

EAT GREEN • LIVE WELL

vegetarian times

40
EASY,
SEASONAL
RECIPES

healthy ONE-DISH MEALS

SPECTACULAR
SLOW-COOKER
RECIPES

30-MINUTE
SKILLET
SUPPERS

HOW TO BUILD
A BETTER LUNCH

**primo
pizza**

THREE-HERB CHERRY
TOMATO PIZZA
(GLUTEN-FREE!), p. 81

→ ULTIMATE CRISPY CRUST
→ 10 FRESH TOPPING COMBOS



You won't believe it's gluten free!

Introducing Ronzoni Gluten Free™ Pasta



The Ronzoni Gluten Free™ Difference:

- Made in a dedicated gluten-free facility
- White pasta taste the whole family will love
- 19g of whole grains per serving



For more information and delicious recipes, visit: Ronzoniglutenfree.com

©2014 New World Pasta Company

CONTENTS

ISSUE 410 • VOL. 40 • NO. 4

march

2014

ON THE COVER

SPECTACULAR SLOW-COOKER RECIPES	38
30-MINUTE SKILLET SUPPERS	22
HOW TO BUILD A BETTER LUNCH	56
PRIMO PIZZA	32

FEATURES

52

PRIME TIME FOR VEGGIES

Quick, turn on the TV!
Vegetarians are everywhere.

BY ALEXA SHERMAN

56

MAKE-AHEAD LUNCHES

Six ideas for make-and-take
midday meals.

BY SALLY VARGAS

62

1 FOOD 5 WAYS: PAPAYA

Add exotic flair to recipes
with this floral-scented fruit.

BY CRISTIN NELSON

66

THE BUDDY SYSTEM

Throw together four fridge-
and freezer-friendly meals in
one fun-filled afternoon.

BY MARY MARGARET CHAPPELL

COVER

PHOTOGRAPHY BY Victoria Wall Harris

FOOD STYLING BY Vivian Lui

PROP STYLING BY Scott Horne

VEGETABLES
WITH
FARRO,
p. 40



CHICKPEA
TIKKA
MASALA,
p. 24

DEPARTMENTS

22

30 MINUTES

Super skillet suppers for busy weeknights.

BY JOY MANNING AND
FRANCES LARGEMAN-ROTH, RD

28

VEG 101

A supplement primer: five nutrient-boosters for vegans and vegetarians.

BY VERA TWEED

32

GLUTEN-FREE REDO

One crispy crust and 10 topping combinations for great homemade pizzas.

BY ALLYSON KRAMER AND
MARY MARGARET CHAPPELL

38

TECHNIQUE

Switch from the stove to the slow cooker with four easy recipes.

BY JOYCE SANGIRARDI

46

EASY DOES IT

Homemade desserts with a French twist.

BY CLOTILDE DUSOULIER

84

TASTE BUDS

Mollie Katzen brings Mexico home with jicama and grapefruit.

FAB 5

CAN'T DECIDE WHAT TO MAKE TONIGHT? HERE ARE OUR FIVE FAVORITE RECIPES FROM THIS ISSUE:

- 1 Mini Roasted Cauliflower Chilaquiles, p. 59
- 2 Warm Pear-Pistachio Cobbler, p. 42
- 3 Slow Cooker Squash Gratin, p. 45
- 4 Crispy Tofu Fingers, p. 74
- 5 Grilled Papaya Rings, p. 65



LEMON-ALMOND
SOUFFLÉS,
p. 46



5

STAPLES

4 EDITOR'S NOTE

6 CONTRIBUTORS

10 COMMUNITY

14 THE BUZZ

83 RECIPE INDEX

Issue 410, Vol. 40, No. 4. *Vegetarian Times* (ISSN 0164-8497, USPS 433-170) is published monthly except February, May, and August by Cruz Bay Publishing, Inc., an Active Interest Media company. The known office of publication is at 5720 Flatiron Pkwy., Boulder, CO 80301. Periodicals postage paid at Boulder, CO, and at additional mailing offices. POSTMASTER: Send all address changes to *Vegetarian Times*, PO Box 420235, Palm Coast, FL 32142-0235. SUBSCRIPTIONS: Basic Rate: \$19.90 per year (9 issues); Canada: \$31.95 per year; all other international orders: \$43.95 per year (U.S. funds only).

how good
can you
feel?®



We purposely choose from over 100 botanicals to create 60 unique blends that support things like energy, clarity, awareness and general feel-goodness. From sweet to spicy, the same things that make Yogi teas delicious, make them work. Find us in the natural food or tea aisle.



EDITOR'S NOTE



weekend cooking blitz

One of VT's most popular articles last year was "Cook Up a Storm" (March 2013, p. 54). In it, we laid out a step-by-step plan for creating several healthful dinners in one weekend afternoon. You could then stash the meals in the fridge or freezer for the busy nights ahead.

We got so many love letters for that story that we decided to double down on the concept for this issue. Think of "The Buddy System" (p. 66) as Cook Up a Storm, Part Deux: Tag-Team Edition. This time the plan has you team up with a pal for a two-hour, VT-guided cooking blitz. You'll each come away with a few laughs, some new skills, and four fridge- and freezer-friendly entrées: a hearty black bean posole, an elegant endive gratin, a batch of zesty Indian-spiced stuffed peppers, and stacks of versatile and crispy baked tofu.

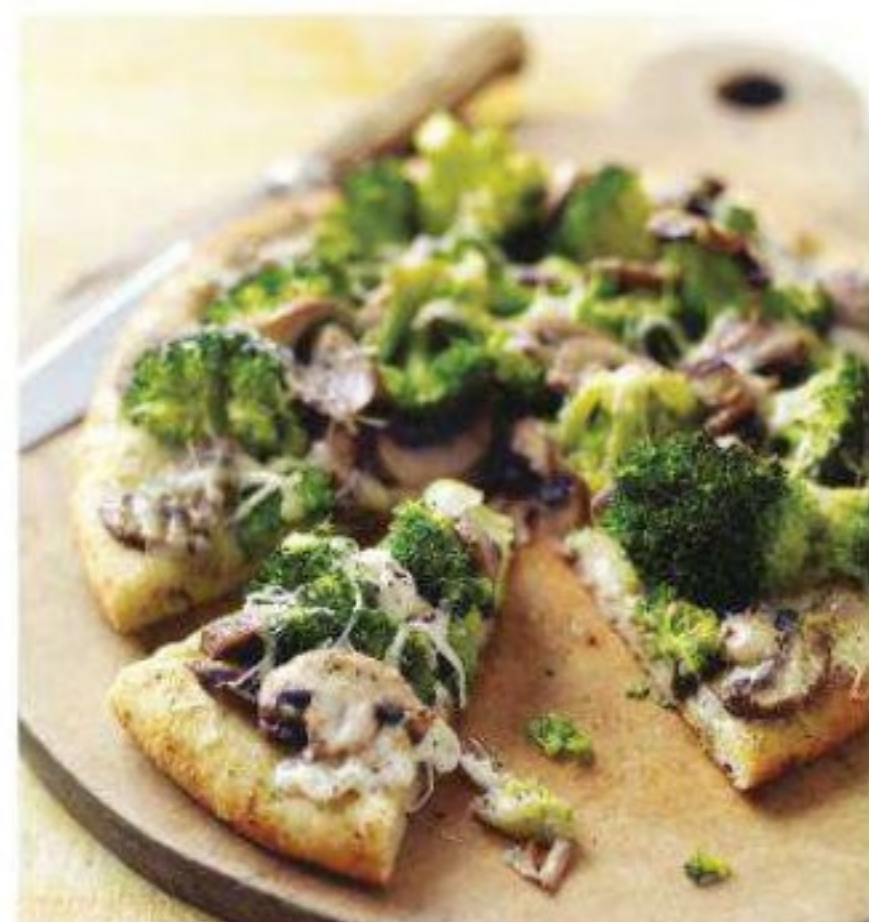
Truth be told, we went a little nuts with the make-ahead meals this month. "The Lunch Bunch" (p. 56) features easy pack-and-go recipes to break you out of a lunch rut; "Takin' It Slow" (Technique, p. 38) serves up some great new recipes for your trusty slow cooker; and our special pizza-themed Gluten-Free Redo (p. 32) shows you how to make a delicious par-baked crust, so all that's left to do before dinner is to top your pizza and pop it into the oven. That's our idea of convenience food.

Elizabeth Turner



Follow me on Twitter @EditorVegTimes

what's cooking on vegetariantimes.com



PIZZA FOR EVERYONE

vegetariantimes.com

If this month's Gluten-Free Redo (p. 32) has you craving even more pizza recipes—from traditional wheat-flour crusts to the best vegan pies—check out the Pizza Party roundup featured on our home page.

SEE OUR ST. PATRICK'S DAY BOARD ON PINTEREST

pinterest.com/vegtimes/st-patrick-s-day-recipes



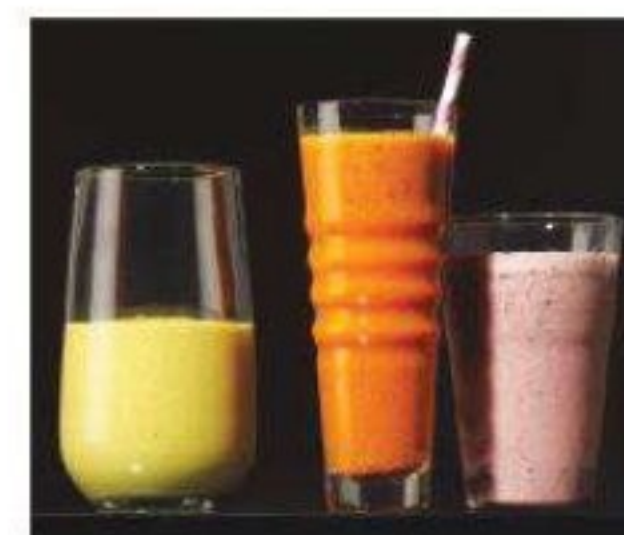
Whether you're looking for a taste of the Emerald Isle on March 17 or simply seeking dinner ideas to warm up a blustery evening, you'll find a delicious collection of Irish-inspired and green recipes on our Pinterest St. Patrick's Day recipe board.

VEG DAILY BLOG

Nutrition IQ: Foods to Boost Energy

vegetariantimes.com/boostenergy

Health coach and VT blogger Jenné Claiborne is here to help you beat fatigue and feel more energized—naturally. Find out what foods she recommends when you need a bit more pep in your step.



PORTRAIT PHOTOGRAPHY: LISA ROMEREIN; HAIR AND MAKEUP: DORIT GENAZZANI

PIZZA: RICHARD JUNG; PUB GRUB: PORNCHAI MITTONGTARE; SMOOTHIES: CARIN KRASNER



Back to Basics? We Never Left!

It's a bit old fashioned, but for decades I've been creating wholesome and delicious whole grain products following the same process honed over millennia - stone milling. It imparts a delicious flavor and preserves all of the nutrients in the grains we mill. I believe there's no better way of creating the hundreds of Bob's Red Mill products available on grocery store shelves throughout the country. And I hope you agree.

Whole grain foods for every meal of the day.®



To Your Good Health®
Bob Moore

www.bobsredmill.com | 1.800.349.2173



MADE IN THE U.S.A.

Goodness, Gracious.



Vegan Vegloaf

Find Once Again products at your local co-op or natural products store.

- 1 cup lentils
- 1 cup cooked brown rice
- 1 cup rolled oats
- ½ cup Once Again Organic Cashew Butter
- ½ cup tomato sauce
- 1 cup finely chopped mushrooms
- ½ cup grated carrot
- ½ cup diced red bell pepper
- ½ cup minced onion
- 2 garlic cloves, peeled/minced
- 1 tbsp soy sauce
- 1 tsp kosher salt
- ½ cup ketchup



Scan this QR code for more recipes!

Vegan

Preheat the oven to 350°F. Cook the lentils in boiling water until very tender. Drain well. Place half of the lentils in a stand mixer fitted with a paddle attachment. Reserve the remaining lentils for later. Whip the lentils at high speed until puréed. Add the remaining ingredients except for the reserved lentils and ketchup. Mix at medium speed until combined. Fold in the whole lentils. Spray a loaf pan well with pan spray. Spoon the lentil mixture into the pan. Tap the pan on the counter to settle the mixture, then smooth the top with a spatula. Bake for 30 minutes. Remove from the oven and top with the ketchup. Return to the oven and bake for 45 minutes more, until the center of the loaf is set. Remove from the oven and let stand for 10 minutes before turning out onto a cutting board to slice. Enjoy!

NUTRIENTS PER SERVING (8 servings): **CALORIES:** 221, **TOTAL FAT:** 8.7g, **SAT. FAT:** 1.3g, **CHOLESTEROL:** 0mg, **SODIUM:** 482mg, **CARBS:** 30.3g, **FIBER:** 4.8g, **SUGARS:** 6.2g, **PROTEIN:** 7.3g.

At Once Again, we love what we do, and we think you'll love this *Vegan Vegloaf* recipe! To learn more about us, visit our site and check us out on your favorite social media site.

www.OnceAgainNutButter.com



Circle reply #4 on Info Center card

CONTRIBUTORS



Los Angeles-based journalist **Vera Tweed**, who wrote “Veg Supplement Guide” (Veg 101, p. 28), specializes in dietary supplements, healthful food, and fitness.

What's your fondest food memory?

As a kid, I went to a convent school in England where the food was awful, but the nuns made fabulous treacle pudding (steamed sponge cake with syrup baked into it).

What's your No. 1 pantry staple?

Really good balsamic vinegar.

What's your favorite kitchen tool?

A very sharp knife—using it is like slicing veggies with a laser beam.



Santiago Uceda, an interactive art director, illustrator, and motion graphics artist living in Corvallis, Ore., illustrated “Veg Supplement Guide” (Veg 101, p. 28).

What did you discover while on this assignment?

That I should go back to taking supplements! In the middle of winter, when the skies are mostly gray, vitamin D is much needed.

What's your favorite kitchen tool?

My food processor. I use it a lot for desserts and snacks like banana ice cream and fig bars.

What's your No. 1 comfort food?

Baked apples dipped in almond butter.



Parisian food writer **Clotilde Dusoulier** created the recipes for “Ooh La La” (Easy Does It, p. 46), including one from her latest veg cookbook, *The French Market Cookbook*.

Who or what inspires you most?

The ebb and flow of the seasons, and what they bring to market stalls.

What's your favorite kitchen tool?

A mandoline slicer I got in Tokyo—paper-thin slices of vegetables make the loveliest salads and garnishes.

What's your fondest food memory?

The blueberry amandine tartlets we ate from the local pastry shop after a hike on a childhood vacation in the Alps. I re-created the recipe in my first cookbook. 🍓

**THERE
MUST BE
SOMETHING
IN THE
WATER.**



Ester-C® Effervescent: Once a day is all you need

- 24-hour immune support* • B vitamins for energy metabolism* • Electrolytes for hydration**
- Naturally delicious orange and lemon lime flavors

Available at health, natural food and vitamin specialty stores. theVitaminShopper.com

AMERICAN HEALTH®
good health made simple

Learn more at AmericanHealthUS.com

©2014 American Health Inc. | 13-AH-1247

Circle reply #11 on Info Center card

Ester-C® The Better Vitamin C®

Ester-C, Ester-C® and The Better Vitamin C® are licensed TMs of The Ester C Company. U.S. Pat. Nos. 6,197,813 & 6,878,744.

**Electrolytes to keep you well hydrated when taken with adequate liquid

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

vegetarian times

EAT GREEN • LIVE WELL

EDITOR IN CHIEF
Elizabeth Turner

CREATIVE DIRECTOR
Daphna Shalev

EDITORIAL
FOOD EDITOR
Mary Margaret Chappell

COPY CHIEF
Don Rice

SENIOR EDITOR
Amy Spitalnick

ONLINE MANAGING EDITOR
Jolia Sidona Allen

ASSOCIATE EDITOR
Tami Fertig

ART
DEPUTY ART DIRECTOR,
DIGITAL PUBLISHING
Scott Hyers

ART/EDIT ASSISTANT
Suzanne Feyche

PRODUCTION
PRODUCTION DIRECTOR
Cynthia Lyons

PRODUCTION MANAGER
Mark Stokes

CONTRIBUTORS
EXECUTIVE CHEF
Ann Gentry

RECIPE TESTER
Abigail Wolfe

NUTRITION CONSULTANT
Antonina Smith

CONTRIBUTING EDITOR
Hillari Dowdle

GENERAL MANAGER
Patricia B. Fox

VICE PRESIDENT, GROUP PUBLISHER
Bill Harper
310-356-2270; bharper@aimmedia.com
PUBLISHER'S ASSISTANT
Lori Rodriguez

ADVERTISING
ADVERTISING DIRECTOR
Lorrie Allen
617-566-8277
lallen@aimmedia.com

DIGITAL ADVERTISING
DIRECTOR
Lauren Walker
303-625-1618
lwalker@aimmedia.com

MIDWEST ADVERTISING
MANAGER
Kathi Magee
414-897-0377
kmagee@aimmedia.com

TEXAS/COLORADO
ADVERTISING MANAGER
Tanya Scribner
940-387-7711
tanya@scribmedia.com

PACIFIC NORTHWEST
ADVERTISING MANAGER
Kathleen Craven
415-380-9642
kcraven@aimmedia.com

PACIFIC SOUTHWEST
ADVERTISING MANAGER
Gloria Biscardi
310-356-2247
gbiscardi@aimmedia.com

CLASSIFIED AND ADVERTISING
COORDINATOR
Mary Brahim
310-356-2272
mbraham@aimmedia.com

ADVERTISING SALES
ASSISTANTS
Geoff Hebert
Jennifer Rodriguez

MARKETING & WEB
MARKETING DIRECTOR
John Robles
jrobles@aimmedia.com

MARKETING MANAGER
Greg Brenton
gbrenton@aimmedia.com

EVENTS MARKETING
MANAGER
Rachel Van Buskirk
rvanbuskirk@aimmedia.com

MARKETING DESIGNER
Tanya Cantu

COMMUNICATIONS DIRECTOR
Dayna Macy
dmacy@aimmedia.com

WEB OPERATIONS DIRECTOR
Ken Coffelt

WEB PRODUCTION ASSISTANT
Allison Blake

CONSUMER MARKETING
CIRCULATION DIRECTOR
Jenny Desjean

DIRECTOR OF RETAIL SALES
Susan Rose

RETAIL SALES MANAGER
Bev Giacalone

Subscription inquiries, address changes, renewals:

CALL 877-717-8923 (U.S. & Canada);
VISIT vegetariantimes.com/customerservice
FOREIGN ORDERS, CALL 386-447-2398

Copyright © 2014 by Cruz Bay Publishing, Inc.
VEGETARIAN TIMES® is a registered trademark.

Please use the content of *Vegetarian Times* wisely.
It is intended to educate and inform, not to
replace the care of a health professional.

Address editorial correspondence to:

Vegetarian Times, 300 N. Continental Blvd.,
Suite 650, El Segundo, CA 90245; fax: 310-356-4111
We assume no responsibility for unsolicited manu-
scripts and/or artwork, which must be accompanied
by a self-addressed, stamped envelope.
FOR EDITORIAL QUESTIONS, CALL 310-356-4100



ACTIVE INTEREST MEDIA

CHAIRMAN & CEO **Efrem Zimbalist III**
PRESIDENT & COO **Andrew W. Clurman**
SENIOR VICE PRESIDENT & CFO **Brian Sellstrom**
SENIOR VICE PRESIDENT, OPERATIONS **Patricia B. Fox**
VICE PRESIDENT, CONTROLLER **Joseph Cohen**
VICE PRESIDENT, RESEARCH **Kristy Kaus**



Made in the U.S.A.



FILL UP ON PLANT POWER

At Earth Balance®, we make it easy and tasty for you to tap into the power of the plant by offering a full line of entirely plant-based spreads, nut butters, soymilks, dressings, and new yummy snacks.



Check out our plant-based community for tips, recipes, and giveaways.
madejustright.com



earth balance®
earthbalancenatural.com



©2014 GFA Brands, Inc.

Find more issues at magazinesdownload.com

★ *Our 40th Anniversary Celebration* ★

THE EVENT THAT CAN CHANGE YOUR LIFE

OVER SIXTY INFORMATIVE & INSPIRING SPEAKERS



Jenny Brown
Co-founder and Director of the Woodstock Farm Animal Sanctuary and author of *The Lucky Ones: My Passionate Fight for Farm Animals*



T. Colin Campbell, PhD
Author of *The China Study: Startling Implications for Diet, Weight Loss, and Long-term Health* and *Whole: Rethinking the Science of Nutrition*



Stephen Esser, MD, USPTA
Physician committed to the principles and practice of lifestyle medicine; trained in allopathic medicine at Harvard University and the Mayo Clinic



Michael Greger, MD
Physician specializing in clinical nutrition; founded NutritionFacts.org to provide informative daily videos and articles on nutrition research



Julieanna Hever, MS, RD, CPT
Author of the best-selling book, *The Complete Idiot's Guide to Plant-Based Nutrition*; recently featured on *The Dr. Oz Show* and *The Steve Harvey Show*



Howard Lyman
Author of *Mad Cowboy: Plain Truth From the Cattle Rancher Who Won't Eat Meat*; President and founder, Voice for a Viable Future

The place to learn about healthy vegan living!

CUTTING EDGE EDUCATIONAL SESSIONS

Health and Nutrition ★
Cooking ★ Recipes ★ Lifestyle
Issues ★ Animal Rights ★
Exercise ★ Fitness ★
Earth Stewardship ★
Compassionate Living

MEET OTHERS OF LIKE MIND

Over 700 attendees of all ages, from beginners to seasoned vegetarians; singles, couples and families. Social gatherings offer the ideal setting for building lasting friendships!

FUN FOR EVERYONE!

Music, humor, dancing, games and much more!

GREAT NATURAL-FOOD VEGAN MEALS

Delicious meals designed to accommodate a variety of diets, with gluten free and raw food options. Prepared under the direction of award winning Chef Mark Reinfeld of Vegan Fusion.

ENLIGHTENING SPEAKERS

Doctors, dietitians, chefs, authors, social activists and other educators will share their knowledge and experience.

*"Summerfest is excellent!
I can't believe it's taken me half
my life to experience it."*

- R.B. (NY)



July 2 - 6 ★ Johnstown, PA

VEGETARIAN ²⁰ SUMMERFEST ¹⁴

40th Annual Conference of the North American Vegetarian Society

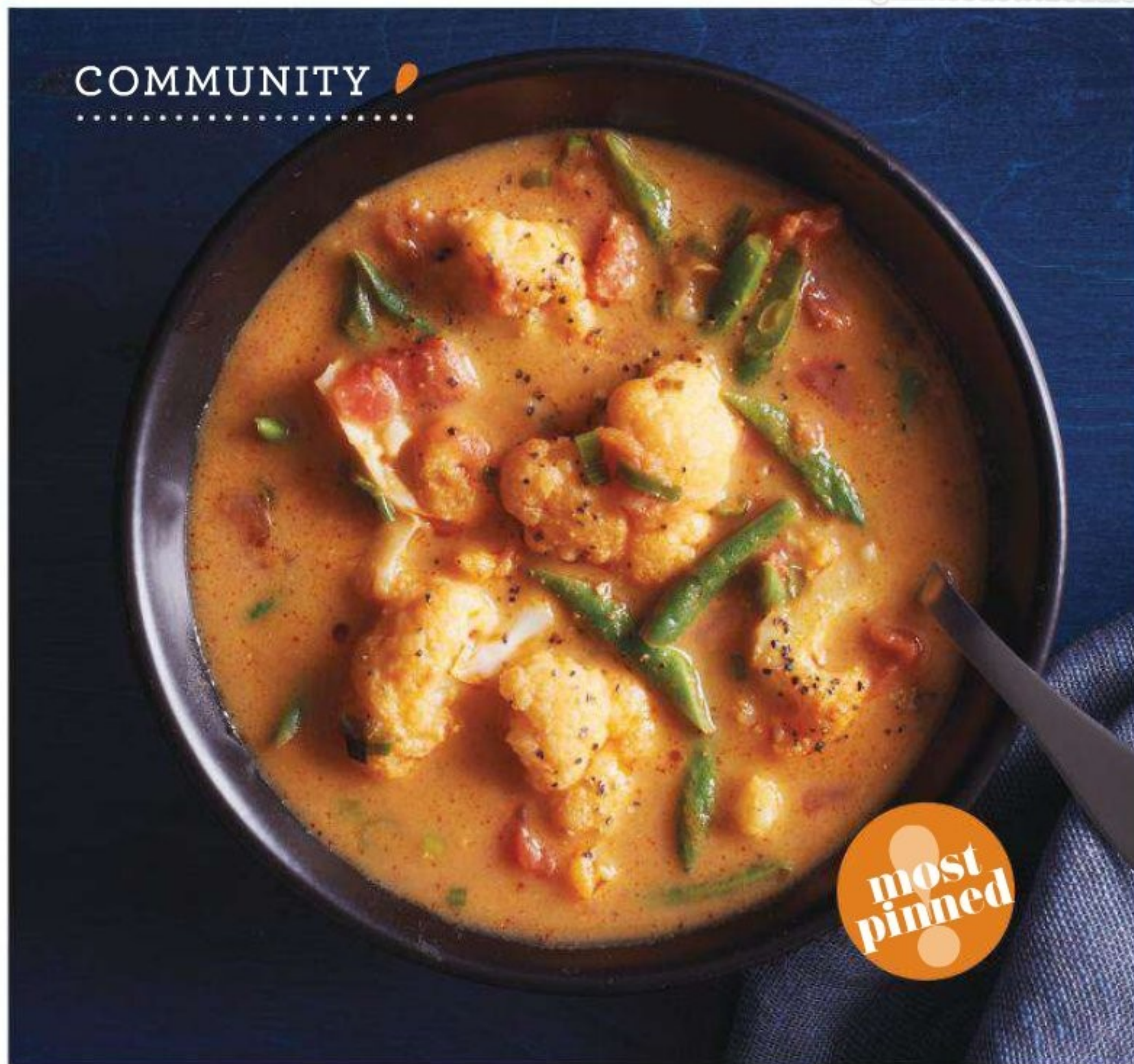
vegetariansummerfest.org or call (518) 568-7970

navs

Scan the QR Code
to learn more about
Vegetarian Summerfest



COMMUNITY



◀ OUR JANUARY/FEBRUARY ISSUE'S MOST POPULAR RECIPE ON PINTEREST? RED CURRY VEGETABLE SOUP [30 MINUTES: "COMFORT IN A BOWL," p. 26]. JOIN THE FUN AT PINTEREST.COM/VEGTIMES.

SHARE

Reader Recipe
Smoky Spiced Potato Shells

SERVES 6

Roberta Boyack, a copywriter from Miami, wowed her folks at brunch when she whipped up these satisfying egg- and tomato-stuffed potatoes. To make the recipe kid-friendly, go easy on the smoked paprika.

- 6 medium baking potatoes, scrubbed
- 6 large eggs, lightly beaten
- ½ cup sour cream
- 1½ cups shredded Cheddar cheese
- 1 cup diced tomatoes with green chilies, drained
- ⅓ cup chopped green olives
- 4 green onions, thinly sliced (½ cup)
- 1 Tbs. smoked paprika, plus more for sprinkling

- 1 | Preheat oven to 400°F. Prick potatoes with fork, and bake 45 to 60 minutes on baking sheet, or until potatoes are easily pierced with knife. Cool until easy to handle.
- 2 | Reduce oven temperature to 350°F. Cut thin slice off potato tops, and discard or reserve for another use. Scoop potato flesh from skins into large bowl, leaving ¼-inch wall inside skins. Add eggs and sour cream to potato flesh, and mix well to combine. Stir in cheese, tomatoes, olives, green onions, and smoked paprika. Stuff mixture back into potato shells, and sprinkle with smoked paprika.
- 3 | Place potatoes on baking sheet, and bake 35 minutes, or until knife inserted in center of a potato comes out clean.

PER STUFFED POTATO 396 cal; 18 g prot; 18 g total fat (10 g sat fat); 42 g carb; 219 mg chol; 548 mg sod; 5 g fiber; 3 g sugars

CHRISTINA HOLMES

letters

SOUP SEASON

Just finished making the Red Curry Vegetable Soup [30 Minutes: "Comfort in a Bowl," January/February, p. 26]. I added mushrooms and used green beans (browned in butter) from last night's dinner. Delicious and filling, and the broth was super-tasty soaked up by rosemary potato bread. What an easy, fast, and healthy winter soup!

ANDREA BREWER | RICHMOND, VA.

TOFU CONVERT

I really don't like tofu, and spinach has always been one of my least favorite vegetables, so imagine my surprise when I tried the Spicy Tofu Stew [30 Minutes: "Comfort in a Bowl," January/February, p. 26] and found it to be wonderful! Love the recipes.

GINA SESTAK | VIA E-MAIL

BEAN BLUNDER

I love beans and felt lucky that I found the "Lucky Beans" feature [December, p. 66]. One thing, however, dismayed

me. The article says that beans are "low" in cholesterol. This inadvertently miseducates. Beans, like all plant foods, have zero cholesterol.

DAN BROOK | VIA E-MAIL

Editor's note: Good point! You're absolutely right—there's no cholesterol in beans.

TWO, PLEASE

It would be nice if you could add a few recipes with just two servings. I'm sure that those new to vegetarian eating would appreciate it, as well as those who are senior citizens and/or single. Not all of us can afford to buy that much food, and it gets tiring to eat it all week.

MAUREEN O'SULLIVAN | EL RENO, OKLA.

Editor's note: You got it, Maureen. In this month's "Lunch Bunch" feature [p. 56], every recipe makes exactly two servings.

SEND YOUR LETTERS TO:
editor@vegetariantimes.com

Power up with the goodness of plant protein.

Smooth and creamy Silk Soymilk Original has as much protein as dairy milk and 50% more calcium. And because Silk is plant-based, it's naturally low in saturated fat and has no cholesterol.* Now you can enjoy the good without the bad. That's how **Silk Helps You Bloom.**[™]



[#mybloom](#)

*Silk Soymilk Original contains 8g protein, 45% DV of calcium, 0.5g saturated fat and 0mg cholesterol; typical 2% dairy milk contains 8g protein and 30% DV of calcium. Dairy data sourced from USDA National Nutrient Database for Standard Reference, Release 25.

tell VT What's your best idea for an exciting (and healthful) weekday lunch?

