

Enjoy Kale Salad Every Day!

Vol . 40, Issue 2, 2021

# VEGETARIAN JOURNAL

Science, Caring, and Vegan Living since 1982



*All Kinds  
of Rice*

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# Nutrition Hotline

*This month's Nutrition Hotline addresses  
vegan diet and acne*

**Reed Mangels, PhD, RD**



**QUESTION:** I recently went vegan and notice that my skin looks better. Does what I eat affect acne? P.B., via e-mail

**ANSWER:** It's possible that your dietary change did affect your acne, but other factors could also have played a role. For example, hormonal changes, stress, genetic predisposition, and possibly diet can all affect the risk or severity of acne. While there's little or no evidence that foods traditionally associated with acne like chocolate, greasy foods, or pizza lead to an outbreak of acne in many people, individuals may notice that these or other foods make their acne worse. One way to begin to identify foods that could trigger an acne flare-up is to keep a food and symptom diary.

Some foods or categories of foods, especially dairy products and diets that cause a quick rise in blood sugar, are associated with an increased risk of acne.

A meta-analysis (a technique that combines results from many studies) that included 14 studies of dairy products and acne reported that all dairy products, yogurt, and cow's milk (whether whole, lowfat, or skim) were associated with a higher risk of acne.<sup>1</sup> Whey protein, which is

sometimes used in protein shakes, also may worsen acne. A small study of only five adolescent males identified the onset of acne shortly after they started to use a whey protein supplement, with improvement in acne seen when the supplement was discontinued.<sup>2</sup>

Some studies report that diets with a low-glycemic load are associated with fewer symptoms of acne.<sup>3,4</sup> These diets are based on complex carbohydrates such as whole grains, beans, and vegetables and have a smaller effect on blood sugar levels than do diets that contain more sweets and sugary foods. Despite the benefits seen in individual studies, a meta-analysis did not find a significant benefit of low-glycemic load diets in acne management.<sup>5</sup> The small number of subjects and other issues with individual studies suggest that additional research is needed. Foods commonly used in vegan diets have a low-glycemic load. Whether the beans, whole grains, and vegetables that are the basis for a vegan diet affect acne, they have many other health benefits.

#### REFERENCES:

<sup>1</sup> Juhl CR, Bergholdt HKM, Miller IM, Jemec GBE, Kanter

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<sup>4</sup> Çerman AA, Aktaş E, Altunay İK, Arıcı JE, Tulunay A, Ozturk FY. Dietary glycemic factors, insulin resistance, and adiponectin levels in acne vulgaris. *J Am Acad Dermatol*. 2016;75(1):155-162.

<sup>5</sup> Cao H, Yang G, Wang Y, et al. Complementary therapies for acne vulgaris. *Cochrane Database Syst Rev*. 2015;1.

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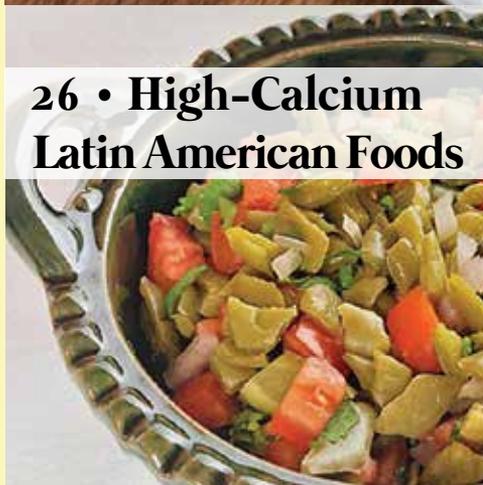
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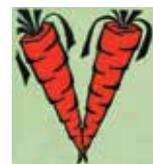
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*Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit that educates the public about veganism and the interrelated issues of health, nutrition, environment, ethics, and world hunger. To join VRG and receive *Vegetarian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



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

# Note from the Coordinators



## Young Vegan Volunteers

**M**any of our members became vegetarian or vegan over 20, 30, or 40 years ago. We remember when if you wanted soymilk, you had to order soy powder through the mail or make your own. If you were lucky enough to live in a progressive area or region with Asian grocers, you may have found tofu sold in a bucket of water. Not many of us would want to scoop from the communal basket during the pandemic. And we remember some of our early members making soysage and cashew milk at home.

There have been so many changes over the decades, but especially in the past few years. While we have come far, vegans are only about three percent of the population, and we still have a long trek ahead of us. This is why we are so thankful for the next generation of activists who are involved in VRG.

Thank you to high school volunteer extraordinaire Lucía Rivera. During the past year she has undertaken tasks from looking up eateries for our restaurant guide; to snapping photos for Instagram, *Vegetarian Journal*, and our blog; to being interviewed for a radio program; and researching eating vegan in college. With her Spanish skills equal to her English ability, she has checked our Spanish translations as well as translated articles. As one person collaborating with her on a project said, “Working with Lucía was very easy. She was very responsible, kind, and hard working. Our communication was always efficient.”

Thank you to former VRG intern Laura, who continues to put together our VRG-News email newsletter; wrote *Vegetarian Journal* articles on seitan, fermenting food, and decorating cakes; and will now be assisting with HTML for the website.

Whitney, another former intern, for several years organized outreach booths and edited our email newsletter. Beginning a new kind of activism, she now has vegan toddlers and brought them to our in-service for 10 University of Maryland non-vegetarian nutrition interns. The practical demonstration and talk from Whitney totally engaged the students and left them with information for future clients.

For a college photojournalism class, Rissa Miller did a photo for a *Vegetarian Journal* cover. We of course assigned her an impossible project to take a picture of vegan ice cream, which is very difficult to do as it’s melting. Now Rissa is *VJ* Senior Editor, and also takes beautiful photos for the VRG Instagram account she manages. She has unlimited ideas for future articles and projects.

Look for our national poll on the number of young vegans in the U.S. and our college scholarship winners later in the year. Thank you to all our volunteers and donors who help guide and create future activists.

*Debra Wasserman & Charles Stabler*

*Coordinators of The Vegetarian Resource Group*

## VRG's MEMORIAL and HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are 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](http://vrg.org/donate).

Thanks to Bradford Birkhead for his generous donation in honor of Carole Hamlin's commitment to The VRG. A generous donation was made in honor of Betsy Shipley's birthday by Tom and Mary Homan. Thanks to Franchesca Reece for her donation in honor of Simple Compassion. Thanks to Jennifer Sowle for her donation in memory of Rufus and Maggie, furriest of babies. Thanks to the following people for their generous donations: Donna Barski, Charlotte Gibson, Kerri Sumlinski, and John Trevi.

## Thank You!

Thank you for being a continuous, long standing force for health and compassion.

*Donna A., via e-mail*

Thanks so much for the great recipes and the articles about what VRG is doing to promote healthy living around the world. I get sick to my stomach when I hear about the animal cruelty that's still going on, and I appreciate the hope and positiveness of your magazine.

Thanks for lifting my spirits.

*Diane S., via mail*

## Vegan Shopping During the Pandemic

You wrote about MisfitsMarket.com in a previous [*Vegetarian Journal*] issue, and I signed up. It's been a blessing to get organic produce down here in Florida!

*Susan J., via VRG Blog*

## Vegan Food at Dollar Tree and 99 Cents Only Store

Just a little note about the last article on the last page [of *Vegetarian Journal* Issue 3 2020]: Vegan at Dollar Tree. I have both stores nearby and have found many vegan items at the 99 Cents Only Store. Unfortunately it should no longer be called 99 Cents Only since many of their items

have gone up to \$1.49 or \$2.99.

I have purchased lots of organic vegetables and fruits, some vegan frozen dinners, and a fairly wide selection of plant-based milks.

*Elizabeth S., via e-mail*

## New Method for Detecting Egg White and Pig Gelatin in Aged Red Wine Developed

A new method for detecting egg white and pig gelatin in aged red wine has been developed and is described in the journal *Food Chemistry* (online first 7 December 2020, 128822):

[sciencedirect.com/science/article/abs/pii/S0308814620326844?via%3DihubS0308814620326844?via%3Dihub](https://www.sciencedirect.com/science/article/abs/pii/S0308814620326844?via%3DihubS0308814620326844?via%3Dihub)

*Jay L., via VRG Blog*

## VRG 2020 Scholarship Winner

Wow, Thomas is doing a fabulous job of selling vegan options in his area (Texas)! I went to his website, where the food looks amazing. Welcome to the world of vegentrepreneurs! I have a feeling much bigger things are going to come from Thomas' efforts. I'll be keeping an eye out for him as the years go on.

*Melanie J., via VRG Blog*

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Coming in the next issue...

## FANCY TOASTS

Plus: Recipes from Vegan Bed & Breakfast Inns; Vegan Teen National Poll Results, and more!

# Kale Salads

Every Day!

by Linda Tyler

**K**ale salads taste great, deliver vital nutrients, and keep well—something that can't be said for many salads.

As a recipe developer, I love working with kale because it can stand up to strong flavors. In fact, kale plays well with lots of flavor combinations. Bold ingredients help blunt kale's slightly bitter edge and bring out its brighter, milder side. This is especially true with kale salads. In making tabbouleh salad with kale, for example, I found kale's flavor to be milder and less bitter than parsley, the fresh herb used in traditional tabbouleh. In fact, I had to add extra seasonings to match the total impact of the parsley version of this well-loved Middle Eastern dish.

When it comes to nutrition, kale gets an A+. This dark leafy green, part of the cruciferous family, is packed with vitamins, minerals, fiber, and antioxidants and is low in calories, making it what nutritionists call a "nutrient-dense" food.

A big advantage of kale in salads is that it doesn't wilt as quickly as lettuce does. That means that most kale salads are perfect for batch-cooking. Make a big bowlful one day and eat portions for the next few days.

Large pieces of raw kale can be unpleasant to chew. That's why I use techniques to improve on its texture. One option is to mince raw kale in the food processor, resulting in tiny pieces that are easy to eat. Another option is to shred the kale by slicing it thin with a chef's knife. Once the shreds are coated with dressing, they soften and incorporate well with other ingredients. Massaging pieces of kale also works—the pieces take on a bright green color and soft texture. Baby kale is tender on its own.

Enjoy this collection of salads all year long, and you may find that kale is not just a healthful option, but an exceptional food for every occasion.



# Thai-Inspired Coconut Kale Salad

(Serves 8)

- 16 ounces extra-firm (not silken) tofu
- 2½ Tablespoons water, divided
- 1½ Tablespoons tahini, sunflower seed butter, or almond butter, divided
- ½ Tablespoon miso (red, yellow, white, or chickpea miso, or omit)
- 3½ Tablespoons lite soy sauce or coconut aminos, divided
- ½ teaspoon chili or garlic chili sauce
- ⅓ cup large coconut flakes or shredded unsweetened coconut
- One 13½-ounce can lite coconut milk, divided
- 1 teaspoon vegan red curry paste
- 1 teaspoon maple syrup
- 1¼ cups uncooked brown rice
- 2 Tablespoons unsweetened shredded coconut
- ¼ teaspoon salt
- One bunch Italian kale (also known as Tuscan or lacinato), ribs removed and thinly sliced

To make the tofu, preheat the oven to 400 degrees. Line a sheet pan with parchment paper. Dry the tofu well, pressing it with paper towels, then slice it into ½-inch pieces and lay the slices on the parchment paper.

In a small bowl, whisk together 1½ Tablespoons water, ½ Tablespoon tahini, miso, ½ Tablespoon soy sauce, and chili sauce. Brush both sides of the tofu slices with the mixture. Bake tofu slices in the oven for 20 minutes, then flip the slices and brush more sauce on the top. Bake 15 minutes more, until both sides are golden. The tofu will firm up more as it cools, after which you can cut the slices into multiple pieces.

When the tofu is done, turn the oven down to 300

degrees. Spread the coconut flakes on a sheet pan or cookie sheet, and toast the coconut flakes in the oven for 5-7 minutes until they are golden brown. Check often since they can burn quickly.

