

EAT GREEN • LIVE WELL

vegetarian times

FABULOUS FALL MEALS

32

SIMPLE,
SEASONAL
RECIPES

SUPER-SATISFYING
MAIN-DISH
SALADS

HEALTHY
5-INGREDIENT
DIPS

HEARTY
HOMEMADE
SOUPS

ARTICHOKE AND
SUN-DRIED TOMATO
FOCACCIA
ROASTED SQUASH
AND APPLE
CHOWDER WITH
COLORFUL POTATOES,
p. 76





WHOLESOME HEARTY CONTEMPORARY THIN CRISPY ANCIENT



Your Favorite All Natural Snack Crackers

Made with simple ingredients, Sesmark crackers are baked to perfection. Enjoy our crispy crackers plain, with cheese or topped with your favorite spread.

Sesmark.com

features

COVER

Photography by
Beatriz Da Costa
Food styling by
Susie Theodoru

40 **Make Over Your Morning Meal**

Master the breakfast strategy that helps curb all-day snacking.

BY KAREN ASP AND MARY MARGARET CHAPPELL

62 **1 Food 5 Ways: Pomegranate**

The bejeweled fall fruit makes its annual appearance in produce aisles and farmers' markets—and shines in these recipes.

RECIPES BY FIONA KENNEDY

66 **The 100 Best**

We asked readers to pick their favorite veg grocery items for VT's 2013 Foodie Awards. Here are the winners.

BY TAMI FERTIG

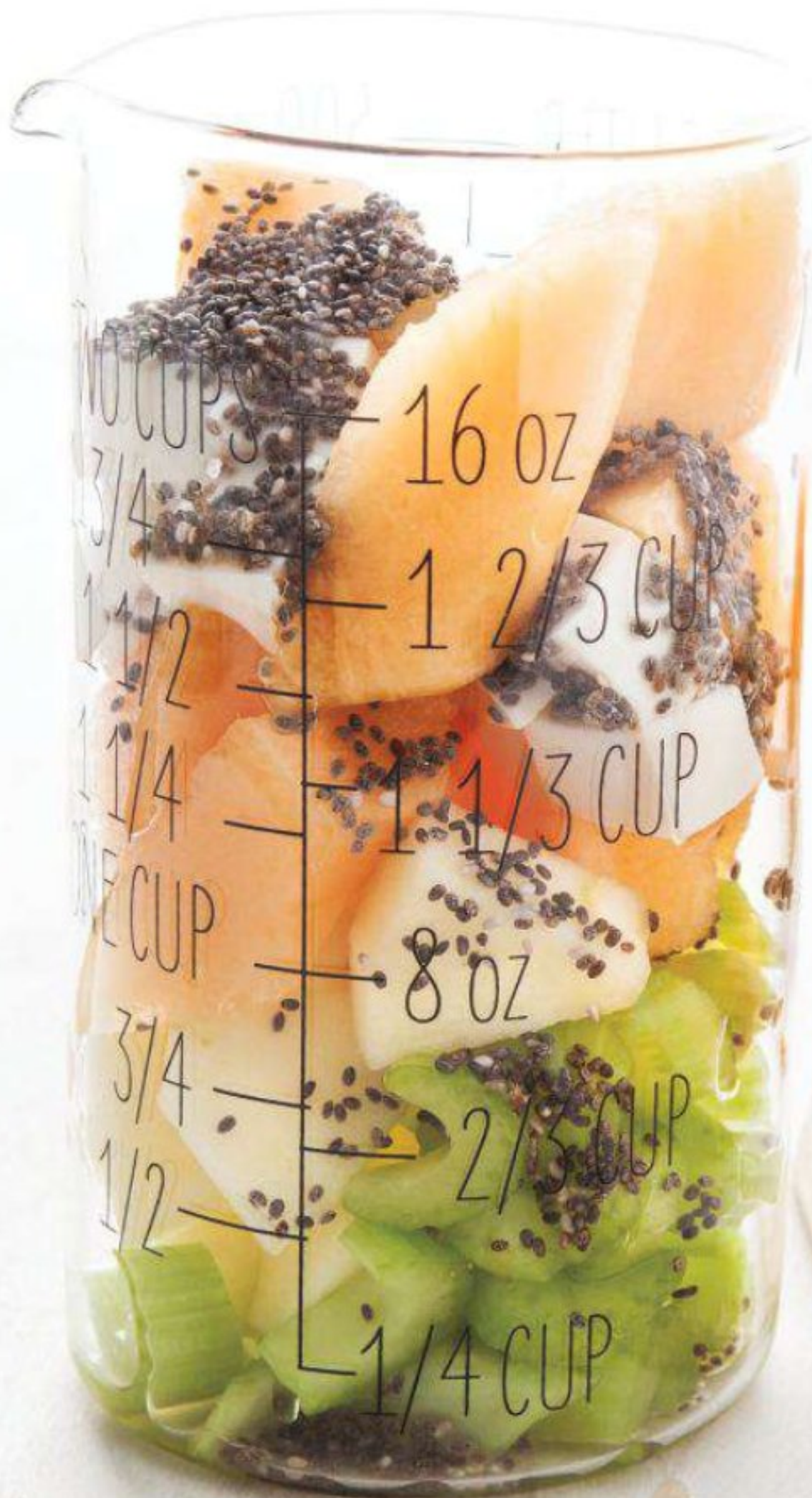
72 **Soup Party!**

Celebrate autumn with hearty soups and some delicious extras.

RECIPES BY ABIGAIL WOLFE

ON THE COVER

- **SUPER-SATISFYING MAIN-DISH SALADS** 24
- **HEALTHY 5-INGREDIENT DIPS** 34
- **HEARTY HOMEMADE SOUPS** 72



THE MAKINGS OF THE
MELLOW MELON SMOOTHIE, p. 42



staples

- 4 [editor's note](#)
- 6 [contributors](#)
- 10 [letters](#)
- 14 [the buzz](#)
- 83 [recipe index](#)

FAB 5

Can't decide what to make tonight? Here are our five favorite recipes from this issue:

1. [Kale Salad with Pomegranate and Maple Pecans](#), p. 64
2. [Camembert Caprese Grilled-Cheese Sandwiches](#), p. 61
3. [Vietnamese Noodle Salad with Chickpeas and Rainbow Carrots](#), p. 29
4. [Roasted Squash and Apple Chowder with Colorful Potatoes](#), p. 76
5. [Pineapple-Lime Smoothie](#), p. 42

22 [eco-beauty](#)

The apples of autumn are a year-round treat for skin.

BY ELIZABETH BARKER

24 [30 minutes](#)

A festival of seasonal salads.

BY ISA CHANDRA MOSKOWITZ

30 [ask the nutritionist](#)

What do food cravings tell us? Are sprouted foods healthier?

BY KRISTINE DUNCAN, MS, RD

34 [5 ingredients](#)

Tasty spreads for scooping and dipping.

BY MARYGRACE TAYLOR

52 [technique](#)

Glorious, gooey, gourmet grilled cheese.

BY MARY MARGARET CHAPPELL

84 [taste buds](#)

The Vegan Zombie guys' favorite apocalyptic pairing.

THIS TECHNIQUE IS
REALLY CHEESY, p. 52

Issue 406, Vol. 39, No. 9. *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 475 Sansome St., Suite 850, San Francisco, CA 94111. Periodicals postage paid at San Francisco, CA, 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).



Vegetarian



PARMESAN

Traditional Parmesan cheese
made without animal rennet.

rBST Free* | Gluten Free | Award Winning
Recipes and more at belgioioso.com



BELGIOIOSO®

Quality Never Stops™



*No significant difference has been found in milk from cows treated with artificial hormones.



no baloney

When my brother and I were kids, my mom made a signature sandwich we couldn't resist.

"Who wants a Special Baloney Sandwich?" she'd call out on Saturday afternoons. Who was she kidding? Everyone within earshot wanted one of those sandwiches, which was basically baloney on sourdough with mustard, mayo, Jack cheese, and sliced tomato, all toasted up to crispy-melty perfection in the toaster oven.

I haven't eaten baloney in decades, but a vivid Special Baloney flashback caught me by surprise when we sampled the Camembert Caprese Grilled-Cheese Sandwiches featured in this month's Technique: "Glorious Grilled Cheese" (p. 52). That irresistible combination of sourdough, melted cheese, and warm sliced tomatoes delivers all the specialness of my mom's sandwich, and the addition of fresh basil leaves is a definite improvement over processed lunch meat.

Munching away on VT's gourmet grilled-cheese creations, I realized my mom's sandwich would have been famous even without the baloney. We just didn't know it at the time.

Elizabeth Turner



Follow me on Twitter @EditorVegTimes

what's cooking on vegetariantimes.com



WIN! Holistic Holiday at Sea

vegetariantimes.com/cruisesweeps

Enter to win a cabin for you and a guest aboard the 11th Annual Holistic Holiday at Sea. This one-of-a-kind veg-cation offers lectures by health experts, specialty diet cuisine, and a relaxing and energizing escape to the Caribbean.

VT's Build a Better Breakfast Challenge »

vegetariantimes.com/betterbreakfast

This seven-day program, sponsored by Bob's Red Mill, will help you build healthful breakfast habits for life and keep you looking and feeling your best. Sign up at vegetariantimes.com/betterbreakfast, and get started today by reading "Make Over Your Morning Meal" (p. 40).



« VEGGING OUT: Vegans Occupy Oakland

vegetariantimes.com/veggingoutoakland

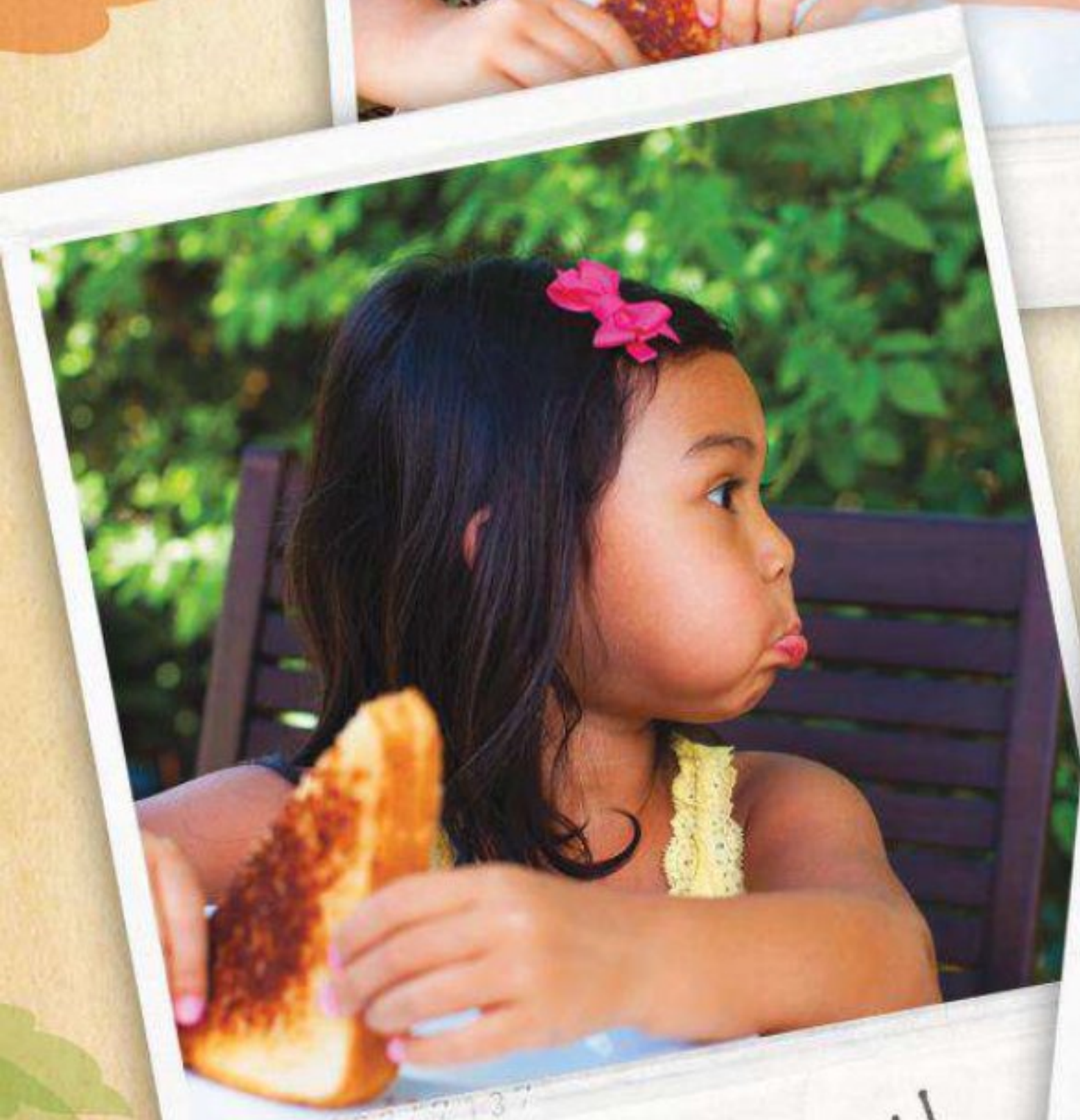
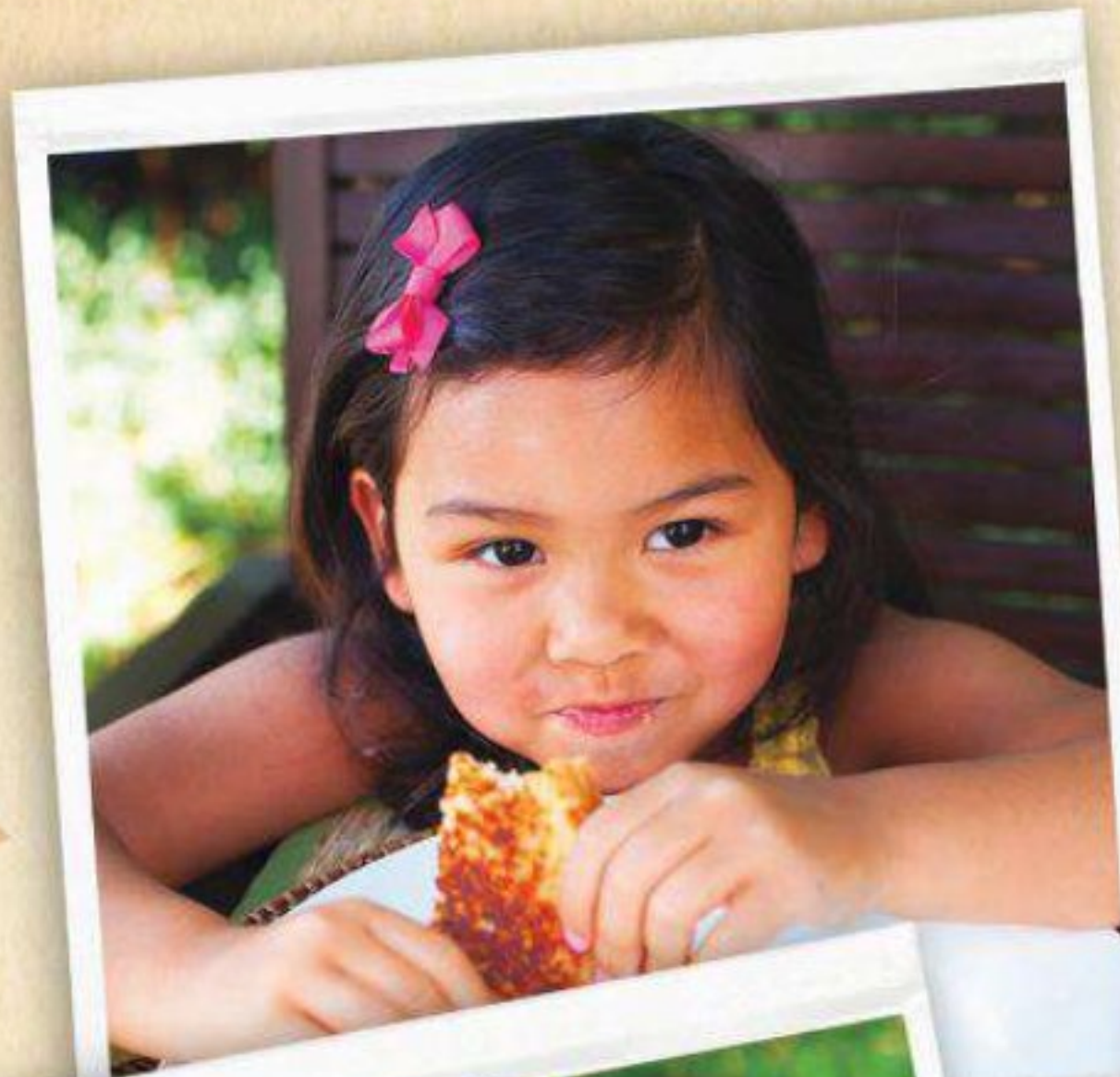
Check out some of the hippest places for vegan eats in Oakland, Calif.—and share any we may have missed—on the Veg Daily Blog.

Smile!

A **non-dairy** cheese

that will **melt** your heart

A breakthrough formula that gives you a creamy and authentic cheese flavor, while offering a melt-ability and texture that is more like dairy-based cheese for even the pickiest of eaters!



im going to eat it all!

grilled cheese is my FAVORITE!

- SOY FREE
- DAIRY FREE

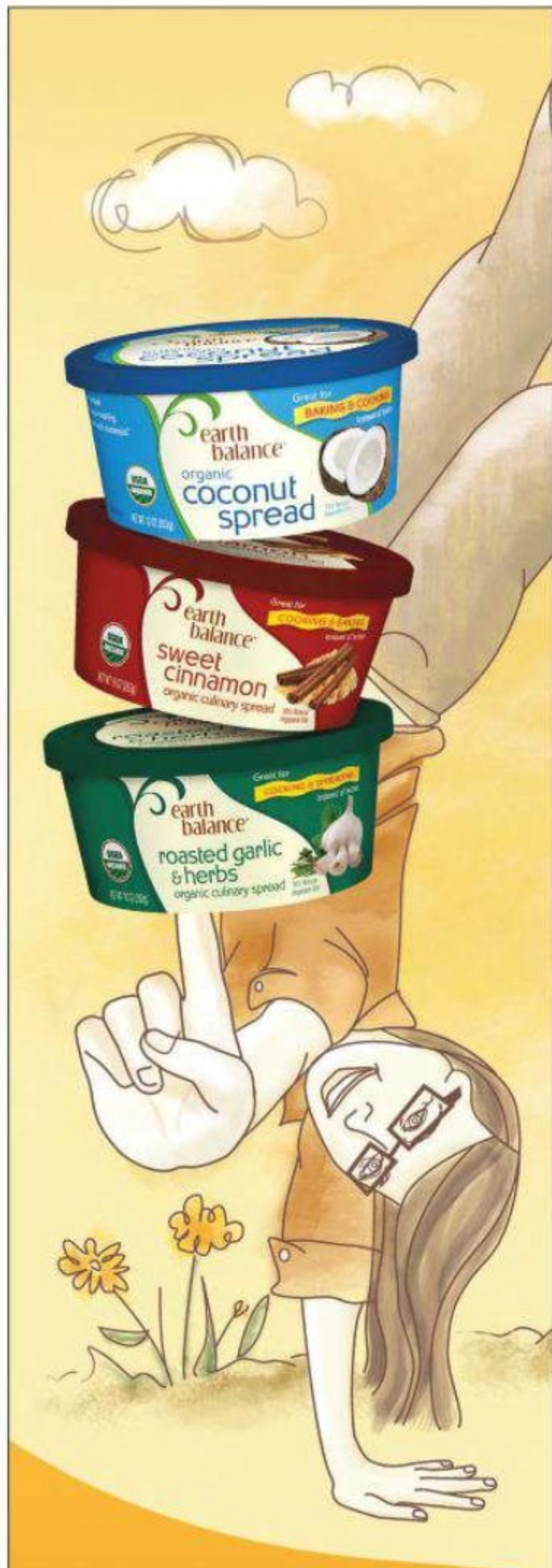
visit us online and download coupons to try this product!



Circle reply #6 on Info Center card

www.FollowYourHeart.com

contributors



LIVEN UP YOUR DISHES

Add delicious flavor to your favorite foods with our organic culinary spreads. Sauté, stir-fry and bake with these butter-busting, lactose-free alternatives.



earthbalancenatural.com

©2012 CFA Brands, Inc.



Marygrace Taylor

Recipe Developer, "Quick-Fix Dips," p. 34

What did you discover while on this assignment?

Pitting two cups' worth of kalamata olives is no fun. Save your sanity and buy the ones that are already pitted.

What was your most memorable dining experience?

The veg food in Los Angeles is so good, and going there for the first time as a college student was really eye-opening. It was the first time I had a veggie burger that didn't come frozen in a box!

What was your best improvisatory moment in the kitchen? Corn-and-mushroom tacos with salsa verde. I made them on a whim last summer, and we ended up eating them all season long.

Scott Horne

Prop Stylist, "Make Over Your Morning Meal," p. 40;

"The 100 Best," p. 66

What's your No. 1 pantry staple?

Nuts! Any kind. They're one of the few foods that can be eaten throughout the day—morning, noon, and night. I love having them out around the house to snack on. When people come over, I always put a bunch of different nuts in espresso mugs on a tray, so they are easy to eat.

What's your favorite piece of cookware? My All-Clad frying pan. It seems to cook food more evenly, and I find that All-Clad is easier to clean than others.

Who or what inspires you most? Creative people—people who make things.



Karen Asp

Writer, "Make Over Your Morning Meal," p. 40

What's your No. 1 pantry staple?

I have two: dried beans (black beans are my favorite) and peanut butter (I love NuttZo).

What's your most treasured family food tradition?

From fall through spring, every Sunday is "Souper Sunday" in my house. That day, I cook soup (sometimes a new recipe, sometimes an old favorite), often pairing it with salad or bread, which is dinner for my husband and me. We look forward to the first Souper Sunday every fall.

What's your No. 1 grocery splurge? Talenti Gelato—double dark chocolate. (To be honest, that and pizza are the two things holding me back from being vegan!) 🍀

new



all gluten free • nine varieties • seven completely different snack foods

10oz. Pocket Snacks

The finest *nuts, seeds,* and *dried fruit* that can be found - now in single serve packets that *go anywhere with ease.*

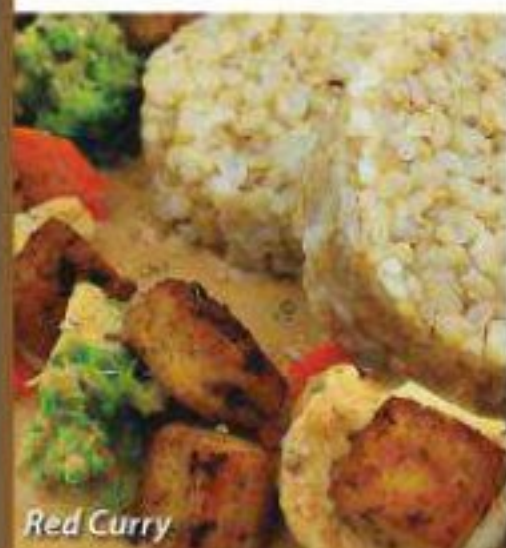


©2013 Eden Foods 06442

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

edenfoods.com |   

Circle reply #2 on Info Center card



Red Curry



Mediterranean Skillet

HEALTHY

Only the best organic, non-GMO, plant-based ingredients. NO preservatives, and NO additives!

CONVENIENT

Delivered straight to your door. Pre-packaged & frozen so you can save them in your freezer.

READY-TO-EAT

Heat and enjoy in less than 15 minutes.

DELICIOUS

Try it... You'll be hooked!

SAVE 15%
off your first order
COUPON CODE
VEGTIMES15



Veggie Pesto Pizza



Find us online at:
www.veestro.com

Circle reply #4 on Info Center card

vegetarian times

EAT GREEN • LIVE WELL

EDITOR IN CHIEF
Elizabeth Turner

CREATIVE DIRECTOR
Daphna Shalev

FOOD EDITOR **Mary Margaret Chappell**

COPY CHIEF **Don Rice**

SENIOR EDITOR **Amy Spitalnick**

ONLINE MANAGING EDITOR **Jolia Sidona Allen**

ASSOCIATE EDITOR **Tami Fertig**

DEPUTY ART DIRECTOR, DIGITAL PUBLISHING **Scott Hyers**

ART/EDIT ASSISTANT **Suzanne Feyche**

PRODUCTION DIRECTOR **Cynthia Lyons**

PRODUCTION MANAGER **Mark Stokes**

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, VEGETARIAN TIMES AND YOGA JOURNAL

Bill Harper

310-356-2270; bharper@aimmedia.com

PUBLISHER'S ASSISTANT **Lori Rodriguez**

Business Offices

300 N. Continental Blvd., Suite 650, El Segundo, CA 90245

310-356-4100; fax: 310-356-4110

ADVERTISING DIRECTOR **Lorrie Allen** 617-566-8277; lallen@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

Marketing & Web

MARKETING DIRECTOR **Haley Brockmeier** hbrockmeier@aimmedia.com

SENIOR MARKETING MANAGER **John Robles** jrobles@aimmedia.com

MARKETING AND PROMOTIONS COORDINATOR **Rachel Van Buskirk** rvanbuskirk@aimmedia.com

COMMUNICATIONS DIRECTOR **Dayna Macy** dmacy@aimmedia.com

WEB OPERATIONS DIRECTOR **Ken Coffelt**

DIGITAL ADVERTISING OPERATIONS MANAGER **Ron Goldy** rgoldy@aimmedia.com

WEB PRODUCTION ASSISTANT **Allison Blake**

Consumer Marketing

CIRCULATION DIRECTOR **Jenny Desjean**

DIRECTOR OF RETAIL SALES **Susan Rose**

RETAIL SALES MANAGER **Bev Giacalone**

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 manuscripts and/or artwork, which must be

accompanied by a self-addressed, stamped envelope.

FOR EDITORIAL QUESTIONS, CALL 310-356-4100

Subscription inquiries, address changes, renewals:

CALL 877-717-8923 (U.S. & Canada); VISIT vegetariantimes.com/customerservice

FOREIGN ORDERS, CALL 386-447-2398

Copyright © 2013 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.



Made in the U.S.A.



ACTIVE INTEREST MEDIA

CHAIRMAN & CEO **Efrem Zimbalist III**

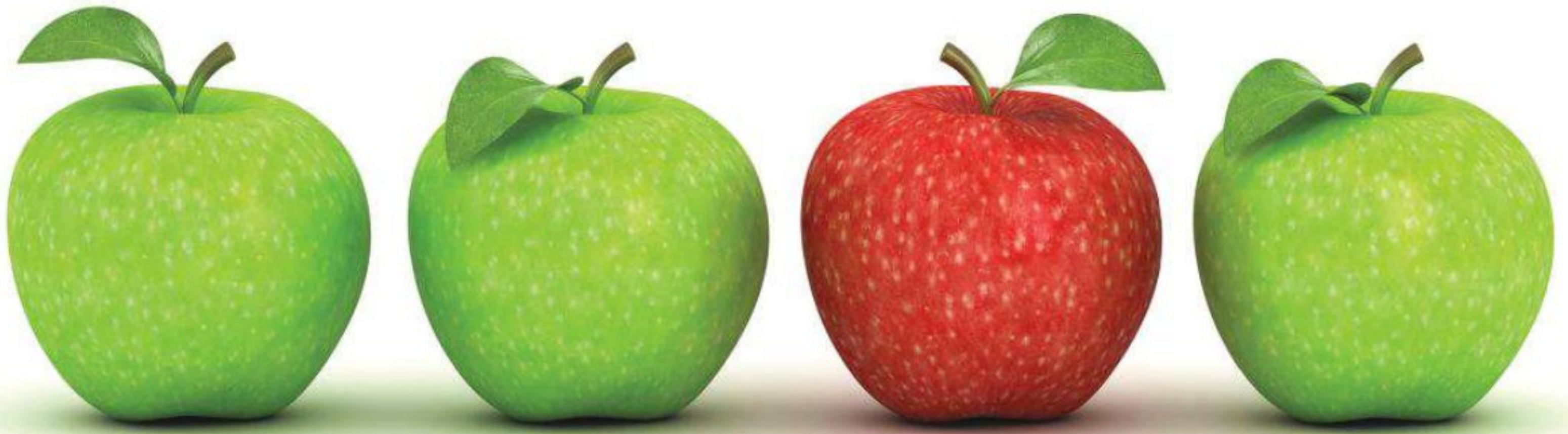
PRESIDENT & COO **Andrew W. Clurman**

SENIOR VICE PRESIDENT & CFO **Brian Sellstrom**

SENIOR VICE PRESIDENT, OPERATIONS **Patricia B. Fox**

VICE PRESIDENT, CONTROLLER **Joseph Cohen**

VICE PRESIDENT, RESEARCH **Kristy Kaus**



When it comes to probiotics,
Pick Differently.

Uniquely made with 100% HDS Probiotics™
(*human digestive strains*), Primadophilus®
Optima High Potency formulas
are naturally compatible with your
intestinal tract to support healthy
digestion, regularity & immunity.*



*This statement has not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.





letters

SWEET STUFF

Thanks for always creating delicious recipes with inventive ways to enjoy in-season produce. Each time my *Vegetarian Times* arrives, my kids look to see what they want to try. They made the Rustic Nectarine-Blueberry Tart [1 Food 5 Ways: "Nectarines," September, p. 74] with little help from me! Beautiful and delicious. Thanks for helping to encourage healthy treats for my young kids.

BETH ALLEN-BOYLE | CRANBERRY TOWNSHIP, PA.

A+ FOR VEG CAFETERIA

Thank you for profiling PS 244's progressive all-vegetarian cafeteria [VT Special: "The Cafeteria Report," September, p. 54]! I'm very inspired that a public school is undertaking this mission, not only for health but also as mindfulness education. With two kids moving toward elementary school, I think a lot about the food choices in our community, and modeling the joy and pleasure of Earth's bounty is key to teaching healthy values. Whether or not a family is vegetarian, what a great way to nourish minds and bodies and help kids keep a spirit of adventure

« **LOOK!** Pennsylvania-based reader Beth Allen-Boyle sent this photo of her young baking apprentice and their gorgeous VT creation (see "Sweet Stuff," below, left).

around food. I applaud the school's administration and the kitchen staff, who no doubt took this challenge to heart. Now I have a model to look to when advocating for change in my local schools. Bravo!

ERICA DANKMEYER | VIA E-MAIL

BOWLED OVER

You guys have outdone yourselves on the September issue! I usually tag a few recipes to try, but this month almost every single article is tagged. Maybe because so many of the recipes are vegan or easily veganizable, or because the focus seems to be on real, healthy foods, but this issue has everything I love. And on top of all that, the "Super Bowls" piece [30 Minutes, p. 30] made me so happy because I've wanted recipes for healthy bowls, and here they are. Thank you!

EVE LYNCH | SAN FRANCISCO

HEALTHY OR NOT?

I am enjoying learning more about healthy eating with some of the articles in your magazine. I was surprised to see that the Egg-and-Cheese Breakfast Wrap [5 Ingredients: "Wrap Stars," June, p. 38] had 206 milligrams of cholesterol, and the Blood Berry [1 Food 5 Ways: "Strawberries," p. 60] had 39 grams of sugar. I know they are vegetarian—are they healthy?

DEBBY SNYDER | VIA E-MAIL

Editor's Note: A serving of the Egg-and-Cheese Breakfast Wrap falls within the Mayo Clinic guideline to limit cholesterol to less than 300 milligrams daily. The Bloody Berry cocktail, which contains 8 teaspoons of added sugar, definitely qualifies as a decadent treat. The American Heart Association recommends limiting daily added sugar to 6 teaspoons (24 grams) for women, and 9 teaspoons (36 grams) for men.

