

2017 Scholarship Winners • Vegan Yogurt Guide

VOLUME XXXVI, NO 4

# VEGETARIAN

## JOURNAL

Science, Caring, and Vegan Living  
Since 1982

# Veganized

## Southern Fare

### 8 Global Dishes

*Travel the  
world in  
a stew pot!*

**Cornbread  
Flapjacks &  
Jalapeño  
Jelly  
pg. 22**



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## Quick Pumpkin Dishes



# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline addresses soy and the risk of breast cancer.*

**QUESTION:** *What's the latest thinking about soy and the risk of breast cancer or breast cancer recurrence? S.A. via email*

**ANSWER:** Soyfoods contain substances called isoflavones, which have a chemical structure similar to the hormone estrogen. This similarity is what initially led to concerns that soyfoods could increase the risk of breast cancer or of breast cancer recurrence. Recent research does not support these concerns. Asian women who eat traditional diets that typically include soy products, have a lower risk for breast cancer than do women in the United States who typically eat few soy products.<sup>1</sup> Of course, there are other differences between these groups that could explain the dissimilar breast cancer rates.

Studies focusing on soy intake during childhood and adolescence suggest that higher soy consumption in early life is associated with a lower risk of breast cancer.<sup>2</sup> This higher consumption was around 16 grams of soy protein per day, which means eating about a half cup of cooked soybeans or  $\frac{3}{4}$  cup firm tofu or drinking 2 cups of soymilk. Soy consumption later in life does not appear to increase or decrease the risk of breast cancer although it may be beneficial for older women who ate little or no soy when they were teens.<sup>2</sup>

Several large studies of women who had been diagnosed with breast cancer found that breast cancer survivors who ate soy actually had a lower risk

of their breast cancer recurring than women who did not eat soyfoods.<sup>3</sup> Women eating soyfoods also had a lower risk of death.<sup>3</sup> There is some evidence that soy products may boost the effects of common drugs used to treat breast cancer such as tamoxifen.<sup>1</sup> Both the American Cancer Society and the American Institute for Cancer Research have said that it's fine for breast cancer survivors to eat soy.<sup>4,5</sup>

## References

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Also, if you do not want your name traded  
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Additional Taste Tester: Eliana Gagliolo

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

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

## NOTE FROM THE SENIOR EDITOR

# THE FUTURE IS VEGAN



As a child, answering questions about my diet was easy. “Animals are my friends; I don’t want to eat them,” would usually suffice. As an adult, the questions grew more complex, but never more so than when I became pregnant. I was unprepared for the barrage of questions regarding protein, B12, calcium, and vitamin D. Suddenly, everyone was a nutrition expert! I also faced questions such as, “Will you force your child to be vegan?” and “What will you do if your child wants to try meat?”

Luckily, I was armed with [www.vrg.org](http://www.vrg.org), which provides a wealth of information about vegetarian and vegan nutrition, as do the books from The VRG Book Catalog. However, I was lacking a community of like-minded veg parents, and I know you’re out there!

We recently created a private Facebook group intended to be a place of support for families raising children on vegan diets and for vegan kids. I envision it as a place to get advice about a wide-variety of topics: pregnancy, birthday parties, school lunches, Halloween, non-leather apparel, cruelty-free products, and more. Please use it as a place to share your wisdom, seek advice, or just find a sympathetic ear. The goal is to offer support. Please join me at <https://www.facebook.com/groups/VRGparentsandkids/>

Despite not knowing many vegan families in my area, the 300 students who entered VRG’s annual college scholarship contest were a welcome reminder that there are more young vegans than ever before. It’s a time-consuming application, and it gives me hope to know how many young people are dedicated to promoting compassion and a better world.

Our applicants are diverse: some are from religious backgrounds, such as Hindus or Seventh-day Adventists, others are from rural areas and farming families. Some applicants go out of their way to say they are not part of the animal rights movement, while others are proud activists. Many students join or start vegan groups, others prefer to work on their own, and some come from a health or environmental perspective, while others’ veganism is part of a complete social justice instinct. However, there seems to be a consensus that food is a path to change. All of our entrants deserve accolades and prizes, but see the winners starting on page 8.

*Samantha Gendler*

A handwritten signature of Samantha Gendler in black ink. The signature is cursive and matches the name above it.

*Senior Editor of The Vegetarian Journal*



## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

### Memorials & Honorary Gifts

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

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

Please send acknowledgement to:

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

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

*My name and address:*

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

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

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

A donation was made by Terry and Scott Carlo in memory of George Eisman. "The movement has lost a great man and friend."

A donation was made in memory of Agnes Donnelly by Johnny and Gail Przybylo.

## Thank You!

Thank you to these VRG members who contributed to our 35th Anniversary Matching Donation Campaign (earlier names were listed in Issue 3 2017).

### \$25-\$99 Supporters

2 anonymous donations  
Bonnie Birnbaum  
Faith Fogelman  
Christopher Golding  
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### \$100-\$499 Sustaining Members

Nathaniel Borenstein  
Barbara Rowley

## My Vegan Plate

I am a volunteer with Food Not Bombs New Castle County, which serves vegetarian/vegan meals to homeless and hungry people in Wilmington, Delaware. In the winter, we hand out bagged lunches from cars, and during the rest of the year we hold twice-monthly community meals in a park that homeless people frequent. We receive steady donations from a local food co-op and a chain grocery store that we supplement with produce from members' gardens. Food

Not Bombs is an international movement with local independent chapters that aim to feed people with vegan food saved from entering the waste stream.

I have been a VRG member on and off since the 1990s. My new copy of *Simply Vegan* came with the beautiful "My Vegan Plate." I've been recommending your cookbooks and website to friends and family who have asked me how to increase the amount of vegetables their families eat.

Having seen firsthand the local demand for the sort of information you produce, I think your My Vegan Plate handout would be an invaluable addition to Food Not Bombs New Castle's free literature library. If you could please send about 200 copies, we would put them to very good use in a place that really needs them.

Kristen B., via e-mail

## University at Buffalo

Hello all, In case you did not know, the University at Buffalo dining website has a link to the VRG website. (I work at UB and was pleasantly surprised when I saw this.) See: <https://myubcard.com/dining/nutrition>  
Karen P., 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](mailto:vrg@vrg.org).

Coming in the Next Issue:

## CREATIVE PASTA DISHES

**Plus:** South Indian Cuisine, Review of Frozen Vegan Pizzas, Vegan Dining in Bermuda, Essay Contest Winner

# Quick & Easy Pumpkin Dishes

By Nancy Berkoff

**P**umpkin is an ingredient to use year-round, but most people think more “pumpkin-y” in the fall and winter. There are two ways to obtain pumpkin as an ingredient: fresh or canned. There is a third option, a pumpkin “stand-in” if you will, frozen winter squash.

If you have time, you may want to go with fresh pumpkin. You will be rewarded for your effort with a pumpkin shell, good for decorating, or to use as a “green” serving container, and pumpkin seeds. You’ll want to purchase a sugar pumpkin, the variety used for pies and for making canned pumpkin. The larger, jack-o’-lantern pumpkins can be tempting, but they are very fibrous and their interior is less versatile as a food ingredient. There are many websites that take you on a step-by-step tour of preparing fresh pumpkin. You’ll want to watch carefully and allot an afternoon to accomplish cooked pumpkin and roasted pumpkin seeds.

These ideas use canned pumpkin or frozen winter squash. Your own fresh, cooked pumpkin will work with our suggestions as well. If you prepare your own fresh pumpkin, simply cook it. Don’t add any seasonings, sweeteners, or salt, as we want to have a neutral, versatile ingredient to use.

When purchasing canned pumpkin, be certain to purchase a single ingredient product. Check the label to be sure there are no ingredients other than pumpkin, except, perhaps for a bit of salt. Avoid pumpkin pie filling or other types of seasoned pumpkin products.

You probably won’t find frozen pumpkin, but frozen puréed winter squash is a good substitute. You can purchase frozen, cubed winter squash and mash it yourself, or purchase puréed winter squash. To use frozen puréed winter squash for these recipes you will want to thaw the squash and then heat in a microwave or on top of the stove until thawed, smooth, and stir-able. You’ll then want to preheat your oven to about 400 degrees. Use a nonstick baking sheet or spray a baking sheet with a thin layer of vegetable oil and spread the cooked squash evenly on the pan. Semi-dry the squash so it is the consistency of canned pumpkin. Cooking off some of the water will help the squash to be thick and consistent.

You can stir your pumpkin or squash into hot cereal or into cooked grains, use to replace part of the fat in muffin or quick bread (carrot cake, zucchini bread) recipes, add to soups, stews or chili, and even hummus to thicken and add color and flavor. You can combine pumpkin (not the squash) with apple butter or apple sauce to create a new flavor for spreads or to top cake, pies, or frozen desserts, or to use as a condiment with savory dishes, such as roasted cauliflower, smoked tofu, or seitan steaks. You might also want to try combining pumpkin (not the squash) with vegan sour cream or vegan yogurt for a salad dressing, dip, or topping.

Here are some ideas for using canned pumpkin or your prepared winter squash:

### Beverages:

**Pumpkin Latte:** In a blender, combine almond or soy milk, a drop of vanilla extract (or use vanilla-flavored milk), canned pumpkin or winter squash, cinnamon, powdered ginger and nutmeg (or pumpkin pie spice) and blend until smooth. Pour into a pot and quickly heat on the stove or in a microwave-safe mug.

**Pumpkin Green Tea Latte:** Prepare a pumpkin latte and add a spoonful of green tea powder (also called matcha) or replace half of the milk with cold, prepared green tea.

**Pumpkin Cocoa Latte:** Prepare a pumpkin latte and add a spoonful of unsweetened cocoa powder, chocolate syrup or melted chocolate or carob chips.

**Pumpkin Ginger Latte:** Prepare a pumpkin latte and add a spoonful of dry ginger powder, or, for a cold-weather soother, add several spoonfuls of fresh minced ginger.

### Spreads:

**Breakfast Sandwich Spread:** Cook a small amount of vegan sausage or bacon, and crumble. Mix with canned pumpkin or squash and a small amount of diced garlic and/or diced onion. Place in a small frying pan and heat and stir until garlic/onions are soft. Serve on top of toast,



a biscuit, or diced, firm tofu.

Once you have your breakfast spread, you can also make a breakfast burrito, using the spread, chopped veggies and vegan sour cream or a breakfast pizza bagel, spreading a bagel half with the breakfast spread, chopped veggies, and shredded vegan cheese.

If you have leftover breakfast spread, you can add it to bean soups or chili for extra flavor and texture. Pumpkin breakfast spread should last in the refrigerator for two to three days.

**Creamy Pumpkin Spread:** Mix a small amount of canned pumpkin or squash with vegan cream cheese or silken tofu and season to your taste with cinnamon, ginger, mace, or pumpkin pie spice. Use as a topping for toast, muffins or instead of icing for carrot cake, pumpkin or zucchini bread, or cookies or graham crackers.

### And More

**Pumpkin Rice Pilaf:** Toast rice in a heated pan for a minute or two and cook rice according to package directions. When the majority of water or broth is absorbed, stir in a small amount of pumpkin or squash, chopped apples or pears, chopped nuts (pecans, walnuts, roasted soy beans, or pistachios work well) and some chopped, leftover mixed vegetables.

**Basic Pumpkin Cream:** in a large mixing bowl or a blender combine equal parts of soft, silken tofu and pumpkin or squash. Mix or blend until smooth.

**Creamy Pumpkin Soup:** Place basic pumpkin cream into a large pot and heat slowly and gently, until warm. Season with fresh, sautéed garlic and onions, or garlic and onion powder, and chopped, fresh parsley, or dried parsley flakes. This would be a basic soup. You can add chopped, cooked mixed veggies, a small amount of tomato paste, cooked white beans or lentils, vegan sausage or bacon crumbles or nutritional yeast, depending on your preference. If you would like to thin the soup, use a small amount of warm water. Leftover soup may be mixed with cooked pasta or macaroni, cooked, diced potatoes or cooked grains and baked in the oven for a fast casserole.

**Frozen Pumpkin Parfait:** Place basic pumpkin cream in a large bowl and sweeten with maple or rice syrup or apple juice concentrate (you'll want to use a liquid sweetener). Season with pumpkin pie spice or a combination of cinnamon, ginger and nutmeg. Spoon into individual dessert cups and freeze for at least 2-3 hours. Top with a mixture of dried fruit, shredded coconut, fresh or canned minced pineapple or chopped nuts. The pumpkin parfait mixture can also be used as a cold pie filling. Fill a prepared pie shell with the pumpkin parfait mixture and either refrigerate until firm or freeze.



## Bequests

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

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

# 2017

# SCHOLARSHIP winners

## AADITI TAMHANKAR, NEW JERSEY

**A**aditi Tamhankar became vegetarian at age 8 when she realized that the meat from the store in the Saran wrapped package was actually “dying for my meal. My epiphany at eight-years-old turned me vegetarian for life.” She then turned vegan at age 16.



