

Veggie Options at Popular Restaurant Chains

VOLUME XXVII, NO 2

VEGETARIAN

JOURNAL HEALTH ECOLOGY ETHICS

A Closer Look at
**Vegan
Burgers &
Hot Dogs**

**African
Cuisines**

Moroccan Orange
Dessert Salad (page 8)

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Non-Dairy 'Cheese' Sauces

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NUTRITION HOTLINE

SUZANNE HAVALA HOBBS
DrPH, MS, RD



This issue's Nutrition Hotline provides some do-it-yourself tips for vegetarians who wish to lose weight or improve their overall health.

QUESTION: "I'm a vegetarian, but I have weight to lose. What can I do for myself? I can't afford a personal trainer or chef."

ANSWER: In the ideal world, we'd have access to a personal trainer, chef, and dietitian. That's because it takes a high level of commitment—and support—to eat well, get into shape, and stay fit. But even if you had the means, it can be a challenge to find qualified, competent health professionals and fit frequent appointments into a busy schedule.

That leaves a do-it-yourself approach as the only practical solution for most people, and you can do some of it yourself very effectively. If you have health problems, though, get advice from your health care provider before making any substantial changes in your diet or exercise habits.

Most people, however, can benefit from some simple, supportive measures that can be self-imposed without much—if any—technical expertise. Here's where to start:

- **View the whole picture.** Keep a food diary for a period of days or weeks—or indefinitely. Logging what you do on a regular basis will make you more aware and careful about what you're eating. Keeping a log of not only what, where, and when you eat, but also how you feel, who you are with, and how much exercise you do, can make you aware of patterns of behavior to target for change. For a low-cost food diary, a pen and a spiral-bound notebook will do.

Online diaries are also available for a fee.

- **Get reliable information.** Along with *Vegetarian Journal*, my favorites include *Nutrition Action Healthletter*, published by the Center for Science in the Public Interest, and *Nutrition Source*, a website maintained by the Harvard University Department of Nutrition.
- **Make a plan, and monitor your progress.** Think through a set of steps for behavior change and a realistic timeline for achieving them. Take a brisk, hour-long daily walk on your lunch break? Eat at the table instead of in front of the TV? Measure success by new skills you master, behaviors you change, and the trend over time on the scale or by how your clothes fit.
- **Include gentle exercise.** No matter what your fitness level, most people can engage in gentle stretching and strengthening exercises, such as yoga and Pilates.
- **Get support.** Join a local vegetarian society. Walk or take a cooking class with a friend. Surround yourself with people who are committed to the same lifestyle changes, and you'll find it easier to make progress.

The do-it-yourself approach may not always substitute for the help of a qualified health professional. But there's a lot you can do on your own affordably and effectively. And that's a great place to start.

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 The VRG's website is www.vrg.org.
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The *Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit organization that educates the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$20 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

NOTE FROM THE COORDINATORS

SERVING 3 MILLION VEGANS A DAY



In a recent article, *BusinessWeek* stated that McDonald's serves 27 million people per day. This is certainly not an indication that North Americans' interest in eating fast food is waning. Therefore, The Vegetarian Resource Group continues to report the latest about fast food and quick-service restaurant chains, just as this organization has since 1984.

In this issue, first-rate researcher Jeanne Yacoubou again uncovers some interesting details. The bad news is that L-cysteine in some apple pies may be derived from duck feathers. On the other hand, some of the good news is that Chipotle, a growing burrito and taco chain, clearly states which of its menu items are vegetarian and even uses the word "vegan" on its website.

We realize that some readers avoid large businesses such as these, but for those who travel, Taco Bell continues to be a very convenient, widely-available stop to order bean tacos or burritos without cheese. Speaking of largeness, we noticed that even Target now advertises soymilk. Certainly, it's easy to travel most anywhere in the United States or Canada and find a multitude of vegan options. However, for those who prefer to patronize vegetarian restaurants, check out our U.S. and Canadian listings at <www.vrg.org>. You can enter a state or province and then search by city or town to find vegan, vegetarian, and exceptionally veggie-friendly establishments. And for those who want convenience at home, see our review of vegan burgers and dogs on page 9.

The Vegetarian Resource Group is a national group with grassroots beginnings. We continue to sponsor local and national outreach, which enables us to have a unique perspective. Over the past quarter of a century, we have enjoyed watching changes on the local level around the country, in professional circles, and in national media.

VRG's Nutrition Advisor, Reed Mangels, PhD, RD, was called several times as a resource for an article that appeared in *Newsweek*. The piece asked, "Is Your Kid Turning Vegetarian?... If you're worried they're not getting adequate nutrients, relax. Doctors and dietitians say you can raise healthy herbivores at any age, even from birth." Our website, <www.vrg.org>, was given as a reference in this article.

Also of note was an advertisement from the Citi credit card, which stated, "Well, my son Jack went and married a vegetarian... It was my first tofurky, and I wanted it to be just right." (They, of course, should have capitalized Tofurky, but this typo detracts little from the otherwise great ad.)

We greatly appreciate all our members for their support and dedicated efforts to bring about a more vegetarian-friendly world.

Debra Wasserman & Charles Stahler



Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

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Address: _____

Make checks payable to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

Special thanks to Suzanne Hengen for doing the nutritional analyses for the recipes found in *Vegetarian Journal*.

A generous donation was made in honor of Laura Hill by Theodore Wynnychenko.

Thanks to Deborah McCalpin for her donation in honor of VRG's 25th Anniversary.

A VJ Reader Sings the Praises of TVP

Love your magazine. Every time I get an issue, I always think that the next issue can't possibly be any better, but it always is.

I'm writing this letter to let you know that I'm wondering why most information about vegetarian food doesn't include the virtues of textured vegetable protein (TVP). Every food magazine for vegetarians includes recipes for tofu, but TVP is seldom mentioned. When I have seen recipes with it, the recipes usually require more time than I want to spend.

TVP is so good for quick, simple meals. Why deal with messy, time-sensitive tofu when we have TVP? Commercially prepared vegan foods are too expensive for me. With TVP, beans, and nuts, I seldom buy commercial vegan food or tofu.

Here are some quick, simple meals I use always-handy TVP to make:

- 1) Sprinkle a lot of TVP on a **salad** for protein, and I have a complete meal.
- 2) **Baked potato** topped with TVP and maybe other items. With salad, another vegetable, or fruit, I have a complete meal.

- 3) **Casseroles.** In a casserole dish, mix vegetarian spaghetti sauce, partially-cooked pasta, and TVP. Bake awhile and I have a main dish. (TVP swells, so don't put in too much.)
- 4) **Sandwiches.** Mix TVP with vegan mayonnaise and onion powder and put on toasted bread for sandwiches. Could use pita bread also. Could mix other things with it, such as pimento, sweet relish, etc.
- 5) **Dip.** The above sandwich mixture can be used as dip as well.
- 6) **Stir-fry.** At end of stir-fry, add TVP. (Don't add too early or it burns.)
- 7) TVP on anything adds protein for complete meal.

If you like to cook, time-consuming recipes are fine. Personally, I like simple, quick meals, and I imagine other vegetarians prefer quick meals also. Why don't you print an issue on TVP and its use for quick, simple meals?
Dixie K., Dallas, TX

Editors' Note: You can search for recipes using TVP on VRG's website at <www.vrg.org> or order The TVP Cookbook (\$13 with postage) by Dorothy R. Bates from VRG.

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

Coming in the Next Issue:

A REVIEW OF VEGAN CHEESES

Plus: Recipes Using Dried Fruit, Super Sandwich Spreads, Low-Budget Veggie Meals for Institutions, and more!

The Rich Flavors of African Cuisine

By Peggy Rynk

THE RICHLY FLAVORED cuisines of Africa vary from region to region and from country to country. Some dishes are inherently vegan, while others can easily be made so by substituting ingredients such as tofu or beans for meat.

Many of the seasonings used in African cooking, including curry powder, cumin, turmeric, and ginger, are ones we're already familiar with and are likely to have on hand. It's the combinations of seasonings that set these cuisines apart in many delicious ways. Dishes such as *Kenyan Vegetable Curry* make use of a wide array of seasonings, while others, such as *Rwandan Pinto Beans and Potatoes*, use fewer.

Whatever dishes you decide to try, you're in for a rich experience of flavors that may make you wonder why you hadn't thought of them before—and wish that you had. Let's begin with a wonderfully flavorful lentil soup and work our way to dessert!

AFRICAN LENTIL SOUP (Serves 5)

This satisfying soup is easy to put together. Leftovers—if there are any—can easily be reheated a day or two later. The soup thickens in the refrigerator; when reheating,

add just enough water to bring the soup to the desired consistency.

2 Tablespoons canola oil
1/2-3/4 cup peeled, chopped carrots
3 cups chopped new potatoes, not peeled if the skins are good
1 1/3 cups peeled, chopped mild onions, such as Vidalias
3 large vegetarian bouillon cubes, enough to flavor 6 cups water
2-2 1/2 cups dried lentils, rinsed and drained
1 teaspoon garlic powder
1 1/2 teaspoons chili powder
1 teaspoon ground cumin
Salt to taste
6 cups water

Heat the oil in a 2 1/2- to 3-quart saucepan. Add the carrots and cook, stirring often, for approximately 10 minutes or until the carrots begin to soften. Add the potatoes, onions, bouillon, lentils, garlic powder, chili powder, cumin, and salt.

Stir in the water and bring to a boil. Reduce to a simmer and cook, stirring often, for 30-45 minutes until the lentils fall apart and the soup thickens. Ladle the soup into individual bowls and serve with flat bread, crackers, or lightly toasted tortillas.

Total calories per serving: 240 Fat: 9 grams
Carbohydrates: 68 grams Protein: 23 grams
Sodium: 1,232 milligrams Fiber: 27 grams

PEANUT BUTTER STEW FROM ZIMBABWE (Serves 5)

The combination of these ingredients is amazingly delicious.

One 14-ounce package firm tofu
2 Tablespoons canola oil
1 1/2 cups chopped green bell peppers
1 1/2 cups chopped yellow onions
1 Tablespoon minced fresh garlic
One 14 1/2-ounce can diced tomatoes, not drained
1/3 cup crunchy peanut butter
1/2 teaspoon salt
1/2 teaspoon chili powder
Dash cayenne
1 teaspoon ground red chipotle
1 1/2 cups frozen chopped collard greens

Drain and rinse the tofu. Pat dry, and cut into 1/2- to 3/4-inch cubes.

Heat the oil in a 3-quart saucepan. Add the green peppers, onions, and garlic and sauté for approximately 3 minutes. Stir in the tofu and continue to cook, stirring gently, for approximately 10 minutes or so, keeping the cubes as whole as possible.

Stir in all remaining ingredients except the collard greens. Simmer uncovered, stirring often, for 10-15 minutes. Stir in the collards and simmer for 15 minutes longer or until the collards are tender and the flavors have blended.

Total calories per serving: 277 Fat: 18 grams
Carbohydrates: 18 grams Protein: 15 grams
Sodium: 471 milligrams Fiber: 4 grams

KENYAN VEGETABLE CURRY

(Serves 6)

This dish calls for a rich variety of seasonings.

1 teaspoon ground cumin
1/2 teaspoon ground turmeric
1 teaspoon curry powder
1 teaspoon garlic powder
1 teaspoon dry mustard
1 teaspoon ground ginger
1 teaspoon chili powder
1/2 teaspoon salt
2 Tablespoons canola oil
4 cups cubed russet potatoes, not peeled if the skins are good
Water as needed
1 1/2 cups diced yellow onions
One 15.5-ounce can garbanzo beans, not drained
3 1/2 cups frozen chopped collards

In a small bowl, combine the cumin, turmeric, curry powder, garlic powder, mustard, ginger, chili powder, and salt. Set aside.

Heat the oil in a 10" skillet. Add the potatoes and cook over medium heat, stirring often, until potatoes are almost tender. As the potatoes cook, add water, a little at a time, as needed to keep them from sticking. Add the onions and cook 2-3 minutes longer.

Blend in the seasonings, garbanzo beans, and collards. Cook, covered and stirring often, for 10 minutes. Add more water, one Tablespoon at a time, as needed to keep mixture from sticking.

Serve hot with warm bread. Fresh melon cubes or orange sections are perfect for dessert following this dish.

Total calories per serving: 246 Fat: 6 grams
Carbohydrates: 44 grams Protein: 9 grams
Sodium: 457 milligrams Fiber: 8 grams

RWANDAN PINTO BEANS AND POTATOES

(Serves 4 as a main dish or 8 as a side dish)

A hearty, filling dish with a savory blend of flavors.

1 Tablespoon canola oil
1 cup chopped celery
1/2 cup chopped yellow onions
4 cups chopped russet potatoes, not peeled if the skins are good
3 1/2 cups cooked pinto beans (Canned beans that haven't been drained are fine.)
Water as needed
2 1/2 Tablespoons slivered garlic
Salt to taste
1-2 Tablespoons ground cumin, or to taste

Heat the oil in a 3-quart saucepan. Add the celery and onions and sauté, stirring often, until celery is almost tender.

Stir in potatoes and continue to cook, again stirring often, until potatoes are almost tender. Add the beans to the potatoes. Add water, a Tablespoon or so at a time, as needed to keep ingredients from sticking to the saucepan.

Add the garlic, salt, and cumin. Cover and cook, stirring frequently and adding more water as needed, until potatoes are tender and mixture is thick.

