

Baking with Coconut Flour and Coconut Sugar

VOLUME XXIX, NO 3

VEGETARIAN

JOURNAL

HEALTH ECOLOGY ETHICS

**How Many 8-
to 18-Year-Olds
Are Vegetarian?**

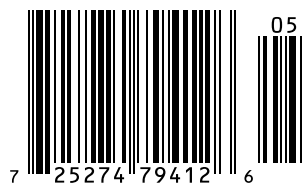
**Get the 2010
VRG Poll Results
Inside!**

**Recipes That
Suit Every
Season**

Quinoa-Garbanzo Salad with Greens
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NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline considers if it is safe to consume expired foods, whether autolyzed yeast extract is the same as MSG, and if agave nectar is a healthy alternative to sugar.

QUESTION: *"I've been trying to save money by buying food at a store that sells products with expired 'sell by' dates. Is this safe?" N.E.C., MA*

ANSWER: Interestingly, federal law does not require most food companies to include dates that indicate by when the food should be sold or eaten on the package. However, many companies do this so that the purchaser can be relatively certain that the food is fresh. Products that must display dates include some baby foods and infant formulas. These products should not be used after their expiration dates.

Some of the types of dates that may appear on foods include the following:

- **A 'best if used by' or 'use by' date.**
As you might guess, this means that the product should be fresh and will have the best flavor and texture if used by this date. Beyond this date, the product may begin to deteriorate, although it may still be edible. Perishable foods, like those in the refrigerated section, should not be purchased after the 'best if used by' or 'use by' date has passed. Foods that are unlikely to spoil (cereals, crackers, etc.) can usually be eaten after their 'best before' date, although they may have lost some of their flavor, freshness, and even nutritional value.
- **A 'sell by' date** tells the store how long to display the product for sale. This is often used for refrigerated products. This date

usually includes some leeway for home usage if the product is properly refrigerated. In other words, don't purchase products after the 'sell by' date, but if you notice something in your refrigerator that's a few days beyond the 'sell by' date, it's probably still good. Of course, if it looks or smells suspicious, discard it.

- **An 'expiration' date.** If you haven't used the product by this date, toss it out.

Sometimes you'll come across a scratch-and-dent sale in a discount food store. Generally, canned products that have minor dents are safe to use. Major dents on cans or jars with rust, cracks, leaks, or bulges should be avoided, as should cans with dents at the seam or by the rim. Packages of food that have been torn or opened should not be purchased because the contents could be stale or have bugs.

QUESTION: *"What is autolyzed yeast extract? Is it the same as MSG? Will it have the same effect as MSG?" M.E., via e-mail*

ANSWER: Autolyzed yeast extract is added to foods as a flavor enhancer. It is produced by adding salt to live yeast. The salt makes the yeast cells undergo lysis, which means that the yeast cells disintegrate and are no longer able to function as yeast typically does. The result of this is autolyzed yeast, which is further processed to make autolyzed yeast extract. This product gives foods a savory flavor.

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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

VRG VOLUNTEER OF THE YEAR



We at The Vegetarian Resource Group greatly appreciate the hundreds of volunteers and donors who enable the organization to carry out a multitude of outreach activities around the country. However, over the years, there are a few especially noteworthy people who have had an incomparable impact on VRG's growth and survival.

Brad Scott made it possible for VRG to have an initial presence on the Internet during the 1990s. When someone looked up the word 'vegetarian' on Google, The VRG was the #1 search result for many years. VRG is now reaching 150,000 people online each month with vegetarian and vegan information. We also benefited hugely from Brad's undertaking to move VRG into a new office and to set up and maintain its infrastructure. None of this would have happened without his generous assistance.

Another truly exceptional volunteer is Reed Mangels, PhD, RD. For more than 20 years, she has had an unrivaled impact on professional information about vegetarianism and veganism. Her caring about people, The Vegetarian Resource Group, and scientific honesty are unsurpassed.

We've been to several memorial services for activists, and usually noted in a humorous way was their strong personalities (i.e. focus on their own points of view and lack of empathy towards others). There's no doubt about how much these people have contributed to their respective causes, and their personalities made that happen. This is another reason we have to acknowledge Reed, who has accomplished so much in a pleasant and professional manner.

The VRG is forever indebted to these past Volunteers of the Year.

This year's Volunteer of the Year is also completely sincere, hardworking, and kind to others. If we were to add another headquarters staff member, we would want to hire her. Thank you so much to Heather Gorn! Heather is a relatively recent college graduate who first volunteered for VRG at age 15. She understands and appreciates the group's philosophy but also brings in a younger perspective. Lately, she has been collaborating with numerous parties to revamp The VRG's website and update the site regularly. We also want to thank Heather for working on VRG's infrastructure and fundraising efforts so that the organization can continue to foster a more ethical, vegetarian world for generations to come. You are contributing more than you will ever know.

As Margaret Mead said, "A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has." If you would like to make a difference, volunteer, and contribute your skills to The VRG, please call us at (410) 366-8343 or e-mail us at vrg@vrg.org.

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 the person or family you choose. Your gift will support educational outreach programs and help promote vegetarianism.

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

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

Thank you to Gretchen Chlebowski, Julie Conry, Susan Lincke, and Eric Sharer for working the VRG booth at the Naperville VeggieFest and again to Gretchen, Julie, and Eric for working the VRG booth at VeganMania, held in Illinois.

Special thanks to David Schneider for his donation in memory of Ernie Kopstein and to Sid and Diane Bravmann for their donation in memory of William McStay, Jr.

VRG Materials Help Teen Fight Animal Auctions, Get Veggie Food into School

Hi, Jeannie!

My town has a fair every year that takes place right before Labor Day. I can't stand the fair because they auction off the animals, and you have to see them going into the butcher trucks. In fact, the fair was the final step in convincing me to become a vegetarian about three years ago.

Anyway, thank you so much for the pamphlets and all of your help! I was really, really excited to see the huge package sitting on my front steps! It has been absolutely wonderful! I'm hoping to pass out pamphlets to people leaving the animal auction the first night of the fair, along with the rest of the week. It's really upsetting to see, so I'm hoping people will be receptive. Also, the literature is great because I can give different pamphlets out to different people based upon their interests.

Thank you for your other ideas about spreading the word! I'm planning on hosting a vegetarian/vegan dinner at my school to show people you can have a great meal without eating meat.

I'm also going to use some of your pamphlets to give to the cooks at our school. I set up a meeting with them last year to add more vegetarian food, and they were relatively receptive, but I think the information you sent me will help a lot. I'm planning on meeting with them again in September. Thanks again!
Elisa P., via e-mail

Thanks for Those Renal Patient Recipes!

In response to Issue 4, 2009, of *Vegetarian Journal*:

Thank you for your recent article, "Menu Selection for Vegan Renal Patients." My husband has a kidney transplant now, but when he was on dialysis, there was a definite lack of literature and recipes for a renal diet. While we are not strict vegetarians (Don't hate us!), we enjoyed the article and the recipes that were included. Very well-written! We truly appreciate the fact that you have recognized that there are different diets and nutrition needs for renal patients.
Diane C., via e-mail

Note: This article is available at <www.vrg.org> under the "Food Service" section.

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

Coming in the Next Issue:

VEGAN PANINI

Plus: Baby Boomer Cuisine, 2010 Scholarship Winners, Guatemalan Dishes, Flavored Mashed Potatoes, and more!

From Veal to Vegan,

Creole Style

By Meryl Austin Cryer

BORN AND RAISED IN NEW Orleans, I began learning Creole-cooking techniques as soon as I could reach the stove-top. My grandfather, Gilbert Austin, had a farm in Opelousas, Louisiana, and maintained a herd of roughly 100 head of cattle. When calves were born, it was typical for our freezer to get filled with veal! I learned quickly how to smother steaks in a gravy with peppers and onions and how to best use beef and pork products. In addition, we took advantage of the abundance of fresh, local seafood from Lake Pontchartrain and the Gulf of Mexico.

Once my daughter, Keryl, embraced a vegetarian diet and later became the Senior Editor of *Vegetarian Journal*, the challenge was to transition recipes to vegan fare with a Creole flare. Even though dishes like smothered okra and red beans with rice are vegetable-rich, they are traditionally cooked with generous amounts of seafood, beef, and pork. Vegan cookbook recipes never quite satisfied our southern Louisiana taste buds, so we modified our family recipes to make them even more appetizing. Readers may choose to modify recipes as needed (by reducing margarine and oil) to suit their dietary preferences.

PAW-PAW'S SMOTHERED TURNIP ROOTS (OR HASH BROWNS)

(Serves 8)

'Smothered potatoes' (known more commonly as 'hash browns') are used as a breakfast item or as a side dish for dinner in Creole households.

To make the smothered potatoes, use Irish potatoes or Yukon Golds. Follow the directions for the turnip roots but also add a teaspoon of crushed rosemary, if desired. Cook the potatoes a little longer because you want these to brown. Stir often to prevent burning because the mixture will begin to stick. (You want this to happen so the hash browns have a crustiness.)

- 6 cups turnip roots, peeled and diced**
- 3 cups water, enough to cover the tops of the diced turnip roots**
- 6 ounces nonhydrogenated vegan margarine**
- 3 cups peeled and chopped sweet Vidalia onions (Start with 3 medium-sized onions.)**
- 1 cup chopped green or orange bell peppers**
- 4 cloves garlic, peeled and minced**
- 1 teaspoon (approximately 4 dashes) cayenne pepper, or to taste**
- 1/2 cup chopped scallions**
- 1/4 cup parsley flakes**

Place the turnip roots and water in a 3-quart pot, cover, and bring to a boil. Then, uncover and continue boiling until tender, approximately 10 minutes.

In a saucepan, melt the margarine. Add the sweet onions, bell peppers, and garlic, and sauté over medium-low heat until the onions are soft and translucent, approximately 30-45 minutes. If water is left in the pot, drain off. Add the pan of cooked vegetables and margarine to the roots. Add the cayenne, scallions, parsley, and (for potatoes) rosemary. Stir well and continue cooking over medium-low heat until the edges of the onions begin to brown. Serve hot.

Total calories per serving: 207 Fat: 17 grams
Carbohydrates: 13 grams Protein: 2 grams
Sodium: 257 milligrams Fiber: 3 grams

GRANNY THÉRÈSE'S 'BUTTER BEANS'

(Serves 8)

Though red beans are the most famous New Orleans bean dish, tourists aren't aware that many locals turn to 'butter beans' (more commonly known as 'lima beans') during Lent, when Catholics are forbidden to eat meat on Fridays. During Lent, my grandmother would prepare this recipe by just

adding butter, which makes it easy to transition this dish from Creole to vegan.

Olive or corn oil spray

1 pound large dried lima beans (known as 'butter beans' in New Orleans)

4 large bay leaves

8 cups water

8 ounces nonhydrogenated vegan margarine

1 large yellow or sweet Vidalia onion, peeled and chopped

1 large green or orange bell pepper, chopped

4 garlic cloves, peeled and minced

1/4 cup parsley flakes

Spray the bottom of a soup pot or stockpot with an olive oil or corn oil spray. Rinse and sort the beans to remove any foreign material. Place the beans, bay leaves, and water in the pot. Cover and bring to a boil, stirring occasionally. Then, lower the heat to medium-low so they simmer slowly.

In a large pan, melt the margarine, and then add the onions, bell peppers, and garlic. Sauté over medium-low heat until the onions are soft and translucent, approximately 30-45 minutes. Add these to the butter beans and let the mixture continue to simmer until the beans are tender and creamy. Stir often to keep the beans from sticking to the bottom of the pot. For a thicker mixture, once the beans are tender and have begun creaming, leave the pot uncovered so the mixture reduces faster. If the mixture gets too thick, add a little hot water while simmering to thin. Remove bay leaves and stir in the parsley 5 minutes before serving over rice.

Total calories per serving: 414 Fat: 23 grams
Carbohydrates: 41 grams Protein: 13 grams
Sodium: 258 milligrams Fiber: 12 grams

CHUCK AND JOS' GUMBO

(Serves 12)

Some people make gumbo with just a blend of meats; others add seafood. Our family recipe was made with country sausage, hot sausage, crabs, shrimp, oysters, chicken, ham, duck, and beef. Uncle Chuck and Aunt Jos each have versions the family loves, but each is also unique.

The key to great gumbo is to add ingredients that you love. This recipe serves only as a guide to creating a vegan version. Use 2 1/2-3 pounds of your favorite vegan 'meats' selected to create a blend of flavors, and instead of water, you can substitute vegan chicken or vegetable stock.

If an instant roux (a mixture of flour and fat used to thicken soups, sauces, and gravies) is not available, you can make your own by blending 1/2 cup flour with 1/2 cup vegetable oil. Stir constantly over a medium-low heat until the mixture is a medium brown color.

