

The guide to
plant-based meals

Eating for a better world
One meal at a time

Recipes for every taste
Sweet or spicy,
foreign or familiar

Flex appeal
Easy steps, simple swaps

Karla's corner
Registered dietitian dishes on the health
benefits of plant-based food



THE HUMANE SOCIETY
OF THE UNITED STATES

Standing up for animals, *one bite at a time*

Kristie with her friend Goldie



Thanks for picking up a copy of The HSUS's *Guide to Plant-Based Meals*. There are so many reasons people choose meatless foods. Some do it for their health, others for the health of the planet. Nobel Prize–winner Isaac Bashevis Singer offered another compelling explanation: When asked if he was vegetarian for health reasons, Singer responded, “Yes, for the health of the chicken.”

Farm animals, like the dogs and cats we consider members of our families, are individuals with personalities, needs and preferences—and most importantly, the capacity to suffer. Yet our industrial food system treats them like mere units on a production line with little regard for their suffering. In fact, many standard agribusiness practices are so inhumane, so out of step with mainstream American values about how animals should be treated, they would be illegal if the victims were dogs or cats. HSUS undercover investigations have revealed appalling abuses of cows, pigs, chickens and turkeys; sadly, these cruelties are common in factory farms across the nation.

Fortunately, each of us can stand up for these animals—every time we sit down to eat. By making better food choices, we all have the power to create a more humane society. You'll be healthier for it, too. Leading research indicates that eating more meat-free meals, and eating fewer animal-based foods, can help us fight heart disease and some cancers and improve weight management. The pages of this guide are designed to help you make those better choices—choices that are abundant, enticing and more than satisfying.

And remember: It need not be an all-or-nothing endeavor. Go at your own pace. A lifetime of ingrained eating habits can be difficult to break, so you should praise yourself for every step of progress you make.

No matter your reason for choosing meatless options, feel good about your decision and know that you're making a positive difference in the world. Whether it's for the health of the chicken, the health of the planet, or your own health (or all three), take pride in your commitment, and know that The HSUS stands behind you, ready to assist you on your path to more humane eating.

A handwritten signature in black ink that reads "Kristie Middleton".

Kristie Middleton
Managing Director, Food and Nutrition

Eating for a better world

Factory farm survivors reveal the faces behind our food

A pig. A hen. A bull. Just three among the 9 billion land animals who suffer each year on U.S. factory farms. All were nameless “production units” bound for slaughter—until they escaped and came into their own.

The pig was headed to her death in a two-level truck crammed with several hundred animals. Fresh from several months of “finishing,” when young pigs are packed in pens and fed as much as they can eat, she weighed 220 pounds—stocky and thick-legged. A tattoo over her rib cage identified her as one of more than 1,000 animals raised on an Ohio factory farm, the offspring of a sow kept tightly confined in a gestation crate—a mother the pig had known only during the few weeks she was allowed to nurse.

The young pig’s existence might have ended as an entry on a company ledger. Except that she tumbled out of the truck and onto the pavement. When volunteers from the Happy Trails Farm Animal Sanctuary came to her aid, she got a name—Scarlett—along with the recognition that she was more than bacon.

Adopted by Happy Trails employee Olivia Schlosser-Hogue, Scarlett became a mother to three



smaller rescued pigs. And when the neighbor’s 3-year-old boy visited, she watched over him too, making sure he was all right if he fell. Every morning, she has a special greeting for Schlosser-Hogue and her husband, pushing her nose close to their faces and making a loud huffing sound pigs reserve for individuals above them in the social hierarchy. In winter, she lies in the straw, waiting for people to join her there. “There’s something really calming about her,” says Schlosser-Hogue. “She has always been the sweetest pig ever.”

The high-flying hen

The hen’s chance came as she listened to the panicked uproar of 80,000 birds housed five to a cage in a California warehouse. At one end of the building, workers were ripping hens from cages to send them to slaughter because the property on which the farm operated was being sold. Torn from the wire mesh, some lost wings and some feet. At the other end of the building, rescuers from a nearby farm animal sanctuary were gently lifting 2,000 chickens from their cages. The 1½-year-old hen, who was past peak egg production age and would normally have been killed for low-grade meat, fell among the fortunates.

