

How Many American Adults Are Vegan? Harris Poll Results

Vol. 39, Issue 4, 2020

VEGETARIAN JOURNAL

Science, Caring, and Vegan Living since 1982



*Plunge into
Festive Dips!*

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Health • Environment • Ethics

Nutrition Hotline

*This month's Nutrition Hotline addresses
vegan food during hospitalization*

Camryn Bell



QUESTION: I'm scheduled for elective surgery in a few months. What do I need to do to make sure I can continue to follow my vegan diet in the five days that I will be in the hospital?

CP, via email

ANSWER: Going to the hospital doesn't mean giving up your vegan beliefs; there are ways to make your hospital stay vegan.

At a pre-op appointment, or via a call before admission, discuss the accommodations you need with staff. Ask if you can bring in your own vegan food or have friends or family bring your meals. Preparing a list of nearby restaurants with menu items you can eat may help if you're approved to have food brought in.

Some hospitals have a vegetarian menu, so starting there and adjusting to make it vegan may be easier for the staff than starting with their non-vegetarian menu.

Some hospitals will only provide a standard meal to everyone unless they have a special order from the physician. In this case, speaking with your doctor would be helpful in getting a change to your diet order to meet your preference. If a meeting with

your doctor to discuss your diet is not possible, ask your nurse or dietitian to be your advocate. Or see if the food service staff can add items onto your standard tray that you can eat like additional servings of fresh, cooked, or canned fruits and vegetables, grains like rice or bread, different types of beans, vegan milk, or any vegan meat alternatives they have available.

Once you arrive, let the staff know you are vegan and specifically tell them the foods you avoid. They may add into your medical record that you want to avoid some foods.

Hospitals have different ordering systems. If you have the option of calling the diet staff, you can ask questions regarding ingredients and vegan options then. If you are using a written form, you may be able to write on it the items you wish to avoid. Some hospitals give you a menu and you pick the items you want.

When in doubt, stick to simple foods like beans, fruit, rice, or salads that are unlikely to have any hidden ingredients. These are just some examples; you will obviously need to try to get a well-balanced meal.

If you have questions or

want to know about ingredients, calling the food service staff or the dietitians can help. The food service staff's number may be on the menu, or ask to speak with one of them or the dietitian.

Hopefully these tips will help make your hospital stay smooth. Remember, communication is crucial to getting what you want and understanding your options, but so is treating the staff with respect and empathy, and understanding the limitations they may be working under.

Guest columnist is Camryn Bell, Dietetic Intern. She lives in Northwest Arkansas and is studying to take the Registered Dietitian exam. She is also pursuing a Master's in public health.

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



vrg.org

Note from the Coordinators



Vegan Responsibilities and Change

We were recently looking at a video interview of a VRG member who was a Jewish Freedom Rider in the South during the 1960s, risking his life for integration and equal rights. He wondered why some people act and others don't. To us, individuals take on different responsibilities and act according to their own life situation, beliefs, and personality.

In this issue, see the winners of our annual college scholarship contest (pages 14-16). All took on an ongoing commitment. Of course, many more high school students from our 280 submissions deserved to win. Thank you to the St. Louis Vegetarian Society for sponsoring a runner-up prize.

Because of the pandemic, many young people's lives were upended with lost jobs and disappearing study-abroad classes. Thus, we ended up with 10-plus summer interns/volunteers from high school through a nutrition PhD program who still needed their time to be useful. Thank you so much to Reed Mangels and Jeanne Yacoubou for helping us work with these individuals so they could continue to learn and contribute despite the chaos in their lives and the world.

In our new Harris Poll results (pages 28-30) in this issue and the next *Vegetarian Journal*, we found that the top reasons of American adults making decisions about food are taste, cost, and health. For vegetarians (including vegans), it was health, animal welfare, and taste, followed by cost, ethics, and the environment. So, each of us has commonalities and differences. Because people often criticize those who have different opinions than theirs, consultants and advisors will often tell you that to bring about change, you don't have to care what others think. On the other hand, it does create a conundrum for many people working for change because they care about everybody. How do you gain support without putting out one-sided information (on either side of the fence)? How do you attract followers on an issue, when taking into account the opinions of others and respecting all individuals? How do you cater to different needs, making some people angry because they feel you should address only their needs? Or how do you balance getting all the tasks done, when so often people don't come through for various reasons?

We do fear for young people who face a hard situation making up for lost time in their studies and career. In these uncertain times, we thank our members and donors who enable us to support students and assist others working for a better world. Have a safe and happy New Year.

Debra Wasserman & Charles Stahler

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL and HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

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

Special thanks to these VRG volunteers: Laura McGuiness for doing VRG's Maryland email newsletter, Whitney Blomquist for doing the VRG-News national email newsletter, and Casey Brown and Julia Mathew for doing VRG's Instagram postings. All of these individuals are past VRG interns and continue to volunteer on an ongoing basis long-distance.

A generous donation was given in honor of Betsy Shipley by Mary Homan.

Dollar Tree Menu and Recipes Are Huge Help

I'm vegan. Thanks for your great idea about Dollar Tree recipes. Need all the help I can get.

Arlene H., via VRG Blog

Good idea developing the meal plan from Dollar Tree (See: vrg.org/blog/2020/02/18/vegan-at-the-dollar-tree). Many of my IDD (intellectual and developmental disabilities) patients shop there. I went there and took pictures to help them shop better. I found dry beans, 100% whole wheat bread, frozen veggies, plus a slew of other things for my non-veg patients.

Cathy Conway, MS, RD, Chief of Nutritional Services, via e-mail

Thanks for Vegetarian Journal

I applied for The VRG Vegan Activism Scholarship. I wanted to thank you for the subscription to the *Vegetarian Journal*! I read the whole thing and marked up all of the recipes I wanted to try. In a matter of days, chickpea scramble has become a favorite! Thanks.

James-David M., via e-mail

Just wanted to thank you again for considering me for The Vegetarian Resource Group College

Scholarship. I'm really excited to see organizations like VRG so committed to activism and providing support for smaller groups like the one I have at school.

We'll definitely be using the resources you provided to promote vegetarianism. I have also received an issue of the *Vegetarian Journal* and found so many cool recipes I'm excited to try during this quarantine break.

Emma S., via e-mail

I got my first issue today! Thank you so much. I can't wait to pour over these recipes. Hope everyone is staying safe and healthy!

Emma S., via e-mail

VRG's Testimony to the FDA on Food Standards; General Principles and Food Standards Modernization

Thank you for doing this presentation. I'm so proud to be a member, and your presentation was carefully thought out and explained appropriately. I hope your recommendations are accepted and put into practice.

Melanie, via VRG Blog

See more: vrg.org/blog/2020/04/16/food-standards-general-principles-and-food-standards-modernization-the-vegetarian-resource-group-testimony

Letters to the Editors can be sent to: Vegetarian Journal, P.O. Box 1463,

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or send a message to us on Facebook:

facebook.com/thevegetarianresourcegroup

Coming in the next issue...

SAVORY BREAKFASTS

Plus: Vegan Sheet Pan Meals, Additional Poll Results, Prisoner's Rights for Vegan Meals, and More!

Heavy Lifting

Sweet and savory dips, gravy, and sauces for winter

by Kathleen Byrd

It doesn't matter if you're alone or with company; anytime you plunge a cracker, carrot stick, or apple slice into a bowl of smooth saucy goodness, it feels like a party. Now you can stock up on crackers; it's time for some heavy lifting.

Welcome to the ultimate collection of dips, sauces, gravy, and jam, sure to have you dunking, scooping, and smearing on the yumminess all winter long. These recipes go beyond salsa to re-imagine some of the classics. Lentil Walnut Pâté is elegant and hearty enough to be a holiday centerpiece (below). Cranberry Onion Jam celebrates the flavors of the season, and Roasted Garlic Dip is so unbelievably velvety that each bite will leave you craving more (both opposite). Hummus gets a makeover with sweet roasted carrots and the bite of sriracha on page 8. For game night, try Buffalo Chick-

pea Dip (page 9). Transport your meal into the exotic with roasted eggplant and Za'atar. Pour on the delicious with Golden Sage Gravy (page 9), instantly upgrading potatoes or oven-baked veggies (page 10). Feeling sweet? Warm spices of chili and cinnamon balance perfectly in Mexican Chocolate Sauce. Coconut Caramel Sauce is bound to be a win over ice cream or pound cake as a luscious ending to any meal (both page 11).

Many of these recipes can do double duty on sandwiches or wraps, or poured over veggie side dishes. Some can be made ahead. If you're concerned about double-dippers in this age of social distancing, try using small jars or bowls to give folks individual portions. Of course, no one will judge if you're not all about sharing. Who hasn't enjoyed scraping the edges of a bowl of dip all by themselves while binging movies?

Lentil Walnut Pâté

(Makes 3½ cups)

- 1 head garlic
- 1 Tablespoon olive oil
- 1 cup brown lentils and water for rinsing
- 2 cups low-sodium vegetable stock (or water)
- ¾ cup walnuts, toasted
- 1 Tablespoon lemon juice
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon lite tamari or soy sauce
- 1 Tablespoon minced fresh rosemary
- 1 teaspoon fresh thyme leaves
- ½ teaspoon truffle powder (optional)
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup water for blending (or more as needed)

Preheat oven to 400 degrees. Chop ¼ inch off the top of the head of garlic and remove excess skin. Drizzle garlic with olive oil, wrap in foil, and roast for 25-30 minutes until it begins to brown and feel soft to touch. Set aside. Once cool, remove the roasted garlic cloves

from the skins by gently pressing at the base of each head to pop cloves out of the skins. Set aside.

Rinse lentils in cold water until water runs clear. In a medium saucepan over medium heat, bring stock to a boil. When stock begins to boil, add lentils, stir briefly, then reduce heat and cover.

Allow lentils to simmer for 25-30 minutes, stirring occasionally until softened. If they are sticking, add water or stock, generally ¼ cup at a time.

Once lentils are done, remove from heat and drain excess liquid. Combine lentils, roasted garlic, walnuts, and remaining ingredients in a blender or food processor. Blend into smooth paste.

Place in bowl or into silicone mold. Chill for 1 hour. Serve with crackers and/or assorted crudite.

Cook's Note: Truffle powder is dried mushroom powder. You can find it in the spice section at Trader Joe's or online.

Pictured on the cover.

Total calories per 2-Tablespoon serving: 53 Fat: 3 grams
Carbohydrates: 5 grams Protein: 2 grams
Sodium: 77 milligrams Fiber: 2 grams

Cranberry Onion Jam

(Makes 3½ cups)

- 3 Tablespoons vegetable oil
- 2 sweet onions, diced (such as Vidalia)
- ½ teaspoon salt
- 1 cup fresh (or thawed frozen) cranberries
- ⅓ cup balsamic vinegar
- ¼ cup maple syrup
- 1 Tablespoon orange zest
- 1 teaspoon fresh thyme leaves
- ¼ teaspoon ground cloves

Heat oil in a Dutch oven over medium heat, and when hot, add onions and salt. Sauté onions until they begin to soften and turn translucent, about 7 minutes.

Add remaining ingredients, and continue to cook until onions caramelize and cranberries burst, about 15 minutes. Remove from heat, allow to cool slightly, and transfer to glass jar. Chill in the refrigerator until ready to serve.

Serve with assorted crackers, chips or breads, as an accompaniment to vegan cheese trays or charcuterie platters; or as a glaze for holiday vegan roasts. Alternatively, spread a thin layer over top of a slab of vegan cream cheese for a simple yet elegant, festive dip.

Pictured on the cover.

