

Fresh Ideas for Watermelon • Eat Vegan in Jamaica

VEGETARIAN

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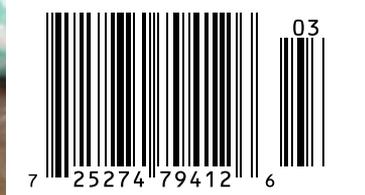


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HEALTH • ENVIRONMENT • ETHICS

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Nutrition Hotline

This month's Nutrition Hotline offers advice for sports-related concussions

Reed Mangels, PhD, RD



QUESTION: My vegan daughter plays high school soccer and is recovering from a sports-related concussion. She's following all of her pediatrician's advice about limiting activity. I wondered if anything nutrition-related could help. **S.M., MA, via email**

ANSWER: General recommendations to eat well and to drink fluids for hydration apply when recovering from a concussion. Limiting or avoiding caffeinated drinks like soft drinks, coffee, and tea can make it easier to get needed rest. Nausea, which is sometimes an issue in the early days post-concussion, may be helped by eating bland food.¹

Other suggestions are based on limited research and are only speculative. Creatine (also known as creatine monohydrate) is an amino acid made by our body and found in meat and fish. The International Olympic Committee's (IOC) consensus statement about supplement use mentions that creatine supplements are associated with decreased damage and improved recovery post-concussion, although data are not conclusive.² One trial in children and adolescents who were given 0.4 g/kg creatine for six months after

concussion found less headache, dizziness, and fatigue.³ We don't know if a lower dose would also work. Depending on your daughter's weight, the amount of creatine used in the trial may exceed the 3-5 grams of creatine daily which appears to be safe for long-term (two to six months) use by children and teens.⁴ Vegan creatine supplements are available from Vegan Essentials and other online retailers.

The National Athletic Trainers Association endorses increasing the intake of the omega-3 fatty acids EPA and DHA post-concussion.¹ DHA, specifically, may reduce inflammation and oxidative stress following a concussion.⁵ Although some DHA is produced from another omega-3 fatty acid, ALA, that is in vegan diets, a more efficient way to get DHA is to use a vegan DHA supplement derived from microalgae. A dose of 200-300 milligrams daily appears to be safe. We don't know how much is needed to support concussion recovery or for how long DHA needs to be taken. A research study examining these questions is in progress.

Always discuss any use of supplements with your child's health care provider.

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- ² Maughan RJ, Burke LM, Dvorak J, et al. 2018. IOC Consensus Statement: Dietary supplements and the high-performance athlete. *Int J Sport Nutr Exerc Metab.* 28:104-125.
- ³ Sakellaris G, Nasis G, Kotsiou M, et al. 2008. Prevention of traumatic headache, dizziness and fatigue with creatine administration. A pilot study. *Acta Paediatr.* 97:31-34.
- ⁴ U.S. National Library of Medicine. 2018. *Creatine*. medlineplus.gov/druginfo/natural/873.html
- ⁵ Barrett EC, McBurney MI, Ciappio ED. 2014. ω -3 fatty acid supplementation as a potential therapeutic aid for the recovery from mild traumatic brain injury/concussion. *Adv Nutr.* 5:268-277.

VEGETARIAN JOURNAL

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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.



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NOTE FROM THE COORDINATORS

OUTREACH TO DIETITIANS



Thank you to all our donors who enabled us to have a booth at the Academy of Nutrition and Dietetics annual meeting in Washington, DC. We were able to place *Vegetarian Journals* directly into the hands of about 1,000 dietitians. Many times, attendees would say no to taking one, since so much is given out at this event, but then see it was vegetarian and enthusiastically change their mind. The only exception was when one woman said no as she raised animals on her family farm. However, the friends with her took information.

This year's meeting was attended by 11,000 health professionals from across the country. It was especially great talking to nutrition students who will be future dietitians, as they picked up materials for vegetarian/vegan clients they may have in the future. When we first started exhibiting at this event in 1988, it was filled with booths promoting animal products, fast food, and items like soda. The Vegetarian Resource Group and the Seventh-day Adventist Dietetic Association were the rare but very welcome voices sharing vegetarian information. This year the hall was filled with companies pushing "plant-based" products, and surprisingly we didn't see one fast food company. Of course, not all vegan or plant-based foods are healthful, and so that's an ongoing discussion. And thank you to the donor who bought a table for vegetarians at the Academy Foundation dinner, which supports dietetic research and scholarships. Typically, sponsorships like this would have been for companies promoting animal products. The importance of donors supporting alternatives and the impact on decision making cannot be overestimated. There's a lot more to be done, but thanks to everyone's support and activism, we can appreciate all the change among health professionals and society in general. Kudos to VRG Nutrition Advisors Reed Mangels, PhD, RD; Cathy Conway MS, RD; and Eric Sharer MS, RD, who helped answer questions at The Vegetarian Resource Group booth this year.



Reed submitted comments for VRG to the Food and Drug Administration concerning their request for information on labeling plant-based products with terms that often are used for dairy foods, such as "milk," "yogurt," and "cheese." On our blog, she also answered a question about Silk "milk" and Vitamin A.

Thank you to all our members for their support and working together for a healthier, kinder, and more ethical world.

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

Memorials & Honorary Gifts

In memory of: _____

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

A donation was sent by William Miner in honor of his dear departed wife, Judith Miner. A donation was made by Lauren Mattia Levine in memory of Margaux and Claude. A generous donation was made by Judy Karpen in memory of Clifford Enz. A generous donation was made by Saurabh Dalal in honor of Manjula and the Late Fakirchand Dalal for their lifelong promotion of Ahinsa. A donation was made in memory of Rob Volk by Donald and Joan Volk. Thanks to Dr. Maria Ascher and Tina Hallberg for their donations.

I Greatly Appreciate Receiving VRG's Scholarship!

Thank you so much for not only helping me further my education, but also for continually showing young activists like me that the work we are doing isn't going unnoticed. I am so thankful for all the work you guys are doing and how helpful you have been throughout this whole process. Please keep doing what you're doing and believing in young activists because it really did mean the world to me to receive this scholarship, and I'm sure all the other recipients feel the same!
Maggie S., Portland, OR

Thanks for Your Magazine!

My brother—my identical twin brother—passed away one year ago. His subscription had about expired. Like Tom, I too have known about your publication for decades. I'd like to take over his subscription. I too have always liked it. You are a morally ethical publication—as opposed to health reasons (for embracing veganism, which of course is important too, but not as much as for the sacredness of the animal

kingdom), and you promote your beliefs, which I feel is important. I applaud you for your stances. Your *Journal* is an outstanding publication, and you respect animals. What else does a supporter need to know?
Bill K., Traverse City, MI

LOVE, LOVE all of you, your group and your *Journal*. I have been a subscriber for decades. When it comes close to running out, my hubby renews it for me as a birthday present for that year. Great info, great recipes, great everything. Thank you for all the work you put into what you do to help us vegans be vegans. Also to be able to check with you about ingredients that we are not sure are vegan. A huge help. I tell everyone about you.
Tina S., via Facebook

Vegan Politician in Brooklyn, New York

It might be interesting to learn that Brooklyn (one of the five boroughs in New York City), Borough President, Eric L. Adams, has reported becoming a vegan and it has reversed his diabetic type 2 condition.
David F., Flushing, NY

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 or send a message to us on Facebook: www.facebook.com/thevegetarianresourcegroup

Coming in the Next Issue:

NO-BAKE DESSERTS

Plus: *Wild Blueberry Dishes, A Catered Vegan Wedding, Guide to Soymilks on the Market, and more!*

Essential Summer Seitan

by Laura McGuiness

Wheat gluten has been used to create meat analogs in Chinese kitchens since the 6th century. Mainly used to create options for Buddhist monks, wheat gluten was mixed with spices and then either fried, steamed, or baked to create meals for individuals practicing Buddhism. By the 18th century, wheat gluten was being used sparingly in the United States and a century later, the product was well-known among Seventh-day Adventists. Today, most commercial meat analog brands use wheat gluten as a main ingredient in their products and it is an alternative to using soy.

The terms “wheat gluten” and “vital wheat gluten” are now used interchangeably in recipes. Wheat gluten, however, technically refers to the protein found in wheat, whereas vital wheat gluten is the same protein, but in a powdered form. This powder is created by washing wheat dough with water until everything dissolves, leaving only the gluten. While it appears identical to most flours and can be found in the flour aisle of most supermarkets, it is really just powdered wheat protein. Seitan is the name for a meat analog created with vital wheat gluten.

Customizations

- *Chickwheat:* Chickwheat is a form of seitan that uses both vital wheat gluten and chickpeas. This type of seitan tastes plain and should be seasoned, or sautéed.
- *Texture:* There are a variety of methods to potentially control the texture of seitan. The final product will be chewier the more you increase the amount of vital wheat gluten in any recipe. If you want more tender seitan, use a smaller amount of vital wheat gluten. Try to handle the dough as little as possible. For a shredded or stringy texture, knead the dough for 3 minutes more than suggested in the recipe.
- *Spices:* If you decided to eat plain seitan, the product would taste bland with a strong gluten flavor. To cut this flavor, add a teaspoon of apple cider vinegar to the recipe. To season seitan, get creative with spices! For instance, if you are making vegan Italian sausage, you

may want to experiment with dried parsley, garlic powder, onion powder, basil, paprika, oregano, and thyme. If seasoning vegan cutlets, you could rifle through your spice drawer for dried mustard, marjoram, rosemary, and lemon pepper. Don't forget that poultry seasoning and most BBQ rubs are vegan!

Tips for Successful Recipes

- *Wrapping into Packages:* To treat seitan like the priceless gift to vegan humanity that we all know it is, you will be giftwrapping it in aluminum foil prior to steaming. Mold the dough into the desired shape (sausage links, drummies, etc.) and wrap in a single large piece of aluminum foil. Seitan will expand when steamed, and if the edges are not sealed tight, you could have an explosion on your hands. Make sure to fold the edges over each other repeatedly and leave a small amount of room for the seitan to expand.
- *Troubleshooting:* Seitan can potentially become breadly, spongy, or rubbery. Most people attribute an unpleasant texture to either excessive kneading or inconsistent steaming.

Supplies

- *Electric Pressure Cooker* (i.e. Instant Pot): An electric pressure cooker is a programmable pressure cooker, slow cooker, rice cooker, steamer, and warmer in one. I use the pressure cooker almost exclusively for seitan because I have found it to yield consistent results.
- *Steamer Basket:* You can also steam seitan using a large pot with 2 or 3 cups of water and a steamer basket. Be sure to refill the water if needed throughout the steaming process to prevent the seitan from unintentionally baking in the pot.
- *Heavy Duty Aluminum Foil:* Aluminum foil is my top choice when wrapping wheat gluten dough into packages, and I prefer the heavy duty kind so there is less chance of tearing. You may also have success using cheesecloth, parchment paper, or even corn husks.