Total calories per main dish-sized serving: 330
Fat: 4 grams Carbohydrates: 63 grams
Protein: 15 grams Sodium: 910 milligrams
Fiber: 12 grams

NAMIBIAN BLACK-EYED PEAS

(Serves 3 as a main dish or 6 as a side dish)

Dried black-eyed peas are very accommodating and do not need to be soaked before cooking. Pick over the peas, discarding any that are discolored or broken.

1 1/2 cups dried black-eyed peas
3 cups water
3/4 teaspoon salt
1/4 teaspoon ground red chipotle (or cayenne if chipotle is unavailable)
1/4 teaspoon chili powder

Rinse the black-eyed peas and place in a 1 1/2-quart saucepan with the water.

Bring to a boil, reduce to a simmer, and cook, stirring occasionally, for approximately 20 minutes. Add the salt, chipotle or cayenne, and chili powder. Continue to cook for another 20-25 minutes until black-eyed peas are tender.

Total calories per main dish-sized serving: 282
Fat: 1 gram Carbohydrates: 50 grams
Protein: 20 grams Sodium: 595 milligrams
Fiber: 9 grams



MIXED FRUIT CURRY WITH PEANUTS

(Serves 2 as a small side dish or 6 as a condiment)

This easy-to-make dish offers a satisfying blend of flavors and textures. Excellent with tofu and rice dishes and many others as well.

- 2 Tablespoons canola oil
- 1¼ cups peeled, cored, and chopped tart apples, such as Granny Smiths
- ½ cup chopped yellow onions
- 2 teaspoons curry powder
- 2 Tablespoons water
- ½ cup dark raisins
- ⅓ cup chopped dried apricots
- ¼ teaspoon salt
- ¼ cup roasted peanuts

Heat the oil in a 10" skillet. Add the apples and onions and sauté, stirring often to keep from sticking.

Add all remaining ingredients at once and stir to blend. Simmer for 10-15 minutes, stirring often to blend flavors. Serve warm or cold.

Total calories per side dish-sized serving: 442
Fat: 23 grams Carbohydrates: 60 grams
Protein: 7 grams Sodium: 299 milligrams
Fiber: 7 grams

CHADIAN ZUCCHINI WITH PEANUTS

(Serves 4)

This side dish is simple to prepare, with flavors and textures that complement each other well.

- 2 Tablespoons canola oil
- 4 cups zucchini, quartered lengthwise and then sliced crosswise in ⅓-inch slices
- ½ teaspoon salt, or to taste
- ¼ teaspoon ground cumin
- ⅓ cup shelled roasted peanuts
- Water as needed, a little at a time

Heat the oil in a 10" skillet. Add the zucchini and sauté, stirring often, until almost tender, approximately 10-15 minutes.

Stir in salt, cumin, peanuts, and a little water. Continue to cook, stirring often, for another 5-10 minutes to allow flavors to blend. Zucchini should be tender.

Total calories per serving: 150 Fat: 13 grams
Carbohydrates: 6 grams Protein: 4 grams
Sodium: 295 milligrams Fiber: 3 grams

LIBERIAN BANANA GINGERBREAD

(Serves 12)

This moist gingerbread is a delight for breakfast or weekend brunch. Wrap any leftovers snugly in plastic wrap and store in the refrigerator.

- 6 Tablespoons nonhydrogenated vegan margarine at room temperature
- ¾ cup sugar (Use your favorite vegan variety.)
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon salt
- 2 teaspoons baking powder
- 2 teaspoons vanilla extract
- 1 teaspoon lemon extract
- 1 cup mashed ripe banana
- 1 cup molasses
- 3 cups whole wheat all-purpose flour, divided
- 1 cup soymilk, divided
- Vegetable oil spray to prepare baking pan

Preheat oven to 350 degrees.

In a medium-sized mixing bowl, cream together the margarine, sugar, cinnamon, ginger, and cloves. Stir in the salt and baking powder and then the extracts until well combined.

Blend in the banana and molasses. Next, blend in a quarter

of the flour, followed by a third of the soymilk. Continue to alternate the flour and the soymilk, ending with the flour and stirring just enough to combine. Do not beat.

Scrape mixture into a greased 13" x 8" x 2" baking pan. Bake for 40 minutes or until a toothpick inserted in the center comes out clean. Set pan on a wire rack to cool. Cut into squares to serve.

Total calories per serving: 310 Fat: 7 grams
Carbohydrates: 60 grams Protein: 5 grams
Sodium: 240 milligrams Fiber: 4 grams

MOROCCAN ORANGE DESSERT SALAD

(Serves 4)

**Pictured on the cover. For a special treat, serve this recipe with crisp orange- or lemon-flavored cookies.*

- ⅓ cup slivered almonds
- ⅓ cup chopped dates
- 2 cups fresh orange sections, halved crosswise

Preheat oven to 350 degrees.

Spread almonds in a single layer in a small baking pan. Bake, stirring often, for 8-10 minutes until lightly browned. Remove from oven and set aside.

In a small mixing bowl, stir together the dates and orange sections. Chill or use at room temperature, as desired.

When ready to serve, divide date-orange mixture among four small dessert dishes. Sprinkle the almonds over the top and serve.

Total calories per serving: 153 Fat: 6 grams
Carbohydrates: 24 grams Protein: 3 grams
Sodium: 2 milligrams Fiber: 5 grams

Peggy Rynk is a frequent contributor to *Vegetarian Journal*.

Vegetarian Journal's Guide to Vegan Burgers and Dogs

By Reed Mangels, PhD, RD

MANY OF US DEPEND ON VEGGIE BURGERS and dogs for an occasional quick meal. Burgers and dogs can be prepared in less than 5 minutes, and, when served on a whole grain bun with all the fixings, can be the start of a healthy meal. They're also handy to bring along when you're invited to a barbecue.

There are a lot of different veggie burgers and dogs to choose from. When The VRG first looked at veggie burgers and veggie dogs 15 years ago, we could only find seven different kinds of burgers and six different kinds of dogs. Some were vegan, while others contained cheese or eggs. Now, it's easy to find many more kinds of burgers and dogs; we found close to 60 different products that are vegan. Since there are so many vegan products, we decided to focus on those for this article.

VEGGIE BURGERS

There are two general types of veggie burgers—those that are similar to hamburgers and those that aren't. The ones that are similar to hamburgers have a chewy texture, a dark brown color, and a grilled flavor. They may even have grill lines on them. These burgers are frequently made from soy—soy protein isolate, soy protein concentrate, textured soy protein, or textured soy flour. The other burgers are often based on beans, grains, seeds, or vegetables. They frequently taste less like a hamburger and more like the beans, grains, or other ingredients that they feature.

Veggie burgers are generally lower in calories and fat and higher in fiber than hamburgers. Vegan burgers also have no cholesterol and are low in saturated fat. Some burgers have iron, vitamin B₁₂, and even zinc added to them. Burgers, especially those made with soy, can provide generous amounts of protein. Veggie burgers can be high in sodium, however, so read the label and look for lower-sodium products.

Products that are made from organic ingredients include Amy's Kitchen Burgers, Boca Organic Vegan Burgers, MorningStar Farms Vegan Burgers, Nature's

Promise Vegan Burgers, Sunshine Burgers, Tofurky™ SuperBurgers, and Wildwood Burgers.

What considerations go into selecting a vegan burger? Taste will be a factor, of course, and that's something you'll have to decide for yourself. Other key issues include the amount of sodium, fat, and protein in products and whether they're organic. To help evaluate products, we developed a ranking system that gives better marks to veggie burgers and dogs that are lower in sodium and fat, are moderate to high in protein, and made primarily with organic ingredients. We did decide to include protein, which is not usually a concern for vegetarians, because many people count on burgers as their main source of protein at a meal. If a burger only provides a couple of grams of protein, as some do, you might want to include other protein sources (like beans or nuts) along with your meal.

Burgers that ranked highest were Tofurky™ Super Burgers - TexMex and Nature's Promise Vegan Burgers.

VEGGIE DOGS

Most of the vegan dogs that we found are based on some form of soy, typically soy protein isolate. Tofurky™ products are based on wheat gluten.

Just like veggie burgers, veggie dogs are also lower in calories, fat, saturated fat, and cholesterol than hot dogs. Unlike burgers, though, veggie dogs have little fiber. While veggie dogs can be high in sodium, they are frequently lower in sodium than hot dogs. We were surprised to see that a few products (Loma Linda's Linketts and Big Franks) contain artificial colors. Others, like Lightlife Tofu Pups, are colored with beet juice. Some products have vitamin B₁₂, iron, or zinc added. Veggie dogs made by Tofurky™, Lightlife Tofu Pups, and Soy Boy Not Dogs have organic ingredients.

We also ranked veggie dogs based on the amount of sodium, fat, and protein in each product and on whether they contain organic ingredients. Our top scoring dogs are Tofurky™ Chipotle Franks and Lightlife Tofu Pups.

Rankings for Vegan Burgers and Dogs

Products were rated based on their sodium, protein, and fat content and on organic ingredients. Higher rankings indicate a product low in sodium and fat, moderate in protein, and based on organic ingredients. You may want to do further evaluation based on your own criteria.

RANK	PRODUCT
1	Nature's Promise Vegan Soy Vegetable Burger Tofurky™ SuperBurger - TexMex
2	Amy's Kitchen All American Veggie Burger Amy's Kitchen Texas Veggie Burger Lightlife Tofu Pup Tofurky™ Chipotle Frank Tofurky™ SuperBurger - Original
3	Boca Meatless Burger - Original Boca Meatless Burger - Roasted Onion Boca Meatless Organic Vegan Burger Fantastic Foods Natures Burger Gardenburger - Garden Vegan Loma Linda Big Frank - Lowfat Loma Linda Vege-Burger MorningStar Farms Vegan Burger MorningStar Farms Vegan Griller Soy Boy Not Dog Soy Boy Okara Courage Burger Soy Boy Vegetarian Frank Tofurky™ Frank Worthington Vegetarian Burger Wildwood Tofu-Veggie Burger - Shiitake Zoglo's Tofu Wiener
4	Amy's Kitchen Bistro Burger Amy's Kitchen Quarter Pound Veggie Burger Boca Meatless Burger - Roasted Garlic Lightlife Smart Dog

RANK	PRODUCT
4 (cont.)	Sunshine Burger - Barbecue Sunshine Burger - SouthWest Veggie Patch California Veggie Burger Wildwood Tofu-Veggie Burger Wildwood Tofu-Veggie Burger - Southwest Yves Meatless Hot Dog Yves Tofu Dog Zoglo's Tofu Patty
5	Amy's Kitchen California Veggie Burger Dr. Praeger's Burger (all varieties) Gardenburger - Black Bean Gardenburger - Flame Grilled Lightlife Light Burger Lightlife Smart Dog Jumbo Loma Linda Big Frank Loma Linda Linkett Loma Linda Redi-Burger Sunshine Burger - Garden Sunshine Burger - Original Tofurky™ 'Foot Long' Veggie Dog Yves Meatless Beef Burger Yves Original Meatless Jumbo Dog
6	Yves Good Dog
7	Gardenburger - Veggie Medley
8	Trader Joe's Vegetable Masala Burger

Veggie Burgers That Are Lowest in Sodium

- 1) Veggie Patch California Veggie Burgers (95 milligrams per burger)
- 2) Loma Linda Vege-Burgers (130 milligrams per burger)
- 3) Zoglo's Tofu Patties (135 milligrams per burger)
- 4) Dr. Praeger's Gluten-Free California Burgers (180 milligrams per burger)
- 5) Gardenburger - Garden Vegan (230 milligrams per burger)

Veggie Dogs That Are Lowest in Sodium

- 1) Loma Linda Linketts (160 milligrams per dog)
- 2) Loma Linda Big Franks (220 milligrams per dog)
- 3) Zoglo's Tofu Wieners (228 milligrams per 2 dogs)
- 4) Loma Linda Big Franks - Lowfat (240 milligrams per dog)
Soy Boy Not Dogs (240 milligrams per dog)

Veggie Burgers That Are Lowest in Fat

- 1) Nature's Promise Vegan Burgers (0 grams per burger)
- 2) Boca Meatless Burgers - Original (0.5 grams per burger)
Loma Linda Vege-Burgers (0.5 grams per burger)
Veggie Patch California Veggie Burgers (0.5 grams per burger)
- 3) Boca Meatless Burgers - Roasted Onion (1 gram per burger)
Gardenburger - Garden Vegan (1 gram per burger)

Veggie Dogs That Are Lowest in Fat

- 1) Lightlife Smart Dogs (0 grams per dog)
Lightlife Smart Dogs - Jumbo (0 grams per dog)
- 2) Yves Meatless Hot Dogs (0.5 grams per dog)
- 3) Yves Tofu Dogs (1 gram per dog)

TELL US WHAT YOU THINK...

What's your favorite vegan burger and vegan dog? Write us a note (vrg@vrg.org), and we'll enter your name in a drawing for a prize (either a copy of VRG's latest book, *Vegan Seafood: Beyond the Fish Shtick for Vegetarians* by Nancy Berkoff, or vegetarian musician Bob Pyle's CD, *Apples & Oranges*). We'll publish some comments in our e-mail newsletter, *VRG-News*. To subscribe to *VRG-News*, go to www.vrg.org/vrgnews.

Reed Mangels, PhD, RD, is one of VRG's Nutrition Advisors. She is the co-author of *Simply Vegan* and the most recent American Dietetic Association position paper on vegetarian diets.

Thanks to Lisa Kobs, RD, for researching product information for this article.