To make the dressing, whisk or shake together ⅓ cup of the coconut milk, 1 Tablespoon water, 1 Tablespoon tahini, 2 teaspoons soy sauce, red curry paste, and maple syrup in a bowl or jar.

To make the coconut rice on the stovetop, put the rice, unsweetened coconut shreds, salt, remainder of the lite coconut milk, and enough water to equal 2 cups into a pot. Bring the mixture to a boil, then reduce to very low and simmer, covered, for 40 minutes. Check if the rice is done, or if it needs a Tablespoon or more water. Simmer, if necessary, for 5-10 more minutes until rice is fully cooked, and the rice has absorbed the liquid. Fluff the rice with a fork.

To make the coconut rice in an Instant Pot or other pressure cooker, put the rice, unsweetened coconut, salt, and remaining light coconut milk, and enough water to equal 2 cups of liquid into the Instant Pot. Put the pressure release handle in the *Sealing* position. Program the Instant Pot for 21 minutes on *Multigrain*, *High*, or *Manual* setting, using the 10-minute *Natural Release* method. Open the Instant Pot and fluff the rice with a fork.

Allow rice to cool for at least 30 minutes. Toss together the rice, tofu, kale, and dressing in a serving bowl and top with the toasted coconut flakes.

Serve the salad at room temperature rather than straight out of the refrigerator, because the coconut rice can be stiff when chilled.

**Cook's Notes:** For a soy-free option, substitute a small head of cauliflower, divided into florets, for the tofu.

|                                 |                  |
|---------------------------------|------------------|
| Total calories per serving: 185 | Fat: 11 grams    |
| Carbohydrates: 15 grams         | Protein: 8 grams |
| Sodium: 416 milligrams          | Fiber: 2 grams   |



## Kale Tabbouleh

(Serves 5)

**2/3 cup dry bulgur wheat**

**3/4 cup boiling water**

**2 cloves garlic, crushed**

**1/4 cup lemon juice**

**2 Tablespoons water**

**2 Tablespoons tahini or 1/4 cup olive oil for the tahini and water**

**1 teaspoon ground cumin**

**1/2 teaspoon salt**

**Freshly ground black pepper, to taste**

**One bunch kale (any kind), minced in the food processor**

**1/2 cup sliced green onions (whites and greens, 1-2 bunches)**

**2 medium tomatoes, diced, or 1 1/2 cups halved cherry or grape tomatoes**

**1/4 cup (packed) mint leaves, gently sliced rather than roughly chopped**

**Half of an English cucumber, diced**

Combine bulgur and boiling water. Cover and let stand 20-30 minutes, until bulgur is tender.

While the bulgur soaks, make the dressing by whisking or shaking together the garlic, lemon juice, 2 Tablespoons water, tahini, cumin, salt, and pepper.

When the bulgur is ready, fluff it and separate the grains, then toss it together with the kale, green onions, tomatoes, mint, cucumber, and the dressing. Serve the salad at room temperature, or chill and serve cold.

Total calories per serving: 137

Carbohydrates: 24 grams

Sodium: 267 milligrams

Fat: 4 grams

Protein: 6 grams

Fiber: 6 grams

## Pear Balsamic Salad with Candied Walnuts

(Serves 4)

**2/3 cup raw walnut halves or pieces**  
**1/2 teaspoon curry powder**  
**1/8 teaspoon salt**  
**1/8 teaspoon ground cumin**  
**3 Tablespoons maple syrup, divided**  
**1/4 cup + 2 teaspoons water, divided**  
**1/4 cup tahini or almond butter**  
**1/4 cup balsamic vinegar**  
**2 teaspoons Dijon mustard**  
**1/2 teaspoon salt**  
**Freshly ground black pepper**  
**5 ounces baby kale, chopped**  
**2 pears, sliced thin**  
**1/3 cup dried cranberries or dried cherries**

To make the candied walnuts, preheat the oven to 350 degrees. Line a sheet pan with a silicone mat or parchment. Toast walnuts on the pan about 5 minutes until fragrant and just golden. (They will be roasted again with the coating.)

Meanwhile, combine the curry powder, salt, and ground cumin in a small bowl and set aside.

In a skillet, bring 1 Tablespoon maple syrup and 2 teaspoons water to boil. Then add the walnuts, stirring to coat. Simmer about 3 minutes until no liquid remains. Immediately add the dry spice mixture and toss to coat well.

Spread the coated nuts on same baking sheet and roast about 5 minutes until coating is dry and slightly golden. Let the nuts cool on the pan.

To make the dressing, stir or shake together in a jar the 2 Tablespoons maple syrup, 1/4 cup water, tahini, balsamic vinegar, mustard, salt, and pepper.

To finish the salad, toss together the kale, pears, cranberries or cherries, candied walnuts, and dressing and serve. Alternatively, you can build individual servings on salad plates and drizzle the dressing over each.

Total calories per serving: 344    Fat: 19 grams  
Carbohydrates: 41 grams    Protein: 7 grams  
Sodium: 445 milligrams    Fiber: 6 grams



## Apple and Kale Salad with Curry Dressing

(Serves 4)

2 Tablespoons tahini, sunflower seed butter,  
or almond butter  
2 Tablespoons white wine vinegar  
2 Tablespoons water  
1 Tablespoon dry vermouth (or dry white wine,  
dry sherry, or an extra ½ Tablespoon vinegar)  
1 teaspoon curry powder  
1 teaspoon Dijon mustard  
1 teaspoon lite soy sauce  
½ teaspoon maple syrup  
Freshly ground black pepper

5 ounces baby kale, gently chopped if you don't  
like the stems; or one bunch non-baby kale,  
chopped and massaged

1 green apple, diced

⅓ cup unsalted peanuts or toasted walnuts

¼ cup golden or black raisins

4 green onions, whites and greens, sliced

To make the dressing, stir or shake together in a jar  
the tahini, vinegar, water, vermouth, curry powder,  
mustard, soy sauce, maple syrup, and pepper.

To make the salad, toss together the kale, apple,  
nuts, raisins, and green onions. Add the dressing and  
toss together. The salad is ready to serve.

|                                 |                  |
|---------------------------------|------------------|
| Total calories per serving: 193 | Fat: 10 grams    |
| Carbohydrates: 22 grams         | Protein: 6 grams |
| Sodium: 100 milligrams          | Fiber: 4 grams   |





## Kale Salad with Creamy Avocado Dressing

(Serves 6)

- 1 small avocado, peeled and pitted
- 1 clove garlic, chopped
- Juice of half a lime (1 Tablespoon)
- 1 cup fresh cilantro leaves and stems, plus additional leaves for garnish
- $\frac{1}{4}$  cup silken tofu, vegan mayonnaise, or vegan plain yogurt
- 3 Tablespoons water
- $\frac{1}{4}$  teaspoon salt
- One bunch Italian kale (also known as Tuscan or lacinato), ribs removed and thinly sliced
- 3 cups cooked quinoa
- 1 large sweet potato, cubed and roasted
- One 15-ounce can black beans, drained and rinsed
- $\frac{1}{4}$  cup roasted *pepitas* (pumpkin seeds)

To make the dressing, blend together the avocado, garlic, lime juice, cilantro, tofu, water, and salt until smooth and creamy.

To assemble the salad on a large plate, or individual salads on smaller plates, start by creating the bottom layer with kale, then the quinoa, then the roasted sweet potato and black beans. Top with the dressing (drizzled or dolloped) and sprinkle on the pepitas and extra cilantro leaves for garnish.

Total calories per serving: 299    Fat: 10 grams  
Carbohydrates: 43 grams    Protein: 12 grams  
Sodium: 294 milligrams    Fiber: 11 grams

## Rainbow Kale and Grain Salad

(Serves 8)

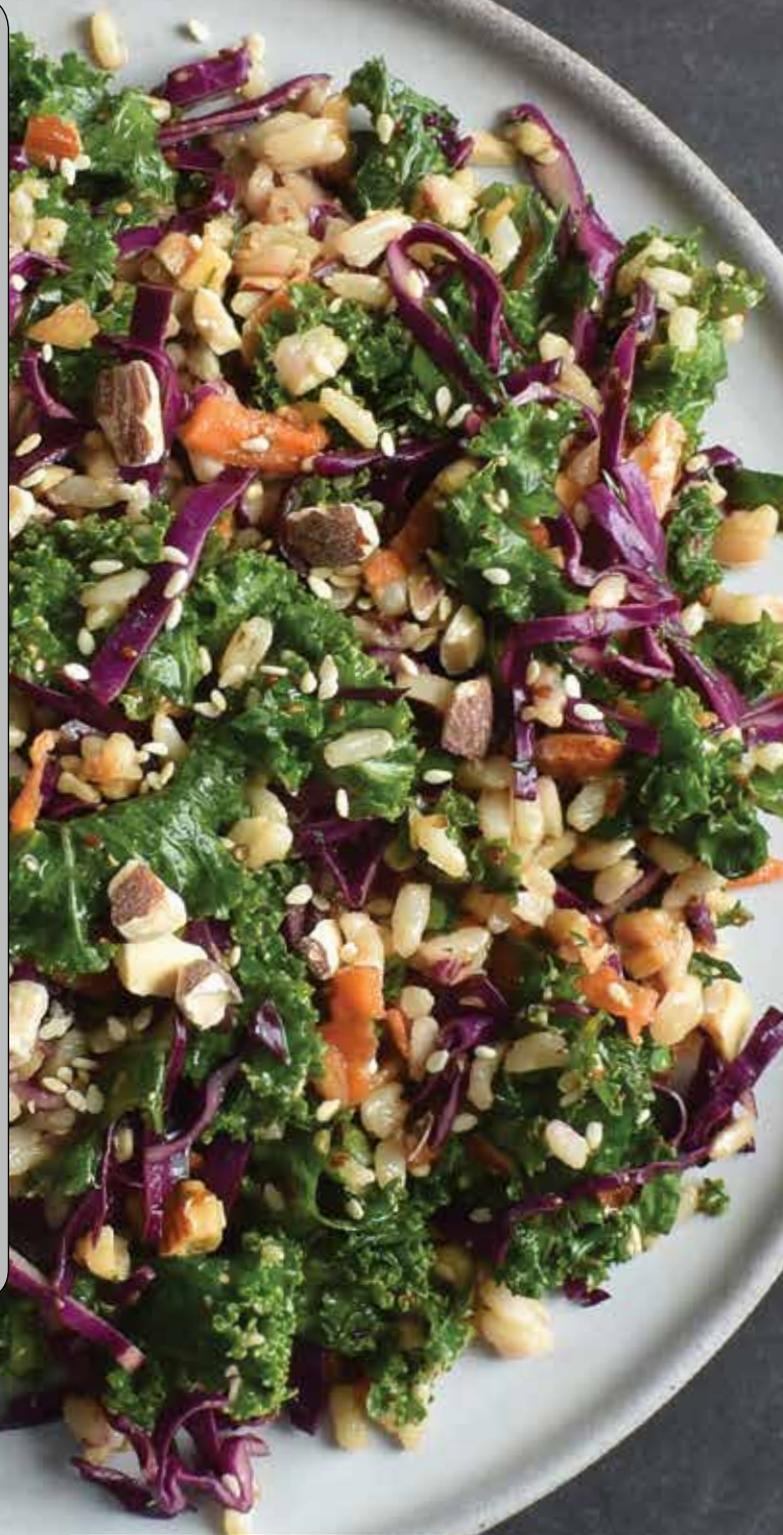
- ¼ cup lemon juice
- ¼ cup lite soy sauce
- 4 cloves garlic, minced or mashed with a little salt with the side of a knife
- 2 Tablespoons stone-ground mustard (or another mustard to your liking)
- 3 cups cooked quinoa, farro, brown rice, or other grain
- One bunch curly, Italian, or red kale (about 6 ounces), ribs removed, chopped, and massaged (without oil) until the pieces start to wilt
- 3 cups shredded or chopped red cabbage (¼ of a small head)
- 1 carrot, peeled and grated
- ½ cup roasted almonds (whole or chopped)
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh dill, or 4 teaspoons dried dill
- 2 Tablespoons roasted sesame seeds (optional)

To make the dressing, whisk or shake together the lemon juice, soy sauce, garlic, and mustard.

