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times

February 2010  
vegetariantimes.com

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ROASTED  
VEGETABLE  
LINGUINE WITH  
TORN FRESH  
BASIL, p. 64

Oats 5 ways

Easy homemade  
veggie meatballs

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features

54 A Cook's Guide to Mushrooms

From basic buttons to exotic enokis, mushrooms are flavor and nutrition all-stars.

BY ALISON ASHTON

62 Feast of Love

Turn up the fun factor with a Valentine's Day party menu laced with aphrodisiac foods.

BY MARIA LISSANDRELLO

70 1 Food 5 Ways: Oats

Tasty new ways to enjoy the superfood staple.

BY MARY MARGARET CHAPPELL

on the cover

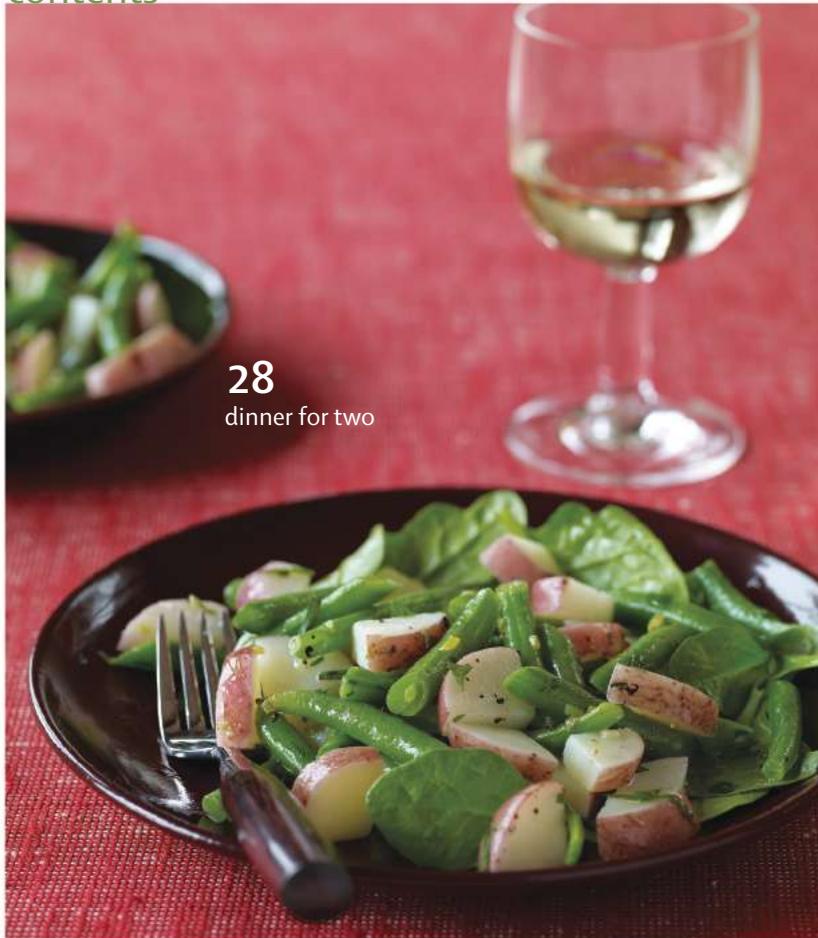
- 30-MINUTE MEALS FOR TWO 28
- EASY HOMEMADE VEGGIE MEATBALLS 29
- SUPER SOUPS FOR YOUR HEART 32
- FRESH-BAKED BREAD (NO KNEADING REQUIRED) 42
- ULTIMATE CHILI SUPPER 50
- OATS 5 WAYS 70

APHRODISIAC  
APPETIZER:  
FETA-STUFFED  
PEPPADEWS, p. 65

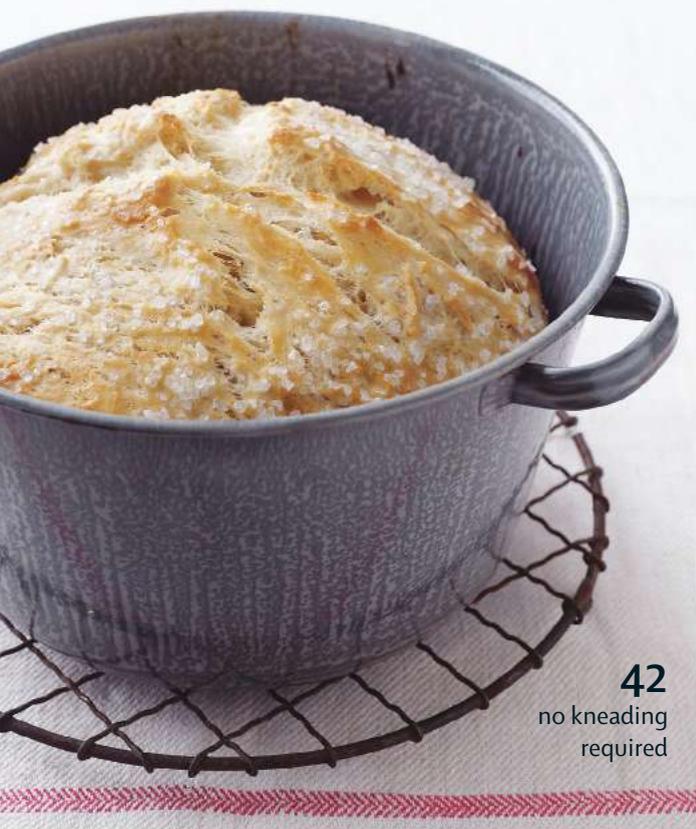
cover

Photography by Beatriz Da Costa  
Food and prop styling by Anne Sophie Watine

## contents



**28**  
dinner for two



**42**  
no kneading  
required

## 20 goods

Create irresistible Valentine's Day treats with these five fab kitchen tools.

BY GABRIELLE HARRADINE

## 22 eco-beauty

Indulge your skin in chocolate bliss.

BY ELIZABETH BARKER

## 24 ask the doc

Can a menu change help relieve aches and pains?

BY NEAL BARNARD, MD

## 26 healing foods

Discover the therapeutic properties of peppermint.

BY MATTHEW KADEY, RD,

AND MARY MARGARET CHAPPELL

## 28 30 minutes

Take a break from takeout with these easy entrées made for two.

BY NICOLE REES

## 32 veg lite

Four homemade soups with a good-for-your-heart twist.

BY ELLIOTT PRAG

## 42 technique

How to bake your own no-knead breads.

BY NANCY BAGGETT

## 48 gluten-free pantry

For sweet and savory sauces that outshine the competition, just add arrowroot.

BY MARY MARGARET CHAPPELL

## 50 vegan gourmet

The ultimate chili supper.

BY LAUREN ULM

## staples

**4** editor's note

**6** contributors

**10** letters

**14** this just in

**83** recipe index

**84** one-on-one

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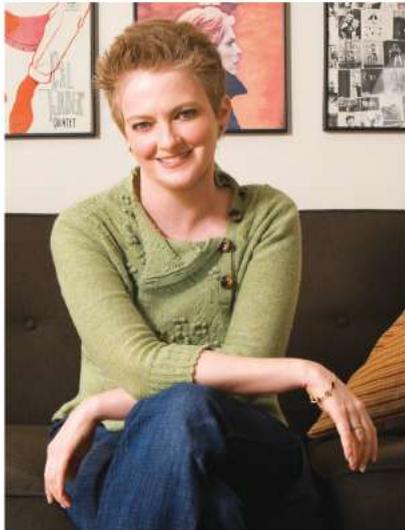
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# feel-good food

**Whether you're married**, in a long-term relationship, decidedly single, or somewhere in between, a yummy home-cooked meal is still the gold standard on Valentine's Day.

It doesn't have to be elaborate, but it does have to be good. If you're short on time and cooking for two (or just you), a delicious meal can be as simple as whipping up a creamy Vegetables Korma or a zesty batch of Rigatoni Puttanesca with Veggie Meatballs (both from "Dinner for Two," p. 28).

For those of you in a festive mood, why not host your own soiree on February 14? Our inspired party menu ("Feast of Love," p. 62), starring a few of our favorite aphrodisiac foods, will charm guests and spark plenty of conversation.

Truth be told, we put a lot of heart into this entire issue. You'll find good advice for cooking your way to a happier relationship ("Bonding While Braising," p. 14), plus great heart-shaped tools for making irresistible Valentine's treats ("Sweet Shapes," p. 20). And because February is American Heart Month, we're treating your ticker to a little TLC as well. You'll find fresh ideas to rekindle your affection for cholesterol-lowering oats ("1 Food 5 Ways," p. 70), plus recipes for heart-healthy soups ("We ♥ Soup," p. 32), that are guaranteed to deliver love at first bite.

Elizabeth Turner

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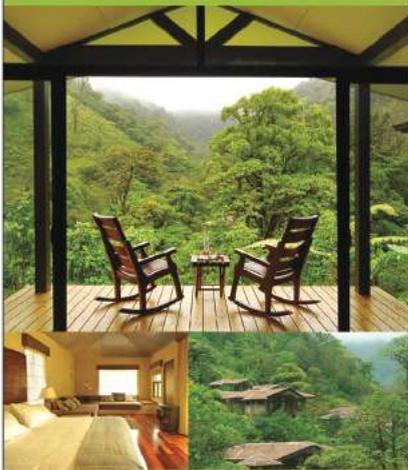
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## contributors



**Mario de Lopez**  
Photographer, "Sweet Shapes," p. 20;  
"Feast of Love," p. 62

**What did you discover while on these assignments?**

Models come alive when they eat aphrodisiac foods, especially Chocolate-Nutmeg Pots de Crème.

**What's your most treasured family recipe?**

My mother's Guatemalan banana leaf tamales. Yummy! They're a rare indulgence for me.

**What's your No. 1 pantry staple?**

A special aged balsamic—it has so many uses.

**What fruit or veggie best describes you and why?**

Ripe Hawaiian papayas. They are small, delicate, juicy, and sweet. It's a fruit with a nice disposition. Plus, they remind me of my childhood in Guatemala.



**Nicole Rees**  
Recipe Developer, "Dinner for Two," p. 28

**Are you a flinger or a measurer?**

I fling when I cook dinner, but I measure when I make dessert. Cooking is an improvisational act for me, but baking is a real attempt to achieve a platonic ideal.

**What's your No. 1 grocery staple?**

Parsley. I adore it, and use it every day.

**What was your most memorable dining experience?**

A late dinner in a tiny village in France in 1999. No one spoke English; we couldn't speak French beyond "please," "thank you," and "more"; but it didn't matter. Our sheer delight in the food was obvious, and that made the staff happy.

**What was your best improvisatory moment in the kitchen?**

I created the perfect sugar cookie when I was 9 years old. Unfortunately, I was a flinger back then and didn't have the foresight to record my doings.



**Nancy Baggett**  
Recipe Developer, "No-Knead Breads," p. 42

**What's your favorite edible Valentine's Day treat?**

Chocolatier Michael Recchiuti's tarragon grapefruit [chocolates] are an extraordinary treat. So are Atelier Ortega's cardamom chocolate bonbons. Don't make me choose—both flavor combinations are killers!

**What did you discover while on this assignment?**

I knew that toasting rolled oats would bring out their flavor, but while working on the Honey-Oat Bread recipe I discovered that the easiest, quickest way to toast them is in the microwave oven.

**What's your No. 1 grocery staple?**

I always keep lots of ready-to-use greens in the fridge, because I have to have a big, leafy salad every day or I just don't feel properly nourished. 🌱

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# letters

## TEARS OF JOY

Your October issue actually brought tears to my eyes because you had four different gluten-free pizzas (“Pizza Forever,” p. 56) and an entire gluten-free birthday party menu (Easy Entertaining, p. 52). My family has been gluten-free for about a year now, and of all the magazines out there yours not only has the most appealing recipes, but also by far the most GF recipes. Our standard for a recipe is simple: is it wonderful? Fortunately for us, your recipes are nearly universally yummy!

SARA DEMMIN | YORBA LINDA, CALIF.

## NATURALLY DELICIOUS

I just had to give praise for your latest holiday issue, and one recipe in particular. After one bite of the Maple Pumpkin Spice Bread (“Naturally Sweet,” November/December, p. 42) I knew it was a keeper! I think it is the perfect fall bread (winter too), with just the right amount of moist richness one looks for on cold, gray days. Being vegan, I substituted flax gel for the eggs; I also added chopped walnuts and dates instead of hazelnuts. With fresh pumpkin and the wonderful spice combination, this cake bread can’t be beat.

DEBORAH DILLER | NEW YORK



## FROZEN ASSETS

For the “Veg Lite: Freezer Pleasers” article (January, p. 30), are we supposed to freeze the casseroles before baking? It wasn’t clear in the article and I’d like to know before I try them. Some of them sound really yummy! Thanks.

HEIDI KENT | VIA E-MAIL

**Editor’s Note:** Each casserole was designed to work both ways: To bake and serve right away, follow the first set of baking instructions. If you want to freeze a casserole for later use, simply assemble it right up to the baking stage, cover with plastic wrap, and freeze. When ready to cook, replace the plastic wrap with foil, bake according to the “frozen cooking

instructions” (the last set of instructions in each recipe), and enjoy.

## FLOP CHEFS

I just read your Editor’s Note in the January issue. I’m glad I’m not the only one who thought the veg-themed episode of *Top Chef* was odd. I was surprised that these “educated” chefs couldn’t come up with well-rounded vegetarian dishes. Their careers will be very challenging if they keep fighting against the vegetarian/vegan population.

KAREN BACON | ERRINGTON, B.C.

## SPLENDID SUPPER

My husband and I just celebrated our second anniversary in Denmark, which is not the best country for vegetarian restaurants. Instead of going out, I made the “Autumn Splendor” dinner for two (October, p. 66). It was spectacular! Living in a foreign country can be difficult, and I am so grateful to have my subscription delivered across the ocean to me.

MEAGAN PALMER | COPENHAGEN, DENMARK

## FAB 5

We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:

1. Garlic and Kale Soup, p. 36
2. Key Lime Pie, p. 52
3. German-Style Warm Potato Salad, p. 29
4. Butternut Squash and Duxelles Casserole, p. 60
5. Honey-Oat Bread, p. 46

Send your letters to: [editor@vegetariantimes.com](mailto:editor@vegetariantimes.com)

**For the record:** In January’s “Beat the Trap” (p. 69) chef Myra Kornfeld was misquoted as recommending a combo of cumin, ginger, chili powder, and oregano to create Mexican flavor for recipes. Myra points out that while cumin, chili powder, and oregano make a great Mexican blend, ginger doesn’t belong in the mix.

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## tell vt

For calorie-conscious cooks, vinegar is an essential flavor enhancer. What's your favorite vinegar, and how do you use it?

I buy an 18-year-old aged balsamic vinegar of Modena at my local gourmet kitchen store. This vinegar is so good, my knees shake just a little bit each time I try it. —VINCENT

Bragg Apple Cider Vinegar. I use it in salads, marinades, tofu and tempeh dishes, and mixed with green clay for a lovely face mask! —DONNA

My mom taught me this calorie-saving trick for salads: use a small amount of your favorite store-bought vinaigrette, then shake a healthy dose of rice vinegar on top. More flavor, less oil, total satisfaction. —LIZ

White balsamic is my new favorite—I use it in recipes that call for apple cider vinegar or white wine vinegar, and it takes the dish to a new, elegant level. —DENISE

I love reducing balsamic vinegar by heating it in a pan until about two-thirds of it has evaporated. The flavors are concentrated, sweet, and just beautiful! I love drizzling it over a simple risotto and grilled vegetables. —HOLLY

Umeboshi vinegar! A little goes a long way. A dash into guacamole or a sprinkle into udon noodles makes for a special, unique taste. Salty, loaded with health benefits, and inexpensive, umeboshi vinegar is my shining star in the vinegar pantry! —KRISTINE



### next question:

**What's your favorite way to get a rich supply of antioxidants into your diet?**

Visit [vegetariantimes.com/tellvt](http://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.

## SHARE: Reader Recipe

### Glasswort (Sea Asparagus) and Sugar Snap Peas

SERVES 4 | VEGAN | GLUTEN FREE

Sujata Threja Pherwani of San Francisco first discovered glasswort, an edible, salty plant that grows on salt marshes, at a vegetarian restaurant in Holland. Back home in California, her friends raved about this new green superfood. "It has become a staple in my kitchen," says Pherwani. She's certainly convinced *VT* editors, who love its crunchy texture. Pherwani suggests serving this recipe over bulgur and chickpeas.

- 1½ cups fresh glasswort or salicornia
- 1 Tbs. olive oil
- 2 cloves garlic, minced (2 tsp.)
- 1 cup fresh sugar snap peas
- 1 tsp. toasted sesame oil

1. Cover glasswort in large bowl of cold water. Soak 30 minutes to remove salt; drain.

2. Heat oil in skillet over medium heat. Add garlic, and sauté 1 minute, or until golden. Add glasswort, and cook 5 minutes, or until glasswort is wilted. Add sugar snap peas, and sauté 5 minutes more. Stir in sesame oil, and serve.

PER ¾-CUP SERVING: 69 CAL; 2 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 6 G CARB; 0 MG CHOL; 7 MG SOD; 2 G FIBER; 2 G SUGARS



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# THIS JUST IN

EDITED BY Amy Spitalnick ILLUSTRATION Bee

Need-to-know info about your health, diet, mind, body, and the world you live in



## bonding while braising

**Looking to spark** some romance with your valentine? Head to the kitchen and get ready to turn up the heat. “Couple cooking creates unexpected moments of intimacy,” say husband-and-wife chef team Mark Reinfeld and Jennifer Murray, coauthors of *The 30 Minute Vegan* and *The Complete Idiot’s Guide to Eating Raw*. “Cooking together lets you cocreate a magnificent culinary symphony,” Reinfeld adds.

Here, the couple’s hot tips for spicing things up:

**Be spontaneous** Designate the kitchen a “lighthearted zone.” Remember the point is spending time together, not creating an award-winning soufflé. “Good food is just a bonus,” says Murray. Add levity by snapping candid pictures, such as when popping a dish in the oven. Murray keeps things light by telling her husband jokes: “We try to keep each other laughing through the whole process.”

**Experiment** Tackle a big project that requires teamwork. “Make vegetarian bourguignon together,” Reinfeld suggests. Pursuing the common goal of mastering an ambitious recipe can be exhilarating for the two of you.

**Get chatty** Take advantage of busywork, such as chopping veggies or scrubbing pots, to swap fond food memories. Tell stories of favorite foods from childhood or your travels. Kitchen talk can also offer a way to check in with each other. “We use our time in the kitchen together for catching up on the little things,” says Murray.