4 ounces nonhydrogenated vegan margarine

3 cups chopped yellow or sweet onions

1 cup chopped bell peppers

4-6 cloves garlic, peeled and minced

4 large bay leaves

14 ounces Tofurky Italian sausage, cut into bite-sized pieces

6 ounces Lightlife Smoky Tempeh Strips (Fakin' Bacon)

1 pound 2 ounces WestSoy Chicken-Style Seitan

8 cups water, divided

1/2 cup instant roux or homemade roux using recipe above

2 Tablespoons kelp granules

1 teaspoon gumbo filé (ground sassafras leaves, available in the spice aisle in some large grocery stores and online)

1/2 teaspoon powdered thyme

1/4 cup parsley flakes

1 1/2 teaspoons cayenne pepper

Using medium-low heat, melt the margarine in a stockpot. Add the onions, bell peppers, and garlic and sauté together until the onions are soft and translucent, approximately 20-35 minutes. Add the bay leaves and sauté for another 10 minutes. Raise the heat to a medium setting, add the vegan meats, and stir-fry for approximately 5 minutes.

Use 2 cups of the water to dissolve the instant roux. Add the roux, the 6 cups water, and the remaining ingredients. Stir well. Cover the pot and bring to a boil. Stir well. Lower the heat to medium-low and simmer for 15 minutes.

Make this gumbo a day ahead and to refrigerate it overnight so the flavors can 'marry.' When ready to eat, warm, remove bay leaves, and serve over cooked rice.

Total calories per serving: 342 Fat: 22 grams
Carbohydrates: 18 grams Protein: 19 grams
Sodium: 687 milligrams Fiber: 5 grams



JEFF AND LYDIA'S GAZPACHO (Serves 8)

Tomatoes are a fundamental ingredient for Creole cuisine, and this soup makes good use of them.

New Orleans is a wet city, and it's been said, "It's a good wet!" Using wine or liquors as a flavor enhancer for food is common, but you don't have to use alcohol in this dish.

- 4 large tomatoes, peeled, cored, seeded, and chopped
- 1 large cucumber, peeled, seeded, and diced
- 1 large red onion, finely diced
- 1 large bell pepper, finely diced
- 4 cloves garlic, peeled and minced
- 2 Tablespoons red wine vinegar or plain vinegar
- Juice of 2 limes
- 1 bunch cilantro, chopped, reserving some for the garnish
- 2 cups no-salt-added tomato juice
- 3 canned chipotle peppers
- 1 Tablespoon cumin
- 1 teaspoon ground cinnamon
- 2 shots tequila (optional)
- 1 ear corn, roasted and kernels removed from the cob, or one 11-ounce can kernel corn, drained well
- Salt to taste
- 5 ounces jicama, peeled and grated (for garnish)

In a large bowl, combine the tomatoes, cucumbers, onions, bell peppers, garlic, vinegar, lime juice, and most of the cilantro.

In a blender, combine the tomato juice, chipotles, cumin, cinnamon, and tequila. Add half of the vegetable mixture to the blender and blend until only slightly chunky. Remove from the blender and add the corn, salt, and remaining vegetables. Garnish with the reserved cilantro and jicama and serve.

Total calories per serving: 78 Fat: 1 gram
Carbohydrates: 18 grams Protein: 3 grams
Sodium: 344 milligrams Fiber: 4 grams

MAW-MAW'S TROPICAL CARROT SALAD (Serves 8)

Pecans are plentiful in southern Louisiana, and many families have their own trees. Adding nuts and crushed pineapple to a traditional carrot salad makes it appealing, even to non-vegetable lovers.

- 1/3 cup raisins
- 1 pound carrots, peeled and finely grated
- 1 cup chopped celery, including tender leaves
- 1 cup chopped pecans
- One 20-ounce can crushed pineapple (in its own juice), well-drained
- 1 cup vegan mayonnaise, or to taste

Let the raisins soak in hot faucet (tap) water until they plump. Drain well.

In a bowl, combine all ingredients and refrigerate until cold.

Total calories per serving: 263 Fat: 17 grams
Carbohydrates: 29 grams Protein: 2 grams
Sodium: 283 milligrams Fiber: 5 grams

MEL'S FRUIT AND NUT RICE (Serves 18)

Our family's traditional 'dirty rice' recipe uses chicken gizzards and livers. Substituting dried fruit and nuts makes a colorful, delicious alternative, especially for the holidays.

- 8 ounces dried cranberries
- 1/2 cup raisins
- 1/2 cup golden raisins
- 8 ounces nonhydrogenated vegan margarine

- 1 large Vidalia onion, peeled and chopped
- 1/2 large red bell pepper, chopped
- 1/2 large green bell pepper, chopped
- 2 cups large pecan pieces
- 8 cups cooked rice
- 8 ounces dried Turkish apricots, diced

Pour hot faucet (tap) water over the cranberries and raisins and let them soak until they plump. Drain well, and if necessary, pat dry.

In a saucepan, melt the margarine, add the onions and bell peppers, and sauté over medium-low heat until the onions are soft and translucent, approximately 20 minutes. Add the pecans and sauté until toasted. Remove from heat and toss with the cooked rice, drained fruit, and apricots. Serve.

Total calories per serving: 360 Fat: 19 grams
Carbohydrates: 47 grams Protein: 4 grams
Sodium: 116 milligrams Fiber: 5 grams

AUNT CARM'S GREENS IN PEANUT SAUCE (Serves 8)

If you love African cuisine, this is an easy way to create a nutritious side dish. I usually use the Glory Foods Sensibly Seasoned Mixed Greens (a low-sodium vegan blend of turnip, mustard, and kale greens available in many large grocery stores). I have tried using crunchy peanut butter for this recipe, but I prefer the creamy variety.

- 1/4 cup olive oil
- One 26- to 28-ounce can of your favorite chopped greens, such as collards or kale, drained well
- 1 Tablespoon granulated onion powder
- 1 Tablespoon granulated garlic powder
- 1 Tablespoon parsley flakes
- 1 teaspoon cayenne pepper, or to taste
- 4 heaping Tablespoons creamy peanut butter

Heat the oil in a pan over medium-low heat. Add all of the other ingredients, except for the peanut butter. Stir until heated through and no liquid from draining the greens remains. (The mixture will sound like it's starting to fry.) Stir in the peanut butter and continue stirring slowly until the peanut butter is melted and thoroughly incorporated into the mixture. Serve hot.

Total calories per serving: 130 Fat: 11 grams
 Carbohydrates: 6 grams Protein: 4 grams
 Sodium: 227 milligrams Fiber: 2 grams

UNCLE CURT'S CREOLE POTATO SALAD

(Serves 8)

When money got tight, Creoles often made a homemade substitute for mayonnaise by mixing the yellows of hard-boiled eggs with yellow mustard and cooking oil. Including the mustard and vegetable oil remains a standard in our family recipe, but I have modified it so that tofu replaces the hard-boiled eggs. For Uncle Curt's unique spin on this old-time favorite, you can substitute yams (sweet potatoes) for the Irish or Yukon Gold potatoes.

- 2 large Irish or Yukon Gold potatoes**
- 1 pound firm tofu, drained and chopped**
- 1 cup finely chopped celery**
- 1/4 cup chopped scallions**
- 1/4 cup parsley flakes**
- 4 Tablespoons vegetable (soybean) oil**
- 1 Tablespoon yellow mustard**
- 1 Tablespoon black pepper**
- 1/2 teaspoon granulated garlic powder**
- 3/4 cup vegan mayonnaise**

Boil the potatoes in their skins until fork tender. Peel and dice.

While the potatoes are still warm, mix in all of the ingredients

in a large bowl. Serve warm, or refrigerate and then serve cold.

Total calories per serving: 236 Fat: 14 grams
 Carbohydrates: 19 grams Protein: 7 grams
 Sodium: 211 milligrams Fiber: 3 grams

KERYL'S PRALINES

(Makes approximately 40 pralines)

These have become a favorite at The VRG's Annual Pre-Thanksgiving Potluck! This recipe replaces evaporated milk (or cream) with almond milk, which makes it vegan and adds an even nuttier flavor to the pralines.

- 3 cups organic white sugar**
- 1 cup vanilla almond milk (at room temperature)**
- 2 Tablespoons nonhydrogenated vegan margarine**
- 2 dashes ground cinnamon**
- 1-2 cups pecan halves (at room temperature)**

In a medium-sized pot, combine the sugar, almond milk, margarine, and cinnamon. Cook, stirring, over medium heat until sugar is dissolved. Reduce heat to low and continue to cook, stirring occasionally, for approximately 20 minutes until bubbly and foamy.

While the mixture cooks, lay out sheets of aluminum foil, shiny side up, on a flat surface, such as a counter or table. When the mixture is bubbly, remove from heat. Stir in pecans until evenly coated. Use a large serving spoon to spoon mounds of coated pecans onto the foil. Work quickly but carefully. If the mixture starts to harden in the pot or becomes sugary before you finish, add some more milk and mix until smooth.

Allow pralines to harden on the foil for approximately 10 minutes. As soon as the pralines are hard, move them to a serving

platter or a storage container. Store at room temperature.

Total calories per praline: 82 Fat: 2 grams
 Carbohydrates: 16 grams Protein: <1 gram
 Sodium: 10 milligrams Fiber: <1 gram

UNCLE ERROL'S LEMONADE PUNCH

(Serves 9)

Anyone who has visited New Orleans knows that the high humidity makes the heat unbearable. No recipe submission would be complete without sharing our family's favorite version of lemonade. You can substitute store-bought lemon juice in this recipe, but fresh-squeezed lemons will yield the best taste!

- 10 ounces (1 1/4 cups) fresh squeezed lemon juice (Start with 3 or 4 jumbo lemons.)**
- 10 ounces (1 1/4 cups) orange juice, preferably with extra pulp**
- 2 cups pineapple juice**
- 5 cups water**
- 2 1/2 cups sugar (Use your favorite vegan variety.)**
- Sliced oranges and lemons (to garnish)**

Mix all of the ingredients except for the sliced oranges and lemons. Refrigerate until cold. Serve over ice with half a slice each of orange and lemon to decorate.

Variation: Right before serving, fill each glass halfway with the lemonade base and then add cold citrus-based soda (such as 7 Up or Sprite) or ginger ale to fill.

Total calories per serving: 268 Fat: <1 gram
 Carbohydrates: 69 grams Protein: 1 gram
 Sodium: 5 milligrams Fiber: <1 gram

Meryl Austin Cryer is a lifelong resident of New Orleans, Louisiana.

How Many Youth in the U.S. Are Vegetarian?

The Vegetarian Resource Group Asks in a 2010 National Poll

By Charles Stahler

TODAY, WE SEE VEGGIE BURGERS IN MOST supermarkets, commercials for soymilk on TV, and even vegetarian cartoon characters, such as Lisa Simpson. Vegan bakeries are popping up in many major cities. National restaurant chains like Subway sell meatless sandwiches. In The Vegetarian Resource Group student scholarship contest, VRG has received entries from Kansas, Louisiana, and Texas, as well as California and New York. So, what is the wave of the future? How many young vegetarians are there in the United States?

When asking about the number of vegetarians, you may obtain quite varied answers, depending on how a person defines 'vegetarian.' The word has a positive connotation, as illustrated by the many people who are not actually vegetarian but call themselves 'vegetarian.'

To find an estimate of the number of younger 'true' vegetarians in the United States, VRG commissioned Harris Interactive® to conduct an online survey querying 8- to 18-year-olds with the following:

Please tell us which of the following foods, if any, do you never eat? I never eat ...
Meat; Poultry; Fish/Seafood; Dairy Products; Eggs; Honey; I eat all of these foods.

The survey results indicate that 7 percent of 8- to 18-year-olds never eat meat, while 12 percent of males ages 10-12 stated they don't eat meat. In a 2009 VRG Harris poll, a similar 8 percent of adults said they never eat meat. Other surveys, which don't use the word 'never,' will likely find that even more people don't eat meat.

In the poll, 3 percent of U.S. youth indicated they never eat meat, poultry, and fish/seafood. They were classified as vegetarian. Approximately one-third of the vegetarians (1 percent of the U.S. youth population) also never eat dairy, eggs, and honey and, therefore,

were classified as vegan. One-third of the vegetarians (1 percent of the U.S. youth population) were vegan except for honey.

Thus, about two-thirds of vegetarians (2 percent of the youth population in the U.S.) are either vegan or vegan except for honey. When marketing to vegetarians, these numbers make a good case for producing vegan products, as well as producing items that will appeal to youth who are not vegetarian but don't eat meat. Remember that vegans also tend to be the 'activists,' who will push your product or business.

We would estimate approximately 1.4 million youth in the United States are vegetarian, while approximately 3 million never eat meat. This brings up the 'veto factor.' If one individual in a group of youth is vegetarian, the whole group may 'veto' a restaurant that only serves meat and choose a restaurant with vegetarian alternatives. For restaurants, offering meatless options has more of an impact beyond just meeting the needs of the vegetarians.

For additional vegetarian polls, see <www.vrg.org/nutshell/faq.htm#poll>.

Methodology

Harris Interactive® fielded the study on behalf of The Vegetarian Resource Group from January 13 to January 19, 2010, via its YouthQuerySM online omnibus service, interviewing a nationwide sample of 1,258 U.S. youth aged 8 to 18 years old. Data were weighted using propensity score weighting to be representative of the total U.S. 8- to 18-year-old population on the basis of region, age within gender, education, household income, race/ethnicity, and propensity to be online.

