

Preparing Perfect Panini • Scholarship Winners

VOLUME XXIX, NO 4

# VEGETARIAN

JOURNAL

HEALTH ECOLOGY ETHICS

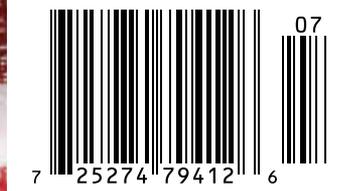
Do People Tend  
to Stay Vegetarian  
Long-Term?

*Baby Boomer  
Favorites*

Vegan Sloppy Joes (page 14)



\$4.50 USA/\$5.50 CANADA



**Guatemalan Fare**

www.vrg.org

# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline addresses the amount of sodium in the average American diet and rumors that people do not need to eat fruits or vegetables.*

**QUESTION:** *"I was surprised when I looked at a can of vegan soup recently and saw that a cup of soup had more than a quarter of the sodium I should be eating every day. Should I be concerned about this? What are food companies doing to reduce the sodium in their products?"* B.B., MA

**ANSWER:** Yes, you should be concerned!

First of all, let's address sodium in our daily diets. According to the 2005 *Dietary Guidelines for Americans*, we should all be using less than 2,300 milligrams of sodium (approximately 1 teaspoon of salt) a day. People with hypertension, African Americans, and those over 40 years of age should strive for less than 1,500 milligrams ( $\frac{2}{3}$  teaspoon of salt) a day.

In a recent report<sup>1</sup>, the Institute of Medicine (IOM) stated that American children and adults eat at least one and a half times the amount of salt proposed for a healthy diet. Excessive sodium consumption is associated with increased risk of hypertension, heart disease, stroke, and kidney disease. Not only is it a public health concern, it also contributes to health care costs. Reducing average sodium intake to 2,300 milligrams could eliminate nearly 11 million cases of hypertension and save approximately \$18 billion in health care expenses.

As vegetarians or vegans, we tend to believe our diet is healthy. This is due in part to our plant-based diet consisting mainly of whole grains, fruits, vegetables, legumes, nuts, and seeds. While

we may wish for the smell of sweet potato-lentil stew simmering alongside a pot of brown jasmine rice, the reality is that we don't always have 45 minutes to spend on a meal. Convenience foods may entice us with promises of fast, delicious food. The downside is that most sodium in our diet comes from processed and prepared foods, including vegetarian or vegan ones.

What are food companies doing about "the single most harmful substance in our food?" The IOM's recent report focused on strategies to reduce sodium. They propose that the Food & Drug Administration begin regulating the amount of salt in packaged and restaurant foods. Since new regulations would take time to achieve, the IOM is urging the food industry to begin voluntarily reducing levels. Sixteen companies, including Hain Celestial (<[www.nyc.gov/html/om/pdf/2010/nsri\\_corporate\\_commitments\\_and\\_comments.pdf](http://www.nyc.gov/html/om/pdf/2010/nsri_corporate_commitments_and_comments.pdf)>), have volunteered to reduce the sodium in their products by 25 percent no later than 2014. Other companies that make vegan foods and offer lower sodium products are Amy's Kitchen (<[www.amyskitchen.com/special\\_diets/sodium.php](http://www.amyskitchen.com/special_diets/sodium.php)>) and Health Valley (<[www.healthvalley.com/products/soupschilis.php](http://www.healthvalley.com/products/soupschilis.php)>).

Besides carefully watching your sodium intake and choosing lower-sodium products, there is something else you can do. If your favorite vegan product is high in sodium and doesn't come in a

*(Continued on page 9)*

## FEATURES

MANAGING EDITOR: Debra Wasserman

SENIOR EDITOR: Keryl Cryer

EDITORS: Carole Hamlin,

Jane Michalek, Charles Stahler

NUTRITION EDITORS: Reed Mangels, PhD, RD,

Suzanne Havala Hobbs, DrPH, MS, RD

NUTRITIONAL ANALYSES: Suzanne Hengen  
COVER PHOTO AND STYLING:

Linda Long, Lazarus Lynch

ART CONTRIBUTORS: Vonnice Crist, Rowen Leigh

WEB DEVELOPMENT/RESEARCH: John Cunningham

RESEARCH DIRECTOR: Jeanne Yacoubou

DEVELOPMENT: Sid Bravmann

RESTAURANT GUIDE/MEMBERSHIP: Sonja Helman

VEGETARIAN RESOURCE GROUP ADVISORS:

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

Catherine Conway, MS, RD; Jim Dunn; Heather Gorn;

Suzanne Havala Hobbs, DrPH, MS, RD;

Enette Larson-Meyer, PhD, RD; Reed Mangels, PhD, RD;

Jerome Marcus, MD; Virginia Messina, MPH, RD;

Mark Rifkin, MS, RD; Brad Scott, MBA;

Wayne Smeltz, PhD

COPYRIGHT 2010 BY THE VEGETARIAN

RESOURCE GROUP, INCORPORATED

PRINTED IN THE UNITED STATES OF AMERICA.

The *Vegetarian Journal* (ISSN 0885-7636) is published quarterly. The contents of *Vegetarian Journal* and our other publications, including web information, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on company statements for product and ingredient information. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your own best judgement about whether a product is suitable for you. To be sure, do further research or confirmation on your own.

SUBMISSIONS: We do not accept unsolicited manuscripts. Please send a query letter first.

ADVERTISING: *Vegetarian Journal* does not accept paid advertising. We do review vegetarian products.

E-MAIL: Contact The VRG via e-mail at [vrg@vrg.org](mailto:vrg@vrg.org).

The VRG's website is [www.vrg.org](http://www.vrg.org).

CHANGE OF ADDRESS: Please send change

of address to P.O. Box 1463, Baltimore, MD

21203. You may also e-mail a change

of address to [vrg@vrg.org](mailto:vrg@vrg.org).

FOR INFORMATION, CALL (410) 366-VEGE.

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

### 6 • Have a Panini Party

Nanette Blanchard helps you throw a grilled sandwich soirée!

### 10 • Do Vegetarians and Vegans Stay Vegetarian? The 2006-2009 VRG Survey

Charles Stahler discusses who is most likely to stick with a veggie diet.

### 14 • Baby Boomer Cooking

Debra Daniels-Zeller creates vegan versions of '50s favorites.

### 18 • Students from Hawaii and Virginia Earn Two VRG \$5,000 Scholarships

### 22 • Guatemalan Vegan Cuisine

Sample some Central American recipes with Chef Nancy Berkoff.

### 27 • Essay Contest Winners – First Installment

## DEPARTMENTS

|   |            |
|---|------------|
| <i>Nutrition Hotline</i>  | 2          |
| <i>Note from the Coordinators</i>   | 4          |
| <i>Letters to the Editors</i>   | 5          |
| <i>Nutrition Now's Calcium Soft Chews Assorted Fruit Variety Are Free of All Animal Products</i> , by Jeanne Yacoubou | 13         |
| <i>Notes from the VRG Scientific Department</i>   | 13         |
| <i>Vegan Cooking Tips</i><br>Mashed and Stuffed Potatoes, by Chef Nancy Berkoff                                       | 21         |
| <i>Veggie Bits</i>  | 26         |
| <i>Scientific Update</i>  | 28         |
| <i>Book Reviews</i>   | 31         |
| <i>Catalog</i>  | 33         |
| <i>Vegetarian Action</i><br><i>Go Vegan with Bob Linden</i> , A Commercial Radio Show, by Rachael Prokop              | 35         |
| <i>Spanish-Language Resources from The VRG</i>  | Back Cover |



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

The *Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit organization that educates the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$20 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

## NOTE FROM THE COORDINATORS

# REACHING THE LATINO COMMUNITY



The Vegetarian Resource Group's poll information about the number of vegetarians in the United States was featured at [cbs.com](http://cbs.com). See the write-up and video at [www.cbsnews.com/8301-504544\\_162-20009133-504544.html](http://www.cbsnews.com/8301-504544_162-20009133-504544.html). Over the years, the media have cited our poll information, businesses offering new products have perused it, students have included it in their marketing papers, and entrepreneurs have used it when starting up vegan businesses.

To take our information a step farther, we looked at the number of vegetarians who remain vegetarian and how various factors may impact the outcome. (See page 10.) We are presenting an abstract about this research at the American Dietetic Association's Annual Conference in Boston in November 2010. If you are attending, please stop by our booth or come to our vegan Thai dinner. (See [www.vrg.org/blog/2010/03/31/vrgrs-vegan-dinner-in-boston](http://www.vrg.org/blog/2010/03/31/vrgrs-vegan-dinner-in-boston) for details.)

In past VRG polls, we have found that a relatively high number of Latinos say they don't eat meat, fish, or fowl. Other polls on related issues have also come up with high numbers for the Latino population, which surprises many people.

After VRG Intern Veronica Lizaola did outreach at a Latino festival, she stated: "The majority of the Latino population was really interested in the information we had about diabetes and the vegetarian diet. Those who only speak Spanish took the 16-page handout in Spanish and were really happy about the sample menu inside. Those who could speak English took free copies of VRG's book on diabetes. So many people were impressed with our commitment and complimented us for taking the time to be there. It was definitely helpful that Mark Rifkin, a registered dietitian, was present to answer any questions. Many people had very specific queries about problems they were facing, such as with blood pressure, and each case differed from the rest.

"The coloring books were also popular for the children, and I was really happy that I gave out copies of our new Spanish coloring book, *El Arco Iris Vegetariano* (*The Vegetarian Rainbow*). The Walters Art Museum stand was across from ours, and the kids could use the markers that were available there to color our booklet."

Veronica continued, "This event really helped me interact with the Latino population. Even before the start of my internship, I had made that a priority, as I am of Mexican heritage. I was also able to learn about the amount of sugar in so many products, ranging from brownies and cookies to soda. Mark had different test tubes labeled and filled with the amount of sugar each product contained. This definitely has made me more aware of what is being consumed. I have no doubt the individuals who talked to us left with that same awareness, or even more!"

Thank you for all your financial and volunteer support, which enables VRG to continue our outreach to the Latino population and to others.

Debra Wasserman & Charles Stahler

Coordinators of The Vegetarian Resource Group

## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegetarian-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and 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.*

Thank you to George Novak of Novak Electric Sign Company, who created a banner for The VRG to use during the Green Festival in Chicago.

Special thanks to Julie Conry; Renee Dippel; Daniel Dunbar; Susan Hogan; Wilson Hur; Ashley Huse; Bruce Jones; Ross Kennedy, MSNW, RD; and Eric Sharer, MPH, RD, for volunteering to staff VRG's booth during the Green Festival in Chicago.

## More Food Allergy-Free Recipes, Please!

I have a comment about the focus on soy products in your magazine. I have been a vegetarian for more than 30 years. For a long time, I cooked regularly with tofu and other soy products. Then, 15 years ago, I developed an allergy to soy (probably there all along but just not as severe). Through an elimination diet, I also discovered several other foods I was quite allergic (or sensitive) to, including corn, eggs, peanuts, sesame, and some other foods to a lesser extent.

I know soy foods make cooking easy for many vegans and vegetarians and can have certain health benefits. It has been a challenge, but I've learned to make delicious, healthful meals without the use of these foods. It would be great if I could see more non-soy recipes using a variety of beans, legumes, nuts, seeds, etc., featured in your magazine.

Also, I am just curious if you receive other letters from people with allergies. I think that soy, corn, eggs, dairy, etc., are some of the most common allergens, so I'm always surprised that I don't hear more about that.

Thanks for the wonderful job you do in informing people about

the many benefits of a vegetarian lifestyle!

Holly M., via e-mail

## VRG Materials Help to Revitalize Floundering Vegetarian Group

As a member of the VRG since becoming vegan three years ago, I have enjoyed your *Journal*, cookbooks, and newsletters.

About two months ago, my husband and I volunteered to chair a languishing vegetarian group in the retirement community where we live six months out of the year. I called VRG for guidance and feel that I struck gold. Jeannie McStay was so willing to talk with me and tell me about other vegetarian groups and then provided many different handouts and references for our group.

Our first meeting was a great success, in large part due to VRG and Jeannie's help. Now, of course, we need to continue to make this a vital and worthwhile organization.

Both my husband and I want to thank VRG for the support and materials. Never having done this before, I know I will be calling on your organization again.

Thank you so much!

Ruth B., Tucson, AZ

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:

# NO-HASSLE DINNERS

**Plus:** *Secrets of Soyrizo, Vegan Wraps for Food Service, Another Student Essay Contest Winner, and more!*

# Have a Panini Party

By Nanette Blanchard

**P**ANINI ARE BECOMING UBIQUITOUS, AND IT'S NO wonder why! One bite of that flaky loaf and some piping-hot fillings, and most people are hooked!

Panini are delicious grilled sandwiches that are Italian in origin and typically made from a bread like ciabatta. In fact, this primary ingredient is the basis for the sandwich's name. 'Panino' is Italian for 'small bread roll,' and 'panini' is the word's plural form.

It's time to get in on the panini craze (if you haven't already)! Panini have emerged as a popular option for lunch, but you don't have to limit their consumption to your midday meal. Try a panini for breakfast or a late-night snack—they're quick to make and can be low in fat if you simply use vegetable cooking spray to coat the grill. They are also a great way to add some fruits and veggies to children's meals.

Panini grills are inexpensive and versatile, and even health-conscious vegans can use them to make wonderful and festive creations. There are two basic types of panini grills:

- A **non-stick grill** allows you to lower the top of the grill to compress the sandwich. George Foreman Grills are a familiar example. These grills can vary greatly in price.
- The other kind includes the **cast-iron stovetop panini grills**. You can even buy just a panini press top in cast iron; simply put the sandwich in a cast-iron pan and use the preheated panini top to compress and grill the sandwich.

You'll have the greatest success with your panini if you use thin slices of bread and remember to serve them immediately.

A panini party is a fun and casual way to entertain. Purchase several different types of breads and a variety of condiments and vegetables to add to customize your panini. Start your party by making the *Eggplant, Roasted Red Pepper, and Spinach Panini with Chipotle Mayonnaise* (below) and/or the *Crimini Mushroom and Mustard Panini* (opposite) because they are the lightest. Then, serve either the *Tempeh Reuben Panini* (opposite) or the *Southwestern Tofu Panini* (page 8) for the main event. Finish up the party with some sweet *Dark Chocolate, Peanut Butter, and Banana Panini* (page 8) or *Creamy Carrot and Pineapple Panini* (page 8) on raisin bread. Add a large salad of dark leafy greens and some sparkling cider, and you will have a memorable party.