Buffalo Fried Chick-Un

(Makes 16 chicken drummies)

Chick-Un Seitan

- 1½ cups vital wheat gluten**
- ½ cup all-purpose flour**
- 6 Tablespoons nutritional yeast**
- 2 teaspoons onion powder**
- 2 teaspoons poultry seasoning**
- 1½ cups vegan buffalo sauce (I use Frank's Hot Sauce)**
- 5 Tablespoons tahini (sesame paste)**
- 6 cups low-sodium vegan chicken-style broth**

Liquid Dredging

- 1 vegan egg using egg replacer (see note)**
- 6 ounces unsweetened vegan creamer (such as Wildwood, Silk, Trader Joe's, etc.)**
- ¼ cup water**
- ½ teaspoon Creole seasoning salt**
- 1½ Tablespoons spicy brown mustard**
- ¼ cup vegan buffalo sauce**

Dry Dredging

- 1 cup all-purpose flour**
- ⅛ cup cornstarch**
- 1 teaspoon black pepper**
- 1 teaspoon Creole seasoning salt**
- 1 teaspoon cayenne pepper**
- 1 teaspoon garlic powder**
- 1 teaspoon smoked paprika**
- ½ teaspoon sweet paprika**

2 cups canola oil

To prepare the chick-un, combine the wheat gluten, flour, nutritional yeast, onion powder, and poultry seasoning in a mixing bowl. In another larger bowl, combine the buffalo sauce and tahini. Mix the dry ingredients in with the wet and stir with a wooden spoon until combined. Using your hands, knead the dough until it is elastic and stiff.

Using a large pot, bring vegan chicken-style broth to a low boil. With a bench scraper or a very sharp knife, cut the dough into 4 separate pieces and begin tearing off small pieces of seitan. Mold these pieces into nuggets or drummie shapes and place them into the broth, ensuring they are completely submerged. Cook in the broth for one hour at a low boil, stirring frequently. Remove from the broth and place on a wire rack to cool.

To dredge the seitan, mix liquid dredging ingredients together in a small bowl and set aside. Mix dry dredging ingredients together and place next to the liquid mixture. Dip one piece of seitan into the liquid mixture, shake off the excess, and roll in the dry mixture. Repeat with remaining pieces.

Heat a heavy-bottomed pot with canola oil, and using a candy thermometer, heat to 350 degrees. Drop two pieces of seitan into the oil at a time. Keep in mind that frying too many pieces at one time may cause the temperature of the oil to drop and will result in a soggy product. Using tongs, rotate the seitan pieces every 3 minutes or until each side is brown and crisp. Move to a wire rack to drain, then serve immediately.

Note: For the liquid dredge, try products such as Ener-G Egg Replacer, Bob's Red Mill Egg Replacer, and The Neat Egg Natural Vegan Egg Substitute.

Total calories per drummie: 167 Fat: 6 grams (will vary due to various factors)
Carbohydrates: 15 grams Protein: 13 grams
Sodium: 985 milligrams Fiber: 2 grams

photo by Nathaniel Corn

Seitan BBQ Strips

(Makes 20 strips)

Vegan BBQ Sauce

Two 6-ounce cans no-salt tomato paste
½ cup organic sugar
⅓ cup plus ½ Tablespoon reduced-sodium soy sauce
¼ cup apple cider vinegar
3 Tablespoons molasses
1 Tablespoon liquid smoke
8 cloves garlic, minced
3 chipotle peppers in adobo sauce, minced
1 teaspoon adobo sauce
2 Tablespoons chili powder
1 Tablespoon plus 2 teaspoons smoked paprika
1 teaspoon ground cumin
1 cup water
4 cloves garlic

Seitan Strips

¼ cup reduced-sodium soy sauce
3 Tablespoons nutritional yeast
2 Tablespoons no-salt tomato paste
2 Tablespoons creamy peanut butter without salt
1 Tablespoon red miso
6 cloves garlic, minced
¾ cup low-sodium vegetable broth
2½ cups vital wheat gluten
3 cups vegan BBQ sauce

2 cups water
8 Tablespoons oil, divided

Blend all BBQ sauce ingredients except garlic in a blender until you reach a smooth consistency. Scrape

the sides with a spatula in between pulses. Once you have reached the desired consistency, add the garlic and pulse so you can still see chunks of garlic. Pour into a quart-sized jar and place into the refrigerator to allow the flavors to deepen.

Using a food processor, combine all seitan strip ingredients except the vital wheat gluten and BBQ sauce. Process until you reach a smooth, thick consistency and then pour the wheat gluten into the food processor. Pulse until the mixture comes together into a stiff, elastic ball of dough. If you do not have a food processor, you can knead the wheat gluten into the liquid mixture by hand until a stiff dough forms.

Roll the dough into a 6-inch log and slice it lengthwise four times. (Each piece will be about ¾-inch thick.) Heat 2 Tablespoons of oil in a skillet over medium-heat and cook the slices on both sides until browned. Once cooked, transfer the seitan to an oven safe baking dish. Repeat process. Mix 1½ cups of BBQ sauce with the water and pour the mixture over the slices. Cover the dish with aluminum foil and bake at 350 degrees for 80 minutes or until the sauce barely covers the seitan.

Using a fork and sharp knife, cut each slice into long strips. Toss the strips in remaining BBQ sauce and either serve hot or refrigerate to serve later. These are great as leftovers because the flavors deepen and the wheat gluten becomes denser and less chewy.

Time-Saving Tip: Buy two bottles of vegan BBQ sauce instead of making your own!

Total calories per strip: 223
Carbohydrates: 27 grams
Sodium: 882 milligrams

Fat: 7 grams
Protein: 14 grams
Fiber: 2 grams



photo by Nathaniel Corn

Shredded Chick-Un Enchiladas

(Makes 12 enchiladas)

Chickwheat

- 2 cups canned chickpeas**
- 1 cup aquafaba (liquid from the can of chickpeas)**
- 2 Tablespoons vegetable oil**
- 2½ Tablespoons white miso paste**
- 1 Tablespoon reduced-sodium vegan chicken bouillon**
- 1 Tablespoon onion powder**
- 2½ teaspoons garlic powder**
- 1 teaspoon apple cider vinegar**
- 1¾ cups vital wheat gluten**

3 cups water

Enchiladas

- 2 Tablespoons vegetable oil**
- 1 onion, diced**
- 2 cloves garlic, minced**
- 3 Tablespoons chili powder**
- 2 teaspoons cumin**
- One 4-ounce can diced green chiles**
- 6 chipotle peppers, diced**
- ¼ cup (or more/less to taste) adobo sauce from the chipotle peppers**
- Two 14.5-ounce cans no-salt diced tomatoes, drained**
- One 15-ounce can black beans, drained and rinsed**
- 12 corn tortillas**
- 2½ cups enchilada sauce**
- 2 cups vegan Monterey Jack cheese**

Blend all chickwheat ingredients except for the vital wheat gluten and water in a blender until you reach a smooth consistency. In a large bowl, combine the vital wheat gluten and liquid mixture using a large wooden spoon. Allow to rest for 15 minutes.

Knead the mixture until it comes together into a stiff, elastic ball of dough. Flatten the dough a bit and place onto a large sheet of aluminum foil. Fold into a rectangular package, being sure to seal each end tightly.

Add 3 cups of water to an electric pressure cooker, insert the trivet or steamer rack, and place the chickwheat package inside. Set for 120 minutes on high pressure cook mode.

Alternatively, fit a steamer basket into a large pot. Boil water under steamer, then place wrapped seitan into the basket and steam, flipping halfway through, for about 90 minutes. Make sure the steamer does not run out of water during the boiling process.

When finished cooking, allow the package to cool, unwrap, and use your hands to shred the chickwheat. The shreds can be as big or small as you like.

To assemble enchiladas, heat the vegetable oil over medium-high heat in a large skillet. Add onions and garlic, cook until transparent, and then add chili powder, cumin, green chiles, chipotle peppers, adobo sauce, tomatoes, and black beans. Bring to a boil and then reduce the heat to low. Add the shredded chickwheat and stir until well combined.

Preheat oven to 350 degrees. In a 9 x13-inch baking dish, spread ½ cup of the enchilada sauce. Heat tortillas in the microwave for 30 seconds to make more malleable and begin spooning ¾ cup of the filling onto a tortilla. Roll it up and place the enchilada seam side down in the dish. Repeat until all are used.

Cover enchiladas with the remainder of the sauce and grate cheese on top. Bake 30 minutes at 350 degrees.

Total calories per enchilada: 334 Fat: 9 grams
Carbohydrates: 42 grams Protein: 22 grams
Sodium: 1210 milligrams Fiber: 9 grams

photo by Laura McGuiness



Honey-Glazed Roast

(Makes 12 slices)

Roast

- 2 cups pineapple juice**
- 1 cup cannellini beans, drained and rinsed**
- ½ cup nutritional yeast**
- 3 Tablespoons reduced-sodium soy sauce or tamari**
- 2 Tablespoons liquid smoke**
- 2 Tablespoons canola oil (or other neutral oil)**
- 2 teaspoons onion powder**
- 2 teaspoons garlic powder**
- 2 teaspoons sweet paprika**
- 2 teaspoons reduced-sodium vegan chicken bouillon**
- 3 cups vital wheat gluten**
- 2 Tablespoons vegan honey (such as BeeFree, Bumble Bloom, or Suzanne's Specialties Rice Nectar)**

3 cups water

Glaze

- 1 cup organic granulated sugar**
- 1 teaspoon onion powder**
- 1 teaspoon ground cinnamon**
- 1 teaspoon ground nutmeg**
- ½ teaspoon ground ginger**
- ½ teaspoon ground cloves**
- ½ teaspoon sweet paprika**

Using a blender, blend all roast ingredients except for the vital wheat gluten and vegan honey. Pour the vital wheat gluten into a large bowl, add the liquid mixture, and stir with a large wooden spoon. Knead the mixture until it comes together into a stiff, elastic ball of dough. Mold the dough into a roast-like shape, such as a ball or a log, and place onto a large sheet of aluminum foil. Spread the vegan honey onto the surface of the roast with a pastry brush or your hands, and wrap in aluminum foil. Be sure to seal each end tightly and leave plenty of room on the sides for the seitan to expand into.

Add 3 cups of water to an electric pressure cooker, insert the trivet or steamer, and place the package inside. Set for 120 minutes on the high pressure cook mode. When finished cooking, quick release the pressure and let the package cool. Alternatively, steam on the stovetop using a steamer basket for 90 minutes. When done, unwrap the package and place the roast into a large cast iron skillet or baking dish.

In a large saucepan, combine the glaze ingredients plus ½ cup of water from the bottom of the pressure cooker or steamer. Using high heat, bring the mixture to a rolling boil and reduce for 1 minute. Pour half the topping onto the roast and place into the oven with the broiler on high. With the door to the oven open, watch for the glaze to begin bubbling (about 30 seconds) and remove the roast from the oven. Pour on the remainder of the glaze and broil for another 30 seconds.

Let the roast cool for about 5 minutes and then cut into individual slices before the glaze hardens. Allow the glaze to cool for about 20 minutes before eating.

