

Vol. 42, Issue 2, 2023

Vegan Journal

Health, Ethics & Environment since 1982

Foraged Feast

page 6



Learn
to Love
Leeks!
page 16

Protein for Older Adults • page 14
Grain-Based Entrées Review • page 24
Easy Grilling Ideas • page 34

VRG.org

Nutrition Hotline

Covid Risk and Veganism

Reed Mangels, PhD, RD



QUESTION: Does being vegan affect my risk of getting Covid-19 or severe Covid-19?

J.T., via email

ANSWER: Theoretically, vegans would have a lower risk of contracting Covid-19 and of severe disease. That's because whole plant foods, which are often a large part of a vegan diet, are high in substances, including vitamin C and phytochemicals, that support the immune system. Also, vegans have a lower risk for several chronic diseases and conditions (e.g., type 2 diabetes, coronary artery disease, and overweight/obesity) known to increase the risk of getting very sick from Covid-19.¹

As of this writing, no studies have been published investigating the association between a vegan diet and Covid-19 risk. Studies, mostly done before vaccines were widely available, have looked at components of vegan diets and other "plant-based diets." Here are examples:

- Higher healthful plant-based diet scores (more fruits and vegetables) were associated with a significantly lower risk of Covid-19 and severe Covid-19 in a study of almost 600,000 people in the U.S. and the U.K.²

- Health care workers with substantial exposure to patients

with Covid-19 had a lower risk of having moderate-to-severe Covid-19 if their diets were more "plant-based" (more vegetables, legumes, and nuts; less poultry and red/processed meat) in a study of almost 3,000 people from six countries.³

- Higher "healthy eating" scores were associated with a lower risk of Covid-19 and of severe infection in a study of nearly 43,000 U.S. adults. Higher scores indicate a diet with more vegetables, fruits, whole grains, legumes, and nuts and less red/processed meat.⁴

- Iranians with Covid-19 who reported eating more vegetables, fruits, legumes, nuts, whole grains, and fish in the year prior to their diagnosis had significantly less severe Covid-19 and a shorter duration of hospitalization, according to a small study of 250 people.⁵

Additional research is needed to determine if benefits of healthful vegan diets include a reduced risk or reduced severity of Covid-19.

REFERENCES:

¹ Centers for Disease Control and Prevention. Covid-19. People with certain medical conditions. 2022. [cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html)

² Merino J, Joshi AD, Nguyen LH, et al. Diet quality and risk and severity of COVID-19: A prospective cohort study. *Gut*. 2021;70:2096-2104.

³ Kim H, Rebholz CM, Hegde S, et al. Plant-based diets, pescatarian diets and COVID-19 severity: A population-based case-control study in six countries. *BMJ Nutr Prev Health*. 2021;4:257-266.

⁴ Yue Y, Ma W, Accorsi EK, et al. Long-term diet and risk of Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) infection and Coronavirus Disease 2019 (COVID-19) severity. *Am J Clin Nutr*. 2022;116:1672-1681.

⁵ Zargarzadeh N, Tadbir Vajargah K, Ebrahimzadeh A, et al. Higher adherence to the Mediterranean dietary pattern is inversely associated with severity of COVID-19 and related symptoms: A cross-sectional study. *Front Med (Lausanne)*. 2022;9:911273.

Vegan Journal

(formerly *Vegetarian Journal*)

MANAGING EDITOR: Debra Wasserman

SENIOR EDITOR: Rissa Miller

EDITORS: Keryl Cryer,

Carole Hamlin, Charles Stahler

NUTRITION EDITOR: Reed Mangels, PhD, RD

NUTRITIONAL ANALYSES: Reed Mangels, PhD, RD

COVER PHOTOGRAPHY: Rissa Miller

WEB DEVELOPMENT: Jason Goretzki

VOLUNTEER COORDINATOR: Whitney McVerry

RESEARCH DIRECTOR: Jeanne Yacoubou, MS

VEGETARIAN RESOURCE GROUP ADVISORS:

Arnold Alper, MD; Nancy Berkoff, EdD, RD;

Casey Brown, RD; Catherine Conway, MS, RD; Heather

Gorn, MPhil; Enette Larson-Meyer, PhD, RD; Reed

Mangels, PhD, RD; Jerome Marcus, MD;

Virginia Messina, MPH, RD; Brad Scott, MBA;

Eric Sharer, MPH, RD, LDN; Wayne Smeltz, PhD

COPYRIGHT 2023 by The Vegetarian

Resource Group, Incorporated

PRINTED IN THE UNITED STATES OF AMERICA.

The *Vegan Journal* (ISSN 2770-5676) is published quarterly. The contents of *Vegan Journal* and our other publications, including web information, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional.

We often depend on company statements for product and ingredient information. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your own best judgment about whether a product is suitable for you. To be sure, do further research or confirm on your own.

ADVERTISING: *Vegan Journal* does not accept paid advertising. We do review vegan products.

EMAIL: Contact The VRG via email at vrg@vrg.org

The VRG's website is vrg.org

CHANGE OF ADDRESS: Please send change of address to P.O. Box 1463, Baltimore, MD 21203 or to vrg@vrg.org

FOR INFORMATION, CALL (410) 366-8343

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

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

Vegan Journal Vol. 42, Issue 2, 2023

2023 Issue 2
Features

16 • Learn to Love Leeks

30 • On-the-Go Breakfast Ideas

6 • Forage for Your Supper

14 • Protein for Older Adults 22 • VRG Video Contest Winners 24 • Grain-Based Entrées Review

Departments

- 2 • *Nutrition Hotline*: Covid Risk and Veganism
- 4 • *Notes from the Coordinators*: VRG Scholarships
- 5 • *Letters to the Editor*
- 11 • *Subscribe to Vegan Journal*
- 11 • *Notes from The VRG Scientific Department*
- 12 • *Scientific Update*: Ultra-Processed Foods and Mortality, and more
- 28 • *Veggie Bits*: Hearts of Palm Noodles, Chickpea Yogurt, and more
- 33 • *Book Reviews*
- 34 • *Vegan Cooking Tips*: Grilling by Chef Nancy Berkoff
- 35 • *Vegan Action*: Hannah Kaminsky by Nadely Requena
- Back Cover* • VRG Blog Updates and Visit vrg.org



Notes from the Coordinators

Vegetarian Resource Group Scholarships



The deadline for The Vegetarian Resource Group college scholarships is annually February 20. We are making the decisions about the applicants when most subscribers are receiving this issue. Write-ups about the winners will be in our year-end issue.

Each year we have about 250-300 high school seniors applying for three to six prizes, depending on what is funded. Besides major awards of \$5,000 and \$10,000, sometimes donors sponsor smaller runner-up amounts. We also offer paid need-based internships, plus some prizes for videos (see page 22) and essays for our children's contest. It's always exciting to support young activists and encourage their present and future work.

Beyond the actual prize money, just offering the scholarships is a way to say veganism/vegetarianism is mainstream. Students and teachers can see there are scholarships available besides what is given by the animal industries or other institutions that may not share our values. The contest gives students a way to feel what they believe and work for is important to others, even when they may have been criticized and not supported for their beliefs.

For example, one student said, "I am so excited and thankful for this amazing scholarship opportunity. I am glad that there is a specific scholarship out there for vegetarians like myself! It allows me to feel accomplished for the healthy lifestyle I have been able to maintain. Heard about scholarship from my financial aid counselor." Another individual stated, "I came across this scholarship when purposely searching scholarships for vegetarians. I could not believe my eyes to discover that such a scholarship existed." Two others said, "Whenever I tell anyone that I am a vegetarian, half of the time their response is something along the lines of, 'Oh, I could never do that, I hate tofu.' So it's always great to hear from a fellow tofu enthusiast!" and "Thank you for the opportunity to express my journey as a vegan."

Every entrant of course hopes they will win, and do deserve a prize. As a non-profit, we're on both sides of the fence since we're simultaneously giving out these scholarships and applying for grants. So we understand. A student may have top grades, attend the best schools, do all kinds of amazing volunteer work, and deserve scholarships, but since our prize is focused on vegetarianism, they may not be a finalist. By the same token, we believe by promoting veganism we are supporting health and environmental changes as well as animal welfare. However, VRG doesn't fit into the guidelines of most foundations as the grantors see it differently. So thank you to everybody who supports VRG through subscriptions, memberships, donations, book sales, and volunteering. We couldn't be here without you.

Debra Wasserman Charles Stahler

Debra Wasserman & Charles Stahler
Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL and HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

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 vrg.org/donate

Thanks to Myriam V. Parkham, RD, and Gillian Christie for their donations in honor of The VRG's 40th anniversary.

We greatly appreciate the numerous anonymous donations to The Vegetarian Resource Group.

UPDATE FROM 2021 VRG SCHOLARSHIP WINNER

My semester at Smith College has gone well. I joined my school's chapter of the Sunrise Movement, which is a group that does environmental activism across the nation. Sunrise was in contact with the administration to improve the composting system across campus and add additional composting sites to make it easier for students. We phone-banked for some candidates who focus on environmental action who were running for mid-term offices in Massachusetts. I joined Smith's Animal Advocates club. We held some successful fundraising events (including a vegan bake sale) for the local animal shelter. We also spoke with the dining hall coordinators about creating a designated "Meatless Monday" for every dining hall, which may happen next year. I enjoyed meeting other vegetarians and vegans. In environmental science/studies courses, I met vegan classmates. We had some really interesting conversations in class about the role of veganism in the environmental movement and how veganism is treated as a social movement/concept. I loved being around people who care about animals and the environment and

take those things seriously. I've enjoyed the vegan food served in the dining halls.

Callie Showalter, via email

See: vrg.org/blog/2022/05/12/washington-student-callie-showalter-wins-10000-vegetarian-resource-group-scholarship

FROM A 2020 VRG SCHOLARSHIP WINNER

I wanted to share with you an exciting job position I will be starting this fall at UC San Diego, which is becoming an EcoNaut. (This is a student sustainability position under the housing and dining department.) I'm really excited for it and hope to bring in connections with eating plant-based and environmental sustainability.

Arpi Keshishian, via email

See: vrg.org/blog/2021/05/17/california-student-arpi-keshishian-wins-10000-vegetarian-resource-group-scholarship

The deadline for The Vegetarian Resource Group college scholarships for high school seniors is February 20 of each year. Application information is at vrg.org/student/scholar.htm

Letters to the Editors can be sent to: Vegan Journal, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail letters to vrg@vrg.org or send a message to us on Facebook: facebook.com/thevegetarianresourcegroup

Coming in the next issue...

BLACK BEAN DISHES

Plus: *Review of Organic Frozen Fruit Pops and Bars, Vegan Africa Recipes, Mayan Vegan Foods, and More!*

Go Wild *with* Foraged Foods

by "Wildman" Steve Brill

Wild herbs, greens, fruits, berries, nuts, seeds, roots, seaweeds, and mushrooms are delicious and healthful. They're common, mostly renewable, and easy to learn about, and to collect ecologically. Here's a small sampling of tasty, healthful recipes you can make with them. Be sure you've identified any wild food you're going to eat with 100% certainty, as there are poisonous plants and mushrooms, some of which resemble edible species, and eat small amounts of any new foods at first, in case of a reaction.

Blackberry Pancakes

(Makes 12 pancakes)

1 cup oat flour
¾ cup whole-wheat flour (or gluten-free 1:1)
3 Tablespoons ground flaxseed meal
1 teaspoon cream of tartar
1 teaspoon ground cinnamon
¾ teaspoon baking soda
½ teaspoon salt, to taste (optional)
½ teaspoon freshly grated nutmeg, to taste
2 cups plain, unsweetened soymilk
¼ cup maple syrup
2 Tablespoons canola oil
1 teaspoon vanilla extract
1 cup wild blackberries
¼ cup chopped walnuts or pecans (optional)
Non-stick spray, to fry

In a large bowl, mix together flours, flaxseed meal, cream of tartar, cinnamon, baking soda, salt, and nutmeg. Stir in soymilk, maple syrup, oil, and vanilla. Fold in the blackberries and optional nuts, and allow to rest for 20-30 minutes in the fridge.

