

# VEGETARIAN

## JOURNAL

Science, Caring, and Vegan Living  
Since 1982

### Veggie Burgers

Homemade by YOU  
*and condiments, too!*

### Passion for *peas*

Penne  
Pasta, Sugar  
Snap Peas,  
& Tomatoes  
pg. 25



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**Captive Royals & Meat Machines:**  
ANIMALS in AMERICA TODAY

# NUTRITION HOTLINE

**REED MANGELS, PhD, RD**



*This issue's Nutrition Hotline discusses getting enough protein on a gluten-free vegan diet.*

**QUESTION:** *I loved your web page about protein; however, as a gluten-free vegan, I wondered if I could get enough protein. Do I need to combine protein sources at each meal? GF, via email.*

**ANSWER:** Here's a sample meal plan that doesn't contain wheat, rye, barley, or other foods with gluten that meets the protein recommendation for a female vegan. If you want to learn more about protein recommendations go to <http://www.vrg.org/nutrition/protein.php>.

		Protein (grams)
Breakfast	1 cup cooked quinoa	8
	2 Tablespoons peanut butter	8
Lunch	2 corn tortillas	2
	1 cup pinto beans	12
Dinner	Stir-fry with 3 ounces firm tofu,	7
	1 cup broccoli,	4
	and 1 ounce cashews	5
	1 cup brown rice	5
Snack	1 ounce almonds	6
Total		57
Protein Recommendation for a Female Vegan = 52 grams		
<i>[Based on 0.9 gram of protein per kilogram body weight for 57.5 kilogram (126 pound) female]</i>		

Additional food should be added to this menu to provide adequate calories and to meet requirements for other nutrients.

This menu uses beans, gluten-free grains, nuts, and vegetables as protein sources. This use of a variety of protein sources over the entire day makes it possible to meet amino acid needs **without** struggling to carefully combine specific ratios of protein sources at each meal. Amino acids are what our bodies use to make protein. This protein is used in our muscles, our bones, and other parts of our bodies. For our bodies to make protein, all of the different amino acids that make up that protein must be present in our bodies.

While we are able to make some amino acids, our bodies cannot make nine amino acids, which are called essential amino acids; we get these from food. Compared to what are called high quality proteins such as soy products, quinoa, meat, and dairy products, grains are lower in lysine (an essential amino acid) and beans are lower in methionine (another essential amino acid).

Our bodies are able to store amino acids over the course of a day so that if one amino acid is in short supply in a meal, say lysine from a grain-based meal, stored amino acids from other meals, for example, stored lysine from an earlier bean-based meal, can be used to make body protein. So, if you are a vegan who is avoiding gluten, it's not necessary to combine protein sources at each meal. Focus on eating a variety of unrefined gluten-free grains, beans (including gluten-free soy products), seeds, nuts, and vegetables throughout the day.

## FEATURES

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**FOR INFORMATION, CALL (410) 366-VEGE.**

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

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

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

## NOTE FROM THE COORDINATORS

# NATURAL FOODS: UPSCALE OR DOWNSCALE? MANY ROLES FOR PROMOTING VEGANISM



Like individuals in other movements, many vegan activists have strong opinions and think their method is the only way to go. We would contend that movements always need all the approaches; however, you should support and work on the ones that make the most sense for you.

In an article from Hartman Group marketing firm, they stated that 41 percent of American shoppers shop at BOTH a natural/specialty retailer AND either supercenter (e.g., Walmart) or dollar stores. Some activists don't like any one of these retailers for various reasons, but it seems like there is room enough to pick the approach you agree with, and let people know vegan products are available there. Some individuals want to eat at gourmet vegan restaurants like Sublime in Florida, Candle Café in New York, or Great Sage in Maryland. Others enjoy an inexpensive meal at Taco Bell. Do what works best for you.

We'd like to thank all our volunteers and staff, who help promote a better world in their own unique way. Kudos to Shani Stewart in Florida and Laura McGuinness in California, who compile our monthly email newsletters. Thank you to Jane Michalek, Carole Hamlin, and Suzanne Hengen, who help with each issue of *Vegetarian Journal*. And Carole's fundraising has enabled us to have a second needs-based intern. What would we do without Phil Becker, who has coordinated outreach booths for us from Pennsylvania to California? Thank you especially to Reed Mangels, who has shared her scientific knowledge and commitment for decades, as well as speaking in Massachusetts, Florida, and other states. Without Cathy Conway, each year at the meeting of the Academy of Nutrition and Dietetics, we would never know if our materials arrived, nor would we have a professional answering questions for the hundreds of registered dietitians who come by our booth. Matt Baker's dependability has made our life so much easier, whether he's running a booth, following up on our surveys, setting up tables for Thanksgiving, or responding to scholarship entrants. What would we do without Alan Polster keeping the website updated throughout the week? And of course, David Milner's HTML skills are invaluable.

Finally, thank you so much to Samantha Gendler, who has taken on The Vegetarian Resource Group's blogging/Facebook tasks. Visit [www.vrg.org/blog](http://www.vrg.org/blog) or <https://www.facebook.com/thevegetarianresourcegroup> for the latest Vegetarian Resource Group research and news including discount offers on vegan products, details on new veggie restaurants, and updates on whether various food ingredients are vegan or not. If you would like to volunteer in the Baltimore office or long distance, email [vrg@vrg.org](mailto:vrg@vrg.org).

*Debra Wasserman & Charles Stabler*

*Coordinators of The Vegetarian Resource Group*

## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

### Memorials & Honorary Gifts

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

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

\_\_\_\_\_

Please send acknowledgement to:

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

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

\_\_\_\_\_

*My name and address:*

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

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

\_\_\_\_\_

*Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203, or donate at [www.vrg.org/donate](http://www.vrg.org/donate).*

Thanks to Betty Gunz for her donation in honor of her son-in-law Bob Conlon.

Thanks to Maine Coast Sea Vegetables, Candle Café, Alternative Baking Company, Edward & Sons Trading Co. Inc., Summerlin Burnette, George Eastman, Robert Martin, Sherry Mestel, Gerald M. Rizzer, and hundreds of other individuals who donated to VRG. Your support is greatly appreciated year-round.

Thanks to Deborah Blum for her donation made in memory of Nigel the goat, her beloved pet.

## THE NEXT GENERATION OF VEGANS

Thank you for your great work!!! Keep it up. 2016 will be the year of the vegan revolution and please know there are so many of us committed vegan activists out there moving the movement forward and raising the next generation of vegan kids.

Kathryn L., via e-mail

## HELP! I NEED SOME VEGAN RECIPES FOR AN ANNUAL FAMILY GATHERING

My grandson has recently adopted a vegan lifestyle, which is very new to me. At a family get together in October we have had a Halloween-themed meal for the last 13 years. Severed feet (meat loaf shaped as feet cut off at the ankle); sticky ribs (baby back ribs); volcano of doom (mashed potatoes shaped as a volcano with cheese and cream poured into the center to boil over when reheated in the oven), etc. I would like to keep this tradition up; we don't celebrate Thanksgiving (we are Canadian) as his father, my son died in October 14 years ago. This Halloween meal is a tradition

that started since our son's death. No ghosts! I need some vegan Halloween recipes that we can all enjoy along with Matthew while keeping this tradition. Can you help, please?

Kathy R., via e-mail

*Editors' Note:* We've published *Vegan Handbook* which includes Halloween recipes perfect for your meal. How does Swampy Spuds, Crazy Corn Dogs, Crunchy Curd, French Frights, etc. sound? We're emailing you some of the recipes and you can purchase the book from us at [www.vrg.org/catalog](http://www.vrg.org/catalog).

## WHAT TO EAT AFTER DENTAL SURGERY?

Any suggestions for what to eat after dental surgery? I could not get them to understand my aversion to sugary soda, Jello, and milkshakes.

Lorraine W., via e-mail

*Editors' Note:* Here are two articles from previous issues of *Vegetarian Journal* that might help you: <https://www.vrg.org/journal/vj2009issue2/texture.htm> and [http://www.vrg.org/journal/vj2014issue1/2014\\_issue1\\_cant\\_chew.php](http://www.vrg.org/journal/vj2014issue1/2014_issue1_cant_chew.php)

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

Coming in the Next Issue:

## SMOOTHIES!

**Plus:** Pakistani Recipes; Quick and Easy Fresh Pepper Dishes; A Vegan in Thailand; Potato Chips Water Footprint

# A *Vegan* in a Refugee Camp on the Thai-Burma Border *By Yasmin Radbod*

For eight months, I was teaching in an English higher-education program, living in a refugee camp inside Thailand but very close to Burma/Myanmar. My students were from various ethnic groups inside Burma/Myanmar, including Shan, Karreni, Sgaw Karen, Po Karen, and Arakanese. For my meals, I was very lucky to have access to a variety of vegetables sold in the market for a very inexpensive price. Long green beans, kabocha pumpkin, cauliflower, carrots, several green, leafy vegetables including morning glory, as well as tofu were among the selection. Fruits like oranges, mangoes, papayas, and apples were sometimes available. Because everyone in the camp except the Thai officers was from Burma/Myanmar, the food was Burmese, too. My students had cooking duty and cooked breakfast and dinner for me. They knew I was vegan. I taught them the meaning, and they were really wonderful about cooking separate meals for me. They did not eat a lot of meat, but fish paste is in most products and used as a base in soups and curries. Dried fish and eggs are also very common in their cuisine. The smell of dried fish is horrible! As in many other parts of the world, white rice is the staple. Soup and curry are almost always served with the rice; that way it is not necessary to drink water when eating. Whole stalks of leafy, green vegetables are commonly boiled and eaten. Sometimes I would spend five minutes just trying to chew one stalk and swallow it. Other times I would give up and throw away the half-chewed piece. MSG is usually used to cook, and if not, people will say the food has no taste. Instant noodles were frequent, too, accompanied by rice. People love to drench their food in oil and, as a foreigner, I found it totally repulsive at times. Sometimes I would just eat rice with a little salt and avoid the curry because the oil was so rich it made me sick.

Several small sweets were available to buy throughout the camp, including fried dough balls, deep fried bananas, deep fried squash, sticky rice with coconut, and rice stuffed inside

bamboo. While I was there, I met one Burmese woman who was vegetarian and had her own fried-snacks shop. She was so happy I was vegan. Some of the Rohingya refugees prepared delicious snacks of all kinds of breads, fried or deep fried, sometimes putting chickpeas inside the dough. Once in a while, sticky purple rice was available early in the morning, which was a special treat for me. Every morning, beginning around six, there was a market in one dirt field of the camp. All kinds of vegetables and sweets could be found there, but one never knew what would be available.

After a couple months I had access to a small stovetop

The author outside a Buddhist temple in Bangkok.



and was relieved and delighted to try cooking on my own. I started to visit the morning market and experimented cooking with my students and friends. Mung bean thread noodles were available everywhere and were very cheap. I grew to really love the taste of them. They make a great alternative to egg noodles, which are frequently used in Burmese cooking as well. One recipe I include below is made with okra, which was always plentiful in the camp, and tomatoes, and mung bean noodles. Here in the United States, you can find mung bean noodles at international or Asian markets.

Some vegetables and fruits were grown inside the camp but most were brought from Mae Sot, the nearest town to the camp. Mae Sot is a great place for tourists and expats to relax and find a shady spot to enjoy a cool drink and use wifi. The Thai community there is Buddhist, and there are several vegetarian and vegan options in the town. The best place to visit is Borderline, a vegetarian restaurant, Burmese cooking school, and fair trade gift shop. They do use egg noodles in several recipes; so just ask to make sure what you order is vegan. The cooking class they offer is a lot of fun. The group chooses which dishes they want to cook, most of which are vegan or can be made vegan. Then the group goes to the local Burmese market, buys vegetables, and finally cooks and eats together. I learned how to make steamed banana wraps, their classic tofu salad with chickpea flour, lemon-grass juice, and a Karen pumpkin curry. Chickpea flour is delicious when it sticks to freshly fried tofu. The second recipe below is my variation of Borderline's tofu salad.

## Okra, Tofu, and Tomato Stir-Fry

(Serves 4)

The okra and tomatoes stick together and form a pasta sauce. Adding mung bean noodles makes it even better! Please note this recipe is high in fat. (Photo on page 8.)

**2½ cups okra**  
**5 tomatoes**  
**7 ounces tofu (about half a container of tofu)**  
**½ cup oil, for frying**  
**2 six-ounce packages mung bean noodles**  
**Soy sauce, curry powder, chopped onions, garlic, lime or lemon juice, and chilies, to taste**

Wash okra and slice them into halves crosswise. Core then slice tomatoes into quarters. Drain the tofu and cut it into rectangular or square pieces.

Pour ½ cup oil into a wok or deep frying pan and let

it boil. Then add the tofu pieces. Fry them until they are golden brown on both sides. Remove the tofu and cook the okra and tomatoes in the same oil in that wok or pan, adding some water if necessary to prevent sticking. Let the okra and tomatoes cook into a kind of stew, until the okra is soft. Return the tofu pieces to the pan. Add soy sauce, curry powder, onions, garlic, lime or lemon juice, and chilies as you like.

Meanwhile, put mung bean noodles into a bowl and soak in water for five minutes. The noodles look like a lot in the package, but they cook down and absorb liquid. After soaking the noodles, drain the water and add them to the stir-fry. If they stick to the pan, add a little water to cook longer.

Total calories per serving: 628    Fat: 30 grams  
 Carbohydrates: 84 grams    Protein: 7 grams  
 Sodium: 27 milligrams    Fiber: 5 grams

## Tofu Salad

(Serves 3-4)

This recipe is simple. You could try it with other vegetables, too. It can be served as a salad to accompany a main curry dish or served over noodles. Please note this recipe is high in fat. Eat in moderation. (See photo on page 8.)

