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VOLUME XXXIV, NO 2

VEGETARIAN

JOURNAL

Science, Caring, and Vegan Living
Since 1982

Vegan Luau!

Raw Tropical Paradise Pie
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Outdoor Feasts

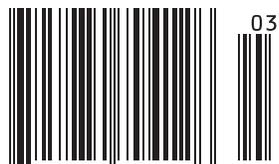
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Vegan Dining in Prague

NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline addresses fruit and vegetable options for WIC participants.

QUESTION: *My family is vegan and we've just learned that we are eligible for the WIC program. I like to buy local produce whenever I can. Will I be able to use my WIC vouchers at farmers' markets?*
L.A., via email.

ANSWER: The WIC (Women, Infants, & Children) Program was developed to protect the health of low-income pregnant and postpartum women, infants, and children up to age 5.

Depending on where you live, you may be able to participate in a special program called the WIC Farmers' Market Nutrition Program. A total of 36 states, the District of Columbia, Guam, Puerto Rico, the Virgin Islands, and 6 Indian Tribal Organizations offer this program; however, it is not always available in all areas of a state. This program was created to benefit WIC participants and local farmers. Women, infants (over 4 months old), and children who have been certified to receive WIC benefits or who are on a waiting list for WIC are eligible to participate in this program, although some states may not provide farmers' market vouchers for every participant category. If your state has this program, you can receive special coupons (Farmers' Market Nutrition Program coupons) in addition to your regular WIC benefits. These coupons can be used to buy fresh fruits, vegetables, and herbs from approved farmers. Some states only allow these coupons to be used to buy specific foods grown in the state to encourage

recipients to support farmers in their own state. Look for a sign – Farmers' Market Coupons Accepted – to find a farmer who participates in the program. When you've chosen your fruits and vegetables, give the farmer your coupon. No change is given so you may be encouraged to choose more produce if your selection is less than the amount on the coupon. Each state decides the amount of this benefit. Typically it is between \$10 and \$30 per year per eligible family member, although some state agencies add additional funding.

In addition to Farmers' Market Nutrition Program coupons, some states also allow you to use the vouchers for fruits and vegetables that you receive as a part of your WIC package at farmers' markets. These Cash Value Vouchers are issued monthly and provide eligible women with \$10 per month and eligible children with \$6 per month to purchase fruits and vegetables. These vouchers are a part of the WIC package in all states, although only some states allow them to be redeemed at farmers' markets.

To see a list of states that participate in the Farmers' Market Nutrition Program, go to <http://www.fns.usda.gov/farmers-market-nutrition-program-participating-state-agencies>.

A list of states that allow Cash Value Vouchers to be used at farmers' markets is at http://www.fns.usda.gov/sites/default/files/wic/WICCVV_Map.pdf.

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FOR INFORMATION, CALL (410) 366-VEGE. Also, if you do not want your name traded to other organizations, please let us know.

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

NOTE FROM THE COORDINATORS

VOLUNTEERS OF THE YEAR



E. B. White, author of *Charlotte's Web*, *Stuart Little*, and many other books and essays, was reported to have said when asked to offer an analysis of humor and why it works, "Analyzing humor is like dissecting a frog. Few people are interested and the frog dies of it."

Similarly, we can give many reasons why people volunteer, but what's important is that The Vegetarian Resource Group has been able to continually do outreach over the last 33 years because of all our great volunteers and donors. All volunteers are special. We appreciate Suzanne Hengen for doing nutrition analyses for the recipes in *Vegetarian Journal* for many years and Carole Hamlin and Jane Michalek for proofreading the articles. We send kudos to the many, many indispensable volunteers in Baltimore and across the country.

This past year, three volunteers have especially gone beyond the call of duty. Thank you to David Milner, who weekly has been converting articles and handouts into HTML for our website, www.vrg.org. More than 250,000 people per month visit the website for information. This is only possible with volunteers like David. According to QCRRANK, out of the top one million websites in the U.S., by visits, we are in the top 8% at 76,500. According to Alexa, another site that tracks web data, we were at about 62,000.

Matt Baker, RN comes into the office every Friday for several hours to help with clerical work and research, and on weekends he assists at outreach booths. The assistance is, of course, greatly appreciated, but the psychological boost of an ongoing dependable person is invaluable.

We live in a society where many people want to volunteer for a short time or write one article. This is helpful, but can be done only in conjunction with long-term ongoing volunteers and donors. Thank you to Matt and David, who help other volunteers' work see the light of day.

Finally, thank you to Reed Mangels, PhD, RD, who continues to give her professional nutrition expertise as well as organizational help on a weekly basis to The Vegetarian Resource Group, assisting young people, seniors, reporters, food companies, and health professionals. To be honest, there are a lot of people who have suggestions and complain about what can be made better in the world, but Matt, David, and Reed are the change we want the world to be.

If you would like to volunteer, whether with outreach, clerical work, or organizational development, please drop us a note at vrg@vrg.org listing your skills, interests, and availability. Thank you!



Debra Wasserman & Charles Stabler

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203, or donate at www.vrg.org/donate.

A donation was made in honor of Gwynne and Leonard Horwits by Sid and Diane Bravmann.

Special thanks to the following individuals who have volunteered to help update VRG's online restaurant guide: Matt Baker, Anne Custer, Dina Gharib, Olivia Harne, and Shani Stewart.

A donation was made in memory of Lottie and Charles Kempter by Bobbi Pasternak.

DE-SEEDING POMEGRANATES

I smiled at your method of de-seeding pomegranates in Issue 4 2014 of *Vegetarian Journal*, which is a traditional way, but also loses a huge amount of the natural juice found in the pomegranate and makes the seeds taste watery.

There is a much easier way! Cut a pomegranate in half. Put a large plate or a bowl underneath the pieces. Pick up one half and use your thumbs to push down on the center where the stem is and loosen up the seed, kind of like you are going to turn it inside out (but you're not). Once you've loosened up the insides a bit (you can kind of sense it), place the loosened half, seed side down, in the palm of your hand, fingers open. Take a wooden spoon and gently but firmly whack the outside of the pomegranate and be amazed as within 30 seconds ALL of the seeds will have fallen out into the bowl, and virtually none of the pith. No water, no wasted juice, no mess.

This is actually not my invention. I saw it on the internet and thought it was too good to be true – but it's not, it's amazing.

The dry seeds can be frozen for months. I also run them

through the juicer sometimes!
Rhonda F., via e-mail

ESSAY CONTEST!

I just saw the notice for the 2015 VRG Essay Contest (See: www.vrg.org/essay for details). The 2014 winner wrote a great essay in Issue 1 2015 of *Vegetarian Journal*, and she also has the same name and is the same age as one of my granddaughters. I am spurred by that to say that I would like to see the contest prize increased to \$50.00, and I will donate the additional \$25.

Bill M., via e-mail

NEW VEGAN DIET IN A NUTSHELL BROCHURE

Just wanted everyone there to know that my partner shared the *Vegan Diet in a Nutshell* brochure at a recent meeting of the Board of the Alliance for Animals and the Environment – to rave reviews. The gist of the comments was that members have been on the lookout for an attractive and concise brochure like this. They will distribute them at upcoming tabling events – like the Women's Expo here this month. Thanks.

Vicky T., via e-mail

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

Coming in the Next Issue:

WARM WEATHER SALADS

Plus: Marco Antonio Regil's Latino Activism, Quick Corn Dishes, Cauliflower Recipes, Vitamin A Information...

Vegan Dining in Prague

By Joanie Terrizzi

You were in Prague?” a friend asked me. “You must have had a hard time finding vegan food. When I was there 13 years ago, I survived on bread and tomatoes.” Well, many things have changed in the last decade or so, and I was delighted to let my friend know that one of those things is that a plethora of vegetarian and vegan restaurants have sprouted up around Prague’s beautiful and history-filled streets and alleyways. I was even able to buy soymilk at the corner store! While traditional Czech cuisine trends stewy, hearty, and meaty, many of these veggie restaurants boasted lighter fare, and some even offered non-meat versions of traditional dishes. There were several locations of the Loving Hut chain, as well as a chain of Indian restaurants (Dhaba Beas), and several raw food restaurants – though I’ll have to admit that I tailored my travel schedule around hitting as many of the unique cooked-food vegetarian restaurants as I possibly could in my five days exploring this historic city. Some were so delicious that they drew me back twice! The following is information on the restaurants I visited.



Moment

Slezske 62
<http://momentcafe.cz/>

More of a cafe than a restaurant, Moment boasts rotating daily specials from around the world. I grabbed food to-go for a flight, and was treated to a gluten-free lentil quiche and raspberry chocolate cake – both of which were incredible. The staff at Moment were less English-friendly than at other restaurants I tried, though they had enough language skill to accommodate my needs.

LoVeg

Nerudova 36
<http://www.loveg.cz/>

Easily my favorite restaurant, I made the trip west of the Vltava River twice to be able to sample more of this delicious menu. On my first trip I fancied something on the lighter side (it was a hot day and LoVeg is located up a steep hill, nestled under the Prague Castle) so I ordered the Thai Coconut Curry with Jasmine Rice (just under \$10). With the comforting, peaceful decor, and the diverse menu featuring vegan versions of traditional Czech foods, I knew that I would be returning. On my second visit, I was eager to try an authentic Czech dish and sampled the Classic Goulash with Red Onion and Dumplings. As I was nearly licking my plate, a waitress walked by with a fresh plate of vegan *Sví ková* (vegan sirloin with rice cream, cranberries, and homemade dumplings), that I looked after wistfully, wishing I could have had just one more meal at LoVeg. Instead, I placated my taste buds with layered apple purée for dessert, thus having a filling and exciting several-course meal for \$13.

Maitrea

<http://restaurace-maitrea.cz/>
Tynska ulicka 6, Praha 1

The most centrally-located of Prague’s veggie options,

Maitrea can be found just off the Old Town Square, behind Tyn's Church. The space itself is artfully designed, and I found the service to be both fast and friendly. On my first visit to Maitrea, I quickly grabbed food to-go, in order to catch a free walking tour. My elaborate and filling baked tofu, avocado, arugula salad and order of smoked tofu and spring onion sushi totaled about \$13 and was more than enough food. With memories of the supreme deliciousness and the mouth-watering menu, I was prompted to return on another day to have a proper sit-down meal. I ordered the Thai Green Curry with Vegan Shrimp (approximately \$8). The atmosphere was perfect for catching up on journaling and writing a few postcards. An English menu was provided, and both vegan and gluten-free items were clearly marked. The vegan options were limited, but mouthwatering.

Lehka Hlava (Clear Head)

<http://www.lehkahlava.cz/>
Borsov 2, Praha 1

Closer to the Charles Bridge, this sister restaurant to the aforementioned Maitrea restaurant is one of the top-rated restaurants (vegetarian or not) in Prague. It serves artful fare in a stylish, cozy atmosphere. Each room has different themed decor – the “Heaven Room” features a star-speckled ceiling. Reservations are highly recommended here – this joint was hopping, even late on a weeknight. Lehka Hlava also offers an English menu with vegan and gluten-free items clearly marked (as well as those dishes that could be made vegan upon request). I had the Red Lentil Soup with Coconut and Vegetables, as well as the Thai Red Curry for approximately \$11. The food was absolutely delicious – a great way to refuel after walking around all day.

Plevel

Krymska 126/2 (Praha 10)
<http://www.restauracelevel.cz/>

Set in a more residential area of Prague, Plevel was a sweet cafe, where I can imagine spending leisurely mornings sipping coffee and reading, were I not again taking my food to-go, in order to hop on a boat cruise along the Vltava River. While the menu is strong with both Western and fusion options, I opted for another taste of traditional Czech fare, ordering some sort of dumpling with cabbage and fake meat in it, prepared in a vinegar sauce. I was skeptical at first bite, but enjoyed each piece more than the one prior. I especially savored the desserts I ordered: a walnut rolled pastry, and what was essentially a sweet pizza-like apple pastry (pictured below).

Joanie Terrizzi has been a member of The Vegetarian Resource Group since she was a young child. She is a librarian in a New York City public school.



Bequests

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

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

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

A Healthier Planet

Dietary choices have a huge effect on an individual's health and on planetary well-being. The global transition to diets higher in meat, refined sugar, and processed foods has contributed to an epidemic of obesity, as well as increased greenhouse gas production, deforestation, and habitat destruction. What will happen if we continue on the path we're on? If things don't change, environmental researchers predict that by 2050 we'll see an 80% increase in greenhouse gas emissions due to food production and a reduction in life expectancy due to the increased incidence of heart disease, type 2 diabetes, and other diet-related illnesses.

Environmental researchers writing in the journal *Nature* predict, based on forecasts of income and current trends, that by 2050 the average diet will have fewer servings of fruits, vegetables, and plant protein and more pork, poultry, beef, eggs, dairy, fish, seafood, and empty calories. These changes will have a devastating effect on our planet. Consider that beef production results in 250 times the greenhouse gas emissions as does legume production on a per gram of protein basis.

If, instead of moving towards a diet high in animal products and processed foods, the global diet became a vegetarian or near-vegetarian diet, these researchers hypothesize that the projected 80% increase in greenhouse gas emissions could be avoided. This shift could also markedly decrease demands for land clearing. Additionally, health improvements would be expected. Moving away from meat-based diets and towards plant-based diets can slow both planetary effects and human health effects. Every environmentalist should be promoting (and eating) a plant-based diet.