Total calories per serving: 283 Fat: 3 grams
Carbohydrates: 37 grams Protein: 28 grams
Sodium: 196 milligrams Fiber: 3 grams

photo by Nathaniel Corn

Maple Breakfast Sausage

(Makes 8 medium-sized sausages)

- ½ cup canned chickpeas, drained and rinsed
 - ½ cup low-sodium vegetable broth
 - ½ cup nutritional yeast
 - 3 Tablespoons maple syrup
 - 1 Tablespoon reduced-sodium soy sauce or tamari
 - 1 Tablespoon organic brown sugar
 - 1 Tablespoon liquid smoke
 - 2 teaspoons dried sage
 - 2 teaspoons garlic powder
 - 1 teaspoon onion powder
 - 1 teaspoon ground black pepper
 - ½ teaspoon fennel seeds
 - ¼ teaspoon dried marjoram
 - ¼ teaspoon cloves
 - 1 cup vital wheat gluten
 - 2 Tablespoons canola oil
- 3 cups water

Using a blender, blend all ingredients except for the vital wheat gluten, oil, and water. Pour the vital wheat gluten into a large bowl, add the blended ingredients, and mix with a large wooden spoon. Knead until it comes together into a stiff, elastic ball of dough. With a bench scraper or a very sharp knife, cut the dough into four separate pieces and then cut each piece in half. There will be eight pieces.

Roll the dough into sausage links and wrap each tightly in aluminum foil, twisting the ends shut. Add 3 cups of water to an electric pressure cooker, insert the trivet, and place the foil packages inside. Set for 45 minutes on high pressure cook mode. When finished cooking, quick release the pressure and let the packages cool. Alternatively, steam on the stove top for 45 minutes.

Pour oil into a large skillet and heat on medium-high heat. Fry the sausage links for 3 minutes on each side or until browned.

Total calories per sausage: 165 Fat: 5 grams
Carbohydrates: 15 grams Protein: 17 grams
Sodium: 116 milligrams Fiber: 3 grams



photo by Laura McGuiness



Bequests

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

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

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Omega-3's?

Fish oil supplements are commonly promoted as a way to reduce the risk of heart disease and possibly of cancer because of their omega-3 fatty acid content. A large study called into question the benefits of fish oil supplements. Close to 26,000 older adults were studied. They took either 840 milligrams per day of omega-3 fatty acids from fish oil (460 milligrams of EPA and 380 milligrams of DHA) or a placebo that did not supply omega-3s. They didn't know which type of capsule they were taking. Study subjects took the capsules and their health was monitored over an average of five years. There was no significant difference between the groups in their risk of having a stroke, heart attack, breast cancer, prostate cancer, or colorectal cancer, or of dying from heart disease. This study suggests that omega-3 supplements had little or no effect on risk of cardiovascular events or cancer. The researchers noted, however, that taking omega-3s was associated with some reduction in risk of strokes and heart attacks in those who ate little or no fish. This merits further study and suggests that older adults who don't eat fish might benefit from an omega-3 supplement. Of course, there's no need to take fish oil—microalgae supplements supply omega-3s in a vegan-friendly form.

Manson JE, Cook NR, Lee IM, et al. 2019. Marine n-3 fatty acids and prevention of cardiovascular disease and cancer. *N Engl J Med.* 380:23-32.

Daily or Weekly Vitamin B12?

Vitamin B12 recommendations from many vegan groups, including The Vegetarian Resource Group, are based on calculating how much vitamin B12 is likely to be absorbed from supplements containing different amounts of vitamin B12. For example, in 2015 we said, "About 5% of the vitamin B12 in a supplement containing 25 mcg of vitamin B12 is absorbed. A lesser amount, 1% or less of the vitamin B12 in a supplement containing more than 100 micrograms of vitamin B12, is absorbed."¹ A recent study examines

whether these theoretical absorption rates actually apply in vegans and non-vegan vegetarians.

In this study,² 36 vegetarian (including vegan) adults who were marginally deficient in vitamin B12 based on their blood vitamin B12 levels, were randomly divided into two groups. During the 12 week study period, one group took 50 micrograms of vitamin B12 daily and the other group took 2,000 micrograms of vitamin B12 once a week. Blood vitamin B12 was rechecked throughout the 12 weeks. Both groups' blood vitamin B12 levels improved as did other indicators of vitamin B12 status so that, at the end of the study, they were no longer considered to be deficient. These results support recommendations to take vitamin B12 supplements either daily if you are using a lower dose (25-100 micrograms) or weekly for a higher dose of 2000 micrograms. One advantage of using a lower dose daily could be that you're less likely to forget to take your supplement if it is part of your daily routine. On the other hand, taking a larger dose one day each week, perhaps first thing Monday morning, may be easier for some people to remember to do. In any case, it's important to have a regular source of vitamin B12, whether fortified food or supplement.

¹ Mangels R. 2015. Nutrition Hotline. *Vegetarian Journal.* Issue 4. https://www.vrg.org/journal/vj2015issue4/2015_issue4_nutrition_hotline.php

² Del Bo C, Riso P, Gardana C, et al. 2018. Effect of two different sublingual dosages of vitamin B12 on cobalamin nutritional status in vegans and vegetarians with a marginal deficiency: A randomized controlled trial. *Clin Nutr.* pii: S0261-5614(18)30071-2. [Epub ahead of print].

South Asian Americans Benefit from Vegetarian Diets

South Asians, those who come from India, Pakistan, and other parts of the Indian subcontinent, have higher rates of type 2 diabetes and heart disease than do non-Hispanic whites in the U.S. A study compared

risk factors for these diseases between South Asians who follow vegetarian diets and those who don't. Close to 900 South Asian adults in the U.S. were studied. About 40% were categorized as vegetarian, meaning they reported not eating meat, poultry, or fish in the previous year. Vegetarians were more likely to eat whole grains and dried beans and less likely to eat sweets and eggs. Both groups used dairy products. On average, vegetarians had a lower BMI, lower waist circumference, lower total and LDL ("bad") cholesterol, lower fasting glucose, and lower risk of fatty liver. These results suggest that choosing a vegetarian diet may be helpful in reducing the risk of type 2 diabetes and heart disease in South Asians.

Jin Y, Kanaya AM, Kandula NR, et al. 2018. Vegetarian diets are associated with selected cardiometabolic risk factors among middle-older aged South Asians in the United States. *J Nutr.* 148:1954-1960.

Lead Found in Spices And Herbal Remedies

Keeping lead away from children is important because even low levels of lead can compromise mental development and growth. Lead exposure is assessed by measuring blood lead levels. Recently, a group of children was found to have elevated blood lead levels. The children didn't live in houses with lead paint, and so investigators were puzzled about the lead source. They determined that the lead came from spices, herbal remedies, and ceremonial powders used in the children's homes. Ceremonial powders are used for social and religious markings and in Hindu religious worship. Items with especially high concentrations of lead included a saffron supplement, an Ayurvedic medicine, and turmeric. Non-food items that were high in lead included ceremonial powders and remedies applied to the skin. Other items had lower concentrations of lead; however, no amount of lead is considered safe for children. According to researchers, lead can contaminate spices because spices are often grown in countries with high soil and water lead levels. Lead can also come from the machinery used to grind spices. The FDA does not consider spices to be a food intended for consumption by children, and so the FDA does not recall contaminated spices. Clearly, regulations requiring increased testing of spices and herbal remedies for lead are needed. In the meantime, public health professionals recommend keeping ceremonial powders out of the reach of children. Testing blood

lead levels regularly in children who frequently consume spices and herbal remedies could allow for earlier detection and treatment of elevated blood levels.

Angelon-Gaetz KA, Klaus C, Chaudhry EA, Bean DK. 2018. Lead in spices, herbal remedies, and ceremonial powders sampled from home investigations for children with elevated blood lead levels—North Carolina, 2011-2018. *MMWR Morb Mortal Wkly Rep.* 67:1290-1294.

People with Type 2 Diabetes Benefit from Vegan And "Plant-Based" Diets

"Plant-based" diets appear to offer significant benefits compared to other types of diets used to treat people with type 2 diabetes.¹ Researchers identified 11 published articles in which a diet described as "plant-based" or "vegan" was used to treat type 2 diabetes. Eight studies used a vegan diet; others used a "plant-based" diet described as "avoid[ing] the consumption of most or all animal products and support[ing] high consumption of fruits, vegetables, legumes, seeds, whole grains and nuts." Overall, the vegan/"plant-based" diets were associated with improved quality of life, less depression, and less pain due to diabetic neuropathy (nerve damage). Additionally, those subjects on a vegan/"plant-based" diet tended to have better diabetes control, greater weight loss, and a greater reduction in total and LDL cholesterol. Compared to more traditional diets for diabetes, the vegan/"plant-based" diets were better accepted by study subjects. These results support guidelines from the American Association of Clinical Endocrinologists suggesting that primarily "plant-based meal plans" are the optimal nutrition plan for people with diabetes.²

¹ Toumpanakis A, Turnbull T, Alba-Barba I. 2018. Effectiveness of plant-based diets in promoting well-being in the management of type 2 diabetes: a systematic review. *BMJ. Open Diabetes Res Care.* 6(1):e000534.

² Garber AJ, Abrahamson MJ, Barzilay JI, et al. 2018. Consensus Statement by the American Association of Clinical Endocrinologists and American College of Endocrinology on the comprehensive type 2 diabetes management algorithm—2018 executive summary. *Endocr Pract.* 24:91-120.

Bonjour Vegan

Classic French Fare Goes Veg

By Angélique
Complainville

Three years ago, I watched a video on YouTube called “101 Reasons to Go Vegan” and I thought to myself, “I can’t justify eating animal products for taste now that I know about the suffering that comes with it.” But another part of me thought, “I’ll try my best, but I don’t know if I’ll be able to do it in the long haul considering how all the food I am used to has some sort of animal product in it.”

After all, France is known for cheeses and fancy meat dishes. I started by taking it a day at a time and educating myself on what veganism meant. I used several resources, including The Vegetarian Resource Group website. The more I learned, the more I realized it wasn’t as hard as I thought it was/would be. I had to learn to cook differently by using olive oil instead of butter or checking the ingredient list to find vegan pasta. I was a little worried about not being able to take part in social events since I didn’t know any vegetarians, let alone vegans. But I found that by being open and making a veganized version of a popular dish for social gatherings, I could still feel like I belonged.

I think that the number one thing preventing people from going vegan (especially in France) is their love

for cheese. And the great news is an awesome company called Les Petits Vegans came out with four typically French vegan cheeses at a reasonable price (www.petits-veganne.fr/categorie-produit/specialites-vegetales/). There are also good recipes to make vegan cheese, and I find that I don’t miss it at all because there are so many other delicious foods.

Another funny thing that happened was how my taste buds changed. Growing up I was the picky eater; the only veggies I liked were cucumbers and spinach. I didn’t even like pasta until I was 8. But I set my mind to it and tried recipes with ingredients I did like, slowly adding new veggies. I noticed my taste buds completely changed! Who would have thought that one day I could enjoy eating a colorful salad as a part of my lunch?

One thing key thing to remember is that there isn’t only one way to eat vegan. Just because you see vegans eating a certain way, it doesn’t mean that you can’t eat differently. It’s all about figuring out what you like and making it vegan. For me that means pasta, risotto, grilled cheese, rice, and veggies, but it could mean smoothies, salads, casseroles, and vegan meat alternatives to you.



Grilled Avocado Sandwich

(Makes 2 sandwiches)

In this recipe, creamy, smooth avocado replaces cheese for a Parisian style sandwich.