## EGGPLANT, ROASTED RED PEPPER, AND SPINACH PANINI WITH CHIPOTLE MAYONNAISE (Makes 3 sandwiches)

*This colorful sandwich uses a spicy, non-dairy mayonnaise for extra flavor. Use chipotle powder if you can't find chile pepper in adobo sauce in your grocer's international aisle.*



Eggplant, Roasted Red Pepper,  
and Spinach Panini



Crimini Mushroom and  
Mustard Panini



Southwestern Tofu Panini



Dark Chocolate, Peanut Butter,  
and Banana Panini

## CHIPOTLE MAYONNAISE

- 1 Tablespoon chipotle chile pepper in *adobo* sauce, minced
- 2 Tablespoons vegan mayonnaise
- 1½ teaspoons fresh lime juice

In a small bowl, mix the ingredients together.

## PANINI

- Vegetable cooking spray
- 1 small eggplant, peeled and sliced into ½-inch slices
- 6 thin slices ciabatta
- 3 large slices roasted red peppers (approximately 3 ounces)
- 1 cup fresh spinach leaves, washed and dried

Preheat the panini grill and spray with vegetable cooking spray. Grill the eggplant slices for 4-5 minutes or until soft. Spread each slice of bread with 1½ teaspoons chipotle mayonnaise. Top 3 bread slices with roasted red peppers, spinach, and grilled eggplant. Then, top each sandwich with another slice of bread.

Spray the panini grill with additional vegetable cooking spray. Grill each panini for 5 minutes or until golden brown.

Cut each panini in half and serve hot.

Total calories per serving: 186    Fat: 3 grams  
Carbohydrates: 34 grams    Protein: 6 grams  
Sodium: 551 milligrams    Fiber: 7 grams

## CRIMINI MUSHROOM AND MUSTARD PANINI (Makes 3 sandwiches)

*You can use any type of mushrooms for these savory panini, but I like the crimini variety for its nutty flavor.*

- 8 ounces crimini mushrooms, sliced
- 1 large shallot, minced

- 1 Tablespoon extra-virgin olive oil
- 3 Tablespoons grainy mustard (whole grain or coarse type mustard, such as Trader Joe's Whole Grain Dijon Mustard)
- 6 slices whole wheat bread
- 3 slices vegan American soy cheese
- 2 Tablespoons minced Italian parsley
- Vegetable cooking spray

In a sauté pan, cook mushrooms and shallots in olive oil over medium heat, stirring occasionally, until the mushrooms are golden brown, approximately 7-8 minutes.

Preheat the panini grill. Spread 1½ teaspoons mustard on each slice of bread. Top 3 bread slices with the mushroom mixture, soy cheese, and parsley. Then, top each sandwich with another slice of bread.

Spray the panini grill with additional vegetable cooking spray. Grill each panini for 5 minutes or until golden brown.

Cut each panini in half diagonally and serve immediately.

Total calories per serving: 244    Fat: 9 grams  
Carbohydrates: 36 grams    Protein: 9 grams  
Sodium: 497 milligrams    Fiber: 4 grams

## TEMPEH REUBEN PANINI (Makes 3 sandwiches)

*The Reuben is a natural choice for a panini since it is, by definition, a grilled sandwich. The original version tops layers of deli staples with sauerkraut and flavorful dressings.*

*Tempeh, which fills in for the traditional corned beef, is available in the refrigerated section at natural foods stores and some supermarkets. If you can't find pumpernickel, get the darkest rye bread that you can. I use a sauerkraut from the refrigerated section of my health foods store that has much less sodium than canned sauerkraut. You can also*

*add sliced tomatoes or caramelized onions to these hearty sandwiches before grilling.*

## TEMPEH

- ¾ cup water
- 1 Tablespoon low-sodium soy sauce
- ¼ teaspoon granulated garlic
- ½ teaspoon dry mustard
- ¼ teaspoon liquid smoke
- 1 teaspoon smoked paprika (optional)
- 1 teaspoon agave nectar
- 8 ounces tempeh, thinly sliced

In a small saucepan, mix water, soy sauce, garlic, mustard, liquid smoke, paprika if using, and agave nectar. Add tempeh and simmer over medium-low heat for 10 minutes, adding more water if necessary, until all liquid is absorbed.

## THOUSAND ISLAND DRESSING

- 2 Tablespoons vegan mayonnaise
- 1 Tablespoon ketchup
- 1½ teaspoons pickle relish
- ¼ teaspoon onion powder

In a small bowl, combine dressing ingredients.

## PANINI

- 6 slices pumpernickel bread
- 6 Tablespoons sauerkraut
- Vegetable cooking spray

Preheat the panini grill. Spread each slice of bread with dressing. Top 3 bread slices with the tempeh and then sauerkraut. Then, top each sandwich with another slice of bread.

Spray the panini grill with vegetable cooking spray. Grill each panini for 5 minutes.

Cut each panini in half and serve immediately.

Total calories per serving: 325    Fat: 12 grams  
Carbohydrates: 38 grams    Protein: 20 grams  
Sodium: 854 milligrams    Fiber: 4 grams

## SOUTHWESTERN TOFU PANINI

(Makes 4 sandwiches)

*These filling sandwiches include tofu that has been brushed with a bit of salsa and grilled on the panini grill before the sandwiches are assembled.*

### Vegetable cooking spray

One 14-ounce package firm organic tofu, cut into 8 slices

3 Tablespoons store-bought salsa, preferably a smooth variety

Sea salt to taste

8 slices whole wheat bread

1 avocado, sliced

2 Roma tomatoes, sliced

8 green olives, halved

8 pickled jalapeño rings

Extra salsa for serving, if desired

Preheat the panini grill and spray with vegetable cooking spray.

Brush each tofu slice with a heaping teaspoon of salsa and sprinkle with sea salt. Grill tofu for 5-6 minutes or until browned. Remove from grill.

To make panini, top 4 bread slices with avocado, tomatoes, olives, and jalapeños. Top each sandwich with 2 pieces of tofu. Then, top each sandwich with another slice of bread.

Spray the panini grill with additional vegetable cooking spray.

Grill each panini for 5 minutes or until golden brown.

Cut each panini in half. Serve with additional salsa, if desired.

Total calories per serving: 322 Fat: 15 grams  
Carbohydrates: 37 grams Protein: 16 grams  
Sodium: 596 milligrams Fiber: 10 grams

## DARK CHOCOLATE, PEANUT BUTTER, AND BANANA PANINI

(Makes 2 sandwiches)

2 Tablespoons unsalted creamy peanut butter

4 slices soft whole wheat bread

1 large banana, sliced

1 ounce (approximately 6 squares) dark vegan chocolate, chopped

Vegetable cooking spray

1/4 teaspoon cinnamon

Preheat the panini grill. Spread peanut butter thinly on all 4 slices of bread. Top 2 bread slices with the chopped chocolate and banana slices. Then, top each sandwich with another slice of bread.

Spray the panini grill with vegetable cooking spray. Grill each panini for 3-4 minutes or until it is golden brown and the chocolate has melted.

Remove panini from the grill and cut each sandwich into 3 slices. Sprinkle with cinnamon. Serve hot.

Total calories per serving: 373 Fat: 15 grams  
Carbohydrates: 53 grams Protein: 11 grams  
Sodium: 304 milligrams Fiber: 7 grams

## CREAMY CARROT AND PINEAPPLE PANINI

(Makes 3 sandwiches)

*These dessert sandwiches are a terrific way to get kids to eat more carrots. Be sure to watch these sandwiches closely as they are cooking because raisin bread has a tendency to brown more quickly in the panini grill than other breads do.*

1/4 cup vegan cream cheese

1 carrot, peeled and grated (approximately 7/8 cup)

6 slices whole wheat raisin bread

6 thin canned pineapple rings (approximately 8 ounces)

Vegetable cooking spray

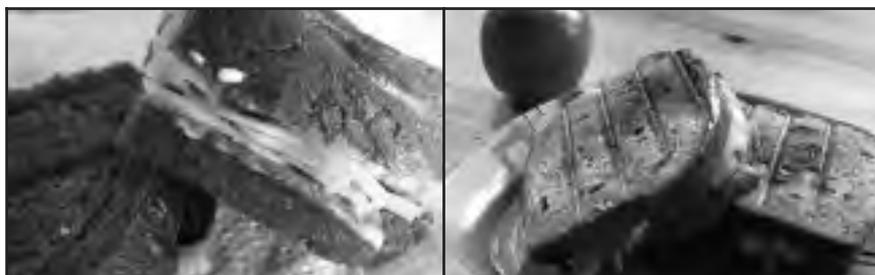
Preheat the panini grill.

In a small bowl, combine the cream cheese and carrots. Spread the mixture on the raisin bread slices. Top 3 bread slices with pineapple rings. Then, top each sandwich with another slice of bread.

Spray the panini grill with vegetable cooking spray. Grill each panini for 4 minutes or until golden brown.

Slice each sandwich in half and serve immediately.

Total calories per serving: 254 Fat: 6 grams  
Carbohydrates: 47 grams Protein: 5 grams  
Sodium: 327 milligrams Fiber: 4 grams



Tempeh Reuben Panini

Creamy Carrot and Pineapple Panini

Nanette Blanchard is a regular contributor to *Vegetarian Journal*. She maintains the *Cooking in Color* blog at <http://nanetteblanchard.blogspot.com>. In addition, she is the author of *Fiesta Vegan*, a self-published cookbook of healthful New Mexico recipes.

# NUTRITION HOTLINE

(Continued from page 2)

reduced-sodium version, contact the company and let them know this is something you want. As a consumer, you have the upper hand; you choose where to spend your dollars and which companies are going to get your business.

## REFERENCE

<sup>1</sup> IOM (Institute of Medicine). 2010. Strategies to Reduce Sodium Intake in the United States. Washington, DC: The National Academies Press.

*\*The response above was written by Corey Bivins, dietetics student and VRG volunteer.*

**QUESTION:** “I just saw something on TV about not needing to eat fruits and vegetables—they don’t keep you from getting cancer. Is this true?” B.C., GA

**ANSWER:** Short answer, “No. Fruits and vegetables are foods that you need every day.” Here’s why.

The story that you heard was probably based on a report from European Prospective Investigation Into Cancer and Nutrition (EPIC), a large multi-country study involving close to half a million people<sup>1</sup>. In the published study, researchers stated that fruits and vegetables had a very small effect on cancer risk. This statement led to headlines like “Five Fruit and Veg a Day Won’t Keep Cancer Away.” Unfortunately, some news stories did not point out that the study found that people who eat more fruits and vegetables did have a lower risk of cancer—approximately 3 percent lower risk for every 200 grams (approximately 7 ounces) more fruits and vegetables eaten. That translates to a 3 percent reduction in risk just by adding a medium stalk of broccoli every day. The reduction in risk was linear. In other words, the more fruits and vegetables you eat, the lower your risk for cancer is.

These results are pretty amazing when we consider that this study looked at overall cancer risk. Many kinds of cancer, including breast cancer, do not seem to be affected in a big way by fruits and vegetables<sup>2</sup>. If these cancers are included in an analysis, they dilute the

results so that it seems as if factors like fruits and vegetables only have a small impact. The effects of fruits and vegetables on the risk of specific cancers may be higher than the 3 percent overall reduction in risk seen in the EPIC study.

Besides not addressing effects of fruits and vegetables on specific cancers, this study looked at overall intake of fruits and vegetables (not including potatoes, vegetable juice, or legumes). It’s certainly possible that specific fruits and vegetables (or categories of fruits and vegetables) are more important than overall fruit and vegetable intake. For example, foods like kale, carrots, and oranges are richer sources of many nutrients than iceberg lettuce.

While a 3 percent reduction in risk of cancer may sound quite small, if we look at the number of people who get cancer each year, reducing this number by 3 percent would mean that thousands of people would not get cancer. Additionally, people who eat more fruits and vegetables also have a lower risk of heart disease, obesity, and type 2 diabetes<sup>3-5</sup>.

So, don’t let the headlines fool you. It’s important to eat plenty of fruits and vegetables, and since we don’t know exactly which fruits and vegetables are best, eat a variety every day.

## REFERENCES

- <sup>1</sup> Boffetta P, Couto E, Wichmann J, et al. 2010. Fruit and vegetable intake and overall cancer risk in the European Prospective Investigation Into Cancer and Nutrition (EPIC). *J Natl Cancer Inst* 102:529-37.
- <sup>2</sup> WCRF/AICR. 2007. Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective. Washington, DC: AICR.
- <sup>3</sup> Bazzano LA, He J, Ogden LG, et al. 2002. Fruit and vegetable intake and risk of cardiovascular disease in U.S. adults: the first National Health and Nutrition Examination Survey Epidemiologic Follow-Up Study. *Am J Clin Nutr* 76:93-99.
- <sup>4</sup> Rolls BJ, Ello-Martin JA, Tohill BC. 2004. What can intervention studies tell us about the relationship between fruit and vegetable consumption and weight management? *Nutr Rev* 62:1-17.
- <sup>5</sup> Ford ES, Mokdad AH. 2001. Fruit and vegetable consumption and diabetes mellitus incidence among U.S. adults. *Prev Med* 32:33-9.

# Do Vegetarians and Vegans Stay Vegetarian?

## The 2006-2009 Vegetarian Resource Group Survey

Data Compiled by Ricky Christopher Brathwaite

With Assistance from John Cunningham, Kristen Lambert, Reed Mangels, and Rachael Prokop • Article By Charles Stahler

**F**OR MORE THAN 15 YEARS, THE VEGETARIAN Resource Group has been using polls to estimate the number of vegetarians in the United States. (See <[www.vrg.org/nutshell/faq.htm#poll](http://www.vrg.org/nutshell/faq.htm#poll)>.) Next, we wanted to look at the number of people who stay vegetarian, along with their motivations.

In 2006, we received 267 completed surveys, some from *Journal* readers and others collected by volunteers. In 2009, we resurveyed the same people and received 153 surveys from individuals who were vegetarian or vegan in 2006. Our methodology is exploratory, and further research is necessary to extrapolate to the general population. Note that we don't have information about the 34 percent from our original survey who did not respond to the 2009 one.

The vast majority of vegans and vegetarians stayed at least vegetarian. Our hypothesis was that people who became vegetarian primarily for ethical reasons would be more likely to stay vegetarian than people who became vegetarian primarily for health reasons. This did not hold up since 94 percent of ethical motivators stayed vegetarian from 2006 to 2009, and almost as large a percentage of health-motivated individuals stayed vegetarian with 91 percent. Interestingly, 100 percent of the people who cited environmental concerns as the reason for their diet remained vegetarian from 2006 to 2009.