Total calories per 2-Tablespoon serving: 27 Fat: 2 grams
Carbohydrates: 3 grams Protein: <1 gram
Sodium: 43 milligrams Fiber: <1 gram

Roasted Garlic Dip

(Makes 1⅔ cups)

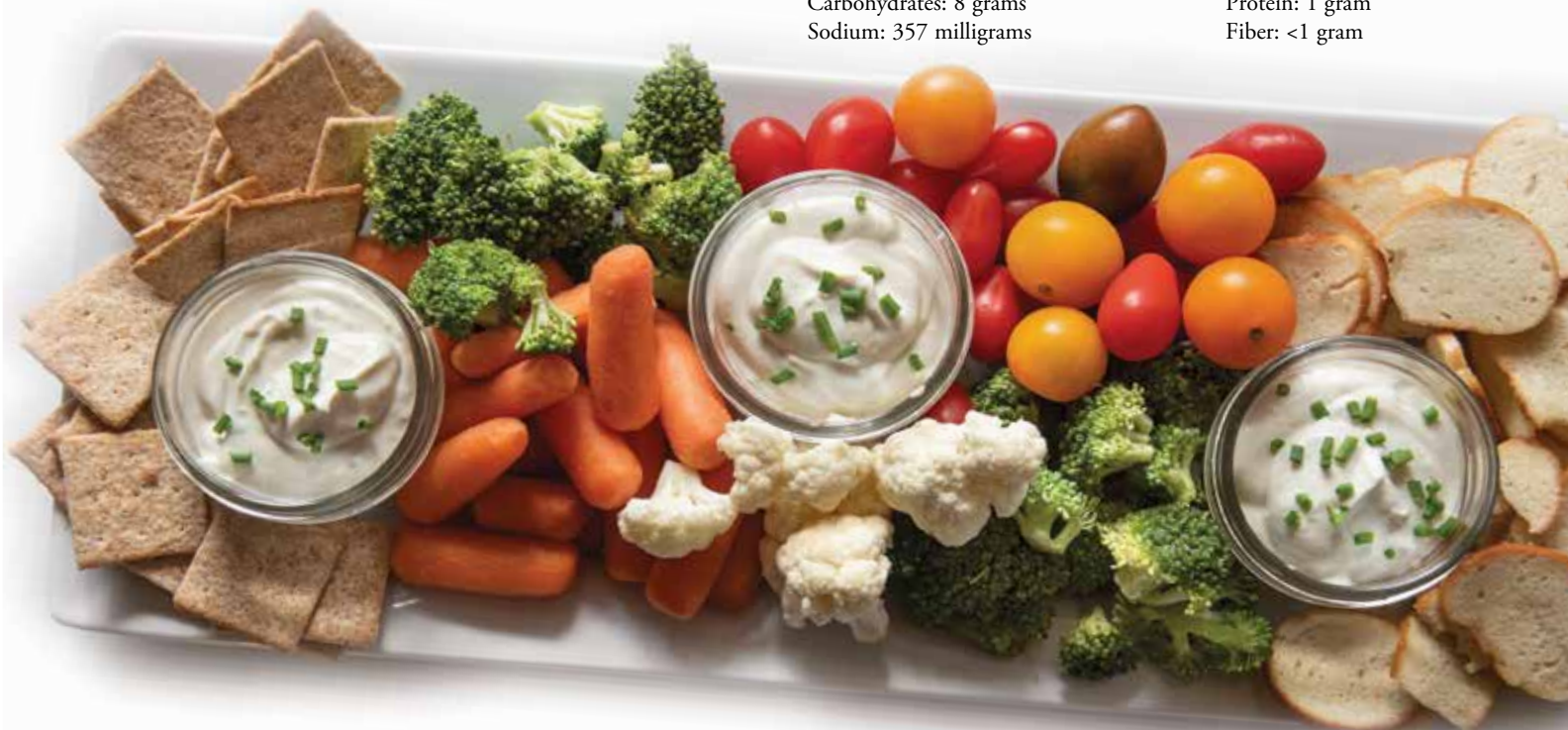
- 2 heads garlic
- 2 Tablespoons olive oil
- 1 cup vegan sour cream
- ½ cup vegan mayonnaise
- 1 Tablespoon lemon juice
- 1 teaspoon salt
- ¾ teaspoon vegan Worcestershire sauce
- ¼ teaspoon cayenne
- ¼ teaspoon mustard powder
- 2 Tablespoons minced chives plus an additional ¼ teaspoon for garnish

Preheat oven to 400 degrees. Chop ¼ inch off the top of each head of garlic and remove excess skin. Drizzle garlic with olive oil, wrap in foil, and roast for 25-30 minutes until they begin to brown and feel soft to touch. Set aside to cool. Once cool, remove the roasted garlic cloves from the skins by gently pressing at the base of each head to pop each clove out of its skins.

In a small mixing bowl, combine roasted garlic, sour cream, mayonnaise, lemon juice, salt, Worcestershire sauce, cayenne, and mustard powder. Use an immersion blender or regular blender to combine thoroughly. Stir in 2 Tablespoons chives by hand, saving a ¼ teaspoon of chives to garnish the top.

Place dip in refrigerator for 2 hours until chilled. Garnish with chives. Serve with chips, crostini, or raw veggies. This is also an excellent accompaniment for roasted potatoes or other root vegetables.

Total calories per 2-Tablespoon serving: 90 Fat: 6 grams
Carbohydrates: 8 grams Protein: 1 gram
Sodium: 357 milligrams Fiber: <1 gram



Roasted Carrot Sriracha Hummus

(Makes 5 cups)

- 2 carrots, peeled and chopped into large pieces
- 1 Tablespoon olive oil
- Two 15.5-ounce cans of cannellini beans, rinsed and drained
- 1/3 cup water
- 1 Tablespoon lemon juice
- 1 Tablespoon agave nectar
- 2 Tablespoons Sriracha hot sauce, plus additional Tablespoon reserved for garnish
- 1 Tablespoon minced garlic
- 1 teaspoon salt

For Garnish

- 1 Tablespoon Sriracha hot sauce
- 1/8 cup roasted, shelled pistachios, roughly chopped (optional)
- 2-3 dried apricots, roughly chopped (optional)

Preheat oven to 400 degrees. Place carrots on a lined baking sheet and toss with olive oil to coat. Place in the oven and roast for 17-20 minutes until tender.

In a food processor (or high speed blender) place carrots, cannellini beans, water, lemon juice, agave, 2 Tablespoons of Sriracha, garlic, and salt, and blend until the mixture reaches a smooth consistency. If the mixture is not smooth, continue adding water 1 Tablespoon at a time until the desired consistency is achieved.

Refrigerate for 4 hours or until chilled. To serve, transfer to a serving bowl and drizzle or swirl an additional Tablespoon of Sriracha on top for garnish. Sprinkle chopped pistachios and dried apricots on top, if desired. Serve with assorted raw veggies, pita chips, or other crackers.

Total calories per 1/4-cup serving: 66 Fat: 1 gram
Carbohydrates: 12 grams Protein: 3 grams
Sodium: 179 milligrams Fiber: 2 grams

Try these Homemade Cheesy Crackers, recipe on the blog:
vrg.org/blog/2020/08/21/cheesy-crackers



Buffalo Chickpea Dip

(Makes 4 cups)

- 15.5-ounce can chickpeas, rinsed and drained
- 8 ounces of vegan cream cheese (such as Tofutti)
- ½ cup vinegar-based hot sauce (such as Frank's Red Hot)
- 1 Tablespoon lemon juice
- 1 Tablespoon fresh garlic, minced
- 1 teaspoon onion powder
- ½ teaspoon dried parsley flakes
- ½ teaspoon dried dill
- ⅔ cup vegan mozzarella shreds

Preheat oven to 350 degrees. In a medium bowl combine all ingredients except cheese shreds.

Use an immersion blender or transfer to a food processor to process until mostly smooth.

Stir in cheese shreds and then spoon mixture into an oven-safe baking dish

Bake for 20-25 minutes or until mixture is warm and bubbling. Remove from oven and serve hot with crusty bread, tortilla chips, or raw veggies like celery, carrots, and cauliflower florets.

Pictured on table of contents, page 3.

Total calories per 2-Tablespoon serving: 34 Fat: 2 grams
Carbohydrates: 3 grams Protein: 1 gram
Sodium: 163 milligrams Fiber: 1 gram

Roasted Eggplant Red Pepper Spread

(Makes 3 cups)

- 1 large eggplant, peeled and diced into large cubes
- 1 red bell pepper
- 2 Tablespoons olive oil
- 1 teaspoon salt, divided
- 1 Tablespoon minced garlic
- 2 teaspoons Za'atar spice blend
- 1 teaspoon red pepper flakes (optional, to taste)
- ⅓ cup water (or more for blending)

Preheat oven to 400 degrees. Toss eggplant and bell pepper in olive oil and sprinkle with ½ teaspoon salt. Roast on a parchment-lined baking sheet for 25-30 minutes, turning halfway through.

Remove and place pepper in a sealed paper bag to cool, then remove the outer skin, stem and seeds from the red pepper. Add eggplant and pepper to a food processor or high-speed blender along with remaining ingredients. Process to combine into a smooth mixture, adding more water 1 teaspoon at a time if necessary.

Spoon roasted eggplant spread into an air-tight container and refrigerate 1 hour or until ready to serve. Serve with pita bread, raw veggies, or other dippers.

Cook's Note: Za'atar is a Middle Eastern spice blend. If you cannot find it in your grocer's spice aisle, substitute 1 teaspoon dried thyme, ½ teaspoon dried marjoram, and ½ teaspoon dried oregano.

Total calories per 2-Tablespoon serving: 16 Fat: 1 gram
Carbohydrates: 2 grams Protein: <1gram
Sodium: 97 milligrams Fiber: 1 gram



Golden Sage Gravy

(Makes 3¾ cups)

- ¼ cup vegetable oil
- 1 Tablespoon minced shallot
- ¼ cup tapioca starch (or cornstarch)
- 1 cup unsweetened, unflavored oat milk
(or vegan milk of choice)
- 2 cups low-sodium vegetable stock
- ¼ cup nutritional yeast
- 1 Tablespoon lite tamari or soy sauce
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon salt
- ¾ teaspoon dry rubbed sage
- ¼ teaspoon turmeric

In a saucepan over medium heat, combine the vegetable oil, shallot, and tapioca starch to make a roux. As the starch combines with the oil to create a paste, whisk in the milk, stock, nutritional yeast, tamari, and all seasonings.

Whisk the mixture thoroughly to break down any lumps. Bring the mixture to a low boil and whisk continuously, cooking 3-4 minutes until gravy has gotten smooth and thick.

Serve immediately or store in an air-tight container in the refrigerator for up to 5 days.

Cook's Note: Rubbed sage is dried, finely ground sage leaves. You can buy it in the spice section of most major grocers or shop online.

Total calories per 1/4-cup serving: 64	Fat: 4 grams
Carbohydrates: 5 gram	Protein: 2 grams
Sodium: 73 milligrams	Fiber: 1 gram

Try these Oil-Free Mashed Potatoes, recipe on the blog: vrg.org/blog/2020/08/24/no-oil-mashed-potatoes



Photos by Rissa Miller

Mexican Chocolate Sauce

(Makes 1½ cups)

- ½ cup unsweetened, unflavored vegan milk (soy or oat works best)
- 1 cup vegan chocolate chips
- 1 teaspoon cinnamon
- ½ teaspoon ancho chili powder, or cayenne pepper (optional)
- 1 Tablespoon refined coconut oil, melted
- 1 Tablespoon vanilla extract

In small saucepan over medium heat bring vegan milk to a boil, stirring occasionally.

Once the milk boils, remove from heat and quickly whisk in chocolate chips, stirring until smooth. Add remaining ingredients, continuing to whisk until mixture is smooth and all ingredients are incorporated.

Serve immediately with cookies, fresh fruit, vegan graham crackers, or fried churros to dip. Can be poured over cakes, cupcakes, vegan ice cream, vegan French toast, or pancakes. It's also excellent as a topping for hot chocolate or drizzled into a coffee drink.

Total calories per 2-Tablespoon serving: 112 Fat: 7 grams
Carbohydrates: 9 grams Protein: <1 gram
Sodium: 12 milligrams Fiber: <1 gram

Coconut Caramel Sauce

(Makes 2½ cups)

- 13-ounce can coconut milk (full fat version)
- ¾ cup organic brown sugar, firmly packed
- 1 Tablespoon vanilla extract
- 1 Tablespoon vegan margarine

In a medium saucepan combine coconut milk and brown sugar and bring to a boil. Reduce heat to medium, stirring constantly. The mixture will continue bubbling as it thickens.