**Pump up the romance** Light candles and set an attractive table to enjoy your culinary creations. Music also stirs amorousness: “We’ve been known to break into dance moves while mixing, stirring, or waiting for the food to come out of the oven,” Reinfeld says.

—GINA ROBERTS-GREY

Now that your appetite is whetted ... look for recipes from Mark Reinfeld and Jennifer Murray in our March issue.

## HIGH-SCORING GRAINS

**[DO THE RESEARCH]** Eating whole-grain cereal for breakfast can start your day off with a healthful dose of antioxidants, suggests a University of Scranton study. The study found levels of antioxidant powerhouses known as polyphenols in whole-grain flours that, gram for gram, rival those in fruits and veggies. Specifically, grains contain phenolic acids, which have been shown to outdo vitamins C and E in helping protect heart health. For their higher antioxidant content, choose whole-grain oat or corn over wheat cereals, advises study author Joe Vinson, PhD. Among whole-grain snacks, the study found the highest antioxidant levels in popcorn.

# 6

The maximum number of teaspoons of added sugar a day the American Heart Association recommends for most women.

[Source: *Circulation*]



## coconut water:

**[TREND ALERT]**

**the inside story** For a tropical vacation from your everyday H<sub>2</sub>O, try coconut water, now available in Tetra Paks at most health food stores. Not to be confused with coconut milk—made from the pulp of the mature nut—mildly nutty-tasting, fat-free coconut water is produced from young green coconuts. According to Bruce Fife, ND, author of *Coconut Water for Health and Healing*, it's one of the best natural sources of the blood pressure-lowering electrolyte potassium. "Because the electrolyte balance is very similar to that of human blood, coconut water has been used as IV fluid when commercial solutions were unavailable," he notes. Drink it straight up, try it in a smoothie with your favorite frozen fruit, or use it in place of plain Jane H<sub>2</sub>O when cooking a batch of rice. Just make sure the packaging states "100% pure coconut water."

—MATTHEW G. KADEY, RD

# sip and sigh

[TASTE TEST]

Snuggle up and gratify your senses with the ultimate comfort beverage. Whether your taste runs to traditional milk chocolate or a complex burst of bittersweet, here we serve up some palate-pleasing hot cocoa.

—ANNA MONETTE ROBERTS

## NATURAL R<sub>x</sub>

**Problem:** Sore throat

**Solution:** Sage

**The scoop:** A sore throat doesn't just hurt when you laugh, you're also going to feel it when you talk, swallow, or even breathe. An herb found in most kitchens, *Salvia officinalis*, may offer some relief: a study in the *European Journal of Medical Research* found that a spray containing sage leaf extract beat out a placebo in easing sore throat pain. Or try a homemade sage gargle, suggests Tieraona Low Dog, MD, fellowship director of the Arizona Center for Integrative Medicine: Pour 1 cup of boiling water over 1 tablespoon of fresh sage leaf, and steep 10 to 15 minutes. Strain. Add ¼ teaspoon of salt, and stir. Let cool. Gargle for 20 seconds two or three times; repeat three to five times a day.

**What to look for:** If purchasing a ready-made spray, choose one that combines sage with other soothing herbs such as aloe vera.

—DAN FIELDS

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 Ah!laska Organic Non-Dairy Chocolate Mix	Most luscious low-fat	A frothy (dairy-free), creamy concoction	\$7.99/12 oz.; ahlaska.com

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Here, get VIP access to the White House kitchen—while not all the recipes are veg, you will find such dishes as No-Cream Creamed Spinach. You'll also get the inside scoop on the Obama administration's food initiatives, and view ongoing coverage of the White House Kitchen Garden.

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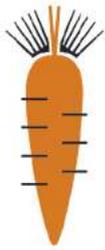
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# carrot & stick Who walks the walk ... who's nothing but talk

## CARROT TO



**Windsor Castle**, for serving a vegan banquet during an eco-minded interfaith conference. Hosted by Britain's Prince Philip, the Many Heavens, One Earth: Faith Commitments for a Living Planet conference gathered nearly 200 religious leaders from around the globe this past November. Initiatives included printing sacred books, such as the Bible and the Koran, on environmentally friendly paper, and introducing eco-tourism policies for religious pilgrimages. The banquet menu featured a roasted pear salad with cobnuts and steamed celeriac; portobello mushrooms stuffed with artichoke, red onion, and thyme on pearl barley; butternut squash risotto; and roasted root vegetables. The vegan meal not only accommodated various faiths' dietary requirements—observant Muslims and Jews shun pork products, and religious Hindus avoid meat and eggs—it also supported the conference's promotion of sustainable practices. A new study by the World Watch Institute, a global issues research organization, found that 51 percent of all CO<sub>2</sub> emissions worldwide are directly attributable to livestock and their by-products.

## STICK TO



**NASA**, for green-lighting research using squirrel monkeys to test how harsh radioactive environments might affect astronauts traveling through deep space on interplanetary flights. "It is still largely unknown how this radiation would affect human behavior on long-duration missions," says NASA spokesman Grey Hautaluoma. Animal advocacy groups counter that the genetic and physiological difference between primates and humans make any conclusions suspect. In a federal petition to halt the research, the nonprofit Physicians Committee for Responsible Medicine called the experiments "cruel, unnecessary, and lack[ing] scientific merit." They also may violate the Sundowner Report, NASA's own principles for the ethical care and use of animals, which requires researchers to consider the scope of societal good that may come from an experiment utilizing animals. "Interplanetary human travel is, at best, a highly speculative aim for the foreseeable future," the petition stated. "To put animals through radiation tests now in anticipation of such an enterprise is in no way justified."

—RACHEL DOWD



## LEAPS & BOUNDS



[Q&A]

**Her propulsive leaps** across the stage could symbolize Constance Stamatou's fast-rising career. A member of the acclaimed Alvin Ailey American Dance Theater since 2007, the 25-year-old has danced principal roles in such signature Ailey works as *Revelations*. The company's 2010 U.S. tour launches in February. —MICHAEL KAMINER

**Q How common is a vegetarian lifestyle in the dance world?**

**A** I would say it's pretty common. When I was a student at the Ailey School, I knew many vegetarians and vegans. When I started eating vegetarian, I personally saw an instant difference in rehearsals and in my performances. I felt so much lighter and more energetic. Eating meat made me tired and sleepy. I would struggle just to get through the day.

**Q You must expend an incredible amount of energy during a performance. How do you fuel up?**

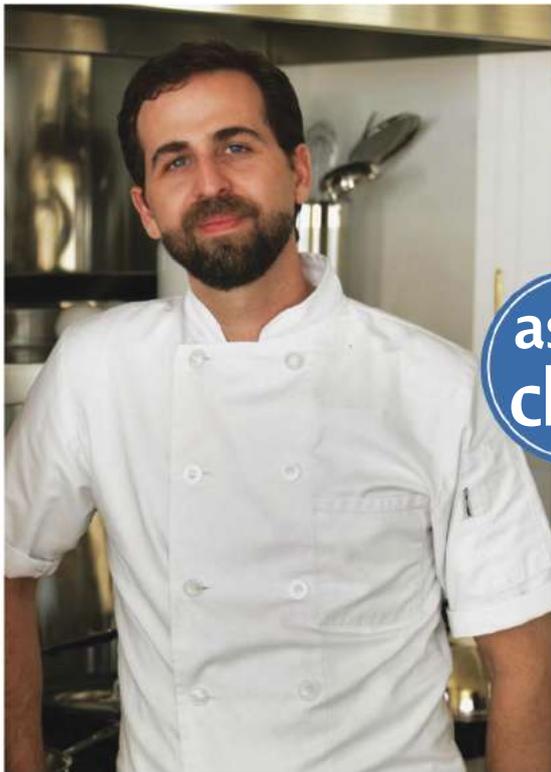
**A** I keep almonds and other nuts in the theater case I travel with, to get an extra boost before I go onstage. And I never miss a meal: I always eat breakfast, lunch, and dinner, and I snack in between. I eat lots of tofu, seitan, soy, and plenty of vegetables.

**Q You recently returned from Greece, where you have family. How was it sticking to your eating regimen there?**

**A** Much of my family in Greece is vegetarian as well. They cook vegetarian dishes, and make a lot of vegetable juices. In Greece you can always get hummus, pita, and dolmades.

PHOTO BY ANDREW ECCLES; COURTESY ALVIN AILEY AMERICAN DANCE THEATER

COURTESY LARRY GOLDSTEIN



**Tal Ronnen's** inaugural cookbook, *The Conscious Cook*, holds true to his MO: create visually stunning meatless dishes that are as satisfying as they are healthful. We asked the chef who dreamed up the recipes for Oprah's three-week vegan cleanse **which veggie he turns to when the weather outside is frightful**. Here's what he said. —M.G.K.

I love beets, and I look forward to using both red and golden varieties every winter. One of my favorite ways to prepare them is to boil them with a bit of white balsamic vinegar, which doesn't compete with their natural flavor. Once the beets are cooked, I like to slice them paper-thin with a mandoline and stuff them [like a pocket] with cashew cheese. Or I roll them up with a tofu ricotta, which I batter for vegan tempura. Diced beets also make a nice addition to a composed salad. One tip is that you can keep the skins on until the beets are cooked, when the skins are easier to remove. Also, the beet greens are highly nutritious, so don't throw them away. I blanch them, then sauté them with olive oil, salt, and pepper—very simple, very much like the way I would cook collard greens or kale. 🌱

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# sweet shapes

Five fab tools that create irresistible Valentine's treats



PHOTOGRAPHY: MARIO DE LOPEZ; STYLING: EMILY HENDERSON



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1Moyad, M. et al. Adv Ther. 2008. Oct; 25(10): 995-1009. Dr. Moyad is a consultant to The Ester C Company.

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1 The next best thing to bathing in real chocolate, **Philip B Chocolate Milk Body Wash & Bubble Bath** (\$35/11.8 oz.; philipb.com) invites you to suds up with a scrumptiously silky blend of cocoa butter, oat protein, and amino acids.



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**A Valentine's Day** bonbon isn't the only way to satisfy a chocolate craving. With all the intoxicating aroma of a chocolate treat, cacao-enhanced beauty products supply skin with antioxidants that can help slow the aging process, says Ginger McLean, spa director of The Hotel Hershey in Hershey, Pa. Antioxidants also abound in cocoa butter, an emollient produced from cacao beans that's perfect for soothing winter skin.

2 With its double dose of antioxidant power, **Ikove by Florestas Açai Chocolate Body Moisturizing Lotion** (\$23.99/1.7 oz.; store.florestas.us) helps shield skin from environmental damage all day long.



# CHOCOLATE BLISS

6 Stash a tin of **Badger Creamy Cocoa Every Day Body Moisturizer** (\$15/2 oz.; badgerbalm.com) in your desk drawer, then treat yourself to a quick hand or neck massage when you need to unwind. Packed with organic, fair trade-certified cocoa butter, this yummy-smelling balm softens as it destresses.

3 A face wash formulated to help smooth away fine lines, **Amala Cocoa Bean Rejuvenating Cleansing Milk** (\$40/1.7 oz.; amala beauty.com) combines cacao extract, aloe, and lemon peel oil to replenish skin while gently cleansing.



5 Revive your warm-weather glow with **Coco-Zen Chocolate Brownies Chocolate Salt Scrub** (\$14.50/4 oz.; coco-zen.com), a Dead Sea salt-based body slougher featuring organic cocoa powder and sweet almond oil.

4 **Simply Divine Botanicals How Now Brown Cacao Skin Softening Body Dessert** (\$29.95/8 oz.; simplydivinebotanicals.com) summons organic raw cocoa butter, coconut cream, and avocado oil to remedy winter-roughened hands and body skin.



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# R<sub>x</sub> for pain

## Can a menu change provide relief?



began to open up again, and their chest pain melted away.

Amazingly enough, poor circulation may also be a key contributor to back pain. In the same way that a meaty diet and smoking can constrict the arteries to the heart, they also limit blood flow to the spine. Without a good blood supply, the leathery discs that act like cushions between the vertebrae become fragile. If a disc breaks open, it is like a pillow losing its stuffing. Its soft core squeezes out and can pinch a nerve, causing pain.

A research team in Finland used a special scanning technique to measure the arteries to the lower back of 51 people with chronic back pain. They found constricted arteries much more often in back-pain sufferers, compared with the average person. Later, a Japanese team showed that surgically restoring circulation to the back improves back pain. These studies show that back pain is not necessarily caused by heavy lifting or a lumpy mattress. Often, it is caused by poor circulation.

Third, a menu change can rebalance hormones. This makes all the difference for menstrual cramps. Several years ago, a young woman called my office complaining of excruciating menstrual pain. She could barely get out of bed. I prescribed painkillers to ease her immediate symptoms; I also suggested that she try a diet change to see if she could head off pain the following month. That meant eliminating animal products and emphasizing vegetables, fruits, whole grains, and beans. Indeed, this rather simple diet change virtually eliminated her pain.

To put this diet to the test in larger numbers, we invited women with painful menstrual cramps to try a low-fat vegan diet for two months. The menu change reduced pain severity and duration and also improved PMS symptoms.

**Q** I have chronic arthritis and a bad back, and am worried about the side effects of pain medications. Are there any natural pain remedies?

**A** Absolutely. Surprising as it may sound, the answer to many kinds of pain—from sore joints and back pain to headaches and stomachaches—may be in the kitchen, rather than the medicine cabinet.

Foods fight pain in three main ways: First, certain foods can cool inflammation. As I wrote in my January column, natural plant oils (flax, evening primrose, borage, and others) have an anti-inflammatory effect that may help relieve sore joints. Even more importantly, some foods trigger pain, and a quick menu change is often all you need for relief. Among the common pain triggers are dairy products, eggs, citrus fruits, meat, and wheat, and they can play major roles in migraines, sore joints, and some digestive problems, such as Crohn's disease. Eliminating a food from your diet for about two weeks and then reintroducing it may help you identify sensitivities.

Second, a diet change can improve circulation. When Dean Ornish, MD, used a vegetarian diet, along with exercise and stress management, to improve circulation in heart patients, many of his research participants had been on medications for years without relief. But with simple diet and lifestyle changes, their arteries

Why would a change in diet help? Because it can affect the hormones that contribute to pain. Here's how: Every month, estrogens—female sex hormones—thicken the lining of the uterus in anticipation of pregnancy. At the end of the monthly cycle, as menstrual flow begins, the disintegrating uterine lining releases prostaglandins, a group of chemicals that cause cramps. Our theory is that if fewer estrogen particles were flowing through your bloodstream, there should be less uterine thickening, less prostaglandin release, and less pain.

It turns out that a diet change can help eliminate excess estrogens. Every minute of the day, your liver filters your blood, removing estrogens and sending them into the intestinal tract, so they can leave with the wastes. In order to work, this system depends on fiber. If there is plenty of fiber in the intestinal tract, estrogen binds to the fiber and promptly exits your body. If you don't eat enough fiber, your liver still removes estrogens from the blood and sends them into the intestine, but with no fiber to adhere to, these estrogens pass from the intestinal tract back into the bloodstream. A high-fiber, plant-based diet helps get your hormones into balance, helping to prevent menstrual pain. It may be that the same hormone-control method can help with endometriosis and some types of cancer pain, but this has not yet been tested.

There are many other ways that foods can fight pain. Capsaicin, which gives chiles their spice, is an active ingredient in some joint-pain creams; as the tingle kicks in, the joint pain subsides. Ginger also appears to ease joint pain. Vegan diets have been shown to ease the nerve pain of diabetes; they may also help prevent painful kidney stones.

So, while painkilling drugs have their place, for many common aches and pains, a menu change can be just what the doctor ordered. 🍃

---

*Neal Barnard, MD, lives in Washington, and is the author of Foods That Fight Pain (Rodale 2008).*



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# peppermint

This therapeutic herb does a lot more than put the cool in candy



**Adding lively aroma and fresh** flavor to after-dinner mints, candy canes, and those iconic patties, peppermint (*Mentha piperita*) owes its cool burst to menthol. This volatile oil “relaxes the smooth muscle of the digestive tract to soothe a wide range of stomach woes, including indigestion and gas,” explains Jenn Dazey, ND, of Bastyr University. A November 2008 research review in the *British Medical Journal* suggests that peppermint oil may help ease symptoms of irritable bowel syndrome. Peppermint also aids in thinning mucus when battling a pesky cold, Dazey says.

PHOTOGRAPHY Mike Lorigg PROP STYLING Jules Moore

For beautiful bouquets of fresh peppermint at bargain prices, shop for the herb at Asian grocery stores.

### EAT IT UP

Consider brightening a fruit salad, roasted root vegetables, tomato soups, mashed potatoes, or fiery curries with a handful of chopped peppermint leaves. Whenever possible, choose superior-flavored fresh leaves over dried. Because the mint you buy in the supermarket is often spearmint, which has less menthol, try growing your own organic peppermint. The herb will easily flourish in a pot on your deck or a sunny windowsill; just keep the soil moist.

To brew a tea for help in settling the stomach and aiding digestion, Dazey recommends pouring 1 cup of steaming water over eight to 10 fresh peppermint leaves or 1 to 2 teaspoons dried leaves, and steeping covered so that the volatile oils don't escape. You can enjoy this tea safely four to five times daily—unless you have acid reflux or gallbladder issues, then it's best not to imbibe. When choosing packaged peppermint teas, look for sealed individual tea bags to ensure the healing oils are not lost, advises Dazey: "If the box smells like peppermint, don't buy it."

### Supplement Savvy

To ease stomach ailments, take 0.2 milliliter of peppermint oil in enteric-coated capsules up to three times daily, 30 minutes before meals. For respiratory conditions and to aid breathing, inhale the steam from 2 cups of boiling water spiked with one drop of peppermint oil, up to three times a day.

Made from the volatile oils of peppermint leaves, aromatic pure peppermint extract can be used to gussy up chocolate mousse and cakes, smoothies, homemade sorbet, hot cocoa, and frosting for cupcakes and cookies.

### Minty Winter Tabbouleh

SERVES 8 | VEGAN

Chopped fresh herbs are the dominant ingredient in this grain salad. For beautiful bouquets of fresh peppermint at bargain prices, shop for the herb at Asian grocery stores.

- ¾ cup bulgur
- 2 cups tightly packed fresh peppermint leaves
- 2 cups tightly packed fresh parsley leaves
- 1 small red onion, peeled and quartered
- 1 clove garlic, minced (1 tsp.)
- 2 cucumbers, peeled, seeded, and diced (2 cups)
- ½ cup chopped toasted hazelnuts
- 6 oil-packed sun-dried tomatoes, rinsed, patted dry, and minced, plus 3 Tbs. oil from jar
- ¾ cup lemon juice

1. Cook bulgur according to package directions. Cool; transfer to bowl.
2. Pulse peppermint, parsley, onion, and garlic in food processor until finely chopped.
3. Stir peppermint mixture, cucumbers, hazelnuts, sun-dried tomatoes and oil, and lemon juice into bulgur. Season with salt and pepper, if desired. Chill 30 minutes, or overnight.