We also theorized that vegans were more likely to stay vegetarian or vegan than were vegetarians who weren't vegan in 2006. We were wrong here also, as

94 percent of 2006 vegetarians and vegans were still vegetarian and vegan in 2009. Six percent of vegans stopped being vegetarian, and six percent of vegetarians stopped being vegetarian. Eight percent of 2006 vegans became vegetarian, while eleven percent of 2006 vegetarians became vegan.

For both males and females surveyed, 94 percent stayed at least vegetarian. One hundred percent of 2006 vegan males stayed vegan, while 83 percent of 2006 vegan females stayed vegan. Of those who were vegetarian less than two years, 75 percent stayed vegetarian;

**The vast majority of vegans and vegetarians stayed at least vegetarian from 2006 to 2009.**

the categories of people who had been vegetarian from '3 to 5 years' to '30 years or more' varied between 90 and 100 percent remaining vegetarian. Possibly, those who are most likely to stay vegetarian are male vegans and individuals who have been vegetarian (no meat, fish, or fowl) for three or more years.

In our survey, respondents were asked if they did not eat meat, fish, fowl, dairy, or eggs. Though this study can't be extrapolated to the general population, we look forward to building upon this research.

Some of the study results follow on pages 11 and 12. To see all of the results, visit <[www.vrg.org](http://www.vrg.org)>.

# 2009 VRG Retention Survey Results

## SURVEY RESPONDENTS

267 2006 surveys\*  
 176 2009 surveys  
 66% 2006 respondents who responded in 2009

\* 276 total minus 9 duplicates and blanks.

## 73 WERE VEGAN IN 2006

63 (86%) Still vegan in 2009  
 6 (8%) Vegetarian in 2009  
 4 (6%) Not vegetarian in 2009

## 2006 RESPONDENTS WHO RESPONDED IN 2009

80 Didn't eat meat, poultry, or fish (vegetarian), though not vegan, in 2006  
 73 Didn't eat meat, poultry, fish, dairy, or eggs (vegan) in 2006  
 153 Total vegetarians plus vegans in 2006

## 80 WERE VEGETARIAN IN 2006 (NOT INCLUDING VEGANS)

66 (83%) Still vegetarian in 2009  
 9 (11%) Vegan in 2009  
 5 (6%) Not vegetarian in 2009

## BY RESPONDENT GENDER

### MALES

33 Vegetarian or vegan in 2006  
 31 (94%) Still vegetarian or vegan in 2009  
 19 Vegetarian (not including vegan) in 2006  
 13 (68%) Still vegetarian (not vegan) in 2009  
 4 (21%) Vegan in 2009  
 14 Vegan in 2006  
 14 (100%) Still vegan in 2009

### FEMALES

120 Vegetarian or vegan in 2006  
 113 (94%) Still vegetarian or vegan in 2009  
 61 Vegetarian (not including vegan) in 2006  
 53 (87%) Still vegetarian (not vegan) in 2009  
 5 (8%) Vegan in 2009  
 59 Vegan in 2006  
 49 (83%) Still vegan in 2009  
 6 (10%) Vegetarian (not vegan) in 2009

## HOW LONG RESPONDENTS HAD BEEN VEGETARIAN OR VEGAN IN 2006

|           |                                     |
|-----------|-------------------------------------|
| 3         | Less Than a Year in 2006            |
| 2 (67%)   | Still vegetarian (or vegan) in 2009 |
| 9         | 1-2 Years in 2006                   |
| 7 (78%)   | Still vegetarian (or vegan) in 2009 |
| 14        | 3-5 Years in 2006                   |
| 13 (93%)  | Still vegetarian (or vegan) in 2009 |
| 17        | 6-10 Years in 2006                  |
| 16 (94%)  | Still vegetarian (or vegan) in 2009 |
| 24        | 11-15 Years in 2006                 |
| 24 (100%) | Still vegetarian (or vegan) in 2009 |
| 15        | 16-19 Years in 2006                 |
| 15 (100%) | Still vegetarian (or vegan) in 2009 |
| 18        | 20-25 Years in 2006                 |
| 17 (94%)  | Still vegetarian (or vegan) in 2009 |
| 10        | 26-29 Years in 2006                 |
| 9 (90%)   | Still vegetarian (or vegan) in 2009 |
| 40        | 30 or More Years in 2006            |
| 38 (95%)  | Still vegetarian (or vegan) in 2009 |

## MAIN REASON RESPONDENT GAVE FOR BEING VEGETARIAN OR VEGAN IN 2006 AND IF STILL VEGETARIAN IN 2009

|                             |                                     |
|-----------------------------|-------------------------------------|
| <b>HEALTH</b>               |                                     |
| 32                          | Vegetarian or vegan in 2006         |
| 29 (91%)                    | Still vegetarian (or vegan) in 2009 |
| <b>ETHICS</b>               |                                     |
| 48                          | Vegetarian or vegan in 2006         |
| 45 (94%)                    | Still vegetarian (or vegan) in 2009 |
| <b>ANIMAL RIGHTS</b>        |                                     |
| 72                          | Vegetarian or vegan in 2006         |
| 66 (92%)                    | Still vegetarian (or vegan) in 2009 |
| <b>WEIGHT LOSS</b>          |                                     |
| 3                           | Vegetarian or vegan in 2006         |
| 3 (100%)                    | Still vegetarian (or vegan) in 2009 |
| <b>THE ENVIRONMENT</b>      |                                     |
| 15                          | Vegetarian or vegan in 2006         |
| 15 (100%)                   | Still vegetarian (or vegan) in 2009 |
| <b>MY RELIGION</b>          |                                     |
| 1                           | Vegetarian or vegan in 2006         |
| 1 (100%)                    | Still vegetarian (or vegan) in 2009 |
| <b>MY SPIRITUAL BELIEFS</b> |                                     |
| 17                          | Vegetarian or vegan in 2006         |
| 15 (88%)                    | Still vegetarian (or vegan) in 2009 |
| <b>SAVING MONEY</b>         |                                     |
| 1                           | Vegetarian or vegan in 2006         |
| 1 (100%)                    | Still vegetarian (or vegan) in 2009 |
| <b>WORLD HUNGER</b>         |                                     |
| 5                           | Vegetarian or vegan in 2006         |
| 5 (100%)                    | Still vegetarian (or vegan) in 2009 |
| <b>TASTE</b>                |                                     |
| 7                           | Vegetarian or vegan in 2006         |
| 6 (86%)                     | Still vegetarian (or vegan) in 2009 |
| <b>OTHER</b>                |                                     |
| 7                           | Vegetarian or vegan in 2006         |
| 7 (100%)                    | Still vegetarian (or vegan) in 2009 |

# Nutrition Now's Calcium Soft Chews Assorted Fruit Variety Is Free of All Animal Products

By Jeanne Yacoubou, MS, VRG Research Director

**R**ECENTLY, A READER ASKED US TO LOOK INTO THE sources of calcium and vitamin D in Nutrition Now's Calcium Soft Chews listed in a VRG article on vitamin D (*Vegetarian Journal*, Issue 2, 2009). The company had provided her with some information, and she wanted VRG to confirm that it was true.

We spoke to Holly, a customer service representative at Nutrition Now, and Kirshing, a process control analyst. Holly told us that the Calcium Soft Chews contained calcium carbonate derived from mineral deposits. The vitamin D<sub>2</sub> in this product is yeast-derived.

Calcium Soft Chews come in two flavors: assorted fruit and chocolate. The company's own 'vegetarian approved' label is only on the assorted fruit variety. The chocolate flavor Calcium Soft Chews do not carry this label because "the product contains dairy," Kirshing said. Nutrition Now does not use a 'vegan approved' label, but the Assorted Fruit Calcium Soft Chews appear to be free of all animal products.

Nutrition Now manufactures a children's version of Calcium Soft Chews, known as Rhino Calcium Soft Chews and also available in assorted fruit and chocolate flavors. The company's 'vegetarian approved' label appears only on the assorted fruit variety. The chocolate flavor contains dairy but is otherwise free of other animal products.

Readers may note that some Nutrition Now vitamin products contain gelatin. Those that do—and only those that do—are sprayed with coconut oil and beeswax to prevent sticking. Nutrition Now makes similar products for both children and adults with pectin (instead of gelatin) and without beeswax spray. These product packages also carry the 'vegetarian approved' label.

Readers should be aware that some Nutrition Now products contain vitamin D<sub>3</sub> from lanolin found in sheep's wool. The vitamin D<sub>3</sub> is listed as such. Tricalcium phosphate may be used as the calcium source in some products. This is a mineral form of calcium, too. See <[www.nutritionnow.com](http://www.nutritionnow.com)> for more information.

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### VRG IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed about top ways to add variety to a vegan diet for *Today's Diet and Nutrition* magazine and about consuming soy during pregnancy for *Fit Pregnancy* magazine. She also spoke to *Woman's World* magazine about veggie burgers. In addition, Reed was a guest on the *Backstage Gourmet* radio show.

### VRG OUTREACH

Earlier this year, Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, submitted a proposal to present a paper titled "Do Vegetarians and Vegans Stay Vegetarian? The Vegetarian Resource Group 2006-2009 Survey" for the 2010 Food & Nutrition Conference & Expo (FNCE) in Boston. Her proposal was accepted, and she presented the results of VRG's longitudinal study during a poster session on Tuesday, November 9. Some of the results have been reported in this issue of *Vegetarian Journal* (pages 10-12).

Reed authored a chapter about vegetarian children in the American Dietetic Association's recently published *Pediatric Nutrition Care Manual*. She also worked the VRG table at the Alternative Health Fair at Hampshire College in Amherst, Massachusetts, for the second year in a row.

# Baby Boomer Cooking

By Debra Daniels-Zeller

**I**N THE 1950s, MOST AMERICAN pantries included processed and packaged foods, according to Laura Shapiro in *Something From the Oven: Reinventing Dinner in 1950s America*. Over the next decades, many people ate an array of processed foods in various recipes—Jell-O salads, green bean casseroles, and Kellogg’s Rice Krispies treats are just a few examples. Often recalled with smiles, these classic recipes conjure memories of learning to cook, sock hops, and early rock and roll music.

Packaged, processed ingredients defined foods like Sloppy Joes, Macaroni and Cheese, and Toll House Chocolate Chip cookies. Canned soup enhanced casseroles, crushed potato or tortilla chips topped them, and baking mixes requiring eggs or oil made the packaged product recipes seem homemade. Shapiro says that even gourmet chef James Beard had acknowledged that some of the mixes on the market were good by the mid-1950s.

In the 1960s, I discovered Mom’s stash of food company recipe pamphlets tucked away in the back of the pantry. Among my best finds were Aunt Jenny’s Favorite Recipes made with Spry vegetable shortening, a ‘Recipes from the El Molino Kitchens’ booklet from a stone-ground flour company, and the annual ‘Pillsbury Bake-Off’ recipes. For many budding chefs and

bakers, these product pamphlets offered a treasure trove of recipes and an invitation to cook.

‘Quick’ and ‘easy’ became new buzz words in cooking. Uncomplicated recipes meant aspiring chefs without any kitchen skills could learn to cook from booklets. However, salt-laden processed ingredients caused sodium levels to soar. Many of today’s cooks think twice about sodium, fat, and sugar levels before recreating favorite nostalgic foods, no matter how fondly they remember the recipes.

I’ve experimented with many recipes from the 1950s and ’60s over the years. I updated flavors and took out dairy, meat, and salt. With some simple substitutions, many old-time favorites can be made to fit today’s more health-conscious kitchen.

The following recipes offer tips and techniques for turning classic recipes into vegan delights.

## WILTED CABBAGE SALAD (Serves 4)

*This is a variation of a wilted greens salad with bacon. Smoky tempeh strips lend flavor, and the carrots or apples add a sweet dimension.*

**2 cups boiling water**  
**3 cups thinly sliced cabbage**  
**1 Tablespoon olive oil**  
**5 strips smoky tempeh strips**  
**1 cup grated carrots or finely chopped apples**

**1/4 cup wine vinegar or plain vinegar**  
**1/4 teaspoon freshly ground black or white pepper**

Pour boiling water over cabbage and allow to sit for 10 minutes.

Pour olive oil into a heavy skillet and heat. When hot, add tempeh and cook until crispy.

Drain cabbage and place it in a bowl with carrots or apples; blend in vinegar and pepper. When tempeh strips are cooked, crumble over the cabbage and blend in. Serve this salad with *Sloppy Joes* (below) or *Barbecue No-Meat Loaf* (page 16).

Total calories per serving: 98  
Carbohydrates: 10 grams  
Sodium: 224 milligrams  
Fat: 5 grams  
Protein: 4 grams  
Fiber: 4 grams

## SLOPPY JOES (Makes 4 sandwiches)

*\*Pictured on the cover. This is a vegan version of a popular 1960s hot sandwich. Tempeh provides the perfect, beef-like texture for the filling. Look for this soybean product in the refrigerated section at natural foods stores.*

*The chili-infused tomato sauce, molasses, and vegetables make this dish so good, kids ask for more. If you don’t have zucchini, use diced carrots, rutabaga, or celery instead.*

**2 Tablespoons safflower oil**  
**1 cup finely chopped onions**  
**1 Tablespoon chili powder**  
**1 1/2 cups sliced zucchini**

**4 cloves garlic, pressed**  
**8 ounces tempeh, crumbled**  
**One 15-ounce can low-sodium tomato sauce**  
**1 Tablespoon apple cider vinegar**  
**1 Tablespoon molasses**  
**1 cup fresh or thawed frozen corn**  
**Pinch of salt**  
**Pinch of cayenne pepper**  
**4 vegan burger buns**

Heat a heavy skillet over medium heat. Add the oil, onions, chili powder, and zucchini. Stir, reduce the heat, cover, and cook until the onions are soft, approximately 7-10 minutes. Add the garlic and tempeh. Stir and cook for another 5 minutes.

Blend in the tomato sauce, vinegar, molasses, corn, salt, and

cayenne. Cover and cook for 15-20 minutes or until the tempeh is heated thoroughly. Add more salt, if necessary.