Gently toss together in a large bowl the cooked grain, kale, cabbage, carrots, almonds, parsley, dill, and sesame seeds. Drizzle dressing over the salad and toss.

The flavors need time to mingle, at least 2 hours in the refrigerator. Serve at room temperature or chilled.

Total calories per serving: 170    Fat: 6 grams  
Carbohydrates: 23 grams    Protein: 7 grams  
Sodium: 386 milligrams    Fiber: 4 grams



Linda is a cooking instructor for Portland and Mt. Hood, OR Community Colleges and a volunteer writer for Nutritionfacts.org. She shares recipes and answers questions about plant-based cooking on her website, [graciousvegan.com](http://graciousvegan.com)



Photos by Linda Tyler

# NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

## VEGAN Education

VRG did a booth at the virtual American Academy of Nutrition and Dietetics FNCE Conference. Dietitians staffing VRG's booth included: Reed Mangels, Cathy Conway, Julie Covington, and Eric Sharer, as well as Elsa Spencer (PhD in nutrition). We had 1,268 visitors come by the virtual booth.

VRG Nutrition Advisor Reed Mangels, PhD, RD, did a two-hour webinar for 170 staff from the New York State WIC program. In addition to sharing practical information about vegetarian diets, she was able to debunk some myths about soy. She also did a virtual presentation for the non-profit organization Eat for the Earth.

Odette Olivares Sanchez did a fall virtual internship with The Vegetarian Resource Group to satisfy requirements for her master's in nutrition. Odette is from Mexico and studying in The Netherlands. You can see her project on traditional vegan Latino foods high in calcium on page 26 and at [vrg.org/nutrition/foods\\_calcium.htm](http://vrg.org/nutrition/foods_calcium.htm) Also, her project on *Best Latin American Websites with Information on Calcium in the Vegan Diet* is at [vrg.org/nutrition/best\\_latin\\_american\\_websites.htm](http://vrg.org/nutrition/best_latin_american_websites.htm) and in Spanish at [vrg.org/nutshell/los-mejores-sitos-latinoamericanos-de-internet-con-informacion.pdf](http://vrg.org/nutshell/los-mejores-sitos-latinoamericanos-de-internet-con-informacion.pdf)

VRG researcher Jeanne Yacoubou reports on possible differences between Beyond Burger consumer and restaurant versions. See: [vrg.org/blog/2020/12/18/vg-classic-beyond-meat-burger-at-veggie-grill](http://vrg.org/blog/2020/12/18/vg-classic-beyond-meat-burger-at-veggie-grill)

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# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Vegan Pregnancy

Two recent studies from Israel examined the outcomes of vegan, vegetarian, and non-vegetarian pregnancies. Both studies found that babies of vegans weighed slightly less, on average, at birth than did babies of non-vegetarians, but birth weights were generally within a normal range.

The vegan women had a slightly lower average BMI before they became pregnant and, on average, gained less weight in pregnancy than did nonvegetarians. The researchers from both studies reported that significantly more babies of vegans were classified as being small for gestational age (SGA) compared to babies of nonvegetarians. Babies who are classified as SGA are smaller than 90% of babies of the same gestational age and have a higher risk of problems like low blood sugar and difficulty maintaining body temperature after birth.

Many factors can cause an infant to be SGA, and it is not possible to determine why infants of vegans were more likely to be classified this way. Ways to reduce the risk of having an SGA baby include starting pregnancy at a healthy weight, gaining the recommended amount of weight in pregnancy, and eating a healthy diet throughout pregnancy.

Avnon T, Paz Dubinsky E, Lavie I, Ben-Mayor Bashi T, Anbar R, Yogev Y. The impact of a vegan diet on pregnancy outcomes. *J Perinatol.* 2020.

Kesary Y, Avital K, Hiersch L. Maternal plant-based diet during gestation and pregnancy outcomes. *Arch Gynecol Obstet.* 2020;302(4):887-898.

### Bone Health

A recent large study from the United Kingdom that included vegetarians, vegans, fish-eaters, and meat-eaters asked subjects about their diet and then, over the next 15 to 23 years, determined, via the National

Health Service's records, which study subjects had fractured a bone.

Compared with meat-eaters, vegetarians and vegans had a higher risk of total fractures and hip fractures and vegans had a higher risk of leg fractures and of vertebral fractures. Vegetarians had a 25% higher risk of hip fractures than did meat-eaters, while vegans had more than twice the risk. No significant differences were seen among the groups in the risk of wrist or ankle fractures or the risk of arm fractures after controlling for BMI.

One factor that accounts for some of the differences in fracture risk is BMI. Vegans, on average, had a lower BMI. While a lower BMI offers many health benefits, it is also associated with less dense bones that may be more likely to fracture. The groups differed in their intakes of protein and calcium with vegans having markedly lower average dietary calcium intakes than the other groups. However, the differences in dietary protein and calcium intake do not account for all the differences in fracture risk between the groups.

Although the investigators examined dietary calcium intake, they did not determine if there were differences in intake of calcium supplements, nor did they investigate vitamin D or vitamin B12 intake or status. Adequate vitamin D and vitamin B12 are needed for bone health.

Because of the observational nature of this study, it is not possible to say if changes in vegans' dietary or supplement practices (such as increased calcium, vitamin D, vitamin B12, or protein intake) could have affected their risk of fracture.

Vegans should follow general recommendations to promote healthy bones, including getting enough calcium, vitamin D, protein, and vitamin B12 and doing weight-bearing exercise regularly.

Tong TYN, Appleby PN, Armstrong MEG, et al. Vegetarian and vegan diets and risks of total and site-specific fractures: results from the prospective EPIC-Oxford study. *BMC Med.* 2020;18(1):353.

## Fruits and Vegetables Offer Many Benefits

A couple of recent studies illustrate the important role that fruits and vegetables play in promoting health. The first study focused on almost 9,000 breast cancer survivors and asked the women about their diet every four years after their diagnosis. Over the follow-up period, averaging 11.5 years, women who ate more fruits and vegetables and women who ate more vegetables had a lower risk of dying from any cause than did women with lower intakes of these foods. Women with the highest intakes of vegetables and fruits averaged 7.4 servings per day; those with the lowest intake averaged 2.2 servings per day.

When the investigators examined specific foods, they determined that women with a greater intake of green leafy and cruciferous vegetables (vegetables in the cabbage family) had a lower risk of death than did women with lower intakes of these foods. Vegetables and fruits high in vitamin C and vegetables high in beta-carotene (like carrots, winter squash, and sweet potatoes) were associated with a lower risk of death. Higher fruit juice consumption, but not higher orange juice consumption, was associated with a higher risk of death from breast cancer and from any cause.

The second study looked at frailty in older women. Frailty is a decline in physical function and is associated with an increased risk of illness and disability. This study followed more than 78,000 women aged 60 and older for up to 20 years. During that time, the women were regularly asked about their diet and health.

Frailty was defined as having three or more of the following self-reported issues: fatigue, inability to walk up a flight of stairs, inability to walk several blocks, significant weight loss, and a history of several chronic illnesses; 16% of the women were assessed as having frailty. Total fruit and vegetable intake was associated with a reduced risk of frailty with those averaging seven or more servings of fruits and vegetables daily having a lower risk than those averaging fewer than three servings a day. Leafy green vegetables, yellow and orange vegetables, and apples and pears were specific fruits and vegetables associated with a lower risk.

Farvid MS, Holmes MD, Chen WY, et al. Postdiagnostic fruit and vegetable consumption and breast cancer survival: prospective analyses in the Nurses' Health Studies. *Cancer Res.* 2020;80(22):5134-5143.

Fung TT, Struijk EA, Rodriguez-Artalejo F, Willett WC, Lopez-Garcia E. Fruit and vegetable intake and risk of frailty in women 60 years old or older. *Am J Clin Nutr.* 2020 [published online ahead of print].

## Vegetarianism and Veganism in Canada

by Kavitha Shankar, VRG Volunteer

Canadian researchers analyzed the results of a 2015 health survey of Canadians from all 10 provinces. A section of the survey included questions about plant-based dietary practices (PBDP). To reduce ambiguity in respondents' perception or definition of PBDP, the scientists first categorized PBDP into vegan (abstinence from red meat, poultry, fish and shellfish, dairy, and eggs), vegetarian (avoidance of red meat, poultry, fish, and shellfish), pescatarian (restraint from red meat and poultry), red meat excluder, and non-PBDP. They then incorporated questions into the larger survey that asked the respondents to identify which categories of animal products they fully excluded from their diet.

The researchers surveyed about 20,400 men, women, and children (age >2 years). Overall, fewer than 5% of the survey respondents adhered to any category of PBDP. More specifically, the study showed that about 1.9% of the respondents were categorized as vegetarians not including vegans and 0.3% as vegans. In comparison, a 2020 poll sponsored by the Vegetarian Resource Group found that about 6% of adults in the United States are vegetarian (including vegan), while 3% of adults are vegan ([vrg.org/nutshell/faq.htm#poll](http://vrg.org/nutshell/faq.htm#poll)).

The Canadian researchers also observed that sex was not a significant predictor of veganism or vegetarianism. Respondents who identified themselves as people of South Asian origin living in Canada were approximately 20 times more likely than white-identifying respondents to report vegetarianism, possibly owing to their cultural and religious beliefs.

Valdes M, Conklin A, Veenstra G, Black JL. Plant-based dietary practices in Canada: Examining definitions, prevalence and correlates of animal source food exclusions using nationally representative data from the 2015 Canadian Community Health Survey–Nutrition. *Public Health Nutr.* 2020:1-10.



# The Long and

## Meet Red, Black, Green, Gold

**T**he United States has come a long way from being an instant rice nation to becoming rice connoisseurs, rice cookers in hand.

Rice has been cultivated since around 2500 BCE and is used as a main ingredient by over half the world's population. In addition to Asian growing areas, rice crops are found in India, Italy, Peru, and the U.S.

Highly adaptable for breakfast, lunch, dinner, snacks, and beverages, rice can stand on its own or take on the flavor of ingredients with which it's cooked.

The correct cooking method depends on the length of the rice grain: long-, medium-, or short-grain. If you want rice that sticks together, use short-grain rice. For an airy bed of individual rice grains, choose long-grain. The longer the grain, the fluffier the rice.

Short-grain rice has lots of starch and will stick together. Sushi, paella, and risotto are made with short-grain rice. The extra starch helps to ensure that these dishes are solid and hold their shape.

Sticky rice, or glutinous rice, is short-grain. The individual grains look like oval-shaped pearls. There is no gluten in glutinous rice; it refers to the creamy appearance of the cooked rice.

Sushi rice is a specific type of short-grain rice and

needs to be washed and rinsed until the rinse water is clear, indicating that the surface starch has been removed. Prior to cooking, sushi rice should be soaked for at least 30 minutes. Traditional seasonings to toss with sushi rice are vinegar, saki, salt, and/or sugar.

Arborio and carnaroli rice are short-grain, starchy rice used to make risotto. This rice is the opposite of most: the object is to leave the surface starch intact to provide a creamy, tender risotto.

Medium-grain rice is between fluffy and sticky. It's usually added to rice mixes, to give a little bit of "stick" to fluffier rice, and can be used as a thickener for soups or sauces.

Long-grain rice has the least amount of starch. Added to soups, it holds its shape without clouding the broth and does well in cold salads, as the individual grains are easily coated with dressing.

Converted rice is long-grain rice that has been partially boiled to remove some of the starch, to give a fluffier product. Converted rice takes a bit longer to cook and stays fluffier longer.