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Sodium: It's Not Just About Blood Pressure

We've all heard that reducing the amount of sodium in our diets is a way to lower blood pressure and reduce the risk of hypertension. Reducing dietary sodium also seems to have other health benefits. A large study of more than 2,400 adults who were 30-54 years old and who had high normal blood pressure examined the effects of reducing dietary sodium. Roughly half of the group was taught about ways to reduce their blood pressure, such as reducing dietary sodium, losing weight, and reducing stress. The other half did not receive this type of instruction. Ten years later, both groups were examined. Those in the group that reduced dietary sodium had a 25 percent lower risk of heart disease compared to the other group. Those eating a lower-sodium diet also had a lower risk of having a stroke, having a heart attack, and dying from heart disease.

For more information about a lower-sodium vegetarian diet, see "One-Week Low-Sodium Vegan Menu" by Mark Rifkin in Issue 4, 2005, of *Vegetarian Journal*, available at <www.vrg.org/journal/vj2005issue4/vj2005issue4lowsodium.htm>.

Cook NR, Cutler JA, Oberzanek E, et al. 2007. Long term effects of dietary sodium reduction on cardiovascular disease outcomes: observational follow-up of the trials of hypertension prevention (TOHP). *BMJ* 334:885-92.

Health, Environment, Ethics Help to Explain Peoples' Interest in Vegetarianism

People give many reasons for choosing to be vegetarian, including health benefits, ethical concerns about animals, and consideration for the environment. To learn more about these motivations, researchers from the UK used a message board within an online vegetarian forum to conduct a small survey of 33 vegetarians, mainly from the United States and Canada. The most commonly mentioned motivations for first becoming vegetarian were health considerations (feeling better

when they became vegetarian) and compassion for animals. The researchers differentiated between these two groups, saying that the focus of those primarily interested in health was internal whereas those primarily interested in ethical issues had an outward focus. Both groups, however, expressed similar environmental concerns and commitments. Many respondents said that environmental considerations, such as recycling, using public transportation, purchasing organic food, and composting, were an integral part of their lifestyle. Although environmental considerations were not their main reason for becoming vegetarian, many individuals, whether initially motivated to become vegetarian for health or for ethical reasons, became much more interested in the environment after becoming vegetarian. Respondents said that their dietary choice had become a part of their effort to protect the planet. Motivations for vegetarianism are complex and seem to evolve over time.

Fox N, Ward K. 2007. Health, ethics and environment: A qualitative study of vegetarian motivations. *Appetite* [Epub ahead of print].

What You Eat Affects Global Warming

An often-neglected option in the effort to reduce global warming is lessening the consumption of meat. Researchers from a variety of scientific disciplines have published a series of six papers that attempt to fully understand the health risks from climate change and then use this information to develop effective international policies to slow the rate of climate change. The fifth article concentrated on energy and health. Based on their review of scientific literature, the researchers state that, not only are increased energy intake and decreased physical activity contributing to serious health problems, but also to increased greenhouse gas emissions as well through livestock production.

Eighty percent of the agricultural sector's greenhouse gas emissions, such as methane and nitrous oxide, come from the production of livestock (including their transport and feed). The agricultural sector is responsible

for more greenhouse gas emissions than the transportation sector. These particular gas emissions do far more harm to the environment than carbon dioxide does. If these agricultural emissions were to be significantly decreased, global warming would slow accordingly.

Only a small reduction in agricultural emissions could be achieved through technology. To significantly reduce greenhouse gas emissions due to livestock production, researchers suggest that the global population reduce their meat consumption from an average of 100 grams per person per day (equivalent to 3.5 ounces) to 90 grams per person per day (3.17 ounces). No more than 50 grams per day (1.76 ounces) of red meat should be derived from mammals with multi-compartment stomachs that produce methane, such as cattle, deer, sheep, and goats.

In particular, the researchers would like to see this reduction in high-income (therefore, high-consuming) countries like the U.S., with populations in low-consuming countries modestly increasing their consumption. A more balanced global consumption would create improved health through disease reduction in both populations. Although these researchers are not advocating vegetarianism per se, their recommendations that industrialized countries markedly reduce their meat consumption send a powerful message that dietary choices can play a significant role in global warming.

McMichael AJ, Powles JW, Butler CD, Uauy R. 2007. Food, livestock production, energy, climate change, and health. *Lancet* 370:1,253-63.

**The article above was reviewed by Melanie Campbell, VRG Dietetic Intern.*

Use of Soy Products and Vegetarianism Do Not Appear to Protect Against Breast Cancer

Rates of breast cancer are lower in Asian women than the rates in the United States. Many reasons have been proposed to explain this difference, including greater use of soy products and lower meat consumption in Asian women following traditional diets. British researchers examined close to 38,000 women to investigate the possible link between soy use, vegetarian diet, and breast cancer risk. Close to one-third of the women said they did not eat meat or fish. More than half of the women ate soy products at least once a

month; 37 percent used soy products at least weekly. Daily soymilk use was reported by 8 percent of the women. Vegetarian women had a higher intake of soy isoflavones than did non-vegetarian women. During the approximately 7-year-long study period, 1.6 percent of the women were diagnosed with breast cancer. There was no association between a vegetarian diet and risk of breast cancer. In other words, a vegetarian woman had the same risk of having breast cancer as did a non-vegetarian woman. There was also no association between isoflavone intake and breast cancer risk. This study was not able to address the possibility that use of soy products in childhood and adolescence could reduce the risk of breast cancer later in life.

Travis RC, Allen NE, Appleby PN, et al. 2008. A prospective study of vegetarianism and isoflavone intake in relation to breast cancer risk in British women. *Int J Cancer* 122:705-10.

The Latest Adventist Health Study: A Massive Study of North American Seventh-day Adventists

A huge study of Seventh-day Adventists was begun in 2002 with a goal of investigating the role of specific foods in the development of cancer. This study is of interest to vegetarians because Seventh-day Adventists are encouraged to follow a vegetarian diet. Also, most Seventh-day Adventists do not smoke or drink alcohol. This study differs from other studies of Seventh-day Adventists because it includes the entire United States and Canada; earlier studies were only conducted in California. In addition, earlier studies only had white, non-Hispanic subjects. This study includes a more ethnically diverse subject group. Currently, more than 96,000 people are participating in this study. These subjects have completed a lifestyle and health questionnaire. They will continue to be studied until at least 2015. Early results show that 4.2 percent of participants are vegan; 31.6 percent lacto-ovo vegetarian; 11.4 percent eat fish but not meat; 6.1 percent eat meat less than once a week; and 46.8 percent are not vegetarian. We look forward to telling readers of *Vegetarian Journal* more about this study over the next ten years.

Butler TL, Fraser GE, Beeson WL, et al. 2007. Cohort profile: The Study-2 (AHS-2). *Int J Epidemiol* 1-6. [Epub ahead of print].

Cheese-Less Sauces

By Chef Nancy Berkoff, EdD, RD, CCE

PERHAPS YOU FIND YOURSELF IN THE MOOD for a creamy, cheesy sauce every once in a while, or maybe even every day. You crave it for your macaroni, cauliflower, tortilla chips, stuffed tomatoes, or bean dishes. Luckily, there are lots of vegan versions of traditional cheese sauces, containing varying fat contents and calories and requiring various amounts of time and different cooking techniques. There are choices out there for everybody.

AN EASY CHEESE-LESS SAUCE

If you are not in the mood to stand and stir for too long, make a from-the-refrigerator cheese-less sauce. In a small pot, combine equal amounts of vegan sour cream and soft silken tofu. Stir over low heat until warm. Crumble in some vegan American- or cheddar-style cheese and stir like crazy until the cheese is melted in. If the sauce is too thick, stir in a little bit of water or soymilk to thin while continuing to heat. If the sauce is too thin, remove from the heat and stir in additional sour cream.

Depending on your taste, you can season this basic sauce with any combination of white pepper, garlic or onion powder, curry powder, hot sauce, cumin, or dry mustard.



USING STARCHES

If you'd like to make cheese-less sauce using starches, you've got three choices for main ingredients—nutritional yeast, potatoes and tofu, or cashews.

For a **nutritional yeast sauce**, combine the yeast and some all-purpose white or wheat flour in a small sauce pot. Add just enough water, soymilk, or rice milk to thicken the mixture. Mix like crazy to form a thin, smooth paste. Put the sauce on low heat, and add more water or milk to make the desired consistency. This sauce must be stirred constantly so it does not burn and lumps won't form.

When the sauce is thoroughly heated, remove it from the stove and whisk in a small amount of vegan margarine for smoothness. Add dry mustard and white pepper. As long as you are patient, this is a relatively foolproof sauce to prepare. It keeps well in the refrigerator for up to four days and can be reheated, either on the stove or in the microwave, without breaking down.

If you have a bit more time and a blender, you can prepare a **potato- and tofu-based cheese-less sauce**. Peel and dice some potatoes, and cook them in water, along with some minced carrots and a hint of diced onions and garlic, until very soft. Pour the cooked potatoes and liquid into a blender and process until smooth. Add silken tofu and process the mixture again until smooth. To flavor, select from nutritional yeast, soy sauce, hot sauce, cumin, or dry mustard.

When finished, this sauce resembles a smooth, medium-consistency cheese sauce. The secret is in the flavoring, which will take a bit of experimenting until you get the 'cheese' flavor you like. This sauce separates if stored in the refrigerator or reheated, so make just enough for a single meal.

Cashew-based cheese-less sauces are very popular because of their texture and ease of preparation. Place raw cashews, water or soymilk, nutritional yeast, garlic powder, onion powder, paprika, and lemon juice in the canister of a blender or food processor and process until smooth and creamy. This sauce can be refrigerated for approximately two days, and it can be gently reheated as needed.

MANY USES FOR CHEESE-LESS SAUCES

No matter how you make it, cheese-less sauce can be used to spruce up frozen veggies, leftover potatoes or pasta, veggie burgers, or baked potatoes, to name a few options. Cheese-less sauce plus chopped, steamed broccoli equals creamy broccoli and cheese soup. Cheese-less sauce, a hint of tomato purée, and a splash of hot sauce can yield a hot nacho sauce, great for soups or dips. ‘Kitchen sink’ cheese-less sauce for a baked potato topping can include diced onions and bell peppers, minced black olives, cooked beans, and a dash of curry.

For a traditional macaroni and cheese, figure on 1/2 cup of sauce for each cup of cooked pasta. Begin with 1/3 cup uncooked pasta, cook according to the package directions, drain the pasta, and toss it with your cheese-less sauce of choice.

Preheat your oven to 375 degrees. Spray a baking dish with vegetable oil and add the mac ‘n’ cheese mixture. Top with bread crumbs, crushed corn flakes, chopped onions, cooked soy crumbles, diced sweet onions, or paprika and bake, uncovered, for approximately 20 minutes or until bubbly.

In addition, there are countless other ways to use cheese-less sauces. Many can be served as a hot dip for fresh fruit—such as apples, pears, pineapple, peaches, or plums—or for vegetables—such as carrots, tomato wedges, bell peppers, celery, jicama, green beans, zucchini, or summer squash. Use cheese-less sauce as a topping for bean chili or tamale pie, as part of a rice-and-bean casserole, or as a creamy soup, filled with vegetables and beans.

NUT AND SEED CHEESE-LESS SAUCE

(Makes approximately 3 cups or twelve 1/4-cup servings)

Serve this recipe as the sauce for macaroni and cheese, as a topping for baked potatoes or vegetables, or as a base for soup.

2 cups water
1/4 cup almonds, cashews, or sunflower seeds (or a combination)
2 Tablespoons tomato purée
1 teaspoon onion powder
1 Tablespoon garlic powder
2 teaspoons lemon juice
2 Tablespoons cornstarch
1/4 cup nutritional yeast

Combine all ingredients in a blender and process until very smooth. Pour the mixture into a saucepot and cook over medium heat, stirring constantly, until it becomes thickened to the desired texture. This should take approximately 5-7 minutes.

Note: If desired, mix in a small amount (less than a Teaspoon) of dry mustard or turmeric for color.

Total calories per serving: 37 Fat: 2 grams
Carbohydrates: 4 grams Protein: 2 grams
Sodium: 2 milligrams Fiber: 1 gram

TOFU AND TAHINI CHEESE-LESS SAUCE

(Makes approximately 2 cups or eight 1/4-cup servings)

This is a thick sauce that can be used cold, or it can be heated for pasta, lasagna, or pizza.

1/2 pound firm tofu
1/3 cup fresh lemon juice

1/3 cup nutritional yeast
1/3 cup tahini (sesame paste)
1 Tablespoon soy sauce
3 Tablespoons water
2 teaspoons dried parsley
1/8 teaspoon turmeric
2 teaspoons fresh minced garlic
1/4 teaspoon white pepper

Place all ingredients in a blender or food processor and purée until smooth.

Total calories per serving: 116 Fat: 7 grams
Carbohydrates: 7 grams Protein: 8 grams
Sodium: 142 milligrams Fiber: 3 grams

MUSTARDY CHEESE-LESS SAUCE

(Makes approximately 2 cups or eight 1/4-cup servings)

This sauce does very well in the oven, as part of a casserole, or for macaroni and cheese. It also freezes well.

1 cup nutritional yeast
1/4 cup all-purpose white or wheat flour
2 Tablespoons garlic powder
1/2 cup boiling water
1/4 cup prepared (not dry) mustard
1/4 cup nonhydrogenated vegan margarine

In a large, heat-proof bowl, combine the nutritional yeast, flour, and garlic powder and mix well. Whisk in the boiling water, a little at a time, to form a smooth paste. Add mustard and margarine and mix well. Set sauce aside until needed.

