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VOLUME XXXV, NO 3

VEGETARIAN

JOURNAL

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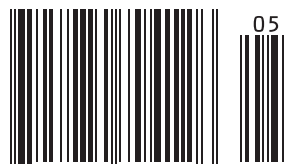
Dessert Smoothies

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NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline discusses vegans' vitamin needs.

QUESTION: *I'm a vegan and I want to know if I should be taking a daily multivitamin supplement. S.A., via email.*

ANSWER: As a vegan, you should be able to meet your needs for most nutrients from foods. Eating a variety of whole plant foods is a good practice, both because it's a simple way to get needed nutrients and because of the other benefits that go along with a plant-based diet. That said, there may be occasional days when your food choices aren't ideal; using a multivitamin/mineral supplement on those days can be better than nothing. Of course, supplements don't take the place of a healthy diet.

Supplements can be expensive, especially since many of the vitamins they supply are excreted if you already have enough of those vitamins in your diet. Also, sometimes you can get too much of a vitamin if your diet and supplement both supply generous amounts.

Vegans need to get vitamin B12 from either supplements or fortified foods. Vegan dietitians Jack Norris, RD and Virginia Messina, MPH, RD recommend that if vitamin B12 supplements are used, you should take either a 25-100 microgram supplement once a day or a 1000 microgram supplement three times a week.¹

Taking a multivitamin that contains the suggested amount of vitamin B12 is another option. Supplemental vitamin D is recommended unless you live in

southern California or Florida or another sunny spot and are out in the sun regularly. Those of us in the north in winter can't rely on sun for vitamin D. Even when vitamin D-fortified foods are used, it's challenging for most people to get the recommended amount of vitamin D each day. If iodized salt or sea vegetables are not something that you eat regularly, look for an iodine supplement or check that your multivitamin/mineral supplies the RDA of 150 micrograms daily (for adults).

Iron deficiency is a common issue for many premenopausal women, adolescent girls, and young children. Vegan diets can supply adequate amounts of iron. If you're in one of the groups at risk for iron deficiency, a registered dietitian or physician can help you decide if use of a low-dose iron supplement or a multivitamin with iron is needed. All women who could become pregnant, whether vegan or not, should get 400 micrograms a day of folic acid from fortified foods or supplements to reduce the risk of having a child with spina bifida or other birth defects.

For more information about vegan nutrition, visit our website, www.vrg.org.

¹ Norris J, Messina V. *Vegan for Life*. DaCapo Press, 2011.

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PRINTED IN THE UNITED STATES OF AMERICA.

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The VRG's website is www.vrg.org.

CHANGE OF ADDRESS: Please send change of address to P.O. Box 1463, Baltimore, MD 21203. You may also e-mail a change of address to vrg@vrg.org.

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NOTE FROM THE COORDINATORS

NOTHING IS ENOUGH: QUANDARIES OF A VEGAN WORLD



We live in a society where nothing is enough. Of course, this applies to material goods. People constantly need the next new device, vegan junk food, or miracle cure. It also pertains to the actions and demands put on us. When one of our members was five, he asked, “Why should I quickly finish my worksheet (in school)? I’ll just be given another boring worksheet to do.”

Nothing being enough can also apply to people, politicians, activists, organizations, and society in general. On one hand, more and more expectations can cause us to do better and excel. On the other hand, because we can’t meet everyone’s needs, it causes many to give up. To be successful and keep going, a part of you has to not care. People are in movements because they care, so this is sad and creates contradictions. Life is figuring out where that line is. Lin Silvan from the Eugene Veg Education Network put it very nicely when she said, “No matter how much there is still left to do, the distance traveled needs to be acknowledged, too. At least that is the more uplifting way to see it; otherwise our knees would buckle under the pressure.”

According to Natural Marketing Institute, one out of three consumers is willing to pay 10 percent more for a product that is “mindful” (having different meanings to different people, but can be related to environment, health, worker treatment, etc.). According to VRG polls, about three to five percent of the population is vegetarian. So, though we still have a long way to go in the USA, we should still feel good about how far we’ve come.

Our office was contacted by the Subway restaurant chain in reference to their testing a vegan burger in the West Palm Beach, Florida area. If you live there when the test is still happening, and you go to quick service-chains, please support them and let others know about this vegan item. Thank you to volunteer Chef Angie for creating vegan recipes that will be available to more than 800 long-term care facilities. Kudos to VRG Foodservice Advisor Chef Nancy for creating vegan recipes for volunteers who want to contribute vegan casseroles to Our Daily Bread in Baltimore, which serves over 700 meals daily to the needy. About 10 percent ask for a vegetarian option. See: <http://www.catholiccharities-md.org/our-daily-bread/odb-food-service/favorite-casserole-recipes.html>. Nancy tested these at a senior center in the Los Angeles, CA area. Consider cooking one of these casseroles and donating to your local feeding site.

Remember, don’t expect others or yourself to totally eliminate the darkness, but encourage people in whatever positive steps they can take.

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.

Thanks to Saurabh Dalal for his generous donation in honor of Manjula and Fakirchand Dalal, who do so much to inspire us all!

Special thanks to everyone who became a VRG Life Member or who recently became a monthly donor.

THANKS FOR THE LITERATURE

Thank you very much for sending us vegan literature to hand out at a local health expo that will take place at a shopping mall here in Buffalo, NY.

Randy A., President, Animal Advocates of Western New York, via e-mail

NO LONGER ABLE TO FIND YVES VEGGIE GROUND NEAR ME

I live in Florida and have been vegan for three years. For two years, I bought Yves Veggie Ground in Walmart, but haven't been able to find it for at least a year. I have checked every Walmart I drive by. Can anyone tell me where I can find it?

Jeanne M., via Facebook

Editors' Note: If you go here: <http://www.yvesveggie.com/products/store-locator.php> you can see if a store near you carries Yves Veggie Ground Round (gives store names and phone numbers so you can call ahead). Other ground round refrigerated products are produced by Lightlife: <https://lightlife.com/products/beef> and Tofurky: <http://www.tofurky.com/what-we-make/tofurky/>

ground-beef-style/#flavormenu. There are also several frozen ground beef crumble products from Gardein, etc.

THINGS ARE CHANGING

Thank you for all your on-going work. Things are changing thanks to organizations like The Vegetarian Resource Group! Tom and Grace T., KY

PETS AND LIVESTOCK: THE DOUBLE STANDARD

Professor Sager is right to point out the unfortunate difference in the way we think about and treat our pets and so-called "livestock." I wish he had extended that double-standard to our treatment of wildlife – we slaughter them for "sport" and trophies, imprison them in zoos, and destroy their habitat for development. I hope that we vegans and vegetarians think about all non-human animals, not just those we rightfully don't consume for food.

Bill Matturo, via e-mail

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

Coming in the Next Issue:

VEGAN CAKE DECORATING

Plus: VRG's 2016 Scholarship Winners; Egyptian Cuisine; Quick and Easy Hot Beverages; Poll Results...

MAY KAIDEE *An interview by Yasmin Radbod*

THE VEGAN THAI GODDESS

May owns and runs vegan cooking schools and restaurants in Chiang Mai and Bangkok, Thailand called May Kaidee's Vegan Restaurant & Cooking School. Her cooking classes are world-renowned and have excellent ratings on TripAdvisor. I had the pleasure of getting to know May and took a one-on-one cooking class, learning to make Thai curry pastes, soymilk, tofu, and vegan fishballs. Her cooking classes are fantastic, loads of fun, and include a little singing and dancing, too. May is approachable and her staff is incredibly friendly.

Q: How long have you been vegetarian/vegan?

A: I went vegetarian in 1991 and I've been vegan six years.

Q: Why did you go veg?

A: In the past, I ate too much and ate mostly junk food. Food is everywhere here and I used to eat all day and went to 7-Eleven frequently. I had horrible digestive problems and was very overweight.

Q: Why did you open your own restaurant?

A: Actually, I used to hate cooking. It was in 1991; I was working at my aunt's restaurant here in Khao San, and at first I would only wash dishes. After some time, though, I became interested in cooking and wanted to change my diet and eating habits. I began experimenting with making traditional Thai food into vegan recipes that were much healthier and easier to digest. In 1993, I opened my first food cart in Khao San and it was very popular and quickly became too crowded on the street. I noticed, too, that people wanted to learn how to cook vegetarian Thai food, and I had the idea to start a cooking school as well. The cooking school where we are at now [in Khao San] has been open 22 years, and this was the first cooking school I opened.

Q: Is everything here in the restaurant and cooking school vegan?

A: The restaurant is totally vegan, but in the Thai cooking class for beginners, we offer eggs as an option to include in our Pad Thai recipe because some people like to include eggs, but the vegan option is of course available.

Q: Do you ever miss eating animal products?

A: Never, and that's because I feel so healthy now as a vegan. I know now my body is very sensitive and in the past I ate a lot of fried food, sugar, milk, and cheese. These products made me feel sick. Now I don't suffer from the digestive problems I used to have when I ate those things. I also have a raw food cooking class, which is becoming very popular. I prefer raw foods.

Q: What is the biggest struggle or challenge you face running your business?

A: Our clients are mostly foreigners and I wish we had more Thai customers, but in reality it's too expensive for most Thais. We don't make a lot of money from the restaurants, but the cooking school's profits help a lot.

May Kaidee (left) and the author



Q: Do you ever face problems with customers in the cooking school?

A: Well, sometimes people sign up without knowing it's vegan; they only booked online because it's so famous. So sometimes I have to encourage them a lot at the beginning and then the delicious food we cook speaks for itself, and they're satisfied. Sometimes master chefs from all over the world come to our cooking school and I have to adapt to whatever they are specifically interested in, too.

Q: What is your favorite cooking class, favorite dessert, and favorite curry?

A: I love our Thai Cooking Class. It's perfect for all ages and levels. My favorite dessert is our raw vegan cheese-cake ice cream. My favorite curry is Tom Yam.

Q: What are your essential herbs?

A: Galanga, kafir lime leaves, coriander, lemongrass, chile, and garlic. Coriander is my favorite herb, but sometimes it's too strong for foreigners' tastes. I don't like parsley, though.

Q: Besides Thai food, what other international cuisines do you like the best?

A: To be honest, I really love only Thai food. When I go to Europe, for example, European food is too heavy. When I go, I always bring my mortar and pestle, wok, and steamer with me in my luggage. I cook Thai food every day myself.

Q: What are your future business plans?

A: I'm planning on opening a small shop or food truck in New York City in the future. We aren't sure yet when it will be up and running, but I'm going to NYC soon to start preparing. I'm very excited about this because sometimes Thai food in the USA isn't authentic. One time I was in New Jersey and my friend wanted to take me to her local Thai restaurant. When we got our food, I could tell right away it wasn't authentic, and I went to speak with the owner. Turns out it was owned and run by Chinese Americans, not Thai Americans! So of course it wasn't authentic.

Q: Why is Thai food special?

A: Because it's popular everywhere! Everyone knows it's delicious.

Q: Last question, what does "May Kaidee" mean?

A: It means "good business!"

Visit maykaidee.com and click on "Products" to download free recipes and video tutorials from the chef herself!

Here are some of May Kaidee's recipes to get you started. Enjoy!

Chili Paste

(Add to dishes like a curry or soup to taste. Recipe makes approximately 1-3/4 cups of sauce.)

6 Tablespoons oil

1/2 cup chopped carrots

1/2 cup chopped onions

1 Tablespoon chopped garlic

1 Tablespoon dried chilies

2 Tablespoons reduced sodium soy sauce

2 teaspoons organic sugar

2 teaspoons lime juice

2 Tablespoons oil

Put 6 Tablespoons oil (vegetable, soybean, or peanut) in a wok or deep frying pan. Add carrots and onions. Fry 3 minutes in the oil. While frying, add garlic and dried chilies. Let it become a little brown. Then remove everything from the pan and put in a food processor or blender. Add soy sauce, sugar, and lime juice. Blend or liquefy all ingredients for a minute or two until it looks smooth. Remove everything from the food processor or blender and fry everything again with the 2 Tablespoons oil because it gets dry. Stir around and cook until the paste is smooth and the oil mixes in.

You can use the paste as a dip for sticky rice or veggies, or use it as a marinade, curry sauce, or a soup base. If you cannot handle spicy foods, omit the chilies.