PER 1-CUP SERVING: 165 CAL; 5 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 20 G CARB; 0 MG CHOL; 35 MG SOD; 7 G FIBER; 2 G SUGARS

Canada-based writer Matthew G. Kadey, RD, ate way too many peppermint patties while growing up.

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<sup>1</sup>Moyad, M. et al. Adv Ther. 2008. Oct; 25(10): 995-1009. Dr. Moyad is a consultant to The Ester C Company.

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# dinner for two

Tired of eating leftovers all week long? Switch up your dinner routine with these simple, serves-two recipes

**It's easy to fall** into a take-out habit when it's just the two of you, especially after a long, cold winter day. These satisfying one-dish meals put dinner on the table in under 30 minutes—about as long as it takes for a pizza to be delivered. From hearty basil “meatballs” and pasta to a mild creamy curry to a Swiss-style potato cake made with marinated artichokes, there's plenty of textural and flavor variety to perk up your weeknight routine—without any leftovers to have to pack up.



RIGATONI PUTTANESCA  
WITH VEGGIE MEATBALLS

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Robyn Valarik PROP STYLING Dani Fisher

## Rigatoni Puttanesca with Veggie Meatballs

SERVES 2 | 30 MINUTES OR FEWER

Vegetarian sausage substitutes make great “meatballs” that come together in a snap—without the need for adding eggs as a binder. If you prefer milder olive flavor, use California olives. For a more pronounced, salty flavor, use kalamatas.

- 4 oz. dried rigatoni pasta
- 7 oz. (half of 14-oz. pkg.) soy sausage substitute, such as Gimme Lean (1 cup packed)
- $\frac{1}{2}$  cup breadcrumbs
- 2 Tbs. grated Parmesan cheese, plus more for garnish, optional
- 1 Tbs. chopped fresh parsley
- 2 Tbs. chopped fresh basil, divided
- 2 cloves garlic, minced (2 tsp.), divided
- $\frac{1}{4}$  tsp. ground black pepper
- 1 cup tomato sauce, no salt added
- 2 Tbs. chopped black olives, optional

1. Cook pasta according to package directions. Meanwhile, combine soy sausage, breadcrumbs, Parmesan cheese, parsley, 1 Tbs. basil, 1 tsp. garlic, and pepper with fingers.  
2. Coat large skillet with olive oil cooking spray, and heat over medium-high heat. Roll soy sausage mixture into 12 balls, about 2 Tbs. each. Cook meatballs 5 to 6 minutes, or until evenly browned. Add tomato sauce, olives, remaining 1 Tbs. basil, and remaining 1 tsp. garlic. Cover, and reduce heat to medium-low. Simmer 3 to 5 minutes to let flavors meld.

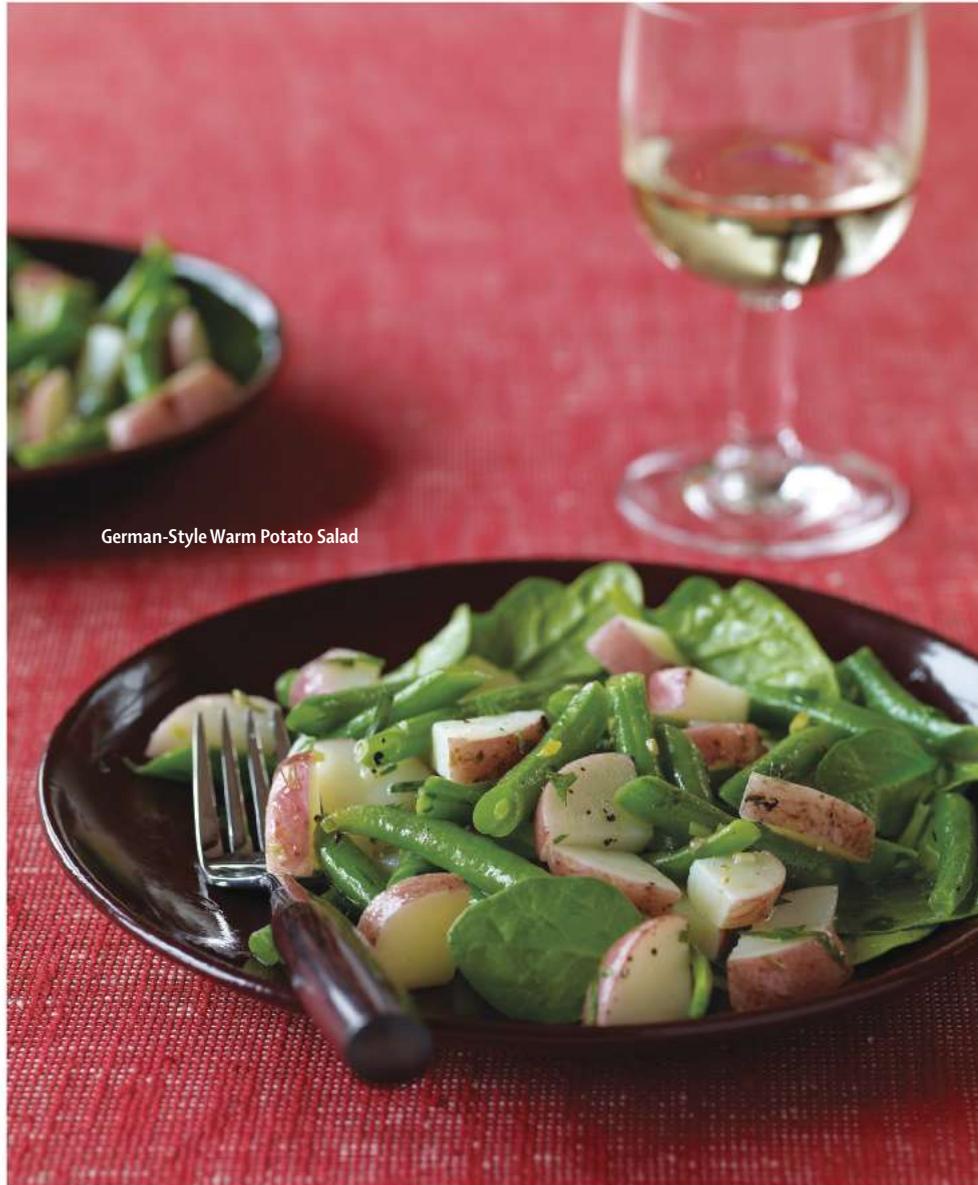
3. Drain pasta, and stir into tomato sauce mixture. Divide between two plates.

Sprinkle with Parmesan cheese, if using.  
PER 2½-CUP SERVING: 575 CAL; 30 G PROT; 4 G TOTAL FAT (1 G SAT FAT); 86 G CARB; 4 MG CHOL; 796 MG SOD; 6 G FIBER; 12 G SUGARS

## German-Style Warm Potato Salad

SERVES 2 | VEGAN | 30 MINUTES OR FEWER

This green bean–laced potato salad is hearty enough to serve as an entrée, but you could also pair it with grilled vegetarian sausages for a bigger meal.



German-Style Warm Potato Salad

If you don't have white balsamic vinegar in your pantry, use any mild variety, such as white wine or rice vinegar.

- 8 oz. baby red potatoes, cut into 1- x  $\frac{1}{2}$ -inch pieces
- 4 oz. green beans, cut into 2-inch pieces
- 3 Tbs. olive oil
- 3 green onions, white and pale-green parts chopped ( $\frac{1}{4}$  cup)
- 2 Tbs. white balsamic vinegar
- 2 Tbs. chopped fresh parsley
- 1 Tbs. chopped fresh tarragon or dill
- 4 cups loosely packed baby spinach leaves

1. Cook potatoes in pot of boiling salted water 8 minutes, or until tender. Add green beans during last minute of cooking.  
2. Meanwhile, heat oil in skillet over medium heat. Add green onions. Cook 3 to 4 minutes, or until tender but not browned. Remove from heat, and stir in vinegar.

3. Drain potatoes and green beans. Toss with olive oil mixture, parsley, and tarragon. Season with salt and pepper, if desired. Serve warm on bed of spinach.

PER 2-CUP SERVING: 323 CAL; 5 G PROT; 21 G TOTAL FAT (3 G SAT FAT); 33 G CARB; 0 MG CHOL; 238 MG SOD; 6 G FIBER; 3 G SUGARS



Vegetables Korma

## Vegetables Korma

SERVES 2 | GLUTEN FREE | 30 MINUTES OR FEWER

The only nontraditional thing about this Indian dish is the frozen vegetables. To make it vegan, substitute light coconut milk for the evaporated milk or heavy cream.

- ½ cup basmati rice
- 2 medium tomatoes, cut into chunks
- ½ small white onion, cut into chunks
- 1½ Tbs. minced fresh ginger
- 1 Tbs. vegetable oil
- ½ tsp. garam masala or curry powder
- ¼ tsp. plus ⅓ tsp. ground cardamom
- 2 Tbs. golden raisins
- 2 cups frozen mixed vegetables, such as green beans, cauliflower, carrots, lima beans, and zucchini (12 oz.)
- 1 7-oz. can chickpeas, rinsed and drained (¾ cup), optional
- 3 Tbs. fat-free evaporated milk or heavy cream
- 1 Tbs. toasted slivered almonds, optional

1. Cook rice according to package directions.
2. Purée tomatoes, onion, and ginger to paste in food processor or blender.
3. Heat oil in saucepan over medium heat. Add garam masala and cardamom,

and cook 30 seconds, or until fragrant, stirring constantly. Add tomato purée and raisins. Simmer 2 minutes, or until sauce thickens slightly.

4. Stir in frozen vegetables; chickpeas, if using; and evaporated milk. Season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 6 to 7 minutes, or until vegetables are tender. Serve over rice. Sprinkle with almonds, if using.

PER 1¼-CUP SAUCE OVER ½ CUP RICE: 415 CAL; 9 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 82 G CARB; 0 MG CHOL; 69 MG SOD; 7 G FIBER; 19 G SUGARS

## Sautéed Brussels Sprouts Leaves over Quinoa

SERVES 2 | GLUTEN FREE | 30 MINUTES OR FEWER

Separating Brussels sprouts leaves from the heads, then lightly sautéing the leaves in a little oil eliminates any risk of overcooking the sprouts.

- 2 Tbs. blanched hazelnuts, chopped
- ¾ cup quinoa
- 8 oz. Brussels sprouts, trimmed and halved
- 2 Tbs. olive oil
- 2 cloves garlic, minced (2 tsp.)
- 3 Tbs. crumbled feta cheese, optional
- 2 tsp. grated fresh lemon zest

1. Preheat oven to 350°F. Toast hazelnuts 5 to 6 minutes, or until light brown, shaking pan occasionally. Set aside.
2. Bring 1½ cups water to a boil. Add quinoa and salt, if desired; cover; and cook 15 minutes, or until liquid is absorbed. Remove from heat, and set aside.
3. Meanwhile, peel leaves off Brussels sprouts halves, and discard inner core.
4. Heat oil in skillet over medium-high heat. Sauté Brussels sprouts leaves 5 minutes. Add 3 Tbs. water, cover, and cook 1 minute more, or until leaves are tender. Stir in garlic. Toss with quinoa; hazelnuts; feta, if using; and lemon zest. Season with salt and pepper, if desired.

PER 2-CUP SERVING: 448 CAL; 14 G PROT; 22 G TOTAL FAT (3 G SAT FAT); 53 G CARB; 0 MG CHOL; 30 MG SOD; 9 G FIBER; 3 G SUGARS

## Artichoke Heart Rösti

SERVES 2 | VEGAN | GLUTEN FREE

30 MINUTES OR FEWER

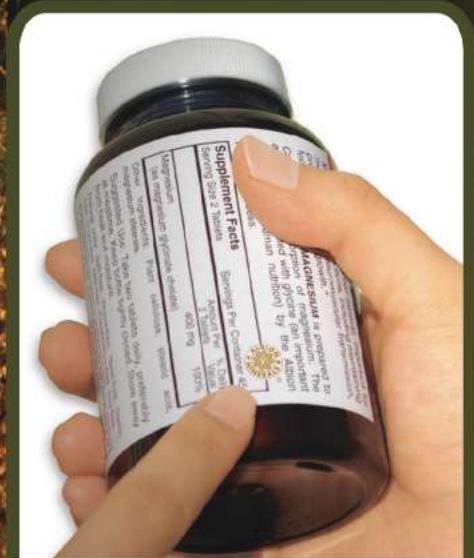
Crispy on the outside and creamy inside, rösti (skillet potatoes) are a Swiss favorite for dinner. Here, frozen hash browns stand in for the grated and blanched potatoes to save time.

- 3 cups frozen shredded hash brown potatoes
- 1 6.5-oz jar marinated artichoke hearts, drained and chopped (¾ cup)
- 2 Tbs. chopped fresh parsley
- 2 Tbs. vegetable oil, divided

1. Rinse hash browns under warm running water until thawed. Drain on paper towels. Combine hash browns with artichoke hearts and parsley in bowl.
2. Heat 1 Tbs. oil in skillet over medium-high heat. Press potato mixture into circle in pan with spatula. Drizzle 1½ tsp. oil over top. Cook 6 to 7 minutes.
3. Invert rösti onto plate. Add remaining 1½ tsp. oil to pan. Slide rösti into skillet. Cook 6 minutes more, or until browned on second side. Slide onto serving plate, and let stand 2 minutes before slicing.

PER 1½-CUP SERVING: 376 CAL; 8 G PROT; 18 G TOTAL FAT (1 G SAT FAT); 55 G CARB; 0 MG CHOL; 330 MG SOD; 7 G FIBER; <1 G SUGARS

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# we (♥) soup!

Warm up winter meals with four satisfying soups made from heart-healthy ingredients

**Here's a simple prescription** for heart health: a bowl of steaming hot soup. Vegetable-based soups are chock-full of natural "medicine," from system-strengthening vitamins and antioxidants to cholesterol-reducing soluble fiber. They're also low in saturated fat, sodium, and calories. When it comes to the hearty bowlfuls on the following pages, every spoonful helps the medicine go down.

MINISTRONE WITH  
SUN-DRIED TOMATOES  
AND WHITE BEANS



## Minestrone with Sun-Dried Tomatoes and White Beans

SERVES 8 | VEGAN | GLUTEN FREE  
30 MINUTES OR FEWER

It's hard to believe this hearty soup is nearly *all* vegetables. Our minestrone (minus the pasta) is rich in dietary fiber and complex carbohydrates that help balance blood sugar levels and reduce cholesterol.

- 1 Tbs. olive oil
- ½ tsp. dried oregano
- ½ tsp. dried basil
- 1 medium onion, diced (1½ cups)
- 1 large or 2 medium carrots, sliced into rounds (1 cup)
- 3 stalks celery, sliced (1 cup)
- 6 cloves garlic, minced (2 Tbs.)
- ½ cup sliced sun-dried tomatoes
- 1 15-oz. can white beans, rinsed and drained
- 1 cup fresh or frozen peas or green beans, cut into 1-inch lengths
- 2 Tbs. white wine vinegar

1. Heat oil in 3-qt. saucepan over medium heat. Add oregano and basil, and stir 30 seconds. Add onion, carrots, celery, and garlic. Cover, and cook 5 minutes, or until onion is translucent.

2. Add sun-dried tomatoes, and cook 5 minutes more. Add white beans and 4 cups water, and season with salt and pepper, if desired. Bring soup to a boil, reduce heat to medium-low, and simmer 10 minutes. Add peas, and simmer 3 to 5 minutes more. Stir in vinegar, and season with salt and pepper, if desired.

PER 1-CUP SERVING: 113 CAL; 5 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 19 G CARB; 0 MG CHOL; 359 MG SOD; 4 G FIBER; 4 G SUGARS



High-vitamin, low-cal veggies remain the best dietary way to control weight, cholesterol, and blood pressure.



## The Skinny on Essential Fatty Acids

Dr. Ohhira's balanced VEGAN alternative to fish oils



### Dr. Ohhira's Essential Living Oils

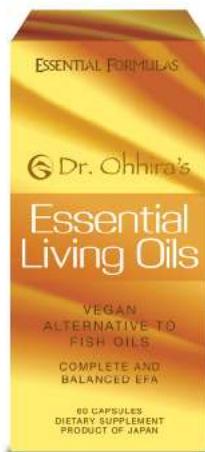
provide the beneficial essential fatty acids (EFA's) in an ideal balance of Linolenic Acid (Omega-3), Linoleic Acid (Omega-6), and Oleic Acid (Omega-9).

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- promote effective immune function\*
- assure cell membranes do their crucial job, letting nutrients in and wastes out\*

We need essential fatty acid supplements because our bodies cannot manufacture enough of them. All too often, our processed foods contain health-damaging fats and few of the beneficial fats.

Dr. Ohhira's Essential Living Oils were created after extensive research by Dr. Ohhira, a renowned Japanese scientist. Eight high-quality plants and seeds were carefully selected to provide important fatty acids that support optimal health to the cells, which in turn build optimum organ function.\*



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## Red Pepper–Carrot Soup

SERVES 6 | VEGAN | GLUTEN FREE

This soup boasts a smooth texture and a deep, rich flavor that comes from slow-roasting bell peppers. It's also high in beta-carotene and lycopene, two antioxidants that may help prevent cardiovascular disease.

- 2 large red bell peppers (1 lb.), plus slices for garnish, optional
- 2 Tbs. olive oil
- ½ tsp. curry powder
- 1 bay leaf
- 1 large onion, sliced (2 cups)
- 2 large carrots, sliced (½ lb.)
- 4 cloves garlic, peeled and sliced
- 1 tsp. salt
- 2 Tbs. lemon juice

1. Preheat oven to 350°F. Place bell peppers on baking sheet, and roast 1 hour, or until skin is wrinkled and blackened all over, turning peppers occasionally with tongs. Transfer to bowl, and cover with plastic wrap 10 minutes to steam. When peppers are cool enough to handle, rub off blackened peel, and remove seeds.
2. Heat oil in 2-qt. saucepan over medium heat. Add curry powder and bay leaf, and stir 10 seconds. Add onion, carrots, garlic, and salt. Cover, and cook 10 minutes, or until onion is translucent.
3. Add 4 cups water, and bring to a boil. Reduce heat to medium-low, and simmer, covered, 25 minutes.
4. Transfer carrot mixture to blender, add bell peppers, and purée until smooth. Stir in lemon juice. Garnish servings with bell pepper slices, if using.