Note: The water must be boiling for the margarine to melt and the ingredients to combine.

Total calories per serving: 144 Fat: 7 grams
Carbohydrates: 12 grams Protein: 11 grams
Sodium: 157 milligrams Fiber: 5 grams

PIMENTO CHEESE-LESS SAUCE

(Makes approximately 4 cups or sixteen 1/4-cup servings)

1 cup raw cashews
1 cup water
1/2 cup pimentos (roasted red peppers)
1/4 cup nutritional yeast
1/4 cup sesame seeds
1/4 cup lemon juice
1/2 teaspoon ground cumin
1 teaspoon hot sauce

Place all ingredients in a blender or food processor and process until smooth. Place in a saucepot and heat gently until warm.

Serve as a hot dip or over rice, beans, pasta, or veggies.

Total calories per serving: 70 Fat: 5 grams
Carbohydrates: 5 grams Protein: 3 grams
Sodium: 7 milligrams Fiber: 1 gram

BEAN AND CHEESE-LESS SAUCE

(Makes approximately 2 1/2 cups or ten 1/4-cup servings)

This is a very thick sauce that works well as a dip, as a tamale pie ingredient or an enchilada filling, as a

pizza topping, or for a baked cheese sandwich.

2 cups drained canned white beans
1/3 cup nutritional yeast
1/4 cup fresh lemon juice
3 Tablespoons tahini (sesame paste) or cashew butter
1 teaspoon paprika
1 teaspoon prepared (not dry) mustard
1/2 teaspoon garlic powder

Place all ingredients in a food processor and process until smooth. Chill thoroughly before serving.

Total calories per serving: 99 Fat: 3 grams
Carbohydrates: 13 grams Protein: 7 grams
Sodium: 15 milligrams Fiber: 4 grams

MISO CHEESE-LESS SAUCE

(Makes approximately 4 cups or sixteen 1/4-cup servings)

In addition to being a good topping and a hot dip, this recipe makes a great macaroni and cheese sauce.

2 cups water
2/3 cup nutritional yeast
2/3 cup firm silken tofu
1/3 cup all-purpose white or wheat flour
1/4 cup cornstarch

2 Tablespoons white or light miso
2 teaspoons lemon juice
1 cup vegetable broth
1 teaspoon paprika
1 teaspoon dry mustard
1 teaspoon hot sauce
1/2 teaspoon garlic powder
1/4 teaspoon white pepper
Up to 2 additional cups water, as needed

Combine all ingredients, except the last 2 cups of water, in a blender or food processor and process until smooth. Pour into a saucepot, whisk, and cook over low heat. Slowly add the water, stopping and allowing sauce to cook, while whisking, until desired thickness is attained. This should take approximately 5-7 minutes. You may not need to add all of the additional water.

Note: For a creamier sauce, you can whisk in 2 Tablespoons of nonhydrogenated vegan margarine at the very end of cooking.

Total calories per serving: 53 Fat: 1 gram
Carbohydrates: 8 grams Protein: 4 grams
Sodium: 113 milligrams Fiber: 2 grams

**Chef Nancy Berkoff, RD, EdD, CCE, is
The VRG's Food Service Advisor.**

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

THE VEGETARIAN RESOURCE GROUP IN THE NEWS

VRG Nutrition Advisor Reed Mangels, PhD, RD, was interviewed for stories about vegetarian diets in *USA Today*, *Chicago Daily Southtown*, *Bay State Parent*, *Greenwise Market*, and *AV* magazines. She was also a guest on the *For the Love of Produce* radio show. VRG was mentioned in a *Newsweek* article about kids becoming vegetarians.

VEGAN OUTREACH

VRG Nutrition Advisor Reed Mangels, PhD, RD, gave a guest lecture in a class on nutrition and the lifecycle at the University of Massachusetts. Also, The VRG exhibited at the American Dietetic Association annual meeting, Natural Products Expo East, and the Boston Vegetarian Conference.

Veggie Options at Quick-Service Restaurant Chains

An Update on Menu Items at Popular Fast Food and Quick Casual Restaurant Chains By Jeanne Yacoubou, MS, VRG Research Director

SINCE THE 1980s, THE VEGETARIAN RESOURCE Group periodically asks major fast food and quick-service, casual restaurant chains for the latest information regarding the ingredients in their menu items. We recently contacted established chains as well as some new ones for this article.

Several restaurants told us that what patrons buy directly influences formulations, suppliers, and menu selections. Purchasing 'veggie-friendly' or vegetarian/vegan-customizable menu offerings when dining out helps to keep these dishes on the menus and increase the number of 'veggie-friendly' selections.

Not all menu items at every chain are mentioned in this report. We have listed foods and ingredients that may be of interest to vegetarians and/or vegans.

Purchasing 'veggie-friendly' menu offerings when dining out helps to keep these dishes on the menus and increase the number of 'veggie-friendly' selections.

For those menu offerings that we've indicated already contain eggs or milk, there may be ingredients present that come from other dairy sources (such as whey), but space does not permit a complete, detailed summary. We assume that the ingredient statements and other information provided to us by the chains are true, accurate, and complete. However, readers should be aware that changes may occur in ingredient formulations and suppliers at any time, so they should always consult the chains' websites, call customer service hotlines, or inquire at particular locations.

In some cases, restaurant chains tell us specific information about ingredients beyond what appears on their websites, and this information is contained in the entries. When The VRG does not have the information needed for us to properly classify an ingredient, we list it as coming from a "non-reported source." Readers should understand that, by this, we mean the ingredient may or may not be of animal, dairy, or egg origin.

If you see an unfamiliar ingredient listed here, you may consult The VRG's *Guide to Food Ingredients* for more information. The current edition is available for \$6. Visit our website at <www.vrg.org> to purchase it or call The VRG at (410) 366-8343, 9 a.m. to 5 p.m. Eastern time Monday through Friday. Also, look for updated entries to our *Guide to Food Ingredients* in our free e-mail newsletter to which readers may subscribe through our website at <www.vrg.org/vrgnews>.

A Note About Sugar

Some food ingredients may have been processed through the use of animal, egg, or dairy products. Sugar, for instance, may have been filtered through cow bone char. See *Vegetarian Journal*, Issue 4, 2007. Currently, there is not a way to be sure about the source of sugar, so we are not labeling it as an animal ingredient. However, those who are concerned should see the chart on pages 22 and 23. Note that organic sugar is not processed with bone char.

A Note About Eating Out

Be aware that you can never be '100% safe' when eating out. Some readers may feel more secure in restaurants that focus on vegetarian foods. See The Vegetarian Resource Group's website at <www.vrg.org> for a list of more than 2,700 restaurants in the United States and Canada.

Applebee's

When we first contacted Applebee's, the leading fast-casual restaurant chain, in January 2007 for this update, they sent us a list of 'vegetarian' menu items upon request. They referred to these as entrées that "can be made meatless or are meatless already: Chicken & Broccoli Pasta Alfredo, Chicken Fajita Roll-Up, Nachos Nuevos, Mozzarella Sticks, Veggie Patch Pizza, and Vegetable Fajitas con Sizzle."

When The VRG inquired further about these items, we were told that entrée ingredients and preparation techniques vary widely from location to location and so no generalizations are possible. We received the following statement: "There are no dedicated fryers; potato items can be fried with meat items. There are protocols for sanitizing grill surfaces [but Applebee's cannot assure against cross-contamination]."

Applebee's sent us this disclaimer in March 2007: "Applebee's International, Inc., does not claim its products to be vegetarian, to meet the requirements for a vegetarian diet, or to meet the criteria for any other special dietary regimen. Dairy and egg products may be present in meatless recipes. Trace amounts of meat or animal products may be present as a result of preparation or cooking."

Of the menu items listed above, only the Vegetable Fajitas con Sizzle appears to be free of animal ingredients. The sauce is soy-based, and the tortilla is milk-free. Sour cream and cheese can be omitted. We could not get further information on how the vegetables are prepared in this menu item. Mexi-Rice, which contains no dairy or egg products, may accompany this entrée if requested; however, it is unknown if a meat-based stock is used in the rice.

Baja Fresh

Baja Fresh is a chain of Mexican restaurants that opened in 1990 and now has close to 300 locations in more than 20 states. In October 2007, we spoke with Gloria Mendez, a Customer Relations Specialist at Baja Fresh.

Mendez told us that Baja Fresh does not provide a separate vegan menu. They do state on their website that they would be happy, upon request, to customize any menu item by omitting certain ingredients. This applies for in-house dining as well as their party packs.

She assured us that "there are no animal products in the preparation of our rice or beans; however, when we plate the beans on some entrées, they are sprinkled with *cotija* cheese that is made with animal rennet. The *cotija* cheese can be eliminated upon request." According to Mendez, the *anejo* cheese served at Baja

Fresh also contains animal rennet, although the jack and cheddar cheeses, as stated in the manufacturer ingredient specifications, do not.

With the exception of the tortilla soup, which has a chicken base, Mendez said, "We do not use any other type of chicken or beef broth." There is no carmine in any menu item at Baja Fresh.

Based on standard product formulations, Mendez told us that the ranch dressing and the mayonnaise contain eggs. (The ranch dressing also contains butter.) The sour cream, flour tortillas, and the Salsa Crema contain milk or whey. The flour tortilla also contains L-cysteine, but Mendez did not specify its source. The corn tortilla does not contain L-cysteine and appears free of all animal ingredients. The guacamole and the sour cream do not contain gelatin.

With the exception of the tortilla soup, which has a chicken base, a representative from Baja Fresh said, "We do not use any other type of chicken or beef broth."

Baja Fresh offers a 'Bare Style' burrito in a bowl without the tortilla. There is also a Grilled Veggie Burrito consisting of a blend of grilled peppers, chilies, and onions, layered with freshly simmered black or pinto beans, melted jack and cheddar cheese, lettuce, pico de gallo, and sour cream. Patrons may custom order either of these dishes to be free of animal products.

Other all-vegetable possibilities include customized nacho dishes with beans, guacamole, lettuce, and selected salsas. The side salad may be customized without the cheese. The rice side dish is free of animal ingredients.

Mendez emphasized that "variations [in ingredients] may occur due to differences in suppliers, ingredient substitutions, recipe revisions, or product assembly at the restaurant level. Baja Fresh does not assume responsibility for a patron's particular food sensitivity and encourages anyone with food sensitivities or special dietary needs to consult with a medical professional."

Burger King

In December 2006, Burger King declined our request for information regarding food ingredients in their menu items. This entry on Burger King is based on information published on the Burger King website that we read in October 2007.

Burger King offers a BK Veggie® Burger. The current ingredient statement on the Burger King website specifies, “This is NOT a vegan product.” (Capitalization is Burger King’s). The BK Veggie® Burger contains egg whites as well as dairy-derived calcium caseinate. The natural flavors are listed as being derived from “non-meat sources.” The nutrition page at the Burger King website contains a footnote on the Veggie Burger stating, “Burger King Corporation makes no claim that the BK Veggie® Burger or any other of its other products meets the requirements of a vegetarian or vegan diet. The patty is cooked in the microwave.” No further information is given except that it may be ordered with or without cheese or with or without mayonnaise.

Burger King restaurants in other countries also offer the BK Veggie® Burger (and other menu items not offered in the United States that appear to be appropriate for those choosing a meatless diet). Vegetarian travelers should check with the particular restaurant or the Burger King website to find out ingredient information.

Burger King states that it will customize any menu item according to a customer’s tastes. However, Burger King has a disclaimer on its website about food ingredients. It states that it cannot be held responsible for a person’s sensitivity to any food item. The disclaimer also specifies that variations in ingredient formulations may occur depending on supplier and on product assembly on a restaurant-by-restaurant basis.

According to the Burger King website, the French fries appear to contain no animal products and are fried in their own dedicated fryers using vegetable shortening. The Onion Rings, Hash Browns, French Toast Rounds and Sticks, and Cheesy Tots™ are fried in fryers used to prepare meat-containing menu items. The Onion Rings contain grill flavor of a non-reported source. The Hash Browns contain mono- and diglycerides of a non-reported source. Sugar is listed as an ingredient in French Toast Sticks and in the Onion Rings.

In June 2007, the writer called the consumer relations line at Burger King about the L-cysteine in the sesame bun and the Cini-minis™. She was told that Burger King “cannot guarantee” the source of L-cysteine in its products. Previously, in March 2007, the writer was informed by another consumer representative at Burger King that the L-cysteine was not derived from human hair. In October 2007, the writer noticed that Burger King has placed the phrase “does not contain animal ingredients” at the end of its ingredient statements for each of its three buns.

Breakfast Foods

The Breakfast Syrup contains animal-derived natural flavors. The Biscuit, Croissan’wich™ croissant, Cheesy Tots™, and Cini-minis™ contain eggs and/or dairy. The Vanilla Icing on the Cini-minis™ contains natural flavors of a non-reported source. The Mott’s® Strawberry Flavored Applesauce is listed as containing sugar and natural flavors of non-reported sources. The grape and strawberry jams appear free of animal ingredients. They do contain sugar.

Desserts/Beverages

The Dutch Apple Pie contains sugar and mono- and diglycerides of a non-reported source. The ‘artificial flavors’ (as ‘natural flavors’ are not listed) in the Pie are listed as coming from “plant sources.” Minute Maid® Orange Juice and Minute Maid® Apple Juice appear free of animal ingredients.