Continue cooking for 20 minutes. Remove from heat. Whisk in vanilla and margarine.

Sauce will continue to thicken as it cools. Store sauce refrigerated, in an air-tight container, but bring to room temperature to serve. Can be served as a dip with fresh fruit, or drizzled onto cakes and vegan ice cream.

Cook's Note: As a boozy option, add 2 Tablespoons brandy to make a brandied caramel sauce. Add with vanilla and vegan margarine.

Total calories per 2-Tablespoon serving: 74 Fat: 4 grams
Carbohydrates: 9 grams Protein: <1 gram
Sodium: 12 milligrams Fiber: <1 gram

Try this Cranberry-Ginger Quick Bread, recipe on the blog: vrg.org/blog/2020/08/19/ginger-cranberry-quick-bread



Chef Kathleen Byrd is the owner of Mobtown Sweets and Treats, and hosts pop-up events and a variety of plant-based cooking classes throughout central Maryland. For more info, visit facebook.com/MobtownSweetsAndTreats



SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Eat a Carrot Every Day!

Although dementia mainly affects older people, it is not a normal part of aging. Health care providers don't have an effective treatment for dementia, and so it is important to find ways to reduce the risk of developing dementia and to delay its onset.

Substances called carotenoids, found in many vegetables and fruits, may help to prevent the cognitive decline that leads to dementia. Carotenoids, such as alpha- and beta-carotene and lutein, are found in especially high amounts in deep orange vegetables and fruits and in dark green vegetables. Carotenoids may reduce cognitive decline because of their antioxidant properties.

Researchers began studying close to 50,000 women in 1984 when their average age was 48 years old. They collected information about the women's diets over the next 22 years. The women's cognitive function was assessed at 28 or 30 years after the start of the study. At that point, 41% had good cognitive function, 47% had moderate function, and 12% had poor function. Women who had the highest long-term intake of total carotenoids were 33% less likely to have poor cognitive function and 14% less likely to have moderate cognitive function than those who had the lowest intake. The same results occurred when the researchers examined individual carotenoids.

Good sources of carotenoids include apricots, cantaloupe, carrots, collards, kale, peaches, spinach, sweet potatoes, tomatoes, watermelon, and winter squash. While we can't say with certainty that eating more of these fruits and vegetables will reduce risk of dementia, they have other health benefits and should be eaten liberally.

Yuan C, Fondell E, Ascherio A, et al. Long-term intake of dietary carotenoids is positively associated with late-life subjective cognitive function in a prospective study in US women. *J Nutr.* 2020;150:1871-1879.

Human Milk: The Ideal First Food

The ideal food for a baby is human milk. That's true whether the baby will be raised vegetarian (including vegan) or not. Some may wonder if there is a difference between breast milk from vegetarians and nonvegetarians. The short answer—there are differences, but they don't affect the nutritional quality of the milk.

The main difference is that the kind of fat in breast milk tends to reflect a woman's diet. Women whose diets are high in unsaturated fat, as is the case with many vegetarians, have breast milk that is higher in unsaturated fat. Those whose diets are higher in saturated fat, as would be the case for those eating meat, have more saturated fat in their milk. Overall, however, milk of well-nourished vegan and vegetarian women is nutritionally equivalent to the breast milk of well-nourished nonvegetarian women.

For more information about vegetarian nutrition during lactation, visit The Vegetarian Resource Group website: vrg.org/nutrition/lactation.htm.

Karcz K, Królak-Olejniak B. Vegan or vegetarian diet and breast milk composition—a systematic review *Crit Rev Food Sci Nutr.* 2020;1-18. [epub ahead of print].

Vegan Motivations

Researchers in Australia wondered how well people adhere to different types of diets including vegetarian and vegan diets. In other words, are people who choose to follow a vegetarian or vegan diet likely to continue on this path? Are there factors that affect dietary adherence? The researchers studied 292 people, predominantly women, who identified as following a vegetarian, vegan, paleo, gluten-free, or weight loss diet or were not on a specified diet. More than half had followed their selected diet for more than two years.

Participants answered a variety of questionnaires including one that checked for dietary adherence by asking questions such as, "How often do you eat animal products?" with responses ranging from "never" to "daily." The vegan group had the highest measured

adherence to their diet; the weight loss group had the lowest.

Vegans were most likely to identify ethical/moral reasons as explanations for their dietary adherence and to say that being vegan was a core part of their identity. They were least likely to identify weight loss as a motivation. One study subject said, “It’s SO easy to be vegan once you have made the ethical connection. Once you see animals as living being creatures who feel pain and joy. Animal products and byproducts don’t look like food to me. Eating a steak would be as absurd as eating cardboard.”

Vegans were most likely to report no barriers to dietary adherence. Several groups, including vegans and vegetarians, identified “inconvenience” as the main barrier to dietary adherence.

Cruwys T, Norwood R, Chachay VS, Ntontis E, Sheffield J. “An important part of who I am”: the predictors of dietary adherence among weight-loss, vegetarian, vegan, paleo, and gluten-free dietary groups. *Nutrients*. 2020;12(4):970.

Quality of Restaurant Meals

The most recent figures, prior to the COVID-19 pandemic, indicate that people in the United States were spending more than half of their food dollars on food from outside their home. More than 20% of the average person’s calories came from restaurants. While we can’t say with certainty whether these figures will change post-COVID-19, they can help us think about the quality of meals eaten in restaurants.

Almost half (46.4%) of U.S. adults ate a fast-food meal on any given day during the study period which was 2003 to 2016. The nutritional quality of the food at fast-food restaurants was rated as low, based on a rating that considers dietary risk factors for cardiovascular disease, obesity, type 2 diabetes, and other chronic conditions. Less than 0.1% of fast-food or full-service restaurant meals consumed were rated as ideal from a nutritional quality standpoint. That’s less than one out of 1,000 meals! Meals scored especially poorly at including whole grains and nuts/seeds/legumes. There was also an overall reduction in fruit and vegetable consumption from meals from full-service and fast-food restaurants between 2003 and 2016.

The study’s authors suggest several ideas for improving the quality of meals, including making fruit or vegetable the default serving as a side dish in

place of French fries and using marketing and pricing to influence healthier choices. Consumer demand is another way to influence the nutritional quality of available items at fast-food and full-service restaurants.

Liu J, Rehm CD, Micha R, Mozaffarian D. Quality of meals consumed by US adults at full-service and fast-food restaurants, 2003-2016: persistent low quality and widening disparities. *J Nutr*. 2020;150(4):873-883.

Vegetarian, and Especially Vegan Diets, Are Effective in Reducing Blood Pressure

Hypertension, also known as high blood pressure, affects almost half of adults in the United States. High blood pressure costs the United States about \$131 billion dollars a year and is a contributing factor in almost 1,300 deaths a day.¹

Studies suggest that vegetarians have lower blood pressure than do nonvegetarians. What would happen if nonvegetarians were placed on a vegetarian or vegan diet? A recent meta-analysis² combined results from 15 randomized controlled studies in which people were on a lacto-ovo vegetarian or vegan diet for at least two weeks. Their results regarding blood pressure were compared to those of nonvegetarians. The greatest reduction in blood pressure was seen in those on vegan diets; the least reduction in those on nonvegetarian diets; lacto-ovo vegetarians were intermediate.

Additional research is needed before we can conclusively say that vegan diets are an effective treatment for high blood pressure. The existing studies are small and have many differences among subjects including alcohol use, cigarette smoking, and sodium intake. Despite these limitations, the study’s authors conclude that “vegetarian diets, especially vegan diets ... may be crucial in the primary prevention and overall management of hypertension.”

¹Centers for Disease Control and Prevention. Facts about hypertension. [cdc.gov/bloodpressure/facts.htm](https://www.cdc.gov/bloodpressure/facts.htm). Updated February 25, 2020.

²Lee KW, Loh HC, Ching SM, Devaraj NK, Hoo FK. Effects of vegetarian diets on blood pressure lowering: a systematic review with meta-analysis and trial sequential analysis. *Nutrients*. 2020;12(6):E1604.

2020 Scholarship Winners

Thomas Woodruff • Texas

According to a reference for Thomas Woodruff, “In Texarkana it is hard to find vegan food and TJ saw the need and started a vegan business from the ground up. I first noticed the advertisements for TXK Vegan on Facebook and had no idea a 17-year-old was the mastermind behind the dishes. His professionalism was outstanding, the food looked great, and it was evident that the chef had done extensive research on a vegan lifestyle. I placed my first order and was shocked that a 17-year-old had not only created the menu, but shopped, prepped, and cooked the delicious dishes by himself. He has shown an ability to run a kitchen and establish a successful business in a small town. This includes procuring on-demand vegan items he travels out of town to obtain.”

Another reference stated, “To look at the world in his immediate area and challenge the status quo, where hunting and animal husbandry runs deep, shows that he has courage that not many possess.”

TJ said, “I promoted veganism in my community, Texarkana, a small town in Texas, by starting my own pop-up vegan business. The success of my business was



Thomas (TJ) Woodruff
\$10,000

feeding people in my city the first vegan option in town (where most of the customers are meat-eaters. I sell out at every event and the demand keeps on growing.”

“During the pandemic, I started a vegan grocery delivery service to locals. Customers go to txkvegan.com, select the products they want, pay, select a delivery day, and I leave the products at their door so they don’t have to leave their house for vegan food. I’m also working on being able to ship my cashew queso so people will be able to get it nationwide.

“Before the pandemic started, I was working at a French restaurant. I got laid off and during my down time, the chef told me to design a vegan brunch menu to be added later.

“In the future, I would love to own a vegan restaurant and I want to bring a product

to market so people everywhere can get it at their local grocery store. Five years after graduating with a degree in entrepreneurship I would love to move back to Texarkana and open a food truck,” TJ said.

To see TJ’s offerings, go to txkvegan.com, [facebook.com/txkvegan](https://www.facebook.com/txkvegan) or Instagram, [@txkvegan](https://www.instagram.com/txkvegan).

The Vegetarian Resource Group Awarded \$20,000 in 2020 College Scholarships

Anayeli Camacho • Texas

Anayeli Camacho became vegetarian at 14 and then vegan. Wanting a job she could be proud of, she applied to Verdine, a vegan restaurant, for a busser/runner position.

“Being 16 at the time, I would ask to do anything from cut the bread to making the ketchup, thinking I was too young to be prep. One of the leads asked if I wanted to become prep full time, and I said yes. I was scared at first. This isn’t my home kitchen; it’s a real kitchen, with real customers, eating food that I made. I didn’t want to disappoint anyone that took a chance on me,” Anayeli said.

The owner of Verdine said, “Ana works as a prep cook in my kitchen. She shows up early and stays late. She picks up whatever task is needed of her. She takes initiative in creating her own closing checklists and par sheets. She is only a senior in high school, yet our restaurant fully trusts her to manage her own prep tasks—creating everything from our sauces and salad dressings to full-on baking, and decorating our vegan and gluten-free cakes. Moreover, not many high school seniors work six days a week, and of those days especially being every single Friday and Saturday night.”

Anayeli also works with Verdine at festivals tending the grill, doing sushi duties, decorating cupcakes, and prepping items needed to serve customers. Additionally, she takes pictures for their social media. In the future, Anayeli would like to become a vegan nutritionist, help restaurants add vegan items to their menus, and assist individuals in changing their food habits.

“Lifting people up so they can be the best they can be will always be something I choose to do,” said Anayeli.

Anna Sherwood • Tennessee

When I was 14 years-old, I was the only vegan teenager I knew. Trying to find others online, I became frustrated to see people promoting and repeating advice and viewpoints that are counterproductive to the



Anayeli Camacho
\$5,000

movement. For example, I saw one adult vegan tell teenagers in his Facebook group that they do not need to worry about obtaining adequate vitamin B12.