Send your letters to:

editor@vegetariantimes.com

SHARE: READER RECIPE

Orzo Salad with Feta, Kalamata Olives, Dried Cranberries, and Walnuts

Serves 4 | 30 minutes or fewer

When Margie Coloian, of Johnston, R.I., experimented with going veg earlier this year, she turned to this satisfying pasta salad over and over. She suggests serving it as a side dish at dinner, or packing for lunch (no microwave necessary).

DRESSING

- 2 Tbs. white balsamic vinegar
- 1 Tbs. olive oil
- 1 clove garlic, minced (1 tsp.)

SALAD

- ½ cup uncooked orzo
- 1 large tomato, chopped
- ½ medium red onion, chopped
- ⅓ cup crumbled feta cheese
- ¼ cup chopped red bell pepper
- ¼ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup kalamata olives, chopped
- 2 Tbs. fresh parsley, chopped

1 | To make Dressing: whisk together vinegar, oil, and garlic in small bowl, and season with salt and pepper, if desired.

2 | To make Salad: cook orzo according to package directions; drain, rinse with cold water, and drain again.

3 | Combine orzo with tomato, onion, feta, bell pepper, cranberries, walnuts, olives, and parsley in medium bowl. Add Dressing, and toss to combine. Serve at room temperature.

PER 1-CUP SERVING 254 cal; 7 g prot; 13 g total fat (3 g sat fat); 29 g carb; 11 mg chol; 269 mg sod; 3 g fiber; 10 g sugars



Say yes!



LACTOSE FREE



DAIRY FREE, VEGAN

Enjoy all the cheesy foods you love.

Reducing or eliminating your dairy? Say yes to America's #1 cheese free choice, now available in Lactose Free and Dairy Free versions. Lose the lactose and keep the smile with meltable, stretchable, love love loveable GO Veggie!™ slices and shreds.

Say yes to *yum* and save! Visit www.goveggiefoods.com for coupons.

 |  |  |  | www.goveggiefoods.com

© 2013 GALAXY NUTRITIONAL FOODS, INC.

Circle reply #7 on Info Center card

GO Veggie!
Eat Smart. Live Happy.

THE BUILD A BETTER BREAKFAST CHALLENGE

vegetariantimes.com/betterbreakfast

You know breakfast is the most important meal of the day, but how much do you know about making that breakfast as healthy as possible? Join us for a 7-day program that will help you build better breakfast habits for life and keep you looking and feeling your best.

Presented by



DO YOUR HOMEWORK If you haven't already, read "Make Over Your Morning Meal" (p. 40). You'll get schooled in how to build a healthy, protein-packed breakfast to curb overeating. Plus, you'll get nine mix-n-match high-protein breakfast recipes you'll want to make again and again.

TEST YOUR BREAKFAST IQ Sign up at vegetariantimes.com/betterbreakfast for seven daily quiz questions to be delivered straight to your in-box via e-newsletters. Quiz questions will test what you've learned so far, and dish out more must-have breakfast knowledge.

COMPARE NOTES Share your comments on the featured recipe of the day, and see what others have to say!

EAT GREEN • LIVE WELL
vegetarian
times

TELL VT

What's your best throw-together dinner idea?

I dice up an avocado and tomatoes, toss them with soy sauce and sriracha, then top with sesame seeds. It's light, but tastes indulgent and satisfying! —STEPHANIE

Fresh chard cut into strips and sweet onions, sautéed with crushed garlic. Add a chopped tomato, toss with whole-wheat penne, and top with grated Manchego.

—CAROLE WHEELER, VIA FACEBOOK

Wild rice with portobello mushrooms, black beans, red onions, and tomatoes. I put the rice in my steamer, and sauté the veggies 10 minutes before the rice is done. Also makes great leftovers!

—KATHY ROGERS, VIA FACEBOOK

Ramen noodles with a veggie bouillon cube (instead of the packet with chicken or beef solids) and some frozen Asian stir-fry veggies. So easy and fast!

—JILLIAN McKEOWN, VIA FACEBOOK

next question: What's your favorite family food tradition at Thanksgiving?

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: **Lauren Lukacek**

Hometown: **Milwaukee**

Vegan Since: **December 1997**

What motivated you to go veg? My older, veg sister wrote a persuasive speech for school about vegetarianism and practiced it on me. It worked.

What's your most treasured piece of heirloom cookware? My mom sent me her Crock-Pot—it's such a time-saver in winter.

What's your favorite veg restaurant, and what do you order there? Candle Cafe in

New York. I get the BBQ Tempeh Sandwich. Yum!

What's your best advice for new vegetarians/vegans?

Look for ways to make your old favorite meaty dishes meat-free. I make delicious Sloppy Jane sandwiches with kidney beans! Every time I make them, I'm reminded of childhood cookouts with family. It's comforting to have those old recipes made new.

Share your vegiversary at vegetariantimes.com/vegiversary.



THE WORLD'S MOST BENEFICIAL FOODS

From the Tree to your Table



View The Complete Line Of Ojio® Products At www.ultimatesuperfoods.com

- Agave • Almonds • Ayurvedic Herbs • Bananas • Cacao • Camu Camu • Chia
- Chlorella • Goji Berries • Golden Berries • Hemp • Himalayan Salt • Lucuma
- Maca • Mesquite • Mulberries • Nori • Palm Sugar • Quinoa • Sacha Inchi
- Shredded Coconut • Spirulina • Stevia • Vanilla • Yacon • Yerba Mate

Available at retailers nationwide

Ojio® is a registered trademark of Ultimate Superfoods, Inc.

Circle reply #5 on Info Center card

THE *buzz*

PEAK SEASON

Named for

the 18th-century Pennsylvania farmer who, legend has it, introduced the diminutive fruit, the Seckel rates as the smallest and sweetest of all commercially grown pear varieties. So sweet is the blushing Seckel that it's also called a sugar pear. Seckels tend not to travel well or hold up during long-term storage, so you'll mostly find them at local fall and early winter markets.

—MATTHEW KADEY, RD

SECKEL

pear

TRY THIS

Blend coconut water, Seckel pear, plain Greek yogurt, whole almonds, fresh ginger, and allspice into a smoothie.

Poach peeled whole Seckels with orange juice, pomegranate molasses, a cinnamon stick, and a split vanilla bean.

For a salsa, stir together chopped Seckel pear, red bell pepper, jalapeño chile, and fresh mint; season with lime juice and salt.

PREP TIPS

The Seckel pear's sweet flesh and petite size make it the perfect out-of-hand snack or addition to a lunch box. Seckels are also well suited to canning or poaching, and to garnishing salads or sandwiches. Shales likes to pair the fruit with red wine and light cheeses such as fontina. Unlike most pear varieties, Seckels won't brown quickly once they're sliced.

HOW TO SELECT AND STORE

"Look for Seckel pears that are fairly firm, with a deep maroon blush that may cover most of the fruit," says Brianna Shales of Stemilt Growers in Wenatchee, Wash. Check that the woody stem is still attached; any exposure of the flesh hastens decay. Also, avoid fruits with soft spots or scars more than skin-deep. Shale advises keeping Seckel pears for up to a week in the crisper of your fridge, away from any strong-smelling foods. If unripe, leave the fruit at room temperature until the area near the stem yields to gentle pressure.

Once ripe, the fruit should be eaten promptly.

*As much protein as an egg,
now found in a bowl.*

©, TM, © 2013 Kashi Company



There's a surprising way to get protein at breakfast: Kashi® GOLEAN® cereals. With protein, plus fiber, they help keep you full all morning. Try GOLEAN, and find out even more about protein at kashi.com



7 whole grains on a mission™

KASHI® GOLEAN® cereals contain 13-20% DV of protein per serving; one large egg contains 13% DV of protein. GOLEAN helps increase fiber and protein intake as a part of a healthy, nutritious lifestyle. Diets high in protein (30% of total daily calories from protein) have been shown to help you feel full.

just **b** yourself



got an endless round of activities planned this summer? you'll need energy to keep up! vitamin b-12 helps to support energy production and also supports brain and nervous system function. Vitamin Shoppe® brand B-12 is made from methylcobalamin, an active form of the "energy vitamin."



visit us at



stores nationwide
vitaminshoppe.com

HELLO, NANO!

At nanobreweries the size of your garage, home brewers gone pro are handcrafting beers. Here we cheer all-veg nanos for saying no to animal-sourced clarifying agents such as gelatin and isinglass.

—OLIVIA M. HALL



BAELTANE BREWING Novato, Calif.

baeltanebrewing.com
For a taste of Europe just north of San Francisco, visit this cozy community café—board games provided. Artisanal Belgian-style and West Coast ales and French-style saisons flow from the small tasting room's 12 taps, brews that owner Alan Atha describes as traditional with a twist. On weekends, live bands entertain with Celtic tunes.

Signature Suds: Mon Coeur Sauvage (Chocolate Ale), featuring Ecuadorian cacao nibs and raspberries



PIPEWORKS BREWING Chicago

pipeworksbrewing.net
RateBeer's 2012 Top New Brewer in the World is a prolific beer crafter, with 40 different brews bottled in the first year alone. "Nothing we make is supertraditional or really crazy, either," says co-owner Gerrit Lewis. Find the newest creations, and some favorites on rotation, in more than 100 Chicago-area taverns and stores. Look for a tasting room and bottle shop to open later this year.

Signature Suds: Ninja vs. Unicorn (Double IPA), unfiltered and brewed with 5 pounds of hops per barrel



BURNT HICKORY BREWERY Kennesaw, Ga.

burnthickorybrewery.com
References to punk bands adorn Burnt Hickory's bottles, which fits with the high-gravity and occasionally barrel-aged ales from owner Scott Hedeon, who likens his craft to the DIY

ethos of a garage band. Try his beers on taps nearby, or attend a tasting room open house on the second Saturday of each month.

Signature Suds: Didjits (IPA), brewed with blood oranges and citrus-like aroma hops



NIGHT SHIFT BREWING Everett, Mass.

nightshiftbrewing.com
Night Shift beers break with tradition in favor of (sometimes unbridled) experimentation. "Our style is off-style," says co-founder Rob Burns. "We also highly encourage drinking our beers with meals, so we put suggested pairings on our labels." Brews are available in the tiny tasting room and at a few dozen stores plus a handful of bars in and around Boston.

Signature Suds: Somer Weisse (Berliner Weisse), brewed with lemongrass and ginger

Goodness, Gracious.



Cashew Turtle Brownies

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

- 10 tbsp (1 1/4 sticks) unsalted butter, diced
- 1 cup + 1/2 cup semi-sweet chocolate chunks
- 2 ounces unsweetened baking chocolate
- 1 1/4 cups granulated sugar
- 1 tsp vanilla extract
- 2 large eggs
- 3/4 cup flour
- 1/2 tsp salt
- Pan spray



Scan this QR code for more recipes!

Vegetarian

- 36 caramel candies
- 3 tbsp heavy cream
- 1/4 tsp salt
- 1/2 cup Once Again Organic Cashew Butter
- 1/2 cup chopped Once Again Roasted Salted Cashews

Preheat the oven to 325°F. Line an 8 or 9 inch square glass baking dish with foil, letting the foil hang over the sides by about an inch. Spray the foil liberally with pan spray. Heat the butter, 1 cup of chocolate chunks, and unsweetened baking chocolate in a double boiler over medium heat. Stir until the chocolate and butter are melted. Carefully remove the bowl from the double boiler. Stir in the sugar and vanilla, then whisk briskly for 1 minute. Slowly whisk in the eggs in a steady stream. Stir in the flour and salt until incorporated, then whisk briskly for 1 minute. Pour half of the batter into the lined baking dish. Reserve the remaining half. Place the pan in the oven and bake for 10-12 minutes, until batter is just set. While the brownies are baking, place the caramels in a microwave safe bowl and microwave on high for 1 1/2 to 2 minutes to melt. Remove from the microwave and whisk in the heavy cream. After 10 minutes, remove the brownies from the oven. Drop the cashew butter by tablespoons on top of the brownies, then sprinkle with the chopped cashews and remaining 1/2 cup of chocolate chunks. Drizzle with the caramel. Drop the reserved brownie batter evenly on top of the caramel. Use a wooden spoon to gently spread the batter to the edges, covering the caramel as much as possible. Return the brownies to the oven and continue baking for another 30-35 minutes or until the brownies pull away from the sides. Remove from the oven and cool to room temperature, then place in the fridge to cool completely. Use the foil overhang to remove the brownies from the pan. Discard the foil. Trim the edges and slice into 16 squares. Enjoy!

NUTRIENTS PER SERVING (16 servings). **CALORIES:** 412, **TOTAL FAT:** 23.3g, **SAT. FAT:** 11.4g, **CHOLESTEROL:** 46.4mg, **SODIUM:** 155mg, **CARBS:** 51g, **FIBER:** 1.1g, **SUGARS:** 37.5g, **PROTEIN:** 4.5g

© Once Again Nut Butters 2012

All Organic Once Again Nut and Seed Butters are Non-GMO



At Once Again, we love what we do. We think you'll love these cashew turtle brownies! To learn more about us, visit our new site and check us out on your favorite social media site.

www.OnceAgainNutButter.com



Circle reply #3 on Info Center card



While a stylish solution, hats merely cover up sparse strands. Consider getting to the root of the problem: most hair loss may be hereditary, but stress, inflammation, and autoimmune conditions can play a role. For healthier locks, turn to these natural hair helpers.

—SUSAN ENFIELD

thinning hair FIXES

ROSEMARY ESSENTIAL OIL

why Essential oil extracted from the *Rosmarinus officinalis* herb can help stimulate scalp circulation, promoting normal follicle function and hair growth, says Tracey Beaulne, ND, who practices in Toronto. A study published in *Archives of Dermatology* found that regular scalp massage with rosemary and other essential oils improved symptoms in nearly half of patients with spot balding.

how Add several drops of rosemary essential oil to 2 to 3 tablespoons of a carrier oil (jojoba, grape seed, or olive), and vigorously massage into your scalp and roots for 2 to 3 minutes, delivering the essential oil's volatile compounds directly to the hair shaft, Beaulne advises. Focus the massage at the top of the head, toward the center—considered the nexus of acupressure points. "This draws energy and circulation to the scalp, which can stimulate hair growth," Beaulne explains. Post-massage, wrap your head in a warm towel, and let the oils absorb into the scalp for about 20 minutes, then shampoo out.

kit pick **Aura Cacia Organic Rosemary Essential Oil** \$8.29/0.25 oz.; auracacia.com

TURMERIC

why Potent antioxidants called curcuminoids in the curry spice *Curcuma longa* help reduce inflammation in the body—often a stealth culprit in hair loss, says San Jose, Calif.-based integrative physician Julie T. Chen, MD. Significant stress, whether from chronic pain or lack of sleep or from an autoimmune condition such as rheumatoid arthritis, increases inflammation throughout the body, and even moderately elevated inflammation levels can disrupt the natural growth cycle of hair, causing it to fall out and grow back more slowly.

how Start by taking 800 to 1,500 milligrams of turmeric, standardized to 95 percent curcuminoids, Chen recommends. Look for a supplement that contains black pepper (also listed as piperine or BioPerine), which boosts your body's absorption, and take with food. Once you notice hair loss diminishing, you can lower the dose to 400 to 800 milligrams, eventually tapering down to simply cooking with turmeric.

kit pick **Oregon's Wild Harvest Turmeric** \$29.95/60 veg caps; oregonswildharvest.com



HORSETAIL TEA

why The fern-like *Equisetum arvense* plant is rich in silica, an organic form of the mineral silicon. "Horsetail adds resilience and strength to the hair strand, similar to silica's effect in other parts of the body, such as the skin, nails, and bones," says nutritionist Paula Simpson, RNCP, who practices in Toronto and New York City.

how Prepare an herbal infusion by pouring hot water over a tea bag or over 2 to 3 teaspoonfuls of horsetail placed in a tea ball. Steep 5 to 10 minutes, and drink three times daily, Simpson suggests. Traditionally, horsetail has also been used as a mild diuretic, so staying hydrated is vital.

kit pick **Alvita Horsetail Grass Tea** \$6.69/24 tea bags; twinlab.com/brands/alvita

“ It **WORKS** and
SMELLS GREAT! ”

Laurie, on mrsmeayers.com

“ **My kitchen has**
never been **CLEANER!** ”

Charity, on mrsmeayers.com

“ I am in **LOVE** with **BASIL**
COUNTERTOP SPRAY! ”

Jennifer, on mrsmeayers.com

WE'RE BLUSHING

Comments like these **inspire us** to keep at it. Our hard-working household cleaning products are made with **PLANT-DERIVED** ingredients and **ESSENTIAL OILS** that are **POWERFUL** against **dirt and grime**. Garden-fresh scents create an **UPLIFTING CLEAN** you can **feel good** about.



WE HAVE SOMETHING TO CLEAN EVERY NOOK & CRANNY.

Scents include Basil, Lavender, Lemon Verbena, Geranium and many others.



Circle reply #19 on Info Center card



Q What are your preferred indulgences these days?

A There's a chocolate mousse recipe with tofu in the book that's absolutely delicious. There are also fruit-based desserts, like poached pears, and lovely things you can make with sweet potatoes. Most of what people consider confections are *incredibly* sweet. When you start eating clean, your taste buds become more alive, and if you try any of that stuff again, you're like, "I'm not really tasting anything but sugar."

Q What's the 15 Foundation—the nonprofit you run—all about?

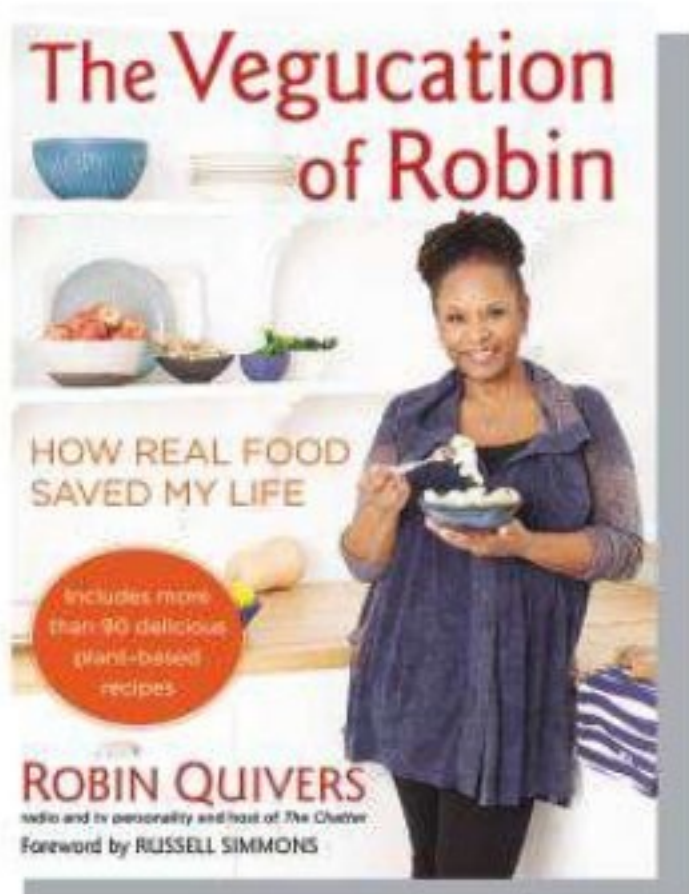
A We work with a number of charitable organizations that improve academics, nutrition, and arts education in schools. For instance, they take children to farms and show them how to harvest and cook vegetables. People are being diagnosed with chronic illnesses at younger and younger ages, and that's all because of poor eating from the very beginning of life. These organizations help change kids' minds about what to eat, and why: to provide the body with nutrients and minerals and vitamins and enzymes so it can keep itself together.

Q What would you say to someone who thinks it's too late to make a healthy change?

A Your body is always ready to respond in a favorable way when it gets the right stuff—that's the beauty of the human body. Frankly, it's when you're older that you really notice the effects of your choices. So I'm willing for people to learn later. There is no too late. I'm a perfect example of that! 🌱

TARA DONNE

SIRIUS VEGAN



Fans of Sirius XM radio's *The Howard Stern Show* are familiar with cohost Robin Quivers and her health struggles as well as her attempts to address them. In her new book, *The Vegucation of Robin: How Real Food Saved My Life*—which includes nearly 100 of her favorite recipes—she documents her journey to wellness via a clean [read: whole food] vegan diet. Serious as the subject of health may be, Quivers discusses it with levity and her signature laughter. —ALEXA JOY SHERMAN



10

9

8

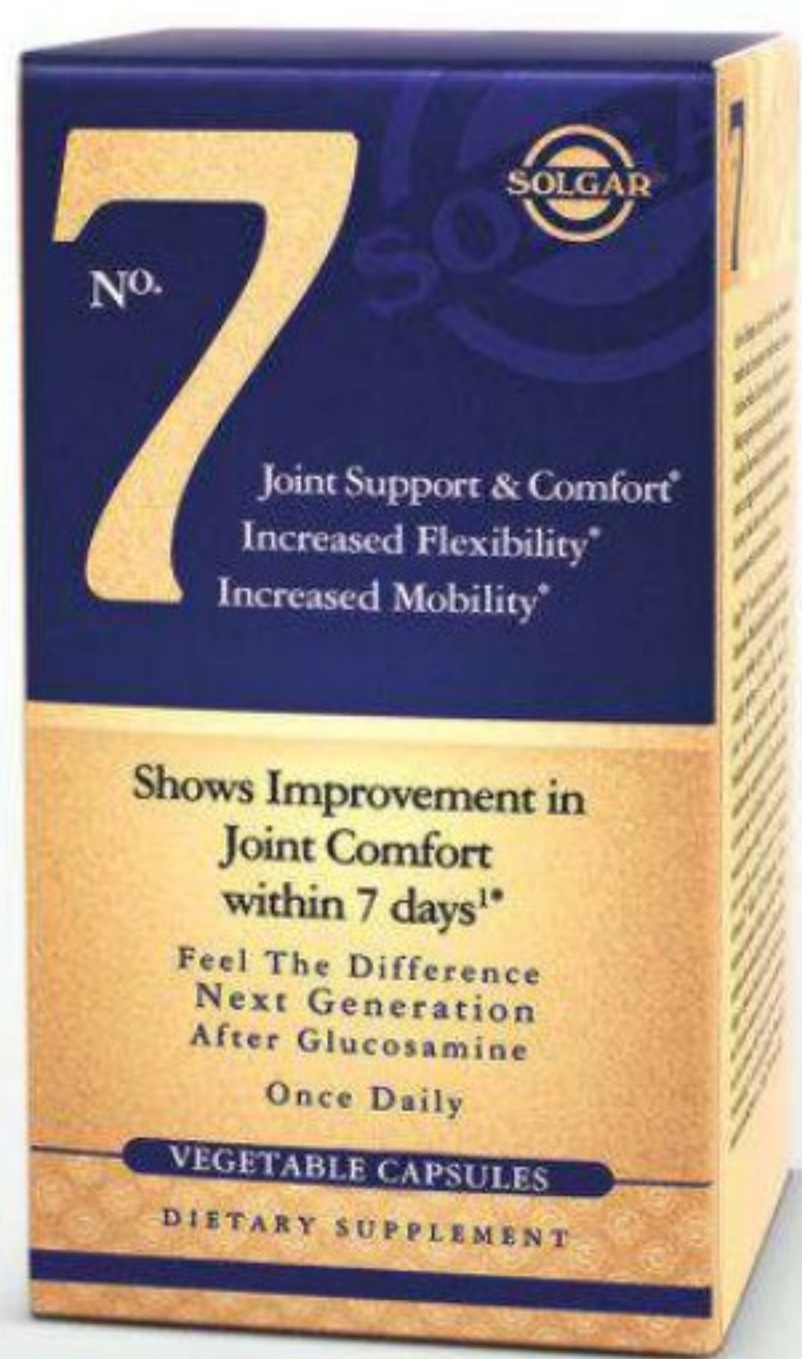
WALK, RUN, CLIMB, PLAY – You Can!

INCREASED FLEXIBILITY, MOBILITY, AND RANGE OF MOTION*

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

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!^{*}



6

5

4



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 #15 on Info Center card

© 2013 Solgar Vitamin and Herb



Fall's skin-polishing fruit

THEM APPLES!

From Ambrosia to Winesap, apples are packed with skin-rejuvenating malic acid. A type of alpha-hydroxy acid, this natural exfoliant may firm up skin by promoting collagen production. "Apples are also rich in antioxidants like vitamin C, which help protect skin from the free radicals that accelerate aging," says Lily Addisu, spa manager at Lansdowne Resort in Lansdowne, Va.

DIY Moisturizing Mask
From spa manager Lily Addisu: Peel and grate 1 apple, discard the skin, and combine fruit with 1 tablespoon honey and 2 tablespoons plain fat-free yogurt. Slather onto clean skin, and let sit 15 minutes before rinsing with warm water.

1. Alicia Silverstone for Juice Beauty Simply Nourishing Moisturizer pleasantly plumps and smooths skin. \$36/2 oz.; juicebeauty.com

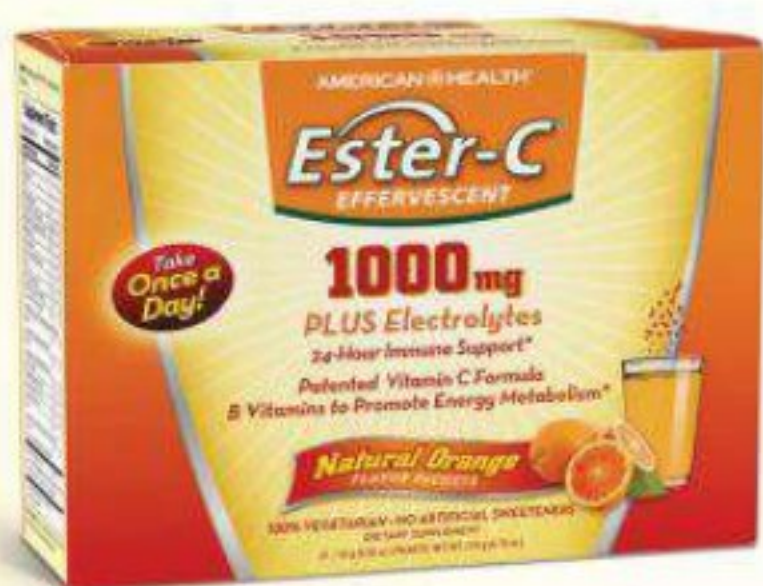
2. MyChelle Apple Brightening Peel exfoliates and restores skin's radiance. \$31.79/1.2 oz.; mychelle.com

3. Desert Essence Organics Green Apple & Ginger Body Wash softens skin as you scrub. \$8.99/8 oz.; desertessence.com

4. Suki Creamy Foaming Cleanser refreshes the complexion. \$32.95/4 oz.; sukiskincare.com

5. Before moisturizing, apply Lather Swiss Apple Wrinkle Remedy to diminish the look of fine lines. \$62/1 oz.; lather.com

**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. theVitaminShope.com

Circle reply #13 on Info Center card

AMERICAN HEALTH®
good health made simple

Learn more at AmericanHealthUS.com

©2013 American Health Inc. | 13-AH-1131

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.

30 minutes

BY Isa Chandra Moskowitz

autumn splendor

Celebrate the season with
a festival of fall salads

Remember when you were a child, and fall permeated all your senses? The woody scents, the crunchy leaves, the first shiver that came with a cold snap.... As adults, we can get the same thrill from the earthy smell of knobby root vegetables, the slightly bitter crunch of fall greens, and the warm, satisfied feeling from eating heartier fare. Tap into those taste memories with a collection of autumn salads that have all the glorious colors, aromas, and flavors of the season.

BUTTERNUT
SALAD WITH
CRANBERRY
VINAIGRETTE,
p. 82

PHOTOGRAPHY Christina Holmes
FOOD STYLING Chris Lanier
PROP STYLING Cindy DiPrima



Gluten Free Muesli

Good food is the best medicine.

In the late 1800s, Swiss doctor Maximilian Bircher-Benner invented muesli. He knew that good food is the best medicine, so he created a blend of hearty whole grains, fruit and nuts to nourish his patients. Now we've made muesli even better—just as tasty and nutritious, but without the gluten. Start your journey to wellness with a bowl of Bob's Red Mill® Gluten Free Muesli, available at your favorite grocery store.



All of our gluten free products provide the goodness, safety and deliciousness you've come to expect from Bob's Red Mill Natural Foods, an employee owned company. Please enjoy our full line of gluten free products available online and at your favorite retailer.

www.bobsredmill.com



MADE IN THE U.S.A.

30 minutes

Celeriac Slaw with Tempeh Bacon and Avocado

Serves 4 | 30 minutes or fewer
Celery root and hearty toppings turn a simple slaw into a main-dish salad.

DRESSING

- 1/3 cup reduced-fat, egg-free mayonnaise, such as Vegemise
- 3 Tbs. white balsamic vinegar
- 2 Tbs. Dijon mustard
- 2 tsp. sugar

SALAD

- 1 1/2 lb. celeriac (celery root), peeled and coarsely shredded
- 2 small carrots, peeled and coarsely shredded (1 cup)
- 1 7-oz. pkg. maple bacon tempeh strips
- 1 romaine lettuce heart, leaves separated (7 oz.)
- 4 tsp. white balsamic vinegar
- 1 avocado, diced

1 | To make Dressing: Whisk together all ingredients in large bowl. Set aside.

2 | To make Salad: Add celeriac and carrots to bowl with Dressing, and toss to coat. Set aside to marinate.

3 | Cook tempeh strips according to package directions.

4 | Toss romaine leaves with vinegar, and divide among plates. Top each bed of romaine with 3/4 cup celery mixture and 4 strips warm tempeh bacon. Sprinkle with diced avocado.

PER 2 1/2-CUP SERVING 377 cal; 11 g prot; 20 g total fat (4 g sat fat); 39 g carb; 0 mg chol; 640 mg sod; 10 g fiber; 11 g sugars

Red Cabbage Salad with Curried Seitan

Serves 4 | 30 minutes or fewer
The flavor-boosting secret to this salad is gingery prepared mango chutney. The sautéed seitan and shredded cabbage combination tastes great hot or cold.