Chipotle

Chipotle Mexican Grill opened its doors in 1993 and now has almost 100 locations in 27 states. Chipotle, called “the fast food equivalent of Whole Foods Market” by the *Pittsburgh Post-Gazette* in 2007, is a leader among fast casual restaurant chains in terms of offering what it calls “Food with Integrity.” This philosophy of food refers to foods that are “...unprocessed, seasonal, family-farmed, sustainable, nutritious, naturally raised, added-hormone free, organic, or artisanal.”

The chain also helps to establish sustainable practices in produce farming (such as avocados and lettuce thus far). As of late 2007, a quarter of Chipotle’s beans were organic, and their goal is to use only organic beans in all of their restaurants. As of late 2007 when this article was written, Chipotle had recycling containers in 70 percent of their restaurants.

Chipotle’s website is very vegetarian-friendly in that it states which menu items are vegetarian. They also specifically address what vegans and vegetarians may eat at their restaurants, thereby indicating that this chain does recognize the difference between vegetarians and vegans and can make both groups happy! Almost all items can be custom-ordered at Chipotle to make menu items animal-free. In October 2007, we spoke with Joe Stupp of Chipotle, and he helped clarify questions about their offerings.

Stupp told us that Chipotle does not use animal rennet in any of its cheeses, using a “vegetable-based rennet” instead. The guacamole does not contain gelatin nor dairy. There is no L-cysteine in any of its bread products. The black beans “...are completely animal-

free, but the pinto beans are prepared with bacon.” The sour cream contains no gelatin. There is no carmine in any of its salsas. There is no added sugar in Chipotle menu items except in the pinto beans.

Stupp elaborated on the three basic types of foods at Chipotle: burritos, tacos, and salads. The burritos consist of a flour tortilla, cilantro-lime rice, choice of pinto or vegetarian black beans, meat, salsa, cheese or sour cream, and romaine lettuce. The rice at Chipotle is free of animal ingredients. The vegetarian burrito includes guacamole rather than meat. The fajita burrito is just like a burrito but with sautéed peppers and onions instead of beans. The vegetarian fajita has both sautéed veggies and vegetarian black beans instead of meat and includes guacamole. Patrons can also get a burrito or fajita in a bowl with everything listed here except the tortilla.

The tacos may include either a soft flour tortilla or a crispy corn shell, choice of meat, salsa, cheese or sour cream, and romaine lettuce. The crispy corn shell is free of all animal ingredients. Patrons may customize the tacos, as well as the burritos and salads, as they wish.

The salads at Chipotle consist of romaine lettuce with choice of beans, meat, salsa, and cheese, with freshly made chipotle-honey vinaigrette (which does contain honey).

The ‘vegetarian’ option at Chipotle (listed after their meat options on the menu) includes the freshly

made guacamole and vegetarian black beans in either burrito, taco, or salad style. Sautéed peppers and onions may be added to make a vegetarian fajita.

Domino’s

Pizza ingredients at Domino’s have not changed significantly since our last *Guide to Fast Food and Quick Service Chains* was published in 2004. We spoke with Clay Harvey of the Customer Service Department at Domino’s about the ingredients in their menu items. He told us that the enzymes in Domino’s cheeses are not animal-derived. Likewise, the enzymes in all of the pizza doughs are non-animal-derived.

Domino’s Pizza Sauce remains free of animal ingredients, although it contains sugar. The Thin Crust at Domino’s is free of animal ingredients. The Hand-Tossed Crust contains whey and L-cysteine of a non-animal source. The Deep Dish Crust contains several dairy products, as well as natural flavors and mono- and diglycerides of non-reported sources.

The Garlic Dipping Sauce appears free of animal ingredients. The Marinara Dipping Sauce contains natural flavors of non-reported sources and sugar.

Domino’s offers salads that can be customized to suit vegetarians and vegans. For example, Domino’s told us that the Garden Salad may be purchased without the cheese. The Golden Italian Dressing and the Light Italian Dressing appear to be free of animal

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ingredients. All of the other salad dressings at Domino's contain fish, eggs, and/or dairy.

The 'butter base 20' and 'natural butter flavor' listed in Domino's Deep Dish Crust are vegetable oil-derived. The banana and jalapeño peppers are listed as containing natural flavors and polysorbate 80 of non-reported sources.

We asked about all of the natural flavors in Domino's products, but Domino's was unable to give The VRG any information about them. Harvey said, "Domino's does not specify the source of the [natural] flavors used in our products. It would require a great deal of time to research."

When asked about the source of the L-cysteine in several of its products, Harvey told us that L-cysteine is "non-animal derived" in its Hand-Tossed Crust, the Breadsticks, the Cheesy Bread, and the Cinna Stix. The Breadsticks and Cinna Stix contain whey and natural flavors of non-reported sources. The Cheesy Bread contains cheese and other milk products in addition to natural flavors of non-reported sources. The Sweet Icing Dipping Cup used with the Cinna Stix contains mono- and diglycerides of a non-reported source.

The Oreo® Thin Dessert Style Crust contains natural flavors of a non-reported source. The Vanilla Sauce contains sugar, polysorbate 60, and natural flavors of non-reported sources. The White Icing is listed as having mono- and diglycerides and natural flavors, also of non-reported sources.

McDonald's

McDonald's states that it makes no claims about its food items being vegetarian or vegan: "No products are certified as vegetarian; all products may contain trace amounts of ingredients derived from animals. If you wish further information or have special sensitivities or dietary concerns regarding specific ingredients in specific menu items, please call us."

This fast food chain also states that it will "gladly accommodate customer requests to custom-order items without meat.... Note that even though we provide the flexibility to order items without meat, we cannot guarantee that during preparation the item does not come into contact with meat or poultry."

Although McDonald's has tested veggie burgers in the recent past, there are none that are currently offered. McDonald's states, "After testing several types of veggie hamburgers in different parts of the country, we've chosen not to offer one on our national menu at this time.... Ultimately, however, it's our customers who choose what's on our menu. We'll continue to

offer those menu items that are most popular with a majority of our customers."

When we inquired about certain menu items in late 2006, McDonald's told us that it is possible to order just a bun with certain condiments. However, it is most likely not possible to order a customized salad (for example, without the bacon bits) since salad preparation occurs in the morning. Restaurant patrons are encouraged to inquire at particular McDonald's restaurants if they wish to order a customized menu item.

'Kosher gelatin' was listed as an ingredient in the yogurt for the Fruit 'n Yogurt Parfait and the Fruit and Walnut Salad served at McDonald's. The gelatin was "from an animal source."

McDonald's told us that the enzymes in the American and shredded Parmesan cheeses were animal-derived. We were also told that the L-cysteine in the Honey Wheat Roll and the Baked Apple Pie was also animal-derived, specifically from duck feathers. Concerning the microingredients that are currently vegetable-derived, McDonald's emphasized that "...although we have confirmed these sources with our current suppliers' formulas, we cannot guarantee that these ingredients will remain of vegetable sources in the future."

In July 2007, 'kosher gelatin' was listed as an ingredient in the yogurt of the Fruit 'n Yogurt Parfait and the Fruit and Walnut Salad served at McDonald's. In late August 2007, the writer was told that the gelatin was "from an animal source" and that the natural flavors in the yogurt were animal-derived.

The information below was taken from the McDonald's website Ingredient Statement:

Other Breakfast Foods

The Biscuits are made with milk. The Hash Browns are listed as containing "natural beef flavor" that is further described as containing milk. All other breakfast foods, except the English muffin, contain eggs or dairy. The Low-Fat Granola contains honey and sugar. The Whipped Margarine contains whey.

(Continued on page 24)

Restaurant Chain Menu Items That Appear to Be Free of Animal, Egg, and Dairy Ingredients

Restaurant Chain	Menu Items
Baja Fresh	Side salad without cheese, rice side dish, black beans or pinto beans without <i>cotija</i> cheese, corn tortilla (Corn tortilla with black beans or pinto beans, rice side dish, and side salad)
Burger King	French fries, Minute Maid® Orange Juice, Minute Maid® Apple Juice
Chipotle	Black beans, flour tortilla, guacamole, cilantro-lime rice, sautéed vegetables, crispy corn taco shell (Burrito, taco, or salad made with black beans, flour tortilla or crispy corn taco shell, guacamole, cilantro-lime rice, and sautéed vegetables)
Domino's	Thin Crust Dough, Pizza Sauce,* Garlic Dipping Sauce, Golden Italian Dressing,* Light Italian Dressing* (Thin Crust with pizza sauce and garden salad without the cheese)
McDonald's	English muffin,* Liquid Margarine, Hotcake Syrup,* Apple Dippers, McDonaldland® Cookies,* Minute Maid® Apple Juice Box, orange juice
Papa John's	Original Pizza Dough, Original Pizza Sauce,* Pizza Sauce Dipping Cup,* Garlic Sauce, Cinnamon Apples,* Bumbleberry Filling* (Original Pizza Dough with Original Pizza Sauce)

All information above is provided to us or published by the restaurant chain.

*Items with an asterisk contain sugar.

(Foods in parentheses are possible meals you can order with these ingredients.)

NOTE: Be aware that you can never be '100% safe' when eating out. We depend on company statements. It is impossible to be 100% sure about a statement, information and suppliers can change, people have different views, and mistakes can be made. Please be practical, employ common sense, and use your own best judgment about what is suitable for you.

Restaurant Chain Menu Items That Appear to Be Free of Animal, Egg, and Dairy Ingredients (cont.)

Restaurant Chain	Menu Items
Pizza Hut	Thin 'N Crispy® Dough, Hand-Tossed Style Dough, Stuffed Crust Dough, XL Full House™ Dough,* Bistro Dough,* 4ForAll® Dough,* Regular Pizza Sauce, Sweet Pizza Sauce, spaghetti, rotelli, and Veggie Medley of the Pasta Bake entrées, French and Italian Dressings, Light Italian Vinaigrette Dressing,* Vinaigrette Dressing,* Light Italian Dressing* (Pizza made with the doughs named above along with regular pizza sauce or sweet pizza sauce; spaghetti [NOT Bistro spaghetti]; salad with one of the above dressings)
Subway	Italian Bread,* Hearty Italian Bread,* Sourdough Bread, Fat Free Onion Sauce*, Fruizle* (Veggie Delite Sub with the just named breads and choice of vegetables, oil, and vinegar; and a Fruizle)
Taco Bell	Pinto beans, guacamole,* flour tortilla,* nacho chips, taco shell, Seasoned Rice, Express Rice, Fiesta Salsa, Green Tomatillo Sauce, Hot Sauce, Mild Sauce, Red Sauce, Fire Sauce,* Cinnamon Twists* (Taco or burrito with pinto beans, mild sauce, and lettuce; guacamole; and Cinnamon Twists)
Wendy's	Side Salad, Baked Potato, Broccoli Topping for Potato, Oriental Sesame Dressing,* Italian Vinaigrette Dressing,* Mandarin oranges* (Baked potato with broccoli topping and a side salad)

All information above is provided to us or published by the restaurant chain.

*Items with an asterisk contain sugar.

(Foods in parentheses are possible meals you can order with these ingredients.)

NOTE: Be aware that you can never be '100% safe' when eating out. We depend on 'company statements. It is impossible to be 100% sure about a statement, information and suppliers can change, people have different views, and mistakes can be made. Please be practical, employ common sense, and use your own best judgment about what is suitable for you.

Other Lunch/Dinner Foods

All of the salad dressings, burger sauces, and nugget sauces contain animal ingredients, eggs, dairy, and/or ingredients of non-reported sources except the Sweet 'n Sour Sauce, Newman's Own® Low Fat Balsamic Vinaigrette, and Newman's Own® Low Fat Sesame Ginger Dressing. The Butter Garlic Croutons contain dairy. The Big Mac®, regular, and sesame seed buns appear to be free of animal ingredients, although they do contain sodium stearoyl lactylate of a non-reported source. The Snack Wrap® tortilla contains sugar. The Chili Lime Tortilla Strips contain sugar. The Southwest Vegetable Blend appears free of animal ingredients.

Desserts and Beverages

The Baked Apple Pie contains L-cysteine of an animal source. The Cinnamon Melts contain eggs and dairy as well as sodium stearoyl lactylate and polysorbate 60, both of non-reported sources. The Apple Dippers appear to be free of animal ingredients. The plain McDonaldland® Cookies appear to be all-vegetable, too, although they contain sugar. All other cookies, including the Sugar Cookie, contain eggs and dairy. The Minute Maid® Apple Juice Box and orange juice appear to be free of animal ingredients.

Papa John's

The VRG requested specific ingredient information from Papa John's in July 2007. In response, we were sent an updated Product Ingredients List (not available on the chain's website) and told they were researching answers. As of this writing, we have not heard back. Consequently, information contained in this entry is taken from the Papa John's website and its Ingredient Statement.

We noticed a significant change in Papa John's products since our last *Fast Food Guide* was published in 2004. Papa John's has removed all animal-derived rennet from their menu items. According to the Papa John's website, the cheeses are made with Chymax, a biosynthesized enzyme.

This FAQ question and answer about enzymes appears on the Papa John's website: "*Do any of your products contain animal-derived enzymes?* No. These enzymes are biosynthesized and/or vegetable derived enzymes—not animal." This FAQ does not explicitly state that the enzymes in some of their bread products are not animal-derived. For example, the Pan Pizza Shell is listed as having 'enzymes.' (This item also contains L-cysteine of a non-reported source.) Another change from 2004 is the addition of milk-derived

natural flavors to their thin crust pizza dough. The 'Pizza Dough' listed in the Papa John's Ingredients Statement appears to be free of animal ingredients. In the Ingredients Statement, the 'enzymes' listed for the Pizza Dough are from fungal or bacterial sources.

