

# Life Can Be Beautiful Go Vegan!



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## Leave itty-bitty steps to baby chicks – take a GIANT STEP!

There's never been a better time to switch to an all-vegetarian, vegan diet free of animal products. Going vegan gets easier every day as more and more people seek healthy, delicious vegan foods and restaurant dishes. Demand for vegan meals free of dairy, meat and eggs is growing so fast that Morningstar Farms, a Kellogg company, recently announced “even more new vegan products for our

customers,” adding to the company's already popular supermarket favorites like Grillers Recipe Crumbles, Veggie Steak Strips and Chik'n Strips.

With today's culinary creativity and technology, we can enjoy delicious animal-free textures and flavors without worrying about the cholesterol, diabetes, and other health issues linked to animal-based diets.

## Why Choose Vegan?

As the human population grows, food-safety and environmental problems grow, and animals raised for food get treated worse. They suffer more cruelly, grow sicker and pass their sickness on to us. Current trends warn that global production of meat, dairy and eggs could double by 2050. However, we can reverse these trends.

A *New York Times* article urges that concern for “deforestation, pollution, climate change, starvation, heart disease and animal cruelty” calls for “a stronger

public relations campaign in the reduction of meat consumption – one like that around cigarettes – emphasizing personal health, compassion for animals, and doing good for the poor and the planet” (Bittman).

Vegan food is not only conscientious; it's also delicious. A writer in *The Philadelphia Inquirer* raved that today's vegan cuisine combines “culinary sophistication, patient craft, and lovingly nuanced flavor to savor and celebrate” (Nichols).



## The Environment

In 2007, the University of Chicago reported that feeding animals to feed humans requires growing 10 times as many crops as are needed to provide pasta and other nutritious plant-based foods. The United Nations reports that animal agriculture consumes 70 percent

of all agricultural land and 30 percent of the total land surface of the earth. Raising animals for food is a leading cause of deforestation, carbon dioxide, methane and nitrous oxide emissions – the toxic greenhouse gases responsible for global warming (Steinfeld).



🐔 *“Though some 800 million people on the planet now suffer from hunger or malnutrition, the majority of corn and soy grown in the world feeds cattle, pigs and chickens.” – Mark Bittman, *The New York Times*, January 27, 2008*

🐔 *“American meat eaters are responsible for 1.5 more tons of carbon dioxide per person than vegetarians every year” – Brad Knickerbocker, *The Christian Science Monitor*, February 20, 2007*

🐔 *The United Nations calls raising animals for food “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global” (Steinfeld).*

## Treatment of Animals Raised for Food

*“The most appalling thing we witnessed was a broiler facility that produces chickens for eating. We went in and it was totally dark, just three to four dim lightbulbs. . . . [T]he dust and ammonia smells were overwhelming.”* – Robert Martin, executive director of the Pew Commission on

Industrial Farm Animal Production, 2008.

Animals raised for food are treated horribly and they are very unhealthy. Chickens, turkeys and ducks are crammed inside filthy, dark buildings loaded with bacteria, bird flu viruses, toxic funguses, and poisonous gases that burn their eyes, their skin and their lungs. With no fresh air, sunshine, or normal activities, these birds develop painful skeletal deformities, soft watery muscles, stress

hormones and heart disease.

Chickens and turkeys go to slaughter with rotting livers (necrotic enteritis), “wing rot,” pus-filled lungs (airsacculitis), and ammonia-burned skin. Rotting intestines and ulcerated

flesh are removed at the slaughterhouse, and corpses are drenched in chlorinated water to conceal the sickness and injuries being sold to consumers.

Ducks develop painful eye infections from lack of water to wash their eyes in. Animal scientist Dr. John Webster calls

the treatment of chickens, turkeys, and ducks, “in both magnitude and severity, the single most severe, systematic example of man’s inhumanity to another sentient animal.”



*“We changed our diet. We just couldn’t look at a piece of meat anymore without seeing the sad, tortured face that was attached to it some time in the past.”* –Former Tyson chicken slaughterhouse worker Virgil Butler & Laura Alexander, on why they chose to become vegan.



Photo by: David Hart

Modern chicken house in the United States



Photo by: Viva USA-UK

Factory-farmed ducks

## “Free-Range,” “Cage-Free,” “Humane Farming”

“The waiter said, ‘All of our chicken is free-range.’ And I said, ‘He doesn’t look very free there on that plate.’” – Bob Joe Briggs, “We Are the Weird”

*“One of the most destructive things we can do for the animals is to lie to ourselves or allow ourselves to be fooled and misinformed into believing that animal agriculture of any kind is humane.”* –  
www.PeacefulPrairie.org

Terms like “free range,” “cage free,” “humane” and “organic” meat may sound reassuring, but the reality behind the scenes is totally different. Nearly all hens used for “cage-free” eggs are painfully debeaked at the hatchery, and the baby male chicks are destroyed at birth since they don’t lay eggs. The U.S. government does not regulate the term “cage-free” or define its meaning. “Free-range” turkeys are violently “milked” and inseminated by hand, as are all turkeys raised for meat. Baby cows and

pigs are torn from their mothers, and newborn chickens, turkeys and ducks are denied the comfort and protection of a mother hen’s wings.