Total calories per 1 Tablespoon serving: 39

Carbohydrates: 1 gram

Sodium: 45 milligrams

Fat: 4 grams

Protein: <1 gram

Fiber: <1 gram

Making Chili Paste



Homemade Soymilk

(Serves 2-3)

3 cups dry soybeans, with or without hulls
4¼ cups water

Note: If you buy soybeans without the shells, they will make more milk.

Soak soybeans overnight or for at least eight hours.

Squeeze off shells or buy soybeans without shells and these will make more milk. Drain water, and then put three cups of beans in a blender or food processor bowl along with 4¼ cups water. More water makes it thinner. Blend until smooth, usually for a couple minutes.

You can add a bit more water and blend again after blending the first time to make the leftover thick chunks smoother. Pour the blended bean milk into a cheesecloth over a bowl and squeeze the milk out gently.

You can get the leftover thick chunks to produce more milk by adding another cup of water to them and squeezing again. Or, save the thick leftover chunks and use it to make vegan burgers or use in a curry. Be creative! Most people throw those chunks away but you can use them in many recipes. One cheesecloth might not be strong enough to filter all the chunks and milk; you do not want to have any small pieces in the milk bowl, only the liquid, so use another cheesecloth if necessary.

Pour the milk into a wok and boil over a low heat for 10 minutes. Stir and be careful not to burn the milk. Now, you can add herb or other ingredients to flavor, such as vanilla or lemongrass, or cocoa to make hot chocolate. You can also add almond or coconut milk.

To make tofu skins (up to you): take any bubbles out with a slotted spoon and any leaves of herbs out, lower the heat, and fan it to make tofu skin form on the top. Do not touch. Pick up the skin with two chopsticks carefully and dry one day in the sun to make it crispy. Then use the skins for any delicious curry or deep fry!

To continue with the soymilk recipe: take out bubbles with a slotted spoon; take out any herbs or leaves; turn off the heat and allow the soymilk to cool. Enjoy it immediately, use in a recipe, or keep it refrigerated for later!



Above: Soybeans for making soymilk

Below: Lemongrass soymilk



Below: Seaweed Wraps



MY VISIT TO PLUM VILLAGE MONASTERY IN THAILAND

I also had the great pleasure of staying at Plum Village Monastery, a couple of hours outside Bangkok, Thailand, for one week. The monastery is in the tradition of Thich Nhat Hanh, a Vietnamese Buddhist monk who has dedicated his life to helping others become more compassionate and peaceful beings. There are several of his monasteries around the world, including a few in the U.S. and one in Paris where he resides in a hermitage.

The monastery is unique because I was able to spend most of my time with monks and nuns rather than being isolated. I was able to build meaningful relationships with other visitors. It is affordable and anyone is welcome to stay for at least one week. It is easy to register on their website. This visit was the highlight of my experiences in Thailand.

The monastery is vegetarian and all the monks and nuns have cooking duty. It is very nice to eat buffet-style with all the monks and nuns at large tables. The food is always fresh with an abundance of vegetables, and the tofu is made by the monks and nuns on site.

Everyone eats together in silence, and always very, very slowly, unless it is a lazy day when everyone is able to talk while eating and eat wherever they like. The food they cook is usually vegan, but sometimes they buy pizza or sweets from outside that include dairy or egg products. They mostly do not distinguish vegetarian from vegan, although some of the meditations we did included focusing on the environment and committing to not support any act of killing in the world. As a vegan, this was my only disappointment with the monastery. I wish that they committed themselves to being one hundred percent vegan.

I was intrigued by many of the vegan dishes I ate there. One simple, delicious idea that I had never thought of trying is black sesame seeds in their oatmeal. A little salt, sesame, and oatmeal mixed together is super-fast and delicious. The monastery used black sesame seeds in many of their dishes. One of those dishes was a simple and toasty tofu wrapped in seaweed (photo at left). All they did was take fresh, raw tofu, wrap it in fresh seaweed, and add black sesame seeds, fresh ginger, soy sauce, and chile as toppings. The taste was good but the texture was a bit too slimy for me. I wanted to make my own version of this recipe, so what follows is my own adaptation of that dish.

Seaweed Tofu Wraps

My recipe is richer in taste because I deep fry the wraps. If you want, you could bake them to make lower fat wraps, or pan fry them for another way to lighten up calories. Experiment to find which recipe and taste suits you the most.

I like to use already roasted seaweed because it adds to the flavor and makes very crisp wraps when they are deep fried. Try to find packaged seaweed roasted in olive oil so that you can deep fry the wraps in olive oil, too. I have had good luck using Korean brands that are roasted in olive oil and then using roasted black sesame seeds as a topping.

Begin by taking one sheet of seaweed and cutting it neatly into four equal pieces. Each piece should fit one piece of tofu. Using extra firm tofu, or any mock meat of your choice, cut it into rectangular pieces that will fit inside one piece of the seaweed you just cut. Place the tofu at one end of the seaweed square piece and wrap it as tightly as you can. Make sure it can sit flat properly because when you fry it, you don't want the seaweed to come apart.

In a wok or deep frying pan, boil three to four cups of olive oil; just make sure there is enough oil to submerge the wraps completely. When the oil is boiling, carefully place the wraps into the oil. You know they are cooked when the seaweed becomes crispy and brown. If you press on the wrap, the tofu inside should feel thick and tough. Then, using a slotted spoon, remove the wraps from the oil and place on a paper towel to soak up excess oil. Sprinkle roasted black sesame seeds on top and eat right away. You can also make a dipping sauce using soy sauce, dried chiles, ginger, garlic, and black sesame seeds as you like. Sometimes I cut up the wraps and serve them cold over rice or noodles, too.

Yasmin Radbod is a former Vegetarian Resource Group intern and a Fulbright recipient.

Dessert Smoothies By IVY GROB

If you're like me, the best part of any meal is the dessert. But then again, I never want to spend the time it would take baking cookies or a pie (lazy vegan alert!), even though I want the scrumptious result. Many people think of smoothies as a stand-alone meal, which they very well can be. But they also offer a quick solution to satisfy the sweet taste you crave after a savory meal. With a blender, many different tasty ingredients (the majority of which you probably have lying around your house already), and a little love for yourself (you're saving all this time after all!), you can be on your way to dessert smoothie heaven.

Tips:

- If you make too much, save the rest of the smoothie in an air-tight container in the fridge or freezer.
- I love vanilla-flavored almond milk, but any other non-dairy milk substitute can be used in any of the recipes. If you like creamier smoothies, use vegan yogurt.
- Reduce the amount of ice if the fruit is already frozen.

Strawberry Shortcake

(Makes approximately 2 cups)

¾ cup strawberries

¼ cup raspberries

½ cup ice

½ cup vanilla-flavored almond milk or vegan yogurt

Pour all ingredients into a blender and blend until smooth or desired consistency.

Total calories per 1 cup serving: 49 Fat: 1 gram
Carbohydrates: 10 grams Protein: 1 gram
Sodium: 38 milligrams Fiber: 2 grams

Banana Chocolate

(Makes approximately 2 cups)

1 banana

1 Tablespoon cocoa powder

Dash of cinnamon

½ cup ice

1 cup vanilla-flavored almond milk or vegan yogurt

Pour all ingredients into a blender and blend until smooth or desired consistency.

Total calories per 1 cup serving: 104 Fat: 2 grams
Carbohydrates: 23 grams Protein: 2 grams
Sodium: 77 milligrams Fiber: 3 grams



Berry Cobbler

(Makes approximately 2 cups)

- ¼ cup blueberries**
- ¼ cup blackberries**
- ¼ cup raspberries**
- ¼ banana (optional)**
- ½ cup ice (optional or lesser amount if fruit is frozen)**
- 1 cup vanilla-flavored almond milk or vegan yogurt**

Pour all ingredients into a blender and blend until smooth or desired consistency.

Total calories per 1 cup serving: 76 Fat: 2 grams
Carbohydrates: 15 grams Protein: 1 grams
Sodium: 76 milligrams Fiber: 3 grams

Peanut Butter Cup

(Makes approximately 2 cups)

- 3 Tablespoons peanut butter**
- 1 Tablespoon cocoa powder**
- ½ cup ice**
- ¾ cup vanilla-flavored almond milk or vegan yogurt**

Pour all ingredients into a blender and blend until smooth or desired consistency.

Variations: Instead of smooth peanut butter, use crunchy for extra texture, or Earth Balance Coconut & Peanut Spread for an added tropical taste of coconut.

Total calories per 1 cup serving: 181 Fat: 13 grams
Carbohydrates: 12 grams Protein: 7 grams
Sodium: 167 milligrams Fiber: 3 grams

Peach Pie

(Makes approximately 2 cups)

- ¾ cup cubed peaches**
- ¼ cup cubed mangos**
- ¼ banana**
- ½ cup ice**
- ¾ cup vanilla-flavored almond milk or vegan yogurt**

Pour all ingredients into a blender and blend until smooth or desired consistency.

Total calories per 1 cup serving: 86 Fat: 1 gram
Carbohydrates: 19 grams Protein: 1 gram
Sodium: 57 milligrams Fiber: 2 grams

Apple Pie

(Makes approximately 2 cups)

- 1 apple, cored**
- ¾ teaspoon cinnamon**
- ½ cup vanilla-flavored almond milk or vegan yogurt**
- ½ cup ice**

Pour all ingredients into a blender and blend until smooth or desired consistency.

Total calories per 1 cup serving: 59 Fat: 1 gram
Carbohydrates: 13 grams Protein: <1 gram
Sodium: 38 milligrams Fiber: 2 grams

Ivy Grob wrote this article while interning with The Vegetarian Resource Group. She is a student at the University of Florida in Gainesville.

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.

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

New Dietary Guidelines for Americans Endorse a “Healthy Vegetarian Eating Pattern”

Dietary Guidelines for Americans is a statement of current federal policy on the role of dietary factors in health promotion and disease prevention. The USDA and the Department of Health and Human Services issue Dietary Guidelines every five years. The latest was released in January 2016 and endorsed “a healthy vegetarian eating pattern” as one of three “healthy eating patterns that can be adapted based on cultural and personal preferences. The USDA Food Patterns [including the healthy vegetarian pattern] can be used as guides to plan and serve meals not only for the individual and household but in a variety of other settings, including schools, worksites, and other community settings.”

A “Healthy Vegetarian Eating Pattern,” as described by the Dietary Guidelines, includes vegetables, fruits, grains, dairy or fortified soymilk (or other plant-based dairy substitutes), legumes including soy products, nuts and seeds. The eating pattern was developed based on foods and amounts of foods eaten by self-described vegetarians in the United States based on a large national study. The “Healthy Vegetarian Eating Pattern” is described as “similar in meeting nutrient standards to the Healthy U.S.-Style Pattern, but somewhat higher in calcium and fiber and lower in vitamin D due to differences in the foods included.”

To see details of the Healthy Vegetarian Eating Pattern, go to <http://health.gov/dietaryguidelines/2015/guidelines/appendix-5/>

U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

Mortality in Vegetarians

Many studies have shown that vegetarians (including vegans) are less likely to get some chronic diseases such as heart disease, some kinds of cancer, diabetes, and

obesity. Does this lower disease risk also mean that vegetarians will live longer? Research on Seventh-day Adventists in the United States and Canada found that the group the researchers called “vegans” (consumed any animal product less than once a month) as well as “lacto-ovo vegetarians” (consumed eggs or dairy at least once a month, other animal products less than once a month), and “pesco-vegetarians” (fish at least once a month, meat less than once a month) had a lower risk of death than did non-vegetarians¹.

A recently-published study of vegetarians in the United Kingdom had somewhat different results. This study of more than 60,000 people, about a third of whom were vegetarian, reported no significant difference in risk of death overall between meat eaters, vegetarians, or vegans. Subjects began the study as early as 1980 and were studied until 2014 or their death. Vegetarians in this study were defined as not eating meat or fish; vegans did not eat meat, fish, eggs, or dairy products. Compared to the group that ate meat regularly, vegetarians and vegans were much less likely to die from pancreatic cancer or lymphomas or similar cancers. When only participants who had not changed their diets during the study period and who died before age 75 were examined, vegetarians and vegans had a slightly lower risk of death².