To make the pancakes, spray a pan or griddle with non-stick spray. Add batter by ¼ cup measure onto a the surface and spread into a circle. Cook each pancake until it is lightly browned underneath with bubbles forming around the edges. Flip with a spatula, and cook the other side until it is browned. Repeat until all the batter is used.

Serve warm with your favorite toppings.

Shown on cover with gluten-free flour option.

Total calories per pancake: 130	Fat: 5 grams
Carbohydrates: 19 grams	Protein: 4 grams
Sodium: 99 milligrams	Fiber: 3 grams



Pasta with Cattails

(Serves 6)

8 ounces pasta, prepared according to box directions (gluten-free if desired)

2 Tablespoons olive oil

¾ pound peeled, sliced cattail shoots or 2 zucchini, sliced into half moons

4 cloves garlic, finely chopped

½ cup finely chopped parsley

Black pepper, to taste

Salt, to taste (optional)

In a large pan, sauté cattail shoots or zucchini in olive oil over medium heat for 6-8 minutes, stirring often, until lightly browned. Add garlic and sauté another minute until fragrant. Toss with prepared pasta, parsley, and optional salt and pepper.

Cook's Note: This recipe is delightful with other herbs, like fresh basil, or the addition of red peppers or tomatoes to add bright color. Photo shows zucchini.

Total calories per serving: 198

Fat: 5 grams

Carbohydrates: 32 grams

Protein: 6 grams

Sodium: 66 milligrams

Fiber: 4 grams

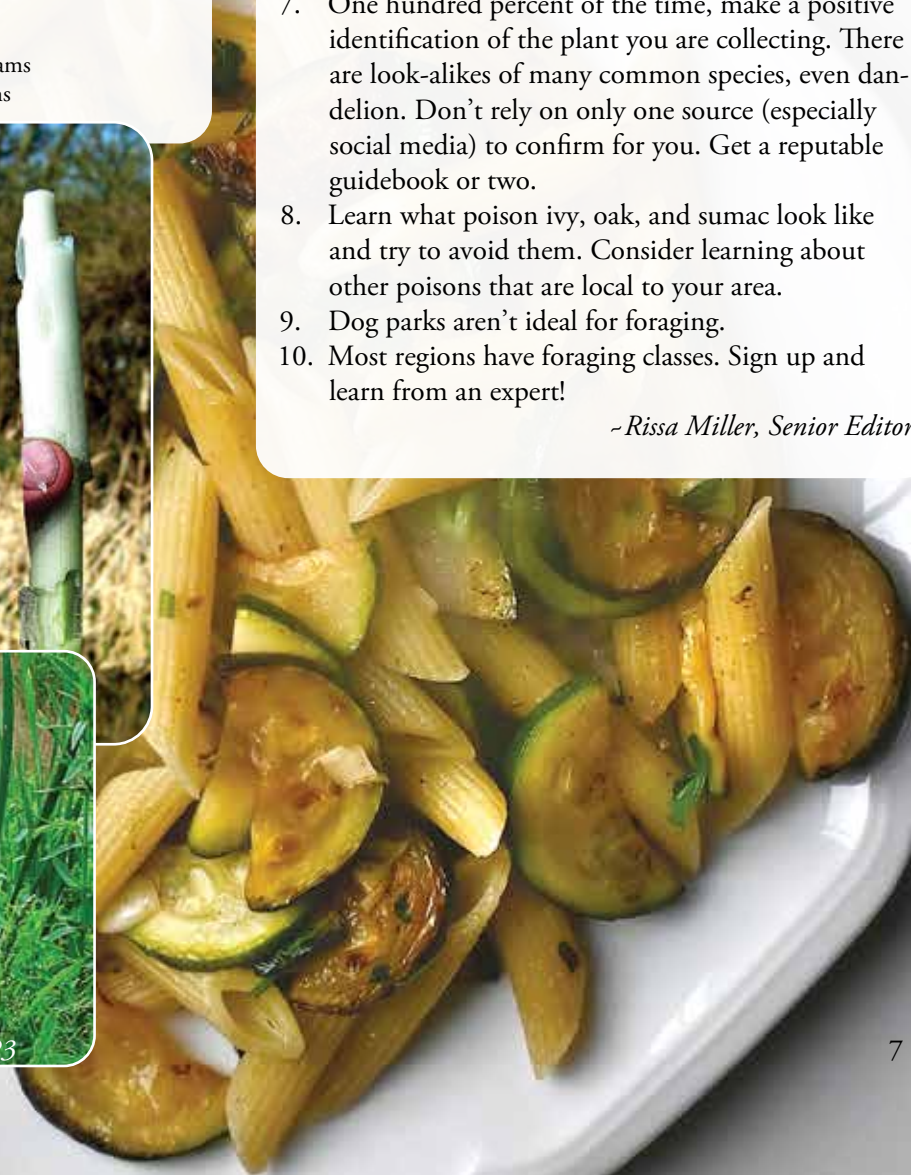


About Foraging and Safety in the Wild

Collecting wild food is an incredible way to connect with nature; however there are some basic safety precautions to observe.

1. Never trespass on private property. Always ask for permission and about pesticide/herbicide use from the owner of any land or farm.
2. Before collecting from parks, make sure it's allowed and that the grounds aren't sprayed.
3. Stay at least six yards from country roads and at least ¼ mile from train tracks, highways, busy roads, power lines passages, and airports to avoid brake dust, chemicals, and other toxic contaminants.
4. Try not to take more than you need. After all, you're sharing with wildlife.
5. Bring a washable tote bag, garden clippers, and a small trowel to make the job easy and fun.
6. Don't forage anywhere that has been sprayed. If you aren't positive, skip the spot.
7. One hundred percent of the time, make a positive identification of the plant you are collecting. There are look-alikes of many common species, even dandelion. Don't rely on only one source (especially social media) to confirm for you. Get a reputable guidebook or two.
8. Learn what poison ivy, oak, and sumac look like and try to avoid them. Consider learning about other poisons that are local to your area.
9. Dog parks aren't ideal for foraging.
10. Most regions have foraging classes. Sign up and learn from an expert!

-Rissa Miller, Senior Editor



Watercress Bisque

(Serves 6)

- 2 cups peeled potato chunks
- 2-3 cups water
- 3 cups low-sodium vegetable stock
- 1 Tablespoon miso
- 1 teaspoon ground yellow mustard seed
- 1 teaspoon dried tarragon, finely crumbled
- 1 teaspoon dried marjoram, finely crumbled
- ½ teaspoon freshly ground white pepper
- ¼ teaspoon freshly grated nutmeg, or to taste
- 2 teaspoons olive oil
- 4 cups watercress leaves, rinsed and drained
- 4 cloves garlic, roughly chopped

In a large pot, boil potatoes in water for about 10-12 minutes until soft. Drain and add to a blender with stock, miso, mustard seed, tarragon, marjoram, white pepper, and nutmeg.

In a large skillet, heat the olive oil over medium heat. Add the watercress and garlic, and cook, stirring often, for 2-3 minutes until greens are wilted and garlic is fragrant. Transfer mixture to the blender.

Process in blender until smooth. Serve warm.

Total calories per serving: 55

Carbohydrates: 9 grams

Sodium: 152 milligrams

Fat: 2 grams

Protein: 2 grams

Fiber: 1 gram





You're Not the Only Oyster Stew in the Sea

(Serves 6)

- 3 cups potatoes, cubed
- 3-4 cups water
- 4 cups sliced oyster mushrooms
- ½ cup diced onion
- ½ cup diced celery
- 2 cloves garlic, minced
- 2 teaspoons olive oil
- ½ cup firm silken tofu, drained
- 4 cups low-sodium vegetable stock
- ½ teaspoon salt, to taste (optional)
- ½ teaspoon black pepper, to taste (optional)
- 3 Tablespoons chopped parsley

In a large pot, boil potatoes in water for about 10-12 minutes until soft. Drain and set aside.

Meanwhile, in a large skillet, sauté the mushrooms, onions, celery, and garlic in olive oil five minutes.

Purée the tofu in a blender with vegetable stock, salt, and pepper (if using). Add tofu mixture and potatoes to sautéed ingredients and reduce the heat to low. Simmer for 5 minutes. Add the parsley, and simmer another 5 minutes. Serve warm.

Total calories per serving: 97

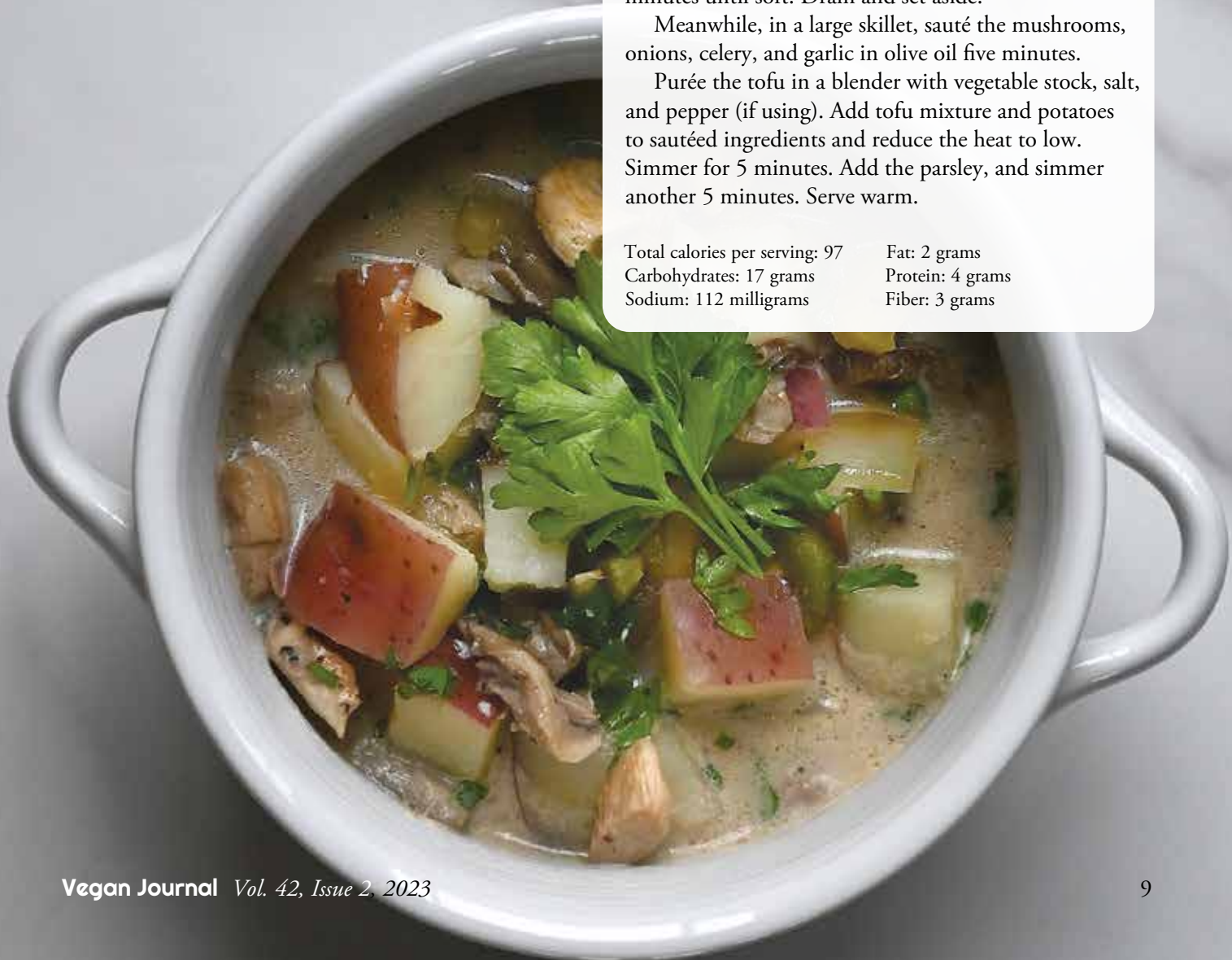
Carbohydrates: 17 grams

Sodium: 112 milligrams

Fat: 2 grams

Protein: 4 grams

Fiber: 3 grams



Dandelion Colombo

(Serves 6)

- 1 Tablespoon oil
- 1 medium cauliflower, sliced
- 6 cloves of garlic, chopped
- 2 small hot chili peppers, seeds and ribs removed, and finely chopped, or to taste
- 6 cups dandelion leaves, arugula, or other bitter greens, rinsed, drained, and chopped
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- ½ teaspoon ground yellow mustard seed
- Pinch ground allspice
- 1 cup lite coconut milk
- ½ cup firm silken tofu, drained
- ½ cup water
- 1½ Tablespoons miso

In a large pot, heat oil and sauté cauliflower, garlic, and peppers about 5 minutes. Add chopped greens. Meanwhile, purée all remaining ingredients in a blender.