Tilman D, Clark M. 2014. Global diets link environmental sustainability and human health. *Nature*. 515:518-22.

Hyperthyroidism in Vegetarians

Hyperthyroidism is a condition in which the thyroid gland makes more thyroid hormone than the body needs. It affects about 1% of people and can cause a

rapid and irregular heartbeat, fatigue, and weight loss. The most common cause of hyperthyroidism is an autoimmune disorder. Researchers from Loma Linda University surveyed 65,000 Seventh-day Adventists in the United States and Canada. Study participants were classified as "vegans" (eat animal products less than once a month), "lacto-ovo vegetarians" (eat fish or meat less than once a month), "pesco vegetarians" (eat meat less than once a month), "semi-vegetarians" (eat meat less than once a week but more than once a month), and "omnivores." Participants were asked if they had been diagnosed with hyperthyroidism. "Vegans" had a 52% lower risk of hyperthyroidism compared to "omnivores." "Lacto-ovo vegetarians" and "pesco vegetarians" also had a lower risk but not as low a risk as "vegans." Semi-vegetarians' risk of hyperthyroidism was similar to that of "omnivores." Lower body weights in the "vegans" and dietary factors may explain these results, although additional research is needed.

Tonstad S, Nathan E, Oda K, Fraser GE. 2014. Prevalence of hyperthyroidism according to type of vegetarian diet. *Public Health Nutr*. 29:1-6.

Flavonoids may Reduce Ovarian Cancer Risk

Ovarian cancer causes more deaths than any other cancer of the female reproductive system. A recent study suggests that flavonoids are associated with a lower risk of ovarian cancer. The study involved more than 150,000 women who were studied over about 20 years. During that time, 723 women developed ovarian cancer. Women whose diets were highest in flavonoids had a modestly lower risk of developing ovarian cancer. The association between flavonoids and ovarian cancer was strongest for the more aggressive form of the disease. The main dietary sources of flavonoids in this study were black tea, onions, citrus fruits and juices, and apples. In terms of specific foods, black tea was the only individual food associated with a reduction in risk. Subjects who drank more than 1 cup of black tea per day had a significantly lower risk of ovarian cancer. These results are in accord with studies that suggested

that a plant-based diet rich in fruits and vegetables was associated with a reduced risk of ovarian cancer.

Cassidy A, Huang T, Rice MS, Rimm EB, Tworoger SS. 2014. Intake of dietary flavonoids and risk of epithelial ovarian cancer. *Am J Clin Nutr.* 100(5):1344-51.

Indian Vegetarians have Fewer Risk Factors for Heart Disease

In India, about 35% of the population follows a vegetarian diet, typically a lacto vegetarian diet. This rate varies by region and ranges between 10% and 62%. Most choose to eat a vegetarian diet because of religion, culture, or community; health is not as common a motivation. A study conducted in four regions of India examined more than 6,500 men and women, one-third of whom were vegetarian. In contrast to studies in the UK and the USA, vegetarians did not have a lower body mass index (BMI) and were less physically active than nonvegetarians. Vegetarians ate more fiber, vitamin C, folate, and calcium. Despite weight status that was similar to nonvegetarians, vegetarians had lower blood cholesterol, lower LDL cholesterol, lower triglycerides, lower blood pressure, and lower blood glucose concentrations. These differences may be because of better dietary practices by vegetarians.

Shridhar K, Dhillon PK, Bowen L, et al. 2014. The association between a vegetarian diet and cardiovascular disease (CVD) risk factors in India: The Indian Migration Study. *PLoS One.* 9:e110586.

Vegetarian Diets and Diabetes

About 11% of adults in the United States have been diagnosed with diabetes; another 35% have pre-diabetes. The most common form of diabetes is type 2 diabetes, a disease in which blood sugar (also called blood glucose) is too high. In type 2 diabetes, people's bodies do not make or use the hormone insulin well. Some studies have found that moving from a nonvegetarian to a vegetarian diet led to a reduction in blood sugar, which suggests that vegetarian diets could be helpful in preventing and treating type 2 diabetes. Researchers from the USA and Japan combined results from a number of different studies to see what effect a vegetarian diet has on blood glucose. They also looked at blood concentrations of hemoglobin A1c, which indicates how well blood glucose is controlled. The researchers combined results of 6 studies involving 255 subjects, most of whom were vegan. Overall, use of a vegetarian

diet significantly reduced hemoglobin A1c, suggesting better control of blood glucose. Moving to a vegetarian diet was associated with lower intakes of calories, fat, cholesterol, and protein and higher intakes of carbohydrate and fiber. The results support vegetarian diets for the prevention and treatment of type 2 diabetes.

Yokoyama Y, Barnard ND, Levin SM, Watanabe M. 2014. Vegetarian diets and glycemic control in diabetes: a systematic review and meta-analysis. *Cardiovasc Diagn Ther.* 4:373-382.

Protein in Pregnancy

We've known for a long time that the mother's diet affects the fetus's development in utero. More recent research has examined long-term effects of the maternal diet. During pregnancy, it's important to get enough protein to support organ, muscle, and bone growth. However, there may not be an advantage to high protein diets in pregnancy, especially if the protein is mainly from animal sources. A recent study suggests that protein from animal sources, principally from meat products, was associated with an increased risk of obesity in offspring 20 years later. This study was conducted in Denmark in the late 1980s. Close to 1,000 pregnant women completed dietary and lifestyle questionnaires. Twenty years later, almost 70% of the women's children's BMIs were measured. Female children of the women eating the highest amount of animal protein during pregnancy had a 3 times greater risk of being overweight at age 20 than did female children of women eating the least amount of animal protein during pregnancy. Male offspring followed a similar pattern, with those whose mothers ate the highest amount of animal protein during pregnancy having a 2 times greater risk of overweight when they were 20 years old. When specific food groups were examined, meat products were associated with increased risk of overweight female offspring, and grains and cereals were associated with a decreased risk. No specific food group effects were seen in male offspring. We don't know what the children's diets and eating habits were after birth. These results are intriguing, but more research is needed to see if similar findings would occur in groups consuming higher and lower amounts of protein and to see if dietary differences persist after pregnancy.

Maslova E, Rytter D, Bech BH, et al. 2014. Maternal protein intake during pregnancy and offspring overweight 20 years later. *Am J Clin Nutr.* 100(4):1139-48.



Come Let's Kau Kau at the Vegan Luau!

by Zel Allen

Without boarding a plane or packing a suitcase, you can easily create the island ambience of an enjoyable evening at a Hawaiian luau, complete with luscious foods and traditional music, in your own backyard or living room. Consider making your next summer gathering a vegan luau with all the colorful island trimmings and just a little advance planning.

The ancient Hawaiians celebrated special life events by feasting with friends and family. During King Kamahameha's reign in the early 1800s, he named the feast "luau" and made the occasion more festive by lifting many of the aboriginal religious taboos that prevented men and women from attending together. The ancient Polynesians held their luaus in lush outdoor settings in warm evening breezes and provided food and entertainment consisting of traditional Polynesian songs, chants, dances, and hula, the Polynesian dance that tells a picturesque story with the hands.

Following in the steps of King Kamahameha, who knew how to enjoy a party, you can create a fun guest list and send out invitations early in the season so your guests can set the date aside. While many people choose the ease of computer e-vites, your own handmade invitations are much more appealing. If you're crafty, you can create an imitation tapa cloth from crumpled brown paper bags or visit the local party store to find paper versions of typical tapa cloth designs, a traditional island craft made from the bark of trees and shrubs. Your unique invitation tells guests they can expect something special when they arrive.

Creating the Island Flavor

A few things to consider when planning your luau include tables and chairs, Hawaiian music, live entertainment vs. home entertainment, games and prizes, a hula contest, and, of course, irresistible island foods and beverages. Will you prepare all the food, or is a potluck more to your liking?

Become the attentive island decorator and watch the backyard and patio transform into a seductively romantic

island paradise. The secret lies in the décor—lots of it can be found inexpensively at dollar stores and party shops. To help set the scene, consider a few tiki torches, colorful votive candles, nets, extra leis, shells, and Hawaiian music.

Try finding fresh banana leaves at Hispanic or Asian markets. They make attractive and authentic table décor or appealing placemats. Fresh banana leaves have very special appeal but a short lifespan; left unwrapped, they will deteriorate quickly. But if the fresh leaves are tightly wrapped in plastic film and placed in the freezer, they will keep for a month or two. Thaw them about an hour before use, and they'll look fresh and inviting.

As the party host, you'll want to adopt the look of a typical islander complete with aloha shirt or dress, a flower lei, and possibly a flowered head garland. Or will it be an imitation grass skirt, a muu muu, and flip-flops? The fun begins at the door as you welcome each guest by draping a flower lei around his or her neck and include a gentle aloha kiss on the cheek.

Here's an old island tradition that adds to the fun: A single flower worn behind the ear announces your marital status. Singles wear the flower behind the right ear, while the married folk tuck the flower behind the left ear.

Games to Ramp up the Fun

There's nothing like a few lively party games to boost the fun and add a touch of laughter to the scene. Start with something easy, like Pass the Coconut, the tropical version of musical chairs. Bowling for Coconuts involves setting up two stakes about 1 to 1½ feet apart. Participants bowl with coconuts in an attempt to roll them between the stakes. The winner is the one who scores the most.

The Silly Tourist Relay Race involves two teams. Create two piles of typical tourist items about 30 to 40 feet away from the teams. Items to include in the piles include the following: sunglasses, leis, hula skirts, aloha shirts, sun hats, cameras with strap, flip-flops, pails, and shovels. One member of each team runs to the pile and puts all the items on, one at a time, then runs back to the next person in line. As he removes each item, he puts

it on the next person. That person runs the distance and takes off each item, one at a time, and runs back to the team. Participants are either putting on or taking off the items. The first team to finish wins prizes.

Now, Let's Kau Kau at the Luau!

Kau kau means to eat, and you can bet there are plenty of tasty vegan recipes that re-create typical luau fare. While the early Polynesians relied heavily on meat and fish dishes, newer foods introduced by Southeast Asian cultures during the early 1900s plantation era add more colorful fruits and vegetables to the menu.

As guests arrive, offer them a tall Waikiki Wahini Cooler and start them nibbling on Lomi Lomi Jackfruit, a tasty appetizer or side dish that turns proudly vegan with jackfruit replacing the salmon. *Poke*, pronounced po-kay or po-kee, is a well-seasoned side dish similar to ceviche that also turns to jackfruit. The luau is famously known for its traditional pit-roasted pig, but we vegans much prefer to plunge our forks into some Passionate Hawaiian Tempeh and feast on succulent Island Tofu Paté.

And after the hearty meal, invite guests to indulge their sweet tooth on *haupia*, a delicate coconut-milk dessert with a historic past. While it's now thickened with cornstarch, it was quite likely thickened with arrowroot that arrived in the islands with the ancient Polynesians. Fruit lovers will revel in servings of Tropical Paradise Pie topped with mangos, papayas, kiwis, grapes, pineapple chunks, and lychee, the sweet juicy fruits of today's Hawaii. And to all who feast at the luau, a sweet *aloha*.

Waikiki Wahini Cooler

(Serves 8-10)

Dressed in pastel Hawaiian pink, this refreshing, naturally sweet beverage is just what the lucky luau guests need to greet them with plenty of *aloha*. To prepare ahead, make several batches, pour them into pitchers, and chill until ready to serve. At serving time, give the beverage a brief whirl in the blender before pouring into glasses.

4 cups ice cubes
6 cups unsweetened coconut water
4 bananas, cut into 1-inch chunks
4 cups fresh strawberries, trimmed and halved
½-inch piece fresh ginger, peeled and sliced
2-4 Tablespoons maple syrup, or to taste

Garnish:

1 bunch fresh mint

To serve immediately, divide the ice cubes among the glasses and set aside.

Put the coconut water, bananas, strawberries, and ginger in the blender and process on high speed until smooth and creamy. Add the maple syrup, sweetening to taste. Pour the beverage over the ice cubes and garnish each glass with a sprig of mint.

Total calories per serving: 124 Fat: 1 gram
Carbohydrates: 29 grams Protein: 2 grams
Sodium: 191 milligrams Fiber: 5 grams

Island Tofu Paté

(Serves 4-6)

Adapted from a recipe for Southeast Asian fish paté, this delicious vegan version makes a tasty starter with all the zesty flavors of the original dish, incorporating the typical sweet, sour, salty seasonings popular throughout the Hawaiian Islands.

8 ounces extra-firm tofu, well-drained and crumbled
2 Tablespoons plus 1 teaspoon red miso
1 Tablespoon plus 1 teaspoon tamarind paste dissolved in 2 ounces of water
1 Tablespoon water
4 cloves garlic, very finely minced
1 teaspoon organic brown sugar
¼ cup coarsely ground peanuts
1 cup lightly packed basil leaves, very finely minced
3 green onions, finely minced

Garnish:

1 Tablespoon sliced green onions
2 teaspoons diced red bell pepper
2 basil leaves

Vegetable Platter:

Lettuce leaves
Sliced cucumbers
Sliced jicama
Red bell pepper strips, cut 1½ inches wide
Sliced yellow or green zucchini

Put the tofu in a deep, medium-size bowl and pound it with a pestle to create a finely crumbled texture. Add the miso, tamarind paste, water, garlic, and brown sugar and mix well to distribute all the ingredients evenly. Add the peanuts, basil leaves, and green onions and mix well. The paté should be moist and hold together well enough to sit

on a cucumber slice. Add 1 teaspoon of water if needed to moisten and bind the mixture.