PER 1-CUP SERVING: 101 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 14 G CARB; 0 MG CHOL; 418 MG SOD; 2.5 G FIBER; 6 G SUGARS



**Go for gold—and red and orange.** These veggie hues indicate beta-carotene and lycopene, two of the best-known antioxidants for heart health.

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The fiber in whole grains and leafy greens helps lower blood-cholesterol levels.



### Garlic and Kale Soup

SERVES 6 | VEGAN

This brothy soup provides heart-healthy nutrition on many levels: kale and garlic are good for the cardiovascular system; wheat berries are high in fiber; and shiitake mushrooms contain eritadenine, an amino acid that speeds up processing of cholesterol in the liver. Once the wheat berries have been presoaked, the soup can be ready in under an hour.

- ½ cup wheat berries
- 2 Tbs. olive oil
- 3.5 oz. shiitake mushrooms, stemmed and thinly sliced (1 cup)
- 10 cloves garlic, peeled and thinly sliced
- ¼ cup brown rice vinegar
- 4 cups low-sodium vegetable broth
- 1 bunch kale (10 oz.), stemmed and coarsely chopped

1. Soak wheat berries in large bowl of cold water overnight.
2. Heat oil in 2-qt. saucepan over medium heat. Add mushrooms, and season with salt, if desired. Sauté mushrooms 10 minutes, or until

beginning to brown. Add garlic, and sauté 2 minutes more. Stir in vinegar; simmer until vinegar is almost evaporated, stirring to scrape up browned bits from pan.

3. Drain wheat berries, and add to mushroom mixture with vegetable broth and 1 cup water. Bring to a boil, then reduce heat to medium-low, and simmer 20 minutes. Add kale, and cook 10 to 20 minutes more, or until kale is tender. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 138 CAL; 4 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 20 G CARB; 0 MG CHOL; 103 MG SOD; 3 G FIBER; 4 G SUGARS

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There is no flashing red light to warn you of a calcium deficiency. In fact, it is usually not detectable until irreversible damage has already been done. Calcium deficiency is hard to detect because the calcium level in the blood may appear to be normal even in extreme cases. Why? Because the body has a calcium bank in the form of teeth and bones. The need for calcium to control muscular contractions (including the heart), blood-clotting, transmission of nerve impulses and other requirements, take priority. In short, a series of biochemical reactions is triggered and a check is written on your calcium bank.

It may be decades before you know for sure when loose teeth, receding gums or a fractured hip demonstrate how brittle and chalky your bones have become. There is no known cure for osteoporosis but it seems to be afflicting people at increasingly younger ages. The progression towards this disaster takes years, but you may be sure it is going on unnoticed right now in a substantial percentage of our population. Here are the facts that explain why the problem of calcium deficiency is so widespread.

Calcium is not easily absorbed. Perhaps no more than 10-20% of that which is found in the foods consumed is actually metabolized. There are a lot of reasons why this is so. A meal high in fats can form insoluble calcium soaps causing the calcium to pass through the system unabsorbed. The calcium in certain vegetables may be inhibited from release by oxalates found naturally in such foods as rhubarb, kale, spinach and broccoli or phytates in grains and cereals and, of course, a supply of Vitamins A and D must be present for the absorption and use of calcium.

In addition, calcium requires an acid environment for absorption – a special problem for older people who tend to have a lower production of digestive acids. There is more. Amino acids – leucine, arginine and serine – are needed for the formation of calcium-amino acid complexes. Magnesium and phosphorous must be present in an appropriate ratio. Without all these, and other factors, you may lose a lot of the benefit no matter how much calcium you may be ingesting.

You will find quite an array of calcium supplements on the shelf in your health food store. Some will be simple calcium carbonates – others will be calcium carbonate in so-called natural forms, such as oyster shells or eggshells. You will find bone-meal, di-calcium phosphate, dolomite, calcium lactate, calcium glutonate and many others. True, they all contain calcium but they vary in the amount of actual calcium content from 40% for calcium carbonate to around 9% for calcium glutonate. Carbonate has the highest percentage of calcium but it is an antacid. The catch is that calcium can only be absorbed by the body in an acid environment so this may make the calcium carbonate a somewhat self-defeating exercise, especially for older people who often suffer from digestive acid deficiency. Calcium carbonate from oyster shells is no different from calcium carbonate in any other form. It is, after all, a mineral. However, oyster shells carry the additional risk of being contaminated with heavy metals that naturally occur in the oyster bed environment.

Calcium phosphate may be the best source of calcium for us since it has a hydrogen bond and the principle calcium in the body is calcium

hydrogen phosphate. Probably the best combination of calcium sources is found in one of Lewis Laboratories' products called **RDA™**. In this product, calcium phosphate is included with calcium carbonate.

Another advantage of **Lewis Labs' RDA™** is the beneficial result of its being a complete broad spectrum nutritional supplement. It is not just a calcium supplement. While each daily portion contains 100% of the daily calcium requirement, **RDA™** also contains all the other factors associated with the *efficient utilization of calcium*. It naturally stimulates the digestive acids to overcome the antacid of calcium carbonate.

**Lewis Labs' RDA™** contains all 34 nutrients (vitamins, minerals and protein) with an ideal balance of the eight essential amino acids recognized as essential for human nutrition. It has been formulated to assure synergistic interaction between all the nutrients for most effective results. It is a *complete* nutritional supplement.

**RDA™** is supplied in one pound cans and may be acquired at leading health food stores throughout the United States. Other products from Lewis Labs' include: 100% Pure Premium Brewer's Yeast\*, Fiber Yeast, Fabulous Fiber\*, Super Fabulous Fiber, The Lecithin from Lewis Labs\*, Over 40\*, Staminex, Staminex with Stevia Extract\*, Staminex with Ginseng and Weigh Down\*.

\*Available taste samples @

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## Smoky Split Pea Soup

SERVES 6 | VEGAN | GLUTEN FREE

Split pea soup recipes are often flavored with ham hocks, but this veg version gets its smoky taste from smoked paprika and chipotle chiles. Sweet potatoes and split peas are good sources of potassium, which lowers blood pressure.

- 1 cup green split peas
- 2 Tbs. olive oil
- 1 tsp. smoked paprika
- 1 tsp. chopped chipotle chile, canned in adobo sauce
- 1 large sweet potato, peeled and diced (3 cups)
- 2 medium onions, diced (3 cups)
- 3 ribs celery, diced (1 cup)
- 4 cloves garlic, minced (4 tsp.)
- 1 14-oz. can diced tomatoes

1. Soak split peas in large bowl of cold water overnight.
2. Heat oil in 3-qt. saucepan over medium heat. Add paprika and chipotle, and stir. Add sweet potato, onions, and celery, and season with salt and pepper, if desired. Cover, and cook 10 minutes, or until onions are soft and translucent. Add garlic, and sauté 2 minutes.
3. Drain split peas, and add to pot with 6 cups water. Bring soup to a boil, reduce heat to medium-low, and simmer 1 hour. Add tomatoes, and cook 30 minutes more, or until split peas are tender.

PER 1-CUP SERVING: 256 CAL; 9 G PROT;  
5 G TOTAL FAT (<1 G SAT FAT); 45 G CARB;  
0 MG CHOL; 162 MG SOD; 16 G FIBER;  
9 G SUGARS

*Chef and cooking instructor Elliott Prag shares his knowledge of health-supportive cooking with his students at the Natural Gourmet Institute in New York.*



**Split peas are rich in potassium and fiber**, both of which have natural cholesterol-lowering properties.

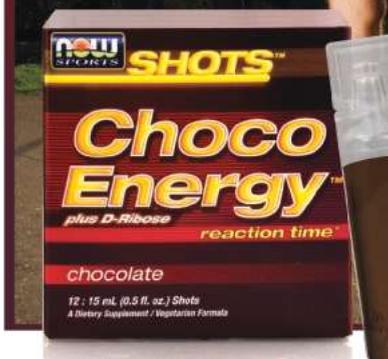
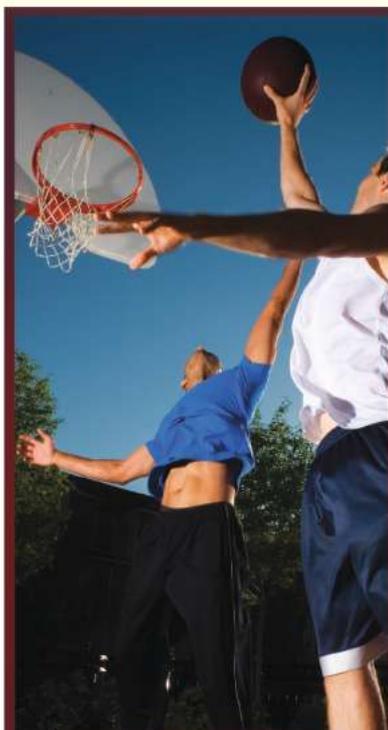


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# A Weight Loss REVOLUTION diet 360™

## THERE IS NO "ONE CAUSE" OF WEIGHT GAIN

There are many reasons for weight gain—cultural, emotional, physical, biological or even economical. Maybe you were raised in an environment where fat-laden fried foods were served every night, or maybe you work in a stress-filled job that leaves eating as your only outlet for pent-up emotions. Perhaps you're a member of the "TV generation" that shuns outdoor exercise, or maybe you're one of the millions living life on-the-go who turn to quick, cheap calories provided by fast-food restaurants. For the majority of you with weight to lose, it's likely that several of these factors are adding unwanted pounds to your body.

## THERE IS NO "ONE SOLUTION" TO WEIGHT LOSS

Fixing your weight gain situation must be just as multi-faceted as the cause, starting first with attitude. To overcome this challenge, you've got to understand two vital thoughts. The first key is understanding and accepting that carrying extra pounds is about far more than appearance. It compromises your health and affects every aspect of how you live your life.

The second is fighting this war on multiple battlefields. You've got to change your attitude, your thinking process, your food intake, your exercise, and possibly even wage a war against your body's own chemistry to get the scale moving again in the right direction. **You don't need a small "tweak," you need a revolution—a 180 degree change with a 360 degree plan!**

We formulated Diet 360 to help you wage war on excess weight and finally win the battle of the bulge. Diet 360 provides a comprehensive and holistic approach in helping you reach your weight loss and total health goals.† Today, weight loss comes full circle—with Diet 360!

From the **#1** Selling Weight Loss Brand Natural Products Industry\*



## CLINICALLY STUDIED INGREDIENTS YOU CAN TRUST

- |                     |   |  |                     |   |   |
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| <b>Metabolism†</b>  | { | • <b>SlimPure™</b> —this decaffeinated green coffee extract is a natural thermogenic that supports blood sugar health to minimize fat storage and increase lean body mass† | <b>Blood Sugar†</b> | { | • <b>Blueberry Leaf &amp; Bayberry Bark Extracts</b> —powerful antioxidants that promote efficient glucose metabolism and support already healthy blood sugar levels† |
| <b>Blood Sugar†</b> |   | • <b>Fucoxanthin</b> —a carotenoid from brown seaweed, an antioxidant with emerging science supporting its effect on metabolism†   | <b>Energy†</b>      |   | {   |
| <b>Metabolism†</b>  |   |  | <b>Stress†</b>      |   |   |

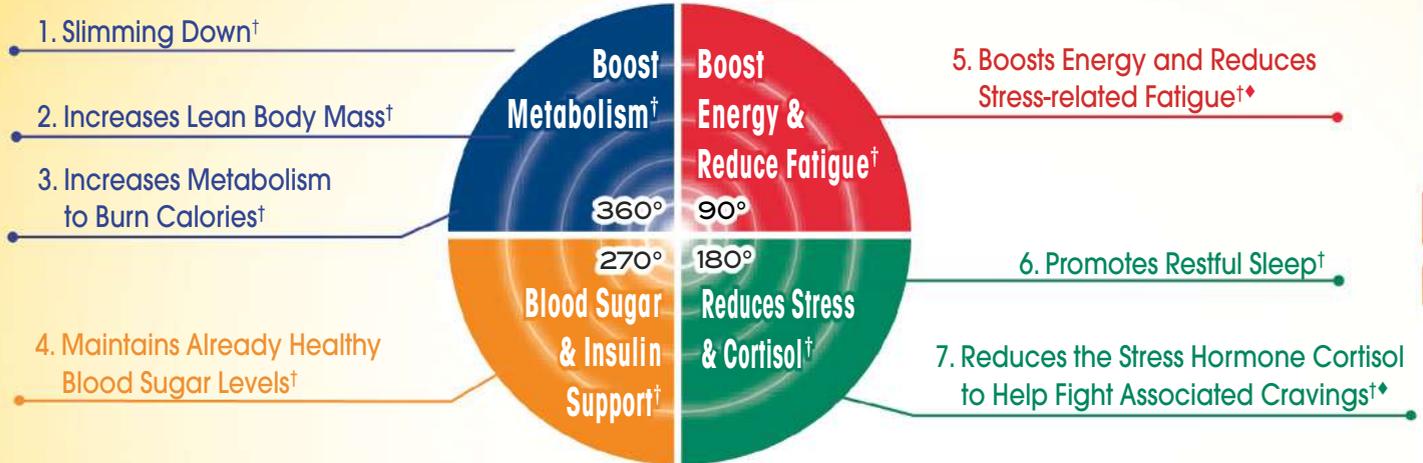
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♦ The Ashwagandha in Diet 360 helps you manage stress and stress-related issues.† Stress can cause a biological response in the body that ultimately leads to occasional loss of sleep, general irritability, skipping meals, binge eating, carb loading and other challenges.

\* fūcoTHIN® sales SPINS 52 Weeks Ending 9/5/09

# A HOLISTIC APPROACH THAT SUPPORTS WEIGHT LOSS FROM EVERY ANGLE†

Diet 360 gives you the benefit of *MULTIPLE* clinically studied ingredients designed to address *MULTIPLE* barriers to weight loss.† Everything is accounted for in this revolutionary new formula. That's why Diet 360 is a truly holistic approach to healthy, faster weight loss, accomplished through these seven paths:



Use with diet and exercise

As you can see, instead of focusing on one aspect of weight loss, Diet 360 is a holistic and multi-dimensional approach attacking weight loss from SEVEN angles.†

## HOW DIET 360 WORKS TO PROMOTE WEIGHT LOSS†

The ingredients that comprise Diet 360 have been individually reviewed and clinically studied for the role they play in supporting weight loss.†

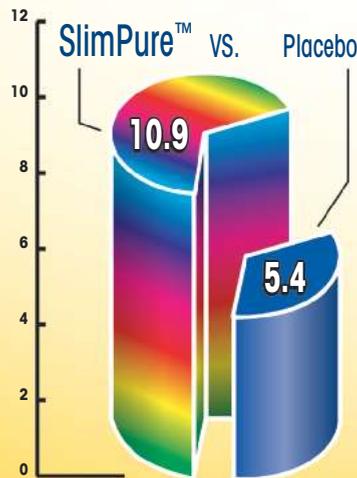
**Ashwagandha extract**, works to bolster the body's stress response, which helps reduce the stress hormone cortisol.† As people become stressed, their responses can be varied. Things like skipping meals, binge eating, carb craving, stress-related fatigue, mood swings and occasional sleeplessness are common. By inhibiting stress responses, *Ashwagandha* extract supports healthy weight management.†

The combination of **blueberry leaf and bayberry bark extracts** are clinically studied ingredients included in Diet 360. Where *Ashwagandha* extract works to reduce cortisol and stress, the blueberry leaf and bayberry bark work to reduce the negative impact of food, particularly with regard to blood sugar levels.†

If you eat a high amount of carbs and sugar, there will be a lot of glucose in the bloodstream. The longer glucose is in the bloodstream, the more likely that the body will try to get rid of it another way. The longer insulin touches glucose, the more likely it will convert that glucose into fatty acids. The fat created in the process may manifest itself as new fat cells or increase the size of existing fat cells. Maintaining blood sugar levels (already in the normal range) with Diet 360 may ultimately lead to slower fat cell production.†

In clinical studies, blueberry leaf and bayberry bark were shown to help maintain already normal blood sugar levels for healthy glycemic response.† These ingredients did so by expediting glucose from the bloodstream into fat and muscle cells.† By advancing the movement of glucose quickly into the cells, glucose can't be converted efficiently into fat by the insulin.

## SIGNIFICANT WEIGHT LOSS RESULTS†



### 10.9 LBS LOST VS 5.4 LBS

In a clinical study, 50 participants with a BMI of 25 or higher lost an average of 10.9 pounds over 60 days versus 5.4 pounds for the placebo group.† The study only evaluated SlimPure, just one of the ingredients in Diet 360. See [GardenofLife.com](http://GardenofLife.com) for full details.

## THOSE PESKY FAT CELLS

While fat has many important functions in the body, it's best to think of fat as an energy source. If you go on a diet and reduce the amount of calories you consume, your body will call on the excess fat stores in your body to provide energy. If you add exercise to the equation, more energy is required and more fat will be used.

Using excess fat as energy and burning more calories is a great way to enhance weight loss. It is for that reason that Diet 360 contains ingredients that are designed to increase metabolism to burn more calories and promote the formation of lean muscle mass versus fat mass.†

One of those ingredients, **fucoxanthin**, has vaulted into the weight loss spotlight over the last few years, and for good reason. Fucoxanthin actually goes to work within the fat cells, where it has the ability to increase the energy expenditure of the cell.† This increased metabolism aids the body in burning calories, which is one of the goals of any weight loss program.†

Unlike many other ingredients that boost metabolism, fucoxanthin does so without stimulating the central nervous system, a common side effect of many weight loss supplements.†

Finally, Diet 360 contains a clinically studied decaffeinated green coffee extract called **SlimPure™**. In addition to the weight loss results discussed, SlimPure was shown to significantly increase the ratio of muscle mass to fat mass.†

## DIET 360—A TRUE DIET REVOLUTION

At the end of the day, Diet 360 was born out of a comprehensive approach to weight loss. With multiple paths to weight loss and clinically studied ingredients, Diet 360 is the logical choice to help you start your own weight loss revolution.