Named Sarah, she was placed in a flock of 50



rescued birds at Animal Place sanctuary. For the first time, she could revel in sunshine and grass. After living in a cramped cage, it took Sarah a few moments to realize she could walk. Then, “she would stand up and fluff up her feathers and run as fast as she could and take to the air,” recalls education manager Marji Beach. “She got the other birds doing it.” When her atrophied muscles recovered, Sarah roosted on the top perch.



The ebullient bull

The bull made his break when a semi hauling 34 cattle on an Indiana interstate slammed into another truck and burst into flames. Fifteen surviving cattle were rounded up. But the bull, though severely burned, refused to be recaptured. The 2-year-old Holstein led police and others on a 12-hour chase before being taken to the local animal shelter.

Jay ended up at Farm Sanctuary in New York. When he arrived, staff removed his rope and halter. He wasn't yet fully recovered, but he could move about in his spacious stall and touch noses with other cattle.

“Giving him that freedom really sealed the deal,” says Farm Sanctuary's Susie Coston. “He's blossomed. He licks your leg in greeting. We call him and he comes. We don't even have to corral him.”

Before, the bull was kept penned indoors. Now he runs around outside in a large field, kicking up his legs.

“You look into any farm and there are thousands of animals,” says Coston. “But if you pull any one of those animals out, they are who they are.”

5 more reasons to choose meat-free meals

Large-scale animal agribusiness causes widespread suffering, but the consequences don't end there. Here are even more reasons to reduce or eliminate animal products from our diets:

Greenhouse gas explosion: Many aspects of the meat, egg and dairy industries—not just the raising of animals, but feed crop production, deforestation, energy use and transportation of animals and animal products—play a prominent role in climate change and are a leading greenhouse gas emitter.

Toxic waste: Animals confined in U.S. factory farms produce three times more waste than the entire U.S. population. This manure can contaminate water supplies and emit harmful gases such as hydrogen sulfide, ammonia and methane.

Down the drain: According to the U.S. Environmental Protection Agency, water quality concerns are most pronounced in areas of intensive crop cultivation and concentrated farm animal production facilities. Animal agribusiness also consumes enormous amounts of water: A pound of processed animal protein requires up to 26 times more water to produce than a pound of soy protein.

Public health perils: Farm animal waste has caused outbreaks of *E. coli*, *Salmonella* and other pathogens that contaminate food and drinking water. Studies have also found that people who live near factory farms disproportionately suffer from excessive coughing, diarrhea, burning eyes, headaches, nausea and respiratory problems.

Antibiotic resistance: To keep animals alive in overcrowded, unsanitary and stressful living conditions, factory farms use massive amounts of antibiotics—many of the same drugs used in human and veterinary medicine. Antibiotics and antibiotic-resistant bacteria can be found in the air, groundwater and soil around farms and may contaminate meat, eggs and dairy products.

Karla's corner

Health benefits of vegetarian foods

By Karla Dumas, RD



Powering up with plant-strong foods

Plant-based foods are full of important nutrients:

Iron: Green, leafy vegetables; grains (rice, oats, enriched cereals); soy products (soy milk, tempeh); nuts and dried fruits are all good sources of iron.

Calcium: Plant-based sources include fortified dairy-free milks (such as soy, rice and almond) and orange juice, greens, beans, nuts and seeds. Fortified dairy-free milks typically contain the same amount of calcium as dairy, but none of the saturated fat, cholesterol or lactose, and are a better source of iron.

Omega-3s: Flaxseeds, walnuts and algae oil DHA supplements are healthy sources of omega-3 fatty acids, without the toxins such as mercury found in fish oil supplements.

Protein: Beans, nuts, seeds, soy products and whole grains are excellent cholesterol-free protein sources. They also contain fiber, folate and health-promoting phytonutrients.

What does a health-promoting, balanced meal pattern look like? According to nutrition and health experts, it's full of plant-based foods like beans, nuts, fruits, vegetables and whole grains with little to no saturated animal fat or cholesterol (which is solely found in animal products). Unfortunately, the Standard American Diet does not typically reflect these recommendations. Most Americans don't eat the recommended daily servings of fruits and vegetables, and four of the leading causes of preventable death—heart disease, certain cancers, stroke and Type 2 diabetes—are strongly associated with diet.

As we learn more about how food can prevent chronic disease, more experts and public health organizations recommend incorporating meat-free meals, including the American Heart Association, National Cancer Institute and World Health Organization, as well as the U.S. dietary guidelines. People who eat completely meatless diets are half as likely to become hospitalized or require medications and have even been documented as living longer. The Academy of Nutrition and Dietetics notes that these diets are "appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood and for athletes."

