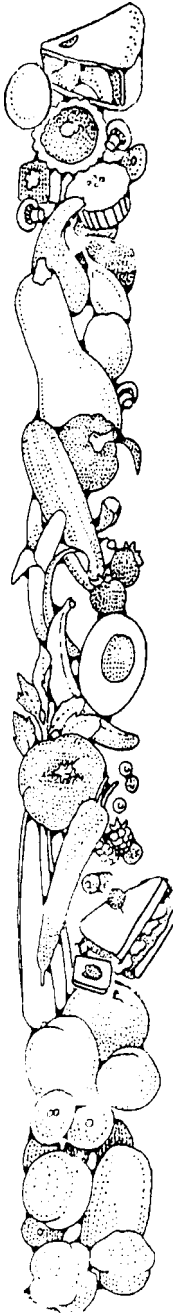


The VEGETARIAN Edge



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The Vegetarian Edge

All Right! You've decided to go vegetarian.

To make the move you will need to do MORE THAN just NOT EAT MEAT. As a vegetarian you can choose from a wide range of meat alternatives as well as grain products, milk products, vegetables and fruit. Vegetarian choices that are high in carbohydrate and lower in fat are the smart choices.

The Ministry of Health encourages British Columbians to protect and improve their health by making healthy lifestyle choices. Choosing nutritious, low-fat foods and being active are important ways to prevent heart disease and other serious illnesses. The Vegetarian Edge promotes healthy eating habits.

To help you and your family “edge” into vegetarian choices, this booklet includes:

- ✓ a guide to healthy eating
- ✓ answers to commonly asked questions
- ✓ easy meal and snack ideas
- ✓ sources of more information



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What about vegetarian eating?

Vegetarian means different things to different people. The “Vegetarian Edge” is geared to vegetarians who use milk products and choose meat alternatives. However, suggestions are included for those who don’t eat food of animal origin.

Choosing a vegetarian way of eating has many positive features. For example, vegetarian food usually has more fibre, less fat and is more economical. But, because some essential nutrients are found only in animal products, you should be aware that nutrient inadequacies can result. More specifics about the nutrients that are of concern and how to compensate for them in your food choices are on pages 6 to 9.

Be aware also that eating mostly fatty, sugary, highly refined and processed food such as soft drinks, candy, cookies, pastries and fried food won’t provide enough nutrients to keep you healthy. Nor is it wise to eat from a limited selection of food, such as only grain products or only vegetables and fruit. Severe restrictions of that kind will result in calorie, protein, mineral and vitamin inadequacies.

Follow these guidelines from Health Canada, adapted for vegetarians:

Healthy Vegetarian Eating

- ✓ Enjoy a **VARIETY** of food.
Emphasize **grain products, and vegetables and fruit.**
- ✓ Choose lower-fat milk products more often; dried beans, dried peas, lentils and food prepared with little or no fat.
- ✓ Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- ✓ Limit salt, alcohol and caffeine.

With careful planning, vegetarians can achieve an adequate level of nutrition through a well chosen selection of natural food readily available in all supermarkets.



What do I need to eat each day?

Because different people need different amounts of food, *Canada's Food Guide to Healthy Eating*, adapted for vegetarians, suggests the following number of servings:

GRAIN PRODUCTS

5-12 Servings

One Serving

Bread	1 slice
Pancake or Waffle	1
Tortilla, Chapatti or Roti	1
Hot Cereal	175 ml
Cold Cereal	30 g
Wheat Germ	15 ml
Crackers	4-6 enriched

Two Servings

Bagel, Pita or Bun	1
Bannock or Scone	1
Muffin	1 large
Pasta, Rice or Grains	250 ml

Choose whole grain and enriched products more often. Whole grains are high in starch and fibre. Enriched foods have some vitamins and minerals added back to them. Treat yourself to multi-grain bagels, enriched pasta, brown rice, bran cereals and oatmeal.