The Pizza Sauce and the Pizza Sauce Dipping Cup appear to be vegetable-based. The Robusto Pizza Sauce, which according to the Ingredients Statement is used primarily on the Pan Pizza, is listed as containing natural flavors and Asiago cheese flavor of non-reported sources. The Alfredo Sauce contains several dairy ingredients and natural flavors of non-reported sources.

We noticed a significant change in Papa John's products since our last *Fast Food Guide* was published in 2004. Papa John's has removed all animal-derived rennet from their menu items.

The Spinach Alfredo Sauce is made with several dairy products and mono- and diglycerides of non-reported sources. At the end of the Spinach Alfredo Sauce entry in the Ingredients Statement, it states that this "product does not contain animal rennet."

At the end of the entry for the Garlic Sauce, it states, "All ingredients are derived from vegetable, chemical, or natural sources or are synthesized from food grade ingredients—NO animal derivatives. Lactic acid is NOT considered dairy since it has been fermented." The source of the lactic acid was not given. The Seasoned Garlic Parmesan Sauce, which according to the Ingredients Statement may be used on the Seasoned Breadsticks, contains milk products and natural flavors of non-reported sources. The Special Seasoning packet also contains natural flavors of non-reported sources.

The crisp topping used on the Breakfast Pizza contains milk. The Cinnamon Apples and the Bumbleberry Filling contain sugar. The white icing is listed as containing stearic acid and natural flavors of non-reported sources. The Cinnamon Spread contains mono- and diglycerides of a non-reported source and sugar. The Caramel Sauce used in the Sweettreats is made with eggs.

The Italian Dressing at Papa John's is made with egg and milk products and contains natural flavors of a non-reported source.

Pizza Hut

Pizza Hut, the leading fast food chain that offers pizza, is a favorite restaurant for some vegetarians. For a previous *Fast Food Guide*, Pizza Hut chose not to participate and we could report only what they published on their website. However, throughout 2007, The VRG received some information by phone and e-mail from Amber MacZura, a Quality Assurance Specialist at Pizza Hut, Inc. We also referred to the Pizza Hut Ingredient Statement posted on the chain's website. Readers may note that this statement reads in part: "Although this data is based on standard portion product guidelines, variations can be expected due to seasonal influences, minor differences in product assembly per restaurant, and other factors.... Product data is based on current formulations as of date of posting." When we last checked the Ingredients Statement, it was reported current as of October 2006.

MacZura confirmed for us that the "enzymes in all of the doughs and cheeses are non-animal-derived." She also said, "The Pizza Cheese and String Cheese (used in the Stuffed Crust Pizza) ingredients are not of animal sources other than the milk itself."

MacZura explained that the "same bread dough is used in breadsticks and pizza, but the garlic bread dough is different." The garlic bread contains L-cysteine that MacZura reports is "animal-derived," but she could not indicate for us its specific animal source. The mono- and diglycerides in all the Pizza Hut bread products are vegetable-derived, coming from soy oil.

Here are more specifics on the many pizza doughs at Pizza Hut: The Thin 'N Crispy® Dough, the Hand-Tossed Style Dough, and the Stuffed Crust Dough appear to be free of animal products. The XL Full House™ Dough, the Bistro Dough, and the 4ForAll® are as well, but they contain sugar. The Bigfoot Dough Blend contains a dairy blend. The Pan Pizza and Personal Pan Pizza doughs contain whey. The Sicilian Dough is listed as having natural flavors of a non-reported source.

The Regular Pizza Sauce and the Sweet Pizza Sauce appear free of animal ingredients. The White Pizza Sauce contains both egg and dairy products. The Taco Bean Sauce is listed as having 'beef flavor,' although it does not appear to be made from beef.

The onion rings contain whey and the Jalapeño Poppers® contain whey and egg whites. The natural flavors in the onion rings, Jalapeño Poppers®, breadsticks, and the cheese breadsticks "are all vegetable-based flavors except [that] the cheese sticks do have one flavor that is milk-derived." MacZura also stated

that the breadsticks and onion rings "are baked separately from any animal products." She pointed out, however, if a particular restaurant has 'Wing Street' brand chicken wings, the onion rings could be fried in the same oil as the chicken wings. Patrons can request that they be baked in an oven.

Readers may note that all appetizers at Pizza Hut contain whey, and, in some cases, other dairy-, egg-, or animal-derived ingredients. The Marinara Dipping Sauce used with many appetizers contains cheese. The Dulce de Leche Caramel Dipping Sauce contains several dairy products. The Garlic Herb Spread contains eggs.

Pizza Hut offers an optional Parmesan Parsley Blend packet made with non-animal-derived enzyme in the Parmesan cheese. MacZura told us that it "may be on some pizzas around the crust in some Limited Time Offers, but it would be labeled as such." Patrons can always ask that their pizza be made without it.

The Pasta Bakes® Marinara served at Pizza Hut appears to be all-vegetable with the exception of the white sauce, which contains a chicken base. This dish can be ordered without the white sauce.

The Pasta Bake Primavera can also be ordered without the white sauce. The rotelli and the Veggie Medley of these dishes appear free of animal ingredients. The spaghetti served at Pizza Hut, except that on the Bistro Menu, is free of animal ingredients.

The salads at Pizza Hut are made upon order, and cheese may be omitted. There are several salad dressings served at Pizza Hut, and many are free of animal ingredients, such as the French and Italian Dressings.

A representative from Pizza Hut confirmed for us that the "enzymes in all of the doughs and cheeses are non-animal-derived."

High fructose corn syrup is used as the sweetener in these two dressings. MacZura told us that the natural flavors in these two dressings are "non-animal derived." The Light Italian Vinaigrette Dressing, the Vinaigrette Dressing, and the Light Italian Dressing also appear free of animal ingredients. The Balsamic and Basil Vinaigrette is listed as containing honey as well as white wine. The natural flavors in the other dressings mentioned in this paragraph are derived from non-animal sources, according to MacZura. All other dressings served at Pizza Hut, not mentioned here, contain animal products, eggs, and/or dairy.

Both the Apple Dessert Pizza and the Cherry Dessert Pizza contain dairy ingredients. MacZura confirmed for us that the Apple Topping natural flavors “are all from apples (apple essence).” The Cinnamon Sticks also contain dairy ingredients.

Selected Pizza Hut restaurants offer a Bistro Menu. The Three-Cheese Penne Bake contains dairy and egg ingredients and natural flavors of a non-reported source. The Tomato Basil Soup contains several dairy ingredients. The Broccoli Cheddar Soup has chicken broth as its major ingredient. The Garden Side Salad contains cheddar cheese, whey, and Romano cheese powder, all of which can be omitted upon request. All of the other salads on the Bistro Menu contain meat, fish, and/or animal products. The spaghetti dish on the Bistro Kid’s Menu contains meat and is made from a beef base.

Subway

Subway is a favorite among many vegetarians because of the choices patrons have in customizing their own subs and salads. As the leading deli-style fast food chain in the United States, Subway continues to offer its Veggie Delite® subs and salads. According to Lanette Kovachi, MS, RD, the Corporate Dietitian at Subway, “Patrons can customize our Veggie Delite® offerings with any bread, vegetable, sauce, and/or cheese that they want.”

According to Subway, the Italian Bread, the Hearty Italian Bread, and the Sourdough Bread are free of animal ingredients, although only the Sourdough Bread is free of sugar. Subway’s Wheat Bread contains honey, and its Pizza Crust contains milk. Kovachi said, “As of March 2007, we will be using a new wrap that does not contain animal-derived ingredients, including L-cysteine.” The wrap does contain sodium stearoyl lactylate of a non-reported source.

The Fat Free Sweet Onion Sauce is the only Subway sauce or dressing that does not contain animal ingredients, although it does contain sugar. The Pizza Sauce contains cheese.

Kovachi also told us that, “most likely” the enzymes in their cheeses “are microbial-based, but our manufacturer states that there are some variables in the manufacturing process and cannot 100% guarantee this.”

Concerning the dessert items at Subway, Kovachi reports that the natural flavorings for the cookies are “plant derived unless specified as ‘butter flavoring.’” Then, it is derived from butter.” All of the cookies contain both eggs and dairy.

Subway offers a number of fruit-based beverages that are free of animal ingredients, although they do

contain sugar.

Subway is a popular restaurant chain in Canada. Subway’s *Guide to Canadian Product Ingredients* is available on its website, along with those of other countries. On the cover of these *Guides*, Subway states that the food ingredients listed are “currently the most commonly used...[although] formulas may vary from region to region... Ingredients may vary from this list due to season, changes and formulas, or use of alternate food suppliers.”

Taco Bell

Taco Bell offers many food items that are favorites among people who adhere to meatless diets. This year, like in the past, Taco Bell employees have been very helpful in providing us with ingredient information. Taco Bell has also been known to change its ingredient formulations due to consumer request. (Removing the gelatin from its guacamole and lard from its beans are examples.)

Taco Bell is different from many of the other chains we’ve researched for this article in that its website lists multiple ingredient statements for certain menu items. We’ve noted the pertinent differences of interest to vegetarians and vegans here. When in doubt, patrons are advised to check with a particular restaurant to know which ingredient formulation is used at that location.

There are several ingredients of concern to vegetarians and vegans in menu items at Taco Bell. Carmine is in the Red Strips and the Lime-Seasoned Red Strips. These items are served on the Fiesta Taco Salad, but this dish may be ordered without them.

The sour cream contains gelatin derived from a bovine source. Sour cream is served with all of the items made Supreme (i.e. Taco Supreme, Soft Taco Supreme, Burrito Supreme, etc.), the Fiesta Taco Salad, the Nachos Bellgrande®, the 7-Layer Burrito, and the Cheesy Potatoes. All of these items may be ordered without the sour cream.

According to Kathleen Ensley of the Quality Assurance Department at Taco Bell, the L-cysteine in the Chalupa Shell, Flat Bread, Pizza Shell, and the Taco Salad Shell is “animal-based.” Nacho Chips, Taco Salad Shells, Mexican Pizza Shells, Caramel Apple Empanadas, Cinnamon Twists, Chalupa Shells, Potato Bites, Red Strips, and certain, unnamed promotional items are all fried together. Taco Bell does not fry any of its meat, although in a letter we were told that “all ingredients are handled by employees in common with other ingredients which may not be acceptable to certain types of vegetarian diets.”

Ensley was very helpful in answering our questions. She said, "Every menu item at Taco Bell can be customized." Patrons should request omissions of certain components upon ordering. For example, meatless options on the menu at Taco Bell are listed on their 'Food Facts' webpage and include the 1/2 lb. Cheesy Bean & Rice Burrito, the 7-Layer Burrito, and the Cheesy Fiesta Potatoes. The last two contain sour cream, but this can be omitted upon request. The cheese in each item can be omitted as well.

There are some menu items at Taco Bell that are completely free or almost completely free of all animal products, so no component omission is needed. For example, the pinto beans contain no animal ingredients and may be ordered separately. The guacamole is all vegetable, although it contains sugar. The flour tortilla appears to be free of all animal products but does contain sugar. The Nacho Chips, taco shell, Seasoned Rice, and Express Rice also appear to be free of animal

Taco Bell's pinto beans contain no animal ingredients. The chain's guacamole and flour tortillas appear to be free of animal products but do contain sugar.

ingredients. In fact, 'vegetarian broth' is listed in the ingredient statements for the rice menu items. This is the first time that the writer has seen a meatless stock listed this way in a major fast food chain's ingredients statement and confirms that Taco Bell is a veggie-friendly restaurant chain.

There are no animal enzymes in Taco Bell's flatbread and tortillas. According to Ensley, Taco Bell cheeses, including the Nacho Cheese Sauce, are made with "vegetable-based" chymosin.

The Pizza Sauce at Taco Bell contains natural flavorings of an unspecified source but appears otherwise all-vegetable. The Pizza Shell contains animal-based L-cysteine.

The following sauces and dressings contain eggs and/or dairy: Avocado Ranch Dressing, Creamy Jalapeño Sauce, Creamy Lime Sauce, Nacho Cheese Sauce, Pepperjack Sauce, and Zesty Dressing.

The Fiesta Salsa, the Green Tomatillo Sauce, the Hot Sauce, the Mild Sauce, and the Red Sauce are listed as being free of animal ingredients. The Fire Sauce is, too, but it contains sugar; the other sauces do not. The Citrus Salsa and the Green Chili Sauce contain natural

flavorings of unspecified sources and sugar. The Salsa contains natural flavorings of unspecified sources.

For dessert, the Caramel Apple Empanada contains milk products and sugar. The Cinnamon Twists are all-vegetable, although they do contain sugar.

Wendy's

Wendy's offers a Side Salad that comes with iceberg and romaine lettuce, cucumbers, grape tomatoes, and carrots. Cheddar cheese, which may be ordered as an additional salad component, may be made with animal or microbial rennet, according to Kitty Munger, Communications Manager at Wendy's. The Oriental Sesame Dressing and the Italian Vinaigrette Dressing are free of animal ingredients. The Honey Mustard Dressing contains eggs and sugar (but no honey), while the Fat-Free French Dressing contains honey. The Blue Cheese Dressing contains animal-derived natural flavors. All of the other salad dressings at Wendy's contain egg, milk, and/or animal products.