Not only is health advice like that rampant online, but the attitudes and advocacy advice often is just as bad. Assuming non-vegans are awful people and treating them that way, to the point of even wishing them harm, is not going to help our movement grow. I wanted a website where I could connect with vegans my age, while getting high-quality advice and support targeted to my perspective as a teenager. I couldn’t find one, so I decided to create it: veganteen.net.

For years, I've collected stories on my website from vegan teenagers around the world, as well as written answers based on real questions from teenagers who have contacted me. I realized early on that I was not qualified to answer all the questions other teenagers asked me, so I found some adults to act as advisors.

One challenge I've faced is that most people in Generation Z do not want to read much. I can spend countless hours preparing a balanced blog article but someone in a YouTube video will get infinitely more attention making incendiary statements. So I have had to console myself with the fact that there's now a website with high-quality advice for vegan and vegan-interested teenagers who want it.

A final challenge is how I have spent a lot of time since age 14 answering every single question I have received from vegan- and vegan-interested teens through email and social media. One of my peer advisors recommended starting a mentor program in hopes of staying in better contact with people who reach for help, so I made one.

Two vegan teens besides myself have volunteered to serve as mentors (though unfortunately people who ask to join don't always follow up). Obtaining the #1 Google rank for veganteen.net took years of work creating content and optimizing my website for search rankings.

My biggest achievement so far is co-authoring *Veganism and Perspective in Vegetarianism and Veganism: A Reference Handbook*, which was published in June 2019. David E. Newton invited me to contribute as an author to this edition of his *Contemporary World Issues* series, published by ABC-CLIO of Santa Barbara. I asked another vegan teenager to co-author, because I know he's an environmental science major.

In March 2019, I represented my age group as a non-profit educational table at Nashville's VegFest. One of the members of my Vegan Teen Facebook group came up for the day from Alabama.

A lot of the teenagers at VegFest were not vegan, and

I hope we encouraged them to move in that direction. Another local activity I have participated in is the Cube of Truth (a peaceful street activism demonstration that employs direct action with the public).

I now understand that, sometimes, if I don't do it, no one else will. The best illustration of this realization's effect on me is that I started my school's first environmentalism club in Fall 2018. What I am proudest of is our Earth Day education event, encouraging students to use an online personal impact calculator. Many students participated, and one of the key entries in the calculator was meat consumption.

I have searched several scholarship lists and see [The Vegetarian Resource Group] one listed a lot; it is one of the most generous on every list. I think this scholarship helps get my generation thinking about vegetarianism even more than they are already, and associating it with something positive.

My perfect life in five years would be studying as a medical student at a prestigious medical school.

I would like to become a type of physician who counsels people to avoid animal products daily. However, I am also extremely interested in the promise of computer simulations and organ-on-a-chip technology to create more reliable alternatives to animal

testing in chemical and pharmaceutical development.



Anna Sherwood
\$5,000

The Vegetarian Resource Group had 280 applicants this year. We wish we could give awards to all of these incredible teens. The deadline for applications for 2021 high school senior awards is February 20, 2021. To see rules and past scholarship winners, go to vrg.org/student/scholar.htm

To support other scholarships and internships, donate at vrg.org/donate

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VEGETARIAN JOURNAL

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NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

Vegetarian Resource Group Testimony

The Vegetarian Resource Group sent in testimony to the 2020 Dietary Guidelines Committee, care of the USDA Food and Nutrition Service, encouraging the committee to continue to stress the benefits of vegan and vegetarian diets, to expand the discussion about benefits of these diets, and to continue to identify these diets as healthful eating patterns. Helpful references included in the comments are on our blog. See: vrg.org/blog/2020/06/19/the-vegetarian-resource-group-sends-in-testimony-concerning-the-2020-dietary-guidelines

VEGAN Education

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, spoke virtually about the VRG and vegetarian children at the Maryland Academy of Nutrition and Dietetics Annual Meeting. Because so many students lost jobs and work opportunities this past summer due to the pandemic, we had 10 virtual interns and volunteers. We assisted a pre-med/public health major from Johns Hopkins University and a business/sustainability studies major from the University of North Carolina do projects for academic credit. Another intern who is a PhD nutrition student in Texas was able to do projects for us towards a school internship.

We were able to refer a dietitian to a source of information she needed on a vegan diet for a cancer patient. We found assistance for a person from Argentina who had technical questions on tempeh production. VRG researcher Jeanne Yacoubou added to our ingredient list (whether vegan, vegetarian, or non-vegetarian) Yellow Prussiate of Soda. See: vrg.org/blog/2020/07/07/yellow-prussiate-of-soda. Jeanne also researched: *How Sustainable is Vegan Leather?* See: vrg.org/blog/2020/06/18/how-sustainable-is-vegan-leather

You Don't Know Jack

by Rissa Miller

Best known for its ability to mimic pulled pork sandwiches or as a filling for tacos, jackfruit has become a beloved vegan “meat.” Wait a second, though... Jackfruit is so much more!

Did you know it's really a fruit with many sweet applications? Most people recognize young, unripe or green jackfruit, which has a neutral taste and stringy texture that takes on whatever flavor it's seasoned with. But when ripe, it gets sweet like a cross between mango and banana with texture a little like pineapple.

Jackfruit bears the largest fruit of all trees, weighing anywhere from 30 to 100 pounds, and a mature tree can produce literally tons of fruits annually. Grown in tropical climates throughout Asia, South America, and Africa, jackfruit is in the same family as mulberries and figs (though they look and taste completely different). The jackfruit tree is also hardy, easy to grow, and resistant to drought, heat, and many pests. The part we eat is usually the petals of the jackfruit, as well as the seeds.

It's time to meet jackfruit again and look forward to new favorite ways to eat this extremely versatile fruit. Start the day with Spiced Breakfast Bars (opposite page). For brunch or lunch, try BBQ Jackfruit and Biscuit Casserole (page 20), Sweet and Tangy Meatless Balls (page 21), or Curry Jackfruit Stew (page 22). French Dip Sandwiches (page 23) are decadent and comforting on a winter night. Italian Herb Stuffed Peppers (page 24) will please the whole family, and Orange Cherry Jackfruit Cake with Pudding Layer (page 25-26) is a centerpiece jewel on any celebration table.

Notes on Jackfruit:

Prepared jackfruit is sold in cans and packets, packed in brine (savory), syrup (sweet), or water (neutral). For recipes below, each will note the preferred packing liquid, and since the cans/packets are all different sizes, portions are measured in cups, with the jackfruit already cut. Dried or dehydrated jackfruit is not recommended for these recipes.



Spiced Breakfast Bars

(Makes 16 bars)

- 3 Tablespoons ground flaxseed meal
- 6 Tablespoons warm water
- 2 cups rolled oats
- 1 cup whole-wheat flour (oat flour for gluten-free)
- 1 cup dried cranberries
- ½ cup unsweetened shredded coconut
- ½ cup chopped pistachios (or almonds or sunflower seeds)
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon ground cardamom
- Pinch ground cloves
- 1 cup canned lychees, liquid reserved (use pears as alternative; see note)
- 1 cup shredded jackfruit, drained (water or syrup)
- ½ cup lychee syrup (from can)
- ⅓ cup smooth no-salt almond butter
- ¼ cup maple syrup
- 2 Tablespoons rose water (see note)
- 1 teaspoon vanilla extract

Preheat oven to 375 degrees. Line a 9x13-inch baking dish with parchment paper. Set aside.

In a small bowl, stir together ground flaxseed meal and warm water until thick. Set aside to gel into a binder.

In a large mixing bowl, stir together all dry ingredients including oats, flour, cranberries, coconut, pistachios, baking powder, cinnamon, cardamom, and cloves. Set aside.

Add all wet ingredients to a food processor or strong blender. Gently puree lychees, jackfruit, lychee syrup, almond butter, maple syrup, rose water, and vanilla. When smooth and creamy, scrape into dry ingredients and add flaxmeal mixture. By hand, combine all ingredients until a thick batter forms. Batter should not be runny; if it's too dry to absorb all the dry ingredients, add more lychee syrup by the Tablespoon until batter holds together.

Press into baking dish, pushing batter evenly into all four corners of the dish. Bake for 15-18 minutes, until edges are browned and top is firm to the touch. Allow to cool fully, before slicing into 16 bars.

Cook's Notes: Canned lychees can be found on the edges of the canned fruit aisle or in the Asian foods aisle. If lychees are unavailable, canned pears will work.

When shopping for jackfruit for this recipe, use jackfruit that is either in water or in sweet syrup; packets of plain or naked jackfruit will also work. Brined jackfruit is too savory for this sweet recipe.

Rose water is a common flavor in many ethnic cuisines as well as in desserts, cocktails, and drinks. It has a light, floral taste. Be sure to look for culinary rose water, which is safe to eat. Can't find rose water? Just sub another teaspoon of vanilla.

Total calories per bar: 204
Carbohydrates: 30 grams
Sodium: 32 milligrams

Fat: 8 grams
Protein: 5 grams
Fiber: 4 grams

Photos by Rissa Miller



BBQ Jackfruit and Biscuit Casserole

(Makes 12 portions)

- 3 teaspoons olive oil, divided
- 2 cups young/green jackfruit, shredded (in brine or water)
- 1 cup chopped onion
- 2 whole cloves garlic
- 1 yellow squash, sliced into half moons
- 2 cups chopped collard greens (about 1 bunch)
- Two 15-ounce cans seasoned, low-sodium vegan chili beans (such as Bush's, Eden, or Westbrae)
- 15-ounce can chopped tomatoes with juices
- ½ cup canned or thawed frozen corn, drained
- 2 Tablespoons no-salt tomato paste
- 1 Tablespoon pickle relish
- 1 Tablespoon dried parsley
- 1 Tablespoon smoked paprika
- 1 Tablespoon apple cider vinegar (or rice vinegar)
- 1 teaspoon dried thyme
- 3 cups quick baking mix (like Bisquick)
- ½ cup nutritional yeast
- 1 Tablespoon dried parsley
- 1 teaspoon garlic powder
- 1½ cups plain, unsweetened vegan milk
- ½ cup vegan cheddar shreds (optional)

Preheat oven to 425 degrees. Spray an oven-safe 9-x13-inch casserole dish with non-stick spray. Set aside.

Add 1½ teaspoons of olive oil to a large pan with the shredded jackfruit. Sauté over medium heat, stirring often, about 5-7 minutes, until shreds begin to dry out a little. Add onion, garlic, squash, and remaining olive oil. Continue cooking until jackfruit is lightly browned, onion is translucent, and squash is softened. Add collards and stir-fry for about 2 minutes. Remove from heat and pour into a large mixing bowl with beans, tomatoes, corn, tomato paste, pickle relish, parsley, paprika, vinegar, and thyme. Fold ingredients together and pour into the prepared casserole dish.

In a second bowl, stir together baking mix, nutritional yeast, parsley, and garlic powder. Pour in vegan milk, stirring constantly until just combined. Wet hands, and using water to prevent sticking, form dough into 12 round biscuits. Arrange on top of casserole. Top with vegan cheese, if desired.

Bake uncovered for 10-12 minutes, until casserole is bubbly, cheese is melty, and biscuits have risen and have browned lightly. Serve hot, topped with optional Quick-Pickled Red Onions (recipe follows).

Total calories per serving: 287 Fat: 4 grams
Carbohydrates: 50 grams Protein: 13 grams
Sodium: 581 milligrams Fiber: 12 grams

Quick-Pickled Red Onions

(Makes about 1½ cups)

- 1 large red onion, thinly sliced into rings
- ½ cup apple cider vinegar (or rice vinegar)
- 1 Tablespoon organic sugar
- 1 teaspoon salt
- 1-3 fresh thyme sprigs
- ½ teaspoon black peppercorns

Add all ingredients into a 2-cup (16 ounce) glass jar with a lid, and fill with water. Put lid on tightly and chill in the fridge for at least 2 hours and up to 2 weeks before serving.