Spoon the paté into an attractive serving bowl and garnish the top with the green onions, bell pepper, and basil leaves. Put the bowl on a large platter and surround it with the vegetables. Invite guests to spoon some of the paté onto the sliced vegetables or into a lettuce leaf.

Note: Chinese-style extra-firm tofu has all the water pressed out and is very dry. Add 1 or more Tablespoons of water as needed to keep the paté moist.

Total calories per serving: 144 Fat: 9 grams
Carbohydrates: 10 grams Protein: 10 grams
Sodium: 381 milligrams Fiber: 3 grams

Poke

(Serves 4-6)

Pronounced po-kay or po-kee, poke is the Hawaiian counterpart to Mexico's ceviche. Traditionally made with raw ahi tuna, this plant-based poke is made with green jackfruit that's cooked and marinated in bright and lively seasonings. For best results, marinate the mixture overnight. Enjoy it as a side dish or spoon it into green leaf lettuce leaves and serve as a delicious appetizer wrap.

1 pound frozen green jackfruit
3 green onions, sliced
5 Tablespoons diced red bell pepper
3 Tablespoons fresh lime juice
2 Tablespoons minced fresh ginger
1 Tablespoon toasted sesame seeds
1 Tablespoon sesame oil
1 sheet sushi nori, torn into tiny bits
½ teaspoon salt
1 teaspoon low sodium soy sauce
Pinch cayenne

Garnish:

1-2 Tablespoons chopped macadamia nuts
Sprigs of cilantro

Fill a 4-quart saucepan $\frac{1}{3}$ full with water and bring to a boil over high heat. Unwrap the frozen jackfruit and plunge it into the boiling water. When it returns to a boil, reduce the heat to medium-high and boil for 20-40 minutes, or until tender but still fleshy to the tooth. Drain the jackfruit and pat it dry with paper towels. Cut the pieces into $\frac{3}{8}$ -inch-wide strips about $\frac{1}{2}$ -inch in length.

Put the pieces into a bowl and add the onions, red bell

pepper, lime juice, ginger, sesame seeds, sesame oil, nori, salt, soy sauce, and cayenne and mix well. Chill for 4-6 hours. Transfer the salad to a serving bowl and garnish with the macadamias and cilantro.

Total calories per serving: 177 Fat: 6 grams
Carbohydrates: 31 grams Protein: 3 grams
Sodium: 346 milligrams Fiber: 3 grams

Sweet Leilani Luau Salad

(Serves 6-8)

If the luau will be a potluck, your contribution might be this luscious luau salad blessed with the sweetness of fresh pineapple. Contrasted with the tang of lime juice and the savory splash of tamari, the salad blossoms as a kaleidoscope of compelling flavors and bright summer colors.

1¾ cups water
1 cup quinoa, rinsed
1 fresh pineapple, trimmed and cut into bite-size chunks;
reserve the pineapple top for garnish
1 pound zucchini, halved lengthwise and thinly sliced
1 red bell pepper, julienned 1½ inches long
1 yellow bell pepper, julienned 1½ inches long
1 cup minced parsley
½ cup minced cilantro
2 cloves garlic, minced
2 Tablespoons fresh lime juice
2 Tablespoons tamari
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon smoked paprika
½ cup julienne-cut sun-dried tomatoes, soaked and drained
½ cup roasted macadamias
2 Tablespoons extra-virgin olive oil

Garnish:

3 mini bell peppers cut into thin rings
Parsley

Combine water and quinoa in a 2-quart saucepan. Cover the pan and bring to a boil over high heat. Decrease the heat to low and steam for 15 minutes. Turn off the heat and set aside for 10 minutes. Then, remove the cover and allow quinoa to cool.

While the quinoa is cooking, combine the pineapple, zucchini, red and yellow bell peppers, parsley, cilantro, fresh garlic, lime juice, tamari, garlic powder, onion powder, and paprika in a very large bowl. Toss well and set aside to marinate for 15 minutes.

Add the drained sun-dried tomatoes, macadamias, and olive oil, along with the cooled quinoa. Toss well to distribute the ingredients and flavors evenly. Spoon the salad onto a large serving platter, heaping it high into the center. Place the reserved pineapple top in the center and hang the mini pepper rings from the pineapple top to resemble Hawaiian leis. Decorate the platter with clusters of fresh parsley.

Total calories per serving: 315 Fat: 15 grams
 Carbohydrates: 42 grams Protein: 8 grams
 Sodium: 369 milligrams Fiber: 6 grams

Lomi Lomi Jackfruit

(Serves 4-6)

This is my vegan version of Lomi Lomi Salmon, a traditional luau dish made from salted fish. Standing in for the salted salmon is green jackfruit, a very versatile, unripe fruit with a fleshy texture receptive to a multitude of seasonings. In its unripe state, jackfruit is not sweet. Canned jackfruit is tender enough to use without cooking. Start the preparation a day or two in advance to infuse the jackfruit with salt. For the best flavor, after salting, assemble the salad and allow it to stand 2-3 hours to marinate before serving.

One 20-ounce can young green jackfruit in brine (10 ounces drained weight)

2 teaspoons salt

4 Roma tomatoes, chopped

1 small purple onion, diced

1 Persian or pickling cucumber, chopped

2 green onions, chopped

2 teaspoons organic sugar

Juice of 1 lime

Garnish:

Sprigs of fresh cilantro or parsley

1 lime wedge

Drain the jackfruit thoroughly and discard any tough seeds embedded into the flesh. Chop the jackfruit into ½-inch chunks and put them into a medium bowl. Sprinkle with the salt and mix well with your hands to distribute it evenly. Put the jackfruit into a covered container and refrigerate it for 1-2 days.

Put the salted jackfruit into a colander and rinse it thoroughly under running water for a full minute. Drain it well and put it into a large bowl. Add the tomatoes,

onion, cucumber, green onions, sugar, and lime juice and mix well. Transfer the salad to an attractive serving bowl and garnish with the herbs and lime wedge.

Note: Green jackfruit is also available in 1-pound frozen packages and needs to be cooked until tender. Open the package and plunge the frozen jackfruit into boiling water for about 20-40 minutes, or until it reaches desired tenderness. Look for it in well-stocked Asian markets.

Total calories per serving: 57 Fat: <1 gram
 Carbohydrates: 13 grams Protein: 2 grams
 Sodium: 720 milligrams Fiber: 5 grams

Pineapple Fire Sauce

Makes 2½ cups

This zingy pineapple-based sauce is not for those with a timid palate—it's quite spicy, but it can easily be tamed by eliminating the crushed red pepper. Quick to assemble, this sweet, zesty topping adds a lively touch when served over tempeh, grains, tofu, and bean dishes. Serve the sauce on the side as an accompaniment to the Passionate Hawaiian Tempeh (see page 14 for recipe).

One 1-pound 4-ounce can unsweetened crushed pineapple in natural juice

¼ cup vegan Worcestershire Sauce

2 Tablespoons plus 1 teaspoon fresh lemon or lime juice

1 Tablespoon maple syrup

½ teaspoon dried oregano leaves

½ teaspoon dried thyme leaves

½ teaspoon salt

¼ teaspoon dried crushed red pepper

1-2 Tablespoons cornstarch

1-2 Tablespoons cold water

Garnish:

Sprig of parsley or cilantro

Combine the undrained crushed pineapple, vegan Worcestershire Sauce, lemon juice, maple syrup, oregano, thyme, salt, and crushed red pepper in a 2-quart saucepan and bring to a boil over high heat. Decrease the heat to medium and simmer gently for 1-2 minutes.

Beginning with 1 Tablespoon each, combine the cornstarch and water in a small bowl or cup and stir to form a thin paste. Add the paste, a little at a time, to the gently bubbling sauce, stirring constantly for about 1 minute, until lightly thickened. If you want a thicker sauce,

repeat the process with the remaining 1 Tablespoon of cornstarch and water. Transfer to a serving bowl, add the garnish, and serve with a ladle.

Note: Makes enough for 1½ pounds of tempeh.

Calculated as serving size = 2 Tablespoons
 Total calories per serving: 25 Fat: <1 gram
 Carbohydrates: 6 grams Protein: <1 gram
 Sodium: 137 milligrams Fiber: <1 gram

Passionate Hawaiian Tempeh

(Serves 7-8)

With its pungent and zesty teriyaki-style flavor so typical of island foods, this marinated tempeh dish is one you can pan-fry or put on the grill without the veggies. Easy to prepare, the tempeh will quietly marinate for up to 2 hours while you take a nap or assemble other recipes for the festivities. After the tempeh has marinated, you'll notice the marinade has diminished somewhat. Don't worry, the missing marinade has actually become absorbed into the tempeh. If time does not permit long marinating, you can marinate for only 1 hour, then pan-fry the tempeh, adding all the marinade to the pan and cooking over medium-high heat to reduce the liquid. You can also grill the tempeh using the marinade as a sauce while grilling. For extra-special flavor burst, serve the tempeh with the lively Pineapple Fire Sauce (page 13) on the side!

- ½ cup low-sodium soy sauce
- ¼ cup plus 2 Tablespoons maple syrup
- ¼ cup lime juice
- ¼ cup water
- 2-inch piece of gingerroot, peeled and minced

Lomi Lomi Jackfruit



- 6 cloves garlic, crushed
- 2 teaspoons rice vinegar
- 2 teaspoons sesame oil
- ½ teaspoon black pepper
- 1½ pounds tempeh
- 1 medium carrot, peeled and cut into inch-long matchsticks
- ½ green bell pepper, diced
- 4 cups lightly packed baby spinach

Garnish:

- Cluster of cilantro or parsley
- ½ purple onion, sliced vertically into half moons

In a deep bowl or 8x8-inch baking dish, combine the soy sauce, maple syrup, lime juice, water, ginger, garlic, vinegar, sesame oil, and black pepper. Mix well and set aside.

Score the tempeh on both sides, making diagonal cuts ¼-inch apart and ¼-inch deep. Continue scoring by making crisscross cuts in the opposite direction, forming a diamond pattern. Scoring helps the tempeh to absorb the marinade. Cut the tempeh in 1-inch squares and put them in the marinade, turning to coat them evenly. Cover the bowl and marinate for 1-2 hours, turning frequently.

Pan-fry the tempeh by putting it and all the marinade into a large deep skillet. Add the carrots and bell pepper and cook over medium-high heat for 1-2 minutes. Turn the pieces gently with a wooden spoon and cook another minute or two, or until heated through. Turn off the heat and add the spinach, tossing well for about 1 minute until the leaves are just wilted. Transfer to a serving dish and garnish with the cilantro and onions.

Total calories per serving: 274 Fat: 12 grams
 Carbohydrates: 27 grams Protein: 20 grams
 Sodium: 638 milligrams Fiber: 1 gram

Passionate Hawaiian Tempeh



Kona Coconut Stir-Fry

(Serves 4)

During a lovely vacation in Hawaii, my husband and I enjoyed a tasty meal at a café inside a health food market on the sunny Kona coast. We ordered a delicious Asian-style entrée that featured tofu and coconut milk with a generous garnish of roasted peanuts. The rich blend of flavors left such a pleasant memory that I attempted to recreate the dish shortly after we returned from the islands. For a dramatic presentation and appealing color contrast, serve over any of the many varieties of dark brown rice available in natural foods markets and some Asian groceries.

- 2 medium broccoli crowns, cut into florets, stems sliced**
- 1 large carrot, peeled and cut into thin julienne, about 2 inches long**
- 1 yellow bell pepper, cut vertically into strips 3/8-inch wide**
- 1 red bell pepper, cut vertically into strips 3/8-inch wide**
- 1-2 Tablespoons water**
- ½ pound extra firm tofu, cubed**
- 1¼ cups lite coconut milk**
- 2/3 cup dried shredded coconut**
- 2 Tablespoons low-sodium soy sauce**
- 2 Tablespoons apple cider vinegar**
- 1 teaspoon sesame oil**
- 2-3 dashes hot sauce**
- Pepper to taste**

Garnish:

- 2 Tablespoons roasted unsalted peanuts, coarsely chopped**
- 1-2 Tablespoons chopped cilantro**

Kona Coconut Stir-Fry



Combine the broccoli, carrots, bell peppers, and water in a large, deep skillet and water-sauté over high heat until softened, about 4-6 minutes, stirring frequently. Add 1 or more Tablespoons of water if needed to cook the vegetables and prevent burning.

Decrease the heat to medium-high and add the tofu cubes, coconut milk, shredded coconut, soy sauce, vinegar, sesame oil, and hot sauce. Mix well and season with salt and pepper. Transfer the mixture to an attractive serving dish, and sprinkle with roasted peanuts and cilantro.