Mix the purée with the sautéed ingredients, bring to a boil, reduce the heat to low, cover, and cook another 6-10 minutes, or until the cauliflower is tender. Serve immediately while warm.

Total calories per serving: 139

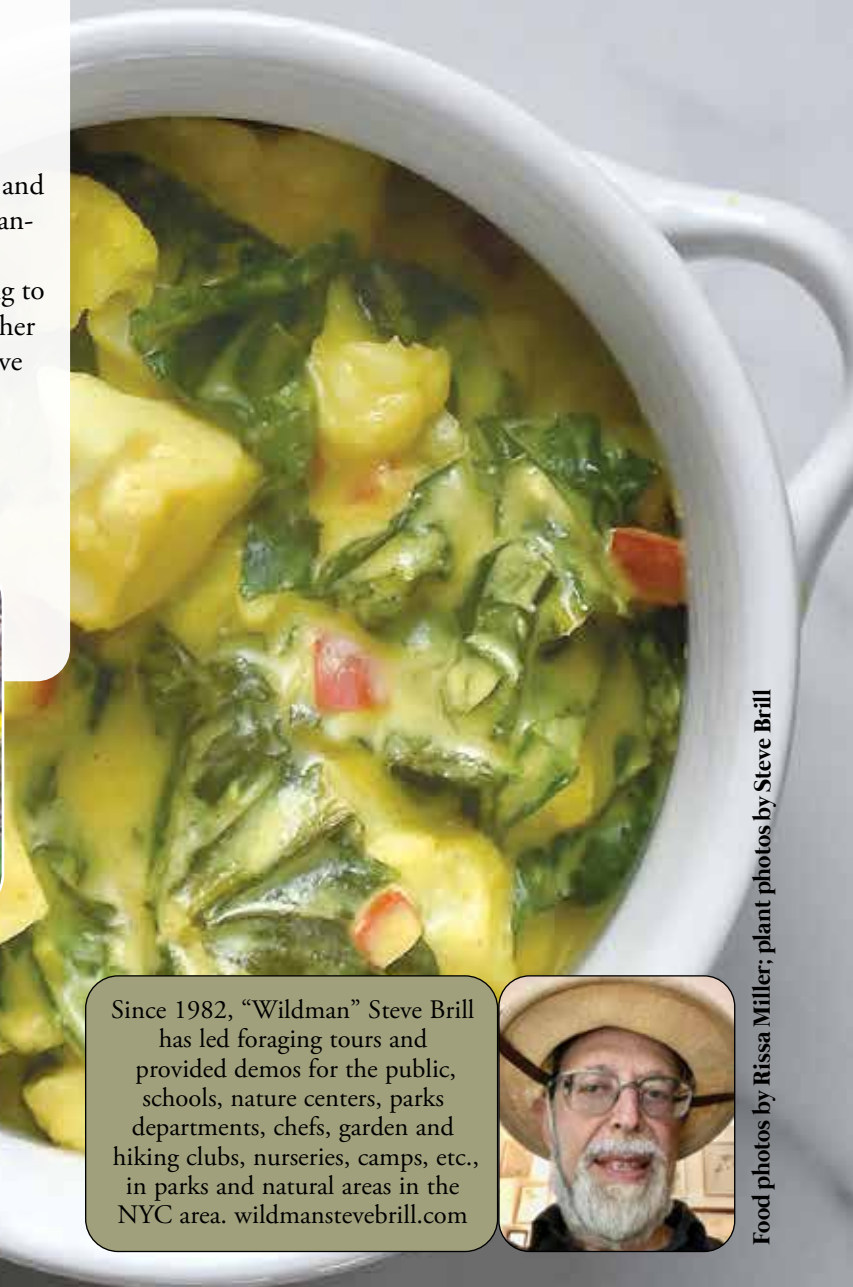
Fat: 8 grams

Carbohydrates: 13 grams

Protein: 5 grams

Sodium: 200 milligrams

Fiber: 4 grams



Since 1982, “Wildman” Steve Brill has led foraging tours and provided demos for the public, schools, nature centers, parks departments, chefs, garden and hiking clubs, nurseries, camps, etc., in parks and natural areas in the NYC area. wildmanstevebrill.com



Food photos by Rissa Miller; plant photos by Steve Brill

Join The VRG and Receive Vegan Journal!



Inside each issue:

Nutrition Hotline & Answers to your veg health questions
Vegan Recipes & Quick dishes & delicious entertaining
Veggie Bits & Vegan product reviews
Scientific Updates & Vegetarian research summaries
Vegan Action & People promoting veganism

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Payment Enclosed (check or money order)

Please charge my credit card: _____ Expires: ____/____

Send \$25 and receive the Vegan Journal quarterly

\$35 in Canada and Mexico; other foreign subscribers, \$45 in U.S. funds by credit card

Email: vrg@vrg.org & Online: vrg.org/subscribe

Postal Mail: VRG, P.O. Box 1463, Baltimore, MD 21203 & Phone: (410) 366-8343, M-F 9-5 ET

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT IN THE NEWS

The Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, did an interview on Arirang TV, an English-language broadcasting station in South Korea, on vegetarian diets. She also authored the *Guide on How to Go Vegetarian or Vegan* in *Psyche* (digital magazine).

The Vegetarian Resource Group poll numbers were cited in *The Hill*, a political news publication, which is read by The White House, Congress, and others. See: thehill.com/changing-america/sustainability/3747206-vegetarianism-is-on-the-rise-especially-the-part-time-kind

VEGAN EDUCATION

The Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, did a presentation to Maryland Dietitians in Health Care Communities on *Offering Plant-Based and Vegan Options: Why It Makes Sense and How to Do It*.

Because of an article one of our interns wrote for the VRG blog, a food investor contacted the business the intern reviewed.

SCIENTIFIC UPDATE

by Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Plant Sources of Protein Associated with a Lower Risk of Physical Decline in Older Women

Frailty is the loss of strength and energy that can occur with aging. This condition can negatively affect quality of life and increases the risk of falls, illnesses, hospitalizations, nursing home admissions, and death. Two recent reports examined the relationship between dietary protein sources and the risk of frailty in older women. Both reports were based on data from the Nurses' Health Study, a long-term study of more than 85,000 women.

Researchers regularly asked study subjects who were aged 60 and older at the start of the study about their diet and health. The study subjects were followed for up to 22 years. Frailty was assessed by asking the women about their energy level, strength (ability to walk up a flight of stairs), aerobic capacity (ability to walk several blocks), recent unintentional weight loss, and presence of several chronic diseases.

During the study period about 15% of the women developed frailty. One report¹ focused on meat consumption and found that women who had higher intakes of red or processed meat had an increased risk of developing frailty. The researchers estimated that replacing one serving a day of processed meat with a serving of nuts would reduce the risk of frailty 26%; replacement with legumes would reduce risk 13%. Replacing a serving a day of red meat with nuts would reduce risk 14%.

The second report² focused on sources of dietary protein and determined that women with a higher intake of plant protein had a lower risk of developing frailty than those with a lower intake of plant protein. Sources of plant protein included dried beans, nuts, pasta, breads, and cereals. Replacing 5% of calories from animal protein with plant protein was estimated to reduce the risk of developing frailty by 38%. If plant protein replaced 5% of dairy protein, frailty risk was reduced 32%, and if plant protein replaced 5% of

non-dairy animal protein (meat, fish, eggs), frailty risk was reduced 42%. Although study subjects were not vegans, the results suggest that a vegan diet featuring generous amounts of plant sources of protein could reduce the risk of developing frailty in older women.

¹ Struijk EA, Fung TT, Sotos-Prieto M, et al. Red meat consumption and risk of frailty in older women. *J Cachexia Sarcopenia Muscle*. 2022;13:210-219.

² Struijk EA, Fung TT, Rodríguez-Artalejo F, et al. Protein intake and risk of frailty among older women in the Nurses' Health Study. *J Cachexia Sarcopenia Muscle*. 2022;13:1752-1761.

Ultra-Processed Foods and Mortality

Ultra-processed food products are foods that are ready to heat or to eat and that require little or no preparation. They are typically high-calorie, high-sodium, low-fiber foods that contain little protein and few vitamins or minerals.

Examples of ultra-processed foods include ready-to-eat snacks and desserts, soft drinks, margarine, frozen pizza and other frozen entrées, processed meats, and instant soups.

A recent study investigated the association between use of ultra-processed foods and mortality in more than 77,000 participants in the Adventist Health Study-2, a study of Seventh-day Adventist adults in the United States and Canada. The Adventists are a relatively long-lived, health-conscious group. About 28% are characterized as lacto-ovo vegetarians and 8% as vegans. The study subjects were asked about the foods that they ate at the start of the study and then were followed for an average of 7.5 years. The researchers categorized foods that the subjects reported eating as unprocessed (grains, legumes, nuts, fruits, vegetables, fresh meat, and dairy milk), moderately processed (e.g. canned beans and vegetables, unsweetened canned fruits, and salted nuts), and ultra-processed. Commercial vegetarian products,

such as meat analogs and breakfast cereals, were categorized as either “moderately-processed” or “ultra-processed” depending on their number of ingredients and added sugar content.

Subjects with higher intakes of ultra-processed foods tended to have a much lower consumption of fiber, fruits, legumes, nuts, and seeds and a much higher consumption of saturated fat, dairy products, red meat, eggs, and sweetened beverages than other study subjects. They were much less likely to be vegan. Those eating the most ultra-processed foods (averaging 48% of calories from ultra-processed foods) had a 14% greater risk of mortality compared to those eating the lowest amount of ultra-processed foods. The association of an increased risk of death that comes with a higher consumption of ultra-processed foods remained even after statistical techniques were used to account for differences in animal product intake. In other words, even vegetarians and vegans who ate lots of ultra-processed foods had a higher risk of mortality than those who ate lower amounts of ultra-processed food.

Orlich MJ, Sabaté J, Mashchak A, et al. Ultra-processed food intake and animal-based food intake and mortality in the Adventist Health Study-2. *Am J Clin Nutr.* 2022;115:1589-1601.

Large Study from the United Kingdom Examines the Risk of Some Common Cancers in Vegetarians

The UK Biobank study includes 500,000 people living in the United Kingdom who were between 40 and 69 years old when the study began. Study subjects regularly provide blood samples as well as detailed information about their diet and other lifestyle issues. This information is linked to their health care records. A recent report from this ongoing study examined cancer risk among more than 400,000 subjects with no prior history of cancer who were classified based on their dietary information as meat eaters (meat or poultry more than 5 times a week), low meat eaters, fish-eaters, and vegetarians. About 1.8% of the subjects were vegetarians, and about 5% of the vegetarian group were vegans. Because of the small number of vegans, they were included in the vegetarian group

for analysis. The subjects were followed for an average of 11.4 years to see who developed cancer. Compared with meat eaters, vegetarians had a 14% lower risk of cancer overall. Vegetarian postmenopausal women had an 18% lower risk of developing breast cancer, which was mainly attributed to their lower average Body Mass Index (BMI). Vegetarian men had a 31% lower risk of developing prostate cancer and a 43% lower risk of developing colorectal cancer compared to male meat eaters.

Watling CZ, Schmidt JA, Dunneram Y, et al. Risk of cancer in regular and low meat-eaters, fish-eaters, and vegetarians: a prospective analysis of UK Biobank participants. *BMC Med.* 2022;20:73.