All animals raised for food – “free-range” included – are slaughtered, trashed, or trucked to live animal markets and rendering companies when their moneymaking life is over. Farmers do not keep “useless” animals, any more than stores stock shelves with items they can’t sell. The idea that millions and billions of humans can have “humanely”-raised animals is false. Costly “cage-free” eggs may actually *be* from battery-caged hens, a scam uncovered in the United States and Australia (Singer & Mason, 110; Dowling).



Photo by: East Bay Animal Advocates

*“Free-range organic” young turkeys with surgically mutilated beaks at Diestel Turkey Ranch, a supplier to Whole Foods.*

## Live Bird Markets

*Live bird markets spread avian influenza and other diseases in the U.S. and throughout the world. In Asia, these disease-ridden shops are called “wet” markets. Each year, New York and New Jersey markets alone sell more than 80 million chickens and other birds brought*

*in from places no one keeps track of. Many of these birds are visibly sick and dying as can be seen in Inside a Live Poultry Market, a video of a typical New York City market produced by United Poultry Concerns.*



Photo by: Ann Cottrell Free

Live Poultry Market

## What About Fish?

Fish are intelligent creatures with feelings. When pulled from the water, they suffocate in panic and pain, the same as humans and other land animals do when drowning. Being hooked in the mouth is torture to a fish. The belief that fish don't feel has been totally discredited. As stated by Cambridge University scientist, Dr. Donald Broom, “*The scientific literature is quite clear. Anatomically, physiologically and biologically, the pain system in fish*

*is virtually the same as in birds and mammals.*” – [www.fishinghurts.com](http://www.fishinghurts.com).

Fish are increasingly raised in huge factory farm aquariums as a result of human overpopulation and water pollution. They're subjected to genetic engineering, forced rapid growth, drugs, and diseases of confinement, making them, in the most ultimately gruesome sense, “chickens of the sea” (Karen Davis, *Prisoned Chickens, Poisoned Eggs*, Chapter 6).



# Personal Health and Wellbeing

## The Bad News about a Diet of Animal Products

“Poultry is the most common cause of food poisoning in the home.” – Dr. Michael Greger, *Bird Flu: A Virus of Our Own Hatching*, p. 47



Photo by: David Harp

Modern chicken house in the United States

## Foodborne Diseases

According to the U.S. Department of Agriculture, the major foodborne microorganisms that make people sick and can even kill them – viruses, bacteria, parasites, and fungi – occur mainly in “meat, poultry, seafood, dairy products and eggs” (Buzby & Roberts).

Foodborne bacteria such as *E. coli*, *Salmonella*, *Campylobacter*, *Shigella*, *Yersinia*, and *Listeria* in poultry, eggs and other animal products can migrate from people’s intestines to other body parts far removed from the site of infection – blood, bones, nerves, organs, and joints

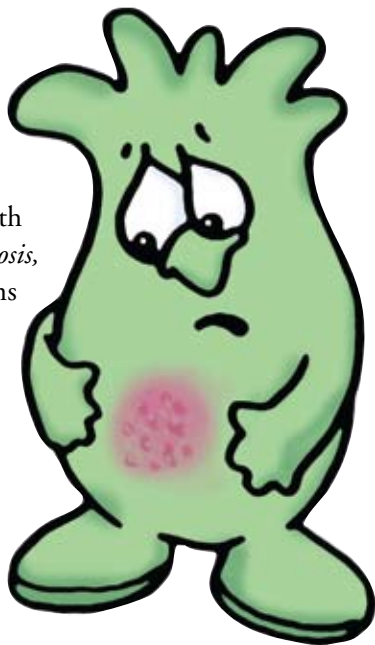
– to cause chronic illnesses later in life, such as arthritis.



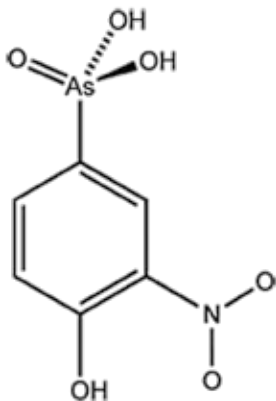
*Salmonella* and *E coli* contamination of plants such as spinach, tomatoes and melons is caused by animal-based fertilizer, runoff from animal farming operations, and cross-contamination handling. Fruits and vegetables do not *originate* this contamination. Animal agriculture *does* (Byrne).

