

EAT GREEN • LIVE WELL

vegetarian times

June 2011 vegetariantimes.com

28-day
veg
CHALLENGE

CHANGE YOUR DIET
CHANGE YOUR *life*

54

**FAST & FRESH
RECIPES**

- **Meal plan** Go-to menus from a top nutritionist
- **Easy recipes** Stir-fry, Tex-Mex, pizza & more
- **Expert advice** Veg diet myths busted!



ZUCCHINI-GOAT
CHEESE PIZZA, p. 62



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in 30 minutes



Q:



A: Whether it's sweet as the sunrise or fresh as your garden, you supply the answer. Make it like only you could. We'll help you every step of the way at EasyToCan.com. Shine Through.

features

55 Veg Boot Camp

Teetering on the edge of veg or looking to fine-tune your daily eating habits? Our 28-day plan will have you eating your greens—and your reds, yellows, and oranges—for life.

BY AURELIA D'ANDREA

RECIPES BY MARY MARGARET CHAPPELL &
DAWN JACKSON BLATNER, RD, LDN

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BY VICTORIA ABBOTT RICCARDI

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Adorn your summer table (and garden) with edible flowers that taste as good as they look.

BY ALISON ASHTON

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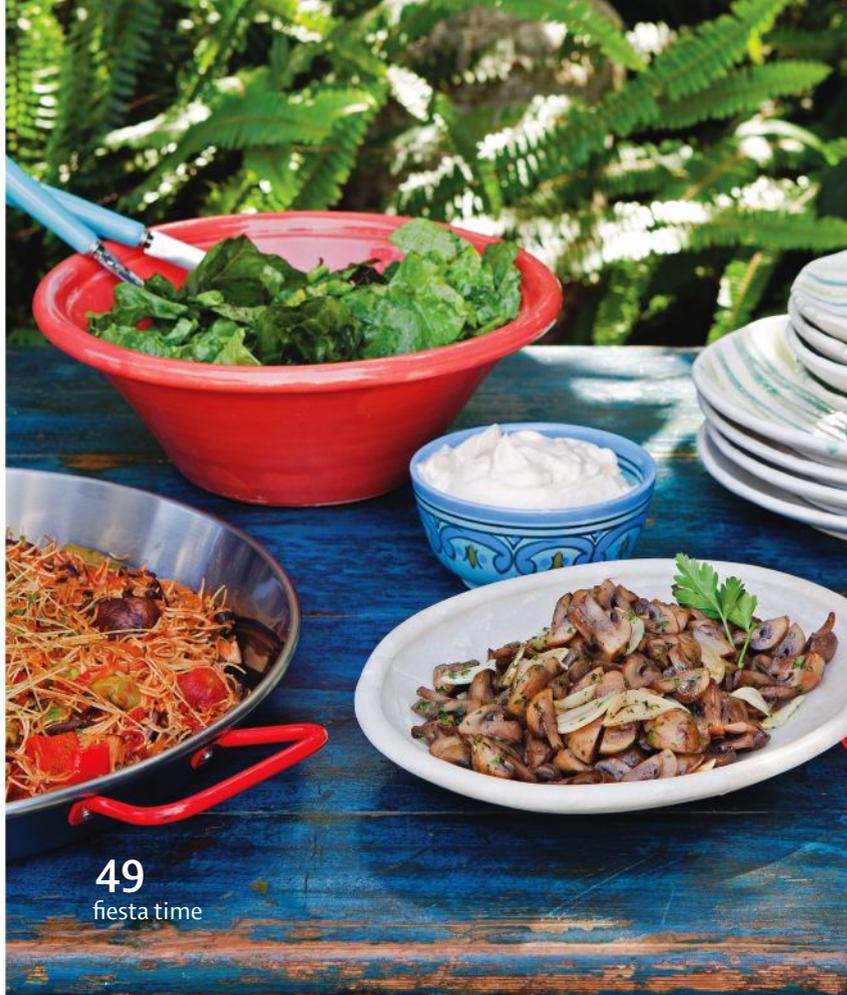


cover

Photography by
Maren Caruso

Food styling by
Kimberly Kissling

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Dani Fisher



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BY STEPHEN CAMELIO



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call to action

For some people, the decision to go veg happens like the flip of a switch. They read T. Colin Campbell's *The China Study* or witness documentary footage of a factory farm, and animals are off the menu for good.

But for a lot of people, change comes in fits and starts. Many phase in and out of vegetarianism, while others hover in the contemplation stage, recognizing all the good reasons to go veg, but not quite ready to make the shift.

If this sounds like you (or someone you love), you're in good company. This month *VT* has a proposition for you: for 28 days, band together with like-minded readers and really *do* this veg thing. We'll supply the structure and support in the form of our first-ever Veg Boot Camp, which starts on p. 55 and is in full swing on vegetariantimes.com. (There's no way all this stuff could fit in a single issue of the magazine.) Online you'll get the full four weeks' worth of mix-and-match menus designed to cover all your nutritional bases. You'll find tons of easy recipes, plus expert advice and space to share your thoughts with fellow boot campers.

The official kickoff begins May 15, but you can sign up anytime to get 28 daily newsletters that will keep you inspired every step of the way.

Elizabeth Turner

PORTRAIT PHOTOGRAPHY: JENNIE WARREN;
HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC

what's cooking on vegetariantimes.com



GROW YOUR OWN

vegetariantimes.com/edibleflowers If reading "Blooming Good" (p. 68) makes you want to grow your own edible flowers, we've got a list of easy-to-grow blooms and creative cooking ideas for you.

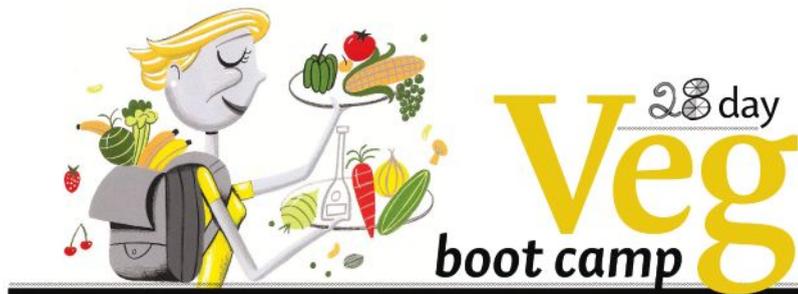


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Polls Are Open: 2011 Foodie Awards

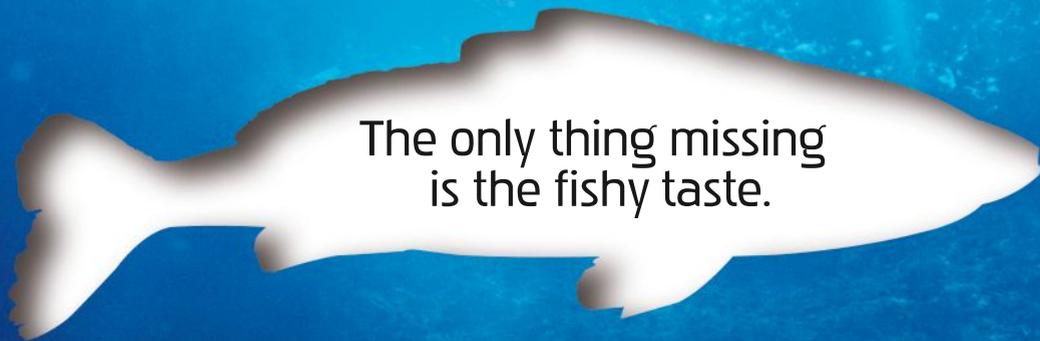
vegetariantimes.com/2011foodieawards

Did your favorite fridge and pantry items make this year's list? Find out which foods and ingredients *VT* editors are currently obsessing over, and cast your votes for the best before polls close June 9.



vegetariantimes.com/vegbootcamp Join us online for *VT*'s 28-Day Veg Boot Camp. We'll be debunking veg myths and dishing up a four-week eating plan, 28 daily newsletters, a veg pantry primer, and more! Just for signing up, you could win an assortment of tasty foods from Amy's Kitchen.

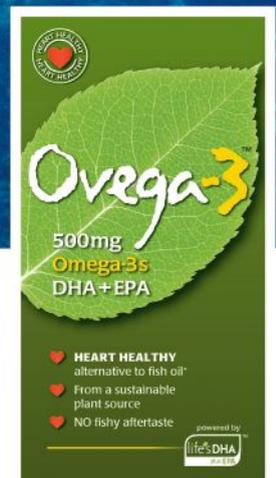
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contributors

Chris Pyle

Illustrator, "Veg Boot Camp," p. 55
What's your most treasured family food tradition?

I've always loved my mother's rutabagas at Thanksgiving. Nothing fancy, just mashed with a little butter.

What's your No. 1 pantry staple?

Louisiana Hot Sauce. I love it on scrambled eggs or an omelet. It's also great for the sinuses.

What's your favorite piece of cookware?

My Bialetti Mukka Express stove-top cappuccino maker. I've spent way too much money over the last 20 years on elaborate machines that would always break down. This little gem brews the espresso and steams and mixes the milk with the coffee all in one shot. And it was very reasonably priced.



Dawn Jackson Blatner, RD, LDN

Meal Plan Developer, "Veg Boot Camp," p. 55
What did you discover while on this assignment?

So many vegetarian meal plans don't have adequate amounts of protein! I made sure this plan has an average of 16 grams of protein for each meal and an average of 6 grams for each snack, so each day anyone following the plan can feel confident they are getting enough.

What's your most treasured family food tradition?

Family dinners growing up. We ate at the table together just about every night—I now realize so many memories come from common everyday

stuff and aren't just made on special occasions or holidays.

What was your most memorable dining experience ever?

It was well over 10 years ago when my meat-loving then-boyfriend attempted to make me tofu (which was barely edible!). It was over that meal I fell in love with him, and we've been happily married for seven years. He has since become an expert in tofu cookery.

Stephen Camelio

Writer, One on One, p. 84

Who or what inspires you most?

My dad. From coaching me in Little League to helping me with my taxes, he is the best teacher I have ever had.

What's your No. 1 grocery splurge?

You can really taste the difference in a good olive oil. Some of the pricier Australian brands are top-notch.

What's your favorite piece of cookware?

I pretty much make everything in my Le Creuset covered pot. It helps that it can go in the oven and is one of my favorite colors—orange.

What was your most memorable dining experience ever?

Not many things beat drinking beer and eating tapas in Barcelona. 🍷



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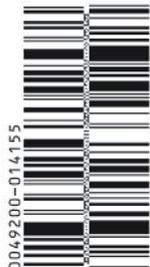
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GENERAL MANAGER

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

EAST COAST ADVERTISING MANAGER **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

ADVERTISING COORDINATOR **Mary Brahim** 310-356-2272; mbraham@aimmedia.com

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Marketing & Web

MARKETING DIRECTOR **Celine Bleu** cbleu@aimmedia.com

EVENTS & PROMOTIONS MANAGER **John Robles** jrobles@aimmedia.com

MARKETING MANAGER **Ashley Miller** amiller@aimmedia.com

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

SALES STRATEGIST, WEB **Caroline Casper**

OPERATIONS MANAGER, WEB **Ken Coffelt**

WEB PRODUCTION ASSISTANT **Allison Blake**

Custom Publishing

VICE PRESIDENT, GROUP PUBLISHER **Susan McNamee** 303-641-2244; smcnamee@aimmedia.com

MANAGING EDITOR **Lisa Barley**

Address editorial correspondence to:

Vegetarian Times, 300 N. Continental Blvd., Suite 650, El Segundo, CA 90245; fax: 310-356-4111

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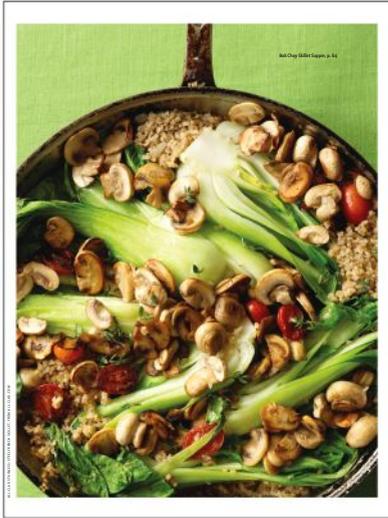
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letters

BOK CHOY BONANZA

I made the Bok Choy Skillet Supper (“Detox Greens,” April/May, p. 64) last night. It smelled and tasted as delicious as it looked! I will be putting this into the rotation for my family. Quick, easy, and totally yum. The only thing I might do differently is add tofu or beans.

AMANDA GILLESPIE BAKER | VIA FACEBOOK

STEW-PENDOUS

My husband and I just finished devouring the Hearty Irish Lager Stew (“Pub Grub,” March, p. 44). What a wonderful way to celebrate my Irish heritage (all four grandparents emigrated from Ireland). I substituted stout for the lager

and served the stew with my granny’s Irish soda bread. Wow! It was delicious and just beautiful. Brimming with color and flavor, it lived up to its name. Even my non-Irish, nondrinking husband loved it. Thank you for the great recipes and even more informative magazine.

KITTY MILLER | POWAY, CALIF.

GET CULTURED

After reading “DIY Yogurt” (April/May, p. 44), I would love to start making my own yogurt. Do you have any recipes that do not require a yogurt maker?

JOANNE BONCHECK | VIA E-MAIL

Editor’s Note: While all the recipes in the story can be made without a yogurt maker, recipe developer Pat Crocker advises caution. “There are several methods, such as an insulated chest plus hot water bottle; an electric skillet or slow cooker; or even the oven using the pilot light, but the critical issue is that the milk and bacterial culture be kept at a constant temperature,” she says. “Nothing does that as easily and reliably as a yogurt maker specifically designed for the task.”

ROLLING IN DOUGH

Thank you for the wonderful article on sourdough bread (“Quick-Start Sourdough,” March, p. 54)! I have been wanting to make my own sourdough starter, but have always felt so intimidated. And I really only use spelt flour, not because I can’t eat wheat, but simply

SHARE: Reader Recipe Mediterranean Pitas with Muffaletta Relish

SERVES 8 | 30 MINUTES OR FEWER

Julie DeMatteo, a retired school teacher from Clementon, N.J., modeled the relish in her colorful pita pocket after that from muffaletta—a classic New Orleans sandwich piled high with a marinated olive salad. She added a sprinkling of wheat germ for “nutrition and crunch.”

RELISH

- 1 6-oz. jar marinated artichoke hearts, drained and coarsely chopped, marinade reserved
- ½ cup diced plum tomato
- ½ cup diced red onion
- ½ cup diced roasted red pepper
- ¼ cup chopped black olives
- ¼ cup chopped stuffed green olives
- ¼ cup chopped fresh basil

HUMMUS

- 1 15-oz. can chickpeas, rinsed and drained
- 2 Tbs. tahini
- 2 Tbs. olive oil
- 2 Tbs. red wine vinegar
- 2 cloves garlic, peeled and chopped (2 tsp.)
- ½ tsp. salt

PITAS

- 4 6-inch pita rounds, cut in half crosswise
- ½ cup wheat germ

1. To make Relish: combine all ingredients, including reserved marinade, in medium bowl.

2. To make Hummus: blend all ingredients and 2 Tbs. water in blender until smooth.

3. To assemble Pitas: Spread 3 Tbs. Hummus into each pita half, and sprinkle with 1 Tbs. wheat germ. Top with Relish, dividing evenly among Pitas. Serve immediately.

PER SANDWICH: 253 CAL; 9 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 34 G CARB; 0 MG CHOL; 674 MG SOD; 5 G FIBER; 3 G SUGARS

FAB 5 Can’t decide what to cook tonight?