Using traditional methods, with a pure probability sample, one could say with a 95 percent probability that the overall results have a sampling error of approximately three percentage points. However, that does not take other sources of error into account. This is an online poll, using an opt-in sample. Because sampling techniques are not based on a pure probability sample, it is not possible for Harris to quantify or estimate sampling error. Nonprobability samples can still be representative of the population but cannot depend upon the rationale of probability theory. The data is weighted to reflect the composition of the entire U.S. population of 8- to 18-year-olds.

About Harris Interactive®

Harris Interactive® is one of the world's leading custom market research firms, leveraging research, technology, and business acumen to transform relevant insight into actionable foresight. Known widely for the Harris Poll and for pioneering innovative research methodologies, Harris offers expertise in a wide range of industries and serves clients in over 215 countries and territories. For more information, please visit <www.harrisinteractive.com>.

VEGETARIAN YOUTH (8-18) IN THE UNITED STATES

- 3% Vegetarian (Includes vegans and vegans except for honey)
- 2% 1% vegan + 1% vegan except for honey
- 1% Vegan (Rounded up to 1%)
- 1% Vegan except for honey (Rounded down to 1%)
- 3% Male vegetarians
- 3% Female vegetarians
- 3% Male vegans or vegans except for honey*
- 2% Female vegans or vegans except for honey
- 4% Vegetarians ages 8-12
- 3% Vegetarians ages 13-18
- 4% Vegetarians in the East**
- 4% Vegetarians in the South**
- 2% Vegetarians in the Midwest**
- 2% Vegetarians in the West**

* Not all young male vegetarians are vegan. Numbers aren't exact because of rounding and sampling error.

** The East includes Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, and West Virginia. The South includes Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, and Virginia. The Midwest includes Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin. The West includes Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Wyoming.

YOUTH (8-18) IN THE UNITED STATES WHO NEVER EAT MEAT

- 7% Total
- 8% Male
- 7% Female
- 8% Ages 8-12
- 7% Ages 13-18
- 9% Male, ages 8-9
- 9% Female, ages 8-9
- 12% Male, ages 10-12
- 3% Female, ages 10-12
- 5% Male, ages 13-15
- 9% Female, ages 13-15
- 5% Male, ages 16-18
- 8% Female, ages 16-18
- 9% East*
- 9% South*
- 6% Midwest*
- 6% West*

* For states that each region covers, see previous poll.

OTHER FINDINGS ABOUT YOUTH IN THE UNITED STATES

- 22% Never eat fish
- 7% Never eat poultry
- 7% Never eat meat
- 11% Never eat eggs
- 6% Never consume dairy products
- 21% Never consume honey

Charles Stahler is Co-Director of The Vegetarian Resource Group.

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Soy Foods Improve Breast Cancer Survival Rates

Soy foods are rich in compounds called phytoestrogens that resemble the hormone estrogen. Since estrogen appears to play a role in breast cancer development and progression, is it safe for women with breast cancer to consume soy? A recent large study examined soy food intake in women in China with breast cancer and evaluated the association of soy foods with cancer recurrence and with death. More than 5,000 women who had been diagnosed with breast cancer were studied for an average of four years after diagnosis. Women who ate the most soy foods had almost a 30 percent lower risk of death during the period studied and were significantly less likely to have a recurrence of breast cancer compared to women eating the lowest amount (5 grams of soy protein or less per day) of soy foods. These results were similar for both estrogen-receptor positive and estrogen-receptor negative cancer. The use of a common breast cancer drug, Tamoxifen, did not change results. Intakes of more than 11 grams of soy protein, or more than 40 milligrams of soy isoflavones, did not appear to offer additional protection. Women in this study mainly ate traditional soy foods, such as tofu, miso, soybeans, and soymilk, rather than using soy supplements, fake meats, or isoflavone supplements. In other words, it looks as if a moderate intake of traditional soy foods is both safe and beneficial for women with breast cancer.

Shu XO, Zheng Y, Cai H, et al. 2009. Soy food intake and breast cancer survival. *JAMA* 302(22):2437-43.

Growing Up Too Soon?

The average age at which puberty starts has dropped significantly over the past 150 years. Many factors affect the timing of the start of puberty, and one appears to be dietary protein intake in childhood. A study of more than 100 boys and girls in Germany found that children with a higher animal protein and/or a higher dairy protein intake at ages 3-4 or 5-6 years had an earlier start of puberty than did children with lower protein intakes. A higher vegetable protein intake was associated with a later onset of puberty. This agrees with some earlier

studies that found vegetarian girls matured slightly later than non-vegetarian girls. An earlier puberty has been related to an increased risk of certain cancers, including breast cancer. For example, each additional year older a girl is at menarche (onset of menstrual periods) is associated with a 9 percent lower risk of breast cancer. The results of this study suggest a potential health benefit of vegan diets in childhood.

Gunther ALB, Karaolis-Danckert N, Kroke A, et al. 2010. Dietary protein intake throughout childhood is associated with the timing of puberty. *J Nutr* 140:565-71.

Vegan Diets on the Job

Imagine this. A major U.S. corporation offers employees a worksite nutrition program featuring a lowfat vegan diet. Think you're dreaming? You're not. This really happened at GEICO headquarters in Chevy Chase, Maryland. The 22-week program was offered to employees who were overweight and/or had type 2 diabetes. The 65 participants who volunteered for the study were asked to follow a lowfat vegan diet that included vegetables, fruits, grains, and beans. No restrictions were placed on portion sizes or calories. The cafeteria offered one breakfast item, two lunch entrées, and two side dishes daily that met the diet guidelines. Participants were encouraged to attend weekly lunchtime support sessions. A comparison group consisted of 44 similar employees in another office who continued with their usual diet. Study participants lost weight, had lower blood pressure, and had fewer absences than the comparison group. Diet records showed that study participants were able to reduce dietary total fat, saturated fat, trans fat, cholesterol, and calories. They increased their intake of many important nutrients, including fiber, vitamin C, potassium, and vitamin A. The researchers who conducted this study conclude, "With education on the use of lowfat vegan diets and modest worksite support, employees can implement changes in their diets that, if sustained, may reduce the risk of common and costly diseases such as heart disease, cancer, and diabetes."

Levin SM, Ferdowsian HR, Hoover VJ, et al. 2010. A worksite programme significantly alters nutrient intakes. *Public Health Nutr* Jan 15:1-7. [Epub ahead of print].

Agricultural Policy — A New Way to Fight Obesity?

A recent article looks at an interesting way to combat obesity, by changing agricultural policy. Americans are eating more calories than they did 40 years ago when rates of obesity were lower. These extra calories are mainly from added fats and sugars and from refined grains. American farms are the source for many of these extra fats, sugars, and calories in forms like high-fructose corn syrup and soy oil.

Over the long term, what farmers grow is heavily influenced by agricultural policy. For 35 years, commodity farmers (those growing corn, wheat, cotton, rice, milk, and later soybeans) have been encouraged by a federal 'cheap food' policy to produce as much as possible of a few crops. The result is that, not only are many more fats, sugars, and calories available, but also that foods containing fats and sugars cost less than many healthier foods. What about fruits and vegetables? USDA data indicate that the U.S. food system does not produce enough fruits or vegetables to meet the recommended intake levels for these foods. We could import more of these foods, but that can be problematic in terms of energy use and food safety concerns. U.S. agricultural policy generally has not offered incentives or supported farmers to grow fruits and vegetables. The article's author calls for a redesign of the food environment in the United States, including a significant change in agricultural policies. Stay tuned for the 2012 Farm Bill, which offers opportunities to change agricultural policies in an effort to fight obesity.

Wallinga D. 2010. Agricultural policy and childhood obesity: a food systems and public health commentary. *Health Aff (Millwood)* Mar-Apr 29(3): 405-10.

The Latest News on Protein and Bone Health

Our bones contain both calcium and protein, and both are needed to make strong bones. On the other hand, high dietary protein may increase calcium losses in urine, potentially leading to weaker bones. A recent

meta-analysis examined the relationship between dietary protein and bone health. Higher dietary protein intakes appeared to have a slight positive effect on bone strength but had little effect on the risk of breaking a bone. Results were similar regardless of the protein source—higher intakes of total protein, animal protein, or vegetable protein all had little effect on bone health. These results raise questions about the belief that high-protein diets are harmful to bone. Everyone—vegan, vegetarian, or non-vegetarian—should strive to get adequate protein and calcium for optimal bone health.

Millward DJ, Torgerson DJ, Hewitt CE, Lanham-New SA. 2009. Dietary protein and bone health: a systematic review and meta-analysis. *Am J Clin Nutr* 90:1674-92.

Kerstetter JE. 2009. Dietary protein and bone: a new approach to an old question. *Am J Clin Nutr* 90:1451-52.

PBDEs and Diet

Polybrominated diphenyl ethers (PBDEs) are flame retardants that are used in electronics and fabrics. Because of their widespread use, PBDEs are found in dust, in the air, and in food. Although only a few studies have been done on the effects of PBDEs in humans, harmful effects on male hormones and fertility, thyroid function, and birth weight of infants have been reported. A large study in the United States measured blood levels of PBDEs and asked participants about their diet. The lowest concentrations of PBDEs were seen in those who ate red meat and poultry less than once a week or who did not eat meat at all. Separate results were not presented for vegetarians because they only represented a small number of subjects, so they were included in the group of low meat-eaters. The group of low meat-eaters had blood PBDE levels that were approximately 25 percent lower than those who ate more meat. Both poultry and red meat were associated with higher PBDE levels. Although this study did not find an association between fish or dairy products and blood PBDE levels, other studies have found high levels of PBDEs in fish and an association between PBDEs in breastmilk and dairy fat intake.

Fraser AJ, Webster TF, McClean MD. 2009. Diet contributes significantly to the body burden of PBDEs in the general U.S. population. *Environ Health Perspect* 117(10):1520-25.

Secrets of the Seasonal Vegan

By Debra Daniels-Zeller

EATING FRUITS AND VEGETABLES THAT ARE IN season brings us in tune with the rhythms of the earth. Summer delivers a rainbow of colors and diverse produce choices. Autumn ushers in sweet flavors and hearty foods such as yams, potatoes, and winter squash that fill savory casseroles and compliment baked beans. Winter options like citrus fruits instill sweet and sour tones that complete soups and wake up sleepy pilafs. And spring signals fresh beginnings with an abundance of greens.

Taking advantage of the produce that is in season is possible for all, even if you don't have a garden, you can't make it to the farmers' market every week, and your produce comes from grocery stores. When you grow or purchase foods that are in season, you are choosing produce picked at the peak of ripeness as well as enjoying the bounty that grows in your region of the world. For most of the United States, this usually means peaches in mid-to-late summer and kale and potatoes in winter. If you want the sweetest and most flavorful melons, look for those in summer. For juicy, reasonably priced lemons, search for these gems in winter.

Produce availability fluctuates with the seasons across North America. Growing seasons extend from tropical (Florida) to cool temperate (South Dakota). Even in my own state, Washington, produce harvests are staggered. For example, east of the Cascade Mountains, tomatoes ripen in July, but for many backyard gardeners west of this range, tomatoes rarely show up until August.



Likewise, stone fruits, such as peaches and nectarines, thrive in the dry climate east of the Cascades, but the same varieties may be plagued by fungus in the damp conditions near the coast.

If you want to know what's available state by state each month, visit <www.epicurious.com>. Just click on articles and guides, and check out the peak season map. Find your state, pick the month you're interested in, and discover what's in season.

The recipes in this article are designed to use year-round; just shift ingredients as the seasons change. For instance, when contemplating a simple steamed vegetable side dish, I combine a simple sweet-and-sour sauce with lemon and agave nectar for spring asparagus, summer green beans, fall carrots, and winter beets.

FRESH FRUIT SMOOTHIES

(Serves 2)

The secret to making creamy-tasting fruit smoothies without adding dairy or soy is adding a Tablespoon or two of nut butter (almond or hazelnut) and a banana. Sometimes, I add a little lemon zest or a pinch of fresh lavender buds during the summer. When winter arrives, I make citrus smoothies from the juice and zest from two oranges, two ripe bananas, and almond butter (no water).

2 cups berries or pitted and sliced peaches, nectarines, apricots, or cherries
1/2 cup water
2 Tablespoons no-salt-added almond, cashew, or hazelnut butter
1 ripe banana
1 cup ice cubes

Combine all ingredients in a blender and purée until smooth. Add more water if you would like a thinner consistency.