## Antibiotics

Antibiotics are fed to chickens, turkeys and pigs in massive amounts. As a result, bacterial resistance to antibiotic treatment of humans has jumped dramatically since the 1970s. Many people become violently ill with antibiotic-resistant diseases, like *Campylobacteriosis*, *Salmonellosis*, and *Staphylococcus aureus* infections from handling and ingesting poultry, eggs, and other contaminated animal products (Filipic).



🐔 *“With thousands of animals kept in close quarters, diseases spread quickly. To prevent some of those outbreaks – and to spur faster growth – factory farms routinely treat animals with antibiotics, speeding the development of drug-resistant bacteria.”* (Weiss)



## Arsenic

Arsenic (“roxarsone”) is fed to farmed animals. More than 2 million pounds of arsenic are fed to 70 percent or more of the 9 billion chickens raised annually in the U.S. for human consumption. Arsenic – which is also fed to turkeys and pigs – causes bladder cancer, respiratory cancer, and skin cancer and is linked to heart disease, diabetes and declines in brain function in people (Hopey).

🐔 *“The antibiotic arsenic compound roxarsone, which promotes the growth of blood vessels in chickens to produce pinker meat, does the same in human cell lines – a critical first step in many human diseases, including cancers.”* – Duquesne University’s Department of Chemistry and Biochemistry, quoted in Hopey.



# Personal Health and Wellbeing

## The Good News about a Healthy Vegan Diet

*“I’m transitioning toward becoming a vegan for health reasons. I have a high-risk factor for heart disease in my family, and studies show eliminating animal protein really cuts your risks.”* – Maryland resident Susan Ryan quoted in [Delmarvanow.com](http://Delmarvanow.com)

*Diabetes Care*, a journal of the American Diabetes Association, reports that a healthy vegan diet can reverse diabetes symptoms. Participants in a recent study “lowered their cholesterol more and ended up with better kidney function” (Fox).

Jennifer K. Reilly, R.D., senior nutritionist at The Cancer Project in Washington, DC, cites “a fast-growing body of research that supports a low-fat, plant-based diet as one of the keys to preventing cancer.” Healthy vegan foods “can help prevent cancer and tumor recurrence.”

Famed chef and cookbook author, Robin Robertson, says in her cookbook *Vegan Planet*, “By eliminating eggs and dairy, you can have a diet that is cholesterol-free and lower in saturated fat, while at the same time reducing

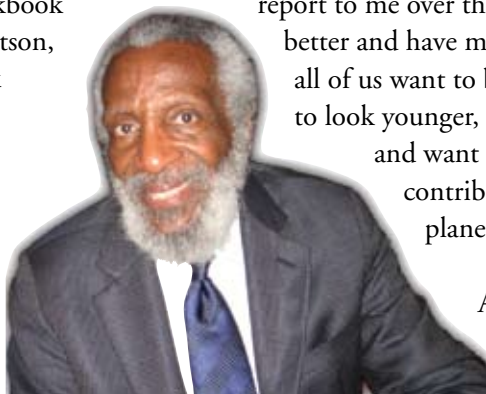
your intake of antibiotics, hormones, and other man-made additives that are found in many of these foods.”



Russell Simmons

Rabbi Stephen Fuchs, of Congregation Beth Israel in West Hartford, Connecticut, told a reporter: “I found there was a real health benefit to a vegan lifestyle. I have seen a decrease in headaches, weight loss – generally feeling better all around. And I have been feeling more spiritually attuned as a vegan” (Dresner).

Hip hop mogul Russell Simmons told CNN why he follows a vegan diet: “To cause less harm to the environment and to animals. And I feel better. My friends report to me over the last 15 years I look better and have more clarity. I think all of us want to be more clear, want to look younger, want to feel better, and want to be a greater contributor to good on the planet.”



Dick Gregory

And civil rights icon and comedian, Dick Gregory, explained years

ago: “Because I am a civil-rights activist, I am also an animal-rights activist. Animals and humans suffer and die alike. Violence causes the same pain, the same spilling of blood, the same stench of death, the same arrogant, cruel, and vicious taking of life. We shouldn’t be a part of it.”