Enjoying more meat-free meals, no matter your age, can lead to significant health benefits. People who eat more plant-based meals consume more nutrients, such as vitamins A and C, folate, fiber and iron, and they have a higher intake of fruits and vegetables, which most Americans lack, according to the latest version of the Dietary Guidelines for Americans. Americans typically consume far more protein than they need, and meeting daily protein and nutrient needs with appropriately planned meat-free meals can be a cinch. The great Carl Lewis transitioned to an entirely plant-based diet to prepare for the World Championships, where he said he "ran the best meet of his life." In the 2016 Summer Olympics, vegan Kendrick Ferris was the only American weightlifter to qualify, setting a new personal and U.S. record in the Olympic trials.

Choosing more meat-free meals is an easy, cost-saving and delicious way to promote overall health. Join the millions of Americans in discovering the joys and benefits of eating more plant-based meals. For recipe ideas, visit humanesociety.org/recipes.



Flex appeal

With big steps or baby steps,
you can progress toward a
healthier, more humane diet

For some, the idea of overhauling a lifetime of dietary habits can be intimidating. As Josh Balk, vice president for the HSUS Farm Animal Protection campaign, says, “It’s understandable that people may choose not to switch their dietary habits overnight.”

But it doesn’t have to be an all-or-nothing proposition. Whether your primary incentive is helping the environment, improving animal welfare, or addressing health concerns, you can take a significant first step by becoming a flexitarian. The term blends “flexible” and “vegetarian” to describe those who take a part-time approach to avoiding meat.

“A flexitarian is waking up every day and trying to be more vegetarian,” says Dawn Jackson Blatner, spokeswoman for the Academy of Nutrition and Dietetics and author of *The Flexitarian Diet*. “It’s not going to be perfect; it’s about progress.”

In promoting conscientious eating, The HSUS embraces the Three Rs—*reducing* the consumption

of animal products; *refining* the diet by avoiding foods created in the worst production systems (for example, switching to cage-free eggs); and *replacing* animal products with plant-based foods. Popular programs such as Meatless Mondays—adopted by colleges and school districts around the country—have helped people see, one day a week, how easy and delicious vegetarian cuisine can be. And Vegan Before 6, developed by *New York Times* best-selling author Mark Bittman, takes it one step further—by promoting the daily consumption of plant-based products until dinnertime. (Read more about Bittman on p. 6.)

Whatever the approach, finding tasty new foods can help with the transition, especially when re-creating your favorite comfort foods. Plant-based cheese sauces, like that in the recipe on the following page, can offer the rich, creamy flavor of dairy cheese—minus the hormones and antibiotics. And the chickpea sliders are packed with protein, not to mention are so flavorful you’ll never miss the animal products on your plate.

Creamy Cheese Sauce SERVES 8

2 cups white potatoes, peeled and cubed

1 cup carrots, peeled and chopped

1/3 cup olive oil

1/2 cup water, reserved from boiling potatoes and carrots

1 tablespoon lemon juice

1/2 cup nutritional yeast

1 teaspoon salt

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

Dash cayenne pepper, optional

1. Boil potatoes and carrots until tender; about 20 minutes.
2. Drain, reserving 1/2 cup of the liquid.
3. Put all ingredients in a blender and blend until smooth.

SERVING SUGGESTIONS: Cook elbow noodles according to package directions for mac and cheese or serve over chips, beans, lettuce, tomatoes and your favorite toppings for nachos.



Garbanzo Bean Sliders SERVES 9

1 cup onion, diced small

1/8 cup fresh garlic, minced

1 tablespoon oil (for sweating onions and garlic)

1 15-ounce can garbanzo beans, drained and rinsed

1/4 cup walnuts

1 tablespoon cilantro

1/2 cup all-purpose flour

1/4 teaspoon cumin

1/2 cup olive oil, divided

1 teaspoon salt

1 teaspoon pepper

1. In a medium pan, add 1 tablespoon oil and sweat onions and garlic until soft, then transfer to a large bowl.
2. Meanwhile, process garbanzo beans in food processor until broken into small pieces, being careful not to overprocess.
3. Add garbanzo beans, walnuts, cilantro, flour, cumin, 1/4 cup of oil, salt and pepper to bowl with onions and garlic and mix well.
4. Scoop 1/4 cup of the mixture at a time and shape into patties.
5. Warm remaining oil in a medium pan. Cook patties in oil until golden brown, flipping once.
6. Serve on bread of choice and add toppings as desired.