Total calories per serving: 200
Carbohydrates: 28 grams
Sodium: 4 milligrams

Fat: 10 grams
Protein: 4 grams
Fiber: 5 grams

Seasonal Produce

SPRING	SUMMER	FALL	WINTER
Artichokes Asparagus Beets (baby) Blackberries* Blueberries* Brussels sprouts* Eggplant** Fava beans Figs* Grapefruit* Green garlic Kale Lettuce Limes* Mangos** Rhubarb Spinach Spring onions Strawberries Sugar snap peas Turnips (baby) Wild greens	Apples* Apricots Beans (green, shell) Beets Berries Broccoli Carrots Cauliflower Celery Cherries Corn Cucumbers Currants Eggplant Fennel Figs Garlic Grapes Greens*** Kohlrabi Melons Nectarines Okra Onions Parsley Peaches Peas Peppers Plums Potatoes Radishes Squash (summer) Squash (winter)* Tomatillos Tomatoes	Apples Asian pears Beans (green, shell) Beets Berries Broccoli Brussels sprouts Burdock roots Cabbage Carrots Cauliflower Celeriac Celery Corn Cranberries Cucumbers Daikons Dates Fennel Figs Garlic Grapes Greens*** Guavas Horseradish Huckleberries Jerusalem artichokes Key limes* Leeks Melons Onions Parsley roots Parsnips Peppers Pumpkins Quince Radishes Rutabagas Squash (summer) Squash (winter) Star fruit**	Apples Avocados* Beets Bok choy Brussels sprouts Cabbage Carrots Cauliflower Chard Collards Grapefruit* Kale Lemons* Lettuce Limes* Oranges* Persimmons* Potatoes Radishes Rutabagas Soybeans (green) Squash (winter) Star fruit** Sweet potatoes Turnips

* Florida, Texas, Arizona, or California

** Florida

*** Fewer varieties of greens in the South and Southwest and in drought-stricken states

DRIED FRUIT SMOOTHIES

(Serves 2)

In the winter, I make smoothies with many kinds of dried fruit. Try a blend of apples and cherries, or perhaps a combination of apricots and dates.

1 cup loosely packed dried fruit
1 cup water
1/2 cup orange juice
1 ripe banana
1-2 Tablespoons no-salt-added almond, cashew, or hazelnut butter
1 cup ice cubes

Combine the fruit and water, and allow fruit to rehydrate overnight.

Combine all of the other ingredients in a blender and purée until smooth. Add more water if you would like a thinner consistency. For a thicker consistency, add more bananas.

Drain the dried fruit, if necessary. Add to the ingredients in the blender and purée until smooth.

Total calories per serving: 281 Fat: 5 grams
Carbohydrates: 59 grams Protein: 3 grams
Sodium: 21 milligrams Fiber: 5 grams

FRESH FRUIT AMBROSIA

(Serves 4)

Seasonal fruit provides a revolving kaleidoscope of flavors for this fun fruit salad anytime of year. In the spring, add strawberries and garnish with mint sprigs. During the summer, try melon chunks or peach, nectarine, or plum slices. Berries taste best in spring through fall. In winter, try apples, pears, chopped dates, and chopped nuts. If you want to add dried fruit, try 1/2 cup dried and the remainder fresh.

Mori-Nu makes a great shelf-stable tofu, and it is often found in

the international aisle in natural foods stores.

One 12-ounce package shelf-stable silken tofu
1 cup canned pineapple chunks, drained
1 ripe banana
2 Tablespoons lime juice
Agave nectar to taste
4 1/2 cups seasonal fruit (whole berries; bite-sized melon cubes; sliced peaches, nectarines, apples, and pears; etc.)
2-4 Tablespoons finely chopped nuts or grated coconut (optional)

Combine tofu, pineapple, bananas, lime juice, and agave nectar in a blender. Blend until smooth and transfer to a bowl. Gently mix in your choice of rinsed and cut fruit. Sprinkle with chopped nuts or grated coconut, if desired.

Total calories per serving: 189 Fat: 3 grams
Carbohydrates: 38 grams Protein: 6 grams
Sodium: 8 milligrams Fiber: 7 grams

FULL MEAL DEAL POTATO SALAD

(Serves 6)

Potatoes are in season most of the year. Parsley is available year-round, but it's seasonal in spring and summer for most of North America.

As the seasons shift gears, this salad can sparkle with vegetable variety. In the summer, add slices of colorful peppers, garden fresh peas, steamed green beans, or corn fresh from a cob. In the fall, try bite-sized chunks of peeled and steamed yams or winter squash. In the winter, savor rutabagas, turnips, or raw grated parsnips. When spring arrives, add lightly steamed cut asparagus, sugar snap or snow peas, and chives.

2 pounds white or red potatoes, peeled and cut into bite-sized chunks

1/3 cup vegan mayonnaise
1/4 cup white miso
3 Tablespoons raspberry or rice vinegar
1 teaspoon agave nectar
2 teaspoons Dijon mustard with horseradish
1/2 teaspoon celery seed
2 cloves garlic, pressed, or 1/4 teaspoon garlic powder
1/4 teaspoon cayenne
2 cups shredded or chopped seasonal vegetables (raw vegetables, such as peas or peppers, or lightly steamed vegetables, such as cut green beans or diced winter squash)
1/4 cup minced onions
1 cup finely chopped celery (best in late summer or fall)
1/4 cup chopped parsley (optional)

Place the potatoes in a saucepan with water and steam until fork-tender, approximately 5-7 minutes. Drain and place in a large mixing bowl. Set aside and allow potatoes to cool slightly while you blend the salad dressing.

In a small bowl, combine the mayonnaise, miso, vinegar, agave nectar, mustard, celery seed, garlic, and cayenne. Blend with a fork, mashing and stirring until smooth and creamy.

Add seasonal vegetables, onions, and celery to the warm potatoes. Gently stir in the dressing and sprinkle parsley over potato salad to finish. Serve warm, or refrigerate and serve cold later.

Total calories per serving: 211 Fat: 4 grams
Carbohydrates: 39 grams Protein: 5 grams
Sodium: 517 milligrams Fiber: 7 grams

QUINOA-GARBANZO SALAD WITH GREENS

(Serves 5)

**Pictured on the cover. Kale and collards are hearty greens that grow year-round in many areas through-*

out North America. Carrots are another almost year-round option for many of our growing zones. Fresh corn, parsley, and diced red and yellow peppers make colorful summer options, while in the fall, I add steamed, chopped golden beets or finely chopped raw apples.

- 1³/₄ cups water
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 1 cup quinoa, rinsed and drained
- 2-3 Tablespoons extra-virgin olive oil, divided
- 1 onion, diced (approximately 2 cups)
- 1 bunch (approximately 6 cups) seasonal greens, such as kale, collards, or mustard greens, washed, patted dry, and finely chopped
- 1-1¹/₂ cups cooked bite-sized chunks of seasonal vegetables (optional)
- One 15-ounce can garbanzo beans, drained and rinsed
- 1/4 cup balsamic vinegar
- 1 teaspoon agave nectar (optional)
- 1/4 teaspoon cayenne

In a small saucepan, combine the water, garlic powder, and salt. Bring to a boil over medium-high heat. Reduce heat, add the quinoa, and bring to a second boil. Reduce heat and simmer for 15 minutes or until the quinoa is tender and has absorbed all of the water.

While the quinoa cooks, heat a skillet and add 1-2 Tablespoons of olive oil. Add the onions, and stir and cook until soft. Add the chopped greens and cook until the greens are tender, approximately 5-10 minutes. Combine the greens with the quinoa and add in the seasonal vegetables. Gently stir garbanzos into this mixture.

In a small bowl, combine the remaining olive oil, balsamic vinegar, agave nectar, and cayenne. Whisk to blend and gently stir into the salad. This dish is great

warm or chilled and served as a whole meal salad later.

Total calories per serving: 355 Fat: 9 grams
 Carbohydrates: 60 grams Protein: 12 grams
 Sodium: 359 milligrams Fiber: 8 grams

HUMMUS

(Makes 2 cups or sixteen 2-Tablespoon servings)

This unique hummus incorporates seasonal vegetables. Since carrots are in season most of the year, I usually make carrot hummus. I've also used edamame or fava beans instead of garbanzo beans. Use the water from the steamed vegetables, adding just enough for a creamy texture.

- 1 cup cooked, drained garbanzos
- 1 cup steamed vegetables (such as carrots, cauliflower, winter squash, potatoes, yams, rutabagas, etc.)
- 1/4 cup tahini
- Juice (approximately 2¹/₂ teaspoons) and zest of 1/2 lemon
- 1/2 teaspoon agave nectar (optional)
- 2 cloves garlic, minced or pressed
- 1/4 teaspoon cayenne
- 1/4-1/2 cup water
- Salt to taste
- Cilantro or finely chopped parsley to garnish

Place garbanzos, vegetables, tahini, lemon juice and zest, agave nectar, garlic, cayenne, and 1/4 cup water in a blender. Purée mixture until smooth, adding more water to

reach desired consistency, if necessary. Add salt to taste. Garnish with cilantro or parsley.

Total calories per serving: 43 Fat: 2 grams
 Carbohydrates: 5 grams Protein: 2 grams
 Sodium: 11 milligrams Fiber: 1 gram

SWEET-AND-SOUR SAUCE FOR SEASONAL VEGETABLES

(Serves 4)

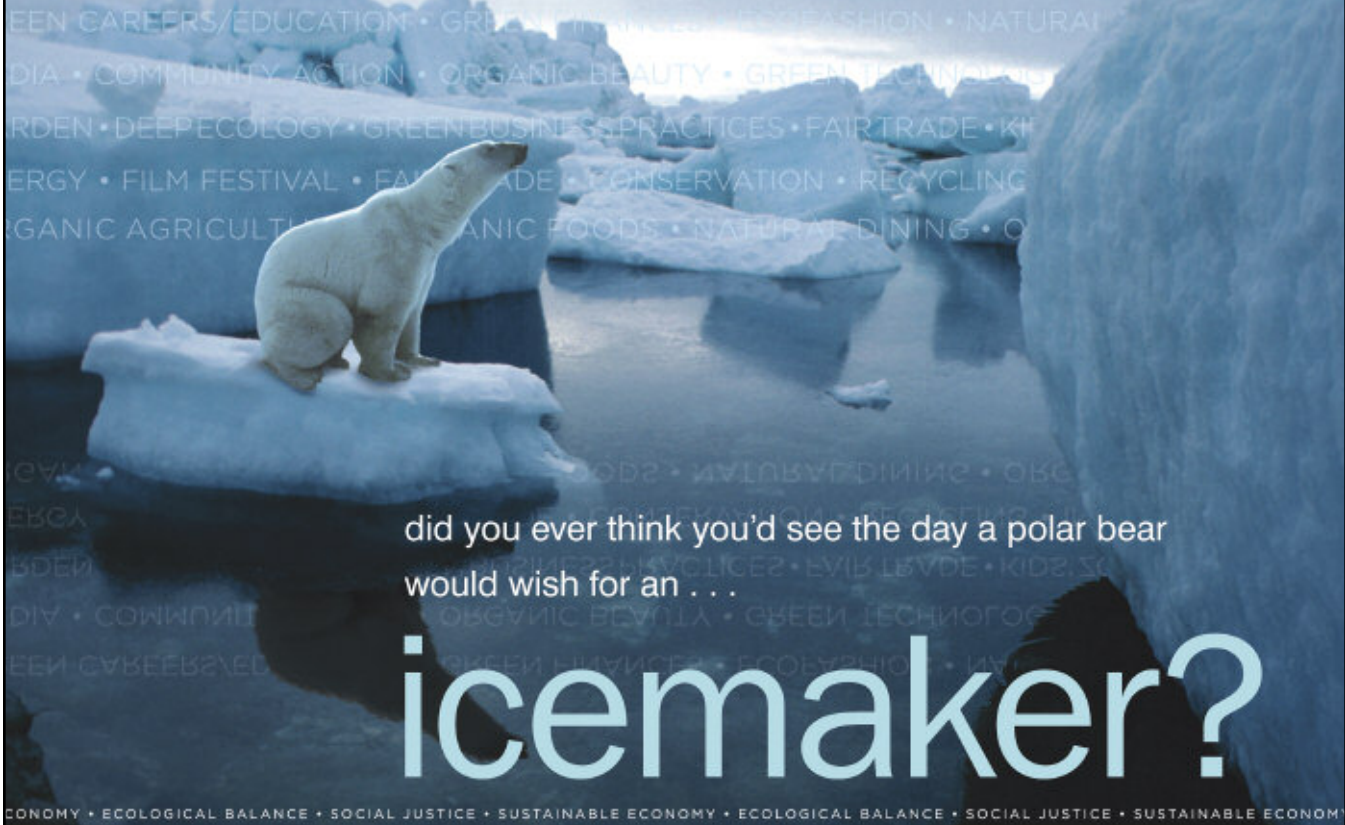
This easy recipe is my favorite for adding pizzazz to steamed, roasted, or grilled vegetables. It's also a great addition to soups since it contains all the essential flavors—sweet, sour, pungent, spicy, and salty. Citrus fruits are more seasonal in winter, but I often keep a lemon or two on hand year-round to make this simple recipe.

- 1/4 cup lemon juice
- 1 Tablespoon finely chopped lemon zest
- 1/2 Tablespoon agave nectar
- 1-2 cloves garlic, pressed
- 1/4 teaspoon cayenne
- 1/4 teaspoon salt

Blend all ingredients together. Drizzle over vegetables, gently toss, and serve.