Lightly toast buns in a non-stick skillet. Serve tempeh mixture over buns.

|                                 |                   |
|---------------------------------|-------------------|
| Total calories per serving: 411 | Fat: 16 grams     |
| Carbohydrates: 53 grams         | Protein: 19 grams |
| Sodium: 292 milligrams          | Fiber: 5 grams    |

## *Ditching Meat and Dairy and Losing Fat*

### MEAT REPLACEMENTS

- Try dried and cooked or canned beans of all varieties. When beans are paired with meat, it's easy to replace the meat with more beans or to add diced carrots, zucchini, or corn.
- Tofu and tempeh products also top the list for meat substitutes, but check the sodium content of products such as Fakin' Bacon before using. To give tofu a more 'meaty' texture, pan-fry cubes in a small bit of oil until browned on each side. Tempeh should be cooked before using and can be sliced, cubed, or crumbled to replace meat in recipes. Tempeh can absorb oil like a sponge, so when frying, use a non-stick pan or lightly spray a pan with oil before using in recipes.
- Emphasize bold seasonings like rosemary, sage, or smoky chipotle chiles.

### DAIRY REPLACEMENTS

- Soy, rice, almond, or oat milk easily replaces cow's milk and cream.
- When making mashed potatoes, use the water from steaming the potatoes to mash them.
- Make soups creamy by adding a quarter cup of oatmeal to the soup and letting it simmer for a long time. You can also sprinkle a Tablespoon or more of rice flour over the bubbling soup and blend until the soup thickens. Remove one cup of soup near the end of cooking, purée, and stir back into the mix.

- To boost flavor, stir in fresh lemon juice, or stir a Tablespoon or two of white miso into one cup of soup, then add this to the pot.

### EGG REPLACEMENTS

- For scrambled eggs, firm tofu is the best substitute. Just crumble the tofu and add a little turmeric for a golden color. Sprinkle in up to one teaspoon of nutritional yeast for a cheesy flavor. Also, approximately a teaspoon of arrowroot sprinkled over the cooking tofu can be stirred in for an egg-like texture.
- One of the best replacements for eggs in baked recipes is a Tablespoon of ground flaxseeds (or flaxseed meal) blended with three Tablespoons of water for each egg to be replaced in a recipe. Use a blender or a hand blender to whip this mixture into a thick, foamy egg replacer. Store flaxseed egg replacer in the refrigerator for up to a week.

### FAT REDUCTION

People who grew up in the 1950s and '60s recall cans of leftover grease, saved from foods and stored near the stove. Cooking oil was poured into the can after cooking. Also, solid vegetable shortening took the place of lard in many recipes during the 1950s.

Today, safflower or olive oil is recommended for baking, roasting, and sautéing. The texture of pie crusts isn't quite as flaky without hard fats, but cooking and eating with healthier plant-based oils just feels a lot better.

## BARBECUE NO-MEAT LOAF

(Makes one 9 x 5-inch loaf or 8 servings)

*Barbecue lentil loaf makes the basis for a great 1950s nostalgia meal. While experimenting with lentil loaf recipes, I discovered the real secret to Mom's meatloaf from the 1950s was sage. Lentils mash easily, and the potatoes and bread crumbs help hold this healthful loaf together. The loaf becomes more sliceable as it cools and is even better fried the next day.*

- 1/2 cup gray or brown lentils, rinsed
- 1 1/2 cups washed and roughly cut potatoes, peeling optional
- Water to cover lentils and potatoes
- 2 cloves garlic, pressed
- 1/2 teaspoon sage
- 1/2 cup vegan barbecue sauce, divided
- 1 cup diced onions or shallots
- 1/2 cup diced carrots
- 1/4 cup crispy rice cereal or finely chopped walnuts or pecans
- 1/4 cup bread crumbs

Cover the lentils and potatoes with water, garlic, and sage and cook until soft, stirring continuously near the end of cooking until lentils are almost dry. It should take approximately 45 minutes for total cooking. Drain.

Preheat oven to 350 degrees. Combine lentil mixture with 1/4 cup barbecue sauce, onions, carrots,

cereal or nuts, and bread crumbs. Mix well. Press into a 9 x 5-inch non-stick loaf pan. Make an indentation down the middle and pour the remaining barbecue sauce in. Bake for approximately 45 minutes or until set. Serve with some baked squash or sweet potatoes and *Wilted Cabbage Salad* (page 14) or *Popeye's Spinach* (below).

Total calories per serving: 113    Fat: <1 gram  
Carbohydrates: 23 grams    Protein: 5 grams  
Sodium: 252 milligrams    Fiber: 5 grams

## POPEYE'S SPINACH

(Serves 4)

*The cartoon character Popeye helped boost spinach consumption in the 1960s. Too bad baby spinach wasn't available then. If it had been, I'm sure many cooks would have been a big fan of this easy vegetable.*

- 8-10 cups fresh baby spinach, washed
- 1 garlic clove, minced
- 1/2 Tablespoon extra-virgin olive oil
- Pinch of salt
- Pinch of freshly ground pepper
- 2 Tablespoons lemon juice
- 1 teaspoon lemon zest

Steam spinach just until wilted, approximately 1 minute. Set aside.

Cook the garlic in oil until it sizzles. Gently mix in with spinach, salt, pepper, juice, and zest.

Total calories per serving: 32    Fat: 2 grams  
Carbohydrates: 3 grams    Protein: 2 grams  
Sodium: 86 milligrams    Fiber: 1 gram

## MAC AND NO-CHEESE WITH ZUCCHINI 'CREAM' SAUCE

(Serves 6)

*Nothing is what it seems in this reproduction of the ubiquitous '50s favorite mac 'n' cheese. The idea for this recipe sprang from an Italian cookbook that also used Parmesan cheese. I found that garlic and basil delivered taste without adding any cheese at all. The only trick is to peel the zucchini since the green skin will turn the sauce light green.*

*For a texture variation, fry about a cup of sliced mushrooms in a dry skillet over medium-high heat, stirring constantly until the mushrooms have browned. Add them to the mixture for a 'meaty' texture.*

- 4 cups washed, peeled, and roughly chopped zucchini
- 5-7 quarts salted boiling water
- One 12-ounce package your favorite pasta
- 2 cloves garlic, pressed
- Pinch of freshly ground black pepper
- Sea salt to taste
- 1/2 cup chopped fresh basil (optional)
- 1/2-1 cup toasted bread crumbs

Add the zucchini to a large pot of salted boiling water and reduce the heat. When the zucchini is very tender, scoop it out, place in a strainer, and drain. Save the water. Using the back of a spoon, press the zucchini to squeeze as much water as you can from it. Save the liquid.

Pour the zucchini water into the pot of water and bring it to a boil again. Add pasta and cook until *al dente* (tender but firm).



While the pasta cooks, place the zucchini in a food processor with garlic and pepper. Process the mixture until very smooth. Season to taste with salt. Stir in chopped basil, if desired.

Place the pasta in a serving bowl and toss with the zucchini sauce. Top each serving with toasted bread crumbs.

Total calories per serving: 261    Fat: 1 gram  
Carbohydrates: 52 grams    Protein: 10 grams  
Sodium: 77 milligrams    Fiber: 3 grams

## POTATO PANCAKES

(Makes 8 cakes)

*It doesn't matter whether you peel the potatoes for this recipe. You can leave the skins on unless they seem damaged. If you don't really care about getting browned crispy crusts, fry the potato pancakes without the added oil.*

**1 pound of potatoes, rinsed (approximately 2 medium potatoes)**  
**1/4 cup nonhydrogenated vegan margarine**  
**1 onion, finely diced**  
**1/2 teaspoon sea salt**  
**1/4 teaspoon pepper**  
**1-2 Tablespoons olive or safflower oil (optional)**  
**1 teaspoon paprika**

Steam the potatoes until tender. Reserve the cooking liquid.

Mash the potatoes with the margarine, adding the cooking liquid until potatoes are smooth and thick. Combine the potatoes with the onions, salt, and pepper. Form potato mixture into patties.

Brush oil in a non-stick skillet and heat over medium heat. Lay the patties in the pan and sprinkle with paprika. Cook patties until lightly browned, flip, and cook the other side.

Total calories per pancake: 99    Fat: 6 grams  
Carbohydrates: 11 grams    Protein: 1 gram  
Sodium: 209 milligrams    Fiber: 1 gram

## LEMON-COCONUT GRAPE CAKE

(Makes one 9-inch cake or 8 servings)

*Coconut cake was a winner listed in a Pillsbury Grand National Bake-Off Cookbook. It was a challenge to recreate a moist vegan lemon-coconut cake, but the grapes added moisture as well as sweetness. Eat this cake soon after baking because, each day, the moisture from the grapes makes the cake a little heavier.*

**Vegetable oil and flour to prepare pan**  
**1 1/2 cups all-purpose flour**  
**1 cup sugar (Use your favorite vegan variety.)**  
**1/4 cup shredded coconut**  
**1 teaspoon baking soda**  
**Zest of 1 lemon**  
**1 teaspoon vanilla extract**  
**1 Tablespoon lemon juice or vinegar**  
**1/3 cup oil**  
**1 cup cold water**  
**1 1/4 cups seedless green grapes**

Preheat oven to 350 degrees.

Oil and lightly flour a 9-inch cake pan.

In a bowl, combine the flour, sugar, coconut, baking soda, and lemon zest. In another bowl, combine the vanilla, lemon juice, and oil. Stir into flour, then pour cold water over all ingredients and stir until blended. (Do not overmix, or the cake will be tough).

Pour into the prepared cake pan. Spread grapes over the surface. Bake for 45 minutes or until a toothpick comes out clean.

Total calories per serving: 285    Fat: 10 grams  
Carbohydrates: 47 grams    Protein: 3 grams  
Sodium: 164 milligrams    Fiber: 1 gram

## CRISPY RICE SQUARES

(Makes one 9-inch round or one 7 x 5-inch pan, approximately 15 servings)

*Cold cereals incorporated into recipes became popular in the 1950s and '60s. Recipes for these tasty squares appeared on Kellogg's Rice Krispies boxes and featured marshmallows melted into the mix to hold the squares together. I eliminated the marshmallows and replaced them with more healthful ingredients, such as nut butter and dried fruit. You could also add slivered almonds or shredded coconut.*

*Look for rice syrup and rice cereal in natural foods stores.*

**1/2 cup rice syrup**  
**1/2 cup almond or peanut butter**  
**1 teaspoon vanilla**  
**1/2 cup raisins**  
**3 cups crispy rice cereal**

Place rice syrup, nut butter, vanilla, and raisins in a small saucepan. Heat for a few minutes, and then stir thoroughly.

Pour the rice cereal into a large mixing bowl and add in the rice syrup-nut butter mixture. Mix until well-blended. Press into a 9-inch pan. Allow to cool. Cut into bars.

**Variation:** For a chocolate version of this recipe, melt a 1-ounce square of vegan chocolate into the nut butter.

Total calories per serving: 128    Fat: 5 grams  
Carbohydrates: 20 grams    Protein: 2 grams  
Sodium: 99 milligrams    Fiber: 1 gram

**Debra Daniels-Zeller is a frequent contributor to *Vegetarian Journal*. This year, she wrote "Vegan Cowboy Cuisine" for Issue 2 and "Secrets of the Seasonal Vegan" for Issue 3.**



## STUDENTS FROM HAWAII AND VIRGINIA EARN TWO VRG \$5,000 SCHOLARSHIPS

Youth from the Atlantic to the Pacific have certainly been promoting vegetarianism, as evidenced by this year's Vegetarian Resource Group scholarship winners.

### ABOUT THIS YEAR'S WINNERS



**MELISSA MONETTE** of Hawaii said, her grandfather died not too long ago and her grandmother was left to survive on a single income. When she turned to a nonprofit organization that distributes canned good items to the public, she was turned

away. She was told that they distribute only to the homeless. As a result, Melissa decided to start her own nonprofit called A Harvest for Many, Inc.

Melissa's program provides food assistance, education, and aerobic dance exercise classes to senior citizens, the homeless, at-risk teens living on the streets, and abused women and children living in shelters.

Melissa said, "First, I developed an inexpensive way to feed the impoverished by asking homeowners to donate surplus fruits/vegetables grown in their yards. I drove through hundreds of neighborhoods to map out communities and identified homeowners with fruit trees and gardens. I then mailed out letters to solicit their help. To supplement the needs of my program, I worked with community service clubs in schools (Leo, Interact, and Key) to support food drives (fresh and/or canned vegetables and fruits) and with farms, churches, and organizations like Safeway to donate surplus produce or gift cards.

"A second way I promoted vegetarianism was combining dance exercise classes (modern and Tahitian dance) with potlucks that involved food made only with vegetables and fruits. Students from various schools assisted me and became involved in committees that provided dance classes and meals made with fruits and vegetables.

"Because of the ethnic diversity of our state, a third measure was to ask nutritionists to emphasize Hawaiian and Asian Pacific foods (taro, papaya, cabbage, tofu, eggplant, etc.) and identify foods rich in calcium to prevent the effects of osteoporosis (especially for senior citizens). Fourth, I promoted my program through

newspapers, radio broadcasts, and legislative newsletters and designed my website <<http://aharvestformany.webs.com>> that provided information on total calorie intake necessary and the amounts of fruits and vegetables an individual needs to consume per day. Lastly, I potted tomato seedlings and asked senior citizens in low-income facilities to create community gardens to grow their own vegetables.

"I was able to raise over 28,000 pounds of food to feed more than 133,000 individuals from all walks of life: low-income senior citizens from Waipahu Hall Elderly and Hale Mohalu; the homeless and those living in shelters supported by the food bank, the Institute for Human Services, and the River of Life Mission; at-risk teens living on the streets supported by Hale Kipa; and abused children from domestic disputes supported by Family and Children Services, Kahi Mohalu (for children and teens facing suicide, family crisis, and other emotional problems).

"In school, my program helped students to become more socially responsible and actively involved in their communities. Some students became more active by participating in community service clubs to sponsor food drives. Other students became more involved by helping to harvest and collect food, fundraise, publicize the goals of the charity, package and distribute food, or provide aerobic exercise programs. Yet other students learned about good citizenship and how to become

**"I WAS ABLE TO RAISE OVER 28,000 POUNDS OF FOOD TO FEED MORE THAN 133,000 INDIVIDUALS FROM ALL WALKS OF LIFE."**

involved in their government by signing petitions/giving testimony to their legislature to support various bills. (I worked with legislators to support funding for Senior Farmer Market vouchers for low-income senior citizens.) Lastly, my program helped to develop student leaders by offering opportunities for them to chair committees and represent my organization. From these experiences, students learned to never underestimate the power that one individual can make in their community."