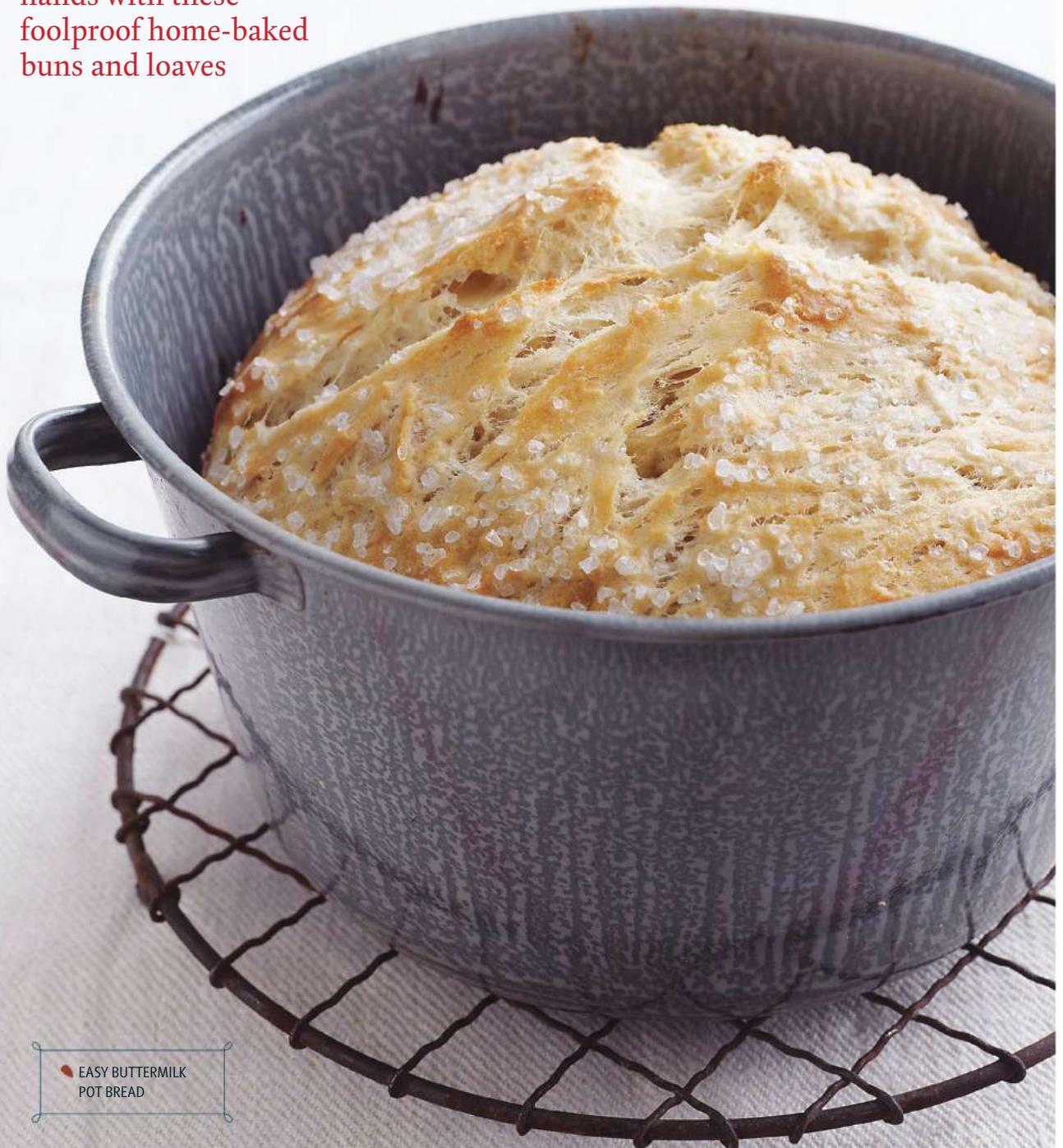


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# no-knead breads

Say good-bye to sticky hands with these foolproof home-baked buns and loaves



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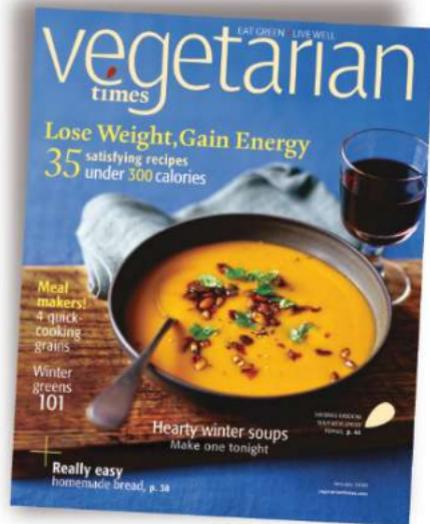
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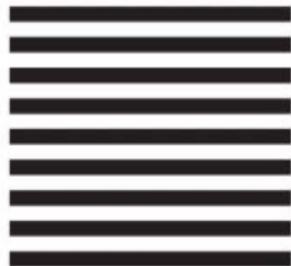
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**Imagine the pleasure** of serving wholesome, homemade breads as often as you like without the fuss, mess, and time required to knead a traditional yeast-leavened loaf. Unlike most bread recipes, these tasty creations call for stirring the yeast in with all the dry ingredients. After that, the dough just sits on a counter and gradually kneads itself. As an added bonus, this unhurried rise boosts bread flavor and aroma. Less work. More flavor. Now that's a pleasure.

## 4 EASY STEPS

- 1. Mix the Right Stuff** Stir wet ingredients into dry ingredients in large bowl. Always use rapid-rising yeast, aka fast-rise, instant, or bread machine yeast. (Regular active dry yeast doesn't dissolve well in ice water.) Opt for unbleached all-purpose flour, bread flour, or very fresh whole-wheat flour.
- 2. First Rise** Let dough rise at room temperature (70°F) for 8 to 24 hours, depending on the recipe. The dough can be refrigerated for 3 to 8 more hours beforehand for richer flavor or convenience, but must have this slow first rise for kneading and flavor development.
- 3. Second Rise** Add more flour to correct dough texture. (Even with careful measuring, the amount of water needed can vary due to differences in batches of flour.) Then let the dough rise 45 minutes to 2½ hours.
- 4. Bake** No-knead breads tend to brown more readily than traditional ones, so test with a skewer or bread thermometer. Err on the side of overbaking (it won't dry out breads) to ensure the interiors are done.

### Easy Buttermilk Pot Bread

MAKES 1 LOAF (12 WEDGES)

Baking this bread in a preheated Dutch oven gives it a light texture and a chewy bottom crust.

Recipe adapted from *Kneadlessly Simple: Fabulous Fuss-Free, No-Knead Breads*, reprinted by permission of John Wiley & Sons.

- 4½ cups unbleached white bread flour or unbleached all-purpose white flour, plus more as necessary, divided
- 2 Tbs. sugar
- 1¾ tsp. salt
- ¾ tsp. rapid-rising, instant, or bread machine yeast
- ½ cup powdered buttermilk
- 2 Tbs. melted unsalted butter
- ¾ tsp. coarse crystal salt for sprinkling, optional

- Mix 2 cups water with 1 cup ice cubes in bowl. Combine 4 cups flour, sugar, salt, and yeast in separate bowl. Vigorously stir 1¾ cups plus 2 Tbs. ice water into flour mixture. (Dough should be slightly stiff; stir in just enough additional flour to stiffen slightly, if necessary.) Brush dough top with vegetable oil. Cover bowl with plastic wrap, and let rise at room temperature 12 to 18 hours (first rise).
- Vigorously stir powdered buttermilk and melted butter into dough, scraping down bowl sides. Stir in remaining ½ cup flour, plus more as necessary to yield stiff but still stirrable dough. Lift and fold dough toward center with spatula. Brush dough with vegetable oil, and cover with plastic wrap oiled on side facing dough.
- Let dough rise 1¼ to 2½ hours at room temperature (second rise). Second rise alternatives: let dough stand in turned-off microwave with 1 cup boiling water 45 minutes to 1½ hours for accelerated rise; for extended rise,

refrigerate up to 24 hours, then set out at room temperature.

- Place oven rack in lower third of oven, and preheat oven to 450°F. Brush 4-qt. Dutch oven with oil, set on oven rack, and heat until sizzling hot. Transfer dough to Dutch oven. (Don't worry if dough is lopsided and ragged-looking; it will even out during baking.) Brush top of dough with water, then sprinkle with coarse salt, if using. Slash large X in top of dough with knife or kitchen shears; cover pot, and shake to center dough.

- Lower oven temperature to 425°F. Bake bread 50 to 55 minutes. If loaf is browned, leave lid on; if not, remove lid. Bake 10 to 15 minutes more, or until skewer inserted in thickest part of loaf comes out with just a few particles. Bake 5 to 10 minutes more. Cool 15 minutes in pan; unmold, and cool on wire rack.

PER WEDGE: 222 CAL; 7 G PROT; 4 G TOTAL FAT (2 G SAT FAT); 37 G CARB; 7 MG CHOL; 354 MG SOD; 1 G FIBER; 4 G SUGARS



Easy Cinnamon Sticky Buns

### Easy Cinnamon Sticky Buns

MAKES 12 STICKY BUNS | VEGAN

These sweet, gooey breakfast treats are best straight from the oven, so calculate rising times to allow them to bake just before serving.

Recipe adapted from *Kneadlessly Simple: Fabulous Fuss-Free, No-Knead Breads*, reprinted by permission of John Wiley & Sons.

- 3¾ plus ⅔ cups unbleached white bread flour, plus more as needed, divided
- 1 Tbs. plus 2¼ tsp. sugar
- 1½ tsp. salt
- ½ tsp. rapid-rising, instant, or bread machine yeast
- 3 Tbs. vegetable oil, plus more for brushing dough and greasing pans
- ¾ cup plus 2 Tbs. light brown sugar
- 1 Tbs. ground cinnamon

- ½ cup (4 oz.) nonhydrogenated vegan margarine, cut into pieces, plus
- ½ cup melted margarine, divided
- ½ cup raisins, rinsed in hot water and drained, or chopped walnuts, optional
- 18 Tbs. dark corn syrup

1. Mix 1½ cups water with 1 cup ice cubes in bowl. Combine 3¾ cups flour, sugar, salt, and yeast in separate bowl. Measure 1½ cups ice water, and combine with oil in third bowl. Vigorously stir water mixture into flour mixture. (Dough should be slightly stiff; stir in just enough additional flour to stiffen dough slightly, if necessary.) Brush dough top with oil. Cover bowl with plastic wrap, and let dough rise 15 to 20 hours at room temperature (first rise).
2. Pulse brown sugar, remaining ⅔ cup flour, and cinnamon in food processor until combined. Add margarine, and pulse until mixture forms coarse crumbs. Stir raisins or walnuts, if using, and ¼ cup crumb mixture into dough.
3. Brush 12 jumbo muffin cups with melted margarine. Place 1 tsp. melted margarine, 1½ Tbs. corn syrup, and then 1 Tbs. crumb mixture in bottom of each muffin cup. Divide dough into 12 pieces, and press into prepared muffin cups. Press remaining crumb mixture on top of dough, and drizzle with any remaining margarine. Tent muffin tins with foil coated with cooking spray. Let rise 1¼ to 2½ hours at room temperature (second rise). Second rise alternatives: let dough stand in turned-off microwave with 1 cup boiling water 45 minutes to 1½ hours for accelerated rise; for extended rise, refrigerate up to 48 hours, then set out at room temperature. When dough nears foil, remove, and let rise until it doubles in size.
4. Set oven rack in lower third of oven; preheat oven to 350°F. Set muffin pans on baking sheet, and bake 20 to 25 minutes, or until skewer inserted in thickest part of buns comes out with just a few particles. Run knife around buns to loosen. Invert buns onto serving plate. Scrape out sauce clinging to cups, and spread on buns.

PER BUN: 474 CAL; 6 G PROT; 17 G TOTAL FAT (5 G SAT FAT); 76 G CARB; 0 MG CHOL; 475 MG SOD; 2 G FIBER; 30 G SUGARS

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## technique

### Honey-Oat Bread

MAKES 1 LOAF (12 SLICES)

Fragrant, slightly dense, and pleasantly sweet, this loaf is great for toast—and snacking.

- 1 cup quick-cooking oats (not instant), divided
  - 3½ cups unbleached bread flour or all-purpose flour, plus more as necessary, divided
  - 1¾ tsp. salt
  - 1 tsp. rapid-rising, instant, or bread machine yeast
  - 6 Tbs. honey
  - ¼ cup vegetable oil, plus more for brushing dough and oiling pan
1. Spread ¾ cup oats on microwave-safe plate. Microwave on high power 1½ to 2 minutes (stop to stir every 30 seconds), or until oats are fragrant and lightly toasted. Cool.
  2. Mix 1½ cups water with 1 cup ice cubes in bowl. Combine 3¼ cups flour,

salt, yeast, and toasted oats in separate bowl. Measure 1½ cups ice water, and combine with honey and oil in third bowl. Vigorously stir honey mixture into flour mixture. (Dough should be slightly stiff; stir in just enough additional flour to stiffen dough slightly, if necessary.) Brush top of dough with oil. Cover bowl with plastic wrap, and let rise at room temperature 8 to 12 hours (first rise).

3. Vigorously stir dough, scraping down bowl sides. Stir in remaining ¼ cup flour. Stir in more flour if dough is at all soft, to have stiff but still stirrable dough. Oil 9- x 5-inch loaf pan, transfer dough to pan, and smooth surface with spatula or well-oiled fingertips. Press remaining ¼ cup oats on top of loaf. Cover with plastic wrap oiled on side facing dough.

4. Let dough rise 1¼ to 2½ hours at room temperature (second rise). Second rise alternatives: let dough stand in turned-off microwave with 1 cup boiling water 45 minutes to 1½ hours for

accelerated rise; for extended rise, refrigerate up to 48 hours, then set out at room temperature.

5. Preheat oven to 375°F. Remove plastic wrap, and bake loaf 30 to 35 minutes, or until top is well browned. Cover with foil, and bake 25 to 30 minutes more, or until skewer inserted in thickest part of loaf comes out with just a few particles. Bake 5 minutes more to ensure doneness. Cool on wire rack.

PER SLICE: 239 CAL; 6 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 39 G CARB; 0 MG CHOL; 340 MG SOD; 2 G FIBER; 9 G SUGARS

### Rustic Multiseed Wheat Bread

MAKES 1 LOAF (12 SLICES) | VEGAN

This is a versatile, rustically handsome loaf with a crusty top, surprising lightness, and pleasing nutty taste and aroma.

- 3¼ cups unbleached all-purpose flour or bread flour, plus more as necessary, divided
- 1 cup whole-wheat flour

## TIME-TESTED baking tradition

No-knead bread was how people made bread thousands of years ago—before they discovered that by pulling, beating, stretching, stirring, or otherwise “kneading” wheat doughs they could speed up the gluten-developing process. A number of bakers experimented with the no-knead approach in the early 20th century, and versions of no-knead breads have been circulating in the United States for decades. A renewed interest in the technique followed a no-knead bread recipe published in 2006 in *The New York Times*.



A variety of slow-rise processes in these recipes make it easy to **work homemade bread into a busy schedule.**

- 1¾ tsp. salt
- 1 tsp. rapid-rising, instant, or bread machine yeast
- ¼ cup roasted and salted sunflower seeds, plus 2 Tbs. for garnish
- 2½ Tbs. molasses
- 2½ Tbs. vegetable oil, plus more for brushing dough
- 4 Tbs. mixed seeds (use at least 2 kinds: brown flax, golden flax, sesame, or millet), for garnish

**1.** Mix 2 cups water with 1 cup ice cubes in bowl. Combine 3 cups all-purpose or bread flour, whole-wheat flour, salt, and yeast in separate bowl. Stir in sunflower seeds. Measure 2 cups ice water, and combine with molasses and oil in third bowl. Vigorously stir molasses mixture into flour mixture. (Dough should be

slightly stiff; stir in just enough additional flour to stiffen dough slightly, if necessary.) Brush dough top with oil. Cover bowl with plastic wrap, and let rise at room temperature 8 to 12 hours (first rise).

**2.** Vigorously stir dough, scraping down bowl sides. Stir in remaining ¼ cup flour, plus more as necessary to yield stiff but stirrable dough. Oil 9- x 5-inch loaf pan or 3.5-qt. Dutch oven. Coat bottom and sides of pan or Dutch oven with mixed seeds. Transfer dough to prepared pan or Dutch oven, and smooth surface with spatula or well-oiled fingertips. Press remaining 2 Tbs. sunflower seeds on top of loaf. Cut slash down center of loaf or score dough in Dutch oven with large X using sharp knife. Cover with plastic wrap oiled on side facing dough.

**3.** Let dough rise 1¼ to 2½ hours at room temperature (second rise). Second rise alternatives: let dough stand in turned-off microwave with 1 cup boiling water 45 minutes to 1½ hours for accelerated rise; for extended rise, refrigerate up to 48 hours, then set out at room temperature.

**4.** Preheat oven to 425°F. Remove plastic wrap, place loaf in oven, reduce temperature to 400°F, and bake, uncovered, 30 to 35 minutes, or until top is well browned. Cover with foil; bake 20 to 25 minutes more, or until skewer inserted in thickest part of loaf comes out with just a few particles. Bake 5 minutes more to ensure doneness. Cool 15 minutes in pan; unmold, and cool on wire rack.

PER SLICE: 236 CAL; 6 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 39 G CARB; 0 MG CHOL; 359 MG SOD; 3 G FIBER; 3 G SUGARS

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# shine on!

Arrowroot powder gives sauces and gravies a velvety texture and delectable sheen



ARROWROOT JELLY TRIFLE

**THE SCOOP:** When it comes to thickening saucy liquids, arrowroot outshines other starch thickeners, such as cornstarch and wheat flour. The fine powder dissolves easily, has almost no aftertaste (unlike flour and cornstarch, which can taste chalky if undercooked), and thickens when heated to give foods an appetizingly clear, glistening sheen.

**HOW IT'S USED:** Whisk arrowroot powder into a cold liquid to make a slurry, then add to the recipe, just as you would cornstarch or flour. Substitute 2 teaspoons arrowroot powder for 1 tablespoon cornstarch, or 1 teaspoon arrowroot powder for 1 tablespoon flour. Try as a thickener for gravies, puddings, stews, and stir-fry and fruit pie sauce mixtures. Be careful not to overcook recipes using arrowroot; it loses its thickening power if overheated.

**SHOPPING TIPS:** Because arrowroot can be pricey in conventional supermarkets (where it's sold in small jars on the spice rack), look for it in larger quantities or bulk bins at natural food stores, or order from online sources.

PHOTOGRAPHY Pornchai Mittongtare

FOOD STYLING Liesl Maggiore PROP STYLING Kim Wong

## Arrowroot Jelly Trifle

SERVES 16 | GLUTEN FREE

Arrowroot jelly was a favorite dessert in Victorian England. This lightly sweetened trifle makes a spectacular dessert for a crowd.