**3 cups fresh spinach, washed**  
**1 red onion, diced**  
**5 tomatoes, quartered**  
**7 ounces tofu (about half a container of tofu)**  
**½ cup vegetable oil**  
**Small handful chickpea flour (or use other flour)**  
**1 lime or lemon**  
**Black sesame seeds, to taste**

Put spinach in a large bowl. Add red onion and tomatoes.

Drain the tofu and cut it into rectangular or square pieces. Fry pieces of tofu in oil. When the tofu is golden brown, remove it and add it to the large bowl. While the tofu is still very hot, add a small handful of chickpea flour. The flour will stick to the ingredients, especially the tofu. Stir to spread the flour until it seems like it has melted into a creamy, nutty-tasting sauce. Add more according to your taste. Squeeze one lime or lemon over the ingredients in the bowl. Add black sesame seeds as you like. Serve with noodles or rice.

Total calories per serving: 454    Fat: 41 grams  
 Carbohydrates: 17 grams    Protein: 9 grams  
 Sodium: 46 milligrams    Fiber: 5 grams

## Vegan Cuisine in Penang, Malaysia

I also spent two weeks in Penang, Malaysia, which is an incredible place for vegans to gorge on Chinese, Japanese, and Indian vegan cuisine. Penang has a beautiful historic area called Georgetown, with quaint shops and a mix of Buddhist, Hindu, and Muslim temples and culture. The art scene is incredible, too, and it is easy and fun to ride a bike around in the touristy area and discover every nook and cranny that the area has to offer. Georgetown is also listed as a UNESCO World Heritage Site.

There is an all-vegetarian Chinese eatery called E.E. Beng in Georgetown. It serves tasty dishes, and every day has a wide range of freshly cooked curries with mock meats, tofu, and lots of vegetables! They also make authentic Chinese-style buns with delicious fillings like tofu and bean pastes. The buns tend to sell out quickly, as do the various soups they make fresh in the morning, so you have to get there early. Additionally, they serve brown rice, and you can eat in or take out. It is truly delicious vegan food for a very cheap price!

There is also an all-vegan, authentic Japanese restaurant, called Sushi Kitchen, which is a little pricey but well worth it. Imagine an assortment of vegan sushi, one-of-a-kind soups, and seaweed, tofu, and miso dishes.

Penang is home to incredible Indian food, too. Some temples offer free meals, especially the ones near Georgetown, and some require you to eat in silence, which can be pleasant sometimes. Just make sure what you get is dairy free.

Penang is artsy with a growing mix of expats and foreigners. There's always something to do, and it's easy to meet people and make new friends. It's also convenient to take a one-day train ride to Bangkok, Thailand. Take the very inexpensive ferry ride, which runs daily, to or from Georgetown to the Butterworth train station. At the train station, buy a second-class seat to meet lots of interesting people who will share your coach with you!



Tofu Salad (recipe on page 7)



Okra, Tofu, and Tomato Stir-Fry (recipe on page 7)

The author outside the refugee camp near the Thai Burma border.





# Vegan Bed and Breakfast Establishments in the USA

If you're looking for a vegan B&B to stay at this summer, look no further. Here are a few suggestions. Enjoy your vacation!

## The Stanford Inn By The Sea

Coast Highway & Comptche Ukiah Road  
Mendocino, CA 95460  
Phone: 800-331-8884  
Website: <http://www.stanfordinn.com>

## Deer Run Bed & Breakfast

1997 Long Beach Road  
Big Pine Key, FL 33043  
Phone: 305-872-2015  
Website: <http://www.deerrunfloridabb.com>

## The Ginger Cat Bed & Breakfast

2475 Altay Road  
Rock Stream, NY 14878  
Phone: 607-535-9627  
Website: <http://www.gingercat-bb.com>



Sunset at The Stanford Inn By The Sea

## The Red Robin Song Guest House

94 Schoolhouse Road  
West Lebanon, NY 12195  
Phone: 518-794-0186  
Website: <http://redrobinsonguesthouse.com>

## The Cherokee Rose Inn

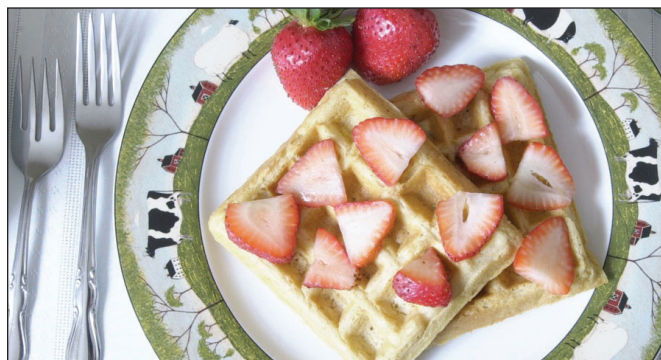
2924 SE Alder Street  
Portland, OR 97214  
Phone: 503-477-9443  
Website: <http://www.cherokeeoseinn.com>

## The White Pig Bed & Breakfast

5120 Irish Road  
Schuyler, VA 22969  
Phone: 434-831-1416  
Website: <http://thewhitepig.com>

## Someday Farm Bed & Breakfast

2251 East Goodell Road  
Freeland, WA 98249  
Phone: 360-331-2864  
Website: [www.somedayfarmveganbedandbreakfast.com](http://www.somedayfarmveganbedandbreakfast.com)



Waffles with Strawberries at The White Pig Bed & Breakfast

## Bequests

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

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

# VEGGIE BURGERS ROCK!

From B.C.E to O.M.G! By Zel Allen

**A**lmost two centuries ago, ancient Egyptians and Christian Copts disputed over which group created falafel, the first veggie-patty-type burger, made from chickpeas, which is still well-known and popular throughout the Middle East and USA today. The appeal of falafel, or any burger patty, is its versatility. It's delicious slipped into a pita, heaped with trimmings, packed between slices of bread, or on a bun. It can also be served on top of a salad or miniaturized into appetizer bites.

## THE FIRST BURGERS ON THE SCENE

Another early burger-style patty is the *kofita*, which originated as a meatball and was known throughout the Middle East, the Balkans, North Africa, and India but later morphed into veggie versions in the Hindu world.

One of the most "colorful" men to create meatless, soy-based analogs that might be called veggie burgers today, was John Harvey Kellogg, M.D. He and his brother Will were the creators of the original Kellogg's brand of breakfast cereals. The famed Battle Creek Sanitarium was their wellness center operating in Battle Creek, Michigan in the late 1800s, where John created burger-style foods featuring soy and whole grains.

Three culinary innovators enamored with the idea of creating a veggie burger came on the scene about the same time during the late 1900s. The BOCA burger was an innovation developed around 1979 when a chef in Boca Raton, FL was determined to create a plant-based burger. Paul Wenner, owner of the Garden House Restaurant in Oregon, introduced the Gardenburger in about 1980. In 1982, Gregory Sams, a UK chef, debuted his VegeBurger in London after many years of trial and error working with combinations of gluten, sesame, soy, and oats. His VegeBurger became an almost instant success.

Recognizing the recent explosion of vegetarian interest, fast food chains couldn't resist the temptation to capture the veg audience. By 2005, McDonalds, Burger King, Hungry Jack's, Subway, Hard Rock Café, Denny's, and Red Robin tested their versions of a meatless burger.

Today, you can find an array of prepared frozen veggie burgers in almost every grocery store, but some of the tastiest burgers can be those created at home.

## GET READY FOR BURGER SEASON

The nice thing about homemade burgers is their versatility. Served hot or cold, speared with a fork, tucked into a sandwich, or eaten out of hand, they make a delicious, hearty, and satisfying meal.

Burgers are the ideal centerpiece for a no-fuss summer meal and lend themselves to amazing variations. Any of the following burger recipes can be transformed into mini appetizer bites, as I've done with the lively spiced Nutty Buffalo Burger. Following are a few ideas centered on burgers that might spark the next fun gathering of friends and family:

- Tuck burgers into a sandwich and take them to a picnic
- Serve a batch of burgers on a platter accompanied by a variety of sauces for dipping
- Form a burger mixture into tiny patties and bake them to enjoy as appetizers
- Have a creative condiment contest
- Invite friends to a burger potluck by supplying each friend with a different recipe

For the mushroom aficionados, consider the Mediterranean Portobello Burgers that ooze with the deep richness of earthy portobellos simply seasoned with nutritional yeast flakes, salt, and pepper. Enhance them with a delicate spoonful of chunky Mediterranean Relish and fall in love with a burger so tasty you can forget the bun.

Looking beyond the familiar ketchup, mustard, and mayo dressings, consider a few innovative sauces to give your burger some zing. Vegan Ranch Dressing is thick, creamy, and reminiscent of the real thing, while Smoky Chipotle Mayo promises to satisfy the fearless spice lovers.

Creamy Avocado Sauce, featuring the buttery smooth texture of fresh avocado, brings extravagant richness to the chipotle-laced Spiced Greenburgers as well as the exotic Moroccan Chickpea Burgers. While the sauces are interchangeable and fun to experiment with, they also make great toppings for dishes other than burgers.

A tasty burger choice for nut lovers is the mouth-watering Open Sesame Nut Burgers. Three varieties of nuts combine with wild rice to form the base of these tantalizing burgers, which fill the entire kitchen with the aroma

of fragrant toasted sesame seeds. To finish, splash them with a generous spoonful of Tangy Tahini Sauce.

Whoppin' Big Lentil Burgers feature the delightful texture of tender lentils liberally seasoned with exotic silk-road spices that lend themselves to a variety of sauces like Tangy Tahini Sauce or Vegan Ranch Dressing.

Versatility also extends to the kind of bread to hold the burger and its trimmings together. Will it be the familiar whole-wheat burger buns, white or whole-wheat pita, or extra-sour sourdough bread?

## COMFORT CONDIMENTS & ADD-INS

Adventurous foodies might adore unique sauces and dressings that deliver pizzazz to the burger, while others cling to the venerated, long-standing trio of mustard, ketchup, and mayonnaise that mustn't be left behind.

Yet, mustard, with its pungent and diverse flavors, comes in varieties to please every guest. Some like it sweet or tangy, while others turn to spicy, smooth, or grainy.

No need to cling to the same old lettuce, tomatoes, onions, and pickles for trimmings; get creative and take delight in presenting different varieties of lettuce, spinach, heirloom tomatoes, and purple onions.

Elevate that delicious burger to spectacular heights with freshly roasted vegetables. They're a simple prep and make fabulous add-ins that bring color, flavor, and texture to a burger. And the choice of veggies to roast is infinite – eggplant, summer squashes, bell peppers, turnips, or mushrooms. Simply slice them about  $\frac{3}{8}$ -inch thick, brush them with a light coating of oil, and roast them in a preheated oven at 400 degrees for about 20 to 25 minutes. Anyone following an oil-free diet can simply roast the veggies on a dry baking sheet and enjoy their freshly roasted goodness.

Finally, there's the amazing realm of vegan cheese choices available in natural foods markets and some chain grocers. Look for Daiya, Field Roast, and Follow Your Heart for slices that will melt like the real thing.

I've chosen to bake the burgers rather than grill them. Most of the burgers are oil-free. That was intentional to decrease the calories and fat. Grilling involves considerable quantities of oil, but roasting burgers on a parchment-lined baking sheet eliminates the need for oil.

The burger recipes and sauces were a joy to develop and are a delight to share. Consider preparing two or three of the recipes and freezing the burgers. Then, when the urge to entertain arrives, simply defrost the patties and warm them gently on a parchment-lined baking sheet for no more than 5 or 10 minutes. The most challenging dilemma is which burgers to choose!

## Mediterranean Portobello Burgers

(Makes 10-12 three-inch patties)

I especially like to top these patties with a spoonful of Mediterranean Relish (page 13), turning them into an elegant and compellingly delicious main dish.

**2 Tablespoons water**

**1 Tablespoon flaxseed meal (ground flaxseed)**

**2-3 giant portobello mushrooms (about  $\frac{3}{4}$  pound)**

**1 cup cooked brown rice or barley**

**1 cup diced onions**

**$\frac{1}{2}$  cup almond meal or hazelnut meal**

**$\frac{1}{2}$  cup old-fashioned rolled oats**

**2 Tablespoons nutritional yeast flakes**

**$1\frac{1}{4}$  teaspoons salt**

**$\frac{1}{4}$  teaspoon ground black pepper**

Preheat oven to 375 degrees and line a large, rimmed baking sheet with parchment.

In a small bowl, combine the water and flaxseed meal. Mix well and set aside to thicken.

Coarsely chop the mushrooms, put them into the food processor in batches, and pulse until minced but not puréed. Transfer the mushrooms to a large bowl.

Add the brown rice, onions, almond meal, rolled oats, nutritional yeast, salt, and pepper to the bowl and mix well with clean hands to distribute the ingredients evenly. Add the thickened flaxseed meal, mixing well to incorporate it completely.

Form the mixture into 2-inch balls and place them on the prepared baking sheet. Press lightly on the tops to flatten them slightly to form patties about 3 inches in diameter. Bake for 30 minutes. Turn the patties with a metal spatula and bake 12-15 minutes longer, or until the tops are firm.

*Serving Suggestion:* Arrange the mushroom patties on a platter and garnish each with a dollop of the Mediterranean Relish. Artfully place a basil leaf on each patty and bring the remaining relish to the table.

*Notes:* The recipe works equally well with cremini or button mushrooms. For convenience, bake the patties a day ahead and chill them. To warm, preheat the oven to 350 degrees and heat them for 10-15 minutes.