Total calories per ¼ cup serving: 23 Fat: <1 gram
Carbohydrates: 5 grams Protein: <1 gram
Sodium: 389 milligrams Fiber: <1 gram



Sweet and Tangy Jackfruit Meatless Balls

(Makes 26 balls)

Jackfruit Meatless Balls

- 2 cloves fresh garlic
- 14-ounce can black beans, drained and rinsed
- 1/3 cup chickpea flour (gram flour)
- 2 Tablespoons ground flaxseed meal
- 1 Tablespoon dried parsley
- 1 Tablespoon steak/grill seasoning
- 1 cube (or about 1/2 teaspoon) low-sodium vegan bouillon (such as Edward & Sons Trading Co.)
- 1 teaspoon vegan Worcestershire sauce
- 1 teaspoon onion powder
- 2 cups young/green jackfruit, shredded (brine or water)
- 1/3 cup canola oil (only for fried option)

Preheat oven to 350 degrees. Line a baking pan with parchment paper or a silicone baking sheet. Set aside.

Combine all ingredients except jackfruit and oil in a food processor and pulse until a well-blended ball forms. Scrape sides several times during processing. Turn out into a bowl, and stir in jackfruit by hand until combined.

Using a Tablespoon measure, scoop jackfruit mixture out and roll into balls. Wet your palms with water to avoid sticking. If desired, brush with optional oil. Bake for 60 minutes, turning once during baking.

Alternatively, instead of baking, these meatless balls can be fried. Add 4 or 5 balls at a time to a pan with some canola oil over medium heat, and sauté until browned on all sides. Repeat with all balls, about 10 minutes per batch. Refresh oil with each batch of balls.

Serve with Sweet and Tangy sauce or your favorite vegan BBQ or marinara sauce for dipping.

Baked Meatless Balls:

Total calories per ball: 30	Fat: <1 gram
Carbohydrates: 5 grams	Protein: 2 grams
Sodium: 59 milligrams	Fiber: 2 grams

*Fried Meatless Balls:

Total calories per ball: 33	Fat: 1 gram
Carbohydrates: 5 grams	Protein: 2 grams
Sodium: 59 milligrams	Fiber: 2 grams

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

Sweet and Tangy Sauce

(Makes about 1 1/2 cups)

- 1 cup canned pineapple with juices
- 1/4 cup agave nectar
- 2 Tablespoons no-salt tomato paste
- 1 teaspoon rice vinegar (or white vinegar)
- 1 teaspoon lite soy or tamari sauce
- 1 teaspoon chili paste (more or less, to taste; optional)
- 1/2 teaspoon garlic powder (more or less, to taste)

Add all ingredients to a food processor or blender. Pureé until smooth and liquidy. Serve as a dipping sauce with Jackfruit Meatless Balls.

Cook's Notes: Chickpea or gram flour is available in major grocers with gluten-free flours, at Indian grocers, and online. Steak/grill seasoning spice blends are designed to add hearty, savory flavor. Brands such as McCormick Grillmates, Simply Organic, and Weber are in the spice aisle at major grocers.

Total calories per 2-Tablespoon serving: 35	Fat: <1 gram
Carbohydrates: 9 grams	Protein: <1 gram
Sodium: 18 milligrams	Fiber: <1 gram



Curry Jackfruit Stew

(Serves 8)

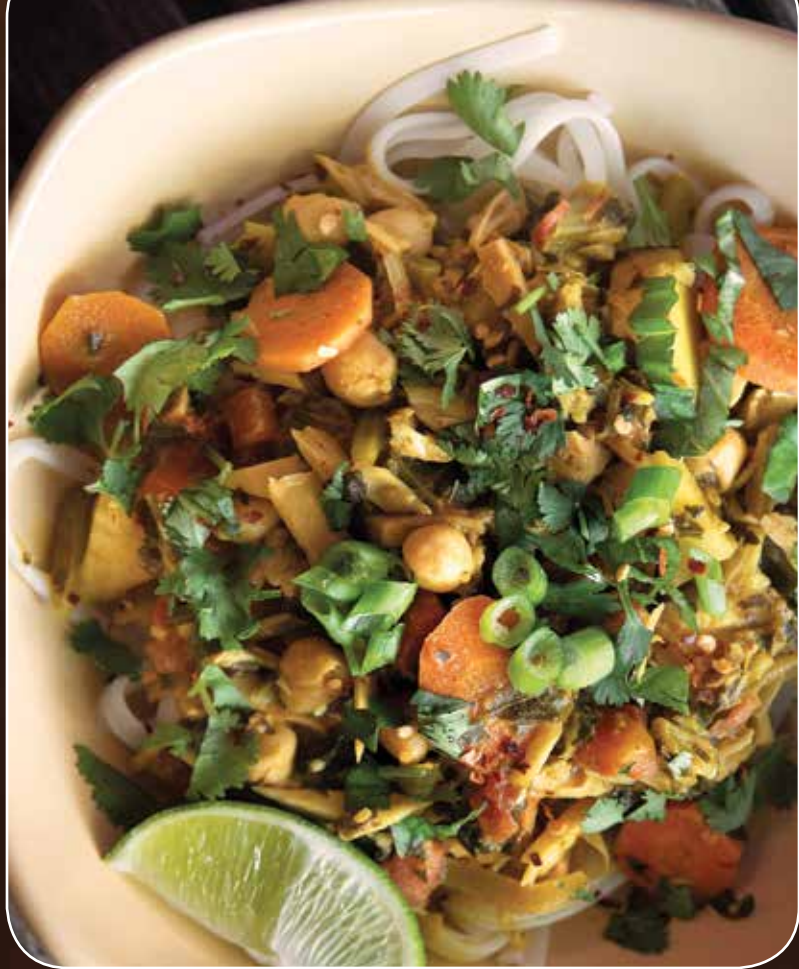
- 1 onion, sliced
- 2 carrots, peeled and sliced
- 3 teaspoons olive oil, divided
- 2 cups young/green jackfruit, cut into shreds (in brine or water)
- 15-ounce can chickpeas, rinsed and drained
- 15-ounce can lite coconut milk
- 14.5-ounce can chopped tomatoes
- 2 cups low-sodium vegetable stock (or water)
- 1½ cups chopped eggplant
- 10-ounces frozen kale or spinach (or 5 cups fresh, chopped)
- 1 cup chopped potato
- 2-4 cloves garlic, minced
- 1 Tablespoon fresh ginger, peeled and minced
- 2 teaspoons curry powder
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ½ teaspoon turmeric
- Pinch ground allspice
- Pinch red pepper flakes (or to taste)
- 1 bay leaf
- Fresh cilantro or parsley (to garnish)
- Scallions (to garnish)
- Fresh basil (to garnish)
- Lime wedges (to serve)

Sauté onions and carrots in 1½ teaspoons olive oil until onion is soft, about 2-3 minutes. Add jackfruit and remaining olive oil stirring often, over medium heat about 5-7 minutes, until shreds begin to lightly brown and dry out, and carrot is soft with browned edges.

Add chickpeas, coconut milk, tomatoes, vegetable stock, eggplant, kale, potatoes, garlic, ginger, curry, cumin, coriander, cinnamon, turmeric, allspice, red pepper flakes, and bay leaf to the pot with sautéed ingredients. Bring to a boil, uncovered, then lower heat to a simmer and cook for 30 minutes, stirring occasionally. Remove bay leaf before serving.

Top with chopped fresh cilantro or parsley, scallions, and fresh basil. Squeeze fresh lime juice on just before serving. If desired, serve over cooked noodles, rice, or quinoa, or as a stew by itself.

Total calories per serving: 149	Fat: 4 grams
Carbohydrates: 24 grams	Protein: 5 grams
Sodium: 208 milligrams	Fiber: 8 grams



French Dip Sandwiches

(Makes 6 sandwiches)

Seitan

1 cup chopped mushrooms, any kind, wiped clean
1½ cups low-sodium vegetable stock, divided
3 cloves garlic
3 Tablespoons olive oil
2 Tablespoons lite soy or tamari sauce
1 Tablespoon Dijon mustard
2 cups vital wheat gluten
¼ cup chickpea flour (gram flour)
¼ cup nutritional yeast
1 teaspoon grill/steak seasoning
1 teaspoon smoked paprika
1 teaspoon dried thyme
1 teaspoon dried parsley
1 teaspoon rubbed sage
1 teaspoon onion powder
Pinch ground white pepper
1 cup shredded jackfruit (in water or brine)

To make Sandwiches

6 crusty, oval-shaped rolls
2 teaspoons vegan margarine
2 cups shredded jackfruit (in water or brine)
2 sliced onions
Vegan cheese slices or shreds (optional)
6 Tablespoons vegan mayonnaise
Horseradish (optional)

Vegan Jus Dipping Sauce

2 cups low-sodium vegetable stock
½ cup vegan dry red wine (or use more stock
plus 1 teaspoon red wine vinegar)
1 teaspoon lite soy or tamari sauce
1 teaspoon vegan Worcestershire sauce
2 cloves garlic, minced
3-4 sprigs fresh thyme
Pinch ground white pepper

To make the seitan, preheat oven to 350 degrees and spray a loaf pan with non-stick spray. Add mushrooms, vegetable stock, garlic, olive oil, soy sauce, and Dijon to a food processor or high-powered blender. Pureé until smooth and all veggies are broken down. Add vital wheat gluten, flour, nutritional yeast, grill seasoning, paprika, thyme, parsley, sage, onion powder, and white pepper. Process until well mixed and add jackfruit

shreds. Pulse until just combined. It should look like the jackfruit is suspended in the seitan.

Turn out mixture onto a countertop and knead the seitan for about 2-3 minutes until stretchy and pliable; do not overwork. Shape seitan into a loaf and place in a prepared loaf pan.

Pour some vegetable stock into the loaf pan and use aluminum foil to create a tent over the dish. Bake for 30 minutes, then pull out and pour more stock over the roast. Bake 30 more minutes and repeat braising; bake a final 30 minutes. When done, the roast will have a crust on the edges and be cooked all the way through. Allow to cool completely before slicing into sandwich-sized slices.

Seitan can be made up to one week ahead and stored in a bag or container in the fridge until ready to assemble French Dip Sandwiches.

Time-Saving Option: In a hurry? Skip homemade seitan, and purchase enough of your favorite store-bought variety (such as Blackbird Foods, No Evil Foods, Pacific Foods, Sweet Earth, Tofurky, Upton's, or Westsoy brands) for six sandwiches.

To assemble sandwiches, cut open rolls and toast if desired; set aside. In a pan, melt vegan margarine, then add shredded jackfruit and sliced onions. Sauté about 5-8 minutes, until jackfruit is lightly browned and onions are fragrant and wilted. If using vegan cheese, top jackfruit-onion mixture with cheese slices or shreds, and turn heat to low. Cover pan and melt for 3-5 minutes. If not using vegan cheese, proceed to assembling sandwiches. Smear each roll with vegan mayonnaise and optional horseradish. Layer in slices of seitan and top with sautéed jackfruit-onion mixture. Serve with Vegan Jus Dipping Sauce.

To make Vegan Jus Dipping Sauce, add all Vegan Jus Dipping Sauce ingredients to a saucepan. Heat through over medium-low heat, stirring occasionally, for about 6-8 minutes. Remove thyme sprigs. Serve beside sandwiches in a small dish for dipping.

Total calories per sandwich: 516 Fat: 16 grams
Carbohydrates: 47 grams Protein: 41 grams
Sodium: 875 milligrams Fiber: 11 grams

Italian Herb Stuffed Peppers

(Makes 8)

- 2/3 cup farro or barley (see note)**
- 2 cups water (or low-sodium vegetable stock)**
- 8 bell peppers, any color**
- 3 teaspoons olive oil, divided**
- 2 cups young/green jackfruit shredded (from can or packet, in brine or water)**
- 1 cup onion, chopped**
- 1 cup zucchini, chopped**
- 15-ounce can white beans, rinsed and drained**
- 14.5-ounce can low-salt tomato sauce**
- 1/2 cup vegan mozzarella cheese shreds (optional)**
- 1 Tablespoon Italian herb blend (see note)**
- 3 cloves garlic, minced**
- Pinch red pepper flakes (optional, to taste)**
- Pinch white pepper (optional, to taste)**
- 8 teaspoons vegan breadcrumbs (see note)**
- 8 teaspoons Noochy-Nut Sprinkle (recipe below)**
- 1 Tablespoon fresh parsley and/or basil**

Cook the farro by boiling water, then adding farro. Simmer, covered, about 35 minutes, stirring occasionally, until all liquid is absorbed and farro has plumped. If using barley, simmer, covered, about 40 minutes.