Here are our five favorite recipes from this issue:

1. Vegetable Pot Pies, p. 74
2. Indian-Spiced Lentils with Spinach and Rhubarb, p. 66
3. Baked Peaches with Pine Nuts, p. 52
4. Potato and Cauliflower Burritos, p. 36
5. Tofu Dengaku with Celery Root Purée, p. 75

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community

because it is my preference. When I read that I could experiment with different types of flour, I decided to try it out. The directions were so simple and not intimidating at all. The starter turned out perfectly, and I’ve made the Sourdough Sandwich Loaf (p. 58) several times, as well as the Honey-Wheat English Muffins (p. 59). Thank you, *VT!* You made getting started so much simpler.

MEAGAN KIVIG | BROOKLYN, N.Y.

SOURDOUGH SHORTCUT

The much quicker and more satisfying way to obtain your own sourdough starter is to simply ask a neighbor or local baker for a pinch of their mature supply. Most of us who maintain a starter are happy to oblige. About 25 grams (approximately the size of an almond) is all you need to get a start. By getting a good, mature starter,

your breads will taste even better. Happy baking!

RICK DALIA | MILL VALLEY, CALIF.

PANEER-LY PERFECT

The Tofu Saag Paneer (“Feel-Good Foods,” January/February, p. 71) is by far the best recipe I have tried from your magazine. No slap to the others, just kudos to this one. I changed it up a little (more veggies, more spice), but honestly, I love this. Thanks for the healthy addition to my Indian cravings!

DENA RASHKOVER | VIA E-MAIL

For the Record: In “Gear Guide: Our Favorite Countertop Grills” (March, p. 39), the wrong photo accompanied our description of the Cuisinart Griddler Grill, Griddle & Panini Press. We inadvertently showed the Cuisinart Griddler Panini & Sandwich Press. *VT* regrets the error.

tell vt

Father’s Day is June 19. What did you learn about cooking from your dad?

Recipes are guidelines in cooking, and nothing is set in stone. Improvising leads to delicious meals.

—AIMEE ROBERTS PORTER,
 VIA FACEBOOK

My dad didn’t cook much, but he did know one thing: how to make the best chocolate chip cookies in the world. The secret? Get rid of the spoon and use your hands! —HEATHER

Everything tastes better with fresh veggies from the garden.

—GINA CHASE, VIA FACEBOOK

Gazpacho! He had a vegetable garden in our backyard, and when the tomatoes, cucumbers, and

green peppers were ripe, they all got puréed into the best soup any of us kids had ever tasted.

Years later, when he was in assisted living, I would make his recipe and bring some over to him.

—EILEEN FEUREY

My dad showed me how fun cooking can be. When he cooked pasta, he would throw a piece of spaghetti against the wall; if it stuck, it was al dente. —ANDREA

Breakfast can be eaten at dinner.

—MEGAN JONES, VIA FACEBOOK

All vegetables taste good when you sauté them in garlic. —NICOLE

No ingredient is off-limits when making a sandwich.

—MEGAN MERRILL, VIA FACEBOOK

Making pan-sized pancakes for a growing family is easier than making dozens of small pancakes. —KYRA

next question:

What’s your best homemade remedy for getting tough stains off kitchenware?

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*.

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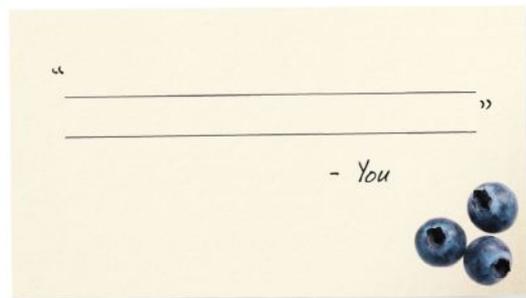
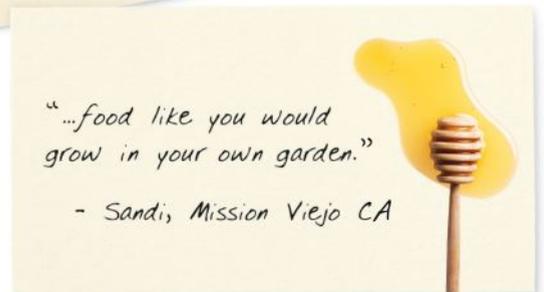
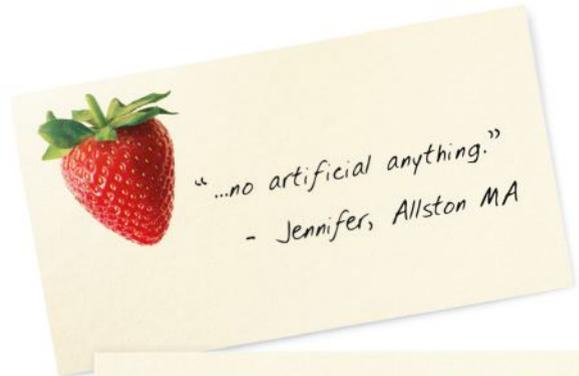
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SODIUM BENZOATE: This chemical preservative is used most prevalently in acidic foods like salad dressings, carbonated drinks, fruit juices, and condiments.

SODIUM PHOSPHATES: These are normal and essential salts for the body that work as natural leavening agents, helping make baked goods light and fluffy.

SUCRALOSE: This artificial sweetener is 600 times sweeter than real sugar.

TARTARIC ACID: This organic acid can be found in plants and is used to provide tartness in food.

XANTHAN GUM: Processed using petrochemicals, this is used to create sticky dough.

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A list of which ingredients we'd use at Kashi (👍) and which we'd avoid (👎)



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MONOSODIUM GLUTAMATE (MSG): This controversial flavor enhancer is commonly used in Chinese food, canned vegetables, soups, and processed meats.

NON-IRRADIATED SPICES: Unless specifically stated as "non-irradiated," spices undergo a process of ionizing radiation to increase shelf life and kill bacteria. While this may sound good, we believe using gamma radiation from nuclear material goes beyond the level of processing necessary to make natural foods.

OLIGOSACCHARIDE: Is an alternative sweetener derived from inulin, which is found naturally in chicory root. Often used to help provide a thicker texture.

PARTIALLY HYDROGENATED OIL: This oil has been partially hardened through chemical means and contributes trans fats to foods.

POLYDEXTROSE: This chemically created additive is used as a sugar replacement and a fiber supplement in many foods.

POTASSIUM SORBATE: This food preservative is used to hinder the growth of mold and yeast.

ACACIA GUM (also known as GUM ARABIC and GUAR GUM): This natural ingredient is made from the hardened sap of the acacia tree; it helps stick stuff together and adds important fiber.

ASPARTAME: This artificial sweetener that's commonly used in diet soft drinks and chewing gum is 180 times sweeter than sugar.

BHA (BUTYLATED HYDROXYANISOLE): This chemical is added to foods to preserve fats and keep them from turning rancid.

BHT (BUTYLATED HYDROXYTOLUENE): This chemical is used as a preservative in cereals and snack foods.

BLEACHED FLOUR: After it's milled and bleached white with chemicals like chlorine, this baking flour loses many of its original whole-grain nutrients.

CALCIUM PEROXIDE: This agent is used to bleach flour and improve dough strength, grain, and texture.

CASEIN (also known as SODIUM CASEINATE): This dairy protein can help hold different foods together.

GLUTAMATE (also known as GLUTAMIC ACID): Free glutamate is naturally occurring in some foods such as cheese, milk, tomatoes, mushrooms, yeast and soy. This is different from monosodium glutamate (MSG), the artificial flavor enhancer, a compound of sodium plus glutamate.

GLYCERIN: This colorless liquid helps ingredients of different water content get along together (so) dry ingredients such as grains stay dry, and moist ingredients like fruit stay moist). Kashi's glycerin is from plant, not animal, sources.

HIGH FRUCTOSE CORN SYRUP: This highly processed liquid sweetener and preservative consists mainly of glucose; it has become a common ingredient in many manufactured foods and drinks.

LACTIC ACID: Known as milk acid, this natural compound is used to increase the cheese flavor in foods like pizza. Despite the term milk acid, Kashi uses only vegetable sources, so it's okay for vegan dieters.

MALTODEXTRIN: This form of sugar, usually made from rice, corn, or potato starch, can give the body energy over a longer period of time because it releases into the bloodstream more slowly than typical sugar.

CHICORY ROOT FIBER: This is used to hold different ingredients together and also contains the naturally occurring fiber inulin.

DISODIUM GUANYLATE: This flavor enhancer is 50 to 100 times more potent than monosodium glutamate (MSG) and helps enhance flavors in snacks, sauces, and canned foods.

EVAPORATED CANE JUICE SYRUP: A minimally processed sugar, this amber-colored liquid retains a slight golden color and a subtle taste from the original cane juice.

EXPELLER-PRESSED CANOLA OIL: This all-natural plant oil is extracted using a non-chemical process and has good monounsaturated fat and ALA omega-3 fatty acids too (SEE EXPELLER-PRESSED INGREDIENTS).

EXPELLER-PRESSED INGREDIENTS (also known as COLD-PRESSED INGREDIENTS): In this process, natural oils are extracted from seeds by mechanical pressure without the use or addition of chemicals, colorings, or preservatives.

FRACTIONATED OILS: These are plant-based oils that have gone through a series of heating and cooling steps instead of hydrogenation and are used for coatings on many energy bars.

To link to the **KASHI INGREDIENT DECODER** on your phone, text "kashi" to 27810 or visit kashi.com
 Message and data rates may apply. Check with your carrier for details.



THIS JUST IN

EDITED BY Amy Spitalnick

PEAK SEASON

A favorite in Middle Eastern and Mediterranean cuisines, fresh fava beans are a summer treat not to be missed. Also known as broad beans, these legumes are prized for their creamy texture and buttery taste.

—MATTHEW KADEY, RD

HOW TO SELECT & STORE

“Choose firm, glossy pods that are free of splits or noticeable black spots,” advises Ariel Dillon of Redwood Empire Farm in Santa Rosa, Calif. A pod should feel heavy for its size. Refrigerate pods until ready to use, which is best done in a few days. “Fava beans can be frozen after briefly blanching them, and removing the skins from the individual beans,” Dillon says.

fava beans

PREP TIPS

To remove the bitter-tasting outer skin, parboil favas for 2 minutes, drain, and then plunge in ice water; the skin will slip right off. Or lightly oil the pods, and place on the grill for 10 minutes, turning once, so the beans steam inside their pods, imparting a smoky flavor; remove the beans from the grill, open the pods, and easily remove the skins. For recipes, you'll need about 2½ pounds of fava pods to yield 1 cup of beans.

TRY THIS!

- Combine boiled beans with tomato, corn, red onion, jalapeño chile, parsley, and lime juice for a succotash salad.
- Simmer favas with peas, veggie stock, mint, and chives, and purée for a fab green soup.
- Steam the beans until tender; mash together with lemon juice, garlic, olive oil, and cayenne pepper for a crudité dip or spread.
- Make Minted Fava Bean Salad (recipe, p. 50).



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THIS JUST IN



“What are ‘New’dles, and how can I make them at home?”

We asked **Aaron Ash**, chef and founder of Gorilla Food, a raw, vegan, organic eatery in Vancouver, British Columbia, who’s famous for his “New”dles. Here’s what he said:

“Gorilla Food ‘New’dles are pasta for the raw foodist; they’re a fun variation on a traditional food. The recipe couldn’t be any easier once you have the right tool: a spiral slicer.”

Here’s Ash’s recipe, which serves two to four people.

Zucchini Linguini “New”dles

1. Wash 2 medium-size zucchini, and cut off tips.
2. Center 1 zucchini on a spiral slicer, with the spokes of the slicer gripping the stem end. Spin the zucchini into “New”dles.
3. Repeat with the second zucchini. Cut “New”dles into desired length.
4. Toss “New”dles in a sauce; they go great with either a light sauce, such as an oil-and-herb vinaigrette, or a heavier cream sauce made from blended, soaked nuts and seasonings. If you choose a creamy sauce, mix thoroughly, and serve promptly, because the water in the zucchini will eventually thin out the sauce.



Must-have tool for making “New”dles:
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SHERI FRAILICK



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[SCI FIND] **SEXY DIET**

WHAT Eating plenty of fruits and vegetables gives skin a golden glow that people are likely to consider healthier looking than a suntan, suggests research published in the journal *Evolution & Human Behavior*.

WHY The golden skin tone produced by the carotenoids found in fruits and veggies reflects a healthful diet, and in fact, antioxidant phytonutrients, such as carotenoids, help us resist disease.

SO WHAT? The healthier we appear, the greater our sex appeal, or so says research cited in the study.

TIPS Choose red, yellow, orange, and dark green produce, which is especially abundant in carotenoids. To boost the body's ability to absorb their plentiful stores of carotenoids, American Dietetic Association spokesperson Andrea N. Giancoli, RD, recommends cooking such carotenoid-rich staples as carrots and tomatoes rather than eating them raw. "Sauté your spinach with a little olive oil," Giancoli also advises. "Carotenoids are fat soluble, so consuming them with a little fat helps with their absorption."



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SHAKE IT UP

[TASTE TEST]

Cool, flavorful refreshment on a summer afternoon can be as easy as a ready-to-sip smoothie. For snacking on the go, tuck these VT-staff-approved blends into your backpack or picnic basket. —TAMI FERTIG



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NATURAL Rx

PROBLEM: Athlete's foot
SOLUTION: Tea Tree Oil

THE SCOOP: Long used by Australian aborigines to heal cuts, tea tree oil can also clear up a nasty case of athlete's foot. Extracted from the leaves of *Melaleuca alternifolia*, the Aussie oil contains the potent antifungal agents terpinen 4-ol and cineole. How potent? According to a study in the *Australasian Journal of Dermatology*, applying tea tree oil for four weeks wiped out athlete's foot in 64 percent of people suffering from the itchy, flaky infection.

WHAT TO LOOK FOR:

Opt for a product that contains 100 percent tea tree oil. New York-based Peter Bongiorno, ND, advises applying the oil topically twice a day to treat athlete's foot. People with sensitive skin should dilute tea tree oil in an equal amount of organic almond oil, and apply just once a day. Stop using the oil altogether if your skin becomes irritated. —RACHEL DOWD



Try: Desert Essence 100% Organic Tea Tree Oil, \$9.49/0.5 fl. oz., desertessence.com; Tea Tree Therapy, \$18.95/2 oz., teatreeplace.com

JACQUELINE HOPKINS

INDIGESTION

THE BITTER TRUTH



MARIA TREBEN, the famous Austrian herbalist, is noted for reviving a remarkable digestive formula in the 1970s, drawing on an old recipe that has played an important role in the long tradition of European folk medicine. Today known as Maria's Swedish Bitters, the 13-herb formula acts to cleanse and rejuvenate the liver and stimulate bile flow to restore proper digestion, the key to overall good health. The actual formula is credited to Dr. Phillipus Paracelsus, who lived during the 1500s. His original formula was found among the 17th century Swedish physician, Dr. Claus



Aloe vera



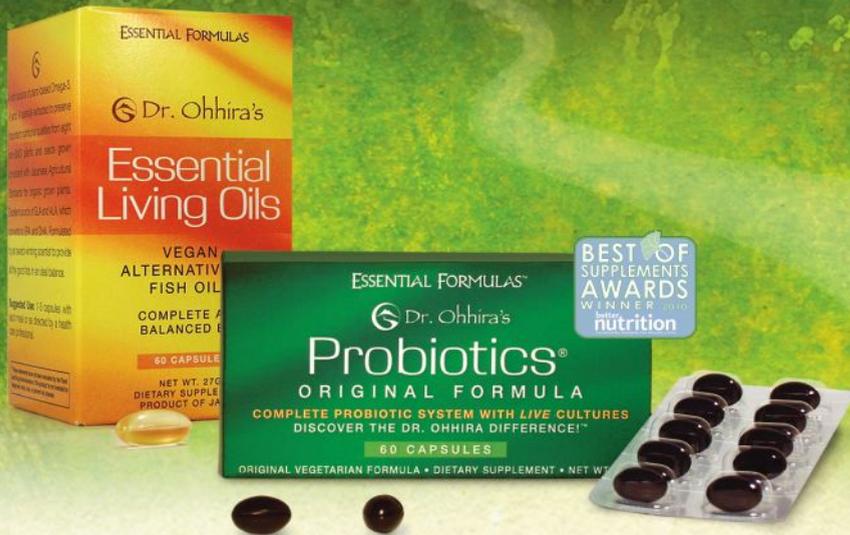
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THIS JUST IN

[TREND ALERT]



JENNIFER RAU

Think your vegan cheesecake deserves a spot on grocery store shelves? Join other entrepreneurs flocking to kitchen incubators to launch their fledgling enterprises. For a fee ranging from about \$15 to \$35 an hour, you can rent space in an inspected, certified kitchen with access to the kitchen's commercial equipment. As a bonus, rubbing elbows with like-minded culinarians who also rent space might just spark networking opportunities. Kitchen incubators are popping up across the country, though as yet only the Chef's Kitchens in Los Angeles dedicate a kitchen specifically to raw and vegan cooks. "We began the vegan kitchen six years ago because there was a growing demand for it," says Chef's Kitchens owner Andrea Bell. "It's one of our busiest kitchens now." To locate a kitchen incubator near you, visit culinaryincubator.com/maps.php. —KAREN EDWARDS

25%

Nearly this proportion of calls to the ASPCA Animal Poison Control Center in 2010 concerned pets accidentally ingesting medicines meant for humans.