The finding that vegetarians and vegans had a lower risk of death before age 75 but not before age 90 suggests that at some point, medical intervention can prolong life even in someone who has significant heart disease. A question that these studies did not address was the quality of life, which may be more important than the length of one’s life. Both studies suggest that there is no disadvantage to being vegetarian or vegan in terms of risk of death.

¹ Orlich MJ, Singh PN, Sabaté J, et al. 2013. Vegetarian dietary patterns and mortality in Adventist Health Study 2. *JAMA Intern Med.* 173:1230-8.

² Appleby PN, Crowe FL, Bradbury KE, Travis RC, Key TJ. 2016. Mortality in vegetarians and comparable nonvegetarians in the United Kingdom. *Am J Clin Nutr.* 103:218-30.

A Cautionary Tale

If you look on The Vegetarian Resource Group's website, you'll see the statement, "Soy milk, rice milk, other plant milks, and homemade formulas, should not be used to replace breast milk or commercial infant formula during the first year." A recently-published case study lends support to this statement. The study reported that when a Spanish infant was 2½ months old, his parents stopped giving him infant formula because he had a rash, and replaced the formula with almond milk. From age 2½ months to 11 months, the baby drank almond milk. Although the infant's parents tried to feed him puréed fruits and vegetables when he was 6 months old, he wouldn't eat them. At 11 months, the baby was diagnosed with deficiencies of vitamin C, vitamin D, and zinc and was found to have broken bones in his legs and spine due to these deficiencies. He was given an infant formula and started on age-appropriate foods and recovered from his early malnutrition. Ironically, a medical doctor originally suggested that the infant be given almond milk, which led to the infant's health problems as the almond milk was clearly not adequate for his needs. As this study's authors state, "Pediatricians and parents should be aware that plant-based beverages are not a complete food and they may not replace breastfeeding or infant formula."

Vitoria I, López B, Gómez J, et al. 2016. Improper use of a plant-based vitamin C-deficient beverage causes scurvy in an infant. *Pediatrics*. 137:1-5.

Health Benefits of Nuts

Several years ago, we reported that people who eat four or more servings of nuts a week have a markedly lower risk of heart disease, compared to those who seldom or never eat nuts. A recent study provided an update on health benefits of nuts. Researchers at Tufts University conducted a type of study called a meta-analysis that combined the results of 61 studies in which some subjects were given a specific amount of tree nuts daily (walnuts, almonds, pistachios, macadamia nuts, pecans, cashews, hazelnuts, or Brazil nuts) and some subjects did not eat nuts. They examined the effects of eating/not eating nuts on blood cholesterol, triglycerides, and HDL and LDL cholesterol and blood pressure. Typically, subjects who were assigned to the group eating nuts ate two ounces of nuts daily and the study lasted for a month. Compared with the group eating no nuts, subjects in the group eating nuts had a reduction in both total and LDL-cholesterol. HDL-cholesterol was

not affected, nor was blood pressure. The type of nut eaten did not affect results. The researchers estimated that eating an ounce of nuts daily could reduce the risk of having a heart attack or stroke by 4-6 percent.

Del Gobbo LC, Falk MC, Feldman R, Lewis K, Mozaffarian D. 2015. Effects of tree nuts on blood lipids, apolipoproteins, and blood pressure: systematic review, meta-analysis, and dose-response of 61 controlled intervention trials. *Am J Clin Nutr*. 102:1347-56.

Iron Absorption is Affected by Being Overweight

A recent study raises questions about iron absorption in overweight and obese women and may have implications for some vegetarians. Researchers have noticed that obese people are more likely to be iron deficient. This isn't because their diets lack iron, but because they don't absorb iron very well, possibly because of the subclinical inflammation that goes along with obesity.

The iron found in plant foods is called non-heme iron, which is a comforting name, meaning that it is not produced from blood components. This form of iron is better absorbed if eaten with a good source of vitamin C such as citrus fruits, broccoli, or tomatoes. For example, the iron in dried beans is better absorbed if the beans are cooked in a tomato-based sauce.

A new study suggests that, in addition to not being able to absorb iron as well, overweight and obese women also don't get as much of a beneficial effect from vitamin C. Unlike women in the normal weight category, overweight or obese women absorbed about 1/3 less non-heme iron in a meal that didn't contain vitamin C. The increase in iron absorption when the meal contained vitamin C was only about half as high in overweight and obese women. Since women prior to menopause have high iron requirements, this worsening of absorption is concerning. In vegetarians, who rely on vitamin C to increase iron absorption from plant-based foods, it's especially concerning. If you're vegetarian or vegan, a premenopausal woman, and your BMI puts you in the overweight or obese range, consider having your iron status checked regularly.

Cepeda-Lopez AC, Melse-Boonstra A, Zimmermann MB, Herter-Aeberli I. 2015. In overweight and obese women, dietary iron absorption is reduced and the enhancement of iron absorption by ascorbic acid is one-half that in normal-weight women. *Am J Clin Nutr*. 102:1389-97.

PAKISTANI *Vegan Cuisine*

by Navaal Mahdi

Traditional Pakistani food consists of some of the most colorful dishes you will see. Not only is this due to the fact that a medley of vegetables is used to add a multitude of flavors to each dish, but it is also because various spices and garnishes, ranging from bright red in color to bright green, are used to enhance the flavors and appearances of most dishes. Because of this, it is easy to recreate Pakistani recipes for vegans; all you must remember is to substitute butter with oil or vegan margarine, and meat with tofu or a vegetable. Dishes range in cooking and preparation times from 10 minutes to 45 minutes, so anyone who has the available ingredients can attempt recreating these flavorful meals.

Mung Lentils and Rice

(Serves 4)

1½ cups white rice
½ cup split mung lentils
6 cups water, divided
Salt to taste
6 black peppercorns
4 cloves
2 Tablespoons olive oil

After washing and draining the rice and split mung lentils thoroughly, combine the two in a bowl filled with 3 cups of water and let them sit for 30 minutes.

After this time has passed, dump out the majority of the water and transfer the rice and lentils from the bowl into a pot. Pour the remaining 3 cups of water into the pot, and add the salt, black peppercorns, and cloves. Bring to a boil and then uncovered simmer until the majority of the water evaporates (about 10-12 minutes). Add olive oil, and steam the rice over a low heat for 3-5 minutes until remaining water has evaporated. Check the rice and lentils to make sure they are soft, but not overcooked and falling apart.

Total calories per serving: 413 Fat: 7 grams
Carbohydrates: 74 grams Protein: 11 grams
Sodium: 5 milligrams Fiber: 5 grams

Eggplant and Potato Curry

(Serves 6) A photo of this dish appears on this issue's front cover.

2 Tablespoons oil
1 medium onion, chopped
2 tomatoes, diced
½ teaspoon minced garlic
½ teaspoon minced ginger
½ cup water
½ teaspoon chili powder
½ teaspoon salt
½ teaspoon turmeric powder
¼ teaspoon cumin powder
4 medium potatoes, peeled and chopped into eighths
1 large eggplant, peeled and chopped
1 teaspoon chopped coriander leaves (optional)
2 green chili peppers, cut into fourths (optional)

In a large pan, add oil and the chopped onions and sauté until the onions turn a light brown color. Add the tomatoes and cook them until they become soft. Add the garlic and ginger, and mix into the other ingredients well. Add the water next, and then sprinkle the chili powder, salt, turmeric powder, and cumin powder over the ingredients in the pan. Place a lid on the pan to cover, and let it cook for 10 minutes over a low heat while periodically checking to make sure nothing burns.

When the water from the pan mostly evaporates, mix the ingredients together and add the potatoes and eggplant. Let them cook in the steam under a lid until both are soft. Mix gently, careful not to break the potatoes. Add the optional garnishes of chopped coriander leaves and green chili peppers if you would like to, and turn the stove off. Let the garnishes steam with the curry for about 5 minutes.

This dish is best served over rice or with pita bread.

Total calories per serving: 223 Fat: 9 grams
Carbohydrates: 33 grams Protein: 4 grams
Sodium: 206 milligrams Fiber: 6 grams

Pakistani Chickpea Salad

(Serves 6)

Two 14-ounce cans of chickpeas, rinsed
½ teaspoon salt
½ teaspoon chili powder
½ teaspoon cumin powder
1 Tablespoon Chaat Masala Seasoning by Shan
(optional all-purpose seasoning mix)
Juice from 1 lemon
2 potatoes
2 tomatoes
½ onion
2 green chili peppers, cut into halves or fourths

Drain and rinse the chickpeas and place them in a large bowl. Add the salt, chili powder, cumin powder, Chaat Masala Seasoning (if desired), and lemon juice, and mix carefully. Next, rinse and boil potatoes in a pot for a few minutes until they are soft enough to easily cut through, but not of a mushy consistency. Dice the potatoes, tomatoes, and onion and add them and the green chili peppers to the bowl. Mix the ingredients carefully, and the salad is ready to serve.

Note: Chaat Masala Seasoning by Shan can be purchased on Amazon.com or at Indian or Pakistani grocery stores.

Total calories per serving: 179 Fat: 2 grams
Carbohydrates: 34 grams Protein: 8 grams
Sodium: 363 milligrams Fiber: 7 grams

Potato Curry

(Serves 5)

2 Tablespoons oil
½ teaspoon cumin seeds
6 medium potatoes, peeled and diced
½ teaspoon salt
1 teaspoon chili powder
5 Tablespoons water

Heat the oil in a flat pan over medium heat. Add the cumin seeds, and let them sizzle until the seeds start to turn brown. Add the diced potatoes and mix them in with the oil. Add salt and chili powder, and then add the water. Cover the pan with a lid so the steam from

the water will help soften the potatoes, and cook over a low heat. Check the pan after 5 minutes, and mix thoroughly. Following this, put the cover back on the pan and let the steam further cook the potatoes for another 5-10 minutes, depending on how soft you want the potatoes to be.

This curry can be served on its own, with a side of plain crackers, or with whole-grain vegan bread.

Total calories per serving: 293 Fat: 11 grams
Carbohydrates: 45 grams Protein: 5 grams
Sodium: 251 milligrams Fiber: 6 grams

Fried Okra and Onions

(Serves 5)

1 pound okra
4 Tablespoons oil, divided
2 medium onions, cut in long slices
2 medium tomatoes, chopped
½ teaspoon salt
½ teaspoon chili powder
¼ teaspoon turmeric powder
2 green chili peppers, diced (optional)

After washing and draining the okra, wait until they are mostly dry before chopping off the heads and discarding them. Then, cut the okra into halves.

In a large non-stick pan, add 1 Tablespoon of the oil and sauté the onion slices in the oil until they turn a light brown color. Add the chopped tomatoes to the pan and cook them until they are soft. Next, add the salt, chili powder, and turmeric.

In a different pan, add the remaining 3 Tablespoons of oil and fry the okra until they look to be half-cooked. Then, transfer the okra from this pan into the onion and tomato mixture. Cook the combined ingredients over low heat, and mix gently so the okra doesn't break. Lastly, add the green chili peppers, and after turning off the flame, put a lid on the pan to give the dish some time to steam.

The okra can be eaten on its own, or it can be served with pita bread.

Total calories per serving: 190 Fat: 14 grams
Carbohydrates: 16 grams Protein: 3 grams
Sodium: 304 milligrams Fiber: 5 grams

Vegetarian and Vegan Living in Pakistan

As far as I'm aware, the concept of being vegan isn't very popular in the Pakistani community. It's not that everyone looks down on those who are vegetarian or vegan; rather, they just don't understand why anyone would actively choose not to consume meat because it is such an integral part of the food culture. I'm lucky to live in a household that doesn't exclusively make all meals with meat. When I decided to become vegan, my mother was supportive enough to stop using dairy products in most of the Pakistani dishes she made. In this way, I have been spoiled; I can eat pretty much all of the Pakistani food my mother makes and has taught me to make, and it doesn't put a strain on my family because we are a veggie-loving group.

During my time researching veganism in Pakistan, I haven't come across any public figure who advocates for animal rights or maintains an animal-product-free diet. I would honestly consider myself an outsider to the proper Pakistani culture since I don't have any memories of the country; I was born and raised in Canada and have only visited Pakistan once when I was six years old. I think Pakistanis who haven't lived in Pakistan may treat the culture differently than any Pakistani native does, especially because we have a secondary culture, which is the American culture, in my case now. For this reason, I don't have too many insights about the country and its native people, but I'm very curious to learn; I would like to have the opportunity to visit my family in Pakistan within the next few years.