VEGETABLES & FRUIT

5-10 Servings

One Serving

Medium Vegetable or Fruit:	
potato, carrot, tomato,	
banana or orange	1
Fresh, frozen or canned	
Vegetable or Fruit	125 ml
Mixed Salad	250 ml
Juice	125 ml
Small fruit: plum,	
kiwi or apricot	2
Dried fruit	30 ml
Tomato sauce	175 ml

Choose dark green and orange vegetables and fruit more often. These choices are higher in key nutrients like vitamin A and folacin. Go for broccoli, bok choy and other leafy greens, carrots, squash, sweet potatoes, cantaloupes and oranges.



You can meet your nutrient needs by choosing the minimum number of servings in each group. The number of servings you need to meet your energy needs depends on your age, gender, body size and activity level.

MILK PRODUCTS

Servings

Children 4-9 years	2-3
Youth 10-16 years	3-4
Pregnant & Breastfeeding Women	3-4
Adults	2-4

One Serving

Milk	250 ml
Cheese	50 g
Cheese Slices	2
Yogurt	175 ml
Grated Parmesan Cheese	60 ml
Skim Milk Powder	90 ml

Choose lower-fat milk products more often. Lower fat milk products provide the same protein and calcium with less fat and calories.

See page 6 for alternatives to milk products that contain calcium, an important nutrient in this food group.

The table on page 4 shows you how you can apply Canada's Food Guide to Healthy Eating to one day's meal.

MEAT ALTERNATIVES

2-3 Servings

One Serving

Eggs	1-2
Cooked dried Beans, Peas or Lentils	125-250 ml
Tofu or Meat Analog (textured vegetable protein)	100 g
Peanut Butter or Nut or Sesame Paste	30 ml
Nuts or Seeds	60 ml

One serving compares to 50-100 g Meat, Poultry or Fish.

Choose lower-fat products such as dried peas, beans and lentils more often. Good choices are baked beans, split pea soup and lentil casseroles.

Metric Conversions:

1 cup	250 ml
3/4 cup	175 ml
1/2 cup	125 ml
1 tablespoon	15 ml
1 teaspoon	5 ml
1 ounce	30 g



The Food Guide in action for teens:

GP=Grain Products

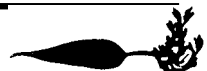
VF=Vegetables & Fruit

MP=Milk Products

MA=Meat Alternatives

OF=Other Foods

Vegetarian Servings	Amount	GP	VF	MP	MA	OF
Breakfast						
Orange juice	250 ml		2			
Ready-to-eat cereal	30 g	1				
2% Milk	250 ml			1		
Snack						
Apple with	1		1	1/2		
cheese slice	25 g					
Lunch						
Sandwich-nut butter	30 ml	2			1	
on whole grain bread	2 slices					
Carrot sticks	1 carrot		1			
Oatmeal cookies	2	1				
Banana	1		1			
Yogurt	175 ml			1		
Snack						
Apple juice	250 ml		2			
Cookies	1					✓
Dinner						
Whole grain pasta	375 ml	3				
Lentil tomato sauce	375 ml		1		2	
Broccoli	125 ml		1			
Parmesan cheese	30 ml			1/2		
Fruit salad	125 ml		1			
Total Servings		7	10	3	3	
Food Guide Range		5-12	5-10	3-4	2-3	



Why is variety so important?

Choosing a variety of food from each food group is the best way to get the 50 or more nutrients your body needs to keep running smoothly. Because each food group provides a different package of nutrients, you'll get the variety you need by following *Canada's Food Guide to Healthy Eating*.

Sources of nutrients from the four food groups

Nutrient	Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives	
				Legumes, Nuts and Seeds	Meats, Fish, Poultry, and Eggs
Protein	X		X	X	X
Fat			X	X	X
Carbohydrate	X	X	X	X	
Fibre	X	X		X	
Iron	X	X		X	X
Calcium			X		
Zinc	X		X	X	X
Vitamin A		X	X		
Riboflavin	X		X	X	X
Vitamin B12			X		X
Folacin	X	X		X	X
Vitamin C		X			

Vitamin E and essential fatty acids are provided by having 1 to 2 tablespoons of vegetable oil or margarine each day. Soybean and canola oil are preferred sources.



What nutrients do I need to think about?