I'm addicted to whole-wheat wraps with hummus, salsa, kale, and avocado. Two of those with tomato soup and a couple of hard-boiled eggs keep me going throughout the day!

—JACQUELINE MEGAW

A loaded spinach salad with fruits (strawberries, peaches, or nectarines), nuts, and raspberry vinaigrette. Quick, easy, and delicious!

—EMMA KATIE

Stuffed peppers, vegetarian style! Beans, quinoa, tomatoes, cheese. Yummy and nutritious.

—TAMMY COLLIER SKALLA, VIA FACEBOOK

On weeknights when I'm too tired to cook, I pull together a Mediterranean antipasto: crusty bread, olives, pickled eggplant, roasted red peppers, fresh figs—I just go with whatever I find in the fridge. It doubles beautifully as a lunch for the next day.

—VICTORIA MARTINO

next question:
What's your most inspired smoothie creation?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of VT.

HAPPY  **vegiversary**



Reader Name: Susan Hayse (right), pictured with her daughter, Claire

Location: Downers Grove, Ill.

Vegetarian Since: September 2004

What motivated you to go veg?

My daughter needed company when she decided to go veg at 12 years old.

What's your favorite spice?

Nutmeg! The smell reminds me of home, family, and special occasions.

What's your favorite veg-friendly restaurant, and what do you order there?

Alfalfa in Lexington, Ky. I love their homemade bread and cabbage salad.

What's your best advice for new vegetarians?

Find a friend who will join you and trade ideas and recipes. Eating is a social activity and builds human connections.

In celebration of her Vegiversary, Susan won a Complete Spice Rack Restart Kit and other prizes from Frontier Natural Products.

Share your vegiversary at vegetariantimes.com/vegiversary.

You've been told you need more iron.



All You Need Is Less.

In the world of more, sometimes you need less. pur-Absorb Iron gives you the iron you need without the side effects you don't want. pur-Absorb is different. With a clinically proven high absorption rate, each convenient packet of pur-Absorb's 100% natural iron rich water fulfills the body's daily absorbed iron needs* with a gentler dose of iron. Anything more could cause side effects such as upset stomach, constipation or even nausea. Say goodbye to harsh, hard to swallow pills. Too much of a good thing isn't always so good. **pur-Absorb Iron. Less is More.**

AVAILABLE AT

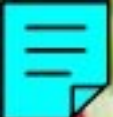


& OTHER FINE RETAILERS

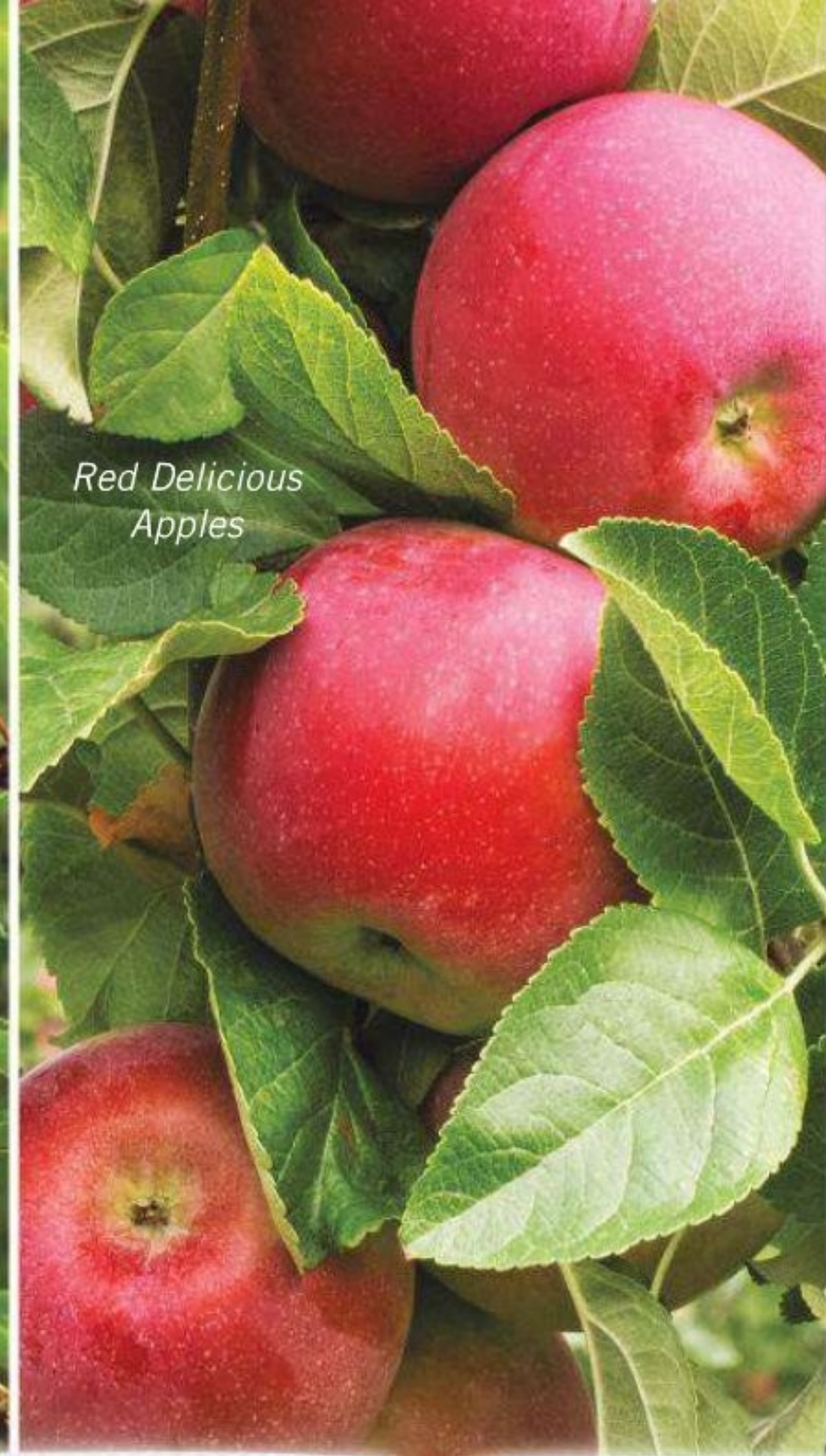
[facebook.com/purAbsorb](https://www.facebook.com/purAbsorb) purAbsorb.com

Circle reply #17 on Info Center card

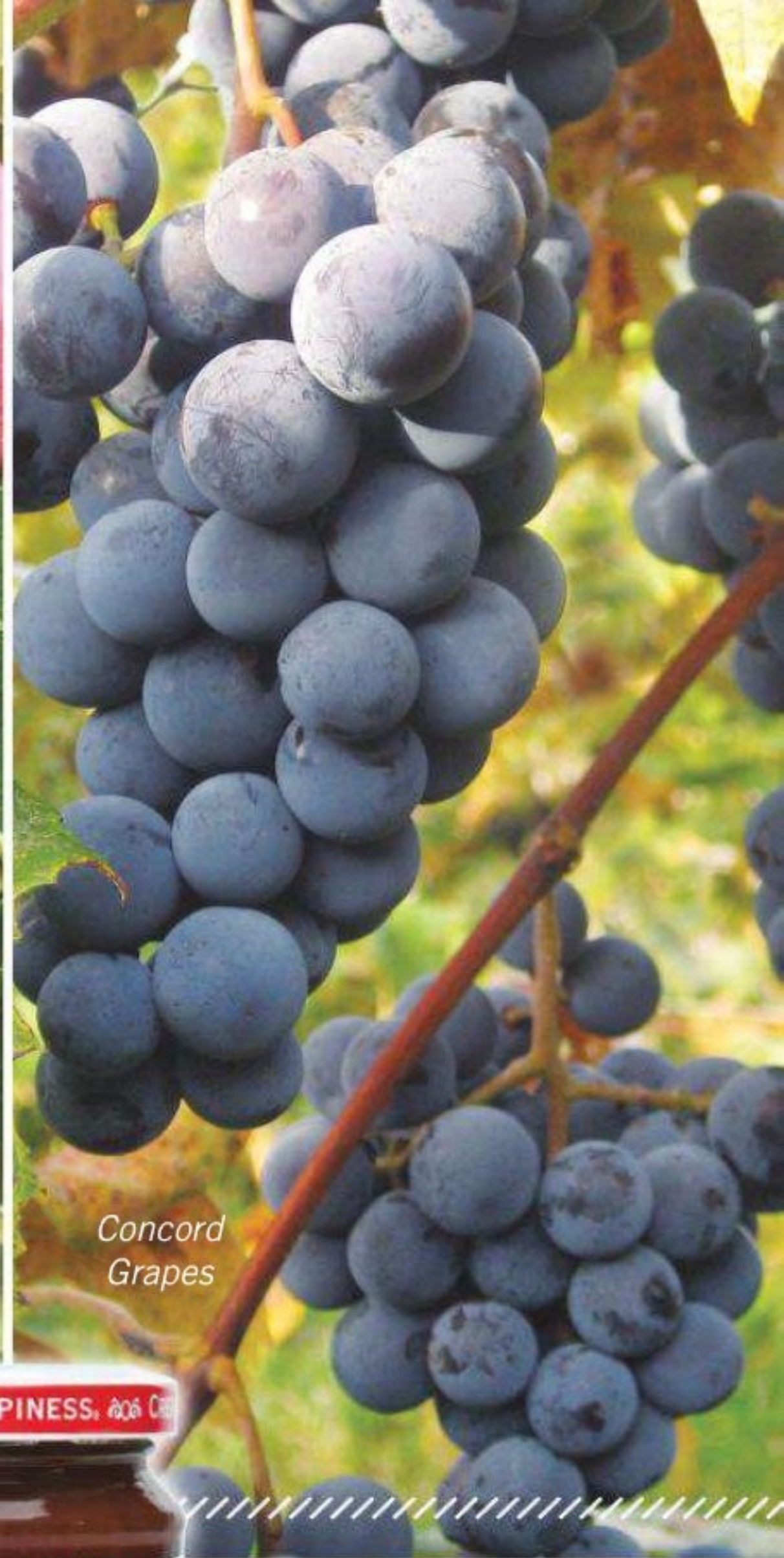
*The US RDI for Iron is based on 18% bioavailability of ingested iron. Because pur-Absorb has a clinically proven high absorption rate, less supplemental iron is needed to fulfill the daily absorbed iron needs for women with low iron levels.



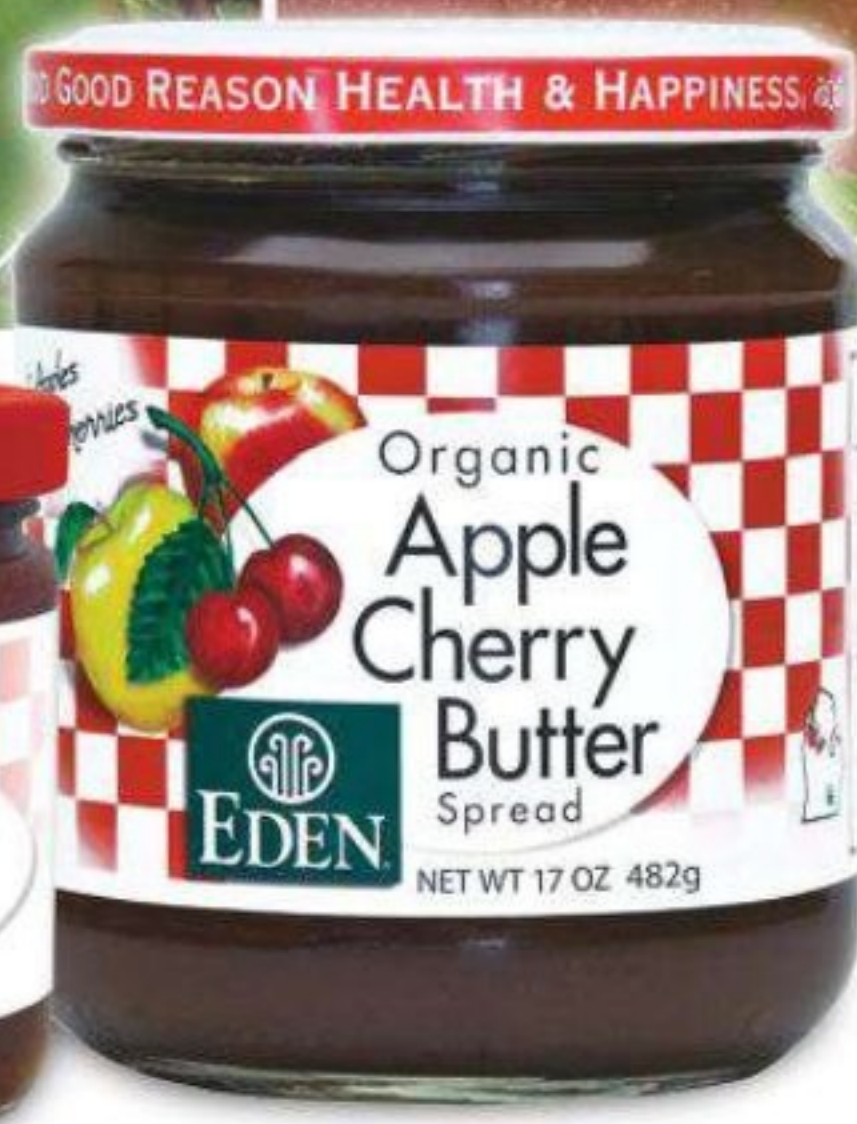
Montmorency
Tart Cherries



Red Delicious
Apples



Concord
Grapes



NEW

©2014 Eden Foods 07242

Pounds of organic fruit in every jar.

(no shortcuts, no additives - nothing but fruit)



Over 300 Pure & Purifying foods and 1,100 + free recipes edenfoods.com



Organic EDEN® Fruit Butters are organically grown family orchard and vineyard fruit from the shores of the Great Lakes and New York's Keuka Finger Lake. These superb butters are pure fruit, kettle cooked the old fashioned way with nothing else added. The fruit is so good, it only needs protection from adulteration.

Circle reply #8 on Info Center card

Find more issues at magazinesdownload.com

THE buzz



BY MATTHEW KADEY, RD

Don't let cherimoya's reptilian appearance deter you: this tropical fruit tastes like a cross between pineapple, mango, coconut, and vanilla.

PICK

Choose cherimoyas that are uniformly green, heavy for their size, firm, and free of cracks or soft spots. Ripen the fruit at room temperature away from direct sunlight until it begins to darken and yield to slight pressure like an avocado, says George McMangle, of Grove Stand in Fallbrook, Calif. Once ripe, eat promptly or store in the fridge for no more than three days, he advises.

PREP

To serve, McMangle suggests slicing the fruit in half, discarding the seeds, and scooping out the custard-like flesh with a spoon. Alternatively, peel with a paring knife, and cut flesh into cubes for salads, or purée and use in tarts, pancake batter, puddings, or quick breads. "The creamy texture is also ideal for making sherbet, ice cream, and smoothies," McMangle says.

TRY THIS

- 1** Place cherimoya pulp in a blender along with a coconut beverage, silken tofu, cashew butter, vanilla extract, and ice cubes; whirl into a tropical-tasting **smoothie**.
- 2** For a **salsa** to complement tempeh tacos, combine diced cherimoya, red bell pepper, red onion, jalapeño, mint, and orange zest.
- 3** Simmer together steel-cut oats, cherimoya purée, almond milk, ground ginger, and cinnamon for a hearty **breakfast bowl**.

cherimoya

FUN FACT

→ WITH ITS SWEET, WHITE FLESH AND VELVETY TEXTURE, CHERIMOYA IS ALSO CALLED CUSTARD APPLE.



MIKE LORRIG

Angela Nunez
Sunwarrior Ambassador

Where Do You Get YOUR Protein?™ YOUR Greens?



WARRIOR BLEND
RAW VEGAN PROTEIN

ORMUS
SUPERGREENS

Soy Free • Dairy Free
Hypoallergenic • Gluten Free



Are you looking for a clean burning, easily digestible protein minus the bloat and allergen side effects? How about greens rich in minerals and probiotics to fill in what you're missing? Sunwarrior's *Warrior Blend* protein and *Ormus Supergreens* are 100% plant-based superfoods with organic ingredients.

Try them today!



SUNWARRIOR®

Transforming the Planet One Warrior at a Time

sunwarrior.com

Circle reply #15 on Info Center card



BY ASHLEY PIPER



→ BERLIN-BASED UMASAN

compassion on the catwalk

Animal-derived skins, feathers, fur, wool, silk, and adhesives are no longer de rigueur when it comes to couture. For Fall/Winter 2014 Fashion Weeks from New York to Berlin, a class of designers is debuting humane collections that mirror the principles of plant-based cuisine: the ingredients are slightly different from the norm, but the construction, artistry, and quality are every bit as sumptuous.

PRETTY PRINCIPLED

The first all-veg label to be included in New York City's Fashion Week in 2013, VAUTE COUTURE expands its outerwear collection; knitwear designer MIAKODA shows off hand-crocheted accessories in wear-anywhere neutrals. Vintage-inspired gowns dominate at ATELIER TAMMAN, the first fashion house to earn the Vegetarian Society of the United Kingdom's official approval. UMASAN dazzles at Berlin Fashion Week with its use of high-tech materials such

as SeaCell, derived from algae, and Energear, which reflects infrared rays to radiate energy back to the body.

MEN OF VIRTUE

Ethical haberdasher BRAVE GENTLEMAN channels "nostalgic Americana" with slim-cut suits, fedoras, and gloves, all handcrafted from recycled materials. Avant-garde Parisian men's footwear designer ROMBAUT debuts boots made from fig tree bark, a biodegradable material ethically sourced from Uganda.

SHOE COURTESY BEYOND SKIN; CATWALK COURTESY UMASAN



VAUTE COUTURE



ATELIER TAMMAN



Olsenhaus
FALL 14

FALL METALLIC
COLOR / PRINT

CLOCKWISE FROM LEFT: COURTESY VAUTE COUTURE; COURTESY ATELIER TAMMAN; COURTESY OLSENHAUS

FEET FORWARD

CRI DE COUER'S covered wedges, lush florals, and rubber lug heels blend royal opulence and function; OLSENHAUS offers a futuristic take on rocker plaids and slick metallic boots. BEYOND SKIN'S 40s-inspired collection at Project London showcases Italian woven fabrics and recycled faux suedes. NICORA JOHNS'S hip boots and flats are made in America by artisans paid a fair wage; KRŽE STUDIO blends Italian craftsmanship with breathable materials.

ARM CANDY

Spotted on the arms of some of the red carpet's most famous celebrities (hello, Anne Hathaway), JILL MILAN boasts versatile satchels and clutches made from waterproof, dirt-resistant recycled PET. FREEDOM OF ANIMALS'S line of bags is made from recycled polyurethane and benefits The David Sheldrick Wildlife Trust; Brazilian accessories house CANNA updates its classic totes with metallic accents and canvas in whimsical prints.

JOIN THE IN CROWD

All the natural flavor you want and 100% VEGAN!



- + ALLERGEN- & GLUTEN-FREE, WITH NO DAIRY, NUTS, WHEAT, CORN, DAIRY, SOY OR EGGS
- + DOCTOR-FORMULATED WITH ALL-REAL FOOD AND NO ARTIFICIAL INGREDIENTS OR SWEETENERS
- + MANAGES YOUR HUNGER FOR HOURS



HEALTHY NEVER TASTED SO GOOD!



Learn more about the INBar



INBALANCE
Health Corp®

Order online or find a store near you at INBalanceHealthCorp.com or call 269-792-1977

Follow us!



Not just for vinaigrettes, balsamic vinegar perks up everything from roasted root veggies to risotto. Grab one of these VT-tested supermarket bottles for all your tangy-sweet needs.

drizzle this

① **SPECTRUM ORGANIC GOLDEN BALSAMIC VINEGAR**

This honey-colored vinegar, made from organic grapes, tastes a tad sweeter and milder than its darker cousins (and it won't stain your salad). \$9.99/500 mL; spectrumorganics.com

② **LUCINI DARK CHERRY BALSAMICO ARTISAN VINEGAR**

Rich and fruity, this aged balsamic makes a great marinade for tofu or tempeh. Or try reducing it to a glaze and drizzling over fresh strawberries. \$14.99/250 mL; lucini.com

③ **O OAK AGED CALIFORNIA BALSAMIC**

Who says balsamic vinegar has to come from Modena, Italy? This not-too-thick favorite made in Sonoma County, Calif., packs plenty of bold, pungent flavor. \$12/250 mL; ooliveoil.com



concentrate!

Make your own balsamic reduction by simmering balsamic vinegar in a saucepan over medium heat 10 minutes, or until thick and syrupy. Add a swirl to soups and salads.

TRY THIS

➤ Rosemary-and-Balsamic-Roasted Grapes and Olives on vegetariantimes.com



MARIO DE LOPEZ

ROMULO YANES

Get Real

Real results for sensitive skin

Introducing everclen® from Home Health™

Really...

- clinically proven
- clean ingredients
- hypoallergenic
- non-irritating
- non-GMO
- vegan friendly



everclen® FOR SENSITIVE SKIN | PURELY BETTER™

home health™

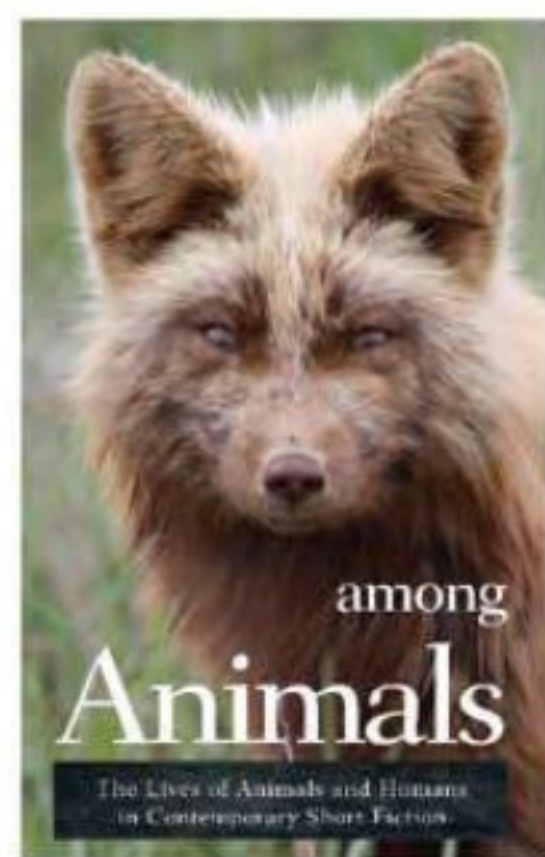
Cleanser • Face Cream • Eye Cream • Toner • Body Lotion • Hand Cream

Available at health, natural food and vitamin specialty stores

everclen.com

BY AMY SPITALNICK

BY JENNIFER NALEWICKI



Penguins, emus, and bears ... oh my! Wild as well as domesticated creatures populate *Among Animals: The Lives of Animals and Humans in Contemporary Short Fiction*, recently published by Ashland Creek Press. Here, we talk with the press's co-founder **Midge Raymond**, a Pushcart Prize-nominated author who also contributed to the collection.

an open book

Q How much do you identify with the main character in your story "The Ecstatic Cry"?

I'm not at all scientific; I relate to the part of the character that forgets she's a scientist, that sees in the penguins [she studies] a reflection of her own life. As humans, we often see ourselves as completely separate from animals, but we're not as different as we think. Animals are smart, emotional, and even playful, just in different ways than we are. I can also relate to the character's dismay over the way people treat the planet. She sees tourists trampling over the fragile Antarctic landscape, which is a metaphor for how we mistreat the earth, usually without thinking.

Q When you have a strong point of view on a subject, how do you avoid propagandizing in your fiction?

The most important thing when writing fiction is to focus on the story and on the characters—to portray the character's motives, backstory, and actions as part of a tale that isn't about the issue itself, but about something that allows the issue to emerge. And if I have a character with a strong point of view, I'll balance him or her with a character with a different point of view; this not only creates good drama, but keeps the story from being one-sided.



Q Do traditionally held distinctions between animals we love as pets and animals we kill as food tend to persist in popular fiction? Can fiction also erase those distinctions?

It's my hope that it can erase those distinctions. Eco-fiction, which to me includes animal protection, is only beginning to emerge as a genre, and as a society, we have a long way to go in terms of connecting environmentalism to animal protection. Before becoming a vegan I hadn't touched on these issues in my writing at all; now they're on my mind whenever I sit down to write. As an example, I pay closer attention to what my characters eat.

PINE BOX ROCK SHOP



Brooklyn, N.Y., pineboxrockshop.com



This Brooklyn bar-with-a-vegan-difference serves a selection of plant-based empanadas from local restaurant The V-Spot, and you'll find a vegan food truck or two parked outside. "Our thought was to make vegan normal," says Jeff Rush, who owns the bar with his wife, Heather. "We're not trying to beat people over the head with it. Our goal is to be a neighborhood bar." Which brings us to the "pine box" in the name, a tip of the hat to the location's former tenant, a casket builder.

GREEN DAY The bar's owners are huge fans of St. Patrick's Day, and even bigger music fans—they're both musicians—so expect a live band to perform Irish rock on the 17th. Another nod (and a wink) to the Emerald Isle: screenings of the movie *Leprechaun*. A selection of Irish brews such as Moylan's Danny's Irish Style Red Ale and Sly Fox O'Reilly's Stout is on tap, while bartenders swap out Baileys Irish Cream for their own dairy-free version, which is swirled into cocktails such as the Sam in a Sweater, made with Crystal Head vodka, Cointreau, A&W root beer, and a brandied cherry. 🍷

CLOCKWISE FROM TOP: COURTESY ASHLAND CREEK PRESS; PHOTOS AND MURAL: NEV, NO ENTRY DESIGN; COURTESY MIDGE RAYMOND



WALK, RUN, CLIMB, PLAY – You Can!

INCREASED FLEXIBILITY, MOBILITY, AND RANGE OF MOTION*

10

9

8

FEEL THE DIFFERENCE
SHOWS IMPROVEMENT IN JOINT COMFORT WITHIN **7** DAYS^{1*}

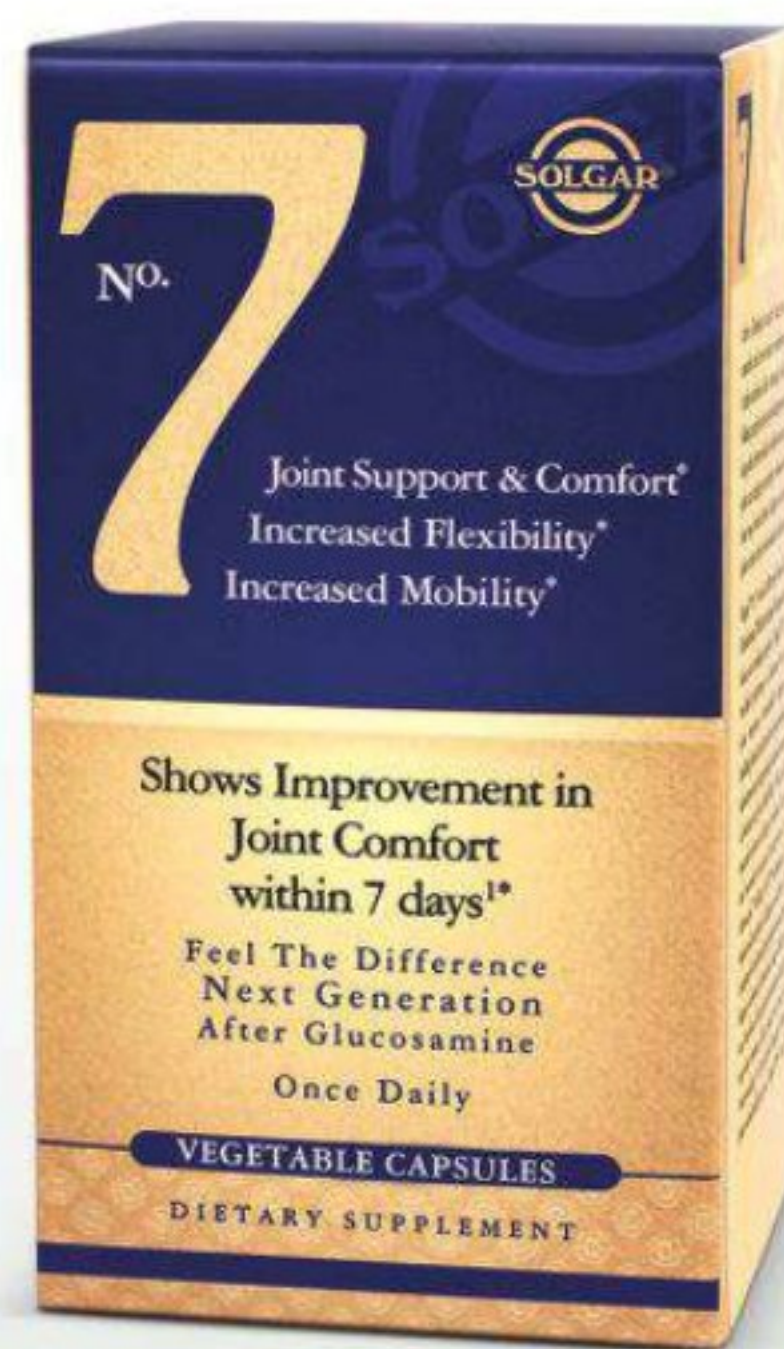
6

5

4

Finally, the next generation in joint comfort, mobility, flexibility, and range of motion.* Solgar® N^o. 7 brings together bio-active nutrients that work to create a fast-acting approach for occasional “tweaks” and joint stresses brought on by exercise, sports, or physical activity.^{1*}

Start to get back on track fast – when stiff joints occasionally say no... Solgar® N^o. 7 says YES!^{*}



THE COMPLETE LINE OF SOLGAR NUTRITIONAL SUPPLEMENTS IS AVAILABLE AT FINE HEALTH FOOD RETAILERS WORLDWIDE. FOR STORE LOCATIONS AND ADDITIONAL INFORMATION, VISIT WWW.SOLGAR.COM OR CALL 1.800.645.2246

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

1. Based on two human studies with 5-LOXIN® Advanced where subjects rated their joint health over time, subjects' joint health improved within 7 days and continued to improve throughout the duration of the studies.