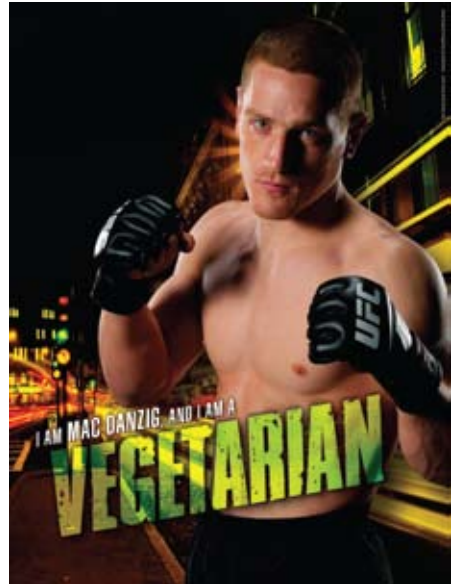
*“Your path to being a vegan started when you cut out milk in 1999. And that was due to an allergy?”*

*“I would always get these inner ear infections and never knew what the problem was. . . . I did some research and found out that milk allergies can cause those problems, so I cut out all dairy products and I haven’t had a single problem since.”*

*“What made you decide to stop eating meat?”*

*“When I was 16, I cut out beef and pork. I just got to the point where I wanted to minimize my intake of animal products. I knew about factory farming and the theories that meat wasn’t safe, but I subscribed to the theory that, if you were doing something athletic, you needed to*

*have [animal] protein, so I kept eating chicken and fish. But then in 2004, I got to the point where I was sick of eating chicken. It started grossing me out for some reason. I was about a month out from a fight and I decided I was going to cut out all meat. I was working with a trainer who was vegan and he helped me make the switch. I won that fight and went on a 12-fight winning streak. And not eating meat made it really easy to cut weight for that fight.” – Mixed Martial Arts Fighter, Mac Danzig, Men’s Fitness, Interview, June 2008*



🐔 When he [Danzig] finally switched to an all-vegan diet four years ago, he did so for ethical reasons, primarily his love of animals and his concern for the environment. He’d always wanted to go vegetarian. – ESPN.com, June 16-17, 2008.

Reader Bonus: MP3 Playlist! My Sweet Vegan Column Debut

Special 16  
Anniversary Issue!

# VegNews

VegetarianNEWSFOODPLANETTRAVELBUZZ

The  
**Music**  
issue

**Erykah Badu**  
bares her soul

+

**Joan Jett**  
**Propagandhi**  
**Moby**  
The Weakerthens  
**Death Cab**  
more

1<sup>st</sup> Veg  
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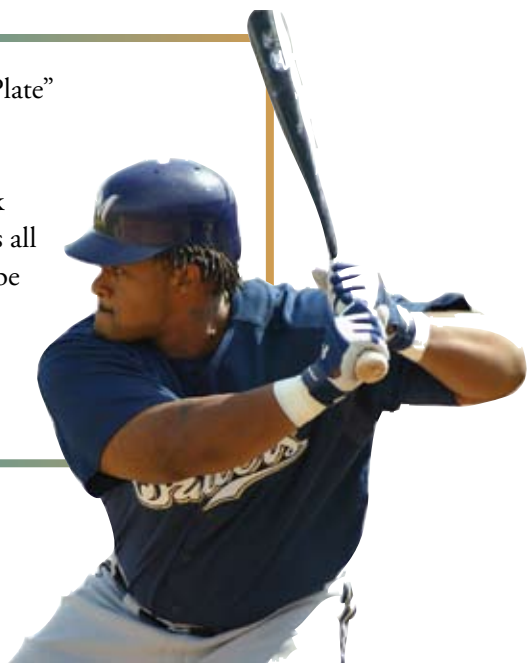
**8** Great  
Reasons to  
Love LA



🐔 “Vegan food *is* soul food in its truest form. Soul food means to feed the soul. And, to me, your soul is your intent. If your intent is pure, you are pure.” – Musician Erykah Badu, *VegNews Magazine, Interview, July-August 2008.*

🐔 “Meat Is Out at Fielder’s Plate”

Yes, he eats a lot of black bean burgers. No, he does not sneak chicken fingers. . . . Yes, he has all the energy he always did, maybe more. *The New York Times* on Milwaukee Brewers first baseman, Prince Fielder, April 27, 2008.



## Quick Tips

Source: Physicians Committee for Responsible Medicine, Washington, DC. PCRM.org

### Protein

All plants have protein. A varied diet of beans, lentils, nuts, grains, chickpeas, fruits and vegetables has all the essential amino acids (proteins) people need to be healthy and active. The average American diet of meat, dairy & eggs has too much protein. Excess protein spawns kidney disease, kidney stones, osteoporosis and obesity. Excess protein turns to fat and causes people to lose calcium through their urine, increasing the risk of osteoporosis.

### Calcium


Calcium is a mineral in the soil obtained from plants. Leafy greens, grains, nuts, legumes and fruits all have calcium. Calcium-fortified orange juice alone provides all the necessary calcium, plus Vitamin C. Cows' milk, by contrast, is high in cholesterol and allergenic proteins and may contain pus from infected cows' udders. Dairy milk is linked to juvenile-onset diabetes and prevents many school children from



*Tofurky Sausages are vegan and contain 27g of protein! For great Tofurky recipes, go to [www.tofurky.com](http://www.tofurky.com). And see the two delicious recipes ahead in this booklet.*

doing their best due to the bloating and cramps caused by indigestible dairy proteins. Cows' milk is a leading cause of respiratory infections, including earaches, in children. Most of the world's population can't even digest cows' milk, yet Americans – despite heavy milk and cheese consumption – have among the highest rates of osteoporosis in the world.