DRESSING

- 1/3 cup prepared mango chutney
- 1/3 cup creamy natural peanut butter

SALAD

- 1 Tbs. olive oil
- 1 8-oz. pkg. seitan, cut into bite-size strips
- 3 cloves garlic, minced (1 Tbs.)
- 3/4 tsp. mild curry powder
- 6 cups shredded red cabbage (1/2 small head)
- 1 small cucumber, sliced into thin half moons (3/4 cup)
- 3 green onions, thinly sliced (1/2 cup)

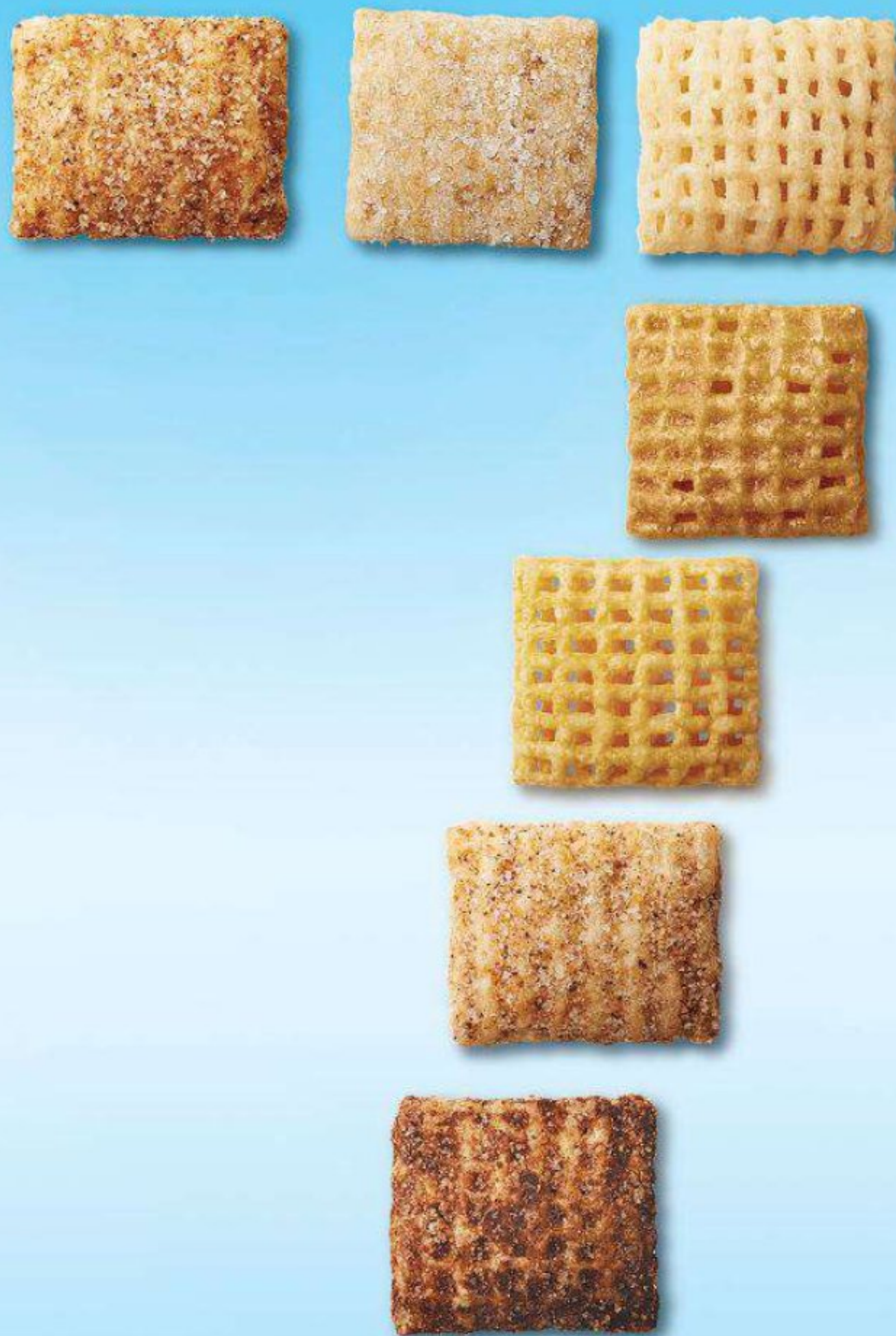
1 | To make Dressing: Blend chutney, peanut butter, and 1/3 cup water in blender until smooth. Set aside.

2 | To make Salad: Heat 2 tsp. oil in large skillet over medium heat. Add seitan, and season with salt, if desired. Sauté 5 to 7 minutes, or until browned. Add garlic and remaining 1 tsp. oil, and sauté 30 seconds. Sprinkle with curry powder, and sauté 2 minutes more. Remove from heat, and keep warm.

3 | Toss cabbage and cucumber with Dressing in large bowl. Top with warm seitan and green onions.

PER 2-CUP SERVING 330 cal; 19 g prot; 15 g total fat (2 g sat fat); 32 g carb; 0 mg chol; 587 mg sod; 5 g fiber; 22 g sugars

RED CABBAGE SALAD WITH CURRIED SEITAN



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.





*As part of a diet low in saturated fat and cholesterol, 25 grams of soy protein per day may reduce the risk of heart disease. A serving of Silk Vanilla Soymilk provides 6.25 grams of soy protein. †Silk refrigerated beverages, excluding organic soymilk and soymilk with DHA, have 45% DV of calcium; typical dairy milk has 30% DV. Dairy data from USDA National Nutrient Database, Release 25.

The great new taste
that your body will love.

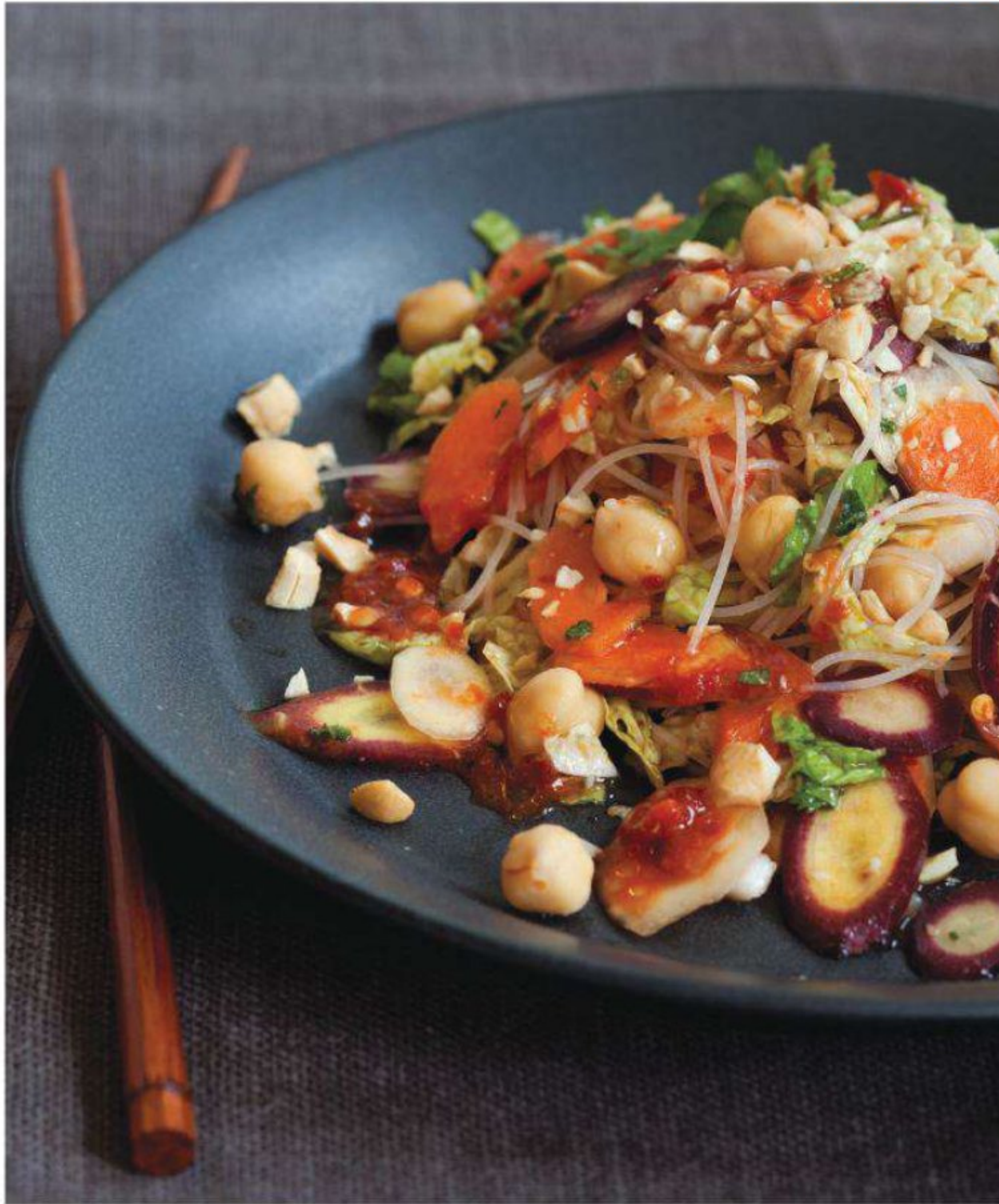
Now, the milk with heart-healthy protein* and 50% more calcium† than dairy has a great new taste. Pure, delicious and smooth – try new Silk® Vanilla Soymilk today.

Silk®

Recipes, coupons and more at Silk.com and



30 minutes



BEATRIZ DA COSTA

Vietnamese Noodle Salad with Chickpeas and Rainbow Carrots

Serves 4 | 30 minutes or fewer

The dressing for this herb-laced salad is a simple combination of lime juice and sweet chile sauce, which can be found in Asian markets or the international aisle of most well-stocked grocery stores.

- 4 oz. thin rice noodles
- 6 Tbs. sweet chile sauce
- 2 Tbs. lime juice
- 3 cups thinly sliced napa cabbage
- 2 rainbow carrots, sliced into thin coins (1 cup)
- $\frac{3}{4}$ cup cooked chickpeas
- $\frac{1}{4}$ cup cilantro leaves
- 2 Tbs. finely chopped fresh mint
- $\frac{1}{4}$ cup toasted unsalted cashews, chopped

1 | Prepare rice noodles according to package directions. Drain in colander, and rinse under cold water until completely cooled.

2 | Stir together sweet chile sauce and lime juice in measuring cup or small bowl.

3 | Combine noodles, cabbage, carrots, chickpeas, cilantro, and mint in large bowl. Add chile sauce mixture, and toss to coat. Garnish with toasted cashews.

PER 2-CUP SERVING 285 cal; 5 g prot; 5 g total fat (<1 g sat fat); 51 g carb; 0 mg chol; 334 mg sod; 5 g fiber; 13 g sugars **V** **GF**

Packing Asian salads for lunch? Keep the dressing separate so the noodles don't get soggy.

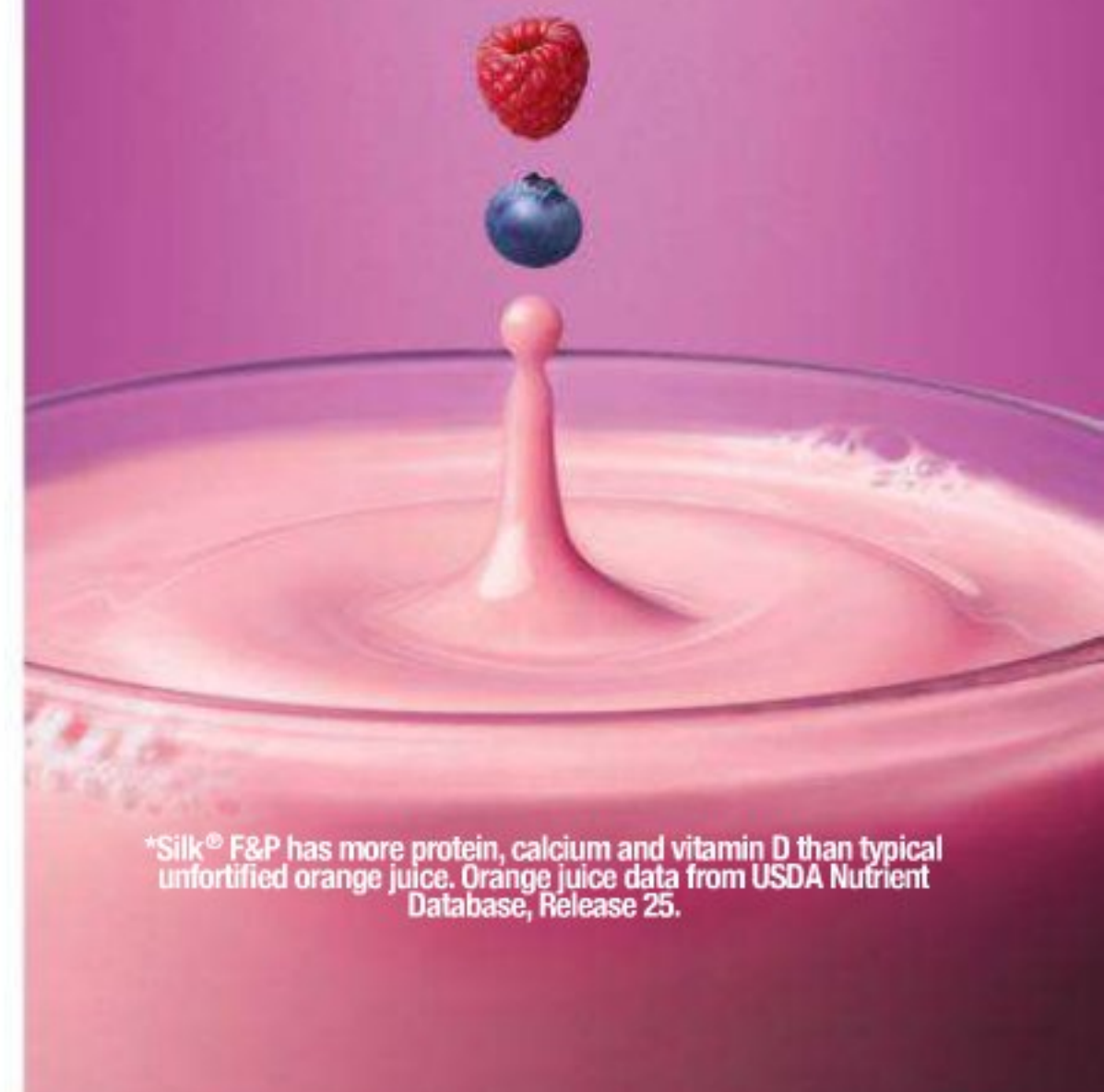
CONTINUED ON **p. 82**

SO MUCH MORE
than
JUICE*



Silk® Fruit&Protein.

A delicious, protein-packed fruit juice blend with an excellent source of calcium and vitamin D.



*Silk® F&P has more protein, calcium and vitamin D than typical unfortified orange juice. Orange juice data from USDA Nutrient Database, Release 25.



Q What can I learn from my food cravings? Should I listen to them?

A Your food cravings are definitely worth listening to, but what they mean is not always clear. Originally we thought that cravings—intense desires to eat a specific food—were fueled by the body's need for a particular nutrient, but that idea hasn't held up to scientific scrutiny. Otherwise, many of us would be craving bananas for vitamin B₆ and broccoli for vitamin C, as these are two of the more common nutrient deficiencies in the U.S. More often, we crave sugary and fatty foods such as chocolate. New research suggests that cravings have more to do with hormones, psychology, and brain chemistry than with nutrient deficiencies.

Cravings during pregnancy most likely result from changes in taste or appetite related to hormones. That would also explain why many women notice cravings as part of their menstrual cycle, though the research is mixed. Similarly, the appetite-stimulating hormone ghrelin might fuel the cravings commonly reported during dieting or calorie restriction. Pica—cravings for nonfood items (such as dirt or clay)—can be dangerous and should be shared with your health care provider.

It's no surprise that cues such as smelling or seeing food can spark a craving. And sometimes, when we're stressed, pleasurable food soothes us, making the craving a coping strategy. So we develop associations between certain foods and feelings of consolation. The urge to eat something comforting might also be linked to brain chemistry. Carbohydrate-rich foods seem to increase levels of a feel-good chemical called serotonin.

Because causes vary, each person's craving likely means something different, which suggests you could learn something from listening to yours. Consider keeping a log, even just for one week, and include details such as your mood when a craving strikes, the type of food you crave, and the frequency and strength of the craving. You might discover patterns or identify triggers that could offer insight. As with many food-related behaviors, awareness can be the first step in understanding.

Each person's craving likely means something different, which suggests you could learn something from listening to yours.

Q What's up with sprouted foods? Are they healthier?

A Sprouted foods are certainly healthy, and quite possibly healthier than the foods they're sourced from. Sprouting—technically called germination—happens when a seed gives off a shoot and begins to grow. Besides sunflower and other seeds, grain kernels (such as barley) and legumes (such as lentils) can also function as seeds. All can be sprouted by soaking, rinsing, and draining over several days.

A sprouted seed's protein is more digestible. The protein is also of greater quality, thanks to an increase in the amino acid lysine, which can be in short supply in some plant foods, such as grains. Addi-



Kristine Duncan, MS, RD, teaches at Skagit Valley College in Washington, and blogs about nutritious vegetarian food at veggirlrd.com.

PHOTO BY JEFF DUNCAN

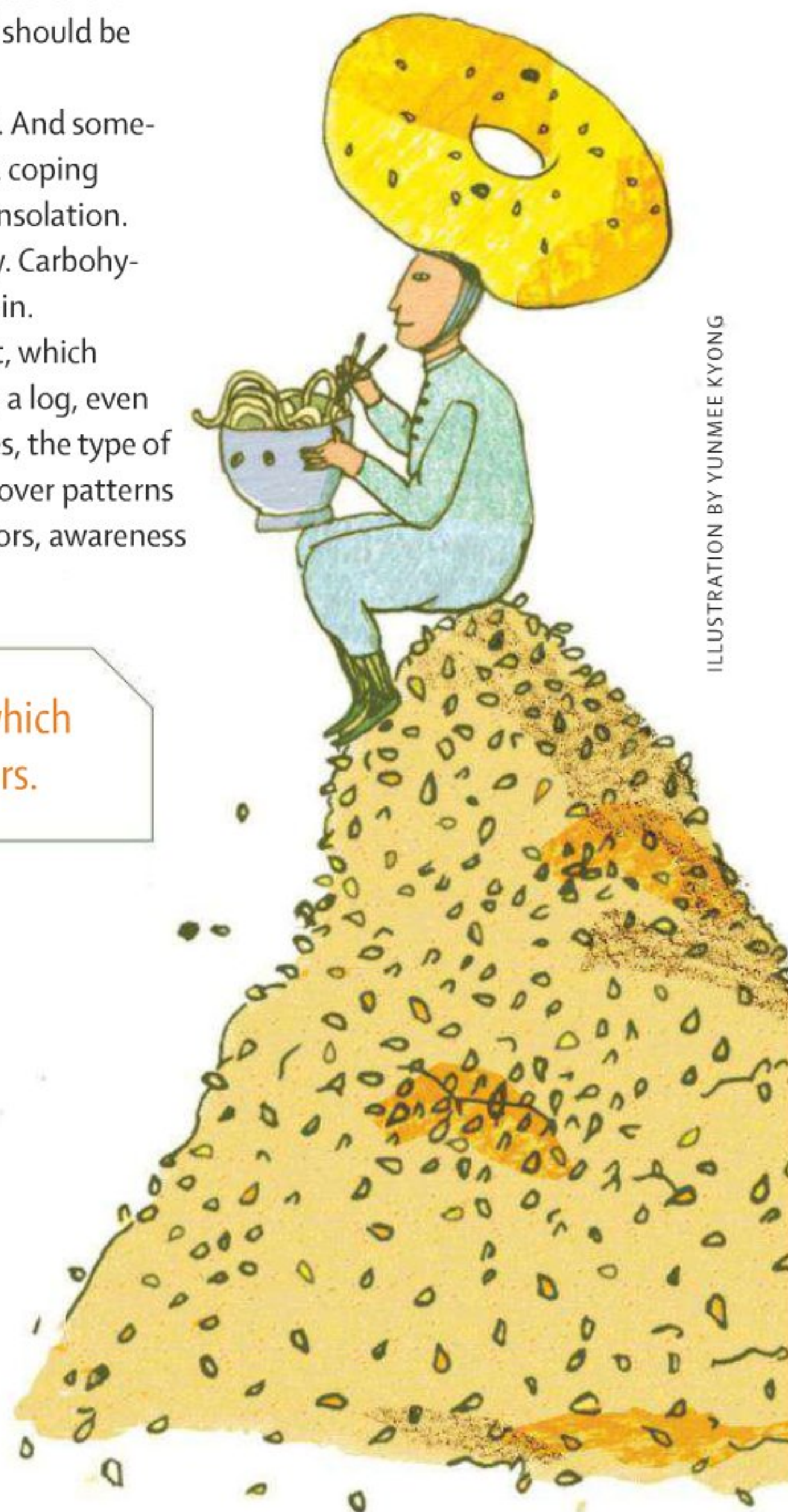


ILLUSTRATION BY YUNMEE KYONG

BRAGG Organic Extra Virgin Greek Olive Oil



"Bragg Organic Extra Virgin Olive Oil has everything you need in a fine Greek Oil; full-bodied & organic with rich flavor. Just sprinkle it on any fresh roasted vegetables and it will bring your dish to life" - Greek Chef Mary Papoulias-Platis



Discover Great Flavor & Health Benefits...

The Mediterranean Diet has been heralded as one of the healthiest and most flavorful diets in the world, in part due to the use of olive oil.

Celebrating our 100th Anniversary, BRAGG is proud to introduce a special Centennial Premium Organic Olive Oil. This prized Organic Olive Oil contains the oil from century-old olive trees from Greece. These trees produce the richest organic extra virgin culinary olive oil in the world! Our select, hand-picked organic Greek Koroneiki Olives contain natural, heart-healthy polyphenol antioxidants.

This delicious, smooth bodied oil, adds the finest flavor and aroma to salads, vegetables, pastas, sauces, sautés, potatoes and most foods, even popcorn. Produced in Greece, where in 400 B.C. Hippocrates, the Father of Medicine, used and wrote about the great health benefits of olive oil.

- Premium Quality First Cold Pressed
- Unrefined - Unfiltered
- Heart-Healthy Monounsaturated Rich Oil
- Rich in Natural Antioxidants
- Contains No Cholesterol or Trans Fats

Patricia Bragg, ND, PhD.
Pioneer Health Crusader
Health Educator, Author



Paul C. Bragg, ND, PhD.
Originator Health Stores
Life Extension Specialist



Visit: braggorganicoliveoil.com



Turn your dieting dilemma into a weight loss wonder!

For too many of us, life has become run by the constant ups and downs by the numbers on the scale. But it doesn't have to be this way!

The old saying "you win some, you lose some" could easily be rephrased when it comes to dieting: "You lose some, you gain some". Every time we start a diet and reduce our calorie intake, our metabolism slows down, leaving us feeling sluggish and frustrated. Even worse, once we reach our weight loss goals and eat regular again, the lost pounds come back like a boomerang. So we start yet another diet... and another, each of them making it harder to lose weight and sustain the results. The good news is that we can undo the damage that dieting has done to our metabolism, body and mind. We can get a fresh start and finally lose the weight for good, without feeling hungry and tired in the process!

The key is to reset our metabolism.

This is what German holistic therapist Hubertus Trouil e discovered over 25 years ago when he developed an all-natural, gluten-free weight loss solution made from non-GMO soy, skim milk yogurt powder and enzyme-rich honey in a unique fermentation process. Rather than simply reduce calorie intake or suppress appetite, his patented formula helps to reset the metabolism from day one and keeps it active throughout the diet and beyond. Even though you will lower your daily calorie intake as part of the weight loss program, your metabolism will not slow down. You will burn fat and keep muscle mass, your energy level and mood will improve and you can even reduce the negative effects of aging and feel rejuvenated thanks to a healthy level of natural HGH, the youth hormone. At the same time, you will feel full and avoid cravings because your thyroid function, blood sugar, leptin and ghrelin levels will be supported. All that without any artificial fillers, flavors, added sugars, preservatives or stimulants.

Your Bikini Emergency 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 #11 on Info Center card

Find more issues at magazinesdownload.com

More than a diet: Almased is a way of life.

What might sound like another fad diet has been the most popular weight loss and weight management solution in Germany, Switzerland and Austria for decades. The patented formula is so safe that even people with diabetes can use it and the positive effects on body weight and overall health have been documented in over ten years of clinical studies at renowned universities. You can say goodbye to dieting for good by starting your Almased journey today!



Ask our Nutritionist

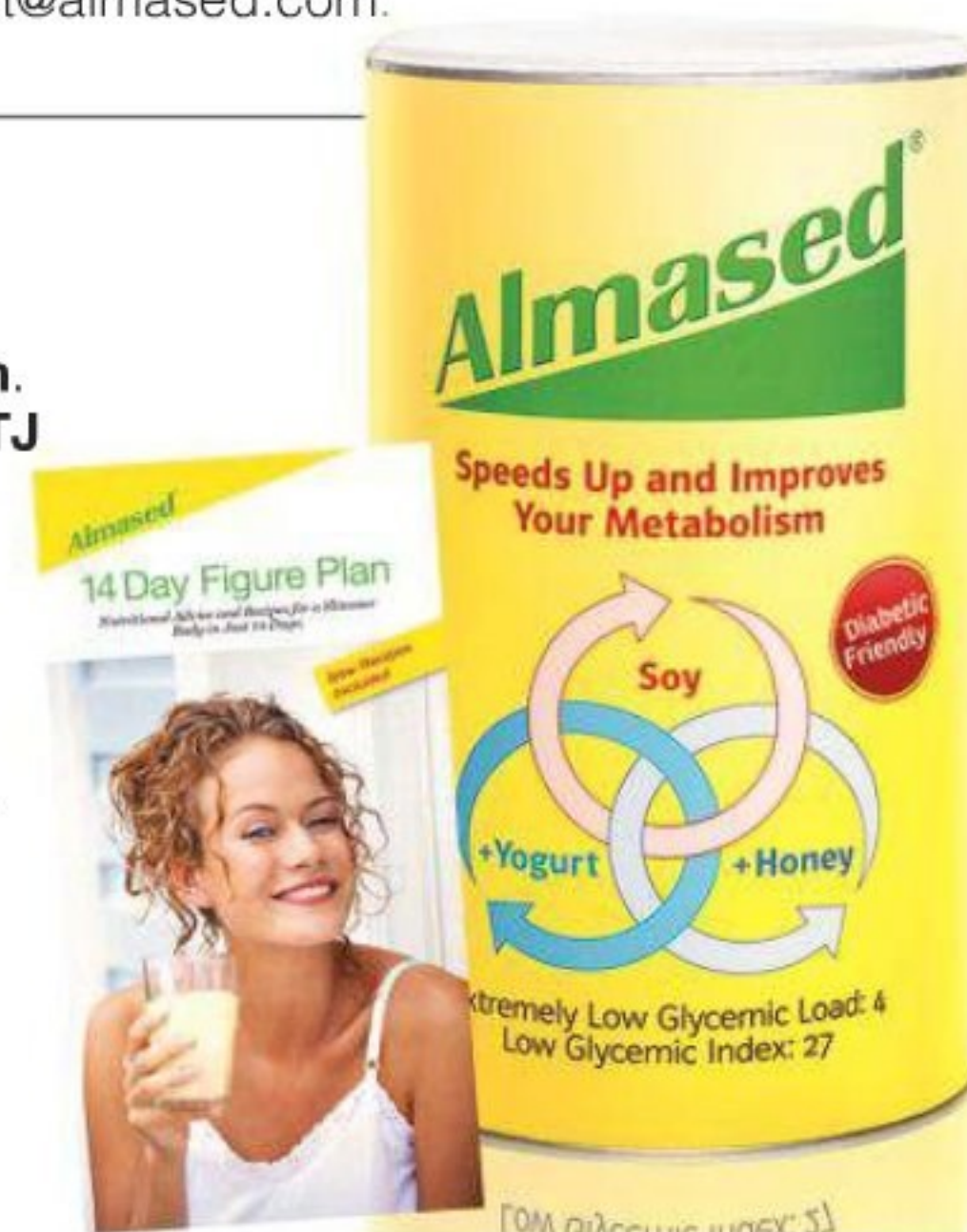
Silke Ullmann is a licensed, registered dietitian who provides nutritional guidance for Almased. Contact Silke at nutritionist@almased.com.

DOWNLOAD YOUR FREE FIGURE PLAN

www.bikini-plan.com.
Enter Source Code: VTJ

To order or for more information call us at toll-free at **1-877-256-2733** or visit **almased.com**.

You can find Almased in your local health food and GNC stores.



ask a nutritionist

tionally, levels of health-protective phytochemicals rise, along with amounts of vitamins C and E, and the B vitamins riboflavin and folate. Another benefit of sprouting is that it reduces a plant food's phytate content, and because phytate binds minerals, nutrients such as iron and zinc are more available to us.

As a bonus, sprouting might help us enjoy legumes with less of the gassy side effects. That's because when a seed germinates, some of the carbohydrate changes to a form that's a little easier to digest.

As for sprouts in products such as breads and tortillas, it depends on the brand, but some of these alternatives can have an extra gram or two of protein. Mostly, though, sprouted packaged goods are just another delicious way to eat a whole-grain food.

One word of caution: when eaten raw, sprouts can be a source of food-borne illness, such as *E. coli* or *Salmonella*. Follow food safety rules for proper washing and storage to minimize risk. (Visit foodsafety.gov, and search for "Sprouts: What You Should Know.")



A sprouted seed's protein is more digestible.



MORE THAN A COOKING SCHOOL. IT'S A WAY OF LIFE.



Join Our Unique Chef's Training Program

The leader in health supportive (mostly vegetarian) cooking and theory. We offer a range of programs for a career in the natural foods industry or simply enriching your lifestyle.

- Lifetime Placement Assistance
- Student Loan available if qualified
- Accredited by ACCET

Call for a brochure about our full and part-time programs today.
212.627.COOK (2665)



NATURAL
GOURMET
INSTITUTE
FOR HEALTH & CULINARY ARTS



NaturalGourmetInstitute.com • 48 West 21st Street, 2nd Floor, NY, NY 10010
Recreational Classes through Natural Gourmet Institute for Food & Health

Circle reply #20 on Info Center card



The #1 Swiss Brand of
Cookware and Cooks' Tools

**KUHN
RIKON**
SWITZERLAND

Form + Function + Quality + Color

This is how we design playful yet practical cooks' tools that make your kitchen time fun, fast and easy.

Visit kuhnrikon.com

5 ingredients

BY Marygrace Taylor



MISO-LIME SWEET
POTATO DIP, p. 39

Tasty toppers to scoop,
spread, dollop, and enjoy

quick-fix dips

Spoon a **yummy dip** into a bowl; surround it with crackers, chips, or crudité; and presto: even an afternoon snack feels like a party. The rich flavors and fall colors of these simple creations will make any occasion, big or small, special.



I DON'T LIKE IT ROUGH.

THAT'S WHAT SHE SAID, ABOUT HER SKIN.

We know life can get a little rough sometimes, but that doesn't mean your skin should suffer. That's why we created Flor•Essence Rejuvenating Cream. Unlike other skin creams, ours comes packed with a unique and powerful blend of 7 of the herbs found in Flor•Essence Tea. These herbs work synergistically to refresh, revitalize, and rejuvenate your skin all while protecting it when things get a little rough. It even helps to minimize those fine lines that someone could unknowingly mistake for sandpaper. Luckily, that's not a situation we're willing to put you in. Unless of course, you're into that kind of thing.



PARABEN-FREE + VEGAN + CRUELTY-FREE
888-436-6697 | VISIT WWW.FLORAHEALTH.COM TO FIND A STORE NEAR YOU.



Receive a **\$5 coupon** toward your next purchase. Visit: WWW.FLORAHEALTH.COM/ROUGH or scan this code!



5 ingredients



Mushroom and Cashew Pâté

Makes 2 cups | 30 minutes or fewer



Leftover pâté (if there is any!) can be used for veggie sandwiches or wraps. Serve with crispy toast points or cauliflower florets.

- 1 cup unsalted raw cashews
- 3 Tbs. olive oil
- 2 shallots, finely chopped (¼ cup)
- 4 cups sliced cremini mushrooms (1¼ lb.)
- 2 Tbs. red wine vinegar

1 | Toast cashews in skillet over medium-high heat 2 to 3 minutes, or until beginning to brown, shaking pan constantly. Transfer to bowl of food processor, and pulse until coarsely chopped.

2 | Heat oil in skillet over medium-high heat. Add shallots, and sauté 3 to 4 minutes. Add mushrooms, and sauté 5 to 7 minutes, or until softened. Remove from heat, and cool 5 minutes.