The part-time vegetarian

Food writer embraces flexible diet strategy

The acclaimed author of *How to Cook Everything*, Mark Bittman was suddenly being told to cut back on the “everything.”

“Look,” he remembers his doctor telling him, “you’re overweight, your cholesterol’s higher than it used to be, your blood sugar’s higher than it used to be, you have sleep apnea, you have a couple other problems. You should probably become a vegan.”

Bittman resisted.

“Well, figure something out,” his doctor added. “Figure something out in that direction.”

And so Bittman devised an approach he called Vegan Before 6: avoiding meat and other animal products until dinnertime each day.

Fortunately, he had plenty of recipes to draw on. Concerned about the environmental impacts of mass meat production, and sensing shifting diets in the general public, the former *New York Times* columnist had already written *How to Cook Everything Vegetarian*.

For 4 years, his flexitarian routine has stuck.

“The first thing is ... eliminate the processed food, eliminate the fast food, eliminate the junk,” says Bittman, who lost 30 pounds and resumed running marathons.

“But the second thing is just to remember that any time that you choose an unprocessed plant over anything else, you’re moving in the right direction. And whether that’s once a day, or twice a day, or five times a day, that’s the direction to move in.”



Check out Bittman’s recipe for grilled eggplant and scallions with miso rice at [humanesociety.org/meatfree](https://www.humanesociety.org/meatfree).

Flexing your food choices

Reducing your consumption of animal products doesn’t require a drastic diet overhaul. With a few simple steps, you can become a full-fledged flexitarian—a part-time vegetarian.

Reinvent the familiar: Swap the chicken in your burritos for black beans or grilled vegetables. Instead of sour cream, spoon on some guacamole or salsa. Replace the meat sauce on your pasta with spicy marinara, and try vegetarian burgers and dogs. Substitute applesauce, flax meal, mashed bananas or Ener-G egg replacer for eggs when preparing baked goods—you’ll get all the taste without the cholesterol (see p. 12 for more dessert tips).

Explore the unknown: Visit your community health food store or your local grocery store’s natural foods aisle to check out some of the fantastic vegetarian items on the market. Give international recipes a try: Many of the world’s cuisines have classic vegetarian dishes that will introduce your taste buds to a world of new flavors and textures.

Satisfy your cravings: Redirect your appetite for meaty flavors to foods like walnuts, soy sauce, mushrooms, tomatoes and sweet potatoes. And try the many plant-based proteins on the market, from vegetarian steak strips to deli slices to barbecue “ribs”—you may like them even better than the animal-based versions.

Dive into dairy-free: If you have a driving desire for dairy, check out the delicious plant-based options available at most grocery stores, including dairy-free cheese (available in blocks, slices and shreds), milk, sour cream, cream cheese and ice cream.

Keep it healthy: Don’t load up on processed foods, sweets or dairy products. Fresh fruits and vegetables with whole grains and plant-based proteins like beans, lentils, peas and nuts should be your mainstays.

Kudos to You! Pat yourself on the back as you transition to a healthier way of eating, and remember that you’re helping to make the world a better place, simply by enjoying vegetarian fare.



Dining out, veg-style

From fast-food joints to haute cuisine establishments, veggie options abound

Butternut squash ravioli smothered in cashew cream sauce. Seasonal fresh greens with avocado, pine nuts, and kalamata olive vinaigrette. Candied pumpkin seeds and caramel sauce over locally grown baked apples. The message in Candle 79's menu is clear: There's never been a more delicious time to choose vegetarian.

"People are shocked ... just floored really that the food is that delicious," says Benay Vynerib, chief operating officer of the upscale, all-vegan eatery and wine bar and its sister restaurant, Candle Café. Exceeding all expectations and inspiring healthier living is something the Candle restaurants are known for.

Not long ago, if you craved a healthy, meat-free meal, you rolled up your sleeves and started

chopping. Dining out was a challenge, and seldom satisfying. But in recent years, meat-free meals have become a mainstay of restaurant offerings. Routinely, surveys by the National Restaurant Association list vegetarian and vegan entrees as two of the industry's "hottest trends." While fast-food chains and steak houses add veggie dishes to their menus, fine dining spots like the world-famous Candle 79 in Manhattan's Upper East Side are mincing stereotypes of plant-based cuisine.