 **Instead of dairy milk, look for the many brands and flavors of soymilk, rice milk and almond milk now available in virtually all supermarkets. A bestseller is Silk and Silk coffee creamer.**

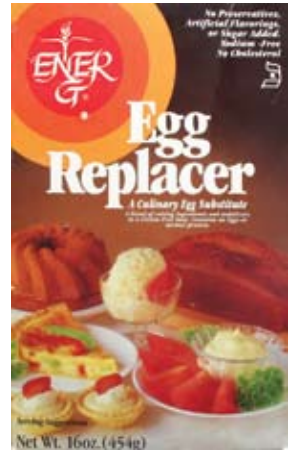
## Eggs

About 70 percent of the calories in eggs are from fat, much of it saturated fat. Eggs are also full of cholesterol – about 213 milligrams per egg. Eggs are a leading cause of *Salmonella* food poisoning. So harsh have farming practices become that *Salmonella enteritidis* bacteria have actually

migrated from hens' intestines, their natural habitat, to hens' ovaries where eggs are formed. Shoppers should also know that the replacement of whole eggs with egg whites actually doubles the number of eggs used, increasing the number of hens in captivity.



**Instead of eggs, add a little extra vegetable oil or fruit puree. Tofu can be scrambled like eggs in an oiled skillet and used instead of eggs in many recipes. Also, look for egg replacers like ENER-G Egg Replacer, which comes in a powdered form in an easily stored box. For fluffy “egg-white” textures, blend 1 tablespoon flax seeds + 1 cup water for 1 egg in your blender, until the mixture is thick and has the consistency of a beaten egg white.**



## Cholesterol

Occurs ONLY in animals and animal products.

## Vitamin B12

This vitamin is found in traditional vegetarian Asian foods like miso and tempeh. While vitamin B12 deficiency is rare, a vegan diet should include this vitamin. Many commercial cereals and soy products are fortified with vitamin B12. For instance, Bolthouse



Farms' “Perfectly Protein Vanilla Chai Tea with Soy Protein,” sold in grocery stores, is a deliciously refreshing and nutritious drink fortified with vitamin B12. In addition, vitamin B12 supplements are available in tablet form wherever health products are sold.

## Quick Glossary

**Vegan:** People who choose animal-free foods are vegans. Vegan foods are free of animal products including poultry, red meat, dairy, eggs, and fish.



**Nutritional Yeast:** Flavorful golden flakes or powder give a delicious cheesy taste and texture to gravies, sauces, casseroles, and salad dressings. Sprinkle on pasta and soups like parmesan, use for breading, whip with vegan buttery spread or vegetable oil in mashed potatoes, and add to stir-fries. Nutritional yeast is non-leavening and does not cause yeast infections.



**Seitan:** High protein food made of wheat gluten with a meat-like texture. Seitan is sold in many food stores in oven-ready and ready-to-eat forms, and is the grilled, baked, and sizzling “meat”

in many vegetarian entrees. Like stir-fried shitake mushrooms and grilled Portobello mushrooms, seitan makes giving up meat a lot easier than you think.

**Tempeh:** High-protein, somewhat meat-like food with a nutty flavor made from fermented soybeans. Delicious cubed or thinly sliced in stir-fries.



**Tofu:** This versatile soybean product and meat replacement can be breaded, marinated, stir-fried, and baked in many different ways. A good source of protein and calcium, tofu (also called bean curd) absorbs the flavors of sauces and spices. It can be found in just about any supermarket in 1-lb packages ranging from extra-firm for meat-like textures, firm or soft for vegan scrambled eggs, and silken textures for puddings, mousses, pumpkin and cream pie fillings.



## Sample Recipes

### Mock Chop Liver



Photo by: Michelle McCluggage

*“Once you eat this vegetarian chopped liver, you’ll never want to go back to meat. Never.”* – Roberta Kalechofsky, WNYC News, May 19, 2008

Incredibly delicious and sure to be a favorite for holidays. Can be prepared the day before.

1/2 package brown lentils (1/2 pound)  
1 large diced onion  
1 cup chopped walnuts  
Salt to taste

### Turkey-Lurkey’s Teriyaki Tofu

Serves 6  
Preheat oven to 350 degrees

1 1/2 pound firm tofu  
1/4 cup soy sauce  
3 tablespoons nutritional yeast flakes  
1 or 2 teaspoons garlic powder  
1 or 2 teaspoons onion powder

Put lentils in a 2 or 3 quart pot, and cover with water. Use water sparingly so that lentils absorb all the water. More water can be added as needed. Bring water to a boil, partially cover and simmer for about 40 minutes. Check to make sure water has not boiled off, and add water as needed.