3 | Add mushroom mixture and red wine vinegar to cashews in food processor, and purée until nearly smooth. Season with salt and pepper, if desired, and serve warm or at room temperature.

PER 2-TBS. SERVING 78 cal; 2 g prot; 7 g total fat (1 g sat fat); 4 g carb; 0 mg chol; 3 mg sod; <1 g fiber; <1 g sugars  



Red Bell Pepper and Olive Tapenade



Makes 2 cups | 30 minutes or fewer

Roasted red bell peppers mellow the saltiness of a simple olive tapenade. Serve with baguette slices, pita wedges, or sliced vegetables.

- 2 medium red bell peppers
- 2 cups pitted kalamata olives
- ½ cup chopped parsley leaves
- ¼ cup olive oil
- 3 Tbs. red wine vinegar

1 | Preheat broiler. Place bell peppers on baking sheet, and broil 10 minutes, or until blackened on all sides, turning occasionally. Transfer to paper bag or bowl, close or cover with tight lid, and cool 5 minutes. Remove skin, core, and seeds, and coarsely chop. Set aside.

2 | Process olives, parsley, oil, and vinegar in food processor until finely chopped. Transfer mixture to large bowl, and fold in chopped bell peppers. Season with salt and pepper, if desired.

PER 1-TBS. SERVING 39 cal; <1 g prot; 4 g total fat (<1 g sat fat); 1 g carb; 0 mg chol; 123 mg sod; <1 g fiber; <1 g sugars  



Rosemary-Almond White Bean Dip

Makes 2 cups | 30 minutes or fewer



This Italian-inspired spread has the smooth consistency of hummus with a hint of almonds. Try layering it in a tomato-topped bruschetta.

- ¼ cup raw almonds
- ¼ cup olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 1 Tbs. chopped fresh rosemary
- 2 15-oz. cans cannellini beans, rinsed and drained

1 | Toast almonds in skillet over medium-high heat 2 to 3 minutes, or until beginning to brown, shaking pan constantly. Set aside.

2 | Heat oil in skillet over medium-high heat. Add garlic and rosemary, and sauté 1 to 2 minutes, or until fragrant.

3 | Transfer oil mixture to food processor. Add beans, and process until smooth. Add almonds, and process until finely chopped. Thin with 2 Tbs. water, and season with salt and pepper, if desired.

PER 2-TBS. SERVING 91 cal; 4 g prot; 4 g total fat (<1 g sat fat); 9 g carb; 0 mg chol; 62 mg sod; 4 g fiber; <1 g sugars  

When it comes to healthy digestion, sometimes one approach is not enough.



Discover the difference **ENZYME PROBIOTIC COMPLEX** can make.

Everyone's digestion issues are different. Now you have the best of both worlds... enzymes AND probiotics in one dual-action formula.

- 9 Active, Naturally-Based Enzymes that break food down into absorbable nutrients for energy needs and cell growth*
- 2 Billion Bio-Active Probiotics[^] assist in your natural digestive process and support immune system health*

- Dual-Action Formula supports all dietary plans including low fat, low carbohydrate and protein based diets*
- Broad Spectrum Enzyme Activity for more thorough protein, fat & carbohydrate breakdown*

Available at health, natural food and vitamin specialty stores. 

AMERICAN HEALTH

good health made simple[™]
www.AmericanHealthUS.com

*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.

[^]At time of manufacture. | ©2013 American Health, Inc. | 13-AH-1087

Find more issues at
magazinesdownload.com

rates from **\$1,399***

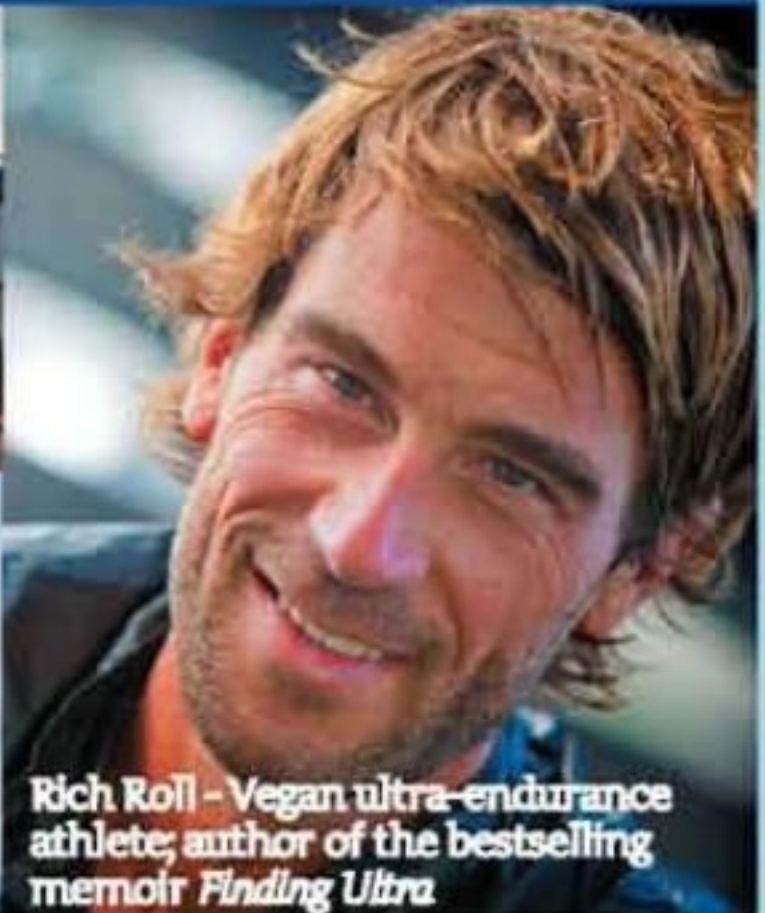
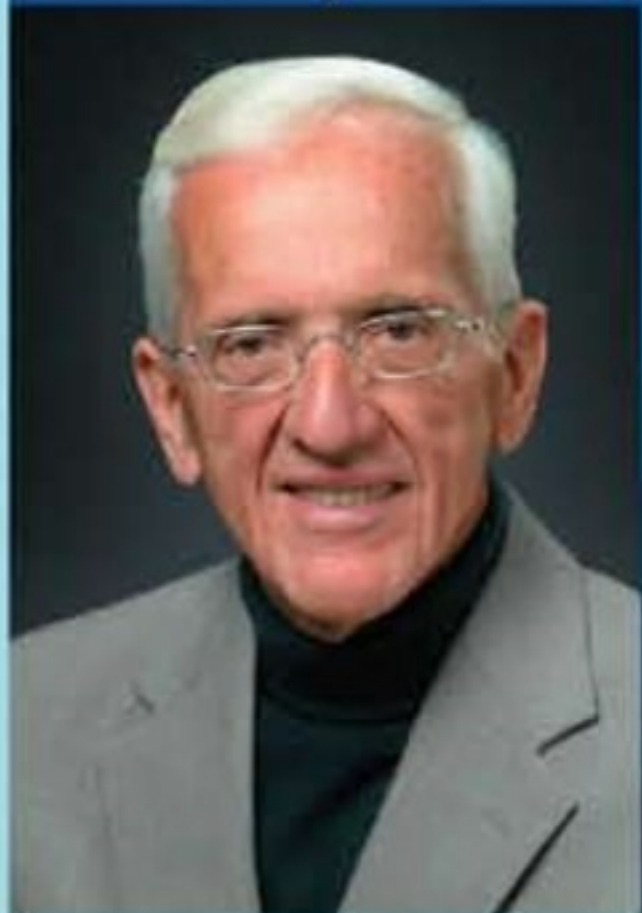
HOLISTIC HOLIDAY AT SEA XI!

Vegan Cruise

March 1-8, 2014

BOOK BY OCTOBER 10 TO RECEIVE A DISCOUNT!

Chosen by National Geographic Traveler as "One of the 100 best worldwide vacations to enrich your life."



Rich Roll - Vegan ultra-endurance athlete; author of the bestselling memoir *Finding Ultra*

T. Colin Campbell, Ph.D.

Dr. T. Colin Campbell, Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University, is co-author of *The China Study: Startling Implications for Diet, Weight Loss and Long Term Health*, the most comprehensive study of health and nutrition ever conducted. His most recent book, *Whole: Rethinking the Science of Nutrition*, has become an instant *New York Times* best seller. Dr. Campbell has authored over 300 research papers on diet, nutrition and health.

Lectures and Workshops Featuring World-renowned Chefs, Teachers and Healers



Neal Barnard, M.D.
Associate professor of medicine and founder of Physicians Committee for Responsible Medicine, a nonprofit advocating for preventive medicine and ethical research, Dr. Barnard studies the role of nutrition in preventing and reversing disease. His 16 books include the classic *Food for Life* and the groundbreaking best seller, *Power Foods for the Brain*.



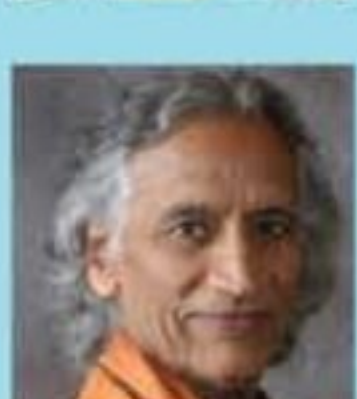
Bryant Terry
Bryant Terry is a chef, food justice activist, and author of 3 books, including his latest, *The Inspired Vegan*. He also hosts *Urban Organic*, a new multi-episode web series. Bryant completed the chef's training program at the Natural Gourmet Institute for Health and Culinary Arts in New York City. He is currently working on his 4th book, to be published in 2014.



Chef AJ
The author of *Unprocessed*, Chef AJ was Executive Vegan Pastry Chef at Sante Restaurant in Los Angeles. She teaches people how to incorporate more fresh fruits and vegetables in their diets in ways that are easy, delicious and fun. Creator and co-producer of Healthy Taste of LA, Chef AJ has followed a plant-based diet for over 35 years.



Michael Klaper, M.D.
An acclaimed physician and health educator known for his illuminating and humorous presentations on reversing disease and enhancing health through better nutrition, Dr. Klaper currently practices nutritionally-based medicine at True North Health Center in California. He has a talent for presenting complex medical topics in a simple, enjoyable format.



Yogi Desai
Yogi Desai is an internationally recognized authority in the field of yoga and the founder of the Kripalu Center for Yoga & Health. His teachings have made a profound impact that has touched the hearts of millions worldwide. His innovative Amrit Method® teachings are universal, insightful, experiential and easily adaptable by everyone.

Join our 11th annual Holistic Holiday at Sea cruise for 7 nights on the beautiful, new MSC Divina, one of the most elegant and ecologically friendly cruise liners on the seas. Departing from Miami, Florida and sailing to warm, sunny Philipsburg, St. Maarten; San Juan, Puerto Rico; and Great Stirrup Cay, Bahamas. Book now for best rates and availability. March 1-8, 2014.

- Bask in warm, gracious, Italian hospitality and service all while enjoying spirited lectures and vegan natural foods and beverages prepared by our own chefs and bakers. Regular cruise menu, gluten-free and oil-free options available.
- Over 35 teachers and 135 holistic lectures, workshops and 7 cooking classes. Special Yoga Nidra and Integrative Relaxation workshops. **EXPANDED YOGA PROGRAM!**
- Private consultations and treatments† available
- Daily Yoga, Meditation, Pilates, Qi Gong, Do-In, and Run/Walk Stretch
- Award-winning environmentally-friendly ship
- Swim, snorkel and kayak in the crystal waters of the Caribbean
- Continuing Education Credits (CEUs) available
- Dancing, fun socials and singles events; vegan pizza and ice cream parties; cancer support group and recovery panel
- Also scheduled to appear: Dr. Ronald Peters, Dr. Howard Jacobson, Dr. Hilton Becker, Dr. Jacob Liberman, Warren Kramer, Jessica Porter, Lino Stanchich, Bianka Steinfeldt, Dr. Ronald Parks, Dr. Sharon Gutterman, Robert Cheeke, Koya Webb and others

For info about our holistic program and meals, visit www.atasteofhealth.org or contact Holistic Holiday at Sea directly. Toll-Free (US): **1-800-496-0989** or Ph: **1-828-749-9537** E-mail: info@atasteofhealth.org

For reservations contact **Abbott and Hill Travel** Toll Free (US): **1-866-601-1923** (option 2) or Ph: **1-843-410-2137** Email: holisticholiday@willtrav.com



All reservations for our holistic group must be made through Abbott and Hill Travel.

*Rate is in U.S. dollars, per person, based on double occupancy, minimum category. Includes holistic program. †Additional charges apply for spa treatments, individual consultations and a few selected workshops. Government fees, gratuities and fuel surcharges, if any, additional. Certain restrictions apply. Ship's registry: Panama.

5 ingredients



Miso-Lime Sweet Potato Dip



Makes 2 cups

Play up the Asian flavors in this spread by serving it with rice crackers or sliced daikon radishes.

- 2 medium sweet potatoes (1¼ lb.)
- 2 Tbs. white miso paste
- 2 Tbs. lime juice
- 1 tsp. grated fresh ginger
- ½ tsp. grated lime zest, plus more for garnish (optional)

1 | Pierce sweet potatoes with fork, and microwave 7 to 10 minutes, or until soft. (Or bake 1 hour in 400°F oven.) Cool sweet potatoes 10 minutes, or until easy to handle, and then halve and coarsely chop (leave skins on).

2 | Transfer chopped sweet potatoes to food processor, add remaining ingredients, and pulse until smooth, adding up to 2 Tbs. water, if necessary to achieved desired consistency. Season with salt and pepper, if desired. Serve warm or at room temperature, garnished with lime zest, if using.

PER 2-TBS. SERVING 32 cal; <1 g prot; <1 g total fat (0 g sat fat); 7 g carb; 0 mg chol; 78 mg sod; 1 g fiber; 2 g sugars  

#1 Natural
Multivitamin
Brand*



All systems go.

Digestion is the foundation of health. While our bodies make enzymes naturally, eating a plant-rich diet including plant proteins can lead to abdominal discomfort, gas and bloating. Rainbow Light's enzymes are formulated to break down all types of food, support nutrient absorption and complement a vegetarian lifestyle.*

Exceptional Ingredients: Plant-source enzymes, enzyme-rich foods, sea vegetables and digestive herbs.

Easy on Your Body: Helps ease indigestion, gas and bloating for a difference you can feel.* Vegan and gluten-free.

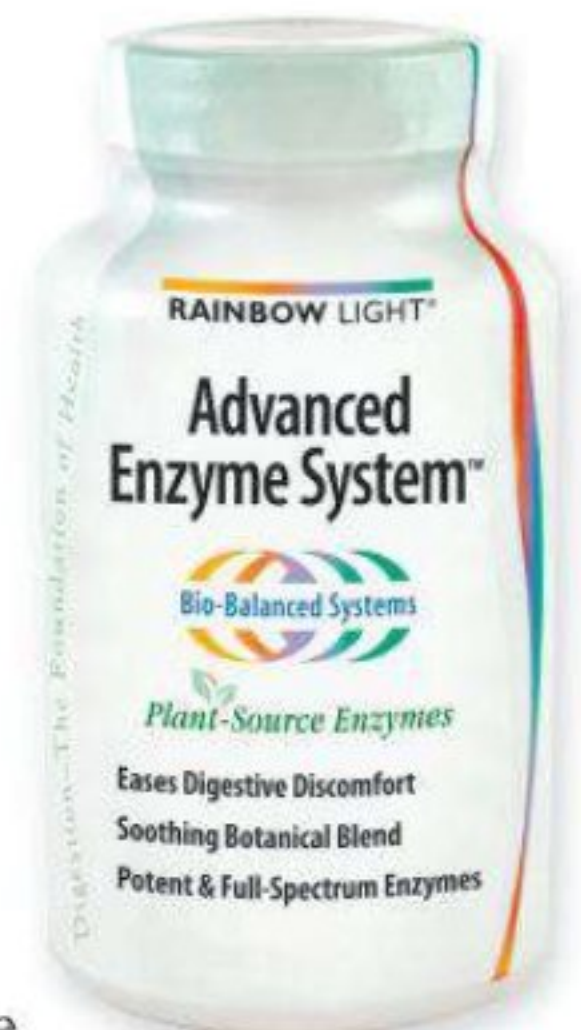
Fast Acting: A full complement of enzymes start to work immediately to help digest various foods including protein, carbs, dairy and fats.*

That's our edge. Find yours with Rainbow Light.

rainbowlight.com



scan to save



RAINBOW LIGHT®

Every Woman's Edge™

*Spins Data. *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.

Circle reply #16 on Info Center card

MAKE
OVER
YOUR

Morning meal



PINEAPPLE-LIME
SMOOTHIE [p. 42](#)

A PROTEIN-POWERED BREAKFAST
COULD BE THE KEY TO CURBING
CRAVINGS THROUGHOUT THE DAY.
HERE'S HOW TO SERVE IT UP

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 _____

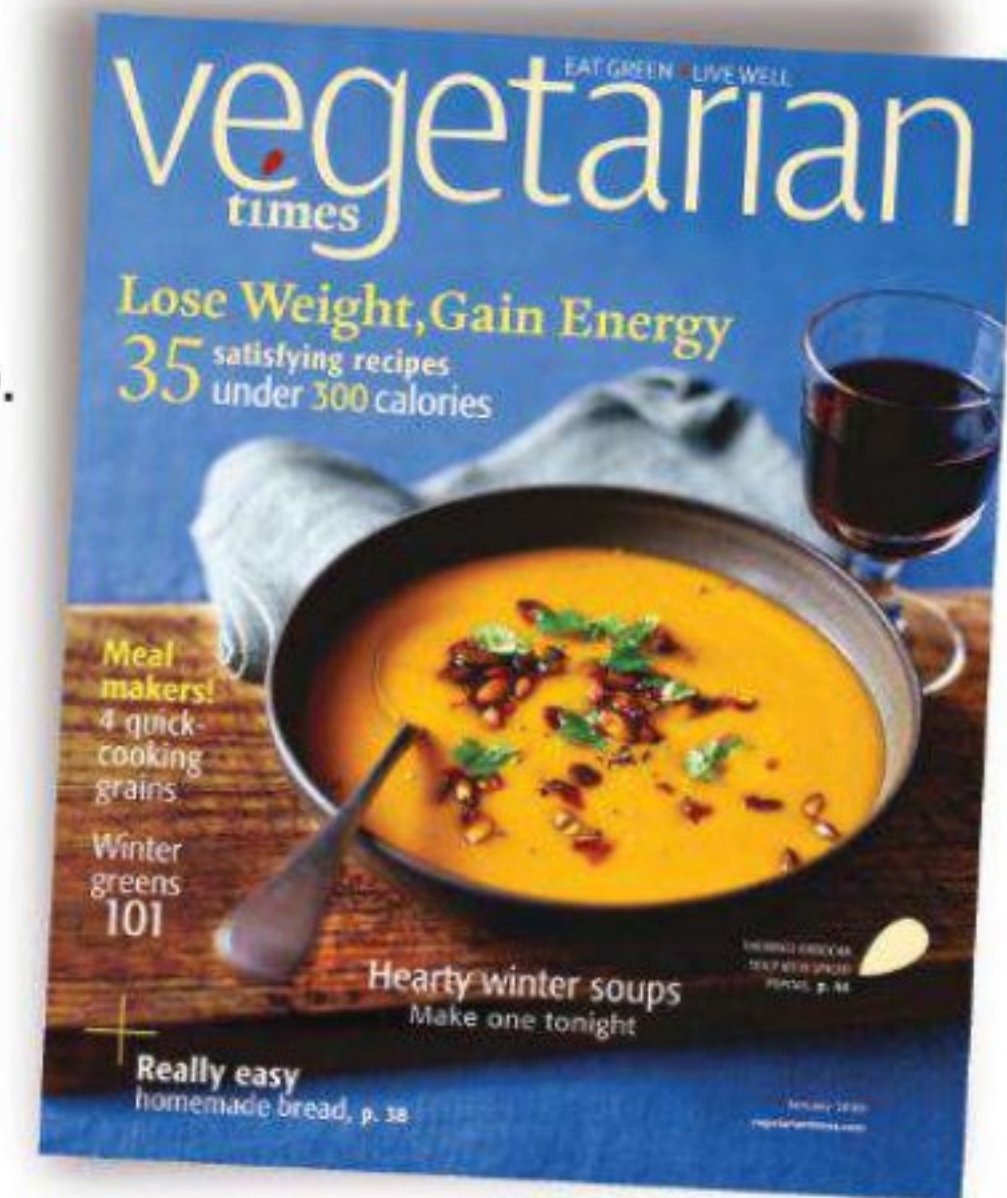
Address _____

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

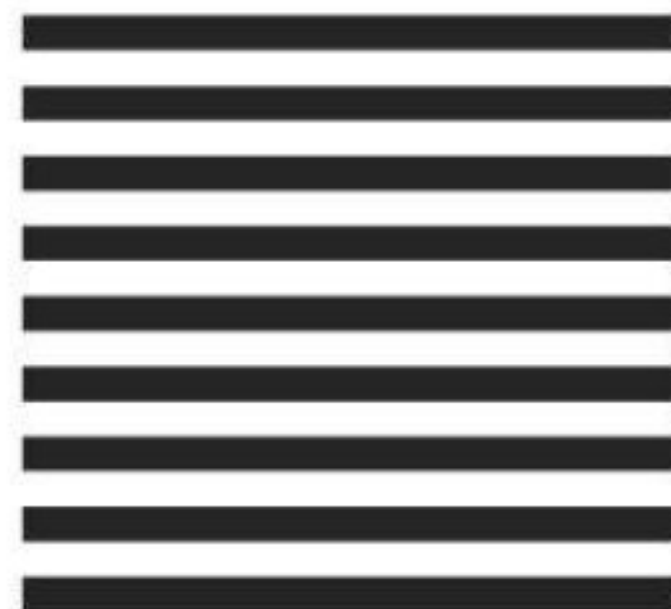
FIRST-CLASS MAIL PERMIT NO. 106 FLAGLER BEACH FL

POSTAGE WILL BE PAID BY ADDRESSEE

vegetarian
times

PO BOX 420166

PALM COAST FL 32142-9107



Credit your mom for being right—again. Breakfast really is the most important meal of the day. Studies show that among the numerous benefits, breakfast eaters tend to be slimmer than morning-meal abstainers. And if you'd like to lose weight, an extra dose of protein may help.

A recent study published in *The American Journal of Clinical Nutrition* examined the effects of a high-protein breakfast on appetite control and evening snacking. When overweight college-age women ate a breakfast with 35 grams of protein—keep in mind that the average woman needs only 46 grams of protein in a day, the average man 56 grams—they felt fuller, experienced fewer cravings during the day, and didn't snack as much on unhealthy foods in the evening compared with those who ate a lower-protein breakfast or skipped the morning meal.

“Eating protein alters brain signals that control hunger and satiety,” explains Heather Leidy, PhD, lead study author from the University of Missouri in Columbia. Protein may also reduce food cravings and motivational drive to eat, all of which lead to less evening snacking.

Of course, packing 35 grams of protein into a morning meal is no small feat, which begs two important questions: do you really need that much protein to jump-start your day; and if so, how do you get it?

Your health goals will largely determine the answer. If weight loss doesn't concern you, a breakfast with 7 to 15 grams of protein is perfectly fine, says Vandana Sheth, RDN, spokesperson for the Academy of Nutrition and Dietetics and a California-based dietitian who specializes in vegetarian eating. Yet if you want to slim down, “eating between 20 and 30 grams of protein at breakfast could help you feel fuller and make you more successful at losing weight,” she says.

“Vegetarians have many options in terms of where they get their protein,” says Katherine Brooking, MS, RD, cofounder of Appetite for Health and coauthor of *The Real Skinny*. See “Protein Heavy Hitters” (p. 42) for a list of wholesome options, which include breakfast basics such as soymilk, yogurt, and nut butters. But don't overlook protein powerhouses such as beans and lentils, which can shake up your morning routine in a tasty way. Brooking recommends structuring your breakfast so you're getting roughly 40 to 50 percent of your calories from carbohydrates, 25 percent from protein, and the rest from healthy fats. While carbohydrates provide energy for your brain and body, fats make food taste better and support the absorption of fat-soluble vitamins, she notes.

To help you shape a protein-powered breakfast with minimal guesswork, the following pages offer nine satisfying recipes. Who knows? Breakfast may soon become your favorite meal of the day.

BY Karen Asp  **RECIPES BY** Mary Margaret Chappell


PHOTOGRAPHY Jesse F. Narducci **FOOD STYLIST** Vivian Lui **PROP STYLIST** Scott Horne

Smoothies

Pineapple-Lime Smoothie

Serves 1 | 30 minutes or fewer



Purée 1 cup fresh or thawed frozen pineapple chunks with 2 Tbs. mint leaves, 2 tsp. lime juice, and ¼ tsp. grated fresh ginger in blender until mint is finely chopped. Add 6 oz. nonfat Greek yogurt, and blend until smooth. Stir in 1 Tbs. chia seeds and 2 tsp. honey (optional). Let stand 5 minutes to thicken.

PER 1½-CUP SERVING 231 cal; 18 g prot; 4 g total fat (<1 g sat fat); 35 g carb; 0 mg chol; 71 mg sod; 7 g fiber; 23 g sugars 

Blueberry-Spinach Smoothie

Serves 1 | 30 minutes or fewer


Purée 4 cups baby spinach leaves with ½ cup plain soymilk in blender. Add 1¼ cups frozen blueberries, ½ cup firm tofu cubes, 2 Tbs. ground flaxseed, 2 tsp. agave nectar (optional), and ⅛ tsp. ground allspice (optional); blend until smooth.

PER 2-CUP SERVING 348 cal; 20 g prot; 14 g total fat (1 g sat fat); 42 g carb; 0 mg chol; 223 mg sod; 15 g fiber; 19 g sugars  

Mellow Melon Smoothie

Serves 1 | 30 minutes or fewer

Blend 1½ cups chilled or frozen cantaloupe chunks; ½ apple, peeled and chopped; ½ cup chopped celery; and ¾ cup nonfat Greek yogurt or firm tofu cubes in blender until smooth. Stir in 1 Tbs. chia seeds.

PER 1½-CUP SERVING 269 cal; 19 g prot; 4 g total fat (<1 g sat fat); 43 g carb; 0 mg chol; 144 mg sod; 7 g fiber; 33 g sugars 



BLUEBERRY-SPINACH SMOOTHIE



MELLOW MELON SMOOTHIE

Protein heavy hitters

FOOD	SERVING SIZE	PROTEIN (g)
Greek yogurt, plain nonfat	6 oz.	17
Tempeh	½ cup	15.4
Tofu, firm	4 oz.	11
Lentils, cooked	½ cup	8.9
Milk, plain nonfat	1 cup	8.3
Peanut butter	2 Tbs.	8
Pinto beans, cooked	½ cup	7.7
Almonds	¼ cup	7.6
Black beans, cooked	½ cup	7.6
Chickpeas, cooked	½ cup	7.3
Soymilk, plain	1 cup	7
Almond butter	2 Tbs.	6.7
Soy yogurt, plain	8 oz.	6

Think Clearly.

Your brain. It makes up only 2% of your body weight, yet it consumes roughly 20% of your body's energy when at rest. That means the human brain needs a whole lot of nutrition to stay alert and focused throughout the day. Citicoline is nature's way of keeping the brain's energy-producing centers firing. Clinically tested for efficacy, Cognizin® delivers a patented form of Citicoline that supplies your brain with the energy it needs to stay sharp.* Cognizin is also pure, vegetarian and allergen-free. So look for Cognizin brand Citicoline on the ingredient panel of your favorite supplements to help keep your mental edge.*



Cognizin®

For the evolution of your mind®

To learn more about Cognizin®
visit www.cognizin.com

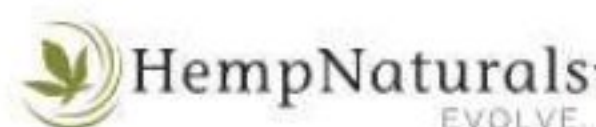


Follow Cognizin®

Cognizin® is a registered trademark of KYOWA HAKKO BIO CO., LTD. Copyright ©2013 KYOWA HAKKO U.S.A., INC. All Rights Reserved.

*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.

Look for Cognizin® Citicoline in these fine brands.



Breakfast sandwiches & wraps

Fruity Peanut Butter Wrap

Serves 1 | 30 minutes or fewer

Mash 2 Tbs. **silken firm tofu** with 1 Tbs. **natural peanut butter** and 1 pinch **ground cinnamon** in small bowl. Spread mixture on 1 **multigrain or sprouted 8-inch tortilla**, and sprinkle with 2 Tbs. **chopped dry-roasted unsalted peanuts**. Place $\frac{1}{4}$ cup **grated green apple** and 6 **halved red seedless grapes** in a line just below center of tortilla. Roll up tortilla, folding in sides as you go. Serve with $\frac{1}{2}$ cup **plain unsweetened soymilk or nonfat milk**.

PER SERVING (1 WRAP AND $\frac{1}{2}$ CUP SOYMILK) 431 cal; 19 g prot; 24 g total fat (4 g sat fat); 43 g carb; 0 mg chol; 575 mg sod; 9 g fiber; 12 g sugars



Cheesy English Muffin Stacks

Serves 1 | 30 minutes or fewer

Split and toast 1 **whole-grain English muffin** in toaster oven. Stir 2 Tbs. **finely sliced green onion** into $\frac{1}{4}$ cup **low-fat ricotta cheese**, then spread mixture onto each English muffin half. Top each with 1 **slice tomato**, 1 **slice tempeh bacon**, and 1 oz. **grated light Cheddar cheese**. Return to toaster oven, and toast 3 to 5 minutes, or until Cheddar has melted.