**AADITI  
TAMHANKAR**  
**UNIVERSITY OF  
PENNSYLVANIA**  
**\$10,000**

At her high school, she started the Health and Wellness Club with the goal of organizing her school’s first Health and Wellness Fair. This resulted in over 25 exhibitors, including a gardening stand, Whole Foods giving out samples of fruit smoothies, and representatives from the Vegetarian Society of South Jersey. About 1,000 students attended. Aaditi said, “In my school, almost a quarter of students are on the free or reduced lunch program. Through the event, my peers could see the value and affordability of a healthy vegan lifestyle, and the integral role it plays in disease prevention.”

Aaditi wrote, “On Saturday I volunteered all day with the Vegetarian Society of South Jersey (VSSJ) for a tabling event at the Burlington County Library Maker Fair. I spoke with Steve Fenster, the Vice President of the VSSJ. He informed me that the VSSJ had an educational license to show a special version of the documentary *Cowsspiracy* created for high school and college students.”

“Working with my school’s administration, my club advisor, and the VSSJ, I organized a screening for the documentary today. Today was the date of the second annual Health and Wellness Fair that I led with my club members. Before the students attended the fair, they

were seated in a large auditorium. The Vice President of the VSSJ came in and showed the documentary to over 600 students. After the documentary, the students got to interact with vendors such as the American Vegan Society and the VSSJ. They also ate delicious vegan date balls from Heartbeat Kitchen (a local vegan restaurant), cold pressed juice from Whole Foods, and black rice, quinoa, and black bean burgers from SuperFoods Culinary Innovations (a local vendor) among others.”

“The documentary really opened the students’ and teachers’ eyes, minds, and hearts to the idea of vegetarianism and veganism as evidenced by the preliminary data coming in through my Google Forms survey. Over 75% of respondents expressed some desire to be a vegetarian or vegan after the day, and a full 80% of students said they tried a new food today. When asked, ‘What is one thing you learned today?’ many respondents said that they learned about the impact of animal agriculture on the environment.”

Aaditi also founded the vegan club at her high school, which had booths at the local Earth Day festival and 8th grade education night. She and her high school principal met with the directors of food service for the Cherry Hill School District. Aaditi helped organize volunteers for the Vegetarian Society of South Jersey 30th anniversary event. During the event, Aaditi delivered a speech, greeted attendees, and assisted with clean-up and breakdown. She will be doing an internship with VSSJ this summer.

Aaditi plans to attend the University of Pennsylvania Wharton School of Business. She would eventually like to start social entrepreneurship projects on a global scale to better public health.

## SAMANTHA ILLIUS, OHIO

**O**n Easter at five-years-old Samantha Illius looked up from her family meal and complimented the food her mom and grandmother slaved over in the kitchen. Her uncle said, “It’s baby cow.” “Needless to say, I was sickened by meat and scarred by this event for the remainder of my life,” stated Samantha. After a five year struggle with her family because she had allergies to nuts and soy, Samantha became a strict vegetarian at age 10.

In sixth grade Samantha started distributing



# The Vegetarian Resource Group Awards

## \$20,0000 in College Scholarships in 2017



**SAMANTHA  
ILLIUS**

**BALDWIN  
WALLACE  
UNIVERSITY**

**\$5,000**

vegetarian brochures in housing developments and throughout her high school. She put out information in her church and started a business, [www.gottahavsoaps.weebly.com](http://www.gottahavsoaps.weebly.com), selling cruelty-free vegan soap.

Her vice principal said, “I am familiar with her impact on our school lunches. She came to me ... and I guided her toward the business director for our district. She took off from there. She scheduled meetings with the director and our head kitchen staff. She persuaded them to provide additional vegetarian selections which proved to be a success. Because of her influence, more and more students are benefiting from vegetarianism.”

Samantha was told by the school district business department that her meatless efforts have had an impact and that over \$22,000 of the school’s lunch budgets have shifted over to purchasing non-meat alternatives as opposed to animal products. At her school’s health fair, she requested samples from Dole Food Company and gave away 720 fruit cups and 480 cans of pineapple juice, as well as materials such as a vegetarian food pyramid.

Samantha has given numerous vegetarian presentations in and out of her city, including over 20 in January of this year. A reference stated, “Not only has Samantha stood up in front of hundreds and hundreds of kids, but she sets up every single presentation on her own. She just walks into a school and speaks with administrators, always following up. And you know how hard it is getting around the bureaucracy of public schools...”

Samantha has a long-term dream of becoming a writer

who inspires open-mindedness and acceptance in others. She states, “With this I hope to make the world a more loving and caring place. In my free time, I completed a manuscript after three years and countless drafts, which I’m finally working to garner publication for ... I will continue vegetarianism and changing lives as long as I live.”

### LEAH KELLY, CONNECTICUT

**L**eah Kelly became vegetarian in sixth grade after watching undercover animal rights videos, and within a few years she and her family became vegans. Leah said, “I have always been unusually empathetic. In 5th grade, I would go home crying after witnessing some boys bullying a girl with a disability. I talked to my elementary school principal about the bullying and we created the first anti-bullying club in the school.”



**LEAH KELLEY**

**PITZER  
COLLEGE**

**\$5,000**

When Leah started 10th grade, she founded an animal rights club Coalition for Animal Respect and Equality (CARE). With all the group’s accomplishments, she learned hard lessons that made her stronger and more prepared for future situations. “I’ve learned that most people, even adults and administration, don’t answer their emails even after I’ve tried to contact them five or more times. I’ve learned that sometimes people just don’t feel like making the same commitment that I do. I’ve learned that staying calm and compassionate is the best possible way to spread my message. One of the best unexpected results of becoming an activist is meeting so many incredible, like-minded people. The vegetarian/vegan



community is like an extended family.”

Leah served on the youth advisory boards for Youth Empowered Action (YEA) Camp, peta2, and Farm Sanctuary. She volunteered on the campaign of a state senate candidate who speaks out on animal issues.

In 11th grade, Leah worked to implement Meatless Mondays into the West Hartford Public School system. “I had attended YEA Camp for the second time the summer prior and when I got home I planned for this goal. It was a slow process at first. One strategy I’ve learned as an activist is that it’s always beneficial to ask for support. I reached out to the Humane Society of the United States and met Katie Scott, New England Food and Nutrition Coordinator. We started working together on a plan.

“We talked to the Food Service Director of West Hartford Public Schools, to come up with an easy lunch menu that would meet federal nutrition guidelines, while still upholding the Meatless Monday mission. Meanwhile, I made surveys to get feedback from the school community. I emailed all teachers, collected responses from students in the hallways and in the cafeteria, and even asked parents. I also sought support from the assistant principal and gained approval from the local parent non-profit organization for nutrition in schools.

“During the soft launch of Meatless Monday, we held sampling stations in cafeterias where students could taste some new meatless options. I wrote posts and articles and made handouts all for the purpose of opening people’s minds to the idea of vegetarianism, even if just one day a week. In April 2016, I looked at the new school lunch menu and was so excited to see the words “Meatless Monday!” typed across each Monday box on the calendar. All 15 public schools in my town were now only offering vegetarian entrées on Mondays. Every school also offered vegetarian options every day of the week. I had helped make history.

“In May, I met with the current mayor of West Hartford to talk about Meatless Monday and help her draft a proclamation encouraging ... residents of West Hartford to try Meatless Mondays.”

In order to institute Meatless Mondays, Leah had to learn the art of compromise. “Part of the conclusion we compromised on was that many of the popular already existing menu items that happened to be vegetarian would simply be moved to Mondays.” These are not all vegan-friendly. However, Leah stated, “The good news is that at all 15 schools in my district, every single day of the week now offer a vegetarian option, and many of

these options are actually healthier than just the Meatless Monday meals. Some examples I’ve found listed on the lunch menus include: various fresh salads (there is a salad bar open as well on many days), veggie burgers, vegetarian beans, Asian mixed vegetables, roasted butternut squash, seasoned green beans, seasonal fresh fruit, vegetable dishes, corn on the cob, vegetable soup, roasted chick peas, vegetarian fiesta wrap, baked potato, chili bean soup, red beans and rice bowl, three bean salad, steamed broccoli, sautéed spinach, carrot raisin salad, tomato and cucumber salad, potato salad, and steamed brown rice.

“A few months into my senior year I received a text from a student at Bacon Academy in Colchester, CT, who had heard of me from a chance encounter with a mutual acquaintance. Her school was interested in implementing Meatless Mondays and so she, her classmate, and two teachers took the day off to drive to West Hartford to sit down with me and the Food Service Director to learn about our journey ... They invited me to talk to their Community Activism class in the spring. Small world. It turns out that past VRG awardee Lauren Hickey, who also worked with Katie Scott, started a farm-to-school initiative in their school district. I’ve recently been in touch with Lauren, who is using her VRG scholarship at Bowdoin College and has just decided to try to bring Meatless Monday there. The meeting with these girls from Colchester reminded me of something very important: a movement doesn’t exist in a bubble or in a single town. It exists everywhere. Every action we take influences another. I had helped the Meatless Monday movement by inspiring people I didn’t even know to follow my lead.”

The deadline for the next Vegetarian Resource Group college scholarship contest for high school seniors is February 20, 2018. For details and information about other winners, see: <http://www.vrg.org/student/scholar.htm>

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# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### More Beans Could Mean a Reduced Risk of Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes, affecting around 9% of people in the United States. This form of diabetes is often linked with being overweight and not getting much exercise. A recent study suggests that people who eat more beans are at a lower risk for developing type 2 diabetes. This study was conducted in Spain and involved 3,349 older men and women who did not have diabetes, but who had a higher risk for heart disease because of their weight, blood pressure, blood cholesterol, family history of heart disease and/or smoking. Study participants were asked about their current diet and were divided into groups based on the amount of beans (not including soy products) they ate each day. The group eating the most beans averaged about an ounce of dry beans daily. The groups were studied for an average of 4 years to see who developed type 2 diabetes. The group eating the largest amount of dried beans and peas had about a one-third lower risk of developing type 2 diabetes, compared with the group eating the lowest amount of beans. When specific types of beans were examined, lentils had the largest effect with a 33% reduction in risk of type 2 diabetes in those eating the largest amount of lentils. The researchers also investigated what would be likely to happen if beans were used to replace other foods. They estimated that replacing half a serving per day of eggs with half a serving per day of beans would reduce the risk of type 2 diabetes by about 50%. Eating more beans and less rice or baked potatoes also appeared to reduce risk. This study suggests that eating at least an ounce of dried beans (about a scant half cup of cooked beans) is associated with a reduced risk of type 2 diabetes.

Becerra-Tomás N, Díaz-López A, Rosique-Esteban N, et al. Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. *Clin Nutr.* 2017 Mar 24. [Epub ahead of print]

### Benefits of Plant Protein

A condition called “metabolic syndrome” is associated with an increased risk of heart disease and type 2 diabetes. People are diagnosed with metabolic syndrome if they have 3 or more of these conditions: high blood glucose, abdominal obesity, high triglycerides, low HDL-cholesterol, and high blood pressure. Various dietary changes have been tried to reduce the severity of conditions associated with metabolic syndrome. One technique is to increase dietary protein to promote satiety (feeling of contentment after eating) and to slow the increase in blood glucose that occurs after a meal. A recent study examined whether there are advantages to plant-based protein compared to animal-based protein. This study used results from 123 published research studies. Plant-based protein sources, especially from soy-based sources appear to be more effective than animal-based protein sources in reducing cholesterol and LDL (bad) cholesterol. Plant protein sources are associated with blood pressure reduction; no change in blood pressure occurred with animal proteins. Type of protein source did not affect weight or blood glucose.

Chalvon-Demersay T, Azzout-Marniche D, Arfsten J, et al. A systematic review of the effects of plant compared with animal protein sources on features of metabolic syndrome. *J Nutr.* 2017;147:281-292.

### Weight Loss without Counting Calories

Can a mostly vegan diet be an effective way to lose weight and reduce the risk of heart disease and diabetes? That’s the question that researchers in New Zealand set out to answer. They began their study by inviting obese or overweight adult patients from a general medical practice who had diabetes, heart disease, or high blood pressure to participate in a 6-month study. The 60 or so eligible participants were either placed in a group that was told to follow a “low-fat, plant-based diet” or a control group receiving their usual care. The group that was told to follow the diet

attended 4 hours of classes a week for 12 weeks where they learned about cooking and eating out while following their diet. They were told to follow a diet that included whole grains, beans, fruits, and vegetables. They were told to avoid all animal products, high fat foods, and highly processed foods. There was no calorie restriction and subjects were told to eat until they were full. Subjects kept records of what they ate and were found to have 1-3 “indiscretions” a month where they failed to follow the diet instructions. Overall, the subjects on the plant-based diet lost an average of 26 pounds in 6 months. The control group did not lose weight. The diet group also had a greater reduction in medication use and reported higher self-esteem. They reported that “not being hungry” helped them to comply with the diet. This study suggests that a vegan diet with an emphasis on whole foods can be an effective way to lose weight without counting calories or restricting the amount of food eaten.