[Source: ASPCA]

PET ON BOARD

Thinking how fun it would be to hang out with your pet on your summer vaycay? First, ask yourself whether travel is in the animal's best interest, advises Laguna Hills, Calif.-based veterinarian Bernadine Cruz, DVM. "Animals like routine, and travel disrupts that," she says. If you're unable



or unwilling to travel without Fluffy or Fido, and your vet gives the go-ahead, here are a few tips from Cruz:

- Give your pet a taste of soothing routine by packing his favorite food; a change in diet also risks a bout with diarrhea.
- If you're traveling by plane, it's best to book a nonstop flight.
- On road trips, keep pets in the back seat. Place a small pet in a carrier secured with a seat belt; secure a larger animal with a seat belt harness.
- Bach's Rescue Remedy, containing flower extracts, can aid in calming a stressed pet. Apply several drops to the ear flap or in the mouth.

For additional guidance, including FAQs spelling out restrictions on pet travel, go to avma.org, and type in "traveling with your pet."

JULIA BRECKENREID



Hot Click! Veggie Phrases app

This polyglot traveling companion allows you to communicate your veg preferences in 60 different languages. Based on the International Vegetarian Union compilation "Vegetarian Phrases in World Languages," the app was developed by vegetarian Ashley Burton, who confesses he's "a bit of a geek." Download for free at iTunes or the Android Marketplace.



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THIS JUST IN



[Q&A] **Hard
Rocker**

ANDREW MACPHERSON

At 53, Def Leppard guitarist/songwriter Phil Collen revels in smashing stereotypes. For this legendary rocker—a vegetarian long before it was cool—indulgence means thrice-daily workouts and late-night chocolate. As he prepared for Def Leppard's summer tour, which kicks off June 15, Collen spoke to VT from his Laguna Hills, Calif., home. —MICHAEL KAMINER

Q A lot of musicians have become vocal about vegetarianism. But when you gave up meat, it wasn't exactly something rockers would talk about on MTV. What's changed?

A When I became a vegetarian in 1983, it was still a bit rare and even weird. I always thought meat was barbaric, though. It was not a health thing for me, but a moral thing. I wasn't going to put something in my mouth that was slaughtered for my entertainment. It's a very ego-based way of eating.

Q What do you say to bodybuilders and competitive athletes who think you can't achieve peak performance on a plant-based diet?

A I bench-pressed twice my body weight a couple of years ago. That's what a pro athlete would do.

Q This summer the band is releasing its first-ever live album, *Mirrorball*. For Def Leppard newbies, which album makes the best introduction?

A *Hysteria*, our most successful to date. It went Diamond, selling more than 14 million copies. Or *Vault*, our greatest hits. It has a bit of everything. 🍀

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Retain the sharp edges of your knife blades and protect your fingers with Bisbell Magmates magnetic knife guards. \$11.95–\$19.95; surlatable.com

3. PERFECT PARE

Great for picnics and camping trips, Kuhn Rikon Colori Paring Knives come in eye-catching colors with handy matching sheaths. \$10 each; kuhnrikon.com

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1. Burt’s Bees Avocado Butter Pre-Shampoo Hair Treatment (\$9/4.34 oz.; burtsbees.com) glosses up locks with the aid of avocado oil.



1 »

2. Bella Luccè Avocado & Ootanga Body Scrub (\$28/10 oz.; bellalucce.com) drenches skin in avocado oil once pure cane sugar and kiwi seeds slough away dead cells.



2 »



3 »

3. LaNatura Avocado 100% Pure Butter (\$28/4 oz.; lanatura.com) pairs emollient avocado oil with sweet-smelling ylang-ylang.



4 »

4. Ultrarich avocado oil in Beauty Without Cruelty Maximum Moisture Cream (\$16.95/2 oz.; beautywithoutcruelty.com) lends suppleness to even the driest complexions.



5. Dr.Hauschka Moisturizing Mask (\$52.95/1 oz.; drhauschka.com) lusciously soothes skin with quince seed extract and avocado oil.



5 »

kitchen mash-up Beauty expert Janice Cox suggests whipping up this DIY facial mask once a week:

- 1.** Slice a ripe avocado in half, scoop out the flesh, and mash until smooth. For dry skin, stir in a teaspoon of honey; to create an exfoliating mask, instead mix in a teaspoon of cornmeal or sugar.
- 2.** Spread the avocado blend onto clean skin. Leave on 15 minutes, and rinse off with warm water.



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eating for two?

How to have
a healthy veg
pregnancy

Q What do I need to know to ensure that I am eating nutritiously before and during my pregnancy, and while breast-feeding?

A Pregnancy and breast-feeding are times when you want your nutrition to be the best it can be. But it's also a time when you'll get all kinds of well-meaning but conflicting advice about how to go about it. Here's what you need to know:

BEFORE YOU GET PREGNANT

Folate is a B vitamin that helps protect against certain birth defects. You'll find it in green leafy vegetables, beans, and enriched products (some breads, pastas,

and cereals), as well as in all common multiple vitamins. You'll want to be sure folate-rich foods are in your routine *before* you conceive. To avoid mercury and other toxins that can harm your baby, many authorities also recommend avoiding tuna, shark, swordfish, king mackerel, and tilefish. If you're on a plant-based diet, you've already covered these bases.

DURING PREGNANCY

Yes, you're eating for two. But one of you is very small, so you really do not need a huge amount of extra food. Pregnant women need about 300 calories per day over and above their normal intake, which is about a cup and a half of rice, a cup of chickpeas, or three medium apples.

Pregnancy is not a time to skimp on food, a lesson learned from the Dutch famine during World War II when foods were so strictly rationed that the population was all but starving. Women who were in the early stages of pregnancy during this time gave birth to children who grew up to have a higher risk of weight problems and heart disease, compared to people who were better nourished during fetal growth. Aspects of the baby's biochemistry appear to be programmed before birth, so having adequate nutrition is critical during this time.

What's good weight gain? About 25 to 35 pounds is reasonable—a bit more if you're underweight and less if you're overweight.

What about protein, iron, and other nutrients of concern? Plant-based diets provide plenty of protein, even without any special combining or "food complementing." This is also true in pregnancy. The natural increase in food intake will give you the protein you need.

You need extra iron, mainly in the second half of pregnancy, so green leafy vegetables and beans are foods to favor. Some women do fine getting their iron

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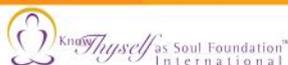
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ask the doc

There is no need to add meat or other animal products for iron, and you are better off without them.

entirely from food sources, along with whatever iron they have stored up already; others need an iron supplement (usually about 30 milligrams per day, with more for women who are large, anemic, or pregnant with twins). Your doctor can easily test your iron status at the beginning and middle of pregnancy to see if you need extra amounts. There is no need to add meat or other animal products for iron, and you are better off without them.

You do need vitamin B₁₂ for healthy nerves and healthy blood, and the most reliable source is a prenatal vitamin. Do not count on spirulina or miso to provide enough vitamin B₁₂.

What about omega-3s—the “good fats” that are required for healthy development of the brain and nervous system? Many plant-based foods, especially flax, walnuts, soybeans, and soy products, are rich in alpha-linolenic acid, a basic omega-3 fat that converts to other omega-3s, including EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

Questioning whether this conversion process is rapid enough to supply the full range of omega-3s the body needs, some have pushed fish oil, which contains preformed EPA and DHA. However, studies so far suggest that fish oil is not at all necessary. First, a recent Australian study published in the *Journal of the American Medical Association* showed that participants' daily intake of a DHA-rich fish oil supplement during pregnancy offered no detectable cognitive benefits for their children when evaluated at 18 months. Second, the European Prospective Investigation into Cancer and Nutrition study showed that women following entirely plant-based diets tend to have *more* omega-3s in their blood, compared with meat-eating and fish-eating women.

Women who want to hedge their bets can find plant-derived DHA supplements at any health food store and also online.

Studies on caffeine have given mixed results, but the best evidence—from a study of 1,063 women in the San Francisco Bay area—indicates that caffeine, even the amount in one or two cups of coffee daily, may increase the possibility of miscarriage.

As for alcohol, avoid it, period.

WHILE BREAST-FEEDING

Breast-feeding is a real gift for both mother and child. For mom, it saves the time, expense, and inconvenience of formula feedings. For baby, breast-feeding reduces the risk of obesity, diabetes, and other health problems later in life.

Because your body is making breast milk, you'll need extra calories and overall good nutrition, just as in pregnancy. And you'll want to continue to be careful about what you eat; there is a lot of truth in the adage that what you eat, your baby eats too.

Some foods consumed by a mother can cause colic in her breast-feeding infant. Cow's milk is a common offender. The problem appears to be proteins that pass from the cow's milk into the mother's bloodstream and ultimately into her breast milk. Some breast-feeding mothers have also linked colic to onions, cruciferous vegetables (broccoli, cauliflower, or cabbage), and chocolate.

All in all, it's not such a challenge to eat for two: eat a healthful diet emphasizing vegetables, fruits, whole grains, and legumes, and increase your portions appropriately. ●

Neal D. Barnard, MD, lives in Washington, and, come to think of it, wouldn't mind having a pickle.



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Send your original vegetarian or vegan entrée recipe (using one or more of the ingredients from the sponsors below), by June 30, 2011. Winning recipes and their creators will be featured in the December issue of Vegetarian Times.

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TO ENTER VISIT: vegetariantimes.com/recipecontest

BY Rochelle Palermo



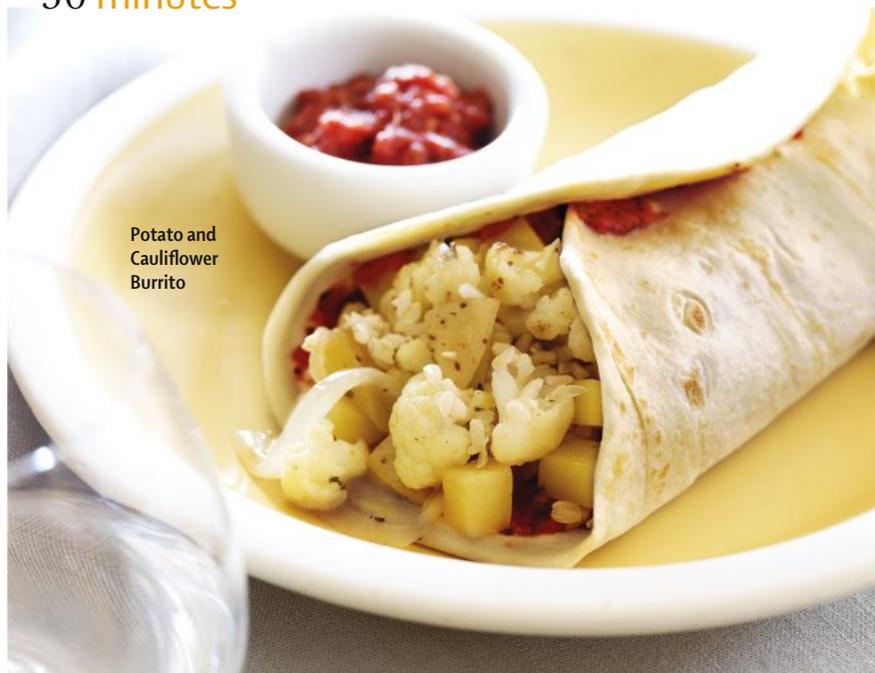
better burritos

Lighter takes on a classic calorie bomb

Forget those monster restaurant burritos that may be yummy, but are anything but low-cal. (A typical veggie burrito from a chain offering fresh ingredients clocks in around 750 calories—and that's without guacamole.) These five homemade options are filled with good-for-you ingredients and bursting with flavor, not fat and calories.

CORN, CHAYOTE, AND GREEN
CHILE BURRITOS, p. 36

30 minutes



Potato and
Cauliflower
Burrito

Potato and Cauliflower Burritos

MAKES 4 BURRITOS | 30 MINUTES OR FEWER

Flavorful potatoes and cauliflower keep calories down but satisfaction levels high.

- 1 15-oz. can fire-roasted crushed tomatoes
- 1 chipotle chile in adobo sauce, drained
- 2 cloves garlic, peeled
- 2 tsp. canola oil
- 1 small onion, halved and sliced (1 cup)
- ½ tsp. dried oregano
- 3 cups small cauliflower florets
- 1 medium Yukon gold or russet potato (6 oz.), cut into ¾-inch cubes
- 3 Tbs. chopped cilantro
- 4 8-inch flour or whole-wheat tortillas, warmed
- 1 cup cooked brown rice, warmed
- 1 cup grated vegan Monterey Jack cheese

1. Pulse tomatoes, chipotle chile, and garlic in food processor until coarse purée forms.

2. Meanwhile, heat oil in large skillet over medium heat. Add onion and oregano; sauté 2 minutes. Stir in cauliflower, potato, and tomato mixture, and season with salt and pepper, if desired. Cover, and simmer 10 minutes. Uncover, and simmer 5 minutes more, or until cauliflower and potato are tender. Stir in cilantro.

3. Divide cauliflower mixture among tortillas, top with rice, and sprinkle with cheese. Roll up tortillas, leaving one end open.

PER BURRITO: 366 CAL; 10 G PROT; 12 G TOTAL FAT (<1 G SAT FAT); 55 G CARB; 0 MG CHOL; 491 MG SOD; 7 G FIBER; 7 G SUGARS 

Corn, Chayote, and Green Chile Burritos

MAKES 4 BURRITOS | 30 MINUTES OR FEWER

Steamy vegetables melt the cheese to just the right gooey consistency in this chile verde burrito. The star ingredient is chayote, a member of the gourd family. Chayote has a pear shape and a texture similar to zucchini.

- 2 tsp. vegetable oil
- 1 small onion, halved and sliced (1 cup)
- 1 small chayote (6 oz.), peeled, seeded, and cubed, or 1 medium zucchini, cubed
- 2 cloves garlic, minced (2 tsp.)
- 1 cup fresh or frozen corn kernels
- ⅓ cup cooked or canned black beans
- 1 Tbs. diced green chiles
- 2 Tbs. chopped cilantro
- ⅓ cup shredded reduced-fat Monterey Jack cheese, divided
- 4 8-inch whole-wheat tortillas, warmed
- 4 Tbs. crumbled queso fresco, optional
- 1 lime, cut into 4 wedges

1. Heat oil in large skillet over medium heat. Add onion and chayote, and cook 12 minutes, or until chayote is tender and onion begins to brown. Stir in garlic, then corn, beans, and green chiles; cook 5 minutes, or until heated through. Stir in cilantro, then stir in ⅓ cup Jack cheese. Season with salt and pepper, if desired.