Basmati, jasmine, and jasmati rice are long-grain rices. True basmati is grown in the foothills of the Himalayas and is the traditional rice used in *tagines*,



# and Short of It

## d, and Purple Rice!



By Chef Nancy Berkoff, EdD, RD

which are savory Middle Eastern rice dishes made in clay pots. Jasmine rice is grown in Southeast Asia and California. Jasmati is a hybrid of basmati and jasmine rice that shares the aromatic features of each. These rices should be washed in cold water prior to cooking to remove surface starch.

Popcorn rice and Carolina Gold rice are long-grain varieties grown in the U.S. Popcorn rice has a rich, buttery aroma with a delicate flavor. Carolina Gold is unique because it can be used as short- or long-grain, depending on the preparation.

All rice begins as a shelled kernel. The shell is what gives rice its color: black, brown, green, orange, red, or yellow. Processed rice is white because the colored shell has been polished away.

Bhutanese red rice is ancient, short-grain rice grown at 8,000 feet in the Himalayas. This richly-colored rice has a nutty pecan flavor, soft texture, and beautiful red russet color. Red rice is unpolished, meaning it is high in fiber.

Black Thai rice, also called purple, is sticky rice with a mild flavor, widely grown and served in Thailand. It is usually served as a sweet dish, with bits of mango, coconut, or pineapple and a sweet coconut

milk-based sauce. Very sticky, this rice can be rolled into balls and sprinkled with sesame seeds.

Black Indonesian rice, also called Forbidden rice or Emperor's rice, is soft and fluffy. Originally grown only for nobility, this rice is high in nutrients, including several amino acids (building blocks of protein) and iron.

Beige rice is partially polished short-grain rice, grown in Japan and California. It was originally marketed for people who found brown rice too chewy.

Wehani rice is light brown with brick red running through it. It is a cousin of the basmati family and is fluffy and long-grain, with a mild almond/nutty flavor.

Green rice is not actually green but is short-grain white rice processed with an extract of young bamboo. The bamboo replaces some of the nutrients lost when the rice is polished. Green rice retains some of the grassy bamboo flavor and mild green color when cooked.

Wild rice, the seed of a wild grass unrelated to the rice family, can range from beige to crimson, dark brown, or black. Wild rice is nutty and chewy and adds texture to rice blends. Grown in Canada, California, and Washington State, wild rice is a New World specialty.

Start cooking with a new variety of rice today!



# Sofrito with Carolina Gold Rice

(Serve 6 as a side)

2 cups Carolina Gold rice (or brown rice), rinsed  
4 cups cold water  
2 Tablespoons annatto or olive oil (see note)  
3-4 cloves garlic, minced  
1 cup minced onion  
1 cup minced, deseeded green bell pepper  
One 15-ounce can no-salt-added chopped tomatoes  
1 teaspoon dried oregano  
1 package diced smoked tofu or tempeh (see note)  
1 teaspoon ground black pepper, or to taste  
Salt, to taste  
Fresh chopped cilantro or parsley

Place rice and cold water in a large pot and bring to a fast boil. Reduce heat to a simmer, cover, and allow to cook until all water is absorbed about 15-20 minutes. Alternately, rice may be prepared in a rice cooker.

While rice cooks, heat oil in sauté pan. Add garlic, onions, and bell pepper. Sauté and stir until vegetables are soft. Add tomatoes, oregano, tofu or tempeh, pepper, and salt. Bring to a fast boil. Reduce heat, cover, and simmer until sauce is thick, about 20 minutes. Place rice in a serving bowl, top with sofrito, and garnish with fresh cilantro or parsley.

## Chef's Notes:

Annatto oil is infused orange-red cooking oil, made by steeping dried annatto seeds in neutral oil over low heat. It has a vibrant color, but mild fragrance and taste. Annatto seeds come from a tree native to South America and Asia.

If your grocer doesn't carry smoked tofu/tempeh, try making a smoky version at home. Drain tofu and cube; or cube tempeh. Place cubes in a sealable zip top bag. Mix 1 Tablespoon low-sodium soy sauce, a few dashes of liquid smoke, and a teaspoon of smoked paprika; add to zip top bag and coat cubes well. Marinate at least two hours or overnight. Sauté or bake cubes, as preferred, then add to recipe.

Total calories  
per serving: 368  
Fat: 10 grams  
Carbohydrates:  
58 grams  
Protein: 13 grams  
Sodium:  
165 milligrams  
Fiber: 4 grams



Check out Chef Nancy's blog post on how to make delicious risotto on the blog at [vrg.org/blog/2021/01/08/luxurious-risotto](http://vrg.org/blog/2021/01/08/luxurious-risotto)

## Spanakorizo

(Serves 6 as a side)

**2 Tablespoons olive oil**  
**1 cup chopped sweet onion**  
**3-4 cloves fresh garlic, chopped**  
**Zest of one fresh lemon**  
**1 teaspoon ground cumin**  
**½ teaspoon ground white pepper (or to taste)**  
**Salt, to taste**  
**4 cups shredded fresh spinach**  
**2 cups basmati rice (or long-grain rice)**  
**4 cups low-sodium vegetable broth or water**  
**4 Tablespoons chopped fresh dill, divided**  
**Juice of 1 fresh lemon**

Pour oil into a large frying pan and heat. Add onions and cook over medium heat until lightly browned, about

3 minutes. Add garlic, stir, and cook for 1 more minute. Add lemon zest, cumin, pepper, salt, and spinach; toss and cook until spinach is just slightly wilted, about 2 minutes. Add rice, broth, and half the dill to the mixture, stir to combine and bring to a fast boil. Reduce heat to a simmer, cover, and allow to cook until rice is tender, about 10 minutes. When rice is tender, stir in lemon juice. Place on a serving platter and garnish with remaining dill prior to serving.

Total calories per serving: 191    Protein: 3 grams  
Carbohydrates: 32 grams  
Sodium: 115 milligrams  
Fiber: 1 gram  
Fat: 6 grams

Try Chef Nancy's creative ways to season rice on the VRG blog: [vrg.org/blog/2021/01/11/rice-spice-blends](http://vrg.org/blog/2021/01/11/rice-spice-blends)





## Walnut & Wild Rice Salad

(Serves 8 as a side)

### *Salad*

- 2 cups uncooked wild rice
- 6 cups cold water
- 1 cup chopped raisins
- 1 cup chopped toasted walnuts (see note)
- ½ cup chopped toasted cashews
- ½ cup chopped green onions (whites and greens)
- 4 Tablespoons chopped celery
- 2 Tablespoons chopped onion

### *Dressing*

- ½ cup fresh or frozen, thawed raspberries
- ¼ cup red wine vinegar
- ¼ cup maple syrup
- 3 Tablespoons lemon juice
- 2-3 cloves garlic, minced
- ⅓ cup olive oil

In small pot combine rice and cold water, and bring to a fast boil. Reduce heat, cover, and allow to simmer until rice is tender, about 40 minutes. Drain, if necessary, and allow to cool.

Combine cooled rice with raisins, walnuts, cashews, green onions, celery, and onions in a large bowl.

Pour raspberries, vinegar, maple syrup, lemon juice, and garlic into a blender or food processor canister. With blender or processor on low, slowly pour in oil to create an emulsion. Toss dressing with rice. Serve at room temperature or chilled.

**Chef's Notes:** Serve with cauliflower “steaks.” Our recipe is on The VRG blog at [vrg.org/blog/2021/01/11/cauliflower-steaks](http://vrg.org/blog/2021/01/11/cauliflower-steaks)

To toast walnuts/cashews, preheat oven to 350 degrees. Arrange nuts in a single layer on a cookie sheet and bake 8-10 minutes. Stir once during baking and check frequently.

|                                 |                   |
|---------------------------------|-------------------|
| Total calories per serving: 505 | Fat: 27 grams     |
| Carbohydrates: 61 grams         | Protein: 12 grams |
| Sodium: 14 milligrams           | Fiber: 5 grams    |

# Cashew Coconut Purple Rice

(Serves 6 as main dish)

**2 cups purple jasmine rice (or white jasmine rice)**

**One 15-ounce can unsweetened coconut milk (do not use lite or lowfat)**

**1½ cups water**

**½ teaspoon salt, or to taste**

**1 teaspoon ground cumin**

**½ teaspoon chili powder**

**½ teaspoon ground coriander**

**2 Tablespoons olive oil**

**2 thinly sliced sweet onions (such as Vidalia)**

**2-3 cloves garlic, minced**

**¼ cup chopped cashews (or soynuts)**

**1 cup cooked, drained lentils (orange or yellow lentils, for color, if available; any canned, or cooked lentils work as well)**

**Juice from 1 lime**

**Fresh chopped parsley or cilantro, to serve (optional)**

**Chili sauce or Sriracha, to serve (optional)**

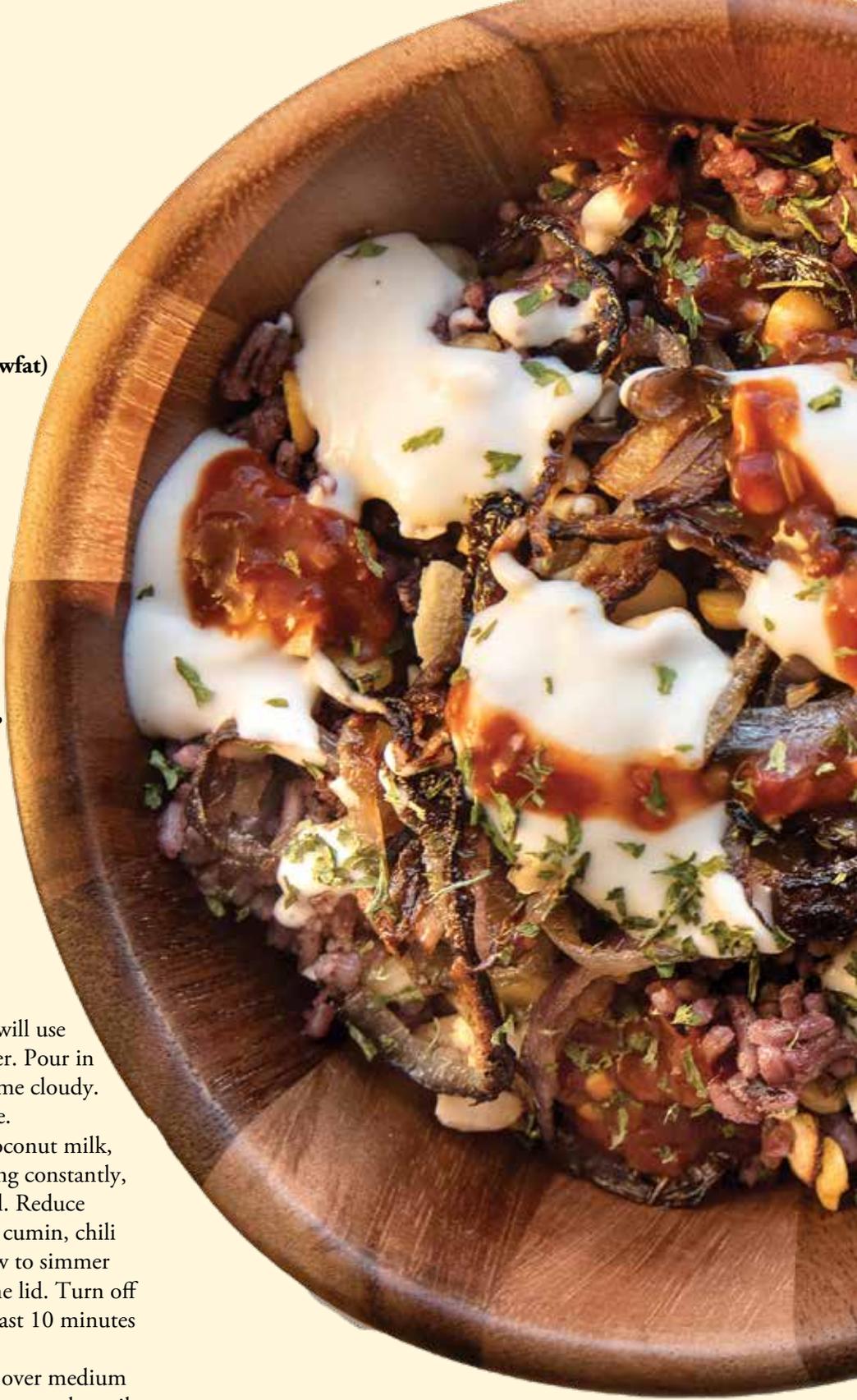
**Plain vegan yogurt, to serve (optional)**

Rinse rice three times. Fill the pot you will use to cook the rice half way with cold water. Pour in rice and stir with hand; water will become cloudy. Discard water. Repeat this process twice.