Sauté onions in olive oil until lightly golden and tender. Put lentils, walnuts and onions in food processor, puree until slightly coarse. Salt to taste. Chill about 2 hours. Serve with crackers or rye bread, or on lettuce leaves.

From *The Jewish Vegetarian Year Cookbook*, by Roberta Kalechofsky and Rosa Rasiel, Micah Publications, [micah@micahbooks.com](mailto:micah@micahbooks.com), [www.micahbooks.com](http://www.micahbooks.com).

1/2 cup teriyaki sauce  
2 or 3 tablespoons olive oil  
10 bamboo skewers

Cut the tofu into strips about 1/4 inch thick and 3/4 inches wide. Place them on a lightly oiled cookie sheet. Sprinkle with the soy sauce. In a cup,



Photo by: Michelle McCluggage

mix together the nutritional yeast, onion powder, and garlic powder, and shake the mixture over the tofu strips. Bake for 15 minutes, then flip over, and bake for

10 more minutes. Cool for 5 minutes. Brush the baked strips with the teriyaki sauce and olive oil, then thread on the skewers. Heat under the broiler for 5 minutes. Do not allow to burn.

Serve on a bed of brown rice or with toothpicks as hors d'oeuvres.

From *Instead of Chicken, Instead of Turkey*. United

Poultry Concerns (\$14.95). [www.upc-online.org](http://www.upc-online.org)

## Best Vegan Macaroni and Cheese Ever



Photo by: Michelle McCluggage

Serves 6  
Preheat oven to 350 degrees

1 1/2 cups plain soymilk  
1 cup water  
1/3 cup tamari or soy sauce  
1 1/2 cups nutritional yeast  
1 tablespoon paprika

1 tablespoon garlic powder  
1 teaspoon salt  
3 ounces firm tofu  
1 cup canola oil  
1 1/2 pounds macaroni noodles  
2 teaspoons mustard (optional)

Boil water in a big pot for macaroni noodles. Put all other ingredients in a blender to create the cheese-like sauce. Once noodles are

cooked, drain and put in a baking pan and pour sauce over the noodles. Bake until the top of the pasta looks slightly browned and crispy – about 15 minutes.

Recipe #180878 from [recipazaar.com](http://recipazaar.com).



## Fried "Chicken"



Photo by: Michelle McCluggage

- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 1 teaspoon pepper
- 2 cups unbleached flour
- 4 tablespoons nutritional yeast (optional)
- 3 tablespoons yellow mustard
- 1/2 cup water
- 2 tablespoons baking powder
- 1 pound mock chicken (try *Worthington Foods Chic-Ketts* or *White Wave* wheat meat)
- 3 1/2 cups vegetable oil

## Chickenless "Chicken" Stew

Serves 6

Preheat oven to 375 degrees

*This stew is delicious on its own, or it could be the filling for a delicious pot pie.*

- 1 pound firm or extra-firm tofu
- 1 cup chopped onion
- 1 cup chopped celery
- 4 carrots, chopped

Mix together the salt, onion powder, pepper, garlic powder, flour, and nutritional yeast in a deep bowl. In a separate bowl, dilute the mustard with 1/2 cup water. Add 1/3 cup of the flour mixture to the mustard mixture and stir. Add the baking powder to the dry flour mixture and mix.

Dip chunks of the mock chicken into the mustard batter, then drop each chunk into the flour mixture and coat with the desired amount of "crust." Fry the chunks in hot oil on medium-high heat in a large skillet or deep fryer until crispy and golden brown, turning as needed.

From *Vegan Starter Kit-Recipes, Tips, Info* by Mercy For Animals & In Defense of Animals. Free from [www.mercyforanimals.org/vegan\\_starter\\_kit.asp](http://www.mercyforanimals.org/vegan_starter_kit.asp).

- 5 medium potatoes, cubed
- 4 cups water
- 5 tablespoons nutritional yeast flakes
- 1/2 cup flour
- 5 tablespoons soy sauce
- 1 tablespoon vinegar
- 1/4 teaspoon thyme
- 1/4 teaspoon sage
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper

2 tablespoons dairy-free margarine such as Earth Balance

Place the cubed tofu and veggies in an oven-proof casserole dish. Add all the other ingredients, and stir. Cover and bake until the

vegetables are tender and the sauce is thick, about 1 hour.