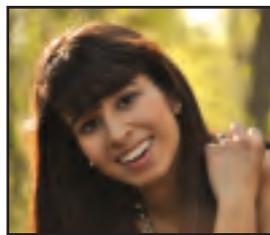
One of Melissa's references said, "Ever since she started her program A Harvest for Many, Inc., she has really made a difference in my tenants' lives. If it wasn't for her program, many of my tenants wouldn't get their monthly fresh fruits and vegetables. Here at Hale Mohalu, we are a low-income senior housing apartment complex, so with her help, it really makes a difference for the tenants. With the way the economy is, it is very expensive for my tenants to be able to afford their monthly necessities. Since Melissa's program is a free service to our tenants, it allows them to be able to have money for other things ...."

Another reference told us, "Our senior living facility, which services over 100 residents from 71 units, has benefited tremendously from Melissa's program. For the last two years, her program has brought hundreds

## **"IN SCHOOL, MY PROGRAM HELPED STUDENTS TO BECOME MORE SOCIALLY RESPONSIBLE AND ACTIVELY INVOLVED IN THEIR COMMUNITIES."**

of pounds of food to our residents, who barely are able to survive on their fixed income, .... Melissa has learned the art of networking with community service clubs from other schools. I have worked with members of her exercise committees from Pearl City High, accepted food donations from Mililani High, and heard of students from other schools like Radford High distributing food to immobilized seniors .... Many of our seniors are forgotten by their own children. And many of our seniors would rather eat food out of a can than take time to purchase fresh fruits and vegetables. Melissa's program supports our seniors by bringing fresh produce, exercise programs, and nutritional information to them. I urge your consideration of this unique teenager who provides time and effort in our community that exceeds what most adults can claim to contribute in a lifetime."

A final reference summed up our scholarship winner by saying, "Melissa is the real deal .... She is of a heart that overflows with kindness .... She is of a sound, healthy body, serving as Varsity Tennis Team Captain, and earning the doubles state championship .... Melissa leads by example. Her work in support of the world's children and of Hawaii is truly exemplary. Melissa is living Gandhi's proclamation to be the change you want to see in the world."



On the Atlantic coast, **GIANNINA GONZALEZ** from Virginia has worked to change school lunches at the local and national level.

Nina wrote, "School cafeteria menus often run relatively slim when it comes to finding meatless options. Amongst the monotonous rotation of corn dogs, chicken patties, and Philly cheesesteak subs lies a fantastic opportunity for satisfying, healthful choices. I visited a school in Fairfax County and saw a vending machine selling Silk soymilk along with regular milk. I would never have imagined such a thing at my school, and the discovery prompted me to question why options like this were not offered everywhere.

"After doing some research, I learned how the National School Lunch program worked. I learned about the necessary dietary requirements that must be on each tray of food that leaves the lunch line. I also learned about schools in Georgia, Virginia, and California that offer vegetarian options. When talking with fellow students, I discovered that vegetarian options give cafeterias a sense of sophistication. Athletes told me they wished they could have healthier and lighter options on the day of a match or race. Many felt that heavy, animal-laden entrées weighed them down. They wanted to be able to choose options that suited them. Students also told me about high schools they had heard of whose cafeterias resembled restaurant-type atmospheres with plenty of options available, including vegetarian ones.

## **"I ULTIMATELY MET WITH THE SCHOOL DISTRICT NUTRITION DIRECTOR AND PRESENTED HIM THE IDEA OF OFFERING MEATLESS MEALS."**

"Armed with the facts, I arranged a meeting with a certified dietitian and gained some insight on the daily nutritional requirements for my age group. I asked around my school lunchroom to find out who I needed to talk with about my proposal. I ultimately met with the school district nutrition director and presented him the idea of offering meatless meals. I printed out examples from successful programs, such as the one I had seen in Fairfax County, and mentioned that there was a large group of students interested in such options.

**CONTINUED →**

“The next month, I got together a group of 18 students—vegetarians and non-vegetarians—to conduct a taste test. The group explained how vegetarian lunches were desirable to all students because they provided a sense of freedom within the lunch line. Such offerings were also beneficial for schools with a diverse student body, especially ones including students searching for kosher and meat-free options. The addition of such options adds a sense of sophistication among schools and is something that can be noted on a school’s profile.

“As a result of my study, changes were in fact implemented in my high school’s cafeteria. A vegetarian lunch that students could request any day of the week is now offered, with options including a daily salad line, a potato bar, taco salads, meatless bean burritos, and pita bread with hummus. The changes stirred a positive response from students who desired more options. Teachers benefited as well from the new selections allowing them to pursue healthier options. I even received countless e-mails and phone calls from parents thanking me for my efforts since the options were made available to all school levels, including elementary.”

**“I EVEN RECEIVED COUNTLESS E-MAILS AND PHONE CALLS FROM PARENTS THANKING ME FOR MY EFFORTS SINCE THE OPTIONS WERE MADE AVAILABLE TO ALL SCHOOL LEVELS, INCLUDING ELEMENTARY.”**

One teacher stated, “I have personally witnessed the enthusiasm for the vegetarian options here in our building; also, our cafeteria director told me that the teens and children all over the county are purchasing these options ... enough, so that we are now in the second full year. We all know that if something isn’t financially effective, the system will pull it.” All students in Head Start, elementary school, middle school, and high school in Nina’s school district now have a vegetarian option available upon request.

Nina has also testified twice in front of the Senate Committee on Nutrition in Washington. She testified in the role of teen advocate for vegetarian and vegan school lunch choices nationwide.

In March 2010, she spoke at a Congressional hearing about obtaining more plant-based options in our schools. She met with her senator and her representative about the matter and spoke about her story and how

such options are very important, especially for youth, for whom the best meal of their day is often the one they receive at school.

Dr. Neal Barnard of the Physicians Committee for Responsible Medicine (PCRM) said, “Let me offer the strongest possible recommendation in support of Nina Gonzalez .... Nina is an intelligent, highly motivated, and effective advocate for vegetarian diets, and is a

**“LAST YEAR, SHE PRESENTED ORAL COMMENTS BEFORE THE U.S. DIETARY GUIDELINES ADVISORY COMMITTEE.”**

future leader in efforts for healthy and compassionate nutrition practices .... Last year, she presented oral comments before the U.S. Dietary Guidelines Advisory Committee .... Her comments were among the most effective heard by the committee that day.”

Nina has also leafleted through Vegan Outreach near the University of Mary Washington and handed out pamphlets at several outdoor concerts and events. In addition, see the video from her junior year research project at <<http://vimeo.com/6083904>>.

Like Melissa, Nina is also a top athlete. She participates in golf, cross country, and tennis. Nina qualified for the Virginia State Golf Championships in both the girls and boys division.

One of her references wrote, “Nina is one of the nicest and most welcoming people I’ve ever met .... I can’t imagine that there is a high school student anywhere who deserves this scholarship more than Nina. She is a great natural leader and an inspiration to all who are around her .... In such a divisive culture we live in, she’s a breath of fresh air. She’s a serious activist who takes on issues important to her in a way that educates and changes minds without alienating or belittling people who disagree.”

Thank you to all our scholarship entrants for their hard work and effort to bring about a better world.

To enter next year’s \$5,000 scholarship contest for high school seniors, visit <[www.vrg.org](http://www.vrg.org)> for application details. The application is due Monday, February 21, 2011. Please submit early.

If you would like to fund additional scholarships, you can go to our donation page at <[www.vrg.org](http://www.vrg.org)> or send a contribution to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

# Mashed and Stuffed Potatoes

By Chef Nancy Berkoff, RD, EdD, CCE

**R**ULE NUMBER ONE FOR MAKING MASHED OR stuffed potatoes is to select baking potatoes, such as Russets, Idahos, or Oregon-type potatoes. If you can, store the unwashed potatoes in a cool, dark cupboard, pantry, or drawer. Colder temperatures allow the potatoes to convert a lot of their sugar to starch. Believe it or not, even a white potato tastes better when some of its sugar develops.

When you're ready to start cooking, wash and scrub your potatoes under cold, running water. Get them really clean so you can eat the skin. (Much of a fruit or vegetable's nutrient content is close to its peel, so the more peel you can leave on, the better.) Don't soak your potatoes; that will make them soggy and remove some of their nutrients. Also, don't use hot water. It will start cooking the outside of the potato, but the inside won't catch up.

## BAKING THE POTATOES

Before you mash or stuff your potatoes, you'll need to bake them. It is easy to make a great baked potato. You'll want the baking temperature to be very hot, approximately 400 degrees for a standard oven. Allow washed potatoes to dry, prick in several places, place on an ungreased baking sheet, and allow the potatoes to bake until a fork can poke a hole easily in the center. This can take anywhere from 30 minutes to 2 hours, depending on your oven and the size of the potatoes.

Once your potatoes are baked, allow them to cool only until you can safely handle them. Cut the baked potatoes in half lengthwise, scraping the flesh into a heat-proof bowl. If you intend to serve stuffed potatoes, make sure you save the skins.

## FLAVORING THE POTATOES

OK, you are now ready to mash, and maybe stuff, your potatoes. If your freshly baked potatoes are dry, you can add small amounts of heated soymilk or heated

broth. Try mushroom broth since it works really well! For creaminess, mix in some vegan sour cream or silken soft tofu. This is the base for your potato.

For flavorings, consider adding minced fresh onions or fresh garlic, finely minced (almost puréed) celery, prepared horseradish (usually sold in a jar in the refrigerated section at the supermarket), or finely chopped fresh chilies. For seasonings, use your favorite seasoning blend or a small amount of ground white pepper (which can pack some heat!), dried parsley or rosemary, red pepper flakes, or nutritional yeast.

If you'd like some 'add-ins,' think about tossing in minced fresh mushrooms, finely minced vegan sausage or Tofurky™, minced broccoli or cauliflower florets, or minced black or green olives.

## MASHING AND STUFFING

Stir, mix, and mash the flesh from your baked potatoes until the flavors are mixed in and you have the consistency that you'd like. If you are serving mashed potatoes, place the amount you're going to serve into a microwaveable container to reheat, or reheat on the stovetop, stirring to prevent burning.

To make stuffed potatoes, preheat the oven to 400 degrees. Place your saved potato skins on an ungreased baking sheet. Fill each skin with flavored mashed potatoes and bake just until hot.

To add flavor to your potato skins, rub them with the cut side of a fresh garlic clove or onion, or rub on a bit of soy sauce. You can also use seasoned vegetable oil you've made yourself. Sprinkle oil with your favorite dry herb, such as black pepper, onion flakes, or ground sage, and lightly rub into the potato skin. Adding these flavors can be done before or after baking the potatoes.

After the potatoes are baked, you can garnish them with chopped fresh parsley or cilantro, chopped fresh bell peppers, shredded vegan cheese, chopped pecans or walnuts, or a mixture of several items.

# GUATEMALAN VEGAN CUISINE

BY CHEF NANCY BERKOFF

**T**HE NORTHERNMOST OF CENTRAL AMERICAN nations, Guatemala is approximately 42,000 square miles, making it about the same size as Tennessee. It is bordered by Mexico to its north and west, by the nation of Belize and the Caribbean Sea to its east, by El Salvador and Honduras to its southeast, and by the Pacific Ocean to its southwest. The terrain is predominately mountainous, with a tropical climate across the fertile coastal plains. These conditions contribute to the country's rich biodiversity and foster its production of bananas, cocoa, coffee, rice, and sugar.

Guatemala may be best known for its rich Mayan heritage, which dates back to at least 12,000 B.C. The Spanish began exploring what is now Guatemala in 1519 and claimed it as part of New Spain. In 1821, Guatemala and its neighbors El Salvador, Honduras, Nicaragua, and Costa Rica won their independence and formed the United Provinces of Central America shortly thereafter. However, civil wars contributed to the federation's collapse, and Guatemala became an independent republic in 1839. The country weathered dictators and coups well into the 20<sup>th</sup> century, but today, it is a constitutional democratic republic with an elected president and a unicameral congress.

Guatemala has a population of 14 million, and half of the country's citizens are Maya. In fact, there are at least 22 different Mayan groups with as many languages! Guatemalans who are not Maya are divided among Ladinos, who are descendents of Europeans and Indians; African immigrants; and a European minority, mostly from Spain.

## ABOUT GUATEMALAN CUISINE

Guatemala's many cuisines reflect the melding of very sophisticated pre-Colombian cooking styles with European influences, as well as the availability of manufac-

tured food products from all over the world. It is not possible to capture all the color and variety of the vast array of Guatemalan cuisine in one article! However, here are some fundamentals.

Corn is king in this country, and beans are queen. *Frijoles* (beans) are served at almost every meal and provide much of the protein. Black or red beans are popular, slow-cooked all day with peppers or chilies, garlic, onions, and (traditionally) lard. It is common to mash beans into a thick paste and serve them with

**"Many meals in Guatemala are similar to those in nearby Mexico, with corn, beans, rice, cheese, and tortillas as recurring ingredients."**

soft or hard (fried) corn tortillas. A more healthful way to enjoy beans is to use a small amount of vegetable oil for cooking and to steam or roast tortillas.

Many meals in Guatemala are similar to those in nearby Mexico, with corn, beans, rice, cheese, and tortillas as recurring ingredients. You'll encounter nachos, tamales, and enchiladas as street or café foods, especially in cities. In the country, you'll find vegetables roasted over an open fire and breads baked in large clay kilns. Guatemalan breakfast may be an assortment of tortillas, beans, and plantains, often accompanied by wonderful tropical fruits, such as bananas (so many different kinds!), papaya, mangos, and avocado.

Guatemala produces some of the world's tastiest coffee, but the best beans are reserved for export. Therefore, 'traditional' Guatemalan coffee can be

weak, served with lots of sugar. Another popular drink is *atol*, a hot beverage made from mashed corn, cane sugar, cinnamon, vanilla, and optional chocolate or fruit. There are many versions of *atol* (or *atole*) in Central and South America, and ingredients and thickness vary across countries and regions. *Atol* is common for breakfast, but it is frequently served with tamales for dinner. It is particularly popular during the Christmas holiday season.