In the meantime, cut tops off peppers and scoop out all the seeds and ribs. Place upright in a casserole dish. Set aside.

Preheat oven to 375 degrees. Add 1 1/2 teaspoons of olive oil to a large pan with the shredded jackfruit. Sauté, stirring often, over medium heat about 5-7 minutes, until shreds begin to dry out a little. Add onion and zucchini with remaining olive oil. Continue cooking until jackfruit is lightly browned, onion is translucent, and zucchini is softened. When done, add to a large mixing bowl.

In the mixing bowl, combine sautéed ingredients with cooked farro, white beans, tomato sauce, vegan cheese (if using), Italian herb blend, garlic, red pepper flakes, and white pepper. Stir with a wooden spoon or your hands. Once everything is well combined, stuff the filling into peppers. Depending on the size of the peppers, all the filling will get used up, so be sure to really pack the edges of each pepper.

Top each pepper with 1 teaspoon of breadcrumbs and 1 teaspoon of Noochy-Nut Sprinkle. Cover the casserole dish with aluminum foil and bake, covered, for 20 minutes. Uncover and return to the oven for 15 minutes. Serve warm.

Cook's Notes: Usually associated with Italian cuisine, farro is a whole grain with a chewy texture and nutty taste. It is in the wheat family. Don't have farro on hand? Use 2 cups cooked barley, or for a gluten-free option, use 2 cups cooked brown rice or quinoa instead.

Italian herb blends usually contain dried basil, parsley, and oregano. If you don't have an Italian herb blend on-hand, use 1 teaspoon of each.

To make this recipe gluten-free, omit breadcrumbs or use gluten-free breadcrumbs.

Can't do nuts? Sub in plain nutritional yeast for the Noochy-Nut Sprinkle.

Total calories per serving: 235	Fat: 4 grams
Carbohydrates: 43 grams	Protein: 10 grams
Sodium: 72 milligrams	Fiber: 11 grams

Noochy-Nut Sprinkle

(Makes about 1 1/2 cups; about twenty-four 1-Tablespoon portions)

- 2/3 cup walnuts**
- 2/3 cup slivered almonds**
- 1/4 cup nutritional yeast**
- 1/2 teaspoon salt**
- Pinch white pepper**

Combine all ingredients in a food processor or high-power blender and pulse until nuts are crumbs. Do not over-process, or it will become a nut butter. Sprinkle as desired anywhere you want a Parmesan-like topping, such as pasta dishes, roasted veggies, or salads.

Total calories per Tablespoon: 45	Fat: 4 grams
Carbohydrates: 2 grams	Protein: 2 grams
Sodium: 49 milligrams	Fiber: 1 gram



Orange Cherry Jackfruit Cake with Pudding Layer

(Makes 16 thin slices)

To prepare two 8- or 10-inch cake pans:

Parchment paper

2 Tablespoons vegan margarine (Earth Balance and Country Crock/Almond both tested)

2 Tablespoons all-purpose flour

Dry Ingredients

2 cups all-purpose flour

½ cup almond meal

¼ cup arrowroot starch (or cornstarch)

1 Tablespoon Ener-G Egg Replacer

1 teaspoon baking soda

1 teaspoon baking powder

Wet Ingredients

1½ cups unsweetened, unflavored oat, pea, or soy milk (other plant milks not tested)

⅔ cup organic sugar

2 Tablespoons canola oil

1 Tablespoon apple cider vinegar

1 teaspoon vanilla extract

1 teaspoon orange extract

1 cup jackfruit, shredded (in water or syrup)

½ cup canned mandarin oranges with juices

⅓ cup dried cherries, chopped

Pudding Layer

One 8- or 10-inch cake pan, same size used for cake

Non-stick spray

1½ cups full fat coconut cream

1½ cups orange juice

½ cup arrowroot starch or cornstarch

1 Tablespoon maple syrup

1 teaspoon orange or vanilla extract

A few drops natural orange food color (such as Color Garden; optional)

Frosting (Optional)

1½ cups organic powdered sugar

2 Tablespoons vegan margarine, room temperature

1 Tablespoon unsweetened, unflavored vegan milk

1 teaspoon vanilla extract

Cranberry Glaze (Optional)

10-ounce bag fresh or thawed frozen cranberries

⅔ cup organic sugar

⅓ cup water

2 Tablespoons arrowroot starch or cornstarch

To make the cake layers, preheat oven to 350 degrees. Cut circles of parchment paper to fit in the bottom of two cake pans (8- or 10-inch). Grease pans with vegan margarine, add parchment paper circle, grease over parchment, and dust with flour. Set aside.

Sift together all dry ingredients in a large mixing bowl. Whisk dry ingredients to further combine and lighten, about 30 strokes. This adds air and makes the cake texture lighter.

In a second bowl, combine vegan milk, sugar, canola oil, apple cider vinegar, and extracts, and whisk until smooth. Fold in jackfruit, mandarin oranges and juices, and dried cherries. Add to dry ingredients and stir until well combined, about 50-60 strokes.

Pour evenly into prepared cake pans and bake for 18-23 minutes, rotating oven rack positions once during baking. Eight-inch pans take about 1 minute less than 10-inch.

Allow cakes to cool completely, at least four hours, and chill overnight in their pans. When ready to trim, the cooled cakes will drop easily from the pans. Handle carefully so they do not break, and remove parchment.

Before assembling with pudding layer, use a long serrated knife to trim the mounded tops of the cake flat. This step is optional; however, the assembled cake will be unsteady if the layers are not leveled.

Keep those extra cake scraps! They're delicious crumbled over non-dairy ice cream, added to a chia pudding parfait, or to just munch on as-is!

To make the Pudding Layers, spray an 8- or 10-inch cake pan with non-stick spray; use the same size as the pans used for cake. In a saucepan over medium heat, whisk coconut cream, orange juice, arrowroot starch, maple syrup, vanilla, and food coloring. Cook for 3-5 minutes until bubbly and thick. Turn off heat and pour pudding into prepared cake pan. Chill overnight to make firm for cake assembly.

To assemble the cake, you'll need a cake plate. Carefully transfer the first cake layer and center it on the serving plate. Next, flip the chilled pudding layer evenly on top. Add the second cake layer. If decorating, continue with instructions below. If not decorating, serve cold. Store cake in fridge. Both the cake and pudding layers will tighten up and become more secure in the cool air.

Or decorate the cake as in photo (optional), make frosting with electric mixer, beating together powdered sugar, vegan margarine, vegan milk, and vanilla until silky and creamy. Use a spreader or butter knife to smooth over top and sides of cake as desired.

To make Cranberry Glaze, add cranberries, sugar, water, and arrowroot to a saucepan and bring to a boil. Reduce to a simmer and reduce by half over medium heat. Strain mixture through a sieve and chill for at least 2 hours. When cool, pour over chilled cake.

Cook's Notes: When shopping for jackfruit for this recipe, use jackfruit that is either in water or in sweet syrup; packets of plain or naked jackfruit will also work. Brined jackfruit is too savory for this sweet recipe.

Can't find cranberries? Frozen cherries work just as well in the glaze recipe.

Pudding Cake:

Total calories per slice: 264	Fat: 11 grams
Carbohydrates: 40 grams	Protein: 4 grams
Sodium: 144 milligrams	Fiber: 2 grams

Frosting:

Total calories per serving: 57	Fat: 1 gram
Carbohydrates: 11 grams	Protein: <1 gram
Sodium: 15 milligrams	Fiber: <1 gram

Glaze:

Total calories per serving: 44	Fat: <1 gram
Carbohydrates: 11 grams	Protein: <1 gram
Sodium: <1 milligram	Fiber: 1 gram

Bequests

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

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

Veggie Bits

High Peaks Vegan Sausage

Hearty and tempting, High Peaks Vegan Sausages are minimally processed and packed with real food ingredients like fruit, grains, spices, and veggies. Starting with a base of wheat gluten and white beans, High Peaks stands out from other vegan sausages because of their rich flavor profiles. Try Italian-Style, Sunrise Trail Mix, Sweet Apple, or Wild Mushroom. Perfect on a sausage sandwich, as a pizza topping, chopped over a salad, or in pasta, High Peaks are versatile and hold up to baking, frying, and grilling. The Sunrise Trail Mix variety is an ideal breakfast sausage and testers thought the Italian-Style was seasoned just right with a balance of spicy and depth. Non-GMO. Available at Earth Faire, Fairway, Lassen's Natural Foods, Lazy Acres Market, Lucky's, Raley's, and other natural markets. highpeaks.life
Rissa Miller, Senior Editor



MooCho Cheesecakes

Moocho Cheesecakes come in three flavors but tantalize the most important taste receptor: sweet. At the base is an unconventional cookie-style crust made from brown rice flour. A rich and decadent filling made from organic tofu rests on top. Textures are balanced between the slight crunch of the crust and the creaminess of the filling. These baby cakes are so easy: eat them plain or add berries and chocolate sauce! Moocho will be a crowd-pleaser for non-vegans because they hit close to home with dense, rich texture. Chocolate had me going back for seconds, but lemon berry swirl was the top choice among testers because of its flavorful tang and fruity sweetness. Grab a Chocolate, Lemon Berry Swirl, or New York Style to satisfy your sweet tooth or get a variety pack to try them all. Gluten-free. moochofoods.com/moocho-cheesecakes
Emily Carter, VRG Intern



Fresh Gourmet Crispy Peppers

Add crunch to almost any savory dish with Fresh Gourmet Crispy Peppers. Crispy Peppers, made from fresh peppers, add a burst of color and snappy flavor to an array of meals. A pinch right out of the bag is even a yummy treat! Red Peppers are mild with hints of sweet and salt; Jalapeño has a zesty, spicy bite. Testers loved both varieties as a topping on baked potatoes, casseroles, nachos, salads, sandwiches, soups, tacos, and more. Available at Aldi, Publix, Walmart, or online at freshgourmet.com/crispy-veggies
Rissa Miller, Senior Editor



Bright Bars

With eight vivid flavors, Bright Bars are an easy-to-devour snack. Real food is chopped and combined using a cold-pressure process, and then chilled, making the bars free from preservatives, stabilizers, and gums. Testers raved about the smooth texture of these bars. The Clean Protein line, available in Almond Butter, Dark Chocolate Sea Salt, Peanut Butter, and Peanut Butter-Dark Chocolate, practically melt in your mouth with a creamy, sumptuous finish. Both chocolate flavors were popular with testers.

For those with families, the Whole Veggie and Fruit bars are a slam-dunk win, offering just enough sweetness to be refreshing. Varieties include Carrot Blueberry, Carrot Pineapple, Kale Apple, and Sweet Potato Blueberry, and they all have seven grams of fiber with no added sugar. Bright Bars are good at room temperature for 24 hours. Pack them on the go for errands, hikes, or work. All varieties are gluten-free, non-GMO, and soy-free. Available at Sprouts and some Whole Foods stores, or purchase online. brightfoods.com
Rissa Miller, Senior Editor



HOW MANY ADULTS IN THE U.S. ARE VEGAN? HOW MANY ADULTS EAT VEGETARIAN WHEN EATING OUT? ASKS THE VEGETARIAN RESOURCE GROUP IN A NATIONAL POLL

By Charles Stahler

With Target selling almond and soy milk, Burger King carrying the Impossible Burger, and Dunkin offering Beyond Sausage, it seems there is an explosion of interest in vegan foods. However, The Vegetarian Resource Group wanted to know how many vegans there are.