From *Instead of Chicken, Instead of Turkey*. United Poultry Concerns (\$14.95).  
[www.upc-online.org](http://www.upc-online.org)

## Morningstar Farms Veggie Chik'n Strips Easy Meals



Photo by: Michelle McCluggage

Lightly seasoned chicken flavor (keep frozen until ready to use). Combine with any frozen vegetables, pasta dishes or stir-fries. Add to your favorite salad or sandwich recipes.

Brown *Chik'n Strips* in a lightly oiled

pan over MEDIUM HIGH heat, for 2-3 minutes until thoroughly heated. Add other meal contents and heat to desired temperature. Serve immediately.

Also try *Morningstar Farms Grillers Recipe Crumbles*, & *Sausage-style Recipe Crumbles* in the frozen food aisles of the grocery store. Perfect substitutes for ground beef in pasta, macaroni and rice dishes, Sloppy Joes, and stir-fries.

Visit [seeveggiesdifferently.com](http://seeveggiesdifferently.com) for more easy & delicious vegan recipes. 1-800-962-0120.

## Roast Tofurky with Caramelized Onion and Cherry Relish

2 tablespoons olive oil  
1 large onion, sliced very thin  
1 cup dried sour cherries  
2 tablespoons brown sugar  
2 teaspoons dijon mustard  
2 tablespoons balsamic vinegar  
4 tablespoons apple cider  
1 Tofurky roast

Preheat oven to 350 degrees.

In a large skillet, heat olive oil on medium heat. Add onion, cherries, brown sugar and vinegar and cook, stirring occasionally, until onions are soft. Stir in mustard and apple cider, and simmer for two more minutes.



Place Tofurky roast on sheet of heavy-duty aluminum foil, and spread with the onion mixture. Wrap roast snugly with the foil. Place in roasting pan, and place on center rack of oven. Bake for 45 minutes. Uncover roast for last 10 minutes of baking.

Slice roast, and serve with some of the pan juices spooned over it. \*Can be served with Tofurky Giblet & Mushroom Gravy drizzled over it also.

## Crock Pot Tofurky with Cranberry Onion Sauce

- 1 Tofurky roast (can be frozen)
- 1 can cranberry sauce (chunky or smooth)
- 1 package dry vegetarian onion soup mix
- 16 ounces vegetable broth
- 1 Tablespoon garlic powder

Empty packet of soup mix into crock-pot and add 16 ounces of vegetable broth and garlic powder. Add the can of cranberry sauce stirring to mix. Place Tofurky in the center of the pot.

For the frozen Tofurky cook on high for about three hours basting the Tofurky with the sauce every half hour or so while a thawed Tofurky should take about two hours. Slice the Tofurky and pour sauce on top to serve. Enjoy.

For more great Tofurky recipes, visit [www.tofurky.com/recipes.htm](http://www.tofurky.com/recipes.htm). Contact Turtle Island Foods at 1-800-508-8100. Email: [Info@tofurky.com](mailto:Info@tofurky.com). [www.tofurky.com](http://www.tofurky.com).

## Ms. Ticklefeather's Pumpkin Spice Cookies

- Makes 36 cookies
- Preheat oven to 350 degrees

These delicious soft cookies are made with a flaxseed & water puree to replace eggs. Flaxseeds can be bought at most grocery stores.

- 3 cups pastry flour
- 4 teaspoons baking powder
- 1 teaspoon salt

- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1-1/2 cup sugar or other sweetener
- 4 tablespoons flaxseeds
- 1 cup water
- 1/3 cup vegetable oil
- 1-1/2 cup solid-packed canned pumpkin
- ½ cup water
- 1 cup raisins



Photo by: Michelle McCluggage

Mix dry ingredients together and set aside. Blend flaxseeds and water in a blender for 1 to 2 minutes till mixture has the consistency of a whipped-up raw egg. Add oil to flaxseed mixture,

and blend to mix. Add to the dry ingredients, along with the pumpkin, additional water and raisins. Mix till just combined and no dry flour is left. Drop by tablespoons onto an oiled baking sheet. Bake 15 minutes till lightly browned. Remove from baking sheet with a spatula, and place on a rack to cool. Store in an airtight container.

From *Instead of Chicken, Instead of Turkey* (\$14.95) and *Replacing Eggs - 16 great recipes*. \$1.50 from United Poultry Concerns. [www.upc-online.org](http://www.upc-online.org)

## Peanut Butter Chocolate Bars



Photo by: Gary Loewenthal

Makes 12 to 18 squares

*Enjoy this no-bake bar that kids and grownups alike will gobble up with glee.*

- 2 cups crispy rice cereal, crushed
- 1 1/2 cups peanut butter
- 2 cups confectioners' sugar
- 1/2 cup plus 2 tablespoons nondairy butter, such as Earth Balance, melted, divided
- 1 teaspoon vanilla extract

1/2 cup nondairy semisweet chocolate chips

Generously oil a 9 X 13-inch baking pan. In a large bowl, combine the crushed crispy rice cereal, peanut butter, confectioners' sugar, 1/2 cup of the nondairy butter, and vanilla. Press the mixture into the prepared baking pan.