Total calories per serving: 297 Fat: 21 grams
Carbohydrates: 19 grams Protein: 11 grams
Sodium: 356 milligrams Fiber: 7 grams

Taro and Okinawan (Sweet Potato Salad)

(Serves 4-5)

A dazzling rainbow in a bowl, this color-infused potato salad is an exceptional treat with the unique addition of Okinawan sweet potatoes and coconut cream. While this deliciously sweet variety of sweet potato is available in many Asian markets, it may be challenging to recognize it because it hides its gorgeous purple color under an ivory-hued potato skin. Even more special is the delicate sweetness these potatoes bring to this appealing salad. Taro, a native Hawaiian cuisine staple, is a potato-like starchy vegetable. It is also available in Asian markets and some supermarkets. You are looking for the tuberous stem, not the leaves. Its natural sugars bring a sweet, nutty flavor to this dish. Take care not to overcook the taro and sweet potatoes; you don't want them to become mushy.

Taro & Okinawan Sweet Potato Salad





Above: Sweet Leilani Luau Salad (page 12)



Above: Haupia

Below: Tropical Paradise Pie (page 17)



- 1 pound Okinawan sweet potatoes**
- ¾ pound taro**
- 3½ cups water**
- 1 teaspoon salt, divided**
- 2 Tablespoons apple cider vinegar**
- 1 red bell pepper, diced**
- ½ purple onion, diced**
- 3 green onions, sliced**
- ⅓ cup coconut cream**
- 3-4 Tablespoons chopped fresh cilantro**

Garnish:

- Cluster of cilantro**
- 3 strips red bell pepper**

Have a large bowl filled halfway with cold water standing by. Peel the sweet potatoes and taro, cut them into bite-size pieces, and put them into the cold water as you cut them. When all the potatoes and taro are cut, drain and discard the water and put them into a 4-quart saucepan. Add water and ½ teaspoon salt. Cover the pan and bring to a boil over high heat. Immediately decrease the heat to medium and simmer for 3-4 minutes, or just until fork tender. Drain in a colander and transfer to a large bowl.

Add the vinegar and mix well. Add the bell pepper, purple onion, green onions, coconut cream, cilantro, and the remaining salt and mix gently with a wooden spoon. Transfer the salad to an attractive serving bowl and garnish with the cilantro and red bell pepper.

Total calories per serving: 258	Fat: 5 grams
Carbohydrates: 51 grams	Protein: 4 grams
Sodium: 668 milligrams	Fiber: 9 grams

Haupia

(Serves 9-12)

Coconut lovers will delight in this long-standing, easy-to-prepare favorite Hawaiian treat. With its super-light texture, haupia is a dessert with a consistency between a pudding and an agar gel. Typically, the dessert is served only as the white layer. I've taken liberties and turned it into a two-tone dessert with a chocolate layer on the bottom. The dessert keeps well up to two days ahead and makes a delightful conclusion to a tasty meal. For an eye-appealing island touch, garnish each serving with a fresh baby orchid.

Chocolate Layer

One 13.5-ounce can lite coconut milk
¾ cup water
½ cup organic sugar, or to taste
6 Tablespoons cornstarch
3 Tablespoons cocoa powder
¾ teaspoon coconut extract

White Layer

One 13.5-ounce can lite coconut milk
¾ cup water
½ cup organic sugar, or to taste
6 Tablespoons cornstarch
¾ teaspoon coconut extract

Garnish

One 8-ounce can pineapple chunks
¼ to ½ cup shredded coconut or coconut flakes, toasted
Mint leaves

To make the chocolate layer, put the coconut milk in a 2-quart saucepan and have an 8-inch square baking pan ready. Combine the water, sugar, cornstarch, and cocoa powder in a blender; process until well blended. Pour the chocolate mixture into the saucepan and cook over medium heat, stirring constantly, until the mixture thickens to a pudding-like consistency and begins to boil, about 2-3 minutes. Turn off the heat and stir in the coconut extract, mixing well. Pour the mixture into the baking pan, cool slightly, and chill until firm, about 2 hours.

To make the white layer, repeat the process without the chocolate and pour over the chilled chocolate layer. Chill until firm, about 2 hours.

To serve, drain the pineapple chunks on paper towels. Cut the haupia into squares and place them on individual dessert dishes. Garnish each with a sprinkle of toasted coconut and place a pineapple chunk in the center. Add one or more mint leaves to finish.

Total calories per serving: 215 Fat: 7 grams
Carbohydrates: 38 grams Protein: 1 gram
Sodium: 8 milligrams Fiber: 1 gram

Tropical Paradise Pie

(Serves 10; see cover photo)

A festive summertime luau deserves a gorgeous and decadent dessert to top off the celebration with festive flair. This ravishing dessert can be prepared a day ahead, covered, and refrigerated until ready to serve.

Crust:

1½ cups raw almonds
15 pitted dates
½ teaspoon coconut extract
1-3 Tablespoons water

Filling:

⅔ cup raw cashews
One 12-ounce package soft silken tofu
23 pitted dates
2 Tablespoons coconut milk
½ teaspoon coconut extract
½ teaspoon vanilla extract
2 cups unsweetened flaked coconut, divided

Topping:

Fresh fruit of your choice: mangos, papayas, kiwi, berries, etc.

Line a 12x15-inch cutting board or tray with cooking parchment. Tape it to the bottom and set aside.

To make the crust, process almonds in the food processor into a fine meal, while still retaining a little nutty texture. Add the dates, coconut extract, and enough water to process until all the ingredients are well incorporated. Spoon the mixture onto the parchment-lined board. Using your fingers, press the mixture into a rectangle 10x7 dish, keeping edges even. Set aside.

To make the filling, grind cashews into a fine powder in the blender. Add the tofu, dates, coconut milk, coconut extract, and vanilla extract and blend on low speed until thick and creamy. Stop the machine often to scrape down the sides of the workbowl and redistribute the ingredients. Transfer the filling to a medium bowl, add 1 cup of the flaked coconut, and mix well. Spread the filling mixture over the date-nut crust, spreading to the edges to cover the crust completely. Top with the remaining 1 cup of flaked coconut.

To make the topping, slice and arrange the fruits to form tropical shapes, like palm trees on a desert island, grass hut, hula girl, etc. Chill or serve immediately. To serve, cut into squares or rectangles and use a pie server to transfer each serving to a dish.

Total calories per serving: 543 Fat: 24 grams
Carbohydrates: 83 grams Protein: 10 grams
Sodium: 15 milligrams Fiber: 11 grams

**Zel Allen is a frequent *Vegetarian Journal* contributor.
She lives in California.**

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A VEGGIE ADVENTURE by Taylor Koch

"I went vegetarian three years ago when meat began to hurt my stomach after eating it. After only the first week, I felt so much better. Since becoming vegetarian, I've discovered all the environmental and economic benefits of vegetarianism, which in addition to health reasons, have led me to continue the diet."

JERRY AND VEGETARIANISM by Jerry Fu

"I have always had a lot of respect and admiration toward vegetarians. But it was not until recently that I considered vegetarianism as part of my diet. I have always been interested in vegetarianism due to its water conservation and humane treatment of animals. But the cherry on top – the overwhelming health benefits – is what really led me to my final decision."

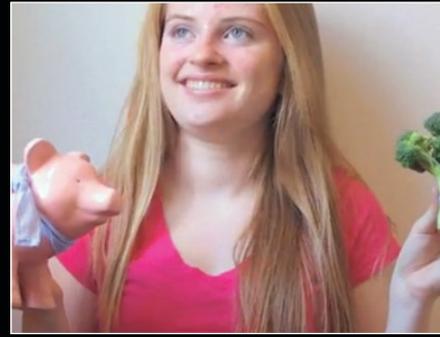
VEGETARIANISM: THE WAY TO BE

by Prerana Pai

"I am an 11-year-old girl. I am a vegetarian, and I am proud to be so. I am also very passionate about it as I am against animal cruelty...I love all living things and cannot bear hurting even a little ant. Then how can I eat a chicken, or a lamb? Even the thought of the agony and fear they must be going through when they are butchered to be eaten makes me very very sad. Though I admit that sometimes I get tempted when all my friends eat meat during parties, I stand by what I believe in and am proud to say that I never give in to temptation."

HOW I BECAME VEGAN by Josie Rapacz

"I think it's safe to say that I'm more than just interested in vegetarianism/veganism. I think being vegan is the purest and the most honest thing you can experience in this world. It's something I hope for everyone, and I wish people weren't so stubborn, so they could be open to the idea of veganism. I don't have that narcissistic way of thinking that the rest of the human race has; I know that human beings are the most intelligent species because of that amazing gap from animals to humans called 'language,' but I know that animals weren't 'created' – if you believe in God – or meant for individuals to use selfishly. I think that animals should be living comfortably right next to humans, if not as their equals, as their friends. Animals should be respected as souls not much different than ours. Veganism makes me feel more connected to the Earth, and takes the guilt off of my chest because I can honestly say that I am cruelty free."



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OUTDOOR

BY CHEF NANCY BERKOFF, EDD, RD

Feasts

Sometimes a meal just tastes better when it is eaten outdoors. From a simple sandwich to a four-course feast, al fresco dining can be the hit of the season!

GRILLED FOOD

Grilled food has gone way beyond veggie burgers and hot dogs. It now seems to encompass every type of cuisine, using seasonal ingredients. It's up to you to decide what type and size grill you consider a good investment. A hibachi on the fire escape and a built-in ceramic and stainless model can yield the same results with proper technique. It's not the toys; it's the technique. Whatever grill you decide to buy, be sure it can contain the flames and the heat of the fire.

Accessories are pretty important, too. Your grill doesn't have to have a lid or a cover, but you do have to have some way to close the grill. A metal colander can be used to cover grilling food, creating a steaming effect. Don't use a plastic colander! Invest in a metal colander with handles for grilling purposes.

If you plan on doing different types of cooking on your grill, you'll need a cast iron pot for stews and a hinged wired basket for grilling veggie burgers, extra-firm tofu, or slices of vegetables, seitan, or tempeh. You'll want a sharp knife to cut into the grilling veggies to determine their doneness. Long-handled tongs are easier to use for turning food than spatulas and can serve as serving utensils. Metal or heat-resistant wood skewers are useful for making veggie or tempeh kabobs that are easily turned on a grill. Heavy-duty foil is the type to use for lining grills or for wrapping food to be placed on the grill. Long-handled brushes are useful for cleaning the grill afterwards.

There are some tricks of the trade. To prevent food from sticking to the grill, you can either keep the grill racks oiled with vegetable spray (before heating—never spray into the fire), or you can wipe the grill racks with oil before you start cooking. This will not add an appreciable amount of oil to your cooking. If you are going

to put some pots on the grill, take advantage of the heat. A hint for preserving pot bottoms is to coat the bottom with liquid soap. Just be sure there won't be any food directly under the pot.

If you have a large enough grill, you might have several racks in it at different heights. This way, you can take advantage of all the time and effort that went into building the fire. You can wrap white or sweet potatoes or corn in foil and place them underneath the coals. You can grill heartier foods, such as eggplant, onions, carrots, or winter squash on the rack closest to the fire and more delicate items, such as extra-firm tofu, seitan, tempeh, mushrooms, or asparagus on the rack farther away from the flames. You might put together a vegetable stew with chunked tomatoes, green beans, summer squash, potatoes, and onions in a cast iron Dutch oven (deep pot) with a cover and place it on a rack farther away from the flames to cook slowly. If you have fresh apples, pears, peaches, or even sliced fresh pineapple, wrap them in foil with some spices and vegan margarine and place it next to the stew pot.

You have several choices when it comes to grilling vegetables or vegan meat alternatives. You can use frozen, unthawed vegetables or sliced, washed fresh vegetables. You can cut up vegetables or cook whole, small vegetables, such as tomatoes, baby carrots, or petite sweet onions. If you think your ingredients are too delicate to place directly on the grill rack, put them in foil packets and let them grill-steam on the grill rack. Heartier ingredients, such as carrots, potatoes, and tempeh, can be placed directly on the grill or under hot coals for 10-15 minutes. Or you can oil a grill rack above the coals and use thick slices of mushrooms, peppers, and tomatoes. To cover your grilling items, use an upside-down metal colander, sealing in some of the juices by creating a steaming effect.

Grilling does take a lot of moisture out of foods, so some people like to marinate ingredients before grilling. Marinating also adds flavor to grilled items. For an elegant touch, use a wine and tarragon mixture for potatoes, tofu, seitan, or tempeh. White wine, oil, garlic, onion,

and celery salt make a good marinade, as do beer, oil, garlic, and cloves. Soy yogurt, garlic, pepper, curry, and cardamom can give an Indian or Indonesian flavor to grilled foods and add color to grilled items. If you prefer not to use wine, then vinegar, soy sauce, oil, sweetener, and ginger can give an Asian flavor to grilling.

Vegetarian ingredients do not need to marinate for long periods of time. Look at the texture of the ingredient to decide on marinating time. Mushrooms, summer squash, sweet onions, and extra-firm tofu may only need 30-40 minutes to marinate. Tougher ingredients, such as seitan, tempeh, sliced carrots, potatoes, or winter squash, can marinate for 1-2 hours.