I haven't come across any updated lists of exclusively vegetarian restaurants in Pakistan, but I do know that Pakistani chefs are generally good at changing up ingredients in an item on the menu if you know what you want to ask for instead. For this reason, I have come up with the following English-Urdu vegan essentials dictionary. I know this will definitely help me when I'm trying to order vegan dishes in Pakistan!

Vegan = روخ تابن
Nabat khor (plant-based)

Vegetarian = روخ یزبس
Sabzi khor
(vegetable-based)

Strictly vegetables =
سایزبس سے ی ت خ س
Sakhti say sabziyan

Is there any milk, butter,
or dairy in this? = می س ا
ہے؟ یہ د ای ، ن ہ کم ، ہ دود
*Iss main dood, makhan,
ya dahi hai?*

Can I see the ingredi-
ents list? = کی ا ز ج ا می
س و ہ ا ت ک س ہ کی د ت س ر ہ ف
*Main ajza ki fehriis dekh
sakhta hoon?*

Naval wrote this article while interning with The Vegetarian Resource Group. She is a student at the University of Maryland Baltimore County.

Being a **VEGAN** Student *in the* *Johnson and Wales* Culinary Arts and Nutrition Program **BY ANGIE RICCIO**

Johnson and Wales University has a unique, first-of-its-kind, four-year degree program that brings together culinary arts, nutrition, and food science to help expand students' knowledge and turn peoples' love of food into careers. I attended the four-year JWU program and received an associate degree in Baking and Pastry Arts and then graduated with a bachelor's degree in Food Service Management with a minor in Beverage Management.

During those four years, I also did the unthinkable: graduating culinary arts school without ever cracking an egg or my veganism. I currently work at Veggie Galaxy, a popular vegan diner in Cambridge, Massachusetts, and as a manager of a coffee shop in Brookline, Massachusetts. Throughout my career as a vegan baker, a working member of the industry, and as a student, I have faced many challenges, but overall my experiences have made me a better chef. I learned that, despite working two jobs to support my loans and habit of eating out twice a week, culinary school helped me gain confidence in my field and gave me the real-life experience I needed to become the vegan chef I am today.

Step One: Consider Culinary School

I did not always want to become a chef. It took me up until I applied to college to know that I was passionate enough to make a living out of playing with flour. I toured two separate colleges before making my final choice. The first school I toured laughed at the fact I would not work with animal products, pronounced me a "hippie" in front of my tour group, and kindly informed me where the door was located. I was astounded, but not defeated. My second tour was in Providence, Rhode Island with Johnson and Wales. During this two-day visit, I fell head over heels in love with the campus, the city, and a promise from the Dean himself that I would not have to compromise my lifestyle to become a student. I filled out my application online at <https://apply.jwu.edu/> and crossed my fingers.

There are four locations to apply to: Providence, Rhode Island; Miami, Florida; Charlotte, North Carolina; and Denver, Colorado. The university reviews three references, academic records, and achievements alongside the paper or digital application.

Step Two: Finances

Johnson and Wales tuition for undergraduates starts at \$29,226 with a mandatory orientation that has a fee of \$350. There is a suggested meal plan for a maximum of \$4,236 per year. I suggest going with the meal plan for the first year if you are not local to the state in which you are applying. This gives you a guarantee that with or without a car or job, you will have a place to eat and money set aside so that you can eat three meals a day. Room and board, which is required for year one and suggested for year two, costs \$13,500 per year. Textbooks and uniform cost \$3,000 per year. With all of these expenses, you will still need to consider transportation and unexpected life expenses. Once you apply and have been accepted to school, you need to learn how to juggle being a full-time student as well as bringing home the tempeh bacon.

Step Three: Schedule and Real World Experience

Most culinary labs start in the morning between 5-6:00 a.m. and end at 2:00 p.m., or are night labs which begin between 1-2:00 p.m. and end at 9:00 p.m. Each of these labs lasts between seven to 21 days, four days a week, and includes projects, exams, quizzes, and final evaluations. Balancing school, a job to pay for expenses, and a social life can be difficult. This schedule serves as training for what the food industry will be like when you have finished college. In the restaurant business, it is rare to get two consecutive days off to be able to make plans that do not have to be rescheduled due to a busy brunch or a late dinner service, and have spare change in your pocket. Most restaurants get the

majority of their customers during a busy dinner service, where turnover can range anywhere from two to 10 times in one night depending on the establishment. Johnson and Wales gives you the opportunity as a freshman to decide if this is a commitment you are willing to make before jumping straight into chef whites at your place of employment. If you find out that standing on your feet for eight to 10 hours a day is not for you, you still have time to switch to another major or find a concentration that better fits your lifestyle and goals.

Surviving Labs and the Industry as a Vegan Chef

From a purely shallow perspective, culinary labs took some serious adjustments. I traded in my skirts for checkered drawstring pants and band t-shirts for starched white chef coats. My long hair was tied up and shoved under a hat and not a single drop of makeup could be seen on my face, causing me to learn quickly how to properly do my eyebrows without the help of coverup. Labs are stressful, with hours on your feet, surrounded by students who have vast knowledge and are all learning the same curriculum. My advice comes from personal experience, but I think it's best to take each lab and each teacher as a different experience:

1. Get your own chef shoes! The ones they hand out with the uniform are made from leather. You can find vegan nonslip shoes that fit the criteria and are comfortable at Payless ShoeSource for less than \$40.00.

2. Inform your professors that you are vegan. Make sure to strictly and without hesitation tell your chef what you cannot eat and what you will not be working with during the duration of your lab. Just because they work in the foodservice industry does not necessarily mean they understand veganism and what it entails.

3. If your professors do not want to listen, make them. Most of these chefs are classically trained and have studied and practiced in France, which often puts them under the assumption that there is no way to bake without the use of full fat butter or lard. If you have any problems with your chef not providing you appropriate materials or a grade that fairly reflects your work, go to speak directly to the Dean of the school.

4. Do not be afraid to tell your classmates why you've chosen to use different ingredients and products, or why you're not tasting the Madeline cookies they made in class. This is your chance to teach veganism to your

classmates and show them just how great vegan food tastes.

5. Research your classes and professors and speak to your classmates about what ingredients are used in your upcoming class so you can get a head start on asking for the same products made vegan. For example, if you are attending a chocolate lab, find out if the storeroom (the school grocery store) has dark chocolate that is dairy-free. The less help the professor needs to give you, the more likely they are willing to help you.

6. Be confident and have fun! Just because you may feel like the odd person out, don't worry! There is nothing wrong with being vegan and getting the education you deserve. These labs are not easy, but once you graduate you will be walking out classically trained, with experience in standing on your feet in sweaty hot or freezing cold conditions, while producing the best quality of pastries in a time frame that seems unmanageable.

Surviving being Vegan in and out of the Dorm, Eating in the Cafeteria:

A small handful of universities provide vegan-friendly meals for breakfast, lunch, and dinner, but unfortunately Johnson and Wales was not one of those schools. After spending a hunk of dough on the meal plan, you should be able to eat more than just a salad. If you are going to continue eating at the cafeteria, my best advice is to bring bags to each meal. While the salad bar and trail mix might not seem appealing during your meal, these are snacks that will be a healthy treat during your midnight study break. There is always fruit for the taking as well as bagels and English muffins in most dining halls. When you arrive for breakfast, bring your own soymilk and head over to the cereal bar; same with dressing for the salad bar during your lunch break. These are small touches you can make on the cheap and will help improve the pathetic options the cafeteria has in store for you. Lastly, ask the staff. Most of the time the food is made by students, meaning that they have the ability to make you a cheese-less pizza or a vegan veggie sub, as well as tell you which steamed veggies are 100% dairy-free on the hot meal bar. In my experience, I have found it very helpful to just ask and the staff feels nothing but happiness when they are able to help you find the perfect meal to keep you satisfied.

Eating in the Dorm

Most halls do not have a kitchen to cook in, and dorm rooms only provide and permit a mini fridge, a micro-

wave, and, if you are lucky, a coffee maker. With that being said, we are very lucky to be able to microwave rice, steam veggies, cook pasta, microwave frozen vegan dishes, boil water for coffee or tea, heat up soup, and much more! It is very possible to make all of your meals and heat up leftovers in your tiny room for you and your four roommates.

Make sure that you label your food as yours! Your roommates will most likely not be vegan and will have an easier time chowing down on burgers at the late-night pub while you order unhealthy French fries for the tenth

time in a row. If your roommates are interested in sharing food, suggest going grocery shopping together to ensure you will always have a full stock of treats. Foods to avoid are popcorn and Brussels sprouts. Although both are tasty, they can leave a scent in the room that is unfriendly for your roommates and sadly can cause an argument. Lastly, do not wait to search your city for the best vegan take-out that delivers late at night. It is nice to know after a seven-hour lab, eight hours of work, and five hours of homework, you can have a tofu burrito with extra guacamole brought right to your dorm without you having to move a muscle.

After Graduation

Graduation comes far too quickly and the next steps are scarier than figuring out how to not stain your chef whites and which salad bar does not contain the chicken salad. Once you have graduated, finding a job that supports your vegan lifestyle and will pay your loans can be difficult. Luckily, Johnson and Wales allows you the opportunity to take two internships within four years and one can be the last three months before school is over. This is your chance to seal the deal on a job for after you graduate. I took a three-month paid internship at Susty's, a vegan restaurant in Northwood, NH. This internship was offered to me as paid, allowing me to be able to move closer to the job site. I learned how to utilize my skills as well as develop more experience in real-world situations.

The job was certainly not what school made it out to be. The chefs were not as mean as I expected, the environment was not as tense, and I did not need to show off as if my work was the only work worth eating because I was a graduate of the one and only Johnson and Wales. Within the misleading curriculum, there

“I also did the unthinkable:
graduating culinary arts
school without ever cracking
an egg or my veganism.”

was one thing that really stuck out which was that cooking slowly started to take over my life. The burn marks on my arms from taking cookie trays out of the oven, or splatter burns from grease splashing out of the fryer from freshly-made donuts, and cut marks on my arms from sloppy-to-improving knife skills, and eight

hours of starvation during a busy rush on Friday night became routine. With the emergency room visits and ditching plans with friends visiting from out of town, you can still love your job. It is amazing to have friends, family, customers, and strangers come to you

with love in their eyes, of begging for details on your glamorous education and dream job.

Working in a vegan kitchen after battling in a school filled with dairy lovers and meatheads is a breath of fresh air. Culinary school can be seen as a drag after living your life in the green, but overall the experience is out of this world. The books you take home with you, the friends you bond with, and being able to experiment with ingredients that are found worldwide is something that you will never forget. School itself is very difficult: it can force you out of the industry or make you consider a career change. But during your stay at JWU, you are able to choose a field that is meant for you. I am a happy, broke college graduate who is using the degree every single day as a head baker in one of the best vegan diners in Boston. I am using my minor in coffee and teas to manage and run a coffee shop where I am using my bachelors degree in Food Service Management to operate the shop Monday through Friday. I am very lucky to have made the decision to attend four years in culinary school, where I found a new love for the city of Providence as well as for Chinese takeout.

If you are considering culinary school, go out and visit one, and fall in love just as I did. I have had struggles and it was not an easy road, but it is a path I will never turn back on. Study hard and cook on, veggies!

For more information on Johnson and Wales University, visit: www.jwu.edu

Angie Riccio is a VRG volunteer and is employed as a vegan baker/donut maker. She has a bachelor's degree from Johnson and Wales in Food Service Management.

Potato Chips' Water FOOTPRINT

By Jeanne Yacoubou, MS

The Vegetarian Resource Group received an email inquiry from a European reader about the amount of water needed to produce one bag of potato chips listed in our *Save Our Water the Vegetarian Way* brochure: http://www.vrg.org/environment/water_brochure.php.