5-LOXIN® is a registered trademark of P.L. Thomas-Laila Nutraceuticals LLC and is used under license. International patents pending.

Circle reply #16 on Info Center card

30 MINUTES

RECIPES BY Joy Manning and
Frances Largeman-Roth, RD

SUPER SKILLET SUPPERS FOR BUSY WEEKNIGHTS

flash in the pan

You're tired. You're hungry. You're sick of pasta, but you want a dinner that doesn't involve a trip to the store or a lot of dirty dishes. That's where these skillet suppers come in. Fast, easy, and filling, they're also open to improvisation depending on your mood and on what's on hand in your kitchen.

SAVORY OATS
WITH BRIE
AND CHERRY
TOMATOES,
p. 26

AS WITH OTHER QUICK-COOKING
GRAINS, THERE'S NO END TO THE
RISOTTO-LIKE DISHES YOU CAN
MAKE WITH OATMEAL.



has a NEW LOOK!

Proud To Be Non-GMO!



Thanks for voting for us! >



PEANUT BUTTER



PEANUT BUTTER & CHOCOLATE



Gluten-Free MULTIGRAIN



CINNAMON



Gluten-Free HONEY RICE

All Puffins® are Vegetarian and Peanut Butter Puffins® are Vegan!

www.barbaras.com

30 MINUTES



Chickpea Tikka Masala

SERVES 4 | 30 MINUTES OR FEWER

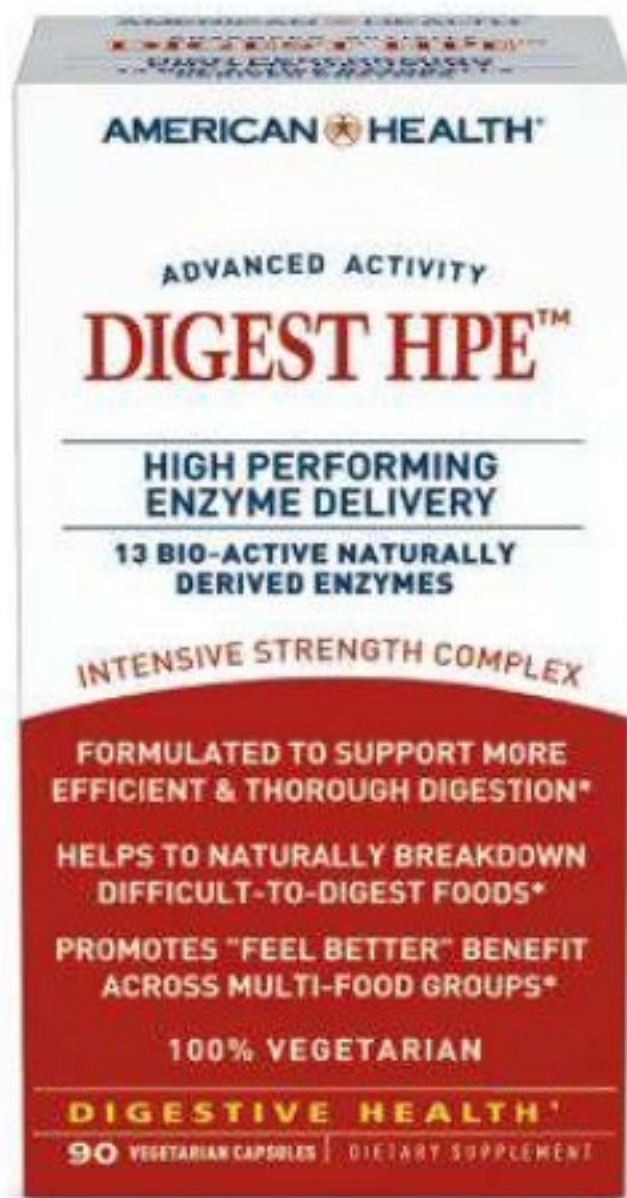
This mild veg version of an Indian restaurant favorite shows that Indian food doesn't have to be ultra-spicy to be good.

- 1 Tbs. vegetable oil
- ½ medium onion, diced
- 1 Tbs. garam masala
- 1 Tbs. tomato paste
- 2 tsp. grated fresh ginger
- 1 serrano chile, minced
- 2 15-oz. cans chickpeas, rinsed and drained
- 1 28-oz. can crushed tomatoes
- ½ cup low-fat Greek-style yogurt
- ¼ cup chopped cilantro

1 | Heat oil in skillet over medium heat. Add onion, and sauté 5 minutes, or until softened. Add garam masala, tomato paste, ginger, and serrano chile, and season with salt, if desired. Sauté 1 minute more.

2 | Stir in chickpeas and tomatoes. Bring to a boil, reduce heat to medium-low, and simmer 15 minutes. Remove from heat, and stir in yogurt and cilantro.

PER 1½-CUP SERVING 328 cal; 16 g prot; 9 g total fat (1 g sat fat); 52 g carb; 2 mg chol; 582 mg sod; 5 g fiber; 11 g sugars **GF**



Suitable For Vegans

Now, make friends with food again.

Every meal, every day... Digest HPE™ helps make even hard-to-digest foods more agreeable.*

Which foods are unfriendly to your digestive system: spicy, oily, rich? Fruits, vegetables, nuts? Maybe you don't even know.

Digest HPE™ is an intensive strength complex with high levels of important enzymes your body needs to more thoroughly digest your food.* With 13 bio-active enzymes, this advanced formula gives you broad spectrum digestive support for proteins, carbohydrates, fibers, fats and more.*

So take Digest HPE™ with every meal. Because when your digestion is right, mealtime becomes a lot more friendly.* Available at health, natural food and vitamin specialty stores.

AMERICAN HEALTH™
good health made simple
AmericanHealthUS.com

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. ©2014 American Health, Inc. | 13-AH-1230

Find more issues at magazinesdownload.com

Bok Choy and Shiitake Rice Pilaf

SERVES 4 | 30 MINUTES OR FEWER

Pilafs are made by sautéing rice with vegetables and seasonings, then steaming the mixture in enough liquid for the grains to get tender without turning to mush. Button mushrooms can stand in for shiitakes; you can also replace bok choy with any quick-cooking vegetable (e.g., snow peas or zucchini).

- 1 Tbs. peanut oil or vegetable oil
- 12 oz. sliced shiitake mushrooms
- 1 small shallot, chopped (¼ cup)
- 2 tsp. grated fresh ginger
- ¼ tsp. Chinese five-spice powder
- 1 cup long-grain white rice
- 1 cup frozen shelled edamame
- 1 Tbs. low-sodium soy sauce
- 2 heads baby bok choy, thinly sliced
- 2 green onions, sliced (¼ cup)
- 1 tsp. toasted sesame seeds
- 1 tsp. toasted sesame oil

1 | Heat peanut oil in large, nonstick skillet over medium-high heat. Add mushrooms and shallot; cook 5 minutes. Add ginger and five-spice powder; cook 30 seconds.

2 | Add rice to skillet, and sauté 1 to 2 minutes, or until rice becomes translucent at the edges. Add edamame, soy sauce, and 1¼ cups water. Bring to a boil, then reduce heat to medium-low, cover pan, and simmer 12 minutes. Uncover, add bok choy, replace lid, and cook 5 to 7 minutes more, or until bok choy is wilted.

3 | Sprinkle with green onions, sesame seeds, and sesame oil before serving.

PER 1½-CUP SERVING 310 cal; 10 g prot; 7 g total fat (<1 g sat fat); 52 g carb; 0 mg chol; 170 mg sod; 5 g fiber; 5 g sugars

Collard Green Frittata

SERVES 6 | 30 MINUTES OR FEWER

Frozen collards (or substitute frozen spinach) are an easy way to get greens into a frittata. For zing, drizzle frittata wedges with hot sauce or barbecue sauce.

- 1 Tbs. olive oil
- 1 medium yellow onion, chopped (1½ cups)



NON-STICK INSURANCE → To ensure skillet recipes slide easily out of the pan, spritz the pan with cooking spray before adding the oil.

- 1 10-oz. bag frozen collard greens, thawed and drained
- 10 large eggs, beaten
- ⅓ cup grated Parmesan cheese

1 | Preheat oven to 400°F.

2 | Heat oil in ovenproof 10- to 12-inch skillet over medium-high heat. Add onion, and sauté 5 minutes, or until translucent. Push onion to one side of pan, and add collard greens. Cook 5 minutes, then stir together greens and onions.

3 | Stir eggs into collard mixture. Cook 5 to 7 minutes, or until edges are set. Sprinkle with Parmesan cheese.

4 | Transfer skillet to oven, and bake 10 minutes, or until egg mixture is completely set. Cut into 6 wedges.

PER WEDGE 190 cal; 14 g prot; 12 g total fat (4 g sat fat); 8 g carb; 314 mg chol; 210 mg sod; 2 g fiber; 2 g sugars

Gnocchi, Lentil, and Escarole Soup

SERVES 4 | 30 MINUTES OR FEWER

Prepared gnocchi, sun-dried tomatoes, and pesto make a quick, comforting Italian-style soup. No gnocchi on hand? Replace it with 1½ cups peeled, cubed potatoes added with the lentils in step 1. Choose a vegan pesto to make the soup vegan.

- 1 Tbs. olive oil
- 1 large yellow onion, chopped (2 cups)
- 3 cups low-sodium vegetable broth
- ¾ cup French lentils
- 4 cups chopped escarole
- 1½ cups prepared potato gnocchi (8 oz.)
- 6 oil-packed sun-dried tomatoes, drained and chopped (¼ cup)
- 1 Tbs. prepared basil pesto

1 | Heat oil in large nonstick skillet over medium-high heat. Add onion, and cook 5 minutes. Add broth, 3 cups water, and

lentils, and bring to a boil. Reduce heat to medium-low, and simmer 10 minutes, or until lentils are almost tender.

2 | Add escarole, gnocchi, and sun-dried tomatoes; cover, and cook 5 minutes more, or until gnocchi are cooked through and escarole has wilted. Remove from heat, and stir in pesto.

PER 2-CUP SERVING 368 cal; 14 g prot; 8 g total fat (2 g sat fat); 62 g carb; 0 mg chol; 476 mg sod; 11 g fiber; 10 g sugars

Savory Oats with Brie and Cherry Tomatoes

SERVES 4 | 30 MINUTES OR FEWER

Sub any cheese for the Brie, any chopped nuts for the pine nuts, and any fresh herb for the basil in this one-bowl dinner.

- 2 tsp. olive oil or butter
- 1 shallot, chopped
- 2 cups cherry tomatoes, halved
- ½ tsp. salt, optional
- 2 cups old-fashioned rolled oats
- 1 clove garlic, minced (1 tsp.)
- 1½ oz. Brie, cut into small cubes
- ¼ cup fresh basil leaves, torn
- 1 Tbs. toasted pine nuts

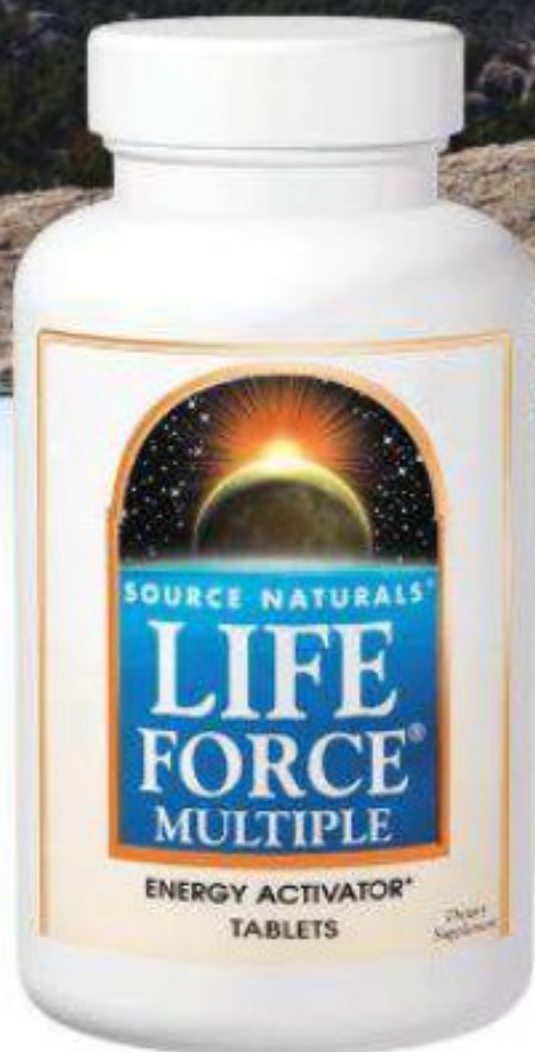
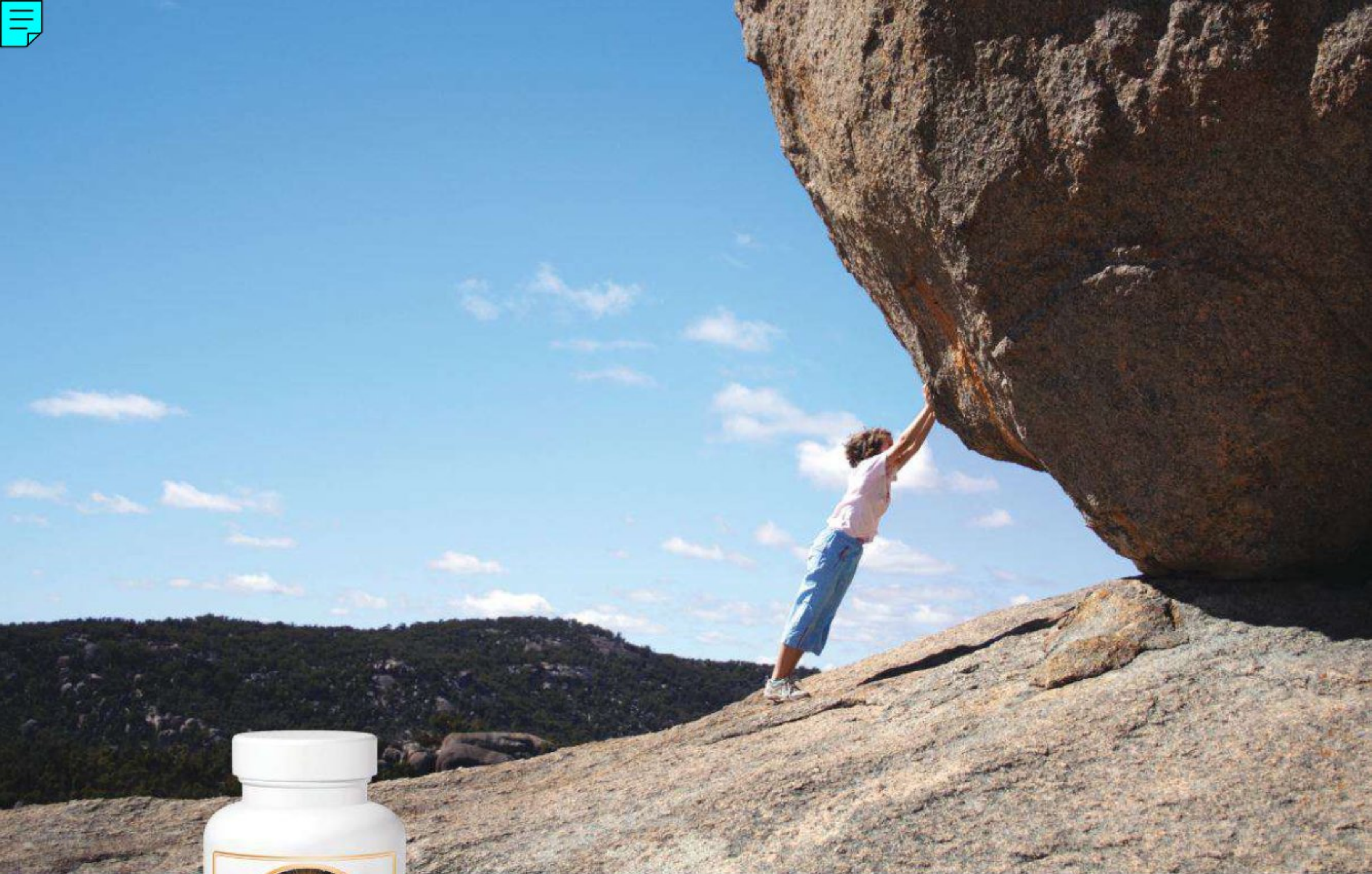
1 | Heat oil in skillet over medium-high heat. Add shallot, tomatoes, and salt (if using). Cook 5 minutes, or until shallot has softened and tomatoes start releasing their juices. Add oats; cook 1 minute more.

2 | Stir in garlic and 4 cups water, and bring to a boil. Reduce heat to medium-low, and simmer, uncovered, 10 minutes. Remove from heat, and dot with Brie. Sprinkle with basil and pine nuts.

PER 1½-CUP SERVING 252 cal; 11 g prot; 9 g total fat (2 g sat fat); 32 g carb; 11 mg chol; 363 mg sod; 5 g fiber; 4 g sugars

Joy Manning is a Philadelphia-based food writer, editor, and recipe developer.

Frances Largeman-Roth, RD, lives in Brooklyn with her husband and two children.



SCORED 100%
in a scientific analysis
of over 528 multiples.

Is your multiple up to the task? Life Force® is.

Healthy energy and a “can do” spirit start with great nutrition. Taking the right multivitamin is an easy step that can give you the extra edge when achieving your goals seems daunting. At Source Naturals®, we set out to create the world’s most complete, science-based multiple for the health challenges we face today.*

Formulated like no other multiple, Life Force® delivers innovative antioxidants like CoQ10, Turmeric, Resveratrol, Lipoic Acid, Green Tea, Ginkgo, Grape Seed, Lutein, Lycopene, Astaxanthin, and MSM. Combining them with high potencies of standard vitamins and minerals in advanced bioactive forms like the Coenzymated™ forms of the B Vitamins; the *gamma* and tocotrienol forms of Vitamin E, and the fat soluble form of Vitamin C makes our formula a standout.*

Our powerful 50-ingredient formula doesn’t skimp. For that reason, Life Force earned the highest score of 100% in an independent scientific analysis of over 500 of the most popular multiples in North America and continues to be recognized with awards.¹ Check out the most advanced multiple ever produced at lifeforcemultiple.com and see how it can provide the energy you need to help you move the mountains in your life.*

¹Product Comparison of Source Naturals® Life Force Multiple by Lyle MacWilliam, 2004; Taste for Life Essentials Award for Best Supplement, Life Force Green Multivitamin, 2012. Better Nutrition Best of Supplements Award, Life Force, 2011.



© 2013 Source Naturals, Inc.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

VEG
101



veg supplement guide

FIVE NUTRIENT-BOOSTERS EVERY VEGAN
AND VEGETARIAN SHOULD KNOW

GETTING ALL THE VITAMINS and minerals you need from the food you eat can be challenging for anyone—no matter what diet you follow. Not sure where you might come up short? In a 2009 research review, the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) identified important nutrients of concern to vegans and vegetarians: omega-3 fatty acids, vitamins B₁₂ and D, calcium, zinc, iron, and iodine. Supplements can help fill in the gaps should your menu be lacking, but before navigating the aisles, read on for what to look for—and what to avoid—when seeking veg-friendly options.

BY Vera Tweed
ILLUSTRATIONS Santiago Uceda

Omega-3s

Two omega-3 fatty acids—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—promote overall health, including normal brain function and a healthy heart, and may contribute to strong bones and a lower risk for diabetes. **GETTING ENOUGH?** Fish is the primary food source of EPA and DHA. Plants contain the most basic type of omega-3, alpha-linolenic acid (ALA), which is found in abundance in chia, ground flaxseeds, flax oil, and walnuts, and in trace amounts in soybeans and tofu. Although your body can convert ALA into EPA and DHA, it may not produce enough: studies show that compared to omnivores, vegans and vegetarians tend to have lower blood levels of both EPA and DHA.

VEG FACTOR: Look for fish-free omega-3 supplements that deliver either DHA or a combination of EPA and DHA made from microalgae (the same stuff fish eat to get their omega-3s). If you're pregnant or breast-feeding, consider talking to your physician about supplementing with DHA, especially important for the brain and central nervous system, to support the healthy development of your baby.

Vitamin B₁₂

Everyone needs vitamin B₁₂ for healthy nerves and blood—a deficiency can cause

serious and irreversible nerve damage, fatigue, and anemia.

GETTING ENOUGH? B₁₂ is produced by the gut bacteria in animals, and substantial amounts are found naturally only in animal foods. Eggs and dairy provide some B₁₂, but not as much as meat and fish. You can alternatively turn to B₁₂-fortified breakfast cereals, plant-based milks, meat substitutes, and nutritional yeast such as Red Star Vegetarian Support Formula. The National Institutes of Health recommends supplemental B₁₂ for everyone over age 50—vegetarians and omnivores alike—since your body loses the ability to absorb B₁₂ from foods as you get older.

The recommended intake is only 2.4 micrograms (2.8 micrograms if you're breast-feeding), but there's no harm in upping that amount, since your body can safely store excess B₁₂. **VEG FACTOR:** B₁₂ in supplements is not animal-derived, but it could be packed in non-veg gelatin capsules, so check the label. You can also get your daily dose of B₁₂ from a multivitamin.

Vitamin D

In addition to helping your body absorb calcium for stronger bones, the sunshine



vitamin supports a robust immune system. Shortages have been linked to greater likelihood of depression, high blood pressure, and cancer.

GETTING ENOUGH? You can generate vitamin D on your own by getting direct sunlight, but using sunscreen or covering up your skin stops the process. Many Americans—veg or not—may lack sufficient vitamin D, which can be hard to get from food alone. Food sources include mushrooms exposed to UV rays and fortified products such as dairy and nondairy milks, orange juices, and breakfast cereals.

VEG FACTOR: There are two forms of vitamin D. D₂, derived from yeast, is typically used in fortified foods, while D₃, traditionally made from lanolin in sheep's wool, is arguably more absorbable. Fortunately, more and more vegan vitamin D₃ options—sourced from lichen instead of lanolin—are popping up on the market.

Calcium

Essential for bone health, calcium helps lower risk of bone fractures, especially in older people. To absorb calcium, you also need vitamin D.

GETTING ENOUGH? Dairy gets the most attention, but greens such as kale,

KEEP AN EYE OUT FOR THE FOLLOWING ON SUPPLEMENT LABELS:

GELATIN The most common non-veg ingredient to look for. Many otherwise vegetarian supplements are rendered non-vegetarian by the presence of a gel cap. You want the ones delivered in V-caps or veggie caps. Gelatin is also found in some gummy vitamins.

LANOLIN The source of most vitamin D₃ supplements. Derived from sheep's wool, lanolin is vegetarian but not vegan.

STEARIC ACID An additive that prevents supplement ingredients from caking during the manufacturing process. It might be derived from animals or plants (look for "vegetable source" in the ingredients list).

40th anniversary READER RECIPE CONTEST



The Big 4-0!

VT's got a major milestone coming up this fall: Our November issue will mark 40 years of providing home cooks with delicious vegetarian recipes and expert advice on health, nutrition, and green living. We're asking readers to help us celebrate by entering their best party recipes in our 40th Anniversary Reader Recipe Contest.

To participate in the contest, simply send us your tastiest vegetarian or vegan party recipes in the following categories: **Starters and Sides, Entrées, and Desserts**. Recipes should call for no more than 10 ingredients (salt, pepper, water, and cooking spray are freebies) and must include at least one product from the sponsors listed below. The entry deadline is **April 30, 2014**.

Recipes will be judged on originality, taste, ease of preparation, and presentation. **Three winners** (one from each recipe category) will each be awarded a **\$500 cash prize**. The winning recipes, three runner-up recipes, and all the readers that create them will be featured in the **November 2014** issue of *Vegetarian Times*.

Sponsored by:



NOW Real Food
Your source for wholesome, natural and organic foods, including nuts, seeds, snacks, sweeteners, oils, flours and baking ingredients.
nowrealfood.com



Bob's Red Mill
Good Food For All
bobsredmill.com



Silk
Silk® Soymilk,
Almondmilk & Coconutmilk
silk.com/recipes



Amore
Italian Cooking Pastes &
Herb and Natural Spritzers
amorebrand.com



Eden Foods
300 Pure & Purifying foods.
Principled natural food
company of organic,
traditional & kosher food.
edenfoods.com



BelGioioso
Vegetarian Friendly
Italian Cheeses
belgioioso.com



Chatfield's
Allergen Safe & Premium
Baking Ingredients
chatfieldsbrand.com



Florida Crystals
Organic Sugar
floridacrystals.com



GO Veggie!
Lactose Free or
Dairy Free products
goveggiefoods.com

Go to vegetariantimes.com/recipecontest for entry form and contest rules

collards, and cabbage also have highly absorbable calcium. Fortified plant milks, orange juices, and tofu are good plant-based sources too. If you don't consume a few servings a day, however, you could require a calcium boost. What's more, some greens, such as spinach, beet greens, and Swiss chard, contain oxalates, substances that inhibit calcium absorption. (Oxalates break down when greens are cooked.) Multivitamins may include enough calcium for your needs; if not, you can take a separate supplement, which might be paired with vitamin D or magnesium to help your body assimilate the nutrients. Supplements should provide only the amount missing from food—calcium overload can be toxic. The RDA for calcium is 1,000 milligrams daily for women up to age 50 and men up to age 70. The safe upper limit is 2,500 milligrams daily for men and women up to age 50, and 2,000 milligrams daily after age 50.

VEG FACTOR: Calcium in most supplements comes from mineral deposits, but watch out for calcium derived from bone meal or oyster shell.

Multivitamin

A multivitamin is a convenient way to add overall insurance to your diet. In addition to calcium and vitamins D and B12, it often contains essential nutrients such as zinc, iodine, and iron that you may be missing.

GETTING ENOUGH? There's plenty of immune-boosting zinc in nuts and seeds, but absorption may be blocked by phytates in whole grains and legumes. Likewise, iodine, important for thyroid health, can be found in iodized table salt (not sea salt or kosher salt) and sea veg-

gies, but soybeans, cruciferous veggies, and sweet potatoes can interfere with iodine's absorption.

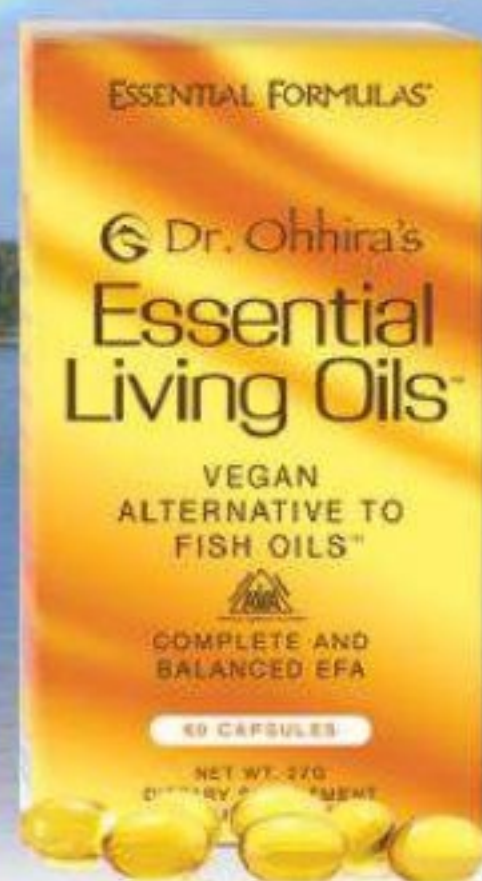
Iron, too, can be tricky: women who have not reached menopause may need extra iron, which is lost during monthly periods. Eating iron-rich leafy green veggies and beans along with vitamin C-rich foods aids iron absorption. Note: If you get enough iron and calcium from other sources, look for formulas that leave these out. Too much can be harmful.

VEG FACTOR: Stick with multivitamins labeled "vegan" or "vegetarian." Some contain digestive enzymes and probiotics, often called friendly bacteria, which enhance digestion and absorption of nutrients from both supplements and foods. 🌱



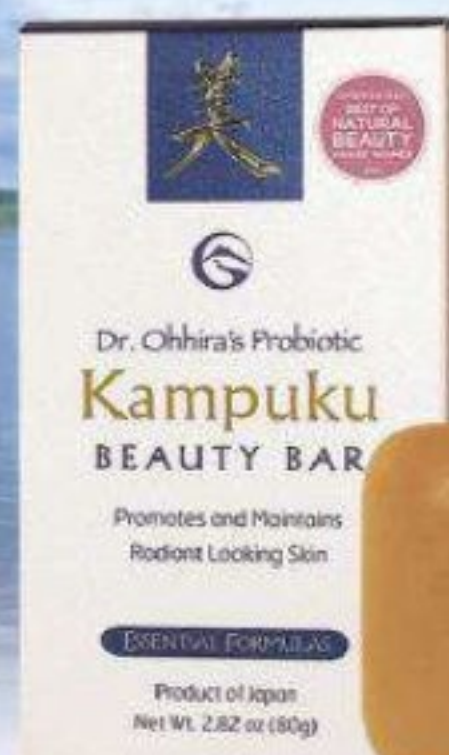
No need to worry about what's veg and what's not when you buy supplements at veganessentials.com or veganstore.com.

A Spectrum of Solutions



Dr. Ohhira's Essential Living Oils™

- Ideal balance of Omega-3, -6 and -9
- Vegan-certified alternative to fish oil



Dr. Ohhira's Kampuku Beauty Bar™

- Gentle skin cleanser with natural plant extracts and the balancing qualities of probiotics*
- Maintains appropriate dermal pH already in the normal range*



Dr. Ohhira's Probiotics®

- Complete probiotic AND prebiotic support*
- Supports digestive health and a healthy immune system*



ESSENTIAL FORMULAS™

Become a friend of Dr. Ohhira on Facebook.
Circle reply #9 on Info Center card

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Find Dr. Ohhira's Formulas at better health food stores nationwide. • www.EssentialFormulas.com • (800) 430-6180

Find more issues at magazinesdownload.com

pizza

A CRISPY CRUST AND 10 TOPPING COMBOS TO SATISFY EVERY CRAVING



Pizza is one of the main foods people say they miss when they find out they're gluten intolerant. While most toppings are safe, the crispy-chewy crust can be hard to replicate without wheat flour. *VT* enlisted author and blogger Allyson Kramer to collaborate on a crust that has crunch and texture, plus topping combinations that raise the bar on any homemade pizza session.