"I'll never forget this father of the bride," Vynerib says. "He was adamantly convinced he wasn't going to like the food. And he's been back several times."

From upscale vegan restaurants to fast food chains like Burger King, White Castle and Chipotle it's never been easier to eat meat-free than it is now!

Hearts of Palm and Cauliflower Ceviche

SERVES 6

Ceviche, a dish known for its refreshing flavors and unique textures, now comes to you in an entirely plant-based form thanks to hearts of palm and cauliflower. Various kinds of seafood have found their way into ceviche over the years, but for this recipe, we rely on multilayered hearts of palm. We can mimic both scallops and calamari rings by separating the center of the palm heart from its outer ring. These provide the chewy element of our plant-based delight. Next up? Miraculous cauliflower. By chopping raw cauliflower into small pieces, we can pack a soft crunch into the dish, ensuring that this plant-based ceviche delivers on both texture and freshness.

Eddie Garza, HSUS senior manager of food and nutrition, has long loved cooking. He spent the majority of his childhood in the kitchen with his grandmother, who taught him everything he knows about Mexican cooking. Here Eddie shares a recipe for ceviche from his *¡Salud! Vegan Mexican Cookbook*.

Prep time: 10 minutes.

Soy-free, gluten-free, nut-free, quick & easy

- 2 large Roma tomatoes, diced into cubes
- 1 cup chopped red onion
- 1 cup chopped cilantro
- 2 jalapeño peppers, seeded and chopped
- 1 cucumber, diced into cubes
- 1 cup cauliflower, finely chopped
- 1 (14-ounce) can hearts of palm, drained, centers pushed out, cut into slices
- 1 tablespoon olive oil
- Juice of 2 lemons
- 1 avocado, peeled, seeded, diced into cubes
- Salt
- Black pepper



1. In a large bowl, combine the tomatoes, onion, cilantro, jalapeños, cucumber and cauliflower. Mix well.
2. Add the hearts of palm, olive oil and lemon juice, and mix.
3. Add the avocado, season with salt and pepper, and toss gently.
4. Chill for at least 60 minutes before serving.



Tips for dining out

Though many restaurants are meeting the growing demand for healthier, more compassionate fare, you may still find yourself in situations where a little creativity or forethought can help ensure a satisfying dining experience. Here are some tips.

Top chef tip-off

CHALLENGE: You're taking your parents to their favorite restaurant, where the menu hasn't changed since the Ford administration. You envision a bowl of iceberg lettuce with a tomato slice and a few croutons. Maybe a side of fries or a spaghetti plate from the kids' menu if you're lucky.

SOLUTION: Call ahead, and see what the chef can offer for a vegan meal, suggests Benay Vynereb, chief operating officer of New York City's Candle Café and Candle 79 restaurants. "Chefs are more than willing to accommodate, but they love the heads-up, because it gives them the opportunity to be creative and to show you that they care." Also check with servers; many are more than willing to accommodate requests or steer you toward options not listed on the menu.

World explorer

CHALLENGE: Eating out is your favorite pastime, but you're feeling a bit bored with the pastas at Italian restaurants and the veggie burritos and guacamole at Mexican eateries.

SOLUTION: Introduce your taste buds to some new flavors. Chinese, Indian, Ethiopian, Japanese, Middle Eastern, Thai and other international restaurants offer a plethora of vegetarian dishes.

Unfamiliar territory

CHALLENGE: You're on the road, and your bag of trail mix is getting light. But the highway billboards only point to chain eateries and fast-food joints.

SOLUTION: No need to panic. Chain restaurants like White Castle, Johnny Rockets, Denny's and Red Robin offer mouth-watering veggie burgers with all the fixings. Even fast-food joints like Taco Bell, Chipotle and Fazoli's feature meat-free items. With some advance planning (or a good GPS), a road trip can also be a great opportunity to visit restaurants you won't find at home. Vegetarian eateries are becoming increasingly popular. Add some to your itinerary, and getting to your destination might be the highlight of your trip. You can also download apps like Happy Cow that point you to the closest vegetarian-friendly establishments.





The spice of life

A more humane diet can awaken your taste buds to a world of new flavors

For longtime food writer and trained chef Kim O'Donnel, shifting her diet to include more vegetarian fare has been a journey of delicious discoveries—no sacrifices.