Water Footprints and Virtual Water

In the brochure, we cited data from page 42 Table 4.2 of a UNESCO-IHE Institute for Water Education document authored by Chapagain and Hoekstra (referred to herein as "Report 16") giving global averages of the virtual water content of selected foods: <http://waterfootprint.org/media/downloads/Report16Vol1.pdf>

The "water footprint" of an individual, business or nation as described in the Introduction (p. 11) of Report 16 is defined as "the total volume of freshwater that is used to produce the goods and services consumed by the individual, business or nation...consists of two parts: use of domestic water resources and use of water outside the borders of the country....[It] includes both the water withdrawn from surface and groundwater and the use of soil water (in agricultural production)."

"Virtual water" in the Summary to Report 16 (p. 9) is defined as "the volume of water required to produce a commodity or service."

A Potato Industry Employee's Perspective: Water Footprint of Potato Chips

The inquirer told us that he had been in the European potato industry for several years, responsible for approximately 300,000 t (approx. 661.4 million pounds) of potatoes used for chips annually in a few countries. He thought that the value (185 L = 48.9 gal.) given in our brochure's table for water needed to produce one 200 g (7 oz.) bag of potato chips was too low.

He suggested that the water usage involved in producing a bag of potato chips from start to finish is significantly higher and should include the water involved in all of the following steps: potato seed production (fresh seed used every year); fertilizer and pesticide production; water loss from outgrade potatoes not meeting all quality specifications and thereby discarded from production lines (on farms: 10-20% and in the chip plants: 3-5%); storage from October to June where there is an ongoing

water need to humidify and regulate temperature and ventilation; potato (and thereby water) losses when in long-term storage due to inadequate conditions (8-50% of crop); transporting, washing and processing potatoes during chip production; producing, processing and transporting vegetable oils including palm oil used in the final product; packaging

materials manufacture; and transportation from chip plant to distributors and on to retailers.

He related to us a farming scenario when he was an agricultural manager during a drought year: Can you imagine irrigation equipment working 24/7 on one farm which pumped approximately 5,000 cubic meters (approx. 1.3 million gallons) of water per hour onto fields by 8 pumping stations from two rivers and four wells?

In a follow-up discussion, The VRG learned more about the complexities involved in calculating water footprints for potato chips: The paradox with potatoes is that the water supplied to fields and later in the factory is the same water that is removed: potatoes retain 78-81% of water but potato chips, only 2.5-3%. In other words, from a single one-ton (2,205 lbs.) capacity chip production line, the amount of water which must be removed from potatoes exceeds 2.2 t of steam per hour (4,850 lbs.



of steam per hour = 9.7 gallons of water per minute).

What Happens to the Removed Water?

I witnessed the water just going up in the air; you could see plenty of steam above every chip factory. I raised the subject of wasted energy and water many years ago, but there was no intention to change anything as there was no external pressure at all.

Another aspect of potato chip manufacture came to light during our discussion. The potato industry manager stated: "...In chips there is 30-35% fat from the oil the chips were fried in during processing. So if we add all water used in the supply chain for all ingredients including the vegetable oil...such as local sunflower or canola oil and imported palm oil...the water usage will be much higher than calculated by the authors you cite in your brochure."

Although VRG's research in October 2015 showed that palm oil is not listed as an ingredient in the top ten potato chip brands sold in the U.S., palm oil is used in some potato chips sold in Europe. Interested readers may learn more about palm oil production and harvest as well as efforts to find alternatives here: <http://www.pri.org/stories/2015-09-19/yes-palm-oil-destructive-scientists-are-creating-compelling-alternatives#sthash.OaaVzYqf.dpuf>

Are Chapagain's and Hoekstra's Values Accurate?

We pointed out in our response to the reader that Chapagain and Hoekstra had indicated several sources of error in their report. 1) Use of global averages (Values could be significantly more or less in different areas depending on many factors such as climate variability and agricultural practices.) See Summary and p. 41 Table 4.1 for examples. 2) Excluded water needed for processing (p. 38 of Report 16). 3) Many simplifying assumptions (p. 26 of Report 16) when calculating the water footprint of processed products (e.g., potato chips) derived from primary raw commodities (e.g., potatoes): water needed to produce only one raw commodity used to calculate water footprint for each processed product raw commodity produced domestically using only domestic resources. 4) No mention of water footprints of packaging materials and their processing as well as water needed to run production lines in factories.

Chapagain and Hoekstra have expressed concerns over some of their assumptions and choice of certain data sets while discussing their work's shortcomings (pgs. 70-71 of Report 16). These include: using crop water requirements (not actual water used by crops) as a basis, excluding irrigation losses, focusing only on quantitative use of water resources (disregarding impacts of human activities on

water quality such as agricultural pollution due to pesticides and fertilizers).

Conclusion

Despite the limitations and qualifying assumptions to all water footprint calculations discussed above, Chapagain and Hoekstra have produced a vast body of knowledge about water footprints, serving as a basis for future refinement by researchers, just as Chapagain and Hoekstra also continue to develop ways to calculate water footprints more accurately.

Post Script: Net-Zero Chips

Some potato chip companies are redesigning their production methods at pilot sites to achieve a "net-zero" snack chip: <http://www.foodprocessing.com/articles/2012/pepsi-near-net-zero/>

The VRG asked the potato industry manager if European companies are also piloting net-zero technologies, and received this reply:

"In some parts of Europe, companies don't have customers with great environmental awareness and since competition is not a factor, no changes are in process that I know of..."

Post Script: Ugly Vegetables

An innovative way for consumers to conserve water used for food production is to purchase the outgrades (i.e., cosmetically blemished fruits and vegetables that are discarded from production lines).

For more information:

<http://thinkprogress.org/climate/2015/08/19/3692594/ugly-fruit-and-vegetable-food-waste-campaign/>

<http://www.npr.org/sections/the-salt/2014/12/09/369613561/in-europe-ugly-sells-in-the-produce-aisle>

<http://www.npr.org/sections/the-salt/2013/09/21/222082247/trader-joes-ex-president-to-turn-expired-food-into-cheap-meals>

Interested consumers may find out more about ugly grocers near them: <http://www.endfoodwaste.org/united-states.html>

For a more complete version of this article, go to our website at: http://www.vrg.org/environment/potato_chips_water_footprint.htm

VEGANIC

BY
NATHANIEL
CORN



Living a vegan lifestyle means eliminating all animal products. Sometimes, amidst their best efforts to reduce animal exploitation, vegans still support animal agriculture through common gardening and farming products. The goal of this article is to create awareness of these practices and assist the home gardener in transitioning away from animal products, while compassionately growing more productive vegetables and plans.

It is an unfortunate reality that buying vegetables can indirectly support animal agriculture, but it shows how ingrained in society the use of animals is. An incredible amount of animal byproducts ends up in soil to grow plants. In addition to eliminating animals from your plate, make efforts to eliminate animals from the vegetables on your plate. The most common garden products are animal blood, animal bone, and human and animal feces. It is estimated that 11.4% of gross income of the beef industry is from by-products such as bone and blood meal. Lesser known, but still widely-used, fertilizers include feathers, egg shells, and fish byproducts. Each provides specific nutrients to soil, which become depleted as plants grow and extract them. Switching to plant-based alternatives is better for your garden and is part of the path to a world without animal exploitation.

Veganic gardening is the process of growing plants without the use of animal products/byproducts. Some farms, like the ones in the Veganic Agriculture Network or One Degree Organic Foods network, have developed plant-based farming practices which results in food being grown without animal products and subsequently leads to consumer products labeled “veganic,” such as One Degree grains, breads and cereals. The trend towards veganic farming is in its infancy, though. Purchasing these products whenever possible is the best way to expand the market. If local grocers don’t have veganic

labels on anything, the best thing to do is ask. The most powerful tool you have to support veganic farming is your shopping money. Another option would be to ask farmers directly via local farmers markets. This puts the consumer in a unique position to ask for specifically what they want directly from the person growing their food. Small local farmers can respond much quicker to customer requests than large commercial or monocrop operations. At the very least, asking about veganic farming will increase awareness and affect change over time.

Growing your own food, if possible in your living situation, is a guaranteed way to remove animal byproducts from your vegetables. Multiple forms of plant-based fertilizer are on the market and can provide a ready replacement for bone meal, blood meal, and manure. Each animal product has a variety of benefits but highlights a particular mineral. Bone meal and manure are used mainly to add phosphorous to soil, which plants use to develop their root system and for producing fruit. Replace with rock phosphate or soft rock phosphate. These take much longer to break down than bone meal, but one application will last for years. Add these as soon as possible to your garden. Blood meal is added for nitrogen, which promotes the growth of the plant. Replace with alfalfa meal, a plant-based slow-release form of nitrogen. Potassium supports overall plant growth, synthesis of plant proteins, and helps regulate the flow of water through the plant. Typically, potassium comes from non-animal sources such as wood ash, potash, or citrus peels.

Manure is a common fertilizer and a component of commercially-bought compost, as seen on bag labels. In a most ironic fashion, people grow plants for animals to eat, poop out, and then spread on other plants. Why not cut out the middle cow and just put the nitrogen-rich plants right on the garden? When looking to replace manure, seek products high in nitrogen, like alfalfa.

For higher garden yields with more nutrient-dense

food, trace minerals are an important addition. In my experience, seaweed-based fertilizers contain trace minerals in much higher concentrations than any land-based plants and are a good option for veganic gardeners. Soil is a living thing. Healthy soil is rich in nutrients, organic matter, microorganisms, insects and bacteria. Having living soil is important for the health of the plants. Too much fertilizer, herbicide, or pesticide can kill the living organisms that make up healthy soil. Obtaining a balance of nutrients along with a healthy population of microorganisms helps plants be more productive, disease- and pest-resistant, and leads to higher yields. An imbalance of any one mineral can cause soil acidity to change, and lead to lack of absorption of all minerals by plants. Soil test kits are a great way to determine what deficiencies exist in home gardens. Certain plant afflictions can be identified without soil tests and remedied by properly balancing soil minerals. For instance, adding too much compost can increase nitrogen, leading to excessive foliage growth at the expense of fruit production, such as when a tomato plant has lots of leaves, but no tomatoes!



Whether you have a small yard, container garden on the balcony, or huge plot of plowed land, anyone can become a veganic gardener. The majority of the veganic garden processes will take place in spring and early summer, although they can be utilized throughout the entire growing season. In the spring, most gardeners apply blood and bone meal to refresh soil. Going forward, seek out plant-based fertilizers. Just as in the food supply, any animal product has a vegan counterpart for gardening. Often these can be found at small, independent garden centers, online, and some big box stores have a limited supply. If you can't find any, ask a store manager. Once again, just asking will make a difference. Most brands are not exclusively veganic, but offer a variety of veganic options such as Dr. Earth, Down to Earth, General Hydroponics, and Growers Trust. Down to Earth vegan mix, alfalfa mix, and kelp meal are the three I most commonly use.

Common plant-based fertilizers include compost, seaweed, hay, green manure, and compost tea. Ac-

ording to *Mother Earth News*, green manure can be made from a multitude of different cover crops that are planted specifically to put nutrients back into your soil. And again, check the ingredients to assure your compost does not contain animal products such as manure or eggshells. Some compost bins have reservoirs built in to the bottom to collect the liquid that drains from compost. This becomes a concentrated nutrient rich fertilizer called compost tea of which a little bit goes a long way.

Some plants take more of certain minerals out of the soil, needing higher concentrations of that specific nutrient in your fertilizer. For example, corn uses a lot of nitrogen and phosphorous. Before worrying about specific nutrient levels for each individual plant, it is important to know what they are used for and when to apply them. Nutrient levels vary dramatically throughout the country so there is no secret formula that works everywhere. Although they will not be versed in veganic

GARDENER'S HAND SCRUB

- 6 cups organic sugar
- ½ cup dried lavender flowers
- 1 cup Dr. Bronner's liquid soap (we use unscented)
- 1 cup olive oil
- 12 drops lavender essential oil
- 12 drops orange essential oil
- 6 drops tea tree essential oil

In a large bowl, combine sugar and lavender flowers. Add Dr. Bronner's liquid soap, olive oil, and all essential oils. Stir well. The resulting soap will be thick, like cake batter. If you want more fragrant, feel free to add more lavender or orange essential oil. You can even add a little orange zest, if you like!

Fill three pint-size Ball jars and store with tight lids.

www.dirtyhippiebohemiangirl.com



gardening, your local university agricultural extension can provide a lot of the basic information for farming and getting started growing your own food tailored to the specific region you live in.