Wright N, Wilson L, Smith M, Duncan B, McHugh P. The BROAD study: A randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes. *Nutr Diabetes*. 2017;7(3):e256.

## Vegetarians and Gallbladder Disease

Gallstones are hard particles that develop in the gallbladder, an organ in the abdominal area. When gallstones block the tubes (ducts) that connect the gallbladder to other organs, people experience pain and are said to be having a gallbladder attack. Surgery may be needed to remove the gallbladder. Those at risk for developing gallstones include women, older adults, and those with a family history of gallstones. Being obese, losing weight rapidly, and eating a low fiber diet is also associated with an increased risk of gallstones. What about being vegetarian? Several small studies have found either no difference in risk or a lower risk of symptomatic gallbladder disease in vegetarians. A recent large study of vegetarians in the UK had different results. This study examined close to 50,000 adults, about one-third of whom were vegetarian. They were studied for almost 14 years to see who developed gallbladder disease. Vegetarians were those who said that they never ate meat or fish. Among both vegetarians and nonvegetarians, those with the highest body mass index (BMI) had the highest risk of developing symptomatic gallbladder disease. When statistical

adjustments were made to control for BMI, vegetarians were at a moderately higher risk (~22%) of developing symptomatic gallbladder disease than were nonvegetarians. Differences in risk between vegans and lacto-ovo vegetarians were not reported. The study authors were unable to determine why this increased risk was seen. Although these results will need to be confirmed by other studies, this study suggests that following a vegetarian diet will not prevent gallbladder disease, especially in those who are overweight or obese.

McConnell TJ, Appleby PN, Key TJ. Vegetarian diet as a risk factor for symptomatic gallstone disease. *Eur J Clin Nutr*. 2017;71:731-735.

## Healthy vs. Less Healthy Plant Foods

A recent study compared the risk of developing type 2 diabetes in those eating more plant foods than animal foods and in those eating more “healthy plant foods” compared to those eating “less healthy plant foods.” Researchers developed a “plant-based diet index,” a “healthful plant-based diet index,” and an “unhealthful plant-based diet index.” Healthy plant foods included whole grains, beans, fruits, vegetables, nuts, and vegetable oils. Less healthy plant foods were identified as fruit juices, sugary desserts, sugar-sweetened beverages, refined grains, and potatoes. The eating habits of more than 200,000 men and women were scored so that they received more points for higher consumption from each food group. Participants were followed to see who developed type 2 diabetes. In this study, a “plant-based diet” is not a vegetarian diet but is a diet that is higher in plant foods. Compared to those eating a more animal-based diet, those scoring high on the plant-based diet index had about a 20% lower risk of developing type 2 diabetes. Those eating more healthy plant foods had a 34% decrease in the risk of type 2 diabetes while those eating less healthy plant foods had a 16% higher risk. These results suggest that there are benefits to choosing healthier plant foods as well as to choosing plant foods in preference to animal products.

Satija A, Bhupathiraju SN, Rimm EB, et al. Plant-based dietary patterns and incidence of type 2 diabetes in US men and women: results from three prospective cohort studies. *PLoS Med*. 2016 Jun 14;13(6):e1002039.



# Travel the World By Zel Allen *in a Stew Pot!*

When I hear “We’re having stew for dinner,” I feel a warm, cozy sensation. Almost always, that thick, flavor-drenched stew with its hearty gravy and a mountain of colorful chunky ingredients promises delicious pleasure and delivers warm, yet humble satiety. Stew, at its heart, is a very simple dish, yet in the kitchen of a loving cook, whether here in the U.S. or on some faraway continent, that stew can transform into a bewitching, spice-infused bowl brimming with enchanting flavors that capture a magic moment.

If the thought of an irresistible stew resonates with you, then come along on a most unusual travel adventure! We’ll explore just what makes a bowl of stew so darned delicious. Learning what curious ingredients we’ll find in the stew pots of different cultures makes our adventure enticing. By journey’s end, our stew pot will have traveled to four continents with visits to the U.S., Italy, Morocco, West Africa, South Africa, India, Indonesia, and Mexico before returning to the comforts of home.

## *Starting with Burgoo*

We begin our journey close to home and head for the state of Kentucky for a spoonful of hearty Burgoo, a regional stew that’s been a favorite at social gatherings since Civil War times. Burgoo is a long-standing tradition for dining on Kentucky Derby Day, which is traditionally held on the first Saturday in May. This highly-favored stew is richly seasoned, spice-infused, and packed with a fridge full of veggies.

Burgoo has historians aflutter with contradictions about its origin. History tells of a French chef who cooked the stew with wild game and local ingredients for employees of a Kentucky distillery. It’s possible that maybe the French term “ragout” eventually morphed into “burgoo,” or it might have been a mispronunciation of “bird stew.” Author Eugene Walter and the editors of *Time-Life Books American Cooking: Southern Style* calls Chef Gus Jaubert the father of burgoo. He was known for cooking a huge quantity of the stew for Confederate General John Hunt Morgan and his cavalry during the Civil War.

## *Paddling to Naples*

Now we’ll paddle our way across the ocean to Naples in Southern Italy where they grow the tastiest tomatoes that pack our stew with unmistakable paisano flavor. The country’s sunny climate brings out the best in veggies like zucchini, eggplant, and bell peppers that form the base of our Neapolitan Cannellini Ragout heaped to the brim with these wonderful Italian treasures. The secret to its distinctive Mediterranean flavor lies in a little touch of kitchen alchemy with the familiar herbs and spices attributed to Italian cooking.

## *Spicing the Harira*

Our curious little stew pot will now venture across the Mediterranean Sea to a land that centuries ago fell in love with spices of the world. Morocco’s national stew, Harira, is blessed with nearly a dozen different spices that dwell happily together in harmony, yet never overwhelm the palate. Although Harira is closely associated with Morocco, it evolved in the countries of the Maghreb, the area loosely referred to as Western North Africa that may include Western Sahara, Tunisia, Algeria, and Libya.

This aromatic, flavorful stew, traditionally served to break the fast at sunset during Ramadan, is also served often throughout the year. To accompany this savory dish, Moroccans frequently serve it with dates or figs on the side, and enjoy a hearty bread to complete the meal.

## *Dipping into Pumpkin Stew*

West Africa is our next destination where we dip our spoons into a pot of vibrant African Pumpkin Stew, a dish blessed with native squash called pumpkin, similar in flavor to our familiar kabocha squash. Because this stew pot has a curious wanderlust, it has endowed the stew with a banquet of spices collected from the

pantries of many countries that border Africa's west coast. We'll be enjoying the flavors of Gambia, Ghana, Liberia, Senegal, Cote D'Ivoire, and Sierra Leone in every ladleful.

## *Finding Potjiekos*

Our stew pot will sprout some wings to reach our next destination in South Africa for a bowl of savory South African Potjiekos, a stew that was created with a unique history. The literal translation of potjiekos (pronounced poi jee kos) is "small pot food." Historically, it was a combination of meat and vegetables cooked with only a small amount of liquid in a three-legged cast-iron pot, called potjie (pronounced poi chee) brought to South Africa by the Dutch settlers in the 1800s. The stew was cooked outdoors using tiny quantities of wood, grasses, or dried animal dung to create a slow cooker effect where the food is gently steamed rather than boiled. Typically, the potjie was not stirred to allow each ingredient in the pot to retain its unique flavor. This stew flaunts a generous measure of red wine, though beer would also be a traditional substitute and a satisfying addition that complements the host of vegetables. The unique flavor booster in this stew is a cup of dried apricots, lending a touch of sweetness to this savory meal.

## *Taking the Silk Road to India*

Some of the richest, most highly seasoned stews are found in the kitchens of Northern India, where our stew pot travels next. A key stopover on the ancient Silk Road, India is blessed with an imposing array of spices that are either indigenous or were easily cultivated in the warm climate. During the Middle Ages in Europe, spices were mainly the cache of the wealthy and were used to barter for goods. So highly valued, the spices were kept in boxes that were willed to close relatives when the owner died. Even the poor had small quantities of pepper used for trading or as part of a dowry. It was the ingenious home cooks of India who found those spices compelling enough to incorporate into an everyday stew pot of lentils, potatoes, mushrooms, and cauliflower.

## *Cruising to Indonesia*

Our whirlwind journey of discovery wouldn't be complete without a cruise across the Indian Ocean to alluring Indonesia. It was here that native chefs first

fermented soybeans to create flat cakes of tempeh, one of the robust ingredients in our Savory Indonesian Stew. The country was also one of the fortunate ones to benefit from a bushel of spices, some native, some cultivated, and some imported. Influenced by the many cultures that traded goods throughout centuries, Indonesian foods are infused with the pungent flavors of garlic, ginger, cardamom, and star anise. Lending further enhancement to the stew are soy sauce and tamarind, familiar ingredients that traveled from Asia. While the tempeh and treasury of spices lend unique heartiness to the stew, they are accompanied with a wealth of vegetables, giving this stew its divine mystical flavors.

## *Traveling to Mexico*

Once again, we board our seaworthy stew pot and journey to Mexico, our final destination, for a bowl of captivating, chile-infused Guisada Mexicana. Guisadas are typically meat-based stews tucked into tacos along with veggie toppings. But this bracing vegan stew stands on its own with a lively touch of minced jalapeño, a pinch of cayenne, and a spoonful of chili powder to bring out its hallowed South of the Border flavor.



The global sojourn is over, but we can easily enjoy reliving the fun-filled culinary journey. The compelling recipes that follow are the key to helping us revisit each country with its fragrant stews and recreate them in our own well-seasoned stew pots!

## Burgoo

(Serves 8)

Burgoo is enjoyed throughout the year at large celebrations. To replace its meaty origins, I've lightened the pot with moist chunks of veggie beef strips. Cubes of tofu also work well, but burgoo is robust and hearty on its own without the vegan meat or the tofu. Traditionally, this meal begins with a mint julip and is accompanied with a generous serving of corn bread.

- 2 ribs celery, chopped**
- 1 large onion, chopped**
- 5 cloves garlic, coarsely chopped**
- 2 quarts plus 1/3 cup water, divided**
- 1 Tablespoon cold-pressed grapeseed or canola oil**
- 4 cups shredded green cabbage**
- 4 large carrots, peeled and sliced**
- 4 medium red or white potatoes, cut into large chunks**
- One 12-ounce package frozen, defrosted lima beans**
- One 12-ounce package frozen, defrosted black-eyed peas**
- One 8-ounce package frozen, defrosted cut okra or 1/2-pound fresh okra cut into 1-inch chunks**
- 2 green peppers, chopped into 1-inch chunks**
- 4 vegan chicken bouillon cubes (such as Massell)**
- 1/2 teaspoon red pepper flakes, or to taste**
- One 28-ounce can no-salt whole tomatoes, chopped**
- One 15-ounce can whole kernel corn, drained, or corn cut from 3 fresh ears**
- One 10.5-ounce package vegan frozen, defrosted beef or chicken strips (such as Gardein or Beyond Meat), cut into bite-size pieces (optional)**
- One 8-ounce can no salt added tomato sauce**
- 1/4 cup plus 1 Tablespoon distilled or apple cider vinegar**
- Salt to taste**
- 1 teaspoon liquid hickory smoke seasoning**
- 1/2 teaspoon ground black pepper**
- Juice of 1/2-1 lemon, or to taste**
- 2 lemons, cut into 8 wedges, for garnish**
- 1/2 cup minced fresh parsley, for garnish**

In a 12-quart stockpot, combine the celery, onion, garlic, 1/3 cup water, and oil. Cook and stir over high heat until

the onions begin to soften, about 2-3 minutes. Add 1 or more Tablespoons of water as needed to avoid burning the vegetables. Add the remaining 2 quarts water, cabbage, carrots, potatoes, lima beans, black-eyed peas, okra, green peppers, bouillon cubes, and pepper flakes. Bring the mixture to a boil, stirring frequently. Reduce the heat to medium and simmer about 7-10 minutes, or until the vegetables are just beginning to soften. Add the whole tomatoes, corn, vegan beef pieces, tomato sauce, vinegar, salt, hickory smoke seasoning, and black pepper. Simmer about 5-7 minutes longer, until the vegetables are tender.

Before serving, squeeze in the lemon juice and adjust the seasonings to taste. Spoon generous portions of burgoo into soup bowls and garnish each bowl with a sprinkle of parsley and a wedge of lemon.

Total calories per serving: 438    Fat: 7 grams  
Carbohydrates: 77 grams    Protein: 19 grams  
Sodium: 778 milligrams    Fiber: 13 grams

## Harira

(Serves 6)

Harira, the national soup/stew of Morocco, is served throughout the year, but is the favored choice as a Ramadan staple at sunset after the long day's fast. Serve the Harira with dates, figs, and hearty bread.

