

# Vegan Journal

*Celebrating 40 years of Health, Ethics & Environment*

## Lots of Noodles

page 6

*Casseroles  
Save the  
Day!*  
page 16

*New Poll Results* • page 22

Number of Vegetarians and Vegans in the U.S.

Labeling Meat & Dairy Products Based on DNA from Animals

*VRG Scholarship Winners* • page 26

# Nutrition Hotline

## What Are Beans, Legumes, and Pulses?

Reed Mangels, PhD, RD



**QUESTION:** What is the difference between dried beans, legumes, and pulses, and why should we eat more of them?

**B.E., via email**

**ANSWER:** The word “legumes” is the broadest term; it is used to describe a plant family that has seeds in a pod. The legume family includes beans, peas, soybeans, and lentils. Pulses are legumes harvested when they are dry and that do not have high levels of moisture, fat, or oil.<sup>1</sup> For example, green beans, peanuts, and soybeans are all legumes but are not pulses. Green beans are not classified as pulses because they have too much moisture; peanuts and soybeans are too oily to be classified as pulses. Dry beans, peas, and lentils are all pulses.

Legumes’ health benefits include their high nutrient content. They’re good sources of fiber, folate, iron, protein, thiamin, and zinc. Legumes are associated with a lower risk of heart disease. For example, a study of more than 9,000 U.S. adults found that eating legumes four or more times a week was associated with a 22% lower risk of heart disease.<sup>2</sup> A meta-analysis of eight studies found

that adding pulses to the diet was linked to reduced blood pressure in people with and without hypertension.<sup>3</sup> Eating more legumes is associated with a reduction in LDL-cholesterol levels.<sup>4</sup> In a controlled study of adults with obesity, eating four servings a week of cooked legumes was associated with more weight loss than not eating legumes, despite both groups eating a similar number of calories.<sup>5</sup> And a Spanish study found that older adults who ate about ¼ to ½ cup of cooked legumes daily had a one-third lower risk of developing type 2 diabetes, compared with those eating the lowest amount of legumes.<sup>6</sup>

### REFERENCES:

<sup>1</sup> Marinangeli CPF, Curran J, Barr SI, et al. Enhancing nutrition with pulses: defining a recommended serving size for adults. *Nutr Rev.* 2017;75:990-1006.

<sup>2</sup> Bazzano LA, He J, Ogden LG, et al. Legume consumption and risk of coronary heart disease in US men and women: NHANES I Epidemiologic Follow-up Study. *Arch Intern Med.* 2001;161:2573-2578.

<sup>3</sup> Jayalath VH, de Souza RJ, Sievenpiper JL, et al. Effect of dietary pulses on blood pressure: a systematic review and meta-analysis of controlled feeding trials. *Am J Hypertens.* 2014;27:56-64.

<sup>4</sup> Mullins AP, Arjmandi BH. Health benefits of plant-based nutrition: Focus on beans in cardiometabolic diseases. *Nutrients.* 2021;13:519.

<sup>5</sup> Hermsdorff HH, Zulet MÁ, Abete I, et al. A legume-based hypocaloric diet reduces proinflammatory status and improves metabolic features in overweight/obese subjects. *Eur J Nutr.* 2011;50:61-69.

<sup>6</sup> Becerra-Tomás N, Díaz-López A, Rosique-Esteban N, et al. Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. *Clin Nutr.* 2018;37:906-913.



# Vegan Journal

(formerly *Vegetarian Journal*)

MANAGING EDITOR: Debra Wasserman

SENIOR EDITOR: Rissa Miller

EDITORS: Julia Comino, Keryl Cryer,  
Carole Hamlin, Charles Stahler

NUTRITION EDITOR: Reed Mangels, PhD, RD

NUTRITIONAL ANALYSES: Reed Mangels, PhD, RD

COVER PHOTOGRAPHY: Rissa Miller

WEB DEVELOPMENT: Jason Goretzki

VOLUNTEER COORDINATOR: Whitney McVerry

RESEARCH DIRECTOR: Jeanne Yacoubou, MS

VEGETARIAN RESOURCE GROUP ADVISORS:

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

Casey Brown, RD; Catherine Conway, MS, RD;

Heather Gorn, MPhil; Enette Larson-Meyer, PhD, RD;

Reed Mangels, PhD, RD; Jerome Marcus, MD;

Virginia Messina, MPH, RD; Brad Scott, MBA;

Eric Sharer, MPH, RD, LDN; Wayne Smeltz, PhD

COPYRIGHT 2022 by The Vegetarian

Resource Group, Incorporated

PRINTED IN THE UNITED STATES OF AMERICA.

The *Vegan Journal* (ISSN 2770-5676) is published quarterly. The contents of *Vegan Journal* and our other publications, including web information, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional.

We often depend on company statements for product and ingredient information. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your own best judgment about whether a product is suitable for you. To be sure, do further research or confirm on your own.

ADVERTISING: *Vegan Journal* does not accept paid advertising. We do review vegan products.

Email: [vrg@vrg.org](mailto:vrg@vrg.org)

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

CHANGE OF ADDRESS: Please send change of address to P.O. Box 1463, Baltimore, MD 21203 or to [vrg@vrg.org](mailto:vrg@vrg.org)

FOR INFORMATION, CALL (410) 366-8343

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

*Vegan 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 *Vegan Journal* in the U.S., 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.

**Vegan Journal** Vol. 41, Issue 4, 2022

2022 Issue 4  
Features

## 16 • Casseroles

## 22 • Poll Results

## 6 • Oodles of Noodles

## 26 • Scholarship Winners

### Departments

- 2 • *Nutrition Hotline*: What's the difference between beans and pulses?
- 4 • *Note from the Volunteer Coordinator*: *More Ways to Volunteer*
- 5 • *Letters to the Editor*
- 11 • *Give a Gift Subscription to Vegan Journal*
- 11 • *Notes from The VRG Scientific Department*
- 12 • *Scientific Update*: Red Meat and Colorectal Cancer, and more
- 14 • *Veggie Bits*: Veggie Ketchup, Pancake Mix, and more
- 31 • VRG Book Catalog
- 33 • *Book Reviews*
- 34 • *Vegan Cooking Tips*: Ideas for Brussels Sprouts
- 35 • *Vegan Action*: Root 66 Café Owner Jack Eber
- Back Cover* • VRG Blog Updates and VRG Scholarship Contest



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

# Note from the Volunteer Coordinator

## More Ways to Volunteer



Photo by Justin McVerry

Since 2013, volunteering to read and respond to The Vegetarian Resource Group college scholarship submissions has been a yearly tradition for me. For much longer (since 2003!) many volunteers have taken time during the months of February and March to participate in this annual effort.

For the 2022 contest, I had the opportunity to coordinate 25+ volunteers to read over 160 essays. Working with the volunteers on this project gave me a chance to get to know the backbone of The VRG. These individuals put in the work that allows us to continue recurring projects and kick off new ones. For this particular effort, volunteers take time to read and carefully craft a thoughtful, personal response to send to each scholarship applicant. Sometimes, the response results in additional dialogue with the high school students, leading to recommendations on college programs, recruiting them as future volunteers, or expanding their veg network.

Over the years, the students who apply for this scholarship have evolved and expanded their veg outreach to something that might be coined “progressive activism.” This activism comes in a variety of forms such as working on a completely vegan food truck. 2022 VRG scholarship winner Callie Showalter volunteered her time to support a food truck and its patrons, ensuring accessibility and visibility of vegan food in her community. You can read more about her on page 26. Other entrants created videos that expose animal cruelty and environmental issues, and then share them across different social media platforms, reaching multiple people within a matter of hours. While reading the submissions, the monumental impact these applicants are having and will have on the vegan movement becomes evident.

Recognizing the students who apply for the scholarship contest is one way to volunteer with The VRG. There are A LOT of other approaches to volunteering that can be as limited or involved as you would like. Helping with product research, interacting on our social media accounts, subscribing to our email newsletter, and distributing VRG resources are just a few ways you can get involved. If you’re reading this, you’re already a proactive member of The VRG community! You can email [whitney@vrg.org](mailto:whitney@vrg.org) for more volunteering ideas.

A huge shout out and thank you to all of our volunteers; your time and patience are invaluable! Thank you so much.

**Whitney McVerry**

A handwritten signature in black ink that reads "Whitney McVerry". The script is fluid and cursive.

**Volunteering as the VRG Volunteer Coordinator**

## 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).

A donation was given by Carrie Nutter in tribute to S. Lincke's brother.

Thank you to Juanita Ball, Jill Carr, Kerry Masters, Paula Romeo, and P. Swan for donating towards VRG's 40<sup>th</sup> Anniversary.

Thank you so much to all the anonymous donors who contributed to The Vegetarian Resource Group's 40<sup>th</sup> Anniversary Celebration!

## Love The Vegetarian Resource Group

The VRG is truly a valuable resource for educating the public and private sectors about the benefits of veganism. I have been vegan for only a few years, so I rely on your *Journals*, brochures, website, and USDA testimonies to help me stay on track. Thank you, VRG, and have a happy 40<sup>th</sup> anniversary!

*Francesca R., via email*

## Dairy Farming in the 21<sup>st</sup> Century

At my hotel breakfast on a stop-over on my way home from Spokane to Baltimore, besides separate tables, there was a large central counter where folks sat quite far opposite each other. There were only two of us when I sat down and the gentleman across and I started a conversation. He said he is a farmer and grows alfalfa, and his brother has a dairy farm with 10,000 cows. He described how they get milk now. As I recall, he said each cow has a microchip embedded (where is unclear) soon after birth. When old enough for milking, at milking time they get onto a rotating parlor and the computer reads their microchip so the milk machine (robot) knows the exact configuration/location of the teats and the computer places

the milking machine on her. So no human touch is needed. The computer records the output of milk, and depending on how high or low it is, her feed is altered. It also apparently tells when she has become too old (milk declining I suppose too) so presumably will go for slaughter. Amazing.

*Stan B., via email*

## Can I Get a Copy of Your Journal from 1996?

I was chatting with a friend today about my younger days and how I started out trying to eat healthier. I mentioned one of the most helpful beginnings toward developing my own personal relationship with food had been the last two issues of *Vegetarian Journal* in 1996, as they contained "Guides to Fruits and Vegetables." I have moved eight times since 1996, and my copies of these issues have vanished long ago. I'd be interested in buying them again, however, if back issues are available. I have learned a great deal from many different health approaches over the years, and I strongly feel that The Vegetarian Resource Group was a very needed clear-headed place to begin during a decade in which I remember arguing about how best to pronounce "vegan."

*Charmane V., via email*

*Editor's Note:* Copies were sent.

Letters to the Editors can be sent to: Vegan Journal, P.O. Box 1463, Baltimore, MD 21203. You may also email letters to [vrg@vrg.org](mailto:vrg@vrg.org) or send a message to us on Facebook: [facebook.com/thevegetarianresourcegroup](https://facebook.com/thevegetarianresourcegroup)

## Coming in the next issue...

# IT'S TEA TIME!

**Plus:** *Quick Stir-Fries, Easy Gravy Ideas, Latin American Foods High in Iron, and More!*



# Noodling Around

by Joseph Solar

If there's a way to travel the globe on a fork, noodles must be it. Many cultures have a tradition with some kind of pasta, though Asia and Italy seem to claim it most frequently as part of their culinary identity. With the rising popularity of various rice noodles, sweet potato noodles, and more, even those on gluten-free diets can now enjoy a pasta meal. Ready in a hurry, a simple lunch, dinner, or late-night snack of toothsome noodles can be on the table quickly, topped with a variety of sauces, vegetables, and spices. Each of these satisfying noodle dishes hails from its own classic culinary heritage. All are elegant enough for company and easy enough for a quiet night at home.