Total calories per serving: 13 Fat: <1 gram
 Carbohydrates: 4 grams Protein: <1 gram
 Sodium: 146 milligrams Fiber: <1 gram





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SHEPHERD'S PIE

(Serves 4)

I make extra mashed potatoes for one meal and use the rest for this great main dish. Sometimes, I add a sprig of rosemary or a generous pinch of thyme and oregano. I also like spicy food and often incorporate additional salsa or hot peppers to kick it up a notch.

In the summer, fresh cauliflower, English peas, fennel, and green beans add liveliness. Zucchini, corn, peppers, sweet potatoes, and golden beets grace this comfort food in the fall. For winter, halved Brussels sprouts, winter squash, rutabagas, or parsnips make staying home for dinner a welcome treat. In the spring, asparagus and sugar snap peas make this entrée sing. Consider the produce chart for other seasonal vegetable options, and imagine the possibilities.

- 1/4 cup salsa
- 2-3 cups mashed potatoes
- 1 Tablespoon olive or safflower oil
- 1 large onion, peeled and chopped
- 5-6 cups of bite-sized seasonal vegetables
- 1 cup water, divided
- 2 Tablespoons arrowroot or 1 Tablespoon cornstarch
- 2 Tablespoons white miso
- One 15-ounce can white, red, or pinto beans or black-eyed peas, drained, or 1 1/2 cups cooked dry white, red, or pinto beans or black-eyed peas
- Freshly ground pepper
- 1 teaspoon paprika

Blend salsa into mashed potatoes and set aside.

Heat a heavy ovenproof 10-inch skillet over medium heat. (I use cast iron.) When the pan is hot, add oil and onions, stir, and cook until onions are soft and lightly browned, approximately 10 minutes. Add a little

water, if necessary. When onions have browned, add vegetables and 3/4 cup water and then simmer over medium heat. Cover and cook on medium-low heat for a few minutes.

Preheat oven to 350 degrees.

While the vegetables cook, blend together the remaining water, arrowroot or cornstarch, and miso and add to simmering vegetables. Stir in the beans and pepper and cook until vegetables begin to soften, approximately 5-10 minutes.

Remove vegetables from heat. Spread the potato-salsa mixture over the top and sprinkle with paprika. Transfer to the oven and bake for 30 minutes or until the mixture is bubbly and the top is slightly browned. Serve with a simple green salad and crusty artisan bread.

Total calories per serving: 332
Carbohydrates: 62 grams
Sodium: 417 milligrams

Fat: 4 grams
Protein: 14 grams
Fiber: 12 grams

FRUIT CRUNCH

(Serves 4-6)

Seasonal fruit is the main attraction in this easy recipe. In the summer, combine berries and add 1/2 teaspoon of crushed fresh culinary lavender buds. For fall flavors, add 1/2 cup of fresh cranberries to apples and pears and slightly more sugar to compensate for the astringent cranberries. In the spring, rhubarb and strawberries call out for orange juice and zest.

You should adjust the amount of sweetness you add based on the kinds of produce you use. With sweet summer fruit like peaches and blueberries, use the least amount of sugar. With rhubarb, cranberries, tart berries, or sour apples, add up to half a cup of sugar.

- 1 1/2 cups flour, divided
- 1/2 cup oats
- 1 teaspoon baking powder
- 2 Tablespoons sugar (Use your favorite vegan variety.)
- 1/4 cup nonhydrogenated vegan margarine or safflower oil
- 2 Tablespoons maple syrup
- 4-5 cups fresh fruit (such as seeded, peeled, and sliced peaches, nectarines, or apples; seeded and sliced pears; chopped rhubarb and strawberries; or summer berries)
- An additional 1/4-1/2 cup sugar (optional)
- 1 Tablespoon lemon juice
- 1 Tablespoon lemon zest, or more for additional flavoring

Preheat oven to 350 degrees.

In a medium-sized mixing bowl, combine 3/4 cup flour, oats, baking powder, and 2 Tablespoons sugar. Cut in the margarine or oil with a pastry blender or fork. Then, stir in the maple syrup. The mixture should be crumbly with chunks. Set aside.

In another large bowl, combine the fruit, additional sugar (if using), lemon juice, lemon zest, and remaining flour. Use slightly more flour for soft fruits, such as peaches, and slightly less for harder fruits, like apples.

Scoop fruit mixture into the bottom of a 1 1/2- to 2-quart soufflé or casserole dish. Spread flour-oats mixture over the fruit to create a topping. Place in the oven and bake for 45 minutes or until top is browned. The top becomes crisp as it cools.

Total calories per serving: 412
Carbohydrates: 68 grams
Sodium: 214 milligrams

Fat: 13 grams
Protein: 8 grams
Fiber: 5 grams

Debra Daniels-Zeller is a frequent contributor to *Vegetarian Journal*. Her most recent article was "Vegan Cowboy Cuisine" for Issue 2, 2010.

L-Cysteine in McDonald's Apple and Cherry Pies is Derived from an Animal Source

By Jeanne Yacoubou, MS, VRG Research Director

A VRG MEMBER IN THE PACIFIC NORTHWEST asked us about the source of the L-cysteine in the cherry pies at her local McDonald's. In January 2009, a McDonald's customer service representative named Erin told us that, since the cherry pie is not a national, 'core' menu item, no information about the pie was available. Erin suggested that we contact the local restaurants that carry cherry pies.

The VRG made several calls to random McDonald's locations in Seattle, WA, and Portland, OR. We were given a wide variety of answers, but the general conclusion was that no one knew about the L-cysteine's source because they had no ingredient information. We were directed back to the corporate offices for McDonald's.

The VRG discovered that the Bama Company supplies McDonald's with their pies. In the spring of 2009, we left several messages with Bama and sent several e-mails but received no response.

In May 2009, The VRG received a call from Kathy at the McDonald's corporate office in Illinois. She told us that the L-cysteine in the McDonald's cherry pie is derived "from an animal source." When we inquired further regarding the specific animal source, Kathy

told us that the supplier did not provide any more specification. She also noted that supplier and ingredient information may change and that McDonald's guarantees no product as vegetarian.

As a follow-up, The VRG called the McDonald's consumers line again and asked if the L-cysteine in the apple pie was also derived from "an animal source." In November 2009, Michaela told us that the L-cysteine in the apple pie was indeed from an animal source. When we asked for more specification, Josie, who works in menu development at the McDonald's corporate office, called us and said that the L-cysteine in the apple pie is from "an animal source but not human-derived." When I asked for more specification (specifically, whether the L-cysteine was derived from duck feathers), Josie replied that she had no other information and that degree of specification is proprietary information.

Interested readers may refer to The VRG's article on L-cysteine, which is available here: <www.vrg.org/journal/vj2008issue1/vj2008issue1lcysteine.htm>.

Readers may look at VRG's Blog or subscribe to our free e-newsletter at <www.vrg.org> for further updates on ingredients used at major restaurant chains.

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 VRG in your will or life insurance policy will enable us to increase our work for vegetarianism.
- The VRG is a tax-exempt organization. Bequests are tax-deductible for federal estate tax purposes.
- 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 that your wishes are carried out, please speak with your attorney specifically about writing the correct information into your will.

Very Berry Cuisine

By Chef Nancy Berkoff, RD, EdD, CCE

AREN'T FRESH BERRIES WONDERFUL? FRESH blueberries, red or white raspberries, blackberries, huckleberries, mulberries (if you can find them), boysenberries, and cherries can be eaten as is. They can also top hot and cold cereal, convert steamed rice into a morning hot dish or a dessert, and garnish green or spinach salads. Berries can be mixed into pancake batter, used as the 'sweet' in sweet-and-sour salad dressings (such as oil and vinegar), tossed into smoothies, frozen into ice cubes, mixed into iced tea, and spooned over vegan ice cream. And that's just for starters!

PREPARATION AND STORAGE

No matter how you are going to use your berries, hold off on washing them until it is time to eat them. When you are ready, wash the berries under the coldest water possible. Do not let them soak—quick but thorough, in and out. Berries that sit in water tend to sog and lose some of their nutritional value.

Some berries are more durable than others. Raspberries, strawberries, and blackberries should be eaten quickly. (This should not be a problem!) However, fresh cherries and blueberries may last for up to five days in the refrigerator. If you are going to refrigerate them, store the berries in a shallow bowl or on a plate. This allows for air circulation and helps to avoid bruising and squashing.

You can also freeze fresh berries. Simply spread them into a single layer on a flat plate or pan that will fit in your freezer. They should freeze quickly. Once the berries are frozen, you can put them in containers or freezer bags. Stir them frozen into muffin or pancake batters or into smoothies, or garnish desserts with them. Or simply use your frozen berries as a fast treat. What could be more luscious than popping some fresh-frozen blueberries into your mouth on a hot day?

MORE IDEAS

Just so you don't get berry burnout, here are two more suggestions for using berries:

- How about a **berry salsa**? Use the berries of your choice, tossed with fresh mint, a little vinegar, a pinch of black pepper, a splash of fruit juice, and a very, very small amount of chopped chilies! Use this salsa the way you would for more traditional ones—as a dip for chips, a topping for nachos, or a garnish for tofu or veggies.
- For a satiny **berry sauce**, place approximately 1 cup of berries in a blender. Add a small amount of vegan sour cream and a dash of maple syrup or rice syrup. Blend until smooth. Serve with a slice of cake or raisin toast, with waffles or pancakes, over vegan ice cream, or as a dressing for fresh fruit salad.



MAKING THE COVER

LINDA LONG BRINGS VEGAN FOOD AND PHOTOGRAPHY TO AN NYC HIGH SCHOOL

BY KERYL CRYER

LINDA LONG IS A NEW YORK CITY-BASED writer and photographer who has been involved with The Vegetarian Resource Group for many years. In 2005, she started putting her talents to work for The VRG when she began preparing and photographing the dish(es) for each cover of *Vegetarian Journal*. Linda has also written and done the photographs for her own cookbook, *Great Chefs Cook Vegan: 25 of the Nation's Top Chefs Apply Their Talents to Plant Foods*.

Recently, Linda served as one of five judges for the Cool School Food Contest, which the New York Coalition for Healthy School Food sponsored at the James Beard House. One student began looking at her cookbook and mentioned that he wished that he knew how to photograph the food he prepares. This comment inspired Linda to offer the two high schools present the opportunity to help her with the cover of an upcoming issue of *Vegetarian Journal*.

The first school to take Linda up on her offer was the Food and Finance High School, located west of the theater district in midtown Manhattan. Students from throughout New York City come to this public high school to take a full range of academic courses as well

as a three-year sequence in cooking and baking. When they graduate, they receive both a Regents diploma and food industry certifications.

Here are some comments from the students and others involved in the shoot for this issue's cover photo:

"I packed eight cases of equipment and props and took them to the high school. Then, I read the assignment parameters for the photo to the students, showed them the last three covers so they would not choose a similar background, and had them look at the food that their classmate, Lazarus, had prepared. They looked at color and texture to consider the right dish or bowl."

— Linda Long

"Working with Linda was such an awesome experience because she has such a keen eye for a variety of ways that food can be placed on different color plates, bowls, and backgrounds. I tend to present food on classic, modern white plates. However, when I saw all of the different color plates, placemats, and napkins, I was completely blown away at how they can add an aesthetic appeal and revive the natural look of the food on the plate."

— Lazarus Lynch



(Left to right) Tihelia James, Lazarus Lynch, Ciera Blaylock, Kemiyah Lacy, Anthony Clarke, Richard Brunson, Brandon Anderson, Sheniah Thomas, and Alicia Bowker from the Eatwise Club at the Food and Finance High School in New York City

“Once all decisions were made, the lights and table set up, and the background cloths ironed, each student started taking some shots and looking at each photo on the nearby TV. The camera was tethered to the TV so that all the students could see what was shot and how to improve it.”

— Linda Long



Some of the students during the cover shoot

“I thought the shoot was fun and exciting, and it was a way for me not to worry too much about the cooking but more about the beauty of the food. The technical part of the shoot that stuck in my mind was using the reflectors to bounce off the mirrors and the food at the most perfect and beautiful spots. It was amazing to me what just a little light can do.”

— Tihelia James

“Since everyone had turns with the camera, there is no way to know whose shot is on the cover now! I am sure that each student will think it is his or hers!”

— Linda Long

“The students loved being a part of a professional food photo shoot. Aside from Linda’s high-tech camera, they thought it was great to see how basic it really was— some interesting plates, some fabric, and a light reflector. It really demystified an aspect of the publishing industry. Kids are often under the impression that things that appear in the media are somehow magic and other-worldly. This helped to show them otherwise.”

— Chef Instructor Grant Springer

“Not too many chefs in the culinary industry use plant-based dishes unless it is a vegetarian restaurant or a chef feels the need to have one or two vegetarian meals on the menu. The dishes are not only delicious, but they are affordable and healthy. I will definitely use this knowledge to my advantage because I am an aspiring chef.”

— Tihelia James

“I never suspected how rewarding the experience was going to be for me.”