In a small saucepan (or double boiler), melt together the chocolate chips and the remaining 2 tablespoons of butter, stirring constantly. Remove from the heat. Spread the chocolate mixture over the top of the peanut butter mixture. Set aside for 1 to 2 hours to set.

From *The Joy of Vegan Baking* by Colleen Patrick-Goudreau.  
[www.compassionatecooks.com](http://www.compassionatecooks.com)

# Vegan Recipes, Cookbooks & Information

## Internet

*There are thousands of vegan recipes on the Internet. You don't need a website address. Just type in the kind of recipes you want - for example, "Mexican vegan recipes" or "vegan desserts." Bingo! A list will appear. Click on whatever interests you, print it out, and try it!*

*Also, click on these recipe websites: [www.tryveg.com](http://www.tryveg.com). [www.goveg.com](http://www.goveg.com). [www.meatout.org/recipes.htm](http://www.meatout.org/recipes.htm). [www.vrg.org](http://www.vrg.org). [www.tofurky.com/recipes.htm](http://www.tofurky.com/recipes.htm).*

## Cookbooks

*Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri* by Karen Davis. Over 100 delicious recipes featuring homestyle, ethnic, and exotic alternatives to traditional poultry and egg recipes. Order from United Poultry Concerns. [www.upc-online.org/merchandise/book.html](http://www.upc-online.org/merchandise/book.html). \$14.95. *Replacing Eggs* \$1.50.

*The Jewish Vegetarian Year Cookbook* by Roberta Kalechofsky and Rosa Rasiel. Micah Publications. [micah@micahbooks.com](mailto:micah@micahbooks.com).

*The Joy of Baking* by Colleen Patrick-Goudreau. [www.compassionatecooks.com](http://www.compassionatecooks.com).

*Skinny Bitch In the Kitch* by Rory Freedman & Kim Barnouin. Running Press. By the authors of *The New York Times* bestseller *Skinny Bitch*. [www.runningpress.com](http://www.runningpress.com).

*Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-Free Recipes that Rock* by Isa Chandra Moskowitz. Marlowe & Company. [www.marlowepub.com](http://www.marlowepub.com).

*Vegan Seafood: Beyond the Fish Shrick for Vegetarians* by Nancy Berkoff. The Vegetarian Resource Group. [www.vrg.org](http://www.vrg.org).

*The Vegetarian Meat & Potatoes Cookbook* by Robin Robertson. 275 hearty recipes. The Harvard Common Press. [www.robinrobertson.com](http://www.robinrobertson.com).

## Magazine

*VegNews Magazine*. Winner of the coveted Maggie Award for Best Lifestyle Publication, *VegNews* features celebrity interviews, fabulous recipes, health tips & shopping guides. To subscribe: 415-665-News (6397). [www.VegNews.com](http://www.VegNews.com).

# HappyCow Compassionate Eating Guide

HappyCow's Compassionate Eating Guide to Restaurants and Health Food Stores is a free worldwide guide created to assist travelers and people everywhere to find vegetarian and healthy food options. Go to [www.HappyCow.net](http://www.HappyCow.net).

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## Videos

Jewish Vegetarians of North America, *A Sacred Duty: Applying Jewish values to help heal the world*. This 59-minute documentary shows how a plant-based diet can reduce environmental degradation and improve human health & welfare. It addresses fundamental moral and ethical issues related to our diets, including how animals are reared and mistreated on factory farms. [www.jewishveg.com](http://www.jewishveg.com). Free DVD or watch on the Internet at [www.asacredduty.com](http://www.asacredduty.com).

United Poultry Concerns, *Inside a Live Poultry Market*, DVD/VHS. This 11-minute video shows conditions at the Ely Live Poultry Market in the Bronx, New York City. [www.upc-online.org/merchandise/video.html](http://www.upc-online.org/merchandise/video.html). \$10.



Photo by: United Poultry Concerns

**United Poultry Concerns is a nonprofit organization dedicated to the compassionate and respectful treatment of chickens, turkeys, ducks and other domestic fowl. We hold that the treatment of these birds in the areas of food production, science, education, entertainment, and human companionship situations has a significant effect upon human, animal, and environmental welfare. We seek to make the public aware of the ways in which poultry are used, and to promote the benefits of a vegan diet and lifestyle. We provide information through our quarterly magazine *Poultry Press*, our Website at [www.upc-online.org](http://www.upc-online.org), and our sanctuary in Machipongo, Virginia on the Eastern Shore. We invite you to join us and support our work. To learn more, please contact:**

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