Vegans Have a Lower Risk of Digestive System Cancer

Cancers that affect the digestive system include cancer of the esophagus, the stomach, the liver, the pancreas, and the large intestine (also called colorectal cancer). Since food passes through the digestive system regularly, dietary composition, or the make-up of one’s diet, could have an effect on one’s risk of digestive system cancers. Chinese researchers conducted a meta-analysis (a technique in which results from a number of studies are combined) examining the relationship between plant-based diets and digestive system cancers. Their definition of “plant-based” was broad and included studies of semi-vegetarians, low meat eaters, those eating a Mediterranean-style diet, lacto-ovo vegetarians, and vegans. The studies used in the meta-analysis included 14 studies that reported on cancer incidence in people on vegan diets. When these studies of vegans were examined, overall, vegans had a markedly lower risk of cancers of the digestive system compared to those not eating “plant-based” diets. The risk of digestive system cancers was not significantly different in vegans compared to non-vegans eating what the study described as “plant-based” diets.

Zhao Y, Zhan J, Wang Y, Wang D. The relationship between plant-based diet and risk of digestive system cancers: A meta-analysis based on 3,059,009 subjects. *Front Public Health.* 2022;10:892153.

Protein for O

I'm concerned that I'm not getting enough protein," began an email from a reader of *Vegan Journal*. He went on to explain that he wasn't able to tolerate more than half a cup of beans a day. He had heard that older adults need more protein than when they were younger.

There is reliable research that suggests that older adults need slightly more protein than younger adults. A somewhat higher protein intake, especially when combined with resistance training, can build muscle in older adults. This increased muscle can help to offset the muscle loss that is a part of the aging process. Muscle loss can increase the risk of falls and keep older people from doing the tasks they'd like to do.

How much more protein are we suggesting? Get out your calculator! It seems like between 0.36 and 0.57 grams of protein per pound of body weight, along with resistance training, can lead to a larger muscle mass in older people.¹ In practical terms, if you weigh 120 pounds, these recommendations would suggest that you get 43-68 grams of protein a day; for someone weighing 150 pounds, the recommendations suggest 54-86 grams of protein. You can use this helpful table found at vrg.org/nutrition/protein.php to see how much protein is in many vegan foods. (Scroll down to table 2 on the website.)

Some experts^{2,3} suggest that spreading out protein over the entire day, instead of eating one or two higher protein meals, may further support muscle building. For example, if you calculated you needed 86 grams of protein per day, you might try to eat around 30 grams of protein at each of three meals.

Here are some sample meals that have around 30 grams of protein and don't rely heavily on beans since the person who originally asked the question didn't want bean-heavy meals.

- A toasted bagel with 2 Tablespoons of soy nut butter with 8 ounces of pea protein milk and a banana
- Strawberry smoothie made with 8 ounces of oat milk, 2 scoops of rice protein powder, a Tablespoon of nut butter, and ½ cup of strawberries

- Scrambled tofu with toast: 6 ounces of extra-firm tofu scrambled with half a cup each of onions and peppers, and 2 Tablespoons of nutritional yeast; 2 slices of whole-grain toast
- 2 burritos made with ½ cup of cooked lentils, 1 cup of cooked quinoa, and 1 cup of steamed chopped broccoli
- Veggie burger on a bun with a cup of sweet potato oven fries and a cup of steamed green peas
- Chili made with ½ cup of prepared textured vegetable protein and ½ cup of beans served over 1 cup of cooked quinoa, and a corn muffin
- Stir-fry with 3 ounces of sautéed seitan strips, ½ cup each cauliflower and carrots, and 3 Tablespoons of slivered almonds served over ¾ cup of cooked brown rice (shown in photo, right)
- Tempeh (¾ cup) in barbecue sauce served over a medium baked potato with 1 cup of sautéed collards
- Tofu in peanut sauce (6 ounces of extra-firm tofu and 3 Tablespoons of peanut sauce) mixed with a cup of steamed kale and served over ¾ cup of whole-wheat pasta

Of course, you may need more (or less) protein than in these examples and don't want to always calculate the protein content of every meal. You can simply try to eat concentrated protein sources such as soy products, seitan, beans, quinoa, nuts, and nut butters throughout the day.

To learn more about nutrition and other issues for older adults, visit our *Online Resources for Seniors*: vrg.org/seniors

References

¹ Haub MD, Wells AM, Tarnopolsky MA, Campbell WW. Effect of protein source on resistive-training-induced changes in body composition and muscle size in older men. *Am J Clin Nutr.* 2002; 76(3):511-517.

² Farsijani S, Morais JA, Payette H, et al. Relation between mealtime distribution of protein intake and lean mass loss in free-living older adults of the Nu-Age study. *Am J Clin Nutr.* 2016;104:694-703.

Older Adults

by Reed Mangels PhD, RD

³ Farsijani S, Payette H, Morais JA, et al. Even mealtime distribution of protein intake is associated with greater muscle strength, but not with 3-year physical function decline, in free-living older adults: the Quebec Longitudinal Study on Nutrition as a Determinant of Successful Aging (NuAge study). *Am J Clin Nutr.* 2017;106:113–24.

BEQUESTS

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

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

Learn to Love Leeks

by Nava Atlas

Whenever I use leeks, those charmingly awkward outliers of the onion and garlic family, I tell myself that I should do so more often. Arguably a somewhat neglected vegetable, this makes the dishes in which I remember to use them all the more enjoyable.

Common leeks somewhat resemble giant scallions. Though they may look a bit intimidating at first glance, prepping and using them isn't at all difficult. When cooked, leeks have a wonderfully silky texture and a flavor that's milder and a bit sweeter than that of their botanical cousins.

Buying and Storage

Once you become aware of leeks, you'll notice that they're widely available. You'll encounter them in supermarkets, natural foods stores, Asian groceries, and farmers' markets, often sold in fresh bunches of two, three, or four. Other varieties include baby leeks and Chinese leeks, but here we'll concern ourselves only with the common type.

Leeks with yellowed or withered tops are past their prime, so avoid them. The edible portion (the white and light green parts) should look smooth, plump, and unblemished.

Store leeks in a plastic produce bag in the refrigerator; don't prep or wash them until ready to use. Leeks will keep for at least a week in the refrigerator, though like other types of produce, it's best to use them soon after purchase for optimal flavor and freshness.

Basic Prep

To prepare leeks, cut off the tops just after the lightest green part. The dark green tops are too tough to eat, but if rinsed well, they can be chopped and simmered in soup stock to add flavor. Otherwise, simply discard or compost.

Cut off the coarsely bristled end and discard as well. You'll be left with the white and palest green part of the leek. Cut this usable part in half lengthwise, then into ¼-inch-thick half-rings. I find that cutting them like this (as opposed to full rings) makes it easier to clean them thoroughly.

Often, sandy soil is lodged among leeks' layers, so rinsing thoroughly is super important. Place the half-rings in a colander and run water over them, separating them as you do, until completely clean. If very sandy, first put the slices into a bowl of water and swish around to loosen before transferring to a colander to complete the rinsing.

Photo by Rissa Miller



Leek and Potato Soup with Watercress

(Serves 6)

4 medium or 3 large leeks, white and palest green parts only

2 Tablespoons olive oil (¼ cup water for oil-free)

4 large potatoes, such as Yukon gold, peeled and diced

1 bay leaf

2 low-sodium vegetable bouillon cubes

1 cup packed watercress leaves (including some chopped stems), rinsed and drained

1-1½ cups plain unsweetened vegan milk, as needed

Freshly ground pepper, to taste

¼ cup chopped fresh parsley, or more, to taste

Prepare leeks as directed under **Basic Prep** in the introduction. Heat the oil in a large soup pot. Add the prepped leeks and sauté in oil over medium heat,

covered, until they just begin to turn golden, about 6-8 minutes. Stir occasionally and add tiny amounts of water to keep the bottom of the pot moist. (For oil-free, simply use water and sweat the leeks until tender for about the same amount of time. Drain off any remaining water.)

Add the potatoes, bay leaf, bouillon cubes, and just enough water to cover. Bring to a slow boil, then simmer gently, covered, until the potatoes are tender, about 15 minutes.

Mash some of the potatoes against the side of the pot with a wooden spoon. Add the watercress and plant-based milk and simmer over very low heat for 10 minutes longer. Season with pepper.

If time allows, let the soup stand off the heat for an hour or two before serving, and heat through before serving. Stir in the parsley just before serving. If needed, adjust the consistency with more plant-based milk, then taste for additional pepper.

Total calories per serving: 294

Carbohydrates: 54 grams

Sodium: 116 milligrams

Fat: 6 grams

Protein: 8 grams

Fiber: 7 grams

Photo by Hannah Kaminsky



Warm Leek and Potato Salad

(Serves 6)

6 medium red-skinned potatoes, scrubbed and diced
3 medium or 2 large leeks, white and palest green parts only

One 6-ounce jar marinated artichoke hearts
1 medium red pepper, cut into narrow 1-inch strips
½ cup frozen green peas, thawed and steamed
¼ cup chopped fresh parsley
½ cup bottled or homemade vinaigrette, or more, as needed

2 teaspoons yellow or Dijon mustard
Freshly ground pepper, to taste

In a large saucepan, combine the potatoes with enough water to cover, plus 2 extra cups. Bring to a rapid boil, then turn the heat down and simmer gently for 7-8 minutes, or until just tender. Drain and transfer to a serving bowl and cover.

Prepare leeks as directed under **Basic Prep** in the introduction. Add leeks to the same saucepan along with ¼ cup water, and sweat over medium heat for 6-8 minutes, or until tender. Stir occasionally.

Add the leeks and the remaining ingredients to the potatoes and toss together well. Serve warm or at room temperature.

(Photo on page 16)

Total calories per serving: 265 Fat: 7 grams
Carbohydrates: 46 grams Protein: 3 gram
Sodium: 249 milligrams Fiber: 6 grams

Sautéed Leeks with Fennel and Mushrooms

(Serves 4)

2 large or 3 medium leeks, white and palest green parts only; fronds reserved for garnish

1 large fennel bulb

1 Tablespoon olive oil, (optional)

2 Tablespoons dry white wine or water

6-8 ounces cremini mushrooms, sliced

¼ cup minced fresh parsley

¼ cup chopped walnuts or sliced almonds, toasted if desired

Freshly ground pepper, to taste

Prepare leeks as directed under **Basic Prep** in the introduction.

Trim the stalks away from the fennel bulb. Quarter and slice the bulbs, then slice the stalks thinly. Reserve the delicate leaves.

In a large skillet, heat the optional oil plus the wine or water. Add leeks, fennel, and mushrooms, and sauté over medium heat, stirring frequently, until leeks are wilted and fennel is tender-crisp, about 10-12 minutes. Add tiny amounts of water if needed to keep the skillet moist.

When the vegetables are done to your liking, stir in the parsley and nuts. Season with pepper, then serve garnished with fennel fronds.

Total calories per serving: 142 Fat: 5 grams
Carbohydrates: 22 grams Protein: 5 grams
Sodium: 88 milligrams Fiber: 6 grams

Photo by Rissa Miller



Mashed Sweet Potatoes with Leeks and Walnuts

(Serves 5)

- 4 large sweet potatoes, peeled and diced
- 2 Tablespoons vegan butter or margarine
- ½ cup plain unsweetened vegan milk
- Pinch nutmeg
- Freshly ground pepper, to taste
- 2 large or 3 medium leeks, white and palest green parts only
- 1½ Tablespoons olive oil (or see oil-free option in instructions)
- ½ cup chopped toasted walnuts
- ¼ cup finely chopped fresh parsley
- Small sage leaves for garnish, (optional)

In a large saucepan, combine the sweet potatoes with enough water to cover, plus 2 extra cups. Bring to a boil, then turn the heat down and simmer gently for 10 minutes, or until fork-tender. Add more water if need be. Drain and transfer to a shallow bowl.

Mash sweet potatoes well, working in the margarine and milk. Sprinkle in nutmeg and season with pepper. Pat the mashed sweet potatoes into a small casserole dish, cover, and set aside.