We have grilled asparagus, beets, carrots, corn, summer squash, tomatoes, onions, mushrooms, pears, apples, peaches, apricots, extra-firm tofu, seitan, and tempeh with great results. Beets take on an inky glaze and their sweetness is magnified with the grilling. Grilled potatoes are crisp on the outside and sweet and moist on the inside. Tofu, tempeh, and seitan take on a smoky flavor. Imagine pairing tempeh marinated in white wine and tarragon with grilled beets and roasted white potatoes. Or how about Portobello mushrooms marinated in balsamic vinegar and basil with a roasted skewer of tomatoes, summer squash, and sweet potatoes?

NON-GRILLED OUTDOOR DISHES

Portable foods like salads that don't require any heat and can usually be made a day or two ahead of time are a good planning-ahead option. Every nation has its specialty salads. The French have the *Salade Niçoise*, an artfully arranged platter of cold *haricots vert* (slender green beans), wedged new potatoes, hard-cooked eggs, cold poached tuna, and earthy, flavorful *nicoise* olives. You can create a vegan version with crumbled extra-firm tofu instead of eggs and sliced smoked tofu for the tuna.

Leftover bread and summer salads are a good match. Choose the Italian method and create a cold bread salad: large croutons of bread are tossed and marinated with chopped tomatoes, onions, oregano, basil, black pepper, chopped olives, and oil and vinegar. Add your favorite cooked or canned beans, and a sprinkle of nutritional yeast, and you have a meal or a hearty side dish.

Salads with Mexican or Southwestern flair can be served in soft or hard tortilla shells. Traditional green salads can be flavor-accented with fresh cilantro and chopped fresh, canned or pickled chilies (you choose the heat); tomatoes; onions; chilled black, white and red beans; fresh corn (cut it right from the cob into the salad); and avocado. Use salsas (in addition to tomato,

think mango, pineapple, squash, tomatillo, and grilled vegetable salsas) in place of creamy salad dressings or as an ingredient in vinaigrette dressing.

Looking for more flavor accents? Use *raita* (plain soy yogurt or vegan sour cream with chopped cucumber, tomato, and onion) and chutneys for an Indian flavor in your basic salad dressings. Or, you can go Southeast Asian and add red or green chili paste and soy sauce to create a new salad dressing. *Caponata* (marinated eggplant salad, available canned) and tapenades (chopped olive pastes) add a Mediterranean flair to tossed salad greens and dressings. Prepared pesto (a combination of basil or spinach with pine nuts and olive oil) can be used chilled as a salad dressing or added to a creamy salad dressing. Onions, beets, and vegan sour cream put in the dressing, and for the big spenders, vegetarian caviars add a Russian accent to mixed greens. Try grating fresh beets or shredding canned beets into a baby green salad for sweetness and color. Turn your Thousand Island dressing into a mock Russian dressing with a dab of vegan caviar.

Asian and tropical ingredients can be used as a garnish or as a salad ingredient for more crunch, flavor, and interest. Toss in fresh, frozen, or canned water chestnuts, bamboo shoots, sprouts (bean, radish, broccoli, sunflower), mango, papaya, citrus (think kumquat, blood orange, and Asian grapefruit in addition to mandarin orange), and pineapple.

You can assemble salads so that they are ready to eat once you've set up camp by creating layers in portable containers that can either be tossed on site or served as is. Or, pack ingredients separately and let everyone assemble salads buffet-style. Provide lots of serving utensils.

MORE OUTDOOR SALADS

If you are grilling, you may enjoy salads containing hot and cold ingredients. Generally the "bed" is cold (think tossed greens, chilled couscous, or cold pasta) and the topping is hot. Pack tossed baby greens and add a sizzling hot meat analog at the moment you are ready to eat. Some suggestions could be to serve a chilled mixed cabbage salad with freshly-grilled, sliced tofu hot dogs. The same goes for a vegan Caesar salad topped with grilled smoked tofu; a spinach orange salad with grilled tempeh; a cold rice noodle salad topped with fiery, chili-laced, grilled Tofurky chunks; or a pasta salad topped with a skewer of grilled mushrooms and tomatoes.

Crunch and drama can come from the condiments served with a salad. Make a selection of croutons, which can be seasoned with nutritional yeast, black or white pepper, chili powder, basil, oregano, thyme, rosemary,

and sage. Green, black, and stuffed varieties of olives can be chopped to top salads, as well as other pickled vegetables. (Think pickled onions, carrots, peppers, chilies, cauliflower, and celery, which are often available as a canned mix.) Chopped walnuts, almonds, peanuts, and pistachios can be used in a salad or as a topping, as can sesame, sunflower, and pumpkin seeds. Cold beans and tofu add flavor, color, and extra protein. All of these ingredients are easy to pack and serve in an outdoor setting.

MORE OUTDOOR DISH SUGGESTIONS

You might also consider cooking and chilling a variety of noodles or pasta and creating a pasta bar rather than a salad bar for your outdoor dining. Sandwiches are easy to pack and easy to enjoy outdoors. You can prepare sandwiches ahead of time, or do a “sandwich spread,” allowing everyone to create their own.

If you are grilling, the main ingredients can be barbecued items. If you are avoiding the flames, pack bread (pita, lavosh, and cracker bread make great edible containers for your sandwich), along with lots of sliced veggies and smoked tofu, nut butters, vegan cheeses, and vegan “egg” salad (a combination of diced extra-firm tofu, vegan mayonnaise, mustard, paprika, and chopped celery, onions, relish, olives, etc). If you have time, also bring baked, sautéed, steamed, or grilled and chilled sliced eggplant, summer squash, and mushrooms.

OUTDOOR DESSERTS

Everyone looks forward to dessert! If the grill is still hot, grill sturdy fruit, such as apple or pineapple slices. Create “dessert sandwiches” using the grilled fruit as “bread” and nut butters or fruit jam for the filling. Serve adults grilled fruit with a sprinkle of maple syrup or fruit liqueurs.

Fresh fruit salads can be pre-made and packed on ice until ready to serve. Pack frozen berries; they make a great snack while waiting for the main course. As they thaw, they can be “smooshed” with a spoon (pack in a container large enough to allow you to crush the fruit) and used as a sauce for the fruit salad or as a “dipping” sauce for cake squares or cookies.

Melons come in their own container. Cut smaller melons, such as Crenshaw, musk, or honeydew. Scoop out the fruit, and then repack the fruit or a fruit salad into one half. Close with the second half, wrap tightly with plastic wrap, and you have a portable dessert. Use the empty half as a “container” for grapes, berries, or even pickles and olives!

OUTDOOR FOOD SAFETY

You’ll want to bring enough ice or cold-maintaining containers for your perishable items—food can start “growing” food-borne illness microorganisms if left in the food temperature danger zone (from 41 degrees to 135 degrees) for more than two hours.

This includes opened plant milks (soy, rice, almond, etc.), vegan cheese, sour cream or cream cheese, vegan mayonnaise-based salad dressings, and denser protein ingredients (tofu, seitan, tempeh, vegan meats, cooked beans) to name a few. Be certain to pack enough utensils so that each dish has its own fork, spoon or tongs and enough reusable containers or other waterproof material to cover food that will be left open, such as items to be grilled, salad items, cookies, etc.

Pack condiments in small containers, so they will be used up, rather than having the temptation to bring them home and combine them back into the larger containers in your refrigerator. Pack “clean up” materials for hands and dishes and trash bags for dishes that won’t be washed or cleaned on site.

Finally, frozen berries can serve the dual purpose of being a cool snack or dessert, and also as “ice” to keep other foods cold. You may want to freeze individual containers of water or juice to use in the same way.

Roasted Corn

(Serves 4)

Roasted corn is sweet and smoky. Depending on the type and intensity of your fire, you can place the corn under hot coals or on a rack. The cooking time will depend on your fire and how big the corn is.

4 corn ears in husk

4 teaspoons vegan margarine, softened

2 Tablespoons parsley

1 clove garlic, cut in quarters

Preheat grill to high. Remove silk from the corn by turning down, but not detaching, husks and pulling out silk.

Brush corn with margarine, sprinkle on parsley, and place one piece of garlic on each corn. Tie husk back around corn with cotton string or twisty-ties. Place on grill and turn once in about 10 minutes.

Total calories per serving: 113

Carbohydrates: 17 grams

Sodium: 55 milligrams

Fat: 5 grams

Protein: 3 grams

Fiber: 3 grams

Souped-Up Cole Slaw or Macaroni Salad

(Serves 6)

A great way to minimize leftovers is the “ready made” counter at the market! Purchase the salads or prepare extra yourself, add some additional ingredients, and you have a salad-and-entrée all in one! Serve with sliced fresh fruit, cold sliced beets, or a three bean salad.

- 4 cups prepared vegan cole slaw or macaroni salad**
- 1 cup diced extra-firm tofu, smoked tofu, walnuts, or pine nuts**
- 1 cup cooked, cooled, drained garbanzo beans, white or red kidney beans, lentils, or edamame**
- 1 cup washed red or green grapes**
- ½ cup raisins or dried cranberries**

Optional:

- 2 Tablespoons vegan mayonnaise or sour cream**
- 1 Tablespoon sesame seeds**
- ½ cup crumbled tortilla chips**

Add all ingredients to a large bowl (except for the optional ingredients) and mix well to combine. If you desire a moister salad, add the optional vegan mayonnaise or sour cream. For a crunchy topping, sprinkle with sesame seeds and/or crumbled tortilla chips.

Calculated using cole slaw
Total calories per serving: 181 Fat: 6 grams
Carbohydrates: 25 grams Protein: 8 grams
Sodium: 93 milligrams Fiber: 4 grams

Raita

(Serves 8)

Raitas are yogurt-based condiments that help to “cool” spicy dishes. Raita can also be used as a dip, sandwich spread, or salad dressing.

- 3 cups peeled, seeded chopped cucumbers**
- 1½ cups unflavored (plain) soy, almond, or coconut milk yogurt**
- 2 Tablespoons chopped fresh cilantro or flat-leafed parsley**
- 2 Tablespoons chopped fresh mint**
- ½ teaspoon ground cumin (or to taste)**
- 1 teaspoon lemon juice**

Combine all ingredients in a nonreactive bowl (try stainless steel, ceramic, or glass). Cover and refrigerate for at least one hour prior to serving. Raita should last for approximately four days in the refrigerator.

Total calories per serving: 53 Fat: 1 gram
Carbohydrates: 9 grams Protein: 2 grams
Sodium: 19 milligrams Fiber: <1 gram

Tofu and Potato Kebabs

(Serves 8)

These may be prepared, baked, and served cold, or be prepared and then grilled outdoors. In addition to extra-firm tofu, you can use thick chunks of portobello mushrooms, whole button mushrooms, smoked tofu, or seitan.

- 4 pounds small red- or white-skinned potatoes**
- 2 pounds extra-firm tofu (about 4 cups) or 2 pounds stemmed and washed whole button mushrooms**
- 1 cup your choice of sauce (teriyaki, barbecue, salsa, etc.)**
- 2 red and 2 green bell peppers (1 pound total)**
- Eight 6-inch skewers (can be wood or metal)**

Steam or microwave potatoes until cooked, about 6 minutes for steaming (microwave times vary). Allow to cool.

If using tofu or seitan, cut into thick chunks, about 1x1-inch. Toss with sauce, cover, and allow to marinate for at least 1 hour (can be done overnight).

De-seed peppers and cut peppers into chunks, as possible, so they will fit on skewers. Skewer alternating pieces of tofu, potatoes, and peppers.

If preparing at home, preheat oven to 400 degrees. Place skewers on nonstick sheet pan and bake for about 5 minutes, turning once. Allow to cool and pack for your outdoor dining.

If preparing outdoors, preheat grill. Place skewers on hot grill and allow to cook for about 4-5 minutes on each side, or until desired texture is achieved.

Note: If you are in a real hurry, canned small potatoes may be used in place of red or white fresh potatoes. If you have some ambition, you may thread steamed (or frozen, thawed) green beans on the skewers as well.

Calculated using low-sodium teriyaki sauce
Total calories per serving: 310 Fat: 7 grams
Carbohydrates: 47 grams Protein: 16 grams
Sodium: 664 milligrams Fiber: 5 grams

Vietnamese “Beef” Salad

(Serves 8)

You can pre-make this entrée to serve cold, or prepare the salad and sauce ahead of time and grill the tofu or seitan outdoors.

Salad:

2 pounds smoked tofu or seitan, cut into 1-inch cubes (about 4 cups) if preparing in your kitchen, thickly sliced if preparing on the grill

2 cups thinly sliced sweet onions (Vidalia or Maui)

Vegetable oil spray

2 cloves garlic, minced

3 Tablespoons low-sodium soy sauce

1 bunch cilantro

2 tomatoes, cut into 8 wedges each

Sauce:

1 cup rice vinegar

1/3 cup cold water

1 Tablespoon organic sugar

1 teaspoon ground black pepper

To prepare sauce, simply combine all ingredients in a nonreactive bowl and stir well until combined.

Preparing at home:

Place half the onions and all the sauce in a nonreactive bowl. Cover and refrigerate for 2 hours, stirring occasionally. Spray sauté pan with oil and allow to heat. Add garlic and sauté for one minute. Add tofu or seitan and sauté for one minute. Add soy sauce and remaining onions and stir-fry until onions are soft. Line serving platter or individual plates with cilantro. Place tomato wedges on top of cilantro and pour sauce over tomatoes. Just before serving, place hot tofu or seitan on top of vegetables.