## VEGAN-FRIENDLY FARE

Some Guatemalan foods can easily ‘translate’ into meat- and dairy-free cuisine:

- **Kak’ik** is a traditional Mayan soup made with turkey and seasoned with coriander, *achiote* or *annatto* (providing a brilliant orange-yellow color), and chilies. Smoked tofu or tempeh can easily be used to replace the turkey.
- **Chile rellenos** are chilies stuffed with rice, cheese, meat, and vegetables. These do very well using vegan ground round or soy chorizo and vegan cheese.
- **Tamalitos** are similar to small, steamed tamales, and the corn *masa* filling can be made without meat. *Tamalitos* are sometimes flavored with **chipilin**, a mild fresh mint, and served with sour cream.
- **Pupusas** come in many varieties but are generally soft, thick corn tortillas filled with cheese or meat, folded and browned on a grill, and served with a tomato-based sauce. Squash and refried beans are also traditional fillings, so you can easily convert this ‘fast food’ to vegan without sacrificing its authenticity or flavor.
- **Elotes**, or roasted ears of corn, are usually purchased on the street and topped with lime, chili powder, cheese, butter, or mayonnaise. Use vegan shredded cheese and a vegan mayonnaise, and you are in business!
- If you can find **green mangos** in a local market, serve them as chefs in Guatemala would—sprinkled with chili powder and lime.
- You are probably familiar with **guacamole**, ripe avocados mashed with lime or lemon juice and mixed with onions, tomatoes, cilantro, and possibly garlic. Guacamole is served as a snack with chips or used to top entrées.
- The spicy **pumpkin and sesame sauce** that is traditionally served with Chicken Pepian is already vegan! The pumpkin and sesame seeds are ground

into a paste and combined with water, cilantro, and tomatillos. This sauce can be served over grilled vegetables, grilled firm tofu or seitan, or rice.

- **Licuaodos** are thinner versions of milkshakes or smoothies, made with fresh fruit and milk and served at room temperature. *Licuaodos* do very well with vanilla soymilk, rice milk, or almond milk, combined with fresh or frozen mango, strawberry, guava, pineapple, or banana.

And the list of tempting foods could go on and on! If your mouth was watering as you read about the dishes above, you may want to begin your Guatemalan culinary adventure with the ideas below.

## CUCUMBER SOUP

(Serves 5)

*For this recipe, you’ll want ‘solid’ younger cucumbers. The fewer seeds, the better. If your cucumbers have great numbers of seeds, you may want to substitute ½ cup (or ¼ pound) of diced fresh yellow squash for more texture. If pepino melons are available, they can be used in place of the cucumbers.*

### Vegetable oil spray

**¾ cup chopped yellow onions**

**1 pound (approximately 2½ cups) peeled, chopped cucumbers**

**½ cup chopped red or yellow bell peppers**

**3 cups low-sodium vegetable broth**

**½ teaspoon ground black pepper**

**4 Tablespoons vegan sour cream or plain soy yogurt**

**1 Tablespoon chopped fresh cilantro**

Heat a large pot and spray with vegetable oil. Add the onions and cook, stirring, over medium heat until soft, approximately 2–4 minutes. Add cucumbers and bell peppers, stirring and cooking until all of the vegetables are soft, approximately 10 minutes. Add the broth and black pepper, stir to combine, cover, and allow soup to simmer for 10 minutes.

Remove from heat. In batches, purée soup in a blender or food processor. Return to pot, bring to a simmer, and allow soup to cook for 5 minutes. Pour into individual bowls, top with vegan sour cream and cilantro, and serve immediately.

Total calories per serving: 71

Carbohydrates: 11 grams

Sodium: 151 milligrams

Fat: 2 grams

Protein: 1 gram

Fiber: 1 gram

## PICADO DE RÁBANO (CHOPPED RADISH SALAD)

(Serves 5)

*This is a refreshing 'side' salad to serve as an appetizer with breadsticks or as an accompaniment to spicy menu items. Or create an entirely new salad by combining this recipe with some tossed greens, cooled cooked pasta, quinoa, brown rice, or barley.*

- 2 cups trimmed and thinly sliced red radishes (not daikon)
- 3 Tablespoons chopped fresh mint
- 1/2 cup fresh orange juice
- 2 Tablespoons lime juice
- 1 teaspoon ground black pepper

Combine all ingredients in a non-reactive bowl. Refrigerate or chill on ice for at least 30 minutes before serving. This salad can be made the night before.

Total calories per serving: 21  
Carbohydrates: 5 grams  
Sodium: 19 milligrams

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

## SPICY AVOCADO AND MANGO

(Serves 5-6)

*Spicy, sweet, and creamy—all in one! Use this recipe as a side dish, as a condiment, or as an entrée paired with a cooked grain.*

*If there is a bit left over, it can be puréed and served as a dip with some corn chips.*

- 1 cup fresh or thawed frozen mango chunks
- 3/4 cup seeded and diced fresh red bell peppers
- 1/4 cup diced fresh tomatoes or canned, diced tomatoes, drained
- 2 cups peeled and diced ripe avocado
- 1/4 cup diced fresh mild onions
- 2 Tablespoons lime juice
- 2 teaspoons red pepper flakes (optional)

Combine all ingredients in a non-reactive bowl. Cover and refrigerate or chill on ice for at least 30 minutes before serving.

Total calories per serving: 127  
Carbohydrates: 14 grams  
Sodium: 6 milligrams

Fat: 9 grams  
Protein: 2 grams  
Fiber: 5 grams

## SOPA DE ARROZ (GUATEMALAN RICE)

(Serves 5)

*The carrots and tomatoes add color to the recipe. You can use brown rice or quinoa for this recipe, but white rice is the most authentic choice.*

*This can become either a soup or a rice dish. Cook it for a short time, leaving lots of liquid, to make a soup, or cook it until it is almost dry to make a side dish.*

- 1 Tablespoon vegetable oil
- 1/2 cup minced onions
- 1 clove garlic, minced
- 1 cup uncooked white rice, brown rice, or quinoa
- 1/4 cup minced carrots
- 1/4 cup minced fresh tomatoes or drained canned tomatoes
- 1/4 cup peeled and diced Yukon gold or white boiling potatoes
- 2 cups low-sodium vegetable broth

Preheat a frying pan and add oil. Add onions and garlic, stir, and cook over medium heat until onions are translucent, approximately 2-4 minutes. Add rice or quinoa and continue to stir and cook until the rice is coated and mixed with onions and garlic, approximately 5 minutes. When rice is translucent, add carrots, tomatoes, potatoes, and broth. Cover and simmer for 30 minutes or longer until it reaches the desired level of 'soupiness.'

Total calories per serving: 190  
Carbohydrates: 35 grams  
Sodium: 63 milligrams

Fat: 3 grams  
Protein: 4 grams  
Fiber: 2 grams

## BAKED BANANAS (Serves 4-8)

*Honey is a traditional ingredient, but maple syrup will work just fine.*

## EATING IN GUATEMALA

In the Zona 1 of Guatemala City, you can visit *El Restaurante Reye*. The restaurant is located in the center of the city, close to the *Parque Centenario*. In business for more than 10 years, the restaurant offers 'Desayunos Aerobicos,' advertised as 'healthy breakfasts,' which can include oat biscuits, vegetarian granola, sorghum bread, and dried tropical fruit. Vegetarian and vegan lunch items are accompanied by fruit shakes prepared with milk, soymilk, or water.

If you happen to be in Panajachel, you will want to visit the Bombay Café. The owner is from Guatemala but spent lots of time cooking around the world. The menu is vegetarian with many vegan options. You can find savory selections such as pad Thai, curried vegetables, falafel, burritos, and fresh guacamole, in addition to seasonal items. Most dishes are served with an array of sauces. Beverages can include homemade ginger ale, iced peppermint tea, and hot chai tea.

*These bananas make great breakfast or buffet entrées or tangy desserts. If there are leftovers, they can be sliced into hot breakfast cereal.*

- 4 large (approximately 8-inch) bananas**
- 4 teaspoons nonhydrogenated vegan margarine**
- 2 Tablespoons maple syrup**
- 2 teaspoons lemon juice**
- 4 Tablespoons vegan sour cream**

Preheat oven to 375 degrees.

Peel bananas and cut lengthwise, as if for a banana split. Place bananas, cut side up, on a non-stick baking pan. Dot each banana with a smattering of margarine.

In a cup, mix the maple syrup and lemon juice together and pour evenly over bananas. Bake for 10 minutes, making certain that the bananas don't start to burn.

Arrange bananas on a serving plate. Just before serving, garnish with sour cream, or allow each person to add some sour cream as desired. This dish can be served hot, warm, or cool.

|                                 |                  |
|---------------------------------|------------------|
| Total calories per serving: 223 | Fat: 7 grams     |
| Carbohydrates: 42 grams         | Protein: 2 grams |
| Sodium: 123 milligrams          | Fiber: 4 grams   |

## VINAGRE DE PIÑA

(Makes approximately 8 cups)

*Fruit vinegars are very popular in Central America. They are easy to make and store well. They are also tangy without the acid flavor of white vinegar.*

*You will need a 'sterile' glass jar or container and lid to process the vinegar. You can add boiling water to a glass jar to do this. Also, this recipe takes some planning since—from start to finish—the vinegar will need to 'sit' for 4-6 weeks.*

*If the stored vinegar develops a 'ghost' (a cloudy mass at the bottom), that's fine. That is called the 'mother' and can be used to start another batch of vinegar. If you don't care to start another batch of vinegar, the 'mother' can simply be removed.*

- 1 pineapple (1 1/2-2 pounds)**
- 3/4 cups vegan dark brown sugar**
- 2 quarts cold water**

Remove the green top and stem end of the pineapple and discard. Wash and finely chop the pineapple, peel and all. (Really!)

Add the chopped pineapple, sugar, and water to the glass jar or container and stir to combine. Cover tightly and store in a warm, dark place, such as a cabinet near a stove for 4-6 weeks. The liquid will be cloudy and brown at first, but eventually, the liquid will become clear as the solids sink to the bottom.

When the liquid has been clear for two days, strain the liquid through several paper coffee filters or some clean cheesecloth. Discard the solids, pour the vinegar into several small clean jars, and store in a cool dark area or your refrigerator.

|                                |                  |
|--------------------------------|------------------|
| Total calories per serving: 95 | Fat: <1 gram     |
| Carbohydrates: 25 grams        | Protein: <1 gram |
| Sodium: 6 milligrams           | Fiber: 1 gram    |

**Nancy Berkoff is The Vegetarian Resource Group's Food Service Advisor. She is the author of *Vegan in Volume*, *Vegan Meals for One or Two*, *Vegan Microwave Cookbook*, *Vegan Menu for People with Diabetes*, *Vegan Seafood: Beyond the Fish Shtick for Vegetarians*, and *Vegan Passover Recipes*.**

## Bequests

The Vegetarian Resource Group 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.
- The VRG is a tax-exempt organization. Bequests are tax-deductible for federal estate tax purposes.
- One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of \_\_\_\_\_ dollars (or if stock, property, or insurance policy, please describe).*
- To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

# veggie bits

## Finally, Pizzas with Vegan Cheese That Actually Melts!

Leave it to Tofurky to finally make all of our vegan dreams come true! The company has teamed up with Daiya™ to create 10-inch frozen pizzas topped with vegan cheese that really tastes and melts like dairy varieties do. Simply pop a pie into the oven for 10-12 minutes until the cheese melts and the thin, whole wheat crust is lightly browned. This culinary miracle comes in three zesty varieties—hot and gooey Cheese, vegan meat-laden Pepperoni, and an Italian Sausage and Fire-Roasted Veggie that could have just as easily been called “supreme.”



Contact Tofurky's parent company, Turtle Island Foods, at P.O. Box 176, Hood River, OR 97031, or via phone at (800) 508-8100. More information is available at <[www.tofurky.com](http://www.tofurky.com)>.

## New Company Brings Unique Pastas and Rice Dishes to a Natural Foods Store Near You



PlantPure Foods is a relatively young company, but they definitely aren't novices when it comes to creating gourmet vegan meals. Their 12-ounce frozen entrées are surprisingly filling while remaining low in fat and sodium. Options include Java Barbequed Tempeh with Quinoa, Tangerine Forbidden Rice, and Tuscan Pesto Pasta with (vegan) Alfredo Sauce, but the best is the Sweet Potato Gnocchi with Romesco Sauce, featuring sweet roasted corn, red peppers, and onions.

PlantPure Foods also has a line of organic dry pastas that yield restaurant-quality meals in as little as 10 minutes. Who could resist trying imaginative vegan versions of Lemon Tarragon Rotini, Penne Tetrizzini, Portabella Mushroom Stroganoff, and Southwestern Cheesy Chili Mac? If you can boil water, then you're only moments away from a delicious pasta feast!

PlantPure products are available at some Whole Foods locations. Write to PlantPure Holdings, LLC, at 3560 West Ninigret Drive, Salt Lake City, UT 84104, or call the company at (866) 206-9876. Their website is <[www.plantpurefoods.com](http://www.plantpurefoods.com)>.

## Remarkable MATCH® Products Top Most Other Meat Analogs

As longtime vegetarians and vegans, you can bet VRG staff members have sampled their share of mock meats. However, few come anywhere close to MATCH® premium meat alternatives. These products look and taste so authentic that even the most discerning carnivores won't know they're eating vegan. Staff favorites included the Italian Sausage rolled into savory meatballs, Ground Chicken stuffed with spinach and vegan cream cheese, and Ground Pork reminiscent of Southern-style chops. You can also experiment with the impressive Chopped Beef, Crab, and Breakfast Sausage varieties. In addition, the company offers a satisfying, poultry-inspired Stuffed Holiday Roast for celebrations through the year's end!

MATCH® meats are available by the pound or in larger packages for food service. To find out more, contact the brand's parent company at AB Foods, LLC, 8 Terry Hill Lane, St. Louis, MO 63131-2422, or call (314) 692-8320. You can also order these products online at <[www.matchmeats.com](http://www.matchmeats.com)>.



## A Vegan Paradise ... Literally

Ever wanted to have a relaxing tropical getaway without having to worry about your dining options? Maravilla Bed and Breakfast in Puerto Rico is perfect for those looking to experience a new culture, see beautiful nature, hike, and stroll the beaches while delightful vegetarian meals await. Dishes can be made according to any vegetarian specification, including vegan and raw foods. Guests can expect a variety of appetizing dishes, ranging from Carrot Cake Waffles and Hickory Tempeh for breakfast to Sweet Potato and Black Bean Soup, Seitan Stroganoff, and Wild Raspberry-Mango Parfait for dinner. Now, you don't have to fantasize about that wonderful vegan getaway anymore .... It exists in Puerto Rico!