## Stuffed Shells with Basil

(Serves 8)

### *Vegan Ricotta*

**Two 12-ounce containers firm tofu, drained**  
**½ cup fresh basil leaves**  
**¼ cup nutritional yeast**  
**¼ cup lemon juice**  
**1 teaspoon oregano**  
**1 teaspoon garlic powder**  
**Pinch salt and black pepper, to taste (optional)**

Combine all ingredients and pulse in a blender or food processor until roughly mixed. Set aside.

### **Non-stick olive oil spray**

**One 24-ounce jar vegan marinara sauce**  
**One 16-ounce box jumbo shells, gluten-free if preferred, cooked according to box directions**

**2 Tablespoons vegan Parmesan, to garnish (optional)**  
**Fresh basil leaves to garnish (optional)**

Preheat oven to 350 degrees. Prepare a 13- x 9-inch casserole dish by spraying lightly with olive oil, then covering bottom with a layer of marinara, about ½ cup.

Use a spoon to pack each cooked jumbo shell with Vegan Ricotta and place them in rows in the baking dish. When all shells are filled and in the dish, drizzle remaining marinara evenly over the top. Sprinkle with optional vegan Parmesan, if using. Cover baking dish with aluminum foil.

Bake for 30-35 minutes. Serve shells hot, garnished with fresh basil leaves.

Total calories per serving: 263

Carbohydrates: 52 grams

Sodium: 70 milligrams

Fat: 4 grams

Protein: 13 grams

Fiber: 4 grams



# Golden Beet Japchae

(Serves 4)

## *Sesame Sauce*

- ¼ cup water
- 2 Tablespoons maple syrup
- 2 Tablespoons sesame oil
- 2 Tablespoons low-sodium tamari sauce

Whisk together ingredients in a small bowl and set aside.

## *Entrée*

- Non-stick olive oil spray
- ¼ cup slivered carrots
- ¼ cup julienned onion
- 4 cloves garlic, minced
- 1 Tablespoon minced fresh ginger
- 1 red pepper, julienned
- 1 green pepper, julienned
- 1 cup chopped shiitake mushrooms
- 1 pound golden beets, roasted, peeled, and cubed
- One 8-ounce bag baby spinach
- One 8-ounce package sweet potato Japchae noodles (or any glass noodles), cooked according to package directions
- 2 teaspoons sesame seeds, to garnish (optional)
- Scallions, slivered, to garnish (optional)

Spray the wok or large pan, sauté carrots, onions, garlic, and ginger for 1-2 minutes. Add red and green peppers, mushrooms, and beets. Cook for several minutes until all vegetables are tender and add spinach for final minute to lightly wilt.

Add Sesame Sauce, stirring to coat, and then add prepared noodles. If noodles are too sticky, add a few drops of oil. Fold noodles and veggies together, preferably using tongs, and serve warm. Garnish with sesame seeds or green onions, if desired.

Total calories per serving: 414

Carbohydrates: 79 grams

Sodium: 430 milligrams

Fat: 7 grams

Protein: 5 grams

Fiber: 7 grams



# Mushroom Marsala

(Serves 6)

- 1 pound Chicken of the Woods mushrooms (or 6 portobello caps)**
- 1 Tablespoon poultry seasoning blend**
- 1 cup all-purpose or gluten-free flour**
- 1 Tablespoon garlic powder**
- 1 Tablespoon onion powder**
- 2/3 cup unsweetened, plain vegan milk**
- Non-stick olive oil spray**

Preheat oven to 375 degrees. Line a baking sheet with parchment paper or aluminum foil.

Rinse mushrooms to clean and then roughly chop. While mushrooms are wet, season with poultry blend.

In a medium bowl, mix garlic and onion powders into flour. Pour milk into second bowl.

Dip mushroom pieces into milk, and then into seasoned flour, and place on prepared baking sheet. Repeat until all are coated and lightly spritz with olive oil spray to help brown, if desired. Bake for 25-35 minutes, until crisp. Set aside.

## *Marsala Sauce*

- 1 small yellow onion, chopped**
- 2 cups sliced button mushrooms**
- 1 Tablespoon vegan margarine**
- 2 Tablespoons all-purpose or gluten-free flour**
- Pinch black pepper, to taste**
- 1/2 cup vegan Marsala wine**
- 1 1/2 cups low-sodium vegetable stock**
- One 16-ounce box fettuccine, gluten-free if preferred, cooked according to package directions**
- 2 Tablespoons fresh parsley, minced, to serve**

Sauté onions and button mushrooms in vegan margarine until lightly browned and fragrant, about 2-4 minutes. Add flour and black pepper, stir about one minute to coat, and then, deglaze with the wine. Add the vegetable stock and cook until the sauce thickens, about 6-8 minutes.

To plate, top cooked fettuccine with a few pieces of breaded and baked mushrooms, spoon Marsala Sauce over the top, and sprinkle with fresh parsley.

*Cook's Note:* Can't find Marsala wine? Substitute with Madeira wine or your favorite sweet white wine. Check for vegan wines at [Barnivore.com](http://Barnivore.com)

Total calories per serving: 442    Fat: 4 grams  
Carbohydrates: 82 grams    Protein: 17 grams  
Sodium: 64 milligrams    Fiber: 11 grams







## Classic Vegan Pad Thai

(Serves 6)

### *Peanut Sauce*

- ¼ cup water
- 3 Tablespoons organic brown sugar
- 2 Tablespoons vegan fish sauce (such as Ocean's Halo)
- 2 Tablespoons smooth peanut butter
- 2 Tablespoons rice vinegar
- 2 Tablespoons lime juice
- 1 Tablespoon low-sodium tamari sauce
- 1 Tablespoon sesame oil
- 1 Tablespoon tomato paste
- Pinch red pepper flakes, to taste (optional)

In a small bowl, whisk together sauce ingredients and set aside.

### *Pad Thai*

- One 12-ounce container firm tofu, drained and cubed
- 4 cloves garlic, minced
- 1 Tablespoon sesame oil
- 1 red pepper, julienned
- 1 green pepper, julienned
- 1 onion, julienned
- 1 cup bean sprouts
- 1 pound broccoli florets (about 3 cups)
- One 16-ounce box rice noodles, cooked according to package directions
- 2 Tablespoons chopped peanuts, to garnish (optional)
- 1 Tablespoon chopped mint, to garnish (optional)
- 1 Tablespoon chopped basil, to garnish (optional)
- 1 Tablespoon chopped cilantro, to garnish (optional)

In a wok or large pan, sauté cubed tofu and garlic in sesame oil for 1-2 minutes, until lightly fragrant. Add red and green peppers, onions, bean sprouts, and broccoli. Cook until all vegetables are tender and warm.

Pour Peanut Sauce over finished vegetables and tofu and gently stir. Serve over prepared rice noodles, garnished with optional peanuts, mint, basil, and cilantro.

Total calories per serving: 436

Carbohydrates: 79 grams

Sodium: 314 milligrams

Fat: 8 grams

Protein: 10 grams

Fiber: 4 grams



# Vegan Carbonara

(Serves 6)

## Bacun

**½ cup diced trumpet or shiitake mushrooms**  
**1 Tablespoon olive oil**  
**3 Tablespoons water**  
**1 Tablespoon maple syrup**  
**1 teaspoon liquid smoke**  
**Pinch salt and black pepper, to taste (optional)**  
**Non-stick olive oil spray**

Combine all ingredients in a small bowl and stir well. Marinate mushrooms for at least 10 minutes and up to overnight. To prepare, sauté mushrooms with a little non-stick spray over low heat until wilted and reduced, about 8-10 minutes. Set aside.

## Chickpea Egg

**¼ cup chickpea flour**  
**½ cup water**  
**¼ teaspoon xanthan gum**  
**⅛ teaspoon *kala namak* (black salt, see note below)**

In a small bowl, whisk together Chickpea Egg ingredients and set aside to bind.

## Tofu

**One 12-ounce container firm tofu, cubed**  
**⅓ cup cornstarch**  
**1 teaspoon garlic powder**  
**1 teaspoon onion powder**  
**Black pepper, to taste**

In a large bowl, toss tofu cubes with cornstarch, garlic powder, onion powder, and black pepper. Add to a large sauté pan in a single layer, and cook using olive oil spray, until tofu is evenly browned and crisp.

## To assemble

**1 cup plain, unsweetened vegan milk (oat milk preferred)**  
**½ cup low-sodium vegetable stock**  
**1 Tablespoon vegan Parmesan or nutritional yeast, plus more to serve, (optional)**  
**Pinch black pepper, to taste**  
**One 16-ounce box spaghetti, gluten-free if preferred, cooked according to directions and drained**  
**2 Tablespoons chopped parsley, to serve**

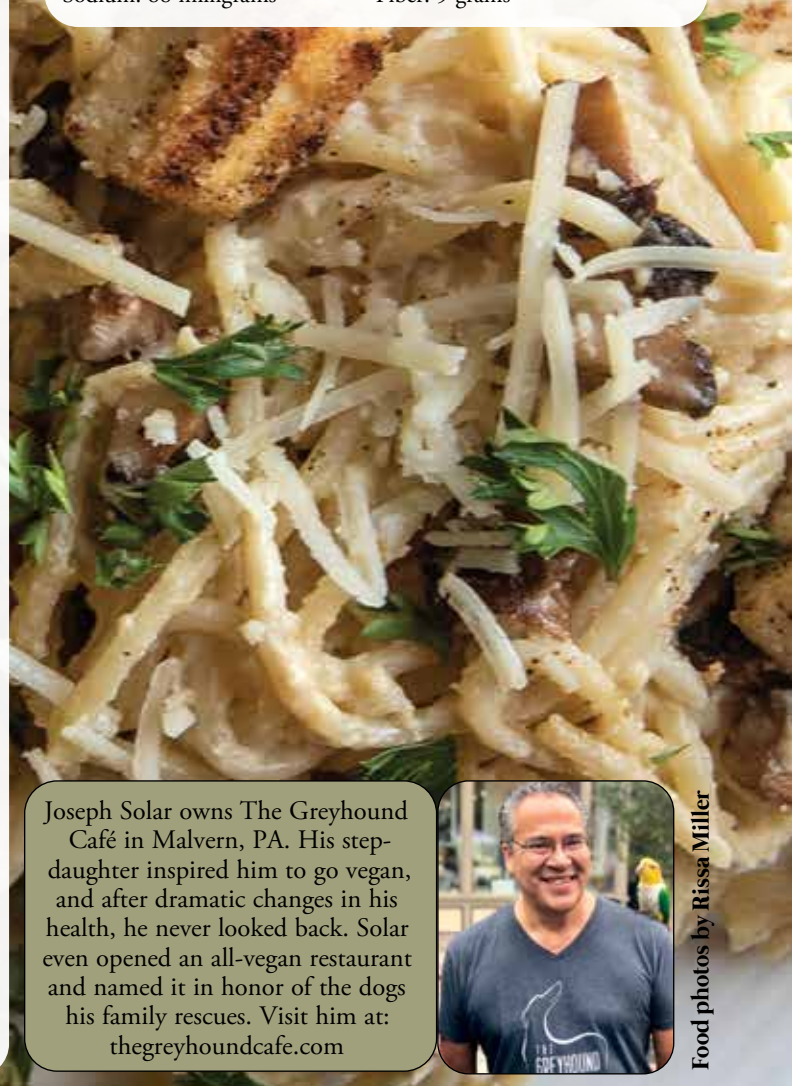
Remove tofu from pan. Add milk and vegetable stock to pan. Simmer for 2-5 minutes over low heat, and then add cooked spaghetti and Chickpea Egg.