— Linda Long

Keryl Cryer is the Senior Editor of *Vegetarian Journal*.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VRG IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed about making the change to a vegetarian diet for *Community Health* magazine and about myths regarding vegetarianism for *Women’s Health* magazine. She also spoke to *Yoga Journal* about vegetarian nutrition and to *Natural Health* magazine about the benefits and challenges of going vegan. Reed was interviewed for an article about vegetarian children in *Today’s Dietitian* and wrote a chapter about pediatric vegetarianism for a new book, *Essentials of Life Cycle Nutrition* (Jones and Bartlett Publishers).

VRG OUTREACH

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was a guest on the Physicians Committee for Responsible Medicine’s Diabetes Forum, where she discussed the latest American Dietetic Association (ADA) position paper on vegetarian diets. Reed is one of the paper’s co-authors.

VRG’s Food Service Advisor Nancy Berkoff, RD, EdD, CCE, is writing the vegetarian segments for nutrition classes offered by several online universities. The segments include a brief lecture, interactive projects, and a short research project. Students taking the classes include nursing and health administration majors, as well as general education students.

Martek, Manufacturer of Vegan DHA, To Produce Vegan Chondroitin

By Jeanne Yacoubou, MS, VRG Research Director

MARYLAND-BASED MARTEK BIOSCIENCES CORPORATION created a microalgae-derived form of DHA (docosahexaenoic acid), an omega-3 fatty acid important for brain, eye, and heart health and often derived from fish oil. Now, the company is formulating a fermentation process using bacteria to create a non-animal-derived chondroitin. Chondroitin, believed to be important in joint health, is used by many with

osteoarthritis or similar conditions. Currently, chondroitin is derived from the cartilage of sharks and sometimes pigs and cows. For its non-animal chondroitin, Martek is working in conjunction with the Japanese company, Seikagaku.

Martek expects its microbially-derived chondroitin to be on the market in two years. For more information, visit their website at <www.martek.com>.

American Airlines Restricts Its Vegetarian Meal Option

By Jeanne Yacoubou, MS, VRG Research Director

WE RECENTLY RECEIVED AN E-MAIL FROM A VEGETARIAN couple who frequently flies business-class on American Airlines. They expressed frustration about the lack of vegetarian meals served on most flights. They said, “It has been close to a decade since we have received a veggie meal option from American. This includes international flights...” They told us that they usually are served nothing at all.

The Vegetarian Resource Group contacted American for clarification about their vegetarian meal policy. Stephen Jeffery of Customer Relations at American said, “We no longer offer the option of ordering a special meal in the first-class cabin on all domestic non-transcontinental flights (special meals are still available in the first-class and business-class cabins on transcontinental flights) or in the coach cabin on all domestic flights and on flights to/from the Caribbean, Mexico, Hawaii, Latin America, and Canada.”

Jeffery explained American’s policy in this manner: “This change in service resulted from an exhaustive competitive analysis of this particular complimentary

amenity. The cost savings identified by this reduction in service are significant for us and will help us focus on those of our products and services better valued by our customers.”

Jeffery noted that special meals, including a vegetarian option, are still available on flights to Europe, Japan, and some Latin American destinations. For more information, he suggested that readers visit: <www.aa.com/content/travelInformation/duringFlight/dining/specialMeals.jhtml>.

When The VRG followed up with American Airlines on this subject on behalf of the vegetarian couple who sent the complaint to us, Jeffery stated, “As long as there were sufficient meals aboard, the flight attendant would be more than happy to serve a regular meal in place of a special meal that had been requested but was not delivered.”

The VRG recommends that vegetarians request the vegetarian meal option every time they fly. More consumer interest and demand may result in a meal policy modification at American Airlines.

Update on Blind Faith Café in Evanston, IL

By Jeanne Yacoubou, MS, VRG Research Director

WE RECENTLY SPOKE WITH JONAH, THE HEAD CHEF at Blind Faith Café outside of Chicago, about the establishment's menu. He told us that the restaurant offers a fall/winter menu and another for spring/summer with a 60 percent difference between them. Jonah described Blind Faith as "50 percent vegan-friendly." He also stated that they have changed their approach significantly in recent years by offering fewer soy-based entrées and more dishes with an international flavor featuring a variety of vegetables as protein sources. One of their newest dishes, Sagamité, comes from the Native American culinary tradition of the Great Lakes

region and features hominy corn, wild mushrooms, and wild rice.

Jonah told The VRG that the cheeses used on their Mexican dishes were made with microbial rennet, but the Parmesan and Romano cheeses in the Pasta Rapini contain animal rennet. Jonah stated that the animal rennet provided the "traditional flavor of the Italian culinary tradition" embodied in the Pasta Rapini.

Diners may wish to inquire about the cheeses used in a particular entrée at Blind Faith Café before ordering to ensure that their expectations will be met.

Vegan Thai Dinner

*My Thai Vegan Café ♦ 3 Beach Street ♦ Chinatown ♦ Boston, MA
Sunday, November 7, 6 PM ♦ During the ADA Conference
Dietitians, local members, and the public are welcome!*

The Vegetarian Resource Group will hold a vegan dinner during the American Dietetic Association Food and Nutrition Conference and Expo. Dietitians, VRG members, and the public are invited. Come and meet the dietitians from the ADA Vegetarian Nutrition Dietetic Practice Group. Please reserve early. Hope to see you there!

Menu

Thai Coconut Soup with Tofu ♦ Thai Mango Salad ♦ Yellow Curry with Brown Rice
Wide Rice Noodles with Chinese Broccoli and Gluten ♦ Fresh Fruit Cocktail ♦ Jasmine Tea

This vegan restaurant also sells unique vegan Bubble Tea and vegan cakes.

You may want to order take-out after the meal to sample these treats.

Cost

\$25 for adults who register by October 15 and \$28 after October 15 ♦ \$12 for children ages 12 and under
Prices include tax and tip. **PAYMENT MUST BE MADE IN ADVANCE.**

Menu subject to change. Please reserve early as seating is limited. Refunds will be made only if we have a replacement for your seat. Call (410) 366-8343 between 9 A.M. and 5 P.M. Eastern time Monday to Friday; fax (410) 366-8804; click the "Donation" button at <www.vrg.org> and write "ADA Dinner" in the comments section; or send a check to VRG, P.O. Box 1463, Baltimore, MD 21203.

Cooking with Coconut Flour and Coconut Sugar

By Nancy Berkoff, RD, EdD, CCE

COCOONUT FLOUR IS FIBER FROM THE COCONUT meat after most of the oil has been extracted to make coconut oil. The coconut meat is dried and as much of the fat as possible is removed. Then, the remaining material is ground into a powder. The consistency is very close to wheat pastry flour, but it is higher in fiber and protein than wheat flour.

Some people say they can taste the 'coconut' in the flour, and some people say they cannot detect any particular flavor. You'll have to try it for yourself and make your own decision!

For the bakers among the readership, **coconut flour** is a bit lighter than almond flour and other nut flours. Since it is gluten-free, we don't get as much 'rise' out of it as wheat flour. However, with a bit of trial and error, coconut flour does work well for cakes, muffins, biscuits, breads, and cookies.

Depending on the recipe, coconut flour may be substituted for 10-30 percent of the required wheat flour. For recipes that don't require light and fluffy end products, such as muffins, carrot cake, zucchini bread, or cornbread, coconut flour can oftentimes substitute for 100 percent of the required wheat flour.

Coconut sugar is known by many names: jaggery, palm sugar, and Java sugar, to name a few. If you have shopped in Southeastern Asian, Indian, or Central American markets, you may have seen coconut sugar in one of its many forms. It can be found shaped into a large brown cone, pressed into cakes (with or without designs), or simply packaged in bags.

Coconut sugar is unrefined and gold to deep brown in color, resembling brown sugar in appearance. It is not made from coconut juice, milk, or meat. Instead, it is prepared from the sap of palm trees, with sugar cane juice sometimes added. The sap is boiled and concentrated until it reaches a granulated form.

For those who have not experienced coconut sugar, think about the flavor you would get if you mixed a

cup of brown sugar with several teaspoons of molasses. Actually, that is the 'formula' to use when coconut or palm sugar is not available.

Coconut sugar can replace brown sugar in most recipes, and it can be used in any recipe where a full-flavored and colored sugar would be appropriate. For example, it works well in barbecue sauces, in hot cereals and steamed grains, for lots of baked goods, sprinkled over sliced fruit, mixed into soy yogurt or sour cream, and stirred into hot cocoa.

Coconut sugar can be purchased in vegan, organic forms. It should crumble easily; that's the sign of proper storage. If placed in an air-tight container, coconut sugar can last for years.

Although sugar should not be used as a 'healthful' food, such as fruits, vegetables, or whole grains, coconut sugar is said to contain small amounts of calcium, iron, magnesium, phosphorus, potassium, riboflavin, sulfur, and thiamin, as well as trace amounts of protein.

Sources for Coconut Flour

- www.azukarorganics.com
- www.tropicaltraditions.com/organic_coconut_flour.htm
- www.BobsRedMill.com
- www.ImportFood.com (a Thai food importer)
- www.simplycoconut.com/food_products.htm (Aloha Nu brand coconut flour)

Sources for Coconut Sugar

- www.azukarorganics.com
- www.ImportFood.com (a Thai food importer)
- ecobuddy.india@gmail.com (part of the Isha Foundation)

BANANA-COCONUT FLOUR MUFFINS

(Makes approximately 12 muffins)

1 cup coconut flour
1 teaspoon baking powder
1 cup silken tofu
2 Tablespoons melted nonhydrogenated
vegan margarine
2 Tablespoons vegetable oil
2 Tablespoons soymilk
3 Tablespoons maple syrup
1/2 teaspoon vanilla extract
1/8 teaspoon salt
2 cups mashed ripe bananas
Vegetable oil spray

Preheat oven to 350 degrees.

In a large bowl, mix the coconut flour and baking powder together. Set aside.

In a second bowl, combine the remaining ingredients, except for the bananas and vegetable oil spray. Mix just enough to combine. Add the coconut flour mix and mashed bananas, and blend well.

Spray 12 muffin cups with vegetable oil. Fill each cup with the batter until it is three-quarters full. Bake for 20 minutes or until a toothpick inserted into the center comes out clean. Allow to cool on a wire rack.

Total calories per muffin: 135 Fat: 6 grams
Carbohydrates: 18 grams Protein: 3 grams
Sodium: 97 milligrams Fiber: 4 grams

COCONUT CORNCAKES (SOUTHWESTERN CORN PANCAKES)

(Makes approximately six 3-inch corncakes)

Garnishes such as chopped fresh cilantro or parsley, salsa, hot sauce, or chopped fresh tomatoes and sliced fresh chilies can enhance this recipe.

1 cup fresh corn or thawed frozen corn
4 Tablespoons chopped scallions
1/4 cup silken tofu, mashed
2 Tablespoons vegetable oil
1/4 cup coconut flour
1/4 cup fine white or yellow cornmeal
1/2 teaspoon ground black pepper
2 Tablespoons minced fresh red pepper
(optional)
Vegetable oil spray

Purée corn and scallions in a blender or food processor. Pour into a large bowl. Add in the remaining ingredients, except for the vegetable oil spray, and combine until well-mixed.

Heat a large skillet or griddle and spray with oil. Ladle mixture (approximately 3 Tablespoons at a time) onto the heated surface. Even out so the cake cooks uniformly. Allow to cook until golden brown on one side and turn. When both sides are golden brown, serve hot with the garnish of your choice.

Total calories per corncake: 115 Fat: 6 grams
Carbohydrates: 13 grams Protein: 3 grams
Sodium: 16 milligrams Fiber: 3 grams

COCONUT FLOUR PANCAKES

(Makes six to eight 3-inch pancakes)

1/2 cup silken tofu
1 teaspoon coconut sugar
2 Tablespoons melted nonhydrogenated
vegan margarine
2 Tablespoons coconut milk or soymilk
1/8 teaspoon baking powder
1/8 teaspoon salt
2 Tablespoons coconut flour
Vegetable oil spray

In a bowl, mix together the tofu, sugar, margarine, and milk. Set aside.

In another large bowl, mix together the baking powder, salt,

and coconut flour. Whisk in the tofu mixture until smooth.

Heat a skillet or griddle and spray with oil. Pour batter onto the heated surface for an approximately 3-inch diameter. Allow to cook until golden brown on one side and turn. When both sides are golden brown, remove from pan and serve hot with maple syrup, fruit preserves, or applesauce.

Total calories per pancake: 67 Fat: 6 grams
Carbohydrates: 3 grams Protein: 1 gram
Sodium: 103 milligrams Fiber: 2 grams

NUT BUTTER COOKIES

(Makes approximately 24 cookies)

1 cup silken tofu
1 Tablespoon vegetable oil
5 Tablespoons coconut sugar
1/4 cup peanut, cashew, hazelnut,
sunflower, or soy butter
1/4 teaspoon salt
1/4 teaspoon vanilla extract
3/4 cup sifted coconut flour
1/4 teaspoon baking powder
2 cups shredded dry coconut
Vegetable oil spray

Preheat oven to 375 degrees.

In a bowl, mix together the tofu and oil. Stir in the coconut sugar, nut butter, salt, and vanilla and beat until smooth.

In another bowl, mix together the flour and baking powder. Add to the nut mixture and beat until smooth. Mix in the coconut.