2. Divide chayote mixture among warmed tortillas. Sprinkle remaining ⅓ cup Jack cheese and 1 Tbs. queso fresco, if using, over filling. Roll up tortillas, leaving one end open. Serve with lime wedges.

PER BURRITO: 299 CAL; 12 G PROT; 10 G TOTAL FAT (3 G SAT FAT); 41 G CARB; 14 MG CHOL; 379 MG SOD; 6 G FIBER; 6 G SUGARS

Chorizo y Papas Breakfast Burritos

MAKES 4 BURRITOS | 30 MINUTES OR FEWER

These make a great on-the-go breakfast or sit-down brunch. Serve with light sour cream and salsa.

- 3 tsp. canola oil
- 1 medium russet potato, diced
- 1 8-oz. pkg. soy chorizo
- 4 extra-large eggs
- 4 8-inch whole-wheat tortillas, warmed
- 2 green onions, thinly sliced (¼ cup)

1. Heat 2 tsp. oil in skillet over medium-high heat. Arrange diced potato in single layer in pan. Cook 7 minutes, or until golden, turning once. Move potato to side of pan. Add remaining 1 tsp. oil to opposite side of pan, then add soy chorizo; cook 1 minute, crumbling with spatula. Stir potato and chorizo together; cook 2 minutes more, or until potato is tender. Transfer to bowl, and cover.

2. Wipe out skillet, spray with cooking spray, and heat over medium heat. Crack eggs in pan, and cook 2 minutes, or until whites are set, turning once for over easy.

3. Lay eggs in centers of warmed tortillas. Divide potato mixture among tortillas, and top with green onions. Roll up tortillas, leaving one end open.

PER BURRITO: 380 CAL; 20 G PROT; 16 G TOTAL FAT (2 G SAT FAT); 38 G CARB; 208 MG CHOL; 515 MG SOD; 6 G FIBER; 4 G SUGARS

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30 minutes

For a fast stack of warmed tortillas, layer between damp paper towels and microwave 30 seconds.

Peanut Butter and Strawberry Quick Jam Burritos

MAKES 4 BURRITOS | 30 MINUTES OR FEWER

The hot, slightly charred tortilla warms and melts the peanut butter, creating the ultimate in satisfying, oozing deliciousness. In place of a sugar-laden jelly, this wrap features a homemade quick jam of fresh strawberries and a touch of agave. You could sub sliced apples or bananas for the jam.

- 8 oz. fresh strawberries, hulled
- 3 Tbs. agave nectar
- 4 8-inch whole-wheat tortillas, warmed
- 8 Tbs. crunchy or creamy all-natural peanut butter

1. Combine strawberries and agave in heavy medium saucepan over medium heat, and cook 5 to 10 minutes, or until strawberries soften and juices thicken, stirring gently and often. Cool slightly.
2. Working with 1 tortilla at a time, warm tortillas directly over flames of gas burner until they are heated through and slightly charred but still pliable, moving them around on burner to ensure they cook evenly, about 20 seconds per side. Spoon 2 Tbs. peanut butter down center of each tortilla. Spoon strawberry jam over peanut butter. Roll up tortillas, leaving one end open.

PER BURRITO: 395 CAL; 11 G PROT; 19 G TOTAL FAT (2 G SAT FAT); 45 G CARB; 0 MG CHOL; 291 MG SOD; 5 G FIBER; 18 G SUGARS

California Ensalada Burritos

MAKES 4 BURRITOS | 30 MINUTES OR FEWER

This is a true Cali-style burrito—with lots of chunky guacamole.

- 1 small red onion, thinly sliced into rings (1 cup)
- ¼ cup distilled white vinegar
- ⅓ cup plus 2 Tbs. fresh lime juice, divided
- 1 tsp. salt

- ¾ cup cilantro leaves
- 1 clove garlic
- 2 Tbs. olive oil
- 2 small avocados, cut into large chunks (2 cups)
- 3 cups mixed baby greens
- 1½ cups shredded cabbage
- 4 radishes, thinly sliced
- 1 tomato, quartered and sliced
- 1 carrot, peeled and cut into matchsticks
- 6 Tbs. toasted pepitas, optional
- 4 7-inch low-fat, low-sodium tortillas, warmed

1. Stir together onion, vinegar, ⅓ cup lime juice, and salt in bowl. Cover, and chill 20 minutes, stirring occasionally.
2. Meanwhile, blend cilantro, garlic, and remaining 2 Tbs. lime juice in blender until garlic is minced. Season with salt and pepper, if desired. With blender running, slowly pour in oil until dressing is well blended.
3. Toss avocado chunks in separate bowl with 1 Tbs. dressing. Season with salt, if desired.
4. Toss baby greens, cabbage, radishes, tomato, and carrot in large bowl with remaining dressing.
5. Arrange greens mixture and pepitas (if using) in center of each tortilla, then spoon avocado chunks over top, mashing down lightly to keep from spilling out of burrito. Remove onions from marinade with fork, and divide sliced onions among tortillas. Roll up tortillas, leaving one end open.

PER BURRITO: 302 CAL; 7 G PROT; 16 G TOTAL FAT (3 G SAT FAT); 38 G CARB; 0 MG CHOL; 732 MG SOD; 10 G FIBER; 6 G SUGARS

Soggy steamed tortillas drive Los Angeles-based recipe developer Rochelle Palermo crazy. Her preferred warming technique: set tortillas one by one directly over the low flames of a gas burner, and beat for 20 seconds per side.

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Dazzle diners with easy, elegant fruit and vegetable carpaccios

Carpaccio used to refer only to thinly sliced raw red meat (ick!) drizzled with a sauce. (Beef carpaccio was supposedly invented at Harry's Bar in Venice in 1950.) Chefs have since discovered the limitless possibilities of combining superthin fruit and veggie slices with complementary sauces, and started creating eye-catching offerings such as tomato carpaccio as an appetizer and pineapple carpaccio for dessert. The chic technique is easy to re-create at home, as the following recipes show.



PORTOBELLO CARPACCIO
WITH ORANGE-KALAMATA
TAPENADE, p. 44

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Pineapple Carpaccio with Thai Basil and Blueberries



Carpaccios can be arranged on individual plates or on large platters depending on your serving preference.

Pineapple Carpaccio with Thai Basil and Blueberries

SERVES 4 | 30 MINUTES OR FEWER

Thai basil has a stronger anise note than Italian sweet basil, and pairs beautifully with pineapple, but sweet basil may be substituted. Salting the pineapple brings out the flavor of a less than stellar fruit. Leftover syrup combines refreshingly with lime, lemon, or grapefruit juice and still or sparkling water to make spritzers.

SYRUP

- 1 cup sugar or agave syrup
- 1 cup loosely packed Thai basil leaves

CARPACCIO

- ½ pineapple, peeled and cored
- 8 Thai basil leaves
- ½ cup blueberries

1. To make Syrup: Combine sugar, ½ cup water, and basil in saucepan; bring to a boil; and cook 1 minute, or until sugar dissolves. Remove from heat, let

steep 5 minutes; strain, and cool. Discard basil.

2. To make Carpaccio: cut pineapple in half lengthwise, then slice crosswise very thinly, ⅜-inch or thinner.

3. Arrange pineapple slices on serving plates, slightly overlapping slices; sprinkle lightly with salt, then drizzle each serving with 1 Tbs. Syrup.

4. Stack basil leaves, then roll lengthwise. Slice roll crosswise into thin strips. Garnish pineapple with basil and blueberries. Serve at room temperature or slightly chilled.

PER SERVING: 89 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 0 MG CHOL; <1 MG SOD; 1 G FIBER; 20 G SUGARS  

Strawberry and Star Fruit Carpaccio

SERVES 4 | 30 MINUTES OR FEWER

Here's a spectacularly simple dessert. Choose larger strawberries to match the size of the star fruit slices, and alternate them on serving plates or a pretty platter. Star fruit tastes best when it's yellow in color, with hints of green.

- 2 star fruit (carambola)
- 1 pt. large fresh strawberries
- ½ cup lightly packed mint leaves, chopped
- 2 Tbs. lime or lemon juice
- 1 Tbs. grated lime or lemon zest
- 2 Tbs. agave syrup or superfine sugar
- 1 pinch salt
- 1 Tbs. canola oil

1. Use vegetable peeler to remove brown edges of star fruit; remove stems from strawberries. Thinly slice star fruit crosswise with sharp knife or mandoline, discarding seeds; stand strawberries on stem ends, and cut into thin slices with knife. Arrange fruits on serving plates.

2. Combine mint, lime juice, lime zest, agave syrup, and salt in blender or mini food processor; blend until mint is puréed. With motor running, slowly pour in oil. Spoon over carpaccio. Serve at room temperature, or slightly chilled.

PER SERVING: 109 CAL; 2 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 19 G CARB; 0 MG CHOL; 40 MG SOD; 4 G FIBER; 14 G SUGARS  

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Portobello Carpaccio with Orange-Kalamata Tapenade

SERVES 4 | 30 MINUTES OR FEWER

Slicing mushrooms on the bias, angling the knife, rather than cutting perpendicular to the cutting board makes for broader but not thicker slices and a professional-looking presentation.

- 4 portobello mushrooms, stems and gills removed
- 2 tsp. olive oil, plus extra for brushing mushrooms and pan, divided
- 2 medium oranges
- ½ tsp. grated orange zest
- ½ cup kalamata olives, pitted and chopped
- 2 tsp. capers, mashed
- 1½ tsp. finely chopped shallot

1. Brush or mist trimmed portobellos with oil; season with salt and pepper, if desired. Set aside.
2. Trim ends of 1 orange; place one end on cutting board cut-side down. Angle knife to cut between pith and pulp,

MAKE-AHEAD TIP

Fruit and vegetable carpaccios can be prepared several hours ahead. Simply arrange the fruit or vegetables on serving plates, and cover with plastic wrap, pressing to make sure wrap is touching the slices to prevent browning or drying out. Remove plastic wrap, then drizzle with sauce before serving.

and follow curve of orange to remove peel. Cut along inside of membrane walls to remove sections. Repeat with remaining orange. Roughly chop both; place in bowl. Add orange zest, olives, capers, 2 tsp. oil, and shallot to oranges; season with salt and pepper, if desired.

3. Heat grill pan or sauté pan over medium-high heat; brush or rub pan lightly with oil. Cook mushrooms in pan 3 minutes per side; cool.

4. Slice portobellos on bias, fan out across plates, and top with tapenade.

PER SERVING: 135 CAL; 3 G PROT; 8 G TOTAL FAT (<1 G SAT FAT); 15 G CARB; 0 MG CHOL; 293 MG SOD; 3 G FIBER; 8 G SUGARS  

Spicy Jicama Carpaccio

SERVES 4 | 30 MINUTES OR FEWER

If you can't find jicama for this recipe, substitute peeled, thinly sliced cucumbers or baby turnips. Poblano chiles range from mild to having a bit of heat, so it's best to taste the chile before sprinkling over the jicama.

- 1 1-lb. jicama, peeled
- 1 small poblano chile (2–4 oz.)
- 1 cup cilantro leaves, finely chopped
- 1 green onion, thinly sliced
- 2½ Tbs. lime juice
- 1½ tsp. lime zest
- 1 tsp. hot sauce, optional
- 1 Tbs. olive oil
- Mild chili powder, for dusting

1. Thinly slice jicama with sharp knife or mandoline. Arrange jicama slices on serving plates, and season with salt and pepper, if desired. Cut poblano chile in half lengthwise, remove seeds and ribs with spoon, and thinly slice crosswise. Scatter poblano slices over jicama slices.
2. Stir together cilantro, green onion, lime juice, lime zest, and hot sauce (if using) with fork in small bowl. Stir in oil. Season with salt and pepper, if desired. Spoon cilantro mixture over jicama slices, and dust with chili powder. Serve at room temperature or slightly chilled.

PER SERVING: 84 CAL; 2 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; 0 MG CHOL; 11 MG SOD; 6 G FIBER; 2 G SUGARS   

Sarab Caroon Mitchell was introduced to a global spectrum of flavors during visits to her great-aunt Gen in Washington. When Mitchell couldn't find these dishes at home, she learned how to make them herself. These days, she shares her experience with others as a culinary instructor in Richmond, Va.



Portobello Carpaccio with Orange-Kalamata Tapenade

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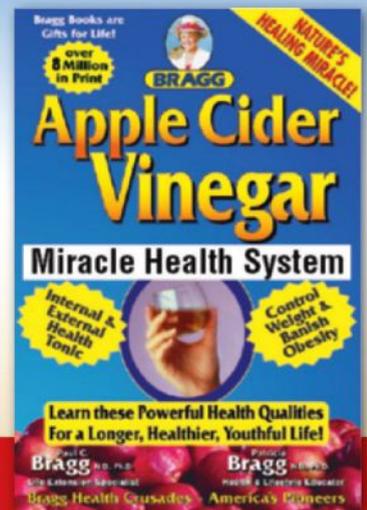
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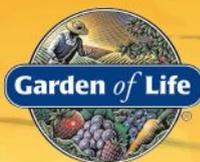
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THE CONCEPT OF COMPLETE PROTEIN

The concept of the complete protein is fairly easy to understand. First of all, it's generally regarded that eight amino acids are essential for healthy adults. They are essential because the body cannot manufacture them on its own, requiring that they come through diet. A complete protein source then, is one that contains all eight of those amino acids in the amounts your body requires.

While proteins are contained in most of the foods we eat, only animal sources of protein contain all eight essential amino acids in the amounts that our bodies require. So logically it follows that animal sources of protein are healthiest, correct? Well, yes and no.

For insight into this issue, consider Dr. Weston A. Price, a man who—in the 1930s—devoted his life to observing the health of remote cultures that were basically cut off from the outside world and lived on their indigenous or historical diets.

He found that many of these cultures thrived on diets made up primarily of animal proteins, nuts, seeds and grains. In fact, many of them ate raw animal protein, be it raw fish or even meat. Of course, there are only a few among us who could stomach an entirely raw animal protein diet, which is why Jordan Rubin and his team at Garden of Life® have created the groundbreaking formulations known as **RAW Protein** and **RAW Meal**.

PLANTING THE SEEDS OF INNOVATION

Consider the definition of raw. RAW means unheated, untreated and unadulterated. It also means no binders, fillers, synthetic ingredients or isolates. RAW truly defines pure, even more so if the product is certified organic. It's also easy to see why finding a quality, pure, raw and organic form of protein is so difficult.

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The importance of consuming live probiotics and enzymes with your protein is critical. In order for your body to get the most out of it, you must first break down and then absorb the protein. While your body can produce protein-digesting enzymes, raw foods provide both the protein and the enzymes for utilization together as they should be.

Probiotics, on the other hand, are needed after the enzymes go to work. Probiotics aid digestion by making it easier for the nutrients from our diets to be absorbed—and later used—by the body. Again, raw foods contain probiotics that aid this process. So should your raw protein supplement.

When it comes to fat-soluble vitamins, nature once again shows its perfection. A look at the most powerful food sources of vitamins A, D, E and K—foods like fish oil, liver, dairy and eggs—is also a list of some of the best sources of protein for your body. It's no accident that high protein foods are some of the richest sources of fat-soluble vitamins. Garden of Life RAW Protein and RAW Meal are RAW, vegan and certified organic, and both come complete with essential amino acids, probiotics, enzymes and fat-soluble vitamins. They contain no fillers or synthetic ingredients and are always uncooked, untreated and unadulterated. They are dairy- and gluten-free with no soy allergens.

