr. Martin Luther King stated that “the arc of the moral universe is long, but it bends towards justice.”

In the case of human/animal relationships, there does seem to be a current trend in that direction. But the bending of the arc is something that's been accomplished by lifetimes of hard work by vegetarian advocates over centuries.

In Philadelphia, where the nation was founded, vegetarianism as a movement in America also began, and indeed much of the subsequent work to help animals was carried out by people living in Philly—many of them working for justice in other areas that they saw as overlapping ethical concerns. Here's a look at how social justice was pushed forward by a virtual parade of meatless advocates in the Delaware Valley prior to the Civil War.

Benjamin Lay

Benjamin Lay was doing his best to bend that arc during his years in Pennsylvania in the early 18th century, hectoring his Quaker colleagues to renounce slavery and free their own slaves and creating attention-grabbing street-theater protests to make his message stick. His central thesis was that God's love should be expressed to all his creatures, and for Lay that meant all humans and also nonhuman animals.

His magnum opus—the first abolitionist book in America—was “*All Slave-Keepers That Keep the Innocent in Bondage, Apostates*,” and within its wide-ranging scattershot arguments, alternating between passionately sweet pleas and fiery denunciation, Lay frequently and explicitly defends “All God's creatures” from capitalist violence. He also approvingly cites early reformers as “very temperate, not eating Flesh, Milk or Eggs.”

Lay was heavily influenced by the writings of England's Thomas Tryon, but vegetarianism was not for him a “Way to Health.” Rather, he worked to live in a way consistent with his ethical beliefs, and although he did not exclude milk from his diet, others of Lay's behaviors are proto-vegan. Just as he refused dinner invitations where slaves would be the servants, he also refused to ride horses or be pulled in a carriage by them, as he didn't deem it right that a horse should have to work to transport him when he could walk. He also eschewed wool and leather and sewed his own plain clothes from flax he grew near the cave he lived in just outside of Abington. He grew his own food, so he was almost completely “off the grid” of mainstream society.

Anthony Benezet and John Woolman, the two most celebrated early pillars of the American abolitionist movement, showed Lay's influence: Philly's Benezet went vegetarian and refused to consume products of exploitation, wearing undyed clothing—blue dye, after

Liberty Bell photo by J.S. Ruth for
VISIT PHILADELPHIA®

Philadelphia Cityscape background
photo by Nathaniel Corn

all, was a slavery product, and red dye came from crushed beetles. South Jersey's Woolman also was vegetarian and avoided wool and horse carriages.

Benjamin Franklin

Meanwhile, occasional vegetarian Benjamin Franklin was responsible for introducing one of America's most important protein-packed "meat substitutes," tofu, to America. This Benjamin, whose occasional vegetarianism also was influenced by Thomas Tryon (the title of Franklin's "The Way to Wealth" seems an intentional play on that of Tryon) was also the (uncredited) printer of Lay's book mentioned above.

Franklin's first lapse from vegetarianism, as detailed in his autobiography, is often cited: While traveling by boat, he smelled fish being cooked and got a craving. While casting about for an excuse to partake, he recalled that he had seen smaller fish in the stomach of a larger fish being butchered. His words at this point are widely quoted: "If you eat one another, I don't see why we mayn't eat you."

What's usually forgotten is his immediate follow-up: "So convenient a thing it is to be a reasonable creature, since it enables one to find or make a reason for everything one has a mind to do." Franklin acknowledged his hypocritical attachment to "convenience" but still indulged in it.

As for tofu, he didn't make it himself, but sent soybeans, along with a recipe, from England to John Bartram, the era's most significant horticulturist. Franklin's January 1770 letter reads, in part: "My ever dear Friend: I send Chinese Caravances. Cheese is made of them, in China, which so excited my curiosity. Some runnings of salt is put into water, when the meal is in it, to turn to curds. These are what the 'Tau-fu' is made of."

Historians are unsure whether Bartram planted the "Chinese Caravances," much less made tofu from them, but if so there was not much immediate impact: It would be more than a century before the first documentation of tofu being commercially available. Still, Franklin's gregarious global spirit puts him at the forefront of Americans who have worked to diversify our nation's white-bread diets.

The Bible Christians

In 1817, members of a British sect called Bible Christians arrived in Philadelphia and set up a church in rented rooms, preaching abstinence from alcohol and

from meat. Neither message was particularly welcome, and according to Adam Shprintzen, author of "The Vegetarian Crusade," they were routinely scorned by passersby in the street who hissed "Heretics!"

Nevertheless, they persisted, arguing for a religious worldview in which God's love was extended to all creatures. Members were particularly fond of Genesis 1:29, in which God clearly assigns plants as humans' food, to the point that they had it printed on banners.

By the late 1820s they'd established their own church building and broadened their influence throughout the bustling city, soon becoming well-known. Confident in their mission, the members persevered, publishing pamphlets, organizing promotional events, building a new church just north of Girard Avenue, and essentially creating a template for what would become vegetarian and vegan advocacy in the States.

Sylvester Graham

Sylvester Graham came to Philly in 1829 to preach temperance for the Pennsylvania Society for Discouraging the Use of Ardent Spirits, whose members often saw an analogy between promoting water over liquor as a drink and promoting vegetables over meat as a food. It may have been members of this organization, or that of the Bible Christian Church, who influenced Graham's development into a vegetarian/proto-vegan advocate—evidence for the cause is hazy.