Finishing outdoors:

Thickly slice tofu or seitan (approximately 1 inch thick). Set aside. Place all the onions, all the sauce, garlic and soy sauce in a nonreactive bowl. Add tofu or seitan to sauce, gently tossing to coat. Cover and refrigerate until ready to grill.

Heat grill. Place tofu or seitan on a hot grill, reserving the remaining sauce. While tofu or seitan is grilling, line serving platter with cilantro. Place tomato wedges on top of cilantro. Pour remaining sauce over tomatoes. Place grilled tofu or seitan on top and serve hot.

Variations: This will work well as:

1. “barbecued” tofu/seitan salad, using barbecue sauce rather than the recipe’s sauce

2. mustardy tofu/seitan salad, using 1 cup of vegan mayonnaise combined with 1/2 cup of prepared mustard (and a teaspoon of prepared horseradish, if desired) rather than the recipe’s sauce

3. Mediterranean tofu/seitan salad, using Italian salad dressing rather than the recipe’s sauce.

Total calories per serving: 230 Fat: 10 grams
Carbohydrates: 12 grams Protein: 23 grams
Sodium: 688 milligrams Fiber: 1 gram

Lime and Chili “Steaks”

(Serves 4)

For a “hearty” entrée, use extra-firm tofu, seitan, or portobellos to create a “sink your teeth into” grill entrée.

4 Tablespoons fresh lime juice

1 Tablespoon olive oil

2 Tablespoons minced fresh cilantro or flat-leafed parsley

2 garlic cloves, minced

1 Tablespoon cayenne pepper or red pepper flakes, or minced, deseeded fresh chili of your choice

Four 2-inch thick slices of drained, extra-firm tofu or seitan, or four 4-inch destemmed portobello mushroom caps

Combine all ingredients except the tofu (or seitan or mushrooms) in a large bowl. Gently place the tofu (or seitan or mushrooms) into the mixture, turning to ensure both sides are coated. Cover and allow to marinate for at least 30 minutes (mushrooms can marinate overnight, but tofu and seitan may get too mushy).

Heat grill. Grill until hot, about 3 minutes, or charred, depending on your preference. Serve hot.

Note: If you would like to save some time, you can bake the tofu, seitan, or mushrooms for about 5 minutes in a 375-degree oven, cool, and then either serve cold or place on a grill to heat and get some “smoky” flavoring.

Total calories per serving: 216 Fat: 15 grams
Carbohydrates: 6 grams Protein: 20 grams
Sodium: 17 milligrams Fiber: 1 gram

Grilled Pineapple

(Serves 8)

Pineapple is a natural for the grill. The texture will stand up, and the moisture and sweetness are amplified with grilling.

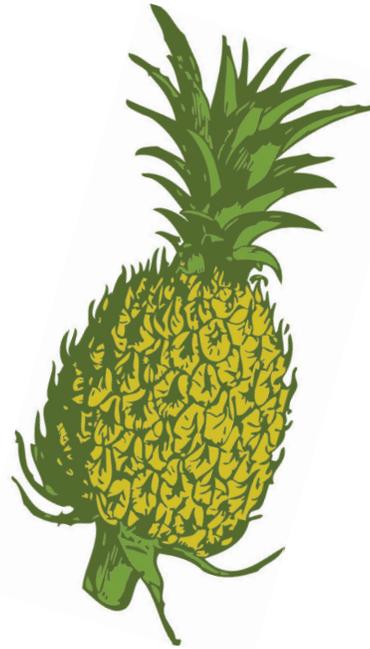
2 Tablespoons rice syrup, agave nectar, or maple syrup
1 Tablespoon lemon or lime juice
½ teaspoon ground ginger
**1 whole pineapple (about 2 pounds before trimming),
trimmed, peeled and sliced into ½-inch slices**

In a large mixing bowl, toss the pineapple with your choice of vegan sweetener, lime juice, and ginger. Heat the grill. Place the pineapple slices on the grill in a single layer. Grill for 2-3 minutes on each side, slightly longer if you'd like some nice grill marks, but don't cook it for too long because pineapple can dry out. Serve as a sweet side dish or as a tropical dessert.

Notes: Grilled pineapple can be chopped into smaller pieces and used as the base for a savory teriyaki entrée, with rice, green beans or peas, and tempeh or tofu, tossed with teriyaki sauce. Grilled pineapple also complements sorbet or pound cake for dessert.

Total calories per serving: 48 Fat: <1 gram
Carbohydrates: 12 grams Protein: <1 gram
Sodium: 9 milligrams Fiber: 1 gram

**Dr. Nancy Berkoff, RD, CCE, AAC is a chef and dietitian.
She is The VRG's Foodservice Advisor and author of
Vegan in Volume and *Vegan Meals for One or Two*.**



NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

In the December 2014 *American Journal of Nursing*, the world's oldest and most widely-read nursing journal (115 years old in 2015), there was a continuing education article about the obesity epidemic. Just a few resources were given including The Vegetarian Resource Group, The Centers for Disease Control, The United States Department of Agriculture, Yale University, The Robert Wood Johnson Foundation, and three obesity/physical activities sites.

VEGAN Outreach

VRG Co-Directors, Charles Stahler and Debra Wasserman, staffed a booth at the University of Maryland College Park dietetic internship joint class day at The National Agricultural Library. Dietetic interns from the mid-Atlantic region listened to presentations featuring nutrition apps and also visited various nutrition-related booths.

VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, became a certified Food Scientist via the Institute of Food Technologists. She recently did some kosher vegan menu planning and prep demos at the Long Beach, CA senior center.

Salad Bars for School Lunches:

More Variety for Vegetarians and a Promising Future

By Karen Leibowitz

Have you or your vegetarian child complained about the lack of options available for school lunch? When I was in public school, the most regularly-offered veggie options were canned green beans, syrup-drenched fruit, and french fries. Now, as a method of implementing new school lunch requirements under the Healthy, Hunger-Free Kids Act (HHFK), salad bars are popping up in public schools around the country through the National School Lunch Program (NSLP). Things are starting to look up for vegetarian students.

What Foods Are Being Offered At Salad Bars?

Many schools use **commodity food items** such as grains, dried beans, and peas in their salad bar to stay within their budget.¹ Some schools that choose not to provide strictly commodity foods offer only fruits and vegetables (no legumes or grains).

Salad **portion size** is important. Some students may take such minimal amounts of food that it cannot be counted as a meal, while others take too much and end up wasting it. Most salad bars are self-serve, but if food waste is a concern, the school has the option of providing some pre-packaged or pre-wrapped items in appropriate portions.² The USDA encourages schools with self-serve salad bars to provide a visual of what a serving of the particular food item looks like (see definition of salad bar portions).³ These are all measures to prevent waste, but for vegetarians, the **all-you-can-eat** fruits and vegetables options will not likely go to waste!

For more salad bar regulations, see page 8 of USDA's New Meal Pattern in Schools: <http://www.fns.usda.gov/sites/default/files/Mealpatternppt.pdf>

What are the benefits?

Salad bars provide variety and more nutritious options for vegetarians, particularly those who participate in free- or reduced-price meal plans and cannot afford to bring their own lunches. While it benefits the students, is it a waste of time and money for schools? The Gretchen Swanson Center for Nutrition released a summary of research on the use and outcomes of national school salad bars imple-

mented by a donation-supported organization called Let's Move Salad Bars to Schools (LMSB2S). Overall, they found that after implementing salad bars, the participation in school lunch programs increased.⁴ They found that more than half of schools' salad bars are comprised of items that are counted as completely reimbursable.⁵

A Baltimore City Success

Baltimore City recently implemented their own salad bar program for schools. They briefly tried salad bars using commodity foods, but were not impressed with the variety of produce offered. The process of implementing their own program took about eight months and required a commitment from the local head of the Food and Nutrition Department and cooperation from the local Health Department, produce vendors, and local farms. The city now has 46 salad bars, and because they chose to only serve fruits and vegetables, the students can eat as much as they want under just one lunch purchase. They offer seasonal fruit and a variety of vegetables. Some foods offered in the past were shredded carrots, snow peas, sliced radishes, broccoli florets, spring lettuce mix, corn, and cherry tomatoes.⁶ The salad bars are offered every day. By witnessing the success of these 46 schools' salad bar programs and requiring all students to be provided with the same options, all district schools without salad bars now provide a daily side salad composed of the same items that appear on other schools' salad bars.⁷ Because some schools, like those in Baltimore City, have the reimbursable all-you-can-eat option, it may be possible for other schools, too. Check with your local foodservice director.

Tofu and Veggie Burgers

Some schools have chicken and tuna salad in salad bars. Why not provide tofu or veggie burgers too? Tofu has been recognized and approved as a meat alternative by the USDA, and thus some schools may be able to provide tofu/veggie burgers. (Corn, soy, and black beans are approved ingredients often found in veggie burgers).⁸

Many schools do not yet offer tofu or veggie burgers for a few reasons. Schools go through a bidding process every

year to choose what pre-approved foods to order.⁹ This makes it almost impossible to add new menu items mid-term. Cost is another limiting factor, especially if veggie burger recipes require non-commodity foods. Local school lunch officials sample and nutritionally analyze new items throughout the year to see if they think the taste will be accepted by the students, and if the items meet current USDA nutrition meal standards. Talk to your local foodservice directors and ask them to sample and nutritionally analyze tofu and veggie burger brands. Remember, the company must be big enough to be able to provide items in large volumes! At this rate, perhaps the future holds tofu crumbles in salad bars someday.

How Can I Get a Salad Bar at my School?

Let's Move Salad Bars to Schools (LMSB2S), which launched in 2010 in support of the Let's Move campaign, donates salad bar equipment to schools using money from sponsors and donors. Their website provides a toolkit for parents and applications for school districts and administrators to help implement donated salad bars in their schools. The toolkit for parents provides information about USDA guidelines, benefits of school salad bars, and a letter of request to the school district to contact LMSB2S for a salad bar. For school districts and administrators, the webpage provides guidelines, supporting research, applications, and other documentation required by schools such as temperature retention tests.

If your school does not have a salad bar, it is time for the parents and children to show their interest! Visit the LMSB2S website (www.saladbars2schools.org) for a letter of request, or talk to your local head of school nutrition to suggest getting a salad bar program started to increase lunch options for vegetarian students.

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6. "Breakfast and Lunch Menu" (Baltimore City Public Schools: 2014) <http://www.baltimorecityschools.org/Page/26575>
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Glossary/Notes

Commodity Foods: Foods that the federal government has authority to purchase and distribute to state agencies and other organizations, including schools, for little cost.

All-You-Can-Eat: According to USDA's New Meal Pattern in Schools PDF, there is no maximum portion limit for fruits and vegetables in salad bars.

Salad Portion Size: A minimum portion size, enforced by a kitchen worker or cashier upon the time of purchase, is counted as a reimbursable meal. If the selected portion is under the minimum portion size, it is counted as a side/a la carte item. If salad bars are not all-you-can-eat (fruits and vegetables only), items from salad bars can be either pre-portioned, served with appropriately-sized utensils, or served by trained servers.

Reimbursable Meal: Meals that receive monetary reimbursement from the federal government, as long as they follow the USDA guidelines. Meals must include three of the five meal components (grain, milk, fruit, meat/meat alternate, vegetable), and one choice must be a fruit or vegetable. They must be within the minimum and maximum calorie range, and meet nutritional standards.

Foodservice Director: School staff member in charge of ordering, receiving, and managing school food and supplies.

Karen Leibowitz wrote this article while interning with The Vegetarian Resource Group.

veggie bits

Fun Finger Food

All-too-realistically-named, ‘pigs in a blanket’ were one of those childhood “fun” foods that helped me connect the dots about what I was really eating. So I was particularly excited to discover Mini Vegan Pretzel Dogs by Kim & Scott’s. They’ve teamed up with Field Roast to wrap mini faux franks in soft sourdough pretzels. There are 12 dogs in a box and they take just 25 seconds in the microwave to reach the ideal soft, chewy texture. You can heat up a few for a speedy snack or appetizer, but I recommend surprising your friends on game day by serving up the whole box with a side of spicy mustard. The pretzel dogs contain no meat, dairy, preservatives, trans fats, or hydrogenated oil. Visit www.kimandscotts.com to locate them near you, or to find an online retailer.

Written by Samantha Gendler.



Vegan Deli Slices

We went a little cheese crazy here in the *Vegetarian Journal* offices when we tried Field Roast’s Chao slices, melting them on whatever we could find around the kitchen. Needless to say, we are huge fans. The slices come in three flavors: Creamy Original (tastes just like white American cheese!), Coconut Herb, and Tomato Cayenne. Though they all have distinctively differently flavors, they are versatile enough to work on anything: vegan deli meat sandwiches, veggie burgers, quesadillas, bagels, soup, you name it. We are beyond pleased with their taste, consistency, and melty-ness.

If you’re experienced with vegan cheeses, you know that many of them are often nut, particularly cashew-, based. This is a major disappointment for the unluckiest of vegans – those who are allergic to nuts. Chao slices, however, are made from coconut and fermented soybean curd (called chao by the Vietnamese, hence its name).