Prepare leeks as directed under **Basic Prep** in the introduction. In a large skillet or stir-fry pan, combine leeks with about ½ cup water. Cover and cook over medium heat until just tender, stirring occasionally, about 6-8 minutes. Drain off any liquid.

Turn up the heat to medium-high and drizzle in the oil. Sauté for 3-5 minutes, or until the leeks develop golden spots here and there. (For oil-free, simply skip this step).

Stir the walnuts and parsley in with the leeks and remove from the heat.

Scatter the leek mixture over the sweet potatoes. Garnish the top with a few sage leaves. To serve piping hot, microwave briefly before serving, or pop into a hot oven for a few minutes.

Total calories per serving: 339	Fat: 16 grams
Carbohydrates: 45 grams	Protein: 6 grams
Sodium: 103 milligrams	Fiber: 7 grams

Photo by Hannah Kaminsky



Persian-Style Spinach and Leeks with Black-Eyed Peas

(Serves 6)

2 medium leeks, white and palest green parts only
2 Tablespoons olive oil (or ¼ cup water for oil-free)
Two 5-ounce packages baby spinach
½ cup chopped fresh parsley
4 scallions, sliced
3-3½ cups cooked or two 15-ounce cans (drained and rinsed) black-eyed peas
Juice of ½-1 lemon, to taste
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Freshly ground pepper, to taste
6 cups hot cooked rice or couscous
Plain vegan yogurt for serving (optional)

Prepare leeks as directed under **Basic Prep** in the introduction.

In an extra-large skillet or a steep-sided stir-fry pan, heat the oil and add leeks. Sauté for 6-8 minutes, or until tender. Stir occasionally and add tiny amounts of water to keep the bottom of the pot moist. (For oil-free, simply use water and sweat the leeks until tender for about the same amount of time. Drain off any remaining water.)

Add the spinach, parsley, scallions, and ¼ cup water. Cover and steam just until the spinach starts to wilt, to make room in the pan.

Stir in the black-eyed peas, lemon juice, and spices. Cook until just heated through; then season as desired.

Serve over 1 cup hot grains per serving, topping each serving with a small amount of vegan yogurt, if desired.

Total calories per serving: 476	Fat: 13 grams
Carbohydrates: 74 grams	Protein: 14 grams
Sodium: 72 milligrams	Fiber: 10 grams

Photo by Hannah Kaminsky



Simmered Tofu with Leeks and Tomatoes

(Serves 5)

- 2 large or 3 medium leeks, white and palest green parts only
- One 14- or 16-ounce container extra-firm tofu
- 1½ Tablespoons neutral oil (such as canola or grapeseed)
- 2 large or 3 medium flavorful ripe tomatoes, diced
- 2 Tablespoons lite soy sauce or tamari, to taste
- 2 Tablespoons dry wine or sherry, (optional)
- 1 Tablespoon white wine vinegar or rice vinegar
- 2 teaspoons organic sugar or agave
- 1 teaspoon dark sesame oil
- Sriracha or dried hot red pepper flakes, to taste
- 5 cups hot cooked grains (rice, couscous, quinoa, etc.)

Prepare leeks as directed under **Basic Prep** in the introduction.

Cut the tofu into 6 slabs horizontally and blot well between layers of paper towel or clean tea towel, or use a tofu press ahead of time. Cut the slabs into dice.

Heat the oil in a large skillet or stir-fry pan. Add tofu and stir-fry over medium-high heat until golden on most sides, 8-10 minutes. Remove to a plate or bowl.

In the same pan, combine leeks with ¼ cup water. Cover and sweat over medium heat for 6-8 minutes, or until nearly tender.

Stir tofu back into the pan along with the remaining ingredients (except for the grains). Cover and simmer over low heat for 10 minutes, stirring occasionally.

Serve straight from the pan over a cup of hot cooked grains (shown with steamed brown rice and red quinoa).

Total calories per serving: 412	Fat: 12 grams
Carbohydrates: 63 grams	Protein: 16 grams
Sodium: 232 milligrams	Fiber: 6 grams

Nava Atlas is the author of many vegan cookbooks, including *Vegan Holiday Kitchen*, *Wild About Greens*, and *Plant-Powered Protein*. She recently republished her first book, *Vegetariana*, in an updated vegan edition. Visit her at TheVeganAtlas.com



Photo by Rissa Miller

The VRG's 2022 Video Contest Winners

More Educated

FACTORY FARMING



The Truth About Factory Farming by Esther Wilson

Initially, I became vegan because of the environmental impact it would have. However, as I became more educated, I learned about animal ethics and the devastating things that happen in factory farming. For me, that became just as important as the environmental aspects of veganism because no sentient being deserves to suffer, especially if humans are intentionally bringing about that suffering.

See: vrg.org/veg_videos.php#estherwilson

A Simple Shift in Diet

Vegan Cooking Video by Makani Ross

Ever since I was a child, I have been intrigued with the vegetarian lifestyle. Not only does this plant-based diet bring a multitude of health benefits, but it also is a more sustainable option. Vegetarian diets have the greatest reduction of land use and greenhouse gas emissions. Fishing, land use, and water usage to grow crops can all be decreased when more people consider a vegetarian diet. The fact that a simple shift in diet can not only improve human health, but also improve our earth is an amazing reason to consider vegetarianism.

See: vrg.org/veg_videos.php#makaniross



Video scholarships have been given in honor of W.M. Zahn, who was a great mentor.

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

The deadline for the next VRG video contest is July 15, 2023.

See: vrg.org/videoscholarship.php

It's My Duty to Help Others



My Vegetarian Journey by Nasya Bellard

I, as a 16 year-old girl who utilized vegetarianism to meet some of her established goals in life, consider teaching and educating others on the true identity of vegetarianism one of my passions. The vegetarian lifestyle has helped me significantly in so many ways, and I consider it my duty to help others towards this lifestyle that has helped me.

See: vrg.org/veg_videos.php#nasybellard

Outside the Comfort Zone

Why Being Vegan is Great by Naomi Becks

I am interested in vegetarianism because it allows you to step outside your comfortable zone, and it provides many benefits to your health.

See: vrg.org/veg_videos.php#naomibecks



We Can Grow Our Own Food!

Brocco Lee: The Vegetarian Superhero by Tithi Mehta

Here, I become “Brocco Lee” and show the power of vegetarianism. I have been a vegetarian my whole life, but last year I realized the biggest advantage vegetarians have: we can grow our own food! I started growing food and have been actively involved in sharing my passion. The benefits of vegetarianism exist not only for the animals that you save but also for you—from eating cleaner and saving money to getting to bond with your family while gardening.

See: vrg.org/veg_videos.php#tihimehta



A Review of Vegan Frozen Grain-Based Entrées

by Reed Mangels, Ph.D., RD

There's something so comforting about a one-bowl meal. Perhaps it's that it's easy to eat from a bowl, with no need to juggle a dinner plate, if you happen to be eating on the couch. Or maybe it's the multitude of tastes and textures you're likely to encounter in a bowl. Perhaps it's the simple clean-up involving only a bowl and a fork or spoon.

Food companies have developed vegan grain-based entrées, all of which are one-bowl meals. We looked at many of the vegan frozen grain-based bowls available in the United States. These products require only a few minutes in the microwave and can be a quick lunch or dinner for one. Many include beans and vegetables in addition to whole grains. On the down side, they may be high in sodium and saturated fat and can be pricy. And don't assume that "grain" means "whole

grain." White rice or jasmine rice was the primary grain in a number of products. While most included three or more vegetables, the only vegetable in one product was onions, and carrots were the only vegetable in another.

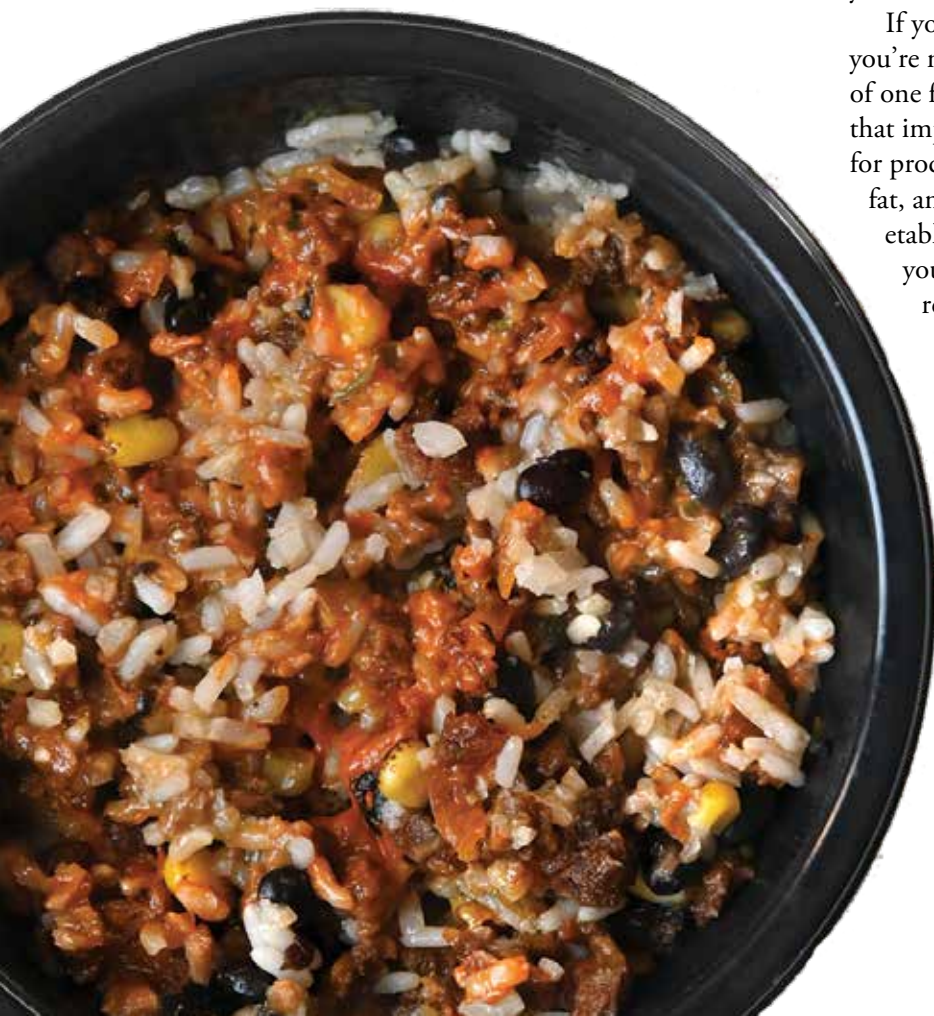
The products included both traditional and less-familiar ingredients. Grains included brown rice, red quinoa, black barley, farro, pearl millet, and sorghum. Broccoli, cauliflower, Swiss chard, spinach, kale, sweet potatoes, carrots, zucchini, and bok choy were among the featured vegetables. We found products that contained chickpeas, black beans, black-eyed peas, kidney beans, lentils, edamame, tofu, soy protein, pea protein, and wheat gluten, among others.

Some of these products are labeled as gluten-free; some are USDA organic or include organic ingredients. Of course, product composition changes, so be sure to check the ingredient label and contact the company if you have allergies or other dietary considerations.

If you use these products only occasionally and you're not on any special diet, the nutritional value of one frozen meal compared to another may not be that important to you. More frequent users may opt for products that are not too high in sodium, saturated fat, and fat and that have generous amounts of vegetables. The table accompanying this article can help you choose. We've highlighted products that are relatively low in sodium, total fat, and saturated fat. The products with the most saturated fat all contained coconut milk or coconut oil.

Most of these meals have less than a third of the calories that most adults eat in a day, so they may not be filling enough for many people. You may opt to make a heartier meal by adding side dishes such as salads, vegetables, and breads.

Convenience comes at a price. Many meals cost \$3.50-\$10 per serving, with store brands and packages with multiple servings costing less. If you're trying to save money, you could look for sales or make your own frozen entrées.