Keep drained rice in the pot. Add coconut milk, water, and salt. Cook, uncovered, stirring constantly, over high heat and bring to a quick boil. Reduce heat to a very low simmer and add salt, cumin, chili powder, and coriander. Cover and allow to simmer for 15-20 minutes without removing the lid. Turn off heat and allow to sit and steam for at least 10 minutes before fluffing with a fork.

In a large frying pan, warm olive oil over medium heat, and add onions, stirring and allow to cook until lightly brown, about 5 minutes. Stir in garlic, cashews, and lentils and cook for 3-5 more minutes.

To serve, arrange rice on a serving platter and top, evenly, with onion-cashew-lentil blend. Pour lime juice over platter and sprinkle with fresh parsley or



cilantro. Serve hot with chili sauce and vegan yogurt for individuals to pour on top of their portions.

Total calories per serving: 466  
Carbohydrates: 66 grams  
Sodium: 226 milligrams

Fat: 18 grams  
Protein: 9 grams  
Fiber: 4 grams

# Green Herbed Pilaf

(Serves 5 as a side)

- 2 cups fresh green herbs (dill, cilantro, parsley, mint, or basil in any combination)
- ¼ chopped, seeded fresh chile (optional)
- 1 chopped green onion (whites and greens)
- Juice and zest of one lemon or lime
- 1 Tablespoon lite soy or tamari sauce
- Pinch ground pepper (or to taste)
- 2 Tablespoons vegetable oil or cold water
- Non-stick cooking spray
- 4 cups cooked, chilled green rice (or white rice)
- 1 cup fresh green peas or thawed frozen peas
- ½ cup chopped dried apples (optional)
- ½ cup shelled and chopped pistachios (optional)

Add herbs, chile, onion, citrus juice and zest, soy sauce, pepper, and 2 Tablespoons oil or cold water to a blender or food processor, and blend on high until smooth. Set aside.

Spray a large frying pan with non-stick cooking spray and allow to heat. Add cooked rice and lightly

brown, pressing rice down with a spatula, turning and stirring for even browning. Add more vegetable spray if needed to prevent drying. Continue until rice is evenly browned.

Add peas, apples, and pistachios, and toss for even mixing. Remove from heat. Place rice mixture into a large serving bowl. Slowly add herb mixture, stirring, to desired amount, depending on how moist you would like it. Serve immediately.

**Chef's Note:** To cook green rice, add 2 cups rinsed green rice, and 4 cups water to a bowl. Soak for 20 minutes. Warm 1 Tablespoon olive oil in a sauté pan, add rice and soaking water, and bring to a fast boil. Stir constantly. Reduce heat and simmer, uncovered, for 10 minutes. Mixture will be soupy. Cover and cook until all liquid is absorbed, about 10-15 minutes. Fluff with a fork to serve.

|                                 |                  |
|---------------------------------|------------------|
| Total calories per serving: 280 | Fat: 6 grams     |
| Carbohydrates: 50 grams         | Protein: 6 grams |
| Sodium: 127 milligrams          | Fiber: 3 grams   |

Learn more about making perfect pilafs on Chef Nancy's post on the blog at [vrg.org/blog/2021/01/06/perfect-pilafs](http://vrg.org/blog/2021/01/06/perfect-pilafs)



## Mango Sticky Rice

(Serves 6 as dessert)

**1½ cups uncooked glutinous rice**  
**One 15-ounce can unsweetened coconut milk**  
(do not use lite or lowfat)  
**½ cup water**  
**¼ cup agave, maple, or rice syrup**  
**1 Tablespoon orange juice concentrate**  
**2 cups small-cubed fresh or frozen/thawed mango**  
**Pineapple slices, to garnish (optional)**  
**Sesame seeds, to garnish (optional)**

Place rice in cooking pot and rinse three times, draining. Add coconut milk and water, cover, and bring to a fast boil over high heat. Reduce heat to a low simmer and allow to cook for 12-15 minutes; check once to make sure rice is not sticking to bottom of pot.

Turn off heat and allow rice to sit for 10 minutes. Remove rice from stove and add in syrup and orange juice concentrate. Stir quickly to combine; then fold in mango cubes. Serve warm, garnishing with pineapple slices and sesame seeds, if desired. If you are feeling creative, serve in a hollowed-out pineapple shell.

*Pictured on the cover.*

Total calories per serving: 358    Fat: 11 grams  
Carbohydrates: 61 grams    Protein: 4 grams  
Sodium: 31 milligrams    Fiber: 2 grams

## Red Rice Pilaf

(Serves 6 as a side)

**2 Tablespoons olive oil**  
**1 cup chopped sweet onions**  
**½ cup dried cranberries**  
**2 cups red rice (or brown rice)**  
**Zest of one fresh orange**  
**3 cups low-sodium vegetable stock or water**  
**⅓ cup white wine (or more water)**  
**¾ cup chopped pecans**  
**Fresh chopped parsley, to garnish (optional)**

Heat olive oil in a large, heavy pot. Add onions and sauté until just soft. Add the cranberries and cook for one minute. Stir in rice.

When rice is lightly toasted, about 1-2 minutes, add orange zest, stock or water, and white wine. Bring to a fast boil. Cover, lower heat, and simmer over low heat for 20-30 minutes or until all liquid is absorbed.

Remove from heat, and allow to rest, covered for 10 minutes. Fluff with a fork, stir in pecans, sprinkle with chopped fresh parsley, and serve immediately.

Total calories per serving: 423    Fat: 16 grams  
Carbohydrates: 62 grams    Protein: 6 grams  
Sodium: 76 milligrams    Fiber: 4 grams

Check out Chef Nancy's blog post on using short-grain rice to make molded rice dishes, [vrg.org/blog/2020/12/31/rolling-and-molding-rice](http://vrg.org/blog/2020/12/31/rolling-and-molding-rice)

Nancy is the Food Service Advisor of The Vegetarian Resource Group and a regular contributor to *Vegetarian Journal*. She is a chef and Registered Dietitian. Nancy is the author of *Vegan Meals for One or Two* and *Vegan in Volume*.

Photos by Rissa Miller

VEGETARIAN JOURNAL Vol. 40, Issue 2, 2021

# The VRG's 2020 Video Contest Winners

## Passionate About Health



### Vegetarian Mexican Style

By Chloe Raygoza

I educated myself about a vegetarian lifestyle. To me, being vegetarian is not about worrying whether or not the food we eat is healthy or what it is actually made of, because it is crafted from the most natural ingredients.

See: [vrg.org/veg\\_videos.php#ChloeRaygoza](http://vrg.org/veg_videos.php#ChloeRaygoza)

## Inspire the Masses' Choices



### Choice

By Ishva Mehta

I have been vegetarian my entire life. Hence, meat consumption has always been foreign and baffling to me. However, only recently, I ventured into veganism & plant-based living for moral reasons, and I already know that I am not turning back.

See: [vrg.org/veg\\_videos.php#IshvaMehta](http://vrg.org/veg_videos.php#IshvaMehta)

## Deforestation & Pollution!



### No to Climate Change

By Alejandro Torres

I am interested in vegetarianism for the multitude of benefits to myself, my loved ones, the environment, and the animals.

See: [vrg.org/veg\\_videos.php#AlejandroTorres](http://vrg.org/veg_videos.php#AlejandroTorres)

Video scholarships have been given in honor of W.M. Zahn, who was a great mentor.

View winners of the video contest at [vrg.org/veg\\_videos.php](http://vrg.org/veg_videos.php)

The deadline for the next VRG video contest is July 15, 2021.

See: [vrg.org/videoscholarship.php](http://vrg.org/videoscholarship.php)

## Most Optimal Diet



### Video Song

By Nick Maxwell

I'm interested in veganism/vegetarianism because of the positive impact I believe that it can have on many aspects of human and animal existence. After extensive research, I believe it to be the most optimal diet!

See: [vrg.org/veg\\_videos.php#NickMaxwell](http://vrg.org/veg_videos.php#NickMaxwell)

### My Path to Vegetarianism

By Julia Rosie Finnecey

I am interested in vegetarianism because of the impact it has on the environment, and because it encourages people to try new things.

See: [veg\\_videos.php#JuliaRosieFinnecey](http://veg_videos.php#JuliaRosieFinnecey)

## That Ham's Mom is Just Outside...



## Not Just Salads!



### Benefits of a Veggie Lifestyle

By Saisravya Bandia

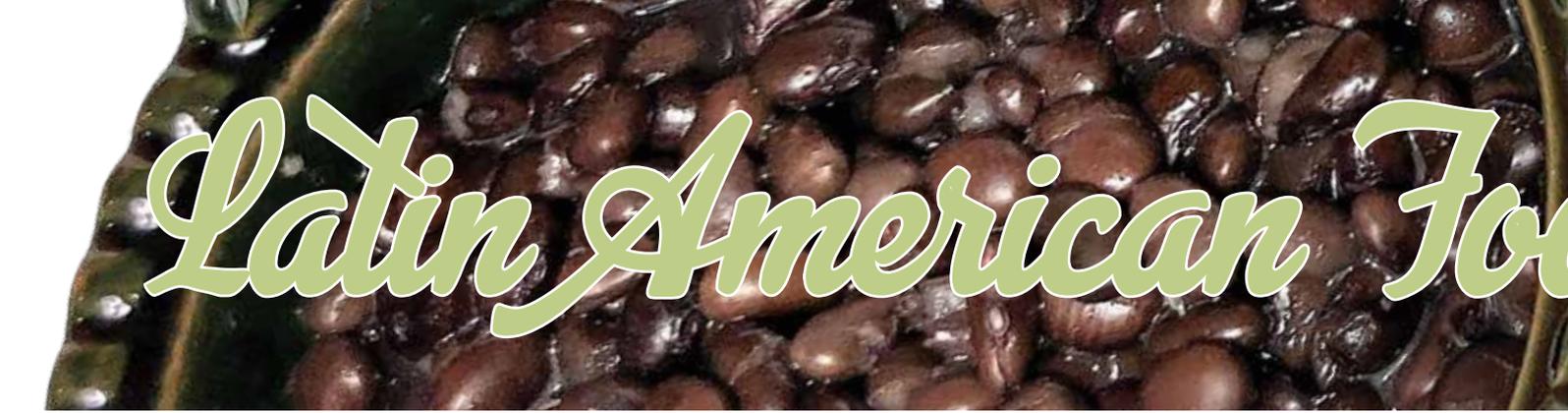
Since being a vegetarian myself for seven years and still going strong, I have been interested in finding out how this is helping me and the environment.

See: [vrg.org/veg\\_videos.php#SaisravyaBandia](http://vrg.org/veg_videos.php#SaisravyaBandia)

## 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 veganism.
- 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.



# Latin American Food

**L**atin American gastronomy is the result of traditional indigenous cuisine enriched by ingredients that Spaniards, Africans, Portuguese, French, and people from other cultures brought on their arrival to Latin America. The diet of indigenous people used to be rich in plant foods with moderate quantities of insects, fish, and meat. They did not consume milk, cheese, or other dairy products, yet they were apparently able to get enough calcium from their diets.