Total calories per patty: 97

Carbohydrates: 13 grams

Sodium: 296 milligrams

Fat: 4 grams

Protein: 4 grams

Fiber: 3 grams

# VEGAN BURGER

## Condiments

### Smoky Chipotle Mayonnaise

(Makes about 1<sup>1</sup>/<sub>3</sub> cups)

Enjoy this as a thick burger dressing, or thin it for dipping burger appetizer tidbits like the Nutty Buffalo Bites. To thin the sauce, increase the quantities of both the lemon and lime juice to 3 Tablespoons each. The sauce retains great flavor, but if you prefer a stronger smoky flavor, also increase the chipotle powder and hickory smoke flavor to <sup>3</sup>/<sub>4</sub> teaspoon each.

- 1 cup vegan mayonnaise**
- 2 teaspoons fresh lemon juice**
- 2 teaspoons fresh lime juice**
- ½ teaspoon chipotle powder**
- ½ teaspoon liquid hickory smoke flavor**

Combine all the ingredients in a bowl and use a small whisk to make it smooth and creamy. Serve on the side.

Total calories per 1 Tablespoon serving: 37  
Carbohydrates: 1 gram  
Sodium: 89 milligrams

Fat: 4 grams  
Protein: 1 gram  
Fiber: <1 gram

### Creamy Avocado Sauce

(Makes 1<sup>3</sup>/<sub>4</sub> cups)

Here's a tasty avocado sauce to dress your burger.

- 1 cup unsweetened soymilk**
- 1 avocado, peeled**
- 3-4 Tablespoons fresh lemon juice**
- 1 Tablespoon nutritional yeast flakes (found in natural foods stores)**
- 1 teaspoon salt**
- ½ teaspoon maple syrup**
- ¼ teaspoon pepper**
- Dash paprika**

Combine all the ingredients except paprika in a blender and process until smooth and creamy. Pour the sauce into a medium bowl and add a sprinkle of paprika. Serve on the side.

Total calories per 1 Tablespoon serving: 16  
Carbohydrates: 1 gram  
Sodium: 86 milligrams

Fat: 1 gram  
Protein: 1 gram  
Fiber: 1 gram

Moroccan Chickpea Burgers (recipe page 16)



Nutty Buffalo Burger (recipe page 15)



## Mediterranean Relish

(Makes 3 cups)

This is one of my favorite relish condiment combos.

**One 14-ounce can water-packed artichoke hearts,  
drained and diced**

**1¼ cups diced fresh tomatoes**

**10 pitted Kalamata olives, diced**

**6 pitted Spanish olives, diced**

**1 green onion, minced**

**2 Tablespoons nutritional yeast flakes**

**2 cloves garlic, minced**

**Pinch cayenne**

**Freshly ground pepper to taste**

**Few sprigs fresh basil (for garnish)**

Combine all ingredients (except basil) in a medium bowl; mix well. Adjust seasonings if needed. Garnish with basil.

Total calories per 2 Tablespoon serving: 15

Carbohydrates: 2 grams

Sodium: 60 milligrams

Fat: 1 gram

Protein: 1 gram

Fiber: 1 gram

## Vegan Ranch Dressing

(Makes 1¾ cups)

No need to reminisce about ranch from pre-vegan days!

**One 12-ounce box soft silken tofu**

**3 Tablespoons fresh lemon juice**

**2 Tablespoons nutritional yeast flakes**

**1 Tablespoon fresh lime juice**

Whoppin' Big Lentil Burgers (recipe page 16)



**1 teaspoon salt**

**¾ teaspoon garlic powder**

**¾ teaspoon onion powder**

**¼ teaspoon pepper**

Combine all the ingredients in a blender and process until smooth and creamy. Stop the machine once or twice to scrape down the sides and process again to fully incorporate. Transfer the dressing to a serving bowl or narrow-neck bottle for serving. Serve immediately or chill it to use later. Refrigerated, the dressing will keep for 7 days.

Total calories per 1 Tablespoon serving: 10

Carbohydrates: 1 gram

Sodium: 85 milligrams

Fat: <1 gram

Protein: 1 gram

Fiber: <1 gram

## Tangy Tahini Sauce

(Makes 1 cup)

The definitive lemony tang, along with a generous measure of cayenne, makes a versatile burger accompaniment.

**½ cup tahini**

**½ cup water**

**3-4 Tablespoons fresh lemon juice**

**2 cloves garlic, minced**

**¾ to 1 teaspoon salt**

**1/8 to ¼ teaspoon cayenne**

Combine all ingredients in a medium bowl. Whisk vigorously for 1 minute to thicken it into a creamy sauce.

Total calories per 1 Tablespoon serving: 44

Carbohydrates: 2 grams

Sodium: 111 milligrams

Fat: 4 grams

Protein: 1 gram

Fiber: 1 gram

Mediterranean Portobello Burgers (recipe page 11)



## Open Sesame Nut Burgers

(Makes 9-11 three-inch patties)

The trio of cashews, pistachios, and walnuts in this recipe offers triple delights. But, that's not all – these sassy little burgers are then covered, top and bottom, in sesame seeds, making them stout enough to enjoy even without a bun. Sandwich lovers can tuck them into a pita with trimmings. Cook the wild rice a day ahead, and the patties will practically make themselves.

- 3 cups plus 2 Tablespoons water, divided**
- 1 cup wild rice**
- 1 teaspoon salt**
- 1 Tablespoon flaxseed meal (ground flaxseed)**
- 1 cup coarsely chopped walnuts**
- $\frac{2}{3}$  cup cashews**
- $\frac{1}{3}$  cup pistachios**
- 1 Tablespoon plus 1 teaspoon reduced-sodium soy sauce**
- $\frac{3}{4}$  teaspoon chili powder**
- $\frac{1}{2}$  teaspoon dried oregano**
- $\frac{1}{4}$  teaspoon ground nutmeg**
- $\frac{1}{4}$  teaspoon dried thyme**
- $\frac{1}{2}$  cup hulled sesame seeds**
- $\frac{1}{2}$  bunch parsley, cilantro, or basil (for garnish)**
- 3 cherry tomatoes or mini bell peppers (for garnish)**

Lightly oil a large rimmed baking sheet and set aside. Combine 3 cups of the water with the wild rice and salt in a 2-quart saucepan. Cover and bring to a boil over high heat. Reduce the heat to medium-low and simmer for 50-60 minutes, or until the rice is tender. Drain the excess liquid. Measure 2 cups of the cooked rice for the recipe and set aside. Store the remaining cooked rice in the refrigerator for another purpose.

Combine the remaining 2 Tablespoons water with the flaxseed meal in a small bowl and set aside to thicken.

Grind the walnuts, cashews, and pistachios to a coarse meal in a food processor, and leave them in the processor. Add the

soy sauce, chili powder, oregano, nutmeg, and thyme to the processor, along with the cooked wild rice. Process briefly until all the ingredients are well combined. Add the thickened flaxseed meal and process until well incorporated. If the mixture seems too dry to hold together when pinched, add 1-3 Tablespoons of water, as needed, and process briefly.

Form the mixture into patties about 3 inches in diameter. Sprinkle the sesame seeds onto a dinner plate and press both sides of each patty into the seeds. Arrange them on the prepared baking sheet.

Broil them 3 inches from the heat source for 2-4 minutes, just until golden brown. Watch closely – they brown quickly. Turn the burgers over with a metal spatula and broil 1-2 minutes longer. Arrange the burgers attractively on a platter and garnish.

Total calories per patty: 285	Fat: 20 grams
Carbohydrates: 21 grams	Protein: 9 grams
Sodium: 353 milligrams	Fiber: 4 grams

## Spiced Greenburgers

(Makes 12 three-inch patties)

Greenburgers make an irresistible sandwich filling, especially when slathered with the satiny smooth Smoky Chipotle Mayonnaise (page 12). They're also tasty as a stand-alone entrée topped with the Creamy Avocado Sauce (page 12). Because these burgers are delicious eaten

Open Sesame Nut Burgers (recipe at left)



cold, they make perfect picnic food, served with cold salads on the side.

**One 12-ounce package frozen, shelled edamame**  
**1¼ teaspoons salt, divided**  
**1 medium onion, coarsely chopped**  
**Zest of 1 lemon**  
**3 Tablespoons fresh lemon juice**  
**½ teaspoon chipotle powder**  
**1 clove garlic, minced**  
**2 cups lightly-packed fresh spinach leaves**  
**1½ cups cooked short-grain brown rice**  
**⅔ cup old-fashioned rolled oats**  
**½ cup coarsely ground walnuts**

Preheat the oven to 375 degrees and line 2 large rimmed baking sheets with parchment.

Put 6 cups of water in a 3-quart saucepan and add ¼ teaspoon of the salt. Cover the pan, and bring it to a boil over high heat. Add the edamame and boil for 6 minutes. Drain the edamame well and transfer it to the food processor.

Add the onion, lemon zest, lemon juice, chipotle powder, garlic, and the remaining 1 teaspoon of salt to the processor. Pulse and process the mixture until smooth. Stop the machine frequently to scrape down the sides of the work bowl.

Transfer the edamame mixture to a large mixing bowl and put the spinach leaves into the unwashed food processor. Pulse until the spinach is finely chopped and add to the edamame mixture.

Add the brown rice, rolled oats, and coarsely ground walnuts to the bowl and mix well with your hands to distribute the ingredients evenly. Form the mixture into 12 burgers about 3 inches in diameter. Press them down slightly to ½-inch thickness so they will bake evenly throughout.

Bake the patties for 15 minutes, turn them over, and bake 10-12 minutes longer. Cool slightly and use immediately or chill and serve later.

Total calories per patty: 115    Fat: 5 grams  
Carbohydrates: 14 grams    Protein: 6 grams  
Sodium: 251 milligrams    Fiber: 3 grams

## Nutty Buffalo Burger

(Makes 10-12 two-inch patties)

Calling all spice lovers! This fiery burger is made for those with intrepid taste buds. Not sizzling enough? It's an easy fix – just add another ½-1 teaspoon of hot sauce or ¼

teaspoon of cayenne and you'll be smokin' hot quickly!

**3 Tablespoons flaxseed meal (ground flaxseed)**  
**3 Tablespoons mild vinegar (distilled, rice, or cider)**  
**4 Tablespoons water, divided**  
**1 cup cooked barley or brown rice**  
**One 15-ounce can garbanzo beans, rinsed and drained**  
**¾ cup whole almonds**  
**1 Tablespoon plus 1½ teaspoons hot sauce**  
**1 Tablespoon extra-virgin olive oil**  
**1½ teaspoons garlic powder**  
**1½ teaspoons onion powder**  
**1 teaspoon salt**  
**1 teaspoon chili powder**  
**¼-½ teaspoon cayenne**

Preheat the oven to 375 degrees and line a large rimmed baking sheet with parchment.

Combine the flaxseed meal, vinegar, and 2 Tablespoons of the water in a small bowl. Mix well and set aside to thicken.

Put ¾ cup of the barley in a food processor and the remaining barley in a large bowl. Put ⅔ of the garbanzo beans in the processor and the remaining beans in the bowl with the barley. Add the remaining 2 Tablespoons of water to the processor and pulse to create a coarse mash. Transfer the mash to the bowl with barley and beans.

Without washing the processor, pour in the almonds and process briefly, about 10-20 seconds, to create a medium-coarse texture. Add the nuts to the bowl. Add the hot sauce, olive oil, garlic powder, onion powder, salt, chili powder, and ¼ teaspoon of the cayenne to the bowl.

Add the reserved flaxseed mixture and use your hands to mix the ingredients together until well combined. Taste the mixture for spice level. If desired, add the remaining ¼ teaspoon cayenne.

Form the mixture into 10-12 1½-inch balls and put them on the prepared baking sheet. With your hands, flatten the balls into 2-inch-diameter patties. Bake for 20 minutes, turn the patties with a metal spatula, and bake 5 minutes longer.

*Note:* Create the tastiest little appetizer Nutty Buffalo Bites by rolling the mixture into 1-inch balls and baking them on the parchment-lined baking sheet for 25 minutes. Allow them to cool completely before removing to avoid sticking. Makes about 30 balls.

Total calories per patty: 143    Fat: 8 grams  
Carbohydrates: 13 grams    Protein: 5 grams  
Sodium: 349 milligrams    Fiber: 4 grams

## Whoppin' Big Lentil Burgers

(Makes 12 two-inch burger patties, or 8 three-inch patties)

Lentil aficionados will really appreciate the richness in flavor and texture these burgers offer. I've added the optional extra-virgin olive oil to lend welcome moisture to the burgers, but for those following an oil-free diet, replace the oil with 1-2 Tablespoons water. Without the oil or extra water, the burgers tend to be a bit dry.

**2 Tablespoons flaxseed meal (ground flaxseed)**

**¾ cups water, divided**

**3 Tablespoons reduced-sodium soy sauce, divided**

**1 cup brown lentils**

**1 cup walnuts, coarsely ground**

**1 large carrot, finely minced in the food processor**

**1 medium onion, finely minced in the food processor**

**¾ cup old-fashioned rolled oats**

**1 Tablespoon extra-virgin olive oil (optional)**

**2 cloves garlic, finely minced**

**½ teaspoon ground cinnamon**

**½ teaspoon ground nutmeg**

**¼ teaspoon salt**

**¼ teaspoon pepper**

Have ready 2 large rimmed baking sheets lined with parchment and set aside. Combine the flaxseed meal and ¼ cup of the water in a small bowl, mix well, and set aside to thicken.

In a 4-quart saucepan, combine the remaining 3 cups of water, 2 Tablespoons of the soy sauce, and the lentils. Cover the pan and bring to a boil over high heat. Reduce the heat to medium and simmer for 20-25 minutes, or until the lentils are softened but still retain their shape.

While the lentils are cooking, combine in a large bowl the walnuts, carrots, onion, rolled oats, olive oil or water, garlic, cinnamon, nutmeg, salt, and pepper, along with the remaining 1 Tablespoon soy sauce.

Using a slotted spoon, transfer the cooked lentils to the bowl, along with ½ cup of the cooking liquid remaining in the pan. Add the thickened flaxseed meal and mix well with your hands to incorporate all the ingredients.