PER SERVING (2 STACKS) 349 cal; 32 g prot; 14 g total fat (8 g sat fat); 38 g carb; 50 mg chol; 732 mg sod; 11 g fiber; 6 g sugars


Hemp Hummus Pita Pockets

Serves 2 | 30 minutes or fewer

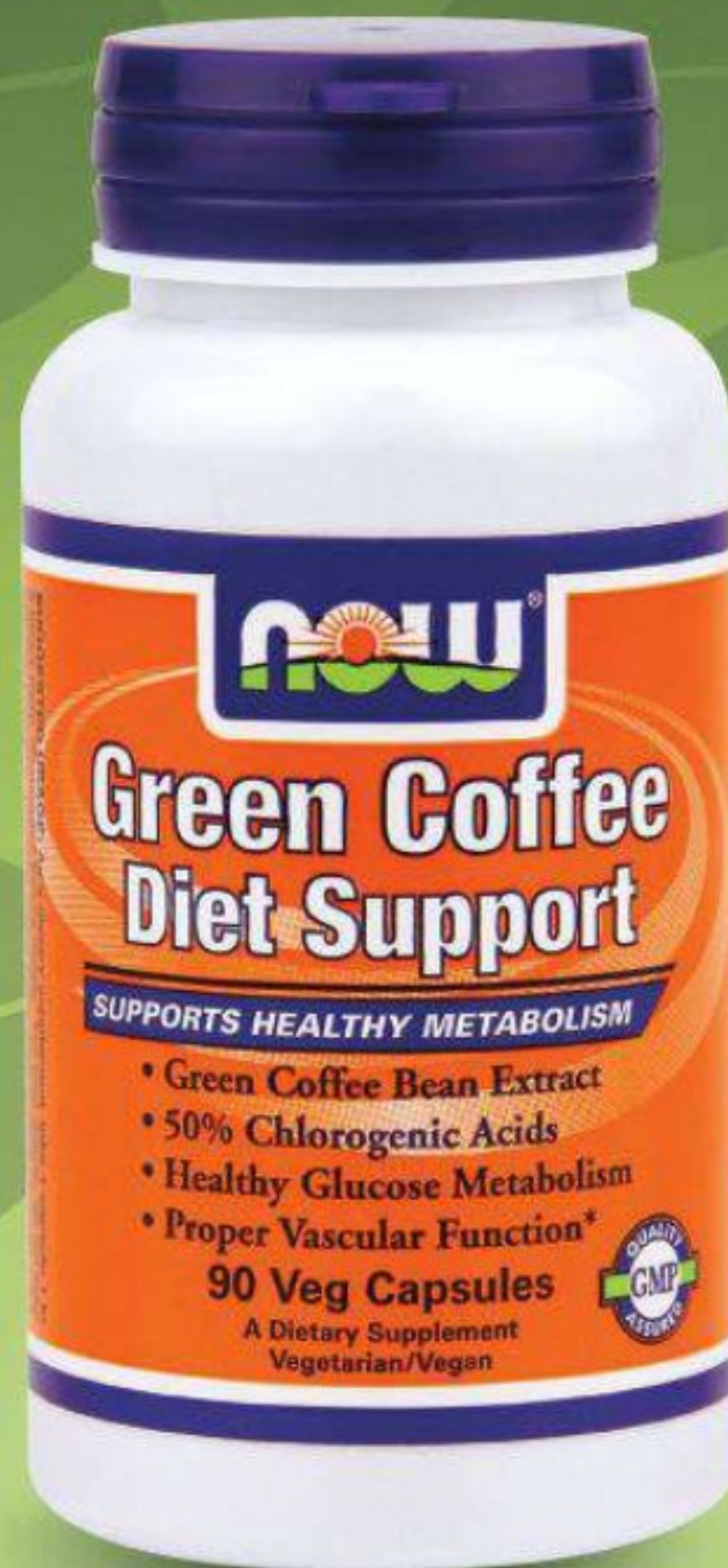
1. Bring $1\frac{1}{2}$ cups **cooked chickpeas**, 2 tsp. **minced garlic**, and $\frac{1}{2}$ cup **water** to a boil in small saucepan. Cook 1 minute, remove from heat, and coarsely mash. Stir in 3 Tbs. **hemp seeds** and 2 Tbs. **lemon juice**; season with **salt** and **pepper**, if desired. Cool.

2. Combine $\frac{1}{2}$ cup each **finely diced cucumber** and **tomato**, $\frac{1}{4}$ cup each **finely chopped green bell pepper** and **parsley**, 2 Tbs. **chopped green onion**, 1 Tbs. **lemon juice**, and $\frac{1}{2}$ tsp. **olive oil** in small bowl; season with **salt** and **pepper**, if desired.

3. Fill $\frac{1}{2}$ **whole-wheat pita** with $\frac{1}{3}$ cup **hummus** and $\frac{1}{2}$ cup **cucumber salad**.

PER SERVING ($\frac{1}{2}$ STUFFED PITA) 395 cal; 20 g prot; 11 g total fat (1 g sat fat); 60 g carb; 0 mg chol; 449 mg sod; 13 g fiber; 10 g sugars 





coffee break

With so much to do each day, finding the time to stay fit can be an exercise in futility. Sometimes you just need a little extra help to make the most of your diet and exercise regimen. With Green Coffee Diet Support from NOW® Foods you can take a break and still make the most of your healthy lifestyle.

This 400 mg Green Coffee Bean Extract provides 50% chlorogenic acids, the active components in green coffee beans that support healthy body composition, glucose metabolism, pancreatic function, and more. With NOW® Foods Green Coffee Diet Support you can feel good about taking a healthy coffee break.*

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. • www.nowfoods.com

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

Circle reply #10 on Info Center card

VT special

Hot breakfasts




Lentil and Egg Bowl

Serves 2 | 30 minutes or fewer

Bring **1 cup green lentils** and **2½ cups water** to a boil with **½ onion**, **2 cloves smashed garlic**, and **1 bay leaf**. Cover, and simmer 25 minutes, or until liquid is absorbed. Remove and discard onion, garlic, and bay leaf; stir in **1 tsp. butter** (optional); and season with **salt and pepper**. Spoon lentils into 2 bowls, add a **squeeze of fresh lemon juice**, and top each serving with **1 poached egg**. Garnish with **chives or chopped green onion** and **chopped red bell pepper**.

PER SERVING (1 CUP LENTILS AND 1 EGG)

378 cal; 26 g prot; 7 g total fat (2 g sat fat); 56 g carb; 185 mg chol; 159 mg sod; 14 g fiber; 3 g sugars 

SAWYER SOUP SPOON FROM WORLDMARKET.COM

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®

Learn More: Visit www.ChiaOmega.com or call (972) 255-3918

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

Circle reply #9 on Info Center card




Huevos Rancheros Enchiladas

Serves 6

1. Whisk **10 medium eggs** with **6 Tbs. water** in bowl. Season with **salt** and **pepper**, if desired. Heat 8-inch nonstick skillet coated with cooking spray over medium heat. Pour $\frac{1}{4}$ cup egg mixture into skillet, and swirl to coat bottom completely (like a crêpe). Cook 2 to 3 minutes, or until egg is firm in center. Slide onto paper-towel-lined plate. Top with paper towel. Repeat with remaining eggs to make 12 thin egg crêpes, then cool.

2. Wipe out skillet, coat with cooking spray, and heat over medium heat. Add $\frac{1}{2}$ cup **chopped onion** and **1 tsp. ground cumin** to skillet, cover, and cook 3 minutes, or until onion is soft. Add **1½ cups cooked pinto beans**, **1 tsp. minced garlic**, and **1 cup water** or **vegetable broth**. Cover, and simmer 5 minutes. Mash some of beans to thicken

sauce, add **1 cup cooked brown rice** and $\frac{1}{2}$ cup **prepared salsa**. Cook 5 minutes more, or until only a little liquid remains. **3.** Roll $\frac{1}{4}$ cup filling in each egg crêpe, and place in large baking dish coated with cooking spray. Pour **1 cup prepared salsa** down center of enchiladas, and sprinkle with $\frac{1}{2}$ cup **reduced-fat Monterey Jack cheese**. Bake 15 minutes at 350°F, or until enchiladas are heated through and cheese has melted.

PER SERVING (2 ENCHILADAS) 260 cal; 17 g prot; 10 g total fat (4 g sat fat); 25 g carb; 280 mg chol; 748 mg sod; 6 g fiber; 4 g sugars 

THESE BEAN-AND-RICE ENCHILADAS ARE WRAPPED IN CRÊPE-THIN COOKED EGGS FOR A PROTEIN BOOST.



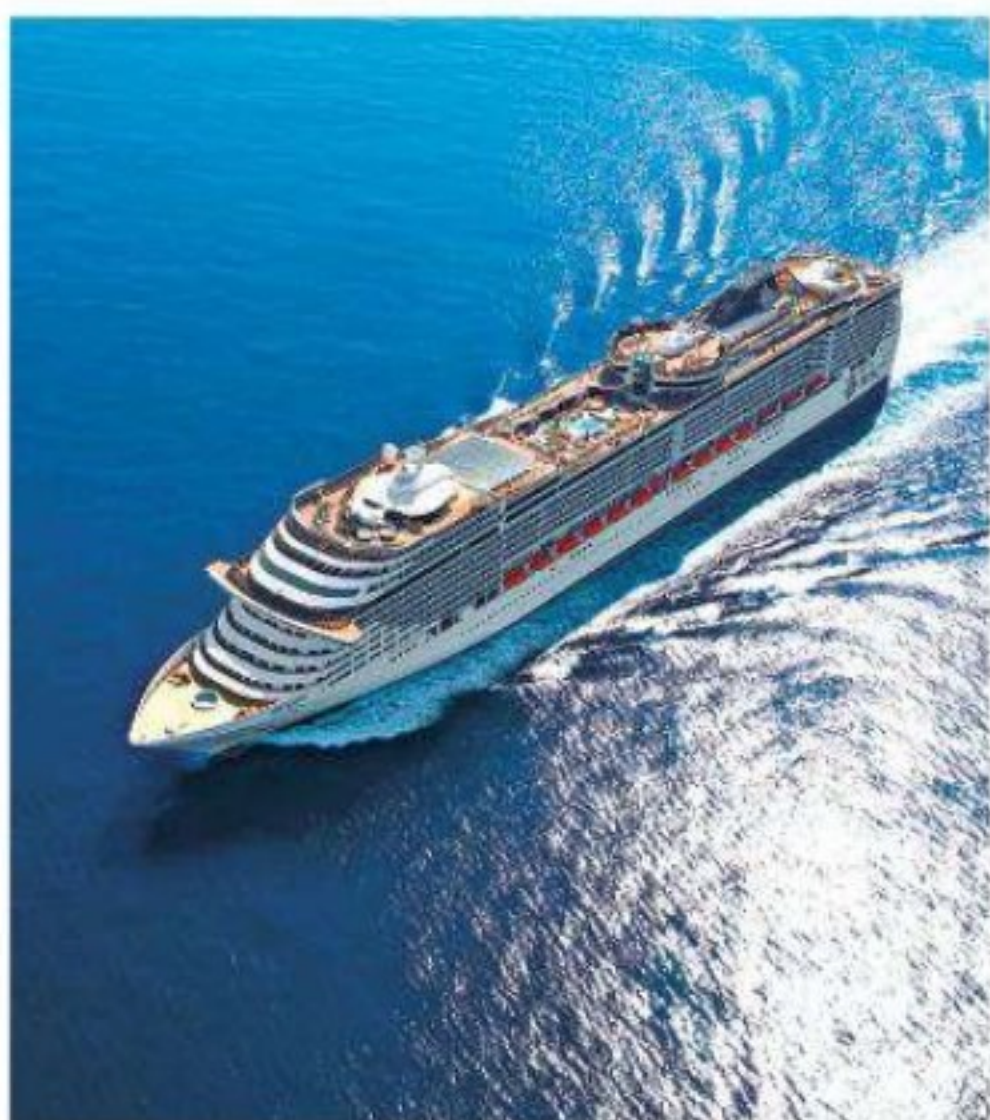
endangered species
Chocolate

INDULGE IN A NEW CAUSE



Learn & Shop At
ChocolateBar.com

FRESH FINDS



Holiday at Sea

Enter to win a cabin for you and a guest aboard the 11th Annual Holistic Holiday at Sea, March 1 – 8, 2014!

HOLISTIC HOLIDAY AT SEA is a vacation with a purpose. A combination of luxury, fitness and knowledge, our 7-day holistic cruise offers lectures by alternative health authorities, diet-specific cuisine, and the exotic Caribbean.

Experience all this and more while sharing these incredibly unique moments with over a thousand like-minded fellow travelers from around the world!

For more information on the cruise itself visit, atasteofhealth.org

Enter to Win this amazing getaway at vegetariantimes.com/cruisesweeps



You need Omega-3...

So why not the freshest?
3 lbs of Barlean's North American premium flaxseeds are cold pressed fresh daily per bottle. America's #1 selling Omega-3 because every pure & unfiltered drop is 100% organic and Non-GMO
barleans.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



Bone Up! Rainbow Light Food-Based Calcium™

With 500mg calcium + vitamin D3, magnesium and foods for optimum absorption, Rainbow Light's Food-Based Calcium™ supports bone density and muscle health in one daily, easy-to-digest tablet. Like us and save 25%.
facebook.com/RainbowLightNS



Source Naturals® Serene Science™

Stressed out? Source Naturals® introduces Serene Science™, a full line of products designed to address the different ways our bodies react to stress. Whether you experience racing thoughts, tense muscles or moodiness, each Serene Science™ formula works naturally with your body's chemistry to help you relax, feel peaceful and more balanced.*
Learn more about stress and find the serene that works for you. Visit serenescience.com

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



More Than A Multiple™ with Energy Essentials

Don't let occasional stress and fatigue slow you down. More Than A Multiple™ with Energy Essentials delivers the benefits of a whole food multivitamin while helping boost your natural energy level.*
americanhealthus.com

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




COUPE LINE BOWL FROM HEATHCERAMICS.COM



Spicy Tempeh Hash

Serves 2 | 30 minutes or fewer

Spread **8 oz. cubed tempeh** in bottom of large nonstick skillet. Add $\frac{1}{2}$ cup **water**, cover, and bring to a boil. Reduce heat to medium-low, and simmer 5 minutes. Drain in colander, and wipe out skillet. Add **1 Tbs. canola oil** to skillet, and heat over medium-high heat. Return tempeh to pan along with **1 cup chopped onion**, **1 cup chopped green bell pepper**, and **1 cup diced potatoes**. Sauté 5 to 7 minutes, or until beginning to brown. Sprinkle with **2 tsp. paprika**, $\frac{1}{2}$ tsp. **garlic powder**, $\frac{1}{2}$ tsp. **onion powder**, and **1 pinch cayenne pepper**. Sauté 7 to 8 minutes, or until potatoes are browned and tender.

PER 1½-CUP SERVING 397 cal; 24 g prot; 20 g total fat (3 g sat fat); 40 g carb; 0 mg chol; 22 mg sod; 5 g fiber; 6 g sugars   

When it comes to
Healthy Digestion...
Benefit from some
Extra Help.*



Pass the Papaya!

When your favorite foods leave your digestive tract feeling like it has one too many twists in it, smooth out the road with Chewable Papaya Enzyme from American Health®. Papaya Enzyme naturally aids in the breakdown of food into the component nutrients our bodies need, whether it's protein for muscles, fat for fuel, or carbohydrates for energy.* So go ahead and give your digestion some well-deserved help from the perfect "after meal" supplement®... 100% Natural Papaya Enzyme from American Health!

Available at health, natural food and vitamin specialty stores.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
©2013 American Health, Inc. 13-AH-1130

AMERICAN HEALTH
good health made simple
www.AmericanHealthUS.com

Circle reply #14 on Info Center card

special advertising section

PARTY PLEASER

DIPS AND SPREADS IN YOUR VITAMIX ARE AN EASY AND HEALTHY HOLIDAY FAVORITE

WHETHER YOU'RE PLANNING

a small cocktail party for friends or a few nibbles before moving on to a main course, a simple homemade dip or spread can be an easy go-to selection for pleasing your guests. This easy 5-ingredient **Spicy Hummus** recipe from Vitamix offers a delightful twist on this classic favorite.

Achieve flavorful gourmet results with the speed and precision of a professional chef when you mix up this middle-eastern dip in your Vitamix 5200. Featuring variable speed control, high-speed settings, and powerful horsepower motor, the Vitamix 5200 instantly chops, grinds, and fully blends even the toughest ingredients, unlocking their full potential, as well as yours. Combine the number of culinary tasks it performs with how often you'll use it, and your machine instantly moves beyond a mere kitchen luxury to an everyday necessity.

Although this dip is simple and easy, don't underestimate this party pleaser; Just as guests tend to gather in the kitchen, they'll quickly gravitate toward this delicious dip.



SPICY HUMMUS

SUBMITTED BY: VITAMIX

PREPARATION: 6 minutes | **YIELD:** 3 1/4 cups (780 g)

INGREDIENTS

15 ounces canned garbanzo beans, drained
15 ounces canned garbanzo beans, with liquid
6 teaspoons hot sauce
2 Tablespoons (30 ml) lemon juice
1 raw garlic clove, peeled
1 teaspoon salt (or to taste)

DIRECTIONS

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 1 minute or until smooth, using the tamper to push the ingredients into the blades.

PUTS JAR OPENERS OUT TO PASTURE.

You can easily make delicious dips and sauces yourself with Vitamix. Which means there's no more need for store-bought versions. Now that's what a secret ingredient's supposed to do. So say goodbye to jar openers. Seriously. Say, "Bye-bye, jar openers."

Find the recipe for Fresh Tomato Sauce at vitamix.com.

 **Vitamix.**



Circle reply #18 on Info Center card

technique



BY Mary Margaret Chappell

Take the ooey-goey classic to the next level

GLORIOUS GRILLED CHEESE

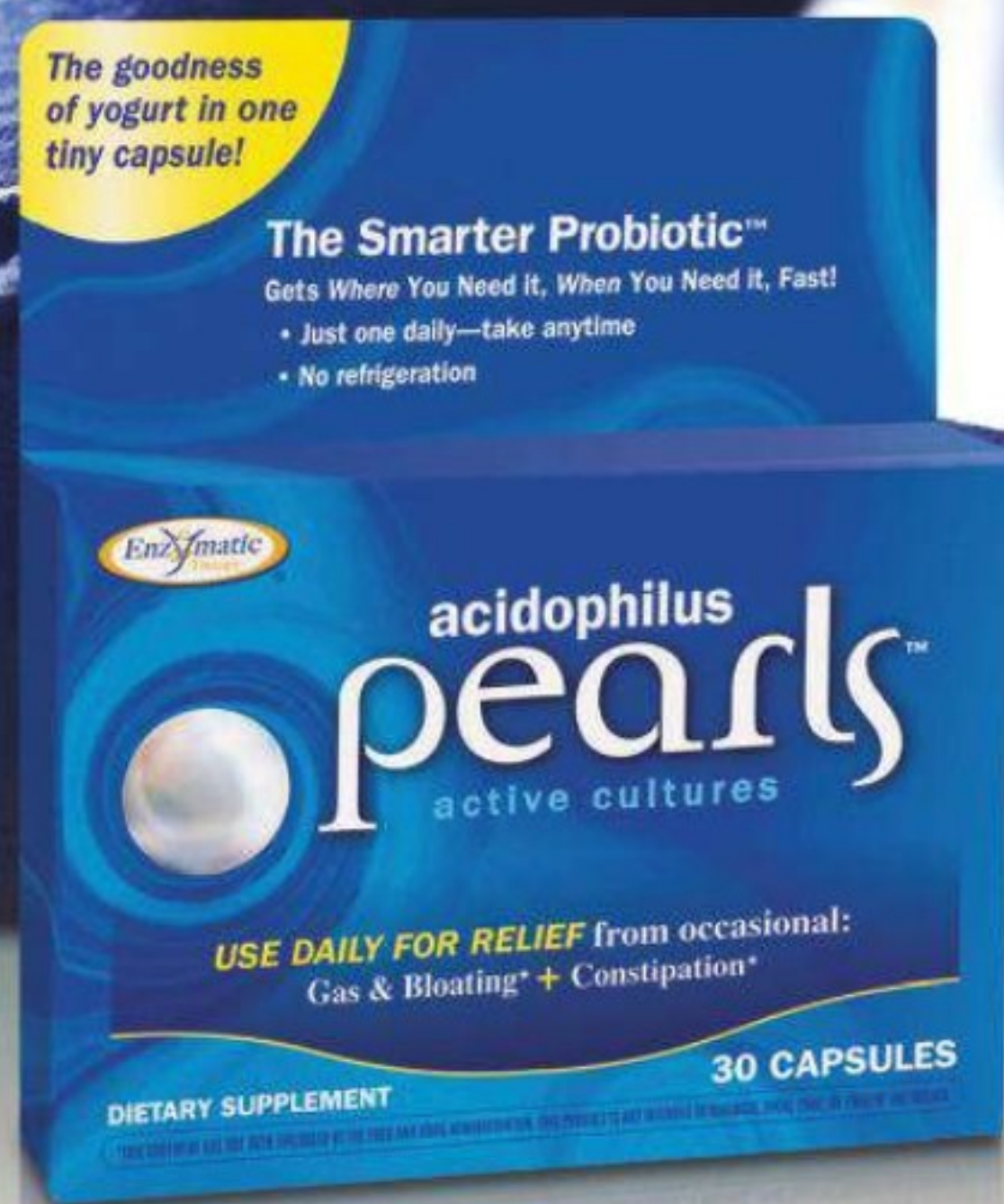
From the American-single offerings of childhood to the gourmet creations of adulthood, the grilled-cheese sandwich holds a special place in the hearts of many food lovers. And while it's pretty hard to go wrong with the combination of skillet-crisped bread and melted cheese, there are a few techniques and add-ins that ensure each and every sandwich turns out just right.

CAMEMBERT CAPRESE
GRILLED-CHEESE
SANDWICHES, p. 61

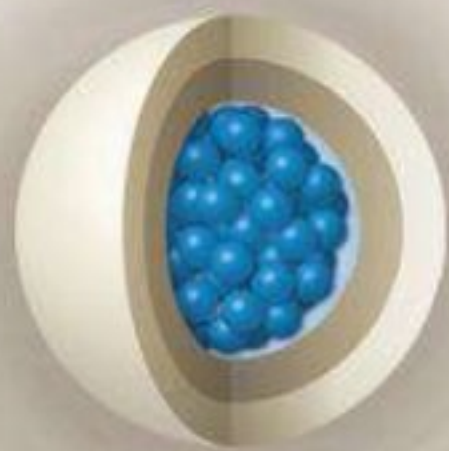
PHOTOGRAPHY Christina Holmes
FOOD STYLING Chris Lanier
PROP STYLING Cindy DiPrima



Trouble with digestive balance?



Take Probiotic Pearls. It's the patented probiotic with a triple-layer capsule that protects the live bacteria from heat, moisture and harsh stomach acid—so they survive to reach your intestine where they are needed most to restore digestive balance.* You can take Probiotic Pearls daily to relieve occasional gas, bloating and constipation.* Learn more at pearlsprobiotics.com.



Unique Triple-Layer Capsules Protect Probiotics Inside



Probiotic Pearls Survive Stomach Acid to Reach Intestine

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



We've merely suggested the breads to use in these recipes. Feel free to mix things up with shapes, types, and sizes.

BLUE CHEESE, RADICCHIO, AND FIG SANDWICHES, p 60

ANATOMY OF A GREAT GRILLED CHEESE

BREAD Choose whatever kind of bread you like, so long as it's good quality and sliced ½-inch thick. This thickness lets the cheese melt completely while the bread retains some chewiness beneath the grilled crunch.

CHEESE Grate rather than slice hard cheeses for consistent coverage and even melting. (Grated cheese also helps avoid overdoing it on the cheese calories.) Crumble, chop, or thinly slice soft cheeses. For extra creaminess when using drier

varieties (such as blue or aged goat cheese), spread a little cream cheese on the sandwich too.

ADD-INS A couple of extra fillings can take a grilled-cheese sandwich to the next level, but note we say "a couple"—stick to

just two. Overfilled sandwiches can be messy or taste muddled.

OIL OR BUTTER Brush melted butter (the salted kind) or oil directly onto both sides of the assembled sandwich before adding to the skillet. (A brush works better than a knife.) Lightly butter right up to the crust line so the bread crisps evenly without turning greasy or soggy.

Introducing 3 NEW Flavors!

Organic Sweet Chili: The perfect blend of sweet and spicy.

Organic Hemp-a-Licious: Hemp seeds are packed with essential nutrients that add to the benefits of this wholesome snack.

Organic Kettle Corn: Made with organic popcorn and the perfect combination of sweet and salty.

Lundberg Rice Cakes
Packed with twice the flavor,
value and nutrients as other brands!

Cultivating a Family Tradition
For over three generations, the Lundberg family has produced high-quality rice products. We pride ourselves on growing rice that is good for you and the environment.



www.lundberg.com

technique

Provolone and Leek Greens on Country Sourdough

Serves 4 | 30 minutes or fewer

Sautéed leek tops do double-duty in these sandwiches, giving them a sweet, oniony flavor and a tender crunch.

- 3 Tbs. melted butter, trans fat-free margarine, or olive oil, divided
- 2 cups thinly sliced leek tops (green parts only)
- 8 slices country sourdough bread
- 6 oz. grated Provolone cheese
- 2 roasted red bell peppers, halved, optional

1 | Heat 1 tsp. melted butter in large skillet over medium heat. Add leeks, and season with salt, if desired. Cover, reduce heat to medium-low, and cook 7 to 10 minutes, or until tender. Set aside.

2 | Brush 4 slices bread with half of remaining melted butter, and set butter side down on baking sheet. Divide Provolone among bread slices, and layer each with one-quarter of leek mixture and 1 red bell pepper half

(if using). Cover with remaining bread slices. Brush sandwich tops with remaining melted butter.

3 | Heat large skillet or griddle over medium-low heat. Cook sandwiches in skillet 4 minutes, or until browned and crisp. Flip, and cook 3 minutes more, or until second side is browned.

PER SANDWICH 520 cal; 22 g prot; 21 g total fat (13 g sat fat); 56 g carb; 57 mg chol; 845 mg sod; 3 g fiber; 4 g sugars



yoga **online** anytime **anywhere**

Stay on track with Sage Rountree Yoga 4 Athletes on YogaVibes

Get to know Sage!

Ultrarunner, triathlete, and
endurance sports coach

Yoga Journal's "Active Yogi" blogger

Author of *The Athlete's Guide to Yoga*
and *The Runner's Guide to Yoga*

Names her cats after fruit

Focuses on releasing chronically tight muscles
while strengthening weaker counterparts


yogavibes

Come practice with Sage + make yoga
your secret weapon | yogavibes.com/vt

GET STARTED NOW! 15-DAY FREE TRIAL

HEALTHY NEVER TASTED SO GOOD!

Today's snack bars: it's either bland tree bark you leave half uneaten, or camouflaged candy mis-labeled as "healthy".

With the new **INBar**, you can finally enjoy a great-tasting snack bar that has it all...

- Gluten-Allergen Free and Vegan
- Doctor-formulated to be diabetic-friendly
- Great-tasting low-sugar snack for kids too
- High-fiber, high-protein, all-natural energy
- Helps get and keep the pounds off!



"I formulated the INBar to help manage your weight by controlling hunger the right way with an all-natural, great tasting snack!"

Dr. Don VerHulst

To learn more, find a store or place an order visit:

TheINBar.com
269-792-1977

INBALANCE
Health Corp®



Circle reply #8 on Info Center card

technique



ROASTED MUSHROOM AND GOUDA
GRILLED CHEESE SANDWICHES, p. 60

DON'T FORGET TO PRESS!

Once the first side of your grilled cheese is cooked, gently press the sandwich in the pan before flipping it over. This helps the fillings stick together and gets the outside crisp by bringing more bread surface in contact with the hot pan. Press once more before serving.

PARTY SAMPLER

Even if you have only one skillet, you can still invite friends over for a grilled-cheese party. Set out fillings so that guests can assemble their own sandwiches, and assign one person to handle the skillet(s) on the stove. Then, once a sandwich has been grilled, cut it into quarters, squares, or fingers to allow everyone to taste everyone else's combinations.

Get more from
your multi-vitamin.
A lot more.



Give your body more with **Alive!**® MAX Potency Multi-Vitamins — packed with higher levels of vitamins & minerals plus fruits, vegetables, green foods, organic mushrooms, amino acids, digestive enzymes and powerful antioxidants. Make the switch and feel the difference.

AVAILABLE AT FINER HEALTH & NUTRITION STORES • Visit FeelAlive.com



NEW!
TRIBEST
slowstar
 SW-2000
 Vertical Slow Juicer & Mincer

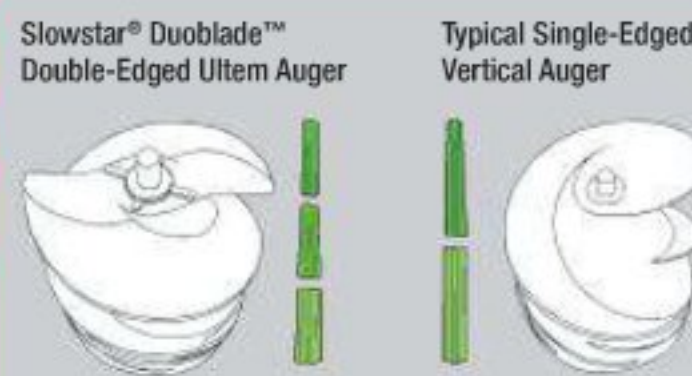
Best in its Class

2-in-1

**Vertical Slow Juicer & Mincer
 with Duoblade™ Auger**

- Low 47 RPM
- Duoblade™ Double-Edged Ultem Auger
- Easily converts from Juicer to Mincer
- 3 Stage Speed Reduction Gears & 200 Watt Motor
- Virtually BPA-Free Ultem Auger & Screen
- Quiet Operation
- 10 Year Warranty

The Power of the Duoblade™



The Slowstar® Duoblade™ Double-Edged Ultem Auger creates a double-cut for less jamming and less pulp in the juice compared to other single edged vertical augers.



Tribest Corporation
 1143 N. Patt Street, Anaheim, CA 92801
 toll free: 888.254.7336 | ph: 714.879.7150
 service@tribest.com | www.tribest.com

Circle reply #17 on Info Center card

technique

Roasted Mushroom and Gouda Grilled-Cheese Sandwiches

Serves 4 | 30 minutes or fewer

Hearty roasted and sliced portobello mushrooms make these sandwiches particularly satisfying.

- 2 large portobello mushrooms, stemmed
- 2 Tbs. prepared balsamic vinaigrette
- 8 tsp. melted butter, trans fat-free margarine, or olive oil, divided
- 2 Tbs. finely chopped parsley
- 3 cloves garlic, minced (1 Tbs.)
- 8 slices whole-grain or country white bread
- 3 oz. grated Gouda cheese or vegan cheese shreds, such as Daiya
- 1 cup arugula

1 | Preheat oven to 350°F. Brush mushrooms with vinaigrette, place on baking sheet, and bake 15 minutes, turning once. Slice into ¼-inch-thick strips.

2 | Stir together butter, parsley, and garlic in bowl. Brush 4 bread slices with half of butter mixture, and set butter side down on baking sheet.

3 | Sprinkle Gouda among bread slices on baking sheet. Top with mushroom strips, then arugula. Cover with remaining 4 bread slices. Brush sandwich tops with remaining butter mixture.

4 | Heat large skillet or griddle over medium-low heat. Cook sandwiches in skillet 4 minutes, or until browned and crisp. Flip, and cook 3 minutes more, or until second side is browned.

PER SANDWICH 397 cal; 13 g prot; 19 g total fat (9 g sat fat); 45 g carb; 45 mg chol; 806 mg sod; 3 g fiber; 11 g sugars

Blue Cheese, Radicchio, and Fig Sandwiches

Serves 4 | 30 minutes or fewer

If you can find fresh figs, by all means slice them and substitute for the jam in these sandwiches.

- 3 oz. crumbled blue cheese
- 3 oz. reduced-fat cream cheese
- 8 slices sprouted whole-grain bread
- 8 tsp. melted butter, trans fat-free margarine, or olive oil, divided

yoga
 JOURNAL
 CONFERENCE

Florida

Oct 31-Nov 3, 2013 | Hollywood, FL



Photo by Wari Om



**KEYNOTE BY
 MARIANNE
 WILLIAMSON
 FRIDAY, NOV. 1**

EXPERIENCE YOGA JOURNAL LIVE!

FEATURING: Kathryn Budig • Seane Corn • Jason Crandell
 Liliás Folan • Dharma Mittra • Rodney Yee • And More!

+ SPECIAL CONTINUING EDUCATION PROGRAM FOR TEACHERS

**Register Now
 YJEVENTS.COM**

USE PROMO CODE VT13 AND SAVE \$50 OFF THE MAIN WEEKEND CONFERENCE

- 4 Tbs. fig jam
- 1 cup thinly sliced radicchio or Belgian endive

1 | Mash blue cheese and cream cheese together in small bowl, leaving some blue cheese chunks. Set aside.

2 | Brush 4 slices bread with half of butter, and set butter side down on baking sheet. Spread each slice with 1 Tbs. jam, and sprinkle with ¼ cup radicchio. Spread remaining 4 slices bread with blue cheese mixture, and set on top of radicchio. Brush sandwich tops with remaining melted butter.