Fold to combine, and after about 2 minutes on simmer, fold in Bacun, Tofu, vegan Parmesan and black pepper. Gently cook until all ingredients are warm and Chickpea Egg is set.

Serve immediately with fresh parsley and vegan Parmesan if desired.

*Cook's Note:* Black salt, otherwise known as *kala namak*, isn't actually black in color. It's named for the black volcanic ash that gives it a distinctively sulfuric flavor, similar to scrambled eggs. It's found online and in Indian specialty markets. Xanthan gum is an emulsifier, stabilizer, and thickener that prevents ingredients from separating. Find it in the baking aisle.

Total calories per serving: 380    Fat: 5 grams  
Carbohydrates: 66 grams    Protein: 16 grams  
Sodium: 88 milligrams    Fiber: 9 grams



Joseph Solar owns The Greyhound Café in Malvern, PA. His step-daughter inspired him to go vegan, and after dramatic changes in his health, he never looked back. Solar even opened an all-vegan restaurant and named it in honor of the dogs his family rescues. Visit him at: [thegreyhoundcafe.com](http://thegreyhoundcafe.com)



Food photos by Rissa Miller



Give the Best Gift  
of the Season

Vegan Journal

Give your friends, family, and yourself a gift subscription to *Vegan Journal*! Recipients will be reminded of your thoughtfulness four times throughout the year as new issues of the magazine appear in their mailboxes. We will be happy to send your gift subscription and personalized note to anyone in the U.S. for the special price of \$15 per subscription (\$27 to Canada and Mexico; \$34 to other foreign countries), which represents a savings of 40% off our U.S. rate and 25% off our foreign rate. This offer expires on December 31, 2022. Online at: [vrg.org/donate](http://vrg.org/donate)

Feel free to copy this order form and mail in as many gift subscriptions as you like. Mail \$15 (see above for foreign rates) per gift to *Vegan Journal*, P.O. Box 1463, Baltimore, MD 21203. You can also charge your gift orders by phone by calling (410) 366-8343, Mon-Fri between 9 a.m. to 5 p.m. ET.

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

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

Zip: \_\_\_\_\_

Special Message: \_\_\_\_\_

From: \_\_\_\_\_

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT IN THE NEWS

Congratulations to The Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, who the Academy of Nutrition and Dietetics has selected as the recipient of the 2022 Excellence in Community and Public Health Practice Award. The award was presented to Dr. Mangels at the Food & Nutrition Conference & Expo™ (FNCE®) in Orlando, Florida.

Every five years, the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) publish the Dietary Guidelines for Americans, the nation's go-to source for nutrition advice. The Vegetarian Resource Group submitted testimony about the scientific questions that will inform the Dietary Guidelines for Americans, 2025-2030. The Dietary Guidelines impact much of the nutrition policy in the country, as well as food service purchasing. Once the questions are decided and the scientific panel develops a document, we will again submit testimony. Our comments are here: [vrg.org/nutshell/vrg-public-comments-to-the-dgac-2025.pdf](http://vrg.org/nutshell/vrg-public-comments-to-the-dgac-2025.pdf)

## VEGAN EDUCATION

Cierra Peterlin, a student at the University of Maryland, did a one-week rotation with us while in her dietetic internship program. See her experience at [vrg.org/blog/2022/05/16/a-perfect-week-for-a-vegan-dietetic-intern](http://vrg.org/blog/2022/05/16/a-perfect-week-for-a-vegan-dietetic-intern)

# SCIENTIFIC UPDATE

by Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Red Meat and Colorectal Cancer

Colorectal cancer is the third most common type of cancer in the United States. More than 50,000 people in the United States die of it each year. Black Americans, compared to other racial/ethnic groups, have the highest rates of colorectal cancer and are more likely to die from it at a younger age. The reasons for these disparities are not known. Diet is one factor that affects the risk of developing colorectal cancer. Unprocessed red meat (e.g. beef, lamb, and pork) and processed red meat (e.g. bacon, sausage, and ham) are associated with an increased risk of colorectal cancer, but most of the evidence for this comes from research on older people with European ancestry.

The Black Women's Health Study started in 1995 and is ongoing. More than 50,000 women are participating in this study, which seeks to assess risk factors for various diseases in U.S. Black women. Women answered questions about their food habits and their health at several time points over a more than 20-year period. Unprocessed red meat was significantly associated with colorectal cancer, with a 33% higher risk for every 3-ounce portion of unprocessed red meat eaten per day. Among those women who ate 0-2 servings of red meat per week, eating less than five servings of fruits and vegetables per day was associated with a markedly higher risk of colorectal cancer than in those eating more fruits and vegetables. Women who ate four or more servings of red meat per day and ate lots of fruits and vegetables had a higher risk of colorectal cancer than women who ate similar amounts of fruits and vegetables but fewer servings of red meat. This suggests that higher consumption of fruits and vegetables is helpful but does not offset the negative effects of high red meat consumption. Women eating the lowest amount of fruits and vegetables and the highest amounts of red meat had the highest risk of developing colorectal cancer. These results suggest reducing red meat consumption is one way to reduce the risk of developing colorectal cancer.

Yiannakou I, Barber LE, Li S, et al. A prospective analysis of red and processed meat intake in relation to colorectal cancer in the Black Women's Health Study. *J Nutr.* 2022;152(5):1254-1262.

### How Many Vegetarians Are There?

Surveys are commonly used to estimate the number of vegetarians in a country. When The Vegetarian Resource Group commissions a survey, people are asked which foods they never eat. Those responding "meat, fish, seafood, poultry" are classified as vegetarian; those responding "meat, fish, seafood, poultry, dairy, eggs" are classified as vegans.

Another survey method is to ask people if they would describe themselves as vegetarian or vegan. This is likely to result in larger numbers than a survey that classified people based on food avoidances. A recent publication describes a survey that asked people if they described themselves as vegetarian or vegan. This study is unique in that it was done in five countries—Australia, Canada, Mexico, the UK, and the U.S.—using consistent methods so that results can be compared across countries.

The surveys were conducted online in 2018 and 2019. The highest percentage of people who described themselves as vegetarians (not including vegans) was found in the UK where 5% said they were vegetarian. Canada had the lowest percentage of vegetarians (3.7%) with Australia, Mexico, and the U.S. intermediate. The largest percentage of people describing themselves as vegans was found in Mexico, where 5% said they were vegan. Canada had the lowest percentage of vegans (2.5%) with Australia, the UK, and the U.S. intermediate.

More than four in 10 people overall were trying to reduce meat or dairy products. Respondents from Mexico were more likely to report trying to consume less meat in general, red meat in particular, and dairy than were respondents from other countries. Women in Australia, Canada, and the UK were more likely to be reducing dairy consumption than men were. In all



countries, women were more likely than men to be reducing red meat consumption. Older people were more likely to be reducing meat consumption while younger people were more likely to be vegan, vegetarian, or pescatarian.

Vanderlee L, Gómez-Donoso C, Acton RB, et al. Meat-reduced dietary practices and efforts in five countries: Analysis of cross-sectional surveys in 2018 and 2019. *J Nutr.* 2022;152:57S-566S.

## Children's Views of Animals

Many people lavish care on some animals but don't question the horrible conditions under which other animals live and die. The concept of speciesism is used to explain this seemingly contradictory behavior.

Speciesism is the practice of treating members of one species as morally more important than members of other species. For example, people might not consider harming a dog but would allow harm to be done to a pig. To begin to understand the development of speciesism, a recent study examined whether there are differences in the ways that children and adults think about the treatment of animals.

*Researchers studied 479 people from three age groups:*

- 9- to 12-year-old children,
- 18- to 21-year-old young adults
- 29- to 59-year-old adults.

*Participants answered survey questions including:*

- "Would you categorize a pig/cow/chicken/cat/dog/hamster as food, pet, or object?"
- "How well should humans treat rats/dogs/pigs/chimpanzees/other humans?"
- "How OK is it to eat animals?"
- "How OK is it to eat things that come from animals like eggs, milk, or cheese?"

Children were less likely than other age groups to categorize "farm animals" as "food" and more likely to categorize them as "pets." Children indicated that pigs should be treated better than did young adults or adults; there were no differences by age group in how well "pets" or other humans should be treated. Children rated eating animals and animals products as significantly less morally OK than did older age groups. These results suggest that conversations about our relationships with animals should begin early, since children are more likely than adults to think critically about the ways that some animals are treated.

McGuire L, Palmer SB, Faber NS. The development of speciesism: Age-related differences in the moral view of animals. *Soc Psychol Personal Sci.* 2022; 1-10.

## The Cost of Food Waste

*by Cierra Peterlin, University of Maryland  
Dietetic Intern*

Food waste affects environmental and human health. In research based on survey data from over 39,000 individuals from 2001-2016, an average daily cost of food and food wasted among U.S. adults was determined. The researcher looked at information about the food people consumed and the price of food to determine how much was spent on food and what percentage of that food was inedible or became food waste. The term "inedible" was used to describe the portions of food that are not typically eaten, such as banana peels and avocado pits, and "wasted food" was used to refer to the portions of edible food that are not consumed in a meal.

The average daily food cost for an individual was \$13.27, with 27% of this or \$3.62 being wasted, 14% or \$1.88 inedible, and 59% or \$7.77 consumed. Meat and seafood were the foods that accounted for the most money spent on food that was then wasted, with fruits and vegetables second. The remaining money spent on wasted food was accounted for by grains, sweets, dairy, nonalcoholic beverages, nuts and seeds, eggs, frozen foods, fats and oils, and other, in that order. Alcoholic beverages were not accounted for.

The researcher estimated that, on average, food that is ultimately wasted costs a consumer \$1,300 per year. This is more than what the average single family spent annually on gasoline, household heating and electricity, or household maintenance and repairs in 2017, when the study was completed. The researcher suggested some ways that consumers can reduce food waste and food costs, including purchasing less meat and seafood, sharing meals or ordering/making smaller portions, saving and eating leftover meals, and storing produce properly.

Conrad, Z. Daily cost of consumer food wasted, inedible, and consumed in the United States, 2001-2016. *Nutr J.* 2020;19:35.