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RAW Protein is suitable for almost anyone, including those on a vegetarian or vegan diet, those on low carbohydrate diets, or those with gastrointestinal sensitivities to milk, wheat, soy or other protein sources.

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fideuà fiesta

THE MENU

- MINTED FAVA BEAN SALAD
- GARLICKY MUSHROOMS
- FIDEUÀ
- QUICK AIOLI
- BAKED PEACHES WITH PINE NUTS

If you like the casual feel of a paella supper, it's time to discover *fideuà* (fid-AY-wah), a noodle-based Catalan dish that's got all the satisfying elements of paella, plus a crunchy topping. We've revised the traditional *fideuà* recipe so that it can be made in any home kitchen (no special noodles or paella pan necessary, though if you have one, great). Add some tapas, a fresh fava bean salad, and melt-in-your-mouth baked peaches for dessert, and you're all set to throw an authentic Spanish feast.



Minted Fava Bean Salad

Minted Fava Bean Salad

SERVES 8 | 30 MINUTES OR FEWER

Fava beans are a favorite in Spanish cuisine. Here, they're tossed into a salad that pairs well with hearty main dishes. Feel free to substitute lima beans.

- ¼ cup lemon juice
- ¼ cup olive oil
- 1 clove garlic, minced (1 tsp.)
- 3 cups fresh or frozen shelled fava beans
- ½ head iceberg lettuce or 1 head romaine lettuce, cut into thin strips (4 cups)
- ½ cup firmly packed fresh mint leaves, cut into thin strips

1. Whisk together lemon juice, oil, and garlic in small bowl. Season with salt and pepper, if desired. Set aside.
2. Cook shelled fava beans 3 minutes, or cook frozen fava beans according to package directions. Drain; rinse under cold water.
3. Toss together cooled fava beans, lettuce, and mint in large bowl. Add lemon dressing, and toss to coat. Season with salt and pepper, if desired.

PER ¼-CUP SERVING: 99 CAL; 3 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 7 G CARB; 0 MG CHOL; 26 MG SOD; 3 G FIBER; 3 G SUGARS  

Garlicky Mushrooms

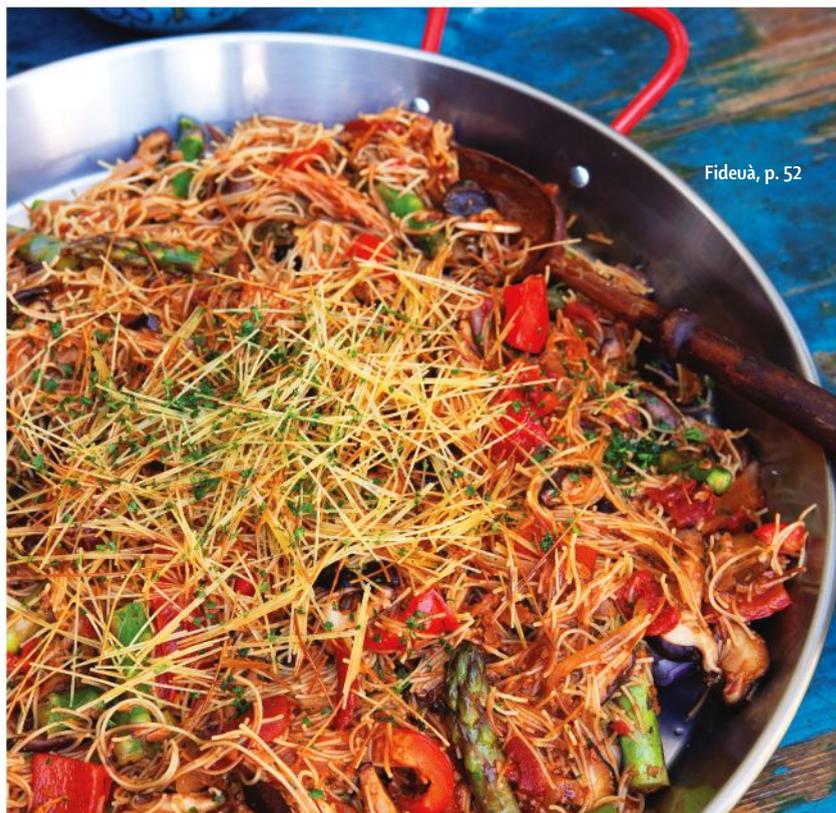
SERVES 8 | 30 MINUTES OR FEWER

In tapas bars, *champiñones al ajillo* (garlicky mushrooms) are usually served in small, shallow bowls along with toothpicks.

- 2 Tbs. olive oil
- 10 cloves garlic, sliced
- 40 large white button mushrooms, quartered
- 2 cups dry white wine
- 2 Tbs. chopped parsley

Heat oil in skillet over low heat. Add garlic, and cook 1 minute or until transparent. Add mushrooms, and cook 10 minutes without stirring. Add wine, and cook 15 minutes, or until liquid has evaporated and mushrooms are browned. Stir in parsley, and cook 2 minutes. Season with salt and pepper, if desired. Serve hot or at room temperature.

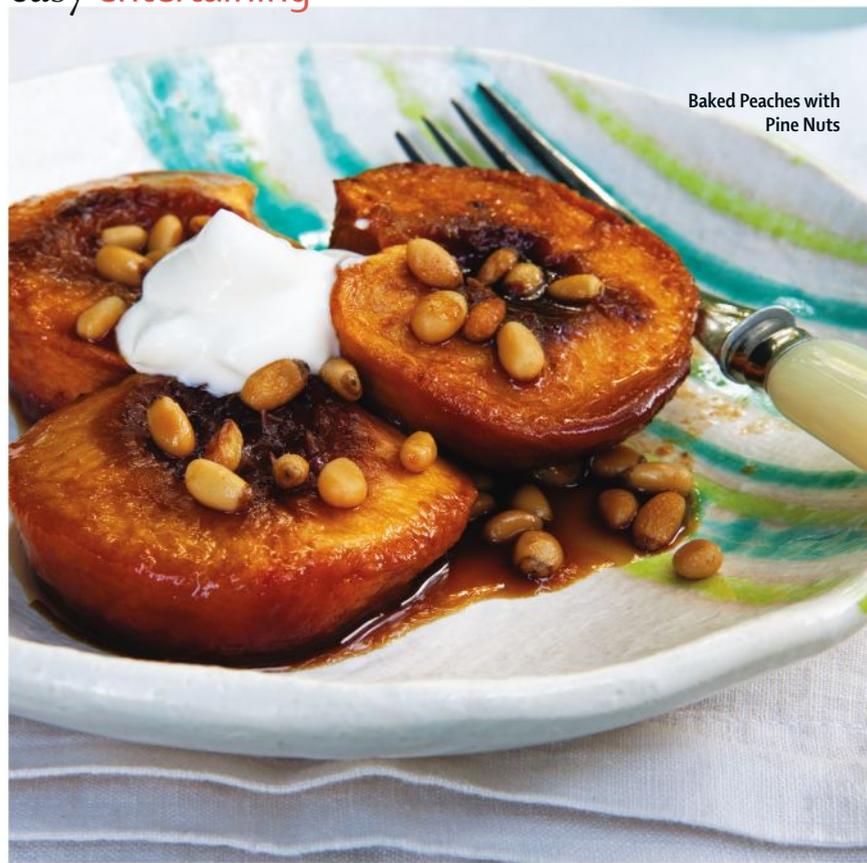
PER ¼-CUP SERVING: 69 CAL; 4 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 6 G CARB; 0 MG CHOL; 12 MG SOD; 1 G FIBER; 3 G SUGARS  



Fideuà, p. 52



Garlicky Mushrooms



Baked Peaches with Pine Nuts

crisp on top. (Watch carefully—it burns quickly.) Sprinkle with remaining 2 Tbs. parsley.

PER 2-CUP SERVING: 177 CAL; 6 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 30 G CARB; 0 MG CHOL; 182 MG SOD; 3 G FIBER; 4 G SUGARS 

Quick Aioli

MAKES ¼ CUP | 30 MINUTES OR FEWER

This quick sauce is a great vegan substitute for traditional aioli, which is made with raw egg yolks and lots of olive oil.

- ½ cup soy mayonnaise
- 1 clove garlic, minced (1 tsp.)
- ¼ tsp. lemon juice, optional

Stir together all ingredients in small bowl.

PER 1-TBS. SERVING: 91 CAL; <1 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 1 G CARB; 0 MG CHOL; 80 MG SOD; <1 G FIBER; 0 G SUGARS  

Baked Peaches with Pine Nuts

SERVES 8

Simplicity is key to most Spanish cooking, and this light dessert is no exception. Serve warm, with a scoop of ice cream or a dollop of crème fraîche.

- ½ cup dry white wine
- ¼ cup sugar
- 8 large peaches, peeled, halved, and pitted
- 4 Tbs. butter
- ¾ cup pine nuts

1. Preheat oven to 350°F. Whisk together wine and sugar in small bowl. Place peaches cavity-side-up on foil-lined baking sheet; fill each cavity with wine mixture. Bake 1 hour, or until tender.
2. Just before serving, melt butter in small skillet over medium heat. Add pine nuts, and cook 3 to 4 minutes, or until pine nuts are golden brown.
3. To serve: Place 2 peach halves on each plate. Top with 1½ Tbs. pine nuts.

PER SERVING: 234 CAL; 3 G PROT; 15 G TOTAL FAT (4 G SAT FAT); 25 G CARB; 15 MG CHOL; 52 MG SOD; 3 G FIBER; 21 G SUGARS  

When Barcelona-based Regina Winkle-Bryan is not eating tapas, she is tending her balcony veggie garden and practicing speaking Catalan.

Fideuà

SERVES 8

In Spain, special noodles are used to make this paella-like party dish, but angel hair pasta fragments work too. Break pasta strands 30 or so at a time to keep them from scattering. Broiling the dish is key to getting its crunchy texture. Serve with Quick Aioli.

- 2 Tbs. olive oil, divided
- 8 oz. angel hair pasta, broken into 2-inch lengths (2 cups)
- 1 medium onion, chopped (1½ cups)
- 2 cups sliced wild mushroom mix (such as fresh shiitake, cremini, and oyster mushrooms)
- ½ 8-oz. pkg. soy chorizo (1 sausage), halved and cut into ¼-inch-thick slices, optional
- 1 small red bell pepper, cut into chunks
- ¼ cup chopped fresh parsley, divided
- 3 cloves garlic, minced (1 Tbs.)
- ½ tsp. smoked paprika
- 1 8-oz. can sodium-free tomato sauce
- 2 cups mushroom broth or low-sodium vegetable broth

8 oz. fresh asparagus, trimmed and cut into 2-inch pieces

1. Heat 1 Tbs. oil in wok, paella pan, or large skillet over medium heat. Add pasta, and cook 3 to 4 minutes, or until lightly browned and opaque, stirring constantly. Transfer pasta to paper-towel-lined plate to drain.
2. Add remaining 1 Tbs. oil to pan, and heat over medium heat. Add onion, and cook 3 to 4 minutes, or until soft. Stir in mushrooms, soy chorizo (if using), bell pepper, 2 Tbs. parsley, garlic, and smoked paprika, and cook 5 to 7 minutes, or until most liquid has evaporated.
3. Stir in tomato sauce. Add pasta, broth, and ½ cup water, and season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 5 minutes, stirring frequently. Add asparagus, and cover; simmer 3 minutes.
4. Preheat oven to broil. If using wok or skillet, transfer pasta mixture to 10-inch or larger round cake pan. Place paella pan or cake pan under broiler, and broil 3 to 4 minutes, or just until pasta is

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28
day
EAT GREEN
CHALLENGE

BY Aurelia d'Andrea

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Teetering on the edge of veg or looking to fine-tune your daily eating habits? Our 28-day plan will have you eating your greens—and your reds, yellows, and oranges—for life

Veg boot camp

We've all been there: It's six months into the New Year and that gym membership still hasn't been activated. And that resolution to kick the meat habit for good? It, too, fell by the wayside, thanks to the neighbor's pepperoni-pizza-fueled Super Bowl party. You know you want to get healthy and clean up your diet, so which excuse is keeping you from going full-fledge veg? We know, we know. There are so many to choose from!

Dismantling the myths that stand between you and optimal health is no easy feat; after all, well-meaning friends and family have been hurling their unfounded fears at you since you first announced your intention to give meat the heave-ho. Hear them out, but also listen to what the experts have to say: vegetarianism is healthful, delicious, affordable, and time-efficient too.

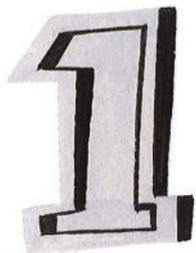
It's never too late to turn good intentions into action, and our 28-day plan supports you every step of the way. You'll find tasty recipes to get you started and menus to tie it all together. First off, doctors and dietitians bust those diehard myths—yes, you'll get plenty of protein.

THE PROTEIN MYTH: You'll Wither Away Without Meat

Sometimes, it seems our families exist for the sole purpose of worrying about us, especially when we say nay to the turkey at Thanksgiving, pass on the pot roast at Christmas, or skip the brisket at Passover. "But you used to love my meatloaf," comes the kitchen chorus. "You're going to starve. Eat!"

The next time Grandma gives you grief for skipping the skirt steak and heading straight for the baked potato, salad, and grilled vegetables, tell her not to worry—the doctor says it's OK. "As long as you are eating a variety of plant foods, you'll easily get all the protein you need," says Neal D. Barnard, MD, VT's Ask the Doc columnist and president of the Physicians Committee for Responsible Medicine.

The exact amount of protein you need depends largely on your body weight, but it's roughly 1 gram for every 2.2 pounds. "Protein should hit no less than 50 grams per day, so aim for meals that have at least 12 grams, and snacks with 5 to 7 grams," advises Dawn Jackson Blatner, RD, LDN, who designed our 28-day Veg Boot Camp meal plan to deliver a generous 16 grams of protein per meal. With simple planning, vegetarians can easily access all the protein their bodies require to thrive, says Blatner, but remember to incorporate beans, nuts, and seeds into each of your main meals and most of your snacks: "Beans and lentils are the best sources of protein, and there are so many options." And don't forget the humble soybean in its myriad forms: edamame, tofu, and tempeh are satisfying sources of plant-based protein.



THE HUNGER MYTH: You Won't Feel Satisfied

Someone, somewhere in time, launched a rumor that has stuck like superglue: vegetarians eat only rabbit food. To the contrary, one of the best things vegetarianism has going for it is its sheer variety. Take meat out of the equation and a new world of possibilities opens up: exotic greens, earthy grains, savory mushrooms. The key to feeling satisfied is to think not just quantity, but taste and texture too.

"The pleasure of food has as much to do with mouthfeel as it does with flavor," says Colleen Patrick-Goudreau, author of *Color Me Vegan* and *The 30-Day Vegan Challenge*. "For instance, if you're looking to satisfy your craving for something chewy and meaty, try mushrooms, tempeh, seitan, or whole grains." Explore new recipes that will allow you to experiment with less familiar foods, and make the process fun by sharing the experience with a friend.

As you ease into vegetarianism and begin to navigate the vast and varied world of vegetarian foods, you might find that some of the things you used to eat are now making you feel too full. Don't be surprised if your cravings for oily chips and candy bars morph into a hunger for crisp apples and whole-grain crackers; it's simply another benefit of adopting healthier eating habits.