Vegetarians who don't eat any type of animal products (vegans) need to concentrate on getting adequate amounts of calcium, vitamin D, vitamin B₁₂, zinc and iron. Vegans need to plan their meals carefully. Registered Dietitians/Nutritionists are available to consult on eating plans, and should especially be consulted in meal planning for vegan infants and children.

If you do include milk products in your diet, iron is the key nutrient on which you may need to focus (see page 8-9). If you don't consume milk products, you will need to work at getting enough calcium, vitamin D, and vitamin B₁₂.

The table below lists non-dairy foods that are the best sources of calcium.

Foods That Contain Similar Amounts of Calcium As One Cup (250 ml) of Milk

Tofu* made with calcium, medium or firm	175 g (6 oz)
Tofu cheese alternative	90 g (3 oz)
Kale, cooked	500 ml (2 cups)
Kale, raw	800 ml (3 1/4 cups)
Chinese cabbage (bok choy), cooked	500 ml (2 cups)
Broccoli, cooked	1125 ml (4 1/2 cups)
Beans, white, cooked, drained	500 ml (2 cups)
Chickpeas (garbanzos), cooked, drained	875 ml (3 1/2 cups)
Almonds	175 ml (3/4 cup)
Sesame seeds	375 ml (1 1/2 cups)
Sesame butter (tahini)	250 ml (1 cup)
Blackstrap molasses	30 ml (2 tbsp)
Seaweed (hijiki, kombu), dried	30-60 g (1/2 -1 pkg)

* Check the label to see if the tofu is processed with calcium.
For further information on tofu, see page 24.



Be aware that there is a difference between the amount of calcium in any particular food and the amount that is absorbed by your body. Some vegetables, like spinach and beet greens, though high in calcium, contain substances that prevent the calcium from being absorbed. Other vegetables, like broccoli, kale and chinese cabbage have calcium that is readily absorbed. You need to choose enough of these foods daily to get the calcium you need.

Many other foods contain some calcium, and all will contribute to your daily needs. However, careful planning is needed to ensure getting sufficient amounts from vegetable sources, and a supplement may be necessary.

Vitamin D helps you to absorb calcium. Few foods, except certain fish oils, are naturally high in vitamin D. Milk and margarine are fortified with vitamin D, so they are your best food sources. Vitamin D is also made when your skin is exposed to sunlight. Being outdoors for a short period of time regularly will help to satisfy your need for vitamin D.

Vitamin B₁₂ is not found in plant food. Choose vitamin B₁₂ supplements or food items fortified with vitamin B₁₂ (check the label), such as:

- fortified soy milk
- B₁₂ fortified breakfast cereal
- simulated egg, meat and poultry products
- meal replacement formulas
- nutritional yeast grown on a vitamin B₁₂-enriched medium (eg., Red-Star® brand)

Do not rely on the following foods as sources of vitamin B₁₂: brewer's yeast, baker's yeast, tempeh, miso, tamari, Spirulina (algae) or seaweed.

Zinc is found in meat and milk products. Although zinc is also found in whole grains and legumes, the fibre and phytic acid that is also present in those foods decreases its absorption. To maximize zinc intake and absorption, eat legumes that have been soaked, and eat yeast leavened bread, roasted nuts and sprouts.



If you think you are not getting sufficient calcium, vitamin B₁₂ or zinc from food, consult your doctor, a registered dietitian/nutritionist or pharmacist about supplements. Because your body is capable of storing many nutrients, the consequences of nutrient inadequacies may not show up for a long time. It's better to keep up with all your needs rather than to allow a health problem to develop later on.

Do I need to take vitamins?

Many people take a “one-a-day” vitamin-mineral supplement as “insurance”. However, vitamin-mineral pills contain only a fraction of the nutrients your body needs. The best way to insure you are well-nourished is to rely on food to meet your need for protein, carbohydrate, fat, fibre, vitamins and minerals.

How can I get all the iron I need?

Women, especially, need to think about getting enough iron. If your body doesn't get enough iron you will feel tired and weak.

Meat is a major source of iron for most people. Getting your share of iron from a meatless menu takes special attention.