3 | Heat large skillet or griddle over medium-low heat. Cook sandwiches in skillet 4 minutes, or until browned and crisp. Flip, and cook 3 minutes more, or until second side is browned.

PER SANDWICH 419 cal; 15 g prot; 20 g total fat (12 g sat fat); 48 g carb; 52 mg chol; 607 mg sod; 6 g fiber; 17 g sugars

Camembert Caprese Grilled-Cheese Sandwiches

Serves 4 | 30 minutes or fewer

Fresh basil and tomatoes bring out the lighter side of Camembert.

- 8 slices rye or sourdough bread
- 8 tsp. melted butter, trans fat-free margarine, or olive oil, divided
- 6 oz. Camembert cheese, thinly sliced
- 2 large tomatoes, thinly sliced
- 1 cup large fresh basil leaves

1 | Brush 4 slices bread with half of melted butter, and set butter side down on baking sheet.

2 | Divide Camembert among bread slices on baking sheet. Top with tomato slices, then basil, and cover with remaining 4 slices bread. Brush sandwich tops with remaining melted butter.

3 | Heat large skillet or griddle over medium-low heat. Cook sandwiches in skillet 4 minutes, or until browned and crisp. Flip, and cook 3 minutes more, or until second side is browned. 🌿

PER SANDWICH 380 cal; 15 g prot; 20 g total fat (12 g sat fat); 35 g carb; 51 mg chol; 817 mg sod; 5 g fiber; 5 g sugars



ORGANIC INDIA Certified Organic Moringa is a nutritionally complex whole food naturally abundant in vitamins, minerals and amino acids. These powdered leaves provide essential nutrition and are excellent supplements for stress management and vegetarian dietary support.

These tiny leaves do a super food's job!

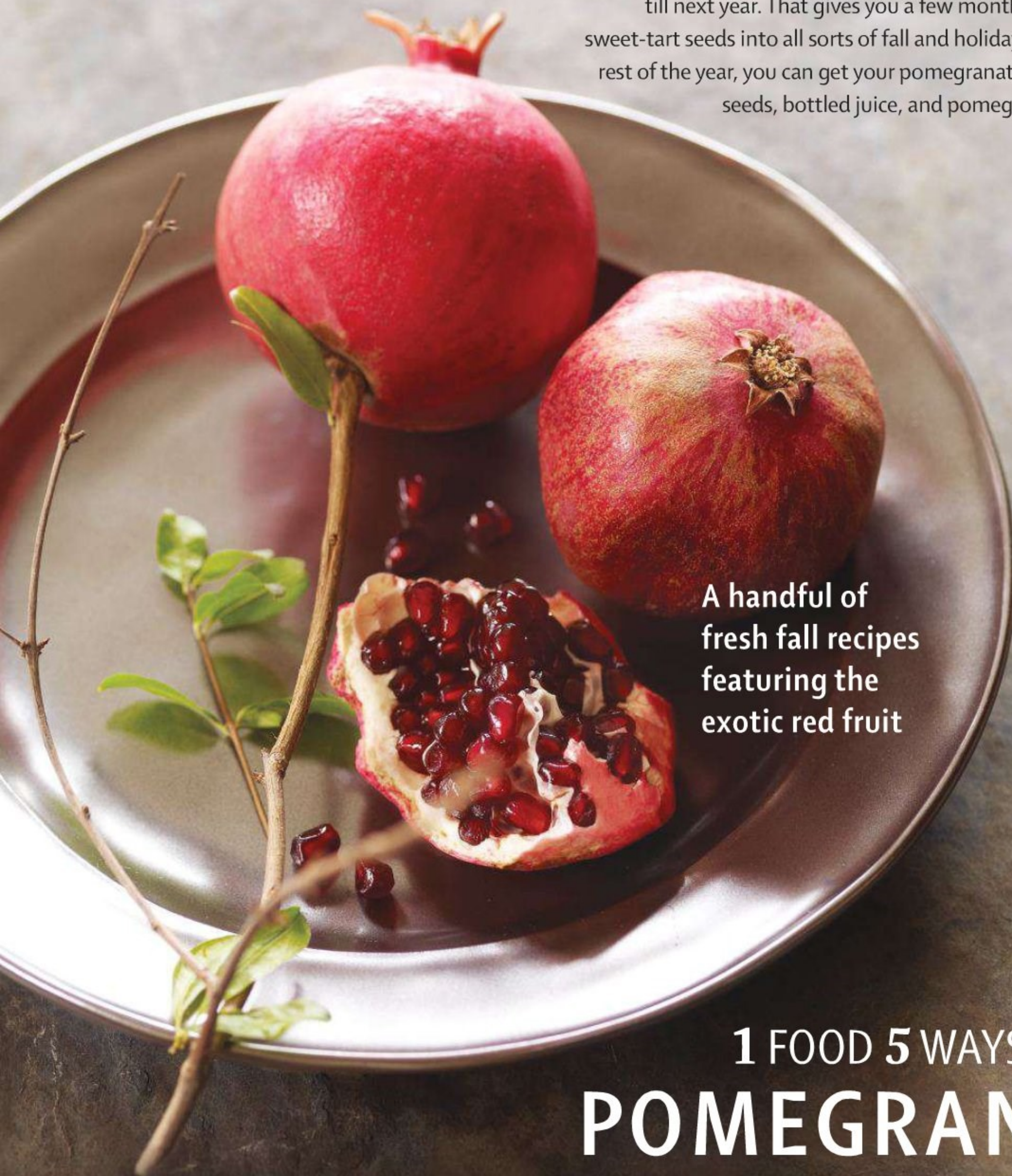


OrganicIndiaUSA.com

100% CERTIFIED ORGANIC • SUSTAINABLY GROWN • GLUTEN FREE • VEGETARIAN • KOSHER

RECIPES BY Fiona Kennedy

There's a crop of thick-skinned, deep-hued beauties making its annual appearance in the produce section. Juicy pomegranates reach their peak in early fall and can be found whole and fresh from October to January, and then they're gone till next year. That gives you a few months to sprinkle the sweet-tart seeds into all sorts of fall and holiday dishes. And the rest of the year, you can get your pomegranate fix from frozen seeds, bottled juice, and pomegranate molasses.



A handful of fresh fall recipes featuring the exotic red fruit

1 FOOD 5 WAYS POMEGRANATE

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

Pearl Barley with Roasted Squash, Pomegranate, and Pistachios

Serves 6

Pomegranate seeds add tiny bursts of sweet-tart juiciness when stirred into grain dishes.

- 3 Tbs. olive oil, divided
- 1 cup pearl barley
- 1½ lb. butternut squash, peeled, seeded, and cut into ½-inch x 1-inch chunks (4 cups)
- 1 small sweet onion, peeled and finely diced (1 cup)
- ½ tsp. red pepper flakes
- 2 Tbs. finely chopped parsley
- ½ cup pomegranate seeds
- ⅓ cup roasted pistachios

1 | Heat 1 Tbs. oil in medium saucepan over medium-high heat. Add barley, and cook 2 to 3 minutes, or until slightly toasted. Pour in 2¼ cups water, and bring to a simmer. Cover, reduce heat to low, and cook 45 to 55 minutes, or until liquid is absorbed and grains are cooked. (If

barley is not completely cooked, add a little more water and continue simmering until tender.) Pour barley out onto cooking-spray-coated baking sheet, and let cool to room temperature. Season with salt and pepper, if desired.

2 | Preheat oven to 425°F. Line second baking sheet with parchment paper, or coat with cooking spray. Toss squash with 1 Tbs. oil on baking sheet until evenly coated, and season with salt and pepper, if desired. Roast 35 to 40 minutes, or until tender, stirring occasionally.

3 | Heat remaining 1 Tbs. oil in large nonstick skillet over medium-high heat. Add onion, and cook 7 to 9 minutes, or until translucent. Add red pepper flakes, and cook 1 minute more. Add barley, and cook 3 to 5 minutes, or until warmed through. Stir in roasted squash and parsley, and cook 2 minutes more. Remove from heat; stir in pomegranate seeds and pistachios. Serve warm or at room temperature.

PER 1½-CUP SERVING 273 cal; 6 g prot; 11 g total fat (1 g sat fat); 42 g carb; 0 mg chol; 9 mg sod; 10 g fiber; 5 g sugars ▼



Kale Salad with Pomegranate and Maple Pecans

Serves 6

This hearty salad shows how well pomegranates go with other fall ingredients. Tuscan kale is also known as lacinato kale or dinosaur kale.

MAPLE PECANS

- ½ cup pecan pieces
- 1 Tbs. pure maple syrup
- 2 tsp. olive oil
- ½ tsp. salt
- ¼ tsp. cayenne pepper

VINAIGRETTE

- 2 Tbs. balsamic vinegar
- 2 Tbs. extra virgin olive oil
- 1 small shallot, peeled and finely minced (1½ Tbs.)


SALAD

- 1 12-oz. bunch Tuscan kale, deveined and sliced into ½-inch-thick ribbons (8 cups)
- 1 large red apple, cored, quartered, and thinly sliced (1¼ cups)
- ½ cup pomegranate seeds
- 1½ oz. aged Gouda, thinly shaved with vegetable peeler (⅓ cup)

1 | To make Maple Pecans: Preheat oven to 350°F. Combine all ingredients in small bowl, and toss until well coated. Place on parchment-lined baking sheet, and bake 12 minutes, or until toasted and fragrant, stirring occasionally. Let cool to room temperature.

2 | To make Vinaigrette: whisk together all ingredients, and season with salt and pepper, if desired.

3 | To assemble Salad: Place kale in large bowl; gently massage 3 Tbs. Vinaigrette into leaves to ensure even coverage. Gently toss with apple and pomegranate seeds, and transfer to serving bowl. Top with Maple Pecans and shaved Gouda.

PER 1½-CUP SERVING 216 cal; 7 g prot; 14 g total fat (3 g sat fat); 20 g carb; 8 mg chol; 288 mg sod; 4 g fiber; 9 g sugars 



KALE SALAD WITH POMEGRANATE AND MAPLE PECANS

Cornmeal Pancakes with Pomegranate-Pear Compote

Serves 6 | 30 minutes or fewer

This colorful compote is lightly sweetened with pomegranate molasses, which can be found in well-stocked supermarkets and most Middle Eastern grocery stores.

COMPOTE

- 1 large Bartlett pear, peeled, cored, and cut into ½-inch dice (1½ cups)
- ½ cup pomegranate seeds
- 2 Tbs. pomegranate molasses

PANCAKES

- 1 cup all-purpose flour
- ¾ cup yellow cornmeal
- 3 Tbs. sugar
- ½ tsp. salt
- ½ tsp. baking soda

- ½ tsp. baking powder
- 1¼ cups plain kefir
- ½ cup thawed frozen corn, or drained canned corn
- 2 large eggs

1 | To make Compote: Stir together all ingredients in small bowl. Set aside.

2 | To make Pancakes: Whisk together flour, cornmeal, sugar, salt, baking soda, and baking powder in large bowl.

3 | Blend kefir, corn, and eggs in blender until smooth. Pour kefir mixture into flour mixture, and stir in until just combined. (It's OK if there are some small lumps.)

4 | Coat large nonstick skillet with cooking spray, and heat over medium heat. Scoop 3 Tbs. batter for each pancake, and cook 2 to 3 minutes per side,

or until golden. Repeat with remaining batter. Serve with Compote.



PER SERVING (3 PANCAKES AND ½ CUP COMPOTE) 274 cal; 8 g prot; 5 g total fat (<1 g sat fat); 51 g carb; 62 mg chol; 397 mg sod; 4 g fiber; 18 g sugars

Pomegranate and Tangerine Spritzer with Mint

Makes 1 spritzer | 30 minutes or fewer
Tangerine and pomegranate juice give this drink an exotic, almost tropical taste. Slapping the mint leaf between your palms helps release the herb's aromatic oils.

- ⅓ cup pomegranate juice
- ⅓ cup tangerine juice
- ¼ cup club soda
- 1 large mint leaf

Fill large glass with ice cubes, and add juices and club soda. Slap mint leaf firmly between palms, and float on top of drink.

PER 9-OZ. SERVING 83 cal; <1 g prot; 0 g total fat (0 g sat fat); 20 g carb; 0 mg chol; 27 mg sod; <1 g fiber; 19 g sugars  

Coconut Rice Pudding with Pomegranate Seeds and Coconut Chips

Serves 6

A sprinkling of pomegranate seeds can add jewel-bright color and sweet-tart flavor to desserts.

COCONUT CHIPS

- ⅔ cup large coconut flakes
- 1 tsp. pure maple syrup
- 1 pinch salt

PUDDING




- 1 14-oz. can light coconut milk
- ½ cup Arborio rice, rinsed and drained
- 3 Tbs. sugar
- ⅛ tsp. salt
- 1 1-inch piece vanilla bean
- ½ cup pomegranate seeds

1 | To make Coconut Chips: Preheat oven to 300°F, and line baking sheet with parchment paper, or coat with cooking spray. Toss coconut flakes with maple syrup and salt in medium bowl until well combined. Arrange mixture in single layer on prepared baking sheet,

and bake 15 minutes, turning occasionally, or until flakes are deep brown. Let cool to room temperature. (Chips will crisp as they cool.)

2 | To make Pudding: Pour coconut milk into 4-cup measuring cup, and add water until liquid reaches 4 cups. Pour liquid into medium saucepan, and add Arborio rice, sugar, and salt. Slit vanilla bean in half, scrape vanilla seeds into saucepan, and add pod to saucepan. Bring mixture to a simmer over medium heat, stirring often, then reduce heat to medium-low. Cook 22 to 25 minutes, or until Arborio rice is soft and much of liquid is absorbed, but mixture is still loose. (It will thicken as it cools.) Remove and discard vanilla pod.

3 | Serve Pudding warm or chilled, topped with Coconut Chips and pomegranate seeds.

PER ½-CUP SERVING 214 cal; 2 g prot; 12 g total fat (10 g sat fat); 26 g carb; 0 mg chol; 88 mg sod; 2 g fiber; 10 g sugars   

Fiona Kennedy planted her pomegranate tree two years ago and is looking forward to picking her first ripe fruit this year.

BREAK OUT THE JEWELS

Releasing the gem-like seeds from a pomegranate's leathery skin and bitter pith is as easy as peeling an orange. Here's how:

CUT OFF THE FLOWER

Trim the pointed end of the whole pomegranate so that some of the skin and pith are removed and seeds show through.

SCORE THE SKIN

Cut the skin in quarters the way you'd cut through the skin of an orange.

SUBMERGE POMEGRANATE

Place fruit in a large bowl of water before pulling the quarters apart. Discard skin and pith as you gently wiggle the seeds free. Doing this underwater allows small bits of bitter pith to float to the top and prevents pomegranate juice from going everywhere. (It stains!) Skim away the skin and pith, drain seeds, and eat or use in recipes.





By Tami Fertig

VT READERS PICK TOP GROCERY FINDS FOR EVERY KIND OF SHOPPER

THE 100 best

NOT ENOUGH TIME to go grocery shopping *and* scour the aisles for above-and-beyond buys? We hear you. That's why all us *VT* editors have been stuffing ourselves silly to find the tastiest veg items for you—whether you just ditched meat, have a house full of kids, or can't wait to bake your next batch of cookies (or, hey, all of the above). For this year's Foodie Awards, we nominated 100 products in 25 categories, matched them up with different personality types, and asked readers like you to vote for your favorites.

Grab this handy list the next time you restock your kitchen, and you'll soon be navigating the supermarket like a pro.

ILLUSTRATIONS Daniel Krall



YOU JUST KICKED THE MEAT HABIT—NOW IT'S TIME TO VEG OUT

THE newbie VEGETARIAN



QUICK COMFORT FOOD READERS' PICK

Daiya Deliciously Dairy Free Fire-Roasted Vegetable Pizza
An extra-crispy crust and just the right amount of melty Daiya make this dairy- and gluten-free pie a must for pizza lovers.

RUNNERS-UP

- Annie Chun's Udon Soup Bowl
- Evol Veggie Fajita Burrito + Guacamole
- Rising Moon Organics Butternut Squash Ravioli



MIGHTY GRAINS READERS' PICK

Bob's Red Mill Grains-of-Discovery Organic Farro
Great in soups and stews, this ancient Italian grain offers a nice change of pace from brown rice and quinoa. Think nutty, chewy, and perfectly hearty.

RUNNERS-UP

- Lotus Foods Organic Volcano Rice
- Lundberg Countrywild Rice
- TruRoots Accents Organic Sprouted Quinoa Trio



LATEST & GREATEST MEATLESS BURGERS READERS' PICK

Amy's Black Bean Veggie Burger
Meet your new emergency lunch: a smoky, spicy patty packed with black beans, veggies, and earthy grains. Just add a bun, or eat it on a bed of steamed kale.

RUNNERS-UP

- Gardein The Ultimate Beefless Sliders
- Hilary's Eat Well Adzuki Bean Burger
- MorningStar Farms Mediterranean Chickpea Burger

GOOF-PROOF TOFU & TEMPEH READERS' PICK

Nasoya Organic Cubed Super Firm Tofu
Tofu-shy? No need to press the water from these firm-but-tender cubes, ready to toss into stir-fries and salads.

RUNNERS-UP

- Lightlife Organic Smoky Tempeh Strips
- Turtle Island Foods Smoky Maple Bacon Marinated Tempeh
- Wildwood Organic SprouTofu Super Firm Cubed Tofu

CURRY SAUCES READERS' PICK

Seeds of Change Certified Organic Madras Curry Sauce
Add fresh veggies to this lightly spicy sauce, and you've got a no-stress curry that totally beats takeout.

RUNNERS-UP

- Curry Love Organic Caribbean Curry
- Maya Kaimal Indian Coconut Curry Fresh Simmer Sauce
- Tasty Bite Good Korma Cooking Sauce

YOU'VE GOT MOUTHS TO FEED AND NO TIME TO COOK



THE BUSY parent

GRILLED-CHEESE ESSENTIALS

READERS' PICK

Kerrygold Dubliner 100% Natural Cheese

This Irish classic melts evenly and has a taste all its own—slightly sharp like Cheddar, with a hint of Swiss-like nuttiness.

RUNNERS-UP

- Follow Your Heart Vegan Gourmet Cheddar Cheese Alternative Shreds
- Go Veggie! American Flavor Rice Vegan Slices
- Organic Valley Organic Unprocessed American Singles

VEG MEATBALLS

READERS' PICK

Amy's Meatless Veggie Meatballs For weeknight dinner in a jiffy, combine spaghetti, tomato sauce, and these plump, stick-to-your-ribs meatballs made with rice, tofu, quinoa, and lentils.

RUNNERS-UP

- Gardein Classic Meatless Meatballs
- Nate's Zesty Italian Meatless Meatballs
- Quorn Meatless & Soy-Free Meatballs



NUT BUTTERS

READERS' PICK

Justin's Chocolate Hazelnut Butter Swap out sugary Nutella for this subtly sweet blend of hazelnuts and almonds, ideal for spreading on toast with sliced banana.

RUNNERS-UP

- Artisana Raw Organic Cashew Butter
- MaraNatha Organic No Salt Added Crunchy & Roasted Peanut Butter
- Once Again American Classic Creamy Almond Butter

KID-FRIENDLY CEREALS

READERS' PICK

Barbara's Bakery Puffins Original Not just for kids, these beloved breakfast pillows stay crunchy and satisfying afloat in your bowl. They're a solid source of fiber too.

RUNNERS-UP

- Erewhon Organic Corn Flakes
- Kashi Autumn Wheat Organic Whole Wheat Biscuits
- Nature's Path Organic Heritage Bites

APPLESAUCES

READERS' PICK

Santa Cruz Organic Apple Apricot Sauce

A touch of apricot perks up this sweet treat, which comes in both large jars and small cups for easier snacking on the fly.

RUNNERS-UP

- Earth's Best Kidz Organic Apple Sauce
- GoGo Squeez Organic Apple Cinnamon Applesauce on the Go
- Vermont Village Organic Mixed Berry Applesauce





**YOU BREAK OUT
THE MEASURING
CUPS AND MIXING
BOWLS ANY
CHANCE YOU GET**

**THE WEEKEND
baker**



VANILLA EXTRACT

READERS' PICK

Simply Organic Madagascar Vanilla Extract

Just a few drops of this top-notch vanilla add aromatic oomph to everything from oatmeal to pancakes.

RUNNERS-UP

- Frontier Fair Trade Organic Vanilla Extract
- Nielsen-Massey Organic Madagascar Bourbon Pure Vanilla Extract
- Penzeys Spices Double Strength Pure Vanilla Extract

BUTTER & BUTTER ALTERNATIVES

READERS' PICK

Earth Balance Vegan Buttery Sticks These buttery-tasting sticks are straight up foolproof for veganizing a favorite cookie recipe (or, really, anything that calls for butter).

RUNNERS-UP

- Kerrygold Naturally Softer Pure Irish Butter
- Organic Valley Unsalted Cultured Butter
- Plugrá European Style Unsalted Butter

BAKING CHOCOLATE

READERS' PICK

Ghirardelli Semi-Sweet Chocolate Baking Chips

When you need quality chocolate chips pronto, look for these affordable, smooth-as-can-be morsels at any mainstream supermarket.

RUNNERS-UP

- Enjoy Life Semi-Sweet Chocolate Mega Chunks
- Green & Black's Organic 72% Baking Chocolate
- Scharffen Berger 70% Cacao Bittersweet Dark Chocolate Baking Bar

ALL-PURPOSE FLOUR

READERS' PICK

King Arthur Flour Organic Unbleached All-Purpose Flour

This organic winner consistently delivers light and fluffy baked goodies. Just as sweet: King Arthur Flour is a 100 percent employee-owned company.

RUNNERS-UP

- Bob's Red Mill All Purpose Gluten Free Baking Flour
- Gold Medal Unbleached, Enriched & Presifted Organic All-Purpose Flour
- Hodgson Mill Organic Unbleached All Purpose Naturally White Flour

SHORTCUT PASTRY

READERS' PICK

The Fillo Factory Organic Fillo Dough Stash these flaky pastry sheets in the freezer, and you'll be ready to make luscious strudels and baklavas whenever the mood strikes.

RUNNERS-UP

- Dufour Pastry Kitchens Classic Puff Pastry
- Immaculate Baking Co. Ready-to-Bake Pie Crusts
- Wholly Wholesome Bake at Home Organic Pie Dough



YOU SAMPLE ALL THE HOTTEST SIPS AND NIBBLES

CULTURED VEGGIES

READERS' PICK

Bubbies Pure Kosher Dills Naturally fermented without vinegar or preservatives, these refrigerated pickles provide a healthful dose of probiotics with each cool, crisp snap.

RUNNERS-UP

- Farmhouse Culture Naturally Probiotic Ginger Beet Kraut
- Mother in Law's Kimchi, Vegan Napa Cabbage
- Wildbrine Madras Curry & Cauliflower Sauerkraut Salad

BEVERAGES WITH BENEFITS

READERS' PICK

Zico Pure Premium Coconut Water, Natural

Forget sports drinks—this not-too-sweet alternative tastes light and refreshing. Try freezing in ice cube trays and adding to green smoothies instead of ice.

RUNNERS-UP

- GT's Enlightened Organic Raw Kombucha, Multi-Green
- KeVita Lemon Ginger Sparkling Probiotic Drink
- Mamma Chia Organic Blackberry Hibiscus Vitality Beverage

POWER SNACKS

READERS' PICK

Eden Organic Wild Berry Mix Nuts, Seeds & Berries

This energy-packed snack contains none of the added salt, sugar, or sulfites often found in trail mix, but has plenty of chewy blueberries and crunchy pumpkin seeds.

RUNNERS-UP

- Cruncha Ma-Me Edamame Veggie Snack, Lightly Seasoned
- Now Real Food Crunchy Clusters Nut & Berry
- Taste of Nature Exotics Himalayan Goji Summit Organic Food Bar

COCONUT OIL

READERS' PICK

Spectrum Organic Virgin Coconut Oil

Add subtle coconut flavor to sautéed veggies and more with this unrefined coconut oil. Rich in lauric acid, it may also help increase "good" HDL cholesterol.

RUNNERS-UP

- Artisana 100% Organic Raw Extra Virgin Coconut Oil
- Ojio 100% Organic Extra Virgin Coconut Oil
- Ziggy Marley Coco'Mon Original Cold-Pressed Coconut Oil

RAW GOODIES

READERS' PICK

Two Moms in the Raw Almond Butter Cacao Truffles

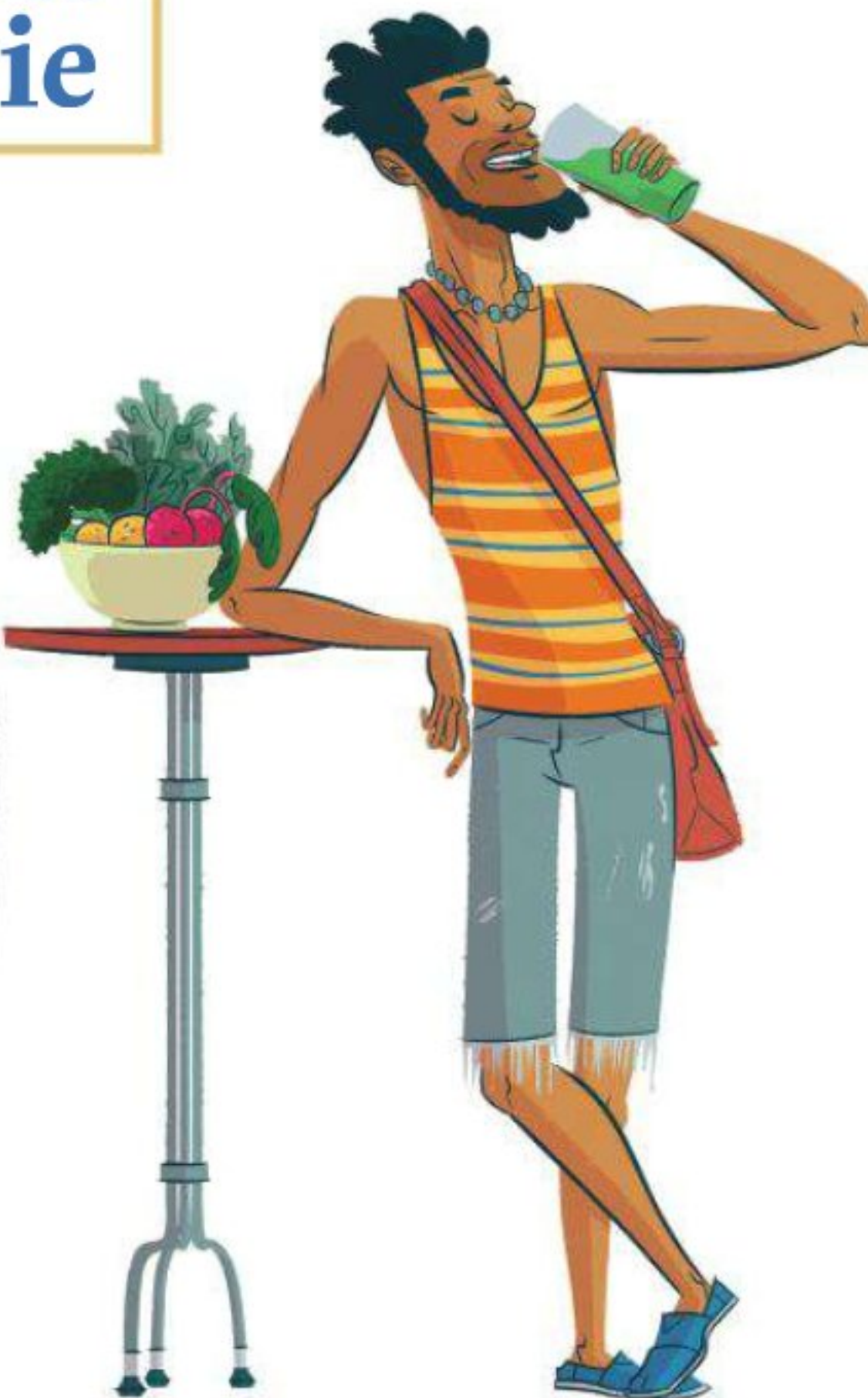
We love the delicate dusting of antioxidant-rich cacao on these chocolaty bites. Pop one for dessert or an energizing snack.

RUNNERS-UP

- Brad's Raw Leafy Kale, Naked
- Go Raw Pumpkin Super Chips
- Navitas Naturals Goji-Mulberry-Goldenberry Trail Mix



THE SUPER
foodie





**YOU KNOW HOW TO
THROW A PARTY—
EVEN AT A MOMENT'S
NOTICE**

**THE DISCERNING
hostess**



FANCY CRACKERS

READERS' PICK

Sesmark Gluten Free Brown Rice Rice Thins

Crispy and slender, these brown rice rounds make first-rate vehicles for even the boldest of toppings. (They're also great gobbled down plain.)

RUNNERS-UP

- 34° Whole Grain Savory Crisps
- La Panzanella Mini Rosemary Croccantini
- Leslie Stowe's Fig and Olive Raincoast Crisps

HUMMUS SPREADS

READERS' PICK

Sabra Roasted Pine Nut Hummus
A roasty pine nut topping lends welcome crunch to this velvety hummus. Pair with baby carrots or pita chips for an instant appetizer.

RUNNERS-UP

- Eat Well Enjoy Life Classic Hummus with Greek Yogurt
- Lilly's Roasted Garlic Hummus
- Tribe Organic Hummus, Sweet Roasted Red Pepper

CHEESE PLATE STAPLES

READERS' PICK

BelGioioso Vegetarian Parmesan Cheese
Parmesan? Vegetarian? Yup, unlike typical Parmesan, this VT fridge fave contains no animal rennet, but tastes just as delicious.

RUNNERS-UP

- Cowgirl Creamery Mt Tam
- Cypress Grove Chevre Humboldt Fog
- Point Reyes Farmstead Cheese Company Original Blue

VEGAN-FRIENDLY WINE

READERS' PICK

The Vegan Vine Central Coast Cabernet Sauvignon
Avoiding wine filtered with animal products? California-based Vegan Vine makes four tasty varieties, but this bright, fruity Cab won out.

RUNNERS-UP

- Cline California Zinfandel
- Frey Vineyards Organic Chardonnay
- Girasole Vineyards Pinot Blanc



FROZEN TREATS

READERS' PICK

So Delicious Dairy Free Almond Milk Butter Pecan Frozen Dessert
Nobody will guess this creamy, buttery-rich frozen dessert uses almond milk as its base. Pick up two pints—they'll go fast.