As stated before, the most common elements in fertilizer are nitrogen (N), phosphorous (P), and potassium (K), each with a number corresponding to the ratio included in a particular mix. These elements will be noted on the fertilizer packaging, as they are crucial for plants and depleted from soil that has been used for gardens before. Most fertilizers have all three in different concentrations.

Looking at the numbers, it is best to have higher concentrations of each of these minerals at different times in the growing season. First comes phosphorus, which helps develop root systems. Strong roots lead to larger, more productive plants. Spring planting should include mixing fertilizer high in phosphorus into the soil of the garden or container soil. After young plants are hardened off and begin to grow, fertilizer high in nitrogen will help the plants mature. Finally, a higher concentration of potassium will aid in production of vegetables. While a generic even combination of N/P/K can work just fine for most gardens, tailoring specific concentrations can be effective, especially if trying to achieve balance after having a soil test or seeing specific issues attributed to deficiencies or abundances.

Once you get a handle on specific soil needs, how and when to fertilize, and what concentrations of fertilizers to use, the veganic method will grow any crop from cucumbers, tomatoes, and green beans to ground cherries, blueberries, or herbs. Home gardeners can enact these changes quite easily; a commercial farmer might take a bit more time. It is much easier for a home gardener to switch fertilizer because you are talking about one or two boxes as opposed to a commercial farmer who may have large stockpiles to use up before switching. Veganic gardening benefits the soil, the plants, the farmers, and the consumers, and last but not least, the animals! No matter what USDA planting zone you live in, whether they know your name at your local ag-extension or you just bought your first container for your patio — go vegan with veganic gardening!

Nathaniel Corn is a Baltimore-based photographer, co-organizer of Baltimore Vegan Drinks, and avid home gardener.

VRG Vegan Dinner in Boston, Massachusetts

Sunday, October 16, 2016 at 6 p.m.

My Thai Vegan Café

Network with Vegetarian Resource Group staff and other dietitians from around the country during the annual meeting of The Academy of Nutrition and Dietetics.

Open to dietitians, VRG members, students, and the public.

Price Including Tax and Tip:

Payment before September 30, 2016: **\$30**

Payment after September 30, 2016: **\$35**

Refunds made only if we can replace your seat.

Payment to: The Vegetarian Resource Group

Address: PO Box 1463, Baltimore, MD 21203

Phone: (410) 366-8343 Monday-Friday 9-5 ET

Web: go to www.vrg.org/donate and write in the comments

"Boston Thai dinner" and the names of attendees.

Name: _____

Attending X \$30/person before 9/30/16 = \$ _____

Attending X \$35/person after 9/30/16 = \$ _____

Names of Attendees: _____

Address: _____

Email: _____

Phone: _____

Donation towards vegetarian outreach: \$ _____

Total Enclosed: _____

Menu (this will be a plated sit-down dinner):

Tom Kha (Thai Coconut Soup with tofu)

Thai Mango Salad

Nam Prik Kaeng Kari with Tofu (Yellow Curry) with Brown Rice

Pad See Ew (Wide rice noodles with Chinese broccoli and vegan gluten)

Fruit cocktail for dessert or other fruit

Tea and cold water

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed on Food Sleuth Radio show and answered general questions about vegetarianism and the newly-released Dietary Guidelines. On KDKA Pittsburgh, she answered questions about vegetarianism, and on the Dr. Don Radio Show, she did a 1-hour segment on nutrition for vegetarian infants. Reed was also featured on SparkPeople.com about easing into a vegan or vegetarian diet.

Vegetarian Journal Senior Editor Samantha Gendler was interviewed by *Grocerant* magazine about what vegans and vegetarians would like to see in the prepared foods sections of grocery stores.

VEGAN Outreach

VRG Research Director Jeanne Yacoubou spoke with two students creating a video about the environmental costs of a meat diet vs. a plant diet. Jeanne also started a research project about water and fast food, which will appear in a future *Vegetarian Journal*.

VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, did a tour of schools, hotels and restaurants in Phnom Penh, Saigon, and Hanoi and assisted in menu planning for the addition of vegetarian items for Cambodian/Vietnamese cuisine as well as in Europe and the United States.

VEGAN DONUTS

A Guide to Making Your Own By Angie Riccio

A donut is a fried dough dessert popular in many countries and prepared in various forms. Donuts have been known as a breakfast treat sold at bakeries, cafes, coffee shops, supermarkets, and specialty outlets. They can be deep fried or baked, and are made from various batters, toppings, and flavorings such as sugar, chocolate, or maple glaze. The two most common types of doughnuts are the toroidal ring donut and the filled doughnut. These sweet fried doughs have been making a noise in the year of DIY (do it yourself) projects. From website tutorials, to specialty shops selling donuts topped with a three course meal, donuts are all the rage.

Wacky donut shops like Hypnotic in Dallas, TX and Voodoo Doughnuts in Portland, OR, which is probably best known for its breakfast cereal-crusted offerings and maple bacon glazed donut, have expanded locations across the country with customer lines reaching anywhere from a half an hour to an hour wait. The craze has spun this country donut-hungry and we are headed into the new era of the vegan donut. From New York City to California, vegan donuts are no longer difficult to find across the USA, with flavors you could not even imagine. Alongside these bakeries providing amazing products, there are recipes all over the web and in cookbooks handing us the tools to “DIY” our very own homemade donuts.

Like many, I am a bit wary of attempting an at-home recipe, thinking to myself, “There is no way it will ever look like the photo,” or “How on earth do I find these ingredients?” After Googling what the three starches are and what you can substitute for eggs and coconut oil, you barely have enough time left to make the donuts and no time left to enjoy yourself. Throughout my time in the industry, I like many others have found a love for donuts. I bake donuts twice a week at a vegan bakery, as well as often at home for brunch, company, or just as an excuse to respect my dough. I have found hundreds of recipes, experimented with baked,

fried, and failure donuts. I am happy with one developed recipe, a do-it-yourself, delicious vegan donut recipe that is easy to shop for, cook, and mostly, enjoy!

First you will need to produce your grocery list:

- yeast
- flour
- soymilk or your favorite alternative milk
- Earth Balance or your favorite vegan butter
- organic sugar
- salt
- oil (canola or vegetable oil)

Once you have shopped at your local market for the necessary ingredients, make sure you grab the toppings you want for your donut. If you are planning on doing a filled donut, pick up some jelly and powdered sugar or some Oreos, powdered sugar, and vanilla, and use your soymilk to make a vanilla glaze with Oreos on top! Do some internet searching, or just think of your



favorite donut. My favorite is a classic cinnamon sugar where the only ingredients you need for the topping is sugar and cinnamon!

Classic Cinnamon Sugar Donut

(Makes 24 donuts)

40 ounces warm water (5 cups)
1 ounce yeast (3 Tablespoons)
2 pounds flour (3¾ cups)
8 ounces soymilk (1 cup)
8 ounces Earth Balance/vegan butter substitute (1 cup)
10 ounces organic sugar (1¼ cup)
5 ounces yeast (¼ cup)
2½ pounds flour (4½ cups)
4 cups oil for frying
cinnamon and sugar, to taste

In a large mixing bowl (either an electric mixer bowl or a large enough bowl with room for rising dough), mix the warm water, yeast, and flour together until combined. The mixture will be like a wet sponge. Cover the top of the bowl with a clean towel and allow the dough to rise for one hour in a warm place.

Once the sponge has doubled in size, place back into the mixer and combine the remaining ingredients. If you do not have a mixer, soften the butter substitute and mix by hand until dough is combined without lumps. When the dough is combined it should create a dough ball. It will be elastic and clump free.

Divide the dough in two and place in oiled containers or covered bowls. Allow the dough to rise for half an hour in a warm place. Once the dough has doubled in size, wrap the dough in plastic wrap within the covered container and allow to sit in a refrigerator overnight. The overnight will allow the dough to rest and become less elastic while rolling out for the next day.

The next day, take the dough out of the containers and place on a floured table. Roll out the dough to a quarter of an inch thickness.

Use a circle cookie cutter or a glass to cut out the donuts. If you are producing filled donuts, you only need to make one cut. If you plan on having glaze, use a smaller cutter to produce the smaller hole in the center. Once the donuts are cut, allow them to rest and rise in a warm place for 15-20 minutes.

While the dough rises, prepare your oil. If you do not own a fialator (fryer), you can fill a deep-bottomed pot with oil. Heat the oil to a simmer. Do not let the oil

boil! Once the oil is hot, be cautious; it can very easily burn your skin.

Once the donuts have risen, and the oil is hot, you are ready to fry! Slowly, place 3-4 donuts at a time into the oil. Be very careful and use plastic gloves if you have them available. Allow the donuts to cook for two minutes. Flip the donuts, and allow another two minutes. The donuts should be golden brown. Using tongs, take the donuts out of the fryer. The dough should feel lighter than when you placed it in the oil. Use your judgement on this step. If the dough seems to become golden before the two minute mark, flip and remove the donuts. Check the donuts by cutting open to see if they are cooked through. If the dough is raw and the exterior is cooked, turn down the heat and continue cooking.

Follow the previous step for the rest of the dough. Place the finished fried donuts on a cooling rack or on a tray lined with paper towels. Any excess oil will come off the donuts, giving you a cleaner taste and mouth feel.

Allow the donuts to cool. While you wait, prepare your toppings, whatever they may be! In this case, sprinkle your donuts with cinnamon and sugar. Remember it's all about taste; do not stress over the looks to the point of making the donuts no longer a fun activity!

Total calories per serving: 480	Fat: 12 grams
Carbohydrates: 80 grams	Protein: 12 grams
Sodium: 91 milligrams	Fiber: 4 grams

The fat content of this recipe will vary depending on the type of oil used, cooking temperature and time, and other factors. We estimate that 10% of the oil used for frying will be retained.

What Else Can I Do?

After frying delicious, crisp, airy donuts, what's next? Keep experimenting! Try pizza donuts, cronuts (croissant donuts), donut ice cream sandwiches; be creative! Experiment with different doughs, for example chocolate or apple cider dough with a cinnamon glaze. Be safe while frying and wear protective gear when necessary. Search the web, read cookbooks, and talk to chefs about what they've been baking. Never let anyone tell you you can't make a perfect vegan donut, and if they still don't believe you, prove them wrong with this recipe!

Angie Riccio is a VRG volunteer and is employed as a vegan baker/donut maker. She has a bachelor's degree from Johnson and Wales in Food Service Management, where she was the first documented student to go through the Baking and Pastry program as a vegan.

veggie bits

Earth-Friendly Wipes

The idea of disposable wipes has always been appealing, but I've stayed away due to the obvious waste factor. But Pacifica's Underarm Deodorant Wipes are biodegradable, and it turns out that they are my new favorite product that I never knew I needed. The thin, flexible pack of 30 pre-moistened towelettes fits nicely into a purse, backpack, or glove box and does not disappoint with its odor-nutrilizing abilities. You can use it as your morning deodorant, or take with you for a mid-day freshen-up when showering is not an option. This summer, I used them while camping, after yoga, and after a stuffy, hot bus ride and instantly felt good as new. These wipes do not include any animal ingredients or harmful parabens or dyes. The subtle coconut smell is gender-neutral and dissipates quickly without leaving any residue on your clothing or skin. You'll just feel fresh and clean. You can find Pacifica Underarm Deodorant Wipes at Target, Ulta, and at www.pacificabeauty.com. *Written by Samantha Gendler*



Crabless Cakes

The Vegetarian Journal is based in Baltimore, which means that we can't go around recommending just any old crabless cake. Gardein's new Mini Crispy Crabless Cakes, however, will be the guest star at any cocktail party – though in Baltimore, you'll need to dust them with a sprinkling of Old Bay Seasoning before serving. They are quick to make (just 8 minutes!), crisp up beautifully, and have a distinct ocean-like taste. They are suitable as bite-sized hors d'oeuvres, perhaps with a side of vegan tartar sauce, for parties or as part of an entrée, atop a salad, or even stuffed in a wrap with crunchy veggies. Keep them on hand for last-minute guests or add them to the dinner repertoire. You can find Gardein Crabless Cakes at many major supermarkets, such as Kroger and Safeway, as well as Target, BJ's, Whole Foods, and more. Visit www.gardein.com to use their store locator. *Written by Samantha Gendler*



Sorbabes

Gourmet Sorbet

There are many tasty vegan icy treats on the market these days, but Sorbabes made us stop and truly say, "Wow!" at how creamy, icy, sweet, satisfying, and irresistible they are. We could not get enough of Sorbabes' vegan varieties of their Gourmet Sorbet: Pistachio with Sea Salt Caramel, Juicy Orange Passionfruit with Lychees, Tart and Juicy Lemon with Candied Zest, Organic Peanut Banana with Chocolate Fudge, and Raspberry with Dark Chocolate. You can really taste the farm-fresh ingredients, and the chunks spread generously throughout offer tasty and unusual surprises. One of my unexpected favorites was the very tart Passionfruit with chunks of sweet lychee throughout. Look for Sorbabes in gourmet markets and Wegmans or use their store locator at gourmetsorbet.com. *Written by Samantha Gendler*



Tio Gazpacho

Move over smoothies, there's a new liquid lunch in town, and it's satisfyingly savory instead of sweet. Tio Gazpacho offers three flavors of chilled vegetable soup in 12-ounce bottles that contain only organic vegan ingredients, no bowl required.