- 2½ cups unsweetened mixed berry juice, divided
- ¼ cup arrowroot powder
- ½ cup sugar
- 1 cup fresh or frozen blueberries, plus more for garnish
- 1 cup fresh or frozen raspberries, plus more for garnish
- 2 8.9-oz. gluten-free pound cakes, such as Ener-G Foods or Foods by George, cut into thin slices
- 1½ cups all-natural whipped topping, such as TRUwhip, plus more for garnish, optional

1. Whisk together ¼ cup berry juice, arrowroot powder, and sugar in bowl. Set aside.
2. Bring remaining berry juice to a boil in saucepan. Whisk in arrowroot mixture. Reduce heat to medium, and simmer 3 to 5 minutes, or until mixture thickens and turns clear, whisking constantly. Cool. Stir in blueberries and raspberries.
3. Line bottom of 8-inch-square glass or ceramic baking dish with pound cake slices. Spread with 1 cup arrowroot jelly, and top with ½ cup whipped topping. Repeat layering 2 more times. Cover, and refrigerate overnight. Garnish with berries and whipped topping, if using, before serving.

PER SERVING: 176 CAL; 2 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 27 G CARB; 29 MG CHOL; 2 MG SOD; 1 G FIBER; 17 G SUGARS

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# chili supreme

Plan your next party around this recipe for the ultimate vegan chili



• ULTIMATE VEGAN CHILI  
• MAPLE CORNBREAD MUFFINS, p. 52

PHOTOGRAPHY: LISA ROMERIN; FOOD STYLING: VALERIE AIKMAN-SMITH; PROP STYLING: EMILY HENDERSON

**Whether your winter** entertaining leans more toward casual gabfests with friends or TV-themed gatherings to watch awards shows or the Super Bowl, a big batch of chili is a sure bet for satisfying guests. This hearty three-bean recipe, featuring mushrooms and seitan, is chunky and chewy, with just the right balance of heat and spice. Paired with homemade cornbread muffins, Key lime pie, and a big tossed salad, it's a party meal that's worthy of a trophy, an award, or a toast from fellow diners.



Key Lime Pie, p. 52

## Ultimate Vegan Chili

SERVES 8 | VEGAN

This chili is made with a base of seitan and mushrooms for a rich, thick dish that is, for lack of a better word, meaty! If you like your chili three-alarm hot, add an extra chipotle chile or two.

- 2 Tbs. olive oil
- 1 large onion, chopped (2 cups)
- 3 cloves garlic, minced (1 Tbs.)
- 1 chipotle chile in adobo sauce, drained and minced
- 8 oz. baby bella mushrooms, finely chopped (1½ cups)
- 2 8-oz. pkgs. seitan, chopped (3 cups)

- 3 Tbs. tomato paste
- 2 tsp. smoked paprika
- 2 tsp. dried oregano
- 1½ tsp. chili powder
- ¾ tsp. celery salt
- 3 15-oz. cans chili beans, such as Bush's Best Chili Beans, partially drained, or 1 can each black beans, kidney beans, and pinto beans, partially drained
- 1 cup chopped carrots (2 to 3 large carrots)
- 2 Tbs. low-sodium tamari or soy sauce
- 1 Tbs. vegan Worcestershire sauce

**1.** Heat oil in Dutch oven over medium-high heat. Add onion, and sauté

7 to 10 minutes, or until beginning to brown, stirring often. Add garlic and chipotle chile, and sauté 1 minute more. Stir in mushrooms; cook 3 to 4 minutes, or until softened. Add seitan, tomato paste, paprika, oregano, chili powder, celery salt, and 1 cup water; cook 3 to 4 minutes, stirring occasionally.

**2.** Add beans, carrots, tamari, and Worcestershire sauce. Cover, and reduce heat to medium-low. Simmer 1 hour, or until carrots are tender.

PER 1-CUP SERVING: 276 CAL; 24 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 33 G CARB; 0 MG CHOL; 844 MG SOD; 9 G FIBER; 4 G SUGARS



**Key lime pie** can be made with tart, golf ball-sized Key (or Mexican) limes, but regular (Persian) limes can also be used in this recipe.

PHOTOGRAPHY: PORNCHAI MITTONTARE; FOOD STYLING: LIESL MAGGIORE; PROP STYLING: KIM WONG

### Maple Cornbread Muffins

MAKES 12 MUFFINS | VEGAN | 30 MINUTES OR FEWER

A slightly sweet cornbread helps tame the heat of spicy dishes such as chili.

- 1 cup plain soymilk
- ¼ cup nonhydrogenated vegan margarine, melted
- 2 Tbs. maple syrup
- 2 tsp. apple cider vinegar
- 1 cup stone-ground cornmeal
- 1 cup all-purpose flour
- ¼ cup sugar
- 1 Tbs. baking powder

- ¼ tsp. salt
- 1 cup frozen corn kernels, thawed

1. Preheat oven to 375°F. Line 12-cup muffin pan with paper liners.
2. Whisk together soymilk, margarine, maple syrup, and vinegar in bowl. Whisk together cornmeal, flour, sugar, baking powder, and salt in separate bowl. Stir wet mixture into dry mixture. Fold in corn kernels.
3. Divide batter among prepared muffin cups, and bake 20 minutes, or until toothpick inserted into muffins comes

out clean. Cool 10 minutes in pan, then unmold, and serve warm.

PER MUFFIN: 148 CAL; 3 G PROT; 4 G TOTAL FAT (2 G SAT FAT); 25 G CARB; 0 MG CHOL; 244 MG SOD; 2 G FIBER; 7 G SUGARS

### Key Lime Pie

SERVES 10 | VEGAN

The secret to this pie is cream of coconut, most commonly used by bartenders to make piña coladas. Don't confuse it with coconut milk, which is unsweetened and thinner. Chill well before serving.

**CRUST**

- 1½ cups crushed vegan graham crackers, plus more for garnish
- ¼ cup nonhydrogenated vegan margarine, melted
- ¼ cup agave nectar

**FILLING**

- 1 cup cream of coconut, such as Coco Lopez
- 1 cup raw, unsalted cashews
- 7 oz. extra-firm tofu (half pkg.), drained
- ¾ cup fresh lime juice
- ¼ cup cornstarch
- ¼ cup plus 1 Tbs. agave nectar
- 2 tsp. grated lime zest
- Lime slices, for garnish

1. To make Crust: Preheat oven to 350°F. Stir together crushed graham crackers, margarine, and agave nectar in bowl. Press mixture into bottom and sides of 9-inch pie dish using fingers or bottom of drinking glass. Place Crust in freezer while oven preheats.
2. Bake Crust 8 to 10 minutes, or until golden. Cool.
3. To make Filling: place cream of coconut, cashews, tofu, lime juice, cornstarch, agave nectar, and lime zest in blender or food processor; blend until very smooth (press mixture through strainer if blender cannot completely blend cashews).
4. Transfer Filling to saucepan, and heat over medium-high heat 5 to 7 minutes, or until Filling thickens, stirring constantly.
5. Spread Filling in Crust. Chill at least 4 hours before serving. Serve garnished with lime slices and crushed graham crackers.

PER SLICE: 364 CAL; 6 G PROT; 17 G TOTAL FAT (8 G SAT FAT); 49 G CARB; 0 MG CHOL; 138 MG SOD; 1 G FIBER; 35 G SUGARS

*Blogger Lauren Ulm is the author of Vegan Yum Yum: Decadent (But Doable) Animal-Free Recipes for Entertaining and Everyday. She lives and bakes in Boston.*

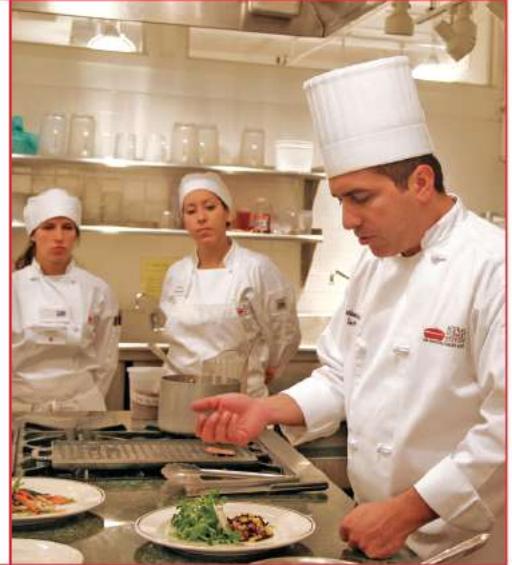
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BY Alison Ashton

# A Cook's Guide to MUSHROOMS

From basic buttons to exotic enokis, mushrooms are flavor and nutrition all-stars

Mushrooms have it all. Flavor: that rich, earthy taste couldn't come from any other vegetable. Texture: that hearty consistency complements everything from creamy soups to cookout fare. And nutrition: "Mushrooms deliver not only a truly savory taste, but also a uniquely healthy dietary supplement," says David Fischer, author of *Edible Wild Mushrooms of North America* and founder of [americanmushrooms.com](http://americanmushrooms.com). For as low as they are in calories (about 17 per serving), mushrooms are one of the few plant sources of vitamin D. Depending on the variety, a serving of mushrooms also offers about 300 milligrams of potassium, up to 30 percent of your daily need for selenium, and plenty of B vitamins.

PHOTOGRAPHY Beatriz Da Costa FOOD & PROP STYLING Bérengère Abraham



## Creamy Mushroom Soup

SERVES 6 | VEGAN

This recipe employs an old restaurant trick of using affordable fresh mushrooms, such as buttons and cremini, for the soup base, then stirring in premium mushrooms at the end.

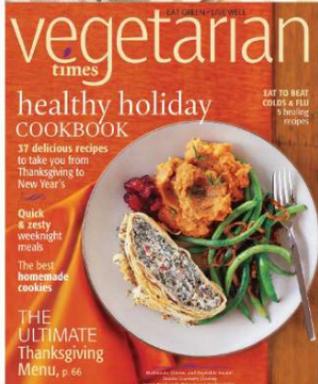
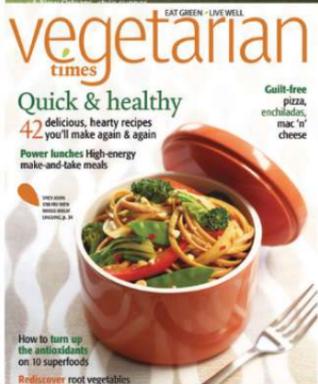
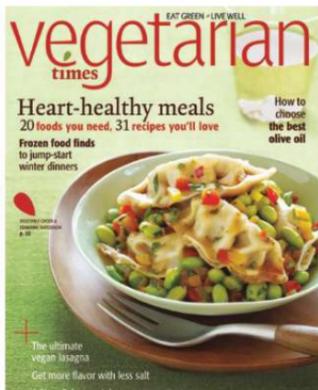
- 1 oz. mixed dried mushrooms, such as oysters, porcini, and chanterelles, plus more for garnish, optional
- 1½ cups low-sodium vegetable broth
- 1 Tbs. olive oil, divided
- ½ tsp. salt, divided
- 8 oz. fresh mushrooms, such as cremini and white button, chopped (2 cups)

- ½ cup finely chopped shallot
- ¼ tsp. ground black pepper
- 1 clove garlic, minced (1 tsp.)
- ½ cup sherry
- 1 Tbs. all-purpose flour
- ½ cup soy creamer

1. Place dried mushrooms in medium bowl. Cover with 2 cups hot water, and let stand 30 minutes. Drain mushrooms, reserving soaking liquid. Bring soaking liquid and broth to a simmer in saucepan over medium heat. Cover, and keep warm.
2. Heat 1½ tsp. oil in saucepan over medium heat. Add rehydrated mushrooms and ¼ tsp. salt; sauté 2 minutes, or until mushrooms are tender. Transfer mushrooms to plate; set aside.

3. Heat remaining 1½ tsp. oil in same saucepan over medium heat. Add fresh mushrooms, shallot, pepper, and remaining ¼ tsp. salt; cook 2 minutes, stirring frequently. Add garlic, and cook 30 seconds, or until fragrant. Increase heat to medium-high, and stir in sherry. Simmer 3 minutes, or until liquid is reduced by half. Whisk flour into broth mixture. Stir broth mixture into mushroom mixture, and bring to a boil. Reduce heat to medium-low, and simmer 30 minutes. Transfer soup to blender or food processor, and purée until smooth. Return soup to pot; stir in creamer and reserved rehydrated mushrooms, reserving a few for garnish, if using.

PER ⅔-CUP SERVING: 88 CAL; 3 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 10 G CARB; 0 MG CHOL; 248 MG SOD; 2 G FIBER; 2 G SUGARS



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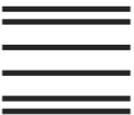
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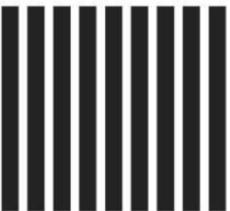
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## Choices, choices

Most mushroom varieties are interchangeable in recipes, but this guide will help you bring out the best each type has to offer.

type	description	tasting notes	best for
<b>BUTTON</b>	Smooth, white, round-topped; account for 90 percent of mushrooms consumed in the United States.	Very mild—the longer they're cooked, the more rich "mushroom" flavor they acquire.	Soups, stews, and veggie burger patties.
<b>CREMINI</b>	Slightly larger than buttons, these have tan caps; sometimes labeled baby bellas.	Firm and earthy, with a little more oomph than button mushrooms.	Use in place of button mushrooms for heartier flavor.
<b>ENOKI</b>	Thin, strand-like white mushrooms topped with small knobs; usually sold in bunches.	Mild, almost fruity taste with a firm crunch.	Add to spring rolls, stir-fries, or other quick-cooking dishes.
<b>KING OYSTER</b>	Tall with a thick stem and beret-like cap. Available in Asian markets and gourmet groceries.	Full-bodied, with a chewy texture.	Braised or broiled main dishes.
<b>OYSTER</b>	Range from pale gray or blue to dark brownish-gray; fan-shaped with a long stem.	Velvety soft with a delicate flavor that comes out when cooked.	Sauces, stir-fries, egg dishes, and stews.
<b>PORTOBELLO</b>	Grown-up cremini mushrooms; can be up to 6 inches in diameter.	Brown, with dark-colored gills under caps. Hearty texture and robust flavor.	Marinating, then grilling, roasting, or broiling; also good for stuffing. Gills are sometimes removed.
<b>SHIITAKE</b>	Small, thin-stemmed, pale brown. Tough stems should be removed before cooking.	Chewy, with a smoky flavor. Great for adding texture to main dishes or mixing with button mushrooms.	Stir-fries, soups, pasta dishes.

**WHY BUY DRY** White button and portobello mushrooms may be a sure shopping bet, but finding fresh, exotic varieties can be hit-or-miss, especially at supermarkets. The solution? Stock up on dried mushroom varieties, which keep indefinitely in the cupboard. A quick soak in hot water (30 minutes for pieces; 1 hour for whole dried mushrooms) readies dried mushrooms to replace fresh in recipes. Added bonus: the soaking liquid can be used in place of broth in sauces or soups, such as our Creamy Mushroom Soup (opposite).

## Mushroom-Gouda Soufflé

SERVES 4

Mild egg-and-cheese dishes, such as this soufflé, are an ideal way to showcase exotic mushroom varieties because they won't overpower the mushrooms' delicate flavor. Feel free to substitute your favorite cheese for the Gouda—Parmesan and Swiss also work well.

- 2 Tbs. fine dry breadcrumbs
- 1 cup 1% low-fat milk
- 2 Tbs. unsalted butter
- 2 cups chopped fresh mushrooms, such as maitake and oyster (8 oz.)
- 3 Tbs. all-purpose flour
- ½ tsp. salt
- ⅛ tsp. cayenne pepper
- 2 egg yolks
- 4 egg whites
- ½ cup shredded Gouda cheese (2 oz.)

1. Preheat oven to 375°F. Set oven rack in lowest position.
2. Coat 1.5-qt. soufflé dish with cooking spray. Dust sides and bottom with breadcrumbs. Chill.
3. Heat milk in saucepan over medium heat until tiny bubbles form around edge. Keep warm.
4. Melt butter in separate saucepan over medium heat. Add mushrooms, and sauté 5 minutes. Sprinkle with flour; cook 1 minute more, stirring constantly. Remove from heat; whisk in warm milk. Return to burner, and cook 1 minute, or until very thick, whisking constantly. Remove from heat; whisk in salt and cayenne. Whisk in egg yolks one at a time.
5. Beat egg whites with electric mixer until stiff peaks form. Fold one-quarter of egg whites into yolk mixture. Repeat with remaining egg whites, gradually sprinkling in cheese. Scrape into prepared soufflé dish. Bake 35 minutes, or until puffy and browned.

PER ¾-CUP SERVING: 227 CAL; 13 G PROT; 13 G TOTAL FAT (7 G SAT FAT); 15 G CARB; 139 MG CHOL; 524 MG SOD; 2 G FIBER; 5 G SUGARS



Stir-Fried Shiitake Mushrooms  
with Tofu and Bok Choy, p. 60



Mushroom-Manchego Quesadillas, p. 60

**BROWN BAG IT** Transfer just-bought fresh mushrooms from plastic bags or containers to brown paper bags to keep them fresh in the fridge for up to two weeks. The paper keeps light out but lets air in, so mushrooms stay firm and dry.

## Stir-Fried Shiitake Mushrooms with Tofu and Bok Choy

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

Stir-fries are an ideal way to experiment with exotic mushrooms.

- 1 tsp. cornstarch
  - 2 Tbs. low-sodium soy sauce
  - 2 tsp. minced fresh ginger
  - 2 tsp. Thai chile sauce, such as sriracha
  - 2 cloves garlic, minced (2 tsp.)
  - 1 tsp. sesame oil
  - 3 Tbs. canola oil, divided
  - 1 14-oz. pkg. extra-firm tofu, drained and cut into bite-sized cubes
  - 1 lb. bok choy, cut into 1½-inch pieces
  - 2 cups sliced fresh shiitake mushrooms
1. Whisk together cornstarch and 1 tsp. water in bowl. Whisk in soy sauce, ginger, chile sauce, garlic, and sesame oil.
  2. Heat 1 Tbs. canola oil in large skillet or wok over medium-high heat. Stir-fry tofu 7 minutes, or until golden brown; transfer to plate. Add 1 Tbs. oil to pan. Stir-fry bok choy 4 minutes; transfer to plate.
  3. Add remaining 1 Tbs. oil to pan. Stir-fry mushrooms 2 minutes, or until tender. Return tofu and bok choy to pan. Stir in soy sauce mixture, and stir-fry 1 minute, or until hot.