RUNNERS-UP

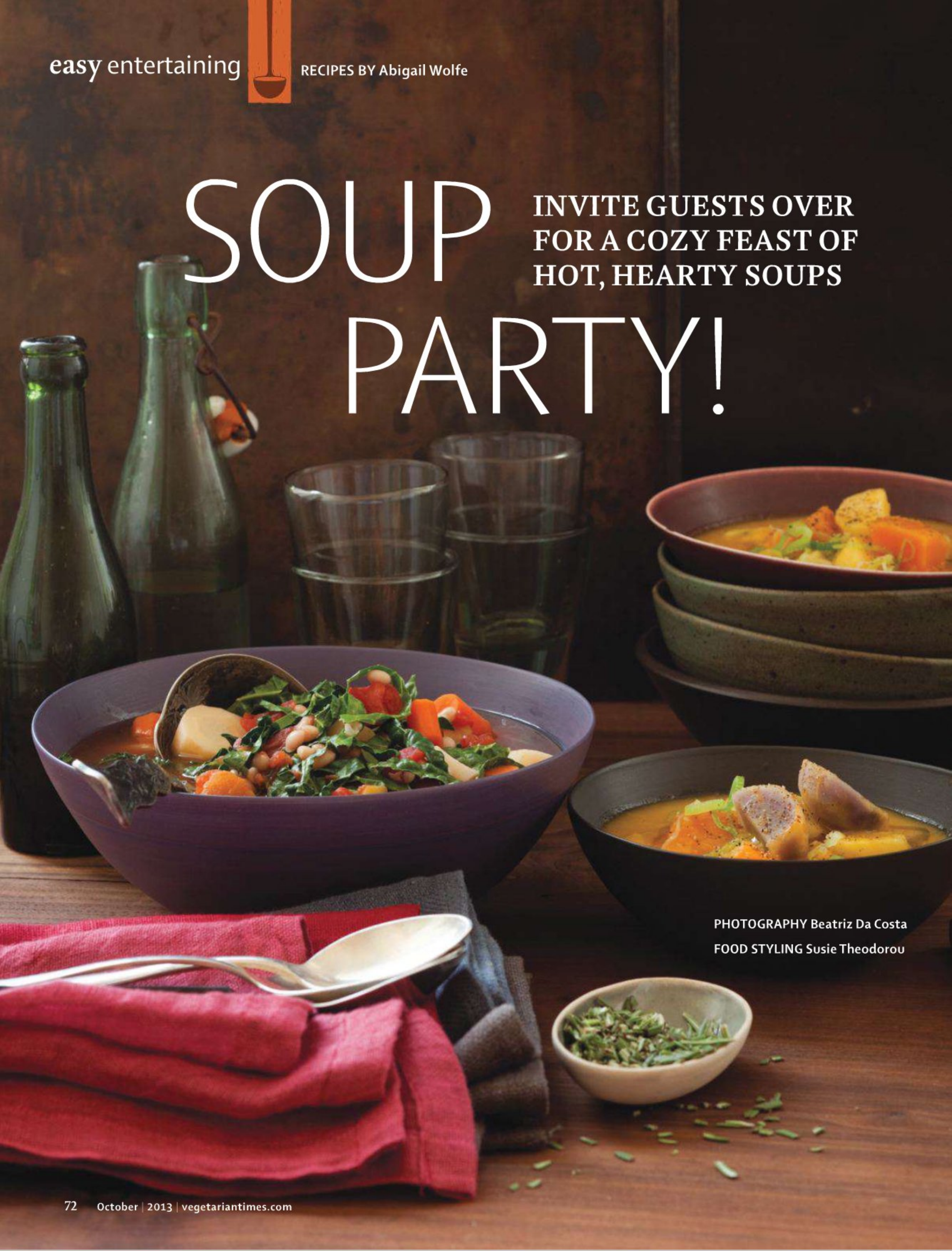
- Ciao Bella Blackberry Cabernet Sorbet
- Luna & Larry's Organic Coconut Bliss Mocha Maca Crunch Non-Dairy Frozen Dessert
- Three Twins Organic Ice Cream, Sea Salted Caramel



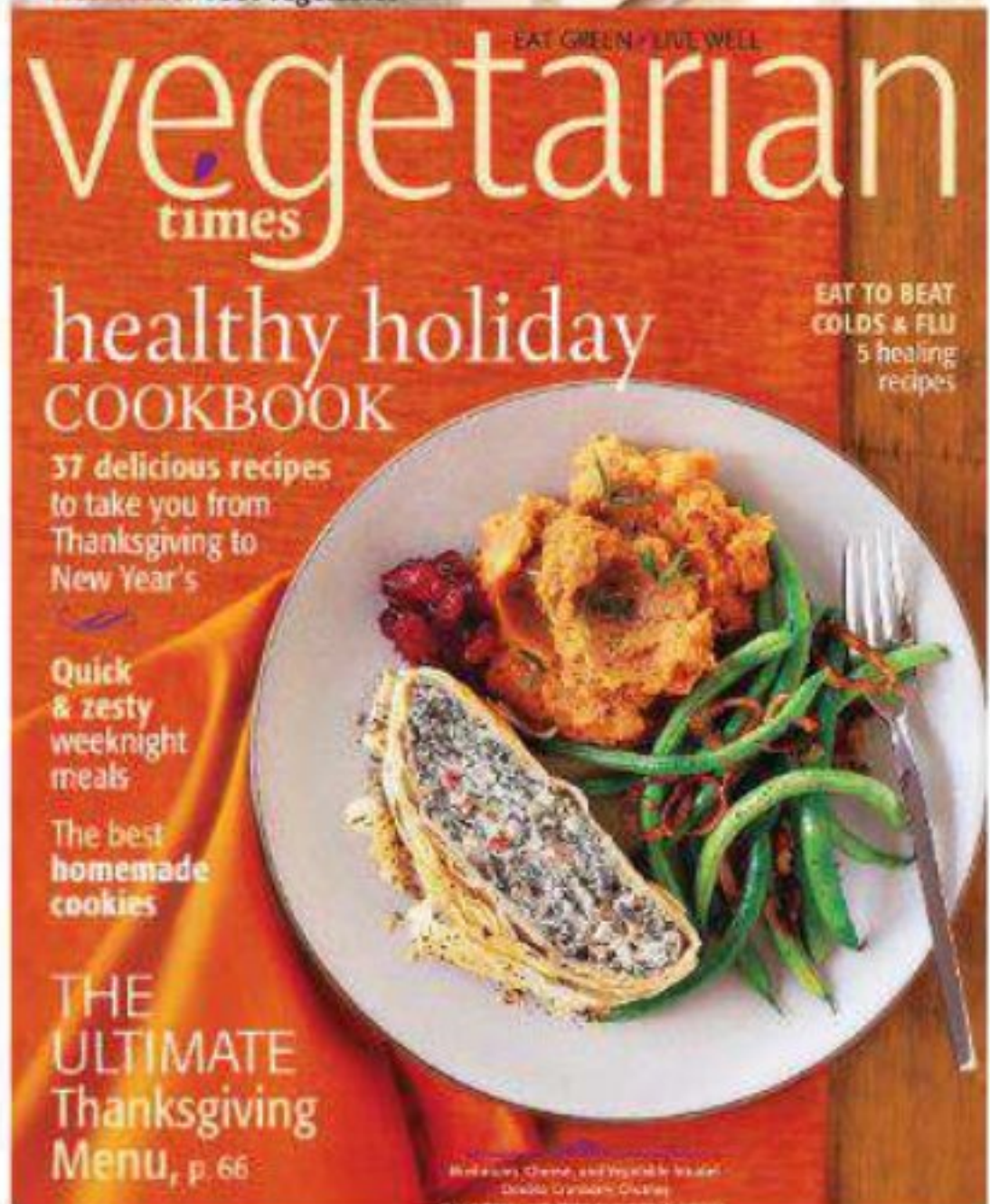
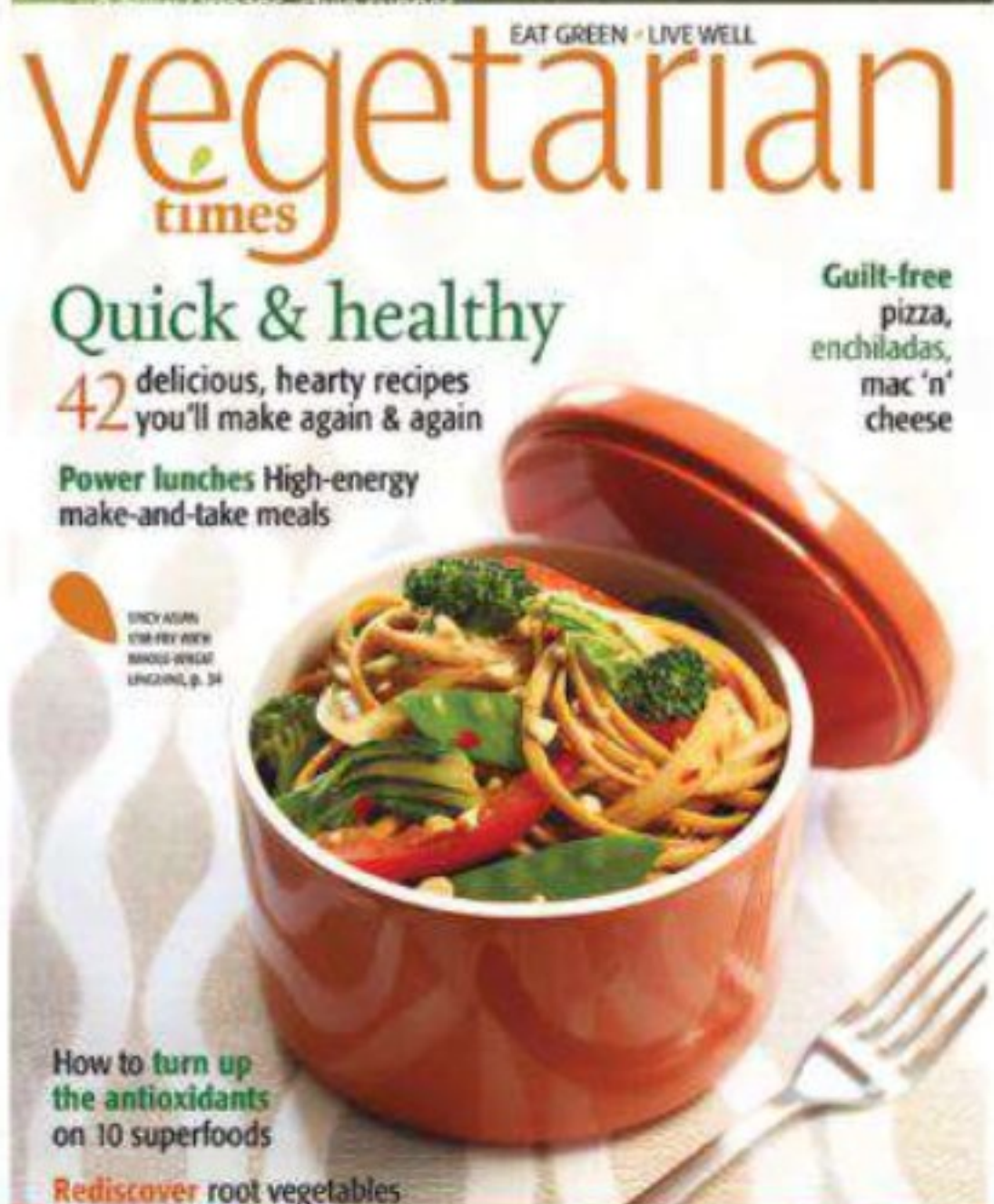
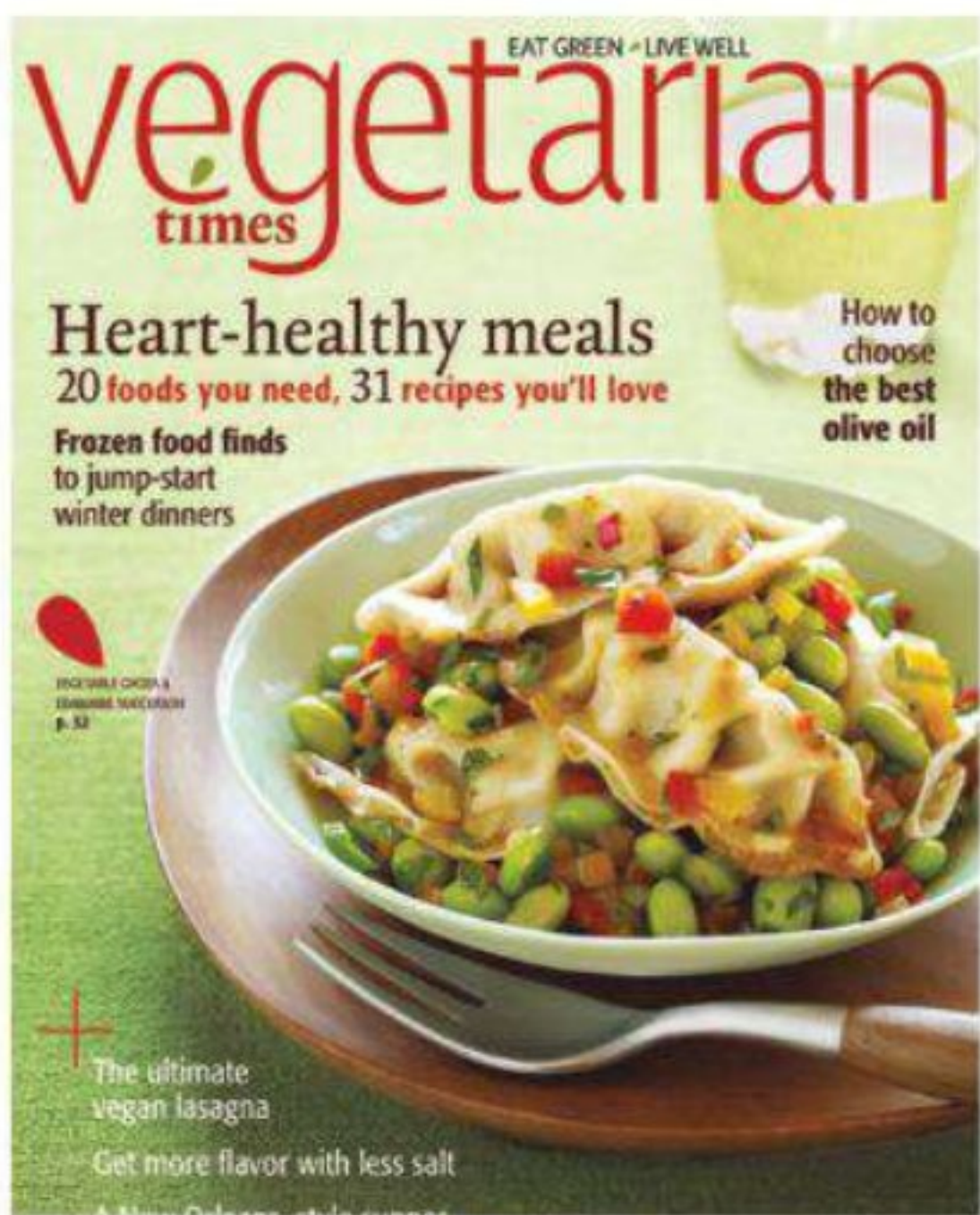
SOUP

INVITE GUESTS OVER
FOR A COZY FEAST OF
HOT, HEARTY SOUPS

PARTY!



PHOTOGRAPHY Beatriz Da Costa
FOOD STYLING Susie Theodorou



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,

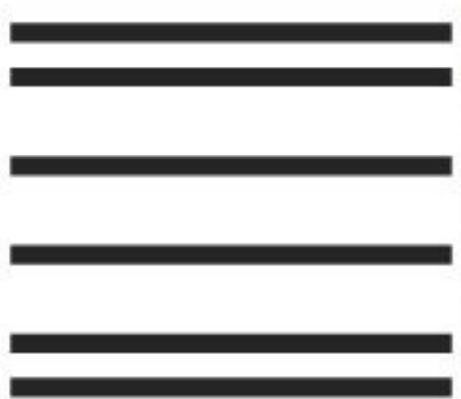
Non US orders must be prepaid in US funds.

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 ▼



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

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



A soup party can be

anything—a casual buffet for a crowd, an intimate get-together for friends served family style, even a take-along Saturday night feast for a weekend away. And all you need to make it happen are a couple of pots and some killer recipes that'll wow guests with wonderful aromas the moment they walk through the door.



easy entertaining

Tuscan Kale and Carrot Soup

Serves 8 | 30 minutes or fewer



This recipe calls for steaming the kale in a steamer insert placed over the soup's brothy base to keep the greens brightly colored and crisp-tender.

- 2 bunches multicolored carrots, cut into 1-inch chunks (4 cups)
- 4 cups low-sodium vegetable broth
- 1 15-oz. can diced tomatoes in juice
- 2 12-oz. bunches Tuscan kale, thinly sliced

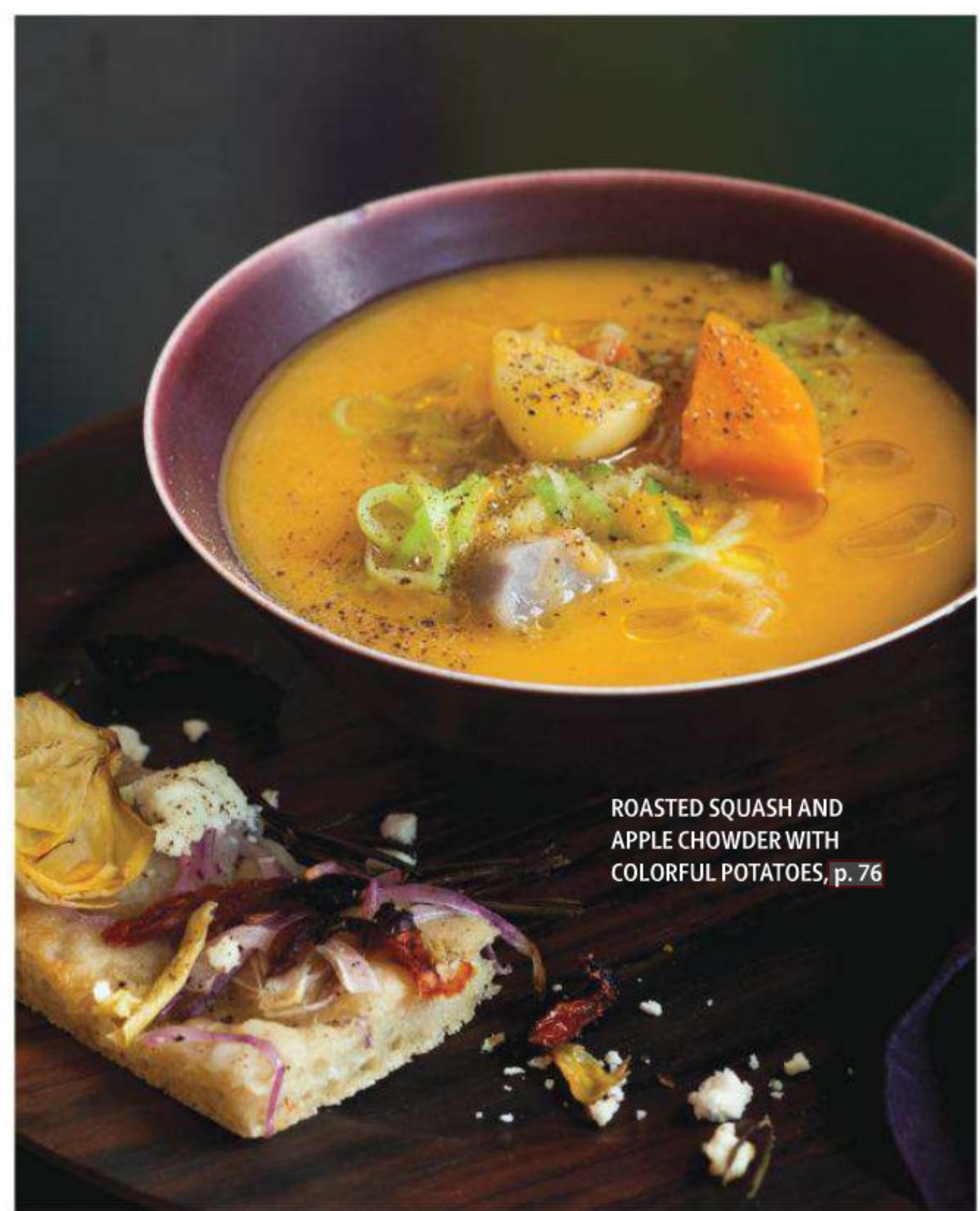
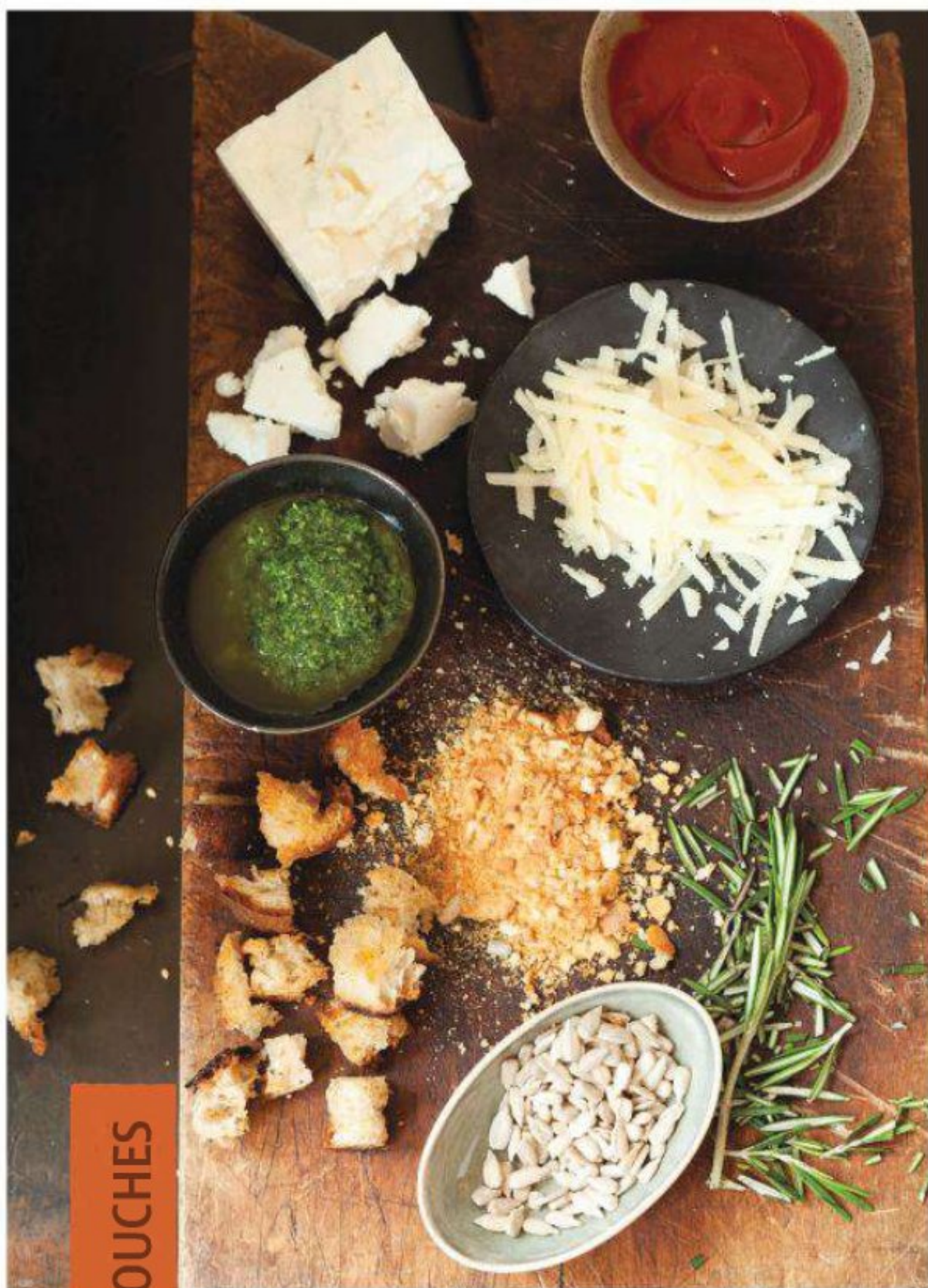
- $\frac{1}{4}$ cup chopped fresh basil, plus 6 whole leaves, divided
- 2 Tbs. chopped chives, plus handful whole chives, divided
- 1 15-oz. can white beans, rinsed and drained
- 1 Tbs. balsamic vinegar

1 | Bring carrots, broth, tomatoes with juice, and 2 cups water to a simmer in large stockpot with steamer insert over medium heat.

2 | Place kale, whole basil leaves, and whole chives in steamer insert. Set steamer inside stockpot, cover, and steam 5 to 7 minutes, using tongs to stir halfway through. Remove and discard basil and chives. Add kale, beans, and vinegar to soup, and return to a simmer. Season with salt and pepper, if desired. Stir in chopped basil and chives just before serving.

PER 1 $\frac{1}{4}$ -CUP SERVING 128 cal; 7 g prot; <1 g total fat (<1 g sat fat); 25 g carb; 0 mg chol; 358 mg sod; 8 g fiber; 6 g sugars  





ROASTED SQUASH AND APPLE CHOWDER WITH COLORFUL POTATOES, p. 76

FINISHING TOUCHES

Let guests customize their soups with a selection of toppings and seasonings. Try these:

- Grated or crumbled cheese
- Croutons or pita chips
- Toasted breadcrumbs
- Chopped fresh herbs or green onions
- Crème fraîche or sour cream
- Hot sauce
- Chopped nuts
- Sunflower or pumpkin seeds
- Prepared pesto
- Grated lemon zest
- Chopped hard-boiled eggs



PEAR-BLACKBERRY SEMOLINA CAKE, p. 76

Artichoke and Sun-Dried Tomato Focaccia

Makes 16 slices

Be careful not to overbake this veggie-loaded flat bread—the finished color should be a pale golden brown.

- 3 cups all-purpose flour, plus more for sprinkling
- 2 tsp. instant yeast
- 1 tsp. sugar
- 1 tsp. salt
- 2 Tbs. olive oil, plus more for coating pan and drizzling over focaccia
- 1 Tbs. fresh rosemary leaves
- 1 small red onion, halved and thinly sliced
- 4 marinated artichoke hearts, sliced
- 5 sun-dried tomatoes in oil, thinly sliced
- 3 oz. soft goat cheese
- Kosher salt or coarse sea salt for sprinkling, optional

1 | Combine 1½ cups flour, yeast, sugar, and 1½ cups room temperature water in bowl of stand mixer. Let stand 20 minutes. Add remaining 1½ cups flour and salt, and beat on low speed with paddle attachment until dough comes together. (It should have consistency of thick pancake batter. If not, add up to ½ cup more water.) Add 2 Tbs. oil, increase speed to medium, and beat 15 minutes, or until dough becomes elastic and forms ball around paddle. Scrape dough from paddle, cover bowl, and let stand 2½ to 3 hours, or until doubled in size.

2 | Grease large, rimmed baking sheet with oil. Scoop dough onto prepared baking sheet, and sprinkle generously with flour. Press dough with hands to cover baking sheet. Cover, and let rise 1 hour.

3 | Preheat oven to 450°F with oven rack in lowest position. Sprinkle dough with rosemary, then scatter with onion, artichokes, and sun-dried tomatoes. Dot with goat cheese, and sprinkle with kosher salt (if using). Drizzle with oil.

4 | Bake 13 to 15 minutes, or until crust is browned around edges. Cool at least 20 minutes, then cut into 16 slices.

PER SLICE 135 cal; 4 g prot; 4 g total fat (1 g sat fat); 20 g carb; 3 mg chol; 182 mg sod; 1 g fiber; <1 g sugars

Roasted Squash and Apple Chowder with Colorful Potatoes

Serves 8

Puréed roasted butternut squash provides the creamy base for a hearty chowder. If making the chowder ahead, prepare the recipe through step 3, then assemble and reheat just before serving.



- 2 lb. butternut squash, peeled and cut into ¾-inch chunks (6 cups), divided
- 3 medium apples, peeled and diced (3 cups), divided
- 2 large leeks, white parts cut into 1-inch chunks (1 cup), plus ½ cup thinly sliced leek greens, divided
- 1 Tbs. olive oil
- 1 Tbs. pure maple syrup
- 1 lb. multicolored potatoes, peeled and cut into ¾-inch chunks
- ½ cup apple juice
- 1 Tbs. apple cider vinegar

1 | Preheat oven to 350°F. Coat baking sheet with cooking spray.

2 | Combine 5 cups butternut squash chunks, 2 cups diced apple, leek whites, oil, and maple syrup in large bowl, and season with salt and pepper, if desired. Spread squash mixture in single layer on prepared baking sheet, and roast 30 minutes, or until tender, stirring occasionally.

3 | Cook potato chunks and remaining 1 cup butternut squash in boiling, salted water 5 to 7 minutes, or until just tender. Drain, and set aside.

4 | Purée roasted vegetables in blender until smooth. Add purée and apple juice to large soup pot with 4 cups water. Whisk in vinegar, and heat over medium heat. Season with salt and pepper, if desired. Add boiled potatoes and squash, remaining 1 cup diced apple, and leek greens, and simmer 5 minutes, or until hot.

PER 1¼-CUP SERVING 162 cal; 3 g prot; 2 g total fat (<1 g sat fat); 36 g carb; 0 mg chol; 12 mg sod; 4 g fiber; 12 g sugars  

Pear-Blackberry Semolina Cake

Serves 12

Semolina is a coarsely ground flour made from durum wheat that's often used to make pasta and gnocchi. Here, it gives a simple stir-and-bake cake a lovely golden color and tender texture. For make-ahead ease, prepare the cake batter, pour it into the pan, and refrigerate. Pop the pan into the oven when you sit down to eat, and the cake will still be warm when it's time for dessert.

- 3 pears, peeled and diced (3 cups)
- 2 Tbs. lemon juice
- 1 tsp. grated lemon zest
- ¾ cup plus 1 Tbs. light brown sugar, divided
- ¼ cup sugar
- 2 large eggs, lightly beaten
- 1 tsp. almond extract
- ¼ cup low-fat yogurt
- 1½ cups semolina flour
- 2 tsp. baking powder
- ¼ tsp. salt
- ¼ tsp. cinnamon
- 2 cups fresh or frozen blackberries
- 1 12-oz. jar seedless blackberry jam
- Whipped cream, for garnish, optional


1 | Preheat oven to 350°F. Spray 11- x 8-inch baking pan with cooking spray.

2 | Combine pears, lemon juice, zest, and 1 Tbs. brown sugar in bowl; set aside.

3 | Whisk together ¾ cup brown sugar, sugar, eggs, almond extract, and yogurt in large bowl. Sift in flour, baking powder, salt, and cinnamon, then stir until just combined. Fold in pear mixture. Pour batter into prepared pan, and dot with blackberries. Bake 20 to 25 minutes, or until golden brown and springy on top. Cool 10 minutes on baking rack.

4 | Meanwhile, warm jam with 3 Tbs. water in small saucepan over low heat, whisking until smooth.

5 | To serve, slice warm cake into 12 pieces. Drizzle each slice with blackberry jam sauce, and garnish with whipped cream (if using).

PER SLICE 266 cal; 5 g prot; 1 g total fat (<1 g sat fat); 61 g carb; 31 mg chol; 160 mg sod; 3 g fiber; 41 g sugars 

Shopping Resources

For more information about all of the advertisers listed, please visit our website at: vegetariantimes.com/infocenter

Foods/Beverages

1. Bragg

800.446.1990 | bragg.com

Bragg Health Products & Health Publishing, founded by Paul C. Bragg – Originator of Health Movement in the U.S., lead now by his daughter Patricia. We have become synonymous with a healthy lifestyle around the world since 1912.

2. Eden Foods

888.424.3336 | edenfoods.com

300 Pure & Purifying foods, Principled natural food company of organic, traditional & kosher food. 1000 free recipes, food, & info at our website. Free catalog.

3. Once Again

888.800.8075 | onceagainnutbutter.com

All organic & natural vegan nut butters. Gluten Free & Kosher certified. Cashew Butter, Sunflower Butter, Almond Butter, Tahini, Peanut Butter & Honeys.

4. Vestro

vestro.com

Vestro makes delicious gourmet meals delivered anywhere in the U.S. We are the healthy alternative on days when you're too busy or tired to cook. Just defrost, heat and enjoy!

5. Ultimate Superfoods

800.728.2066 | ultimatesuperfoods.com

Ultimate Superfoods sources and imports raw foods, ingredients, and health-empowering products from the most mineral-rich, nutrient-dense micro-environments on earth. The Ojio® brand has won acclaim from celebrity chefs and consumers.