Calcium absorption varies from person to person and depends on calcium sources and other factors. Usually between 25-30% of the total calcium intake for an average person with an omnivorous diet is absorbed.<sup>1</sup> While approximately 30% of the calcium in cow's milk is absorbed,<sup>2</sup> between 5% and 65% of calcium in vegetables is absorbed. This wide range is related, in part, to some vegetables' oxalate content. Oxalate is a substance that binds calcium and impedes its absorption.

Thanks to the climate of Latin America, this region has provided the world with an abundant variety of plant foods high in calcium. In addition, indigenous people from the region that is now Mexico, Guatemala, El Salvador, Honduras, and Nicaragua enriched Latin American gastronomy by developing a cooking technique called nixtamalization, which enhances maize (corn) flavor while improving its nutritional properties.

Nixtamalization has been used since 1200-1500 BCE, and it has allowed the astonishing quantity of dishes containing corn dough to be enriched with calcium that is easily absorbed and cheaper than milk. Without it, corn flour alone would contain much less calcium. The nixtamalization process increases the calcium content from 8 mg per cup in non-nixtamalized corn flour<sup>3</sup> to approximately 157 mg per cup.<sup>4</sup> This process consists of cooking maize in an alkaline solution called *nejayote*, which is prepared with lime (calcium hydroxide), and afterwards washed and hulled. In addition to adding calcium to the corn flour, this process makes it easier to absorb the starch, protein, and niacin, already present in corn.

By mixing nixtamalized corn flour with salt and water, you get corn dough or *masa*, as it is called in Latin America, which you can use to cook several traditional dishes such as *arepas*, *gorditas*, *huaraches*, *pupusas*, *tlacoyos*, *tortillas*, and many more. These dishes are similar to pita bread, can be thinner or thicker, and may be filled with beans or other ingredients.

While a cup of many brands of calcium-fortified soymilk provides approximately 300 mg of calcium (the same as a cup of dairy milk), a cup of cooked collards contains around 327 mg. To get this amount of calcium from tortillas made with nixtamalized corn flour, you would have to eat between 14 and 15 medium-sized tortillas, each containing 22 mg of calcium. In Mexico we are used to consuming a lot of tortillas. I have seen strong bricklayers consume this amount per meal. An average Mexican might easily reach this quantity, but in a day, not in a meal.

Another interesting ingredient from Mexico is cactus or *nopal* as it is called in Spanish, which is used raw or cooked in many Mexican dishes. Some people might not like it because of its slimy texture; however, it is very nutritious due to its fiber, vitamin C, and manganese content, in addition to its calcium content.

In some parts of Latin America, ingredients that used to be popular in the indigenous cuisine have lost popularity in younger generations. However, governmental organizations or entrepreneurs are bringing them back because of their valuable nutritional properties.

In the case of Colombia, stinging nettles were introduced with the arrival of the Spaniards. Nowadays, they are not as popular as they once were, but they are still used in salads, quiches, soups, and stews. Due to their contribution of protein, calcium, and other important nutrients, entrepreneurs are reintroducing them in traditional products such as *empanadas*. In order not to cause irritation when handling them, they should be cut from the stems closest to the ground, avoiding contact with the leaves.

*(Continued on page 29)*

# Food High in Calcium

## Latin American Vegan Foods that Supply Calcium and Have a Low or Moderate Oxalate Content

| Food   | Description  | Portion             | Calcium (mg) |
|--|--|---------------------|--------------|
| <b>More than 200 mg</b>                                |  |                     |              |
| <i>Cochayuyo</i> , dehydrated                          | Very long and thick algae that grows on Chilean coast.   | 1 cup (30g)         | 423          |
| <i>Nopal</i> or Cactus, cooked                         | Raw Mexican plant that is crunchy and slimy, with a tasty sour flavor.   | 1 cup (149g)        | 244          |
| Stinging Nettles, blanched                             | Plant native to Europe that Spaniards brought on their arrival. Eaten in salads, soups, or <i>quiche</i> , in Colombia, Ecuador, and Dominican Republic.   | ½ cup (45g)         | 214          |
| <i>Miel Negra</i> (Black Honey) or Blackstrap Molasses | Ingredient is obtained by boiling sugarcane juice three times. It is popular in Paraguay to cook black honey cake.   | 2 Tbsp (30ml)       | 200          |
| <b>100-199 mg</b>                                      |  |                     |              |
| Malanga, Taro, raw                                     | Starchy root vegetable with a white or pink flesh. Used in many traditional dishes and recently also in ice cream.   | 1 cup (125g)        | 161          |
| <b>70-99 mg</b>  |  |                     |              |
| Yellow Hot Pepper, raw                                 | Spicy pepper commonly used in Peru.  | 1 piece (50g)       | 90           |
| Refried Beans, vegetarian, canned                      | Black or brown beans fried and dried. This ingredient accompanies many Latin American dishes.  | 1 cup (242g)        | 85           |
| Butternut Squash, cooked                               | Orange squash with the form of a big pear.   | 1 cup (205g)        | 84           |
| Chickpeas, canned, cooked                              | Used mainly in Mexico, Paraguay, and Puerto Rico.  | ½ cup (125g)        | 80           |
| Orange, raw  | Used in all Latin American countries and especially in Haiti, Mexico, Paraguay, and Puerto Rico.   | 1 cup (180g)        | 72           |
| <b>50-69 mg</b>  |  |                     |              |
| Broccoli, cooked                                       | This ingredient is not as popular as maize or beans in Latin America, but it is especially loved by Latin American vegans. Broccoli is widely produced in Mexico. Its production in Paraguay is increasing.                                | 1 cup (156g)        | 62           |
| Flaxseeds, raw   | These seeds are mainly consumed in Bolivia in flaxseed soda, also prepared with lemon.   | 2 Tbsp (21g)        | 60           |
| White Kidney Beans, cooked                             | Known simply as <i>alubias</i> in Mexico, they are traditionally cooked with tomato, onion, jalapeño chili, coriander, and meat or sausages. Using a meat substitute will still maintain the tastiness of this combination of ingredients. | ½ cup (130g)        | 60           |
| Corn Tortillas, nixtamalized (cooked with lime)        | In Mexico you can find a variety of corn in the colors of the rainbow. <i>Note:</i> Calcium content may vary depending on the quantity of lime added to the nixtamalization process.   | 1 large piece (38g) | 51           |
| Figs, raw  | Small soft fruit, usually eaten caramelized with <i>piloncillo</i> or <i>panela</i> (a solid cone of caramel made by evaporating sugar cane juice).  | 3 pieces (150g)     | 53           |

*Note:* The calcium RDA for adults age 19-50 is 1,000 mg per day. Oxalate is a substance that binds calcium and impedes its absorption. If a food is high in oxalates, such as spinach, Swiss chard, and rhubarb, only a small percentage of its calcium will be absorbed.

Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](https://fdc.nal.usda.gov)

For oxalate content references, see [vrg.org/nutrition/foods\\_calcium.htm](https://vrg.org/nutrition/foods_calcium.htm)

## List of Latin American Vegan Dishes High in Calcium

| Food   | Description   | Portion                 | Calcium (mg) |
|--|---|-------------------------|--------------|
| Mexican Scrambled Tofu                           | Instead of eating traditional Mexican scrambled eggs, this vegan version can be just as tasty and provide you with lots of calcium! Other than including tofu prepared with calcium sulfate, or a combination of nigari (magnesium chloride) and calcium sulfate, it has tomato, onion, serrano pepper, garlic, black pepper, and turmeric. Since the calcium content in tofu varies, a tofu made with nigari and calcium sulfate was used to calculate the lower range of calcium. You get more calcium from this recipe if you prepare it with tofu made with calcium sulfate. Read ingredients on the package. | 1 cup                   | 175-305      |
| Yellow Hot Pepper Paste                          | Peruvian paste made to add flavor to rice, stews, and other dishes. Other than containing yellow hot pepper, it has red or white onion, garlic, canola oil, vinegar, and salt.  | ½ cup                   | 202          |
| Tofu Quesadillas                                 | <i>Quesadillas</i> are very easy and quick to make, and they are super tasty and popular in Mexico. Traditionally, they contain cheese (or <i>queso</i> in Spanish, which gave them their name). But they can also be filled with vegetables or beans. The maximum range of the calcium content from this table was calculated using tofu prepared only with calcium sulfate (higher in calcium than tofu made with nigari salts or magnesium chloride, or silken tofu). Tortillas contain more calcium if they are made with nixtamalized corn flour.  | 2 <i>quesadillas</i>    | 133-198      |
| Orange <i>Atole</i>                              | Since this version contains orange juice, brown sugar or <i>piloncillo</i> (made from sugarcane juice) is added in smaller quantities than the regular versions of <i>Atole</i> . The calcium content in the last column is based on calcium-fortified orange juice.  | 1 cup                   | 192          |
| Bean Salad with <i>Cochayuyo</i>                 | Salad with navy beans, onion, coriander, lemon, and <i>cochayuyo</i> . This was one of the recipes selected by the Ministry of Health from Chile, to appear in a compendium of healthy and cheap Chilean menus.   | 1 cup                   | 150          |
| <i>Porotos Granados</i> or Beans with Vegetables | Chilean stew made mainly with cranberry beans, maize kernels, squash, onion, cumin, basil, and oregano.   | 1 cup                   | 85           |
| <i>Frijoles de Olla</i> or Pot Beans             | This bean soup's name comes from the clay pots that were commonly used for cooking. In addition to black beans, it has hot pepper, <i>epazote</i> (a bitter spice), onion, garlic, and olive oil.   | 1 cup                   | 78           |
| Rice with Stinging Nettles                       | Stew from Colombia and Chile made with white rice and stinging nettles. It can also contain rum.  | 1 cup                   | 71           |
| <i>Ponche Navideño</i> or Christmas Punch        | This hot Mexican beverage is part of the traditional Christmas celebration, and it also has a lot of different versions. The recipe used for the calcium calculation in this table included <i>piloncillo</i> , raisins, tamarind, <i>tejocotes</i> (a small fruit similar to a peach), guavas, prunes, apples, and pears. Some versions also include some alcohol, such as rum or cane alcohol.  | 1½ cup (fruit included) | 53           |
| Candied Figs                                     | Traditional dessert from Ecuador, Guatemala, and Mexico. Three days are necessary to prepare it, since the figs need to be soaked in water the first day, and, after cooking them with a dash of sodium bicarbonate, they need to be soaked again for 24 hours. The third day they are cooked with <i>piloncillo</i> and cinnamon.  | 3 pieces                | 53           |

(Continued from page 26)

Later, they should be cooked in boiling water with salt so that acetylcholine, the element that produces itching, is deactivated.

*Cochayuyo* is another traditional ingredient from Chile that has lost popularity in younger generations. This algae was commonly used in many Chilean indigenous dishes, and it only grows on the coasts of Chile and New Zealand. Its name means “sea turnip” in Quechua, the language of the group of indigenous people who settled in the Andes Mountains and occupied the area of Argentina, Bolivia, Chile, Colombia, Ecuador, and Peru. Since it is also a good source of iodine, iron, magnesium, and antioxidants, the Chilean government is trying to bring it back to the tables of Chilean families and is promoting it as a super food.

In the table on page 27, you can find traditional Latin American foods with the highest calcium content that is easily absorbed.

Other Latin American ingredients with 30-40 mg of calcium per portion that can add to your calcium intake include eggplant, tamarind pulp, carrots, blackberries, lupin beans, black beans, red kidney beans, nixtamalized corn flour, green onions, pigeon peas, dried apricots, lentils, Jamaica or Hibiscus flowers, walnuts, and guavas.