Preheat the oven to 400 degrees. Put half the mixture into the food processor and pulse several times to form a slightly chunky purée. Return the mixture to the bowl and mix well.

Using a heaping tablespoon, form the lentil mixture into patties and arrange them on the prepared baking sheet. Flatten the patties slightly, to 2-3 inches in diameter and about 3/8-inch thick.

Bake for 25 minutes and carefully turn the patties with a metal spatula. Switch oven rack positions of the baking sheets and bake 5-8 minutes longer, or until the tops are firm.

Total calories per 2-inch patty: 135

Fat: 5 grams

Carbohydrates: 16 grams

Protein: 7 grams

Sodium: 205 milligrams

Fiber: 6 grams

## Moroccan Chickpea Burgers

(Makes 12 approximately three-inch patties)

Enhanced with garlic and aromatic spices, these little patties suggest North African origins along the ancient Silk Road. To bring out their best flavors, top the burgers with a light sauce of fresh chopped tomatoes, onions, garlic, and salt and pepper briefly cooked in a saucepan.

**¼ cup water**

**2 Tablespoons flaxseed meal (ground flaxseed)**

**Two 15-ounce cans chickpeas, drained and rinsed, divided**

**¾ cup chopped onions, divided**

**1 cup coarsely shredded zucchini (1 small zucchini)**

**¾ cup old-fashioned rolled oats**

**¼ cup tahini**

**¼ cup fresh lemon juice**

**Zest of 1 lemon**

**2 cloves garlic, minced**

**1½ teaspoons ground cumin**

**1½ teaspoons salt**

**1½ teaspoons garlic powder**

**1¼ teaspoons ground cinnamon**

**1 teaspoon ground allspice**

**1 teaspoon onion powder**

**½ teaspoon freshly ground pepper**

**Pinch cayenne**

Preheat the oven to 375 degrees and line a large rimmed baking sheet with parchment.

Combine the water and flaxseed meal in a small bowl, mix well, and set aside to thicken.

Put 1 cup of chickpeas in a large mixing bowl and the remainder into a food processor. Add half the onions to the mixing bowl and the remainder to the food processor. Add the zucchini to the bowl.

Put the oats, tahini, lemon juice, lemon zest, garlic, cumin, salt, garlic powder, cinnamon, allspice, onion powder, pepper, and cayenne in the processor and process until all ingredients are well incorporated. Stop the machine once or twice to scrape down the sides of the bowl. Spoon the garbanzo mixture into the bowl with the



reserved beans and mix well to distribute them evenly.

Spoon the reserved flaxseed mixture into the garbanzo batter and mix well to incorporate it completely.

Drop the garbanzo batter by heaping tablespoons onto the prepared baking pan, forming 12 patties about 2½-3 inches in diameter. Flatten them slightly so they will bake evenly. Bake for 25 minutes. Using a metal spatula, turn the patties over and bake 10-12 minutes longer.

Total calories per patty: 125    Fat: 5 grams  
Carbohydrates: 17 grams    Protein: 5 grams  
Sodium: 396 milligrams    Fiber: 4 grams

## Falafel Burgers

(Makes 12 three-inch burgers)

While it's traditional to tuck crisp falafel balls into a pita and top with a lemony tahini sauce, you can have fun breaking tradition and enjoy these patties in a salad, with pasta in place of meatballs, or as mini appetizers. They're delicious with the Creamy Avocado Sauce, Vegan Ranch Dressing, or Tangy Tahini Sauce recipes (pages 12-13).

**Two 15-ounce cans garbanzo beans, drained and rinsed**

**1 cup chopped onions**

**1 cup minced parsley**

**½ cup all-purpose flour**

**2 Tablespoons extra-virgin olive oil**

**6 cloves garlic, minced**

**1 Tablespoon plus 2 teaspoons ground cumin**

**1¼ teaspoons salt**

**2 teaspoons ground coriander**

**¼ teaspoon cayenne**

**Freshly ground black pepper**

Preheat the oven to 400 degrees and line two large rimmed baking sheets with parchment.

Combine all the ingredients in a food processor and pulse several times until everything is well mixed but still retains a slightly coarse texture.

Form the mixture into 1½-inch balls and put them on the prepared baking sheet. Use the heel of your hand to flatten the balls into patties about 3 inches in diameter.

Bake the burgers for 10-12 minutes and then use a metal spatula to turn them over. Switch oven-rack positions of the baking sheets and bake for 12 minutes longer.

Total calories per burger: 113    Fat: 4 grams  
Carbohydrates: 17 grams    Protein: 4 grams  
Sodium: 345 milligrams    Fiber: 3 grams

## Passionate Pecan Pea Patties

(Makes 9 two-inch patties)

Keep some frozen peas and cooked brown rice on hand, and you'll be able to whip these up on short notice. The patties freeze well and come in handy in a pinch.

**¼ cup water**

**2 Tablespoons flaxseed meal (ground flaxseed)**

**1 cup frozen peas, defrosted**

**½ cup cooked brown rice**

**½ cup pecans**

**½ cup diced carrots**

**½ cup diced onions**

**1 Tablespoon fresh lime juice**

**¾ teaspoon salt**

**½ teaspoon 5-Spice powder**

**½ teaspoon coriander seeds, crushed in mortar and pestle**

**¼ teaspoon ground black pepper**

Preheat the oven to 350 degrees and line a large rimmed baking sheet with parchment.

Combine the water and flaxseed meal in a small bowl. Mix well and set aside to thicken.

Put all the remaining ingredients in the food processor and gently pulse and process until the mixture becomes a thick batter with visible flecks of carrot and onion. You may have to stop the machine and scrape down the sides once or twice to be sure all the ingredients are broken down and evenly distributed. Add the thickened flaxseed meal to the processor and pulse until well incorporated.

Form heaping tablespoons of the mixture into patties about 2 inches in diameter and put them on the parchment. Use the heel of your hand to flatten them slightly. Bake for 15 minutes, then turn the patties over with a metal spatula. Bake 15 minutes longer. Remove from the oven and allow the patties to rest about 5-10 minutes before serving to prevent sticking.

Total calories per patty: 78    Fat: 5 grams  
Carbohydrates: 8 grams    Protein: 2 grams  
Sodium: 217 milligrams    Fiber: 2 grams

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# Captive *Royals* & Meat MACHINES ANIMALS in AMERICA TODAY

by Gene Sager, Palomar College, San Marcos, California

I marvel at the mobile pet grooming salon that pulls into my neighbor's driveway. The sides of the oversized van include ads for the usual haircut, shampoo, and combing. But today, grooming salon services include fluff drying, dry skin therapy, ear cleaning, and "laser teeth cleaning." My neighbor's dogs are treated to a "makeover" every two weeks. We Americans pay these salons and other pet care businesses 36 billion dollars annually and the amount goes up every year. You can now purchase shoes for your dog: "Fetchers – handcrafted with high quality leather, rubber sole, rear zipper and velcro strap for the best fit and most comfort. Protect your loved ones with their very own set of four Fetchers!" (*Skymall*, summer 2005). Such care, such royal treatment, verges on extravagance. Is it just a frivolous waste? Or perhaps we Americans are trying to express our compassion for animals? Clearly, our "compassion" does not extend to the millions of animals on factory farms, however. While our pets are pampered, the treatment of factory farm animals is grossly inhumane. Factory farm animals are trapped in confinement facilities, cages, or feedlots, drugged with antibiotics and hormones, and slaughtered for food. Pets vs. livestock – the contrast in treatment reveals a double standard. It seems we are schizoid when it comes to our relation to animals. Here, I will analyze the schizophrenia and suggest some cures.

Today, most of us are urbanized to such an extent that exposure to pets (ours or our neighbors', friends' or relatives') is our only direct experience of animals. Modern life deprives us of the experience of wild and farm animals, but ownership of pets is so pervasive that virtually everyone is directly exposed to pet animals. The "pet-less" household is considered odd, and a child who grows up without a pet is thought to be missing something valuable. Many pets do give protection, affection, and can, according to psychological research, produce a calming atmosphere. For single or solitary people, especially seniors, a pet can provide much needed companionship.

The term "companion animals" is sometimes suggested as preferable to "pets," but there is a subtle deception in the term "companion." Companions have an integrity

and independence not enjoyed by pets. Pets are captive and controlled. They are fenced or roped or leashed or caged. Their instincts to roam, hunt, and breed are severely suppressed. If they become strays, they are "impounded" by the county animal shelter.

The curious and ambiguous plight of our pets is symbolized by the dog sticking his head out of the half open window of a moving SUV, apparently enjoying the breeze with all the strange scents in rapid succession. But is the dog really enjoying this? The dog is a captive, not able to follow the scents, not able to escape from this flying metal box.

Pets are in many ways given the royal treatment, yet they are owned and controlled – hence the term "captive royals." The case of my wife's pet lamb exemplifies the situation of captive royals, but with a special twist. As a child, my wife showered affection on her lamb, "Tumbaga," who was sometimes tied to a tree or housed in a barn. Tumbaga was partial to my wife, even showing signs of jealousy and acting protective if other people appeared to threaten her. The lamb was my wife's pet in an exclusive way; he was not her parents' pet. When the family moved, Tumbaga disappeared amid vague explanations. My wife continued to question her parents until the truth came out: the family had eaten Tumbaga. To the parents, the lamb was livestock, so it became mutton at a family meal. My wife had lost her pet. She still lives with this loss and the realization that Tumbaga had been killed and she had eaten him.

Most of us shrink in horror at the thought of our pet suffering or being eaten. We identify with the animal as a sentient being; that is, we identify with him or her as a feeling, desiring animal with caring relationships. We know these animals have natural desires and they experience pleasure and pain. We empathize with them. Our compassion makes sense. What does not make sense, and what seems very odd, is our lack of compassion for factory farm animals in stalls or feedlots. They are treated only as a source of food. Veal calves are taken from their mother and from the other animals and cramped in 22-inch-wide stalls, denied solid food and made anemic.

The result is flesh that is “delicate whitish-pink” and so “deliciously tender.” (*American Cookery*, page 331). These calves are sentient beings too, just like Tumbaga or our pet dog or cat. Do they not deserve compassion as well? It seems we have two separate compartments in our minds and in our hearts: one for animals as our pets, and another for animals as meat machines.

Sometimes the realization that an animal is someone’s pet – anyone’s – can ignite warm feelings of compassion and even furious action. Recently, authorities broke into a vehicle parked in a shopping mall to help a panting golden retriever (“Goldie”) because the owner had left him in the car on a hot day. Shoppers were roused into action when they saw the animal in distress. They attempted to open the car and hastened to call the authorities to bring relief. But we are not so compassionate when, on rare occasions, we are exposed to the distress of factory farm animals. In contrast to the case of Goldie, consider what I observed at a large truck stop and restaurant complex in the Midwest. I could barely believe what I saw and heard. A cattle truck was parked near the busy restaurant while the driver talked about rock music on the payphone outside. Several cows were obviously in distress, bleating loudly and thrashing about. One cow had a bloody shoulder and was no longer able to stand. The animals were suffering from heat exhaustion. Neither the driver nor those who walked by the suffering animals took action. It seems people are numbed by the designation “livestock.” So strong is the mindset that direct exposure to, or information about, factory farm animals may not unsettle our mental categories. Livestock dwell in the compartment of our minds called “commodities,” and as such do not deserve compassion. We have one standard for pets and another standard for livestock.

The result of this double standard is a kind of caste system, and our laws reflect this system. Standard procedures on factory farms are exempted from humane legislation. It is as though we ignore or deny the sentience of livestock animals; they are mere meat machines. A California factory farmer was quoted in the *New York Times* (Oct. 22, 1999): “A cow’s a piece of machinery.”

How can such a highly questionable double standard continue to exist? First of all, some Americans are still unaware of factory farming. They assume most farm animals are allowed to graze in a pasture or forage in the traditional barnyard. Because of urbanization, most of us have not seen facilities like the pig confinement barracks I recently saw in Iowa. These sunless mass-confinement structures house 1,000 pigs crammed for their whole lifetime into concrete, plastic, and metal units. No hay, no dirt, no mud. The sterile environment prohibits the essential

behaviors of nesting, foraging, rooting, wallowing, etc. Pigs catch their feet in the floors, which are slatted to allow excrement and urine to fall into waste pits below. In these concentration camps, the frustrated animals experience PSS (porcine stress syndrome) and gnaw on metal posts or even bite each other’s tails.

Economic factors also play a part in perpetuating the double standard. Factory farming is by far the most common method used in the meat industry today because it is the most profitable way to control the “meat machines.” The industry and its public relations agents defend the idea that the methods of the meat industry are entirely necessary and appropriate. They have many big bucks to lose if Americans became outraged about factory farming.

The other side of the double standard is the pet industry, which profits from the business of helping us pamper our pets, so they bombard us with information on giving pets the royal treatment. Thus, the meat industry tells us there are no important issues about the treatment of livestock; the pet industry tells us there are many important issues about how to improve treatment of pets.

As an ethics professor, I am often surprised by student comments that reflect the cultural schizophrenia in regard to the treatment of animals. Some students try to defend the double standard by saying that we have to use some animals for food. I point out that slaughter for food, even if assumed to be necessary, is not the only issue. What about cruel treatment for the duration of the animal’s life before he or she is slaughtered and becomes food? This question does give students pause to think. And well it should – especially when they realize how sensitive we are when our pet suffers or is killed. At this juncture, some students open their minds to a different perspective and see that we need to rethink our relation to animals.

We can treat the schizophrenia with several curative measures. First and foremost, we need to be more consistent and use a single standard of compassion for all animals. Second, we need to liberate ourselves from the pet pampering craze; extravagant spending for pet makeovers and paraphernalia is wasteful. Third, we need to be clear about factory farming: it is based on the suspect premise that profit is more important than compassion. Finally, my students face up to these questions: Is meat really a necessary part of a nutritious diet? Would a vegetarian diet terminate our allegiance to processes that torture and kill innocent creatures? These are not just academic questions. We all owe it to ourselves to ponder them carefully.