1½ teaspoons olive oil
1 medium yellow onion, chopped
15 white button mushrooms, chopped
4 slices bread
3 Tablespoons vegan pesto
1 avocado, pitted, skinned, and thinly sliced
8 fresh spinach leaves

Add olive oil to a medium-sized pan, and warm over medium heat. Once heated, add onions and sauté until golden, about 3-4 minutes. Add mushrooms, and cook until reduced by half.

While the mushrooms are cooking, coat one side of each slice of bread with pesto.

Prepare each sandwich by layering the mushroom-and-onion mixture, avocado slices, and a few spinach leaves on one slice. Place the remaining slice of bread on top to close the sandwich and add it to a panini press. Cook until golden, or about 5 minutes.

Note: If you don't have a panini press, heat the sandwich in pan over medium-high heat for three minutes per side, and press down with a plate.

Total calories per serving: 417 Fat: 24 grams
Carbohydrates: 44 grams Protein: 13 grams
Sodium: 432 milligrams Fiber: 12 grams

Ratatouille

(Serves 5)

This traditional dish is typically served as a side. It was originally a plain stew served in the military but grew to become part of French culinary heritage.

2 sweet onions, chopped
1½ Tablespoons extra-virgin olive oil
4 zucchini, skin-on
1 large eggplant, skin-on
3 cloves fresh garlic, minced
Salt, to taste
4 large ripe tomatoes
Pepper, to taste

Sauté the onions in a large pot with olive oil over medium-high heat. While they are cooking, slice the zucchini and halve the eggplant and then slice each eggplant half. Add the cut zucchini, eggplant, and garlic to the pot. Add salt. Cook for 15-20 minutes.

Roughly chop the tomatoes and add to the pot. Cover and lower the heat to medium-low, simmering for about one hour. Stir every 20 minutes. Cook on low heat for another hour without the lid. Before serving, add pepper to taste.

Total calories per serving: 130 Fat: 5 grams
Carbohydrates: 21 grams Protein: 5 grams
Sodium: 29 milligrams Fiber: 8 grams



Pissaladière

(Serves 4)

La pissaladière is the French equivalent to an Italian pizza. Family recipes are usually passed down from generation to generation. This is like an open-faced tart.

Dough:

2½ cups all-purpose flour

1 teaspoon salt

¾ cup lukewarm water

1 packet dry baker's yeast

3 Tablespoons olive oil

Tart Topping:

2 pounds sweet onions (5 or 6 onions)

3 Tablespoons olive oil

1 Tablespoon dried thyme

2 teaspoons organic granulated sugar, optional

1 jarred roasted red pepper, slivered

15 pitted black olives

To make the dough, place the flour and salt in a large mixing bowl. In a separate bowl, dissolve the yeast in the lukewarm water for 10 minutes. Slowly pour the yeast-water mixture and the olive oil into the mixing bowl and stir to form a soft dough.

Transfer the dough to a floured surface and knead for about 8 minutes. Place it back into the bowl and

cover it with a towel. Let the dough rise for 1 hour.

Preheat the oven to 425 degrees.

Peel the onions and finely slice them into rings.

Heat up a pan with 3 Tablespoons olive oil over medium heat. Once the pan is warm, add in the sliced onions and thyme and cook until soft, about 20 minutes. Remember to stir often and add in some sugar to taste. Once caramelized, remove from heat and cool.

Go back to the dough and stretch it out. If it sticks, add a little more flour. Roll the dough into a circle or rectangle about 12 inches wide and 2 inches thick.

Place the dough on a tray lined with parchment paper. Pour and spread the onion mixture on top of the dough, leaving ½-inch edge of crust.

Bake the *pissaladière* for 15 minutes. Take it out of the oven and arrange the red peppers and olives on top. Put the *pissaladière* back in the oven for another five minutes. Remove from oven and voilà!

Time-saving tip: Buy premade vegan pizza dough!

Total calories per serving: 565

Fat: 23 grams

Carbohydrates: 79 grams

Protein: 11 grams

Sodium: 821 milligrams

Fiber: 5 grams



photos by Rissa Miller

Niçoise Salad

(Serves 3)

As the name states this salad is from Nice, a beach town in the south of France. It is traditionally made with only raw veggies and fresh fava beans, but since fresh fava beans aren't commonly available in the USA, try fresh chopped green beans instead.

4 frozen artichokes hearts

5 tomatoes

½ cucumber

3 green onions

½ green bell pepper

½ clove of garlic

1½ cups cooked fresh fava beans or chopped green beans

10 black pitted olives

1 Tablespoon extra-virgin olive oil

2 fresh basil leaves, chopped

Salt and pepper, to taste

Bring a pot of water to a boil and cook the artichoke hearts until you can put a knife through them. Drain, slice, and allow to cool.

Thinly slice the tomatoes, cucumber, onions, and bell pepper. Rub the bowl with the halved garlic.

On a bed of lettuce (or not), place all the veggies and beans and top them with the olives.

For the dressing, mix together olive oil, basil, and salt and pepper to taste. Drizzle on the salad.

Total calories per serving: 254 Fat: 8 grams
Carbohydrates: 38 grams Protein: 12 grams
Sodium: 220 milligrams Fiber: 15 grams

Crêpe

(Makes about 5 using an 11-inch pan)

Crêpes originated in Brittany in the 13th century and were made from buckwheat flour. Though these types of crêpes, *galette*, are still very popular in France, crêpes are now more commonly made out of white flour. Sweet and savory preparations are both common. For example, you can fill crêpes with a mixture of caramelized onions, chopped tomatoes, and mushrooms. For a sweet version, simply spread melted vegan margarine and organic sugar on each crêpe, or try vegan chocolate-hazelnut butter.

3 Tablespoons organic brown sugar

Zest from 1 lemon

1¾ cups almond milk (or any unflavored non-dairy milk)

1 teaspoon vanilla extract

1 cup all-purpose flour sifted

¼ teaspoon baking soda

Non-stick spray

Place all ingredients into a mixing bowl and whisk well to form a smooth batter. You could also use a blender to make sure that the batter is lump-free. Let the batter sit for about 5 minutes.

To cook the crêpes, place a non-stick pan over a medium heat with a little bit of non-stick spray, and as soon as it's hot, pour in 3 Tablespoons of batter, spread it with a spoon using circular motions, and cook the first side for about 30 seconds or until you see the batter bubbling. Once the first side is cooked, flip the crêpe with a spatula and allow to cook for another 30 seconds. Place crêpes one on top of the other on a plate and keep warm by covering with foil until serving.

Total calories per serving: 136 Fat: 1 gram
Carbohydrates: 28 grams Protein: 3 grams
Sodium: 118 milligrams Fiber: 1 gram

À bientôt!

Angélique wrote this article while volunteering with The Vegetarian Resource Group in Baltimore last summer. She lives in France. Watch a video of her and another VRG intern preparing these recipes: youtu.be/vmRhqU9f8l



EATING VEGETARIAN IN A FRATERNITY

HOW YOU CAN WORK WITH A CHEF

By Tamir Stahler

Of the many perks that Frat Row residents at the University of Maryland in College Park claim, the private chef surely is at the top of the list. This is how it was sold to me: You come home and great food is ready for you, lunch and dinner. If you're not there, he'll plate it for you and have it in the fridge in a box with your name on it. At the end of my sophomore year, I was deciding where to live for the coming junior year. With all my friends moving into the house, there wasn't much of a decision. Plus, there's the private chef thing. As great as it sounds, I was actually quite concerned about moving into the house. And for one reason. That wonderful private chef service you hear about.

week), cooking on my own was great. I was able to buy all the vegetarian specials I wanted. I had my fridge stocked with Beyond Burgers and other vegan meat analogs. One of my roommates cooked great rice every day, and I always had ramen noodles (the one vegetarian flavor) to fall back on when I felt particularly lazy. Most important, though, had to be the fresh produce. I could finally take trips to Whole Foods and get real fruit that tasted like it was grown on an actual farm. Sophomore year was great, to be honest. But it was all about to come to an end when I moved into the house junior year. *Who is this chef? Can he accommodate me?* I hate being the kid with the special diet, but I need to eat. All these are typical anxious thoughts that enter

Who is this chef? Can he accommodate me? I hate being the kid with the special diet, but I need to eat. All these are typical anxious thoughts that enter the mind of a young man who is about to be “that kid” who doesn't eat meat in the house.

I've been vegetarian my whole life. When you grow up like that, you become very good at creating food for yourself. Many more options have opened up for vegetarians. My freshman year I had a meal plan with the university, which was required. There was such a wide variety of food available, and I basically just skipped any food that had meat or fish in it. This was not hard at all. There was also, to my honest surprise, a vegetarian section. Not without flaw, the vegetarian section was at least one of the better attempts I had seen to incorporate options for people who don't eat meat into a large-scale food service. My freshman year was very do-able, if I were to describe it best. Not the greatest options, but always something available. I was totally fine.

Home Cooking at College

My sophomore year, I moved into an apartment where I would be cooking for myself in my own kitchen. Besides the part about managing my own money for food (a daunting task for a kid focused more on calculating how much alcohol will be needed each

the mind of a young man who is about to be “that kid” who doesn't eat meat in the house.

I made a point to talk to the chef at the end of sophomore year. He seemed like he could figure something out, but to be honest, it looked grim. I was expecting the classic steak house vegetarian menu every day: grilled vegetables on a stick. *But don't worry we seasoned them a bit.* I could not have been more wrong.

Making it a Veggie Win

It took some sit downs, and brainstorming, but nowadays I eat like a king. Often my options are more complex or enticing than the standard omnivore offerings. In fact, an hour before writing this article, I was eating a Beyond Burger made into crumbles, baked into a bell pepper with fresh Middle Eastern topping on the side. The other option? Potatoes and meat loaf. Needless to say, there were a few kids interested in how they could get that kind of attention.

One of the biggest wins was securing Beyond Burgers. The company that we order our food from is US Foods. They're a huge food provider (throughout

the country) for operations just like ours. They have a few veggie options on their website, which our chef showed me. There are some black bean burgers and a few other things. Not too bad, but for the money I'm spending on this meal plan, I was set on eating what I want to eat. Seriously, it's not cheap. After calling Whole Foods to order Beyond Burgers in bulk, we decided they were way too expensive, which they were, in the chef's defense. However, after some persistence on his end, the chef was able to get US Foods to order some in bulk directly from Beyond Meat for a reasonable price. This was a big win for me. I now can enjoy a great tasting meat substitute whenever it's involved in a meal.

Remember, Chefs Love Food

I don't often stress about a meat substitute, however. I eat some pretty healthy and well-cooked vegetable-based meals with minimal refined carbs and fats. This allows me to stick to my diet of weekly college beer intake and not get too overweight. The important thing is, something can be made for me and it's prepared with

care because the chef's my buddy now. Other great meals he has put together included veggie quesadillas as well as a zucchini burger similar to mock crab cakes.

The bottom line: To anyone moving into a frat house with a chef or some other similar situation, don't stress about your dietary restrictions—be it kosher, halal, vegan, gluten-free, or whatever. Just walk to your kitchen with a smile and talk to the chef about your needs in a friendly way, taking into consideration their time, practicality, and economics. They're chefs; they love all food, preparing new dishes, and showing off.

Believe me, they won't mind a challenge.

For more information on working with food services, see www.vrg.org/fsupdate/index.htm.