### Spice Blend

- 1 1/2 teaspoons ground allspice**
- 1 teaspoon salt**
- 1/2 teaspoon black pepper**
- 1/2 teaspoon ground turmeric**
- 1/2 teaspoon ground nutmeg**
- 1/4 teaspoon ground cardamom**

**One 10-12-ounce package vegan frozen, defrosted Chick'n Strips (such as Gardein or Beyond Meat), cut into bite-size pieces (optional)**

**1 Tablespoon cold-pressed grapeseed, organic canola, or extra-virgin olive oil**

### Harira Stew

- 1 Tablespoon cold-pressed grapeseed oil**
- 5 cloves garlic, chopped**
- 3 ribs celery, chopped**
- 2 large carrots, chopped**
- 1 large onion, chopped**
- 2 quarts vegan low sodium "chicken" broth or 2 quarts water and 4 cubes vegan chicken bouillon cubes**
- 5 tomatoes, chopped, or one 28-ounce can diced tomatoes**



**One 15-ounce can garbanzo beans, drained and rinsed**  
**½ cup brown lentils**  
**½ cup red lentils**  
**Two 3-inch sticks cinnamon**  
**1 teaspoon ground cinnamon**  
**¾ teaspoon ground cumin**  
**¾ teaspoon ground coriander**  
**½ teaspoon ground turmeric**  
**¼ teaspoon red pepper flakes**  
**¼ teaspoon ground ginger**  
**⅛ teaspoon ground cloves**  
**1 cup egg-free vermicelli, broken into pieces**  
**1 cup chopped cilantro**  
**2-3 fresh lemons, cut into wedges**

Combine the Spice Blend ingredients in a medium bowl and mix well. Add the vegan chicken pieces and toss well to coat them. Brown the chicken pieces in the oil in an 8- to 10-quart stockpot over high heat, tossing continuously for 1-2 minutes. Transfer the pieces to a bowl, set aside, and prepare the Harira in the same stockpot.

To prepare the Harira, put the oil in the stockpot and add the garlic, celery, carrots, and onions and cook over high heat, tossing frequently for about 2 minutes. Add 1 or more Tablespoons of water, if needed, to prevent burning the vegetables. Add the vegan chicken broth, tomatoes, garbanzo beans, brown and red lentils, cinnamon sticks, and other stew spices. Bring the mixture to a boil. Decrease the heat to medium, partially cover, and simmer gently for about 15-20 minutes, or until the lentils are tender.

Add the vermicelli and cook about 2 minutes, or until softened. Add the reserved chicken or beef pieces and cook another minute or two to combine the flavors. Adjust the seasonings to taste and garnish each serving with chopped cilantro and lemon wedges.

Total calories per serving: 417    Fat: 10 grams  
 Carbohydrates: 58 grams    Protein: 25 grams  
 Sodium: 878 milligrams    Fiber: 14 grams

## Neapolitan Cannellini Ragout

(Serves 6)

Baked in the oven, this stew is so Italian you'll think you're dining in a trattoria in Southern Italy! Because this is a winter stew, I've used canned tomatoes, but when fresh tomatoes are in season, use three large tomatoes, sliced or chopped. If you'd like, serve the ragout over cooked polenta, rice, or pasta.

**One 28-ounce can no-salt whole tomatoes**  
**1 large sweet onion, chopped (about 2 cups)**  
**2 cups peeled and cubed eggplant**  
**1 large zucchini, cut into ½-inch cubes**  
**1 red bell pepper, coarsely chopped**  
**½ green bell pepper, coarsely chopped**  
**2 large cloves garlic, finely minced**  
**½ teaspoon fennel seeds, crushed in a mortar and pestle**  
**1 Tablespoon extra-virgin olive oil**  
**One 14-ounce can cannellini beans, drained, liquid reserved**  
**6 large pimiento-stuffed green olives, sliced**  
**6 pitted Kalamata olives, sliced**  
**3 Tablespoons reserved bean liquid**  
**1 Tablespoon balsamic vinegar**  
**1 teaspoon dried oregano**  
**1 teaspoon dried basil**  
**1 teaspoon salt, or to taste**  
**Freshly ground black pepper**  
**2 Tablespoons cornstarch**  
**5-6 clusters of parsley**  
**1 recipe Homemade Parmesan (see page 18)**

Preheat the oven to 350 degrees and have an 8-inch square baking dish ready.

Carefully remove each tomato from the can and squeeze it to release its juice back into the can. Coarsely chop the tomatoes and put half into the bottom of the baking dish. Put the remaining tomatoes in a small bowl and set aside. Set the tomato liquid aside.

In a deep skillet, combine the onion, eggplant, zucchini, red and green bell peppers, garlic, fennel seeds, and oil. Cook and stir over high heat for about 3-5 minutes, or until the onions begin to brown. Turn off the heat.

Add the beans, green and Kalamata olives, bean liquid, vinegar, oregano, basil, salt, and pepper and mix well. Put half the mixture into the baking pan and spread the remaining chopped tomatoes over the top. Add the remaining vegetable mixture and spread it evenly.

Pour 1 cup of the reserved tomato liquid from the can into a cup or bowl and add the cornstarch. Mix well to dissolve the cornstarch completely. Pour the tomato-cornstarch juice over the vegetable mixture.

Bake uncovered for 35 minutes, until bubbling hot. Spoon into individual bowls and top each with parsley and a sprinkle of Homemade Parmesan. (See next page.)

Total calories per serving: 348    Fat: 14 grams  
 Carbohydrates: 39 grams    Protein: 13 grams  
 Sodium: 514 milligrams    Fiber: 13 grams

## Homemade Parmesan

(Makes 1¼ cups)

Often I've come to rely on a sprinkle of vegan Parmesan to add sparkle to a dish, soup, a casserole, or an appetizer. With only five ingredients, this recipe is almost instant to make and tastes enough like the real thing to put the Italian touch on everything from pizza to minestrone and a host of everyday dishes. Double the recipe and tuck in the fridge where it will keep until you're ready for an Italian delight. It keeps well for up to two months.

- 1 cup whole almonds**
- 1½ Tablespoons nutritional yeast flakes**
- 1 teaspoon onion powder**
- 1 teaspoon salt**
- ½ teaspoon garlic powder**

Put the almonds in a food processor. Process until they are finely ground, yet still retain a bit of texture, stopping occasionally to scrape down the work bowl. (Avoid over-processing or the nuts will turn into almond butter.) Add the remaining ingredients and pulse until well mixed. Transfer to a container and refrigerate until ready to use.

Total calories per 2 teaspoon serving: 30	Fat: 2 grams
Carbohydrates: 1 gram	Protein: 1 gram
Sodium: 79 milligrams	Fiber: 1 gram

## South African Potjiekos

(Serves 8)

Cooking potjiekos (pronounced poi kee koss) was a relaxing family tradition in South Africa with everyone gathered around the potjie (the cast-iron Dutch oven pronounced poi kee) while it was cooking outdoors over wood. Traditionally, very little liquid was used in the potjie, but I'm much more generous and love to have plenty of pot juices for dipping some hearty bread.

- 4 cups shredded green cabbage**
- 3 medium carrots, peeled and thickly sliced**
- 2 celery ribs, cut into ½-inch pieces**
- 1 medium sweet potato, peeled and cut into bite-size chunks (about ½ pound)**
- 1 cup dried apricots**
- ¾ pound white potatoes, with skins, cut into bite-size pieces**

- 2 large onions, cut into large chunks**
- 4 cloves garlic, chopped**
- One 14-ounce package Lightlife Gimme Lean vegan sausage (or similar), broken into coarse chunks**
- ¼ cup water**
- 1 Tablespoon cold-pressed grapeseed organic canola oil**
- 3 cups vegetable broth**
- One 28-ounce can diced tomatoes**
- One 15-ounce can kidney beans, rinsed and drained**
- ½ cup dry red wine**
- ¼ cup soy sauce**
- 3 bay leaves**
- 1 teaspoon dried rosemary, crushed**
- 1 teaspoon dried thyme**
- ⅛ teaspoon cayenne (optional)**
- Freshly ground black pepper**
- ¾ cup minced parsley, for garnish**

Prepare the cabbage, carrots, celery, sweet potato, apricots, and white potatoes and set them aside.

Combine the onions, garlic, vegan sausage, water, and oil in an 8- to 10-quart stockpot. Cook and stir the mixture over high heat for about 2 minutes to soften the onions. Add 1 or more Tablespoons of water as needed to prevent burning. Add the prepared vegetables, along with the vegetable broth, diced tomatoes, kidney beans, wine, soy sauce, bay leaves, rosemary, thyme, cayenne, and black pepper. Mix well, cover the pot, and bring to a boil over high heat. Decrease the heat to medium and simmer about 20-25 minutes, or until the vegetables are fork-tender. Adjust seasonings to taste.

To serve, spoon a generous portion of the stew into each bowl and garnish with a sprinkle of parsley.

Total calories per serving: 275	Fat: 2 grams
Carbohydrates: 49 grams	Protein: 13 grams
Sodium: 720 milligrams	Fiber: 11 grams

## African Pumpkin Stew

(Serves 8)

Vegetable stews abound in African cuisine and often contain robust seasonings. Kabocha squash, also called Japanese pumpkin in the U.S., is recognized by its deep green, somewhat mottled skin and is available year round. Serve the stew over steamed brown rice.

- 1 kabocha squash (2½ to 3 pounds)**
- 4 onions, coarsely chopped**
- 2 large carrots, peeled and cut into ½-inch chunks**

**4 pounds tomatoes, diced**  
**3½ cups water**  
**2 teaspoons ground coriander**  
**2 teaspoons ground cumin**  
**2 teaspoons chili powder**  
**1 teaspoon salt**  
**1 teaspoon dried thyme**  
**1 teaspoon ground cinnamon**  
**⅛ teaspoon ground cloves**  
**Freshly ground pepper**  
**Pinch of cayenne, (optional)**  
**1 bunch Swiss chard, ribs discarded, finely chopped**  
**1 cup roasted unsalted peanuts, chopped, divided in half**  
**½ cup chopped fresh mint, plus extra sprigs for garnish**  
**1-2 jalapeño chiles, minced**  
**Juice of 1 lemon**

Cut the squash in half with a firm, sharp knife. Discard the seeds. Cut the squash into 1-inch chunks, put them in a bowl, and set aside.

Put the onions and carrots in a food processor. Process until minced and transfer them to an 8- to 10-quart stockpot. Add the tomatoes, water, and spices to the stockpot. Cover and bring to a boil over high heat. Decrease the heat to medium or medium-low, partially cover, and simmer for about 20 minutes. Add the reserved squash, Swiss chard, ½ cup of the peanuts, ½ cup mint, and jalapeño and cook another 5-10 minutes. Adjust seasonings to taste.

Before serving, add the lemon juice and mix well. Ladle the stew into bowls and garnish each serving with the remaining ½ cup peanuts and a sprig of fresh mint.

Total calories per serving: 242    Fat: 10 grams  
 Carbohydrates: 36 grams        Protein: 10 grams  
 Sodium: 154 milligrams        Fiber: 9 grams





## Rajastani Ragout

(Serves 8)

I love this Indian-inspired ragout. If you decide to serve it immediately after cooking, you'll be dipping your spoon into very tasty soup and wonder why it's called stew. But, after standing at room temperature for an hour or two, or spending a few hours in the refrigerator, the soup magically turns into a scrumptious, hearty, and thick ragout.

**8½ cups water**  
**1 pound button or cremini mushrooms, cut in half**  
**1½ cups brown lentils, rinsed**  
**½ head cauliflower, chopped**  
**2 green bell peppers, chopped**  
**2 medium onions, chopped**  
**2 large carrots, thickly sliced**  
**2 medium red or white potatoes with skins, cut into bite-size pieces**  
**1 red bell pepper, chopped**  
**1 cup red lentils**  
**3-inch stick cinnamon**  
**4 cloves garlic, crushed**  
**2 bay leaves**  
**1½ teaspoons curry powder**  
**1½ teaspoons salt**  
**1 teaspoon ground turmeric**  
**½ teaspoon garam masala (see note)**  
**¼-½ teaspoon ground coriander (optional)**  
**¼-½ teaspoon ground cardamom (optional)**  
**1½ cups cherry tomatoes, cut in half**  
**¼ cup plus 2 Tablespoons lemon juice**  
**1 cup chopped parsley, for garnish**  
**1½ cups frozen defrosted peas, for garnish**

In an 8- to 10-quart stockpot, combine the water, mushrooms, brown lentils, cauliflower, bell peppers, onions, carrots, potatoes, red bell pepper, red lentils, cinnamon, garlic, bay leaves, curry powder, salt, turmeric, garam masala, coriander, and cardamom. Cover partially and bring to a boil over high heat. Reduce the heat to medium and simmer for 25-30 minutes, or until the lentils and vegetables are softened. Stir occasionally and check for sufficient water.