**Gene Sager enjoys writing about world religions and their environmental impact today. His favorite activities include moon watching and the ban-the-plastic-bag campaign.**

# 2015 Essay Contest Winner

## Helpers by Kira Horowitz, age 16

People always ask me how difficult it is to be vegan. “Don’t you miss meat?” “Isn’t it hard to get protein?” “How did you give up your favorite foods?” All of these questions have always been met with quick, to-the-point responses, which I have developed over the years: “No, it is not hard – there are plenty of incredible vegan substitutes; I get more than enough protein from plants; I value the lives of animals over my taste buds.” The people around me are always so quick to identify what they think to be the hardest part about going vegan, but no one has ever correctly guessed what my biggest struggle has actually been: refraining from talking about veganism every single chance I get.

Activism is extremely important to me, and there are few things I find more rewarding than knowing I have made an impact, however small. I have been to more vegan marches and protests than I can count, and I never want to shy away from an opportunity to open someone’s eyes to the truth. However, I refrain from being too pushy about how beneficial vegan diets are when we learn about climate change in science class because I don’t want to upset my teachers. I avoid lecturing the people who sit at my lunch table about the ham sandwiches and burgers they eat because I have to see them every day and do not want to push my friends away. There are so many times when I feel as if I am not doing enough, like I am putting my own needs over the lives of the billions of animals mercilessly slaughtered every year.

I feel guilty for not speaking up whenever I can. I remind myself of the hundreds of animals I save each year by being vegan, about how I convinced my best friend to go vegetarian, of all the times I have stood outside in the freezing rain and waved signs in front of slaughterhouses, but there is still so much more I could be doing. When innocent lives are at stake, there is no such thing as doing too much.

In school, I take an elective called Genocide in the

Modern World. In class, we learned about the four types of people involved in genocide: the victims, the perpetrators, the bystanders, and the helpers. I realized that I could relate genocide to the way animals are treated in slaughterhouses, and it became clear to me that being vegan makes me a bystander. As a vegan, I am not directly contributing to the pain and suffering of animals, which is the defining characteristic of bystanders – they do not cause or encourage the problem, but they are not stopping it. But I do not want to be a bystander. I want to help.



Recently, I have decided to stop holding back. I am beginning to be more honest, whether or not it offends others. When they ask if I care when people eat meat around me, I will answer “Yes. I care about the once-living animal now sitting on your plate.” When they tell me they could never go vegan, I will no longer smile understandingly and nod my head. Instead, I will explain how easy it is and tell them that even if it were difficult, I would still be vegan because it is the right thing to do. I am no longer afraid of

upsetting people. I will not be silent just so others can remain comfortable.

Silence is never the right answer. As Elie Wiesel once said, “We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented.” Being a bystander is not enough. The animals need help, and it is up to us to be their voice.

The future is not so bleak. The number of vegans and vegetarians around the world is skyrocketing. Every day, more and more people become informed and make the switch. Cities are starting to adopt Meatless Monday policies, and even the United Nations has recognized that a plant-based diet is the most healthy and sustainable. By always being informative, yet respectful, we can encourage people to consider giving up meat to save the animals, the planet, and ourselves one step at a time; one helper at a time.

For details on The Vegetarian Resource Group Annual Essay Contest see: <http://www.vrg.org/essay>

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## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, presented at the Plant-based Prevention of Disease (P-POD) conference in Raleigh, NC on *Getting a Good Start: Plant-based Diets for Infants, Children, and Adolescents*. She was interviewed for *Greatist.com* on not-so-obvious iron sources for vegetarians; *Consumer Reports on Health* about reducing meat for health benefits; *Vegan Magazine* on vegan meals in schools; *Today's Dietitian* about potassium and vegetarian bone health; and on the Dr. Don Radio Show about vegetarian pregnancy and lactation. In addition, she presented to the University of Massachusetts Amherst Plant-based Nutrition Club on common myths about vegetarian and vegan diets and to an introductory nutrition class about vegetarian sports nutrition. Vegetarian Resource Group Co-Director Charles Stahler was interviewed by the radio podcast *On The Menu* on the topics of why people are vegetarian/vegan, as well as vegetarian/vegan poll information.

### VEGAN Education

VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, continues to work with senior centers in Long Beach, California by helping them develop vegan menus, etc.

# A Passion for Peas

BY DEBRA DANIELS-ZELLER

Spring is pea season, when grocery stores and farmers markets sell seasonal sugar snap, snow, and English peas. Sweet and mild, it's hard to imagine anyone not loving peas. But in the 1950s, when canned peas regularly showed up at lunch and dinner, the little green orbs got a bad rap. The faded, starchy canned peas bore little resemblance to the sweet garden peas gardeners and cooks love. Canned peas were once so common, many people grew up with no memory of fresh peas.

Fresh peas have been popular for decades. With ancient origins, the earliest evidence of peas comes from Pakistan and Afghanistan. Dried peas were also found in ancient Egyptian tombs. Dried peas were the only type eaten until the 16th century, when the sweeter pea was introduced. Fresh peas quickly became popular. Early explorers brought peas to the New World and fresh peas' popularity has not diminished today.

Frozen peas can stand in for fresh in the off-season. Use fresh peas or cooked, though snow peas are improved with blanching. Peas also make great freezer staples.

## SELECTION, VARIETY, PREPARATION AND COOKING

When selecting peas, choose crisp, green pods and tender young vines for pea shoots or vines. Peas lose sweetness quickly, so use all varieties of fresh peas within a day or two of purchase. For sugar snap or English peas, look for thick, medium-sized pods. Oversized fresh pea pods with large peas could be old with starchy peas inside.

Look for bright green specimens. Stay away from cracked, wilted or yellowish pods as these indicate old age. Remove tips and strings from sugar snap and snow peas and shuck or remove the pods for English peas.

When peas meet with acidic ingredients like vinegar, lemon, or salt, they can lose color. Keep cooking to a minimum and enjoy fresh peas.

## PEA SHOOTS

Featured in Asian cuisines, pea shoots are also called vines. Thin, tender stems that include the leafy tips, pea vines grow close to pea pods. Look for shoots early in the spring. Make sure the stems are young and thin. Trim the stem end 1-2 inches. When vines age, the stems toughen, so test them before using them.

To prepare pea shoots, blanch them first (especially if they are tough): Drop in a pot of boiling water and cook for one minute. Drain and rinse with cold water to stop the cooking process. When cooking pea shoots, cook them quickly, like spinach.

## ENGLISH PEAS

Also known as garden or shell peas, English peas are picked when the pods are slightly immature, and so the peas inside are sweet. Fresh is best, so getting them from the garden or farmers market is the best option because as peas age, their sweetness fades. Frozen peas have been picked and frozen at the peak of ripening and still retain a hint of sweetness. Cook English peas for just a minute or two. Fresh peas take a little longer.

## SNOW PEAS

The almost flat members of the pea family, snow peas were enjoyed in the Mediterranean and Europe long before they were imported to China. Snow peas were cultivated as early as 1597 in Holland and are now the most common pea eaten in China. The flavor is mild, and like sugar snap peas retains a crunch when cooked. Snow peas may also be available frozen.

Snow peas can be cut into thin strips raw and used in a slaw (see recipe on page 24.) Blanched, snow peas look stunning when paired with carrots or red peppers. Three to five minutes is sufficient for steaming or braising.

## SUGAR SNAP PEAS

A hybrid cross between English peas and snow peas, sugar snap peas were developed in the 1700s. Like their pea cousins, fresh is best. You can also find frozen sugar snap peas, but the texture won't be quite the same. To prepare a fresh sugar snap, pinch one end and pull the string off. If you don't, they could be tough.

Sugar snap peas make great dippers but they were made for stir-fry. These crunchy peas take between 3-5 minutes to cook. Do not overcook sugar snap peas. Stir-fry is the fastest cooking method. Blanching in a large pot of boiling water takes between 60 to 90 seconds.

Peas might not change your life, but sweet garden peas bring life to menus everywhere in the spring.

## Braised Pea Shoots

(Serves 4)

With the subtle flavor of peas, this easy side dish goes well with whole grains, tacos, tostadas, potato dishes, and casseroles. The secret to great braised pea shoots is to use young pea vines.

- 1 Tablespoon oil**
- 4 garlic cloves, peeled and sliced**
- 1 bunch pea shoots, washed, trimmed and cut into 2-inch segments**
- 2 Tablespoons water**
- 1-2 Tablespoons lemon juice**
- Lite soy sauce or tamari and reshly ground pepper to taste**

Heat oil in a skillet; add garlic. Stir and cook until garlic is lightly browned, then add pea shoots and water. Cover and cook on low until shoots wilt. Stir in lemon juice. Add soy sauce or tamari. Sprinkle with fresh pepper.

Total calories per serving: 66    Fat: 4 grams  
Carbohydrates: 7 grams    Protein: 2 grams  
Sodium: 1 milligram    Fiber: 2 grams

## Pea Shoots and Quinoa

(Serves 4-6)

This dish is best eaten the first day because the peas fade. It can be a full meal. Serve with a salad and corn tortillas.

- 1¾ cups water**
- ¼ teaspoon salt**
- ¼ teaspoon garlic powder**
- 1 cup quinoa, rinsed**
- ½ cup corn, fresh or frozen and thawed**
- 1 Tablespoon extra-virgin olive oil**
- ¼ cup chopped shallots or onions**
- 3 cups pea shoots, washed and roughly cut into 2-inch pieces**
- 2 Tablespoons balsamic vinegar**
- 1 Tablespoon water**
- Salt and pepper to taste**

Add salt to 1¾ cups water and bring to a boil. Add garlic powder, quinoa, and corn; reduce heat, and simmer for 15 minutes, or until the quinoa absorbs the water. Let stand for 5 minutes, then fluff with a fork.

Heat a heavy skillet over medium heat. Add oil and shallots or onions. Stir and cook until the shallots or

onions begin to brown. Reduce heat and add pea shoots, stir and add balsamic vinegar and 1 Tablespoon water. Cover and simmer for a few minutes. Stir in the quinoa and corn. Add salt and pepper to taste.

Total calories per serving: 301    Fat: 7 grams  
Carbohydrates: 52 grams    Protein: 9 grams  
Sodium: 165 milligrams    Fiber: 6 grams

## Minted Sugar Snap Peas with Peppers and Leeks

(Serves 4)

This easy recipe makes a perfect complement to a whole grain pilaf or veggie burgers, or serve rolled into tortillas.

- 16 ounces fresh sugar snap peas, washed and strings removed**
- 1 Tablespoon olive oil**
- 1 leek, washed and sliced**
- ½ red pepper, cut into thin strips**
- 2 Tablespoons apple cider or water**
- 1 Tablespoon chopped fresh mint**
- 1 Tablespoon fresh lemon juice**
- Salt and pepper to taste**

Bring a large pot of water to a boil and add sugar snap peas. Blanch for 1½ minutes. Do not overcook. Drain, and rinse with cold water to stop the cooking process.

Place oil in a heavy skillet and heat over medium heat. Add leeks, red pepper, and apple cider or water. Stir and cook until leeks begin to caramelize and peppers soften.

Add blanched sugar snap peas and stir until the peas cook to desired texture, 2-3 minutes. Stir in fresh mint and lemon juice. Add salt and pepper to taste.

Total calories per serving: 100    Fat: 4 grams  
Carbohydrates: 14 grams    Protein: 4 grams  
Sodium: 10 milligrams    Fiber: 4 grams

Pea Vines



## English Pea Guacamole

(Makes about 1 cup; serves 6)

Serve this unique dip with tortilla chips or vegetable sticks, including sugar snap peas. You can also put a dollop of this guacamole on tacos or veggie tostadas.

**1½ cups English peas, fresh (steamed lightly), or frozen (thawed)**

**2-3 garlic cloves, pressed, or ¼ teaspoon garlic powder**

**2 Tablespoons lime juice**

**2 Tablespoons salsa**

**½ teaspoon lime zest (optional)**

**½ cup chopped avocado**

**½ cup fresh chopped cilantro**

**Pepper and salt to taste**

**Water, as needed to thin**

Combine peas, garlic, lime juice, salsa, lime zest, avocado, and cilantro (reserve a few leaves of cilantro for garnish) in a blender or food processor. Blend until smooth. Add pepper and salt to taste and thin to desired consistency with water. Garnish with cilantro leaves.

Total calories per serving: 54    Fat: 2 grams  
Carbohydrates: 7 grams    Protein: 2 grams  
Sodium: 37 milligrams    Fiber: 3 grams

## Sesame-Ginger Snow Peas

(Serves 4)

Ginger and toasted sesame oil complement the peas in this recipe. Blanch the peas a day ahead for a shorter route to dinner. Lemon, salt, and pepper balance the flavors. Try serving this with sautéed tofu and rice.

**1 Tablespoon toasted sesame seeds for garnish**

**2 cups snow peas, tips and strings removed**

**2 teaspoons olive oil**

**¼ cup green or spring onions, sliced or diced**

**1-2 teaspoons grated fresh ginger**

**½ teaspoon toasted sesame oil**

**1 Tablespoon lemon juice**

**Salt and pepper to taste**

Toast sesame seeds by first rinsing the raw seeds under cool water. Drain, and dry roast in a frying pan over medium heat, stirring constantly for about 7 minutes, or until they smell fragrant. Set aside for garnish.

Wash and string snow peas. Gently steam or

blanch and set aside. Heat a skillet over medium heat, and when hot, add olive oil and onions. Cook until translucent. Add ginger, sesame oil, and lemon juice, and then mix in salt and pepper to taste. Add blanched snow peas. Garnish with toasted sesame seeds.