To learn more, visit <[www.maravillamountain.com](http://www.maravillamountain.com)>, or drop the owners a line at [maravillamountain@yahoo.com](mailto:maravillamountain@yahoo.com). *Written by Veronica Lizaola, VRG Intern.*

# 2010 Essay Contest Winner

First Installment

## BUT A POEM

By Hannah Rappaport, 10 yrs  
Orange, CT

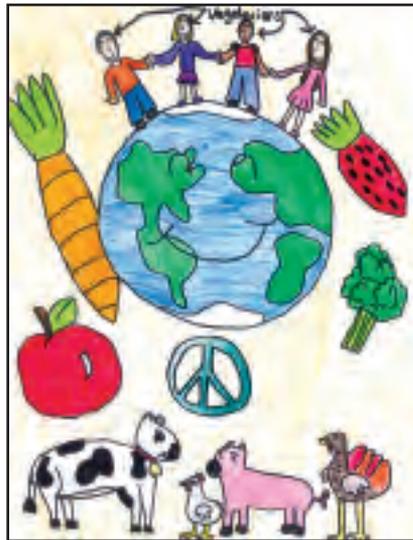
This is but a poem  
As the naked eye would see,  
But for those who can look closer,  
It's a message broken free.

It tells the tale of people  
Who decide not to eat meat.  
Those called vegetarians  
Are quickly earning quite a feat.

They've outwilled the others  
Who say it's unhealthy  
To be eating fruits and vegetables  
Instead of pork and beef.

Instead of raising cows on fields,  
Vegetarians just need grain (a ton)!  
This gives quite a lot more food  
To people who have none.

When using animals for food,  
You're eliminating quite a few.



The fields they raise them on  
could be fields of plants,  
And with all this killing,  
the next killed could be you.

Vegetarians love the wide, wide Earth  
And all that inhabits it,  
Bringing world peace to a start,  
World hunger to an end,  
An idea light bulb is surely lit.

This is but a poem  
To the people who don't know,  
But if you look much closer,  
It's a world of love sure to grow.

*Author's note:* I haven't eaten meat since I was a toddler or fish since I was eight. I'm very proud of being a vegetarian. People are amazed that I don't eat meat, but I wouldn't eat my favorite food either if animals were hurt in the making of it.

*Author's mother's note:* We are very proud of Hannah. She is such a dedicated young vegetarian who, with her gentle encouragement, has made us a vegetarian family!

## ANNUAL ESSAY CONTEST RULES

To enter VRG's annual essay contest, just write a 2-3 page essay on any aspect of vegetarianism or veganism. There are three entry categories: age 14-18, age 9-13, and age 8 and under. A \$50 savings bond will be awarded in each category.

All entries must be postmarked by Monday, May 2, 2011, for the 2011 contest. Entrants should base their entries on interviews, personal experience, research, and/or personal opinion. You need not be vegetarian to enter. All essays become property of The Vegetarian Resource Group. Only winners will be notified.

### Send entries to:

The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203

Please make sure to include your name, age, address, phone number, school, and teacher's name.

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Note to Food Companies: Fortify Orange Juice With Vitamin D<sub>2</sub>

Vitamin D is found in fortified foods and supplements in two forms: vitamin D<sub>2</sub> (derived from yeast) and vitamin D<sub>3</sub> (derived from lanolin from sheep's wool). There is a question as to whether vitamin D<sub>2</sub> is as effective as vitamin D<sub>3</sub> in preventing vitamin D deficiency, although several recent studies indicate that both forms of vitamin D are equally effective. A new study compared vitamin D<sub>2</sub> and vitamin D<sub>3</sub> given as either a pill or in fortified orange juice. The study subjects were healthy 18- to 84-year-olds. They took 1,000 International Units (IU) of vitamin D in one of the forms for 11 weeks. At the end of the study, there was no significant difference in blood vitamin D levels between those who took vitamin D<sub>2</sub> or vitamin D<sub>3</sub>, suggesting that both forms are equally effective. There was also no significant difference between those who consumed vitamin D-fortified orange juice and those who took a vitamin D supplement. Currently, orange juice is fortified with vitamin D<sub>3</sub>. This study suggests that fortification with vitamin D<sub>2</sub> is effective and would make fortified orange juice a viable source of vitamin D for vegans.

Biancuzzo RM, Young A, Bibuld D, et al. 2010. Fortification of orange juice with vitamin D<sub>2</sub> or vitamin D<sub>3</sub> is as effective as an oral supplement in maintaining vitamin D status in adults. *Am J Clin Nutr* 91:1621-26.

### Soy and School Lunch

Soy products can add variety to school lunches, provide a vegetarian option, and help to reduce the lunches' saturated fat, cholesterol, and calorie content. The school lunch program in Montgomery County, MD, the largest school food service east of the Mississippi River, conducted a trial of soy products in five middle schools. These schools were chosen to reflect the cultural diversity of the district. Four soy-based entrées were chosen to replace existing meat-based entrées. They were nuggets, a 'hybrid' patty with half ground

beef and half soy, soy-based chicken-less slices on a Caesar salad, and macaroni and cheese with soy pasta. The soy-based entrées had 18 percent fewer calories, 45 percent less fat, 57 percent less saturated fat, and 20 percent less cholesterol than traditional entrées. Protein content was equivalent, fiber was six times higher in the soy-based entrées, and sodium was 20 percent higher. Different versions (soy-based and traditional) of the entrées were served on consecutive weeks. Students were not told which items were soy-based. Students selected soy-based burgers, nuggets, and pasta as often as they chose traditional products and consumed the same amounts as they did of traditional products. The chicken-less slices were not as well accepted, possibly due to appearance. This study suggests that students accept soy-based entrées and that these entrées can offer nutritional benefits.

Lazor K, Chapman N, Levine E. 2010. Soy goes to school: acceptance of healthful, vegetarian options in Maryland middle school lunches. *J School Health* 80:200-206.

### A Walnut a Day ...

People who eat four or more servings of nuts per week have, on average, a 37 percent lower risk of heart disease than those who seldom or never eat nuts. One way that nuts may help reduce the risk of heart disease is by their effects on blood cholesterol levels. Researchers at Loma Linda University combined results from 25 studies conducted in seven countries. All studies involved a comparison between subjects eating a specified amount of nuts and those not eating nuts (control group). Daily nut consumption in the study groups averaged 2.4 ounces per day. Compared with the control group, subjects in the group eating nuts had a reduction in both total and LDL-cholesterol levels. HDL-cholesterol was not affected. The effects were similar in men and women, and the type of nut did not seem to matter. Subjects eating higher amounts of nuts had a greater reduction in blood cholesterol levels than those eating lower amounts; nuts also seemed most effective in those with initially high LDL-cholesterol and in those with a

low BMI. This study suggests that eating moderate amounts of nuts, along with an overall health-promoting diet, can help to lower cholesterol levels and reduce the risk of heart disease.

Sabate J, Oda K, Ros E. 2010. Nut consumption and blood lipid levels. A pooled analysis of 25 intervention trials. *Arch Intern Med* 170:821-27.

## Vegetarians Less Likely to Be Depressed or Stressed

Some studies suggest that the omega-3 fatty acids DHA and EPA play a role in mental health and reduce the risk of depression and schizophrenia. This has potentially important implications for vegetarians whose diets contain little or no EPA or DHA. Very little research has been conducted on the mental health of vegetarians. Volunteers from Seventh-day Adventist (SDA) communities in the Phoenix, AZ, and Santa Barbara, CA, areas were surveyed and completed two psychometric tests. One test measured depression, anxiety, and stress, while the other measured mood disturbances like tension, anger, and confusion. Sixty subjects were vegetarian, and 78 were not. Scores from the psychometric tests indicated that vegetarians had an overall better mood and significantly fewer negative emotions. Vegetarians were less likely to have scores indicating depression, anxiety, or stress. Higher intakes of alpha-linolenic acid, another omega-3 fatty acid, by the vegetarians may be a partial explanation for the findings.

Beezhold BL, Johnston CS, Daigle DR. 2010. Vegetarian diets are associated with healthy mood states: a cross-sectional study in Seventh-day Adventist adults. *Nutr J* 9(1):26. [Epub ahead of print].

## Soy Does Not Have a Feminizing Effect on Men

Every now and then, VRG gets questions about soy safety for men. Sensational stories in the popular press, often based on research in mice or rats, lead men to wonder if eating soy will lead to infertility or feminization. A recent report looks at the published research studies and concludes that exposure to soy isoflavones, in reasonable amounts, does not have a harmful effect on hormone levels (testosterone or estrogen) and does not affect sperm or semen production. In one anecdotal study where soy consumption may have led to male

breast enlargement, the 60-year old subject drank three quarts of soymilk every day, an amount far above what most people use. Reports like this one may make some men avoid soy. This is unfortunate because soy foods may reduce the risk of prostate cancer and inhibit its spread (metastasis). Mark Messina, PhD, a soy expert, concludes, "Men can feel confident that making soy a part of their diet will not compromise their virility or reproductive health."

Messina M. 2010. Soybean isoflavone exposure does not have feminizing effects on men: a critical examination of the clinical evidence. *Fertil Steril* 93:2095-2104.

## Choose Brown Rice

Every year, the average person in the U.S. eats approximately 20 pounds of rice—almost half a pound a week. More than 70 percent of that rice is white rice. Long ago, brown rice was the grain of choice. Then, people figured out how to remove rice's brown hull, leaving less flavorful but what some said was more aesthetically pleasing white rice. Unfortunately, white rice has lost its fiber and many vitamins and minerals. Some of the nutrients are added back when the rice is enriched, but the fiber is not replaced. This leads us to a recent study that looked at brown rice and white rice use by nearly 200,000 U.S. adults and whether rice choices affected risk of diabetes. Those who ate more than five servings of white rice a week had a higher risk of developing type 2 diabetes than did those eating less than one serving of white rice a month. In contrast, subjects eating two or more servings of brown rice a week had a lower risk of type 2 diabetes compared to those eating less than one serving of brown rice a month. These associations did not go away even when factors such as body weight, smoking, activity, and family history were adjusted for. Replacing as little as a third of a serving of white rice a day with the same amount of brown rice led, on average, to a 16 percent lower risk of type 2 diabetes. There are many possible explanations for these benefits of brown rice; it may be the higher fiber content, or the magnesium or other minerals that aren't lost in refining. In any case, if you usually eat white rice, give brown rice a try.

Sun Q, Spiegelman D, van Dam RM, et al. 2010. White rice, brown rice, and risk of type 2 diabetes in US men and women. *Arch Intern Med* 170(11):961-69.



# Special Gift Rates for *Vegetarian Journal*

## 25% Off *Vegetarian Journal* Subscription Rates

Give your friends, relatives, and yourself a gift subscription to *Vegetarian Journal* for the holidays. The recipients of your gifts will be reminded of your thoughtfulness four times over the course of the year as the new issues of *Vegetarian Journal* appear in their mailboxes! Until December 31, 2010, we will be happy to send your *Vegetarian Journal* gift subscription and your personalized note to anyone in the United States for the special price of **\$15 per subscription** (\$27 to Canada and Mexico; \$37 to other foreign countries), which represents a savings of **25% off our regular subscription rate**. This offer expires on December 31, 2010.

Feel free to copy these order forms and to mail in as many gift subscriptions as you would like. Mail \$15 (in U.S. funds; see above for foreign rates) per gift to *Vegetarian Journal*, P.O. Box 1463, Baltimore, MD 21203. Or you can charge your gift orders over the phone with a MasterCard or Visa by calling (410) 366-8343 Monday through Friday between 9 A.M. and 5 P.M. EST.

*Vegetarian Journal*  
Holiday Gift Subscription

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_ Zip: \_\_\_\_\_  
*Special Message:* \_\_\_\_\_  
\_\_\_\_\_  
From: \_\_\_\_\_

*Vegetarian Journal*  
Holiday Gift Subscription

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_ Zip: \_\_\_\_\_  
*Special Message:* \_\_\_\_\_  
\_\_\_\_\_  
From: \_\_\_\_\_

*Vegetarian Journal*  
Holiday Gift Subscription

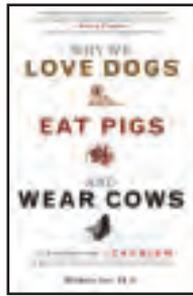
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_ Zip: \_\_\_\_\_  
*Special Message:* \_\_\_\_\_  
\_\_\_\_\_  
From: \_\_\_\_\_

*Vegetarian Journal*  
Holiday Gift Subscription

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_ Zip: \_\_\_\_\_  
*Special Message:* \_\_\_\_\_  
\_\_\_\_\_  
From: \_\_\_\_\_

## WHY WE LOVE DOGS, EAT PIGS, AND WEAR COWS

By Melanie Joy, PhD



Have you ever wondered why some of your friends and family continue to eat meat, even after you've given them ample reasons why they shouldn't consume animals anymore? Melanie Joy wrote her thesis on this subject and has now published *Why We Love Dogs, Eat Pigs, and Wear Cows*, a book that explores this behavior.

According to Dr. Joy, people react dissimilarly to different types of meat, not because there is a physical distinction among them but because people's perception of them is different. These variations in perceptions are due to our schema, which act as mental classification systems. For example, humans have a schema that classifies animals as either edible or inedible. In other words, we like foods we've learned we're supposed to like. Psychic numbing allows some to cope with violence (including slaughterhouses). This book focuses on the process of learning to not feel.

Joy uses the term 'carnism' to describe the belief system in which eating certain animals is considered ethical and appropriate. She feels that the primary way entrenched ideologies stay ingrained is by remaining invisible. Joy states, "If we don't name it, we can't talk about it, and if we can't talk about it, we can't question it."

This book includes information about how different types of animals are raised for food. Plus, it contains an extensive bibliography, as well as suggested resources about becoming vegetarian. Buy a copy for your local library!

*Why We Love Dogs, Eat Pigs, and Wear Cows* (ISBN 978-1-55643-785-4) is published by Conari Press. The book retails for \$16.95. Purchase it at <<http://astore.amazon.com/httpwwwvrgorg-20/detail/1573244619>> or in your local bookstore. Reviewed by Debra Wasserman.

## ENTERTAINING IN THE RAW

By Matthew Kenney



Matthew Kenney is a chef with experience in restaurants and catering, as well as a food writer. His new book, *Entertaining in the Raw*, offers a wide variety of recipes for raw dishes that are based on organic foods that are in season with an emphasis on locally grown produce.

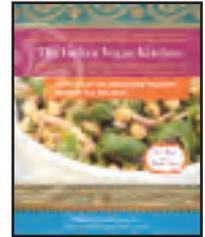
Kenney's recipes sound exotic. For example, try the Squash Blossoms with Pistachio Purée, Green Zebra Fondue, Pine Nuts, and Purple Basil. Sample the Black Sesame and White Coconut Dumplings with Creamy Miso Sauce or the Shiitake Ravioli with Broccoli Rabe, Balsamic Fig Purée, and Ginger Cream. Then, end your meal with the Green Tea Canneloni with Banana Lemongrass Cream, Almond 'Gelato,' and Goji Lime Sauce or the Frozen Pumpkin Flan with Cinnamon Foam and Mandarin Candy.