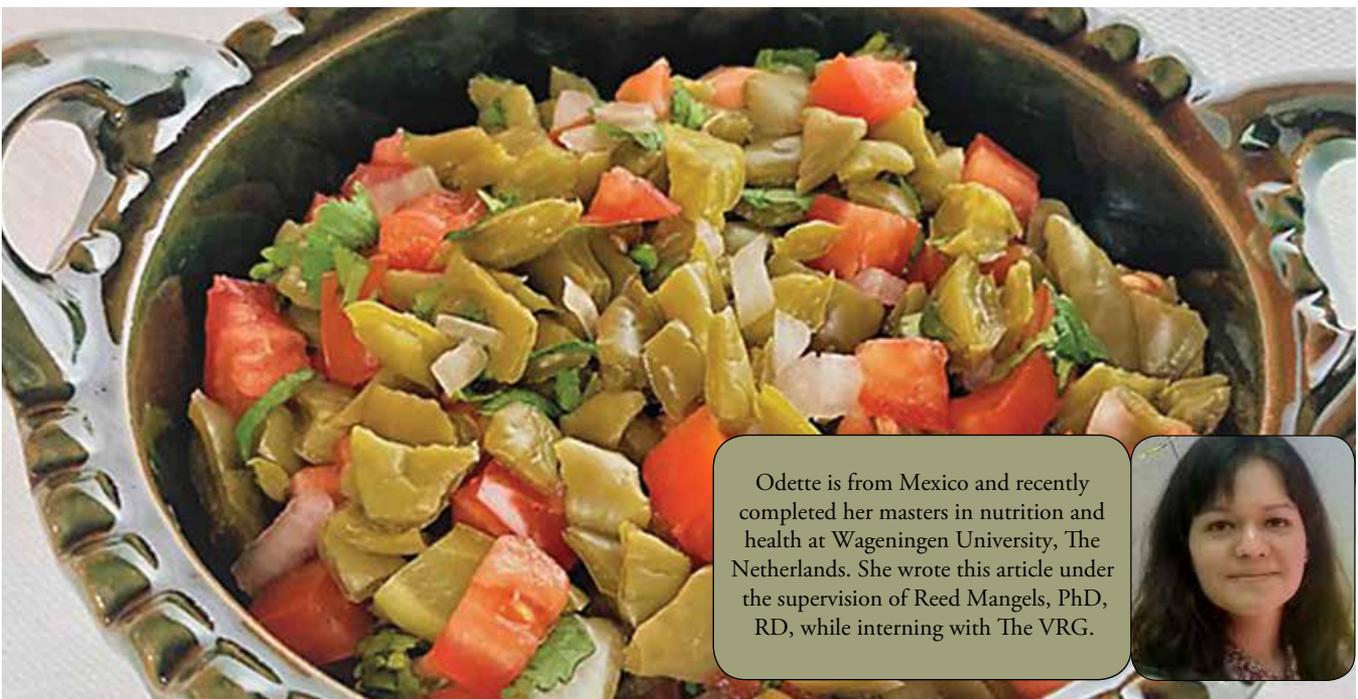
You can find flavorsome Latin American dishes high in calcium and with a low oxalate content in the table on page 28. All dishes are made with vegan ingredients.

If you would like to try other delicious Latin American recipes traditionally made with dairy products, eggs, or meat, you can substitute these with their vegan counterparts, which can also help you to meet your calcium requirement. In fact, calcium-fortified plant milks, orange juice, and tofu (prepared with calcium sulfate) are other ways to help you meet your calcium requirement since they contain 200-300 mg of calcium per serving (1 cup for the beverages and ½ cup for tofu).<sup>1</sup> Even in Latin America where we are not very used to consuming these products, we can find them in many supermarkets (usually near the international or organic products sections.) With the increasing number of vegan and vegetarian stores, you might be lucky to spot one near you, and have fun trying different brands of these unusual products! If you live in the U.S., you probably can find these products more easily.

As you can see, there are plenty of Latin American ingredients and dishes that you can use to take care of your bone health in a flavorful, fun, and varied way. With the ingredients and ideas provided above you can have fun creating your own Latin American varieties, just as these incredible dishes were created slowly through time by someone eager to try new flavors with the resources that the Earth provided. Enjoy!

A longer version of this article, more calcium information, and references for this article can be found at [vrg.org/nutrition/foods\\_calcium.htm](http://vrg.org/nutrition/foods_calcium.htm)

Photos by Odette Olivares Sanchez



Odette is from Mexico and recently completed her masters in nutrition and health at Wageningen University, The Netherlands. She wrote this article under the supervision of Reed Mangels, PhD, RD, while interning with The VRG.



# Veggie Bits

## Hearty, Easy Soy Foods

These dehydrated, pantry-friendly soy-based proteins from Improved Nature will definitely meet your plant-based meal needs. They arrive plain and take on the flavor of whatever spices or sauces you like, making them versatile in recipes. Because they come as bits, chunks, filets, nuggets, pieces, poppers, shreds, slices, and tenders, you can add them to almost any dish. To prepare, just boil in water or veggie broth for a few minutes. Testers loved the hearty, meaty texture and the shreds were popular on barbecue sandwiches. Improved Nature's soy products are gluten-free, kosher, and non-GMO. Dehydrated soy shapes are shelf-stable for two years. Buy online at [improvednature.com](http://improvednature.com)

*Julia Stanitski, VRG Intern*



## Vegan Make-Up Brushes

When I'm looking at makeup brushes, I want to know if the bristles are synthetic and cruelty-free or if they're made out of animal hair. The Luxie Glimmer Set is entirely vegan and they are so soft, I just want to keep brushing them on my face! This set is an ideal starter kit. These brushes are great for blending. The 520 tapered face brush works well for setting powders. The 239 precision shader and the 205 tapered blending brush create a perfect soft eye look, and work for blending any lines you don't want to see. If you're new to contouring, the 512 small brush will be a great brush to start with. In the event you make a harsh line, you can blend it right out! Not only are these brushes great for their designated uses, they're super cute with their sweet pink handle and rose gold tones. Available from Amazon and Nordstrom's or at [luxiebeauty.com](http://luxiebeauty.com)

*Jessica Lynn Baligush, Vegan Make-Up Artist*



## Real Juice Pops

Do you miss summer days chilling with a cold popsicle? Well then, Good Pops freezer pops are for you. Simply place pops in the freezer overnight, and the next day, they're ready to enjoy. Adults and kids alike will love these, especially with the organic ingredients made from 100% fruits and vegetables. With three different flavors—Cherry Limeade, Concord Grape, and Fruit Punch—you'll want these anytime of the year. The tester favorite was the Cherry Limeade because of its sour punch! Good Pops are free of the top eight allergens, added sugar, and red 40 dye. Find these easy and invigorating pops at Wegmans, Whole Foods Market, and other stores. Find them online: [goodpops.com/flavors/organic-freezer-pops](http://goodpops.com/flavors/organic-freezer-pops)

*Julia Stanitski, VRG Intern*



## Veggie Pasta

Cybele's Free-to-Eat Pasta comes in eight varieties such as red lentil, beet, sweet potato, and carrot rotini; and green lentil, kale, broccoli, and spinach penne.

A single serving of these noodles offers at least 23 g of plant-based protein. Prepare like any grain-based pasta. The pasta appears moist at first but firms up to an *al dente* texture after rinsing. Serve with marinara sauce, pesto, or a combination of olive oil, spinach, and fresh tomatoes. Flavor varies from traditional pasta, with some vegetable undertones, and an overall heartier taste—though not overpowering. Cybele's Pasta is an innovative way to get servings of veggies, is allergen-friendly, has a short ingredient list, and is just as satisfying as traditional pasta. Available nationally at Kroger, Ralphs, and Walmart. For more info, visit [cybelesfreetoeat.com](http://cybelesfreetoeat.com)

*Clarissa Hauber, VRG Intern*



# Vegetarian Resource Group Catalog

***Vegan in Volume*** (\$20) by Chef Nancy Berkoff. This 272-page quantity cookbook is loaded with terrific recipes serving 25 and information for foodservices. Try Curried Vegetables with Polenta, Eggplant Lasagna, Mushroom-Asparagus Risotto, Spicy Bean Cakes with Fruit Salsa, Veggie Spring Rolls, Homestyle Molasses Cookies, Sophisticated Poached Pears, and more. Suitable for parties in your own home, catered events, college food services, restaurants, weddings, and much more.

***The Joy of Vegan Baking (Revised and Updated)*** (\$24.99) by Colleen Patrick-Goudreau. Find more than 150 traditional treats and sinful sweets, as well as beautiful photos, in this 304-page book. Some recipes include Apple Cake, Blueberry-Lemon Muffins, Chocolate Cheesecake, Chocolate Cherry Strudel, Cinnamon Rolls, Coffee Cake, Irish Soda Bread, Gingerbread Cookies, Lemon Bars, Mexican Wedding Cookies, Pumpkin Pie, and many others.

***The Lowfat Jewish Vegetarian Cookbook*** (\$15) by Debra Wasserman. This 224-page vegan cookbook features over 150 lowfat traditional Jewish recipes from around the world. Enjoy Cake-Like Rye Bread, Russian Flat Bread, Lebanese Walnut Spread, Mock Chopped Liver, Armenian Tomato Soup, Polish Plum and Rhubarb Soup, Bulgur and Grape Salad, Polish Dilled Cucumbers, Russian Eggplant and Pomegranate Salad, Potato Knishes, Romanian Sweet Pasta, Moroccan Couscous, Hamentashen, Sweet Fruit Kugel, etc. Also find 33 Passover dishes and many Rosh Hashanah dinner suggestions.

***Plant-Powered Families*** (\$19.95) by Dreena Burton. This 308-page cookbook features over 100 family-friendly, whole-food vegan recipes and photos. Start your morning with Creamy

Breakfast Rice Pudding or 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 Almond Butter Fudge or “Nicer” Krispie Squares.

***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.

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

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



**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. Next, the reader is provided with useful tips on cooking vegan cuisine, including 100 quick-and-easy 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. *The Kick Diabetes Cookbook* has 192 pages.

**Vegan Soul Kitchen** (\$18.95) by Chef Bryant Terry. This 224-page cookbook contains 150 fresh, healthy recipes featuring African-American cuisine. Try Black-Eyed Pea Fritters with Hot Pepper Sauce, Little Banana-Maple Pecan Cornbread Muffins, Carrot-Cayenne Coleslaw, Roasted Root Vegetable Ital Stew, Spiced Peach Rustic Pie with Dried Cranberries, plus so much more.

**Teff Love** (\$19.95) by Kittee Berns. Enjoy creative vegan Ethiopian recipes such as Injera bread, Ye'atakilt Wot (potatoes, carrots, and cauliflower

in a spicy sauce), Ye'ater Kik Alich (split peas in a mild sauce), Ye'dubba Alich (roasted butternut squash in a mild sauce), Garlic Jojos (crispy, garlicky potato wedges baked with Ethiopian spices), or desserts like Mocha Teff Brownies, and Spiced Teff Snickerdoodles. This book has 192 pages.

**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.

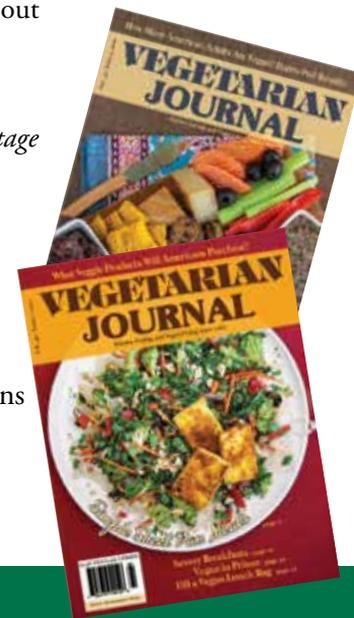
**Vegan Nutrition for Teenagers**

Brochure with all of the basics about veggie nutrition.