PER 1-CUP SERVING: 267 CAL; 13 G PROT; 17 G TOTAL FAT (2 G SAT FAT); 18 G CARB; 0 MG CHOL; 396 MG SOD; 5 G FIBER; 5 G SUGARS

## Mushroom-Manchego Quesadillas

SERVES 4 | 30 MINUTES OR FEWER

Mushrooms in Mexican food? You bet. Wild mushrooms are a popular ingredient all over Mexico. Use a young manchego cheese (labeled curado), which is nutty, and melts nicely. Monterey Jack also works well.

- 2 jalapeño chiles
- 2 tsp. canola oil

- 6 oz. cremini mushrooms, sliced (1½ cups)
- ¼ tsp. ground black pepper
- 4 (8-inch) whole-wheat tortillas
- 6 Tbs. shredded manchego cheese
- ½ cup prepared salsa verde
- Cilantro sprigs for garnish, optional

1. Preheat broiler. Broil jalapeños on foil-lined baking sheet 15 minutes, or until blackened, turning once. Transfer to bowl, cover, and let stand 15 minutes. Peel, remove seeds, and coarsely chop.
2. Heat oil in skillet over medium-high heat. Add mushrooms and pepper, and sauté 3 minutes, or until browned.
3. Sprinkle 2 tortillas with 3 Tbs. cheese. Top with jalapeños, mushrooms, and remaining tortillas. Broil on baking sheet 2 to 3 minutes per side. Serve with salsa verde. Garnish with cilantro, if using.

PER SERVING (2 WEDGES): 227 CAL; 9 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 44 G CARB; 8 MG CHOL; 632 MG SOD; 4 G FIBER; 3 G SUGARS

## Butternut Squash and Duxelles Casserole

SERVES 8

Duxelles (pronounced dook-SEHL) is a paste of finely chopped mushrooms and shallots used to flavor classic French dishes. A food processor makes quick work of the chopping. The mixture is extremely versatile—try it spread on toast as an appetizer. This recipe is also a good way to use tough stems from shiitake and portobello mushrooms.

- 8 oz. fresh mushrooms or mushroom stems
- 2 shallots, coarsely chopped (¼ cup)
- 1½ tsp. butter
- 1 Tbs. finely chopped parsley
- ¼ tsp. ground black pepper
- 1 cup 1% low-fat milk
- 2 Tbs. all-purpose flour

- 1 clove garlic, minced
- ¾ cup shredded Gruyère cheese (3 oz.), divided
- ⅓ tsp. nutmeg
- 1 (2.5 lb.) butternut squash, peeled, seeded, and cut into ½-inch slices

1. Pulse mushrooms in food processor 20 times, or until finely chopped. Transfer to bowl. Place shallots in food processor; pulse 20 times, or until finely chopped. Transfer to same bowl.
2. Melt butter in skillet over medium-high heat. Add mushrooms and shallots, and season with salt, if desired. Cook 10 minutes, or until mushrooms have released their liquid, most liquid has evaporated, and shallots are lightly browned, stirring occasionally. Stir in parsley and pepper.
3. Preheat oven to 350°F. Coat 9-inch deep-dish pie pan or gratin dish with cooking spray.
4. Bring milk, flour, and garlic to a simmer in saucepan over medium heat, whisking constantly. Cook 2 minutes, or until sauce is thick enough to coat back of spoon, whisking frequently. Whisk in ½ cup cheese and nutmeg, and season with salt and pepper, if desired.
5. Spread one-third squash in prepared pan. Top with ⅓ cup cheese sauce and half of mushroom mixture. Repeat layers, ending with cheese sauce. Sprinkle with remaining ¼ cup cheese. Bake 45 minutes, or until squash is tender and top is browned. Let stand 10 minutes before serving.

PER 1-CUP SERVING: 134 CAL; 7 G PROT; 5 G TOTAL FAT (3 G SAT FAT); 19 G CARB; 15 MG CHOL; 60 MG SOD; 3 G FIBER; 5 G SUGARS

*Alison Asbton is a Los Angeles–based freelance writer and recipe developer with a penchant for fresh morel mushrooms.*



Butternut Squash and  
Duxelles Casserole

**GO  
WILD**

Wild mushrooms—black trumpets, porcini, morels, chanterelles, cloud ear, matsutake, lobster, and hedgehog, to name a few—come in a spectacular array of colors and shapes. While fresh wild mushrooms have fleeting seasons and can be expensive compared to cultivated varieties, their taste is unforgettable, which makes them worth seeking out. Use them in simple dishes that showcase their unique flavors and textures—earthy porcini in risotto, for example, or musky morels in a cream sauce atop pasta.

# FEAST OF LOVE

Turn up the pleasure with a Valentine's dinner laced with aphrodisiac foods

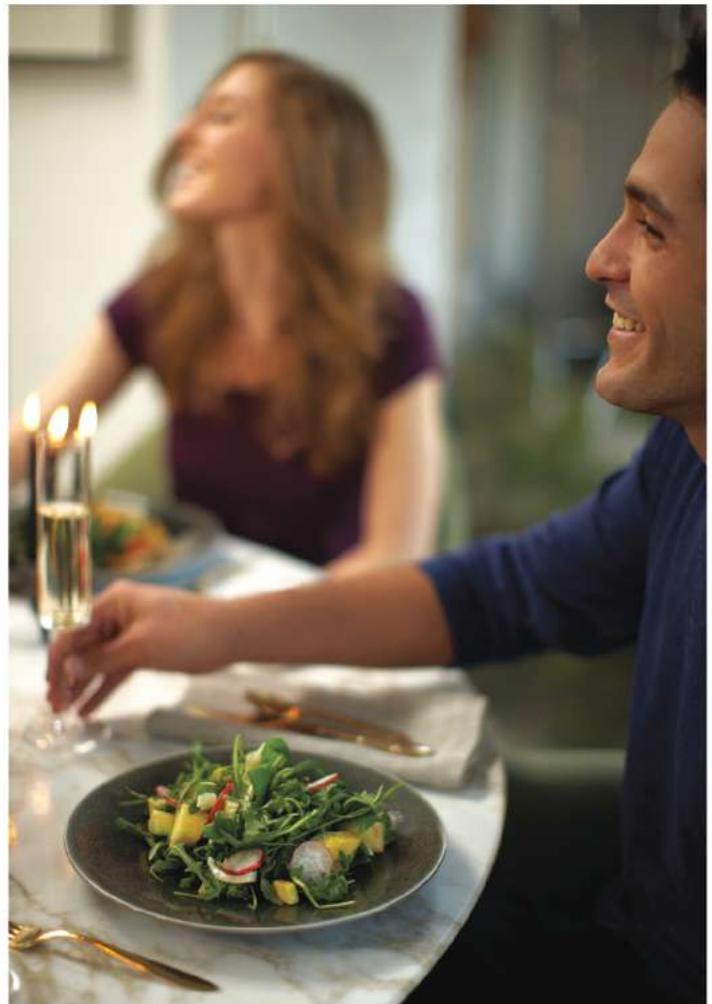
BY Maria Lissandrello



PASTA BOWL, FROM TABLEARTONLINE.COM; OPPOSITE PAGE: DINNER PLATES, FROM MAISON-MIDI.COM



Most people know that chocolate is considered an aphrodisiac, but would you have guessed that kale, pineapple, chile peppers, and sesame seeds have amorous associations as well? We've put together a Valentine's Day party menu that showcases some of the most potent (and sometimes surprising) love drugs from the kitchen. The tempting recipes create a feast for the senses—and plenty of conversation starters.



The right setting for a Valentine's feast is almost as important as the right food, but it doesn't have to be elaborate. Candlelight, lush flowers, and champagne-filled flutes work like magic.



VASE AND CHAMPAGNE GLASSES: FROM CRATEANDBARREL.COM. OPPOSITE PAGE: SQUARE PLATE. FROM CB2.COM

## Roasted Vegetable Linguine with Torn Fresh Basil

SERVES 6 | VEGAN

Asparagus spears are packed with vitamin E—aka the sex vitamin for its ability to boost fertility and stamina. As for basil, Italians know the herb by another name: “kiss-me Nicholas.” Enough said. If you like your pasta spicy, double the red pepper flakes.

- 2 cups sliced shiitake mushrooms
- ½ lb. fresh or frozen asparagus, cut into 1½-inch pieces
- 1 small onion, coarsely chopped (1 cup)
- 2 Tbs. olive oil
- 2 cloves garlic, minced (2 tsp.)
- ½ tsp. red pepper flakes

- 2 cups cherry tomatoes
- ½ cup white wine
- ½ 13.25-oz. pkg. whole-wheat or white linguine
- ½ cup torn fresh basil leaves

1. Preheat oven to 450°F. Toss together mushrooms, asparagus, onion, oil, garlic, and red pepper flakes in large roasting pan. Roast 20 minutes, or until mushrooms and onions begin to brown, stirring occasionally to prevent sticking.

2. Add tomatoes to pan, and roast 7 to 10 minutes more, or until tomatoes shrivel and soften. Transfer vegetables to bowl. Add wine to roasting pan, stirring to scrape off any stuck-on bits from bottom of pan. Place roasting pan on burner over

medium heat, and simmer 2 to 3 minutes, or until wine has evaporated by half; or return roasting pan to oven 5 minutes, and let wine cook off.

3. Meanwhile, prepare pasta according to package directions. Drain pasta, and reserve ½ cup cooking water. Stir reserved cooking water into reduced wine in roasting pan.

4. Return pasta to pot. Add wine mixture and vegetables, and toss over medium-low heat until heated through. Season with salt and pepper, if desired. Stir in torn fresh basil leaves, and serve immediately.

PER 1½-CUP SERVING: 208 CAL; 7 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 37 G CARB; 0 MG CHOL; 15 MG SOD; 7 G FIBER; 6 G SUGARS

## Feta-stuffed Peppadews

MAKES 24 | GLUTEN FREE

30 MINUTES OR FEWER

If a few bites of these fiery peppers get your palms sweaty and your heart pumping, chalk it up to capsaicin—the ingredient that gives chiles their heat. “Hot peppers are a significant vasodilator, enhancing circulation to the small and large blood vessels,” says Chris Kilham, author of *Hot Plants: Nature’s Proven Sex Boosters for Men and Women*. Result: a circulation surge that primes organs for romance. Find Peppadews in jars in the pickle section of the canned food aisle or at supermarket olive bars.

- 24 fresh mint leaves
- 24 Peppadews, rinsed and drained
- ½ small cucumber, peeled, seeded, and cut into ¼-inch cubes
- 4 Tbs. crumbled feta cheese, divided

Slide 1 mint leaf into cavity of 1 Peppadew. Fill with 1 or 2 cucumber cubes, then stuff with ½ tsp. crumbled feta. Repeat with remaining ingredients. Chill until ready to serve.

PER PEPPADEW: 14 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 2 G CARB; 1 MG CHOL; 38 MG SOD; <1 G FIBER; 2 G SUGARS



Drawing attention to your mouth is one of the oldest flirtation tricks in the book. This menu gives you plenty of chances to try it out with bite-sized Peppadews and swirly, slurpy pasta.



FRUIT BOWL, FROM MAISON-MIDI.COM

A light serving of salad doesn't just cleanse your palate between courses, it can also freshen your breath. Chlorophyll, the green pigment found in plants (and especially in fennel and watercress) is a natural deodorizer used in many breath mints.

### Pineapple-Fennel Salad with Ginger-Sesame Dressing

SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

Toss together a fruit and veggie mix that's more love potion than salad. Vitamin C-packed pineapple is said to help counter impotence, fennel is a natural plant estrogen, and spicy radishes are reputed to have been the Egyptian pharaohs' stimulator of choice. The dressing makes the mixture even more alluring: ginger's warming qualities rev circulation. And sesame seeds are rich in arginine, an amino acid the sex organs need to produce nitric oxide, which expands blood vessels to enhance blood flow.

#### DRESSING

- 1 Tbs. lemon juice
- 1 tsp. honey
- 1 tsp. grated fresh ginger
- 1 Tbs. sesame oil
- 2 Tbs. toasted sesame seeds or black sesame seeds

#### SALAD

- 1 medium fennel bulb, quartered and thinly sliced (1 cup)
- 1 cup diced fresh pineapple
- 1 cup sliced radishes
- 2 green onions, thinly sliced (¼ cup)
- 1 cup diced avocado
- 3 cups watercress or arugula

1. To make Dressing: Whisk together lemon juice, honey, and ginger in small bowl. Whisk in oil, then sesame seeds. Season with salt and pepper, if desired.
2. To make Salad: Toss fennel, pineapple, radishes, and green onions with Dressing in large bowl. (Salad can be made ahead to this point, and refrigerated overnight.) Stir in avocado, and season with salt and pepper, if desired.
3. Divide arugula among serving plates. Top with pineapple mixture.

PER SERVING (½ CUP PINEAPPLE MIXTURE, PLUS ½ CUP ARUGULA): 109 CAL; 2 G PROT; 8 G TOTAL FAT (<1 G SAT FAT); 10 G CARB; 0 MG CHOL; 20 MG SOD; 3 G FIBER; 5 G SUGARS



Simple is sexy, and what could be more simple than delicately salted leafy greens cooked to crispy perfection? These baked kale leaves cook up crisp enough to eat with your fingers—making them the perfect nosh to serve before a celebratory meal.



### Crispy Kale Leaves

SERVES 6 | VEGAN | GLUTEN FREE  
30 MINUTES OR FEWER

Kale is a rich source of manganese, a mineral that aids in the production of sex hormones. Since the body has only trace amounts, a sudden influx of manganese may give your libido a lift. Serve this appetizer immediately—the leaves lose their crunch after a couple of hours.

- 1 lb. kale, rinsed and patted dry
- 2 Tbs. olive oil
- ½ tsp. kosher salt

1. Preheat oven to 325°F. Coat baking sheet with cooking spray.
2. Tear kale into 3-inch pieces, removing tough stems. Transfer leaves to bowl.
3. Toss kale leaves with olive oil in bowl, until well coated. Spread on baking sheet, and bake 15 minutes. Turn kale with tongs, and bake 10 to 15 minutes more, or until edges are browned and leaves are crispy. Sprinkle with salt. Serve warm or cold.

PER ⅓-CUP SERVING: 66 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 5 G CARB; 0 MG CHOL; 184 MG SOD; 1 G FIBER; 0 G SUGARS

### Chocolate-Nutmeg Pots de Crème

SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

For a stimulating sweet, nothing beats chocolate. A study found that people are more turned on by the sensation of dark chocolate melting in their mouths than by kissing. The reason: it's rich in phenylethylamine, a "love chemical" that releases feel-good endorphins. For best results, Kilham suggests using "the highest cocoa-solid content you can consume—preferably above 70 percent."

- 1 egg
- 1 egg yolk
- 2 Tbs. sugar
- 1 5-oz. can low-fat or fat-free evaporated milk
- ⅓ cup low-fat or skim milk
- 2 oz. chopped bittersweet chocolate, such as Green & Black's Organic Baking Bar, or 1 cup bittersweet chocolate chips
- ¼ tsp. vanilla extract
- ¼ tsp. ground nutmeg, plus more for sprinkling, optional
- Pinch of salt
- Whipped cream for garnish, optional

1. Preheat oven to 300°F. Place 6 ½-cup ramekins in large roasting pan.
2. Whisk together egg, egg yolk, and sugar in large bowl. Set aside.

3. Bring evaporated milk and milk to a boil in medium saucepan. Remove from heat, and stir in chocolate. Return to heat, and simmer 1 minute, or until chocolate is melted, whisking constantly.
4. Whisk ½ cup chocolate mixture into egg mixture. Add remaining chocolate mixture to egg mixture in steady stream, whisking constantly. Stir in vanilla, nutmeg, and salt.
5. Pour ⅓ cup custard into each custard cup. Place roasting pan in oven, and fill half full with boiling water. Bake 25 to 30 minutes, or until custards are set. Remove custard cups from water bath with tongs, cool, then chill. Serve garnished with whipped cream and sprinkling of ground nutmeg, if using.

PER SERVING: 111 CAL; 4 G PROT; 6 G TOTAL FAT (3 G SAT FAT); 13 G CARB; 75 MG CHOL; 72 MG SOD; <1 G FIBER; 11 G SUGARS

*Maria Lissandrello was eager to take on this assignment because she still believes the best way to a man's heart is through his stomach.*



Get sentimental and share memories over pots de crème. The rich, dark-chocolate custards will remind you of the chocolate puddings you loved as a kid.

# 1 FOOD 5 WAYS

BY Mary Margaret Chappell

# oats

Rekindle your relationship with a heart-healthy favorite

**Ever since someone** had the genius idea of putting rolled oats into cookies, the whole grain has been climbing out of the cereal bowl and into myriad sweet and savory dishes. This versatile comfort food is packed with protein, B vitamins, calcium, iron, and beta-glucan, an especially heart-healthy form of fiber that has been shown to lower LDL (“bad”) cholesterol levels. Read on for tasty new ways to get the good-for-you grain into your meals.

## NUTRITIONAL PROFILE

1 CUP OF COOKED  
OATMEAL CONTAINS:

- 166 CALORIES
- 6 G PROTEIN
- 4 G FIBER
- 1 MG MANGANESE
- 13 MCG SELENIUM
- 63 MG MAGNESIUM

SOURCE: USDA NATIONAL  
NUTRIENT DATABASE



PHOTOGRAPHY Maren Caruso FOOD STYLING Robyn Valarik PROP STYLING Christine Wolheim



## Oat-lover's glossary

**OAT GROATS** Whole oats that have been toasted, hulled, and cleaned. In addition to being cooked as a hot cereal, groats can be used to make a chewy grain dish similar in texture to spelt or farro.

**STEEL-CUT/PINHEAD/IRISH/SCOTTISH OATS** Toasted oat groats that have been broken into three to four pieces.

**ROLLED/OLD-FASHIONED OATS** Groats that are steamed and rolled flat for quicker cooking. Rolled oats or quick-cooking oats work best in baked goods. For oatmeal that's both creamy and chewy, look for thick-cut rolled oats.

**QUICK-COOKING OATS** Oat groats that have been broken into pieces then rolled flat so that they will cook in four to five minutes. The tender choice for baked goods.

**INSTANT OATS** Thin, precooked rolled oats that need only be rehydrated with a hot liquid.

OAT GROATS

INSTANT OATS

ROLLED/  
OLD-FASHIONED  
OATS

STEEL-CUT/  
PINHEAD/IRISH/  
SCOTTISH OATS

QUICK-COOKING  
OATS

# 1 FOOD 5 WAYS

## Apple Custard Pie with Oatmeal Crust

SERVES 8

This lightly sweet dessert is a triple threat of oaty goodness, featuring oatmeal, oat flour, and oat milk. The recipe will also work with all-purpose flour and regular milk. A dusting of cinnamon sugar when the pie comes out of the oven gives it a sweet sparkle and crunch.