Spray oil onto a cookie sheet. Drop the batter by Tablespoons, approximately 2 inches apart, onto the cookie sheet. Bake for 15 minutes or until golden brown. Remove from oven and allow cookies to cool on a wire rack.

Total calories per cookie: 91 Fat: 5 grams
Carbohydrates: 10 grams Protein: 2 grams
Sodium: 70 milligrams Fiber: 5 grams

COCONUT-CREAM CHEESE SQUARES

(Makes approximately 12-14 squares)

Vegetable oil spray

1 cup vegan cream cheese

1/2 cup nonhydrogenated vegan margarine

1 cup coconut flour

1/2 cup coconut sugar

1/2 cup silken tofu

2 teaspoons vanilla extract

1 Tablespoon vegetable oil

1/2 cup carob chips or crushed pistachios (optional)

Preheat oven to 350 degrees.

Spray an 11 x 7-inch baking pan with oil. Set aside.

Beat cream cheese and margarine together until fluffy. This can be done by hand, but it is easier with an electric mixer. When fluffy, very slowly beat in the flour and the sugar and then the tofu. When sugar and tofu are incorporated, mix in vanilla and oil until well-mixed. If desired, carob chips or nuts may be quickly added in.

Pour the batter into the pan and bake for 25 minutes or until batter is set. Allow to cool on a wire rack. Slice into squares.

Total calories per square: 217 Fat: 13 grams
Carbohydrates: 22 grams Protein: 2 grams
Sodium: 211 milligrams Fiber: 13 grams

WHITE CAKE

(Serves 9)

1/2 cup melted nonhydrogenated vegan margarine

1/2 cup coconut milk

2 cups silken tofu

3/4 cup coconut sugar

3/4 teaspoon salt

1 teaspoon vanilla extract

3/4 cup sifted coconut flour

3/4 teaspoon baking powder

Vegetable oil spray

Preheat oven to 350 degrees.

In a bowl, mix the margarine, coconut milk, tofu, sugar, salt, and vanilla. Set aside.

In a separate bowl, combine the coconut flour with the baking

powder. Combine the two mixtures and whisk until well-incorporated.

Spray an 8 x 8 x 2-inch baking pan with oil. Pour batter into the pan and bake for approximately 30 minutes or until a knife inserted into the center comes out clean. Allow to cool prior to serving.

Notes:

- To prepare a fast frosting, combine softened vegan margarine with coconut sugar and mix until smooth. Add shredded dried coconut and combine. Frost cake when it is cool.
- For a chocolate cake, add 3/4 cup unsweetened cocoa powder and another 1/2 cup sugar into the coconut flour-baking powder mixture.

Total calories per serving: 255 Fat: 15 grams
Carbohydrates: 27 grams Protein: 4 grams
Sodium: 363 milligrams Fiber: 23 grams

Nancy Berkoff is The Vegetarian Resource Group's Food Service Advisor.

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NUTRITION HOTLINE

(Continued from page 2)

The savory flavor of autolyzed yeast extract is due to its glutamic acid content. Glutamic acid is an amino acid that produces a taste sensation called *umami* (oooh-MA-mee). *Umami* is commonly described as ‘meaty.’ The same taste sensation is produced by monosodium glutamate (MSG), a sodium salt of glutamic acid.

Glutamic acid is found in almost all foods, especially in foods that are high in protein.

Normally, glutamic acid is linked together with other amino acids to form proteins in foods. When it is connected to other amino acids, it is called bound glutamic acid, and it does not enhance flavor. When glutamic acid is separated from other amino acids, it is called free glutamic acid. Some foods, such as tomatoes, soy sauce, and Parmesan cheese, contain both bound glutamic acid and free glutamic acid. In the United States and Europe, on average, we eat 1 gram of free glutamic acid that occurs naturally in food per day and 0.3 to 1 gram from food additives per day.¹

The FDA requires manufacturers to identify foods where MSG is added as a direct ingredient.² If the MSG occurs because free glutamic acid joins with sodium, as could occur when a food contains free glutamic acid, the list of ingredients is not required to include MSG.²

A condition called MSG symptom complex causes some people who are affected by MSG to experience symptoms such as a burning sensation in the back of the neck, forearms, and chest; dizziness; facial pressure or tightness; chest pain; headache; nausea; and a rapid heartbeat, particularly when they eat large amounts of MSG on an empty stomach.³ Of course, not everyone experiences symptoms when they consume MSG. Blood tests can't really show if a person is sensitive to MSG. If you experience symptoms when you eat foods that contain MSG, you may decide to also avoid foods containing autolyzed yeast extract because the free glutamic acid in this product can be easily converted into MSG.

REFERENCES

- ¹ Beyreuther K, Biesalski HK, Fernstrom JD, et al. 2007. Consensus meeting: monosodium glutamate—an update. *Eur J Clin Nutr* 61:304-13.
- ² USDA Food Safety and Inspection Service. Common Questions. <www.fsis.usda.gov/help/FAQs_Flavorings/index.asp#4>.

- ³ Williams AN, Woessner KM. 2009. Monosodium glutamate ‘allergy’: menace or myth? *Clin Exp Allergy* 39(5):640-46.

QUESTION: “What is agave nectar? Is it better for me than sugar?” V.B., via e-mail

ANSWER: Agave nectar is a liquid sweetener produced from the juice of a succulent plant. It appears in vegan recipes as an alternative to honey. Some vegans use agave in place of granulated sugar because bone char can be used in the production of some granulated sugar. (See *VJ*, Issue 4, 2007, for more about sugar processing.)

Generally speaking, sweeteners—whether sugar, molasses, honey, maple syrup, high fructose corn syrup, or agave nectar—provide sugar and calories and not much else. Thus, agave nectar is really no healthier than other refined concentrated sweeteners. Too much sugar of any kind can take the place of more nutritious foods, increase the risk of gaining weight, heighten the risk of heart disease and diabetes, and cause tooth decay.

Agave is promoted as having a low glycemic index, which means that it is less likely to raise blood glucose levels excessively. This low glycemic index is due to the form of sugar found in agave—fructose. Fructose does not raise blood glucose levels as much as sucrose (table sugar) but has been associated with a number of health problems, including high triglycerides, gout, heart disease, and the metabolic syndrome.

The major issue with agave nectar and other sweeteners is the amount used. Americans, on average, eat the equivalent of as much as 30 teaspoons of sugar daily. That's close to ²/₃ cup of sugar a day, approximately 480 empty calories. Recently, the American Heart Association recommended that a goal for most American men is no more than 150 calories of added sugars per day; a goal for American women is no more than 100 calories a day.¹ Added sugars include those put into beverages and foods (in coffee, on oatmeal, etc.) and those added in food processing or preparation (breads, desserts, soft drinks, etc.). These limits are for *all* sugars, including agave, high-fructose corn syrup, molasses, maple syrup, brown sugar, and white sugar. So, if you prefer to use agave nectar as a sweetener, use it in moderation and recognize that it's just another source of added sugar.

REFERENCES

- ¹ Johnson RK, Appel LJ, Brands M, et al. 2009. Dietary sugars intake and cardiovascular health: A Scientific Statement from the American Heart Association. *Circulation* 120:1011-20.

veggie bits

French Teething Biscuits Will Please You and Your Baby



St. Amour is a California-based company specializing in French-inspired cookies. Though they offer several vegan products, their most notable has to be Teethers, perhaps the first vegan and organic teething biscuits to hit the market. These firm lemon cookies are made from organic unbleached flour and organic sugar without salt, preservatives, or others ingredients that you wouldn't want your little one to have. Teethers are 'mess-free' and will hold up well as your youngster puts them through their paces. Plus, any leftovers make fairly tasty dunking cookies that parents will enjoy with their favorite *café*.

Write to St. Amour at 2971 Grace Lane, Suite B, Costa Mesa, CA 92626, or call the company at (714) 754-1900. You can also visit its website at <www.teethingbiscuitsforbabies.com>.

Seeds of Change Introduces Microwaveable Rice, Grains, Beans, and Much More!

Seeds of Change can solve your dinner dilemmas with their six new vegan Organic Microwaveable Rice & Grain products. Just pick your favorite flavor, pop the pouch into the microwave for 90 seconds, and enjoy a hot, inviting combination of rice, grains, and beans.



Basic long-grain rice varieties include Tapovan White Basmati Rice and Rishikesh Whole Grain Brown Basmati Rice. If you are looking for protein, try the Arroz Hispaniola Caribbean Red Beans & Brown Rice or the Dharamsala Aromatic Indian Rice Blend, enhanced with mung beans, lentils, garbanzos, and spices. The Tigris: A Mixture of Seven Whole Grains offers an intriguing texture with barley, bulgur, quinoa, and rye. However, the delicious Uyuni Quinoa & Whole Grain Brown Rice, with its robust garlic flavor, is the one variety that you are certain to buy again and again!

To learn more, visit the Seeds of Change website at <www.seedsofchangefoods.com>. You can also write to the company at P.O. Box 15700, Santa Fe, NM 87506, or call (888) 762-4240.

Better Breakfast Beginnings

Van's has brought many vegan and gluten-free foods to your grocer's freezer. Now, the company has added two new options to its family of products. The Wheat-Free Homestyle Pancakes are perfect topped with fruit, but it's the Wheat-Free French Toast Sticks—with their precut sections, fragrant cinnamon aroma, and bits of brown sugar—that are truly delightful. They're actually so good that you may devour them sans syrup.

Write to Van's International Foods, Inc., at 3285 East Vernon Avenue, Vernon, CA 90058, or call the company at (323) 585-5581. Learn more at the company's website, <www.vansfoods.com>.

When You're in the Mood for Mexican Food...

Yves Veggie Cuisine has introduced a Veggie Chorizo, a meatless take on Mexican sausage. This version incorporates traditional flavors, such as paprika and garlic, so cutting out the pork won't mean sacrificing the taste. Veggie Chorizo is a terrific complement for scrambled tofu or hash browns, and it works well for tacos, burritos, pizzas, chili, and most any other recipe that might benefit from the addition of soy crumbles.

Contact Yves' parent company, The Hain Celestial Group, at 4600 Sleepytime Drive, Boulder, CO 80301. You can also call the company at (800) 434-4246, or visit Yves online at <www.yvesveggie.com>.

Think Outside the Lunch Box

When you're shopping for back-to-school items, make sure that you keep an eye out for LunchBots. These reusable, dishwasher-safe stainless steel containers are great alternatives to their plastic counterparts, which may leach harmful chemicals into foods. Available from specialty stores and online retailers like Amazon.com, LunchBots come in four sizes and are handy choices for storing leftovers, keeping spreads away from veggies or crackers, and—of course—toting your midday meal to work or school.



Contact LunchBots, Inc., at 555 Bryant Street, Suite 214, Palo Alto, CA 94301. Call the company at (650) 331-1900, or visit its website at <www.lunchbots.com>.

Pass the Dip, Please!

Food Should Taste Good® makes crisp, oven-baked tortilla chips without genetically modified ingredients. However, these chips' real appeal has to be the sheer multitude of flavors. There are 13 in all, and only one (Cheddar) isn't vegan! Varieties include the typical, like Yellow Corn and Multigrain, as well as the more exotic, such as Chocolate, Cinnamon, Lime, and Olive.

Food Should Taste Good® chips are available from retailers such as Costco, Starbucks, Target, Wegman's, World Market, and Whole Foods. To learn more, write to the company at P.O. Box 776, Needham Heights, MA 02494, or visit <www.foodshouldtastegood.com>.

Kettle Cuisine Makes Heating and Eating Soup a Real Snap

Looking for an easy way to make a quick meal? Then, reach for Kettle Cuisine's artisan soups! Simply remove from the freezer and warm on the stovetop or in the microwave. Vegan varieties include Roasted Vegetable Soup, Tomato Soup with Garden Vegetables, and Three Bean Chili with pinto, black, and chili beans. Plus, the company recently added a sweet yet spicy Organic Carrot and Coriander Soup to its line. All four options are sold in 10-ounce bowls and in food service sizes.



Write to Kettle Cuisine at 270 Second Street, Chelsea, MA 02150, or call their consumer line at (877) 302-SOUP. And locate retailers near you who carry these products at <www.kettlecuisine.com>.

Time to Preheat That Oven!

Did Nancy Berkoff's coconut flour and coconut sugar article (pages 26-28) inspire you to grab a mixer and a baking pan? Well, look no further than to Azukar Organics to find these slightly offbeat ingredients. The company offers gluten-free flour made from coconut meat that has been dried and finely ground, as well as low-glycemic index sugar derived from fresh coconut sap. Both items are available in 16- and 32-ounce biodegradable packages and in bulk-sized bags.

Contact Azukar Organics at P.O. Box 361209, Los Angeles, CA 90036, or via phone at (323) 965-7540. The company's website is <www.azukarorganics.com>.