Gazpacho Clasico, which includes vine-ripened tomato, green pepper, and cucumber, is the most familiar of the three, with the bright tomato-y punch most people associate with gazpacho. Gazpacho Verde offers something more adventurous, with a fresh and spicy kick of mint, jalapeño peppers, and cumin in a kale and spinach base. My personal favorite, Gazpacho de Sol, offers sweet and creamy comfort food made from yellow tomatoes, carrot juice, and yellow bell peppers. All of the varieties have the simple ingredients listed clearly on the back with icons, so you know exactly what you're tasting. You can order packs of Tio Gazpacho on their website, www.tiogazpacho.com, and they'll be delivered the next day, in cold packs, straight to your door. Some natural markets on the east coast also carry them in the cold case. *Written by Samantha Gendler*



Banza Pasta

Pasta sometimes gets a reputation as a carb-heavy indulgent meal and isn't typically known for its nutritional value, but Banza pasta with chickpeas has changed the game. This pasta takes a new spin on gluten-free pasta, which is typically made with brown rice or quinoa, by making their noodles with chickpeas. The outcome is a wonderfully-crafted product that cooks and tastes the same as regular wheat pasta but has more nutrition. By using chickpeas, the product is naturally higher in protein and lower in refined carbohydrates. Use this chickpea pasta in any recipe you would typically reserve for regular pasta. I used my box to make a vegan mac 'n cheese and a pasta primavera. Several different shapes – rotini, macaroni, penne, and shell-style noodles – are available for purchase online at www.eatbanza.com and nationwide at some natural foods stores and Wegmans. *Written by Anne Custer, VRG Intern*



Sweet Note Bagels

Lucky for us, bagels are very often vegan. Gluten-free bagels, however, often rely on egg whites for texture, which makes it difficult for gluten-free vegans to enjoy this favorite breakfast staple. Sweet Note Bagels has created a bagel that checks all the boxes: they are egg-, dairy-, gluten-, and even nut-free, in case you're allergic. The bagels come in Plain, Everything, Poppy, Sesame, Cinnamon Raisin, and sometimes specialty flavors like Tomato Basil, Snickerdoodle, and Garlic & Herb. These bagels are smaller, chewier, and more dense than most bagels you're probably familiar with, similar to original New York-style bagels from 20 years ago. They have a crunchy crust, chewy center, and are delightful when popped in the toaster for a few minutes and topped with vegan cream cheese, vegan butter, or jam. Find Sweet Note bagels near you by using their website's store locator at www.sweetnotebakery.com.



Written by Samantha Gendler

Louisville Vegan Jerky

As soon as I opened my bag of Sriracha Maple Louisville Vegan Jerky, I was hit by a powerful, delicious smell. This jerky tasted as flavorful as it smelled – the perfect mixture of sweet and spicy. This flavor does pack a bit of spice, but Louisville Vegan Jerky Company makes three other flavors as well: Bourbon Smoked Black Pepper, Bourbon Smoked Chipotle, and Sesame Teriyaki. The texture is chewy, but slightly soft, making it easier to chew than other jerky. I shared the bag with vegans, vegetarians, and meat-eaters, and all of us greatly enjoyed the snack. This jerky can be eaten alone, or added to another dish (such as salad) to add a flavorful kick.

Louisville Vegan Jerky can be purchased on Amazon, or use their store locator to find it near you: www.louisvilleveganjerkycompany.com/store-locator.html

Written by Alexa Zmich, VRG Intern



Almond Milk Yogurt

There is a very specific taste, texture, and mouth-feel that I associate with real yogurt, which was a lunchbox staple for me as a child. I've tried many tasty vegan yogurts – sweet, creamy, and fruity – but it wasn't until I tried Kite Hill's new Artisan Almond Milk Yogurt, which has the exact same 'zing' I remember, that I felt like I had found a substitute that I would buy regularly and savor every bite. It comes in Plain, Vanilla, Peach, Blueberry, and Strawberry. I liked Blueberry the best and love having it with a sprinkle of vegan granola for a satisfying snack. And though I've never been a fan of eating plain yogurt, well, plain...the Plain flavor would make a wonderful substitute in recipes that call for sour cream or buttermilk, or to make a creamy Indian raita or korma. To produce their yogurt, Kite Hill ages probiotic cultures with their house-made almond milk during production. It's a fantastic addition to their non-dairy lineup. Find Kite Hill Almond Yogurt near you by visiting www.kite-hill.com. *Written by Samantha Gendler*



reviews

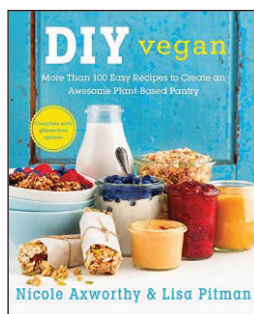
DIY VEGAN

By Nicole Axworthy and Lisa Pitman

If your goal is to save money and have greater control over the quality of food you eat, this book will teach you to make vegan basics at home. Photos are included and will inspire you to get started.

Among the recipes are Sweetened Condensed Milk, Whipped Cream, Cashew Coffee Creamer, Coconut Yogurt, Cultured Nut Cheese, Cheddar Cheese, Frozen Yogurt, Quick Rise and Shine Cinnamon Rolls, Toaster Pastries, Caesar Salad Dressing, Spiced Apple Sauce, Tomato Ketchup, Maple-Masala Mustard, Shake-and-Bake Herb Breading, Chai Spice Mix, Thai Green Curry Paste, Quick Caramel Sauce, Lemon Curd, Thin Mint Sticks, Caramelized Chai Popcorn, and Cookie Dough.

DIY Vegan (ISBN 978-1-250-05871-3) is a 248-page book. It is published by St. Martin's Griffin and retails for \$25.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.



with dishes such as Yellow Lentils with Spinach, Brown Chickpea Curry, Split Pea and Bean Soup, Butternut Coconut Red Lentil Curry, and Kidney Bean Curry.

One-Pot Meals and Casseroles features Makhani Vegetable Pot Pie and Quinoa Cauliflower Biryani. You'll find Main Dishes also such as Royal Tofu and Cashews, Mango Curry Tofu, Goan Tempeh Curry, and Kofta Balls in Nut-Free Cream Sauce.

Chapter eight provides recipes for flatbreads including a variety of Naan, Vegetable-Stuffed Parathas, and Dosas. The dessert chapter includes Cashew Fudge, Pistachio Cardamom Cookies, Doughnuts Soaked in Sugar Syrup, and Saffron-Infused Creamy Pudding.

The final chapter includes chutneys, spice blends, and basics such as Indian Chai Spice, and how to make Nondairy Yogurt and Vegan Paneer.

Vegan Richa's Indian Kitchen (ISBN 978-1-941252-09-3) is a 288-page book. It is published by Vegan Heritage Press and retails for \$22.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.

VEGAN RICHA'S INDIAN KITCHEN

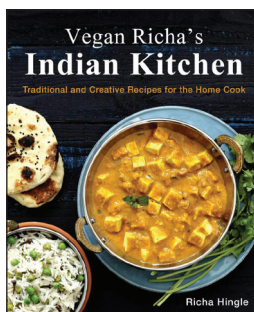
By Richa Hingle

Richa Hingle both wrote the recipes and did the beautiful photography in this vegan cookbook. She grew up in India and is a food blogger.

Chapter one introduces all the common ingredients used to prepare the delicious recipes in this book. She even explains how Indian food is traditionally served.

Chapter two serves up breakfast ideas, including Spicy South Indian Tofu Scramble, Mom's Chickpea Flour Pancakes, and Indian Spiced Milk Tea. The next chapter offers small plates such as Baked Potato Samosas, Potato Quinoa Patties, and Onion Chile Fritters.

Chapter four includes Sides and Dry Vegetable Curries, including Roasted Cauliflower and Radish, Sweet and Sour Pumpkin, Okra in Sesame Coconut Sauce, Mushrooms and Greens, and Potato Tomato Curry. Chapter five highlights dals (lentils and beans)



THE ALMOND MILK COOKBOOK

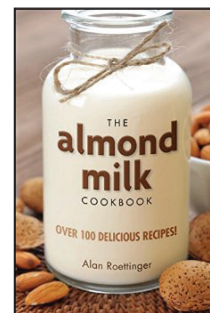
By Alan Roettinger

This cookbook is written by a private chef and serves up over 100 recipes using almond milk. The recipes are vegan and would

be useful to anyone who is lactose intolerant. Nutritional analyses are included, as well as basic ways to prepare almond milk at home in case you don't have access to commercially-produced almond milk. Keep in mind that almond milk made at home will not be fortified.

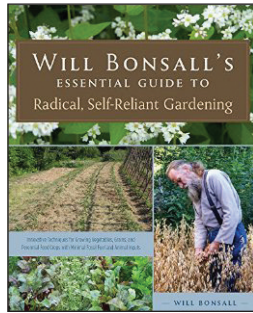
Here are some of the recipes included in this book: Chocolate-Tangerine Smoothie, Cappuccino, Blueberry-Buckwheat Pancakes, Cream of Tomato Soup, Ranch Dressing, Linguine with Olive Sauce, Vegetable Pot Pie, Creamed Greens, Ethiopian-Style Yams, Cinnamon-Cardamom Rolls, Pumpkin Pie, Chocolate-Orange Truffles, Mocha Sauce, Caramelized Figs with Almond Cream, and Chocolate-Almond Ice Cream.

The Almond Milk Cookbook (ISBN 978-1-57067-326-9) is a 156-page book. It is published by Book Publishing Company and retails for \$12.95. You can purchase this book from The Vegetarian Resource Group at <http://www.vrg.org/catalog> or from your local bookstore. Reviewed by Debra Wasserman.



WILL BONSAI'S ESSENTIAL GUIDE TO RADICAL, SELF- RELIANT GARDENING

By Will Bonsall



Will Bonsall has been growing the food he eats for 40 years. He owns several acres in western Maine; however, he only grows food on a few acres. His primary gardening goal has been to be eco-efficient. Eco-efficiency describes the ratio between an organism's intrinsic food energy and the food energy (or soil fertility) required to produce it in the first place. That said, Will promotes local, organic, vegan farming. He does not use manure or items such as plastic mulch. He greatly minimizes his use of petroleum products as well.

According to the author, soil fertility is very important. One needs to compost as if it mattered when gardening. Chapter One in Part One of this book provides specific details on how Will composts. According to Will, "My compost, in conjunction with green manure rotations and mulch, is intended to supply all the needs of my crops and soil in which they live." Green manure is created by leaving uprooted or mown crop parts to wither on a field so that they serve as a mulch and soil amendment. Chapter Two talks about green manures.

The next chapter in Part One describes mulch. For example, Will uses shredded leaves. Other chapters in this section of the book include Minerals and Grassland Improvement and Management.

Part Two of this book is The Seed. Chapter topics include Sexual Propagation: Why and How, and Asexual Propagation. Part Three covers The Crops. The first chapter discusses a wide variety of vegetables you can grow. Other chapters share information on growing grains, pulses, and permacrops.

Part Four discusses The Garden in Context including subjects such as Rocks, Water, and Land; Smaller Footprints; and Pests and Diseases. Note that it is this last topic where the author admits to not clearly following a totally vegan lifestyle. He will on occasion kill garden pests, although he tries to avoid doing that.