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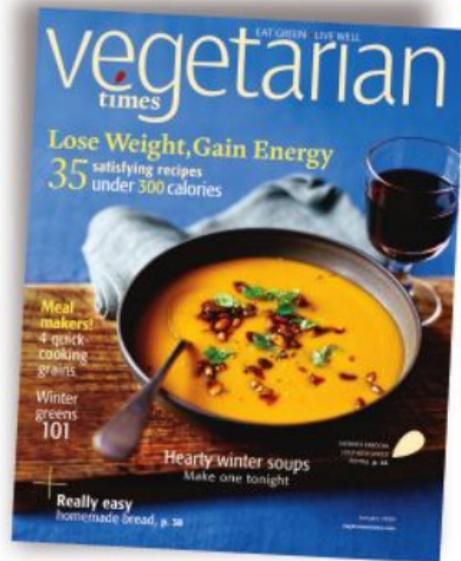
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THE MONEY MYTH: You Can't Afford It

It's hard to compete with those cheap, greasy value meals touted at fast-food chains, but creating satisfying, wholesome, and delicious meals from plant foods looks a lot more affordable when you consider the long-term health benefits. Americans spend more than \$147 billion per year to combat obesity-related illness—nearly 10 percent of our total health care spending—and that doesn't include the cost of fighting cancer and other lifestyle-related diseases.

"We are spending less than half as much of our incomes on food today than we did 40 years ago, but we spend three times as much on medical care," says family physician Joel Fuhrman, MD, author of the bestselling book *Eat to Live*. "Instead of buying good-quality, healthful food, we eat ourselves into chronic diseases that cost a fortune to control with drugs, and the drugs don't work very well and have side effects too."

Budget-conscious shoppers needn't feel compelled to shop at high-end natural-food chains; farmers' markets are an affordable source for fresh produce, and buying beans, rice, and other staples in bulk lets you bypass the added expense inherent in packaging.

THE TIME MYTH: You're Too Busy

If you've got a can opener and a knife, you can get a healthful veg meal on the table in the time it takes to check your e-mail. "Dinner can be as simple as heating a can of lentil soup with a bag of frozen mixed vegetables to increase its nutrient power," says Jennifer Reilly, RD, a Washington-based nutritionist. "Have that with some whole-grain crackers and you've got dinner in less than 6 minutes!" Stock your fridge and pantry with go-to staples, such as black beans, pasta sauce, tortillas, avocado, and hummus. With a little practice, you'll be mixing, matching, and eating better meals and snacks in no time flat.



THE NUTRITION MYTH: You Won't Get All the Vitamins and Minerals You Need

If your version of vegetarianism is built on a base of French fries, potato chips, and fried mozzarella sticks, well, maybe there's something to this myth. The junk food trap is an easy one to fall into; everywhere we go—the supermarket, the mall, the movies—we're seduced by the call of high-fat, nutrient-deficient convenience foods and fast-food meals.

"Everyone should be careful to meet their nutritional needs, no matter what diet they are on," asserts Fuhrman. "Vegetarians and omnivores alike often eat lots of junk food, white flour, and too much sugar and salt. We only get one body, and don't get a new one after we screw it up. Consuming whole, natural plant foods and avoiding processed foods are the answer to achieving a long, healthy life."

TOP 3 REASONS TO EAT VEG

1. For the Animals With every piece of chicken, cow, pig, turkey, duck, lamb, or veal calf you don't eat, you are opting out of a system that slaughters roughly 10 billion land animals for food each year in America, according to estimates from the Humane Society of the United States. (That's not even counting fish.) Vegan diets take the notion one step further by eschewing *all* animal products, including eggs and dairy.

2. For the Environment "Livestock's Long Shadow," an oft-referenced 2006 report issued by the United Nations, had some environmentalists choking on their cheeseburgers: The livestock sector generates more than 18 percent of the world's greenhouse gas emissions. Factory farms are also major contributors to land erosion and water pollution.

3. For Your Health Vegetarians have a lower risk of colon and bowel cancers, and some studies suggest a link between plant-based diets and reduced instances of Alzheimer's disease. Going veg also offers significant improvements to quality of life. "In our research studies, we see changes almost instantly," says Neal D. Barnard, MD. "Within the first day or two, digestion improves. After a few weeks, blood pressure and cholesterol are noticeably improved, and if a person has diabetes, it is usually dramatically better too."





Vegetable Pot Pies, p. 74

1 week

MIX 'N' MATCH MEALS We enlisted nutritionist Dawn Jackson Blatner, RD, LDN, author of *The Flexitarian Diet*, to create a vegetarian meal plan that proves how easy it is to make delicious, nutrient-packed meals without overdoing it on calories. Each breakfast, lunch, and dinner contains about 400 calories and averages 16 grams of protein; each 200-calorie snack averages 6.5 protein grams. Mix and match to your heart's content: by choosing three meals and two snacks a day, you'll get flavor, satisfaction, and a balance of essential nutrients in just 1,600 calories.

BREAKFASTS calorie

- 1. Green Energy Smoothie** Blend 1 cup soy milk, 1 banana, 2 cups loosely packed chopped kale, and $\frac{1}{4}$ cup ice cubes until smooth. Serve with $\frac{1}{4}$ cup raw almonds.
- 2. Apple-Cheddar Melt** Layer thin apple slices and 1 slice 2% low-fat or vegan Cheddar cheese between 2 slices sprouted whole-grain bread. Broil or toast 6 minutes.
- 3. Fast Waffles with Fresh Blueberry Syrup** Purée $\frac{3}{4}$ cup fresh blueberries with 1 Tbs. maple syrup in blender; pour over 2 toasted whole-grain freezer waffles, and top with 3 Tbs. almond slivers.
- 4. Melon & Cottage Cheese** Serve 1 cup chopped melon with $\frac{3}{4}$ cup low-fat cottage cheese. Top with 2 Tbs. each chopped fresh mint and chopped walnuts. Serve with 2 rye crisp crackers.
- 5. Santa Fe Breakfast Burrito** Heat 1 tsp. olive oil in small skillet over medium heat. Add 4 oz. mashed tofu, $\frac{1}{4}$ cup canned black beans, 2 Tbs. chopped canned green chiles, and $\frac{1}{8}$ tsp. turmeric; sauté 3 minutes, or until hot. Wrap mixture and 4 avocado slices in 8-inch whole-grain tortilla.
- 6. Oatmeal Deluxe** Top 1 cup cooked oatmeal with $\frac{1}{2}$ cup raspberries, 2 Tbs. raw almond slivers, 2 Tbs. toasted unsweetened shredded coconut, and 2 tsp. maple syrup.
- 7. Plum Parfait** Layer $\frac{3}{4}$ cup plain nonfat Greek yogurt, $\frac{1}{2}$ cup chopped plums, and $\frac{1}{4}$ cup chopped pistachios. Top with 2 Tbs. low-fat granola.

LUNCHES calorie

- 1. Mediterranean Plate** Serve 6 Tbs. hummus, 6 kalamata olives, 1 toasted whole-grain pita (cut into triangles), $\frac{1}{2}$ cup cucumber slices, and $\frac{1}{2}$ cup baby carrots.
- 2. Edamame & Broccoli Rice Bowl** Whisk together 1 Tbs. chunky natural peanut butter, 2 Tbs. 100% pineapple juice, 1 Tbs. water, and 1 tsp. low-sodium soy sauce. Toss with 2 cups broccoli florets and $\frac{1}{2}$ cup shelled edamame; sauté 8 minutes. Serve over $\frac{1}{2}$ cup cooked brown rice.
- 3. Greek Lentil Salad** (recipe, p. 61) with 1 whole-grain pita, cut into triangles.
- 4. 2 slices Zucchini-Goat Cheese Pizza** (recipe p. 62)
- 5. Guac & Greens Burrito** Wrap whole-grain tortilla around $\frac{1}{2}$ cup vegetarian refried beans, $\frac{1}{4}$ cup steamed spinach, and one-third avocado mashed with 2 Tbs. green salsa.
- 6. Pesto & White Bean Quinoa** Combine 1 Tbs. prepared pesto, $\frac{1}{2}$ cup canned white beans, $\frac{1}{2}$ cup halved cherry tomatoes, $\frac{1}{2}$ cup baby spinach, and 2 Tbs. almond slivers. Serve with $\frac{1}{2}$ cup cooked quinoa.
- 7. Fast Noodle Soup** Bring 3 cups low-sodium vegetable broth and 2 oz. dry whole-grain fettuccine to a boil; boil 6 minutes. Add 1 cup broccoli slaw and 2 oz. cubed extra-firm tofu; simmer 5 minutes. Top with 1 tsp. low-sodium soy sauce and 2 Tbs. each chopped green onion, chopped cilantro, and dark sesame oil.

DINNERS calorie

- 1. Sugar Snap and Snow Pea Stir Fry** (recipe, p. 77) served over $\frac{1}{2}$ cup brown rice.
- 2. One-Pot Pasta Primavera** (recipe, p. 74)
- 3. Tofu Dengaku with Celery Root Purée** (recipe, p. 75) served with 1 cup steamed broccoli tossed with 2 tsp. sesame oil.
- 4. Charro Beans with Chipotle Sausage** (recipe, p. 75)
- 5. Vegetable Pot Pie** (recipe, p. 74) served with 1 cup romaine salad topped with 2 Tbs. walnuts and 1 Tbs. crumbled blue cheese.
- 6. Vegetable Rosti with Tomato-Corn Relish** (recipe, p. 63) served with $\frac{1}{2}$ cup prepared lentil soup.
- 7. Black Bean Taco Salad** Toss 3 cups shredded romaine, $\frac{1}{2}$ cup canned black beans, one-third chopped avocado, and 2 Tbs. each chopped green onion and salsa; top with 12 crumbled tortilla chips.

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200
calorie **SNACKS**

- 1. Sweet & Salty Seed Mix** Combine 1½ Tbs. pumpkin seeds, 1½ Tbs. sunflower seeds, 1 tsp. sesame seeds, 1 tsp. chia seeds, 2 tsp. agave nectar, and a light sprinkling of sea salt. Toast in skillet, and spread on parchment paper to cool.
- 2. Dark Chocolate-Dipped Strawberries** Melt 3 Tbs. dark chocolate chips in microwave 10 to 20 seconds (be careful not to burn them). Dip 6 strawberries into chocolate, and set on parchment paper in fridge for 10 minutes.
- 3. Dill Hummus & Cucumber** Mix ¼ tsp. dried dill into 6 Tbs. prepared hummus; serve with 1 cup cucumber slices.
- 4. Easy Peach-Granola Cobbler** Combine 1 pitted, chopped peach; 1 tsp. agave nectar; and ¼ tsp. cinnamon. Microwave 3 to 4 minutes, or until tender. Top with 4 Tbs. granola.
- 5. Cheezy Popcorn** Lightly mist 4 cups air-popped popcorn with olive oil cooking spray; sprinkle with 2 Tbs. nutritional yeast.
- 6. Almond Butter, Fig Jam & Crackers** Spread 2 tsp. almond butter and 2 tsp. jam on 5 whole-grain crackers.
- 7. Banana-Cocoa Smoothie** Blend half a frozen banana, ½ cup soymilk, 2 ice cubes, ¼ tsp. unsweetened cocoa powder, and ¼ tsp. cinnamon until smooth. Serve with 6 walnut halves.



Greek Lentil Salad

SERVES 4

Try this salad as a take-along lunch or a light dinner. Unlike most dried beans, lentils don't need to be soaked before cooking, but they still offer all the same protein and fiber benefits.

- 1 cup French green lentils, rinsed and drained
- ¼ small onion
- 2 bay leaves
- 1 large shallot, finely chopped (¼ cup)
- 2 Tbs. lemon juice
- 1 small cucumber, diced (1 cup)
- 2 medium tomatoes, diced (1 cup)
- ¼ cup chopped fresh mint

- 1 Tbs. olive oil
- ¼ cup crumbled feta cheese

- Place lentils, onion, bay leaves, and 6 cups water in large saucepan; bring to a boil. Reduce heat to medium-low, and cook 25 to 30 minutes, or until lentils are tender. Drain, remove onion and bay leaves, and cool.
- Stir together shallot and lemon juice in large bowl. Add lentils, cucumber, tomatoes, mint, and oil; stir to combine. Season with salt and pepper, if desired. Chill 1 hour, or overnight. Serve topped with feta.

PER 1-CUP SERVING: 228 CAL; 12 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 33 G CARB; 8 MG CHOL; 116 MG SOD; 8 G FIBER; 4 G SUGARS



Zucchini–Goat Cheese Pizza

MAKES 1 10-INCH PIZZA | 30 MINUTES OR FEWER

Cheese pizza is a perennial veg favorite, but it often comes with a hefty calorie count. Here, goat cheese and thinly sliced veggies offer lighter alternatives to shredded mozzarella.

PIZZA

- 2 Tbs. olive oil, divided
- 8 oz. (½ pkg.) prepared refrigerated pizza dough
- 1 3.5-oz. log goat cheese, thinly sliced or roughly chopped

- 1 zucchini, peeled into thin strips
 - 1 small red bell pepper, cut into rings
- SAUCE**
- 1 6-oz. can no-salt-added tomato paste
 - 2 Tbs. finely minced onion
 - 2 cloves garlic, minced (2 tsp.)
 - 2 tsp. dried oregano
 - 2 tsp. olive oil
 - ½ tsp. red wine or red wine vinegar

1. To make Pizza: Preheat oven to 450°F. Brush large baking sheet or pizza pan with 1 Tbs. oil. Spread pizza dough in prepared pan.

2. To make Sauce: stir together all ingredients with fork in small bowl.

3. Spread Sauce on dough. Top with half of goat cheese. Spread zucchini strips over goat cheese, top with bell pepper rings, then remaining goat cheese. Drizzle with remaining 1 Tbs. oil. Bake 10 to 15 minutes, or until cheese is melted and bubbly. Cool 10 minutes, then cut into 6 slices.

PER SLICE: 213 CAL; 8 G PROT; 11 G TOTAL FAT (3 G SAT FAT); 26 G CARB; 8 MG CHOL; 285 MG SOD; 2 G FIBER; 6 G SUGARS

Vegetable Rosti with Tomato-Corn Relish

SERVES 4 | 30 MINUTES OR FEWER

A little flour and egg bind together grated vegetables to make satisfying patties. We've topped them with a summery relish, but you could easily substitute salsa or sautéed mushrooms.

TOMATO-CORN RELISH

- 3 cups fresh or thawed frozen corn kernels
- 2 small tomatoes, chopped (1½ cups)
- ½ cup chopped fresh basil or parsley
- ¼ cup plus 2 Tbs. chopped onion
- 3 tsp. olive oil
- 2 cloves garlic, minced (2 tsp.)

ROSTI

- 2 medium white potatoes
- 2 large carrots
- 2 small zucchini

- 1 cup chopped onion
- ¼ cup all-purpose flour
- 2 cloves garlic, minced
- 2 large eggs, lightly beaten

1. To make Tomato-Corn Relish: Combine all ingredients in bowl. Set aside.
2. To make Rosti: Grate potatoes, carrots, and zucchini onto clean kitchen towel. Wrap towel around vegetables, and squeeze to remove excess liquid. Transfer vegetables to bowl, and stir in onion, flour, and garlic. Fold in eggs, and season with salt and pepper, if desired.

3. Coat large skillet with cooking spray, and heat over medium heat. Spoon 2 Tbs. Rosti mixture for each patty, shaping with spoon to make patties. Cook 2 to 3 minutes, or until bottoms are crisp. Carefully flip with spatula, and cook 2 minutes more, or until browned on both sides. Serve with Tomato-Corn Relish.

PER SERVING (6 ROSTI AND ¼ CUP RELISH): 328 CAL; 12 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 57 G CARB; 93 MG CHOL; 105 MG SOD; 8 G FIBER; 15 G SUGARS

Continued on p. 74



1 FOOD 5 WAYS

RECIPES BY Victoria Abbott Riccardi

rhubarb

Mention rhubarb to food lovers and a faraway look comes into their eyes. “I remember when I was a kid just pulling up a stalk and eating it raw,” reminisces Darlene Johnson, founder of the Rhubarb Festival in Aledo, Ill. “Now people tell me, ‘All I want is a piece of old-fashioned rhubarb pie’—they’ll stand in line in the rain just to get one!”