In 1830 Graham developed a series of lectures at the Franklin Institute that increasingly promoted a meat-free, nearly vegan diet. Whether or not Graham was directly "converted" to vegetarianism by the Bible Christians, his advocacy and his growing national profile supplied a megaphone to the cause.

It's hard for a lot of people today to grasp how widespread "Grahamism" became throughout the 19th century. In addition to his lectures and books, there was a magazine devoted to his ideas and special vegetarian boarding houses where "Grahamites" could share the lifestyle.

Even though "vegetarian" became the more common term by the turn of the century, a newspaper article written in 1909 uses "Grahamite" without any additional explanation, indicating readers were expected still to know the word. His name now lives on in the Graham cracker, an ironic junk-food parody of Graham's eponymous healthful whole-wheat bread.

Bronson and Louisa May Alcott

Philadelphia is also where Louisa May Alcott was born, and it's where her father Bronson Alcott, after working in several progressive schools in the suburbs and then in the city, got to read a lot of European philosophy for the first time, at the Logonian Library across from Independence Hall. Back in New England soon after, he adopted what we now call a vegan diet, and with his longtime fan Ralph Waldo Emerson, essentially founded Transcendentalism. Alcott also created a new kind of school in Boston that inspired a British institute called "Alcott House," which is where the first instance of the word "vegetarian" is documented.

Together with one of his British admirers, Alcott founded a proto-vegan commune called Fruitlands, where not only animal foods were banned, but all work animals, leather shoes, wool clothing, cotton cloth (a slave-labor product), and manure fertilizer. The group had sky-high ideals brought crashing to earth by simple logistics and complicated relationships, and disbanded in less than a year.

As a wage-earning father, Alcott was a decided failure. And his daughter treated vegetarianism much as Franklin had, as an off-again, on-again fashion. But the love of reading and writing that Bronson instilled in Louisa paid off with one of the most popular and influential books of all time.

Although Fruitlands failed as a viable community, its ambitious attempt to tie together so many moral reforms had ripples in the larger culture, not least in the words of frequent Fruitlands visitor Theodore Parker, the "arc of the moral universe" guy.

Angelina and Sarah Grimke

Meanwhile, back in the Quaker city, Angelina and Sarah Grimke moved from South Carolina to Philadelphia and distinguished themselves as some of the most powerful speakers on the abolition of slavery, leveraging their lineage as daughters of the South to slam the institution still defended by their family.

Angelina married abolitionist leader and confirmed Grahamite Theodore Weld in May of 1838. The day after their wedding saw the opening of Pennsylvania Hall, an ambitious gathering spot for abolitionists

and the reform groups that coalesced around them, including women's rights, temperance, and vegetarianism. Angelina said a year earlier that "I fully believe that so far from keeping different moral reformations entirely distinct that no such attempt can ever be successful. They are bound together in a circle like the sciences; they blend with each other like the

colors of the rainbow; they are the parts only of our glorious whole." Frederick Douglass later offered a simpler version, "All great reforms go together."

The American Vegetarian Society

Drawing inspiration from England's Vegetarian Society, the American Vegetarian Society was founded by a group including William Metcalfe, Sylvester Graham,

and Dr. William A. Alcott (Bronson's cousin), with Alcott as President and Metcalfe as Corresponding Secretary. In the latter role, Metcalfe edited the *American Vegetarian and Health Journal*, in which role he helped to shape national thought on vegetarianism via the official organ of the nation's official vegetarian society. For several years, this periodical was ground zero for Americans looking for and sharing information, often in the form of letters about vegetarian eating, including some who explicitly advocated abstaining from all animal products.

As a coalition of somewhat diverse constituencies, the American Vegetarian Society brought together health, moral, and ethical concerns as in Dr. Alcott's remark at the founding meeting in New York that he wanted to see "bread in the middle of the table, not the mangled corpses of murdered animals."

The first official meeting of the society, and most subsequent meetings, were held in Philadelphia.



Independence Hall, photo by J. Fusco for GPTMC, VISIT PHILADELPHIA®



Vance Lehmkuhl is a vegan journalist, and author of *V for Veg and Eating Vegan in Philly*. He lives in Pennsylvania.

Vegan Xanthan Gum

by Jeanne Yacoubou, MS

The Vegetarian Resource Group received an intriguing email from an anonymous writer with this directive: “Please change xanthan gum to ‘sometimes vegan’ on your ingredient list (www.vrg.org/ingredients/). Xanthan gum is sometimes processed with egg whites. Thank you.”

Xanthan gum, to the best of our knowledge, is vegan. Produced by bacterial fermentation, it is used to thicken food products or as an emulsifier to help water- and oil-based ingredients stay together.

This was the first time we had ever heard that xanthan gum could be processed with egg whites. Xanthan gum is sometimes used in place of egg whites in recipes with ingredients that would separate if not for some kind of binder. Or possibly the emailer meant to say that egg was a component of the bacterial growth medium or used as a processing aid during manufacture.

To clarify matters, we asked the inquirer for his/her information source. In a follow-up email the writer provided us with a Facebook post about a questionably vegan frozen dessert at Weis® Frozen Foods of Australia.

The VRG followed up by contacting Weis and several vegan groups in Australia. Stewart Eddie, New Products Manager at Weis, replied in an email: “We have recently changed the supply of one of our ingredients, xanthan gum, to ensure that our dairy free products are, and continue to be, suitable for vegans. To make the point clear, our sorbets never had xanthan gum derived from egg whites. There was a risk of cross contamination at the manufacturer of the xanthan gum. We risk assessed and deemed inappropriate to uphold a claim of suitable for vegans.” In a follow-up question, Stewart replied: “We have verified our current supplier’s ingredients are indeed vegan suitable.” So it appears to The VRG that Weis’ sorbet never had xanthan gum derived from egg whites or processed with egg whites.