# Veggie Bits

## Smooth Vegan Lip Balms

Luxe Beauty will have you abuzz with their line of extremely hydrating beeswax-free vegan lip balms. Each flavor is distinct and lightly fragrant without being overbearing. Coconut, Grapefruit, Lavender, Plain, Popcorn, Strawberry, Vanilla Cupcake, and Watermelon make up the offerings. They work well under lipstick and even on top as a clear gloss coat (apply with a brush to save your lip color). The Lavender is wonderful at night, doing double duty as moisturizer and soothing aroma. The balms go on soft and absorb evenly. Plus you can feel good, knowing Luxe is committed to keeping products in their beauty line, including cleansers, lotions, serums, and toners, 100% free of all bee products, which often show up in such cosmetics. Nut-free, soy-free. Buy online at [luxebeauty.com/collections/lip-balm](http://luxebeauty.com/collections/lip-balm)  
*Rissa Miller/Senior Editor*



## Nostalgic Boxed Mac 'N Cheese

If you grew up eating boxed mac 'n cheese, Annie's has the product for you. It's just like your favorite comfort food, only vegan. Each flavor of the mac 'n cheese takes less than 10 minutes to prepare, making it ideal for busy parents or people on-the-go. The shells & sweet potato pumpkin is unique, featuring sauce made from pumpkin! It's slightly sweet, with a rich and velvety texture. The vegan cheddar flavor is more classic—each delectable bite packs a cheesy, umami punch. Enjoy as a standalone dish, weeknight side dish, or try adding some seasonal vegetables for a heartier supper option. The product is non-GMO, and organic. Also offered in a gluten-free rice pasta option. Available nationwide at major retailers, visit [annies.com](http://annies.com)  
*Callie Showalter/VRG Intern*



## Less Sugary Veggie Ketchup

Apples, butternut squash, and carrots are the not-so-secret ingredients in this vegetable-based ketchup—with no added sugar! True Made states that each bottle has ½ pound of veggies. You won't crave what's missing, though. There's plenty of iconic cookout flavor, and the ketchup is equally comfortable on fries, tater tots, vegan sausages, veggie burgers, and more. Barbeque sauces, hot sauces, and mustards with less than usual or no sugar in the ingredient list are also in the lineup. Gluten-free. Available nationwide and online at [truemadefoods.com](http://truemadefoods.com)  
*Rissa Miller/Senior Editor*



## Quick Burrito!

Hearty and flavorful, packed with savory beans and rice, Higher Taste frozen vegan burritos are ready to make your breakfast or lunch rush more delicious. The prepared burritos are filling, packed with gooey vegan cheese and are extremely flavorful. Four minutes in the microwave yields a handful of satisfaction, whether you choose the Fiesta Fajita, Vegan Bean & Cheese, or Vegan Breakfast Burrito. Each is distinct and there's a variety for anytime of the day. Testers enjoyed the burritos in the car on road trips (they travel in a cooler and you can warm them at a gas station!), as well as a snack while watching movies at home. Higher Taste burritos are available at natural foods stores on the West Coast and online, [thehighertaste.com/frozenburritos.com](http://thehighertaste.com/frozenburritos.com)  
*Rissa Miller/Senior Editor*





# Veggie Bits

## Old-Fashioned Chocolate Sweets

Whether you're missing your hazelnut latte, or simply craving white chocolate almond horchata goodness, Gigantic Candy is a less-sugar treat for you. Gigantic Candy packs enjoyably chewy, plant-based caramel into every bar with only 7 grams of sugar in each 1.5 ounce bar. And, no, there aren't



any artificial sweeteners! The flavors—Almond Horchata, Banana Pecan, Hazelnut Cafe, and Salted Peanut—all have nostalgic appeal. Banana Pecan reminded me of a banana-chocolate oat muffin, with a sprinkle of pecans to balance the caramel. Salted Peanut gave more of a “let's go on a hike and eat trail mix!” vibe. Fair trade chocolate and gluten-free. Find retailers or order online at [giganticcandy.com](http://giganticcandy.com)

*Ruby Sturm/VRG Intern*

## Fluffy Pancakes

It's simple to whip up light-as-air pancakes with Lehi Mills' Plant-Based Mix. All you need to do is add 1 cup water to 1 cup of mix, and follow the easy cooking directions on the box for fluffy vegan flapjacks sure to dazzle any guest at breakfast or brunch. The best part of waking up to these pancakes is that they are mostly a whole wheat-and-oat blend. The mix is sturdy enough that you can add fresh fruit, like blueberries or bananas—or go decadent and try some mini vegan chocolate chips for a breakfast treat. Are you more into the texture of waffles, all awash with crevices full of melty vegan margarine and maple syrup? Well, this mix is versatile, and the box explains a few simple swaps to create perfect waffles! Each box makes about 12 4-inch pancakes. Available online and from major retailers, [lehimills.com](http://lehimills.com)



*Rissa Miller/Senior Editor*

## Irresistible (Fizzy) Broths

Bean stews just got an upgrade: now they come with a splash and pop from Broth Bombs. Available in 14 flavors from Chili to Curry, from Pot Pie to Split Pea, each variety is handcrafted and designed to make hearty, craveable bean stew. Yes, the resulting stews are complex, evenly seasoned, and quite tasty. Each box comes with a simple suggested recipe with more ideas available online. The surprising part is how much fun the bombs are to use. Just add the ingredients, water and—plop—in goes the Broth Bomb to fizz up and deliver all the herbs and spices for the meal. They make large portions, so if you're not feeding a crowd, plan on leftovers. All varieties are gluten-free and soy-free. Broth Bombs are available online as a subscription service, individually, or in quantity sets at [brothbomb.store](http://brothbomb.store)



*Rissa Miller/Senior Editor*

## Delicate as a Flower

Sparkling water blossoms with Petal botanical beverages. For fans of bubbly drinks, this is something truly different. Flowers and fruit add a touch of sweetness to refreshing sparkling waters in flavors such as Elderberry White Tea, Lemongrass Dandelion, Lychee Rose, Mint Rose, Original Rose, and Peach Marigold Basil. The hint of floral bouquet in each flavor is delightful by itself, but the scent and taste of the botanicals is earthy, flowery, light, and quite special. The Petal website offers several serving suggestions. Just mix one of the flavors with your favorite iced tea for a bright, cheery beverage, and they also make wonderful additions to your favorite mocktail or cocktail. Caffeine-free and organic. Available online by subscription, as individual flavors, or in mixed packs at [drinkpetal.com](http://drinkpetal.com)



*Rissa Miller/Senior Editor*

Adaptable  
Dependable  
Flexible

# Casseroles

by Linda Tyler

The casserole has proven resilient over the decades. Each generation of recipe creators reinvents the casserole with a range of new ideas and flavors, while a few recipes survive for years with little change. Casseroles are perfect for the busy winter holiday season. Most can be prepped and some even baked ahead of time with no loss of taste or texture. They don't require a lot of last-minute fussing, and leftovers are a breeze to store and reheat. Yes, there are good reasons for the casserole's longevity. Flexibility, dependability, adaptability, and the potential for greatness: what more could you ask for?

## Tater Tot Breakfast Casserole

(Serves 8)

Non-stick cooking spray  
8 ounces sliced mushrooms  
1 medium onion, diced  
1 bell pepper, any color, diced  
3 cups steamed vegetables (one or more of your favorites, e.g., broccoli, cauliflower, carrots)  
1 cup (about 1 ounce) grated vegan cheese, to taste (optional)  
Two 12.3-ounce packages firm silken tofu  
6 Tablespoons hummus, any flavor  
6 Tablespoons nutritional yeast  
2 Tablespoons cornstarch (or arrowroot powder)  
¾ teaspoon garlic powder  
½ teaspoon *kala namak*, to taste (black salt, see note page 10; optional)  
One 2-pound bag vegan tater tots, thawed

Preheat the oven to 350 degrees. Spray a 13- x 9-inch baking dish with oil.

In medium skillet, water-sauté the mushrooms, onions, and peppers. Transfer them to a large bowl, and add the steamed vegetables and optional cheese.

In a blender, combine the tofu, hummus, nutritional yeast, cornstarch, garlic powder, and optional black salt and blend until smooth. Pour the tofu mixture into the bowl with the vegetables and gently stir everything together with the fewest strokes possible. Spread the mixture evenly in the bottom of the baking dish and smooth out the top.

Carefully arrange the tater tots in a single layer on top of the tofu-veggie mix. Bake for 50 minutes or more, until the tater tots are golden and the edges underneath are dark golden. Let the casserole sit 5 minutes before serving.

Total calories per serving: 320

Carbohydrates: 35 grams

Sodium: 448 milligrams

Fat: 16 grams

Protein: 8 grams

Fiber: 6 grams





## Succotash Gratin

(Serves 8)

- ¾ cup raw cashews**
- 1 Tablespoon cornstarch**
- ¼ cup low-sodium vegetable stock or water**
- 1 medium onion, diced**
- 3 garlic cloves, chopped or minced**
- 1 red bell pepper, diced**
- ½ pound green beans, cut into 1-inch pieces**
- 3 cups cooked fava beans or frozen baby lima beans, thawed**
- 3 cups corn kernels, fresh, frozen (thawed), or canned (rinsed)**
- 1 teaspoon Aleppo pepper flakes (or ½ teaspoon red pepper flakes)**
- ¾ teaspoon salt, divided, to taste (optional)**
- Freshly ground black pepper**
- 2 Tablespoons chopped or thinly sliced fresh basil**
- 2 Tablespoons finely chopped fresh chives**
- ⅓ cup gluten-free, panko or regular breadcrumbs**
- ⅛ teaspoon garlic powder**

Soak the cashews in cold water for at least 2 hours, or pour boiling water over them, cover, and let soak

20 minutes. Drain the cashews, put them in the blender, and add cornstarch and enough water to just cover. Blend until the cashews are completely dissolved. Set aside.

Preheat oven to 425 degrees. Set aside a large baking dish, about 13- x 9-inch.

In a Dutch oven or other large saucepan, cook the vegetable stock, onions, garlic, bell peppers, green beans, and fava or lima beans until the onions are transparent and the green beans are just tender, about 10 minutes. Add more liquid if necessary.

Add the corn, Aleppo pepper, ¼ teaspoon salt (if using), and black pepper, and cook a few minutes until the corn is just tender. Turn off the heat and stir the basil, chives, and cashew cream into the vegetables.

Transfer the mixture to the casserole dish. In a small bowl, toss the breadcrumbs with the garlic powder and optional ½ teaspoon salt. Sprinkle the crumbs over the vegetables. Bake the succotash for 15-20 minutes, until heated through and starting to bubble, and the breadcrumbs are golden. Serve warm.

Total calories per serving: 218

Carbohydrates: 34 grams

Sodium: 26 milligrams

Fat: 6 grams

Protein: 10 grams

Fiber: 5 grams



## Green Bean Casserole

(Serves 10 as a side dish)

### Cashew Sauce

- 1/3 cup raw cashews
- 1 1/2 cups water plus 1 Tablespoon, divided
- 1/4 cup any kind of tofu (or 2 Tablespoons almond butter)
- 2 Tablespoons whole-wheat flour (or 1 Tablespoon cornstarch)
- 2 Tablespoons nutritional yeast
- 1/4 teaspoon Dijon mustard
- 1 teaspoon onion powder
- 1/2 teaspoon salt, to taste (optional)
- 1/2 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- Freshly ground black pepper

Soak cashews in cold water for at least 2 hours, or pour boiling water over them, cover, and let them soak for 20 minutes.

Drain the cashews and put them in a blender with 1 1/2 cups water, tofu, flour, nutritional yeast, mustard, and spices, and blend until cashews are completely smooth. Transfer the mixture to a saucepan and cook over medium heat, uncovered and stirring constantly, until the sauce is thickened, about 5 minutes.

### Vegetables

- 1 3/4 pounds fresh green beans, trimmed and cut into 1- to 2-inch pieces
- 2 cups chopped cremini or white button mushrooms

Steam, boil, or microwave green beans until they are just tender. Drain, rinse under cold water, and set aside.

Preheat oven to 400 degrees. Set aside a medium casserole dish (about 8- x 10-inch or round 2-quart).

Separately, water-sauté mushrooms in a pan until they are soft and all the water has evaporated. Set aside.