Tamir is studying foreign languages at the University of Maryland and is a lifelong vegetarian.

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veggie bits

Later, Tater—

Make Room for Millet Tots

Want a tasty alternative to tater tots? Try Millet Tots in three flavors: Original: With Sea Salt & Onion Flake; Italian Herb: With Garlic & Basil; and Spicy-Sweet: With Poblano Chili &



Sweet Potato. They seem too indulgent to be nutritious—but with all organic ingredients and a whole-grain millet base, they're a perfect substitute for tater tots. We especially loved the Italian Herb and Spicy-Sweet varieties. All would be even more delicious dipped in tomato sauce, vegan ranch dressing, agave mustard, or vegan tartar sauce. The Spicy-Sweet Millet Tots are delicious by themselves, with a smooth texture and a spicy kick. Kids will love the Italian and Original flavors. They can do double duty as delicious gluten-free croutons. Find them in the freezers of natural foods stores for about \$5-6. See: www.rollinggreens.com.

Written by Hannah Greene, VRG Intern.

Add Pop to Your Corn!

Flavor Train's Pop Zest Nutritional Yeast Seasoning is the perfect addition to popcorn, salads, pasta, anything! As a lover of nutritional yeast, I didn't think you could get better than that



cheesy goodness, but I've been proven wrong. There are three flavors in the Pop Zest family, each with their own unique taste. Olive Oil and Herb is like a classic Italian seasoning, Artisan Cheese is a buildable cheese flavor, and Butter is the smooth buttery taste you lust for, without the overly greasy texture of vegan butter. We recommend adding a sprinkle of Artisan Cheese and breadcrumbs to baked mac and cheese, or adding Olive Oil and Herb to steamed veggies and pasta. And the best part—they're fortified with vitamin B, including B12, so you get between 30-35% of your daily requirement with 1 teaspoon! The seasonings are also low-sodium, making them okay to add to pre-salted

popcorn. These seasonings can be found online at www.popzest.com/shop and via Amazon and Vegan Essentials. You can also find them in stores such as Down to Earth Markets in Hawaii, Lucky's Market, Clark's Nutrition, Lassens Natural Foods, and Alfalfa's Market.

Written by Amy Dell, VRG Intern.

Miyoko's Cream Cheese

There are several vegan cream cheeses on the market today, but Miyoko's stands above the rest. The Plainly Classic cream cheese



is sweet and tangy, perfect for smearing on bagels as a quick breakfast, or even using to prepare an easy vegan cheesecake. The thick, solid texture is creamy and smooth, with a mild flavor that lends itself perfectly to toppings. We had Bumble Bloom vegan honey from a previous Veggie Bit and swirled it on top of the cream cheese for a dessert on toast. The Unlox Your Dreams spread was smoky and sweet. A savory alternative to the original, this flavor was noticeable, but not overpowering. It was perfect on crackers for a satisfying snack. Find them at natural foods markets, some supermarkets, or online at miyokoskitchen.com.

Written by Amy Dell, VRG Intern.

Protein Made More Fun

Jumpstart your morning with these sweet pops of protein and fun! Tired of many granola bars not being vegan or allergen-free? Need a sweet pick me up in the middle of the day? Enjoy Life Chocolate Protein Bites will do the trick. These delicious little drops of heaven taste like a chocolate chip with a hint of grain, so it's not too much sweetness. Though small, these little bites are filling, making them ideal for a busy, on-the-go lifestyle. With a variety of flavors including cinnamon spice, cranberry orange, dark raspberry, dipped banana,



veggie bits

mango haberno and sunseed butter, you won't get bored of these tasty treats. Free of gluten, dairy, soy, and egg, these bites are perfect for people with diet restrictions. Pick them up in your local grocery, and online at Amazon, or find locations at enjoylifefoods.com/our-foods/protein-bites.

Written by Kalie Ganem, VRG Intern.

Healthful Frozen Dessert

Reveri offers pint-size frozen desserts in four flavors. These treats are healthier than most frozen treats and would be especially good to serve children. To start off, each flavor



is sweetened with dates. Our favorite was Chocolate Forest. It has a great texture: fluffy and soft (be sure to follow the instructions and let the ice cream sit for a while before serving). Some of its ingredients include Belgian cocoa, avocado, and raw cocoa nibs. Strawberry Patch looks like what you'd find in the middle layer of Neapolitan ice cream. It does not have as creamy texture; however, you will enjoy the somewhat icier consistency. This flavor contains cashews and even dragon fruit powder! Purple Mint Chip tastes good, although the texture is a bit icy as well. It has a minty taste; however, banana comes through also. This flavor contains hemp seeds, wild blueberries, and avocado. To find stores in California carrying Reveri, visit: www.reveri.com/find-us or you can purchase these online here: www.reveri.com/store-1.

Written by Debra Wasserman, VRG Co-Coordinator.

Noodling Around

If you're a fan of pasta, you're going to want to try Hodo's Yuba Noodles ASAP. Yuba is made by skimming layers of warm soymilk and is common in many Asian dishes. It has the texture and bite of al dente fettuccine, but with loads of protein and a fraction of the carbs of usual durum wheat spaghetti.



Hodo offers these tasty strands in Spicy and Sesame flavors. They're seasoned and ready to eat. Yes, we did try them out of the box with a fork—and yes, you can definitely chow down that way because these things are so good they're addictive. They're even better, though, tossed with a veggie stir fry, added to a handful of greens, or stirred into some chickpeas and bell pepper slices. The Spicy variety is flavorful without being too hot, and the Sesame style is creamy and luscious. There is enough sauce on the yuba noodles that no additional ingredients are needed, and you can warm them up, toss in your adds, and eat in just a few minutes. Available nationwide at Whole Foods and Target. See: www.hodofoods.com.

Written by Rissa Miller, Senior Editor.

Fulfill Your Veggie Kneads

Most folks, even some devoted vegans, aren't getting their recommended servings of veggies. Now, with Daily Kneads Slices and Flatbreads, you're out of excuses. These delectable loaves have 1½ cups of vegetables in only two slices! Daily Kneads offers a variety of flavors including Carrot & Pumpkin, Red Pepper, Spinach & Leek, Sweet Beet, and Tomato & Basil. Tasters were impressed with the heavenly bakery aroma of each loaf as well as the ideal, soft bread texture and bite. Slices were great right from the bag, or toasted, and this bread held up in a lunch all day, loaded down with hummus and fixings. The flatbreads, available in the same veggie-packed flavors, made fantastic pizza crusts. They can be piled high with toppings and vegan cheese shreds, then baked for about 7 minutes at 450 degrees for a fast meal. Carrot & Pumpkin was subtle and would make a wonderful base for a sweet bread pudding dessert—secretly packed with vegetable goodness. For kids who enjoy colorful food, try the Sweet Beet or Spinach & Leek. The bold hues are sure to amuse, and once you top it with avocado or white bean dip, no toddler will guess their snack is healthful. Daily Kneads breads are available nationwide at Aldi. See: dailykneadsbread.com.

Written by Rissa Miller, Senior Editor.



The VRG's 2018 Video Contest Winners

A Lot More Aware



Lean, Mean, & Green Machine!

By Caleb J. Edwards

I am interested in vegetarianism to reap the benefits of the clean eating that is most often associated with it. My interest in vegetarianism spans from meal preparation, meal creativity, food source, and environmental justice. See: www.youtube.com/watch?v=fE8SKUOIThw&app=desktop



No Flame Extinguished

Digital Story: Fishing

By Ivan Lashinsky

I was depressed whenever I looked down at my plate and saw the corpse of something that used to be alive. I do not want any flame to be extinguished in order to fuel my own fire.

See: www.youtube.com/watch?v=jQZkWGJSEc&feature=youtu.be

Video scholarships have been given in honor of W.M. Zahn, who was a great mentor. The deadline for the next VRG video contest is July 15, 2019. See: www.vrg.org/videoscholarship.php

View winners of the video contest at:
www.vrg.org/veg_videos.php

For information about VRG's College Essay Scholarship Contest (One \$10,000, two \$5,000 awards), see: www.vrg.org/student/scholar.

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



Thrive on Vegetables

How to Make a Vegan Buddha Bowl By Shania Clark

I became a vegetarian when I was 17 years old after watching videos taken inside slaughterhouses. After seeing how horrible the conditions were, I couldn't justify letting animals suffer and die for me to eat them when there are so many other cruelty-free options. I was a vegetarian for 2 years and then I transitioned to complete vegan a year ago and I can't imagine ever going back to meat. My interest and tireless advocacy for vegetarianism have convinced several family members and friends to try more meatless options as well. Being a vegetarian and then a vegan actually sparked my interest in food; that's why I'm pursuing a degree in nutrition. I'm excited to graduate with this degree so I can teach people that meat is not only something they can live without, but that they'll thrive on a diet of mainly vegetables, fruits, legumes, and grains. See: www.youtube.com/watch?v=Ukr4AyiirnM



Necessary for the Future

The Reasons to Go Vegan Are Endless! By Alexandra Barletta-Chacon

Being vegan/vegetarian to me means being a better citizen of the world. I personally decided to go vegan in order to improve the condition of my skin. After taking this initiative, I researched more on the topic. Through this, I learned that I am helping to save the lives of animals and our Earth. I believe that being vegan/vegetarian is necessary for our future. See: www.youtube.com/watch?v=IA2niAlZ4k&feature=youtu.be