Add the cherry tomatoes and lemon juice and cook for 1-2 minutes. Adjust seasonings if needed. Remove cinnamon sticks and bay leaves before serving. Serve as a soup immediately, or turn off the heat and allow the ragout to rest at room temperature for 1-2 hours to thicken.

Reheat gently to warm through.

To serve, spoon a hearty portion of ragout into each bowl, sprinkle lightly with the parsley, and finish with 2-3 Tablespoons of peas sprinkled over the top.

Stored in the refrigerator, leftover Rajastani Ragout will keep for 5 days. If the ragout becomes too thick, add ½ cup or more of water when reheating.

*Note:* Garam masala, available in Indian markets, perhaps in the international aisle of your supermarket, or home-made, is a blend of spices that differs with every Indian cook. It may contain a combination of black pepper, cinnamon, cloves, coriander, cumin, cardamom, dried chiles, fennel, mace, and nutmeg.

Total calories per serving: 331    Fat: 2 grams  
Carbohydrates: 61 grams    Protein: 22 grams  
Sodium: 214 milligrams    Fiber: 19 grams

## Savory Indonesian Stew

(Serves 8)

While most of the vegetables in this Indonesian-inspired stewpot are familiar, the unique seasonings that create its exotic flavor, like tamarind, Chinese chili bean paste, cardamom, and star anise, can be found in Asian markets or online. Boosting heartiness are bite-size chunks of tempeh, a fermented soybean cake native to Indonesia where herbs and spices from surrounding countries add to its delicious, melting-pot cuisine.

**1½ quarts vegetable broth**  
**3 large carrots, peeled and thickly sliced**  
**3 medium onions, quartered**  
**10-12 cloves garlic, peeled, whole**  
**2 ribs celery with leaves, chopped**  
**1½-inch piece of ginger, peeled and finely chopped**  
**¾ teaspoon ground cardamom**  
**6-8 whole star anise**  
**1 pound tempeh, cut into 1-inch chunks**  
**3 Tablespoons soy sauce**  
**3-4 Tablespoons tamarind paste**  
**1 teaspoon Chinese chili bean paste**  
**3 medium sweet potatoes, peeled and cut into bite-size chunks**  
**2 medium red or white potatoes, with skin, cut into bite-size chunks**  
**2 large leaves kale, ribs discarded, leaves torn into bite-size pieces**  
**2 large zucchini, cut into ½-inch slices**  
**4-6 Tablespoons fresh lime or lemon juice**

**1-2 Tablespoons organic brown sugar**  
**Salt and pepper to taste**

### Garnishes

**6 sprigs fresh mint**  
**3-4 limes, quartered**  
**1¼ cups roasted peanuts**

In a 10-quart stockpot, combine the broth, carrots, onions, garlic, celery, ginger, cardamom, and star anise. Cover the stockpot and bring to a boil over high heat. Reduce the heat to medium. With the liquid simmering gently, lift the cover and add the tempeh, soy sauce, tamarind paste, and chili paste and stir well to incorporate them into the broth. Cook gently about 5 minutes.

Add the sweet potatoes, red potatoes, kale, and zucchini and cook another 5-6 minutes, or until the sweet potatoes are just fork tender. Stir in the lime juice and brown sugar and season to taste with salt and pepper. Adjust the seasonings as needed.

To serve, spoon a generous portion of the stew into each bowl. Garnish each with a sprig of mint and 2 lime quarters. Sprinkle roasted peanuts over the top and serve.

Total calories per serving: 410    Fat: 18 grams  
Carbohydrates: 47 grams    Protein: 20 grams  
Sodium: 374 milligrams    Fiber: 7 grams

## Guisada Mexicana

(Serves 6)

Guisada is typically a mixture of stewed ingredients tucked into a taco. I've expanded the idea, turning it into an irresistible Mexican fiesta in a bowl.

### Blender

**One 28-ounce can whole tomatoes**  
**1 large onion, coarsely chopped**  
**2 large garlic cloves**

### Stew Pot

**3 medium carrots, peeled and cut into ½-inch chunks**  
**3 medium red potatoes, cut into bite-size chunks**  
**1 large green bell pepper, chopped into 1-inch squares**  
**1 large zucchini, chopped**  
**One 14-ounce can pinto beans with liquid**  
**¾-1 pound meatless ground protein of your choice (see note in next column)**  
**1½ cups chopped tomatillos**  
**1 chipotle chile in adobo sauce, diced**

**3-inch stick cinnamon**  
**½-2 jalapeños, minced**  
**2 teaspoons ground cumin**  
**1½ teaspoons ground coriander**  
**1½ teaspoons dried oregano**  
**1 teaspoon chili powder**  
**1 teaspoon salt**  
**½ teaspoon dried marjoram**  
**Pinch cayenne (optional)**  
**1 pint cherry or grape tomatoes, cut in half**

### Garnish

**1 bunch cilantro**  
**6 lemon or lime wedges**  
**4-5 jalapeños, sliced**

Put the tomatoes, onion, and garlic into a blender and process until smooth and saucy. Pour the blended sauce into an 8-to 10-quart stockpot.

Add the stew pot ingredients, except the cherry tomatoes. Cover the pot and bring to a boil over high heat. Decrease the heat to medium and simmer gently, stirring occasionally, for about 15-20 minutes, or until the vegetables are fork tender. Add the cherry tomatoes and cook for 1-2 minutes. Don't overcook.

Remove star anise and cinnamon stick before serving. Spoon generous servings into bowls and garnish each bowl with cilantro sprigs, a lemon wedge, and slices of jalapeño.

*Notes:* If desired, serve over rice and top each bowl with a generous dollop of vegan sour cream.

Meatless protein: I used a 13.7-ounce package of frozen Gardein Beefless Ground, defrosted. An alternative choice to consider might be textured vegetable protein hydrated with water.

Total calories per serving: 315    Fat: 3 grams  
Carbohydrates: 53 grams    Protein: 22 grams  
Sodium: 743 milligrams    Fiber: 13 grams

**Zel Allen is a regular contributor to Vegetarian Journal.  
She is the author of several vegan cookbooks.**

# Veganized Traditional Southern New Year's Fare by Anna Lam

**S**outhern food always seems an unlikely candidate for veganization. Having lived in the South my whole life and developed a taste for rich, down-home southern flavors, I've always been disappointed to find ingredient lists for southern food recipes riddled with decidedly un-vegan ingredients such as bacon drippings, pork fat, chicken stock, ham, and butter. Luckily, I went vegan with the promise that anything can be made vegan, so I decided to test that theory by veganizing some of my favorite traditional Southern New Year's Day fare.

Come New Year's Day, you'll find many of the good people of the South partaking in everything from homemade skillet corn bread made from scratch, collard or turnip greens simmered until savory and tender, and plump black-eyed peas ("Hoppin' John") cooked with fragrant vegetables. What's more is that there's a reason for eating each of these dishes, as eating these foods is purported in the Southern tradition to bring one good luck and fortune in the coming year. So this year, get out the fine china and Cajun seasoning—we're eatin' good tonight! *Note:* These recipes serve 10, enough for you and your family and/or friends!

## Cornbread Flapjacks with Jalapeño-Mayhew Jelly

(Serves 10)

I love this recipe. It's a delightful twist on a very traditionally Southern recipe. Some say that the cornbread represents gold, so frying up some coin-shaped cornbread flapjacks seems apt. Either way, you have nothing to lose by serving up a piping hot stack of pancakes smothered with a delicious mix of jalapeño-mayhaw jelly. Both jalapeño jelly and mayhaw jelly are quintessentially Southern, but if you can't find either of them, I've found that chopping up fresh jalapeños and mixing it with apple, peach, or apricot jelly does it for me.

See photos of this recipe on this issue's cover, as well as on page 24!

*Jalapeño-Mayhaw Jelly:*  
**1 Tablespoon jalapeño jelly**

## 2 Tablespoons mayhaw jelly

Mix the jellies together in a small serving dish and smother on flapjacks, seitan, or rice—it's good on everything!

Total calories per serving: 12      Fat: <1 gram  
Carbohydrates: 3 grams      Protein: 1 gram  
Sodium: <1 milligram      Fiber: <1 gram

## Flapjacks:

### 1 Tablespoon vegan butter or margarine

**¾ cup cornmeal**

**1¼ cups all-purpose flour**

**2 Tablespoons organic sugar**

**2 teaspoons baking powder**

**1 pinch salt**

**1¼ cups vegan milk (I used Silk almond milk)**

**¼ cup coconut oil (or other neutral tasting plant oil)**

**½ ripe mashed banana**

Grease a large pan or skillet with butter or margarine, and set aside. Then mix the dry ingredients (cornmeal, flour, sugar, baking powder, and salt) in a large mixing bowl and give it a whisk. Then add the plant milk, oil, and banana to the mixing bowl, and mix until you get a creamy, uniform consistency. Dollop batter onto hot pan and cook for about 3 minutes on each side, or until golden brown. Serve with jelly.

Total calories per serving: 175      Fat: 7 grams  
Carbohydrates: 25 grams      Protein: 3 grams  
Sodium: 119 milligrams      Fiber: 1 gram

## Hoppin' John

(Serves 10)

Bring in the New Year with a steaming pile of Hoppin' John. This classic Southern dish is a must to serve if you're going to start off the year with good luck and a full belly.

**1 Tablespoon olive oil**  
**1 medium chopped white onion**  
**3 cloves chopped garlic**



- 1 chopped medium stalk celery**
- 1 chopped medium orange bell pepper**
- 2 bay leaves**
- 1 Tablespoon lite soy sauce**
- 1 Tablespoon maple syrup**
- 1 Tablespoon smoked paprika**
- 1 teaspoon liquid smoke**
- 1 Tablespoon Perfect Pinch "Savory All-Purpose" or other salt-free seasoning**
- 4 cups vegetable broth**
- One 16-ounce package frozen purple hull peas or black eyed peas**
- 2 cups basmati rice**

Add oil to a hot, large pot and sauté the onions, garlic, celery, orange bell pepper, and bay leaves for a few minutes or until fragrant. Add lite soy sauce, maple syrup, smoked paprika, liquid smoke, and Perfect Pinch (or other salt-free) seasoning. Add vegetable broth and bring to a boil. Add purple hull peas or black eyed peas into pot and bring the mixture back up to a boil, cooking for about 3 minutes. Then reduce the heat and simmer for 15 minutes, or until halfway cooked. (If you're using black eyed peas, simmer for about 5-10 minutes longer before adding the rice.) Add two cups basmati rice. Simmer for about 45 minutes, or until the rice is fluffy and stands apart from the beans.

Total calories per serving: 231    Fat: 2 grams  
 Carbohydrates: 46 grams    Protein: 7 grams  
 Sodium: 132 milligrams    Fiber: 4 grams

## Turnip Greens

(Serves 10)

Serve up some greens to your loved ones on New Year's to ensure they have some green in their pockets this coming year! These turnip greens are flavorful and, cooked long enough, become tender and melt-in-your-mouth good.

- 1 Tablespoon olive oil**
- 1 chopped medium onion**
- 3 cloves chopped garlic**
- 3 cups vegetable broth**
- Two 14-ounce packages frozen turnip greens**
- ½ Tablespoon liquid smoke**
- 1 Tablespoon Cajun seasoning**
- 2 teaspoons organic brown sugar**
- 2 Tablespoons apple cider vinegar**

- 1 Tablespoon lite soy sauce**
- Dash of hot sauce to taste**
- Dash crushed red pepper flakes (optional)**

Add one Tablespoon of olive oil to a pan or medium pot and heat over medium heat. Add the chopped onion and garlic and sauté for a few minutes or until fragrant. Pour vegetable broth into the pot and heat to a rapid boil. Add turnip greens, boiling for 3 minutes then reducing to a simmer. At this point, add the liquid smoke, Cajun seasoning, brown sugar, apple cider vinegar, soy sauce, and hot sauce. If you so desire, you can add a sprinkle of crushed red pepper as well for a spicy punch. Simmer until greens are tender. Serve warm.

Total calories per serving: 45    Fat: 2 grams  
 Carbohydrates: 6 grams    Protein: 2 grams  
 Sodium: 270 milligrams    Fiber: 2 grams

## Seitan Ham

(Serves 10)

New Year's isn't complete without a delicious mock-meat dish to boot! The Southern tradition usually calls for some kind of pork, but this 'roast' is well worth the effort and it completes the Southern tradition of New Year's fare without the cruelty.

- 2 cups vital wheat gluten**
- ½ cup chickpea (garbanzo) flour or whole wheat pastry flour**
- ½ cup nutritional yeast**
- 1 Tablespoon smoked paprika**
- 1 Tablespoon onion powder**
- 1 teaspoon garlic powder**
- 1 Tablespoon dried basil**
- 1 Tablespoon tomato paste**
- 1 Tablespoon white wine vinegar**
- 1 Tablespoon organic brown sugar**
- ½ cup lite soy sauce**
- 1½ cups hot water**
- 4 cups vegetable broth**
- 1 chopped medium onion**

Mix wheat gluten, flour, nutritional yeast, smoked paprika, onion and garlic powder, and basil in a medium mixing bowl. Combine the tomato paste, white wine vinegar, brown sugar, soy sauce, and hot water in a separate bowl and give it a mix. Combine wet and dry ingredients, mix well, and knead the resulting 'dough' for two minutes. Set aside.