In a national survey commissioned by VRG and conducted online by The Harris Poll among more than 2,000 U.S. adults, we asked the following question in 2016, 2019, and 2020.

Which of the following, if any, best describes your eating behavior?

I never eat meat, fish, seafood, poultry, dairy, or eggs.

I never eat meat, fish, seafood, or poultry.

I never eat meat, fish, seafood, poultry, dairy, or eggs when eating out or getting takeout, but eat one or more of these foods at home.

I never eat meat, fish, seafood, or poultry when eating out or getting takeout, but eat one or more of these foods at home.

When eating out or getting takeout, I sometimes eat meals without meat, fish, poultry, dairy, or eggs.

When eating out or getting takeout, I sometimes eat meals without meat, fish, or poultry.

None of these.

We considered those who never eat meat, fish, seafood, or poultry—plus those who never eat meat, fish, seafood, poultry, dairy, or eggs—as vegetarian. We classified that second category of vegetarians who don't eat dairy or eggs also as vegan. Because we use the word “never” and don't just ask if a person considers him/herself vegetarian, our numbers may be lower than others. Be wary of comparing to polls in other countries that ask if you are vegetarian or vegan, since people may self define differently. We did not ask about honey.

More than half of the U.S. adult population (54%) always or sometimes eats vegetarian (including vegan) meals when eating out. One fourth (25%) of U.S. adults always or sometimes eat vegan meals when eating out. Six percent of American adults are vegetarian (including vegans) all the time, and half of the vegetarians are also vegan (three percent of American adults).

Since 54% of the country eats at least some vegetarian meals when eating out, and about half of those are eating vegan meals, this has strong implications for food companies and restaurants. There is substantial incentive for producing vegan dishes. However, based on our other experiences outside this poll, it's not enough just to offer meatless items. Businesses have to cater to various needs, which may include price, health, convenience, source of ingredients, taste, religious requirements, etc. And since there is a large segment who did not say they consume vegetarian meals, marketing is more complex because of such different audiences.

In another question within this poll, we asked what is most important when making food choices. Americans say the top reasons are taste (57%), cost (38%), and health (36%). Among those who eat vegetarian and vegan meals, the most important reasons are taste (48%), health (42%), and cost (31%) in that order. For vegetarians (including vegans) top reasons are health (39%), animal welfare (31%), and taste (27%), followed by cost (24%), ethics (17%), and the environment (16%). So while taste, cost, and health seem to be important to everybody, a good number of vegetarians have the extra dimension of animal welfare when making food choices. The Vegetarian Resource Group often hears that people think vegetarian foods are expensive (though beans and grains can be good foods for those on a budget). Since cost is a top reason for nonvegetarians, to expand the market beyond current consumers, businesses may want to pay attention to the cost of their products or meals.

Looking at those who eat vegetarian and vegan by gender doesn't reveal many differences. Women and men are equally as likely to sometimes or always have vegan meals when eating out (25% each). Three percent of women are vegan, while two percent of men are vegan. One difference across gender is among vegetarians, not including vegans, where women are more likely than men to be vegetarian (4% versus 2% respectively).

Those in the West (60%) are more likely than those in the Midwest (49%) and South (53%) to always or sometimes eat vegetarian (including vegan) meals when

eating out. What's interesting is that about the same percentage of people are vegetarian (including vegans) in all parts of the country (5% in the Northeast and 6% in the South, Midwest, and West respectively), but as the West has a higher percentage of people eating vegetarian meals out than the Midwest and South, people might think there are more vegetarians there.

Fifty-six percent of Democrats, 53% of Republicans, and 54% of Independents always or sometimes eat vegetarian meals. With the seeming great divide in the country by political leanings, perhaps we're really much more alike than different when it comes to food. So maybe here is some common ground. The type of location you live in may have a little more of an impact, with 28% of urban dwellers being more likely to say they sometimes or always consume vegan meals when eating out, compared to only 20% of rural individuals. Yet there is not as much difference as people might expect.

When we asked about decisions where ethics were a consideration, 45% of Americans said when making decisions about food, ethics is at least one consideration, and 64% of vegetarians (including vegans) said the same.

A strong point of interest for marketers and business people could be that a whopping 70% of 18- to 34-year-olds and 65% of 35- to 44-year-olds always/sometimes eat vegetarian (including vegan) meals when eating out, compared to 51% of those ages 45-54, 43% of those ages 55-64, and 34% of those ages 65 plus. Likewise, 67% of parents with children under 18 always/sometimes eat vegetarian (including vegan) meals when eating out, compared to 49% of those who do not have children under 18. Thirty-three percent of 18-44 year olds always or sometimes eat vegan meals when eating out, compared to just 18% of those ages 45+. If this continues as these 18-44 year olds become older, restaurants and food manufacturers are wise to be preparing for these changes.

Findings from 2020 Vegetarian Resource Group Harris Poll

6% Vegetarian (Including Vegans) (Never eats meat, fish, seafood, or poultry)

3% Vegan (Never eats meat, fish, seafood, poultry, dairy, or eggs)

25% Sometimes or always eats Vegan Meals When Eating Out

54% Sometimes or always eats Vegetarian Meals (including vegan) When Eating Out

3% I never eat meat, fish, seafood, poultry, dairy, or eggs when eating out or getting takeout, but eat one or more of these foods at home.

3% I never eat meat, fish, seafood, or poultry when eating out or getting takeout, but eat one or more of these foods at home.

20% When eating out or getting takeout, I sometimes eat meals without meat, fish, poultry, dairy, or eggs.

23% When eating out or getting takeout, I sometimes eat meals without meat, fish, or poultry.

46% None of these

Estimating about 254 million adults in the U.S (census.gov/quickfacts), 54% sometimes or always eating vegetarian (including vegan) when eating out would be 137.2 million interested adults. Twenty-five percent sometimes or always eating vegan meals when eating out would be 63.5 million interested American adults. Six percent vegetarians (including vegans) would be 15.2 million adults using the historical American vegetarian movement definition, with half of those being vegan. Vegetarians do not use meat, fish, seafood, or poultry. Vegans are vegetarians who also don't use other animal products such as dairy or eggs. For more information on vegetarian and vegan polls and numbers see: vrg.org/nutshell/faq.htm#poll

Twenty-five percent of U.S. adults eating vegan meals sometimes or all the time when eating out is an amazing change from when earlier surveys indicated one percent of the population said they were vegetarian and still included people who ate meat^{**}; almost nobody knew what the word vegan meant; and you had to order powdered soymilk through the mail, as it wasn't available in supermarkets.

For other polls, see: vrg.org/nutshell/faq.htm#adult

^{**} In a 1977-1978 United States Department of Agriculture Food Consumption Survey, of 37,135 people surveyed, 1.2% answered yes to "Are you a vegetarian?" However, some of these people also reported eating flesh during the three days on which dietary information was obtained. In VRG's 1994 poll, with a different methodology than the current polls, we found that up to one percent of American adults could be vegetarian, with maybe up to twenty percent of those vegetarians being vegan.

2020 VRG HARRIS ADULT POLL RESULTS

	SOMETIMES OR ALWAYS EATS VEGAN WHEN EATING OUT (25% total sometimes or always eats vegan when eating out)	SOMETIMES OR ALWAYS EATS VEGETARIAN WHEN EATING OUT (54% total sometimes/always eats vegetarian, including vegan, when eating out)	VEGETARIANS (INCLUDING VEGANS) (6% total vegetarians including vegans)
Males	25%	56%	4%
Females	25%	53%	7%
18-34 year olds	33%	70%	6%
35-44 year olds	33%	65%	8%
45-54 year olds	20%	51%	4%
55-64 year olds	18%	43%	4%
65 plus	16%	34%	5%
Employed	27%	61%	5%
Not Employed	22%	44%	7%
<i>Region:</i>			
Northeast	21%	56%	5%
South	25%	53%	6%
Midwest	20%	49%	6%
West	31%	60%	6%
<i>Household Income:</i>			
Under \$50,000	25%	51%	5%
\$50,000 to \$74,999	24%	51%	7%
\$75,000 to \$99,999	23%	54%	5%
\$100,000 plus	26%	60%	6%
<i>Education:</i>			
High school or less	24%	51%	7%
Some college	23%	51%	5%
College graduate	28%	61%	5%
<i>Household Specifics:</i>			
Children in household	29%	65%	7%
No children in household	22%	48%	5%
Parent of child under 18	30%	67%	6%
Not parent of child under 18	22%	49%	5%
Homeowner	24%	55%	6%
Renter	26%	54%	6%
Married	24%	53%	5%
Not married	26%	55%	6%
Black	27%	55%	5%
Latino	30%	64%	6%
Asian	23%	59%	6%
Democrat	27%	56%	6%
Republican	23%	53%	4%
Independent	24%	54%	6%
Urban	28%	65%	9%
Suburban	24%	52%	4%
Rural	20%	43%	4%

The Northeast includes: CT, DE, ME, MA, NH, NJ, NY, PA, RI, and VT.

The Midwest includes: IA, IL, IN, KS, MI, MN, MO, NE, ND, OH, SD, and WI.

The South includes: AL, AR, FL, GA, KY, LA, MS, NC, OK, SC, TN, TX, VA, DC, MD, and WV.

The West includes: AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WY, and WA.

This survey was conducted online within the United States by The Harris Poll on behalf of The Vegetarian Resource Group from June 22-24, 2020, among 2,074 U.S. adults ages 18 and older. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. For complete survey methodology, including weighting variables and subgroup sample sizes, please contact vrg@vrg.org. Please note that this poll was taken during the COVID-19 pandemic. We do not know what influence, if any, that may have had on the survey answers. For more poll information, see: vrg.org/nutshell/faq.htm#adult

Vegetarian Resource Group Catalog

Vegans Know How to Party (\$25) by *Chef Nancy Berkoff, RD*. 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, ethnic cuisine, salads, sandwiches, soups, and—of course—desserts like cakes, cookies, and pies! Also inside are tips for basic party planning, kids' parties, cooking for a crowd, working with a caterer, and more!

Bravo Express (\$21.95) by *Ramses Bravo*. Chef Ramses works at TrueNorth Health Center in Santa Rosa, CA, and uses herbs, spices, and creativity to produce vegan dishes that contain no added oil, salt, or sugar. The recipes are easy to prepare. You will find sample menus for two weeks, as well as photos in this 154-page book.

Some of the soup recipes include Butternut Squash, Cream of Corn, and Kale. Add a salad such as grilled plums with baby arugula, curried apples and watercress, or spicy jicama, and you have a terrific mid-day meal. You can also try out one of his dressings.

Artisan Vegan Cheese (\$19.95) by *Miyoko Schinner*. Please note that many recipes in this book take time to prepare and are not quick-and-easy. Cheese preparation, after all, is an art. That said, be sure to try the Meltable Muenster, Macadamia Ricotta, Soft Gruyère, Air-Dried Gouda, and Smoked Provolone. Also find recipes for cheese sauces such as Alfredo Sauce and Fondue. First courses and small plates include Caprese Salad and Artichokes Stuffed with Almonds and Cheese. You will love the Classic Baked Macaroni and Cheese, Stuffed Shells, Cheese Gnocchi, Potatoes Gratin, Spanakopita, and more. (150 pages)

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

Plant-Powered Families (\$19.95) by *Dreena Burton*. This cookbook features over 100 family-friendly, whole food vegan recipes as well as helpful tips and photos. You can start your morning off with Creamy Breakfast Rice Pudding or Cinnamon French Toast. Lunch includes Red Lentil Hummus, Chickpea Nibbles, or Artichoke Spinach Dip, and for dinner try Creamy Fettuccine, Smoky Bean Chili, and Ultimate Teriyaki Stir-Fry. Desserts include Vanilla Bean Almond Butter Fudge or “Nicer” Krispie Squares. (308 pages)

The Indian Vegan Kitchen (\$18.95) by *Madhu Gadia, MS, RD*. Enjoy over 150 recipes such as Spicy Tomato Soup, Mango Soup, Madras Potatoes, Eggplant Fritters, Plantain Stew, Stuffed Okra, Dal-Vegetable Stew, Tamarind Rice Pilaf, Curried Spinach Couscous, Flaxseed Flatbread, Sesame Seed Naan, Kale-Tofu Pilaf, Spiced Chai Latte, Cilantro Chutney, Cabbage-Peanut Salad, Indian Funnel Cakes, Cardamom Cookies, and more. Helpful tips and menus included. (227 pages)

Kick Diabetes Cookbook (\$19.95) by *Brenda Davis, RD, and Vesanto Melina, MS, RD*. If you or someone you know has diabetes and wants to follow a vegan diet, this book is for you. The first section features information on foods that help regulate blood glucose levels, along with several helpful charts indicating which nutrients decrease diabetes risk and which increase the risk.
(continued on next page)



Kick Diabetes Cookbook (continued) Next, the reader is provided with tips on cooking 100 quick-and-easy vegan recipes such as Banana-Walnut Pancakes, Carrot Spice Muffins, Navy Bean and Mushroom Soup, Mango and Black Bean Salad, Red Cabbage with Apples, and Vanilla Chai Pudding. Nutritional analyses and beautiful photos appear throughout the cookbook. (192 pages)

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

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

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 such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.