Rhubarb’s unforgettable taste goes well with newfangled recipes too. “At the festival, we’ve had salsa, salad dressing, barbecue sauce, wine, and even caramels,” says Johnson. These recipes offer a few modern twists to try with this old favorite.



These sweet-tart stalks are good for so much more than just pies

Amaretti Frozen Yogurt with Warm Vanilla-Roasted Rhubarb

SERVES 6

The components for this easy, elegant dessert can be made ahead of time and assembled just before serving. The roasted rhubarb will keep up to 1 week in the fridge.

- 1½ pt. nonfat vanilla frozen yogurt, softened (3 cups)
- 8 large amaretti (Italian almond cookies), crushed

- 1 lb. fresh rhubarb, cut into 1-inch chunks
- ½ cup sweetened pomegranate juice
- 1 vanilla bean
- ¼ cup sugar

1. Place frozen yogurt in large bowl. Add amaretti; stir well to combine.
2. Working quickly, scoop frozen yogurt mixture into 6 balls. Place in wax paper-lined metal baking pan, and freeze several hours, or until yogurt balls are firm.

3. Preheat oven to 400°F. Toss rhubarb with pomegranate juice in 9- x 7-inch baking dish. Split vanilla bean, scrape out seeds, and stir seeds into rhubarb. Sprinkle sugar over fruit, and toss to mix. Bake 30 minutes, or until tender. Transfer to serving dish, and cool.
4. For each serving, place 1 frozen yogurt ball in dessert dish, and surround with ⅓ cup rhubarb.

PER SERVING: 237 CAL; 8 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 53 G CARB; 0 MG CHOL; 111 MG SOD; 1 G FIBER; 48 G SUGARS





Indian-Spiced Lentils with Spinach and Rhubarb

SERVES 6

Rhubarb's fruity flavor complements the Indian spices, sweet raisins, and velvety spinach in this dish. For a more complete dinner, serve over a cooked whole grain, such as quinoa or brown rice.

- 2 Tbs. olive oil, divided
- 2 Tbs. yellow mustard seeds
- 2½ tsp. whole cumin seeds
- 3 Tbs. minced fresh ginger
- 3 cloves garlic, minced (1 Tbs.)
- 1 medium red onion, chopped (1½ cups)
- ½ cup golden raisins

- 1 cup brown lentils, rinsed and drained
- 3½ cups low-sodium vegetable broth
- ½ lb. fresh rhubarb, cut into ¼-inch slices, or ½ lb. frozen sliced rhubarb, thawed
- 6 cups baby spinach leaves
- ½ cup chopped cilantro

1. Heat 1 Tbs. oil in nonstick skillet over medium-low heat. Add mustard and cumin seeds. Cover skillet, and cook 2 minutes, or until seeds begin to pop. Cook 1 to 2 minutes more, or until popping stops, shaking skillet often. Remove from heat, stir in ginger and garlic, and season with salt and pepper, if desired. Cover, and set aside.

2. Heat remaining 1 Tbs. oil in saucepan over medium heat. Add onion and raisins; sauté 10 minutes, or until onions begin to brown. Stir in lentils and 3 cups broth; bring to a boil. Reduce heat to medium-low; simmer 25 minutes. Stir in rhubarb and remaining ½ cup broth; cook 6 minutes. Add spinach, cover, and cook mixture 6 minutes more. Stir mixture to incorporate rhubarb and spinach leaves, then stir in spice mixture. Serve garnished with cilantro.

PER 1-CUP SERVING: 250 CAL; 11 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 41 G CARB; 0 MG CHOL; 130 MG SOD; 11 G FIBER; 13 G SUGARS  

YEAR-ROUND RHUBARB

Sliced fresh rhubarb freezes well: Arrange slices on a parchment-lined baking sheet, and freeze. Once frozen, transfer slices to a resealable plastic bag, where they'll keep in the freezer for up to a year.

Strawberry-Rhubarb Tart with Apricot Cream

SERVES 12

You can prepare the crust and rhubarb filling a day before you plan to serve this tart. Simply wrap the baked crust in foil, and place the rhubarb filling in a sealed container in the refrigerator.

- 1¾ cups whole-wheat pastry flour
- ½ cup all-purpose flour
- 1¾ cups plus 1 Tbs. sugar, divided
- 1 pinch salt
- ¾ cup canola oil
- 2 lb. fresh rhubarb, cut into ¼-inch slices, or 2 16-oz. pkg. frozen sliced rhubarb
- 3 Tbs. fresh orange juice
- 1 Tbs. grated orange zest
- 2 lb. small strawberries, stems removed
- 1 cup all-fruit apricot jam
- 1½ cups nonfat Greek yogurt

1. Preheat oven to 375°F.
2. Whisk together flours, 1 Tbs. sugar, and salt in large bowl. Add oil; blend until mixture resembles cornmeal. Add ¼ cup ice water; stir until dough just comes together. Transfer dough to large piece of wax paper; shape into flattened disk. Place another piece of wax paper over dough, and roll out dough—lifting wax paper as necessary—until you have 14-inch round.
3. Transfer dough to 12-inch fluted-edge tart pan with removable bottom. Gently press dough into pan, using excess dough to patch thin spots and bulk up fluted edges. Poke holes in bottom of dough and along edges with fork. Bake 25 to 30 minutes, or until lightly browned. Remove from oven; cool on wire rack.

4. Combine rhubarb, remaining 1¼ cups sugar, orange juice, and orange zest in saucepan, and heat over medium-low heat. Once rhubarb releases juice, bring mixture to a simmer over medium heat. Reduce heat to medium-low, and cook 40 minutes, or until mixture is thick and jam-like, stirring often. Transfer to bowl to cool.

5. Spread rhubarb mixture over bottom of tart. Arrange strawberries, stem-side down, over tart, beginning with outside edge and working your way in.

6. Melt apricot jam in small saucepan over low heat. Generously brush jam over strawberries and around edges of tart with pastry brush. Transfer remaining jam to medium bowl to cool. Whisk cooled jam into yogurt. Cut tart into 12 slices, and serve with apricot cream.

PER SLICE: 301 CAL; 6 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 60 G CARB; 0 MG CHOL; 26 MG SOD; 5 G FIBER; 38 G SUGARS

Rhubarb-Ginger Shrub

MAKES 2¾ CUPS SYRUP

Shrubs are drinks that date back to Colonial days when they were made with sweetened vinegar fruit syrups blended with rum or brandy. Nowadays, a shrub typically consists of the syrup stirred into a glass of flat or sparkling ice water.

- 2 cups apple cider vinegar
- 2 cups sugar
- 2 Tbs. finely minced fresh ginger
- 1¾ lb. fresh rhubarb, finely chopped, or 1 16-oz. pkg. frozen sliced rhubarb
- Seltzer or ice water
- Fresh mint sprigs, for garnish, optional

1. Combine cider vinegar, sugar, and ginger in large pot, and bring to a boil.

Add rhubarb, reduce heat to medium-low, and simmer 5 to 7 minutes, or until rhubarb is tender and falling apart, stirring occasionally. Cool, then chill.

2. Line sieve with cheesecloth, and place over large bowl. Pour rhubarb mixture into sieve, and let drain, pressing to extract all liquid. Reserve solids for another use. (They can be turned into chutney.) Transfer syrup to covered jar, and refrigerate until ready to use.

3. To serve: Pour 4 to 5 Tbs. syrup in bottom of glass with ice. Top with 6 oz. seltzer or ice water. Garnish each glass with mint sprig, if using.

PER SERVING: 171 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 42 G CARB; 0 MG CHOL; 4 MG SOD; 0 G FIBER; 41 G SUGARS  

Rhubarb-Pineapple Relish

MAKES 2 CUPS

The long maceration time of this tangy-sweet relish softens both the flavor and the texture of raw rhubarb. Serve with cheese quesadillas or a stew, such as Spring Vegetable Stew with Soft Polenta from vegetariantimes.com.

- 1½ cups finely chopped fresh or frozen and thawed rhubarb
- 1½ cups finely diced fresh pineapple
- 3 Tbs. minced fresh mint
- 2 Tbs. thinly sliced shallot
- 2 Tbs. finely chopped jalapeño chile
- 1 Tbs. honey
- 1 Tbs. lime juice
- 1 tsp. grated lime zest

Combine rhubarb, pineapple, mint, shallot, jalapeño, honey, lime juice, and lime zest in bowl. Cover with lid, and refrigerate 8 hours, or up to 2 days.

PER ½-CUP SERVING: 43 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 11 G CARB; 0 MG CHOL; 3 MG SOD; 1 G FIBER; 8 G SUGARS  

Victoria Abbott Riccardi has adored rhubarb ever since she was a little girl and her grandmother first served it to her stewed and chilled. Riccardi now likes to make rhubarb into jam (see tart recipe) and enjoy it spooned over ricotta-topped whole-grain toast.

RECIPES BY Alison Ashton

blooming good





Squash Blossom Frittata, p. 70

Adorn your summer table (and garden) with edible flowers that taste as good as they look

Cooking with edible flowers can seem difficult. In addition to growing them (or finding a reliable, not-too-expensive purveyor), there's also knowing which blossoms can be used, and how. But the effort involved is so rewarding. "A cake is a cake is a cake until you put roses on it—then it's a work of art," says Jules Dervaes, owner of Urban Homestead in Pasadena, Calif., whose attempt at edible landscaping 15 years ago turned into a thriving business that supplies edible flowers to local restaurants and caterers. These easy, eye-catching recipes will inspire you to start scattering petals and artfully arranging blooms in your dishes all summer long.

PHOTOGRAPHY Kana Okada FOOD STYLING Toni Brogan PROP STYLING Amy Wilson



Mixed Green Salad with
Nasturtium Vinaigrette

Mixed Green Salad with Nasturtium Vinaigrette

SERVES 8 | 30 MINUTES OR FEWER

Salad is the simplest way to enjoy the beauty and flavor of edible flowers. The vinaigrette in this recipe goes light on the mustard to compensate for the peppery flavor of nasturtiums.

- ½ cup olive oil
- 2 Tbs. Champagne vinegar
- ¼ tsp. Dijon mustard
- ¼ cup finely chopped nasturtium petals
- 16 cups mixed spring salad greens
- Assorted edible flower petals
such as nasturtium, marigold,
geranium, and/or begonia, for garnish

Whisk together oil, vinegar, and mustard in bowl. Stir in nasturtiums. Add greens, and toss to coat. Garnish with petals.

PER 2-CUP SERVING: 136 CAL; 1 G PROT; 14 G TOTAL
FAT (2 G SAT FAT); 3 G CARB; 0 MG CHOL; 18 MG SOD;
1 G FIBER; <1 G SUGARS  

Squash Blossom Frittata

SERVES 8 | 30 MINUTES OR FEWER

Squash blossoms are usually stuffed with cheese and fried. Delicious, yes, but this frittata is faster and a whole lot healthier.

- 6 large eggs
- 2 large egg whites
- ¼ cup (1 oz.) crumbled goat cheese
- 2 Tbs. olive oil, divided

- ¼ cup minced shallot
- 1 clove garlic, minced (1 tsp.)
- ½ cup thinly sliced zucchini
- 6 squash blossoms, stems and
stamens removed

1. Preheat broiler. Whisk together eggs, egg whites, and cheese in bowl; season with salt and pepper, if desired. Set aside.
2. Heat 1 Tbs. oil in 10-inch ovenproof skillet over medium-high heat. Add shallot, and sauté 2 minutes. Add garlic; sauté 30 seconds. Add zucchini; sauté 2 minutes. Stir zucchini mixture into egg mixture. Add squash blossoms to skillet, and sauté 30 seconds. Remove squash blossoms from skillet.



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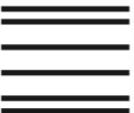
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3. Heat remaining 1 Tbs. oil in same skillet over medium-low heat. Add egg mixture to skillet. Arrange squash blossoms in circle on top. Cover, and cook 10 minutes, or until set.

4. Uncover skillet, and transfer to oven. Broil 3 minutes, or until top of frittata is golden. Slide frittata onto cutting board, and slice into 8 wedges.

PER WEDGE: 103 CAL; 7 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 2 G CARB; 141 MG CHOL; 81 MG SOD; <1 G FIBER; <1 G SUGARS 

Summer Rolls with Marigolds and Nasturtiums

MAKES 24 ROLLS

For an extra-elegant touch, press a whole nasturtium flat against the rice paper wrapper before rolling. The flower will show through the translucent wrapper. The marigolds here are *Tagetes erecta*.

SAUCE

- ½ cup unseasoned rice or white vinegar
- 2 Tbs. brown sugar
- 4 tsp. low-sodium soy sauce
- 1 tsp. cornstarch
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. minced fresh ginger
- ¼ cup chopped green onions

ROLLS

- 2 2.4-oz. pkg. mung bean threads
- 24 8½-inch round rice paper wrappers
- 1½ cups julienned carrot
- 1½ cups julienned cucumber
- 1½ cups bean sprouts
- 1 cup thinly sliced on bias green onions
- ½ cup chopped marigolds
- ½ cup chopped nasturtium
- ¼ cup coarsely chopped fresh mint
- ¼ cup coarsely chopped fresh cilantro

1. To make Sauce: Whisk together vinegar, brown sugar, soy sauce, and cornstarch in saucepan. Stir in garlic and ginger, and bring to a boil. Reduce heat to medium-low, and simmer 3 minutes. Cool; stir in green onions.

2. To prepare Rolls: Cook mung bean threads according to package directions. Drain, rinse with cold water, drain again.

3. Fill 9-inch round cake pan with 1 inch hot water. Soak 1 wrapper in hot water



Summer Rolls with Marigolds and Nasturtiums

until softened. Transfer to work surface, and pat dry. Arrange 3 Tbs. bean threads over center of wrapper. Top with 1 Tbs. each carrot, cucumber, and bean sprouts, then 2 tsp. green onions, 1 tsp. marigold, 1 tsp. nasturtium, ½ tsp. mint, and ½ tsp. cilantro. Fold bottom of wrapper over filling, fold in sides, and tightly roll up, burrito-style. Repeat with remaining wrappers and filling. Serve with Sauce.

PER SERVING (1 ROLL AND ½ TSP. SAUCE): 69 CAL; 2 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 15 G CARB; 0 MG CHOL; 47 MG SOD; <1 G FIBER; 3 G SUGARS 

Creamy Fettuccine with Peas and Flowers

SERVES 8 | 30 MINUTES OR FEWER

This recipe lends itself to a wide variety of edible flowers. Try it with chive blossoms, sweet peas, nasturtiums, marigold petals, calendula petals, or chopped sunflower or squash petals.

- 1 lb. spaghetti
- 2 cups fresh peas or thawed frozen peas

- 6 Tbs. crème fraîche
- 6 Tbs. grated Parmesan cheese
- 6 cloves garlic, minced (2 Tbs.)
- 1 cup chopped edible flowers, plus 8 flowers for decoration, divided
- ½ cup chopped fresh chives
- 8 sprigs fresh basil or parsley, for garnish

1. Cook pasta according to package directions in boiling salted water, adding peas 3 minutes before end of cooking time. Drain, and reserve ¼ cup cooking liquid.

2. Meanwhile, whisk together crème fraîche, cheese, and garlic in large bowl. Season with salt and pepper, if desired, then fold in chopped flowers and chives.

3. Whisk reserved ¼ cup pasta cooking water into crème fraîche mixture. Add pasta, and toss to coat. Divide pasta among plates, and garnish each serving with basil sprig and whole edible flower.

PER 1-CUP SERVING: 320 CAL; 13 G PROT; 8 G TOTAL FAT (4 G SAT FAT); 49 G CARB; 23 MG CHOL; 178 MG SOD; 5 G FIBER; 3 G SUGARS



Creamy Fettuccine with Peas and Flowers, p. 71

TENDING YOUR edible garden

Like any crop, edible flowers have to be cared for to keep them unblemished and pest-free. Jules Dervaes shares his growing tips.