Gluten-Free Pizza Crust

MAKES 2 11-INCH ROUND PIZZAS OR
1 LARGE RECTANGULAR PIZZA

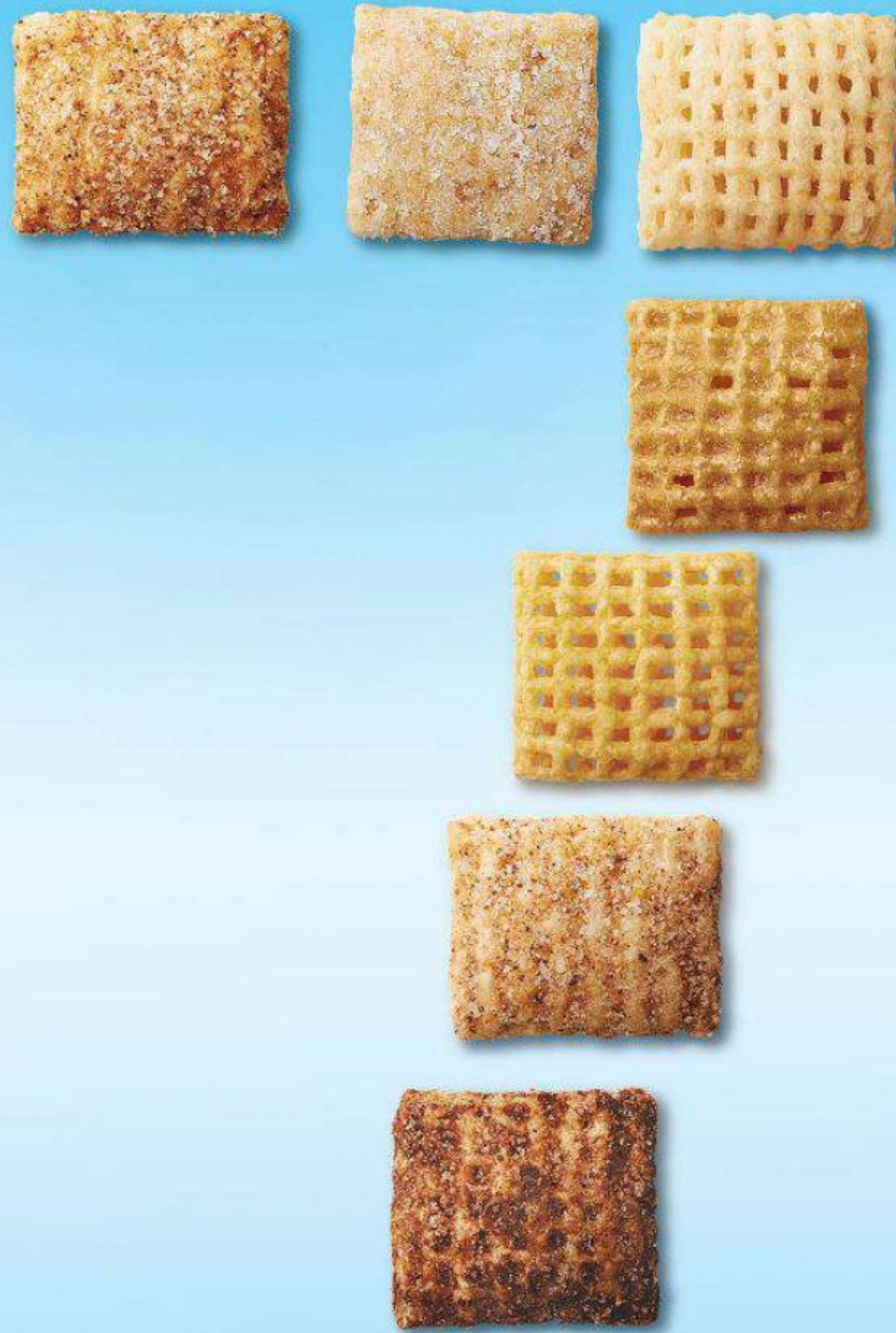
Because this dough is very soft, it's spread in a lightly greased pan before it rises rather than after. The crust will shrink as it cooks, so be sure to spread the dough all the way to the edges of the pan.

- 1 0.25-oz. pkg. active dry yeast (2 Tbs.)
- 2 Tbs. flaxseed meal
- 1 tsp. sugar
- 1½ cups tapioca starch
- 1 cup brown rice flour
- 1 cup white rice flour
- 2 tsp. xanthan gum
- 1½ tsp. salt
- 3 Tbs. olive oil, plus more for hands and pan

- 1** | Stir yeast, flaxseed meal, and sugar into 2 cups warm water. Let stand 10 minutes, or until liquid is cloudy.
 - 2** | Meanwhile, whisk together tapioca starch, rice flours, xanthan gum, and salt in large bowl. Stir yeast mixture into flour mixture until soft dough begins to form, then stir in oil.
 - 3** | Coat two 13-inch round pizza pans or one 18- x 13-inch baking sheet with oil. Divide dough between round pans or scoop into baking sheet, and coat hands with oil. Gently press and shape dough by hand to fit prepared pan(s). Set dough aside in warm place to rise 1½ hours. (You won't see much, but the yeast will be working.)
 - 4** | Preheat oven to 425°F. Par-bake pizza crusts 15 to 20 minutes, or until just golden brown. Add preferred toppings, return to oven, and bake 5 to 7 minutes more, or until cheeses begin to melt and/or toppings brown.
- PER SLICE** 198 cal; 2 g prot; 6 g total fat (<1 g sat fat); 35 g carb; 0 mg chol; 2 mg sod; 2 g fiber; <1 g sugars  



THREE-HERB
CHERRY TOMATO
PIZZA, p. 81



Seven gluten free flavors. No artificial flavors or colors. All delicious.



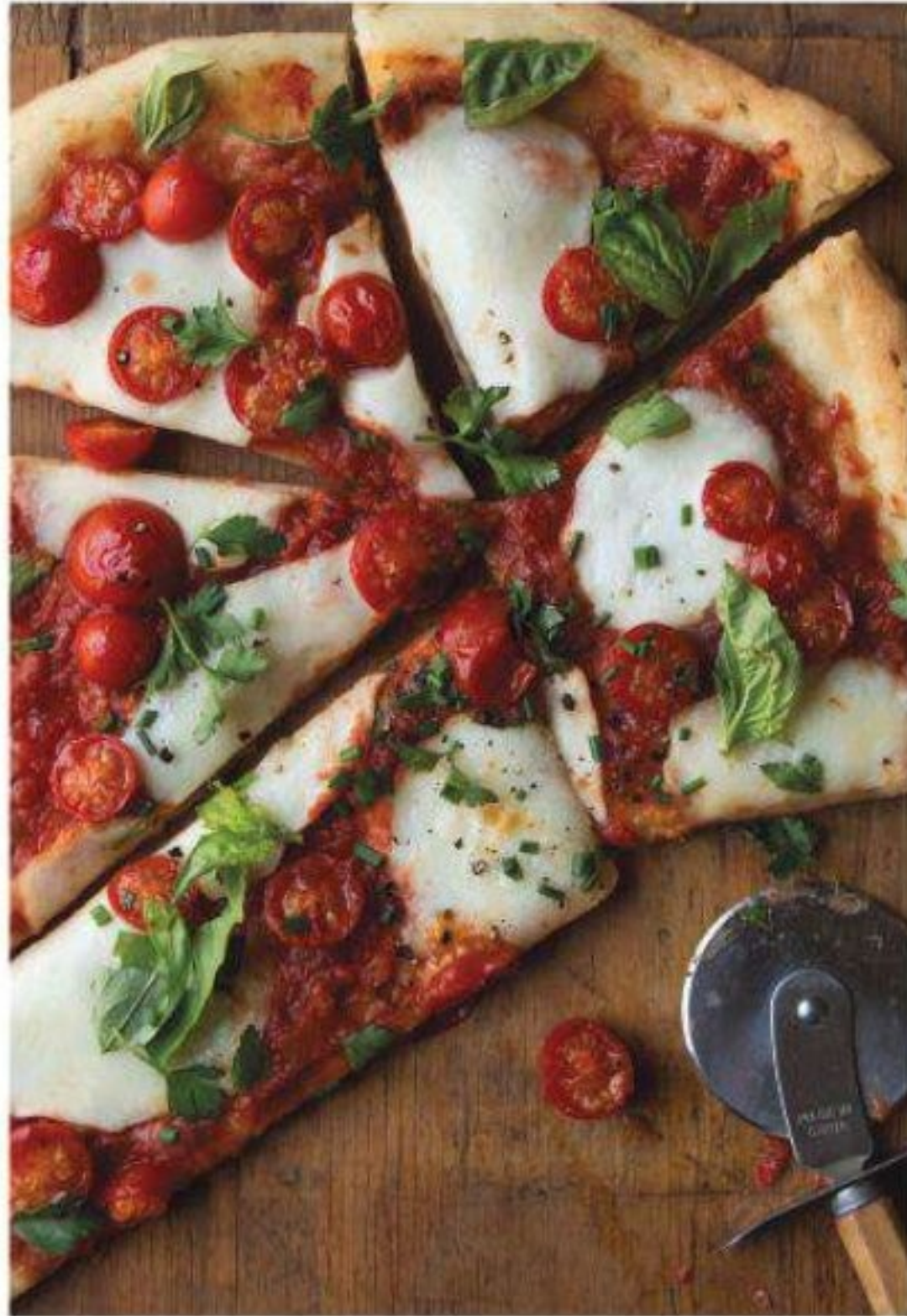
Wheat Chex® and Multi-Bran Chex® are not gluten free.

Say 'hi' to us on Facebook.



GLUTEN-FREE  REDO

the tops!




Jazz up your next homemade pizza with one of these topping combinations. All are gluten free, and can easily be veganized with dairy-free cheese and sour cream. Amounts are for one rectangular or two round pizzas.

1 |

Tangy-Sweet



Brush $\frac{1}{4}$ cup sun-dried tomato pesto over par-baked crust. Top with $1\frac{1}{2}$ cups cooked, sliced sweet potatoes, $\frac{1}{2}$ cup thinly sliced red onion, and $\frac{2}{3}$ cup crumbled feta cheese. Bake until cheese is soft and beginning to brown, then add 2 cups baby arugula.

PER SLICE 266 cal; 4 g prot; 10 g total fat (2 g sat fat); 42 g carb; 8 mg chol; 136 mg sod; 3 g fiber; 3 g sugars 

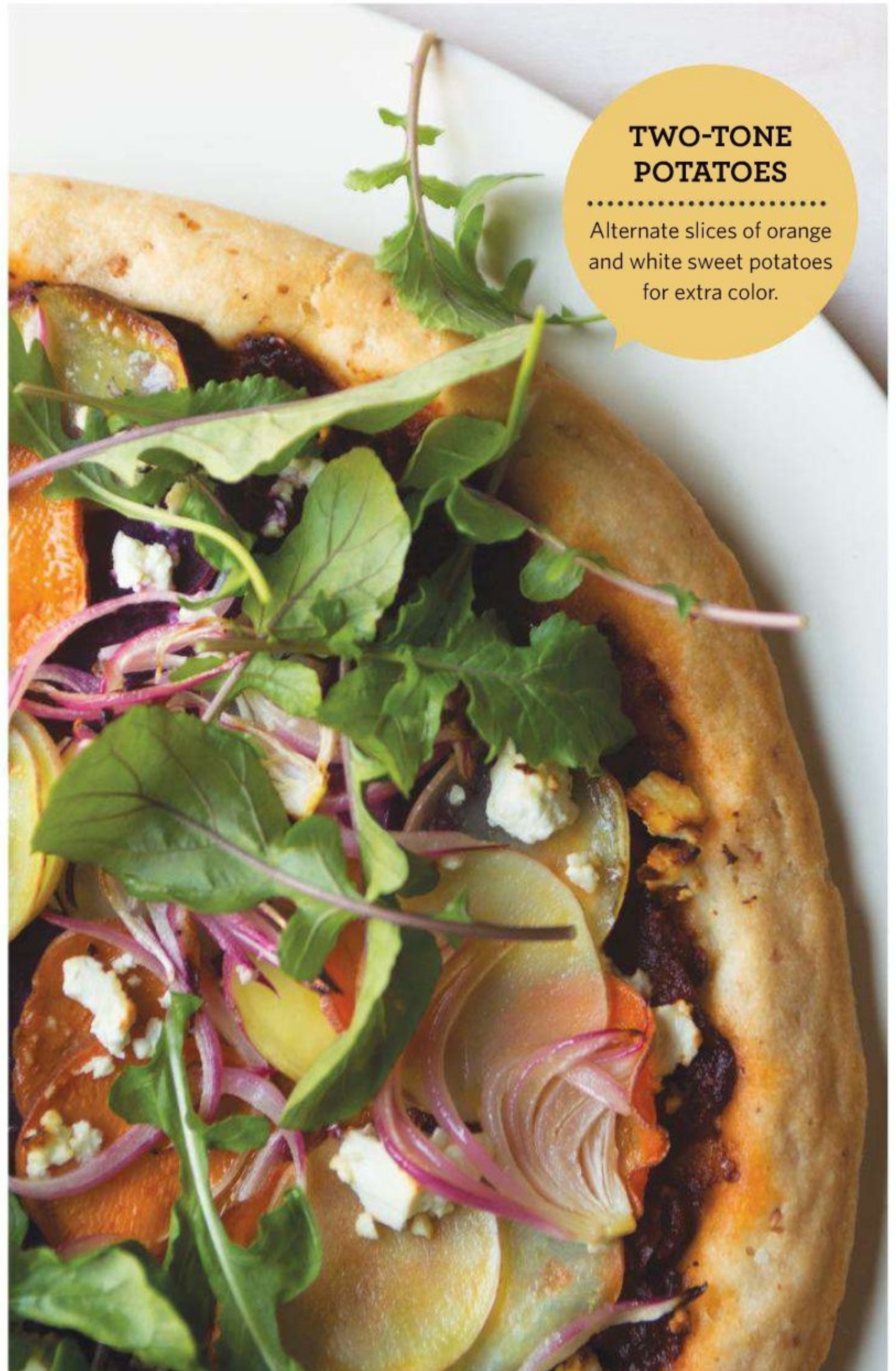
2 |

Hummus Pie

Spread $1\frac{1}{4}$ cups hummus over par-baked crust. Top with $\frac{1}{2}$ cup chopped roasted red peppers, $\frac{1}{3}$ cup chopped red onion, and 1 tsp. ground sumac. Bake until toppings are hot. Garnish with cilantro.

PER SLICE 248 cal; 4 g prot; 9 g total fat (1 g sat fat); 40 g carb; 0 mg chol; 118 mg sod; 4 g fiber; <1 g sugars  

Continued on p. 80



TWO-TONE POTATOES

.....
Alternate slices of orange and white sweet potatoes for extra color.



New!

Popped Edamame

CHiPS[®]



With a blend of pure California rice and REAL EDAMAME (edible green soybeans), Crunchmaster popped edamame chips are not your ordinary veggie chips. Simple, all natural ingredients. Air popped to a light, crispy perfection!



1-800-896-2396 • CrunchmasterGuru@thfoods.com



\$10,000 reasons to feel Alive!®





Go to **play.feelalive.com** for a chance to win **\$10,000** in cash

- Also play to win a **\$10, \$25** or **\$50** Alive! prepaid gift card
- The more you visit the better your chance of winning
- Receive valuable coupons

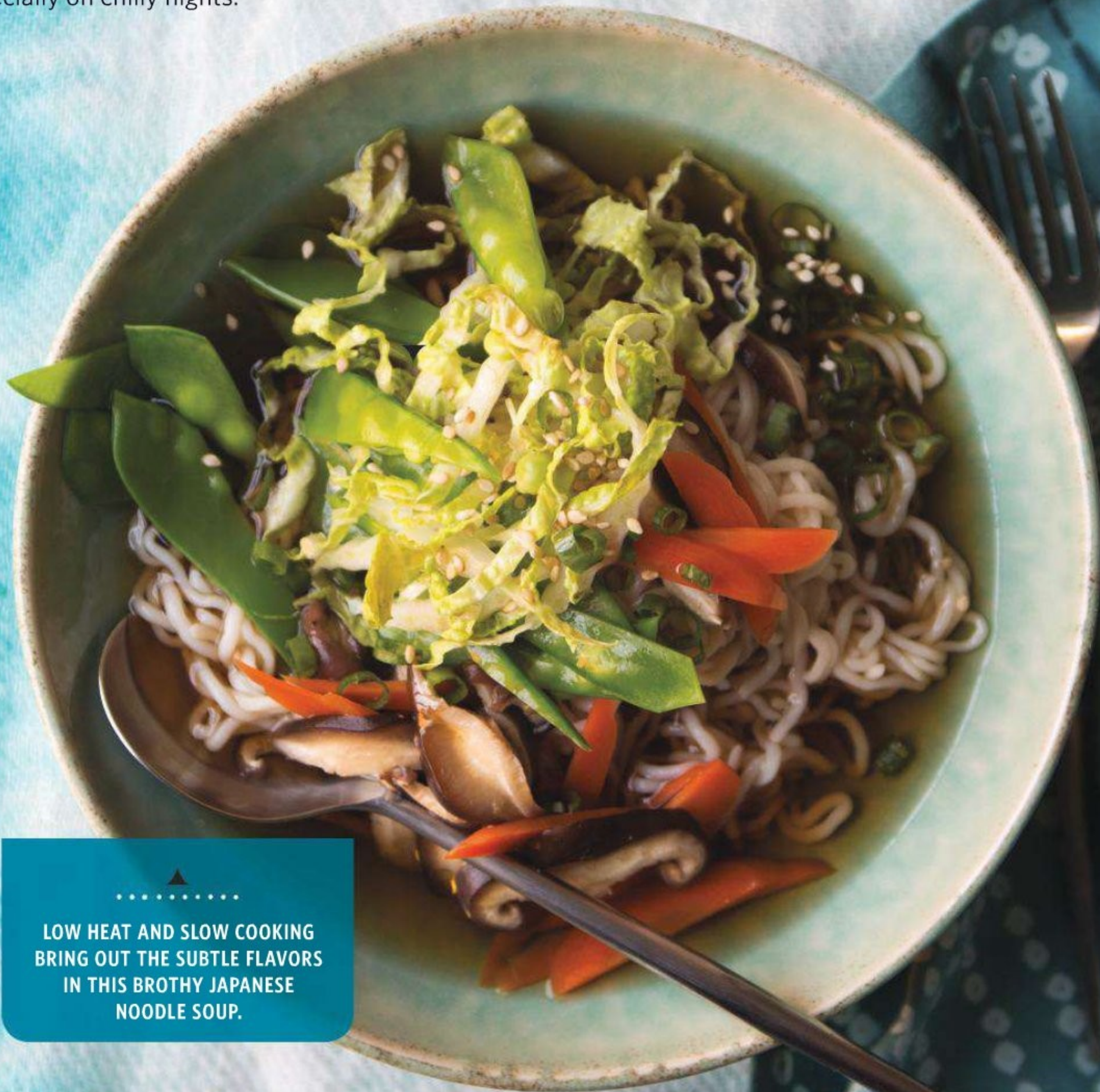


NO PURCHASE NECESSARY. Promotion starts on 1/2/14 at 12:00 PM ET and ends on 3/31/14 at 11:59:59 PM ET. See Official Rules at play.feelalive.com for how to play the game, entry instructions, odds of winning, etc. Open only to legal residents of the U.S. 50 states and District of Columbia. Must be at least 18 years of age. Void in Puerto Rico and where prohibited or restricted by law. Sponsor: Nature's Way Products, LLC

MAKE THE SWITCH FROM
STOVE TO SLOW COOKER
WITH THESE TASTY DISHES

takin' it slow

Kitchen fads come and go, but those slow cookers introduced in the 1970s have stood the test of time. It's still hard to beat low, steady heat when it comes to drawing out delicate food flavors, especially on chilly nights.



.....▲
.....
LOW HEAT AND SLOW COOKING
BRING OUT THE SUBTLE FLAVORS
IN THIS BROTHY JAPANESE
NOODLE SOUP.

To Your Health!

YES! Send me one year of *Vegetarian Times* for only \$14.95.

I'll **SAVE 67%** off the newsstand price. If I am not satisfied, I'll mark "cancel" on the invoice and owe nothing. The trial issue is mine to keep.

MAIL TODAY! Or subscribe online at www.vegetariantimes.com

Name _____

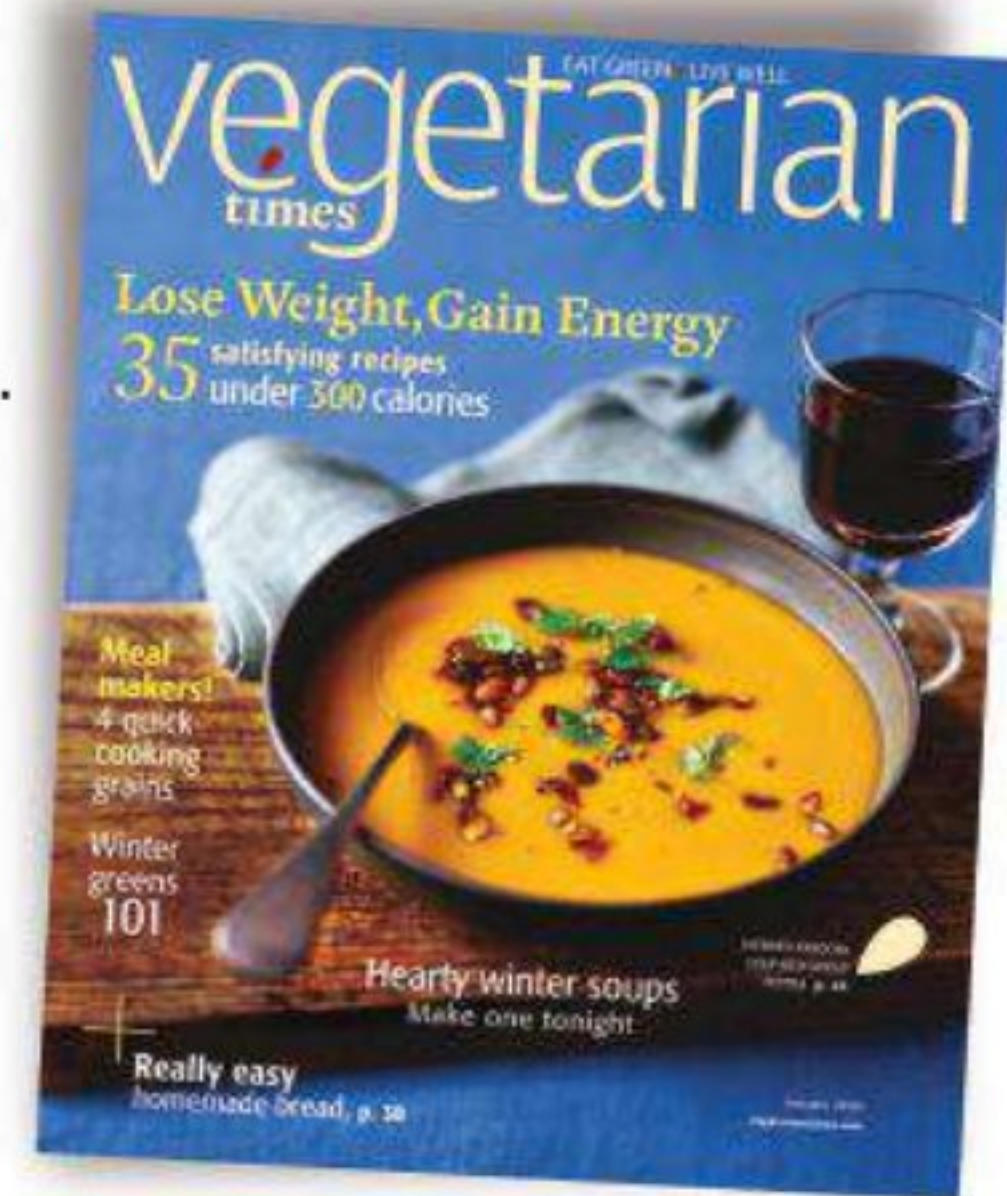
Address _____

City/State/Zip _____

E-Mail Address _____

(Receive notification of *Vegetarian Times* specials)

- Please bill me
- My payment is enclosed



vegetarian
times

Orders outside the US must be prepaid in US dollars. Canada add \$12. Foreign add \$24. Allow 6-8 weeks for delivery.

A001YH



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 106 FLAGLER BEACH FL

POSTAGE WILL BE PAID BY ADDRESSEE

vegetarian
times

PO BOX 420166

PALM COAST FL 32142-9107



Find more issues at
magazinesdownload.com

Japanese Noodle Soup

SERVES 4


You can adapt this light, satisfying soup to your schedule. Done in about five hours, it can continue to simmer in the slow cooker up to four hours more without turning mushy. The broth just gets richer.

- ½ head garlic (6 unseparated cloves)
- 4 green onions, divided
- 2 5-inch pieces dried kombu or kelp
- 7 coins sliced fresh ginger (from 2-inch piece)
- ¼ cup low-sodium tamari sauce
- 3 Tbs. mirin or sake
- 2 tsp. sugar, optional
- 2 cups thinly sliced shiitake mushrooms
- 3 large carrots, thinly sliced
- 4 cups (8 oz.) cooked thin rice noodles or udon noodles, or 2 8-oz. pkg. shirataki noodles, rinsed, drained, and snipped into spaghetti-length pieces
- 2 cups snow peas and/or thinly sliced napa cabbage
- 4 tsp. sesame oil for garnish, optional
- 2 tsp. sesame seeds for garnish, optional

1 | Cut garlic head half through middle to expose centers of cloves. Place garlic in slow cooker. Trim white parts from green onions, and add white parts to slow cooker along with kombu and ginger. Chop green tops of green onions, and set aside.

2 | Add tamari, mirin, sugar (if using), and 8 cups water to slow cooker. Cover, and cook on low 4 to 8 hours. Strain, and discard solids. Return broth to slow cooker, add mushrooms and carrots, cover, and cook 1 hour more, or until vegetables are tender.

3 | Divide noodles among four large bowls. Top with snow peas, then ladle broth over top. Garnish with chopped green onions, sesame oil, and sesame seeds (if using).

PER 2-CUP SERVING 282 cal; 6 g prot; <1 g total fat (<1 g sat fat); 59 g carb; 0 mg chol; 769 mg sod; 5 g fiber; 8 g sugars 

GEAR GUIDE

WHAT'S YOUR SLOW COOKER STYLE?

1. NO FRILLS → With one dial and three settings, the retro 4-quart **Crock-Pot Manual Slow Cooker** does the job without beeps or blinking lights. \$24.99; crock-pot.com
BEST FOR → New and budget-conscious cooks who don't mind using a separate timer.

2. READY WHEN YOU ARE → The **Hamilton Beach IntelliTime 6 Quart Slow Cooker** makes a recipe work around your schedule, not vice-versa. The timer function heats the cooker more slowly or quickly depending on the time you need so nothing turns out overcooked. \$59.99; hamiltonbeach.com
BEST FOR → Busy cooks who can't always be in the kitchen at the end of a specified cooking time.

3. LARGE AND IN CHARGE → With the adjustable settings in the 7-quart **Cuisinart Multicooker** you can

simmer, steam, and sear in the same pot. \$159; surlatable.com
BEST FOR → Frequent users with plenty of counter space to keep the cooker on hand.

4. ONE FOR THE ROAD → The 6-quart **Crock-Pot Cook & Carry Digital Slow Cooker with Heat Saver Stoneware** is all about the tight-clamping lid that lets you take hot foods anywhere without making a mess. \$59.99, crock-pot.com

BEST FOR → Potluckers, tailgaters, and partygoers who need a reliable take-along option.

5. STOVE-TOP-FRIENDLY → With an insert that can go from stove top to slow cooker, the 7-quart **Breville Slow Cooker with Easy Sear** lets you start recipes with a sauté or sear, then go low and slow. \$129.99; brevilleusa.com
BEST FOR → Cooks who prefer more control over starting temperatures.



Chew on this

Hearty, long-cooking grains such as farro, wheat berries, and spelt are ideal for slow cookers, which cook them to chewy perfection with little risk of sticking or burning.


Vegetables with Farro

SERVES 6

Here, farro is paired with firm vegetables that stand up to low heat and long cooking times. If you have a slow cooker with a sauté or sear function, you can briefly brown the vegetables first for richer flavor, then set them aside to be added to the dish in step 2.

- 1 cup farro, rinsed and drained
- 1¾ cups low-sodium vegetable broth
- 1 cup halved Brussels sprouts
- 4 medium carrots, peeled and sliced ¾-inch thick (1¾ cups)
- ½ medium fennel bulb, cored and cut into ½-inch dice (1¼ cups), fronds reserved
- 1½ tsp. dried rosemary
- ¾ tsp. salt
- 1 orange, peeled and cut into pieces (1 cup)
- 3 green onions, sliced (½ cup)
- 2 Tbs. lemon juice

1 | Stir together farro and broth in slow cooker. Cover, and cook on high 1 hour.
2 | Combine Brussels sprouts, carrots, fennel, rosemary, and salt in large bowl, then place vegetables on top of farro. Cover with lid, adjust slow cooker setting to low, and cook 2 to 3 hours, or until vegetables are tender.
3 | Let slow cooker stand, uncovered, 10 minutes. Fluff farro mixture with fork, and transfer to serving bowl. Garnish with orange pieces, green onions, and fennel fronds, and drizzle with lemon juice.

PER 1-CUP SERVING 164 cal; 6 g prot; <1 g total fat (<1 g sat fat); 34 g carb; 0 mg chol; 375 mg sod; 7 g fiber; 6 g sugars 



Finally A Weight Loss Plan That Works

Say goodbye to that sluggish metabolism

The conversion of food to energy is what helps us burn calories, get rid of excess pounds and keep weight off. In a perfect world, our metabolism would be untouchable and we would never have to worry about unwanted weight gain, but in reality, our metabolism can be affected by a number of factors including: Diet, stress, and sleep deprivation.