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

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# Reviews

## Wild Recipes

By Emma Sawko

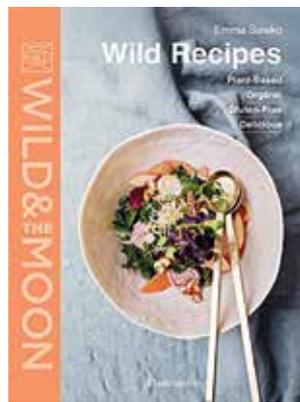
Emma Sawko's first vegan cookbook was created after she opened Wild & the Moon restaurants in Paris, Dubai, and Abu Dhabi. The recipes are international in flavor and reflect that the author has lived around the world during her lifetime.

The dishes are visually stunning, and this is apparent in the photos throughout the book. Some of the delicious recipes include Wild Ceviche, Miso Shiitake Soup, Peruvian Bowl, Thai Curry, Blueberry Scones, Chocolate Truffles, and White Cashew Sauce.

Finally, at the end of the book you'll find three city guides listing veg-friendly places in Dubai, Paris, and New York City.

*Wild Recipes* (ISBN: 978-2-08-151338-9) is a 256-page hardcover book. It is published by Flammarion and retails for \$35. Order this book online or at your local bookstore.

*Reviewed by Debra Wasserman*



cherry chocolate chip scones. Lutz continues her sweet recipes in her dessert section, including peach blueberry cobbler, mini strawberry shortcakes, variations of “Nice Cream,” and chocolate ganache.

Dozens of savory recipes—ranging from vegan grilled cheese to spicy eggplant and brown rice with oat milk, from pull-apart olive oil bread to a red lentil dip—are also available in this book.

For oat milk experts, or for those new to the game, you will find everything needed for oat milk successes!

*The Oat Milk Cookbook* (ISBN: 978-1-4549-3818-7) is a 166-page paperback book. It is published by Sterling Publishing Co., Inc. and retails for \$18.95. You can purchase this book online or from your local bookstore.

*Reviewed by Lucia Rivera, VRG Intern*

## So Vegan in 5 Ingredients

By Roxy Pope and Ben Pook

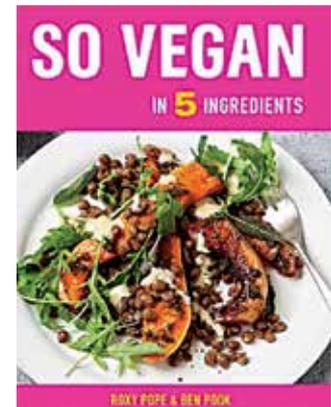
This duo from South London has been promoting vegan diets for several years and has published a cookbook with over 100 vegan recipes using only five ingredients. The book is well designed, and will inspire you to start cooking right away! Nutritional information is also provided.

Starting with breakfast, try Spiced Pear Porridge or Fluffy Blueberry Pancakes. Move on to Light Meals and Salads and prepare dishes such as Kale and Sweet Potato Salad, Asparagus Tarts, and Pea & Mint Soup.

The Dinners chapter presents a wide selection of recipes, such as Hoisin Jackfruit Bao Buns, Minced Mushroom Tacos, and Za’atar Cauliflower Steaks. The Sides include Garlic Bread Swirls, Parsley & Mint Chickpea Salad, and Olive & Rosemary Focaccia.

Dips and Snacks provided are Mango Salsa, Butter Bean & Artichoke Dip, and Key Lime Pie Energy Balls. No one should forget dessert, and you won’t be disappointed with Berry Cobbler, No-Bake Lemon Cheesecake, Tahini Coffee Shake, Ginger Cookies, Coconut Banana Bread, and Grilled Cinnamon Plums.

*So Vegan in 5 Ingredients* (ISBN: 978-1-681885-11-7) is a 288-page hardcover book. It is published by Weldon Owen and retails for \$25. *Reviewed by Debra Wasserman*



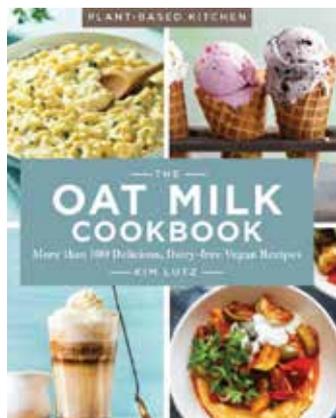
## The Oat Milk Cookbook

By Kim Lutz

Over 100 vegan recipes are featured including sections for coffee, baked goods, breakfast, lunch, dinner, soups, salads, sides, dips, sauces, spreads, and desserts.

Before arriving at the first recipe, the reader will find information about oat milk, accompanied by eye-catching color photographs. While recipes in this book vary in length, difficulty, and ingredients, a consistent theme is the use of oat milk, which you can prepare using the first recipe in the book or purchase from your local grocery store.

Some baked goods recipes included are lemon loaf cake, corn muffins, cinnamon streusel coffee cake, snickerdoodle biscuits, strawberry oat milk donuts, and



# Quick and Easy Ideas for

# STRAWBERRIES



by Chef Nancy Berkoff, EdD, RD

A heaping cup of strawberries contains about 10% of the Recommended Daily Allowance for folate (an important B vitamin), 140% of the U.S. RDA for vitamin C (more than one orange), about 50 calories, and some fiber and potassium.

Here is a bit of strawberry measurement, adapted from the North American Strawberry Growers Association Booklet, *Fresh Strawberries*. This should come in handy when you are visiting your local strawberry patch or purchasing strawberries:

- 1 quart weighs about 1¼ to 1½ pounds (675-750 g) and will yield 4-5 servings.
- 8 quarts weighs 12 pounds (approx. 5 kg) = 13 pints frozen.
- 1½ quarts are needed for a 9-inch pie.
- 1 cup sliced fresh berries = one 10-ounce package of frozen, sweetened berries.

Since they are very perishable, strawberries should not be washed until right before eating or using in a recipe. Do not remove their caps and stems until after you have gently washed the berries under cold running water and patted them dry. This will prevent them from absorbing excess water, which can decrease the berries' texture and flavor. To remove the stems, caps, and white hull, simply pinch these off with your fingers or use a paring knife.

If you actually get past washing and eating fresh strawberries, think about freezing some of them for future months. Simply wash, hull (remove leaves and white "shoulders"), and dry whole strawberries. Place them single file on a sheet pan and allow them to freeze. Once frozen, they can be piled into containers or bags. If fresh or frozen strawberries lose their color, they can be spruced up with a bit of lemon juice.



Mash ripe or frozen strawberries with a little maple syrup. If the berries are a bit tart, add some citrus liqueur to create a fast dessert sauce or the basis of a blender beverage. Dip strawberries in melted chocolate or carob, or serve with vegan cream cheese or sour cream.

Here are some ideas for enjoying strawberries at every meal:

- Add sliced strawberries to mixed green or pasta salads.
- Layer sliced strawberries, whole blueberries, and vegan yogurt or silken tofu in a glass bowl to make an attractive dessert or breakfast parfait. Sprinkle with chopped nuts, sesame seeds, or pumpkin seeds if desired.
- Mash fresh or frozen chopped strawberries with a dash of maple syrup and serve as a topping for waffles and pancakes.
- Blend strawberries with a little bit of orange juice concentrate and use as a fresh fruit sauce for fruit salad, pancakes, pound cake, cookies, or vegan ice cream.
- Add strawberries to breakfast smoothies to give them a more vibrant taste and color.
- Create strawberry vinaigrette by blending with oil, vinegar, and dried oregano, garlic, and nutritional yeast.
- To make baked oatmeal with strawberries, simply mix oatmeal with boiling water, pat into a baking dish, top with sliced strawberries, and bake at 350 degrees until firm.
- Create a soaked strawberry cake with leftover cake or wheat bread cut into cubes, and mixed with blended strawberries.
- Blend a strawberry lassi using strawberries, vegan yogurt, coconut milk, and lemon zest.

# Dilip Barman Teaching Veganism

by Lucía Rivera

Photo by Mark Jacoby



Gentle vegan activism comes in many forms for Dilip Barman, a 20-year vegan.

“I’ve been a vegan advocate for a long time, helping to get the word out. But the nice thing about veganism is it’s appealing on so many levels,” he said.

Barman is involved in many organizations and groups. As a Food For Life (FFL) instructor, he demonstrates to students of all ages that plant-based foods can be delicious and easy to prepare.

Before the pandemic he got to work regularly with groups of children in his North Carolina area.

“I do some cool activism in the schools and I started a healthy snack program, which has been really exciting. And it’s impacted K-4 directly and indirectly, 5th-8th graders, and the nutrition education director of a school,” Barman said.

Barman is involved with a children’s program called *So Many Cooks in the Kitchen* that airs on the Plant-Based Network. The show reaches all over the world and encourages youth to make healthful choices

within their family, as well as seeking the support of their parents and siblings.

“With kids, we don’t pass value. What I do in my classes is, I say, ‘I know something about nutrition, but I’m going to share with you ways that I know that are healthy eating, but always ask your parents what’s the best thing because I don’t know you as well as your parents,’” Barman said.

Being a FFL instructor has changed during the pandemic; however, Barman believes the message of healthful vegan eating is more critical than ever. He said that healthy eating plays an important role during a health crisis and many underlying conditions “can be largely prevented, managed, or perhaps reversed with the whole-food plant-based diet.”

Barman is also president of the Triangle Vegetarian Society (TVS) in the Raleigh-Durham area of North Carolina. During the pandemic, the TVS was not able to hold their usual monthly events; however, Barman helped redesign the group’s annual vegan Thanksgiving dinner—known to be one of the largest in the country—into a carry-out meal.

Additionally, he was an Executive Producer for the documentary *Code Blue*, and regularly writes for local papers and magazines about vegan eating. Barman expressed the importance of gentle vegan advocacy.

“I would encourage vegans to focus on being healthy [...] so that you’re a good role model,” he said.

For more information, see [trianglevegsociety.org](http://trianglevegsociety.org) or [somanycooks.com](http://somanycooks.com)

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.





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## From the VRG Blog

VRG Intern Katelynn Budzich shares what a sample of vegans, vegetarians, and non-vegetarians think about the ways food companies advertise their vegan products and how these companies' commercials represent veganism. See: [vrg.org/blog/2020/11/18/opinions-on-vegan-commercials](http://vrg.org/blog/2020/11/18/opinions-on-vegan-commercials)

*Soy and Children* by Reed Mangels, PhD, RD. Soy foods can add variety if used in moderation. See: [vrg.org/blog/2020/12/31/soy-and-children](http://vrg.org/blog/2020/12/31/soy-and-children)

We noticed that the *VG Classic* menu item featuring a Beyond Burger® at Veggie Grill had different nutritional values for the patty alone than those posted on the Beyond Meat (BM) website for the Beyond Burger patty. See: [vrg.org/blog/2020/12/18/vg-classic-beyond-meat-burger-at-veggie-grill](http://vrg.org/blog/2020/12/18/vg-classic-beyond-meat-burger-at-veggie-grill)

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



Photo of VG Classic Burger by Veggie Grill, [veggiegrill.com](http://veggiegrill.com)



Photo from Plant Joy in Charlotte, NC, [plantjoyclt.com](http://plantjoyclt.com)

## Please Continue to Support Vegan Restaurants

The restaurant industry needs your support! If you are able to pick up or get delivery food from vegan restaurants, please continue to do so.

Despite the pandemic, many new vegan restaurants have opened the past year. Examples include Pho Vegan Asian Cuisine in Folsom, CA; Leguminati in Orlando, FL; Urban Vegan in Chicago, IL; Xilonen in Brooklyn, NY; Plant Joy in Charlotte, NC; Plant Based Papi in Portland, OR; Le Mariachi in Montreal, Québec, Canada; and Haven Eatery in Toronto, Ontario, Canada.

Be sure to visit The Vegetarian Resource Group's Online Guide to Veggie Restaurants in the USA and Canada: [vrg.org/restaurant/index.php](http://vrg.org/restaurant/index.php)

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