In a large bowl, gently stir together the green beans, mushrooms, and Cashew Sauce. Spoon the mixture into the ungreased casserole dish. Cover with foil and bake for 30 minutes, until you see and hear bubbles along the sides of the dish.

### Oniony Topping

- 1 Tablespoon water
- 1 teaspoon tahini or almond butter
- 3 Tablespoons dried chopped onions
- 3 Tablespoons dried breadcrumbs, whole-wheat or gluten-free

While the green beans are baking, fork-whisk water and tahini or almond butter together in a small bowl. Mix in the dried onions and breadcrumbs until they are well coated and it is a streusel-type texture.

After the 30 minutes of baking, remove foil from the casserole and dollop the onion-breadcrumb mixture onto the green beans. Bake uncovered until bubbly and the top is golden brown, about 10 minutes.

*Cook's Note:* The topping gets soggy once this casserole is baked and stored in the refrigerator. It's best prepared close to meal time.

Total calories per serving: 77

Carbohydrates: 12 grams

Sodium: 15 milligrams

Fat: 3 grams

Protein: 4 grams

Fiber: 3 grams





# Smashed Potato and Vegetable Bake

(Serves 8)

About 1½ pounds russet, Yukon, or red potatoes, peeled (optional) and cut into 1-inch chunks  
4 ounces mushrooms (any kind), chopped  
1 medium onion, chopped or thinly sliced  
3 cloves garlic, chopped or minced  
3 cups chopped or shredded green cabbage  
3 cups other chopped or sliced vegetables (e.g., carrots, Brussels sprouts, broccoli, broccoli slaw, celery, kale, green beans, frozen corn, frozen peas)  
4 Tablespoons plus ⅔ cup water, divided  
3 Tablespoons almond butter, sunflower seed butter, or tahini  
2 Tablespoons nutritional yeast  
1 Tablespoon white or yellow miso  
2 teaspoons lemon juice  
1 teaspoon dried sage  
1 teaspoon dried thyme  
¼ teaspoon salt, to taste (optional)  
¼ teaspoon smoked paprika  
Freshly-ground black pepper  
¼ cup dried breadcrumbs, Italian, plain, or gluten-free, mixed with ¼ teaspoon garlic powder

Preheat oven to 425 degrees. Choose a medium casserole dish, 8- x 10-inch or round 2-quart.

In a microwave-safe bowl, add a couple Tablespoons water to the potatoes, cover, and microwave for 5-10 minutes, until tender.

When the potatoes are done, use a potato masher or pastry cutter to coarsely mash or “smash” them.

Separately, in a Dutch oven or other large saucepan, water-sauté the mushrooms and onions in 3 Tablespoons water until the onions are transparent and the water released by the mushrooms has evaporated, about 7-10 minutes. Add the garlic, cabbage, other vegetables, and 4 Tablespoons water, and continue water-sautéing until the vegetables are tender, another 5-8 minutes or so. Add more liquid if necessary.

In a large bowl, whisk ⅔ cup water, almond butter, nutritional yeast, miso, lemon juice, and spices together until well blended. Add the potatoes and the vegetables to the bowl and stir until everything is well incorporated. Taste the mixture for seasoning and adjust if needed. Scoop it into the casserole dish, smooth it out, and press it down for coherence. Top with the breadcrumb mixture.

Bake the casserole for about 20 minutes, until you can hear it fizzing and the breadcrumbs are golden.

Enjoy with a small amount of vegan gravy, red pepper sauce, marinara, barbeque sauce, curry sauce, pesto, or any other sauce that appeals to you.

*Nutrient data does not include suggested gravy or sauces.*

Total calories per serving: 155	Fat: 4 grams
Carbohydrates: 27 grams	Protein: 5 grams
Sodium: 138 milligrams	Fiber: 3 grams



## Sesame Soy Curls with Rice

(Serves 8)

- 1 rounded cup dry soy curls (about 2 ounces)
- 1 cup warmed low-sodium vegetable broth
- 2 Tablespoons low-sodium soy or tamari sauce, divided
- 1 Tablespoon tahini (or sesame oil), divided
- 1 Tablespoon smooth peanut butter
- 1 teaspoon organic sugar (or 2 teaspoons maple syrup)
- ¼ teaspoon chili-garlic paste or sriracha sauce (or to taste)
- 2 medium carrots, peeled and diced
- 1½ Tablespoons fresh minced ginger
- 2 large cloves garlic, chopped or minced
- 4 scallions, sliced, white and green parts separated
- ¼ cup water
- 4 cups cooked brown rice, chilled
- ½ cup frozen corn kernels, thawed
- ½ cup frozen green peas, thawed
- 2 Tablespoons roasted sesame seeds

Preheat oven to 375 degrees. Set aside an 8- x 10-inch or round 2-quart casserole dish.

Reconstitute the soy curls by adding them and broth to a medium bowl. Cover the bowl and soak for about

10 minutes until the soy curls have softened. Once softened, reserve ½ cup of the liquid and pour out the remaining broth.

To make the basting sauce, fork-whisk the ½ cup of soy curl soaking broth, 1 Tablespoon soy sauce, ½ Tablespoon tahini or sesame oil, peanut butter, sugar, and chili-garlic paste together in the casserole dish.

Add the soy curls, carrots, ginger, garlic, and white parts of scallions to the basting sauce and stir with a spatula to thoroughly coat. Cover the casserole dish with foil and bake for 25 minutes.

While the soy curls bake, whisk the ¼ cup water with 1 Tablespoons soy sauce and remaining tahini or sesame oil in a medium bowl. Then stir in the green parts of the scallions, rice, corn, peas, and sesame seeds, and set aside.

When the soy curls have baked for 25 minutes, remove the casserole, uncover, and stir in the rice mixture until fully combined. Recover with foil. Bake the casserole for 15 more minutes until everything is hot.

*Cook's Note:* Soy curls are available online at amazon.com or butlerfoods.com as well as from some independent natural foods stores and co-ops.

Total calories per serving: 209	Fat: 6 grams
Carbohydrates: 34 grams	Protein: 7 grams
Sodium: 118 milligrams	Fiber: 4 grams





## Millet à la Puttanesca

(Serves 8)

- 2¼ cups water
- 1 cup millet, rinsed
- ¼ teaspoon salt, to taste (optional)
- 1 medium onion, diced
- 4 cloves garlic, chopped or minced
- One 14.5-ounce can diced or petite fire-roasted tomatoes, with juices
- One 15-ounce can cannellini beans or chickpeas, drained and rinsed
- 3 cups chopped fresh Swiss chard or spinach
- ⅓ cup sliced or chopped Kalamata olives
- ¼ cup chopped parsley
- 1 Tablespoon capers
- 2 teaspoons dried oregano
- ¼-½ teaspoon red pepper flakes, to taste
- ¼ cup vegan Parmesan, to taste (optional)

Preheat oven to 350 degrees. Set aside an 8- x 10-inch or round 2-quart casserole dish.

In a medium saucepan, combine the water, millet, and salt (if using). Give the mixture a stir and bring it to a boil. Then lower the heat to a simmer and cover

the pot. Cook for about 15 minutes, until the water is almost absorbed. Let the covered pot sit off the heat for 10 minutes, then fluff the millet with a fork.

In a medium skillet, water-sauté the onions and garlic on medium heat until the onions are transparent, 8-10 minutes.

Transfer the millet and the onion-garlic mixture to a large bowl. Fold in the tomatoes, beans or chickpeas, chard, olives, parsley, capers, oregano, and red pepper flakes, and stir until incorporated.

Scoop the mixture into the casserole dish and top with optional vegan Parmesan. Bake for 20-25 minutes until it is hot and the Parmesan is golden.

*Cook's Note:* You can make the millet in an Instant Pot. Decrease the water to 1¾ cups. Add water, millet, and salt to the Instant Pot. Lock the lid. Set knob to "Sealing." Use "Pressure Cook" mode (called "Manual" or "High" on some models). Set for 11 minutes. Use a 10-minute natural release. Open the lid and fluff the grains with a fork.

Total calories per serving: 173

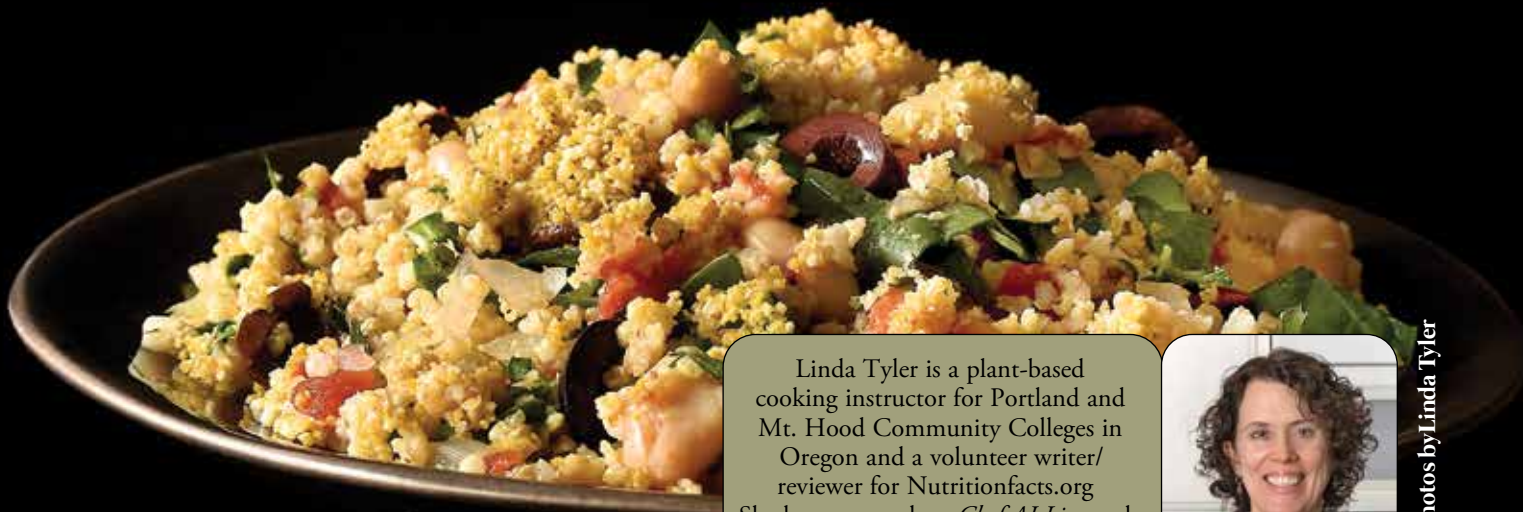
Carbohydrates: 31 grams

Sodium: 134 milligrams

Fat: 2 grams

Protein: 7 grams

Fiber: 6 grams



Linda Tyler is a plant-based cooking instructor for Portland and Mt. Hood Community Colleges in Oregon and a volunteer writer/reviewer for Nutritionfacts.org. She has appeared on *Chef AJ Live* and local Portland TV. Her website is [graciousvegan.com](http://graciousvegan.com)



Food photos by Linda Tyler

# How Many Vegetarians and Vegans Are There?

by Charles Stahler and Reed Mangels, PhD, RD

To find out how many adult vegetarians and vegans there are in the United States, The Vegetarian Resource Group commissioned YouGov to ask the following question.

Which one, if any, of the following best describes your eating behavior? Please select the option that best applies.