Part Five is titled Using the Harvest, which includes Milling, Baking, and Sprouting; Freezing; as well as Fermenting, and More. The back of the book talks

about tools you can use, as well as valuable resources such as seed sources. The book also has over 200 color photos.

***Will Bonsall's Essential Guide to Radical, Self-Reliant Gardening* (ISBN 978-1-60358-442-5) is a 400-page book. It is published by Chelsea Green Publishing and retails for \$34.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

YEAR-ROUND INDOOR SALAD GARDENING

By Peter Burke

For those of us who live in communities that are too cold during the winter months to continue gardening outdoors, this book offers a way to grow salad greens indoors all year-round.

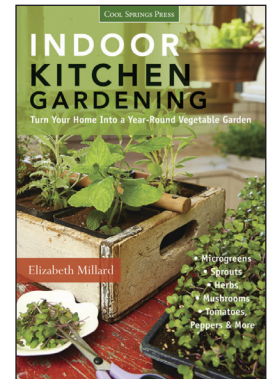
Peter Burke's method does not entail the use of lights, pumps, greenhouses, and other complicated equipment. Instead, you can grow soil-sprouted greens simply using soil and compost placed in trays or planters. These can then be placed on your windowsills or on a cupboard.

Step-by-step instructions and photos are included. Details are provided for various types of sprouting including sunflowers, pea shoots, broccoli, amaranth, French lentils, fenugreek, red Russian kale, purple radish, and many others.

Recipes are also provided at the end of the book. Most are vegetarian and others are vegan. Some of the vegetarian recipes can be easily made vegan by substituting vegan cheeses for dairy-based products. Among the recipes are Radish Relish; Tempura; Quinoa; Sweet Pea Sprouts and Veggies; Agni Soup; Dal with Sprouts; and Soba Noodles, Sprouts, and Veggies.

Indoor gardening can certainly be a fun family project. Let your children choose different greens to sprout and then watch them grow! The sprouts will also add beauty to your home.

***Year-Round Indoor Salad Gardening* (ISBN 978-1-60358-615-3) is a 208-page book. It is published by Chelsea Green Publishing and retails for \$29.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



Help Create a Veggie World

AN INTERN'S REFLECTION
BY MARIA PITTARELLI

I had the pleasure of working with The Vegetarian Resource Group for two weeks. I am in the final year of school to become a Registered Dietitian and was able to complete an elective here with the great people at VRG. In such a short time, I've done a lot!

One project VRG has been working on is promoting vegetarian donations at Our Daily Bread, a local hot meal program that serves anyone in need of food in Baltimore City. I got to talk to many people involved with the program to learn about its history and efforts to include vegetarian offerings. Brigitte (the Volunteer Coordinator at VRG) and I went to Our Daily Bread to see it in action and were told that many people request vegetarian meals, but they usually get the same items as everyone else. One foodservice director enthusiastically told us that they would love more vegetarian donations, so I went home and cooked all three types of vegetarian casseroles on their list (vegan recipes created by VRG's Foodservice Director Nancy Berkoff) to donate the next day. This was a great hands-on experience to test out these new recipes and suggest changes. When I delivered them the next day, I was told they would be used very soon! It was great to feel like I had a direct impact on providing a variety of nutritious meals to less-fortunate people who are requesting vegetarian meals.

If you want to donate vegan casseroles to Our Daily Bread or the feeding program in your area, information and recipes are at:

charities-md.org/our-daily-bread/odb-food-service/favorite-casserole-recipes.html.

I also helped a dietitian at VRG to do research for a webinar she is putting together. I was tasked with sorting through the various laws and government organizations to find any requirements or guidelines for meals served to senior citizens, so we could propose vegetarian menus that would meet those guidelines.

I learned a lot during this process and hope it will also be able to make it easier for large federal facilities and nursing homes to provide great meals to vegetarians. One particular law does not allow tofu as a meat substitute in adult daycare facilities, but the bill to change it is up in the air now and I'll be rooting for it to pass!

In the office, I helped with daily tasks, including sorting through scholarship applications and composing replies to the applicants. I

researched vegetarian and vegan restaurants to add to our online restaurant guide, which was difficult: it's hard to look at delicious menus without being able to eat the food! But I didn't go too hungry, as there were vegan food samples to taste and review.

Overall, I enjoyed being in this supportive environment, surrounded by people who have similar beliefs and similar goals. I learned a lot about the best ways (and the not-so-great ways) to advocate for veganism. The astounding number of books and resources in the office have given me a big "to read" list that I am excited to get started with. I am sad to be leaving so soon, but it won't be the last time I see them! I've signed up to help with The VRG benefit at a local vegetarian restaurant next month. I'm looking forward to many more visits in the future!



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Quick AND Easy FRESH PEPPER DISHES

By Chef Nancy Berkoff, EdD, RD

It's the summer and pepper season is at its peak! There are over 200 cultivated varieties of fresh and dried hot peppers. If you select dried peppers, you'll want to remember that dried hot peppers are at least 10 times more potent than fresh. Store dried hot peppers in an airtight container, in a dry, cool place and they'll last up to six months. Fresh peppers, which should be firm, brightly colored, and have no blemishes, can be stored in the refrigerator for up to three weeks.

Here is a mini shopping guide for fresh peppers: Bell peppers: Red are sweetest, yellow the most mild, and green the strongest flavor (for a bell pepper). Bell peppers are very versatile, as they work well raw or cooked. Create a bell pepper rainbow with chopped green, red, yellow, orange, or purple peppers. Use them as in ingredient or garnish for tossed, pasta, rice, macaroni, and quinoa cold salads, or put in soups, chili, stews, sandwich fillings, and stir-fry dishes. Instead of a three-bean salad, try a three-pepper salad or use a fresh, seeded bell pepper as an edible bowl for your favorite salads (cold) or your favorite fillings (hot).

Banana or Anaheim peppers are elongated and may be yellow or green. They are fairly mild and are usually used for cooking, as their skin can be a bit chewy. If you've had chile rellenos, you've had banana peppers. If you have the time, make up some bread stuffing, or use leftover mashed potatoes or cooked grains. Cut the top (the stem end) off the banana pepper, stuff, wrap in aluminum foil, and bake or steam for delicious stuffed peppers.

Many people are familiar with jalapeños, thick-skinned and medium hot (yes, medium!). Found in Southwestern, Mexican and Tex-Mex cuisines, jalapeños add zip to salsa, breads, and sauces. Ripe, red jalapeños have a sweeter flavor; when dried and smoked, the red versions are known as "chipotles." You can purchase jalapeños fresh or pickled (usually in vinegar brine with onions or carrots). Use jalapeños when you want to add some "zing" to soups, cooked grains, tofu dogs or veggie burgers, salsas, sandwich fillings, or even fresh salads.

Habanero hot peppers can be dark green, red, or yellow (depending on ripeness). They look like mini-lanterns and are used in Caribbean and South American salsas, chutneys, and marinades. Habaneros are HOT, estimated to be 50-60 times hotter than jalapeños. Use habaneros sparingly in cooked items... you don't really want to use habaneros in a raw menu item.

Poblanos are well known for their roles in mole, the thick, flavorful sauce used in Central American cuisine. They can range in color from dark green to purple, and when smoked are known as "anchos." You can seed and chop poblanos and process in a blender or food processor to add to soups, dips, salad dressings, and sauces.

Thai hot peppers, also called "bird beak" peppers are hotter than jalapeños but milder than habaneros and give the heat in Southeast Asian curries and soups. Proceed with caution! If you are creating an Asian curry, especially a coconut-based one, a small amount of Thai hot pepper goes a long way!

While fresh peppers are bountiful, purchase some extra. Wash and seed, pat dry, dice or slice, and place in freezer bags or airtight containers and freeze until ready to use for cooking. When you are ready to cook with your frozen peppers, there's no need to thaw. Use them right from the freezer in tofu scrambles, to liven up pre-prepared soups, in tomato or mushroom sauces, in leftover takeout food, or as an add-in for mashed potatoes or steamed grains.



Vegetarian Action

Vegan Ice Cream and a Mission by Samantha Gendler

Rhode Islander Chris Belanger doesn't think of himself as an activist, but rather as someone who spreads the vegan message one person at a time. It's something we can all do, but the vegan ice cream truck Like No Udder that he co-owns with his wife Karen has given them a moving platform. "We're injecting veganism everywhere we go," Belanger said.

Like No Udder serves non-GMO soy-based soft serve ice cream, coconut milk shakes, floats, sodas, Primal Vegan Jerky strips, and Go Max Go Candy Bars. In addition to street service, they take the truck to university events, music and arts festivals, VegFests, corporate meetings, weddings, and more. Recently, rather than attending primarily vegan festivals, which are full of people who are already vegan, Chris and Karen have started choosing very un-vegan events, like a Cinco De Mayo party for example, so that they can have more of an impact on people who may not typically be exposed to vegan food. Belanger feels a victory when there is even one fewer person in the world eating dairy. "Even if only for 5 or 10 minutes of their day, it's making a difference," he said.

Belanger dabbled with vegetarianism on and off through college, but finally made the switch when eating lobster. When tearing the body apart with his hands, he realized the barbaric nature of what he was doing and changed his habits. When he met Karen, she was vegan, and they dived into a vegan lifestyle together.

Through six seasons of running Like No Udder, Chris and Karen have met and connected a network of

other vegetarians. Though there was already a local educational vegan group in their area, there weren't a lot of social vegan gatherings. They began hosting potlucks, vegan Thanksgiving dinner, raffles, and acting as a mouthpiece for other vegan groups and events through their social media pages. Belanger created a webpage called VeganRI.com, which is a Rhode Island vegan

dining guide. "We try to let people know what's new and promote places that accommodate vegans. Hopefully this encourages other businesses to add more vegan items to their menus."

Likewise, Belanger tries to educate restaurants that are incorrectly labeling food on their menu as vegan; sometimes he's successful and other times not. An Indian restaurant in his area incorrectly labeled their rice as vegan, and

after being educated about the definition of the word vegan, the owner changed the menu. They were not as successful with a local Vietnamese establishment that labeled a dish with chicken broth as vegan, and they published the misinformation on VeganRI.com. "We try to spread the understanding of what vegan means and get places to fix it if they're wrong," he said. "We feel it's the right thing to do."



Chris Belanger and his wife Karen Krinsky, owners of Like No Udder, at a Holi (festival of spring colors) celebration.

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

CASSEROLE PROGRAM FOR THE NEEDY — VEGETARIAN DONATIONS WANTED By Maria Pittarelli

Our Daily Bread in Baltimore serves free meals to over 700 needy people 365 days a year. About 10 percent of individuals ask for a vegetarian meal. They also have a casserole program where generous people in the community can make one of the casserole recipes on their website and donate it for use during the lunch service when needed. VRG's Foodservice Advisor Chef Nancy Berkoff created three vegan recipes, which now have been posted as options on the website. Nancy tested these at a senior center in Los Angeles. The recipes are specifically designed to include simple, cheap, and easy-to-find ingredients with nothing exotic or too expensive. The recipes are:

Brunswick Stew
Creamy Bean and Potato Casserole
Sweet Potato, Black Bean Casserole

They are posted at: <http://www.catholiccharities-md.org/our-daily-bread/odb-food-service/favorite-casserole-recipes.html>

INSIDE THIS ISSUE: SHOULD VEGANS TAKE A MULTI-VITAMIN?; VEGANIC GARDENING; VEGAN DONUTS; POTATO CHIPS' WATER FOOTPRINT; PLUS MUCH MORE!



VRG nutrition intern Maria Pittarelli was tasked with trying out the donation process from start to finish. The fastest and simplest recipe is the Creamy Bean and Potato Casserole. It has only four ingredients, which are easy to spread in layers into the pan and top with black pepper. Stirring the refried beans in a bowl first made them easier to spread. It took 10-15 minutes – great for busy people who would like to donate a meal for those in need who would like something besides salad and peanut butter sandwiches.

For information about donating to Our Daily Bread in Baltimore, see <http://www.catholiccharities-md.org/our-daily-bread/odb-food-service/favorite-casserole-recipes.html>. Or, prepare one of these recipes for a local charity near you that serves food to the needy.