- Choose foods that are good sources of iron – see page 9. Spinach is not listed as a source of iron because the oxalic acid it contains does not allow your body to use the iron in the spinach. Note that there is no iron in milk products.
- Eat foods that are sources of vitamin C along with sources of iron to enhance iron absorption-page 9.
- Cook in cast iron pots-especially soups and stews that contain acid foods like tomatoes or lemon juice. Some of the iron in the pot transfers to the food.
- Limit caffeinated beverages because caffeine interferes with the absorption of iron.



PUMP UP THE IRON!

To get the MAX each day:

- ✓ Eat 2-3 servings of MEAT ALTERNATIVES. Sources of iron: baked beans, lentil or split pea soup, nuts, seeds and egg yolk
- ✓ Eat 5 or more servings of GRAIN PRODUCTS. Sources of iron: whole grains bread, enriched pasta, brown rice, wheat germ and enriched ready-to-eat cereals
- ✓ Eat 5 or more servings of VEGETABLES AND FRUIT. Sources of iron: dark green vegetables such as broccoli, bok choy, kale, okra, collards and other greens (beet, mustard or turnip). Dried fruits (raisins, apricots and prunes) and prune juice
- ✓ Add iron-rich blackstrap molasses to home made muffins or baked beans (in place of sugar)
- ✓ Add nuts and seeds to cereals, salads and hot vegetables
- ✓ Add wheat germ to cereal, baked goods or casseroles

Some Vitamin C rich foods are:

Fruits - oranges, lemons, grapefruit, tomatoes, berries, kiwis, melons
Vegetables - cabbage, broccoli, bell peppers, potatoes, brussel sprouts



How can I get enough protein?

Getting enough protein is usually not a problem if you are eating a variety of foods and are at a healthy weight. Legumes such as dried beans, dried peas and lentils are good protein alternatives to meat.

By choosing enough servings of MEAT ALTERNATIVES, MILK PRODUCTS, and plenty of GRAIN PRODUCTS and VEGETABLES, you can easily meet your protein needs.

What about “protein combining”?

Proteins are made up of building blocks called amino acids. Animal protein is “complete”-containing all the essential amino acids your body needs. Individual plant proteins are “incomplete”– missing one or more essential amino acids. Plant proteins can be mixed and matched to complement their amino acid strengths and weaknesses.

It used to be believed that you had to eat certain combinations of plant foods at the same meal to get complete protein value. We now know that eating different plant foods over the course of the day gives your body all of the amino acids you need.

If you eat a wide variety of grains, vegetables, legumes, nuts and seeds each day your protein needs are easily met. Simply follow Canada’s Food Guide to Healthy Eating, while making vegetarian choices.

In earlier times, some cultures discovered that eating certain plant foods together was healthy. For example, Mexicans were eating beans with corn tortillas long before scientists knew that the amino acids missing from dried beans were complemented by those from corn to form complete protein.



Natural Vegetarian Combos

These examples show how natural it is to eat complementary proteins - along with vitamin C for an iron boost!

Legumes + Grains + Vegetables

- ◆ baked beans with whole wheat bread and green salad
- ◆ split pea soup with rye bread and carrot sticks
- ◆ tomato and lentil spaghetti sauce with pasta
- ◆ burritos (beans in tortillas) with salsa

Legumes + Nuts or Seeds + Vegetables

- ◆ hummus (chickpea and sesame butter) dip with veggie sticks
- ◆ tofu and almonds in a vegetable stir-fry

Grains + Nuts/Seeds + Fruits

- ◆ multi-grain bagel with peanut butter and banana
- ◆ muesli (oats, seeds and dried fruit cereal) topped with fresh fruit and milk or yogurt



More about legumes and beans...



Dried beans, dried peas and lentils (also known as legumes) supply the protein, iron, zinc and B vitamins found in meat, and do so with less fat. If you don't eat legumes, tofu, eggs, nuts and seeds are your options.

Look in the Recipe section for "Getting to Know Beans" and "Learning to Love Legumes" – you may be tempted to try them!

Legumes, vegetables and whole grains contain complex sugars which ferment and cause gas. Let your body become used to high fibre foods gradually. Drink plenty of liquids to help your body digest these foods.