High Fashion with Compassion

When Leanne Hilgart had trouble finding cruelty-free outerwear, she decided to create her own! Last year, the Chicago-based entrepreneur launched a vegan apparel company called Vaute Couture, which offers a line of warm, weather-resistant women's coats made with recyclable outer fabrics, recycled linings, and deadstock vintage metal buttons. Styles range from traditional peacoats to the flirty and feminine Vaute, with its asymmetric collar, puffed sleeves, and inverted pleated skirt. Most designs are available in sizes from extra-small to extra-large and come in colors such as ivory, gray, cobalt blue, and classic black.



To begin shopping, visit the company's website at <www.vautecouture.com>. All inquiries should be directed to Sales@VauteCouture.com.

Raising the (Chocolate) Bar

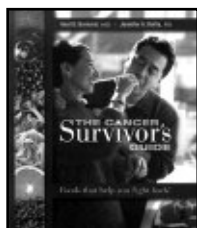
Terra Nostra Organic Chocolate has developed candy bars that vegans have been dreaming about! The company uses rice milk to make 3.5-ounce chocolate bars that look and taste just like dairy-laden varieties. These treats come in three flavors—Ricemilk Choco Bar™, Ricemilk Choco Bar with Almonds™, and Ricemilk Choco Bar with Dark Truffle Center™—that even discerning cocoa connoisseurs won't be able to resist.

Contact Terra Nostra's parent company, KFM Foods International, Inc., at P.O. Box 71054, Vancouver, BC, Canada V6N 4J9, or at (604) 267-3505. Visit Terra Nostra online at <www.terranostrachocolate.com>.

The Vegetarian Resource Group is on the Combined Federal Campaign List

The Combined Federal Campaign (CFC) is the charitable workplace campaign conducted by the U.S. government for all federal employees—military, civilian, and postal. The Vegetarian Resource Group is included among the organizations to which you can donate. Please don't pass up this simple opportunity to support vegetarianism and the work VRG does year round. For other workers, please remember to name The Vegetarian Resource Group in your matching gifts at work, or write in The VRG for your United Way campaign.

THE CANCER SURVIVOR'S GUIDE: FOODS THAT HELP YOU FIGHT BACK!



By Neal D. Barnard, MD,
and Jennifer K. Reilly, RD

The Cancer Survivor's Guide is a part of The Cancer Project's nutrition education program. It was written for people who have been diagnosed with cancer, but it can give everyone insights into food's role in health.

The first chapters cover foods' role in cancer prevention and survival. Barnard and Reilly promote a low-fat, high-fiber, vegan diet that includes a generous variety of fruits and vegetables. Specific advice is given for people with breast or prostate cancer.

This volume provides detailed information about how to start eating a healthy vegan diet. Practical suggestions include breakfast, lunch, dinner, and snack ideas; shopping suggestions; and tips for revising conventional recipes.

The second half of the book consists of more than 130 vegan recipes. A nutritional analysis is provided for each dish.

While this book would be an especially useful resource for anyone diagnosed with cancer, it could help anyone plan a healthier diet. Of course, as the authors state, all cancer treatments—including the dietary changes discussed in this book—must take into account individual needs and should be discussed with your doctor.

The Cancer Survivor's Guide (ISBN 978-1-57067-225-5) is published by Healthy Living Publications. It has 246 pages and retails for \$19.95. Purchase the book online at <<http://astore.amazon.com/httpwwwvrgorg20/detail/1570672253>> Reviewed by Reed Mangels, PhD, RD.

CHICKEN SOUP

By Jean Van Leeuwen



Upon seeing the title *Chicken Soup*, one wouldn't think this children's book could be veggie-friendly. Nevertheless, this sweet tale of comic misunderstandings is suitable for kids ages 4 through 8.

The author creatively tells the story of Mrs. Farmer, who has taken out a huge soup pot and appears to be about to cook chicken soup. A cow proceeds to pass this startling message on to all the chickens via other animals on the farm. The chickens hide; however, Little Chickie has a cold and keeps on sneezing wherever she takes cover. Each time the young chick sneezes, all of the other chickens have to find a new hiding spot on the farm.

Eventually, Mr. Farmer is able to catch the young chicken and brings her to Mrs. Farmer. This is when the readers learn that, instead of preparing chicken soup, Mrs. Farmer has made some vegetable soup for Little Chickie to help her feel better.

Chicken Soup (ISBN 978-8109-8326-7) is published by Abrams Books for Young Readers. This hardcover book retails for \$16.95 and can be purchased online or in your local bookstore. Reviewed by Debra Wasserman.

THE 30-MINUTE VEGAN

By Mark Reinfeld
and Jennifer Murray



This husband-and-wife team share their passion for vegan cooking in a new, quick-and-easy cookbook. The recipe section starts off with smoothies and other beverages and then moves on to breakfast/brunch dishes, including Onion-Zucchini Corn Cakes prepared with spelt flour, flaxseeds, rice milk, zucchini, and onions. Next, you'll find snack ideas, such as Crispy Kale (baked kale with olive oil, nutritional yeast, and salt) and Savory Toasted Pepitas (consisting of pumpkin seeds, soy sauce, maple syrup, sesame oil, and vinegar).

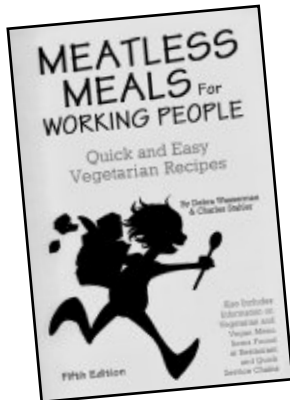
Lunch recipes include several wraps and sandwiches. You will also find a wide variety of soups and great tasting salads, such as Coleslaw with Shaved Fennel and a Tuna-Free Tempeh Salad. Among the supper dishes are Tofu *Saag* (an Indian dish usually prepared with cheese) and Chipotle Chile-Rubbed Southwest Tempeh. The desserts section brings tasty options like Chocolate-Sesame Bonbons and Luscious Live Pie.

Nutritional analyses are not provided; however, most recipes do not appear to be high in fat. Plenty of tips and resources are offered throughout this book.

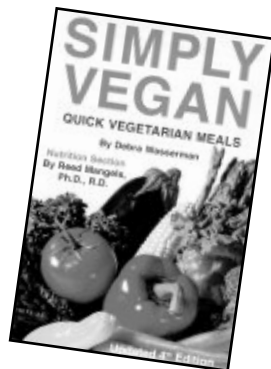
The 30-Minute Vegan (ISBN 978-0-7382-1327-9) is published by Lifelong Books. This book retails for \$18.95 and can be purchased online at <<http://astore.amazon.com/httpwwwvrgorg-20/detail/B002FQOHY2>>. Reviewed by Debra Wasserman.

VRG Catalog

Books



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



Simply Vegan (\$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 90,000 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.

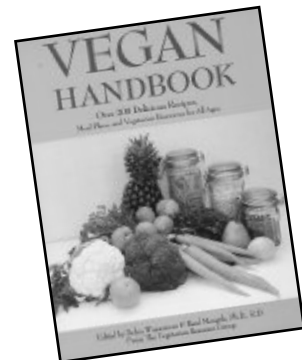
Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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.)

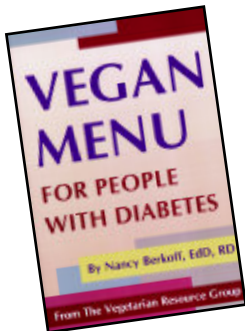
Vegan Passover Recipes (\$6) by Chef Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



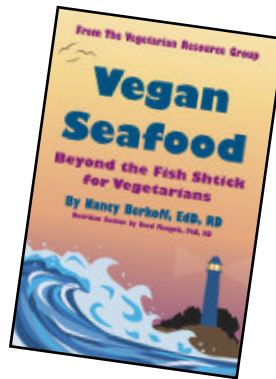
Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

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. 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, Gefilte 'Fish,' Spicy 'Fish' Cakes, and much more!

Free Children's Handouts

I Love Animals and Broccoli Coloring Book

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

I Love Animals and Broccoli Shopping Basket

An 8-page activity book with a crossword, quizzes, and more, designed for ages 7-11.

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

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

Bumper Stickers

Bumper Stickers (\$1 each, 10+ \$.50 each)

"Be Kind to Animals—Don't Eat Them"
"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.

Reprints from Vegetarian Journal

Non-Leather Shoes, Belts, Bags, etc. (\$5)
Guide to Food Ingredients (\$6)

Order Form

To order, mail to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; place your order over the phone Mon-Fri 9 a.m. to 5 p.m. Eastern time at (410) 366-8343; fax your order form to (410) 366-8804; or order online at our website <www.vrg.org>.

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 For other foreign orders, inquire about shipping charges first.

Buykind.com Promotes Vegan Food and Products *By Erin Smith*

HAVE YOU EVER WISHED YOU COULD GO OUT for a delicious vegetarian meal, only to find that your area has few or no options? How about a special event, like a birthday or holiday, when you would love to have a gourmet vegan meal and cake, but you can't find a restaurant to supply it?

Jody Kivlin has come up with a solution for these circumstances. Through her company, Buykind, Jody offers food from a variety of vegan restaurants across the country, including Good Karma in Venice Beach, California; Lovin' Spoonfuls in Tucson, Arizona; Red Avocado in Iowa City, Iowa; and Sublime in Fort Lauderdale, Florida. The food from any of these establishments can be delivered straight to your door for a special event, or just to add some yummy variety to any day.

Jody's fervent passion for animals—as well as her veganism—began when she rescued several newborn goats from a harsh Wisconsin winter. She found the goat farmers' behavior astonishing. Jody says, "(The farmers) had bred over 100 goats to give birth in the midst of winter's reign without a proper warm barn, without heat lamps and enhanced nutrition for the mothers, and (without) human presence to stand by and help in case assistance is needed as seems just common sense...."

After this experience, Jody realized that her time would be best spent helping animals in need. She began working with some animal rescue organizations, and she became a vegan. Veganism made Jody feel "healthier than ever," and she is often told that she looks younger than she is.

The idea for a mail-order service for vegan meals came after an attorney, who offered to take in a rescued

goat or sheep, gave Jody an amazing opportunity—a chance to start a business of her choice, with profits going to animal rescue efforts. Jody began to think about potential business ideas and realized that vegans are not always located close to vegan restaurants. She began to work with some of the best vegan restaurants in the country to set up a delivery service.

At first, some of the restaurants were a little skeptical. "When she first contacted me, introduced herself, and told me about her idea, I thought it sounded a little crazy," Lovin' Spoonfuls owner Peg Raisglid said. "I agreed to work with her because I was intrigued by the idea, and she sounded so sincere."

However, Jody's method of freezing the food and then sending it with the quickest delivery possible really worked. Now, she is not only sending food to vegans all over the country, but she is also helping the restaurants with which she works to find a new niche. Plus, a minimum of 10 percent

of every order's cost goes towards ending cruelty to animals, though Jody reports that the percentage is often much higher than that.

Currently, BuyKind offers meals, cakes, chocolate, coffee, wine, flowers, pet food, and other items. Jody hopes to continue to add both restaurants and products in the future.

For more information, visit <www.buykind.com>, call (608) 753-2324 or (877) 777-7723, or e-mail contactus@buykind.com. To order the book that details Jody's first rescue, e-mail ultrahumane@gmail.com.



Jody Kivlin and some of the goats she has rescued

Erin Smith wrote this article while doing a long-distance internship with The Vegetarian Resource Group.



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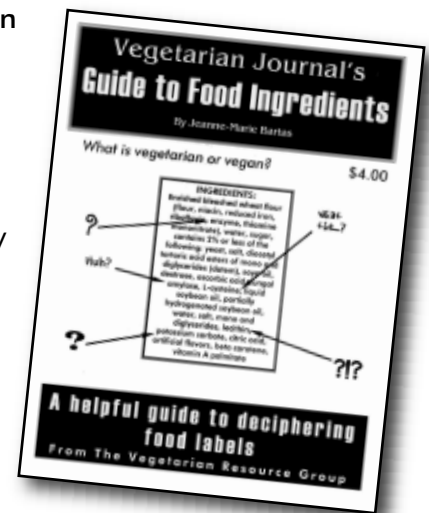
CHANGE SERVICE REQUESTED

Updated "Guide to Food Ingredients" Now Available Online and in Print

VRG has updated its popular *Guide to Food Ingredients*! This publication helps you decipher ingredient labels by listing the uses, sources, and definitions of 200 common food ingredients. The guide also states whether the ingredient is vegan, typically vegan, vegetarian, typically vegetarian, typically non-vegetarian, or non-vegetarian.

The information in this guide is now available online at <www.vrg.org/ingredients>. In addition, you can purchase a 32-page printed copy for only \$6 at <www.vrg.org/catalog> under the "Books" section.

If you would like to support future projects like this, please send donations to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. You may also call The VRG at (410) 366-8343 or e-mail us at vrg@vrg.org.



Want to Volunteer or Intern with VRG?

VRG volunteers nationwide staff tables at local events, respond to scholarship entries, convert articles into HTML, and much more! If you are interested, e-mail vrg@vrg.org with your résumé, skills, vegetarian background, interests, and time available.

If you would like to do an unpaid internship with VRG, either at our Baltimore office or long distance, visit <www.vrg.org/student/index.php> for details!

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