This book is full of incredible color photos of the dishes. Nutritional analyses are not provided.

*Entertaining in the Raw* (ISBN 978-1-4236-0208-8) is published by Gibbs Smith. This hardcover book retails for \$35 and can be purchased online at <<http://astore.amazon.com/httpwwwvrgorg-20/detail/1423602080>> or in your local bookstore. Reviewed by Debra Wasserman.

## THE INDIAN VEGAN KITCHEN

By Madhu Gadia, MS, RD



Many people from India are vegetarian, but few are vegan. Therefore, I was excited to see this new cookbook, which contains more than 150 vegan Indian recipes.

Among the wide variety of dishes you'll find Mango Soup, Mung Bean Fritters, Madras Potatoes, Creamy Mushroom Curry, Stuffed Okra, Blackened Spicy Chickpeas, Spinach Bengal Gram Dal, Coconut-Vegetable Sambhar, Tamarind Rice Pilaf, Curried Spinach Couscous, Potato-Stuffed Flatbread, Indian Funnel Cakes, Almond Halwa, and much more. Preparation and cooking times, as well as nutritional analyses, are listed with each recipe.

In addition, there are several interesting sections in this book. One defines Indian spices and explains how to make Indian spice blends. Another useful section provides menus for one month.

*The Indian Vegan Kitchen* (ISBN 978-0-399-53530-7) is published by the Penguin Group. It retails for \$18.95 and can be purchased online at <<http://astore.amazon.com/httpwwwvrgorg-20/detail/0399535306>>. Reviewed by Debra Wasserman.

# reviews

## RAW FOR DESSERT

By Jennifer Cornbleet



*Raw for Dessert*

allows you to prepare vegan pies, tarts, cupcakes, cakes, and more—without ever turning on your stove! Sample recipes include Mango-Raspberry Crumble; Brazil Nut-Vanilla Ice Cream; a Knockout Brownie Sundae; Banana Splits; Red, White, and Blue Cheesecake; Lemon-Cranberry-Pistachio Cookies; Raspberry Bars; a Key Lime Tart; Chocolate Pecan Pie; and Pine Nut Caramels.

The book includes beautiful color photos of some recipes, as well as information about ingredients, equipment, serving ware, and food preparation techniques.

***Raw for Dessert* (ISBN 978-1-57067-236-1) is published by Book Publishing Company. Order it online at <<http://astore.amazon.com/httpwwwvrgorg-20/detail/1570672369>>. Reviewed by Debra Wasserman.**

## PETA'S VEGAN COLLEGE COOKBOOK

By PETA



As the parent of a soon-to-be college student, I was delighted to receive a copy of *PETA's Vegan College Cookbook*. The book promises that its 275 recipes are easy, cheap, and delicious. They are definitely easy—many are based on peanut butter, ramen noodles, potatoes, or convenience foods. Dishes are designed to be prepared in a microwave,

making them practical for those living in college dorms. These are not gourmet recipes, and some seem so simple that I have to question why they were included. (Do college students need a recipe for a peanut butter sandwich or for a bagel with vegan cream cheese and jelly?) Despite these quibbles, there are many creative ideas, such as blueberry pancakes made in a coffee mug and vegan corn dogs. Recipes are not just for snacks and desserts; many feature fruits, vegetables, and beans, key components of a healthy vegan diet.

This book would make a nice gift for a vegan college student or for older (or younger) people with limited cooking skills or facilities. Note that this book does not include nutritional information.

***PETA's Vegan College Cookbook* (ISBN 978-1-4022-1885-9) is published by Sourcebooks, Inc. It has 336 pages and retails for \$14.99. Order this book online at <<http://astore.amazon.com/httpwwwvrgorg-20/detail/1402218850>>. Reviewed by Reed Mangels, PhD, RD.**

## VEGAN LUNCH BOX AROUND THE WORLD

By Jennifer McCann



Ever dreamed of eating lunch in Scotland? How about Thailand or Morocco? Jennifer McCann, the author of the popular *Vegan Lunch Box*, has created more than 40 international menus featuring vegan dishes that can be packed into a lunch box. Recipes include Bahama Mama's Beans and Rice, *Pupusas* (filled corn tortillas from El Salvador), Vietnamese Salad

Rolls, and Lamingtons (Australian sponge cakes topped with chocolate frosting and coconut). Color photos of many of the lunch boxes enhance the book.

Generally speaking, recipes seemed a bit more sophisticated and time-consuming than those in her earlier volume. However, *Vegan Lunch Box Around the World* is another creative cookbook that will add even more variety to meals for both kids and adults.

***Vegan Lunch Box Around the World* (ISBN 978-0-7382-1357-6) is published by Da Capo Press Lifelong Books. It has 263 pages and retails for \$18.95. Order this book at <<http://astore.amazon.com/httpwwwvrgorg-20/detail/0738213576>>. Reviewed by Reed Mangels, PhD, RD.**

## NINETY-FIVE

Edited by No Voice Unheard



*Ninety-Five* is a beautiful book featuring photos and stories about farm animals who now live on sanctuaries. Readers will find chronicles about cows, birds, pigs, sheep, goats, and other creatures. Each was saved from horrible living conditions and, in some cases, certain death.

Anyone who reads this book and looks at the incredible pictures will be moved to perhaps stop consuming animal products. This work belongs on every coffee table, and you may want to donate a copy to your local library.

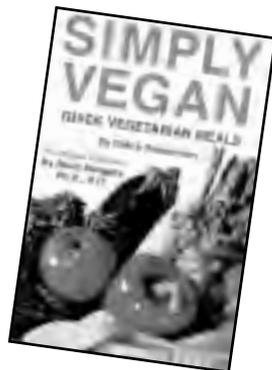
***Ninety-Five* (ISBN 978-0-9728387-5-7) is published by No Voice Unheard. This book retails for \$19.95 and can be purchased online at <[www.novoiceunheard.org](http://www.novoiceunheard.org)> or in your local bookstore. Reviewed by Debra Wasserman.**

# VRG Catalog

## Books



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



**Simply Vegan** (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 90,000 copies sold.

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



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

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

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

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

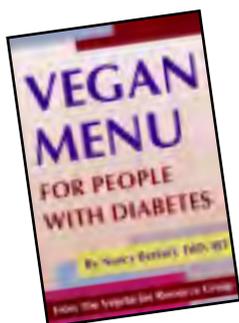
**Vegan Passover Recipes** (\$6) by Chef Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



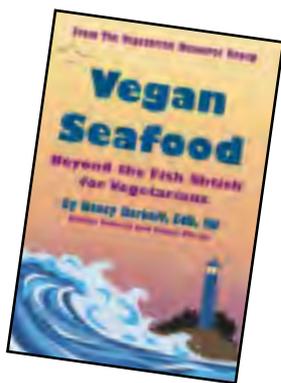
**Vegan Handbook** (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256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

**Vegan Microwave Cookbook** (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook contains 165 recipes, some of which take less than 10 minutes to cook. It also includes information for converting traditional recipes to the microwave, microwave baking and desserts, making breakfasts in a snap, and suggestions and recipes for holidays and parties.

**Vegan Comfort Food** (\$18) by Alicia C. Simpson. Having been raised in California on Mexican and soul food, this author could not imagine giving up her favorite cuisines when she became vegan. Her book offers more than 200 recipes, including Sweet Potato Waffles, Corn Chowder, Portobello Fajitas, Fried Chik'n Seitan, and Coconut Peach Cobbler. (228 pp.)



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



**Vegan Seafood: Beyond the Fish Shtick for Vegetarians** (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created these unique and good-tasting vegan fish and seafood dishes. After using this book, you'll agree with millions of vegetarians who say: Sea Animals—Don't Eat Them! Inside these 96 pages you will find sections about cooking with vegan 'fish,' 'seafood' stocks and sauces, websites offering vegan 'seafood' products, and info about omega-3 fatty acids for vegans. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, Ethiopian-Style 'Shrimp' and Sweet Potato Stew, 'Crab' Rangoon, 'Tuna' Salad, Gefilte 'Fish,' Spicy 'Fish' Cakes, and much more!

## For Children and Teens

### **I Love Animals and Broccoli Coloring Book**

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

### **I Love Animals and Broccoli Shopping Basket**

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

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

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

## Bumper Stickers

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

"Be Kind to Animals—Don't Eat Them"

"Vegetarians Are Sprouting Up All Over"

## Vegetarian Journal

**Vegetarian Journal** subscriptions are \$20 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

## Reprints from Vegetarian Journal

Non-Leather Shoes, Belts, Bags, etc. (\$5)

Guide to Food Ingredients (\$6)

## Order Form

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

Check or Money Order (Enclosed)

| ITEM                            | QUANTITY | PRICE | SUBTOTAL |
|---------------------------------|----------|-------|----------|
| Vegetarian Journal Subscription |          |       |          |
|                                 |          |       |          |
|                                 |          |       |          |
|                                 |          |       |          |
|                                 |          |       |          |
|                                 |          |       |          |

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

Credit Card  VISA  MasterCard

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

CREDIT CARD # \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

### \*SHIPPING AND HANDLING CHARGES

For orders under \$25, add \$6 (\$10 Canada/Mexico) for shipping.

For orders over \$25, shipping is free within the continental U.S.

For other foreign orders, inquire about shipping charges first.

# Vegetarian Action

## Go Vegan with Bob Linden

### A Vegan-Themed Commercial Radio Show

By Rachael Prokop

**F**LIPPING THROUGH THE RADIO STATIONS ON A California commute, one might find something surprising. Amongst the fast food advertising and right-wing politics, a lone voice is heard saying, “Go vegan!”

That voice belongs to Bob Linden, the producer, writer, and host of *Go Vegan with Bob Linden* a vegan-themed commercial radio show. *Go Vegan* has been playing in California for almost 10 years. While the show’s primary theme is animal rights, *Go Vegan* also discusses nutrition, politics, and the news with a vegan twist. Topics have included the carcinogens in barbecued meat, the relationship between cattle and global warming, and the fate of rabbits on Easter (along with a discussion on what Jesus would think of modern diets). Linden’s show has attracted many notable guests from the vegetarian community, including PETA’s president Ingrid Newkirk, former game show host Bob Barker, and EarthSave founder and *Diet for a New America* author John Robbins.

The seeds of *Go Vegan* were planted at the Los Angeles World Festival, where a radio producer suggested that Linden, who had worked in broadcasting for many years, start an animal rights show. Linden liked the idea and aired his first episode in January 2001. He didn’t expect to be allowed to do another show after that one—after all, his vegan and animal rights messages contradicted many of the popular radio sponsors: fast food and pharmaceuticals. However, the show is still going strong. What’s Linden’s conclusion? “Apparently, radio show producers and managers aren’t listening to their shows.”

Unwilling to accept advertising money from non-vegan corporations, Linden seeks out vegan and cruelty-free companies, many of whom have never done any advertising before. In addition, *Go Vegan* relies on donations from listeners to keep the show going. Funding the show can sometimes be difficult, but Linden is not giving up. He wants *Go Vegan* to go on not for his own livelihood, but also for the animals. “How many

people who have gone vegan from the show is basically what keeps me going,” he said. “I start counting the number of animals saved in my head.”

Linden has been vegan for 25 years, and vegetarian for much longer. He does activism outside of the radio but has found that his show gives him credibility and an audience that he can’t get as an activist with a megaphone. He said, “It pops out of the blue on progressive talk stations,” bringing the information to people who would never have clicked on a website link or opened a brochure on the same topic. His goal is to “infiltrate the mass meat-ia” and to bring

the message of veganism to as many people as possible.

In a nutshell, what is *Go Vegan*? According to Linden, “It’s just a little radio program trying to save the world.”

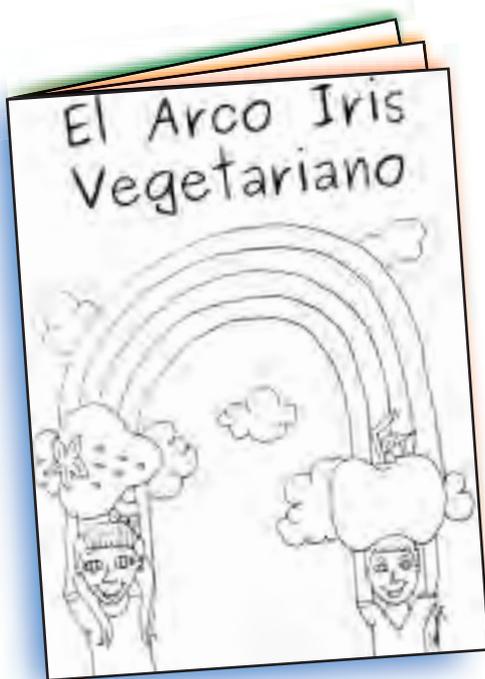
*Go Vegan* airs live in Los Angeles and San Francisco, and archived shows are available on the program’s website, <[www.goveganradio.com](http://www.goveganradio.com)>. Visit the website for up-to-date information on stations and air times.



*Go Vegan* Creator and Host Bob Linden

Rachael Prokop wrote this article during a summer internship with The Vegetarian Resource Group. She completed a degree in creative writing at Ohio Northern University earlier this year.

# Spanish-Language Resources From The VRG



Thanks to Intern Veronica Lizaola for helping VRG expand its collection of Spanish-language resources! Veronica wrote and illustrated an exciting new 8-page coloring book titled *El Arco Iris Vegetariano*! The story follows Sofía and her little brother Luis as they identify their favorite fruits and vegetables of all colors at the supermarket. This booklet is fantastic for outreach to Latino audiences but will also appeal to youngsters who are just beginning Spanish! Contact VRG at (410) 366-8343 or [vrg@vrg.org](mailto:vrg@vrg.org) to find out how to order these coloring books.

In addition, VRG has published many recipe pieces from the *Journal* in Spanish! Visit [www.vrg.org/nutshell/index.htm#spanish](http://www.vrg.org/nutshell/index.htm#spanish) for these articles and more!

- *La Bodega y el Vegetariano*
- *Recetas de Bolivia*
- *La Cocina Cubana*
- *Tamales Veganos*
- *Menú Vegano para Personas con Diabetes*
- *¡Salvemos el Agua por Medio del Vegetarianismo!*