O'Donnel learned to re-create the “savoriness” of meat in vegetarian dishes by using ingredients such as mushrooms, soy sauce, smoked paprika and chipotle chilies in adobo sauce. And she reveled in the challenge of making vegetables irresistible. “I’ve converted many a broccoli hater after I served them my roasted broccoli pick-up sticks,” she says.

In her quest for successful recipes, the former tofu-avoider experimented until she developed two standouts: pepita-crusting tofu and tofu barbecue. The latter took off after a friend suggested freezing tofu—making it more porous, like a “flavor sponge.” Both are among the recipes in O'Donnel's *Meat Lover's Meatless Cookbook*, which she wrote in part to help readers institute a Meatless Mondays program throughout the year.

“I want people to cook,” O'Donnel says. “And I think that the more that we commit to cooking regularly, the more aware that we become of where our food's coming from and how it's raised and grown.”

She also hopes to inspire readers to break out of the meat-and-potatoes rut—and discover what they've been missing at the farmers market and in the international aisle of their local supermarket. “Committing to trying a different ingredient every week can often be really powerful,” she says.

O'Donnel now eats half as much meat as she once did, feasting instead on some of her favorite recipes from the book: chickpea “crab cakes,” roasted eggplant-lentil “caviar” and the tempeh hoagie-letta.

Another favorite, the West Indian-style channa wrap—“one of my go-to dishes at home”—replicates the flavorful sandwiches she'd buy in gas stations while visiting friends in the Caribbean. “I wanted to re-create something from that time,” she says, “when I would just swoon over these sandwiches.”

Simple menu suggestions

For dessert ideas, see page 12.

Not every meal needs to be a gourmet tour de force. Vegetarian dishes can be as ambitious or as simple as you desire. For quick and easy eats, try these delicious suggestions.

Breakfast

- Peanut butter-banana smoothie
- Oatmeal with almond milk and strawberries
- Cereal with cashew milk
- Bagel with peanut butter or dairy-free cream cheese
- Coconut yogurt with fresh fruit
- Pancakes with warm maple syrup and fresh berries

West Indian–style Channa Wrap

SERVES 8 OR MORE

- 3 tablespoons** vegetable oil
- 2 cups** diced onions
- 5 cloves** garlic, minced
- ½** chili pepper of choice, seeded and diced
- 1 (2-by-1 inch) hunk** fresh ginger, peeled and minced
- 1½ to 3 tablespoons** curry powder (preferably Madras-style)*
- 1 teaspoon** ground cumin
- ¼ teaspoon** cayenne
- ¼ teaspoon** ground turmeric
- 1 teaspoon** salt
- 2 (15-ounce) cans** chickpeas, drained and rinsed thoroughly
- 1 (17.5-ounce) package** 8- or 10-inch whole wheat tortillas

Optional add-ons: Your favorite hot sauce; ½ red onion, sliced thinly; ½ cucumber, diced

* On a spicy scale, the original recipe calling for **3 tablespoons** of curry is 4 stars out of 5. Especially if you use Madras-style curry, HSUS testers recommend following O'Donnell's suggestion for toning down the heat by using only **1½ tablespoons** of curry powder; she also suggests eliminating the cayenne if desired.



1. In a deep skillet, heat oil over medium heat. Add onions and cook until slightly softened, about 8 minutes.
2. Add garlic, chili pepper and ginger, and cook for about 2 minutes.
3. Add spices and salt, and stir well. You'll end up with a paste.
4. Add chickpeas, plus enough water to barely cover them (at least 3 cups). Bring to a lively simmer, then lower the heat and cook at a gentle simmer, stirring occasionally, until most of the liquid evaporates (50 to 60 minutes). You're looking for very soft chickpeas with a thick gravy, not soup.
5. Taste for salt and season accordingly.
6. Place a few tablespoons of channa inside a warmed tortilla with any or all of the optional add-ons. (The channa is also great served over rice.)

FROM THE *MEAT LOVER'S MEATLESS COOKBOOK* BY KIM O'DONNELL. EXCERPTED BY ARRANGEMENT WITH DA CAPO LIFELONG, A MEMBER OF THE PERSEUS BOOKS GROUP. © 2010.