Look for Chao slices in the natural foods section of grocery stores nationwide. Learn more or locate Chao slices near you by visiting <http://fieldroast.com>.

Written by Samantha Gendler.



Lucky Foods

The Chinese originally ate spring rolls for luck and prosperity at the start of spring, but rather than lucky, I’m usually feeling dubious when ordering them. “Is there egg in the batter of the wrapper? Was it fried in an animal-based oil? Are you SURE there’s not pork in it?” It can be difficult to get answers to these questions, but Lucky Foods frozen spring rolls put my mind at ease right away. They are completely vegan and have no preservatives, MSG, or added sugar. The rolls are stuffed with cabbage, carrots, onions, green peas, bean thread, non-GMO tofu, and seasonings for flavor – either Original, Thai-Style, or (faux) Chicken-Flavored. The shell is light and crispy with a satisfying crunch, and they’re low-grease compared to the usual restaurant variety. Each flavor comes with a sweet-and-sour sauce for dipping. They take 14 minutes in the toaster oven, which I bet is quicker than your local delivery option, and with none of the lingering questions. Look for Lucky Foods Spring Rolls in Kroger and in natural foods stores across the country. Visit www.luckyfood.com for a complete listing of where to buy them.

Written by Samantha Gendler.



Frozen Treats

It’s hard to come by a vegan ice cream bar that completely satisfies my sweet tooth, but DF Mavens ice cream does. With rich chocolate flavors such as Mint Almond Cookie and Chocolate Almond Fudge, to tropical fruit favorites like Alphonso Mango and Key Lime Crème, DF Mavens is sure to please. The Mint Almond Cookie bar tastes like a traditional ice cream cake with the chocolate cookie crumbles I adored as a kid. The bars are vegan and gluten-free, made from coconut and almond milk. If you crave a rich and creamy dessert and are tired of artificial ice cream, these bars will become your go-to treat! To find a retailer visit: dfmavens.com/retail/. Combo packs consisting of 4 boxes for \$31.96 are available online at: dfmavens.myshopify.com.

Written by Dina Gharib, VRG intern.



Morning Rounds

Mornings often bring cravings for something sweet and doughy, but many traditional options in that category provide little nutrition and have me feeling sloth-like within the hour. Morning Rounds from Ozery Bakery, which have a consistency somewhere between a pita and a scone, are a less guilty option for an easy, sweet, breakfast. They come in four flavors: Date & Chia, Muesli, Apple Cinnamon, and Cranberry Orange. All of the flavors contain whole grains mixed with dried fruits, seeds, and spices, and they leave out artificial ingredients and preservatives. I was surprised how freshly-baked Morning Rounds tasted, even when popped straight from the freezer into the toaster. When topped with a sliver of vegan butter, they instantly become comfort-food heaven. Apple Cinnamon seemed to be the office favorite at *Vegetarian Journal*, and Morning Rounds proved to be equally enjoyable well after the a.m. hours had passed us by. Visit us.ozerybakeryinc.com/ozery/ to purchase Morning Rounds directly from the Ozery Bakery website, or use the store locator to find them in a Costco, Whole Foods, or natural foods store near you.

Written by Samantha Gendler.



Decadent & Delicious

What's better than smooth, creamy, decadent vegan cheesecake in a variety of fruity (or chocolate-y!) flavors? Having it delivered directly to your doorstep, of course. For your next party, holiday, or other special occasion, consider



leaving the dessert preparation to the experts at Earth Cafe and order a vegan, raw, gluten-free, cholesterol-free cheesecake. Each cheesecake is eight inches across, contains eight individual slices, costs \$34.99, and can arrive to your home on dry ice overnight. The most difficult part will be choosing a flavor (Cherry Dream or Banana Cream? Pumpkin Spice or Coconut Carob?). I'm partial to the Rockin' Raspberry myself, with bits of fruit throughout and a nutty crust. If picking proves difficult, you have several palates to please, and you're open to a bit of a surprise, consider the sampler pie, comprised of eight different flavored slices. All of the cheesecakes are made with a soaked nut base (cashew, pecan, and walnut) and include fresh fruits and organic ingredients. Visit earthcafetogo.com to order whole cheesecakes, or if you're planning a party for one, use their store locator to locate natural foods stores and restaurants near you that sell individual slices. *Written by Samantha Gendler.*

Cheese Please

Ask any vegan and they'll tell you the hardest thing about switching to a vegan diet was giving up their love of cheese. With Miyoko's Kitchen, vegan cheese tastes better than the real thing! These cheeses aren't your typical processed American cheese slices; they are artisan masterpieces consisting of organic cashews and organic coconut oil as the main ingredients. Some vegan products sound too good to be true, but I can honestly say Miyoko's vegan cheese was the BEST vegan cheese I've ever had. This cheese replicates the most extravagant French cheeses without using any animal products. If the taste isn't enough to get you hooked, the beautiful packaging and presentation will surely win some praise at your next party. With flavors such as Country Style Herbes De Provence, Fresh Loire Valley in a Fig Leaf, and Double Cream Sun-dried Tomato Garlic, Miyoko's Kitchen vegan cheese is sure to please even the most sophisticated cheese eaters. Pair with sliced fruit or a baguette for a gourmet snack. Miyoko's vegan cheese is available in combo packs ranging from \$32- \$89. To purchase, visit shop.miyoko-kitchen.com. *Written by Dina Gharib, VRG intern.*



reviews

VEGAN ICE CREAM SANDWICHES

By Kris Holechek Peters

Children (adults too!) will enjoy the vegan frozen treats offered in this book. You'll need an ice cream maker, but you can use an inexpensive one. Of course, keep in mind that these dessert recipes are not low calorie..

Among the wide variety of ice cream sandwiches you can prepare are Chocolate Coconut Ice Cream with Chocolate Cookies, Ginger Nut Ice Cream with Carrot Cake Cookies, Very Vanilla Soy Ice Cream with Chocolate Chip Cookies, Raspberry Sherbet with Lemon Cornmeal Cookies, and Cranberry Ice Cream with Gingersnaps.

***Vegan Ice Cream Sandwiches* (ISBN 978-1-61243-298-4) is a 112-page book with a few color photos. It is published by Ulysses Press and retails for \$15.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



VEGAN AL FRESCO

By Carla Kelly

Who doesn't enjoy dining outdoors when the weather is perfect? *Vegan al Fresco* offers a wide range of recipes you'll want to serve outside when gathering with your friends and family. The book also has photos that will certainly entice you to start cooking!

The chapter titled Bites, Nibbles & Finger Foods includes Chili Roasted Chickpeas, Pumpkin & Corn Cakes, Mini-Quiches, Mini-Spring Rolls with Chili Lime Dipping Sauce, and more. The Sandwiches & Spreads section offers Grilled Eggplant Sandwiches and Pita Po' Boys.

There are two chapters devoted to dressings and salads. You might want to prepare Raspberry Balsamic Dressing, Sesame Lemon Dressing, Corn Slaw, Pickle & Asparagus Potato Salad, Smoky Soba Noodle Salad, or Roasted Beet & Quinoa Salad.



The chapter on grilling offers Chipotle & Cilantro Lentil Burgers, Gluten-free Chickpea Sausages, Pan Pacific Tofu, Mango & Orange Tempeh with Ginger, Seitan Skewers with Peach Salsa, and Smoky Barbecue Mushrooms.

The Baking and Brunch chapter serves up Garlic Breadsticks, Corn & Olive Focaccia, Triple Chocolate Waffles, Strawberry & Basil Scones, and Loaded Banana Bread. Finally, no cookbook is complete without dessert and beverage options. Several ice cream recipes are provided as well as Hazelnut Latte Cupcakes, Berry Swirl Cheesecake, Cherry & Almond Cookies, Espresso Cookies, and Ginger Lemonade.

***Vegan al Fresco* (ISBN 978-1-55152-532-7) is a 266-page book. It is published by Arsenal Pulp Press and retails for \$26.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

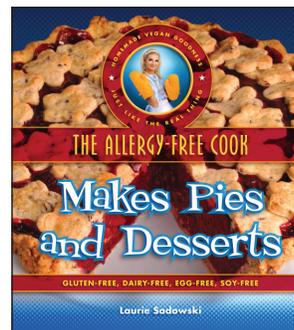
THE ALLERGY-FREE COOK MAKES PIES AND DESSERTS

By Laurie Sadowski

Laurie Sadowski began following a gluten-free diet after being diagnosed with celiac disease. She later became vegan and this book is both gluten-free and vegan. Many helpful tips are offered; however, please note that this is a dessert book and some of the recipes are high in calories.

You will find a wide range of creative desserts in this cookbook, including Pumpkin Pie with Pecan Streusel, Chocolate Mousse and Brownie Pie, Coconut Cream Cheesecake, Pistachio-Cherry Ganache Tart, Blackberry Buckle, Fudgy Mocha Pudding Cake, Ginger-Plum Crumble, and Black Forest Trifle. Also enjoy frozen treats such as Magical Caramel-Swirled Brownie Sundaes, Frozen Pineapple Upside-Down Cake, Grapefruit Ice Cream and Frozen Kahlua Mud Pie.

***The Allergy-Free Cook Makes Pies and Desserts* (ISBN 978-1-57067-308-5) is a 152-page book. It is published by Book Publishing Company and retails for \$14.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



VEGAN TACOS

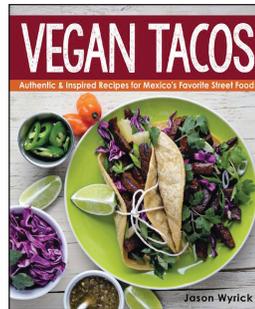
By Jason Wyrick

This cookbook shows you how to prepare creative tacos starting with the basics. Learn how to roast peppers properly and how to make your own tortillas (the soft variety) needed to prepare these wonderful creations. If you prefer, you can also bake or fry these tortillas to make them crunchy.

Next, you'll want to try some of the taco creations, including Baja-Style Tempeh Tacos, Tacos with Yucatan-Style Barbecue (using seitan or jackfruit), Tacos with Sweet Potato and Chard, Cactus Tacos, Tacos with Black Beans and Chile Peanuts, Tacos with Crispy Greens, Kimchi Tacos, or for dessert sample Spicy Cinnamon Tacos with Salted Coconut Cajeta Apples and Agave Crema.

This book also includes some toppings, side dishes, and beverages to enjoy with your tacos. Nutritional analyses are not provided; however, many of the recipes seem to be low in fat. You will find color photos.

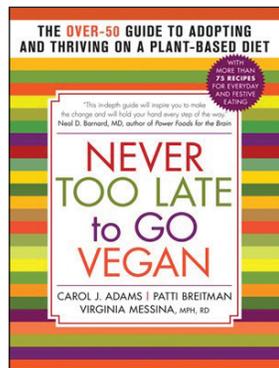
***Vegan Tacos* (ISBN 978-0-9854-6627-5) is a 288-page book. It is published by Vegan Heritage Press, LLC and retails for \$21.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



NEVER TOO LATE TO GO VEGAN

By Carol J. Adams, Patti Breitman, and Virginia Messina, MPH, RD

As a 50-something vegan, I'm definitely a member of *Never Too Late to Go Vegan's* target audience. In fact, the book's subtitle is "The Over-50 Guide to Adopting and Thriving on a Plant-based Diet." *Never Too Late* lives up to this promise. This information-packed, highly readable book includes chapters on how vegan diets can support lifelong health, on healthy vegan diets for older people, and on dealing with social issues. There's a unique chapter devoted to caregiving as a vegan, which offers supportive ideas for times



when you're in the role of caregiver for someone who eats quite differently from the way you do. Additional chapters provide practical information about making the change to a vegan diet and about talking to friends and family about your decision to go vegan.

I was fortunate enough to receive a pre-publication copy of *Never Too Late to Go Vegan* and wrote a blurb for this book. As my blurb says, "*Never Too Late to Go Vegan* offers a warm, welcoming message to adults who have decided to adopt a vegan diet. Simply put, this is an indispensable resource. Oh, and there are recipes too!"

I highly recommend this book for those considering adopting a vegan diet, new vegans, and for experienced vegans who may be facing new issues.

***Never Too Late to Go Vegan* (ISBN 978-1-61519-098-0) is published by The Experiment, LLC. It has 352 pages and retails for \$16.95. Look for this book in your local bookstore. Reviewed by Reed Mangels, PhD, RD.**

EASY, AFFORDABLE RAW

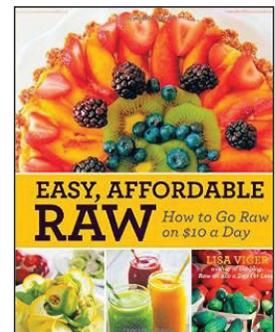
By Lisa Viger

This book has stunning color photos, including some along-side step-by-step instructions for preparing dishes. Learn how to make homemade nut or seed milks, butters, vegetable "pasta," dehydrated fruit and veggies, and more.