We found other information from an Australian group that indicated not all xanthan gum was vegan. This declassification of xanthan gum as vegan appears to be based on academic research. No information

was provided on current manufacturers producing xanthan gum using egg whites.

We looked into links concerning xanthan gum and found patents for xanthan gum discussing animal-derived products. In these patents, “Lysozyme Taiyo” was used. It is identified as a product of Taiyo Chemical Co.® A 1998 book reference points to Taiyo Chemical Co. in the context of a lysozyme sourced from egg white. Both the patents and the book are dated from the 1990s. This fact alone raised our suspicions about whether it’s true today on a commercial basis.

We looked up Taiyo Chemical Co. to see if they produce an egg white-derived lysozyme today. Although the company may have done so in its beginnings during the 1950s, there is no mention of such a product today.



Currently, companies say no egg whites ever.



The VRG contacted three companies which manufacturer xanthan gum. Cargill® did not respond to our inquiry at all. We spoke with Tom at AEP Colloids® in January 2018. He told us in response to our question about egg whites in xanthan gum production: “Egg whites are never used. We use corn. Others may use other carbohydrates such as cane sugar.” We also communicated by email with Jason from CP Kelco® Co. in February 2018. He attached a letter to his reply from Cheryl Van Dyne, Director, Global Regulatory Affairs, at CP Kelco. It stated: “Xanthan gum is a polysaccharide produced by bacterial fermentation of a pure culture of *Xanthomonas campestris* with protein and carbohydrate sources, such as but not limited to soy or corn analogs.”

We followed up by asking specifically if egg whites or cane sugar were used. Jason replied by attaching the product information sheet for xanthan gum.



CP Kelco's Xanthan Gum Product Information

Allergen	Material supplied contains...	Material supplied is produced on the same equipment with...	Material supplied is produced in the same factory with...	Cross contact with the material supplied?
Egg or its derivatives (frozen yolk, egg white powder, egg protein, etc.)	No	Yes	Yes	No
Corn (maize) or its derivatives	No	Yes	Yes	No
Milk and products thereof (including lactose)	No	No	No	No

He prefaced the attachment by saying “The answers you requested can be found in the attached document.” The document stated that xanthan gum was “suitable for a vegetarian diet.” It also stated that xanthan gum was “not suitable for a vegan diet.”

The reason why CP Kelco's xanthan gum is not vegan was given later on in the document in a table on allergens and xanthan gum production. We've reproduced a part of that table above. (Note: The “Material Supplied” is xanthan gum. The FDA recognizes eight food allergens, including egg and milk: www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm106890.htm#q4)

It's clear from the table that xanthan gum is not declared vegan because it is manufactured in a factory with and on the same equipment as products containing egg. However, the xanthan gum is not cross-contaminated with egg products nor are egg products used to make it.

Corn is included in this allergen table because it serves as the growth medium for the bacteria making the xanthan gum. Cane sugar is not included since it is not one of the eight allergens that must be declared according to the FDA. However, CP Kelco included other substances in their table that are not FDA-regulated allergens such as corn.

I asked Jason if cane sugar's absence from the list meant that cane sugar could not be a food source. Jason replied, “Correct.”



Neither egg nor milk products are used in xanthan gum's manufacture.



As a general conclusion, neither egg nor milk products are used in xanthan gum's manufacture. They are not used as either growth media or as processing aids.

CP Kelco states in its product information document that xanthan gum is not considered vegan because it is produced on machinery where egg products have been. However, CP Kelco follows good manufacturing practices (GMPs) as they state in their product information document. In between product runs, machinery is thoroughly sanitized. There may be very slight residues present, but all reasonable precautions dictated by GMPs had been taken to avoid any cross-contamination.

It seems, to protect itself from legal liability in case someone with an egg allergy or a vegan consumes CP Kelco's xanthan gum and tries to sue the company claiming they had been misinformed or misled, CP Kelco does not call it “vegan.”

As we've shown in the case of other ingredients, www.vrg.org/blog/2018/03/30/vegan-l-cysteine-update-l-cysteine-as-an-anti-browning-agent-for-pre-cut-fruit/ commercial manufacture is different from what happens in research laboratories. It may be true that animal- or dairy-derived ingredients could theoretically be used to produce certain ingredients on an industrial scale. There may even be patents on these procedures. However, if non-animal and non-dairy alternatives are available, companies today in 2018 seem to often choose them over animal/dairy sources to manufacture their ingredients.



Companies choose vegan sources.



There are several reasons for using non-animal/non-dairy sources. Here are a few:

- Non-animal/dairy sources may be cheaper.
- There's a more consistent supply of non-animal/dairy sources.
- It's easier to get religious certifications on non-animal/dairy sources.
- There are consumer concerns about animal-carried illnesses (such as BSE or Bird Flu) that consumers may have related to animal- or dairy-derived ingredients.

In light of this analysis, The Vegetarian Resource Group believes that the vegan classification of xanthan gum is correct. If you have documentation

otherwise from companies currently producing xanthan gum, please share it with us.



The contents of this article and our other publications, including *Vegetarian Journal*, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made.

Please use your best judgment about whether a product is suitable for you. To be sure, do further research or confirm on your own.