- I never eat meat, fish, seafood, poultry, dairy, or eggs
- I never eat meat, fish, seafood, or poultry
- I usually eat meals without meat, fish, seafood, poultry, dairy, or eggs
- I usually eat meals without meat, fish, seafood, or poultry
- I sometimes eat meals without meat, fish, seafood, poultry, dairy, or eggs
- I sometimes eat meals without meat, fish, seafood, or poultry
- None of these

We classified those who never eat meat, fish, seafood, poultry, dairy, or eggs as vegan. Vegetarians include vegans, plus those who never eat meat, fish, seafood, or poultry. We found in 2022 that six percent of U.S. adults are vegetarian (including vegans) and that three percent of U.S. adults are vegan. Twenty-nine percent of adult Americans sometimes, usually, or always eats vegan meals. Almost two-thirds of the population (63%) sometimes, usually, or always eats vegetarian (including vegan) meals, while only 37% of the population never eats vegetarian or vegan meals. When we look at how many vegan foods there now are in supermarkets and fast food chains, it appears marketers are taking note of this.

More 18-34 year olds, Blacks, and Latinos always plus usually ate vegan (17%, 13%, and 10% respectively) compared to other groups. However, looking at those sometimes eating vegan meals, Blacks and Latinos (15% and 16% respectively) are less likely to report this behavior than Whites (22%). Thus, though there were

more Blacks and Latinos than Whites usually or always eating vegan meals (13% and 10% vs. 7% respectively), the combined percentage of those always, usually, and sometimes eating vegan meals was close to the same for Whites (29%), Blacks (28%), and Latinos (26%).

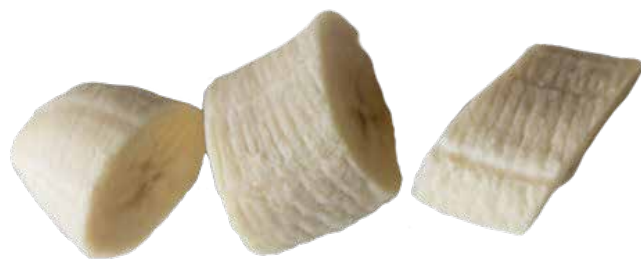
## The Vegetarian Resource Group 2022 Poll Results

### PERCENTAGE OF VEGAN AND VEGETARIAN ADULTS IN THE U.S.

- 3% Vegan
- 3% Vegetarian (not including vegan)
- 6% Vegetarian including vegan

### PERCENTAGE OF U.S. ADULTS EATING VEGAN AND VEGETARIAN MEALS

- 6% Usually eat vegan meals
- 6% Usually eat vegetarian meals (not including vegan)
- 20% Sometimes eat vegan meals
- 25% Sometimes eat vegetarian meals (not including vegan)
- 9% Always or usually eat vegan meals
- 29% Always, usually, or sometimes eat vegan meals
- 63% Always, usually, or sometimes eat vegetarian (including vegan) meals
- 37% Never eat vegetarian or vegan meals





# Vegan and Vegetarian Adults in the U.S., 2022

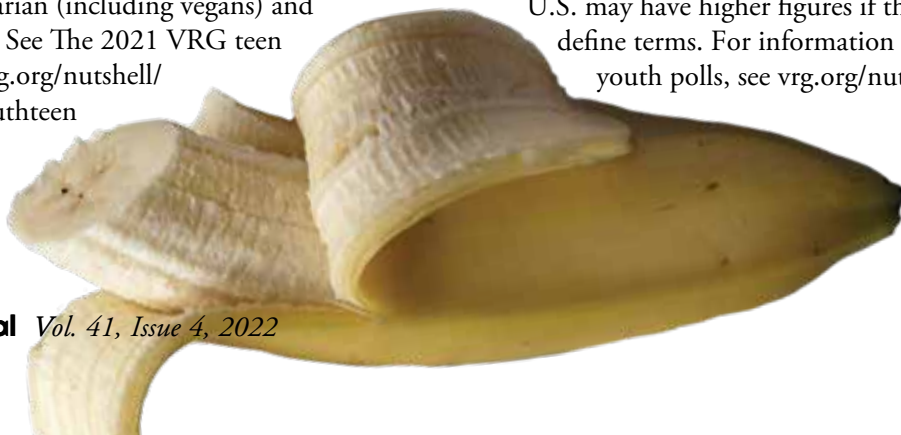
	VEGAN	VEGAN USUALLY	VEGAN SOMETIMES	VEGETARIAN NOT INCLUDING VEGAN
Total	3%	6%	20%	3%
Male	3%	7%	18%	2%
Female	3%	5%	22%	3%
Ages 18-34	5%	12%	18%	5%
Ages 35-54	3%	5%	20%	2%
Ages 55 plus	1%	2%	21%	1%
Northeast*	2%	7%	21%	2%
Midwest	1%	4%	21%	3%
South	3%	6%	19%	2%
West	5%	6%	21%	3%
White	3%	4%	22%	2%
Black	4%	9%	15%	2%
Hispanic	3%	7%	16%	3%

\*NORTHEAST includes: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont. MIDWEST includes: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin. SOUTH includes: Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia. WEST includes: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

This survey was conducted by YouGov. All figures, unless stated otherwise, are from YouGov PLC. Total sample size was 2,889 adults. Fieldwork was undertaken between March 22-24, 2022, online in the United States. The figures have been weighted and are representative of all U.S. adults aged 18 and over. Results are based on a sample and are subject to statistical errors normally associated with sample-based information. For the above question, with a sample size of 2,889, we can have a 95% confidence level that the percentage of vegetarians (including vegans) is 6% plus or minus 1%, and that the number of vegans is 3% plus or minus 1%. Though the polls can't be strictly compared as they were done a little differently, in our 2021 VRG YouGov Youth Poll, about 5% of 8-17 year olds were vegetarian (including vegans) and 2% were vegan. See The 2021 VRG teen poll at: [www.vrg.org/nutshell/Yougov2021youthteenwriteup.pdf](http://www.vrg.org/nutshell/Yougov2021youthteenwriteup.pdf)

Be careful when comparing poll numbers to other countries, as questions and definitions of vegetarian and vegan are often different. Our combination of “always” and “usually vegan” is close to some polls we’ve seen in the U.S. and other countries about how many actual vegans there are. Be wary of comparisons, as people can self-define differently when answering questions. This is why we name foods, rather than asking if you are vegetarian or vegan.

According to the U.S. Census, [census.gov/quickfacts/US](http://census.gov/quickfacts/US) there are about 258 million adults in the U.S., thus about 7.75 million vegan adults, and about 74.82 million adults who always, usually, or sometimes eat vegan meals. Note that since we defined what respondents eat, other polls in and outside the U.S. may have higher figures if they let people self-define terms. For information on our other adult and youth polls, see [vrg.org/nutshell/faq.htm#poll](http://vrg.org/nutshell/faq.htm#poll)





## How Should Meat and Dairy Alternatives Based on DNA Originally from Animals be Labeled?

In addition to the myriad of meat and dairy alternatives that have been around for thousands of years (like tofu, tempeh, beans, etc.) and newly processed alternatives such as Beyond Burgers, there is now increasing development of alternatives based on animal cell DNA, with the technology having many variations. But how should these new products be labeled?

To get a glimpse of people's thoughts about labeling, we had YouGov ask additional questions. We found out which of the respondents would not label as vegan, products that contained meat, fish, poultry, dairy, eggs, or other animal products. Then, we correlated responses from the additional questions to respondent groups who were vegan; always, usually, or sometimes eat vegan meals; and who said an item should not be labeled vegan if containing meat, fish, poultry, dairy, eggs, or other animal products. The individuals in the last group are not all vegan.

Over six in ten (62%) vegans didn't want these items labeled as vegan. 62%-65% of those who ate vegan meals (not all those individuals are vegan) didn't want them labeled vegan, animal-free, or plant-based, with an even higher percentage at 71% wanting the product to be labeled so it informs consumers the products use animal cell DNA or is animal-gene derived.

\*\* Of all respondents, 65% did not want these labeled vegan, and 66% not plant-based. ## 68% of the total respondents wanted a statement on the package.

In the column on page 25, for those who said meat, fish, poultry, dairy, eggs, and other animal ingredients are not vegan, the margin of error is up to 2.45%. The margin of error for those who always, usually, and sometimes eat vegan meals is up to 2.29%. For vegans it is up to 10.82%.

As this is new technology for most people, we expect people's ideas to evolve as they learn and discuss more. Which way they change will be interesting to see. What is your opinion?

To see more results from this poll, see: [vrg.org/nutshell/CulturedMeatYouGov2022.pdf](http://vrg.org/nutshell/CulturedMeatYouGov2022.pdf)

For more poll information, see [vrg.org/nutshell/faq.htm#poll](http://vrg.org/nutshell/faq.htm#poll)

### 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.



# Labeling Meat & Dairy Products Based on DNA from Animals

Meat and dairy alternatives that are made using NO animals or animal products, but are based on animal cells or DNA extracted years ago from a live animal should...

	VEGAN	ALWAYS, USUALLY, SOMETIMES EATS VEGAN MEALS	SAID AN ITEM CONTAINING ANY OF THE FOLLOWING IS NOT VEGAN ( <i>meat, fish, poultry, dairy, eggs, or other animal products</i> )
Be labeled vegan	38%	37%	29%
Not be labeled vegan** (pg. 24)	62%	63%	71%
Be labeled animal-free	25%	38%	37%
Not be labeled animal-free	75%	62%	63%
Be labeled as vegetarian	40%	40%	37%
Not be labeled as vegetarian	60%	60%	63%
Be labeled as plant-based	34%	35%	31%
Not be labeled as plant-based	66%	65%	69%
Be labeled “vegan,” “plant-based,” and/or “animal-free” even if containing ingredients genetically identical to a cow’s milk ingredient (like whey) so that it is still considered a milk protein allergen.	26%	34%	28%
NOT BE LABELED “vegan,” “plant-based,” and/or “animal-free” even if containing ingredients genetically identical to a cow’s milk ingredient (like whey) so that it is still considered a milk protein allergen	74%	66%	72%
Include a statement on the package that informs consumers that the product uses animal cell DNA or is animal gene-derived ## (pg. 24)	59%	71%	79%
NOT include a statement on the package that informs consumers that the product uses animal cell DNA	41%	29%	21%

# 2022 Scholarship Winners

## Callie Showalter—Washington

**C**allie went vegan at age 12 after watching a documentary. During high school, she led several climate strikes, where she detailed the ways that going vegetarian or vegan can mitigate climate change. Callie invited two local veggie food trucks to be at the rally, as well as setting up a vegan information stand. She also gave a speech at an animal rights rally and did events for the Northwest Animal Rights Network.

As a local vegan food truck volunteer, Callie helped prepare food, experimented with new products, and marketed the food truck online. She volunteered at a community meals program as a floor manager recruiting new volunteers, managing the making and serving of food, and personally baking vegan desserts each month from freshman through senior year.

“It was a huge challenge to get my school to implement vegan cafeteria meals, primarily because adding new foods was more expensive for them... and (I was) told the school would likely not add new options because not enough students were vegetarian... I asked for the help of my school’s environmental club to create a petition to show the school how important vegetarian meals are for the students. We got almost 260 student and staff signatures... which was enough to show the school that we needed vegetarian options,” she said.