Vegan Frozen Grain-Based Entrées

Nutrient amounts are per serving. Products identified as having no more than 30% of calories from fat, no more than 10% of calories from saturated fat, and no more than 125 milligrams of sodium per 100 calories are *italicized*.

Company	Product	Calories	Protein (grams)	Total Fat (grams)	Sat Fat (grams)	Fiber (grams)	Sodium (mg)	Iron (mg)
Amy's Kitchen Inc.	Brown Rice, Black-Eyed Peas, and Veggies Bowl	290	9	10	1.5	5	590	2.9
Ayo Foods	Waakye Beans & Rice	380	15	7	3	12	660	4
Birds Eye	Veggies & Grains, Buddha	250	9	10	2	7	330	2.3
Birds Eye	Veggies & Grains, Green Goddess	240	13	11	2	6	370	2.5
<i>Cascadian Farm Organic</i>	<i>Brown Rice, Corn, Black Beans & Red Bell Pepper</i>	<i>190</i>	<i>6</i>	<i>1</i>	<i>0</i>	<i>8</i>	<i>130</i>	<i>1.6</i>
<i>Cascadian Farm Organic</i>	<i>Farro, Broccoli, Carrots & Chickpeas</i>	<i>150</i>	<i>6</i>	<i>0.5</i>	<i>0</i>	<i>9</i>	<i>160</i>	<i>1.7</i>
<i>Cascadian Farm Organic</i>	<i>Farro, Sweet Potatoes, Black Bean & Spinach</i>	<i>170</i>	<i>7</i>	<i>0.5</i>	<i>0</i>	<i>8</i>	<i>150</i>	<i>2.5</i>
Grain Trust	Hibachi Fried Rice	200	3	7	1.5	1	300	1
Grain Trust	Cuban Beans & Rice	200	5	5	1	2	320	0
Healthy Choice	Cauliflower Curry Power Bowl	290	14	3.5	0.5	7	400	3.3
Healthy Choice	Falafel & Tahini Power Bowl	360	11	13	1.5	10	600	3.6
Healthy Choice	Green Goddess Power Bowl	330	18	12	2	12	510	4.5
Nature's Earthly Choice	Burrito Bowl	210	11	4	0.5	13	320	3
Nature's Earthly Choice	Caribbean Bean Bowl	220	12	5	1	15	450	3

Tattooed Chef Plant Based Burrito Bowl (left)
Photo by Rissa Miller

Company	Product	Calories	Protein (grams)	Total Fat (grams)	Sat Fat (grams)	Fiber (grams)	Sodium (mg)	Iron (mg)
Nature's Earthly Choice	Mediterranean Bean Bowl	230	11	4.5	0.5	10	350	4
Saffron Road	Plant Based General Tso's Frozen Dinner	420	10	12	1	4	700	4.5
Saffron Road	Vegetable Biryani Frozen Dinner	460	10	17	2	6	650	3
Simple Truth	Plant Based Chipotle Pepper Bowl	260	18	2	0.5	10	1,080	3
Simple Truth	Plant Based Mediterranean Bowl	410	12	12	2	9	1,070	2
Simple Truth	Plant Based Spicy Veggie Masala Bowl	360	11	7	4.5	8	1,380	2.3
Sweet Earth Enlightened Foods	Curry Tiger Bowl	360	19	14	7	8	360	4.1
Sweet Earth Enlightened Foods	General Tso's Tofu Bowl	420	15	17	3	3	940	2.7
Sweet Earth Enlightened Foods	Kung Pao Chik'n Bowl	270	15	9	1.5	5	720	1
Tasty Bite	<i>Chickpeas & Rice Bowl</i>	360	10	8	1	10	400	0
Tasty Bite	<i>Indian Protein Bowl</i>	380	12	8	1	12	460	4.7
Tasty Bite	<i>Mediterranean Protein Bowl</i>	400	14	9	1	16	450	4.7
Tasty Bite	Mexican Protein Bowl	350	12	8	1	15	500	3.8
Tattooed Chef	Veggie Hemp Bowl	330	12	15	1.5	8	260	4.1
Tattooed Chef	Pesto Harvest Bowl	340	7	25	3.5	6	670	3.1
Tattooed Chef	Plant Based Egg Roll Bowl	250	13	10	3.5	3	740	3.5

Sweet Earth General Tso's Tofu Bowl (right)
Photo by Rissa Miller

Company	Product	Calories	Protein (grams)	Total Fat (grams)	Sat Fat (grams)	Fiber (grams)	Sodium (mg)	Iron (mg)
Tattooed Chef	Plant Based Beef Burrito Bowl	310	15	14	11	7	520	3.4
Trader Joe's	Japanese Fried Rice	340	9	7	1	3	680	1.4
Trader Joe's	Vegan Tikka Masala	390	12	17	4.5	2	800	2.2

Products identified on package and/or website as gluten-free:

- Amy's Kitchen Brown Rice, Black-Eyed Peas, and Veggies Bowl
- Birds Eye Veggies & Grains, Buddha; Veggies & Grains, Green Goddess
- Grain Trust Hibachi Fried Rice; Cuban Beans & Rice
- Saffron Road Plant Based General Tso's Frozen Dinner; Vegetable Biryani Frozen Dinner
- Simple Truth Plant Based Spicy Veggie Masala Bowl
- Tasty Bite Chickpeas & Rice Bowl
- Tattooed Chef Veggie Hemp Bowl; Pesto Harvest Bowl; Plant Based Egg Roll Bowl; Plant Based Beef Burrito Bowl

Highest in saturated fat:

1. Tattooed Chef Plant Beef Burrito Bowl (32% of calories from saturated fat)
2. Sweet Earth Enlightened Foods Curry Tiger Bowl (17% of calories from saturated fat)
3. Tattooed Chef Plant Based Egg Roll Bowl (12.3% of calories from saturated fat)

Highest sodium per serving:

1. Simple Truth Plant Based Spicy Veggie Masala Bowl (1,380 mg sodium)
2. Simple Truth Plant Based Chipotle Pepper Bowl (1,080 mg sodium)
3. Simple Truth Plant Based Mediterranean Bowl (1,070 mg sodium)

Lowest sodium per serving:

1. Cascadian Farm products (130-150 mg sodium)
2. Tattooed Chef Veggie Hemp Bowl (260 mg sodium)
3. Grain Trust Hibachi Fried Rice (300 mg sodium)

Highest fiber per serving:

1. Tasty Bite Mediterranean Protein Bowl (16 grams)
2. Tasty Bite Mexican Protein Bowl; Nature's Earthly Choice Caribbean Bean Bowl (15 grams)
3. Nature's Earthly Choice Burrito Bowl (13 grams)

Lowest fiber per serving:

1. Grain Trust Hibachi Fried Rice (1 gram)
2. Grain Trust Cuban Beans & Rice; Trader Joe's Vegan Tikka Masala (2 grams)
3. Sweet Earth Enlightened Foods General Tso's Tofu Bowl; Tattooed Chef Plant Based Egg Roll Bowl; Trader Joe's Japanese Fried Rice (3 grams)

Thank you to VRG Intern, Alexis Brown for collecting information for this article.



Veggie Bits

3 in 1 Vegan Make-Up

With this 3-in-1 make-up from LaJeanell, you can clear plenty of space in your cosmetics kit. Available in five shades—Autumn Leaves (peachy/orange), Shirley (neutral pink), Spring Blossom (medium pink/mauve), Summer Breeze (dark pink/wine), and Winter Holly Berries (red), this collection was designed to serve as blush, eyeshadow, and lipstick. The pigments are rich and long-lasting. They are easy to blend on your skin using a make-up brush or your fingers, so custom colors for any skin tone is doable. Even as lip color, it lasted through a meal and evening out—never looking dry or cracked. Also, not much product is needed to complete an application, so the container lasts longer than other vegan make-up brands. It's great for travel; packing one or two small tubes versus an entire set of blushes and shadows is a true space-saver. LaJeanell cosmetics are cruelty-free, gluten-free, and vegan. Buy online at lajeanell.com

Rissa Miller/Senior Editor



Creamy Chickpea Yogurt



As vegan options expand, versatile chickpeas are now getting in on the act as smooth, creamy yogurt. Meet CHKp, a company creating silky Blueberry, Plain, Strawberry, and Vanilla probiotic-rich yogurts from legumes. As unexpected as it sounds, this dairy-free yogurt really holds up. Testers found them delicious as a stand-alone snack or light breakfast, and they worked well in smoothies and dolloped onto vegan granola. Plain was great for recipes: stir it into your favorite dip, use it to top soups and stews, or add in baking applications, such as muffins and cake, for moisture. CHKp yogurts are gluten-free, kosher, non-GMO, and soy-free. Available at some Whole Foods and other grocers, or online. Learn more at chkpfoods.com

Rissa Miller/Senior Editor

Nutty Snacks

Munching on seasoned almonds can be fun. Daily Crunch sprouts and then dehydrates their nuts for a truly unique and airy chewing experience. The effect is different from the traditional roasting process, as the almonds seem lighter as you eat them. Available in Cacao, Cherry Berry Nut Medley, Cinnamon Java, Coffee + Coconut, Nashville Hot, Original, and Turmeric. Testers loved the smoky fire of the Nashville Hot almonds, and the Coffee + Coconut was just like crunching on your daily cuppa joe. If you prefer a milder or sweet snack, try the Cherry Berry Medley. Daily Crunch snacks are gluten-free and non-GMO. Available at some CVS stores and online in 5-ounce bags or 1.5-ounce minis. Find info at dailycrunchsnacks.com

Rissa Miller/Senior Editor



Gourmet Sriracha with Black Truffles

Spicy food fans always are ready to pour on the hot sauce, and this sriracha from New York-based Trufflin is sure to please even the most sophisticated palate. Sriracha is a traditional Asian condiment and used for dipping sauces (like spicy mayo), noodle dishes, soups, and even cocktails/mocktails. Fermented chili peppers, savory spices, garlic, white wine vinegar, and hibiscus flower are infused with savory and exotic black truffle mushrooms. It's just hot enough to be flavorful, allowing the black truffle taste and aroma to come forward, and finishes with the classic sriracha bite. Trufflin sriracha was outstanding on simple pan-seared tofu, as well as splashed over oven-roasted vegetables. Testers also loved it stirred into hummus and as a popcorn flavoring. Trufflin sriracha is gluten-free with no added sugar. Find info at trufflin-nyc.com

Rissa Miller/Senior Editor



Veggie Bits

Mustard Goes Wild

Elevate your next lunch with an artisan spread from Wilder Mustards. Simple ingredients combine in this chef-created condiment collection to refresh the classic mustard, resulting in Dijonish, Horseradish, Jalapeño, and Sweet & Hot varieties. Each flavor is unique with unexpected complexity and can easily be enjoyed by itself with crunchy hard pretzels or soft, warm pretzels as dippers. Try any of them on a loaded veggie burger, with roasted vegetables, or on the side of a vegan cheese board. The Dijonish made an elegant sauce over asparagus, and the spicier Horseradish made a flavorful vinaigrette for simple salads. All are gluten-free and organic. Available online at wildercondiments.com

Rissa Miller/Senior Editor



Hearts of Palm Noodles

Grain-free, low-calorie pasta is a reality, and Ecuadora makes it from hearts of palm.