1. AVOID GETTING BLOOMS WET. Water can cause wilting and spotting when it comes in direct contact with the petals. Water a plant at its base, or keep delicate flowers, such as pansies and primroses, in self-watering containers.

2. SPRITZ TO CLEAN. "You should not get edible flowers too wet or spin them dry in a salad spinner, so we use a spray bottle to remove dirt," Dervaes explains.

3. STAY AHEAD OF PESTS. "When you garden organically, the possibility of pests is part of the process," says Dervaes. His tools for pest reduction? A spray bottle of water or a cotton swab to knock aphids off plants, or organic sprays, such as hot pepper wax. If plants become overrun, it's better to take them out and start over than have the bugs infest the entire garden.



flowers for foodies want to grow your own edible flowers this summer? Visit vegetariantimes.com/edibleflowers for a list of easy-to-grow blooms and creative cooking ideas.

Lemon Cake with Pansies

SERVES 8

Velvet-petaled pansies are inexpensive and easy to work with as dessert garnishes. Here, they turn a single-layer lemon cake into a special-occasion creation.

- 2 cups all-purpose flour
- 1 Tbs. grated lemon zest
- 1½ tsp. baking powder
- ¼ tsp. salt
- 4 Tbs. unsalted butter or margarine, softened
- 1 cup sugar
- 2 large eggs
- 1 Tbs. lemon juice
- 1 cup low-fat buttermilk
- ¼ cup seedless raspberry jam
- 15 fresh pansies

- 1.** Preheat oven to 325°F. Coat 9-inch round cake pan with cooking spray.
- 2.** Whisk together flour, lemon zest, baking powder, and salt in large bowl.
- 3.** Beat butter and sugar in bowl with electric mixer until fluffy. Add eggs and lemon juice, and beat until smooth. Fold in half of flour mixture, then ½ cup buttermilk. Fold in remaining flour mixture, then remaining buttermilk.
- 4.** Spread batter in prepared pan, and bake 25 to 30 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes in pan; then unmold, and cool completely on wire rack.
- 5.** Meanwhile, melt raspberry jam with 1 tsp. water in small saucepan until mixture is thin enough to spread. Spread on cake, arrange pansies on top, and cut into 8 slices.

PER SLICE: 320 CAL; 6 G PROT; 8 G TOTAL FAT (4 G SAT FAT); 58 G CARB; 63 MG CHOL; 227 MG SOD; <1 G FIBER; 33 G SUGARS

Alison Ashton hadn't cooked much with edible flowers before this assignment. While creating the recipes here, she discovered that she prefers herb flowers and squash blossoms.



Lemon Cake with Pansies

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Vegetable Pot Pies

SERVES 8

Sometimes you just want pot pie. This one is wholesome, delicious, and freezer-friendly. Make a batch, and freeze some for heat-and-eat weeknight meals. Poultry seasoning (yep, it's veg) is the secret flavor booster in this recipe.

DOUGH

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- ¼ tsp. salt
- 4 Tbs. cold soy margarine, cut into pieces

FILLING

- 2 Tbs. olive oil
- 1 medium leek, white and green parts chopped (1½ cups)
- 1½ cups chopped celery or fennel
- 2 large carrots, diced (1 cup)
- 8 oz. button mushrooms, thinly sliced
- 2 Tbs. all-purpose flour
- 2 cloves garlic, minced (2 tsp.)
- 4 oz. red-skinned potatoes, peeled and cut into ½-inch cubes (1½ cups)
- 2¾ cups low-sodium vegetable broth
- 1 tsp. poultry seasoning
- 2 Tbs. creamy cashew butter, optional
- 6 asparagus spears, cut into 1-inch pieces
- ½ cup fresh or thawed frozen peas
- ½ cup fresh or thawed frozen corn kernels

- 1.** To make Dough: Whisk together flours and salt in bowl. Cut or rub margarine into flour mixture until no large pieces remain. Stir in 3 to 4 Tbs. cold water until smooth dough forms. Wrap in plastic wrap, and chill while making Filling.
- 2.** To make Filling: Heat oil in large pot over medium heat. Add leek, celery, carrots, and mushrooms; sauté 5 to 7 minutes, or until tender. Stir in flour and garlic, and cook 1 minute. Add potatoes, broth, and poultry seasoning. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 10 minutes. Stir in cashew butter (if using), and cook 1 minute more. Remove from heat, and stir in asparagus, peas, and corn.
- 3.** Preheat oven to 400°F. Roll out Dough to ⅛-inch thickness. Cut into 8 4-inch rounds.

- 4.** Divide Filling among 8 1-cup ramekins. Place dough rounds on top, pressing dough around sides of ramekins with fork to crimp and seal. Poke hole in top of each pot pie. Place pot pies on baking sheet, and bake 30 to 40 minutes, or until tops are golden brown. Let stand 5 minutes before serving.

PER POT PIE: 244 CAL; 6 G PROT; 10 G TOTAL FAT (3 G SAT FAT); 35 G CARB; 0 MG CHOL; 207 MG SOD; 4 G FIBER; 5 G SUGARS

One-Pot Pasta Primavera

SERVES 4 | 30 MINUTES OR FEWER

This easy recipe lends itself to endless variations. In place of fresh basil, try ¼ cup chopped cilantro or parsley, 2 Tbs. chopped fresh tarragon, or 1 Tbs. finely minced fresh rosemary or oregano.

- 3 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 1 tsp. grated lemon zest
- 8 oz. fusilli pasta
- 2 small yellow squash, halved and cut into ½-inch-thick slices
- 1 medium orange bell pepper, cut into 1-inch pieces
- 8 oz. small broccoli florets (3 cups)
- 2 cups halved cherry tomatoes
- 8 green onions, thinly sliced (½ cup)
- ½ cup torn fresh basil leaves
- Grated Parmesan cheese for garnish, optional

- 1.** Combine oil, garlic, and lemon zest in small bowl. Set aside.
- 2.** Cook pasta in large pot of boiling, salted water according to package directions. Add squash and bell pepper 4 minutes before end of cooking time. Add broccoli 3 minutes before end of cooking time. Drain pasta and vegetables, reserving ½ cup cooking water.
- 3.** Return pasta mixture to pot, and stir in tomatoes, green onions, basil, oil mixture, and reserved cooking water. Heat over medium-low heat until tomatoes are hot. Serve with Parmesan cheese, if desired.

PER 2-CUP SERVING: 346 CAL; 11 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 52 G CARB; 0 MG CHOL; 112 MG SOD; 5 G FIBER; 5 G SUGARS

Tofu Dengaku with Celery Root Purée

SERVES 4

In Japanese cooking, *dengaku* refers to anything grilled with a miso glaze. As an introduction to tofu, it can't be beat. We've paired it with a celery root purée for a veg variation on steak and potatoes.

CELERY ROOT PURÉE

- 2 large celery roots (celeriac), peeled and cut into 1-inch chunks (3 lb.)
- 2 Tbs. soy margarine
- ¼ cup plain rice milk or soy milk

TOFU DENGAKU

- 1 16-oz. pkg. firm or extra-firm tofu, drained
- 1 Tbs. white miso paste
- ½ tsp. agave nectar
- ¼ tsp. cracked or ground black pepper

1. To make Celery Root Purée: Cover celery root chunks with water in large saucepan; bring to a boil. Reduce heat to medium, and simmer 25 to 30 minutes, or until very tender. Drain, and transfer to food processor. Add margarine and rice milk; purée until smooth. Season with salt and pepper, if desired.

2. To make Tofu Dengaku: Place tofu on plate lined with 3 layers of paper towels. Top with 3 more paper towels and second plate, and weigh down with 3 or 4 canned goods to press out excess liquid. Let stand 7 minutes. Change paper towels, and let stand 8 minutes more to drain. Cut tofu block in half crosswise to make 2 large slabs. Halve each slab diagonally to make 4 triangles.

3. Preheat oven to broil. Line baking sheet with foil (shiny side up), and spray with cooking spray. Place tofu on prepared baking sheet. Broil 5 to 7 minutes, or until tofu begins to brown.

4. Meanwhile, whisk together miso, agave, pepper, and 1 tsp. warm water in small bowl. Spread on tofu, and broil 3 minutes more, or until glaze is dark and bubbly. Serve with Celery Root Purée.

PER SERVING (1 TOFU TRIANGLE AND 1 CUP CELERY ROOT PURÉE): 311 CAL; 17 G PROT; 13 G TOTAL FAT (3 G SAT FAT); 34 G CARB; 0 MG CHOL; 505 MG SOD; 8 G FIBER; 7 G SUGARS

20
day
EAT GREEN
CHALLENGE



Charro Beans with Chipotle Sausage



Charro Beans with Chipotle Sausage

SERVES 4

Take the pork out of a Texas classic and what do you get? A flavorful, protein-rich dish that's great with vegetarian sausage. Chipotle-flavored sausage is in keeping with the recipe's Tex-Mex roots, but it can be quite spicy. If you like less heat, try the recipe with a milder-flavored veg sausage.

- 1 cup dried pinto beans
- 2 Tbs. olive oil
- 1 small onion, chopped (1 cup)
- 1 small green bell pepper, chopped (1 cup)
- 2 Mexican chipotle-flavored grain meat sausages, such as Field Roast, cut into 1-inch rounds
- 2 cloves garlic, minced (2 tsp.)
- ½ tsp. chili powder
- 1 15-oz. can diced tomatoes
- ¼ cup chopped cilantro, for garnish

1. Place beans in large bowl, and cover with cold water. Let soak 4 hours, or overnight.

2. Drain beans, and place in large saucepan with 6 cups water. Bring to a boil. Reduce heat to medium-low, and simmer 1 to 1½ hours, or until tender but not soft. Do not drain.

3. Heat oil in separate large saucepan over medium heat. Add onion, bell pepper, and sausage, and sauté 3 to 5 minutes, or until vegetables are soft and translucent. Add garlic and chili powder, and cook 1 minute. Stir in tomatoes and beans (with cooking liquid); season with salt and pepper, if desired. Cover, and bring to a boil. Reduce heat to medium-low, and simmer, covered, 10 minutes. Uncover, and simmer 10 minutes more. Serve garnished with cilantro.

PER 1-CUP SERVING: 400 CAL; 24 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 47 G CARB; 0 MG CHOL; 507 MG SOD; 15 G FIBER; 10 G SUGARS

Continued on p. 77

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Sugar Snap and Snow Pea Stir-Fry

SERVES 4 | 30 MINUTES OR FEWER

Cashews add crunch and protein to this colorful stir-fry. You also can make the dish with frozen sugar snap and snow peas. Just add to the mix, and stir-fry a little longer than you would fresh peas.

- 1 Tbs. low-sodium soy sauce
- 1 Tbs. toasted sesame oil
- 2 tsp. cornstarch
- ¼ tsp chile-garlic sauce, such as sambal oelek, optional
- 1 Tbs. vegetable oil
- 1 medium red onion, halved, cut into wedges, and pulled apart (1½ cups)
- 1 small yellow bell pepper, thinly sliced (1½ cups)
- 1 cup raw unsalted cashews
- 1 Tbs. grated fresh ginger
- 8 oz. sugar snap peas
- 8 oz. snow pea pods
- 8 green onions, cut into 1-inch pieces

1. Whisk together soy sauce, sesame oil, cornstarch, chile-garlic sauce (if using), and ½ cup water in small bowl. Set aside.
2. Heat vegetable oil in wok over high heat. Add onion, bell pepper, cashews, and ginger, and stir-fry 2 to 3 minutes, or until onion and cashews begin to brown. Add snap peas, and stir-fry 1 minute. Add snow peas and green onions, and stir-fry 2 to 3 minutes more. Add soy sauce mixture, and cook 1 to 2 minutes more, or until sauce has thickened and vegetables are coated with sauce.

PER 2-CUP SERVING: 324 CAL; 10 G PROT; 20 G TOTAL FAT (3 G SAT FAT); 30 G CARB; 0 MG CHOL; 154 MG SOD; 6 G FIBER; 11 G SUGARS

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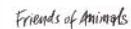


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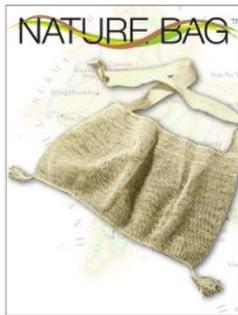


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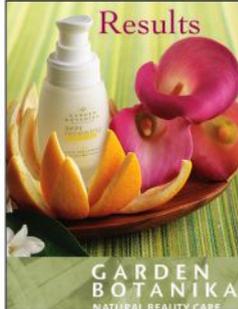


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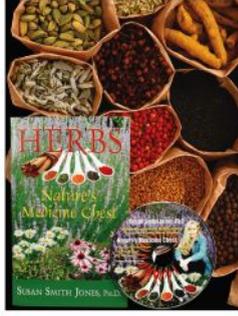
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Veterinary student graduates to the TV screen

Pippa Black

For Pippa Black, acting was just supposed to be a hobby while she studied to be a veterinarian. Once she committed to acting full-time, the Melbourne native nabbed a role on the long-running Australian TV series *Neighbours* and scored the Aussie equivalent of an Emmy nomination; since last fall she's costarred in the NBC sitcom *Outsourced*. An ardent animal welfare advocate, Black recorded a video for PETA protesting factory farms, and for the activist group's pro-vegetarian campaign she donned a dress made entirely of cabbage leaves. *VT* caught up with her in Los Angeles.

AGATA ENDO-NOWICKA

Q You became a vegetarian at a young age. Why?

A When I was 6 and found out where meat came from, I was horrified. We were eating a meal of chops and three veg, and I was talking with my parents about where carrots came from; they said carrots grew in the ground. We talked about the other vegetables and got to the chops, and I asked what a chop grew on. My parents looked at each other like, "Who is going to tell her?" I felt betrayed they would make me eat an animal. After that I remember hiding my pet cat, hoping the cat wasn't going to end up on a dinner plate. It was quite a traumatic thing for me at that young age.

Q You were a voice artist for the animated short film *Tegan the Vegan*; what can you tell us about the project?

A The writer/director [Marisa Martin] based the film on her experiences as a child. She got teased at school; there's a stigma that as a vegetarian you're weird. Marisa approached me

because I've never been shy about my passion for animal welfare. The film isn't preachy or in your face; it brings up moral and ethical values in a cute way. I did the voice for Elenore the Carnivore and got in on the peer pressure and teasing. I don't want to say being mean is fun, but I had a lot of fun with the character.

Q How did you get involved with animal welfare causes?

A I studied animal technology in Australia, and I didn't realize a large part of it was geared toward medical research on animals. I had no idea there were horrible experiments on dogs and cats happening in Australia. Still, I'm glad I did the program, to be educated about what's going on; we also covered animal welfare. After I finished a course, I would take home strays that were being dumped. I even brought home a pony once. My poor parents!

Q Do you like to cook?

A I'm in a learning phase at the moment. But I am going to treat myself

to a food dehydrator; I look forward to making little snacky things with it, like kale chips, and alternatives to bread. Here in America, the bread is too sweet. There's like honey or sugar added to it.

Q Any other food differences between Oz and the States?

A I have to give a shout-out to quinoa. I'd never heard of it back home in Australia. It's amazing. I'm replacing rice with it when I make a vegetable stir-fry or a curry or Thai food, which I love.

Q Have you brought something of yourself to your character on *Outsourced*?

A Yeah, I've sort of made Tonya a girl who isn't afraid to eat. You'll notice in a lot of scenes she's eating. It seems like a good idea on the first take—but when you're shooting the scene seven or eight hours later and you have to match it, plowing down all that food is like, "Oh God! I won't have to eat for a day." I suffer for my art! 🍷



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