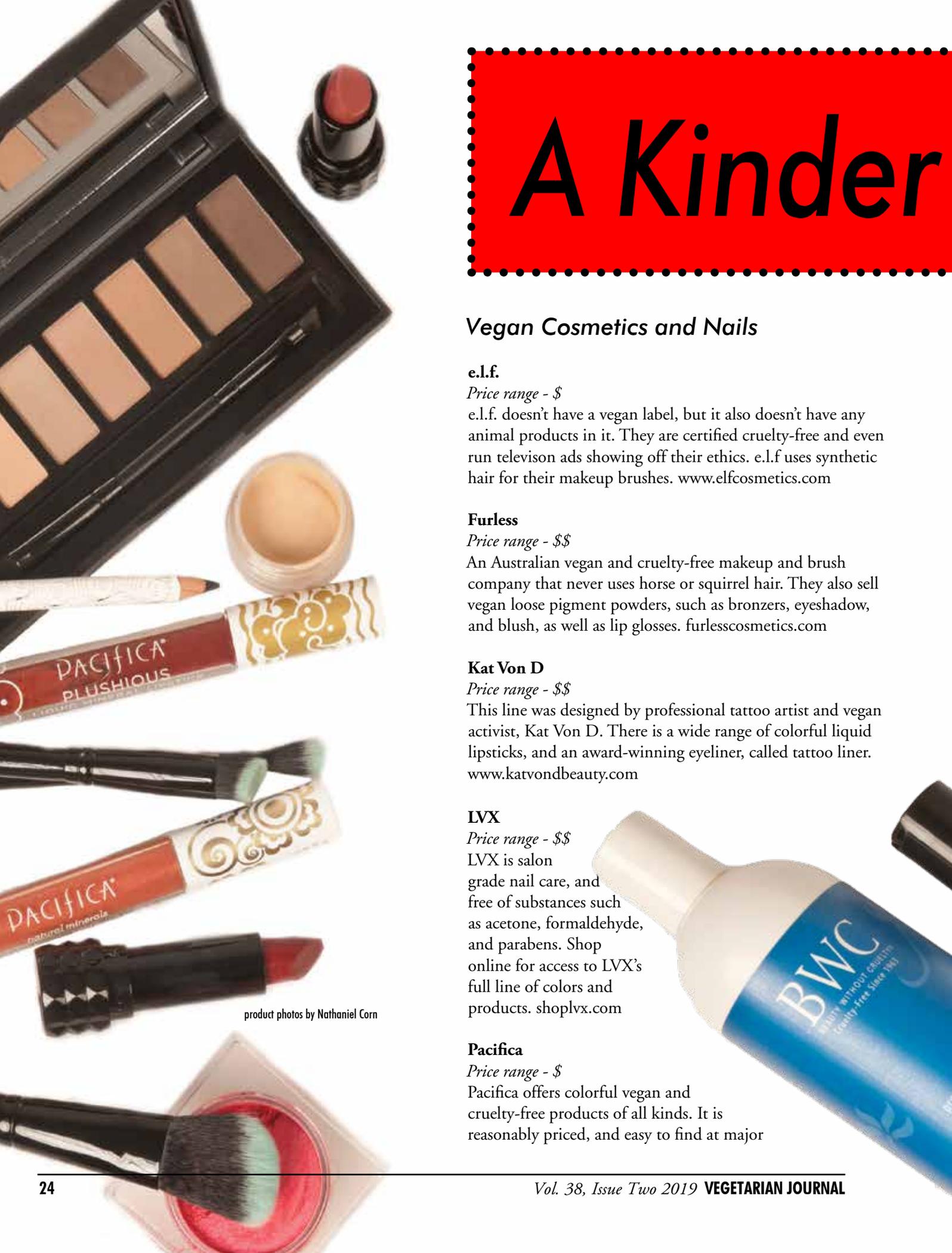
Intro to Veganism By NeCole Hilton

No cheeseburger, leather car interior, or milkshake is worth the immense suffering we systematically inflict upon billions of sentient beings. With a growing array of plant-based alternatives that don't involve the avoidable and agonizing theft of life, compassion toward animals is a moral imperative. There is no "humane" way needlessly to reduce someone else's life and value to their exploitation, dismemberment, and death. Veganism is the best and most effective moral, ethical, economic, environmental, and compassionate stance against needless exploitation, abuse, and killing. I'm contributing toward a more peaceful and tranquil future for all Earthlings, and wish to educate others so that they may join me in fighting for the fundamental rights of animals, the conservation of the environment, and peace. See: www.youtube.com/watch?v=Ds0GcxNJzE&feature=youtu.be



For those who stand for love, freedom, and peace...

A Moral Imperative



A Kinder

Vegan Cosmetics and Nails

e.l.f.

Price range - \$

e.l.f. doesn't have a vegan label, but it also doesn't have any animal products in it. They are certified cruelty-free and even run television ads showing off their ethics. e.l.f uses synthetic hair for their makeup brushes. www.elfcosmetics.com

Furless

Price range - \$\$

An Australian vegan and cruelty-free makeup and brush company that never uses horse or squirrel hair. They also sell vegan loose pigment powders, such as bronzers, eyeshadow, and blush, as well as lip glosses. furlesscosmetics.com

Kat Von D

Price range - \$\$

This line was designed by professional tattoo artist and vegan activist, Kat Von D. There is a wide range of colorful liquid lipsticks, and an award-winning eyeliner, called tattoo liner. www.katvondbeauty.com

LVX

Price range - \$\$

LVX is salon grade nail care, and free of substances such as acetone, formaldehyde, and parabens. Shop online for access to LVX's full line of colors and products. shoplvx.com

Pacifica

Price range - \$

Pacifica offers colorful vegan and cruelty-free products of all kinds. It is reasonably priced, and easy to find at major

product photos by Nathaniel Corn

GLOW

by Chloe Hightman

Everyone needs grooming alternatives to fit into their vegan lifestyle—products that are cruelty-free, contain no animal ingredients, and aren't loaded with chemicals. This guide offers updates on what make-up, skin care, nail care, and hair products are out there to preen, polish, and perfect your kinder, more ethical image!

retailers such as Target. More than make-up, Pacifica also offers skin care, body care, perfume, hair care, and nail care. www.pacificabeauty.com

Palate Polish

Price range - \$

Portland, Oregon-based Palate Polish is a small batch vegan nail polish line with food inspired names. Always free of camphor, dibutyl phthalate, formaldehyde, and toluene. www.palatepolish.com.

Vegan Hair Care

Beauty Without Cruelty

Price range - \$

Like the name states, this is a beauty company without cruelty. There is no animal testing, and it is gluten free. Shampoos and conditioners are fairly priced. www.beautywithoutcruelty.com

ecosevi

Price range - \$\$

Baltimore, Maryland-based and specializes in hair care with

some skin care and companion animal grooming lines. Some retail locations, but best to shop online. www.ecosevi.com

Kavella

Price range - \$\$

Kavella is a non-toxic, plant-based, and salon-grade beauty company that sells shampoos, conditioners, and styling products for almost every hair type. The creator of the company went to school for cosmetology, and is an animal rights activist. kavella.com

Nature's Gate

Price range - \$

Popular and mainstream vegan hair care, and generally easy to find at major retailers. Nature's Gate offers a wide range of beauty products including hair care, skin care, and toothpaste. www.naturesgate.com





ShiKai

Price range - \$

ShiKai Naturals is a hair care and body care company. The ingredients used are supposed to be gentler for the skin and scalp. ShiKai is widely available from large commercial retailers. www.shikai.com

Vegan Skin and Body Care

Acure

Price range - \$\$

Skincare that is 100% vegan, cruelty-free, and free of chemicals such as parabens, silicone, and sulfates. www.acure.com

Billy Jealousy

Price Range - \$

Billy Jealousy is an all-vegan men's grooming line that includes beard wash and oils, face washes, hair care, moisturizers, shaving cream and supplies, and more. Formulated for the fellows, this line is available online and at barber shops nationwide. billyjealousy.com

Blissoma

Price range - \$\$

Blissoma is a certified vegan and cruelty-free beauty brand, with organically sourced ingredients. It does not contain nuts, gluten, or fragrance. It is professional-grade, and sold by skincare specialists you can find on their website. www.blissoma.com

Zue Beauty

Price range - \$\$

Zue uses quinoa as the main ingredient in all of their products. The line is non-GMO, and gluten free. Also offers a video-documented giveback program with animal and other charities. www.zuebeauty.com

All product and company names are trademarks™ or registered® trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them. For more information, visit www.vrg.org/links/CosmeticsPersonalCareProducts.htm.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VEGAN Education

VRG had an outreach booth at the annual meeting of the Academy of Nutrition and Dietetics in Washington, DC. We were able to place *Vegetarian Journals* into the hands of 1,000 dietitians. VRG Nutrition Advisors Reed Mangels, PhD, RD; Cathy Conway MS, RD; and Eric Sharer MS, RD, helped answer a wide range of questions from long-time dietitians to students just entering the profession.

Reed Mangels submitted VRG's comments to the Food and Drug Administration concerning their request for information on labeling plant-based products with names that include the names of dairy foods, such as "milk," "yogurt," and "cheese."

Karen Peissinger coordinated a VRG booth at the Buffalo Vegan Pop-Up Market. Pamphlets regarding pregnancy/childhood and teenage vegan nutrition were very popular, as were the coloring books and *Vegan in a Nutshell* printouts. At the end of the market, the remaining coloring books, and various print-outs and pamphlets were given to the Vegan Grocery Store located in North Tonawanda. One of the owners expressed great appreciation for these resources as they educate customers who are curious about or starting their vegan journey.

Upcoming VRG Vegan Dinner in Philadelphia, Pennsylvania

The Vegetarian Resource Group's annual vegan dinner for dietitians, VRG members, and the public will be held on Sunday, October 27, 2019, 6 p.m., at Su Xing in Philadelphia, PA. Pre-payment is required. Call the VRG office at (410) 366-8343.

Beauty Products Price Range Key

Affordable/budget friendly
\$ (\$5 - \$15)

Mid-range
\$\$ (\$15 - \$45)

High-end/Luxury
\$\$\$ (\$45 - \$80)

Chloe wrote this article while doing an internship with The Vegetarian Resource Group. She lives in Pennsylvania.



ISLAND ITAL FLAVORS IN JAMAICA

BY LIZ SOLMS

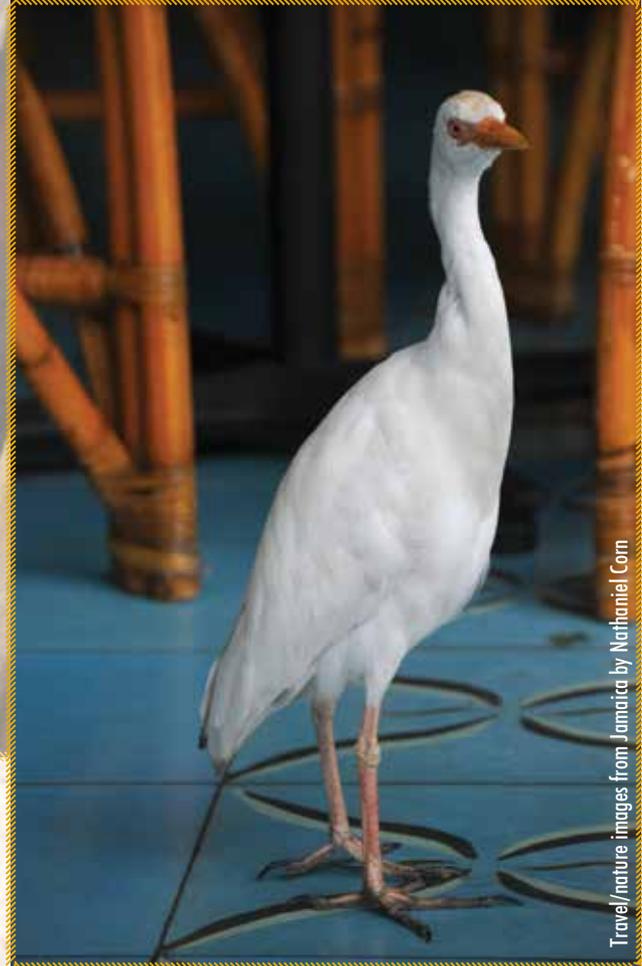
In Jamaica, to be vegan is to be a part of the rich food tradition of the island. Beyond well-known Jamaican jerk chicken, a large section of the population is vegan for religious purposes, particularly Seventh-day Adventists and Rastafarians.

Rastas eschew anything dead and prefer Ital cuisine. Ital is a style of cooking that eliminates animal products as well as processed ingredients, additives, oil, salt, and sugar. They believe eating is really a political act. To defy Babylon—the powers that be—one must choose what one eats carefully to have the most healthful diet possible, despite what industrial food companies want us to consume.

So when traveling in Jamaica, not only can you eat plentifully as a vegan, but by doing so you are learning about an important element of Jamaican culture and history. Jamaica is a big island, about the same size as New Jersey. To see a lot of the island, and eat your way through it, here are some suggestions for the best Ital pit stops across Jamaica.