Hearts of palm are harvested from the core or growing bud of certain palm trees in tropical regions. Ecuadora ethically grows and harvests their hearts of palm. The flavor is very mild to neutral, and the texture is delicate with enough firmness to endure usual sautéing or baking. However, none of these require cooking—you can drain the water and use them directly from the can. Toss your favorite sauce over the Linguine for a speedy lunch. The Lasagna can be layered with tofu ricotta, fresh basil, tomato sauce, and some veggies for dinner with minimal fuss. And the Hearts of Palm themselves are tasty sliced into a salad, stir-fry, or tacos. Gluten-free, kosher, low-sodium, and organic. Available nationwide at Whole Foods, or online at store.edwardandsons.com/collections/ecuadora

Rissa Miller/Senior Editor



Hug in a Mug Soup

Pacific Foods' website calls these soups "a hug in a mug," and really, that's exactly what they're like. The organic oat milk collection of broths and soups includes Creamy Garden Tomato Oat Milk Soup, Cumin Carrot Oat Milk Soup, Herb & Roasted Garlic Creamy Broth, and Zesty Ginger & Turmeric Creamy Broth. Each one wowed testers with complex flavor and a rich, smooth texture. The Cumin Carrot Soup was subtle with just enough spice to lift you into the exotic. Any rainy, cold afternoon will surely be remedied with a cup of the Creamy Garden Tomato, paired with a vegan grilled cheese. The broths are sophisticated with surprising layers of flavor. Really, you can make a luscious homemade soup with them by just adding some chopped and roasted vegetables. It will be done in minutes but taste like you've cooked all day. Available nationwide at major grocers, including Walmart and Whole Foods, or at pacificfoods.com/our-products/creamy-soups

Rissa Miller/Senior Editor



Easy Chocolate Cupcakes

Who says vegan baking is difficult? The Vegan Knife's chocolate cupcake mix is one of the easiest mixes I've ever used. The cupcakes are soft and moist, and the mix works for cake, too. Like the package says, it only takes 20 minutes to prepare, and you don't have to be an experienced baker. Simply stir three ingredients into the mix, and bake for 19-24 minutes. After cooling and a quick round of frosting, they're ready, and you look like a vegan baking rock star! This would be a great option to share at a party! Additional mixes include vegan birthday cake (vanilla with sprinkles) and doughnuts. Gluten-free, nut-free, and soy-free. Shop online at theveganknife.com

Ruby Sturm/VRG Intern



On-the-Go Breakfast Ideas

by Reed Mangels, Ph.D., RD

I enjoy creative problem solving, so I was delighted when a friend asked for my advice. She wanted ideas for breakfast foods, but what she was looking for was more than just a list of good-tasting vegan breakfast cereals. Here's her story:

"I'm a lifelong vegan, in grad school, working part-time, in my late 20s, and training for a marathon," she said. "I run early in the morning (5:30 AM), before going directly to work. My job is physically demanding, and I'm on my feet for 7-8 hours. Usually I toast an English muffin and spread it with margarine before leaving home and eat it along with coffee after my run. I pack a lunch and eat it mid-way through my work shift, but I'm hungry way before lunch time. What are some breakfast ideas that don't require cooking? I don't have time in the morning to cook, nor can I heat something up at work. I'd like ideas for food I can eat quickly in the parking lot before work without making a mess. I don't like dried fruit, yogurt, or energy bars."

It's not surprising that my friend is hungry before lunch! Here's what I suggested:

"With your active schedule, an English muffin is just an appetizer. What would make that English muffin more of a meal? A thick layer of peanut butter or other nut butter provides protein and fat and reduces mid-morning hunger pangs. For something different, you could explore bean and tofu dips. Hummus comes in a lot of flavors—experiment to see which ones you like. Purée or mash tofu with herbs or pickle relish and a little vegan mayonnaise to make tofu salad. You can buy ready-to-eat dips and spreads or make your own, perhaps on the weekend when you have more time. Baked tofu or deli slices are other ideas for a quick, filling breakfast sandwich. Even something as simple as several good shakes of nutritional yeast on your English muffin with margarine will add some calories and protein along with flavor.

Find a vegan breakfast meat that you enjoy, cook it ahead of time, and eat it either on your English muffin sandwich or on the side. There are lots of products in the refrigerator or freezer case at stores, or you can make your own.

Overnight oats can be filling and refreshing on a hot morning, especially if you transfer the container

with the oats right from the refrigerator to an insulated lunch bag with an ice pack. Before going to bed, mix a cup of oats, 1½ cups of plant milk, a mashed banana, and ¼ cup of chia seeds. Stir and refrigerate overnight. Add fruit, granola, and/or nuts as you like.

Bring a container of nuts or granola or peanut butter-filled pretzels, and eat them along with your English muffin.

Make vegan muffins on the weekend and bring a couple of them spread with nut butter."

I checked back with my friend, and here are a few ideas that she's discovered:

"I really like the breakfast sausages from *The Homemade Vegan Pantry* by Miyoko Schinner! I make a batch on the weekend. Also, I've been adding extra soymilk to my coffee (latte in place of coffee with a splash of milk)."

To see more quick vegan breakfast ideas, go to *VRG's Guide to Packaged Vegan Breakfast Foods*: vrg.org/journal/vj2015issue1/2015_issue1_packaged_foods.php



Photo by Rissa Miller

Vegetarian Resource Group Catalog

Vegan in Volume (\$20) by Chef Nancy Berkoff. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Try Curried Vegetables with Polenta, Eggplant Lasagna, Mushroom-Asparagus Risotto, Spicy Bean Cakes with Fruit Salsa, Veggie Spring Rolls, Homestyle Molasses Cookies, Sophisticated Poached Pears, and more.

Suitable for parties in your own home, catered events, college foodservices, restaurants, weddings, and much more.

Wok Wisely (\$10) by Dharma Realm Cookbook Team of Taiwan. Enjoy a wide variety of traditional Chinese vegan dishes, as well as beautiful photos, in this 184-page book. Some of the recipes include four types of veggie broth, Cellophane Noodle Salad with Ginger Sauce, Sesame Spinach, Sweet and Sour Nuggets, Shanghai Bok Choy with Enoki Mushrooms and Ginger, Corn Chowder, Fragrant Noodle Soup, Hot and Sour Soup, and Rice Balls.

The Lowfat Jewish Vegetarian Cookbook (\$15) by Debra Wasserman. This 224-page vegan cookbook features over 150 lowfat traditional Jewish recipes from around the world. Enjoy Cake-Like Rye Bread, Russian Flat Bread, Lebanese Walnut Spread, Mock Chopped Liver, Armenian Tomato Soup, Polish Plum and Rhubarb Soup, Bulgur and Grape Salad, Polish Dilled Cucumbers, Russian Eggplant and Pomegranate Salad, Potato Knishes, Romanian Sweet Pasta, Moroccan Couscous, Hamentashen, Sweet Fruit Kugel, etc. Also find 33 Passover dishes and many Rosh Hashanah dinner suggestions.

Plant-Powered Families (\$19.95) by Dreena Burton. This 308-page cookbook features over 100 family-friendly, whole-food vegan recipes and photos. Start your morning with Creamy Breakfast Rice Pudding or

French Toast. For lunch try Red Lentil Hummus, Chickpea Nibbles, or Artichoke Spinach Dip, and for dinner try Creamy Fettuccine, Smoky Bean Chili, and Ultimate Teriyaki Stir-Fry. Desserts include Almond Butter Fudge or “Nicer” Krispie Squares.

Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, EdD, RD. Whether you live alone, are a couple, or are the only one in your household who is vegan, 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.

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

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, Lentil Chili, Asian Noodle Bowl, and French Toast.



Crafting Seitan (\$24.95) by Skye Michael Conroy. This 208-page cookbook contains detailed instructions on how to prepare seitan-based dishes in your home. Colorful photos will entice you to make Chikun Piccata, Seasoned Breaded Fried Chikun, Beef Brisket, Spicy Thai Beef Salad, Classic Pot Roast, Deli-Style Pastrami, Schnitzel, Pulled Pork, Country-Style and Raack Ribz, plus more.

Teff Love (\$21.95) by Kittee Berns. Enjoy creative vegan Ethiopian recipes such as Injera bread, Ye'atakilt Wot (potatoes, carrots, and cauliflower in a spicy sauce), Ye'ater Kik Aliche (split peas in a mild sauce), Ye'dubba Aliche (roasted butternut squash in a mild sauce), Garlic Jojos (crispy, garlicky potato wedges baked with Ethiopian spices), or desserts like Mocha Teff Brownies and Spiced Teff Snickerdoodles.

Kick Diabetes Cookbook (\$19.95) by Brenda Davis, RD, and Vesanto Melina, MS, RD. If you or someone you know has diabetes and wants to follow a vegan diet, this book is for you. The first section features information on foods that help regulate blood glucose levels, along with several helpful charts indicating which nutrients decrease diabetes risk and which increase the risk. Next, the reader is provided with useful tips on cooking vegan cuisine, including 100 quick-and-easy recipes such

as Banana-Walnut Pancakes, Carrot Spice Muffins, Navy Bean and Mushroom Soup, Mango and Black Bean Salad, Red Cabbage with Apples, and Vanilla Chai Pudding. Nutritional analyses and beautiful photos appear throughout the cookbook. *The Kick Diabetes Cookbook* has 192 pages.

For these three handouts, a donation to cover printing and postage would be appreciated.

I Love Animals and Broccoli Coloring Book

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

Vegan Nutrition in Pregnancy and Childhood

Brochure with essential nutrition info and meal plans.

Vegan Nutrition for Teenagers

Brochure with all of the basics about veggie nutrition.

Bumper Stickers “Be Kind to Animals—Don’t Eat Them” or “Vegans Have Good Hearts”

\$1 each, 10+ \$.50 each

Vegan Journal subscriptions

\$25 per year in the U.S., \$35 in Canada/Mexico, and \$45 in other countries.



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. ET; or order online at our website: vrg.org

Check or Money Order (Enclosed)

ITEM	QUANTITY	PRICE	SUBTOTAL
Vegan Journal Subscription			

SUBTOTAL \$ _____
 SHIPPING AND HANDLING* \$ _____
 MARYLAND RESIDENTS, ADD 6% SALES TAX \$ _____
 DONATION \$ _____
 TOTAL \$ _____

Credit Card VISA MasterCard AMEX

NAME _____
 ADDRESS _____
 CITY _____ STATE _____
 ZIP _____ COUNTRY _____
 PHONE () _____
 CREDIT CARD # _____
 EXPIRATION DATE _____
 SIGNATURE _____

***SHIPPING AND HANDLING CHARGES**

For orders under \$50, add \$10 (\$15 Canada/Mexico) for shipping.
 For orders over \$50, shipping is free within the continental U.S.
 For other foreign orders, inquire about shipping charges.

Book Reviews

The Korean Vegan Cookbook

by Joanne Lee Molinaro

Joanne Lee Molinaro first cultivated her rise to fame in July 2020 when she began posting 60-second cooking clips on TikTok. In *The Korean Vegan Cookbook*, Molinaro shares 80 diverse recipes. She takes readers along the ride learning about her family history, upbringing, and experiences that ultimately led to this cookbook being more than just a collection of recipes.

Each of the nine sections is filled with memories that were cultivated through years of hardship. Yet, they're also filled with creative and helpful tips, such as recommendations for vegan brands and how to treat and pick certain vegetables that may be exotic to people who aren't familiar with Korean cuisine.

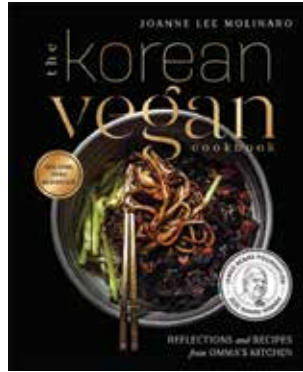
In the mood for a versatile side dish? Try the tofu cakes oozing with a peppery taste that are a great addition to rice, noodles, or beans. Big fan of potatoes? You have to try Molinaro's famous braised potatoes that are so soft, with hints of maple and jalapeños with every bite. It's the best combination of sweet and spicy.

Glass noodles are a staple in Korean cuisine, and Molinaro's recipe did not disappoint. As someone who had never cooked with glass noodles, I was a little hesitant, but they added so much excitement to the cooking process. With Molinaro's recommendation, I used my hands to mix the noodles with the plethora of vegetables.

Lastly, Molinaro's creativity with sweet food is impeccable. My recommendation: chocolate chip *pah*t cookies. They're the type that have a hard exterior but are soft and gooey on the inside.

The Korean Vegan Cookbook is a must have for sure. Korean cuisine tends to be meat heavy, but Joanne Lee Molinaro proves, yet again, how versatile the vegan diet is. Most importantly, she shares the importance of collecting and chronicling people's stories and recipes.