Total calories per serving: 52    Fat: 4 grams  
Carbohydrates: 4 grams    Protein: 1 gram  
Sodium: 2 milligrams    Fiber: 1 gram

## Snow Pea Slaw with Red Peppers

(Serves 4-6)

Snow peas add color, texture, and variety to this coleslaw. Serve this versatile salad at picnics with veggie burgers or with pasta dinners.

**2 cups snow peas (tops and strings removed)**

**3 Tablespoons vegan mayonnaise**

**2 teaspoons ketchup**

**3-4 Tablespoons rice or berry vinegar**

**1 teaspoon fresh dill (optional)**

**Salt and pepper to taste**

**2 cups shredded cabbage**

**½ red pepper, seeds removed and thinly sliced**

Blanch the snow peas for about 2 minutes. They will be bright green and slightly crunchy. Rinse with cold water, then slice into thin strips and set aside.

Combine the dressing ingredients: vegan mayonnaise, ketchup, vinegar, and dill. Blend well. If desired, add salt and pepper to taste.

Combine snow peas, cabbage and red pepper in a salad bowl. Gently toss the dressing with the vegetables, blending well, adding salt and pepper to taste.

English Pea Guacamole (recipe above left)





Total calories per serving: 66    Fat: 4 grams  
Carbohydrates: 6 grams    Protein: 2 grams  
Sodium: 123 milligrams    Fiber: 2 grams

## Mac and Peas

(Serves 4)

Cashew butter and cauliflower pair up in an amazing way for a savory Parmesan cheese flavor. This recipe is also good with chopped spinach, shredded carrots, or marinated tofu, stirred in right before serving.

- 2 Tablespoons unsalted cashew butter**
- 1 cup cooked cauliflower, plus liquid as needed**
- 1 Tablespoon lemon juice**
- ½ Tablespoon nutritional yeast**
- ¼ teaspoon turmeric**
- ¼ teaspoon garlic powder**
- ¼ teaspoon salt**
- ¼ teaspoon white pepper or cayenne**
- 1½ cups dry macaroni or shell pasta**
- 1 Tablespoon oil**
- 1 cup diced onions or shallots**
- 1 cup diced green or red pepper**
- 1 cup fresh or frozen garden peas**

Combine cashew butter, cauliflower, lemon juice, nutritional yeast, turmeric, garlic powder, salt, and pepper or cayenne in a food processor or mixer and blend until smooth and creamy. (A small processor works best for this.) If the mixture is on the thick side, add water to thin a little, to the consistency of thick dressing. Set aside.

Bring a large pot of water to a boil. Add pasta and cook according to package directions. While pasta cooks,

Snow Pea Slaw with Red Peppers (recipe on page 24)



heat a skillet over medium heat and add oil, onions or shallots, and peppers. Stir and cook until onions or shallots are soft and peppers are tender. Add the peas and cook a few minutes or just until tender.

When pasta is done, drain, and blend with the sauce and vegetables and serve.

Total calories per serving: 291    Fat: 9 grams  
Carbohydrates: 45 grams    Protein: 10 grams  
Sodium: 158 milligrams    Fiber: 6 grams

## Penne Pasta, Sugar Snap Peas, and Tomatoes

(Serves 6)

This can be served warm or cold. Remember to remove the strings on the peas before cooking. The shiitake mushrooms are dry-fried to add a meaty texture. (See photo on front cover of this issue.)

- 2 cups penne pasta**
- 8 ounces shiitake mushrooms, tough stems removed**
- 1 large red pepper, stem removed, seeded and diced**
- 1½ Tablespoons canola oil**
- 1 pound sugar snap peas, strings removed**
- ¼ teaspoon garlic powder**
- ¼ cup sliced green onions**
- ¼ cup chopped pitted Kalamata olives**
- 10 cherry tomatoes, sliced in half**
- 2 Tablespoons lemon juice or balsamic vinegar**
- Salt and pepper to taste**

Bring a large pot of water to a boil for the pasta. Prepare the vegetables while the water boils.

Heat a heavy skillet over medium heat. Add mushrooms and dry-fry, stirring until mushrooms become soft. Add red pepper and canola oil. Stir and cook until peppers soften. Add sugar snap peas, cover and cook for 10 minutes or until peas are tender. Stir in garlic powder, green onions, and Kalamata olives. Toss with pasta.

Transfer to a serving bowl and gently blend in tomatoes, lemon juice, salt, and pepper.

Total calories per serving: 213    Fat: 5 grams  
Carbohydrates: 36 grams    Protein: 8 grams  
Sodium: 60 milligrams    Fiber: 5 grams

**Debra Daniels-Zeller is a regular contributor to *Vegetarian Journal*. She also writes a blog at <http://foodconnections.blogspot.com/>**

# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Adventist Health Study-2 Examines Prostate Cancer Risk in Vegetarians and Near Vegetarians

According to the American Cancer Society, one in seven men in the United States will develop prostate cancer; one in 38 will die from it. A recently published study of Seventh-day Adventists examined risk of prostate cancer in men who choose different diets and who have low rates of cigarette smoking and alcohol use, both of which increase the risk of developing prostate cancer. Approximately 27,000 men were studied for an average of 7.8 years. Over that time period, 1079 developed prostate cancer. Based on their reported diet at the beginning of the study, men were classified as “vegan” (eating any animal product less than once a month), “lacto-ovo vegetarian” (eating meat, poultry, fish less than once a month), “pesco-vegetarian” (eating meat or poultry less than once a month; eating fish at least once a month), “semi-vegetarian” (eating meat or poultry at least once a month but eating meat/fish/poultry less than once a week), and “non-vegetarian.” Approximately 8% of the men studied were classified as “vegan.” Compared to “non-vegetarians,” “vegans” had a 35% lower risk of developing prostate cancer. White “vegans” had a significantly lower risk of prostate cancer; black “vegans” also had lower risk but it was not statistically significant. Other types of vegetarian or near-vegetarian diets were not associated with a reduced risk of prostate cancer.

Tantamango-Bartley Y, Knutsen SF, Knutsen R, et al. 2015. Are strict vegetarians protected against prostate cancer? *Am J Clin Nutr.* [Epub ahead of print].

### Eat More Fruits & Vegetables

We’ve all heard that fruits and vegetables are good for us. People who eat more fruits and vegetables have a lower risk of heart disease. Will eating more fruits and vegetables also help with weight control? That’s what researchers from Harvard University set out to

investigate. They studied more than 130,000 men and women in the United States. They looked at dietary and weight changes over several periods of 4 years each, investigating whether making a change in fruit and vegetable intake was associated with a change in weight. An increase of one serving per day of vegetables was associated with a 0.25 pound weight loss over a 4 year period; an increase of one serving per day of fruit was associated with a 0.53 pound weight loss over the same time period. This doesn’t sound like much until you realize that the average person gained 2-5 pounds over a 4-year period. An increase in servings of berries, apples, pears, tofu/soy, cruciferous vegetables, and green leafy vegetables was associated with the greatest weight loss. An increased intake of corn, potatoes, and other starchy vegetables was associated with weight gain. Based on their results, the researchers recommend that people increase their intake of fruit by one or two more servings per day and their intake of vegetables by one or two more servings per day to reduce the risk of gaining weight as they grow older.

Bertoia ML, Mukamal KJ, Cahill LE, et al. 2015 Sep 22. Changes in intake of fruits and vegetables and weight change in United States men and women followed for up to 24 years: analysis from three prospective cohort studies. *PLoS Med.* 12(9):e1001878.

### Vegetarian Diets are an Effective Treatment for High Cholesterol

Elevated concentrations of lipids (cholesterol, triglycerides, and LDL-cholesterol) in our blood are associated with an increased risk of heart disease and of dying from heart attacks and strokes. Even a relatively small reduction in these concentrations can reduce the risk of bad things happening; that’s why so many people are on statins and other medications that lower blood lipids. Dietary and lifestyle changes are often overlooked but offer an effective way to prevent and treat heart disease, without the side effects that can occur with medications. Vegetarians tend to have lower blood

cholesterol concentrations than do non-vegetarians, and so it is only logical that researchers would investigate whether blood lipids would be affected if they placed people on vegetarian diets. This has been done in at least 11 studies, 7 of which used a vegan diet. Results from these studies were combined using a technique called meta-analysis. Studies used people with normal and with elevated cholesterol. The average decrease in blood cholesterol concentration when a person moved from a non-vegetarian to a vegetarian or vegan diet was 14 mg/dL; LDL concentration decreased 13 mg/dL. These kinds of decreases correspond to an estimated 9 to 10.6% decrease in risk of heart disease. In addition, subjects lost weight on the vegetarian diets – another way to reduce risk of heart disease. This study’s results suggest that vegetarian diets should be recommended to reduce total or LDL cholesterol.

Wang F, Zheng J, Yang B, Jiang J, Fu Y, Li D. 2015. Effects of vegetarian diets on blood lipids: A systematic review and meta-analysis of randomized controlled trials. *J Am Heart Assoc.* [Epub ahead of print].

## Vegetarian and Vegan Diets are Popular with Ultramarathon Runners

A marathon is a 26.2-mile race; an ultramarathon is any race that is longer than a marathon. Ultramarathoners like Scott Jurek have popularized the use of vegan diets. Researchers at the University of South Carolina and the University of Minnesota investigated dietary practices of ultramarathoners, marathoners, and half marathoners to see how commonly vegan and vegetarian diets were used. Study participants, all of whom had completed an ultramarathon, a marathon, or a half marathon in the past year, responded to an online survey. They were asked to select a category that best described their current diet. Categories included “vegan,” “vegetarian,” “pesco-vegetarian,” and “semi-vegetarian.” They were also asked to respond to questions that allowed the researchers to assess how healthy the subjects’ diets were. The majority of subjects reported that they followed either a “generally healthy diet” or no particular diet; 8% said they were “vegetarian”; 5% were “vegan.” Ultramarathoners were almost twice as likely to report that they followed a “vegetarian” or “vegan” diet as marathoners and half marathoners combined. Runners identifying as vegan or vegetarian had higher scores for dietary quality than runners

following other diets. The somewhat higher percentage of vegetarians and vegans in this study compared to VRG polls may be because this study allowed subjects to categorize their diets whereas VRG polls ask subjects which foods they never eat. Additionally, vegetarian and vegan diets may be more common among this population of highly active individuals than among the general population.

Turner-McGrievy GM, Moore WJ, Barr-Anderson D. 2015. The Interconnectedness of diet choice and distance running: results of the Research Understanding the Nutrition of Endurance Runners (RUNNER) Study. *Int J Sport Nutr Exerc Metab.* [Epub ahead of print].

## Bean Loaf, Anyone?

If you want to stave off hunger pangs, protein is your friend. Among the nutrients, protein is the one that is most satiating. Fiber can also help with making people feel full for a longer period. What if you could combine the benefits of fiber and protein? That’s what researchers did when they identified beans as a good source of protein and fiber. They created recipes using beans or beef to make meatloaf-like dishes and served them to 28 subjects. Half the subjects got the bean loaf and half got the beef loaf. A week later they came back and got the loaf that they didn’t get the week before. The subjects had their loaf at lunch and were to rate their hunger over the next 3 hours. They were offered a variety of snacks 3.5 hours after their lunch and the amount of snacks eaten was recorded. There was no difference in hunger for up to 3 hours after lunch between the subjects who got the bean loaf and those who got the beef loaf. There was also no difference in the amount of snacks that were eaten. The bean loaf was higher in fiber but lower in protein than the beef loaf. These results suggest that even though beans may be somewhat lower in protein than beef (on a per-serving basis), the high fiber content of the beans helps to make them as filling as beef. Beans offer other benefits because they are low in fat and saturated fat. This study shows that if you eat a serving of beans, you probably won’t have to worry about feeling hungry a few hours later.

Bonnema AL, Altschwager D, Thomas W, Slavin JL. 2015. The effects of a beef-based meal compared to a calorie matched bean-based meal on appetite and food intake. *J Food Sci.* 80:H2088-93.

# veggie bits

## Beast Burger

These juicy burgers taste just like the real thing. Throw them on the grill or cook them on the stove; you won't be able to tell they are made from non-GMO pea protein (soy and gluten free). This is a veggie burger unlike any other on the market because of its uncanny resemblance to meat. It uses ingredients from sustainable sources. The quarter-pound patties are hearty and filling (one patty has about half of its 260 calories coming from fat), but if you are looking for something lighter, they make sliders too! I put my burger on a toasted ciabatta roll topped with fresh kale, white onion, and ripe avocado. I bit into a quality burger with a beefy flavor and a taste straight from the grill. Beast Burgers are available for purchase nationwide at most natural food stores. *Written by Anne Custer, VRG intern.*



## Jackfruit Shreds

Jackfruit is the hot new meat substitute, and Upton's Naturals' new Jackfruit Shreds don't disappoint. They come in two flavors: Bar-B-Que Jackfruit and Chili Lime Carnitas. When heated for a few minutes and then pulled apart, the shreds prove that you can have all the taste and texture of hometown grilled pulled pork, 100% cruelty-free. The flavors maintain a steady balance between sweet, savory, and spice, stealthily tapping into different taste buds. They're perfect between buns, stir-fried in a wok, wrapped up, or even topping a salad. Added bonus: the shreds are easy to prepare as they only need to be warmed (add last to any recipe), which makes them a piece of egg-less cake to be prepared for vegans and non-vegans alike. Next time you have a barbecue, don't settle for just preparing veggie burgers – shred up some of Upton's Jackfruit too! Visit <http://www.uptonsnaturals.com> to locate Upton's Naturals' jackfruit in a store near you.