“The implementation of vegan options required getting up to the district level, because the superintendent and district staff have most of the control over all of the decisions made in the district, including cafeteria food. The vegan options added have included: a daily salad bar, daily rotation of a vegan soup or chili, vegan pasta options, and usually a grain/rice bowl including veggies and tofu. These have all worked well, and students seem to love them. I have tried them all and I like them a lot, especially the chili. These options are still being served in the high schools as of now, and the middle/elementary schools also continue their vegan options—which are slightly more limited than the high schools—such as vegan pastas and sandwiches.”

Callie’s school reference said she does all the above, in addition to working at a local supermarket and



**Callie Showalter**  
**\$10,000**  
**Vegetarian Resource  
Group Scholarship**

taking AP courses. Callie said her “plan is to get my bachelor’s degree in environmental science... My goal is to improve U.S. policy in order to improve our treatment of animals, including eliminating the modern factory-farming system.” Callie will attend Smith College.



# The Vegetarian Resource Group Awarded \$30,000 in 2022 College Scholarships

## Ananya Iyengar—Utah

Ananya was raised in a vegetarian family and became vegan at the age of six. She and her brother began a club called Save Our Earth, which was dedicated to protecting animal rights and human rights. One of her references said she started volunteering for the Utah Animal Rights Coalition (UARC) when she was 12 years old, and each year had been an integral, regular, and reliable volunteer for their annual VegFest.

When she was 14, Ananya spoke at VegFest on a panel comprised of vegan kids. She also helped spread the word about the event by doing promotional interviews with the media. In 2021 she volunteered at the UARC festival booth, juggling the tasks of serving prepared food, selling merchandise, accepting donations, and responding to problems.

Ananya has volunteered for a program feeding the homeless since 2016, and has helped cook vegan meals for homeless youth. Though not formally in charge because of age and liability, she has planned menus, purchased ingredients, and helped oversee activities.

Ananya is also a triathlete. When she participated in overnight camps for this community, she pushed administrators in charge to ensure that they provide nutritious vegan meals as an option. In addition, she joined in a live broadcast with Globeracers, an India-based platform for runners and athletes, where she talked about being a vegan athlete. When Ananya first started competing, she and her brother were the only vegans. They encouraged and inspired other athletes to eliminate meat from their diets. She said people are beginning to realize that one can compete at the elite level without consuming animal protein.

Ananya's future goal is to help us find ways to inhabit other planets by studying astro-biology and data sciences, to continue to fight for the planet we currently have, and also to continue to be a voice for the animals. She believes it is important for those who believe in animal rights to be present in this emerging field to encourage an ethical worldview, which centers



**Ananya Iyengar**  
**\$5,000**  
**Vegetarian Resource**  
**Group Scholarship**

the importance of sentience and kindness towards beings not like us. Ananya will attend the University of Utah majoring in data science and biology.

## Laila Jeffries-El—New Jersey

**W**ith some stops and starts, Laila started her process towards becoming vegetarian in seventh grade.

Laila was in the Culinary Academy at her high school. She brought up the idea to her chef that they make vegetarian recipes at least once a week and worked towards creating an alternative curriculum for students who wish to pursue a plant-based pathway. As a result of her efforts, the instructor chef has adopted more vegan-friendly practices. For example, instead of having students in his class cook chicken wings, students are assigned to prepare buffalo cauliflower bites. Steak skewers were swapped for mushroom skewers with a vegan bordelaise sauce after Laila suggested this in her sophomore year.

In her junior year of high school, she helped to establish a new club called Sprouting Change, which had numerous campaigns around food justice, animal rights, and sustainability.

As a co-captain of her school's ProStart team, Laila competed in the New Jersey Restaurant and Hospitality Association statewide high school competition, where they presented a business plan to industry professionals. She suggested they make the menu completely vegan and developed a Filipino restaurant concept with menu items, marketing tactics, a SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis, interior décor elements, kitchen layout, and a mock floor plan. Menu items included shiitake mushroom steamed buns, green papaya salad, a peanut stew called *kare-kare*, and *ube* donuts for dessert.

"We aim to serve traditional Filipino food, while fostering sustainable practices in doing so..." she wrote. "We are choosing to opt out of supporting meat production. By providing alternatives to meat and other animal products, we seek to help customers realize that food can be delicious while helping to reduce the carbon footprint." Her team took second prize in the contest.

Laila wants to continue "fighting for justice in my community. I hope that we will make improvements in the future generations in regard to racial equality... I plan to pursue business and economics in college. I will continue to educate myself on the inner workings of monetary policy and finance, and how I can use these skills to inform others. I would love to be in a world where we no longer have to worry about global warming... I strive to promote the benefits of a vegetarian lifestyle to a broader community." Laila will be attending Howard University in Washington D.C.



**Laila Jeffries-El**  
**\$5,000**  
**Vegetarian Resource**  
**Group Scholarship**

**Support VRG**  
**Scholars!**

To send support for additional scholarships and internships, donate at [vrg.org/donate](https://vrg.org/donate), call (410) 366-8343, or send a donation to VRG, P.O. Box 1463, Baltimore, MD 21203.



## Sicile Naddeo-Gjergji— New York

**S**icile wanted to become a vegetarian in second grade when she realized chicken was “a chicken.” Not being in a vegetarian family, she eventually became vegetarian on her own around sixth grade, and now has been vegan about four years.

“I have worked to bring veganism to the world around me, through both community service and my curricular commitments at school,” she said. In Brooklyn she volunteered at Community Solidarity, which distributes vegetarian produce and vegetarian meals to those in need. For her senior school project, she examined the accessibility of veganism for those with limited economic means. She compiled a cookbook with meals and servings sizes for families on a fully SNAP budget, so that individuals limited to EBT funds (food stamps) could afford these recipes.

“I made sure all of my recipes were relatively easy and didn’t require large time commitments, whether it be for the cooking itself or just for the finding/purchasing of ingredients. Lastly, I also made sure to develop meals that are nutritious and have many of the nutrients that can go lacking in the diets of first-time vegans, such as iron and calcium,” Sicile said.

Sicile did the cooking and photography herself and you can see the 91 pages of beautifully illustrated recipes at [docs.google.com/document/d/1V8p5S5c7WFH27GhGnCko39UiNWLqie1T/edit](https://docs.google.com/document/d/1V8p5S5c7WFH27GhGnCko39UiNWLqie1T/edit)

In college, Sicile plans to study the intersection of political science and ethics, which includes food justice and the way we can achieve it for everyone. She will be attending Princeton.



**Sicile Naddeo-Gjergji**  
**\$5,000**  
**Vegetarian Resource Group**  
**New York Scholarship**

**Do you know an amazing vegan or vegetarian high school student?**

**Please tell them about our annual scholarship contest!**  
**The deadline for the next VRG scholarship contest for high school seniors**  
**graduating in 2023 is February 20, 2023.**

**To see scholarship rules and past winners, visit [vrg.org/student/scholar.htm](http://vrg.org/student/scholar.htm)**

## Manuel Cortes Romero— New York

“The smell of *chuleta* (pork chops) filled my small New York City apartment. Every morning, I would wake up to my mom flipping tortillas on our black rusty stove. This would bring me back to my birth country, Honduras,” Manuel wrote. “Before my mom brought me to the United States, I lived in a Honduras sea coast town where Mother Nature was prevalent around me. When I moved to Queens, New York, I felt like I was in limbo. NYC will always be my city, but I felt my connection with nature was limited. My body felt like it was covered in chains and I could only stretch so far. My mom would tell me that when I was young, I would play with baby chicks and jump on dogs. Although I had a more intimate connection with nature back in Honduras, I wasn’t going to let my urban environment limit my passion.

For me, the quickest and easiest way to feel a bond with Mother Nature was to change my eating habits. I personally felt eating a carcass wasn’t very appetizing. This was conflicting at the time because I also didn’t want to have the culture disconnect since a lot of the foods from my country incorporated different types of meat. One night I truly thought about this new lifestyle I wanted to convert to. I realized that my favorite cultural foods were already vegetarian: *sopa de frijoles*, *baleada*, etc. I was finally able to begin this new way of life.”

Manuel created a club in high school to promote vegetarianism. He wrote a newsletter that included a vegetarian recipe and information about environmental issues.

In addition, he promoted vegetarianism through the school Model Congress Debate Club. A reference wrote that in one debate, “He ended by saying that ‘What makes my life more valuable than those birds?’ I can’t say he turned the room into vegetarians, but what I can say is he left the room questioning why humans are superior and other species are inferior. I began thinking to myself, ‘Why do humans get a pass on taking life away?’ Anytime I ask for help at our food pantry, Manny is the first person to help unload hundreds of heavy boxes filled with fruits and vegetables for our community. He is the type of person who takes action rather than complaining about his problems, and is extremely eager to help others.”

Manuel wrote, “Veganism to me is giving an animal another chance at life... This scholarship will give me



## Manuel Cortes Romero \$5,000 Vegetarian Resource Group New York Scholarship

the opportunity to change the life of my family. I will have the chance to walk down an American college campus, something my ancestors would kill for. Of course, I don’t mean to actually kill as that would be counterintuitive to my lifestyle. Being vegan to me is synonymous with humility and humbleness, and knowing that we aren’t superior to other species...”

Manuel is enrolled at Cornell for animal science, is participating in the Cornell Speech and Debate team, and will be doing an informative speech on vegetarianism for the next semester. He plans on going to graduate school to receive a Doctor of Veterinary Medicine license and PhD.



# Vegetarian Resource Group Catalog

**Vegan in Volume** (\$20) by Chef Nancy Berkoff. This 272-page quantity cookbook is loaded with terrific recipes serving 25. 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.

**Wok Wisely** (\$10) by Dharma Realm Cookbook Team of Taiwan. Enjoy a wide variety of traditional Chinese vegan dishes, as well as beautiful photos, in this 184-page book. Some of the recipes include four types of veggie broth, Cellophane Noodle Salad with Ginger Sauce, Crispy Tofu, Sweet and Sour Golden Nuggets, Shanghai Bok Choy with Enoki Mushrooms and Ginger, Corn Chowder, Fragrant Noodle Soup, Hot and Sour Soup, and Rice Balls.

**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 brings 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.



**Crafting Seitan** (\$24.95) by Skye Michael Conroy. This 208-page cookbook contains detailed instructions on how to prepare seitan-based dishes in your home. Colorful photos will entice you to make Chikun Piccata, Seasoned Breaded Fried Chikun, Beef Brisket, Spicy Thai Beef Salad, Classic Pot Roast, Deli-Style Pastrami, Schnitzel, Pulled Porq, Country-Style and Raack Ribz, plus more.

**Teff Love** (\$21.95) 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*a (split peas in a mild sauce), *Ye'dubba Alich*a (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.

**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.

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

**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.

**Bumper Stickers** “Be Kind to Animals—Don’t Eat Them,” or “Vegans Have Good Hearts”

\$1 each, 10+ \$.50 each

**Vegan Journal** subscriptions \$25 per year in the U.S., \$35 in Canada/Mexico, and \$45 in 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](http://vrg.org)

Check or Money Order (Enclosed)

ITEM	QUANTITY	PRICE	SUBTOTAL
Vegan Journal Subscription			

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

Credit Card  VISA  MasterCard  AMEX  
 NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_  
 ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_  
 PHONE ( ) \_\_\_\_\_  
 CREDIT CARD # \_\_\_\_\_  
 EXPIRATION DATE \_\_\_\_\_  
 SIGNATURE \_\_\_\_\_

**\*SHIPPING AND HANDLING CHARGES**  
 For orders under \$50, add \$10 (\$15 Canada/Mexico) for shipping.  
 For orders over \$50, shipping is free within the continental U.S.  
 For other foreign orders, inquire about shipping charges.