MONTEGO BAY

If you're coming from abroad, most likely you'll land in Montego Bay. Stop off for an Ackee Patty at Adwa Nutrition for Life, an unassuming health food store in the Westgate Shopping Mall just minutes



Travel/nature images from Jamaica by Nathaniel Corn

from the airport. Ackee is a starchy tree fruit with taste and consistency similar to eggs, and is a staple in the Jamaican diet. Served in a patty, and encased in a soft whole-wheat dough, it is spicy and flavorful. Call Adwa at (876) 952-6554.

NEGRIL

Negril has two distinctive destinations: you're either going to the touristy beach side lined with all-inclusive

hotels, or the rootsy side, populated mostly by small independent guest houses, restaurants, and hotels, precariously perched along the cliffs. Down the winding road you'll find Ras Rody, a simple roadside stand that serves heaping piles of traditional Ital food. You can either eat your stewed peas with veggie chunks (a staple and favorite dish) on a humble stool roadside, or

carry your to-go container of whole-wheat dumplings, pumpkin, and curried tofu to a nice spot by the ocean. More information at rasrody.com.



Vegan Ital meal in Negril. Photo courtesy of Ras Rody Organics.



TREASURE BEACH

About 90 minutes towards the South Coast lies the sleepy village of Treasure Beach. Though the town is most well-known for fish and bammy (a cassava cake), the stylish Hotel Jakes serves a delicious Ital Stew at its seaside restaurant. The rotating menu always includes at least one vegan entrée and a handful of vegan and vegetarian appetizers. My personal favorite is the

calaloo fritters (a locally grown green, similar to collards), served with sweet and sour sauce. More info at jakeshotel.com.

KINGSTON

Driving east to Jamaica's busy and crowded capital city, you'll find so many delicious vegan options, you might not even know where to begin.

For something really different, visit Mi' Hungry, an entirely raw food establishment. A great thing to try is their pizza made with a nut crust and nut-based "cheese," topped with chopped local veggies and Jamaica's notoriously hot Scotch Bonnet pepper.

Learn more at www.facebook.com/Mi-hungryWholSomeFood.

For something more traditional, check out Dr. Spice in Papine, a bustling bus stop area and the gateway to the Blue Mountains. Dr. Spice serves massive portions of rice and peas, greens, and "food," the Jamaican term for ground provisions simply steamed like green banana, dasheen, and pumpkin. www.facebook.com/Dr-Spice-Natural-Food-Restaurant-156387156354

Vegans will not wilt away in Jamaica, they will thrive! You'll be pleasantly surprised as a vegan traveler to Jamaica when you sample the signature Ital cuisine and the fresh flavors of the island's native produce.



Vegan Ackee Patties. Photo courtesy Chantal Thomas, <https://amazingackee.com/jamaican-ackee-patties/>

Liz Solms has dedicated her career to improving the agricultural landscape of Jamaica. To this end, she's completed successful projects at private coastal villas, high-end hotels, coffee farms, and fruit plantations. She has lived on the island almost 15 years.



reviews

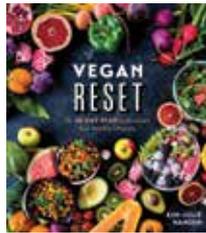
VEGAN RESET

By Kim-Julie Hansen

Are you or someone you know just starting on the path to vegan living? If so, *Vegan Reset*, could be a very helpful cookbook. Twenty-eight days of vegan meals with shopping lists, weekly prep guides, and daily menus are included. Most of the meals are straightforward, perfect for beginners.

An example daily menu might be a Blueberry Granola Bowl for breakfast, Avocado-Kale Salad for lunch, and White Bean-Squash Bowl for dinner along with fresh pineapple as a snack. Another day's menu is Overnight Oats, Tortilla Bean Salad, Veggies & Tahini, and Tofu & Rice Spring Rolls with Peanut Dip. All the recipes are provided.

Vegan Reset (ISBN: 978-1-328-45403-4) is a 304-page book. It is published by Houghton Mifflin Harcourt and retails for \$24.99. Find this book online or in your local bookstore. Reviewed by Debra Wasserman.



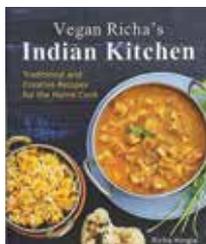
VEGAN RICHA'S INDIAN KITCHEN

By Richa Hingle

Richa Hingle is a food blogger. She both wrote this cookbook and took all the photographs. In the introduction she teaches readers about Indian spices and the best ways to use them. She also explains the best way to serve Indian cuisine.

Enjoy breakfast items like Spicy South Indian Tofu Scramble, Mom's Chickpea Flour Pancakes, Indian Spiced Milk Tea, and Savory Pan-Fried French Toast. Small plate and snack choices include Baked Potato Samosas, Potato Quinoa Patties, Sweet and Spicy Baked Cauliflower, Onion Chile Fritters, and Biscuits.

The next chapter introduces readers to sides and dry vegetable curries such as Potatoes and Greens Stir-Fry, Sweet and Sour Pumpkin, Okra in Sesame Coconut Sauce, and Mashed Spiced Eggplant and Mild Peppers in Peanut Coconut Sauce. There's a section devoted to dals made with lentils and beans, including Yellow Lentils with Spinach, Brown Chickpea Curry, Butternut Coconut Red Lentil Curry, and Kidney Bean Curry.



One-Pot Meals and Casseroles options are Red Lentil Tomato Pulao, Quinoa Cauliflower Biryani, and Yellow Lentil Rice and Chard. The Main Dishes chapter features Royal Tofu and Cashews, Mango Curry Tofu, Vegetables in Smoky Tomato Sauce, and Kofta Balls in Nut-Free Cream Sauce.

Indian meals are usually served with flatbreads including Avocado Naan, Vegetable-Stuffed Parathas, Rice Dosas, and more. For dessert, try Cashew Fudge, Pistachio Cardamom Cookies, and Carrot Halwa. The last chapter features chutneys, spice blends, and the basics such as Chile Garlic Coconut Chutney, Garam Masala, Indian Chai Spice, and Vegan Paneer.

Vegan Richa's Indian Kitchen (ISBN: 978-1-941252-09-3) is a 274-page book. It is published by Vegan Heritage Press and retails for \$22.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.

THE ULTIMATE VEGAN BREAKFAST

By Nadine Horn and Jörg Mayer

I love breakfast dishes and was excited to find this cookbook! Start off with a refreshing beverage such as a Pomegranate Smoothie or Strawberry Chia Smoothie. The Breakfast to Go chapter offers recipes for Hearty Lentil Muffins, Overnight Buckwheat Porridge, and Breakfast Burrito. Next, dive into One-Bowl Wonders such as Amaranth Porridge, Banana Pudding, and Black Chai Rice.

Hot Off the Stove highlights dishes including Poppy Seed Pancakes, Tofu Omelet, and Power Waffles. The Sweeter Side of Mornings section serves up Carrot Cupcakes, Lemon Muffins, and Glazed Baked Donuts.

Who doesn't enjoy weekend brunch? Try the recipes for Onion Tart, Breakfast Frittata, Hash Brown BLTs, and Mini Breakfast Quiches. Next, add options from the Coffee, Tea & Co. chapter, such as Ginger Tea, Cardamom Latte, and Maya Cocoa.

Finally, the Pantry section provides recipes for Rye Sourdough Bread, Whole Grain Rolls, Sweet and Savory Spreads, Granola, and more.

The Ultimate Vegan Breakfast (ISBN: 978-1-61519-488-9) is a 192-page book full of photos. It is published by The Experiment and retails for \$19.95. Purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.



PLANT-BASED MEATS

By Robin Asbell

Have you ever wanted to make your own vegan “meats” at home? Now you can! This book starts you off with basic “meat” recipes, such as vegan beef seitan, chicken breasts, chicken skins, shredded chicken, and ham. Then there are recipes for various types of vegan sausage including Breakfast Sausage with Sage and Apple, Spanish Chorizo, and Italian. Next, move on to lunch “meats” like salami, pastrami, pepperoni, and baloney.

The Meatballs, Burgers, and Meat Loaf chapter offers options such as Thai Meatballs in Red Curry, Walnut-Bulgur Burgers, and Quinoa-Sweet Potato Meat Loaf. Tacos and Pulled Meat ideas include Smoky Chipotle Mushroom Taco Meat and Jackfruit Jerked Pork. Also try Roasts and Filets, such as Strip Steaks for the Grill and Pineapple Baked Ham, or Ribs and Wings including Sticky Sriracha Ribs or Cauliflower Buffalo Wings.

Bacon and Jerky options are provided as well as numerous main courses such as Pepperoni Pizza, Curried Chicken Salad, Chinese Beef with Broccolini, Ham and Veggie Potpies, and a Classic BLT.

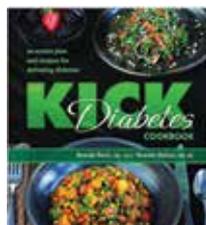
***Plant-Based Meats* (ISBN: 978-1-68268-221-0) is a 192-page book with color photos. It is published by The Countryman Press and retails for \$23.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



THE KICK DIABETES COOKBOOK

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

If you or someone you know has diabetes and wants to follow a vegan diet, this book is for you. The first section includes information on foods that help regulate blood glucose levels, along with several helpful charts indicating which nutrients decrease diabetes risk and which increase the risk. Next, the reader is provided with useful tips on cooking vegan cuisine, including 100 quick-and-easy vegan recipes.



For breakfast, you might want to prepare Wholly Granola, Banana-Walnut Pancakes, or Carrot Spice Muffins. Move on to soups and try Green-Gold Cauliflower Soup, Kale and Avocado Soup, or Navy Bean and Mushroom Soup. Serve a salad with your soup choice such as Classic Broccoli Salad, Kale Salad with Orange-Ginger Dressing, or Mango and Black Bean Salad. You will also find a very useful section on dressings, marinades, dips, gravies, and sauces.

The Vegetables and Side Dishes chapter offers Asian Green Beans, Spicy Bok Choy, Red Cabbage with Apples, and more. Main dish choices include African Chickpea Stew, Stuffed Winter Squash, Tamale Pie, Nori Rolls with Cauliflower Rice, and Black Beans with Greens. And of course, you can end your meal with one of these terrific desserts: Apple Crisp, Vanilla Chai Pudding, Lime Bliss Balls, or Black Bean Brownies.

Nutritional analyses and beautiful photos appear throughout the cookbook.

***The Kick Diabetes Cookbook* (ISBN: 978-1-57067-359-7) is a 192-page book. It is published by Book Publishing Company and retails for \$19.95. You can purchase this book from our book catalog on page 34, online at www.vrg.org/catalog, or from your local bookstore. Reviewed by Debra Wasserman.**

VEGAN YACK ATTACK ON THE GO!

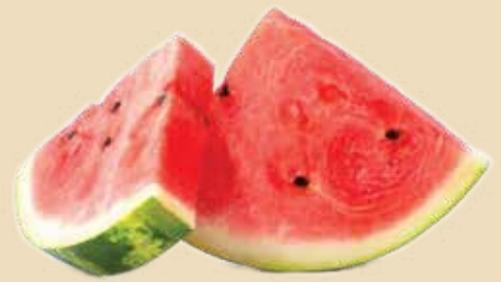
By Jackie Sobon

The delicious recipes in this book can be made in advance to take with you and are prepared quickly at home. For breakfast, enjoy a Fresh Fruit Yogurt Sundae or Crustless Quiche Bites. Lunchbox Stuffers include Sesame Soba Salad and Shiitake Spring Rolls.