Munger also told us this about the Southwest Taco Salad: "When a customer orders a Southwest Taco Salad, they get a bowl of salad blend lettuce, cheddar cheese, and tomatoes. Separately, they get a serving of chili (with meat and beans), salad dressing, sour cream, and a bag of seasoned tortilla chips." Readers may note that the cheddar cheese may be made with animal or microbial rennet. The sour cream contains gelatin, and the chili is meat-based. The tortilla strips contain milk. The sour cream, chili, and tortilla strips may be omitted when ordering the Southwest Taco Salad.

The Mandarin Chicken Salad is prepared with the chicken, so it cannot be omitted upon ordering. It is possible to order a side of mandarin oranges. They contain added sugar.

Wendy's serves baked potatoes, which are baked in ovens apart from all meat items. They may be ordered plain. The Buttery Best Spread contains milk products. The broccoli topping for the baked potatoes may be ordered separately from the cheese sauce.

The French fries served at Wendy's appear free of animal ingredients, although they are fried in oil along with meat products. Wendy's serves a side of yogurt and granola. The yogurt contains gelatin. The granola cannot be purchased separately.

Jeanne Yacoubou is The Vegetarian Resource Group's Research Director. She holds master's degrees in philosophy, chemistry, and education.

Packet Cooking

By Chef Nancy Berkoff, RD, EdD, CCE

WHETHER COOKING FOR ONE OR TWO OR FOR many people with different food preferences, packet cooking is the way to go.

Packet cooking is a very simple concept. Fresh food and/or leftovers are tightly sealed in single-serving packets made from aluminum foil or parchment paper and baked in the oven for 15 minutes or so. Packet cooking requires very little space or equipment—just a knife, a cutting board, an oven, and perhaps a stovetop in case you need to partially cook some ingredients before they go into the packet.

Packet cooking is also a great technique to use when serving people with varying dietary needs and preferences. You can assemble packets with different levels of spiciness, accommodate diners with food sensitivities, or easily hold the onions at someone's request.

Packet cooking is very simple. Food is tightly sealed in single-serving packets and baked in the oven for 15 minutes or so.

The packet that will hold the food is the most important player for this cooking technique. In French, packet cooking is known as *en papillote*, named after the shape into which the packet paper is cut. Actually, it reminds me of a child's heart-shaped cutout. You must remember folding a piece of paper in half, cutting one-half of a heart, and then opening it up to reveal its shape. If you do this with foil or oven-proof parchment paper, you've got your oven packet ready.

Cut your heart/butterfly shape so that it is large enough to make the packet around the food. Keep in mind that you will need enough foil or parchment paper that you can fold and crimp the edges tightly and still maintain 'breathing' room for the steam.

The next step is to gather the ingredients for your packet. Sliced or chopped fresh produce is always a wonderful choice for this cooking technique, but packet cooking is a great way to use leftover cooked potatoes, carrots, beets, turnips, rice, and beans as well. You will find that little or no fat is required, as the steam traps the food's juiciness.

One thing that you will have to consider to make this technique work is how long each of the ingredients will take to cook. You want everything to finish cooking at the same time. If some ingredients would take a long time, you may need to partially cook them on the stovetop before adding them to the packet.

When you have created your packet, place the ingredients on one side of the cutout. Fold the foil or parchment paper over the assembled ingredients, making certain there is some room for steam expansion. To securely close, roll the edges of the foil or paper at least three times. Foil will stay closed on its own. Some people like to moisten the ends of the parchment paper when folding to help it stay closed.

TIPS TO REMEMBER

- Choose your packet material. If you use aluminum foil, purchase heavy duty foil. It holds up to heat well and doesn't tear as easily as thinner varieties do. You can also purchase parchment paper. It is sold in rolls, just like foil, in large grocery stores, in discount department stores that have a kitchen supply department (such as Target), in bakery supply stores, and online. **Whatever you do, do NOT use waxed paper or plastic wrap.**
- Make sure that all of the ingredients will cook to doneness at the same rate of speed. For example, if you wanted to cook a tempeh steak with sliced sweet potatoes, you should partially cook the sweet potatoes before making the packet. Raw sweet potatoes take longer to cook than tempeh does. All the ingredients should finish cooking at the same time.

- Make sure that the seals are tight. With each folding of the foil or parchment paper, press the crease firmly. Make at least three folds, pressing along the way, so that the seals can withstand the pressure of the steam within the packets.
- Do not (or let the food) poke holes in the foil or parchment paper. Holes will allow the steam, flavor, and liquid to escape and undermine your packet-cooking efforts.
- When the packet is done cooking, use caution to open it, as the escaping steam will be extremely hot. Traditionally, food *en papillote* is cut around the periphery with kitchen scissors. The food is removed from the packet and served on a bed of rice, pasta, greens, toasted bread, or other appropriate ingredients.

PACKET POSSIBILITIES

- Tofu, tempeh, or seitan 'steaks' topped with:
 - Chopped fresh tomatoes and sliced fresh mushrooms
 - Snow peas and bean sprouts
 - Sliced yellow squash, zucchini, and mushrooms
 - Fresh green beans and sliced fresh tomatoes
- Veggie burgers, veggie 'ground round,' or Tofurky™ slices topped with:
 - Sliced, partially cooked, leftover sweet potatoes and shredded kale
 - Corn cut fresh from the cob and sliced fresh tomatoes
 - Three colors of sliced bell peppers and sweet onions
 - Fresh basil and spinach leaves and minced garlic

A STEP-BY-STEP EXAMPLE

Here's an example of a tofu steak-and-veggies packet that will serve four or five people.

TO MAKE THE PACKET

Begin with thinly sliced potatoes, either leftovers or fresh potatoes that have been partially cooked. Place the potatoes in a small bowl with a small amount of oil and herbs of your choice. (Try parsley, thyme, rosemary, and oregano.)

In a large bowl, toss thinly sliced bell peppers, sweet onions, and sun-dried tomatoes with oil and herbs, as above. Slice a lemon.

TO ASSEMBLE

Preheat oven to 350 degrees.

Place a 10-inch, heart-shaped piece of foil or parchment paper on a clean table or counter. Place the drizzled potato slices down the center so that they overlap somewhat. Leave a small border on the sides so that you can fold the edges three times. Top the potatoes with the vegetables. Lay extra firm tofu slices over the vegetables to cover and top with a little more vegetables. Place one lemon slice on top. Fold and crimp the edges and set on a baking sheet. Repeat to create three or four more packets.

Bake packets on sheet for approximately 15 minutes or until the packet is puffy. Remove from the oven. Carefully transfer the packets to a serving dish, being careful to avoid the escaping steam. Use scissors to open a rectangle in the top of the packet.

Serve contents immediately with rice, pasta, or cooked greens on the side.

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.

VJ's 2007 Winning Student Essay

UNTITLED

By Jennifer Thornburg, 18 yrs
North Carolina



WHEN I WAS YOUNGER, I always wanted to help my mom bake in the kitchen. Together, we made “secret family recipes” and not-so-secret recipes, such as chocolate chip cookies. What I enjoy the most about baking is watching all of the ingredients come together to form a tasty treat; ingredients that you wouldn't eat alone are transformed into elegant desserts when combined.

When I went vegan, I thought that I was giving up the joy of baking. In fact, this was one of the hardest parts about transitioning to a vegan diet—saying no to my mom's cheesecake, Christmas cookies, apple pie, peach cobbler, pound cake, homemade bread, pizza crust, and so many other special treats. It didn't take me long to start experimenting with vegan ingredients and trying to make similar pastries. I would stand in the kitchen next to my mom and cut in my cheap vegan margarine while she cut in butter, and together we would compare our mixtures in an attempt to make the best pastry. Time and time again, I failed to produce an edible result. I nearly gave up (and probably would have) if it wasn't for muffins. Muffins just worked for me. They were fast, easy, and could be eaten for breakfast; but besides all of that, they always came out.

Re-energized by the muffins, I signed up for Culinary Arts at my high school. By this time, I was more familiar with vegan substitutions for dairy and eggs. As I learned the art of making non-vegan baked goods at school, I would feel confident enough to go home and attempt the same food with my vegan ingredients. Slowly, I moved away from muffins and into many of the foods that I missed.

There are a few important facts of vegan baking that make a huge difference. The most important, in my opinion, is a good recipe. If you are using the wrong recipe, your food isn't going to come out in a way that you would be proud to share with friends. First of all, check out vegan cookbooks and search for vegan recipes online. Compare these recipes with the

“real thing” to see how they match up. If you're making chocolate chip cookies, for example, the recipe should basically be the same; however, for more complicated pastries, such as cheesecake, stick to a vegan recipe that uses firm tofu and non-dairy cream cheese. For many of your easy, less elegant baked goods, you can take any recipe and switch out the non-vegan ingredients with vegan ones, such as soymilk instead of cow's milk.

The second most important factor of vegan baking is the ingredients you use. For example, I find it more helpful to use soymilk than rice or almond milk while baking heavy foods; soymilk gives your finished product a full texture, instead of leaving it crumbly and bland. On the other hand, if you are wanting something that feels light, rice milk is ideal. On the same note, the egg substitute that you use is also very important. I personally prefer Ener-G egg replacer for most of my baked goods. You can also use 2 Tablespoons of flaxseed and 3 Tablespoons of water, $\frac{1}{2}$ of a banana, 3 Tablespoons of applesauce, or $\frac{1}{4}$ cup of silken tofu for each egg that a recipe calls for. When not using Ener-G egg replacer or a banana, keep in mind that your food will not have the same form; for this reason, I recommend only using Ener-G egg replacer and bananas in recipes such as cakes. When using Earth Balance or a different vegan margarine, find one that is not watery.

Another factor to keep in mind is not only for vegan baking, and it is the trial-and-error factor. If you want to bring baked goods to a potluck, party, family function, etc., make it for yourself first. If it comes out well, make it for the event. Don't give up if your first attempt doesn't come out right! See if you can pinpoint why: in my opinion, the most common reasons for a failed pastry are a bad recipe or bad ingredients. You may need to find a new recipe, or just experiment with the old one.

Being vegan doesn't mean that you have to give up all your favorite baked goods! Apply what you already know about baking to what you know about different vegan ingredients! Your layering, mixing, blending, crushing, baking, steaming, and so forth can result in an extraordinary product that leaves you and the vegan-phobic people in your life excited and accepting of vegan food. So, what are you waiting for? Get going!

Enter *Vegetarian Journal's* Annual Student Essay Contest!

Are you 18 or younger? If so, what are your thoughts or experiences with vegetarianism? Share them with The VRG during our annual essay contest! Just write a two- to three-page essay on any aspect of vegetarianism or veganism, based on interviews, personal experience, research, and/or personal opinion. Then, enter your submission in the appropriate category: ages 14 to 18, ages 9 to 13, or ages 8 and younger. A winner from each group will receive a \$50 savings bond.

Send entries to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. Please make sure to include your name, age, address, phone number, and school. All entries must be postmarked by June 15, 2008, for this year's contest. You need not be vegetarian to enter. All essays become property of The VRG, and only winners will be notified.

Cool Off with Non-Dairy Ice Cream Alternatives During Hot Summer Months

The upcoming season is the ideal time to explore the many possibilities in non-dairy frozen desserts, and Turtle Mountain provides a huge array of the tasty products out on store shelves these days!



The company's Purely Decadent line of non-dairy ice cream is trans fat-free and made with organic ingredients, but most people will pick up these products simply for their sinfully indulgent tastes. Among their newest varieties are Coconut Craze with dark chocolate and roasted almonds, gluten-free Cookie Dough, Pomegranate Chip, and So Very Strawberry.

In addition, the company has revamped its former Soy Delicious line and ushered in a new generation with its Organic So Delicious™ Dairy Free products. The quart sizes are available in 10 varieties, including Butter Pecan, Chocolate Velvet, Dulce de Leche, and Neapolitan. Plus, there are those fun novelty products, such as Mint or Mocha Mania Coated Sandwiches.

For more information, contact Turtle Mountain, LLC, by mail at P.O. Box 21938, Eugene, OR 97402 or via phone at (541) 338-9400. The company's website is <www.turtlemountain.com>.

Ian's Brings Vegan, Organic, and Wheat-Free French Bread Pizza to Nearby Freezer Cases

Ian's French Bread Pizza may somewhat resemble those other items that you often pass in the frozen foods section. However, this delightfully delicious vegan product features sweet organic pizza sauce, strips of non-casein soy mozzarella, and crispy wheat- and gluten-free crusts. Can't you just imagine tossing on some frozen vegetables and vegan pepperoni and popping it into the oven or microwave for a marvelous meal?



For more information, write to Ian's Natural Foods Inc., 176 Shirley Avenue, Revere, MA 02151, or call the company at (800) 54-FOODS. You can also visit the company's website at <www.iansnaturalfoods.com>.

Before You Fire Up That Grill...

Conсорzio's Marinades, a fantastic brand from Annie's Naturals, will infuse previously unimagined flavors into any food you can think to throw onto a barbecue pit. This line includes several unique varieties, such as tart and creamy Organic Baja Lime and the light, fresh Organic Mango Cilantro. Still, the best has to be the California Teriyaki with an irresistibly smooth, smoky taste that would be perfect on tempeh and more!

Contact Annie's Naturals at 564 Gateway Drive, Napa, CA 94558, or call (800) 288-1089. You can also visit the company online at <www.conсорzio.com>.

A New Twist on Citrus Juices

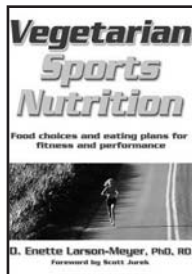
Are you bored with drinking that plain old orange juice every morning? Then, why not pick up some Sun Shower™ 100% Pure Pressed Nectarine Juice the next time you visit the supermarket? These truly innovative citrus juices come in eight tantalizing varieties, including Nectarine Berry, Nectarine Mango, and Nectarine Grape Orange, and in convenient 12- and 28-ounce containers.