More ingredient information is at www.vrg.org/ingredients/index.php



NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed by *The New York Times'* Well Family section on how parents can handle a situation where just one of their children has decided to become a vegetarian in a family of meat eaters. Additionally, Mangels contributed to *U.S. News and World Report* for a slide show on vegan and vegetarian pregnancy (health.usnews.com/wellness/family/slideshows/how-to-eat-vegan-during-pregnancy) and provided provided information on foods vegetarians and vegans should limit.

Vegan Education

Dr. Mangels authored a chapter on "Vegetarian Nutrition in Pregnancy" in a book titled *Handbook of Nutrition and Pregnancy* published by Springer (www.springer.com/us/book/9783319909868). She also authored two chapters, "Vegetarian Diets for Pregnancy, Lactation, Infancy, and Early Childhood" and "Vegetarian Diets Trends in Acceptance and Perception," in a book titled *Vegetarian Nutrition and Wellness* (www.crcpress.com/Vegetarian-Nutrition-and-Wellness/Craig/p/book/9781138035560).

veggie bits

The Festive Fig

Looking for a unique party food or a vegan host or hostess gift? Consider Hellenic Farms' Fig Salami as a one-of-a-kind treat certain to spark conversation. Made of dried Greek figs and a few other ingredients, this "salami" is not lacking in flavor. Fig salami makes a unique addition to a vegan "cheese" platter, or a chutney substitute for an appetizer. We enjoyed the Pistachio Cinnamon and Orange Zest & Aleppo Pepper varieties. The product resembles sausages visually, but not in texture or flavor, since you can clearly distinguish the tasty figs and the few other flavorful ingredients. This hors d'oeuvre is free of added sugar, GMOs, and gluten. Look online to buy at: www.specialtyfood.com/products/producer/115739/hellenic-farms-llc.

Written by Hannah Greene, VRG Intern.



Coleslaw Dressing

Get ready for another addition to your grocery list. Follow Your Heart's new vegan Coleslaw Dressing has the perfect consistency and flavor to transform average slaw into a delicious side, regardless of the season. Its creamy texture tastes great with fresh veggies and will elevate any salad-like dish. The dressing is best kept refrigerated after opening and is ready to go—just toss the desired amount with your favorite coleslaw ingredients and serve at barbecues, family gatherings, or a friend's dinner party. This product is organic and is available at many grocery stores. You can find a store locator at Follow Your Heart's website: followyourheart.com/store-locator/.

Written by Jamie Donohue, VRG Intern.



Spice Up Your Lunchtime with These Microwave Meals

Loma Linda now offers delicious, healthy meals inspired by global cuisine, ready in just 60 seconds! Available in several vegan varieties, including Mediterranean Tomato and Olive

Spaghetti, Southwest Chunky Stew, and Chipotle Bowl, these shelf-stable, on-the-go meals rejuvenate office lunches and busy dinners. The pouches can also be boiled, so they are a great option for vegan camping, and are easy to transport for any travel. Don't miss our favorites: Thai Green Curry, Tikka Masala, and Spicy Pad Thai. Each has a robust flavor with unique spices. The ingredient lists are easily understood, and these products lack the artificial junk many microwave meals contain. Plus, they offer plenty of plant-based protein. Be sure to stir the package contents before enjoying. These can be purchased online at www.amazon.com or at many major grocery stores and natural foods stores.

Written by Hannah Greene, VRG Intern.



A Pizza Party in Every Bite!

Amy's Vegan Cheeze Pizza Snacks are sure to please any crowd, even nonvegans! These pizza pockets are tastier than the nonvegan versions.

This yummy treat has a comforting homemade taste. The vegan bites make an excellent party snack, and children will adore popping them in their mouths. Plus, they are almost entirely organic! Available at major grocery chains nationwide. For details see: www.amys.com/our-foods/vegan-cheeze-pizza-snacks

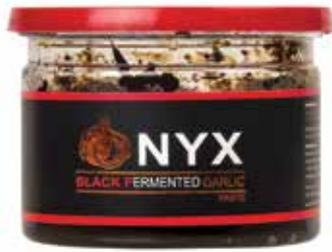
Written by Hannah Greene, VRG Intern.



Sweet & Savory... Garlic?

Not to be outdone, garlic is in on the fermented foods trend. ONYX Black Garlic has complex flavor with elements of sweet and savory, not unlike tamarind. There is no spicy or sharp bite like with raw garlic, though the aroma is decidedly garlicky. The texture reminds us of dried figs and it was equally sticky. To try it, we used the black garlic paste as a “sauce” layer on pizzas, both with and without vegan cheese. It held up well and maintained balanced flavor and moisture. Next we tried the cloves chopped in tacos with beans, lettuce, and salsa. The umami chunks of black garlic blended smoothly with the traditional taco fillings, actually enhancing the contrast between the refried beans and spicy salsa. The third experiment was loaded waffle fries topped with vegan cheese, vegan kimchi, and green onions. Pairing the ferments (black garlic and kimchi) resulted in sophisticated flavor depth that elevated the simplicity of usual fries. Because the ferment process makes the garlic so sweet, it’s incredible how flexible this ingredient becomes with some creativity. Try it in salad dressing! Retail for \$10-\$12 per jar for paste, cloves, or full bulbs. For more information visit www.onyxblackfermentedgarlic.com

Written by Rissa Miller, Senior Editor.