*Written by Autumn Burton, VRG intern.*



## Daiya Pizza

No need to take the hike across town to the few pizzerias that offer Daiya cheese; Daiya has crafted pizzas themselves that you can enjoy in the comfort of your own home. Featuring a crispy gluten-free crust, these pizzas are drenched in vegan cheese and covered with a generous amount of toppings. If you want the most cheese from a frozen pizza, no other will do. Six different varieties include Cheeze Lover's, Margherita, Fire-Roasted Vegetable, Mushroom and Garlic, Bianca, and Supreme, each with its own take on a classic pizza. Perfect for heating up right before a big game or for movie night, these pizzas are big enough to share between two to three people, but small enough that you can be stuffed if you decide to indulge by yourself. Convenience is key to these pizzas, which are ready to savor after baking for only 10 minutes. You can search for the nearest location to pick up a Daiya Pizza on [daiyafoods.com](http://daiyafoods.com) by selecting Pizzas from the menu. *Written by Ivy Grob, VRG Intern.*



## Creamy Kite Hill Cheeses

I used to be very skeptical of vegan cheese. I didn't think it was possible to get the texture and the taste just right, and so far, every vegan cheese I've tried has proved my theory, until I tried Kite Hill cheeses. Their artisanal vegan soft ripened, ricotta and cream cheeses are made from cultured almond milk and delicately crafted to resemble the real thing. They use traditional cheese-making techniques to make their products as natural as possible. My favorite was the ricotta! I crumbled it in between layers of pasta, tomato sauce, and steamed vegetables to make veggie lasagna. It added the perfect creamy texture! With every bite, I was shocked that it wasn't dairy-based. I kept asking myself, "How did they do this?" The cream cheese was another office favorite, smooth and creamy like the real thing. You can experience this by purchasing Kite Hill ([www.kite-hill.com](http://www.kite-hill.com)) products at your local Whole Foods. *Written by Anne Custer, VRG Intern.*



## Beyond Meatballs

Beyond Beef's Swedish and Italian Meatballs are soon to become a regular addition to spaghetti night and beyond at your home. Made from pea protein, these meatballs are vegan, and free of soy, gluten, and GMOs, making them more accessible to every crowd. The texture is smooth and friendly to those vegans who may not be fans of meat substitutes, although still hearty for those wishing to recreate traditional recipes. The Swedish Meatballs are smaller and more round, making them perfect for meatball subs and plant-based gravy dishes. The Italian Meatballs feature a hint of flavorful Mediterranean spices, just asking to be added to spaghetti and your favorite pasta sauces. Stick toothpicks in either variety and arrange on a platter full of dipping sauces for fun hors d'oeuvres at a party or family dinner. The best part about these meatballs is they are pre-made and completely ready to be added to recipes in just minutes. However, please note while this product is lower in fat than traditional meatballs, more than half of its calories come from fat. You can find Beyond Meat's Swedish and Italian Meatballs in the frozen section at natural food stores and retailers near you by using the store locator at [www.beyondmeat.com](http://www.beyondmeat.com). *Written by Ivy Grob, VRG intern.*



## Go Nuts for Forager

Forager has created a line of drinks including green juices, nut milks, and creative combinations of both. The all-organic ingredients are packed into a 16-ounce bottle ready to be taken anywhere you go. I tried the Nuts & Coffee drink made from cashew milk, cold brew coffee, almond milk, dates, oat milk, vanilla bean, and sea salt. It was creamy and smooth and provided a hint of coffee flavor. The slight coffee taste is perfect for those who are trying to slowly kick their caffeine habit or trying to enjoy coffee for the first time. "Think before you drink" and buy Forager products nationwide at some natural foods stores and Safeway. *Written by Anne Custer, VRG Intern.*



## Bright Vegan Colors

Seeing definitely is believing when it comes to ColorKitchen's all-natural food coloring packets. I could hardly believe the rich, vibrant colors that were being made in front of my eyes! ColorKitchen's pigments are plant-sourced, non-artificial, and made in a powder form, making them totally vegan with maximum color concentration. All you need are the three primaries – Bright Blue, Beet Red, and Yellow – and you will be on your way to coloring every shade of the rainbow. Discovering the vivid colors you can make could be a fun art lesson for little kids, especially if it's mixing up a yummy treat. You can use ColorKitchen's color packets in frosting, icing, glazes, and even cake batter for an eye-popping surprise. You can make cupcakes with your favorite sport team's colors for the big game, your school's colors for a graduation, and ColorKitchen even makes a special holiday coloring pack for festive and wintery delicacies. I highly suggest experimenting and letting your imagination run wild with these dyes; as you never know where the fun could take you. You can order ColorKitchen's color packets at [www.colorkitchenfoods.com](http://www.colorkitchenfoods.com). *Written by Ivy Grob, VRG intern*



## Benevolent Bacon

Benevolent is not typically a word you hear used to describe bacon, but in the case of Sweet Earth Natural Foods 100% plant-based Hickory and Sage Smoked Seitan bacon, it's the perfect adjective. Flavored with only organic, non-GMO ingredients like nutritional yeast, hickory smoke, apple cider vinegar, cane juice, and cumin, this treat offers a lot of taste without animal cruelty or unnecessary environmental waste. Try having Benevolent Bacon as a side with your tofu scramble, but you don't have to wait until breakfast to dig in. It would be great on a vegan BLT, on top of a salad, or in a wrap with avocado and other veggies. You can purchase Sweet Earth's Benevolent Bacon from Wegmans, Whole Foods, and many health foods stores throughout the country for around \$4.50. *Written by Autumn Burton, VRG intern*



# reviews

## THE HOMEMADE VEGAN PANTRY

By Miyoko Schinner

If you're interested in making vegan mayonnaise, 'oyster' sauce, 'fish' sauce, no-anchovy Worcestershire sauce, non-dairy milks, flax seed meringue, vegan cheeses, tofu, tempeh, other meat alternatives, and much more, this book is for you! Miyoko shares her recipes for Gold Nuggets or Buffalo "Wings," Unribs, Buckwheat Pancake and Waffle Mix, Focaccia, Pumpkin Dinner Rolls, Lemon Curd, Caramel Sauce, and so much more.

***The Homemade Vegan Pantry* (ISBN 978-1-60774-677-5) is a 192-page hardcover book with photos. It is published by Ten Speed Press and retails for \$22.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



## MASTERING THE ART OF VEGAN COOKING

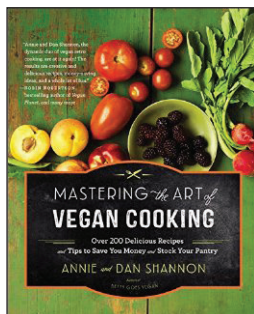
By Annie and Dan Shannon

The recipes in this vegan cookbook are inspired by cost-saving techniques used during the Great Depression and World War II. The average cost per serving is listed next to each recipe and you'll find lots of tips for saving money.

For breakfast you will find Cinnamon Roll Pancakes, Roasted Red Flannel Hash, and Banana Churro Waffles. Also, enjoy lunch recipes including Thai Vegan Chicken Slaw, Kale Caesar Salad, Sriracha and Sweet Onion Stew, and Chipotle Avocado Sandwiches.

Creative dinner options include Lasagna Bolognese, Cajun Nachos, Apple-Sage Tempeh Sausage over Savory Polenta, Yankee Vegan Pot Roast Dinner, Mac and Cheez Pie, and Samosa Pizza. Another chapter offers recipes utilizing leftovers. You can try Vegan Gyros, Spanish Rice Quiche, and Cowboy Quinoa Chili.

The Special Occasions chapter features sweet treats, including Salted Caramel Skillet Cake, Savannah Pecan



Pie, and Carrot Cake Cookies. Please note that nutritional analyses are not included in this cookbook.

***Mastering the Art of Vegan Cooking* (ISBN 978-1-455-55753-0) is a 384-page hardcover book. It is published by Grand Central Life & Style and retails for \$25. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

## GLUTEN-FREE & VEGAN FOR THE WHOLE FAMILY

By Jennifer Katzinger

The vegan recipes in this cookbook are egg-free, dairy-free, wheat-free, gluten-free, and primarily soy-free. Nevertheless, you will find a wide range of recipes to serve your family and friends.

The chapter titled Staples offers recipes for Sandwich Bread, Nut Milk Yogurt, Herbed Soft Cheese, Vegetable Stock, Marinara Sauce, and other useful basics.

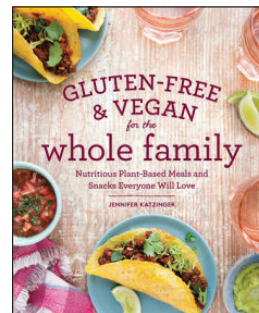
For breakfast you can try Blueberry Oat Pancakes, Apple Spice Muffins, and Quinoa Porridge. Moving on to lunch, enjoy Soba Noodle Summer Rolls, Red Bean Burgers, and Samosas. You can even serve a bowl of soup including Carrot Ginger Bisque, Kale Butternut Squash Bean Soup, or Italian Wedding Soup.

Throughout the day you can snack on Roasted Chickpeas, Kale Chips, or Nut Butter Energy Bars. Or enjoy a salad including Heirloom Tomato Salad or Purple Potato Nicoise-Style Salad.

Dinner options include Lentil Tacos, Spring Risotto Torte, Zucchini Piccata, Tamale Pie, Kebabs, Wild Chanterelle Mushrooms on Polenta Rounds, as well as Lasagna. Finally, for dessert you can prepare Chocolate Pumpkin Seed Brittle, Cashew Butter Shortbread, or Strawberry Surprise Popsicles.

Nutritional analyses are not included; however, most of the recipes appear to be quite healthy. Beautiful photographs are scattered throughout the cookbook.

***Gluten-Free & Vegan for the Whole Family* (ISBN 978-1-57061-955-7) is a 208-page book. It is published by Sasquatch Books and retails for \$24.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



## PLANT-POWERED FAMILIES

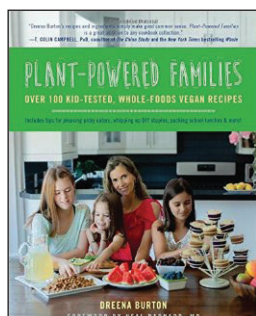
By Dreena Burton

This book features more than 100 family-friendly whole-food vegan recipes as well as helpful tips. You can start your morning off with Creamy Breakfast Rice Pudding, Savory Chickpea “Omelets,” Cinnamon French Toast, Double Chocolate Orange Banana Muffins, or Pumpkin Seed and Chocolate Chip Oatmeal Breakfast Bars.

Lunch fixes include Chickpea Nibbles, Simplest Marinated Baked Tofu, Southwest Quinoa Salad, Red Lentil Hummus, Artichoke Spinach Dip, and Ultimate Cashew Cheese. For dinner time you can prepare Smoky Bean Chili, Creamy Fettuccine, Hummus Tortilla Pizzas, Artichoke Sunflower Burgers, Home Fries, Apple Lentil Dal, and Ultimate Teriyaki Stir-Fry.

Sweet treat options are Pumpkin Chia Pudding, Crazy Brownies, “Nicer” Krispie Squares, Vanilla Bean Almond Butter Fudge, Fudgesicles, Chocolate Sweet Potato Cake, Dreamy Baked Bananas, and Apple Nachos Supreme.

***Plant-Powered Families* (ISBN 978-1-940363-24-0) is a 304-page book. It is published by BenBella Books, Inc. and retails for \$19.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

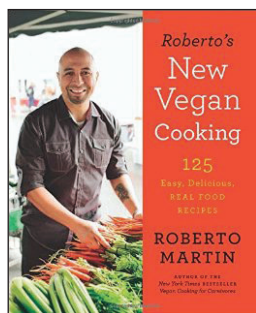


## ROBERTO'S NEW VEGAN COOKING

By Roberto Martin

This cookbook has 125 relatively easy vegan recipes using a lot of fresh food. Roberto grew up in a Mexican-American family so you'll see some strong Mexican influences. Color photographs are dispersed throughout the book.

Among the basics, you'll find recipes for Roberto's Tofu-Rizo, Chipotle Nut Cream, Pickled Cauliflower with Lemon and Chili, Salsa de Tomatillo Asado, Cilantro Chimichurri Sauce, and Killer Blood Orange



Vinaigrette. Morning options include a variety of smoothie suggestions, as well as Crisp, Flaky, Bad Boys (vegan croissants) and High-Fiber Banana Blueberry Muffins.

Lunch ideas include Tacos de Papa con Chorizo, Bad Boy Barbecue Sandwiches, and Spinach and Sundried Tomato Quiche. Soup recipes include Roasted Red Bell Pepper Soup, Pumpkin Curry Soup with Basil Oil and Toasted Hazelnuts, and Red Berry Soup. There's also a section devoted to greens. Enjoy Grilled Napa Salad, Shaved Fennel with Arugula Crunch Salad, and Celeriac Salad.

Side dishes include Balsamic-Maple Roasted Brussels Sprouts, Perfectly Baked Yam Fries, and Butternut Squash Soufflé. There is a variety of main dish recipes including Easy Barley and Farro Risotto, Coconut Curry Squash Stew, Quinoa Moussaka, and Jackfruit Soft Tacos in Guajillo Sauce.

Finally, for dessert try Amaretti Cookies, Sticky Date Muffins, and Apple Date Pecan Bars.

***Robert's New Vegan Cooking* (ISBN 978-0-7382-1732-1) is a 248-page hardcover book. It is published by Da Capo Lifelong Books and retails for \$32.50. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

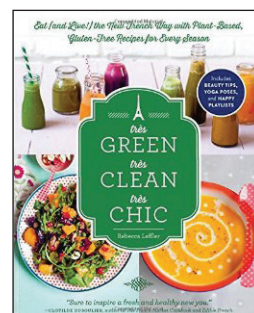
## TRÈS GREEN, TRÈS CLEAN, TRÈS CHIC

By Rebecca Leffler

Enjoy 150 vegan/gluten-free French recipes organized by season, including Béchamel Sauce, Espagnole (brown sauce), Le Pain Perdu (French Toast), White Asparagus Velouté, Cauliflower Steak Frites (fries), Caramelized Onion Quiche, Vegetable Tian, Sweet Potato Boulettes (little balls), French Lentil Salad with Beets and Spiced Vinaigrette, Pancrêpes, and Matchai Tea Latté.