Contact Sun Shower's parent company, NBI Juiceworks, at 3300 South Hiwassee Road, Orlando, FL 32835, or via phone at (407) 291-1151. Or learn more online at <www.nbijuiceworks.com>.

reviews

VEGETARIAN SPORTS NUTRITION

By D. Enette Larson-Meyer, PhD, RD



If you're one of the many *VJ* readers who participates in some form of exercise or sport, you owe it to yourself to read *Vegetarian Sports Nutrition*. This book, by VRG Advisor Enette Larson-Meyer, is a comprehensive guide for all vegetarian and vegan athletes. Regardless of your sport or level of performance, by reading *Vegetarian Sports Nutrition*, you will learn ways to use nutrition to improve your performance and overall health.

For those with some nutrition background or a strong interest in nutrition, Dr. Larson-Meyer has included clear discussions of key nutrients for athletes—from protein, fat, and carbohydrates to iron and vitamins, all based on the latest research. For those who are mainly looking for practical advice, there are lots of lists, charts, and tables that show how to plan a healthy vegetarian diet that takes into account your level of exercise, fitness goals, and personal characteristics. There are ideas for losing weight, gaining weight, making quick meals and snacks, eating before, during, and after events, and remaining injury-free. Also, there is an extensive, well-documented discussion on whether to use supplements.

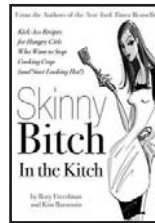
This book would be a valuable addition to the library of any active vegetarian or vegan or of any athlete who is vegetarian or

who is interested in moving towards a more vegetarian diet.

***Vegetarian Sports Nutrition* (ISBN 0-7360-6361-7) is published by Human Kinetics. It has 264 pages and retails for \$17.95. Look for this book in your local bookstore or at www.humankinetics.com. Reviewed by Reed Mangels, PhD, RD.**

SKINNY BITCH IN THE KITCH

By Rory Freedman and Kim Barnouin



The authors of the bestselling *Skinny Bitch* have now written a cookbook. Quite honestly, I was surprised to see so many unique vegan recipes.

Readers can prepare Potato Scramble for breakfast, which in addition to potatoes contains vegan cheese, tofu, tomatoes, vegan sausage, and more. For lunch, you may want to try the 'Tuna' Salad Sandwich made with shredded parsnips. Finally, dinner may call for a sample of several international dishes offered or a recipe from the section called "Down Home Cookin'," which includes items such as Oven-Fried 'Chicken' and Cornbread.

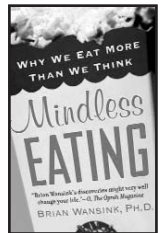
This book also offers creative dressings and sauces, as well as a dessert chapter including Peanut Butter Potato Chip Cookies and Chocolate Suicide Cake.

Nutritional analyses are not included, and some recipes are not necessarily low in fat, which seems to go counter to the book's title. Also, keep in mind that several dishes will take extra time to prepare. Nevertheless, the offerings in this book are highly appealing.

***Skinny Bitch in the Kitch* (ISBN 0-7624-3106-7) is published by Running Press Book Publishers. It has 192 pages and retails for \$18. Look for this book in your local bookstore or order it online. Reviewed by Debra Wasserman.**

MINDLESS EATING

By Brian Wansink, PhD



Mindless Eating: Why We Eat More Than We Think is not your traditional diet book. As its author Brian Wansink says on the first page, "The best diet is the one you don't know you're on."

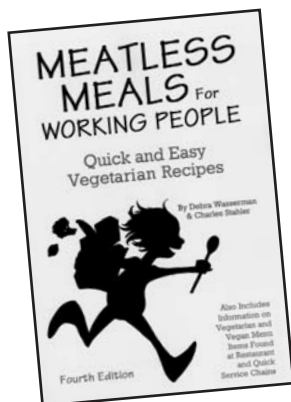
Wansink, who studies consumer behavior at Cornell University, takes a fascinating look at people's food behavior and how all sorts of factors—such as the size of your plate, the name of a food, and how long you stay at the table—influence how much you eat. Once you're aware of these factors, it's easy to make changes to avoid mindlessly overeating.

Although this book is not vegetarian, it includes lots of ideas that vegetarians who want to lose 10 or 20 pounds a year can incorporate into their lifestyle. Plus, it's a very entertaining book and one that you'll enjoy whether you're trying to lose weight or simply interested in learning more about why people eat what they do.

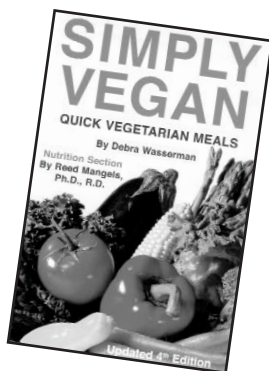
***Mindless Eating* (ISBN 0-553-80434-0) is published by Bantam Books. It has 276 pages and retails for \$25. Look for this book in your local bookstore or order it online. Reviewed by Reed Mangels, PhD, RD.**

VRG Catalog

Books

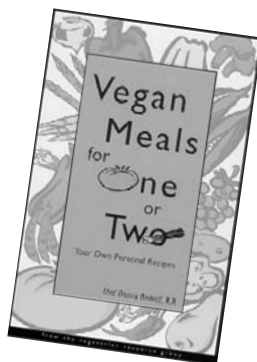


Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 90,000 copies in print.



Simply Vegan (\$14.95) 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 85,000 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.)



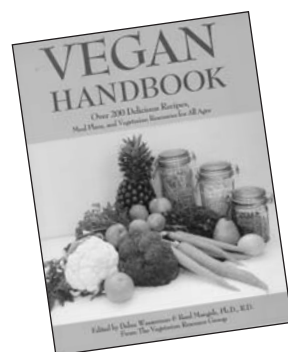
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically 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, Russian Flat Bread, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

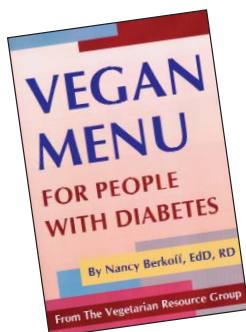
Vegan Passover Recipes (\$6) by Chef Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



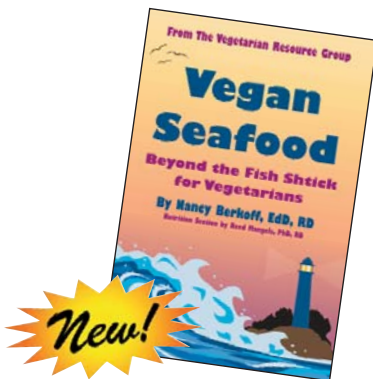
Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

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

Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada (\$18). Whether you're traveling on business or planning a much-needed vacation, this book is certain to make your dining experiences better. This fourth edition lists more than 2,200 restaurants, vacation spots, and local vegetarian groups to contact for more info about dining in their areas. (448 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 enjoyable dishes, such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.



Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. According to a national VRG poll, almost 15 percent of Americans say they never eat fish or seafood. Chef Nancy Berkoff has created these unique and good-tasting vegan fish and seafood dishes. After using this book, you'll agree with millions of vegetarians who say: Sea Animals—Don't Eat Them! Inside these 96 pages you will find sections about cooking with vegan 'fish,' 'seafood' stocks and sauces, websites offering vegan 'seafood' products, and info about omega-3 fatty acids for vegans. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, Ethiopian-Style 'Shrimp' and Sweet Potato Stew, 'Crab' Rangoon, 'Tuna' Salad, and much more!

For Children and Teens

Leprechaun Cake and Other Tales (\$5) by Vonnie Crist, recipes by Debra Wasserman. Vegan story/cookbook for children ages 8-11, with glossary of cooking terms. (128 pp.) Slightly damaged cover.

The Soup to Nuts Natural Foods Coloring Book (\$3) by Ellen Sue Spivak.

The Teen's Vegetarian Cookbook (\$9.99) by Judy Krizmanic. This book is packed with health info, easy recipes, college cuisine, glossary terms, and more. (186 pp.)

Bumper Stickers

Bumper Stickers (\$1 each, 10+ \$.50 each)
"Be Kind to Animals—Don't Eat Them"
"Vegetarians Are Sprouting Up All Over"

Vegetarian Journal

Vegetarian Journal subscriptions are \$20 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

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Vegetarian Action

Eat Smart Program Encourages Healthy Eating for Minority and Low-Income Populations in Washington, D.C. By Avi Carter

SIXTY PERCENT OF DEATHS IN WASHINGTON, D.C., are linked to diet-related illnesses, such as heart disease, cancer, stroke, diabetes, and hypertension. African Americans, Latinos, women, and low-income families are disproportionately affected by these illnesses. The Vegetarian Society of the District of Columbia (VSDC), a non-profit organization founded in 1927, developed the Eat Smart Program to address the health disparities of these populations.

The Eat Smart Program was begun in 2004 to educate these populations about how they can help prevent some life-threatening illnesses by following a plant-based diet, reducing their consumption of processed foods, and being physically active. Merlene Vassall, VSDC's executive director at the time, designed the course outline. An eight-person advisory panel that includes medical doctors, dietitians, nutritionists, and a graduate of the Eat Smart Program provide guidance about the program's course material.

Eat Smart provides nutrition, cooking, shopping, and 'Eating Out Healthfully' classes to its students. The participants learn about increasing their fruit and vegetable intake and decreasing their animal product, salt, and fat consumption. They also learn more about the connection between diet and health and how to choose healthful foods, read and interpret food labels, and get the most and best for their money. During hands-on class sessions, the students participate in vegan potlucks and fitness classes (usually yoga), visit vegetarian restaurants, and tour a local food co-op.

Classes last for two hours and are offered once a week for nine weeks. For convenience, the Eat Smart classes are provided at three locations throughout D.C. Information about the program is sent to churches and community centers in the neighborhoods where the classes are taught. Also, program staff members visit local centers to answer questions and make presentations and to walk through the neighborhoods near the classes, handing out flyers and meeting the locals.

The students who successfully finish the program participate in a graduation. During this ceremony, they receive certificates recognizing their completion of the program, get a chance to meet students from other classes, and enjoy delicious and healthy vegan food.

The Eat Smart Program has proven very successful. Since it started in 2004, approximately 225 students have graduated. Participants take a pre-test about their knowledge of the basics of health and nutrition at the beginning of the class, which is compared to the post-test they take after they complete it. In a recent session, 96 percent of the students reported an increase in their



Students participating in the Eat Smart Program in Washington, D.C.

knowledge of the basics of food and nutrition, 96 percent stated their dietary choices improved, and 85 percent indicated their family's dietary choices improved. A few students even became vegan because of the class.

In November 2007, the Eat Smart Program completed its fifth round of classes with David Herring, MS, a full-time nutritionist, as the director. This round of the Eat Smart Program was funded by the Consumer Health Foundation and was offered at little to no cost to the students. For more info about the Eat Smart Program, visit <www.vsd.org> or call (202) 362-8349.

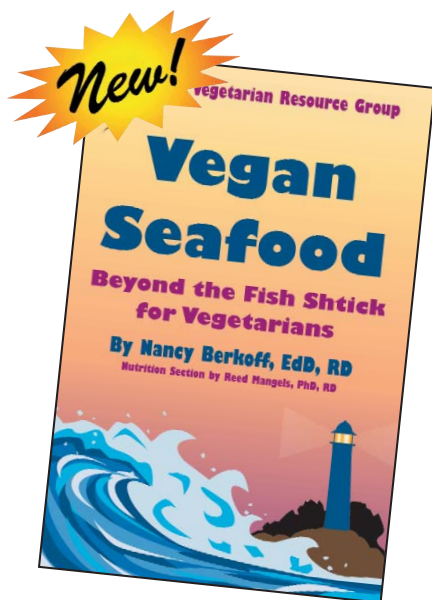
Avi Carter wrote this article during a dietetic internship with The Vegetarian Resource Group.

From The Vegetarian Resource Group

Vegan Seafood

Beyond the Fish Shtick for Vegetarians

By Nancy Berkoff, EdD, RD



According to a national Vegetarian Resource Group Poll conducted by Harris Interactive, almost 15 percent of Americans say they never eat fish or seafood. For all of you, and others who would like alternatives to fish, Chef Nancy Berkoff has created the unique and great-tasting dishes featured in *Vegan Seafood — Beyond the Fish Shtick for Vegetarians*. After using this 96-page book, you'll agree with millions of vegetarians and say: SEA ANIMALS — DON'T EAT THEM!

Inside these pages you'll find:

Cooking with vegan 'fish' • Websites offering vegan 'seafood' products
'Seafood' stocks and sauces • A basic guide to using saffron
Omega-3 fatty acids for vegans

Avoid fish but still enjoy the taste of the sea with:

Ethiopian-Style 'Shrimp' and Sweet Potato Stew • 'Fish' Sticks
'Tuna' Noodle Casserole • Mango Salad with Avocado and 'Shrimp'
'Crab' Rangoon • Eggplant Caviar • Gefilte 'Fish' • 'Tuna' Salad
'Fish' Tacos • 'Crab' Enchiladas • Spicy 'Fish' Cakes

To order *Vegan Seafood*, send \$18 (includes postage and handling) per book to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. You can also order the book online at <www.vrg.org> or pay by credit card by calling (410) 366-8343 Monday through Friday between 9 A.M. and 5 P.M. Eastern time.

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