Many Medleys of Millet

If you want to mix it up with your side dishes, try Hilary’s Millet Medleys. A great “potluck cheat” if you don’t have time to make anything yourself, these pouches microwave in just 3 minutes but look like you spent hours cooking. Generous portions, 6-7 grams of protein per serving, and powerful flavors are just a few of the things Hilary’s Millet Medleys bring to the table. Serve them as a complete meal, on



top of salad, or as a side to veggies and tofu. The combinations of beans, millet, and vegetables pack complex flavor profiles from real spices. The four flavor options offer completely different tastes, but they all still feel health and fresh. The Traditional Herb is perfect for picky kids or people who like flavor, but not spice. The Savory Mushroom tastes like mom’s holiday stuffing. They are all gluten-, soy-, corn-, egg-, dairy-, and nut-free. To find Millet Medleys near you, visit www.hilaryseatwell.com/ or head to most Safeway, Whole Foods, or Sprouts.

Written by Amy Dell, VRG Intern.

Hemp and Almond Liquors

Many hemp-based foods have a granola-grit vibe to them, but not so with Bom Bom’s Fully Baked Hemp Liqueur.

Vegan and gluten-free, this new hemp milk liqueur doesn’t contain THC and goes down silky-smooth in drinks. The Fully Baked variety, which is flavored with chocolate chip cookie and brownie undertones, really shines in hot coffee. It assimilates perfectly with no curdling, and it’s so creamy, you can’t even taste alcohol. Our vegan bartender concocted a drink with chilled coffee, Fully Baked, almond milk and coffee liqueur, naming it Breakfast Blend—try it! Bom Bom also makes Nilli Vanilli, a vanilla cookie-flavored almond milk liqueur. We sampled it mixed with coconut water, which was luscious and had the malted kick of a Whopper-style candy, but everyone’s favorite Nilli Vanilli drink was the Watermelon Freeze: frozen watermelon chunks blended with the almond liqueur. Bom Bom is sold in 13 states and more information is online at www.drinkbombom.com.

Written by Rissa Miller, Senior Editor.



reviews

AGELESS VEGAN

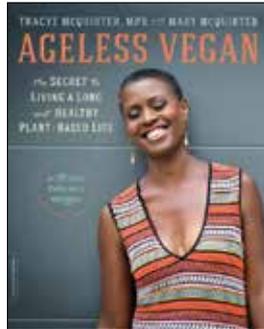
By Tracye McQuirter, MPH, and Mary McQuirter

This book is written by a woman with a public health master's degree and her mother 30 years after they both became vegan. Each shares their experiences living a vegan lifestyle, as well as tips and recipes. The book is especially helpful for someone starting a vegan diet.

You will find 100 vegan recipes, including Mango Lassi Smoothie, Cashew Nog, Chia Berry Breakfast Pudding, Home-Style Grits, Artichoke Dip with Pita Chips, Summer Rolls, Lemongrass Noodle Soup, Cajun Quinoa with Okra and Tomato, Citrusy Dandelion Greens Salad, Braised Sesame Kale, Roasted Curry Cauliflower, Tempeh Panini, Vegetable Pot Pie, Savory Vegetable Quiche, Fudge Walnut Brownies, Perfect Pecan Pie, and Raspberry Cheesecake Tartlets.

The book is full of beautiful photographs and my only wish is that nutritional analyses were provided since this book is packed with healthy vegan recipes.

***Ageless Vegan* (ISBN: 978-07382-2020-8) is a 256-page book. It is published by Da Capo Lifelong Books and retails for \$24.99. You can purchase this book online or at a bookstore. Reviewed by Debra Wasserman.**



MINDFUL VEGAN MEALS

By Maria Koutsogiannis

There are many unique dishes in this cookbook, such as Roasted Red Pepper Rigatoni Cake (a main dish), Easy Thai-Infused Coleslaw Salad, Green Waffles with Creamy Corn Salsa, Strawberry Ice Cream Cake, and Peek-a-Boo Chickpea Fudge Bites (a dessert). Along with the recipes, you will find gorgeous photos, helpful tips, and more.

***Mindful Vegan Meals* (ISBN: 978-1-62414-575-9) is a 208-page book. It is published by Page Street Publishing Company and retails for \$21.99. Find this book online or in your local bookstore. Reviewed by Debra Wasserman.**



TAHINI & TURMERIC

By Vicky Cohen and Ruth Fox

This vegan cookbook features 101 modern Middle Eastern recipes that will spice up your meals. There are also beautiful photographs and lots of information on Middle Eastern cuisine as well as helpful tips.

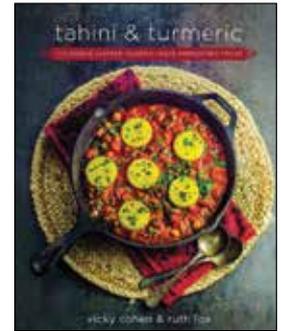
For breakfast enjoy a Tahini Smoothie Bowl, Spicy Avocado Toast with Dukkah (an Egyptian condiment), Zucchini Fritters with Cucumber Yogurt Sauce, Falafel Waffles, or Nutty Cinnamon Rolls with Halvah Icing. Moving on to appetizers, try several varieties of hummus, Crispy Mini Meatless Pies, Bulgur Wheat Patties with Spicy Tahini Dipping Sauce, or Beluga Lentil and Baba Ghanoush Toast.

Next up are soothing warm bowls, including Hearty-Spiced Chickpea, Lentil, and Root Vegetable Soup; Saffron-Infused Cauliflower Soup with Sumac Oil; and Simply Satisfying Semolina Soup. Salad suggestions are Cannellini Bean and Farro Salad, Belgian Endive Salad with Pomegranate and Pumpkin Seeds, and Wheat Berry, Fig, and Pistachio Salad. You will also find rice-based dishes, such as Fava Bean and Fried Artichoke Basmati Rice, and Wild Rice Mjadra.