If you find yourself making a number of changes but still not noticing a difference, your metabolism could be to blame. The key to successful and sustainable weight loss is to reset your metabolism at the beginning of your diet and to keep it active. The unique

gluten-free Almased formula, made from non-GMO soy, yogurt and honey in a special fermentation process helps you achieve just that!

Created over 25 years ago by German holistic therapist Hubertus Trouillé, Almased has become Germany's most popular diet product. With Almased, you can lose weight without hunger or cravings and feel more energized and youthful in the process. The formula can even be used by people with diabetes. Its positive effects have been documented in over ten years of clinical studies. The program is easy to follow and the results will amaze you - give it a try! Almased is more than a diet, it's a way of life.



Look at me now

"In 2008, I instantly went from 140 lbs to a whopping 210 lbs overnight. I was suffering from high blood pressure, high cholesterol and pre-diabetes. In 2010, I visited a holistic wellness center, where I found out about Almased. I was skeptical but I decided to give "this stuff" a try. Boy was I impressed! After the first week of following the Almased Diet and working out every other day, I was down 4 lbs. The pounds continually disappeared and today, I am at 135 lbs and healthy! No diabetes and no high blood pressure! I went from a size 16 to a size 6 in the course of a year and the weight has stayed off. I brag about Almased to anyone who will listen now. I love my yellow can!"

Tell Us Why You Love Your Yellow Can!

E-mail your Almased success story to stories@almased.com for a chance to win \$150!

Need Help With Your Diet?



Silke Ullmann is a registered dietitian who provides nutritional guidance for Almased. Contact Silke at nutritionist@almased.com.

Find Almased in health food stores, at GNC and the Vitamin Shoppe or visit almased.com.

Receive Your Free Figure Plan

at figureplan.com, enter source code: VTW

You can also call us toll-free at 1-877-ALMASED (1-877-256-2733) and mention *Vegetarian Times*.



9 Ways Almased® works in the body*

- 1. Nourishes the body with a unique formula of non-GMO soy, yogurt and honey.
- 2. Speeds up the metabolism and improves energy levels.
- 3. Burns body fat without reducing muscle mass.
- 4. Supports blood sugar and thyroid function.
- 5. Promotes healthy levels of the satiety hormones leptin and ghrelin.
- 6. Promotes healthy levels of the youth hormone HGH.
- 7. Promotes a balanced insulin level while stimulating fat reduction and inhibiting storage of fat.
- 8. Promotes healthy cholesterol and triglyceride levels.
- 9. Promotes healthy blood pressure.

Your Almased Diet Plan

Week 1

Replace all 3 meals with an Almased shake (8 Tbsp Almased and 1-2 tsp of oil mixed in 10-12 oz of liquid each). In addition, drink plenty of vegetable broth.



Week 2 and Beyond

Replace 2 meals, preferably breakfast and dinner, with an Almased shake and have 1 healthy meal with lots of vegetables, lean protein, and a side of whole grains.



Circle reply #10 on Info Center card

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.

TECHNIQUE 



MORE THINGS TO TRY IN A SLOW COOKER

- 1. Oatmeal
- 2. Applesauce
- 3. Jam
- 4. Fondue
- 5. Vegetable broth
- 6. Dried beans
- 7. Mulled cider



Warm Pear-Pistachio Cobbler

SERVES 9

This easy dessert was designed for a smaller (3- to 4-quart) slow cooker. If you're using a larger model, double the recipe to ensure you have enough topping to cover the cobbler.

FILLING

- 4 large, firm Bartlett pears, peeled, cored, and quartered
- $\frac{3}{4}$ cup dried apricots
- $\frac{1}{4}$ cup sugar
- $1\frac{1}{2}$ Tbs. all-purpose flour
- 1 Tbs. lemon juice
- 1 pinch ground nutmeg


TOPPING

- 1 cup all-purpose flour
- 2 Tbs. plus $\frac{1}{2}$ tsp. sugar, divided
- $1\frac{1}{2}$ tsp. chopped fresh thyme, optional
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 3 Tbs. shortening, such as Earth Balance, chilled and cut into small pieces
- $\frac{1}{3}$ cup cold rice milk
- $\frac{1}{4}$ cup roasted, salted pistachios, roughly chopped, for garnish

1 | To make Filling: Spray inside of 3- or 4-qt. slow cooker with cooking spray. Toss together all ingredients in large bowl. Transfer to slow cooker.

2 | To make Topping: Whisk together flour, 2 Tbs. sugar, thyme (if using), baking powder, and salt in bowl. Cut or rub shortening into flour until it resembles coarse meal. Stir in rice milk. Dot pieces of dough over fruit mixture. Lightly spray with cooking spray, and sprinkle with remaining $\frac{1}{2}$ tsp. sugar.

3 | Place single layer of paper towel across top of slow cooker, extending over edges, and securing with lid. Cook $2\frac{1}{2}$ to $3\frac{1}{2}$ hours on high, or until Topping is puffed. Turn off slow cooker; remove lid and paper towel. Allow cobbler to sit, uncovered, 10 minutes, before serving. Garnish with pistachios.

PER $\frac{1}{2}$ -CUP SERVING 298 cal; 3 g prot; 7 g total fat (2 g sat fat); 57 g carb; 0 mg chol; 176 mg sod; 4 g fiber; 30 g sugars 

easy

CONVERSION

A casserole that takes one hour in the oven will take three to four hours in a slow cooker set on high or six to eight hours set on low. To convert any recipe cooking time from a conventional oven or stove top to the slow cooker, use these formulas:

SLOW COOKER

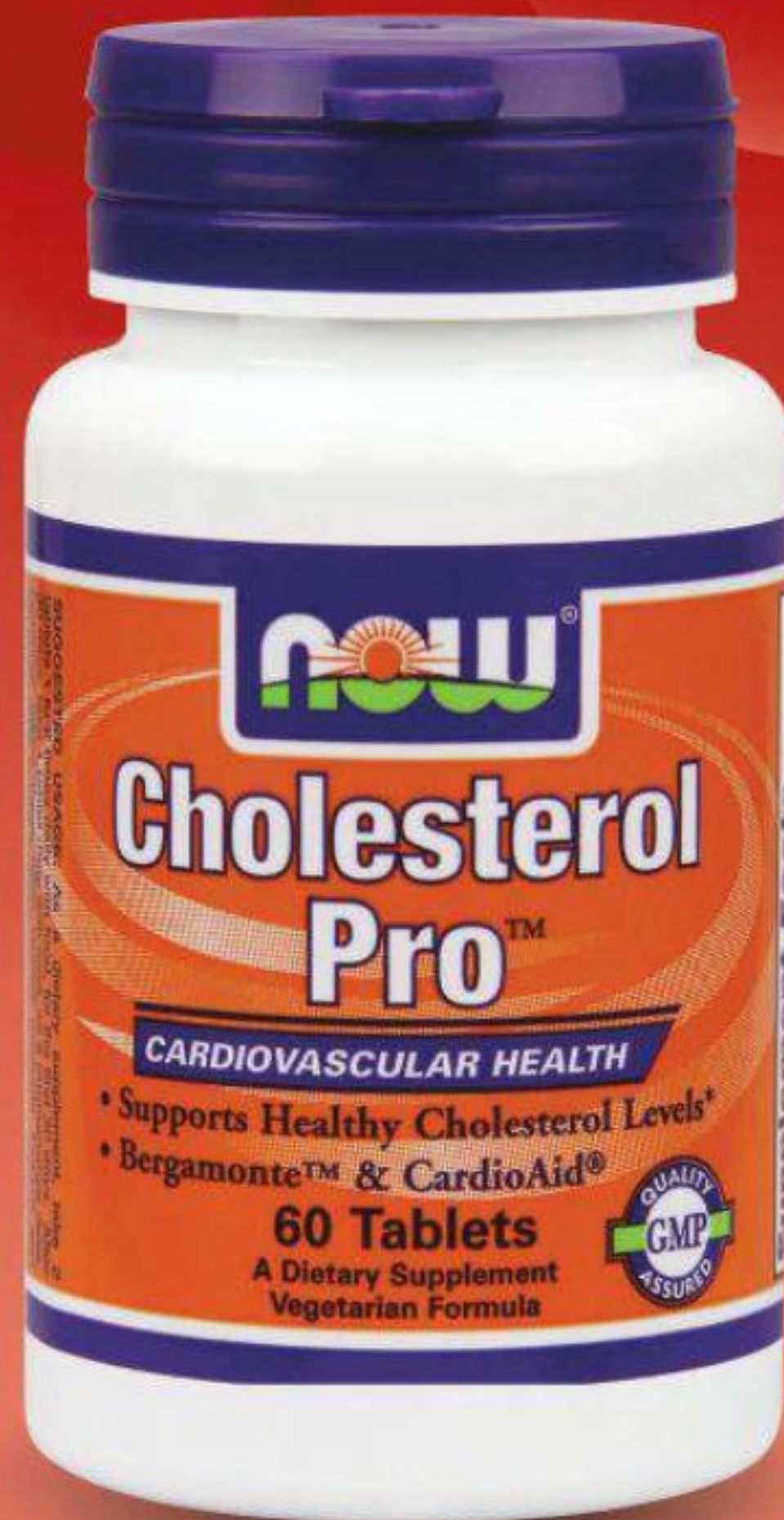
→ **LOW SETTING**

MULTIPLY OVEN/STOVE TIME BY 6 TO 8.

SLOW COOKER

→ **HIGH SETTING**

MULTIPLY OVEN/STOVE TIME BY 3 TO 4.



heart's content

If you're concerned about cardiovascular health – take heart! NOW® Cholesterol Pro™ provides an effective combination of well-researched, proprietary ingredients known for their cardiovascular benefits.* When you're looking to support healthy cardiovascular function and keep already-healthy cholesterol levels well-balanced,* there's nothing better than working with a pro.

NOW® offers more than 1,400 quality natural products that empower people to lead healthier lives.

Supplements • Personal Care • Sports Nutrition • Food



Available in fine health food stores nationwide. • nowfoods.com

[facebook.com/nowfoodsofficial](https://www.facebook.com/nowfoodsofficial) • twitter.com/nowfoods

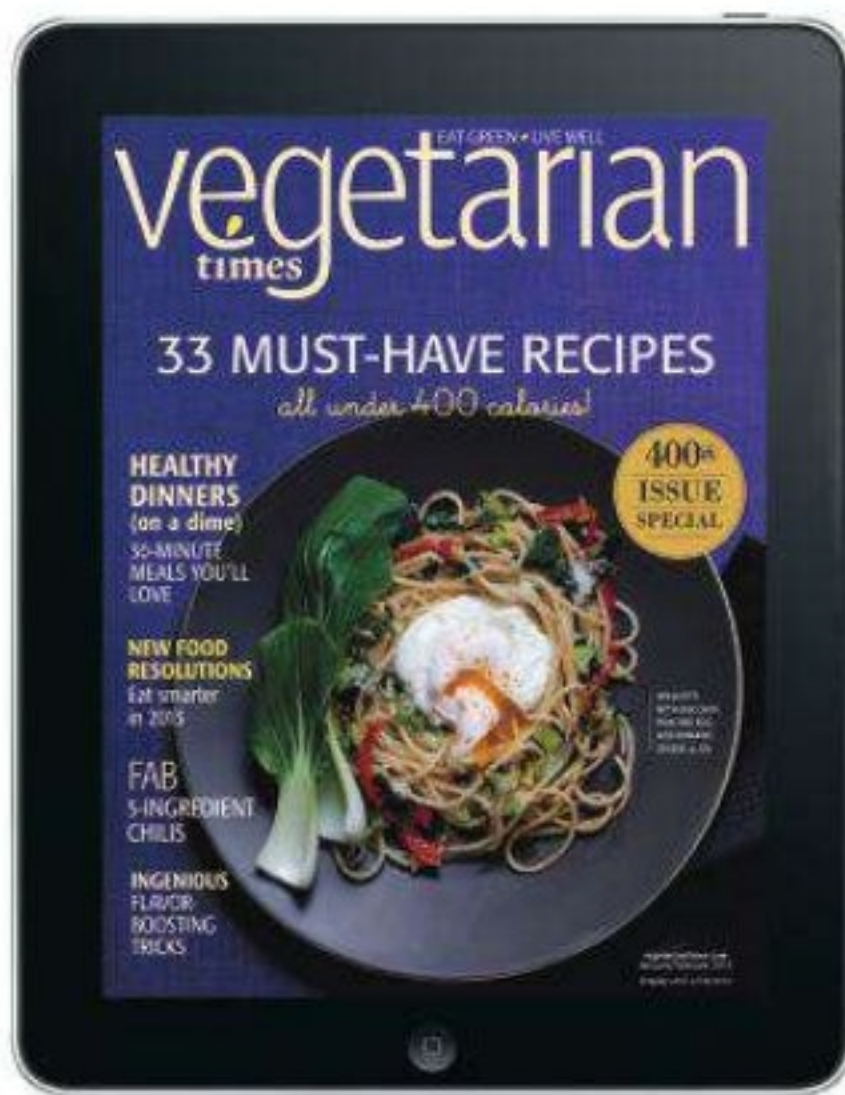
Circle reply #13 on Info Center card

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

EAT GREEN • LIVE WELL

Experience **vegetarian** magazine times in a whole new way!

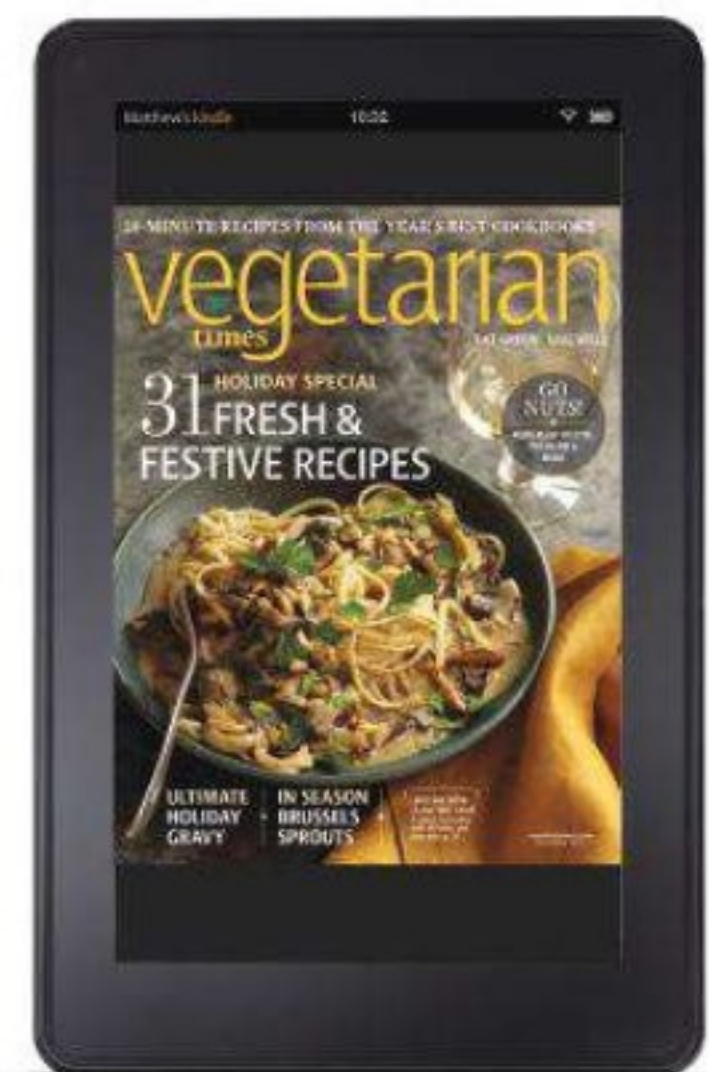
Now on the iPad, NOOK® Tablets and Kindle Fire.



Available on the
App Store



nook
by Barnes & Noble



available on
kindle fire

vegetariantimes.com/tablet

iPad is a trademark of Apple Inc., registered in the U.S. and other countries. App store is a service mark of Apple Inc.

NOOK is a registered trademark of Barnes & Noble, Inc. NOOK® Tablets is a trademark of Barnes & Noble, Inc.

Kindle and the Kindle Fire are trademarks of Amazon.com, Inc. or its affiliates.

Slow Cooker Squash Gratin

SERVES 6

Slow cookers offer an energy-saving way to cook gratins, which usually need an hour of oven time. Double the recipe if your cooker's capacity exceeds 4 quarts.

- 2 Tbs. unsalted butter
- 3 Tbs. all-purpose flour
- 1¼ tsp. salt, divided
- 1 cup whole milk
- 1 chipotle chile in adobo sauce, drained and minced (1 Tbs.)
- 1 cup shredded Gouda cheese, divided (3½ oz.)
- 2 small acorn squash, peeled, quartered, and sliced ¾-inch thick
- 1 medium leek, halved, light green and white parts cut into 1-inch pieces (1 cup)
- 1½ Tbs. chopped fresh sage
- 3 cloves garlic, minced (1 Tbs.)
- 3 Tbs. Italian-seasoned panko breadcrumbs



THE PAPER TOWEL TRICK → Placing a paper towel between the lid and the food in the slow cooker absorbs steam and moisture so “baked” dishes such as cobblers and gratins won't get soggy.

1 | Spray inside of 3- to 4-qt. slow cooker with cooking spray. Add butter, cover, and heat on high 10 minutes, or until butter is melted.

2 | Whisk flour and ¼ tsp. salt into butter 1 minute, or until smooth. Gradually add ¼ cup milk, whisking constantly 2 minutes, or until completely blended. Whisk in remaining ¾ cup milk and minced chipotle. Stir in ¾ cup Gouda. Cover, and cook 15 minutes, until cheese is almost melted and slow cooker is hot.

3 | Meanwhile, combine squash, leek, sage, garlic, and remaining 1 tsp. salt in large bowl.

4 | Uncover slow cooker, and whisk sauce 2 minutes, or until smooth. Stir squash

mixture into sauce. Place single layer of paper towel across top of slow cooker, extending over edges, and securing with lid. Adjust slow cooker setting to low, and cook 3 to 4 hours, or until squash is tender. Turn off slow cooker, and remove lid and paper towel. Sprinkle remaining ¼ cup Gouda, and then breadcrumbs, over gratin; spray with cooking spray. Cook, uncovered, 5 minutes before serving.

PER 1-CUP SERVING 198 cal; 7 g prot; 10 g total fat (6 g sat fat); 21 g carb; 33 mg chol; 682 mg sod; 3 g fiber; 3 g sugars

Joyce Sangirardi is a Brooklyn, N.Y.-based food stylist and recipe developer.

PLANT-DERIVED OMEGA-3, MORE ALA THAN FLAX OIL



You know you need Omega-3, but you'd rather not take fish oil. Whether you're considering sustainability or aftertaste, there is a better option. Chia Seed Oil provides more ALA Omega-3 than fish or flax! Switch to CHIA OMEGA® —for a sustainable, fish-free and proven healthful Omega-3.* **Join the Chia Revolution!**™

GOOD FOR YOU,
GOOD FOR THE PLANET™

ESSENTIAL FORMULAS®
Circle reply #9 on Info Center card

Learn More: Visit www.ChiaOmega.com or call (800) 430-6180



* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



SIMPLE HOMEMADE
SWEETS WITH
A FRENCH TWIST

oooh la la!

Reviewers may be raving about Clotilde Dusoulier's wonderful way with locally grown vegetables in *The French Market Cookbook: Vegetarian Recipes from My Parisian Kitchen*, but what wowed us were the desserts. We asked the author and blogger to share some more sweet secrets. From a light, lemony warm soufflé to a smooth, fruit-laced ice cream, her luscious offerings are effortlessly elegant, and oh-so-French.



PHOTOGRAPHY: VICTORIA WALL HARRIS; FOOD STYLING: VIVIAN LUI; PROP STYLING: SCOTT HORNE

Lemon-Almond Soufflés

SERVES 6

There's nothing intimidating about these zesty soufflés, just be sure to grease the sides of the ramekins up to the rim so they'll rise fully in the oven.




- 2 tsp. coconut oil
- 4 large eggs, separated
- 3 Tbs. honey, softened
- 1 organic lemon, zested and juiced (1 Tbs. zest, 3 Tbs. juice)
- 3 Tbs. almond meal
- ¼ tsp. salt

1 | Preheat oven to 350°F. Grease six 4-oz. ovenproof ramekins with coconut oil up to rim. Chill ramekins in refrigerator.

2 | Whisk together 3 egg yolks, honey, lemon zest, lemon juice, and almond meal in medium bowl. (Reserve extra egg yolk for another use.)

3 | Beat 4 egg whites and salt with electric mixer until stiff peaks form. Fold meringue into egg yolk mixture with spatula.

4 | Fill ramekins two-thirds full, and bake 10 to 12 minutes, or until puffy and golden brown. Serve immediately.

PER SOUFFLÉ 106 cal; 5 g prot; 6 g total fat (2 g sat fat); 11 g carb; 92 mg chol; 139 mg sod; <1 g fiber; 9 g sugars 



“we gotta stop meating like this...”

vegetarian or thinking of becoming one? the Vitamin Shoppe® has got a wide range of supplements to help you fill gaps in nutrition and support your health—available in vegetarian and vegan formulas.

- greens, superfoods, herbs & more to help meet your individual wellness needs
- vegan & vegetarian protein to support your active lifestyle
- top quality health support and prices you'll love

questions? ask an in-store health enthusiast™. they'll help you choose the supplements that are right for you.



stores nationwide
vitaminshoppe.com



Mango Pistachio Cardamom Ice Cream



SERVES 6

Take a sweet trip to India with this easy frozen treat, spiked with green cardamom and nuggets of pistachio. Silken tofu makes it extra creamy and smooth with no dairy. Grinding the seeds from whole cardamom pods offers the freshest flavor—look for the pods at spice purveyors and gourmet kitchenware stores.

- 1 large, ripe mango (1 lb.), peeled and cut into chunks
- $\frac{1}{3}$ cup sugar
- $\frac{2}{3}$ cup drained soft silken tofu
- 2 pods green cardamom, split, seeds removed and finely ground, or 1 pinch ground cardamom
- 1 pinch salt
- $\frac{1}{2}$ cup dry-roasted unsalted shelled pistachios, chopped

1 Blend mango, sugar, tofu, cardamom, and salt in blender until smooth. Cover, and refrigerate until chilled.

2 Freeze mixture in ice cream maker according to manufacturer's instructions. Once ice cream is set, fold in pistachios.

PER $\frac{1}{2}$ -CUP SERVING 148 cal; 4 g prot; 6 g total fat (<1 g sat fat); 23 g carb; 0 mg chol; 26 mg sod; 2 g fiber; 19 g sugars  



Pear and Lavender Charlottes

SERVES 6

The French love to assemble single-serving desserts in glasses, and this easy Charlotte makes for an elegant treat. Dried lavender teases floral notes out of the pears.

- $\frac{3}{4}$ tsp. dried lavender flowers
 - $\frac{1}{2}$ cup sugar, divided
 - $\frac{3}{4}$ cup plain reduced-fat Greek-style yogurt
 - 1 lb. ripe pears (3 medium), peeled, cored, and quartered
 - 18 ladyfinger cookies (about 5.3 oz.), halved
- 1** Set out six 5-oz. glasses for filling.
 - 2** Finely grind lavender with $\frac{3}{4}$ tsp. sugar using mortar and pestle. Stir into yogurt, and set aside.
 - 3** Bring remaining sugar and $1\frac{1}{2}$ cups water to a simmer in medium saucepan. Add pears, and simmer 2 minutes. Lift pears from syrup with slotted spoon, reserving syrup. Dice pears. Divide into six portions on cutting board.
 - 4** To assemble Charlottes: Dip ladyfinger halves briefly in syrup, plain side down, and arrange in glasses, placing 1 piece flat in bottom of each glass, and standing 4 pieces around sides of each glass (plain side facing inward). Scoop 1 Tbs. yogurt in center of each serving, top with one-sixth of pears, 1-Tbs. dollop yogurt, and 1 more dipped ladyfinger half, plain side down.
 - 5** Chill Charlottes 2 hours, or overnight. Remove from refrigerator 20 minutes before serving.

PER $\frac{1}{2}$ -CUP SERVING 214 cal; 5 g prot; 3 g total fat (1 g sat fat); 43 g carb; 57 mg chol; 47 mg sod; 2 g fiber; 25 g sugars




Apple-Date Crisps

SERVES 6

Apples and dates come together beautifully in this low-fat crisp. You can mix and match apple varieties for more flavor complexity.

- $\frac{1}{2}$ cup old-fashioned oats
 - 2 Tbs. olive oil
 - 1 Tbs. sugar
 - $\frac{1}{4}$ tsp. salt
 - 2 large baking apples, peeled, cored, and diced (1 lb.)
 - 4 Medjool dates, pitted and chopped
- 1** Preheat oven to 350°F, and set out six 4-oz. ovenproof ramekins.
 - 2** Pulse oats in food processor until coarsely ground. Combine oats, oil, sugar, and salt in small bowl.
 - 3** Combine apples and dates in medium bowl, divide among ramekins, and top with oat mixture. Bake 20 to 25 minutes, until apples are softened and topping is golden brown. Let cool at least 15 minutes before serving.

PER $\frac{1}{2}$ -CUP SERVING 146 cal; 2 g prot; 5 g total fat (<1 g sat fat); 26 g carb; 0 mg chol; 100 mg sod; 3 g fiber; 19 g sugars 



NOT TONIGHT, I'M TOO TIRED.

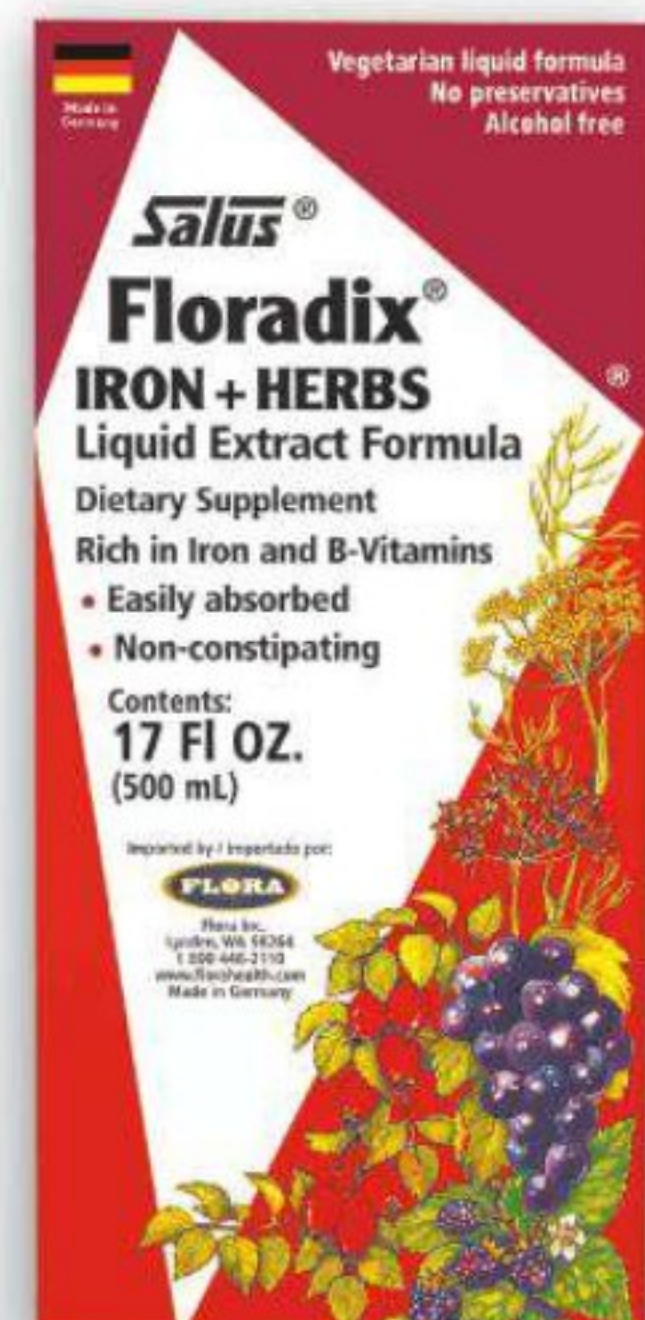
WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired...too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down...especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.* So redefine your definition of a "good time" with Floradix and rekindle the romance.



VEGETARIAN + NON-GMO + ADDITIVE- & PRESERVATIVE-FREE
888-436-6697 | VISIT WWW.FLORAHEALTH.COM TO FIND A STORE NEAR YOU.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Receive a **\$4 coupon** toward your next purchase of Floradix! Visit: WWW.FLORAHEALTH.COM/TOOTIRED or scan this code!



Dark Chocolate Mousse, Three Ways

SERVES 6

One recipe, three different desserts. This chocolate mousse can be chilled and served as-is, frozen into a creamy sorbet, or baked into a hot-from-the-oven molten chocolate cake. Recipe excerpted from *The French Market Cookbook: Vegetarian Recipes from My Parisian Kitchen*, by Clotilde Dusoulier. Reprinted with permission of Clarkson Potter.



- 9 oz. bittersweet chocolate, chopped**
- 6 extra-large egg whites**
- ½ tsp. cream of tartar**
- 1 pinch salt**
- 3 Tbs. unrefined blond cane sugar or evaporated cane juice**
- ⅓ cup cacao nibs, optional**



- 1** Melt chocolate in double boiler, transfer to medium bowl, and set aside to cool.
- 2** Beat egg whites, cream of tartar, and salt with electric mixer on medium speed 3 minutes, or until frothy. Add sugar, increase speed to medium-high, and beat 3 to 4 minutes more, or until egg whites form stiff, glossy peaks.

3 Stir one-sixth of egg whites into melted chocolate. Fold in remaining egg whites in five more additions with rubber spatula, until incorporated. Halfway through, fold in cacao nibs (if using).

4 To make Chocolate Mousse: Pour mixture into 3-cup bowl or six ½-cup ramekins or glasses. Cover, and chill at least 4 hours, or overnight.

5 To make Chocolate Sorbet: Freeze chilled mousse in freezer overnight.

6 To make Molten Chocolate Cakes: Preheat oven to 350°F. Coat six ½-cup ovenproof ramekins with cooking spray. Bake cakes 12 minutes, or until tops are set and cracked. Let stand 5 to 10 minutes before serving.