Lunch

- Barbecue veggie burger and fries
- Sloppy joes made with meatless crumbles
- Rainbow hummus wrap with diced vegetables
- Italian vegetable minestrone with sourdough bread
- Peanut butter and jelly
- Plant-based slices and toppings on sub roll

Dinner

- Grilled vegetable and tofu fajitas
- Black bean and rice burritos with guacamole
- Vegetable lo mein
- Spicy three-bean chili with corn bread
- Roasted garlic pesto pizza
- Luscious lentil soup with salad and garlic bread

Let us eat cake

The sweet side to plant-based eating

Texas native chef Wanda White has not only amassed an impressive resume of culinary education—from the Art Institute of Dallas to the Culinary Institute of America to formal training in Paris—but she’s also cooked in kitchens all over the U.S. Yet she was faced with an unprecedented challenge when she took the chef position at the University of North Texas’ Mean Greens dining hall: how to bake without eggs and dairy.

As the lead culinarian in the nation’s first all-vegan university dining hall, this classically trained pastry chef

quickly rose to the challenge. Armed with a couple of cookbooks like *Vegan in Volume* and *The Complete Guide to Vegan Food Substitutions*, Wanda started recipe testing and found she could make amazing vegan desserts with a few simple substitutions.

The response? Wanda became known for the best cakes on campus, attracting not only the vegan students, but also non-vegan students, faculty and community members. And Mean Greens’ sales skyrocketed from about 175 transactions a day to more than 500 a day in its first few weeks of operation.

Sales continued to rise and remain steady, with around 1,700 meals being served daily after four years of



Wanda's Wonderful Red Velvet Cupcakes SERVES 12

Cupcakes

- 1 tablespoon** apple cider vinegar
- 1⅓ cups** almond milk
- 2½ cup** self-rising flour
- 1¾ cups** sugar
- ¾ cup** vegetable oil
- 1 teaspoon** vanilla extract
- 1 tablespoon** cocoa powder
- ¼ cup** red food coloring

Cream cheese icing

- ½ cup** dairy-free margarine
- ½ cup** vegetable shortening
- 1 teaspoon** vanilla extract
- 1 pound** powdered confectioner’s sugar
- 1 cup** dairy-free cream cheese

operation, proving that you can have your vegan cake and eat it, too.

As Wanda found, any dessert—berry cobbler, pumpkin pie, chocolate chip cookies, pudding and even cheese-cake—can be made without animal ingredients and without compromising quality. Just ask *Gourmet* magazine, which praised vegan desserts as “indistinguishable from their conventional counterparts.” As an added bonus, your “guilty indulgences” will be cholesterol-free.

Omitting eggs, dairy and butter from desserts is simple, and the proof is in the pudding—literally. Replacing dairy is as easy as swapping out cows’ milk with a plant-based ingredient, like almond, soy or rice milk.



Kind, convenient treats

“Eating ‘kind’ is about being really, really good to yourself, the animals and the planet via the foods you put into your body,” says actress and longtime animal lover Alicia Silverstone. “A plant-based diet filled with whole and organic foods will give you tons of energy, mental clarity, gorgeous skin and a zest for life.”

To help others make a transition to compassionate eating, Silverstone wrote *The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet*. Her favorite recipes in the cookbook are the Crispy Peanut Butter Treats with Chocolate Chips that she often packs in her suitcase as a travel snack. A hit with almost anyone, she says, they’re “perfect for when I’m running late, have skipped a meal, or just want a dessert that won’t bring me down.”



Find the recipe for Silverstone’s peanut butter treats at humansociety.org/meatfree.

“

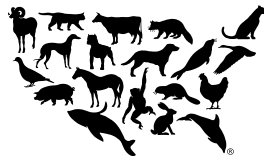
There is no question that largely vegetarian diets are as healthy as you can get. The evidence is so strong and overwhelming and produced over such a long period of time that it's no longer debatable.

—Marion Nestle, Ph.D., M.P.H., New York University's nutrition department

”



Go online to find more tasty recipes, including this pad thai. You can also find out what “natural,” “free-range” and other food labels mean; watch videos; and learn more about factory farming and what you can do to help. Jump-start your journey to a healthier, more compassionate diet at [humanesociety.org/meatfree](https://www.humanesociety.org/meatfree).



THE HUMANE SOCIETY
OF THE UNITED STATES

1255 23rd Street, NW, Suite 450 Washington, DC 20037
[humanesociety.org](https://www.humanesociety.org)