Main dishes include Caramelized Baby Okra in Tomato and Pomegranate Molasses Sauce, Tempeh-Stuffed Zucchini in Mint Tomato Sauce, Stuffed Grape Leaves with Figs and Blood Orange, Bulgur Wheat Pie, Slow Cooker Sweet and Savory Moroccan-Style Tofu, Roasted Cauliflower with Green Tahini, and Cannellini Bean and Meatless Sausage Stew.

There's a terrific bread chapter with recipes for Sweet Challah Rolls, Za'atar Flax Crackers, Gluten-Free Falafel Crackers, and Abuelita's Savory Bourekas. Finally, dig into the numerous dessert options, such as Tahini Truffles, Chocolate-Dipped Stuffed Dates, Coconut Turmeric Sweet Bread, and Creamy Tahini Cheesecake with Pistachio Crust and Fresh Pomegranate.

***Tahini & Turmeric* (ISBN: 978-0-7382-2010-9) is a 286-page hardcover book. It is published by Da Capo Lifelong Books and retails for \$24.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



FROM THE KITCHENS OF YAMCHOPS

By Michael Abramson

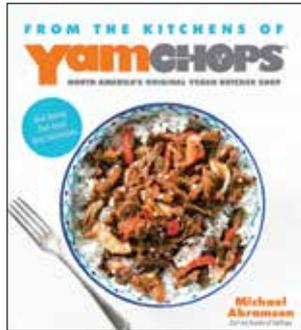
YamChops is a plant-based butcher located in Canada. The book offers 75 vegan recipes that you might find in a deli and provides color photographs.

Sample main dishes include Beet Wellington, Szechuan Beef, General Tso's Tofu, YamBurger, Thai Tofu Burgers, Korean BBQ Ribs, Butternut Squash Steak, Coconut Peanut Curry, Seitan Loaf, and Ginger-Miso Meatballs. You can serve one of the entrées with a delicious appetizer or side dish such as Carrot Lox, Hunan Dumplings, Feta Cheeze, and BBQ Corn with Ginger-Agave Glaze.

Next, enjoy some dishes in a bowl, including North African Peanut Soup, Lemon Lentil Soup, Cranberry and Wild Rice Soup, Kale Caesar! Bowl, and Mediterranean Bowl. You'll also find salads, slaws, and dips, as well as sauces, salsas and chutneys.

No book is complete without dessert. Enjoy recipes for Chocolate-Banana Cream Pie, Rocky Road Fudge, Pumpkin Brownie Loaf, and Black Bean Brownies.

From *The Kitchens of YamChops* (ISBN: 978-1-62414-488-2) is a 191-page book. It is published by Page Street Publishing Co. and retails for \$21.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.

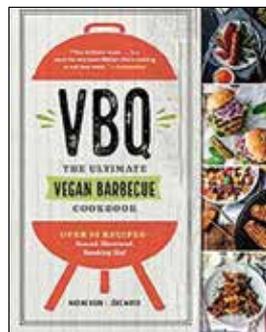


VBQ – THE ULTIMATE VEGAN BARBECUE COOKBOOK

By Nadine Horn and Jorg Mayer

This cookbook offers a wealth of creative vegan barbecue recipes along with helpful tips. Once you see the photos, you'll want to start grilling!

The Burgers, Sandwiches & Patties section includes Portobello Mushroom Panini, Plantain Patties, Grilled Cheese Sandwiches, and Quinoa and Chickpea Burgers. Move on to Steaks, Sausages & Skewers and you'll



find recipes for Grilled King Oyster Mushrooms, Cauliflower Cutlets, Vegan Spareribs, Eggplant Steaks, and Spicy Chorizo.

Vegetables Stuffed, Grilled & Braised offers Roasted Carrots, Grilled Bok Choy, Crispy Potato Skins, and more. The Pizza, Wraps & Co., chapter serves up Pizza Arrabbiata, Grilled Butternut Squash Tacos, Grilled Pesto Tart, and Vietnamese Pizzas.

Next, sample recipes for Salads from the Grill or Otherwise, including Kale Salad, Marinated Fennel Salad, Grilled Potato Salad, and Crunchy Coleslaw. Sauces & Basics offer a Trio of BBQ Sauces, Green Chile Sauce, and Mango and Habanero Sauce. Finally, Bread & More recipes include Pull-Apart Bread, Sweet Potato Buns, and Hot Pickled Radishes.

VBQ – *The Ultimate Vegan Barbecue Cookbook* (ISBN: 978-1-61519-456-8) is a 224-page book. It is published by The Experiment and retails for \$19.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.

PROTEST KITCHEN

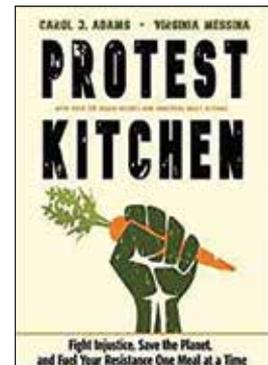
By Carol J. Adams and Virginia Messina

The front cover of this book says, "Fight Injustice, Save the Planet, and Fuel Your Resistance One Meal at a Time." The authors state that "what we eat (or boycott eating) is a sign of protest," along with marches, boycotts, and street demonstrations. Veganism is a form of positive change.