PER SERVING 257 cal; 9 g prot; 18 g total fat (11 g sat fat); 26 g carb; 0 mg chol; 92 mg sod; 5 g fiber; 18 g sugars  

NEW

Stainless Steel Scoop

Glass Pitcher

tribest dynablend Horsepower Plus™ DB-850G High Power Blender

Blending Health & Convenience

The Only High Power Blender with a Glass Pitcher and Stainless Steel Utility Scoop

- Powers through your toughest jobs
- Max. 23,000 RPM
- Powerful 1.1 HP Motor
- Heavy-duty Tempered Glass Pitcher
- Multi-purpose Stainless Steel Utility Scoop
- Variable Speed Dial
- 3 Pre-Programmed Buttons
- 10 Year Warranty

Tribest Corporation 1143 N. Patt Street, Anaheim, CA 92801
Toll free: 888-254-7336 | Tel: 714-879-7150
service@tribest.com | www.tribestlife.com

Circle reply #18 on Info Center card

Find more issues at magazinesdownload.com



Our products are sweet.

Knowing how they're grown makes us sweeter.



When you sweeten with Florida Crystals,[®] you know it's something good.



- We grow.
- We harvest.
- We conserve.
- We sustain.
- You enjoy.

Learn about our sustainability and conservation efforts that start at our farm and continue in your kitchen. We're more than Sweet, and together, we do good.

Earth Friendly, Uniquely Delicious.

floridacrystals.com

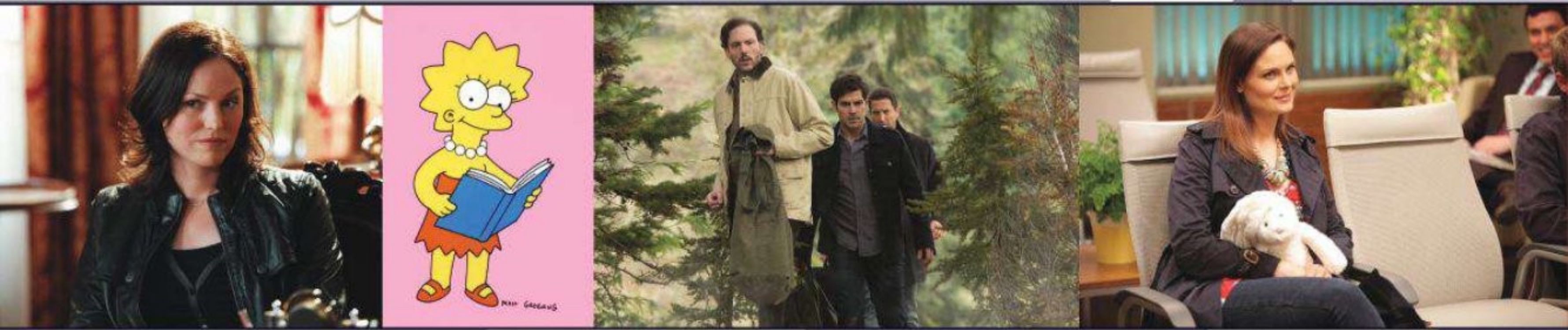
Circle reply #6 on Info Center card



©2014 Domino Foods, Inc.

TELEVISION IS SHOWING VEGETARIAN CHARACTERS IN A NEW LIGHT

PRIME TIME



FOR *Veggie*s

Like any group going against the mainstream, vegetarians have often struggled to be taken seriously. It wasn't so long ago that some of television's most popular shows resorted to rolling out a veg character (or, rather, caricature) to elicit a laugh. "It's always been easy to tack the vegetarian label onto a character to further accentuate their eccentricity," says Brittany Shoot, contributor to the *Cultural Encyclopedia of Vegetarianism*. Cases in point: Phoebe Buffay on *Friends* and Darlene Conner on *Roseanne*. "They were stereotypical portrayals, with Darlene being the rebellious teenager and Phoebe being kind of quirky and eccentric," says Beverly Kaskey, senior director of the Humane Society of the United States's Hollywood Outreach, presenter of the Genesis Awards, which recognizes news and entertainment media for spotlighting animal protection issues.

But the times they are a-changing. Now, "smart" and "respected" are qualities that Jane Dollinger, senior media liaison for People for the Ethical Treatment of Animals, sees in vegetarians and vegans depicted on TV. The result? "Viewers are subtly prompted to think more about social issues and make changes in their lives," Dollinger says. Also, as plant-based diets have become not just accepted but also embraced by more people, including the actors, writers, and producers working in television, more veggie characters are filling main roles. "This tells us that vegetarianism and veganism are becoming a part of the taken-for-granted social fabric," says Arlington, Mass.-based sociologist Donna Maurer, PhD, author of *Vegetarianism: Movement or Moment?* What's more, being meat-free is an inherent part of who the characters are and helps to define them in positive ways, notes Kaskey. Consider the following four—who aren't just ready for, but rocking, prime time.



WISE CHILD

Arguably the moral compass on Fox's long-running animated series *The Simpsons*, **Lisa Simpson** is known for being smart, eco-conscious, and compassionate. In the 1995 episode "Lisa the Vegetarian," the Simpsons visit a petting zoo, and Lisa subsequently finds herself haunted by the little lamb she met there and unable to eat meat. Ridiculed by friends and family for her protests, she runs away and winds up at the Kwik-E-Mart, where she encounters Paul and Linda McCartney. Together with storekeeper Apu (revealed to be a vegan), the McCartneys help Lisa embrace her new beliefs while still respecting others' views.

The episode was partly informed by the experiences of *The Simpsons* producer David Mirkin, who was going vegetarian around the same time. "I'd recently seen film footage about factory farming, and I was never thrilled with the idea of eating animals," says Mirkin, who *was* thrilled with the idea of getting Paul McCartney to make a cameo. "His only request was to keep Lisa a vegetarian, and I was very happy with that. It was so true to who she is, and we've explored

that aspect of her character several times since." Meeting the McCartneys also made Mirkin's vegetarian conversion complete. "I was still eating a small amount of fish, and Linda said to me, 'You know, it's not seafood—it's sea *life*,'" he recalls. "I was able to get completely off fish soon after that." Of course *The Simpsons*'s top priority has always been making people laugh, and nobody (vegetarian or omnivore) was spared in the episode, but Mirkin was happy to make a deeper impression on a lot of viewers too. "The reaction to the show was terrific," he says. "So many people have told me that it was responsible for their own switch to vegetarianism."

READER FAVE

“LISA FROM *THE SIMPSONS*. SHE IS A GIFTED YOUNG LADY, AND MADE A VERY HEALTHY, CONSCIOUS DECISION TO GO AGAINST THE GRAIN.”

—Ellie DeMilt, via Facebook

COURTESY FOX



LONE WOLF

Based loosely on the dark fairy tales penned by the Brothers Grimm, the NBC crime series *Grimm* follows Portland, Ore., homicide detective Nick Burkhardt, who discovers he's descended from a long line of hunters capable of seeing, and slaying, gruesome supernatural creatures—which he does alongside trusty but reluctant sidekick **Monroe**, a reformed “Blutbad” (the show's name for the Big, Bad Wolf). In a modern-day twist, Monroe suppresses his predatory urges through a combination of Pilates, vitamins, and—yes!—adhering to a strict plant-based diet.

According to series co-creators Jim Kouf and David Greenwalt, Monroe's going meat-free compares with an alcoholic giving up drinking. “He can't go near meat because he's trying to keep this aggression, particularly toward humans, at bay,” Greenwalt says. Alas, fighting those primal desires isn't always easy. “When my old flame, Angelina, showed up, she lured me back out to the hunt,” recalls Silas Weir Mitchell, who plays Monroe. “I awoke next to a rabbit carcass, smeared with blood. Serious backsliding!”

Although Mitchell isn't veg, he acknowledges that playing Monroe has influenced his choices: “Going without



COURTESY NBC

READER FAVE ▲

“MONROE FROM *GRIMM*. HE EXHIBITS A REAL KNOWLEDGE OF NUTRITIONALLY HEALTHY FOODS.” —Julie Meek, via Facebook

meat lightens the load on my system, and it feels good to do that every so often.” About veganism, he says, “It's an ethical choice more people are making, and I think it's an important component of human progress.” It's this philosophy, say the show's creators, that makes Monroe such a compelling character.

“When faced with his own nature and traditions, Monroe realizes they no longer make sense in a modern world,” says Kouf. “He's almost become the most human character on the show, because he's trying so hard to stay in touch with his true humanity,” adds Greenwalt.

Time on Our Side

Like the hardiest vegetation, the list of TV characters embracing a plant-based diet just keeps growing.

1966 Spock (Leonard Nimoy) <i>Star Trek</i>	1991 Darlene Conner (Sara Gilbert) <i>Roseanne</i>	1993 Topanga Lawrence (Danielle Fishel) <i>Boy Meets World</i>	1994 Phoebe Buffay (Lisa Kudrow) <i>Friends</i>	1995 Lisa Simpson (Yeardley Smith) <i>The Simpsons</i>	1996 Maggie Doyle (Jorja Fox) <i>ER</i>
1997 Abby O'Neil (Mimi Kennedy) <i>Dharma & Greg</i>	1998 Valerry Irons (Pamela Anderson) <i>VIP</i>	2000 Sara Sidle (Jorja Fox) <i>CSI: Crime Scene Investigation</i>	2002 Lisa Kimmel Fisher (Lili Taylor) <i>Six Feet Under</i>	2005 Angela Martin (Angela Kinsey) <i>The Office</i>	2005 Dr. Temperance Brennan (Emily Deschanel) <i>Bones</i>
2009 Rachel Berry (Lea Michele) <i>Glee</i>	2010 Aria Montgomery (Lucy Hale) <i>Pretty Little Liars</i>	2010 Nikita (Maggie Q) <i>Nikita</i>	2010 Gale Boetticher (David Costabile) <i>Breaking Bad</i>	2011 Monroe (Silas Weir Mitchell) <i>Grimm</i>	2011 Stephen Holder (Joel Kinnaman) <i>The Killing</i>

CRIME SCENE CRUSADERS

Sara Sidle became a vegetarian on the CBS juggernaut *CSI: Crime Scene Investigation* thanks in part to actor Jorja Fox's own plant-based preferences. "It was very early in the run of the show, when a pig was used to calculate how long a woman had been dead," Fox says. "I asked the writer if they would be using a fake pig, and he asked if I was a vegetarian." When Fox said she was, the writer suggested he make Fox's character a vegetarian. "Of course it worked because it was an authentic choice for Sara," Fox notes. "It suits her character." Not only did Sara become vegetarian during that episode, they did indeed use a fake pig. "We had him created for the episode," adds Fox, "and he's made several cameos since." That was a relief for Fox, an animal rights activist who's endeavored to bring the issue of animal welfare to light on the show. "*CSI* has done several animal welfare stories over the years, including ones about dog fighting and canned hunting [where people pay to



READER FAVE ▲

“TEMPERANCE BRENNAN ON *BONES*. SHE'S A SCIENTIST AND UNDERSTANDS NOT ONLY THE ETHICS OF NOT EATING MEAT, BUT ALSO THE FACT THAT THERE ARE NO ADVERSE HEALTH CONSEQUENCES FOR HUMANS.”

—Katrina Voss, via Facebook



Jorja Fox as Sara Sidle

kill animals on private hunting reserves or game ranches],” she says.

Actor Emily Deschanel, who plays forensic anthropologist **Dr. Temperance Brennan** (aka “*Bones*”) on the Fox series *Bones*, has had a similar impact on her show's story lines. “We've done a few episodes discussing issues such as exotic animals as pets, dog fighting, and factory farms,” says Deschanel, a longtime vegan and advocate for animals. Also similar to *CSI*'s consideration of Fox's preferences, *Bones*—which can be grisly at times—is sensitive to Deschanel's ethical code. “We did an episode about a body that's found inside a meat stew, but they made the [prop] stew completely vegan,” Deschanel says. Although Deschanel is vegan for ethical reasons, her character became vegetarian for health reasons—following several episodes set in the world of food production, notes series creator Hart Hanson. “Brennan feels things deeply but wishes she didn't, so she must always find a totally rational reason for acting on her feelings,” Hanson says. “Vegetarianism is a supremely rational choice in terms of human health, ecology, and our ability to feed everyone on the planet.” 🌱

Like Lisa Simpson, Los Angeles-based writer Alexa Joy Sherman believes that you can, in fact, win friends with salad.

6

.....
IDEAS FOR
MEMORABLE
MAKE-AND-
TAKE MEALS

the **Lunch** BUNCH

Can't remember what you had for lunch yesterday? Maybe it's time to revamp your midday routine. These make-ahead recipes come together quickly, stay fresh for a day or two in the fridge, and rival the offerings on any take-out menu—at a fraction of the cost and calories.

RECIPES BY Sally Pasley Vargas



WECK CANNING JAR FROM CRATEANDBARREL.COM



ORANGE, ONION, AND OLIVE SALAD, p. 59

TASTE-FRESH TIPS

SALADS

CHOOSE crisp, firm greens that'll stand up in recipes, even after a night in the fridge. Think romaine, endive, radicchio, or iceberg.

LAYER ingredients in tall, transport-friendly containers such as 1-quart canning jars. Put dressing on the bottom, followed by heavy or juicy ingredients. Place lettuce on top, and cover jar loosely with a small piece of paper towel before closing. To serve, remove paper towel, shake the covered container to distribute dressing, then transfer salad to a serving plate.

AVOID overly strong ingredients such as raw onions, raw garlic, or pungent cheeses. Their flavors will intensify the longer they sit, overpowering other ingredients.

PHOTOGRAPHY Victoria Wall Harris FOOD STYLING Vivian Lui PROP STYLING Scott Horne



.....
SEASON TO TASTE

GRAIN SALADS MAY LOSE SOME OF THEIR SEASONINGS' FLAVOR AFTER THEY'VE BEEN CHILLED. TAKE A BITE, AND ADJUST THE SEASONINGS BEFORE PACKING TO GO.
.....

Bulgur Salad with Edamame and Kumquats

SERVES 2 | 30 MINUTES OR FEWER

Mint and kumquats lend a spring feel to a colorful bulgur salad. If you can't find kumquats, dried apricots provide the same sweet-tart element.

- ½ cup bulgur
- 2 Tbs. lemon juice
- ½ tsp. finely grated orange zest
- 1½ Tbs. orange juice
- 1½ Tbs. olive oil
- 1½ Tbs. chopped fresh parsley
- 1½ Tbs. chopped fresh mint
- ⅔ cup cooked, shelled edamame
- 1 small carrot, thinly sliced
- 4 kumquats, seeded and sliced, or ⅓ cup diced dried apricots

- 2 radishes, thinly sliced
- 2 Tbs. pumpkin seeds

1 | Pour 1 cup boiling water over bulgur in bowl. Cover, and let stand 10 minutes. Drain in strainer, pressing out excess liquid with back of spoon. Return bulgur to bowl, and cool 5 minutes.

2 | Stir lemon juice, orange zest, orange juice, oil, parsley, mint, edamame, carrot, kumquats, and radishes into bulgur. Season with salt and pepper, if desired, and divide between two containers. Top each salad with pumpkin seeds. Refrigerate overnight.

PER 1½-CUP SERVING 329 cal; 12 g prot; 13 g total fat (2 g sat fat); 45 g carb; 0 mg chol; 32 mg sod; 13 g fiber; 7 g sugars **V**



Orange, Onion, and Olive Salad

SERVES 2 | 30 MINUTES OR FEWER

Inspired by a Sicilian salad of oranges and onions, this dish stays fresh for several days in the refrigerator. Blanching the onion rings tones down their pungency so they don't overpower the other flavors.

- ½ red onion, sliced into ⅛-inch-thick rings
- 3 navel oranges
- 4 tsp. sherry vinegar
- 2 Tbs. olive oil
- ½ cup cooked chickpeas
- 12 pitted black olives
- ¼ cup cubed feta cheese (1 oz.)
- 4 packed cups torn romaine lettuce leaves

TASTE-FRESH TIPS

HOT FOODS

COOL foods before packing them so steam and excess moisture don't make them mushy.


PACK foods in roomy containers so they heat quickly without making a mess.

CHOOSE recipes that will taste just as good served cold, in case you have to eat your meal that way.

1 | Place onion rings in bowl, cover with boiling water, and let stand 30 seconds. Drain in strainer, and rinse under cold water.

2 | Remove pith and peel from oranges with paring knife. Slice into ⅛-inch-thick rounds, and cut rounds into quarters. Reserve juice.

3 | Divide reserved orange juice between two 1-quart canning jars. Whisk 2 tsp. vinegar and 1 Tbs. oil into each jar, and season with salt and pepper, if desired. Equally divide and layer all remaining ingredients in jars: oranges on the bottom, then chickpeas, olives, feta, romaine, and onions. Store in refrigerator overnight.

PER 2½-CUP SERVING 385 cal; 9 g prot; 21 g total fat (5 g sat fat); 43 g carb; 13 mg chol; 452 mg sod; 11 g fiber; 24 g sugars 

Mini Roasted Cauliflower Chilaquiles

SERVES 2

These little casseroles are a snap to assemble once you've roasted the cauliflower. Poblano chiles can range from mild to quite hot, so if you want to play it safe and keep the dish relatively mild, substitute Anaheim peppers.

- 1** 1¼-lb. head cauliflower, trimmed and cut into florets (4 cups)
- 1** Tbs. olive oil
- 2** poblano chiles, halved lengthwise
- ⅔ cup canned, vegetarian refried black beans, such as Amy's
- 12** unsalted corn tortilla chips (1 oz.)
- ¾ cup prepared mild tomatillo salsa
- 4** Tbs. grated Monterey Jack cheese (1 oz.)

1 | Preheat oven to 450°F. Mound cauliflower on rimmed baking sheet, and toss with oil. Spread in single layer on one side of baking sheet, and season with salt and pepper, if desired. Spread chiles skin side up on empty side of baking sheet. Roast 30 minutes, or until cauliflower is browned and chiles are charred. Cool. Remove skins and seeds from chiles, and cut into ½-inch pieces.

2 | To assemble: Layer half of ingredients in each of two microwave-safe containers, starting with beans on bottom, followed by chiles, cauliflower, tortilla chips, salsa, and cheese. Cover, and refrigerate overnight.

3 | Just before serving, heat in microwave until cheese melts and casserole is heated all the way through.

PER CASSEROLE 341 cal; 15 g prot; 14 g total fat (4 g sat fat); 43 g carb; 15 mg chol; 629 mg sod; 12 g fiber; 7 g sugars

HOW TO TAME RAW ONION A QUICK DIP IN BOILING WATER TAKES THE EDGE OFF ONION FLAVOR WITHOUT SACRIFICING TOO MUCH CRUNCH.

TASTE-FRESH TIPS

SANDWICHES

CHOOSE hearty breads such as whole-grain slices or crisp-crust rolls that stand up to moist fillings.

BUILD edible barriers between bread and fillings to further prevent sogginess. Crisp lettuce, butter, or margarine can help keep bread dry.

SEED tomatoes before slicing to eliminate excess moisture.

HALVE sandwiches for easier eating. This also lets you manage your portions and eat only half on the days when you're not very hungry or planning a splurgy dinner or dessert.

ALL KINDS OF LEFTOVER OMELETS OR FRITTATAS MAKE GREAT SANDWICH FILLINGS.

Spinach and Goat Cheese Baked Omelet Sandwiches

SERVES 2 | 30 MINUTES OR FEWER

If you are in an egg salad rut, here's a new taste for a new season. Savory bits of leeks, peas, and spinach remind us that spring is just around the corner.

- 2 tsp. olive oil
- 1 medium leek, thinly sliced
- 3 packed cups baby spinach leaves (3 oz.)
- 4 large eggs
- 2 Tbs. low-fat milk
- ½ cup frozen peas
- 4 Tbs. crumbled goat cheese (2 oz.)
- 2 Tbs. chopped parsley, optional
- 4 slices multigrain bread

- 1 | Preheat oven to 350°F.
 - 2 | Heat oil in small ovenproof nonstick skillet over medium heat. Add leek, and sauté 5 minutes, or until soft. Stir in ¾ cup spinach, and cook 30 seconds, or until wilted. Remove from heat.
 - 3 | Whisk together eggs and milk in bowl. Stir in peas, goat cheese, and parsley (if using). Season with salt and pepper, if desired. Add egg mixture to spinach in skillet, and stir to combine.
 - 4 | Transfer skillet to oven, and bake omelet 15 minutes, or until eggs are set. Cool to room temperature, and transfer to cutting board. Slice into sandwich-size strips.
 - 5 | Arrange omelet slices atop 2 pieces of bread. Top with remaining spinach and bread slices. Halve sandwiches, and wrap in plastic wrap. Refrigerate overnight.
- PER SANDWICH** 390 cal; 25 g prot; 19 g total fat (6 g sat fat); 36 g carb; 390 mg chol; 477 mg sod; 10 g fiber; 6 g sugars



Sweet-and-Sour Baked Tofu Sandwiches

SERVES 2

Stuff marinated, baked tofu into a crusty roll with crunchy cabbage, refrigerate it, then grab it on your way out the door the next morning for an on-the-go version of a Vietnamese *bahn mi* sandwich.

- 1½ Tbs. low-sodium soy sauce
- 1½ Tbs. lime juice
- 1 Tbs. Thai sweet red chile sauce
- ½ Tbs. olive oil
- ½ tsp. brown sugar
- ½ 14-oz. pkg. extra-firm tofu, cut into 6 slices and patted dry
- 2 green onions, thinly sliced
- 2 Tbs. coarsely chopped roasted, unsalted peanuts
- 1 Tbs. grated fresh ginger
- 1½ cups finely shredded red cabbage
- 2 4-inch ciabatta rolls, halved lengthwise

- 1 | Preheat oven to 400°F. Lightly oil 8-inch square baking dish.
- 2 | Whisk together soy sauce, lime juice, chile sauce, oil, and brown sugar in medium bowl. Add tofu slices to bowl. Marinate 10 minutes, turning twice.
- 3 | Transfer marinated tofu to baking dish. Sprinkle with green onions, peanuts, and ginger. Spoon all but 1½ Tbs. marinade over top. Bake 30 minutes, or until golden. Cool.
- 4 | Toss cabbage with reserved 1½ Tbs. marinade in bowl.
- 5 | Hollow out excess bread from center of rolls, and discard. Place 3 tofu slices on bottom half of each roll, and top with cabbage. Close sandwiches, cut in half, and wrap tightly in plastic wrap. Store overnight in refrigerator.

PER SANDWICH 358 cal; 18 g prot; 14 g total fat (2 g sat fat); 40 g carb; 0 mg chol; 748 mg sod; 5 g fiber; 8 g sugars  

Sally Pasley Vargas is a Boston-based cookbook author, cooking teacher, and freelance writer.



SWEET-AND-SOUR
BAKED TOFU
SANDWICHES



.....
OUT OF CABBAGE?
(OR TIRED OF IT?) THINLY
SLICED BELGIAN ENDIVE
OR CHOPPED KALE MAKES
AN EXCELLENT SUBSTITUTE.
.....



RECIPES BY Cristin Nelson

ROSY AND SWEET OR GREEN AND TART, THE FLORAL-SCENTED FRUIT ADDS EXOTIC FLAIR TO RECIPES

1 FOOD ▼ 5 WAYS

papaya

In tropical locales, papayas play a dual role: pink-hued and ripe, they are a refreshing fruit choice, particularly at breakfast. “Traditionally in Hawaii, papaya is a breakfast food—you serve half a ripe papaya, chilled, with a squeeze of lemon or lime,” says Kenneth Kamiya, an Oahu-based papaya farmer for over 40 years. “Now, we see people

eating it as a dessert, maybe with a scoop of yogurt or ice cream, or as a snack.” Green (unripe) papayas get the vegetable treatment. The pale, tart flesh can be shredded for salads as in the Thai-style version (right), or cooked as you would winter squash in soups and stews.

PHOTOGRAPHY Christina Holmes
FOOD STYLING Paul Grimes
PROP STYLING Pamela Duncan Silver

Thai-Style Green Papaya Salad

SERVES 4 | 30 MINUTES OR FEWER

Delicately flavored white miso paste stands in for fish sauce in this classic Southeast Asian starter.


- 3 cups shredded or julienned green papaya
- $\frac{1}{4}$ cup lime juice
- 5 Tbs. unsalted peanuts, crushed, divided

- 5 cloves garlic, minced (5 tsp.)
- 2 tsp. white miso paste
- $1\frac{1}{2}$ tsp. light brown sugar
- 15 steamed green beans, cut into 1-inch pieces
- 1 Thai bird chile or $\frac{1}{2}$ serrano chile, thinly sliced
- 8 cherry tomatoes, halved
- 4 tsp. thinly sliced green onion, optional


1 | Soak shredded papaya 10 minutes in 3 cups cold water. Drain.

2 | Meanwhile, purée lime juice, 1 Tbs. peanuts, garlic, miso, and brown sugar in food processor. Season with salt, if desired.

3 | Combine miso mixture with papaya, green beans, and chile in large bowl. Add tomatoes, and mix gently. Sprinkle each serving with 1 Tbs. peanuts and 1 tsp. green onion (if using).

PER 1-CUP SERVING 129 cal; 5 g prot; 6 g total fat (<1 g sat fat); 17 g carb; 0 mg chol; 92 mg sod; 3 g fiber; 8 g sugars 





SHOP SMART

RIPE PAPAYAS

→ Choose yellow-skinned fruit that has a little give when gently pressed with a finger. Sniff the stem end—you want fragrant fruit.

GREEN PAPAYAS

→ Look for firm fruit with vibrant green skin that has no blemishes or yellow spots.

GRILLED PAPAYA RINGS

Grilled Papaya Rings

SERVES 4 | 30 MINUTES OR FEWER


Throw a few papaya rings on a grill pan for a fast dessert.

- ¼ cup honey
- 1 Tbs. lemon juice
- 1 Tbs. grated fresh ginger
- 2 large ripe papayas, peeled, sliced into ½-inch-thick rings, and seeded
- 1 cup vanilla ice cream

1 | Stir together honey, lemon juice, and ginger in small bowl. Brush both sides of papaya rings with glaze.

2 | Heat grill pan over medium-high heat. Add papaya to pan. Grill 30 seconds on each side.

3 | Remove grill pan from heat, and place 2 rings on each plate. Top with ¼ cup ice cream, and spoon 1 tsp. remaining glaze over each serving.

PER SERVING 302 cal; 3 g prot; 5 g total fat (3 g sat fat); 68 g carb; 15 mg chol; 59 mg sod; 7 g fiber; 55 g sugars 

Tropical Scones with Papaya Glaze

MAKES 16 SCONES

Both ripe and dried papaya are used to give these scones a subtle sweetness.

SCONES

- 2 cups all-purpose flour
- 2 tsp. baking powder
- ½ tsp. salt
- 3 Tbs. unsalted butter
- 1 large egg
- ¾ cup chopped dried papaya
- ¼ cup sweetened shredded coconut, plus more for sprinkling, optional
- 1½ tsp. coconut extract
- 1 tsp. grated orange zest

GLAZE

- ¼ cup chopped ripe papaya
- 3 Tbs. confectioners' sugar

1 | To make Scones: Preheat oven to 350°F. Coat baking sheet with cooking spray.

2 | Whisk together flour, baking powder, and salt in large bowl. Cut in butter with pastry blender or two knives until mixture resembles coarse meal.

natural digestion booster

Papain,

an enzyme found only in papayas, has been shown to aid digestion. The enzyme is heat-sensitive, so to get maximum benefits, opt for raw papaya rather than cooked.

3 | Whisk together egg and ½ cup plus 2 Tbs. cold water together in medium bowl. Stir in dried papaya, shredded coconut, coconut extract, and orange zest in medium bowl. Add to flour mixture, stirring just until moist (dough will be sticky).

4 | Turn dough out onto lightly floured surface. Pat into 8-inch circle. Cut into 16 2-inch rounds, patting together scraps to make more scones. Place scones ½ inch apart on prepared baking sheet.

5 | Bake 12 to 14 minutes, or until tops are lightly browned. Cool on wire rack.

6 | Meanwhile, to make Glaze: purée papaya and confectioners' sugar in food processor until smooth. Spread 1 tsp. Glaze over each cooled Scone. Sprinkle with shredded coconut (if using).

PER Scone 117 cal; 2 g prot; 3 g total fat (2 g sat fat); 20 g carb; 17 mg chol; 152 mg sod; <1 g fiber; 6 g sugars

Curried Tofu Steaks with Papaya-Avocado Salsa

SERVES 4

Papaya takes center stage in a light fruit salsa served over marinated tofu steaks.

TOFU STEAKS

- 3 Tbs. low-sodium soy sauce
- 3 cloves garlic, minced (1 Tbs.)
- 1 14-oz. pkg. extra-firm tofu, drained and cut into 8 slabs
- 1 tsp. curry powder
- 1 lime, quartered, for garnish

SALSA

- 1 cup diced avocado
- 1 cup diced red bell pepper
- 1 cup diced ripe papaya
- 2 Tbs. lime juice


- 1 Tbs. plus 1 tsp. chopped cilantro
- 1 jalapeño chile, chopped (1 Tbs.)

1 | To make Tofu Steaks: Preheat oven to 350°F. Mix soy sauce with garlic and ⅓ cup water in shallow dish. Add tofu slabs, and marinate 10 minutes. Flip, and marinate 10 minutes more.

2 | Remove tofu from marinade, and place onto baking sheet. Sprinkle with curry powder. Bake 40 minutes, or until golden brown, turning once.

3 | Meanwhile, to make Salsa: Combine all ingredients in bowl. Chill.

4 | Serve 2 Tofu Steaks topped with ¾ cup Salsa. Garnish with lime wedges.

PER SERVING 197 cal; 12 g prot; 11 g total fat (2 g sat fat); 16 g carb; 0 mg chol; 145 mg sod; 6 g fiber; 5 g sugars 




Papaya Smoothie

SERVES 2 | 30 MINUTES OR FEWER

Fiber and nutrients from flaxseed plus the vitamins and digestive enzymes from papaya and pineapple juice make this smoothie a great start to any day.

- 2 cups chopped ripe papaya
- ½ cup unsweetened pineapple juice
- ½ ripe banana
- 1 Tbs. flaxseed meal

Purée papaya, pineapple juice, banana, and flaxseed meal in blender. Add ½ cup crushed ice, and purée until smooth.