Next, fill a medium pot with the vegetable broth and chopped onion and bring the broth up to a simmer. Carefully place the kneaded dough into the broth and simmer for one hour, carefully turning halfway through. After one hour, remove the heat and let the seitan cool in the liquid for at least 15 minutes, then serve sliced.

Total calories per serving: 164    Fat: 1 gram  
Carbohydrates: 14 grams    Protein: 24 grams  
Sodium: 551 milligrams    Fiber: 3 grams

**Anna Lam is a long-distance intern for The Vegetarian Resource Group. She is from Mississippi and is a student at Baylor University in Texas.**



## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD was quoted in the July 2017 issue of *Consumer Reports* in an article titled, “Healthy Shopping Strategies for Vegans.” She was also interviewed for a piece for *Organic Life Magazine* about the safety issues of kids going vegan.

A reporter for NACS MAGAZINE (National Association of Convenience Stores) interviewed VRG Co-Director Debra Wasserman for a trends column about how convenience stores can respond to the growth of consumers who are vegetarian and vegan.

A reporter for the *Wall Street Journal* contacted VRG, looking for data on veganism and vegetarianism in the U.S. and how this compares with 20 years ago. A writer with GateHouse Media, writing an article available to more than 600 digital and print publications in 36 states, asked us about vegetarians’ and vegans’ opinions on “reducetarians,” which they say is a person mindfully eating less meat.

### VEGAN Outreach

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD presented to the University of Massachusetts Plant-Based Nutrition Club on the myths and facts about vegetarian diets.

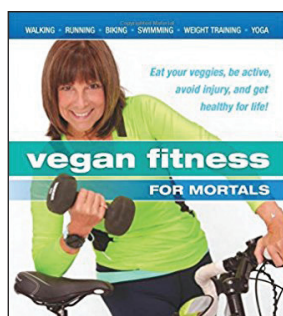
VRG’s FoodService Advisor Nancy Berkoff, EdD, RD is working on developing some vegan projects with the Humane Society. She is also consulting for a company in Russia who is looking to increase the availability of plant-based milks in Moscow.

We had a productive and enjoyable fun time in our office conducting an in-service for nine dietetic interns from the University of Maryland. We gave them an abundance of resources, which they will be able to use when they are practicing registered dietitians. A vegan company with a chief executive looking to retire touched based with us concerning possible successors.

# reviews

## VEGAN FITNESS FOR MORTALS

By Ellen Jaffe Jones



Looking for a healthier lifestyle? *Vegan Fitness for Mortals: Eat Your Veggies, Be Active, Avoid Injury, and Get Healthy for Life* is the place to start! Beginning with her familial history, Jones explains what brought her to a vegan diet and fit lifestyle. Her family members battled obesity, breast cancer, heart disease, and poor lung health all their lives; her doctors said she was destined for a similar path as her weight continued to increase into her adult years. After many unsuccessful fad diets, she realized that fruits, vegetables, whole grains, and consistent exercise were the medicine she needed. Once readers learn of her personal journey, they'll know she's a valuable source, especially as today she's a medal-winning athlete and personal trainer.

Before diving into fitness plans, Jones tells readers about the benefits exercise can create in other areas of life – more energy, better brain functioning, improved sex drive, deeper sleep, and decreased effects of aging – backing up her claims with scientific studies. This motivates readers to embrace fitness since it will aid them in all areas of life. Encouraging readers to start with a plan and schedule while bearing in mind their age, gender, and genetics, it's clear she wants each individual to find activities that fit their lifestyles and specific needs; she strives for everyone to achieve!

Jones weaves the benefits of vegan diet into her promotion of exercise in a conversational yet convincing manner. From reducing inflammation to aiding in recovery, readers will be inspired to eliminate meat and dairy from their diets in order to see results! Anyone who is looking to start a vegan diet but is unsure can find recommendations, recipes, and nutrition basics.

The book contains various fitness plans from walking, running, and biking to swimming, weight training, and yoga. Each activity section has tips, programs, and various exercises for beginner, intermediate, and advanced athletes alike, catering to a wide audience. Additional chapters on gear and gadgets, warmups and cooldowns, and injury prevention will help readers with any activity or fitness plan they choose.

*Vegan Fitness for Mortals* is an essential resource for anyone looking to move more and eat better. Even seasoned athletes will be reminded of their fitness basics by reading Jones's book. With a friendly tone and simple suggestions, Jones makes exercise and veganism easy for everyone to begin.

***Vegan Fitness for Mortals* (ISBN: 978-1-570-67340-5) is a 188-page book. It is published by Healthy Living publications and is available both online and at your local bookstores. Reviewed by Savannah Lawrence.**

## THE SUPERFUN TIMES VEGAN HOLIDAY COOKBOOK

By Isa Chandra Moskowitz



Isa Moskowitz has written many excellent vegan cookbooks and now owns two vegan restaurants (one in Omaha, Nebraska and the other in Brooklyn, New York). This cookbook showcases her phenomenal cuisine and now you can share it with your family and friends during a holiday gathering.

At Thanksgiving you can prepare Pumpkin Cornbread, Curried Candied Yams, and Green Bean Casserole. For Chanukah try Sweet Potato Latkes, Jelly Doughnuts, or Rugelach. During Christmas feast on Eggplant Lasagna, Gingerbread Waffles, or Candy Cane Fudge Cookies. And for New Year's you can make Cinnamon-Apple Crepes or Orange-Pecan Sticky Buns.

On other festive days try Seared Dragon Green Beans for the Chinese New Year, Beating Heart Salad for Valentine's Day, Irish Stout Stew with Potato Biscuits for St. Patrick's Day, Glazed Blueberry and Meyer Lemon Scones for Easter, Broccoli Kugel for Rosh Hashanah, Zomberoni Pizza Faces for Halloween, Eggplant Chimichurri Kabobs for the Fourth of July, Burrito Potato Salad for Cinco de Mayo, and Gumbo Z'herbes for Mardi Gras.

***The Superfun Times Vegan Holiday Cookbook* (ISBN: 978-1-61519-352-3) is a 168-page book filled with beautiful color photographs and plenty of tips. It is published by The Experiment and retails for \$24.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



# A Guide to Vegan Yogurt

By **Casey Brown** and **Laneece Hurd**, VRG Interns

Additional Taste Tester: **Eliana Gagliolo**

There is an abundance of vegan options on the market today. Vegan alternatives to meat, cheese, eggs, ice cream, yogurt, and other products are widely available in many forms and flavors. Vegan yogurt is a great option for individuals avoiding dairy, and these products do not disappoint. Many brands offer different flavors and styles of vegan yogurt, and these products can often be found in grocery stores. This guide will introduce you to the many different brands and flavors on the market and help you select the perfect one for you.

## Taste Test

Brands sampled: Daiya, Forager Project, Good Karma, Stonyfield O'Soy, Silk, So Delicious, Nancy's Cultured Soy, Kite Hill, and Almond Dream

First, we tasted Daiya's Greek yogurt alternative blueberry and black cherry flavors. These yogurts are colorfully packaged and both flavors were bright shades of purple with visible chunks of fruit throughout. The flavors were vibrant and the consistency was smooth and creamy. The yogurts had a thick texture and required stirring prior to eating.

From the brand Forager Project, we tried their strawberry-flavored Cashewgurt. Packaging and overall appearance were similar to dairy yogurt. It was a light shade of pinkish/red, had a mild flavor, and a smooth, creamy texture.

For Good Karma, we sampled the blueberry flavor. Similar to the Daiya yogurt, it had a thick, custard-like texture that needed to be stirred before eating. The flavor was intense and sweet.

We tasted the raspberry flavor of Stonyfield O'Soy yogurt, which had a light, smooth appearance. This product had the fruit on the bottom, so it needed to be mixed prior to eating. The texture was creamy, and it had a sweet but soy-like flavor.

We sampled the soy vanilla and soy peach & mango flavors of Silk yogurt. These had vibrant colors and appeared smooth. These products had

a slightly thin consistency with chunks of fruit throughout the flavored options, which added a satisfying taste. The flavor was quite sweet, and it did not have a noticeable soy taste.

For So Delicious, we tried the raspberry flavor. This yogurt had a smooth appearance, a thick texture, and a creamy consistency. The raspberry flavor was very light and had mild coconut undertones.

We sampled the plain soy flavor of Nancy's Cultured Soy. This yogurt was very lumpy in appearance. There was liquid on top and it required a lot of stirring before eating. The product was thick and had a tart taste; however, the flavored options might be sweeter. The plain flavor would probably be best used in smoothies or with added sweeteners.

For Kite Hill, we tried the plain, vanilla, and peach flavors. These products had a smooth, vibrant appearance. They had a thin, creamy consistency. The plain flavor had a slightly sour taste and could be used as a substitute for sour cream. The vanilla and peach options had prominent, authentic flavors that were mildly sweet.

We also sampled Almond Dream's coconut flavor. It had a thin consistency and slightly grainy texture because of the almonds. It had a mildly sweet and good flavor.

Overall, we thought that each of the brands offered unique textures and flavors. We found that Daiya had the thickest consistency of the ones we tried, while Kite Hill was the thinnest. We thought Kite Hill had the most authentic flavors, and Stonyfield O'Soy Organic had the sweetest flavor.

## Nutritional Analysis

We compared the nutrient content of nondairy yogurt options to the leading brands of dairy yogurt options. These included Yoplait for the original forms of yogurt and Chobani for the Greek-style yogurt. Mixed berry options were used in the comparison for both Chobani and Yoplait since many of the nondairy options are fruit

flavored. These comparisons are made based on the container size produced by the company, so the total serving size in grams might vary slightly from brand to brand.

Overall, the coconut-based yogurts (excluding the Coconut Dream brand) were generally much higher in calories, fat, and saturated fat and lower in protein than Yoplait and the other nondairy options. The almond-based products tended to be similar in most nutrients, but higher in fat than the soy-based products and Yoplait. The soy-based yogurts were also comparable to Yoplait, although they were higher in calories and lower in saturated fat.

Please note: More thorough nutritional analysis information can be found online at: [https://www.vrg.org/nut-shell/Guide to Vegan Yogurt 2017.pdf](https://www.vrg.org/nut-shell/Guide%20to%20Vegan%20Yogurt%202017.pdf)

### Cost

A vegan diet centered around whole foods in their natural form, such as rice, beans, potatoes, pasta, and vegetables, can be one of the most inexpensive ways to eat. However, some of the vegan meat and dairy substitutes can be pricier than their non-vegan counterparts. Some of the vegan yogurt alternatives are more expensive than dairy yogurt. A 6-ounce container of Yoplait Original Yogurt costs around \$0.65, while a 5.3-ounce container of Silk Soy Yogurt costs about \$1.49. For the Greek style yogurts, a 5.3-ounce container of Chobani Greek Yogurt typically costs around \$1.00, while a 5.3-ounce container of Daiya Greek Yogurt Alternative costs around \$1.69.

### Brand Characteristics and Purchasing Options

Common flavors that most brands offer include plain, vanilla, strawberry, peach, raspberry, blueberry, and chocolate. In addition, there are some unique flavors offered by different brands. Kite Hill has key lime and caramel options; Daiya has black cherry; Silk offers a pineapple flavor; and Nancy's Cultured Soy offers blackberry. The most common bases for vegan yogurts are almond, soy, and coconut, and the base each brand uses is listed below. In addition to this, all of the vegan yogurts that we found are non-GMO and gluten-free. Organic options are offered by So Delicious, Nancy's Cultured Soy, Stonyfield O'Soy, Coconut Grove, and Forager Project.

### Almond-Based:

#### Almond Dream:

- **Flavors:** Coconut, mixed berry, plain, strawberry, and vanilla.
- **Size Options:**
  - Single servings (6 oz.) of all flavors.

- Tub (24 oz.) of vanilla, strawberry, and mixed berry flavors.