Carol has written several books on social justice, and Virginia is a registered dietitian with a degree in public health nutrition. This book provides a lot of information on veganism and the vegan movement along with vegan recipes. Daily action suggestions are offered, as well as many useful tips.

Some of the delicious recipes include Vegan Irish Cream, Tofu Corn Puffs, Soy Curl Bacon, Smoky Black Bean Burgers, Zucchini Brownies, and Tiny Little Chocolate-Nut-Cherry Thumbprint Candies.

***Protest Kitchen* (ISBN: 978-1-57324-743-6) is a 224-page hardcover book. It is published by Conari Press and retails for \$16.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



Support VRG Outreach

Amy Dell's VRG Intern Experience

Creating a Vegan World



photo by Rissa Miller

My first weekend as a Vegetarian Resource Group intern, I worked at The VRG booth at a farmers market. It was rewarding to help people on their path to a healthier diet, especially children because I was 10 when I went vegan. Seeing the children get excited about VRG's *I Love Animals and*

Broccoli coloring book was adorable, and made me want to work with kids.

That weekend I partnered with Hannah, another intern, to cook six vegan casseroles for Our Daily Bread, a charity in Baltimore. Through this project, we contributed to a greater cause: feeding hundreds of hungry people delicious vegan food. Cooking in quantity made it easy to prepare a large number of casseroles, because we chopped large amounts of the same ingredients instead of different things.

I wrote an article about a project at Christopher Place Employment Academy, a rehabilitation and education facility for previously homeless men in Baltimore. I specifically focused on Marcy Schweibinz, the teacher of a healthy cooking class at Christopher Place. This class educates the men in the program about basic cooking techniques, vegan eating, and health-related topics. This project showed me how dedicated individuals can make an impact in the lives of others.

Marcy accompanied Hannah and me as we presented about vegetarianism to a low-income

culinary summer camp. We spent weeks preparing: brainstorming ideas, creating the lesson plan, practicing our discussion points, and making games. When the day arrived, it was worth it to see the kids enjoy our activities and listen to us speak.

Through my blog posts on the VRG Blog, I've been able to share my story with others and answer questions that other teens might have, questions that I would have wanted the answer to when I first became vegan. By reflecting on my early vegan years, I was reintroduced to the reasons why I chose this lifestyle and how strongly I still feel about them now. I went vegan because I wanted to help animals. Whenever I'm presented with people talking about killing animals, I always feel instinctive sadness. It makes me stronger knowing that this conscious decision helps animals.

I assisted a former VRG intern, Casey Brown, on a large-scale project creating vegan meal plans for people on the Supplemental Nutrition Assistance Program (SNAP). We worked to design simple-to-prepare, inexpensive meals from easily obtainable ingredients. This required knowledge about nutrient requirements, recipe creation, and product pricing.

The most influential project of my internship was when I worked with VRG's Nutrition Advisor, Reed Mangels, PhD, RD, on a piece for the Scientific Update column in *Vegetarian Journal*. I read and interpreted an article from a peer-reviewed scientific journal (see page 15). Reed assigned me an article on the greenhouse gas emissions of certain diets and worked with me as I wrote the summary.

I hope to work as a journalist in the future, analyzing bills and laws pertaining to the environment, and displaying the information in a way that you don't need a degree in biology to understand. My internship was amazing practice for that specific career goal.

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Quick and Easy Ideas for Brussels Sprouts

by Chef Nancy Berkoff

Brussels sprouts, or petite choux (“little cabbage,” used as a term of endearment as well as a vegetable name) are worth the effort to prepare! Frozen Brussels sprouts are available, but in season, fresh Brussels sprouts offer versatility and delicious flavor.

Preparation

When purchasing fresh Brussels sprouts, look for small heads with tightly closed, green leaves. Yellow or loose leaves mean that the sprouts are not fresh. To prep your sprouts for cooking, wash in cold water, slightly trim the stem end, and shake off any remaining water. To ensure even cooking, cut a small “x” on the bottom of each sprout; this helps the heat distribute evenly.

If you would like to prep the sprouts ahead of time, you can seal them in a plastic bag or a glass or plastic, air-tight container.

Steaming

You can steam Brussels sprouts by cutting them in half, placing them in a metal or wooden steamer. Allow them to steam until they are bright green, about two minutes, or until they are just a bit soft, but still firm.

Roasting

To roast Brussels sprouts, preheat the oven to 400 degrees, toss whole or halved sprouts with a small amount of olive oil (or oil of your choice), cracked pepper and minced fresh garlic or dried garlic, if you like. Spread on a non-stick baking sheet and roast until

lightly browned. Brussels sprouts also may be quick-sautéed with seasoning of your choice. Make certain you use a skillet large enough that the sprouts have room to move around. If the sprouts are “huddled” in the pan, they may develop a strong flavor or a mushy texture.

No matter which cooking method you select, remember to aim for bright green as the end color.