PER 1-CUP SERVING 142 cal; 2 g prot; 2 g total fat (<1 g sat fat); 32 g carb; 0 mg chol; 14 mg sod; 5 g fiber; 21 g sugars   

Food writer Cristin Nelson lives in Boston with her husband and an enthusiastic appetite.



BY Mary Margaret Chappell

THROW TOGETHER FOUR FRIDGE- AND FREEZER-FRIENDLY ENTRÉES IN ONE FUN-FILLED AFTERNOON





THE RECIPES

Black Bean and Chile Posole

Endive Gratin

Samosa Stuffed Peppers

Crispy Tofu Fingers

THE buddy system

EVERYTHING'S MORE FUN with a friend. That adage is especially true in the kitchen, where a little company can lighten the load, whether you're peeling vegetables or scrubbing pots. So why not tap into that energy, pool resources with a favorite pal, and plan an afternoon of cooking for the week ahead? We've mapped out a make-ahead strategy that results in two sets of four main dishes that each serves four people. Read on for our goof-proof recipes, tips, lists, and timetables. Now all you have to do is get together—and get cooking!

PHOTOGRAPHY Mario De Lopez FOOD STYLING Liesl Maggiore PROP STYLING Scott Horne

MAKEUP AND HAIR: DORIT GENAZZANI AT MAKEUPBYDORIT.COM



divide & conquer

DIVVY UP THE FOLLOWING TASKS TO HAVE ALL FOUR RECIPES READY IN ABOUT



2

HOURS.

SPRINT | 1 15 minutes

- ➔ Preheat oven to 350°F. Boil 1 gallon of water in a large pot to prepare for Sprint 2.
- ➔ Set out all pots, pans, bowls, and storage containers (see "Tools," p. 70).
- ➔ Halve bell peppers for Samosa Stuffed Peppers, and trim endives for Endive Gratin.



SPRINT | 2 30 minutes

- ➔ Bake bell peppers for Samosa Stuffed Peppers.
- ➔ Ladle 3 cups boiling water from pot over pasilla chiles for Black Bean and Chile Posole.
- ➔ Boil endives for Endive Gratin, then drain, and set aside to cool.
- ➔ Slice leeks for Black Bean and Chile Posole; chop vegetables for Samosa Stuffed Peppers.

SPRINT | 3 45 minutes

- ➔ Prepare white sauce, assemble, and bake Endive Gratin.
- ➔ Make filling for and assemble Samosa Stuffed Peppers.
- ➔ Start Black Bean and Chile Posole.

SPRINT | 4 30 minutes

- ➔ Finish baking Endive Gratin.
- ➔ Simmer Black Bean and Chile Posole.
- ➔ Assemble and bake Crispy Tofu Fingers.
- ➔ Pack up, clean up, and get ready to relax!



STORE/SERVE

Ladle cooled posole into two 2-quart containers, and refrigerate three days or freeze up to three months. Thaw, if necessary, then warm in saucepan over medium heat until just beginning to simmer. Serve with garnishes.



Black Bean and Chile Posole

SERVES 8

The garnishes for this hearty Mexican stew make for a fun meal that lets everyone at the table customize their serving according to taste.

POSOLE

- 2 4- to 5-inch dried pasilla chiles
- 2 medium leeks, white and light green parts cut into 2-inch chunks
- 2 Tbs. olive oil
- 4 cloves garlic, minced (4 tsp.)
- 2 tsp. ground cumin
- 1 tsp. dried oregano
- 2 15-oz. cans white hominy, rinsed and drained
- 2 15-oz. cans black beans, rinsed and drained
- 1 15-oz. can fire-roasted diced tomatoes

GARNISHES (OPTIONAL)

- 4 cups plain tortilla chips
- 2 small avocados, diced
- 2 tomatoes, diced
- 4 green onions, chopped
- 2 limes, sliced into wedges
- ½ cup chopped cilantro
- Hot sauce

1 | To make Posole: Place pasilla chiles in large bowl, and cover with 3 cups boiling water. Let soak 15 minutes, or until softened. Drain chiles, and reserve liquid. Pull open chiles, and gently scrape out and discard seeds. Purée chiles in food processor with ¼ cup reserved soaking

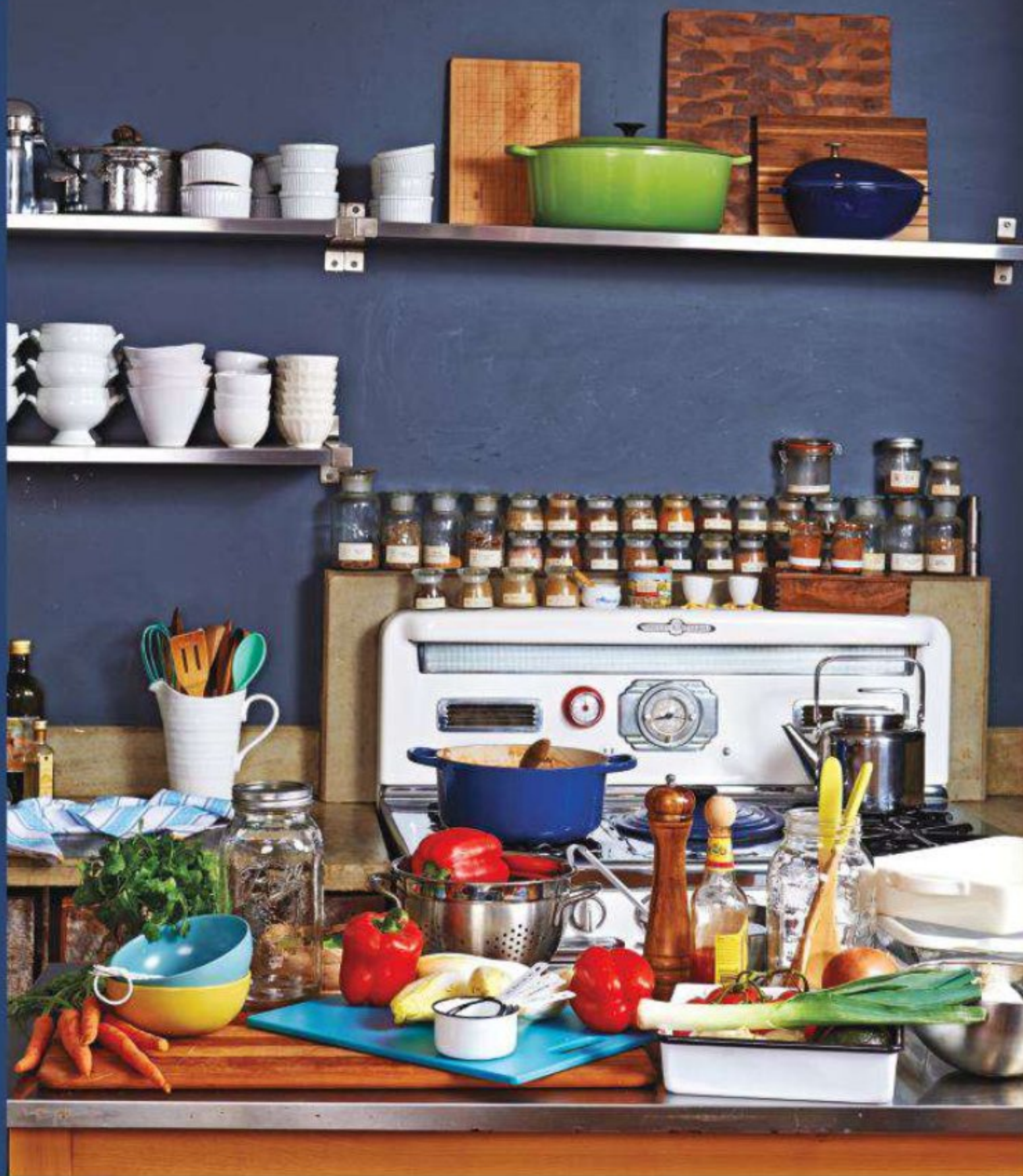
liquid. (Press purée through sieve if bits of skin remain, and discard solids.) Stir chile purée into remaining soaking liquid.

2 | Halve leek chunks, and thinly slice into matchsticks.

3 | Heat oil in large stockpot over medium heat. Add leeks, and sauté 5 to 7 minutes, or until softened. Add garlic, cumin, and oregano, and sauté 1 minute. Add hominy, black beans, tomatoes with juice, chile liquid, and 6 cups water; cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes.

4 | Place Garnishes (if using) in bowls; pass around table when ready to serve.

PER 1½-CUP SERVING (WITHOUT GARNISHES)
176 cal; 6 g prot; 5 g total fat (<1 g sat fat); 32 g carb; 0 mg chol; 588 mg sod; 8 g fiber; 5 g sugars



TOOLS

WHAT YOU'LL
NEED FOR
THESE RECIPES:

- 1 large stockpot or soup pot
- 1 large and 1 medium saucepan
- At least 1 complete set of measuring cups and spoons
- 2 cutting boards
- 1 food processor
- 2 chef's knives and 2 paring knives
- 2 shallow bowls
- 2 9-inch square baking dishes
- 2 large baking dishes
- 2 2-qt. storage containers for Black Bean and Chile Posole
- 2 medium rectangular storage containers for Crispy Tofu Fingers
- Aluminum foil for Samosa Stuffed Peppers
- Wax paper or parchment paper for Crispy Tofu Fingers

two to get ready ...

WANT TO PLAN YOUR OWN BUDDY SYSTEM COOKING SESSION? HERE'S HOW:

1 | CHOOSE four or five easy dishes that keep well. Vary selections so you're not making all stews or all casseroles.

2 | SHOP Create a master grocery list, then decide who shops for what (and who's picking up coffee). Save receipts so you can divide costs equally.

3 | GEAR UP Aim to have two each of the basic tools: cutting boards, chef's knives, paring knives, skillets, storage containers, etc. Check recipes for special equipment you'll need, such as a food processor, a stockpot, or a specific-size baking dish.

4 | WORK SMART Break down the major steps of your recipes, following the format in "Divide and Conquer" (p. 68). Use the long cooking times in one recipe to prep ingredients for another. Consolidate steps for recipes, such as boiling water for both the Endive Gratin and the Black Bean and Chile Posole. Optimize oven time (and save energy) by having foods ready to bake one after the other.



Endive Gratin

SERVES 8 (MAKES 2 GRATINS)

This cheesy casserole is a family favorite in France. Serve with slices of baguette or another crusty bread and a green salad.



- 8 large heads Belgian endive, trimmed and halved lengthwise**
- 6 Tbs. butter or margarine**
- ⅓ cup all-purpose flour**
- 1½ cups low-fat milk**
- 1½ cups no-chicken broth, such as Imagine**
- 1¼ cups grated Gruyère or Swiss cheese, divided**
- ⅛ tsp. ground nutmeg**
- 8 slices meatless ham, such as Yves Veggie Cuisine, halved**

1 | Bring large stockpot of salted water to a boil. Add endive halves, and boil 15 minutes. Drain, then set on paper-towel-lined baking sheet to cool and continue draining.

2 | Preheat oven to 350°F. Coat two 9-inch square baking dishes with cooking spray.

3 | Melt butter in medium saucepan over medium heat. Whisk in flour, and cook 1 minute, whisking constantly. Whisk in milk and broth, and cook over medium heat 3 to 5 minutes, or until sauce is thickened, whisking constantly. Stir in ¼ cup grated cheese and nutmeg, and season with salt and pepper, if desired.

4 | Wrap each endive half in 1 halved meatless ham slice, and place in prepared baking dishes. Pour sauce over wrapped endives in both dishes, spreading sauce over endives to coat evenly. Sprinkle each dish with ½ cup grated cheese.

5 | Bake gratins 45 minutes to 1 hour, or until bubbly and deep golden brown on top. Let stand 10 minutes before serving.

PER SERVING (2 ENDIVE HALVES) 279 cal; 22 g prot; 15 g total fat (9 g sat fat); 16 g carb; 44 mg chol; 757 mg sod; 3 g fiber; 5 g sugars

STORE/SERVE

Allow fully cooked casseroles to cool, then wrap tightly in foil, and refrigerate up to two days or freeze up to three months. To reheat, bake, uncovered, 15 minutes at 350°F.

TO TRIM THE ENDIVES,



gently scrape off any brown from the outer leaves with a knife, then make a cone-shaped cut at the base to remove the core.



grocery list

BRING THIS LIST FOR AN EASIER TIME AT THE STORE.

RECIPE	KEY INGREDIENTS	ITEMS YOU MAY HAVE ON HAND
Black Bean and Chile Posole	<ul style="list-style-type: none"> ➔ 2 4- to 5-inch dried pasilla chiles ➔ 2 medium leeks ➔ 2 15-oz. cans white hominy ➔ GARNISHES (OPTIONAL): 4 cups tortilla chips; 2 small avocados; 2 tomatoes; 4 green onions; 2 limes; ½ cup chopped cilantro 	<ul style="list-style-type: none"> ➔ Olive oil ➔ Fresh garlic cloves ➔ Ground cumin ➔ Dried oregano ➔ Hot sauce (optional) ➔ 2 15-oz. cans black beans ➔ 1 15-oz. can fire-roasted diced tomatoes
Endive Gratin	<ul style="list-style-type: none"> ➔ 8 large heads Belgian endive ➔ 1½ cups no-chicken broth, such as Imagine ➔ 1¼ cups grated Gruyere or Swiss cheese (6 to 8 oz.) ➔ 8 slices meatless ham, such as Yves Veggie Cuisine 	<ul style="list-style-type: none"> ➔ Butter or margarine ➔ All-purpose flour ➔ Low-fat milk ➔ Ground nutmeg
Samosa Stuffed Peppers	<ul style="list-style-type: none"> ➔ 4 large red bell peppers ➔ ½- to 1-inch piece fresh ginger (for 2 tsp. grated) ➔ 1 cup basmati rice ➔ ¼ cup red lentils ➔ 2 large carrots ➔ 1 cup green beans ➔ ½ cup peanuts or cashews 	<ul style="list-style-type: none"> ➔ Vegetable oil ➔ 1 large onion ➔ Curry powder ➔ Garam masala ➔ 1 15-oz. can chickpeas ➔ Raisins or dried currants (optional)
Crispy Tofu Fingers	<ul style="list-style-type: none"> ➔ 2 16-oz. blocks firm or extra-firm tofu ➔ ½ cup flaxseed meal (optional) 	<ul style="list-style-type: none"> ➔ Cornstarch ➔ Unsweetened soymilk or rice milk ➔ Panko breadcrumbs ➔ All-purpose flour ➔ Paprika ➔ Dried sage ➔ Garlic powder ➔ Dried ginger ➔ Onion powder

Samosa Stuffed Peppers

SERVES 8



The filling for these stuffed peppers tastes a lot like samosas, small Indian turnovers.

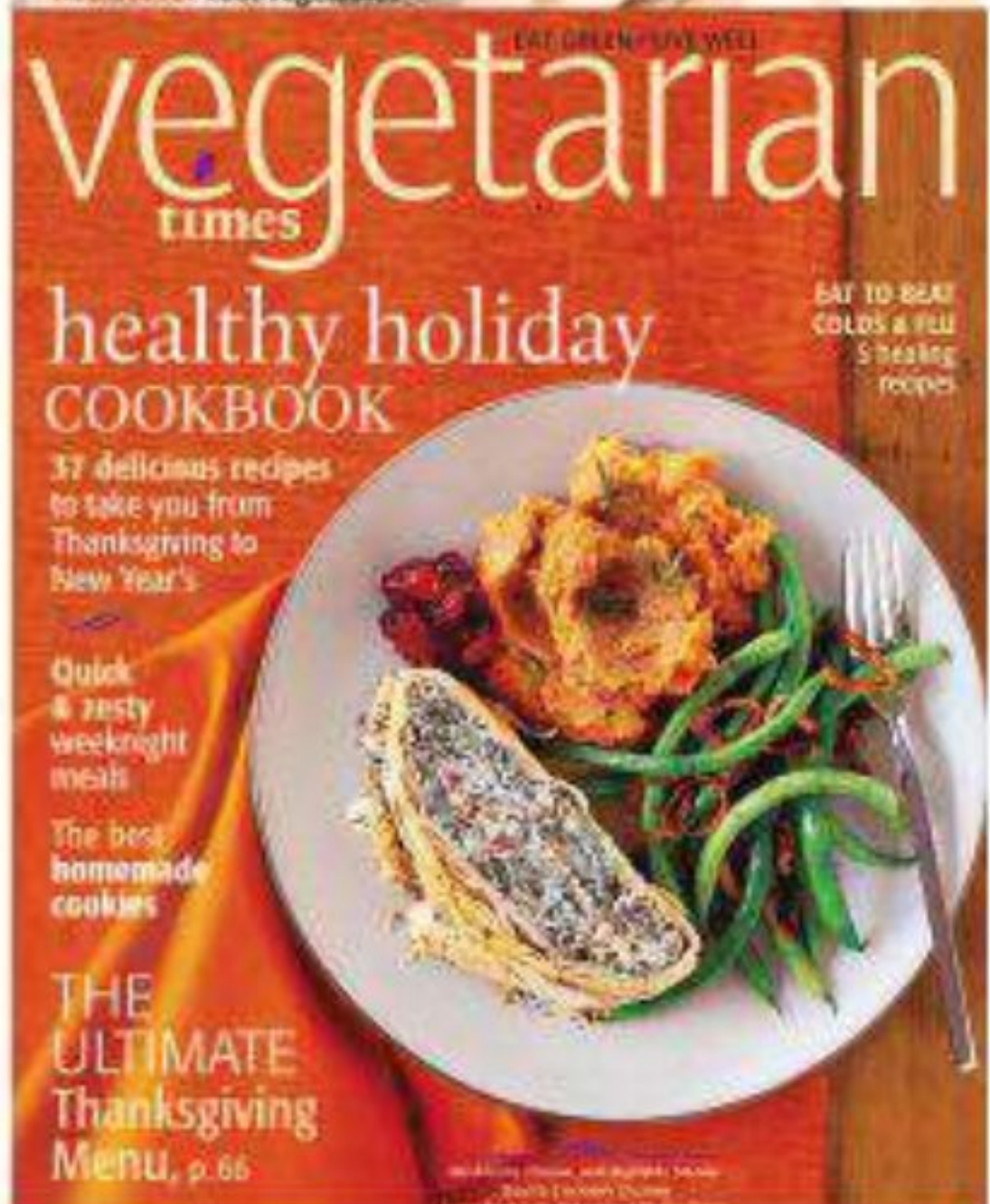
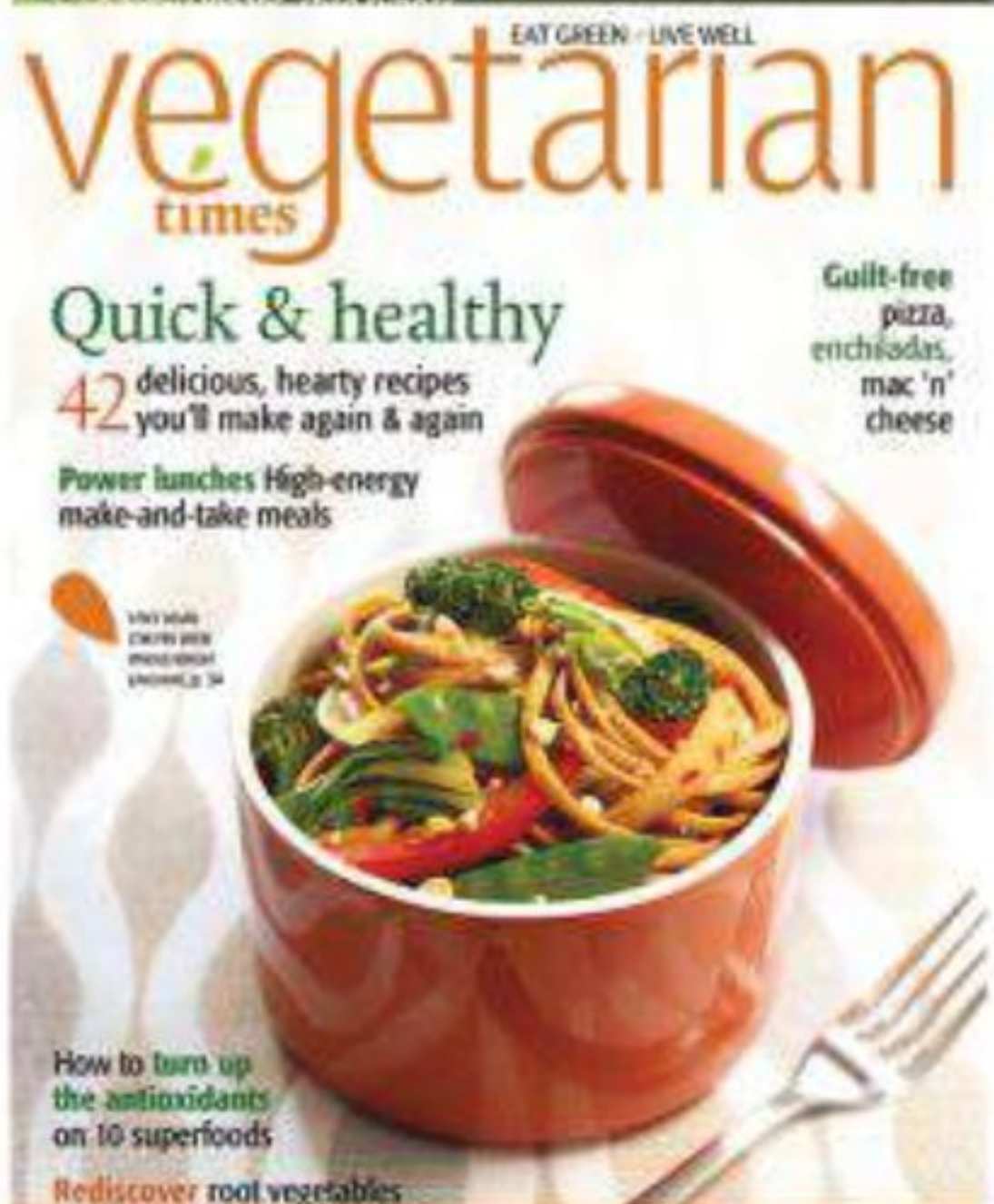
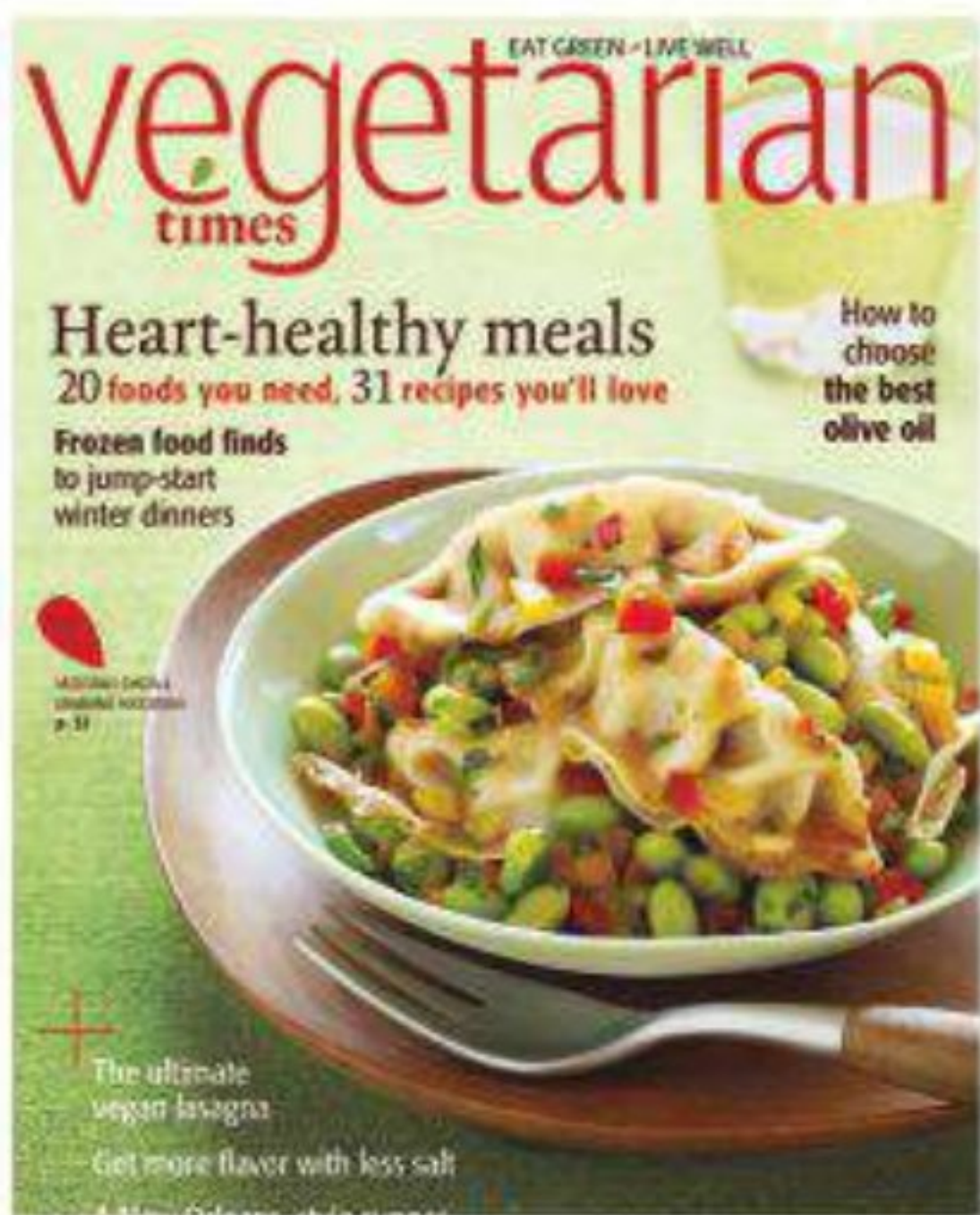
- 4 large red bell peppers, halved
- 2 Tbs. vegetable oil
- 1 large onion, chopped (2 cups)
- 4 tsp. curry powder
- 1 Tbs. garam masala
- 2 tsp. grated fresh ginger
- 1 cup basmati rice
- ¼ cup red lentils, rinsed and drained
- ½ tsp. salt
- 1½ cups cooked chickpeas or 1 15-oz. can chickpeas, rinsed and drained
- 2 large carrots, finely diced (1 cup)
- 1 cup green beans, coarsely chopped
- ½ cup raisins or dried currants, optional
- ½ cup unsalted peanuts or cashews, coarsely chopped

1 | Preheat oven to 350°F. Place halved bell peppers cut side down in two large baking dishes. Cover with foil, and bake 25 minutes, or until peppers begin to soften.

2 | Heat oil in large saucepan over medium heat. Add onion, and sauté 3 to 5 minutes. Add curry powder, garam masala, and ginger, and cook 1 minute. Stir in rice, lentils, salt, and 4 cups water. Add chickpeas, carrots, green beans, and raisins (if using). Cover, and bring to a boil. Reduce heat to medium-low, and simmer 15 minutes, or until most of liquid is absorbed, stirring once or twice. Remove rice mixture from heat, stir in peanuts, and season with salt, if desired.

3 | Flip bell pepper halves. Fill each with ¾ cup rice mixture. Re-cover baking dishes, and bake 15 minutes. Uncover, and bake 5 to 10 minutes more.

PER STUFFED PEPPER 288 cal; 10 g prot; 10 g total fat (1 g sat fat); 42 g carb; 0 mg chol; 241 mg sod; 8 g fiber; 8 g sugars  



Save 67%

Subscribe now and save 67% off the cover price!

1 year for \$14.95

Name _____

Address _____

City _____

State _____

Zip _____

Subscribe online at www.vegetariantimes.com!

vegetarian times

Canadian orders: 1 yr \$26.95,

Foreign: 1 yr \$38.95,

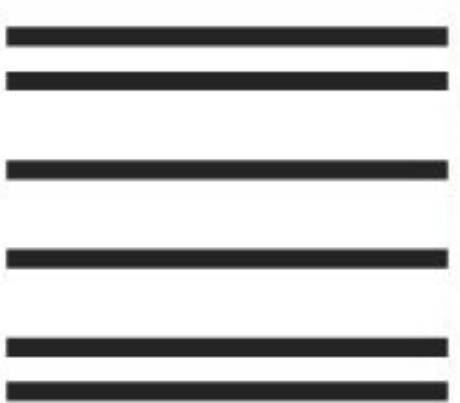
Non US orders must be prepaid in US funds.

A001MG

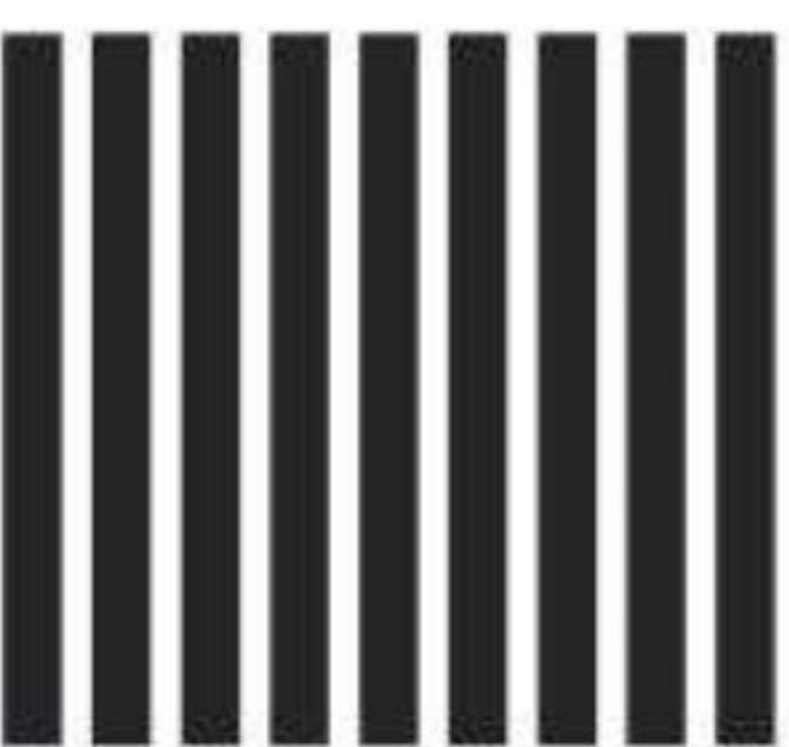
SATISFACTION GUARANTEE

We know that you will love Vegetarian Times as much as we do! However, if for any reason you are dissatisfied with your subscription, you are entitled to cancel at any time and request a refund.