- **Where to Purchase:** <http://www.dreamplant-based.com/where-to-buy/>

#### Amande:

- **Flavors:** Plain, vanilla, peach, cherry, coconut, strawberry, and blueberry.
- **Size Options:**
  - Single servings (6 oz.) of all flavors except for plain and vanilla.
  - Tub (24 oz.) of blueberry, coconut, plain, and vanilla flavors.
- **Where to Purchase:** <http://amandeyogurt.com/store-finder.html>

#### Kite Hill:

- **Flavors:** Plain, vanilla, peach, blueberry, strawberry, pineapple, key lime, and caramel.
- **Size Options:**
  - Single Servings (5.3 oz.) of all flavors.
- **Where to Purchase:** <http://www.kite-hill.com/where-to-buy-4/>

#### Silk Almond Milk Yogurts:

- **Flavors:** Plain, strawberry, vanilla, peach, and dark chocolate coconut.
- **Size Options:**
  - Single servings (5.3 oz.) of all flavors.
- **Where to Purchase:** <https://silk.com/where-to-buy>

### Soy-Based:

#### Nancy's Cultured Soy:

- **Flavors:** Unsweetened plain, plain, blackberry, strawberry, mango, blueberry, raspberry, and vanilla.
- **Size Options:**
  - Single servings (6 oz.) of all flavors.
  - Tub (24 oz.) of unsweetened plain, plain, blackberry, blueberry, mango, and raspberry flavors.
  - Large tub (32 oz.) of the plain flavor.
- **Where to Purchase:** <http://nancysyogurt.com/index.php/finding-nancys>

#### Silk Soy Yogurts:

- **Flavors:** Plain, vanilla, strawberry, peach & mango, blueberry, and pineapple.
- **Size Options:**
  - Single servings (5.3 oz.) of all flavors.
  - Tub (24 oz.) of soy plain or soy vanilla.
- **Where to Purchase:** <https://silk.com/where-to-buy>

### Stonyfield O'Soy:

- **Flavors:** Blueberry, raspberry, strawberry, and vanilla.
- **Size Options:**
  - Single servings (6 oz.) of all flavors
- **Where to Purchase:** <http://www.stonyfield.com/products/store-locator/>

### Coconut-Based:

#### Coconut Dream:

- **Flavors:** Plain, vanilla, strawberry, raspberry, and blueberry.
- **Size Options:**
  - Single servings (6 oz.) of all flavors
- **Where to Purchase:** <http://www.dreamplant-based.com/where-to-buy/>

#### Coconut Grove:

- **Flavors:** Plain, vanilla, blueberry, and strawberry.
- **Size Options:**
  - Single servings (6 oz.) of all flavors.
  - Tub (12 oz.) of all flavors.
- **Where to Purchase:** <http://www.coconut-groveyogurt.com/stores/>

#### CoYo:

- **Flavors:** Plain, mango, mixed berry, and chocolate.
- **Size Options:**
  - Single Servings (5.3 oz.) of all flavors.
  - Tub (12 oz.) of all flavors.
- **Where to Purchase:** <http://coyo.com/us/locator/>

#### Daiya:

- **Flavors:** Peach, strawberry, blueberry, and black cherry.
- **Size Options:**
  - Single servings (5.3 oz.) of all flavors.
- **Where to Purchase:** <http://daiyafoods.com/find-us/where-to-buy/>

#### So Delicious:

- **Flavors:** Unsweetened plain, plain, unsweetened vanilla, vanilla, blueberry, chocolate, mango, raspberry, strawberry, and strawberry banana.
- **Size Options:**
  - Single Servings (5.3 oz.) of all flavors.
  - Tub (24 oz.) of vanilla and plain (unsweetened and sweetened).
- **Where to Purchase:** <http://sodeliciousdairyfree.com/store-finder>

### Other Varieties:

#### Cashew-Based: Forager Project:

- **Flavors:** unsweetened plain, vanilla bean, wild blueberry, strawberry, and lemon
- **Size Options:**
  - Single servings (5.3 oz.) of all flavors
  - Tub (24 oz.) of unsweetened plain
- **Where to Purchase:** <http://foragerproject.com/store-locator/>

#### Flax-Based: Good Karma:

- **Flavors:** Plain, vanilla, blueberry, strawberry, and raspberry
- **Size Options:**
  - Single servings (6 oz.) of all flavors
- **Where to Purchase:** <http://goodkarmafoods.com/store-finder/>

#### Hemp-Based: Living Harvest:

- **Flavors:** Plain, blueberry, strawberry, and raspberry.
- **Size Options:**
  - Single servings (5.3 oz.) of all flavors
- **Where to Purchase:** Whole Foods and other natural foods stores





Flavor	Serving Size	Calories	Protein	Sugar	Saturated Fat	Calcium
<b>Almond-Based</b>						
Almond Dream Coconut	6 oz. (170 g)	130	1 g	12 g	0 g	20%
Almond Dream Mixed Berry	6 oz. (170 g)	160	1 g	18 g	0 g	20%
Almond Dream Plain	6 oz. (170 g)	150	1 g	14 g	0 g	20%
Almond Dream Vanilla	6 oz. (170 g)	160	1 g	17 g	0 g	20%
Amande Plain	8 oz. (227 g)	170	4 g	10 g	0.5 g	45%
Amande Vanilla	6 oz. (170 g)	160	3 g	14 g	0.5 g	30%
Amande Cherry	6 oz. (170 g)	150	3 g	14 g	0.5 g	30%
Amande Coconut	6 oz. (170 g)	170	3 g	15 g	0.5 g	30%
Amande Strawberry	6 oz. (170 g)	150	3 g	16 g	0.5 g	30%
Amande Blueberry	6 oz. (170 g)	150	3 g	15 g	0.5 g	30%
Kite Hill Plain	5.3 oz. (150 g)	160	6 g	5 g	2 g	-
Kite Hill Vanilla	5.3 oz. (150 g)	180	5 g	14 g	1.5 g	-
Kite Hill Peach	5.3 oz. (150 g)	180	5 g	15 g	1.5 g	-
Kite Hill Blueberry	5.3 oz. (150 g)	170	5 g	14 g	1.5 g	-
Kite Hill Key Lime	5.3 oz. (150 g)	180	5 g	17 g	1.5 g	-
Kite Hill Plain, Unsweetened	5.3 oz. (150 g)	140	6 g	0 g	2 g	-
Silk Peach Almond	5.3 oz. (150 g)	180	5 g	15 g	1 g	10%
Silk Strawberry Almond	5.3 oz (150 g)	180	5 g	15 g	1 g	10%
Silk Vanilla Almond	5.3 oz (150 g)	200	5 g	17 g	1 g	10%
Silk Dark Chocolate Coconut Almond	5.3 oz (150 g)	190	5 g	17 g	1 g	10%
Silk Plain Almond	5.3 oz (150 g)	180	6 g	6 g	1 g	15%
<b>Soy-Based</b>						
Nancy's Cultured Soy Plain, Unsweetened	6 oz. (170 g)	80	6 g	0 g	0.5 g	6%
Nancy's Cultured Soy Plain	6 oz. (170 g)	150	5 g	15 g	0 g	15%
Nancy's Cultured Soy Blueberry	6 oz. (170 g)	140	5 g	13 g	0 g	15%
Nancy's Cultured Soy Vanilla	6 oz. (170 g)	120	4 g	10 g	0 g	15%
Silk Peach & Mango Soy	5.3 oz (150 g)	140	6 g	17 g	0 g	20%
Silk Blueberry Soy	5.3 oz (150 g)	140	6 g	17 g	0.5 g	20%
Silk Vanilla Soy	5.3 oz (150 g)	140	6 g	16 g	0.5 g	20%
Silk Plain Soy	8 oz. (225 g)	140	9 g	7 g	0.5 g	40%
Stonyfield O'Soy Raspberry	6 oz. (170 g)	170	7 g	27 g	0 g	10%
Stonyfield O'Soy Strawberry	6 oz. (170 g)	170	7 g	27 g	0 g	10%
Stonyfield O'Soy Vanilla	6 oz. (170 g)	150	7 g	21 g	0 g	10%
<b>Coconut-Based</b>						
Coconut Dream Plain	6 oz. (170 g)	120	0 g	14 g	3 g	25%

Flavor	Serving Size	Calories	Protein	Sugar	Saturated Fat	Calcium
Coconut Dream Vanilla	6 oz. (170 g)	120	0 g	18 g	3 g	25%
Coconut Dream Raspberry	6 oz. (170 g)	130	0 g	18 g	3 g	25%
Coconut Dream Blueberry	6 oz. (170 g)	130	0 g	18 g	2.5 g	25%
Coconut Grove Plain	6 oz. (170 g)	180	1 g	3 g	12 g	2%
Coconut Grove Vanilla	6 oz. (170 g)	240	1 g	8 g	12 g	2%
Coconut Grove Strawberry	6 oz. (170 g)	210	1 g	17 g	10 g	2%
CoYo Mango	5.3 oz (150 g)	320	3 g	10 g	27 g	-
CoYo Plain	5.3 oz (150 g)	390	3 g	5 g	36 g	-
CoYo Mixed Berry	5.3 oz (150 g)	320	3 g	7 g	27 g	-
CoYo Chocolate	5.3 oz (150 g)	365	3 g	7 g	35 g	-
Daiya Peach	5.3 oz. (150 g)	150	8 g	13 g	4 g	20%
Daiya Black Cherry	5.3 oz. (150 g)	160	8 g	13 g	4 g	20%
So Delicious Unsweetened, Plain	8 oz. (225 g)	110	<1 g	<1 g	7 g	50%
So Delicious Unsweetened, Vanilla	8 oz. (225 g)	110	<1 g	<1 g	6 g	50%
So Delicious Chocolate	5.3 oz (150 g)	150	<1 g	20 g	4 g	20%
So Delicious Mango	5.3 oz. (150 g)	120	<1 g	13 g	3.5 g	25%
So Delicious Plain	8 oz. (225 g)	170	<1 g	15 g	6 g	40%
So Delicious Vanilla	8 oz. (225 g)	190	<1 g	24 g	6 g	40%
<b>Cashew-Based</b>						
Forager Project Unsweetened, Plain	8 oz. (225 g)	140	4 g	1 g	1.5 g	2%
Forager Project Wild Blueberry	5.3 oz. (150 g)	130	2 g	12 g	1 g	2%
Forager Project Lemon	5.3 oz. (150 g)	130	2 g	12 g	1 g	2%
Forager Project Vanilla Bean	5.3 oz. (150 g)	130	2 g	12 g	1 g	2%
Forager Project Strawberry	5.3 oz. (150 g)	140	2 g	12 g	1 g	2%
<b>Flax-Based</b>						
Good Karma Plain	6 oz. (170 g)	90	6 g	7 g	0 g	20%
Good Karma Vanilla	6 oz. (170 g)	120	5 g	15 g	0 g	15%
Good Karma Blueberry	6 oz. (170 g)	130	5 g	17 g	0 g	15%
Good Karma Raspberry	6 oz. (170 g)	140	5 g	18 g	0 g	15%
<b>Hemp-Based</b>						
Living Harvest Plain	5.3 oz (150 g)	130	10 g	8 g	0.5 g	2%
Living Harvest Strawberry	5.3 oz (150 g)	130	8 g	9 g	0.5 g	2%
Living Harvest Raspberry	5.3 oz (150 g)	130	8 g	9 g	0.5 g	2%
<b>Dairy Options (comparison)</b>						
Chobani Mixed Berry	5.3 oz (150 g)	140	12 g	16 g	1.5 g	15%
Yoplait Original Mixed Berry	6 oz. (170 g)	150	6 g	18 g	1 g	20%

## Crazy Go Nuts!

Move over almond butter, there is a new nut butter spread on the market. Crazy Go Nuts tried something different and created a delicious line of walnut butters. They offer eight vegan flavors of walnut butter: Plain, Banana, Orange, Coconut, Oatmeal Cookie,



Chocolate Espresso, Sage Rosemary, and Buffalo. The spreads have a smooth and creamy texture, and the flavors are true to their name. The Plain flavor is labeled “boring” on the package and this is only true when you compare it to the number of other flavors that they offer. The Banana flavor was mouthwatering and tasted just like fresh banana bread. This spread could be used on bagels, bread, or in baked goods. The Orange flavor had a truly authentic taste and could be eaten on toast. The Coconut flavor was sweet and not very strong, so even those who don’t enjoy coconut would love this spread. As we opened the Chocolate Espresso, we could smell the coffee flavor. This had a sweet and flavorsome taste that would be perfect in baked goods. Everyone was excited to try the Buffalo spread, and it did not disappoint. This option had the perfect blend of flavors, giving it a delicious taste with a mild kick from the cayenne pepper and chili powder. It would make a great addition to pizza or veggie burgers. Overall, we were impressed by the authentic, creamy, and delicious taste of all of the walnut butter flavors.