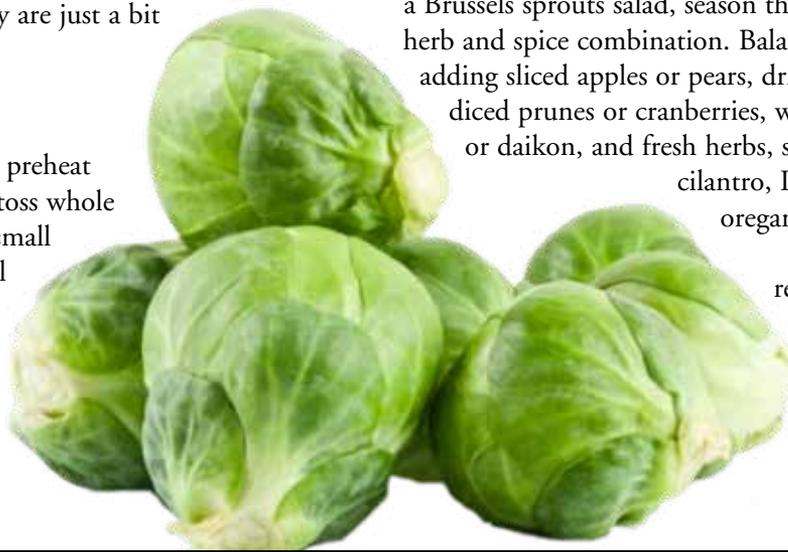
Once you have finished cooking the sprouts, you can enjoy them as is, over rice, quinoa, barley, or couscous, or add them to stir-fried seitan, soy chorizo and potatoes, scrambled tofu with chiles, or hash-browned potatoes. Try them as a daring pizza topping!

Going Raw

Brussels sprouts can be eaten uncooked as well. Raw Brussels sprout leaves can be a little tough, so it’s best to soften them before adding them to salad. This can be done two ways: massaging the leaves with a bit of salt to help break them down, or thinly slicing them to shredded texture, sometimes called shaved Brussels sprouts.

Use raw Brussels sprouts in any traditional slaw recipe or dress them with lemon vinaigrette. To create a Brussels sprouts salad, season them with your favorite herb and spice combination. Balance the flavor by adding sliced apples or pears, dried apricots, raisins, diced prunes or cranberries, walnuts, fresh fennel or daikon, and fresh herbs, such as mint, cilantro, Italian parsley, or oregano.

If you have the time, research a recipe online for pickled Brussels sprouts. This vegetable makes a delicious pickle!



Vegetarian Action

Gili Kieffer: Inspiring Vegan Indulgence by Hannah Greene

If anyone claims that vegan food is boring or gross, just send them to one of Gili Kieffer's cooking classes! Her delectable pastries prove how indulgent and exciting a vegan diet can be.

Born and raised in Israel, Gili became vegetarian as a teenager and vegan eight years ago. She earned a certification in vegan cooking and pastry and now teaches cooking classes in Pennsylvania and Maryland. On September 22, 2018 she opened Tivoni Vegan Kitchen and Bakery, at 805A Roherstown Rd., Lancaster, PA. Through this and other subtle activism, she has dedicated her life to educating and connecting people via compassionate eating. Gili offers cooking demos, teaches group and private vegan cooking classes, and maintains a popular vegan blog.

This talented chef volunteers weekly to prepare vegan meals at the Boys & Girls Club. She tries to support the children as a positive influence and answer their questions about the impacts of dietary choices.

In her efforts to connect people of different backgrounds, she organizes a rapidly growing vegan Meetup group dedicated to judgment-free support. The group holds events to support farm sanctuaries and other animal rights causes, as well as holiday activities on Halloween, Thanksgiving, and Christmas.

Rather than trying to convert others by "disgust or guilt," Gili offers delicious, wholesome vegan food that makes people excited about all the possibilities for vegan eating from breakfast to dinner to dessert.

"My goal is to make a difference and influence and inspire. I believe that we vote with our money, and what better way than offering a completely vegan and animal



product-free place for locals to eat?" she said.

Gili further helps others by offering guidance with the transition to veganism. "I don't believe in forcing lifestyle choices on people, so I try to encourage them by introducing foods and talking openly about my lifestyle."

Gili's hope for vegans is that we recognize "we are all in a different place in our journey and we are trying our best." Regardless of why someone goes vegan—for animal rights, the environment, personal health, or any other reason—she applauds their choices.

"I see some vegans judging... it's not the way I choose to go about it," she said. Embodying the vegan mindset, Gili leaves us with these words of wisdom: "I'm a big believer in compassion and kindness in any form. Judging others will not lead to change—be kind."

You can find Gili's mouthwatering recipes at veganfoodie.kitchen/recipe and more about her restaurant at www.tivonivegan.com

Hannah Greene interned at The Vegetarian Resource Group during the 2018 summer.

VRG's Vegan Guide to Leather Alternatives

If you are looking for non-leather shoes, bags, belts, and other items, you should take a look at The Vegetarian Resource Group's *Vegan Guide to Leather Alternatives*. Here you'll find a huge list of vegan stores and online retailers offering non-leather options in the USA, Canada, Europe, Australia, and other places. Find out where you can purchase non-leather ballet shoes, cowboy boots, guitar straps, tool belts, motorcycle gear, briefcases, and so much more. You can find this handy guide here: www.vrg.org/nutshell/leather.php

More Copies of *I Love Animals and Broccoli* Coloring Book

Thanks to the generous support of Vegetarian Resource Group members, we have reprinted additional copies of our *I Love Animals and Broccoli* coloring book. VRG has distributed more than 150,000 copies of this terrific handout for children. They have been used in the children's section of VegFests around the USA, in schools, at camps, at conferences, and in many other places.



Interns Create a Huge My Vegan Plate

VRG interns Amy Dell and Hannah Greene created and painted by hand a very large version of our *My Vegan Plate* to use at a Baltimore City camp program for low-income kids. The campers were asked to place food containers in the correct category including, Fruits, Grains, Calcium, Vegetables, and Protein. This then led to further discussions about vegan diets and healthy eating.