The book has photographs, as well as beauty tips and yoga poses. Nutritional analyses are not provided.

***Très Green, Très Clean, Très Chic* (ISBN 978-1-61519-251-9) is a 240-page book. It is published by The Experiment and retails for \$19.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



# Quick and Easy Sandwich Ideas

By Chef Nancy Berkoff, EdD, RD

What could be easier and tastier than a well-crafted sandwich? Sandwiches can be filled with hot or cold, sweet or savory, delicate or hearty ingredients... and adapt wonderfully to leftovers! Plan to match sandwich fillings with breads. Hearty breads, such as bagels, whole grain, rye bread, pumpernickel, baguettes, or biscuits, can handle the “weight” of hearty ingredients and the taste of spicy ingredients. More “delicate” breads, such as pita, tortillas, lavosh (cracker bread), pappadum (puffed Indian-style bread), roti, and even matzah pair well with lighter (in weight and taste) ingredients.

Get creative with condiments and resolve to never create “just” a vegan cheese sandwich. Stir salsa, horseradish, capers, chopped olives, tapenade (minced, spiced olive dip), pickle relish, or chopped chilies (you select the heat) into vegan mayonnaise, cream cheese, or sour cream; use as a condiment or a sandwich filling. In a real pinch, combine ketchup or tomato paste and vegan mayonnaise or mustard to add some color and zing to a sandwich. A thin layer of hummus, salad dressing, or vegan sour cream or vegan cream cheese can add flavor to your favorite sandwich, as well as keep the bread fresh.

Create layers! Two slices of bread, a smear of mayonnaise and some sliced cucumbers is okay, but add thin layers of leftover salad or spinach leaves, tomatoes, thinly sliced smoked tofu or sweet onions, mushrooms, vegan cheese, or vegan deli slices to create a sandwich that is a meal. Pack your creation and eat it cold, or heat it in a microwave until the filling is hot. To prevent bread from getting soggy, spread a micro-layer of vegan margarine or nut butter on your sandwich bread...not enough to add a lot of fat calories, but just enough to “coat” the bread.

No time to make a grilled sandwich? Toast several extra pieces of bread at breakfast. Layer the toast (it can be cold) with a thin slice of extra-firm tofu, seitan, or vegan cheese; several thinly sliced pieces of fresh tomato; and then another slice of tofu, seitan, or vegan cheese. Add a smear of mustard, and cover with a second slice of bread. Wrap in a paper towel and microwave until hot (about 1½ minutes on HIGH). Voila!.. a toasty, gooey “grilled” sandwich. Depending on your preferences, you can add thinly sliced seeded bell peppers, sweet or yellow onions, spinach leaves, crumbled nori (dried seaweed), or sliced

olives. The key here is to keep filling ingredients thin, so they heat evenly and “meld” their flavors.

Do you have leftover cooked mushrooms? Select a slice of bread and smear with a condiment of your choice. Cover the bread with mushrooms, sprinkle nutritional yeast on top, and microwave for a savory hot sandwich.

Create your own bagel masterpieces with cold, cooked, sliced tofu pups, smoked tofu, or crumbled tempeh tossed with salad dressing or vegan mayonnaise, topped with shredded romaine, lettuce, carrots, or beets. Be certain to “smoosh” the bagel top and bottom together, to help the flavors mix and to make it more transportable.

Speaking of bagels, we can go beyond a “bagel and schmear” (bagel with cream cheese). No holds barred vegan cream cheese or sour cream can include: veggies such as minced carrots, radishes, celery, bell pepper, and onions are a traditional mix...minced olives, chopped nuts, minced fresh herbs...parsley and green onions work well...crumbled nori...the list goes on for the savory side. For a sweet “schmear,” mix vegan cream cheese with fruit preserves, nut butters and cinnamon, dried orange zest and powdered ginger, chopped dried fruit, or smashed bananas.

Ripe or over-ripe avocados make a great sandwich base. If they are firm enough, slice avocados and top with chopped tomatoes or thinly sliced tomatoes, a squeeze of lemon and you are ready to go! If the avocados are ready to be “dip,” then mash avocados with a bit of hummus, salsa, minced onions, minced bell peppers or chilies, or diced olives, and use for a sandwich filling.

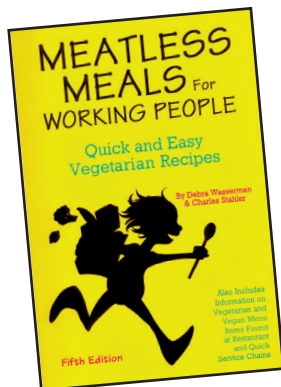
How about a sweeter sandwich? Start with a thin layer of nut butter...soy, peanut, cashew, or hazelnut or apple butter to prevent soggy bread and to add to the flavor. Layer with different flavors of fruit preserves and thinly sliced banana, apple or pear, and close with a sprinkle of chopped nuts, shredded coconut, or finely diced dried fruit. If you’d like to add a bit of crunch, and interest, add a few thin slices of bread-and-butter or sweet pickles. When you have just a little bit of preserves or nut butters left in the jar, combine them for a new taste sensation!

Sandwiches can be layered, stuffed, or rolled. Utilize leftovers and creativity to create a hot or cold sandwich of your dreams!

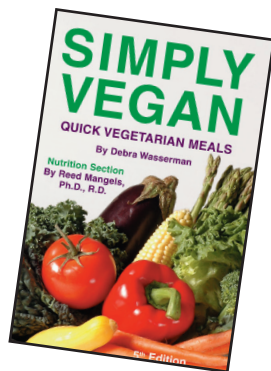


# VRG Catalog

## Books

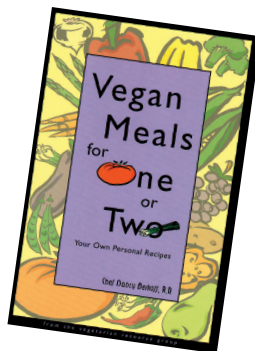


**Meatless Meals for Working People – Quick and Easy Vegetarian Recipes** (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to 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** (\$15.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 100,000 copies sold.

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



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

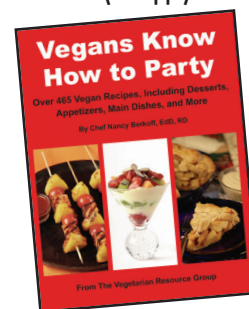
**Vegan in Volume** (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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

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

**Vegan Passover Recipes** (\$6) by 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.)

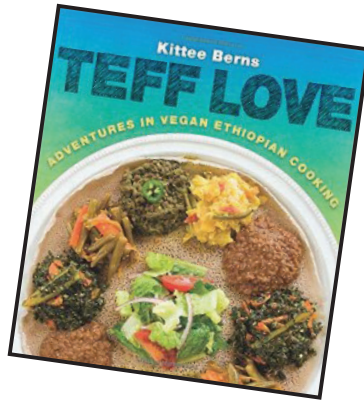


**Vegans Know How to Party** (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies!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

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



**Vegan Cupcakes Take Over the World** (\$15.95) by Isa Chandra Moskowitz and Terry Hope Romero. This cookbook offers 75 creative vegan cupcake recipes. The beautiful photos will entice you to start baking. Try Carrot Cake Cupcakes with Cream Cheese Frosting, Chocolate Mint Cupcakes, Coconut Lime Cupcakes, or Pumpkin Chocolate Chip Cupcakes with Cinnamon Icing. Toppings, frosting, and icing recipes are also included. (168 pp.)



**Teff Love** (\$14.95) by Kittee Berns. Vegan Ethiopian food is delicious, and now you can prepare this cuisine at home. Find a recipe for injera (Ethiopian bread). For breakfast, prepare Ye'shimbra Duket Kita (Savory Chickpea-Flour Pancakes) or Ye'beqolo Genfo (Corn Grits with a Spicy Seasoned-Oil Drizzle). Other chapters feature spicy red sauces and vegetable/bean stews such as Ye'misser Wot (Red Lentils in a Spicy Sauce), and mild sauces and stews including Ye'Ater Kik Alich (Split Peas in a Mild Sauce). You'll also find cold dishes as well as a beverage section. (192 pp.)

**Vegan Microwave Cookbook** (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook has 165 recipes, some taking

less than 10 minutes to prepare. Also includes information for converting traditional recipes to the microwave, microwave baking and desserts, breakfasts, recipes for holidays and parties, and so much more.

**I Love Animals and Broccoli Coloring Book**  
A coloring book that promotes healthful eating and vegetarianism for children ages 3-7.

**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 \$25 per year in the U.S., \$35 in Canada/Mexico, and \$45 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 at (410) 366-8343 Mon-Fri 9 a.m. to 5 p.m. Eastern time; fax your order form to (410) 366-8804; or order online at our website: [www.vrg.org](http://www.vrg.org)

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# Vegetarian Action

## Vegan in the Army: Specialist Brianna Kearney by Samantha Gendler

When Brianna Kearney makes a commitment, she means it. She had been vegan for only five months when she enlisted in the U.S. Army. No one would have blamed the petite 17-year-old from a white-collar Connecticut suburb if she decided to put her new diet on hold while going through the notorious six-month basic combat and advanced individual training, but her mind was made up. “I decided internally that I would do it and not give up,” she said.

On Earth Day 2013, Kearney sat down to watch the documentary *Vegucated* and immediately went vegan. “I couldn’t believe the way the animals were treated. I never thought about the process they went through,” she said. “I realized that if I didn’t change my life that I would be supporting horrible factory farming practices and the general mistreatment of animals and the environment.”

After eliminating meat and dairy from her diet, Kearney found herself losing weight without counting calories, gaining muscle, and having more energy throughout her day. Her parents followed in her footsteps, and soon the entire family was cooking and eating vegan.

Kearney decided from the beginning that she would not just survive basic training as a vegan, but thrive. “I’m very stubborn and determined; I knew that I needed to do exceptionally well because I didn’t want people to blame any weakness on my diet.” At the Military Entrance Processing Station, far from the gleaming aisles of her neighborhood Whole Foods, reality started to set in and Kearney realized just how unprepared they were for a vegan. Breakfast was an apple and toast. Lunch was an apple and bread with lettuce. Luckily, once in training, she was able to have oatmeal with fruit and peanut butter and salad with tomatoes, chickpeas, and cucumber. “It started to set in that if I could eat this way and excel, be high-speed, do more, be a great leader, and go beyond

what was asked, people would see that there’s no difference between what vegans and others can do; they would see it’s worth being more prepared for people like me.”

Though at first her peers and superiors were skeptical of “the vegan girl,” Kearney found them supportive overall, and they were always happy to trade their apples for her meat, pancakes, or candy. One day a drill sergeant stopped her and asked, “Why aren’t you drinking your milk? You’re going to pass out later!” Kearney respectfully thanked her for the concern and assured her that she was getting enough calories. Eventually, her impressive progress spoke for itself: the questions stopped and people in her platoon began to ask for advice on veganism.

Now out of basic training and serving in the Maryland National Guard, Kearney has been able to eat a much more varied vegan diet. The Postal Exchange at her advanced individual training experience at Fort Meade has soy milk, almond milk, vegan veggie burgers, oatmeal, rice, fruit, veggies, pasta, and potatoes made without butter. If they are traveling, her unit calls ahead and orders her special meals: sometimes vegan pizza, pasta, or an Indian dish. “It’s pretty evident that they care. I’m the youngest, and I’m the vegan, but I’m treated with respect.”

Kearney has even been able to extend her vegan beliefs beyond her diet to her military apparel. She purchased boots and gloves made of non-animal synthetic materials that meet regulation standards from the brand Altama. “I personally don’t buy things that have animal products in them and I am able to follow the Army standards while also following my own beliefs,” she said.

Basic training helped Kearney reaffirm how strongly she feels about her vegan beliefs, and she wants other vegans to know it’s worth it. “It took a toll on me,” she said. “But going through it taught me perseverance and that if I set my mind to something, I can definitely do it.”



**Samantha Gendler is the  
Senior Editor of *Vegetarian Journal*.**



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**Vegan in the Army**

Army National Guard Specialist Brianna Kearney recently scored a perfect score of 300 on her Army Physical Fitness Test. She serves with the 29th MPAD in Baltimore as a photojournalist. Specialist Kearney is also a full-time pre-nursing student at the University of Maryland at College Park and is considering continuing her studies to be a physician’s assistant. She volunteers for the Reserve Officers’ Training Corps (ROTC) at school and continues to spread the vegan message with VegTerps, an animal rights group that advocates for vegans and vegetarians on campus. **Read her story on page 35.**

**INSIDE THIS ISSUE: SOURCES OF PROTEIN ON A VEGAN GLUTEN-FREE DIET; 2015 ESSAY CONTEST WINNER; VEGAN CUISINE IN PENANG, MALAYSIA; VEGAN BED AND BREAKFAST ESTABLISHMENTS; PLUS MUCH MORE.**

**WE GREATLY APPRECIATE OUR VOLUNTEERS!**

Thank you to high schooler Autumn Burton, who volunteered in the VRG office for The Vegetarian Resource Group last summer. She wrote articles for our website, www.vrg.org, such as “What Should I Serve To Non-Vegans When I Am Hosting A Party?” and “Should I Compromise to Accommodate My Non-Vegan Family and Friends?” She also did product reviews for jackfruit and vegan bacon and worked at a VRG outreach booth.

VRG welcomes volunteers of all ages. If you would like to volunteer in the VRG office in Baltimore, Maryland or long-distance, please email [vrg@vrg.org](mailto:vrg@vrg.org).



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