6. Follow Your Heart

888.FYH.FYH9 | followyourheart.com

Finally, a non-dairy cheese with real cheese taste, melt and texture! Use it as you would any dairy cheese for a healthier indulgence. Try them today.

7. GO Veggie™

800.441.9419 | goveggiefoods.com

Galaxy Nutritional Foods is now GO Veggie!™ and offers delicious, lactose free and dairy free cheese alternatives for consumers who want to eat smart and live happy.

8. INBar

269.792.1977 | theinbar.com

The first food bar suitable for vegans, people with food allergies, and diabetes. The INBars are 100% Natural, and are certified Organic, Kosher, Gluten Free, and Non-GMO.

Nutritional Supplements

9. Essential Formulas

essentialformulas.com

Vegan EFA alternative to fish oils. Balanced product containing Omegas-3,-6 and -9. Formulated by award-winning microbiologist, lichiroh Ohhira, Ph.D., from Okayama University. Contains oils carefully processed from eight healthful plants.

10. NOW Foods

888.669.3663 | nowfoods.com

A family-owned company since 1968, a leader in the nutritional supplements industry and dedicated to providing a comprehensive approach to wellness by offering a variety of high-quality, all-natural and affordable products.

11. Almased

877.256.2733 | almased.com

Almased is a unique weight loss supplement made from fermented non-GMO soy, yogurt and honey. It is gluten-free and contains no artificial fillers, flavors, added sugars or preservatives.

12. pur-Absorb

800.319.9151 | purabsorb.com

With a clinically proven high absorption rate, 100% natural pur-Absorb liquid iron supplement fulfills the body's absorbed iron needs with a lower dose of iron. No additives or allergens.

13. Ester-C®

866.646.8576 | americanhealthus.com

Ester-C® 1000mg Effervescent Powder Packets mix easily with water. With B vitamins to promote energy metabolism plus vital electrolytes. Delicious natural orange flavor. Once daily. Vegetarian formula. Tastes great!

14. Chewable Papaya Enzyme

866.646.8576 | americanhealthus.com

When it comes to healthy digestion, benefit from 100% natural, delicious papaya enzymes. This "after meal" supplement® helps breakdown food your body needs, so you can feel better about the foods you eat.

15. Solgar

800.645.2246 | solgar.com

Since 1947, Solgar has been providing consumers with top-quality, innovative, science-based nutritional supplements to support their total health and well-being.

16. Rainbow Light

800.571.4701 | rainbowlight.com

Find your Edge with Rainbow Light®! The #1 selling natural multivitamin brand delivers whole food-based formulas with clinically researched nutrient levels that nourish, energize and protect your body.

Kitchen Products

17. Tribest

888.254.7336 | tribest.com

Famously known for fashionable yet brilliantly made health appliances with cutting-edge technology: GreenStar/Power Juicers, Personal Blender, Freshlife Automatic sprouter and Wolfgang Grain Mill.

18. Vitamix

800.848.2649 | vitamix.com

Vitamix machines provide seemingly endless possibilities,utilizing cutting-edge blending technology, making it easy to enjoy whole fruits and vegetables. Plus, every machine is backed by the industry's best 7-year warranty.

19. Mrs. Meyer's Clean Day®

877.865.1508 | mrsmeyers.com

Mrs. Meyer's Clean Day® household products CLEANS LIKE THE DICKENS. Smells like a GARDEN.

Education

20. The Natural Gourmet Institute

212.627.COOK | naturalgourmetschool.com

Nationally accredited Chef's Training Program prepares students to enter the growing natural foods industry. Focuses on mostly vegetarian, health-supportive cuisine.

Green Corner

OmniBlend V

High Performance Super Blender

Emulsifies veggies & fruits, grinds grains, even pulverizes avocado pits!

- 30-day money-back guarantee
- BPA-free 64 oz optimized container with multipurpose blade
- Super strong 3 hp motor
- 7-year warranty
- Free shipping



Call now!
Toll-free
1.855.347.6664

\$500+ QUALITY FOR JUST \$279

▲ Circle reply 55 on info center

DECENT EXPOSURES



100% COTTON Bras Underpants Clothing

- Over 200 sizes and 20 colors
- Specializing in hard-to-fit sizes
- Organic cotton and latex free options available
- Designed by women for women
- Made in USA

Exceptional Quality, Unbeatable Service
For the Comfort You Deserve!

FREE CATALOG!
800.524.4949
www.decentexposures.com

▲ Circle reply 56 on info center

H₂O Scams Exposed!

FREE Report

\$15⁰⁰ Value



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


Call for your **FREE Report & Catalog**

800-874-9028 Ext 794
www.waterwise.com/vt

© 2012 Waterwise Inc

▲ Circle reply 57 on info center

NURTURE YOUR CALLING



"I'm learning how to use healthy food to my advantage, and how to share that knowledge."
Terasak Roeksbutr, MS (2013)

Create a Healthier World


Degrees Include:

- Naturopathic Medicine
- Nutrition
- Herbal Sciences
- Exercise Science

BASTYR UNIVERSITY


Learn more:
Nutritionist.Bastyr.edu
855-4-BASTYR
Seattle • San Diego

▲ Circle reply 58 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 60 on info center



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



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

▲ Circle reply 61 on info center

PetzLife COMPLETE ORAL CARE

Solve **4** Oral Problems with One Bottle



1 Helps Eliminate Plaque

2 Helps Remove Tartar

3 Helps Reverse Gum Disease

4 Freshens Breath



Spray 4 oz. Peppermint Gel 4 oz. Salmon Oil Gel 4 oz.

Before: 

After 30 Days: 

Veterinarian Recommended



Get a free QR code reader from your app store and scan this with your smartphone for special offer.

No Brushing Required!

www.PetzLife.com
1-888-453-4682

Made In USA

20% OFF
Code: **Vegetarian**
entered on the firstpage of the checkout or call and mention code "vegetarian"

▲ Circle reply 59 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 62 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.csndistanceeducation.org
csndisted@explomet.com

DISTANCE EDUCATION

▲ Circle reply 63 on info center

MEAT FREE & DELICIOUS.

Satisfying Sausage Lovers the World Over



Italian **Kielbasa** **Beer Brats**

New Artisan Sausages!



Andouille **Spinach Pesto** **Chick'n & Apple**

• **Non-GMO** • **100% Vegan**

www.tofurky.com




▲ Circle reply 65 on info center

ASK THE SOAPMAN

What skin type am I?

We get a lot of questions from people regarding skin type. First, not all of us have one specific skin type year in and year out. Oiliness and dryness can change with weather, hormonal cycles, diet, emotions, environmental sensitivities, disease and genetics. Many people get dry skin in the Winter and feel oily in the Summer. Sounds pretty natural to me! Adjust your soaps accordingly. You will probably find one or two products that you use most often.




Here's a simple test you can do to check your skin type:

- 1.) Take a cotton ball and moisten it with Witch Hazel or rubbing alcohol.
- 2.) Rub the moist cotton along the side of your nose.
- 3.) Wait ten minutes.
- 4.) Repeat
- 5.) Examine the second cotton ball. If the cotton is dirty, you tend to have oily skin. If the cotton is clean, you tend to have dry skin.

If we've got you confused, order our sampler pack and experiment.

Are you local? Stop by our outlet store at
616 Exchange Street Middlebury, VT

Visit www.VTSOAP.com and SAVE an additional 10% for seeing our ad in Vegetarian Times
Code: VegTime101



▲ Circle reply 64 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 66 on info center



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 72 and 73.

CIRCLE REPLY 68 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 71 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 67 ON INFO CENTER



FABULOUS WALL WORDS

In only a few minutes you can have professional looking lettering and graphics that will help decorate your home, business or school. Preview your phrase, check the lengths, colors and fonts before buying at our website. Call for a free catalog. For a 30% discount enter 917099 online.

888.422.6685
www.wallwords.com

CIRCLE REPLY 69 ON INFO CENTER

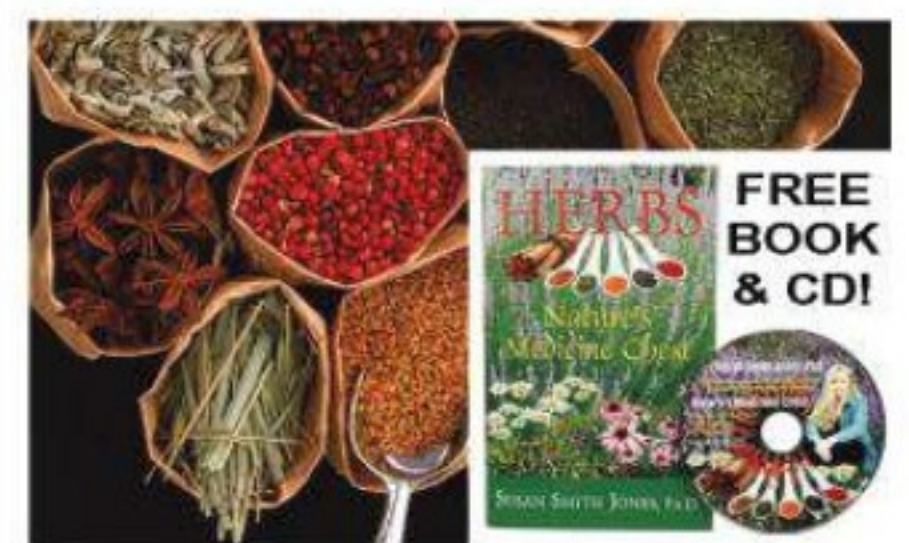


GET THE POWER TO BREATHE - Naturally!

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 72 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: VEG4A at:

800-542-0026
www.dremu.com

CIRCLE REPLY 70 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

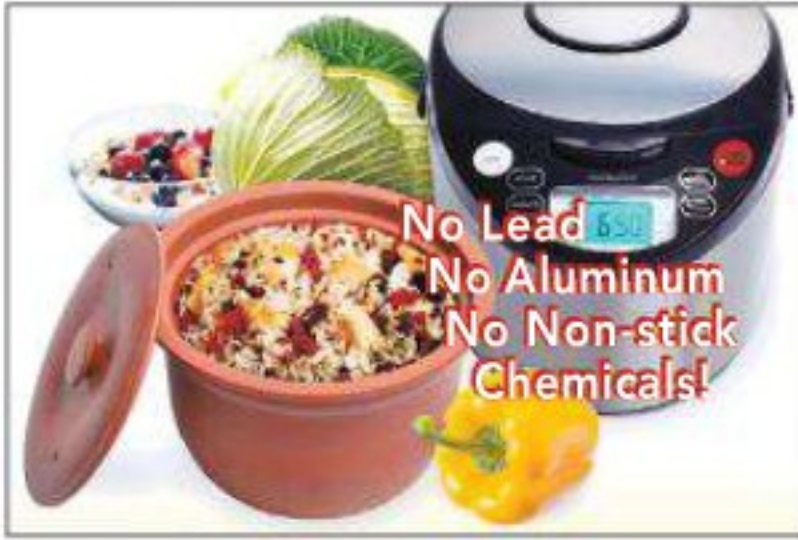


ULTIMATE ANTI-AGING WONDER SERUM!

Better than Botox: Dremu Oil Serum is 100% pure and natural Triple Refined Emu Oil; promotes collagen; reduces fine lines and wrinkles; heals sun and scar damage; helps Rosacea, Eczema, Psoriasis; non-clogging, deeply hydrates, evens skin tone! 20% discount. Code: VEG4 at:

800-542-0026
www.dremu.com

CIRCLE REPLY 73 ON INFO CENTER



VITACLAY® - THE TOP RATED* SMART ORGANIC MULTICOOKER

Cooking with unglazed organic clay pots brings out real texture, true flavors and preserves nutrients for your good health! It creates the most delicious whole meals you've ever tasted! It's easy to use, quick, and saves energy! You get perfect rice, brown rice, quinoa, soups, stews, bean pot, porridges, healthy steam, 30-minute meals, pasta, appetizers, yogurt and more. Visit us today for your FREE healthy recipes: www.vitaclaychef.com

888.223.6619
www.vitaclaychef.com

CIRCLE REPLY 75 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 77 ON INFO CENTER

Now, you can oxygenate your drinking water to its maximum natural saturation with

The Big Pitcher

Safe, efficient and friendly, it has no replaceable parts!



THE BIG PITCHER

Made in the USA and comes with a 3-year Manufacturer's Warranty.

Our *Vegetarian Times* special price: \$199.95 with free shipping (compare at \$229.95)

877.347.7770
info@oxygenorchard.com
www.oxygenorchard.com

CIRCLE REPLY 74 ON INFO CENTER



SIMPLY CHOPPED SNACK BARS

Savor the goodness of nature's harvest in these all new snack bars. Small batches of minimally processed ingredients ensure freshness, taste, and nutrition. No MSG, milk, eggs, soy, corn syrup, wheat, or additives/preservatives. Perfect for athletes, professionals, and those on the go!

678.313.1717
www.simplychopped.com
www.facebook.com/simplychopped
angela@simplychopped.com

CIRCLE REPLY 76 ON INFO CENTER



HERBS, SPICES, ESSENTIAL OILS & TEAS

San Francisco Herb Co. offers pure, natural spices and teas. Packaged and shipped from our warehouse in San Francisco Calif., we ship within two days. In business for 40 years!

800.227.4530
www.sfherb.com

CIRCLE REPLY 78 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



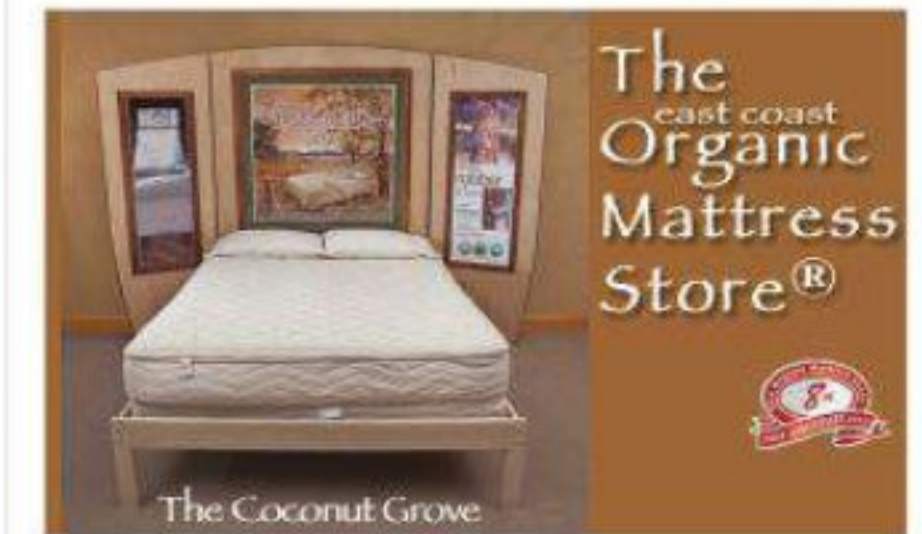
vegetarian times

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

(310) 356-2272

email:
mbrahim@aimmedia.com

CIRCLE REPLY 79 ON INFO CENTER



THE ORGANIC MATTRESS STORE THE COCONUT GROVE 6/3

This mattress is made in Syracuse NY, and is by far the most popular built in pillowtop mattress we sell. We also carry Royal Pedic, WJ-Southard, Shepherds Dream, Cozy Pure, and Greensleep mattresses. Franchise opportunities also available in select states. Free Catalog of all our products upon request. Free Gold Delivery and set up.

866.246.9866
www.theorganicmattressstore.com

AUTUMN SPLENDOR

CONTINUED FROM [p. 29](#)

Mustard Green Caesar Salad with Baked Tofu


Serves 4 | 30 minutes or fewer

Capers stand in for anchovies, and tahini makes the dressing thick and creamy in this veganized Caesar.

- 2 Tbs. capers
- 2 cloves garlic, coarsely chopped
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 2 Tbs. nutritional yeast flakes
- 1 tsp. Dijon mustard
- ¼ tsp. salt
- 12 cups mustard greens, torn into bite-size pieces
- 1 6-oz. pkg. Italian-flavored baked tofu, cubed

Pulse capers and garlic in blender or food processor until finely chopped.

Add tahini, lemon juice, nutritional yeast, mustard, salt, and ¼ cup water; blend until completely smooth. Toss dressing with mustard greens and tofu in bowl.

PER 2-CUP SERVING 230 cal; 18 g prot; 13 g total fat (2 g sat fat); 14 g carb; 0 mg chol; 504 mg sod; 6 g fiber; 2 g sugars 

Butternut Salad with Cranberry Vinaigrette

Serves 4 | 30 minutes or fewer

This salad previews late fall flavors. To speed things up, look for peeled butternut squash cubes in your supermarket's refrigerated section.

- 1½ lb. butternut squash, peeled and diced
- ½ cup dried cranberries, divided
- 2 Tbs. balsamic vinegar
- 2 Tbs. olive oil
- 2 tsp. Dijon mustard
- 1 clove garlic, minced (1 tsp.)
- ⅓ tsp. salt

½ cup slivered almonds

1 10-oz. pkg. mixed baby greens

- 1 | Steam butternut squash cubes 7 to 10 minutes, or until tender.
- 2 | Place ¼ cup dried cranberries in bowl, and cover with boiling water. Steep 2 minutes, then drain. Transfer to blender with vinegar, oil, mustard, garlic, salt, and ¼ cup water. Blend until very smooth.
- 3 | Toast almond slivers in small skillet 3 to 5 minutes over medium heat, shaking pan often. Set aside.
- 4 | Toss greens with dressing in large bowl. Top with warm squash, almonds, and remaining ¼ cup cranberries.

PER SALAD (2 CUPS GREENS AND 1 CUP SQUASH)

265 cal; 5 g prot; 14 g total fat (2 g sat fat); 34 g carb; 0 mg chol; 173 mg sod; 6 g fiber; 15 g sugars   

Isa Chandra Moskowitz's latest book is *Isa Does It: Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week*.

Classifieds

CHINA, SILVER, GIFTS

WORLD'S LARGEST SELECTION, old and new patterns. Free item lists. **Replacements, Ltd. (800) REPLACE. www.replacements.com**

Diane Elin Designs

- **Illustrated Poem Prints
- **Unique Note and Postcards
- **Sewn Designs for People and Pets



www.etsy.com/shop/dianeelindesigns

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

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

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

SKIN CARE

TOTALLY NATURAL handcrafted products that work! Skincare, dental, shampoo, deodorant, mineral makeup and more. 15% off first order! **(866) 987-8008, www.evansgarden.com**

ORGANIC, NATURAL & HEALING skincare, eczema, psoriasis, acne, sensitive and anti-aging treatments. Vegan and Vegetarian Friendly, coupon code "10%". greenstreetlux.com

TRAVEL/VACATION

VEGETARIAN PERU ADVENTURES offers Tours to the magical sacred sites of the Andes. Delicious vegetarian/vegan food. Yoga holidays. www.veggieperu.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.



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

EAT GREEN • LIVE WELL
vegetarian
times

(310) 356-2272

email:

mbrahim@aimmedia.com



VEGAN	DAIRY FREE	GLUTEN FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR FEWER	
			■	■		DIPS & BREADS
■	■		■	■		Artichoke and Sun-Dried Tomato Focaccia , p. 76
■	■	■	■	■	■	Miso-Lime Sweet Potato Dip , p. 39
■	■	■	■	■	■	Mushroom and Cashew Pâté , p. 36
■	■	■	■	■	■	Red Bell Pepper and Olive Tapenade , p. 36
■	■	■	■	■	■	Rosemary-Almond White Bean Dip , p. 36
						SOUPS & SALADS
■	■	■	■	■	■	Butternut Salad with Cranberry Vinaigrette , p. 82
■	■		■	■	■	Celeriac Slaw with Tempeh Bacon and Avocado , p. 26
■	■	■				Kale Salad with Pomegranate and Maple Pecans , p. 64
■	■			■	■	Mustard Green Caesar Salad with Baked Tofu , p. 82
■	■		■	■	■	Orzo Salad with Feta, Kalamata Olives, Dried Cranberries, and Walnuts , p. 10
■	■		■	■	■	Red Cabbage Salad with Curried Seitan , p. 26
■	■	■	■	■		Roasted Squash and Apple Chowder with Colorful Potatoes , p. 76
■	■	■	■	■	■	Tuscan Kale and Carrot Soup , p. 74
■	■	■	■	■	■	Vietnamese Noodle Salad with Chickpeas and Rainbow Carrots , p. 29
						SANDWICHES & WRAPS
					■	Blue Cheese, Radicchio, and Fig Sandwiches , p. 60
			■		■	Camembert Caprese Grilled-Cheese Sandwiches , p. 61
			■		■	Cheesy English Muffin Stacks , p. 44
					■	Fruity Peanut Butter Wrap , p. 44
■	■		■	■	■	Hemp Hummus Pita Pockets , p. 44
					■	Provolone and Leek Greens on Country Sourdough , p. 56
			■		■	Roasted Mushroom and Gouda Grilled-Cheese Sandwiches , p. 60
						ENTREÉS
			■	■	■	Cornmeal Pancakes with Pomegranate-Pear Compote , p. 64
		■	■		■	Huevos Rancheros Enchiladas , p. 47
		■	■	■	■	Lentil and Egg Bowl , p. 46
■	■		■	■	■	Pearl Barley with Roasted Squash, Pomegranate, and Pistachios , p. 63
■	■	■	■	■	■	Spicy Tempeh Hash , p. 49
						DRINKS & DESSERTS
■	■	■		■	■	Blueberry-Spinach Smoothie , p. 42
■	■	■	■		■	Coconut Rice Pudding with Pomegranate Seeds and Coconut Chips , p. 65
		■		■	■	Mellow Melon Smoothie , p. 42
				■	■	Pear-Blackberry Semolina Cake , p. 76
		■		■	■	Pineapple-Lime Smoothie , p. 42
■	■	■	■	■	■	Pomegranate-Tangerine Spritzer with Mint , p. 65

taste buds

What are the BFFs of the food world? Here, chefs and other foodies share their favorite culinary pairings.

CHRIS COONEY AND JON TEDD

are creator/producer and host (respectively) of *The Vegan Zombie* online cooking show, and coauthors of *The Vegan Zombie—Cook & Survive*, available this fall.

PARSNIPS + ANCHO CHILE PEPPER

As a festive alternative to potatoes in the fall, we like to use parsnips—a delicious in-season root vegetable.

We do a medium dice on peeled parsnips, coat with olive oil, and add a pinch of sea salt. Then we roast in

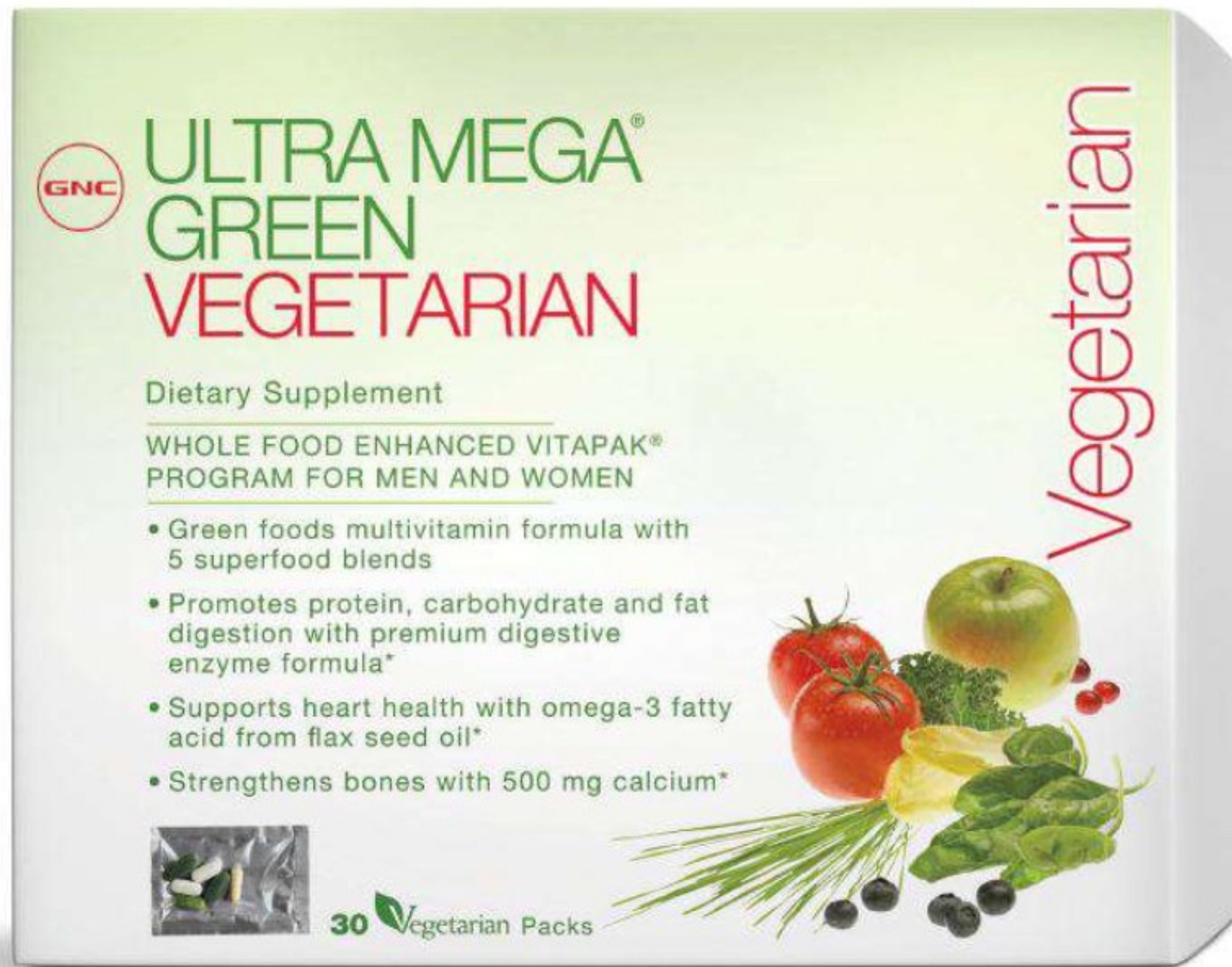
the oven at 400°F until golden brown. This is the best way to bring out the parsnips' sweetness.

To complement the parsnips' sweet flavor, we're partial to the smoky taste of ancho chile. We grind up an ancho chile in a spice grinder to a fine powder, which we sprinkle on the roasted parsnips.

You can serve with anything that goes well with mashed potatoes, such as collard greens, Brussels sprouts, or kale. 🌱



RESPECT
YOURSELF
GNC
LIVE WELL



**WE WERE ALL BORN WITH
THE SAME BASIC PARTS.
MAKE YOURS BETTER.**

ULTRA MEGA® GREEN VEGETARIAN VITAPAK® Customized, vegetarian program combines the benefits of 4 potent formulas in one convenient pack. Anchored by a whole foods multivitamin that features 26 nutrient-dense superfoods and high-potency B vitamins. Also features an advanced enzyme formula, Omega-3-rich flax seed oil and additional powerful nutrients designed to support heart, immune, digestive and overall health. See our full line at GNC.com/Vitapak.

GNC – BEST PRODUCT. BEST EXPERIENCE. BEST RESULTS.
COME IN OR VISIT US AT GNC.COM FOR HEALTH AND WELLNESS SOLUTIONS TODAY.

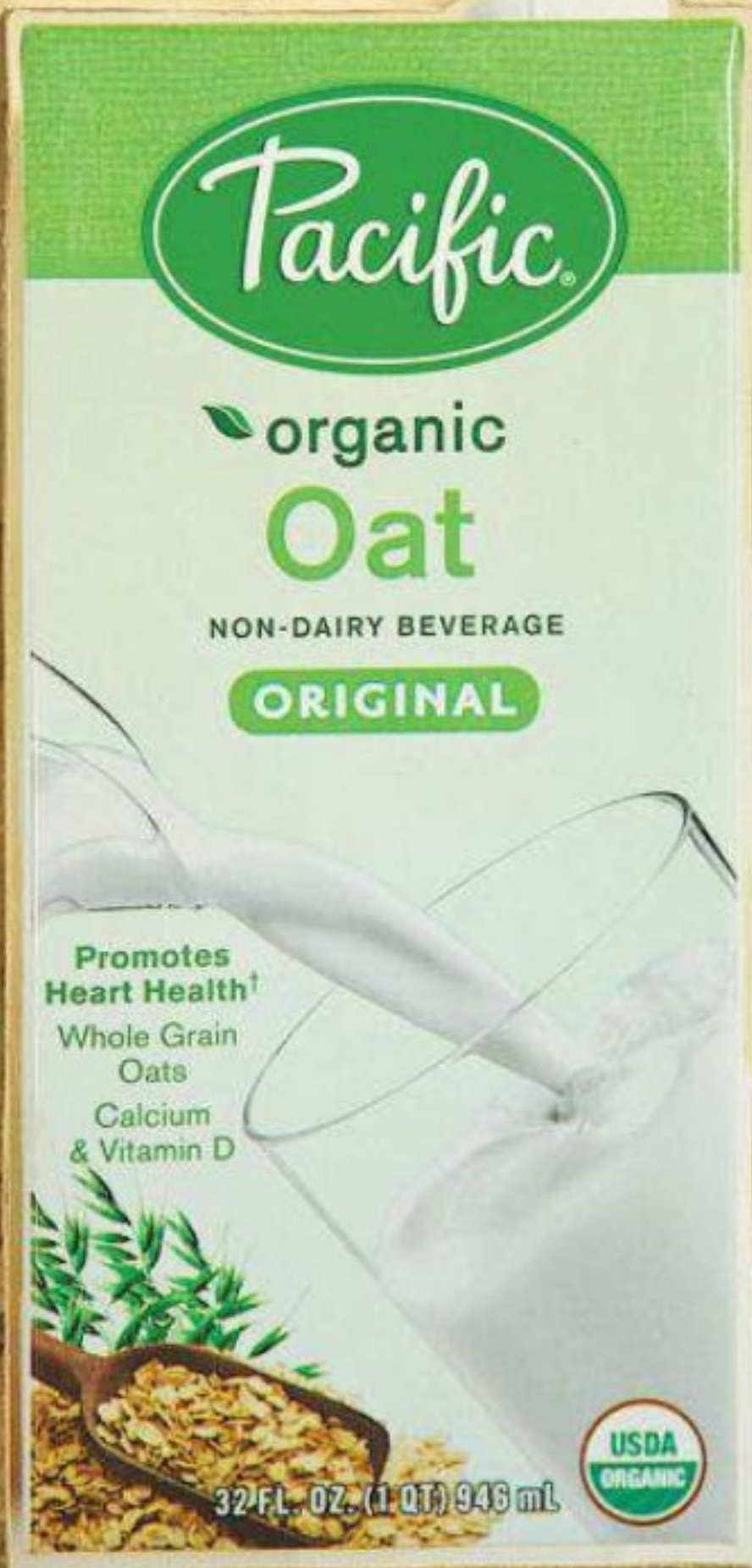
These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit GNC.com for the store nearest you. ©2013 General Nutrition Corporation. May not be available outside the U.S.

PACIFIC ALMANAC
ENTRY
No. 36



Nature has a way with food.

At Pacific, we've always thought nature's foods are close to perfect, so we try not to alter them much. Our Organic Oat Milk is made using whole grains, allowing them to release their own naturally sweet flavor. No added sugar, nothin' artificial, just a heart-healthy beverage that's great alone or in your favorite recipe. Drink up, Mother Nature would approve.



EAT
Better.
FEEL
Better.

PACIFICFOODS.COM