In addition to the spreads, Crazy Go Nuts offers snack bags of flavored walnuts. They have six vegan flavors including Orange, Banana, Coconut, Oatmeal Cookie, Chocolate Espresso, and Buffalo. These snack bags have an appetizing taste with a crunch, and they are perfect to take on the go. They would also add a great crunch to salads, oatmeal, yogurt, or even topped on ice cream. Crazy Go Nuts products can be ordered online or found using their store locator <http://www.crazygonutswalnuts.com/blank>. *Written by Casey Brown, VRG Intern.*

## Fast and Easy Gluten-Free Pizza Mix

Want fresh, homemade vegan pizza but don’t think you have the time to make it from scratch? Bella Gluten-Free offers a Gourmet Italian Pizza Crust Mix that can go from “cup to table in 22 minutes,” making it easy for you to prepare a personalized pizza! All you need to add is water, oil, and an egg alternative (a flax egg or chickpea water work great). The mix comes in a small, pint-sized container with flour and yeast, and the crust can be mixed within minutes! You can top it with your favorite ingredients, bake for 20 minutes, and your meal is served. The crust is thick and crispy but tender on the inside, and it resembles regular wheat pizza crust. The mix is non-GMO certified, gluten-free, and it is made with whole grains. This kit requires no fancy cooking tools or cooking skills, so those of all ages and cooking levels can easily make it. In addition to pizza crust, this mix can also be used to make a focaccia or a baguette. You can find this product at multiple stores including Whole Foods and Wegmans or visit <http://bellaglutentfree.com/stores> to find a store near you. *Written by Casey Brown, VRG Intern.*



## Pizza Swirls

Amy’s Kitchen combined two of my favorite things — pizza and cinnamon rolls — to form a delicious and savory product. Amy’s Vegan Margherita Swirls are satisfying, bite-sized rolls that taste like pizza. These Swirls resemble a calzone with their soft and tender dough filled with vegan mozzarella “cheeze” and a margherita sauce. The “cheeze” was well-melted between the layers of the Swirl and perfectly complemented the sauce. These Swirls are great to snack on, serve for dinner, or bring to a party to share! It only takes 10-12 minutes to prepare them in the oven or 2 minutes to prepare them in the microwave. They are non-GMO, certified organic, and Kosher. You can find this product in most grocery stores or by using their online store locator <https://www.amys.com/where-to-buy>. *Written by Casey Brown, VRG Intern.*



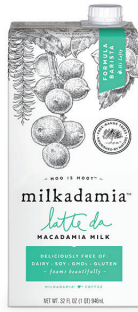


# veggie bits

## Milkadamia

I feel lucky to be living in a time with so many plant-based milk options. It seems silly to complain — however, if you're into playing barista at home, as I am, you may have noticed that many plant-based milks do not foam. Homemade lattes and cappuccinos are delicious with plant-based milk, but lack that frothy coffee house flair.

Milkadamia Latte Da, a vegan milk made from macadamia nuts does indeed “foam beautifully” as the box touts. You won't get quite the same results as with dairy milk, but it's the closest I've seen. It also compliments coffee flavor-wise better than most other nut milks I've tried. Besides the Latte Da flavor, which is made for foaming specifically, Milkadamia also has Original and Unsweetened flavors that are excellent vegan milk alternatives because they are fortified with vitamin B12, vitamin A, vitamin D, and calcium and most importantly, are delicious in cereal, coffee, or simply enjoyed plain. *Written by Samantha Gendler.*



## Kraut Krisps

Probiotics aren't just for yogurt! Farmhouse Culture makes Kraut Krisps, corn chips made with probiotics from sauerkraut. Probiotics are live bacteria that add to or replace the beneficial bacteria in the digestive tract. There are four Kraut Krisp flavors: Dill Pickle, Smoked Jalapeño, Zesty Garden Veggie, and Sea Salt. Dill Pickle is light and, in one bite, goes from a pleasant dill to a savory pickle. Smoked Jalapeño gently smokes before igniting the tongue into a jalapeño inferno. Zesty Garden Veggie is subdued, softly introducing itself as tomato then into basil, onion, red bell pepper, and garlic. Sea Salt features salt-covered chips containing a slight sauerkraut essence. Smoked Jalapeño is great on its own, but Dill, Veggie, and Sea Salt pair nicely with dip. VRG staffers agreed the chips are yummy and wonderfully crunchy.

You can purchase Kraut Krisps for \$3-4 at Whole Foods, Costco, or a local health food store. To find Kraut Krisps near you, visit: [www.farmhouseculture.com](http://www.farmhouseculture.com). *Written Shannon Borgoyne, VRG Volunteer.*



## Yogurt with Good Karma

Many non-dairy yogurts are delicious, but some of them have a questionable texture that is either too slimy or not firm enough.

However, Good Karma Foods has mastered taste, texture, and consistency with their new flax milk yogurts. I tried five flavors of yogurt: Raspberry, Strawberry, Blueberry, Plain, and Vanilla.

I truly enjoyed all five flavors and was blown away at how delicious each of them was. Other people who tried the yogurt in the office were very impressed by its texture. Of the five flavors, my favorite is strawberry. It is perfectly sweet, creamy, and smooth. It also contains little strawberry chunks. I think granola would be perfect on top to make it more dense and filling! The blueberry yogurt was my second favorite. It was quite sweet and tastes great with fresh shredded coconut.

The plain yogurt is slightly sour and would be delicious with some fruit jam. Good Karma's flax milk yogurts are also a source of calcium, omega-3s, and B12. I will definitely be purchasing these yogurts in the future!

For more information on Good Karma Foods' Dairy Free Yogurts, or to find a store near you, visit <http://goodkarmafoods.com>. *Written by Julia Mathew, VRG Intern.*



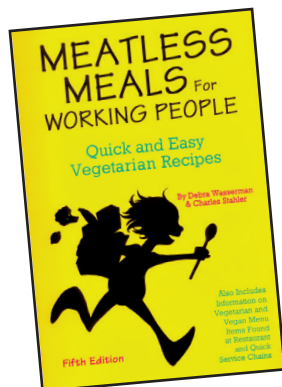
## Organic Olives

Pearls Olives released a new line of certified organic olives, which includes their two most popular flavors: Pitted Kalamata Greek Olives and Red Pepper Stuffed Green Olives. The Pitted Kalamata Greek Olives are packaged in a Greek vinaigrette, while the Red Pepper Stuffed Green Olives are packaged in a sea salt brine and stuffed with real red peppers. These products bring a taste of the Mediterranean to you with a delicious taste and a firm texture. Both of these varieties make the perfect addition to pastas, pizzas, and salads, giving them a more flavorful and unique taste. They also taste great straight out of the jar, bringing you “fun at your fingertips.” Find these products at Target and other grocery store chains or visit [www.olives.com/pearls/](http://www.olives.com/pearls/) to find a store near you. *Written by Casey Brown, VRG Intern.*

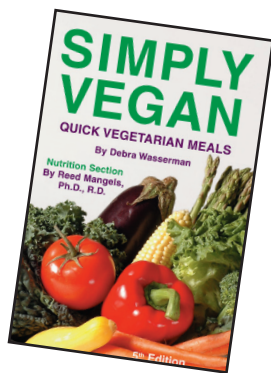


# VRG Catalog

## Books

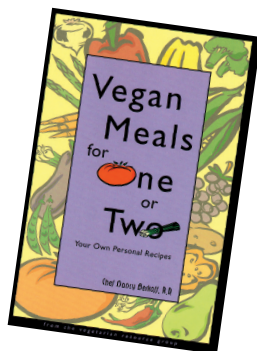


**Meatless Meals for Working People – Quick and Easy Vegetarian Recipes** (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to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



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

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



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

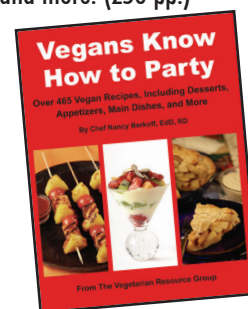
**Vegan in Volume** (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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

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

**Vegan Seafood: Beyond the Fish Shtick for Vegetarians** (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique vegan fish and seafood dishes. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, 'Tuna' Salad, and much more!

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

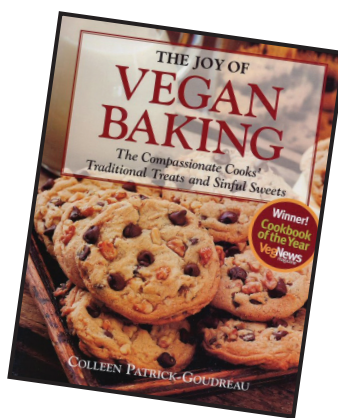


**Vegans Know How to Party** (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies!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

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



**Viva Vegan** (\$18.95) by Terry Hope Romero. This 283-page book has 200 recipes including Chorizo Seitan Sausages, Habenero-Melon-Papaya Salsa, Salvadorian Marinated Slaw, Sweet and Nutty Roasted Stuffed Plantains, Braised Brazilian Shredded Kale, Peruvian Potatoes with Spicy "Cheezy" Sauce, Homemade Soft Corn Tortillas, Black Bean-Sweet Potato Tamales, Corn-Crusted Pumpkin-Potato Empanadas...



**The Joy of Vegan Baking** (\$21.99) by Colleen Patrick-Goudreau. This cookbook features 150 familiar favorites. From cakes, cookies, and crêpes to pies, puddings, and pastries - this book will show you just how easy, convenient, and delectable baking without eggs and dairy can be. Enjoy Chocolate Chip Scones, Lemon Cheesecake, Cinnamon Coffee Cake, Soft Pretzels, Dessert Crêpes, Oatmeal Raisin Cookies, Apple Cobbler, Chocolate Almond Brittle, Chocolate Peanut Butter Cupcakes, plus much more. (288 pp.)

**Vegan Microwave Cookbook** (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook contains 165 recipes, some taking less than 10 minutes. It also includes

information for converting traditional recipes to the microwave, microwave baking and desserts, breakfasts, and recipes for holidays and parties.

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

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

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

### Bumper Stickers

**Bumper Stickers** (\$1 each, 10+ \$.50 each)  
"Be Kind to Animals—Don't Eat Them"

### Vegetarian Journal

**Vegetarian Journal** subscriptions are \$25 per year in the U.S., \$35 in Canada/Mexico, and \$45 in other countries.

### Reprints from Vegetarian Journal

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

## Order Form

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

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# Vegetarian Action

## Chef Ariel Bangs by Julia Mathew

After consistently becoming ill, Ariel Bangs decided to eliminate meat from her diet. The transition was relatively easy for her due to the abundance of fresh foods available in Seattle, Washington, as well as her cultural upbringing. “I am from an Italian, East Indian, and African American family where culture, healthy eating, herbalism, and natural health are our way of life,” says Ariel. She also added that her passion for gardening has influenced her view of food as a whole. “Gardening is life; it is our connection to the Earth and to the universe; it is our job as humans to own this responsibility and to give as we receive.” Although Ariel had initially planned to cut meat out from her diet only temporarily, the transition resulted in her discovery and adoption of a vegan lifestyle.

She later attended The Art Institute of Seattle, where she challenged herself to produce delicious vegan and gluten-free dishes despite her instructors’ caution. She used this knowledge to help start her vegan catering business, Healthy Creations, which focuses on Caribbean, Cuban, and Venezuelan cuisines. Ariel focuses a lot on culture as a means of bringing people together and believes that ‘veganizing’ these cuisines is quite simple, as “Almost all countries began anciently as vegan, because you grew your food and shared with the community.” She undertook research about ancient communities and learned a lot from speaking with elders to understand further the history of their respective food cultures. “Everyone is from a culture, loves some form of culture, and everyone loves to eat,” says Ariel.

Ariel says that she “didn’t intend to open a business; I wanted to help people who were afraid to eat

due to their food illnesses and allergies.” It was also out of this motive that Ariel created FLAVORGASMS, her vegan and gluten-free donut company. The donuts are made from a variety of bean, grain, and seed flours. When asked about the trial and error involved behind creating such wholesome donuts, Ariel responded, “It is always food science when you are focusing on alternative ingredients, which for me is fun because I am a natural experimenter.” She is currently working on opening her own vegan bakery in Seattle.



When asked about tips for parents to get their children to shift towards a vegan diet, Ariel says, “Make eating a fun experience. Involve them in growing, harvesting, washing, and preparing meals. Eat what you want them to eat.”

She emphasizes the importance of teaching about a vegan, predominantly whole-foods diet, rather than a diet high in processed foods. Ariel offers online classes and ‘Spring Up 30’, a healthy vegan meal plan which she says “compiles a group of people looking to transition into healthier eating, who need guidance and recipes as they take their journey.”

Ultimately, Ariel believes that, “Overall, what entices customers are wonderful products that are wholesome, taste great, have respect for the culture and the food as a whole. Whether you grow it, buy it or it is given to you, it should be beautiful. We eat with our eyes, nose, and ears before anything goes into our mouths.”

**Julia Mathew interned with The Vegetarian Resource Group during her final semester at Loyola University Maryland.**



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### Join Our Private Facebook Group!

We've started a private online Facebook support group for vegan parents and kids. Discuss your favorite vegan products and recipes for children or ask for advice about a wide-variety of topics: pregnancy, birthday parties, school lunches, Halloween, non-leather apparel, cruelty-free products, and more. Please use it as a place to share your wisdom, seek advice, or just find a sympathetic ear. The goal is to offer support to other families living a veggie lifestyle. See you online! <http://www.facebook.com/groups/VRGparentsandkids/>

### Vegan Meals for People in Need

VRG interns Davin Cheyenne Sims and Casey Brown prepared a vegan Creamy Bean and Potato Casserole with Carrots for Our Daily Bread, a local hot meal program that serves individuals in need. Visit [vrg.org/blog](http://vrg.org/blog) for vegan recipes you can make for your community's food kitchen.



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