# Book Reviews

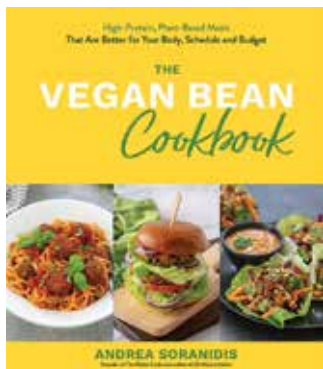
## The Vegan Bean Cookbook

by Andrea Soranidis

*The Vegan Bean Cookbook* gives the humble, versatile legume its moment in the spotlight. I'll admit that I'm not much of a bean enthusiast, but author Andrea Soranidis makes a compelling case for appreciating them—her recipes feature a variety of beans in a range of applications, from comfort food to lighter fare. Readers will find inspiration for snacks, appetizers, sides, soups, entrées, and even desserts. Pastas have a dedicated chapter (no surprise from a Sicily-born author), but Soranidis takes inspiration from culinary traditions across the globe.

Her book includes colorful photographs and helpful tips alongside recipes, and offers suggestions for using beans in unique ways, such as the sneaky navy bean potato mash, which boosts the protein content of comfort-food favorite mashed potatoes. The dessert chapter may come as a surprise, but beans add a creamy depth of flavor that doesn't overpower the sweet result; recipes like the PB & chickpea chocolate chip cookies are foolproof.

*The Vegan Bean Cookbook* (ISBN: 978-1645673859) is a 152-page book published by Page Street Publishing and retails for \$21.99. *Amy Burger/VRG Volunteer*

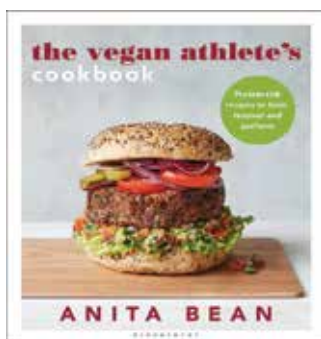


## The Vegan Athlete's Cookbook

by Anita Bean

Although *The Vegan Athlete's Cookbook* is billed as a cookbook, it also provides sound nutritional advice for athletes as well as a discussion of the advantages of a vegan diet and suggestions for going vegan. Anita Bean uses photos, tables, and sidebars to add interest and to present information clearly. References to the scientific literature are included.

More than 80 recipes are featured, such as light meals, one-pot dishes, snacks, and smoothies. Recipes



are accompanied by information about the nutrition per serving. This book was published in the UK, so some recipes use ingredients or ingredient names (like aubergine and courgette) that may be less familiar to Americans. Some ingredient measurements are in grams, requiring the use of conversion tables or a scale for those not conversant with the metric system. Although the book is identified as being vegan, several recipes use honey, which could be easily replaced.

Recipes use beans, tofu, and other plant ingredients creatively. Examples include Cashew, Apricot, and Sage Nut Roast; Almond and Chocolate Chip Energy Bites; Spiced Pear and Pecan Porridge; and Sri Lankan Sambar Curry. Some recipes use vegan protein powder, either as a required or optional ingredient, to boost protein content.

Athletes, especially those building muscle mass, may have higher protein requirements than non-athletes and will appreciate this book's presentation of higher-protein vegan recipes.

*The Vegan Athlete's Cookbook* (ISBN: 978-1-4729-8429-6) is published by Bloomsbury Sport. It has 224 pages and costs \$24. *Reed Mangels, PhD, RD/VRG Nutrition Advisor*

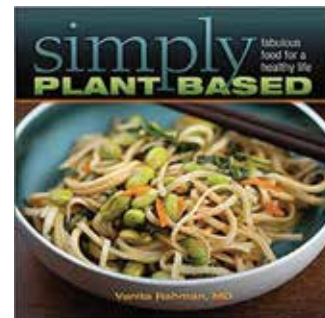
## Simply Plant Based

by Vanita Rahman, MD

Vanita Rahman is a board-certified physician in internal medicine. She shares that, at one point in her life, she suffered from multiple health problems and that after exploring the connections between nutrition and disease, she began to follow a "plant-based" diet. *Simply Plant Based* is her first cookbook. All recipes are vegan.

The book is filled with appealing photographs of common simple recipes like Minestrone, Veggie Chili, Scrambled Tofu, and Guacamole. Other recipes include Savory Kale Scones, Curried Black-Eyed Peas, and Black Bean Brownies. Dr. Rahman also provides basic information about vegan nutrition, grocery shopping, and meal planning. This would be a useful book for a new vegan or for someone who is looking for easy-to-prepare recipes.

*Simply Plant Based* (ISBN: 978-1-57067-404-4) is published by Book Publishing Company. It is 176 pages and costs \$21.95. *Reed Mangels, PhD, RD/VRG Nutrition Advisor*



## Vegan Cooking Tips

# Quick and Easy Ideas for Brussels Sprouts

by Chef Nancy Berkoff, EdD, RD



**B**russels sprouts are the cutest members of the cabbage family. The sprouts (small heads that resemble miniature cabbages) grow right from a thick stalk, starting at the base of the stem and working upward. If you've ever seen Brussels sprouts growing in a garden, you know they resemble a thin, tall, green tennis racquet handle that sprouted miniature cabbages. The stalk is edible, just as broccoli stalks are. If you ever get your hands on a Brussels sprouts stalk, peel it and shred it to use in coleslaws, soups, stir-fries, and cold salads.

Some are haunted by childhood memories of khaki green, bitter, mushy Brussels sprouts globs that had to be eaten or risk spending the night at the dinner table. However, fresh Brussels sprouts, properly cooked, are delicate in flavor. The fresher the sprouts, the better the flavor, so refrigerator storage should not be for more than two days. Remove any damaged or irregular outer leaves and store fresh unwashed sprouts in plastic bags in the vegetable bin of the refrigerator.

Fresh sprouts can be briefly cooked, cooled, halved, and tossed with vinaigrette and then served as a cold side dish, or mixed into pasta or green salads.

The key to cooking Brussels sprouts is in not overcooking them. The leaves cook faster than the core, so when steaming them whole, cut an X in the bottom of each stem for even cooking. If you let Brussels sprouts cook to the point where they lose their bright green color, they will develop the dreaded bitter off-taste and lose a considerable amount of nutritional value as well.

Roast Brussels sprouts in a hot oven, whole or halved, spraying lightly with vegetable oil. This will work on the grill too. If using frozen Brussels sprouts, do not defrost prior to cooking; this retains their color and texture.

If you have leftover cooked quinoa, create a fast soup with the quinoa, vegetable broth, and quartered Brussels sprouts, seasoning with garlic powder or nutritional yeast. Get creative with "long" noodles, including angel hair, spaghetti, or soba, and toss them with roasted Brussels sprouts, shredded carrots, red pepper flakes, and balsamic vinegar or soy sauce. You can also sauté halved Brussels sprouts and toss them with almonds, lemon zest, and mint or with prepared mustard, sauerkraut (two cabbages in one dish!), and white pepper.

Brussels sprouts photo by Lucia Rivera  
Baked veggies photo by Rissa Miller

Try these Citrusy Veggies:  
[vrg.org/blog/2022/06/08/citrusy-sheet-pan-veggies](http://vrg.org/blog/2022/06/08/citrusy-sheet-pan-veggies)





Jack Egber

# Root 66 Café Owner

by Laura McGuinness



Photo by Devin Egber

To everybody who has ever dreamed of opening their own vegan restaurant, Jack Egber advises, “Don’t hesitate.”

Egber became the new owner and chef of Santa Fe, New Mexico’s Root 66 Vegan Café in October 2021. He sells homemade sandwiches, soups, and other deli options. In addition, Root 66 Vegan Café transforms into Jack’s Magic Bakery every Friday. The transformation may actually just be an excuse to bake and sell his vegan challah, however. Challah is a bread of Ashkenazi Jewish origin that is usually made with eggs and is eaten on most Jewish holidays.

“Challah is the last thing I ate before I went vegan,” he recounts wistfully. “Months later, I realized I couldn’t buy vegan challah anywhere, so I just started experimenting with my own recipe.”

The aspiration to perfect his recipe continued into his career as a chef at a silent meditation retreat center, where he started making challah for the guests each night. After eating his vegan challah one night for dinner, a retreatant wrote Egber a note praising the recipe’s authenticity.

Since that night, the challah recipe has driven his journey as a chef. The same retreatant who wrote in

praise of his challah later hired Egber to cater an entire Shabbat dinner at their private home. Months later Egber began selling his challah (branded as Magic Challah-grams) to the local community by donation.

“Not everybody who bought the challah was vegan, either,” Egber explained. “Sometimes they were just people with egg allergies. There were a lot of non-vegan customers.”

While completing his undergraduate degree at University of California, Berkeley, Egber attended a JewishVeg Event. “This was my first introduction to veganism,” he recalled. “As I got more involved in meditation, mindfulness, and learning about how it connects to my own spirituality, the most prominent concept was non-violence.”

He experiences a deep sense of gratitude for a meal free of violence and believes it is extremely easy to connect non-violent teachings with veganism. His time practicing meditation and mindfulness encourages him to continue helping others live a non-violent lifestyle.

The Santa Fe region is still in the early stages of building an active vegan community.

“There are not a lot of vegan restaurants here. It was nice to bring more veganism here and just make connections with people in the community.” Egber hopes that he can be a large part of incremental change in Santa Fe and abroad.

For more on Root 66 Vegan Café, Jack’s Magic Bakery, and every dog’s favorite pop-up, Jack’s Magic Barkery, please see: [root66.com](http://root66.com)

Laura McGuinness is a former VRG intern from 2013. A vegan for 19 years, she has worked as a librarian at several major academic and government institutions in both New Mexico and California.





**THE VEGETARIAN RESOURCE GROUP**  
 Publishers of **Vegan Journal**  
 P.O. BOX 1463  
 BALTIMORE, MD 21203  
 vrg.org

NONPROFIT ORG.  
 U.S. POSTAGE  
 PAID  
 BALTIMORE, MD  
 PERMIT NO. 9169



Photo by Rissa Miller

## FROM THE VRG BLOG

### Delicious Ways to Reduce Food Waste

[vrg.org/blog/2022/05/13/delicious-ways-to-reduce-food-waste](http://vrg.org/blog/2022/05/13/delicious-ways-to-reduce-food-waste)

### Food Sources of Iodine

[vrg.org/blog/2022/05/11/food-sources-of-iodine](http://vrg.org/blog/2022/05/11/food-sources-of-iodine)

### Spinach and Black Bean Salad (*above*)

[vrg.org/blog/2022/06/25/spinach-and-black-bean-salad-with-sundried-tomato-dressing/](http://vrg.org/blog/2022/06/25/spinach-and-black-bean-salad-with-sundried-tomato-dressing/)

### List of Vegan “Chicken” Alternatives Currently Available in Stores

[vrg.org/blog/2022/05/26/vegan-chicken-found-in-stores-today-2](http://vrg.org/blog/2022/05/26/vegan-chicken-found-in-stores-today-2)

## APPLY FOR THE VEGETARIAN RESOURCE GROUP 2023 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 U.S. graduating from high school in **SPRING 2023**.

**Deadline is FEBRUARY 20, 2023**

For details see:

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

**See the 2022 winners on pages 26-30.**

Printed on recycled paper!