▼ DETACH HERE BEFORE MAILING ▼



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO 106 FLAGLER BEACH FL

POSTAGE WILL BE PAID BY ADDRESSEE

Vegetarian
times

PO BOX 420166

PALM COAST FL 32142-9107





STORE/SERVE ●●●●●●●●

If making ahead, skip final baking step. Cool stuffed peppers, cover tightly with foil, and refrigerate up to three days or freeze up to three months. Thaw, if necessary, then cover with foil, and finish baking as in step 3.

PHOTOGRAPHY: VICTORIA WALL HARRIS; FOOD STYLING: VIVIAN LUI; PROP STYLING: SCOTT HORNE



Crispy Tofu Fingers

SERVES 8

Talk about versatile! Once these tofu fingers have been baked, they can be refrigerated or frozen for future use, then reheated in an oven or even a toaster oven. Enjoy them finger-food-style with dipping sauces, load them into a bun with your favorite sandwich fixings, or serve over a bed of lightly dressed salad greens.

- 2 16-oz. blocks firm or extra-firm tofu, drained
- ½ cup cornstarch
- ½ cup flaxseed meal, optional
- 1 cup unsweetened soymilk or rice milk
- 2 cups panko breadcrumbs
- ¼ cup all-purpose flour
- ½ tsp. paprika
- ½ tsp. dried sage
- ¼ tsp. garlic powder or granulated garlic
- ¼ tsp. dried ginger
- ¼ tsp. onion powder
- ¼ tsp. ground black pepper

1 | If using firm tofu, wrap block in a soft, clean dish towel, and press between two heavy cutting boards 30 minutes to squeeze out excess moisture (unnecessary if using extra-firm tofu). Cut each tofu block into 16 fingers.



2 | Preheat oven to 350°F. Coat two baking sheets with cooking spray.

3 | Place cornstarch and flaxseed meal (if using) in shallow bowl, and gradually stir in soymilk. Set aside.

4 | Combine panko and all remaining ingredients in second shallow bowl.

5 | Dip tofu fingers first in soymilk mixture, then in panko mixture, coating all sides. Place on prepared baking sheets.

6 | Bake tofu fingers 20 to 25 minutes, or until light golden brown, turning once. If eating right away, bake 5 to 10 minutes more, or until deep golden brown.

PER SERVING (4 PIECES) 239 cal; 15 g prot; 7 g total fat (<1 g sat fat); 29 g carb; 0 mg chol; 48 mg sod; 2 g fiber; 1 g sugars  

STORE/SERVE

Allow Crispy Tofu Fingers to cool, then transfer to rectangular resealable containers, placing wax paper or parchment between layers to prevent sticking. Refrigerate up to two days or freeze up to three months. To reheat, bake 5 to 7 minutes at 350°F.



SPINACH, FETA, AND TOMATO QUICHE

3

(MORE) MAKE-AHEAD COMBOS

Try these recipe combinations from vegetariantimes.com

1

- Tortilla Lasagna
- Buckwheat-Black Bean Soup
- Sweet Potato Shepherd's Pie
- Crispy Quinoa Cakes

2

- Spinach, Feta, and Tomato Quiche
- Cheese-Free Stuffed Shells
- Pulled "Pork" BBQ Sandwiches
- Spicy Peanut Stew

3

- Ultimate Vegan Chili
- Mac-and-Cheese-Style Cauliflower
- Chickpea Pot Pie
- Stuffed Portobello Mushrooms with Farro

FRESH FINDS



everclen® Face Cream

Make every day a great skincare day with vegan-friendly everclen® Face Cream for sensitive skin. Moisturizes gently without irritation. Hypoallergenic, Non-comedogenic, Fragrance-Free. Clinically-tested and proven safe.

everclen.com



Fresh, Natural and Versatile

BelGioioso Mascarpone is made from the freshest cream and has a naturally sweet flavor with a smooth, spreadable texture. It's almost half the calories of butter, so use it every day. Spread on breads and bagels with jam, stir it into pasta for a rich, creamy flavor or serve it with fresh fruit.

belgioioso.com



EDEN Instant Wakame Flakes

Convenient, pre-washed, cut, and ready to use right out of the bag for miso soup. Soak briefly for salads and casseroles; it expands 20 times. Superior quality. Low sodium and fat free. No artificial softening agents.

edenfoods.com



Wholesome Sweeteners Organic Stevia

A truly natural and delicious zero-calorie sweetener! Perfect for those managing calories and blood sugar. Gluten-Free, Vegan, Kosher, and Non-GMO.

organicstevia.biz



Earth Balance®

Add delicious, vegan flavor to your favorite foods with the new Earth Balance® Garlic & Herbs and Sweet Cinnamon Culinary Spreads and the Earth Balance® Coconut & Peanut Spread. Made with all-natural and organic ingredients, these vegan spreads are sure to liven up your toast and add a tasty twist to your culinary creations.

earthbalancenatural.com



Dr. Ohhira's Essential Living Oils™

was recently named as a 2013 "Clean Choice Award" Winner and offers a vegan certified option providing a complete and balanced source of essential fatty acids.*

essentialformulas.com

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Wise Buys

a gathering of unique products and services for healthy living and exceptional cooking.

To receive **free information** from these companies go to vegetariantimes.com/freeinfo or circle the corresponding number on the free advertiser information card found between pages 70 and 71.

CIRCLE REPLY 57 ON INFO CENTER



GET ATHENA PHEROMONES™ TO INCREASE YOUR ATTRACTIVENESS

Published science proves this trade secret formula works for 74%. Created by Dr. Winnifred Cutler, the biologist who codiscovered human pheromones in 1986. From \$98.50 for a 6 mo. supply. Free Shipping. Athena Institute, Braefield Rd, Chester Springs, PA 19425.

"I tried 10:13 for the first time last night. My husband professed his love for me 4 times in 30 minutes!"
Julie (Canada)

610.827.2200
www.AthenaInstitute.com

CIRCLE REPLY 60 ON INFO CENTER



GOOD NIGHT NATURALS

Tired of sleeping on a bed filled with synthetics and chemicals that can make you sick? Experience the comfort and safety of our truly organic mattresses, bedding and linens made from pure eco-wool, organic cotton and pure natural latex. Call or email our sleep experts to find out how to make your bedroom healthy, safe and chemical free. Request a free brochure! Free shipping coupon code: VEGT2013

866.388.5154
www.goodnightnaturals.com

CIRCLE REPLY 55 ON INFO CENTER



WALL ART & WORDS

for Your Home, Church, School & Business. Choose from our 7 Strong Words, animals, vines, monograms, or we can make digital prints from your photos. Preview your phrase, check the lengths, colors and fonts before buying at our website. For a FREE Catalog call 888 422-6685.

888.422.6685
www.wallwords.com

CIRCLE REPLY 58 ON INFO CENTER



TRIBEST DYNABLEND HORSEPOWER PLUS HIGH POWER BLENDER

Ditch the plastic pitcher and agitator: the DynablenD Horsepower Plus comes standard with a heavy-duty glass pitcher and a versatile stainless steel utility scoop. Take precise control over the powerful 1+HP motor with both variable speed and preprogrammed buttons. Get all these features at less than half the price of its competitors. 10-year warranty.

714.879.7150
www.tribestlife.com

CIRCLE REPLY 61 ON INFO CENTER



FREY VINEYARDS

Share a glass of vegan-friendly wine from Frey Vineyards, America's first organic winery. Made with no added sulfites, no animal byproducts (commonly used for fining). We start with certified organic grapes and finish with no additives. All the best of modern and traditional wine making techniques! Sold throughout the U.S.

800.760.3739
FreyWine.com/near-you

CIRCLE REPLY 56 ON INFO CENTER

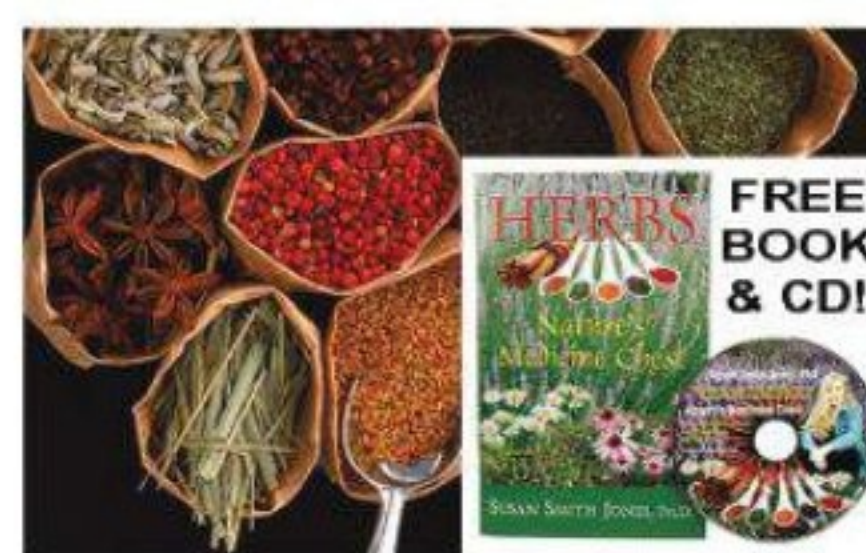


GET THE POWER TO BREATHE - Naturally!

Powerful Olbas vapors give you quick, natural relief when suffering from seasonal discomfort, low humidity and other unwelcome nasal encounters. Fast-acting, penetrating vapors provide an immediate, fresh, clean feeling in the nose, sinuses and lungs. Try Olbas Oil or the convenient Olbas Inhaler.

800.523.9971
www.Olbas.com
www.OlbasMovie.com

CIRCLE REPLY 59 ON INFO CENTER



HERBS, SPICES, ESSENTIAL OILS & NATURAL REMEDIES

Since 1924, Penn Herb Company, Ltd. continues to be the leading supplier of medicinal and culinary herbs from around the world. Over 400 herbs are available, many in bulk tea, powder, capsule and extract form. Get the FREE BOOK and CD "Herbs: Nature's Medicine Chest" by Dr. Susan Smith Jones with any order. Use promo code: VTFREE.

800.523.9971
www.PennHerb.com



WORLD'S FINEST EYE CREAM!

Given a 5 star rating on Oprah's iVillage, refreshing, anti-aging Airbrush Eye Refining Treatment hydrates, soothes, reduces crow's feet and puffiness, and promotes collagen for younger, brighter looking eyes. 20% off! Code: VEG33 at:

800-542-0026
www.dremu.com

CIRCLE REPLY 62 ON INFO CENTER



IMMUNE SUPPORT

Our vegan Immune Revive improves immunity by using Astragalus Extract and a special Organic Mushroom Blend. Astragalus supports immune function by enhancing T-Cell and NK Cell activity. And our mushroom blend increases immunity from its Beta Glucans, improving both innate and adaptive immune function. Get an extra 20% off online with code: IRDC20.

888.320.2345
www.suprahealth.net

CIRCLE REPLY 64 ON INFO CENTER



SWEETNESS THE WAY MOTHER NATURE INTENDED!

Since 1984, Suzanne's has been a manufacturer of natural and organic sweeteners. Retail products include Spreadable Fruits in 4 varieties, Rice Nectar including our Original Brown Rice syrups as well as Organic Maple, Chocolate and fruited versions. Organic favorites also include Organic Agave syrup, Organic Wildflower Honey, Molasses and Barley Malt.

800.762.2135
www.suzannes-specialties.com

CIRCLE REPLY 66 ON INFO CENTER

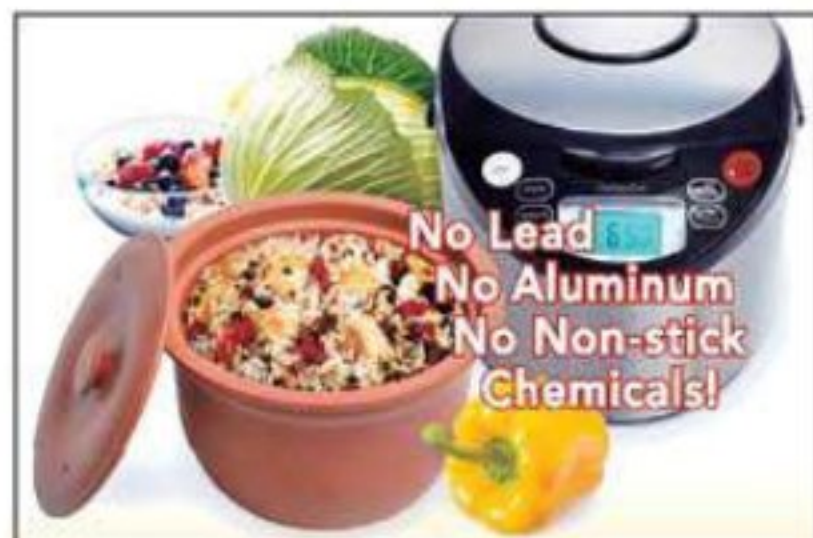


DRINKING WATER SCAMS EXPOSED!

Free! Special report (\$15.00 value) exposes water scams. Shocking truths revealed about alkalized, clustered, distilled, mineral, spring, filtered, bottled, well, reverse osmosis and more. Which one should you drink? We should consume about 2,920 glasses (182 gallons) every year . . . be waterwise . . . discover the best water!

800.874.9028 ext 794
www.waterwise.com/vt

CIRCLE REPLY 63 ON INFO CENTER



VITACLAY® - THE TOP RATED* SMART ORGANIC MULTICOOKER

Finally, make perfect rice, quinoa, savory stews, soups and nutritious broths or steamed veggies - all for your good health. Plus Bonus yogurt maker! Meals are super flavorful and nourishing because VitaClay seals in the beneficial nutrients and enzymes with an ancient secret - organic unglazed Zisha Clay.

888.223.6619
www.vitaclaychef.com

CIRCLE REPLY 65 ON INFO CENTER



SUPER ANGEL JUICER

Enjoy fresh, enzyme-rich living juice. It's perfect for leafy greens, vegetables, fruits, wheatgrass and more, featuring easy to clean, whisper quiet, high yield juicing, all stainless steel heavy duty construction. It comes with 10 year warranty. For more information, visit us online at: www.superangeljuicers.com

EMAIL: info@superangeljuicers.com
877.870.1004
714.731.0045
www.superangeljuicers.com

Vegetarian Times is the only source and leading authority for the growing population of vegetarians and those who are trying to reduce their meat intake.



EAT GREEN • LIVE WELL
vegetarian
times



Contact us today to discuss your advertising options in *Vegetarian Times*

(310) 356-2272

email:
mbrahim@aimmedia.com

“ EVERY MORNING MY HUMAN SHAVES OFF HIS FACE FUR, HE’S FUNNY LIKE THAT. ”

-TUCK
adopted 05-04-11

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

adopt
the adoptapet.org

Green Corner

Fruit & Vegetable Wash

Eco-Friendly

WHOLE FOODS
MARKET

California
Nevada
Arizona
Hawaii



H MART

New York
New Jersey



Made of anionic water.
Easily get rid of pesky
waxy residues with VegeAQUA.



**Colorless
Odorless
Foamless**

BEX BEX-INTER CORPORATION U.S.A
PHONE : 714-352-8006 www.vegeaqua.com

▲ Circle reply 67 on info center

Discover YogaFit® gear to help continue your practice outside of class. DVDs, teaching tools, apparel and more!

For 15% off merchandise use coupon code: "MRC-VEGTIMES" and for 10% off trainings use code: "TTR-VEGTIMES"

▲ Circle reply 70 on info center

100% Meatless.
Over 100 vegan products.
Delivery anywhere in the US.

VEGAN FISH HAM

www.maywahnyc.com
NO GARLIC / NO ONIONS / NO MSG

▲ Circle reply 71 on info center

Costa Rica

9 DAYS \$1095

Volcanoes, Rainforests and Beaches. All meals Included.

Join the smart shoppers and experienced travelers who rely on Caravan to handle all the details while you and your family enjoy a well-earned, worry-free vacation.

FREE Vacation Catalog
1-800-Caravan

Call now for choice dates!—Toucan

Affordable Guided Vacations

LATIN AMERICA TOURS	(Tax, fees extra)
Guatemala, Tikal, Antigua	10 days \$1195
Panama with Canal Cruise	8 days \$1195
CANADA TOURS	
Nova Scotia, P.E.I.	10 days \$1395
Canada Rockies, Glacier	9 days \$1595
USA TOURS	
Grand Canyon, Bryce, Zion	8 days \$1395
Mt. Rushmore, Yellowstone	8 days \$1295
California Coast, Yosemite	8 days \$1295
New England Fall Foliage	8 days \$1295

caravan
Since 1952—Vacation at Caravan.com

▲ Circle reply 68 on info center

Design T-shirts Online

FREE SHIPPING

Check out our **FUN & EASY** online Design Lab!

Create Amazing Shirts!
Make custom shirts for your group with our fun & easy Design Lab. Choose from name-brand apparel and 40,000+ images. FREE Shipping & FREE design help 7 days a week.

customink.com/vegimes | call 855-492-8953

▲ Circle reply 69 on info center



YogaFit®
THE LEADER IN MIND BODY FITNESS EDUCATION

START YOUR YOGAFIT® TRAINING TODAY!

Receive 10% off any training.
Coupon Code: **TTR-VT**
Merchandise Code:
MRC-Veg Times



Good at yogafit.com only.
Questions? cs@yogafit.com
or call 888-786-3111.
YOGAFIT.COM

▲ Circle reply 72 on info center



Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE™

DISTANCE EDUCATION

Natural Nutrition Diploma Program
R.H.N.™ Designation

NANP Approved
www.nanp.org

1-800-328-0743
www.csnndistanceeducation.org
csnndistled@xplomet.com



DISTANCE EDUCATION

▲ Circle reply 73 on info center



HAIR ESSENTIALS™

GROW BACK YOUR CONFIDENCE, ALONG WITH YOUR HAIR.

Hair supplements that lead to hair compliments. Revitalize the hair you have. Repair the hair you've damaged. Regrow the hair you've lost. Drug free, gluten free, vegetarian, non-GMO.



15% off
coupon code:
VegTimes

hairessentials.com

▲ Circle reply 74 on info center

Botanical INTERESTS.
HIGH QUALITY SEED



- 600 varieties
- No GMOs
- Organics
- Heirlooms
- Untreated

Available in stores or online at botanicalinterests.com


42 New Varieties!

▲ Circle reply 75 on info center

BAUMAN COLLEGE
HOLISTIC NUTRITION AND CULINARY ARTS

CHANGE THE WORLD THROUGH NUTRITION

Become a Natural Chef or a Nutrition Consultant



BAUMANCOLLEGE.ORG
Berkeley | Penngrave | Santa Cruz | Boulder | Online

▲ Circle reply 76 on info center

Shop Online! 15% off Coupon **Coupon Code: VEGTIMES**

FAKE MEATS

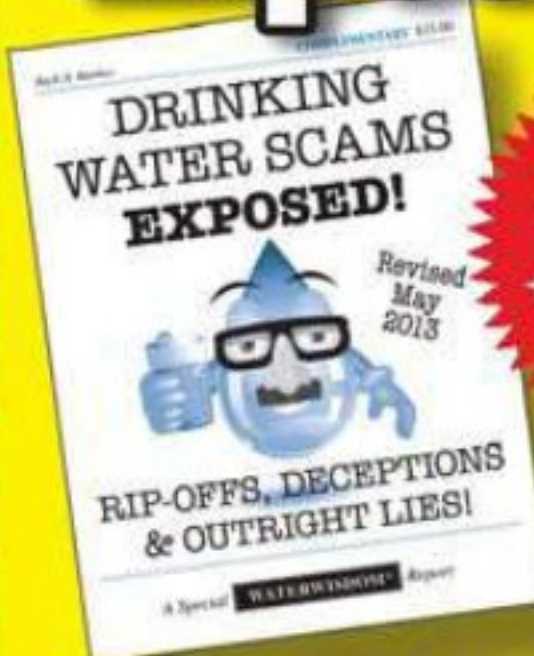
- Satisfy any Craving
- Veganize any Recipe

Vegetarian Jerky, Meat Substitutes
Egg Replacers, Seasonings & More

FakeMeats.com

▲ Circle reply 77 on info center

Water Scams Exposed!



FREE Report
\$1500 Value

Revised May 2013

Shocking truth revealed about:

- well
- bottled
- filtered
- mineral
- spring
- alkalized
- energized
- reverse osmosis
- distilled
- and more...

Call for **FREE Report & Catalog!**
800-874-9028 Ext 794
or visit: www.waterwise.com/vt
Waterwise Inc
PO Box 494000 Leesburg FL 34749

▲ Circle reply 78 on info center

SHELVES THAT SLIDE

- Custom Made for Your Cabinets
- Kitchens • Pantry • Bathrooms
- Limited Lifetime Warranty
- Baltic Birch Construction
- 100 Pound Capacity

1-800-598-7390
www.shelvesthatslide.com
Order On-Line

Custom pull out shelves and Kitchen cabinet accessories



Call or email for a free catalog

▲ Circle reply 79 on info center



Kissing = Love
Let it happen



ACCORDING TO THE AMERICAN VETERINARY MEDICAL ASSOCIATION, 80% OF DOGS AND 70% OF CATS SHOW SIGNS OF ORAL DISEASE BY AGE 3!

"Safe and effective dental health products like PetzLife Oral Care, are the missing link in holistic pet care."
- Dr. Michael Fox, BVetMed



with **PetzLife**
COMPLETE ORAL CARE

Removes plaque & tartar, controls bacteria and freshens breath.

- 100% Natural
- 100% Safe
- 100% Guaranteed
- Easy to use
- Veterinarian Recommended

PetzLife
Dedicated to Improving Pets Lives™
www.petzlife.com • 1.888.453.4682



▲ Circle reply 80 on info center

the world's **largest** collection
of **vegetarian** recipes



Top Things to Do on VegetarianTimes.com

- Search the world's largest collection of vegetarian recipes
- Get current on all-things-veg by reading the Editors' Blog
- Sign-up for our fabulous weekly e-newsletters
- Read Editors' Picks of top stories
- Get two trial issues of the magazine, free!
- **WIN BIG:** Enter super sweepstakes and win fantastic foodie prizes
- Download a free Vegetarian Starter Kit

vegetariantimes.com

GLUTEN-FREE REDO

Continued from p. 34

3 | Barbecue Bella

Spread 1¼ cups thick gluten-free barbecue sauce over par-baked crust. Top with 1½ cups shredded Cheddar cheese and ¾ cup sliced baby bella mushrooms; drizzle with 2 Tbs. olive oil. Bake until cheese is bubbly.

PER SLICE 320 cal; 6 g prot; 13 g total fat (4 g sat fat); 45 g carb; 15 mg chol; 407 mg sod; 2 g fiber; 10 g sugars **GF**

4 | Hawaiian

Spread 1¼ cups pizza sauce over par-baked crust. Top with 1½ cups shredded mozzarella, ½ cup diced fresh pineapple, 1 crumbled cooked veggie-burger patty (such as Amy's Bistro Burger), and 2 tsp. red pepper flakes. Bake until cheese is bubbly.

PER SLICE 269 cal; 6 g prot; 10 g total fat (3 g sat fat); 39 g carb; 11 mg chol; 226 mg sod; 3 g fiber; 3 g sugars **GF**

5 | Tuscan

Spread 1 cup prepared vegan pesto over par-baked crust. Top with ¾ cup caramelized onions, ½ cup thinly sliced dried figs, 3 Tbs. pine nuts, and 1 Tbs. olive oil. Bake until toppings are hot.

PER SLICE 326 cal; 4 g prot; 17 g total fat (2 g sat fat); 41 g carb; 0 mg chol; 397 mg sod; 3 g fiber; 4 g sugars **V GF**

6 | Pico de Gallo

Spread 2 cups fresh tomato salsa (from the refrigerated section) over par-baked crust. Top with 1¼ cups queso blanco and 1 cup (thawed) frozen fire-roasted corn. Bake until toppings are hot and cheese begins to brown, then garnish with 1 sliced avocado and 1 cup chopped watercress or lettuce.

PER SLICE 288 cal; 6 g prot; 12 g total fat (3 g sat fat); 41 g carb; 9 mg chol; 239 mg sod; 4 g fiber; 2 g sugars **GF**

MAKE-AHEAD TIP → A par-baked pizza crust will keep for up to two days in the fridge and up to three months in the freezer.

7 | ↑

Three-Herb Cherry Tomato

Spread 1¼ cups marinara sauce over par-baked crust. Top with 8 oz. sliced fresh mozzarella and 1½ cups halved cherry tomatoes. Bake until cheese is bubbly; top with ¼ cup each fresh parsley, torn basil, and chopped chives.

PER SLICE 271 cal; 6 g prot; 11 g total fat (4 g sat fat); 38 g carb; 16 mg chol; 130 mg sod; 3 g fiber; 3 g sugars

8 |

Swiss Miss

Spread 1 cup prepared butternut squash soup over par-baked crust. Top with 1½ cups grated Swiss cheese, 1 cup

thinly sliced fennel, 1 cup thinly sliced radicchio, and ¼ cup sliced black olives. Bake until cheese is bubbly.

PER SLICE 269 cal; 6 g prot; 11 g total fat (3 g sat fat); 39 g carb; 12 mg chol; 84 mg sod; 2 g fiber; 2 g sugars

9 |

Baked Potato

Brush 2 Tbs. olive oil over par-baked crust. Top with 1 tsp. minced garlic, 1 cup thinly sliced baked potato, and ½ cup raw broccoli florets. Drizzle with 1 Tbs. olive oil, and add ⅔ cup shredded Cheddar cheese and ½ cup sour cream (in dollops). Bake until cheese is

bubbly, then sprinkle with ¼ cup chopped chives.

PER SLICE 279 cal; 4 g prot; 13 g total fat (3 g sat fat); 38 g carb; 9 mg chol; 47 mg sod; 2 g fiber; <1 g sugars

10 |

Garlic Knot

Blend ⅓ cup olive oil, ½ cup parsley leaves, and 4 cloves garlic in blender; brush mixture over par-baked crust. Top with ½ cup grated Parmesan cheese, and season generously with salt and pepper. Bake until toppings are hot.

PER SLICE 270 cal; 4 g prot; 13 g total fat (2 g sat fat); 36 g carb; 3 mg chol; 79 mg sod; 2 g fiber; <1 g sugars

Allyson Kramer is a cookbook author specializing in allergy-friendly cuisine. She is obsessed with re-creating more healthful versions of classic comfort foods.

BUSINESS OPPORTUNITES

BUSINESS OPPORTUNITY Owner/chef sought for restaurant/beer garden space in new mixed used building in downtown White River Junction, VT scheduled to open in 2015. White River Junction is a burgeoning arts community within the Upper Valley-Dartmouth region of 70,000 pop with high disposable income. For a description of the building see www.bittinger.org. For further information contact Jill_michaels@valley.net

HOME BUSINESS OPPORTUNITY. Clean eating, clean living, clear mind - partner with an experienced team and let us show you how to earn a lucrative income by adding value to peoples lives. <http://www.valueyourfuture.com.au/home-business-opportunity>

CHINA, SILVER, GIFTS

CHINA, CRYSTAL, SILVER, COLLECTIBLES. World's Largest selection, vintage and new patterns. Free item lists. **Replacements, Ltd. (800) REPLACE. www.replacements.com**

KITCHEN PRODUCTS

SUPER ANGEL JUICER. All stainless steel heavy duty, 10 year warranty. Free shipping. Fresh and enzyme-rich living juice. www.superangeljuicers.com (877) 870-1004

KITCHEN PRODUCTS

LUNATEC® odor free dishcloths and washcloths rinse clean, stay odor free and have less bacteria. No more stinky cloths. www.lunatecgear.com **858-653-0401**

HERBS & SUPPLEMENTS

 **AmeriHerb, Inc.**
www.AmeriHerb.com
"You're not a number you're a name."
Bulk Herbs & Spices • Same Day Shipping • No Minimums
Call for a **FREE** Wholesale Catalog (800) 267-6141
Or write: **Ameriherb** P.O. Box 1968 Ames, IA 50010-1968

EDUCATION

The Science & Art of Herbalism Home Study Course with Rosemary Gladstar

This outstanding course written by one of America's most well known herbalists is designed to teach you the practical skills of herbalism. Includes hands on herbal preparation, formulation, herbal first aide, home health care, natural cosmetics, a systematic in-depth study of medicinal herbalism, individual attention and personal review of homework. Certificate awarded.

SPECIAL OFFER. Register before April 30th and save \$80. Use VT code when registering.

Printed Course Sale Price: \$295
Online Course Sale Price: \$275
Register online at: www.herbalhomestudy.com
sage@sagemountain. P.O. Box 420, E. Barre, VT 05649

PERSONAL CARE

VEGAN, fluoride free, oral care products tested on grandchildren, never animals. Healthy smiles! **(888) 558-8482, www.VITAMYR.COM**

PERSONALS

FIND LOVE AND SAVE THE PLANET Meet singles in the vegetarian, environmental and animal rights community for friendship, dating, romance. Free to browse. Free to join. Join now at: www.greensingles.com

VEGETARIAN DATING SINGLE? Meet your veggie partner today. We have tens of thousands of single, vegetarian members. Take action. **PlanetEarthSingles.com**

WATER PURIFICATION

Enjoy Healthier, Better Tasting Water!
Countertop Undersink and Whole House Filters
See PerformanceWaterFilters.com
or Call Patti 904 940 4977
Distributors Needed

vegetarian times EAT GREEN • LIVE WELL

Contact us today to discuss your advertising options in *Vegetarian Times* (310) 356-2272 or email: mbrahim@aimmedia.com

New

REED'S

Culture Club

KOMBUCHA

LIVE • RAW • ORGANIC



What Makes Our Kombucha so Special..

- Only Kombucha made with Spring Water.
- Culture Grown in Organic Oolong & Yerba Mate teas.
- 8 Amazing Flavors using Organic Super Fruits & Herbs.
- Longer Aged Culture for a more Beneficial Nutrient Content.

Available in natural food stores Nationwide.

For \$2.00 off coupons visit www.Reedsinc.com/kombucha-coupons