The Korean Vegan Cookbook (ISBN: 978-0593084274) is a 336-page book. It is published by Penguin Publishing Group and retails for \$24.24. Order this book online or at your local bookstore. *Nadely Requena/VRG Intern*



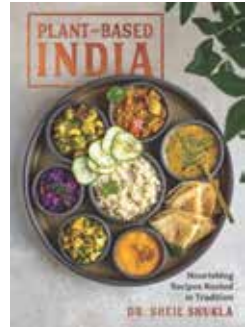
Plant-Based India

by Dr. Sheil Shukla

This vegan cookbook serves up 100 Indian recipes alongside stunning photos. In the introduction the author states how he came to write this book: "I majored in molecular biology in college, but I also studied graphic design, because I had been drawn to the fine arts since childhood. My passion for both science and fine arts is what drew me to a career as a physician; I saw these disciplines work in harmony in the medical field. I appreciate this even more as a physician practicing internal medicine, since treating patients isn't always an exact science."

You'll find a wide variety of dishes in this book, including Crispy Masala Dosa Rolls, Sweet Corn Soup, Chana Masala, Dal, Butternut Squash and Mushroom Biryani, Naan, Cardamom Coffee Cake, Date Chutney, Lassi, Chai, and so much more. Also learn how to make a variety of spice blends.

Plant-Based India (ISBN: 978-1-6151-9853-5) is a 256-page book. It is published by The Experiment and retails for \$30. Order this book online or at your local bookstore. *Debra Wasserman/VRG Co-Coordinator*

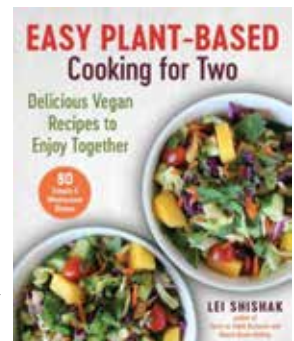


Easy Plant-Based Cooking for Two

by Lei Shishak

Lei Shishak received her culinary training at the Culinary Institute of New York. This cookbook offers 80 creative vegan recipes serving two people, along with shopping tips. The gorgeous photos will inspire you to prepare dishes such as Apple Oatcakes, Rosemary Rye Crackers, Garlic Naans, Thai Chopped Salad, Empanadas, Mushroom Risotto, Vegetable Dumplings, Chocolate Layer Cake, and Caramel Bread Puddings.

Easy Plant-Based Cooking for Two (ISBN: 978-1-5107-7208-3) is a 232-page book. It is published by Skyhorse Publishing, Inc., and retails for \$26.99. *Debra Wasserman/VRG Co-Coordinator*

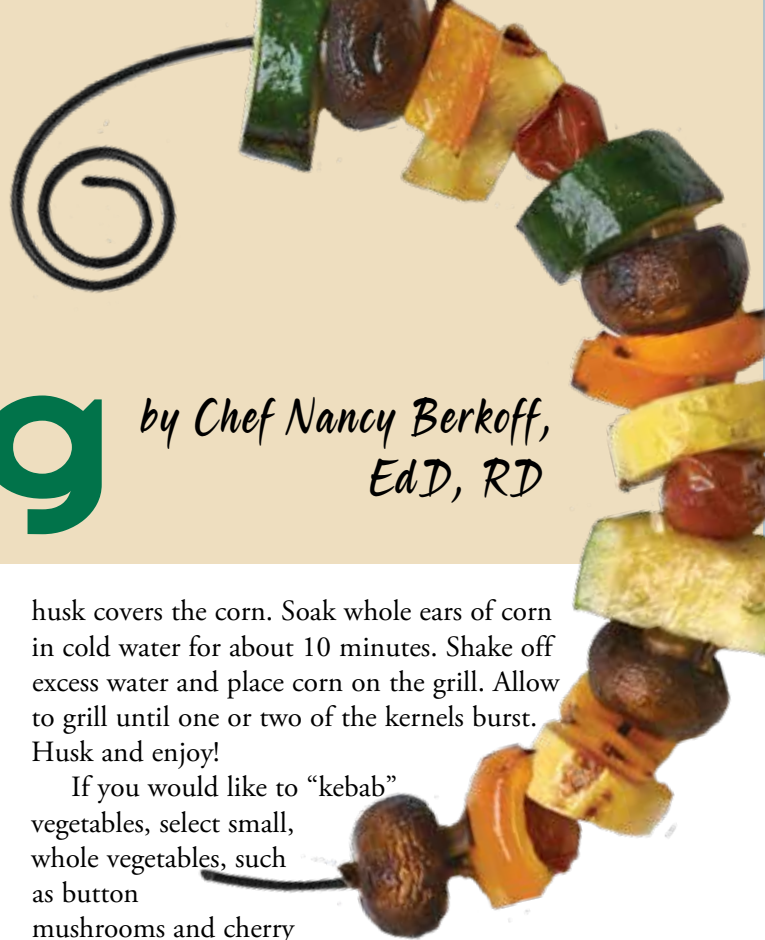


Vegan Cooking Tips

Quick and Easy Ideas for

Grilling

by Chef Nancy Berkoff,
EdD, RD



Backyard barbecue, hibachi on the patio, electric grill on the stove... Who doesn't like some sizzle? Select your ingredients to be grilled, choose your flavor profile, gather your utensils, preheat your cooking equipment, and you're ready!

There are many ready-to-grill vegan options, such as burgers and roasts. If you'd like to use your own ingredients or ingredients in season, here is a fast guide.

Tofu or Seitan

Purchase extra-firm tofu for grilling; other tofu varieties won't hold up well on the grill. Plan ahead and press the tofu for at least 30 minutes prior to cooking. (This can be done overnight, in the refrigerator, if you like.) Pressing extracts water and makes tofu firmer. If you would like to marinate the tofu, do this after the pressing. To prevent crumbling, cut thick slices (about 3 inches) or large cubes. Preheat your grilling surface, spray or rub with a small amount of oil, and then grill away! This technique works with seitan as well. If using seitan, the pressing step is not needed.

Vegetables

Grilling vegetables brings out the sweetness and adds a smoky dimension. Make a double batch when grilling vegetables and store in the refrigerator to use in soups, pastas, rice and grains, or sandwiches and wraps.

Slice vegetables of choice if they are large or thick, such as carrots, potatoes, sweet potatoes, winter squash, or Italian eggplant. Smaller vegetables, such as Asian eggplant, cherry tomatoes, green onions, or mushrooms, may be grilled whole. Rub with an oil, and herb and spice mixtures. If you would like a softer grilled vegetable, create foil packets and allow the veggies to steam on the grill.

You can grill corn on the cob, too. Pull the silk away from the cob, leaving the husk on. Ensure the

husk covers the corn. Soak whole ears of corn in cold water for about 10 minutes. Shake off excess water and place corn on the grill. Allow to grill until one or two of the kernels burst. Husk and enjoy!

If you would like to "kebab" vegetables, select small, whole vegetables, such as button mushrooms and cherry tomatoes. Cube or thickly slice larger veggies, such as summer squash or onions. Bell peppers and chilies can be deseeded and then sliced to add to a kebab. Try to have all the vegetables on one skewer close in size so they cook evenly.

How about a grilled salad? Remove the outer leaves from a head of romaine, cut in half lengthwise, and brush or spray with oil. Grill, cut-side down, for about 3-4 minutes, until pleasantly charred. Serve hot, with your favorite dressing, or cut into a summer salad.

Grilled Dessert

Ripe but not really soft peaches and nectarines can be grilled. Preheat the grill and have a metal pan and foil ready. Cut fruit in half and remove the pit. Place halves, cut-side down, on the grill and cook for 2-4 minutes, until just hot. Place in metal pan, cut-side up, cover with foil, and allow continuing cooking on the grill for about 10 minutes. This completes the cooking without having the fruit burn.

Purchase fresh pineapple slices, or peel, core, and slice your own. If you like, you can brush with a cinnamon-maple syrup mixture. Grill each slice for about two minutes, flip, and grill for one more minute. This works well with just-ripe mangoes, as well. For a bit of "sweet and savory," you can sprinkle a very small amount of chili powder on the grilled fruit.

Hannah Kaminsky A Vegan Career

by Nadely Requena



Photo by Hannah Kaminsky

What once began as a way for Hannah Kaminsky to share her knitting crafts, has slowly evolved into a career promoting veganism. Her website, BitterSweet Blog, highlights her creative vegan recipes, food photography, and playful craft patterns, and includes vegan product promotions.

Kaminsky has continuously worked to create and photograph food pieces for The Vegetarian Resource Group's *Vegan Journal*, *VegNews*, and *Allergic Living*, among others. She is also the author of nine cookbooks, including *My Sweet Vegan*, *The Everyday Vegan Cheat Sheet*, and *The Student Vegan Cookbook*. Kaminsky's dedication to breaking the barriers and stereotypes that revolve around vegan cuisine is what fueled her to continue her freelance work for over a decade.

Growing up in Connecticut, she gained appreciation for the arts early. However, photography was the creative outlet Kaminsky felt most comfortable with as she could immediately show her intent. Intent bridges a photographer's vision and final image. For some, this is the simple act of pressing of the shutter. For others that use cameras to create meaning, intent begins before they even pick up the camera; it is the inspiration.

Her urge to become vegan developed during high school as she had vegan friends and viewed them as "cool." However, Kaminsky's parents were adamant about not preparing separate meals, and it was then that her passion for cooking blossomed.

"(Cooking) became a bigger part of my blog, I started writing recipes, and eventually that took over the blog. With photos it was just a function of documenting what I was making. Eventually I got more into that and that became the trajectory of my career," Kaminsky said.

However, she acknowledges the scary instances that came with having a freelance career. From having to carve out a nonexistent niche of vegan writing and photography, living a piecemeal life, and then encountering the pandemic, Kaminsky has experienced her fair share of difficult moments pursuing her advocacy and her work.

Her perseverance and passion have kept her career afloat. Kaminsky's unique job provides her with the variety she craves and most importantly, allows her to dismantle the idea that vegan food is too difficult, expensive, and flavorless.

Kaminsky continues to share her lovely recipes, exceptional photography, and knitting ideas on the BitterSweet Blog. Be on the lookout for Hannah's future cookbooks.

Blog: bittersweetblog.com

Website: hannahkaminsky.com

LinkedIn: [linkedin.com/in/hannah-kaminsky-64117a72](https://www.linkedin.com/in/hannah-kaminsky-64117a72)

Facebook: [facebook.com/MySweetVegan/](https://www.facebook.com/MySweetVegan/)

Instagram: [nstagram.com/bittersweet___/?hl=en](https://www.instagram.com/bittersweet___/?hl=en)

Twitter: twitter.com/bittersweet__

Nadely is a first-generation Latina student and multimedia journalist at the University of Texas at Austin. Her writing currently focuses on U.S. politics, highlighting low-income communities, and raising environmental awareness.





THE VEGETARIAN RESOURCE GROUP
 Publishers of **Vegan Journal**
 P.O. BOX 1463
 BALTIMORE, MD 21203
 vrg.org

NONPROFIT ORG.
 U.S. POSTAGE
 PAID
 BALTIMORE, MD
 PERMIT NO. 9169

FROM THE VRG BLOG

Vegan Diets and Long-Term Health: What We've Learned from the EPIC-Oxford study.

See: vrg.org/blog/2022/11/18/vegan-diets-and-long-term-health-what-weve-learned-from-the-epic-oxford-study

Vegan Cheese for Pizza: A look at companies whose products are on the healthier end of the spectrum

See: vrg.org/blog/2022/10/18/vegan-cheese-for-pizza

Vegan Butter: Which Should I Choose?

See: vrg.org/blog/2022/10/21/vegan-butter-which-should-i-choose



VRG.org

Are you searching for vegan recipes, detailed food ingredient information, veggie restaurants in both Canada and the USA, reliable vegan nutrition information, poll data on the number of vegetarians/vegans in the USA, or foodservice ideas to share with colleges, hospitals, restaurants, and other institutions? Or are you looking for environmental and animal rights materials?

The Vegetarian Resource Group's website offers all these, plus printable handouts, videos, Spanish-language articles, and sections for children, families, and senior citizens. Visit vrg.org today!



Printed on recycled paper! Photo by Rissa Miller