Bulk Cooking suggestions that can be served for several days include Spinach Ricotta Stuffed Shells and Lebanese-Style Cauliflower with Couscous. Food On-The-Move features Camp Banana Splits, Beer Can Pulled Cabbage, and Tempeh-Stuffed Poblano Peppers. The Make Your Own Staples chapter offers recipes for Easy Teriyaki Sauce, Garlic Mayo, and Coconut Bacon.

***Vegan Yack Attack on the Go!* (ISBN: 978-1-63159-422-9) is a 208-page hardcover book. It is published by Fair Winds Press and retails for \$29.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**





Quick and Easy Ideas for Watermelon

by Chef Nancy Berkoff, RD

Watermelon isn't just a juicy warm-weather treat. This fruit contains potassium and vitamins A and C. Humans have been feasting on watermelon for centuries. Although native to Africa, watermelons have been known in India since prehistoric times. The first recorded watermelon harvest took place 5,000 years ago in Egypt. Pictures of the fruit were found in paintings on the walls of ancient buildings.

We never get much beyond slicing watermelon and offering it as a terrific accompaniment to summer meals. Watermelon is a “total utilization” fruit, though. You can use the interior, the juice, the seeds, and the rind! It is perfect with sweet (cereal, vegan yogurt, baked goods) or savory (grilled veggie dogs or burgers, pasta salad) foods.

If you want to get melon-creative, cut watermelon into stick shapes and freeze in plastic bags—you'll have your own watermelon-sicles which can be eaten as a snack or tossed into the blender with other smoothie ingredients. (Watermelon daquiris, anyone?). Or fill a scooped-out watermelon with sweet wine, port, lemonade, or cold ginger tea, then allow to marinate and serve as an appetizer or dessert.

Frozen Sweet Treats

“Helados” (ice cream) are a very popular ending to Latin meals; add watermelon to sorbet or frozen vegan ice cream to create your own helado. If simple desserts work for you, thinly slice watermelon, sprinkle with rose- or orange-blossom water, and serve chilled. Mango chunks or slices can be alternated with sliced watermelon for a colorful dessert. If fresh mango is not available, frozen mango will work.

To go savory with your watermelon, you can use watermelon cubes to “tame the heat” in curries and chilies, in veggie salad with onions and garlic, and in

stir-fries or sautés (add small watermelon cubes at the last minute), or use as a garnish. Try a “watermelon steak” (a thick slice of watermelon, rind removed) topped with slices of ripe avocado and shredded jicama, chopped parsley, and a squeeze of fresh lime juice. If you would like to get adventurous, do some web searches for a watermelon curry recipe, popular in Caribbean and South Asian cuisine.

When slicing watermelon, be certain to capture the juice to use in salads, smoothies, or other cold beverages. If you have extra watermelon, blend it to create watermelon juice, refreshing on its own or when combined with other fruit or veggie juices (carrot, cucumber, spinach, etc.).

Roasted Seeds

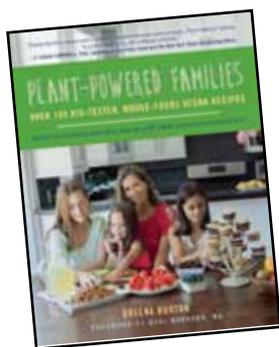
If your watermelon comes with seeds, save them! Use only the mature, black seeds, and discard the small, white seeds. Collect the seeds, place them in a colander or strainer, and rinse very well, until they are squeaky clean. Spread the cleaned seeds on a baking sheet and allow to dry in a sunny area, or in a low oven. You can skip this step and pat the seeds dry, but very dry seeds roast best.

Preheat a large frying pan and add seeds, stirring and turning until they are roasted. Taste one to see if the desired texture has been reached. When seeds are roasted, mix together a small amount of salt with water, pour over the seeds, and allow the water to dissolve while stirring. Store in an air-tight container.

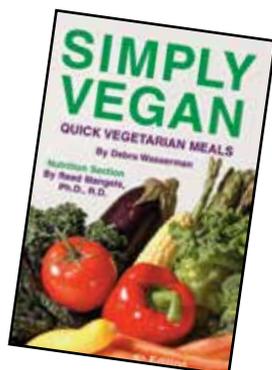
Pickled watermelon rind takes a bit of time to prepare, but is really worth the effort! The Watermelon Council, watermelon.org, has step-by-step instructions. Pickled watermelon rind is a versatile condiment, so tasty that it's hard to refrain from just eating it right out of the jar!

VRG Catalog

Books

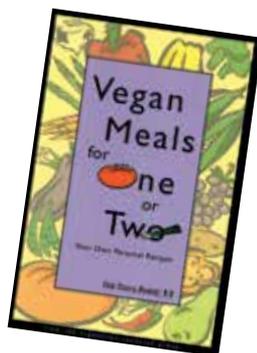


Plant-Powered Families (\$19.95) by Dreena Burton. This cookbook features over 100 family-friendly, whole-food vegan recipes as well as helpful tips and photos. You can start your morning off with Creamy Breakfast Rice Pudding or Cinnamon French Toast. Lunch includes Red Lentil Hummus, Chickpea Nibbles, or Artichoke Spinach Dip, and for dinner try Creamy Fettuccine, Smoky Bean Chili, and Ultimate Teriyaki Stir-Fry. Desserts include Vanilla Bean Almond Butter Fudge or “Nicer” Krispie Squares. (308 pp.)



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

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



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

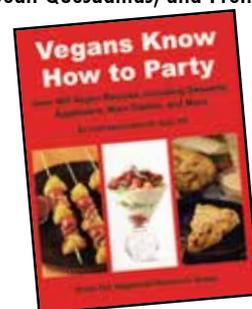
Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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

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

Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique vegan fish and seafood dishes. Avoid fish but still enjoy the taste of the sea with ‘Fish’ Sticks, ‘Tuna’ Salad, and much more! (96 pp.)

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

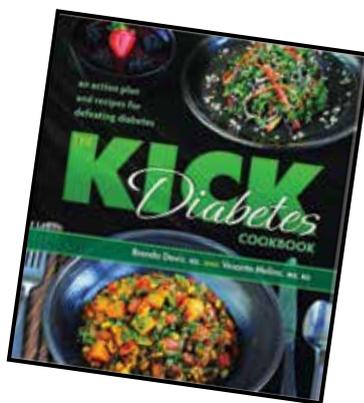


Vegans Know How to Party (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also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

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



Grills Gone Vegan (\$19.95) by Tamasin Noyes. This 188-page book has recipes with instructions for outdoor and indoor grills. Enjoy preparing Cajun Mushrooms, Grilled Baby Artichokes, Roasted Corn Chowder, Seitan Ribz, Black Bean Burgers, Quinoa-Stuffed Poblanos, Ethiopian Bean Skillet, Maple-Glazed Pineapple or Grapefruit, etc. Recipes for marinades and condiments are also included in this terrific book!



Kick Diabetes Cookbook (\$18.95) by Brenda Davis, RD and Vesanto Melina, MS, RD. If you or someone you know has diabetes and wants to follow a vegan diet, this book is for you. The first section features information on foods that help regulate blood glucose levels along with several helpful charts indicating which nutrients decrease diabetes risk and which increase the risk. Next, the reader is provided with useful tips on cooking vegan cuisine including 100 quick-and-easy vegan recipes such as Banana-Walnut Pancakes, Carrot Spice Muffins, Navy Bean and Mushroom Soup, Mango and Black Bean Salad, Red Cabbage with Apples, African Chickpea Stew, Nori Rolls with Cauliflower Rice, and Vanilla Chai Pudding. Nutritional

analyses and beautiful photos appear throughout the cookbook. *The Kick Diabetes Cookbook* has 192 pages.

I Love Animals and Broccoli Coloring Book

A coloring book that promotes healthful eating and vegetarianism for children ages 3-7.

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

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

Bumper Stickers

Bumper Stickers (\$1 each, 10+ \$.50 each)
 "Be Kind to Animals—Don't Eat Them"
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Vegetarian Action

Marcy Schveibinz Helps Others Achieve Wellness

by Amy Dell, VRG Intern

After reaching out to The Vegetarian Resource Group for volunteer opportunities, Marcy Schveibinz, a certified Health and Wellness Coach (NBC-HWC) in Columbia, MD, was given the chance to teach a vegan cooking class at Christopher Place Employment Academy. A division of The Catholic Charities of Baltimore, Christopher Place Employment Academy helps formerly homeless men with job training and provides a support system including addiction recovery, counseling, and life skills.

Marcy teaches her cooking class once a week for eight weeks to a group of 8 to 14 men. Her curriculum explores nutrition and healthy eating on a budget, and includes live recipe demonstrations. The class, created through funds from a vegan donor, is mandatory for all the men in the program.

“I like that I’m able to teach people about something that’s so important to me,” Marcy said.

She focuses on simple meals that taste good, especially familiar foods, like chili and stir-frys, which the men enjoy. Her meals are based around the idea that vegan food can be easy and satisfying.

While Marcy may have started working at Christopher Place to help people, she’s found many reasons to continue her class.

“It’s very rewarding. I wanted to know what other people’s worlds were like and try to help them. We’re all people and it’s really easy to relate to [the men], and talk to them, and like them. Some of the guys are real characters, and each person stands out.”

Marcy has developed meaningful relationships with her students, and she is able to see how the program and her class impact their lives.

“A few of them, during the class or after the class, said to me, ‘You know, I’m going to try and see if I can make this dish.’ and one person said, ‘I might give this vegan thing a try,’” she said.

Always interested in nutrition, Marcy began gravitating towards vegetarian foods in college, but it



wasn’t until her daughter went vegan that she transitioned to veganism herself. Now, she’s able to help others discover healthful diets.

“I hope that [the men] take away the idea that eating more plant-based foods is going to be better for them, better for their health in the long run, and that it’s doable,” she said.

In addition to her career as wellness coach and volunteering at Christopher Place, Marcy also used her skills in a presentation at TuTTie’s Place Summer Camp in Baltimore. She worked with VRG interns to talk to kids about nutrition, vegetarianism, and mindful eating. For more information about Marcy’s Wellness Coaching, visit Columbia Nutrition’s website at www.columbianutrition.com or email marcy.schveibinz@gmail.com.

Amy Dell interned with The Vegetarian Resource Group during the summer of 2018.

VRg

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French Cooking Video

During Amy Dell's Vegetarian Resource Group internship, she was able to work with a VRG vegan volunteer from France named Angélique. It was a very enlightening experience to spend time with someone from a different background and culture. They were able to compare cooking techniques, and Amy was even able to practice her very rusty French. With Angélique, Amy created a cooking video that detailed a classic vegan French lunch. Recipes include Niçoise Salad (below), Ratatouille, Green Grilled Cheese, Cheese and Baguette, and Crêpe! See: youtu.be/vmRhqpU9f8I



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Join Our Parents & Kids Facebook Group

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

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