Some of the dishes you can prepare include Massaged Lemony Kale, Baby Greens and Mango Lime Chipotle Dressing, Cherry/Tomato Gazpacho, Chia Porridge with Fruit and Nuts, Lettuce Wraps, Yellow Squash Ribbons with Arugula Pesto, Cheesy Spicy Flax Crackers, Cool Ranch Kale Chips, Mango Peach Salsa, Sun-Dried Tomato Cheese, Pumpkin Pie, Caramel Apple Pear Tart, and Dark Chocolate Hazelnut Bark.

The author of this book writes the blog *Raw on \$10 a Day (or Less)*. Nutritional analyses are not included. Note that many recipes contain nuts or seeds.

***Easy, Affordable Raw* (ISBN 978-1-59253-929-1) is a 176-page book. It is published by Quarry Books and retails for \$24.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



Quick and Easy **SNACKS**

By Nancy Berkoff, RD, CCE

Snacking is part of our modern lifestyle. Very few of us have the time or desire to sit down to three square meals a day. In reality, eating many small meals throughout the day can be healthier than eating several large meals. If you space out mini-meals every couple of hours, you will tend to eat less since you will be less hungry. Small meals are less strain on your digestive system and may help to keep blood sugar and energy levels more consistent.

Treat each snack as a mini-meal. Snack foods should be both fun and healthy. That means that all the snack food you eat should “count.” Ask yourself if the snack foods you select have decent amounts of vitamins, minerals, fiber and fluid, and limited amounts of calories from fat (especially saturated fat), sodium, and artificial colors, flavors and preservatives.

Good examples of snack foods that “count” include fresh and dried fruit and vegetables, unsweetened juices, water or sparkling water, whole grain crackers, unsalted or low-salt pretzels, lowfat baked potato and vegetable chips with lowfat dips (such as salsa or hummus), vegan yogurt, baked white and sweet potatoes, and whole grain bread products. These foods are high in the good stuff (fiber, vitamins, etc.) and low in the bad stuff (saturated fat, salt, etc.).

Become a label reader and you’ll find a whole world of wonderful snack foods out there. Say “yes!” to the following ingredients on the label of packaged foods: dried fruit and vegetables; ground whole grains (oats, barley, rye) found in breads, cereals and crackers; seaweed (also listed as kelp or nori); brown rice; nuts; seeds, fruit and vegetable juice; soy, rice and grain milks; tofu; corn (but not corn syrup solids, which is another form of refined sugar); fruit juice concentrate, and nutritional yeast.

Some examples of healthy savory snacks that can be purchased “on the go” are brown rice cakes (with a small container of salsa, guacamole, or hummus on the side for dipping), ready-to-eat edamame, blue tortilla chips or whole wheat pretzels (with a small container of soy yogurt or nut butter on the side). On the sweet side, look for dried fruit mixes; coconut water; fruit leather

(unsweetened or naturally sweetened); unsweetened applesauce; canned, packed in water or juice; apricots, plums or pineapples; or frozen berries.

If there is time, you may want to think ahead and bake an extra white or sweet potato, pop some extra popcorn, or even thinly slice veggies, such as beets or carrots and bake them for homemade veggie chips. Take advantage of seasonal fresh fruit or dried fruit, cold cereal, and nuts to create your own snack mixes. Pre-packaging your homemade snack mixes in small containers or reusable bags will make them easy to grab as you head out the door and keep you from grabbing something unhealthy on the road.

Add some of the following to your shopping list so you can assemble some fast snacks to take to work or school or to enjoy when you are relaxing:

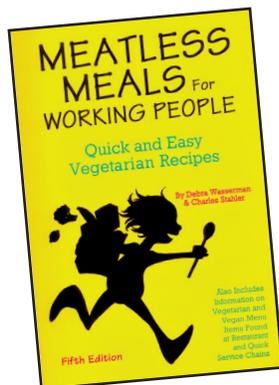
- whole wheat crackers, pretzels, popcorn, cold cereal
- dried fruit, nuts
- frozen berries or cut fruit
- vegan yogurt
- extra-firm tofu, tempeh, or seitan
- nori or dried seaweed sheets
- ready-to-eat fresh produce, such as sliced fresh carrots or baby carrots, cherry tomatoes, fresh green beans, snow peas or sugar snaps (edible pea pods), radishes, green onions, cut broccoli or cauliflower florets, shredded cabbage
- canned, packed in water or juice apricots, plums, tropical fruit salad
- pickles, olives
- canned tomatoes and tomato paste, salsa

Here are some ideas for combining these ingredients:

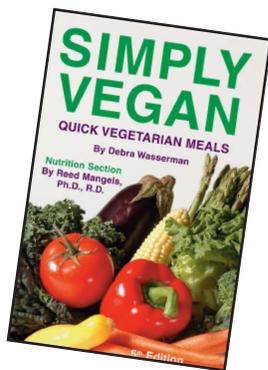
- Tomato paste, with or without salsa mixed in, used as a condiment for pretzels, crackers, or fresh veggies
- Nori crumbled into cold cereal, such as corn chex or shredded wheat or added to crumbled tofu, tempeh, or seitan
- Canned or frozen fruit mixed with vegan yogurt
- Popcorn tossed with nori

VRG Catalog

Books

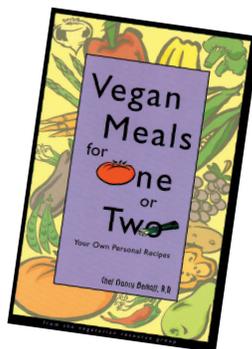


Meatless Meals for Working People – Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a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



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

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



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

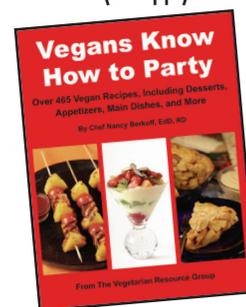
Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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

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

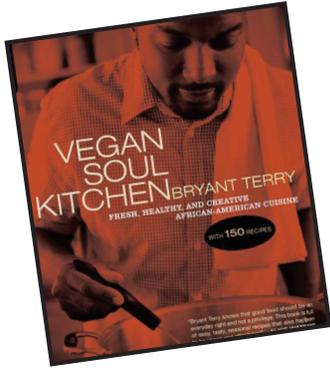
Vegan Passover Recipes (\$6) by Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.

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

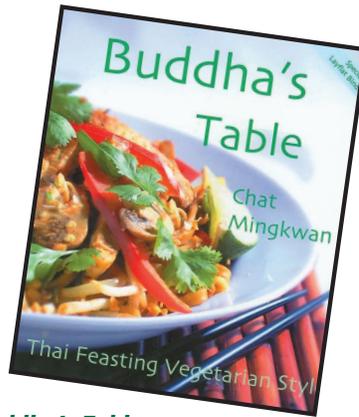


Vegans Know How to Party (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also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

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



Vegan Soul Kitchen (\$18.95) by Bryant Terry. This cookbook offers innovative recipes that use fresh, whole, healthy ingredients and cooking techniques with an eye on local, seasonal, sustainably grown food. Terrific recipes include Black-Eyed Pea Fritters with Hot Pepper Sauce, BBQ Tempeh Sandwich with Carrot-Cayenne Coleslaw, Jamaican Patties with Sweet Coconut-Ginger Creamed Corn, Citrus Collards with Raisins, and more. (224 pp.)



Buddha's Table (\$14.95) by Chat Mingkwan. A magnificent celebration of Thai cuisine, showcasing the diversity of food and flavors from Thailand, all with a creative veggie twist. Make your own Thai curry pastes and sauces, the foundation for any great Thai meal. Recipes include Pad Thai, Sticky Rice and Mangoes, Vegetable Clay Pot, Crunchy "Ruby" Water Chestnuts, Long Bean Wrapped Mushrooms, Gaeng Koa Pineapple Curry, Morning Glory with Peanut Sauce, Stir-fried Cashew Nuts, etc. (192 pp.)

Vegan Microwave Cookbook (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook has 165 recipes, some taking less than 10 minutes to prepare. Also

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

I Love Animals and Broccoli Coloring Book

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

Vegetarian Nutrition for Teenagers

Brochure with all of the basics about veggie nutrition.

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

Bumper Stickers

Bumper Stickers (\$1 each, 10+ \$.50 each)
 "Be Kind to Animals—Don't Eat Them"
 "Vegetarians Are Sprouting Up All Over"

Vegetarian Journal

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

Reprints from Vegetarian Journal

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

Order Form

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

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 For other foreign orders, inquire about shipping charges first.

Vegetarian Action

Dave Sudarsky of **The Vegetarian Site** by Samantha Gendler

TheVegetarianSite.com hosts all your vegan needs, whether dietary (nutritional yeast, dairy alternatives), fashion (faux-leather belts, hiking boots), or just plain fun (cruelty-free nail polish, vegan-themed board games). But this one-man operation run by Dr. Dave Sudarsky out of Glatonsbury, CT is far more than just a virtual shopping trip. Just as vegans are far more than simply what they eat, the website goes beyond health and diet and explores ethics, animal welfare, agriculture, and the environment.

It makes sense that The Vegetarian Site would have a scholarly, scientific edge to it, as creator (and buyer, webmaster, packer, shipper) Sudarsky has a bachelor's degree in physics and a PhD in astronomy. The editorials he writes for his site, such as "The Economic Bane of Meat and Dairy," and "My Quest for a Humane Egg," (spoiler: there isn't one), are thoughtful, well-researched, and compelling while remaining relatable. "You may see a little of my science poking through," he said. "I like to think about things scientifically. I don't like fads." Sudarsky is referring to the recent backlash against soy. "I can certainly understand that some people can't tolerate soy, but if you look at the real scientific research, the balance of it, it's all quite positive or neutral."

Sudarsky initially started The Vegetarian Site in graduate school as a source of science-based vegan information. In 1999, the word 'vegetarian' seemed like a better fit because the term 'vegan' was much less widespread. "It had the reputation of being something extreme and unattainable at the time," Sudarsky said. (Sudarsky also owns the domain TheVeganSite.com, which autodirects to The Vegetarian Site). For the first six months, The Vegetarian Site was purely informational about ethics of the vegan lifestyle and the vegan diet. Then, as graduate school became increasingly



stressful and competitive, Sudarsky decided to nurture his entrepreneurial spirit by working on the online store component, with the idea of a donation program.

Since the inception of The Vegetarian Site, 10 percent of each month's sales have been donated to a vegan outreach organization. Sudarsky has more than 10 organizations he works with, including In Defense of

Animals, Compassion Over Killing, Mercy for Animals, and The Vegetarian Resource Group. This means that online shoppers are supporting an independent business and a cause they value with each purchase. As if that's not enough of a reason to tempt you away from 'big box' online retailers, Sudarsky has high standards for the products he offers: everything The Vegetarian Site sells is 100% vegan, natural, and contains no trans fats, artificial flavors, or preservatives. Sudarsky also feels strongly that

his products must be ethical to an important species: humans. "Fair labor is very important...I wish more people were concerned enough to buy fair labor footwear," he said. "There are companies that are making vegan shoes that can be found easily online, but people aren't considering where they come from.... I wish people would give some priority to the human rights side of it."

It's been 44 years since Sudarsky went vegan, much to the consternation of his family (who are now vegan and mostly vegetarian), and he wants people to know that he's not sacrificing anything. "It's important for people to realize that it's not difficult to make changes and there are a lot of options out there. People think not consuming or wearing animals is a monumental path, and I want to make clear that it's not," he said. "It's a matter of getting online and trying some stuff." Check out TheVegetarianSite.com.

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



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VRG Online Charity Auction: June 2015

What if you could bid on items from your favorite companies and support The Vegetarian Resource Group at the same time? This summer, you can. In June 2015, VRG will be hosting an online fundraising auction with products from your favorite brands: Disney, Susan Nichole Handbags, 100% Pure, Vegan Essentials.com, Gunas, Chicago Vegan Foods, and more! If you are interested in donating a vegan-friendly product or service to benefit The VRG Charity Auction, please contact ninac@vrg.org. For details on bidding, visit www.vrg.org/auction.

New Spanish Vegan in a Nutshell: EL VEGETARIANISMO EN POCOS PALABRAS

The Vegetarian Resource Group has come out with an 8-page resource for Spanish speakers. Thank you to Karen Leibowitz and Priscilla Broadwater for contributing recipes from their Mexican and Costa Rican heritages. Sample dishes, menus, and nutritional information are provided. If you would like copies for tabling or educational purposes, please send a request to vrg@vrg.org. Donations for printing costs and postage are always appreciated. See: http://www.vrg.org/nutshell/El_Vegetarianismo_en_pocas_palabras.pdf



San Francisco Veg Fair

Phil Becker and Megumi Sakamoto (above) tabling at the busy San Francisco Vegetarian Society (SFVS) World Vegetarian Day Festival in Golden Gate Park. If you would like to volunteer at VRG booths across the country, contact Nina Casalena at vrg@vrg.org.

Simply Vegan Now on Kindle

Are you a Kindle reader? The 5th edition of our book *Simply Vegan* is now available for e-readers. It includes more than 160 vegan recipes that can be prepared quickly and an extensive vegan nutrition section written by Reed Mangels, PhD, RD, on topics such as protein, fat, calcium, iron, vitamin B12, and pregnancy on a vegan diet. It also gives cruelty-free shopping advice for food, clothing, household products, cosmetics, and more.

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