### CRUST

- 1 cup old-fashioned oats
- ½ cup oat flour
- ¾ cup light or dark brown sugar
- ¼ tsp. salt
- ¼ tsp. ground cinnamon
- ¼ cup (4 Tbs.) vegan margarine, melted

### FILLING

- 2 eggs
  - ¾ cup plus 2 Tbs. sugar, divided
  - ½ tsp. vanilla extract
  - ¾ cup oat milk
  - 3 small apples, peeled, cored, and cut into 8 wedges each
  - ⅞ tsp. ground cinnamon
1. Preheat oven to 350°F. Coat 8-inch pie pan with cooking spray.
  2. To make Crust: Stir together oats, oat flour, brown sugar, salt, and cinnamon in large bowl. Stir in margarine and ¼ cup water until crumbly dough forms. Press dough into bottom and sides of prepared pie pan, moistening fingers with cold water, if necessary, to prevent sticking.

Place pan on baking sheet, and bake 15 minutes, or until crust is light brown and bottom looks dry.

3. To make Filling: Whisk together eggs, ¼ cup sugar, and vanilla in large bowl. Whisk in oat milk until smooth.
4. Arrange apple wedges on bottom of prebaked Crust. Pour Filling into Crust, and return to oven. Bake 30 to 40 minutes, or until Filling is set.
5. Stir together remaining 2 Tbs. sugar and cinnamon. Sprinkle cinnamon sugar over hot pie. Cool on wire rack.

PER SLICE: 226 CAL; 4 G PROT; 8 G TOTAL FAT

(3 G SAT FAT); 35 G CARB; 53 MG CHOL; 153 MG SOD; 2 G FIBER; 21 G SUGARS

## Tempeh-Oatmeal Meatloaf

SERVES 6 | VEGAN

Cooked oatmeal provides the binder for raw oats, tempeh, onions, tomatoes, and spices in this home-style favorite. If you don't have herbes de Provence in your spice collection, substitute Italian seasoning mix, fines herbes, or 2 teaspoons poultry seasoning.

- 2 cups old-fashioned oats, divided
- 2 cloves garlic, minced (2 tsp.), divided
- 1 bay leaf
- 1 Tbs. olive oil
- 1 small onion, chopped (1 cup)
- 1 Tbs. herbes de Provence
- 1 15-oz. can chopped tomatoes
- 1 8-oz. pkg. tempeh
- ¾ tsp. vinegar

- ¾ tsp. sugar
- ¾ tsp. baking powder
- 1½ cups prepared marinara sauce

1. Preheat oven to 350°F. Coat large loaf pan with olive oil cooking spray. Bring ½ cup oats, 1 tsp. garlic, bay leaf, and 1 cup water to a boil in saucepan. Reduce heat to medium-low, cover, and cook 10 minutes, or until oatmeal is thick, stirring occasionally. Remove from heat, remove bay leaf, and set aside.
2. Heat oil in large skillet over medium heat. Add onion, and sauté 3 to 5 minutes, or until translucent. Add herbes de Provence and remaining 1 tsp. garlic, and sauté 1 minute more. Add chopped tomatoes and juice. Crumble tempeh into mixture, and stir in vinegar and sugar. Season with salt and pepper, if desired.
3. Transfer tempeh mixture to food processor, add cooked oatmeal, and blend until combined. Add remaining 1½ cups oats and baking powder, and pulse until combined.
4. Spread oat mixture in prepared loaf pan. Spray top with olive oil cooking spray, and pour marinara sauce over top. Bake 50 minutes to 1 hour, or until top begins to brown and marinara sauce is hot and bubbly.

PER SERVING: 289 CAL; 14 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 38 G CARB; 1 MG CHOL; 449 MG SOD; 6 G FIBER; 10 G SUGARS

## 4 steps to a perfect bowl of oatmeal

Oatmeal lovers are picky about their porridge. Just ask Matthew Cox, marketing manager for Bob's Red Mill and reigning champion of the Golden Spurtle World Porridge Making Championships, held in Scotland each year. Here are his tips for a batch that always comes out "just right."

1. **USE FILTERED WATER** Good, clean water is just as important to oats as it is to coffee.
2. **ADD A LITTLE SALT** A ½ teaspoon of salt in a pot of oatmeal acts as a catalyst to bring out the flavor of the oats.
3. **SIMMER, DON'T BOIL** Reduce the heat to low, put the lid on, and let the water barely bubble with the oats. The low heat helps prevent scorching on the bottom.
4. **STIR OCCASIONALLY** Give oats a stir every now and then to help release the starch so the grains cook up creamy.

+ FOR ANOTHER RECIPE THAT CALLS FOR OATS AS MOCK MEAT, TRY THE CHICAGO DINER BURGERS ON [VEGETARIANTIMES.COM](http://VEGETARIANTIMES.COM).

Apple Custard Pie with  
Oatmeal Crust



# 1 FOOD 5 WAYS

## Scottish Oat Cakes

MAKES 24 | 30 MINUTES OR FEWER

A cross between a cracker and a biscuit, oat cakes are made and sold throughout the British Isles. Try them with cheese or butter and jam. These oat cakes will keep up to two weeks in an airtight container.

- 2 cups old-fashioned oats
- ¼ cup light brown sugar
- ¾ tsp. baking soda
- ½ tsp. salt
- 1 cup oat flour, plus more for dusting work surface
- ¼ cup nonhydrogenated shortening or vegan margarine, cut into small pieces
- ¾ cup nonfat buttermilk

1. Preheat oven to 325°F. Line 2 baking sheets with parchment paper, or coat with cooking spray.
2. Stir together oats, brown sugar, baking soda, and salt in large bowl.
3. Place oat flour in separate bowl. Rub shortening into oat flour with fingers until mixture is crumbly. Stir in oat mixture, then buttermilk.
4. Dust work surface with oat flour, then roll out dough to roughly 10- x 8-inch rectangle ¼-inch thick. Cut rectangle into 12 squares with chef's knife. Cut each square into 2 triangles. Place triangles on prepared baking sheets, and bake 15 to 20 minutes, or until oat cakes are light brown. Cool 5 minutes on baking sheets, then cool on wire rack.

PER OAT CAKE: 72 CAL; 2 G PROT; 3 G TOTAL FAT (1 G SAT FAT); 10 G CARB; <1 MG CHOL; 95 MG SOD; 1 G FIBER; 3 G SUGARS

## Toasted Oat-Almond Muesli

MAKES 7 CUPS | VEGAN | 30 MINUTES OR FEWER

Muesli is usually made with uncooked rolled oats, nuts, and fruit. Here, a small amount of agave nectar and a granola-style baking step give this mix a toasted flavor that's healthful without tasting like health food.

- ½ cup canola oil
- ½ cup agave nectar or brown rice syrup
- ½ tsp. almond extract
- ½ tsp. vanilla extract
- 4 cups old-fashioned oats
- ⅔ cup slivered almonds or shelled raw pistachios
- 1 cup dried cranberries, dried cherries, or chopped dried apricots

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Whisk together oil, agave nectar, and almond and vanilla extracts in large bowl. Add oats and almonds, and toss to coat.
3. Divide oat mixture between prepared baking sheets, and bake 25 to 30 minutes, or until golden, stirring every 5 to 10 minutes to prevent burning. Cool on baking sheets. Stir in dried fruit.

PER ½-CUP SERVING: 254 CAL; 5 G PROT; 12 G TOTAL FAT (<1 G SAT FAT); 33 G CARB; 0 MG CHOL; <1 MG SOD; 3 G FIBER; 16 G SUGARS

## Iced Oatmeal Cookies

MAKES 24 COOKIES | VEGAN

To keep the icing for these chewy morsels from cracking, spread it on while the cookies are still hot. Applesauce helps trim the amount of margarine needed, and flaxseed meal stands in for eggs.

## COOKIES

- 2 Tbs. flaxseed meal
- 1 cup oat flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ½ tsp. ground cinnamon
- 2 Tbs. vegan margarine, softened
- ½ cup light brown sugar
- ¼ cup sugar
- ¼ cup applesauce or prune purée
- 1 tsp. vanilla extract
- 1½ cups old-fashioned oats
- ½ cup raisins or dried cranberries

## ICING

- ¾ cup confectioners' sugar
- 2 Tbs. lemon juice

1. To make Cookies: Stir together flaxseed meal and 3 Tbs. water in small bowl. Set aside. Whisk together oat flour, baking powder, baking soda, salt, and cinnamon in large bowl. Set aside.
2. Beat margarine, brown sugar, and sugar in large bowl with electric mixer 1 to 2 minutes, or until light and fluffy. Add applesauce and vanilla, and beat until smooth. Stir in oat flour mixture with spatula or wooden spoon. Add oats and raisins, and stir to combine. Cover, and chill 2 hours, or overnight.
3. Preheat oven to 350°F. Line 2 baking sheets with parchment paper, or coat with cooking spray. Roll cookie dough into golf ball-sized rounds, and place dough balls 1½ inches apart on prepared baking sheets. Flatten each cookie to ¼-inch thickness with bottom of drinking glass dipped in water. Bake 10 to 12 minutes, or until cookies look dry on top and are just beginning to brown.
4. Meanwhile, to make Icing: Whisk together confectioners' sugar and lemon juice in small bowl until smooth; Icing should be thick, but spreadable. Gently brush Icing on hot cookies with pastry brush. Cool 5 minutes, then transfer to wire rack to cool completely. Store cookies in airtight container.

PER COOKIE: 99 CAL; 2 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 20 G CARB; 0 MG CHOL; 109 MG SOD; 1 G FIBER; 13 G SUGARS

## ARE OATS GLUTEN-FREE?

Although raw, unprocessed oats contain no gluten, many oat products are cross-contaminated with wheat gluten at some time during processing. (That's why none of these recipes is labeled gluten free.) If gluten is an issue for you, buy oats with "gluten free" on the label, which indicates oats were processed in facilities where they have not come into contact with wheat or wheat products.

Whether you prefer whole groats or quick-cooking oatmeal, they all have about the same amount of fiber and nutrients.

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Iced Oatmeal Cookies

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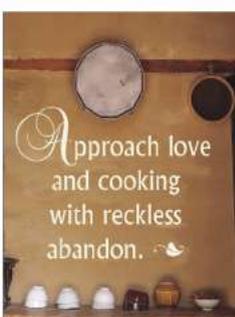


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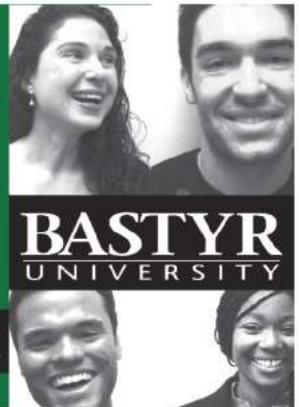
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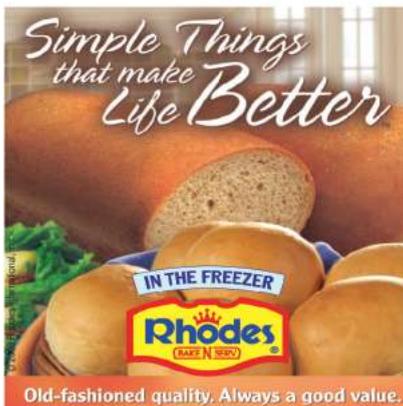
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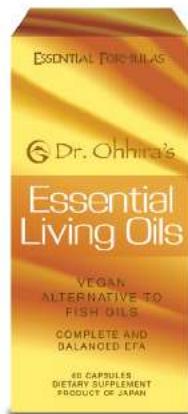
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VEGAN	DAIRY FREE	GLUTEN FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR FEWER	
						<b>APPETIZERS</b>
■	■	■	■	■	■	Crispy Kale Leaves, p. 68
		■	■	■	■	Feta-stuffed Peppadews, p. 65
						<b>SOUPS AND SALADS</b>
■	■		■	■		Creamy Mushroom Soup, p. 56
■	■		■	■		Garlic and Kale Soup, p. 36
■	■	■	■	■	■	Minestrone with Sun-Dried Tomatoes and White Beans, p. 33
■	■		■	■		Minty Winter Tabbouleh, p. 27
		■	■	■	■	Pineapple-Fennel Salad with Ginger-Sesame Dressing, p. 66
■	■	■	■	■		Red Pepper-Carrot Soup, p. 34
■	■	■		■		Smoky Split Pea Soup, p. 38
						<b>ENTRÉES</b>
■	■	■	■	■	■	Artichoke Heart Rösti, p. 30
			■	■		Butternut Squash and Duxelles Casserole, p. 60
■	■		■	■	■	German-Style Warm Potato Salad, p. 29
■	■	■	■	■		Glasswort (Sea Asparagus) and Sugar Snap Peas, p. 13
			■	■		Mushroom-Gouda Soufflé, p. 57
			■	■	■	Mushroom-Manchego Quesadillas, p. 60
			■	■	■	Rigatoni Puttanesca with Veggie Meatballs, p. 29
■	■		■	■		Roasted Vegetable Linguine with Torn Fresh Basil, p. 64
		■		■	■	Sautéed Brussels Sprouts Leaves over Quinoa, p. 30
■	■		■	■	■	Stir-Fried Shiitake Mushrooms with Tofu and Bok Choy, p. 60
■	■		■	■		Tempeh-Oatmeal Meatloaf, p. 72
■	■		■	■	■	Toasted Oat-Almond Muesli, p. 74
■	■		■	■		Ultimate Vegan Chili, p. 51
		■		■	■	Vegetables Korma, p. 30
						<b>BREADS AND DESSERTS</b>
	■					Apple Custard Pie with Oatmeal Crust, p. 72
		■	■	■		Arrowroot Jelly Trifle, p. 48
		■	■		■	Chocolate-Nutmeg Pots de Crème, p. 68
				■		Easy Buttermilk Pot Bread, p. 43
■	■					Easy Cinnamon Sticky Buns, p. 44
	■			■		Honey-Oat Bread, p. 46
■	■		■	■		Iced Oatmeal Cookies, p. 74
■	■			■		Key Lime Pie, p. 52
■	■		■	■		Maple Cornbread Muffins, p. 52
■	■			■		Rustic Multiseed Wheat Bread, p. 46
			■	■	■	Scottish Oat Cakes, p. 74



# Carol Leifer

A comedienne gets serious about veganism and animal rights

**PETA videos aren't usually** laugh-out-loud funny—unless Carol Leifer's doing the talking. "I recently became vegan," she says in her online testimonial, "because I felt that as a Jewish lesbian, I wasn't part of a small enough minority." A stand-up comic, Leifer, 53, is one of Hollywood's most revered TV writers, with *Seinfeld* among her credits. Last year, she published *When You Lie About Your Age, the Terrorists Win*, offering reflections on life, love, food, and family that manage to be both touching and hilarious. Leifer has welcomed seven rescue dogs into her Santa Monica, Calif., home, where VT caught up with her.

**Q** You went vegan after eceeing a benefit for Southern California animal sanctuary Animal Acres. Can you talk about that experience?

**A** It was an "aha" moment. I never thought much about where the food on my plate came from. I didn't know what a factory farm was. When people at the event talked about "abused farm animals," I thought, "Well, there are some pretty freaky-deaky farmers out there." I was so naive. Learning what I did that night, and seeing videos like PETA's "Meet Your Meat," helped me commit.

**Q** What's your advice about making the transition to veganism?

**A** The biggest challenge when you become vegetarian or vegan is feeling isolated, like you're the only one out there. A book called *Vegan Freak* [by Bob Torres and Jenna Torres] helped me enormously.

**Q** Your book waxes rhapsodic about the health and beauty benefits of a vegan diet. How has your body changed?

**A** The best thing about my going vegan is that I lost 15 pounds. To women, that's the Holy Grail. People say, "Oh, my God, you look fantastic, you've lost all this weight." When I tell them it's from eating vegan, they go, "Hmm. Something's going on here."

**Q** How would you handle it if your 3-year-old son, Bruno, decides to eat meat when he gets older?

**A** I will have a heart attack. I don't know how or if I could ever handle that. The day I see my son biting into a hamburger, you're going to have to revive me. It's easy now. He loves tofu and edamame. And your kids really do want to eat what you want to eat. Hopefully, we'll have inundated him with so much knowledge that he'll make the connection between visiting Animal Acres and recognizing that those animals were spared from some place, but who knows.

**Q** You're working on TV pilots for Showtime and CBS. Are you planning any creative projects with veg characters?

**A** I'd like to put a vegetarian or vegan character into one of my upcoming projects. From a creative standpoint, it has all the elements of good writing: it makes a character unique, and provides for a lot of conflict. I'd also do it to get the word out. There are so many people who are new to vegetarianism and veganism. They don't really understand it. What better way than through the medium of television?

**Q** Can you tell our readers a good vegetarian joke?

**A** I can tell you an animal joke I tell at benefits: "You know, animals, in many ways, are better than people. A dog can lick his privates and yet not feel the need to post it on YouTube." 🍌

*New York-based writer Michael Kaminer hopes to soon see witty vegetarians on TV.*

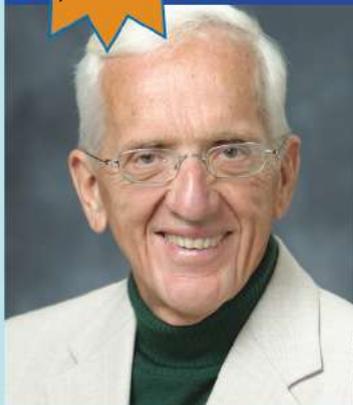
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#### Dr. Neal Barnard

Neal Barnard, M.D. is an internationally known integrative medicine researcher, founder of Physician's Committee for Responsible Medicine and author of the vegetarian classic *Food for Life*. Be a part of PCRM's 25th Anniversary celebration! [www.PCRM.org](http://www.PCRM.org).



#### Marilu Henner

Award winning star of stage, screen and TV and New York Times best-selling author of seven health and fitness books including *Marilu Henner's Total Health Makeover*. On Marilu.com she teaches classes based on her books, and her series *Shape Up Your Life* is currently seen on The Discovery Network's FitTV.



#### Dr. Joel Fuhrman

Joel Fuhrman, M.D. is a family physician specializing in nutritional medicine and author of six books, including his best-selling *Eat to Live* and *Eat For Health*. His successes in reversing an array of medical conditions with nutritional interventions have led to his involvement in ongoing medical research trials.



#### Christina Pirello

Christina is a nationally known vegetarian/vegan chef, Emmy Award-winning TV celebrity hosting her own show, "Christina Cooks," and author of several best-selling cookbooks such as *Cooking the Whole Foods Way*, *Glow*, and her latest, *This Crazy Vegan Life*.



#### Yogi Amrit Desai

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