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

Vegan Nutrition in Pregnancy and Childhood
Brochure with essential nutrition info and meal plans.

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

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

Bumper Stickers “Be Kind to Animals—Don’t Eat Them” or “Vegans Have Good Hearts”
\$1 each, 10+ \$.50 each

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



Order Form

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

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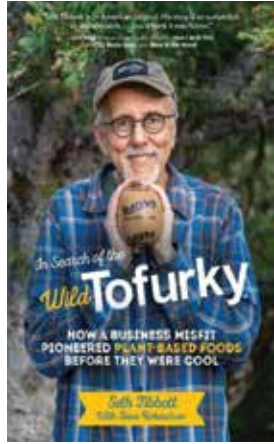
For orders under \$30, add \$6 (\$10 Canada/Mexico) for shipping.
 For orders over \$30, shipping is free within the continental U.S.
 For foreign orders, inquire about shipping charges first.

Reviews

In Search of the Wild Tofurky

By Seth Tibbott with Steve Richardson

Tofurky Founder and Chairman Seth Tibbott shares how he (a self-described hippie without business training) grew a \$2,500 startup into a global vegan brand. The book is not geared towards individuals with a goal of building a successful vegan food company to have investors buy it out. The focus is on ethical entrepreneurs who want to do good. Mixed in, you'll read an interesting autobiography.



This book is a must read for every business major, those who want to understand the history of the natural foods and vegan movements, and individuals interested in the struggles of ethical decision making in business. When beginning his company, Tibbott attended a Small Business Administration training, but gave the wrong answer when he stated he wanted to do good, not just make money.

The book starts with Tibbott's childhood, including that his parents encouraged him to be creative, to stick with what he took on, to value family and community, as well as to have fun and enjoy life. Tibbott recognizes his upbringing laid a solid foundation that eventually led to his "overnight" success, which took years and years. His older brother's early financial and other support was crucial in the company surviving and growing.

One year, Tibbott visited The Farm in Tennessee and purchased his first tempeh spores. He began to manufacture tempeh in bulk and went on to create Turtle Island Soy Dairy. Initially his tempeh was sold in co-ops and restaurants near where he lived in Oregon.

His first break occurred in 1981, when Applegate Foods Natural Foods Distributor agreed to carry his tempeh. At that time he had three products: soy tempeh, five grain tempeh, and tempehroni (a sausage roll). Applegate ordered "large" quantities and soon a bigger production space was needed. His brother's investment dollars allowed him to purchase new equipment to produce more.

In 1985 someone offered to buy out his company for \$25,000 and Tibbott turned down the offer. The book

explains why he did not seek outside investors, borrowing money from family members and eventually banks.

He began hiring people with better expertise and the business skills he knew he lacked. Tibbott states, "There comes a point when the long-term dream turns into a real-life business that is just not as cool as the dream."

In 1991, Tibbott married and moved his company to a larger location: the Port of Hood River, OR. The new shop was five times bigger and sales steadily increased. They began to test new products, some of which failed. The book explains why these items flopped or were later reconfigured.

The first version of Tofurky was produced with Higher Taste in Portland, OR, in 1995. At first it was difficult to get stores to carry Tofurky; 500 frozen Tofurkys were sold that year for Thanksgiving. Tibbott liked the name "Tofurky" because it was catchy and funny. Though others were adamantly against the name, he stuck with his gut.

Turns out the media was drawn to the name as well. Oregon Public Broadcasting picked up the Tofurky story, as well his local channel 8. The media helped to get stores to carry Tofurky into the Christmas season and a total of 818 Tofurky sold that year.

Feedback on the first Tofurky led to the second version in 1996. Tibbott knew they had to improve the product's texture after it was frozen and thawed. By the second year, Tofurky was distributed on the East Coast as well and sold 1,500. In 1997, a third version of Tofurky was produced combining tofu with gluten. Orders increased to 18,000 and in 1998 the company began offering Tofurky deli slices year-round. By 1998, Turtle Island sales were over \$1 million. In 2006 the millionth Tofurky was sold!

The Tofurky Co. currently sells 35 vegan products on six continents. The company is still family-owned and independent, with sales over \$100 million. Parallel to The Vegetarian Resource Group's experience, Tofurky's success is certainly due to many contributors and supporters with similar ethical values. You can see how each customer, employee, and supporting business made a difference in Tofurky's success. If you are thinking of developing a vegan food product, learning about the vegan market, or reading about pioneers of vegetarian products, this book is a terrific read.

In Search of the Wild Tofurky (ISBN: 978-1-63576-653-0) is a 235-page hardcover book. It is published by Diversion Books and retails for \$26.99. *Reviewed by Debra Wasserman*

Vegan Cooking Tips

Quick and Easy Ideas for

APPLES

by Chef Nancy Berkoff, EdD, RD

Red, yellow, green, pink, fresh, dried... There is a type and form of apple for everyone's taste. Apples are wonderful eaten out-of-hand. To change up your apple snacking, shake on some chili, ginger, curry powder, or a spice-blend of your choosing. If you have a last-minute, "can you bring something" event, arrange thinly sliced green and red, tart and sweet varieties, on a serving platter, and sprinkle with spices.

When you have time to cook, you might like to try Apple Curry. Chop tart apples (such as Granny Smiths), onions, garlic, and chili or bell peppers and sauté with curry powder until soft. Add coconut milk, a bay leaf, and a splash of apple cider and maple syrup. Cover and allow to simmer until flavors are blended. Serve over rice, polenta, or your favorite cooked grain. Also, use as a wrap filling or blend and serve as a flavorful soup.

If you don't have time to cook, create an Apple Salsa using firm apples (such as Delicious, Fuji, Gala, or Pink Lady), and combine with diced sweet onions, seeded fresh chilies, minced fresh cilantro, a splash of fresh lime or lemon juice, and ground white pepper.

Quick Applesauce requires equipment, but not much time. Core and peel apples, chop coarsely, place in a microwavable bowl, cover, and microwave until soft. Place in a blender or food processor; add maple syrup or sweetener of choice, cinnamon, nutmeg, mace, and ginger; blend; and serve! Enjoy applesauce as a side dish or dessert, or use as a baking ingredient.

Finely chopped fresh apples can be added to hummus, your favorite sandwich spread, cooked grains, hot or cold cereals, and smoothies. Sliced apples, quickly sautéed in your vegan margarine or oil of choice and tossed with walnuts or almonds and dried fruit, can be used as a side dish, a grain or sweet potato topper, or the base for a dessert.

No time to bake a pie? Create Apple Pie Burritos by filling tortillas with sautéed apples, garnishing with chopped nuts and dried fruit. For an apple pie enchilada dessert casserole, preheat oven to 375 degrees, spray a baking dish with vegetable oil, and layer sautéed apples with shredded tortillas dusted with cinnamon and a sweetener. If desired, moisten with a small amount of apple cider. Top with dried cranberries and dried apples, dot with a small amount of margarine, cover, and bake until hot.



Wendy Gabbe Day Building Community



by Lucia Rivera

and the veg-curious together for a fun day filled with food, education, and community building,” she said.

In addition to the annual festival, which was delayed in 2020 due to the pandemic, Santa Cruz VegFest also organizes movie nights, hosts speakers, holds webinars, and coordinates more events that are promoted at facebook.com/santacruzvegfest.

A key aspect of Gabbe Day’s work as a vegan activist is community building, which for her goes alongside “supporting people wherever they are in their diet and lifestyle choices.”

Another way Gabbe Day encourages healthful veganism is through her cookbook, *Scatter Vegan Sweets*. It features recipes for over 85 vegan sweets like cashew lemon bars, maple oat peanut brittle, and raw coconut cherry truffles.

“I wrote the book to share our simple and wholesome plant-based sweets with friends,” Gabbe Day said.

Growing up, Gabbe Day’s father would make “some of the most fun and unique vegan dishes” as he was a vegan cooking instructor. Gabbe Day’s two children, ages 5 and 8, are third-generation vegans and her blog, *Lively Days*, features many of her family’s favorite recipes.

Lively Days offers almost 100 vegan recipes at livelydays.com. Breakfast, lunch, dinner, snacks, and desserts are all represented with easy-to-follow directions and colorful pictures.

All these efforts combine to make vegan activism part of normal everyday life for Gabbe Day. Her book can be purchased at livelydays.com/scatter-vegan-sweets.

Planting the seeds of veganism far and wide is what activist Wendy Gabbe Day is all about. As an author, blogger, and festival coordinator on the West Coast, Gabbe Day describes herself as “vegan at a very core level,” which helps guide her entire life.

Although vegetarian since birth, Gabbe Day became vegan around age four. She stated she “was very fortunate to grow up in a compassionate home.”

“I’ve been formally working to promote veganism for about 12 years. But my advocacy began at a much younger age, as I supported my friends in transitioning to eating more plant-based foods,” Gabbe Day said.

In 2019, she coordinated the Santa Cruz VegFest which hosted 100 vendors and 5,000 “excited and energized” attendees. The event was created under the umbrella of Vegan Outreach and helped share the benefits of a vegan lifestyle with her community.

“I truly love coordinating VegFest and other large events, working with a passionate planning committee, and seeing all the pieces come together. It was a wonderful experience to bring the vegan community

Lucía is a high school student and long-distance VRG intern in southern California. She has been vegetarian for almost 10 years and spends her spare time volunteering, baking, and reading.





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

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From the VRG Blog

Sustainable options for vegan leather by Jeanne Yacoubou, MS. Take a look at the many different types of synthetic leather.

See: vrg.org/blog/2020/06/18/how-sustainable-is-vegan-leather

The Nutrition Facts label on packaged foods is being updated. New labels are being phased in. See: vrg.org/blog/2020/05/07/whats-going-on-with-daily-values-on-food-labels

Pizza Hut® Bean Pizza Sauce contains beef flavor; several products contain animal rennet.

See: vrg.org/blog/2020/06/05/pizza-hut-bean-pizza-sauce-contains-beef-flavor-several-products-contain-animal-rennet

APPLY FOR THE VEGETARIAN RESOURCE GROUP 2021 SCHOLARSHIP CONTEST FOR HIGH SCHOOL SENIORS

Thanks to the generosity of an anonymous donor, The Vegetarian Resource Group will award \$20,000 in college scholarship money each year to graduating U.S. high school students who have promoted vegetarianism/veganism in their schools and/or communities. Vegetarians do not eat meat, fish, or fowl. Vegans are vegetarians who do not use other animal products such as dairy or eggs.

One award of \$10,000 and two awards of \$5,000 will be given. Entries may be sent only by students in the USA graduating from high school in SPRING 2021.

Deadline is FEBRUARY 20, 2021

For details see:
vrg.org/student/scholar

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