ABOUT BEANS

Discard the liquid in which dried beans have been canned, soaked or cooked. This liquid is full of the sugars your body has trouble digesting. Cook beans until they are soft, since well-done beans cause less gas.

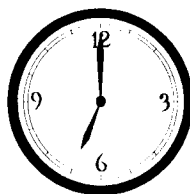
ABOUT BEANO[®]

You may have seen Beano in your pharmacy or natural food store. Beano contains an enzyme which helps break down the hard-to-digest sugars in gassy foods such as beans, broccoli, cabbage and whole grains. The label recommends adding a few drops of Beano to the first bite of a high fibre food.



What about some “fast” food ideas?

Save time when the “munchies” hit by planning and having foods handy for quick and nutritious meals.



- 🌿 Plan meals and snacks around GRAINS, then team them up with MEAT ALTERNATIVES and VEGETABLES OR FRUIT and MILK PRODUCTS.
- 🌿 Check out the shopping ideas on the Grocery Checklist - page 14. Explore the ethnic food, bulk food and specialty food sections of supermarkets and natural food stores to discover new foods such as muesli, bulgur, falafel and vegetarian mixes for short-cut cooking.
- 🌿 Think of vegetarian dishes your family already enjoys-
 - macaroni and cheese
 - omelettes
 - baked beans
 - vegetarian pizza
- 🌿 Think of meals for which vegetarian versions are easy to make - like chili. Turn to the meal and snack ideas in the Recipe section.
- 🌿 Buy or borrow vegetarian cookbooks (see page 16). Pick out some recipes and plan menus on a weekly basis to make shopping easier.
- 🌿 Prepare extra soups, casseroles, grains and vegetable dishes to have “on hand” or freeze single servings.
- 🌿 Combine leftovers for “improv” soups, like minestrone made from cooked beans, pasta and vegetables.



Grocery checklist

When shopping, choose foods from the four food groups first.

Cruise the aisles to add VARIETY to your cart:



- ★ **Grains** – barley, bulgur, buckwheat, corn, couscous, millet, oats, quinoa, rice, spelt, triticale, Thai rice, wheat, wild rice.
- ★ **Legumes** – red or green lentils, split green or yellow peas; adzuki, black, fava, garbanzo, kidney, mung, lima, navy, pinto, soy beans.
- ★ **Nuts and Seeds** – almonds, Brazil, cashews, chestnuts, filberts, peanuts, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds; nut butters (almond, cashew, peanut) or sesame butter (tahini).
- ★ **Ready-to-eat** – dairy, rice or soy frozen desserts; bean salad, hummus, tofu bologna.
- ★ **Ready-to-heat** – burrito, bean or tofu burger patties, tofu wieners, veggie pies and pockets, samosas, perogies, canned soups, stews and chilis, “meal-in-a-cup” or vegetarian TV dinners.
- ★ **Mixes** – burger, chili, hummus, tabouleh, falafel, tofu scrambler.
- ★ **Vegetable stock** – to replace chicken or beef stock in recipes.
- ★ **Herbs** – to replace some of the flavour of meat or chicken. Savory gives food a smoky flavour. Explore the use of cinnamon, oregano, basil, curry powder and chili powder.



What can I order when I eat out?

There's a world of meatless cooking to choose from based on vegetables, grains and beans....



Latin America

- tacos (corn and beans) with vegetables
- burritos (beans in corn or flour tortillas)
- rice with black beans

Middle East

- pita bread and hummus (chickpea and sesame dip)
- bulgur wheat and chickpeas (garbanzo beans)
- falafel (garbanzo bean patties) with shredded vegetables and yogurt in pita bread
- couscous (grain that tastes like pasta)

India

- rice with dal (lentils) or lentil curry
- curried vegetables and chapattis (flat bread)
- lassi (milk and yogurt drink)

China

- vegetable and tofu stir fry with rice
- stir fried vegetables and almonds with noodles
- Budda's Feast - traditional vegetarian mixed dish

Italy

- pasta e fagioli (pasta with beans)
- polenta (cornmeal) with cheese or other sauces
- pasta with pesto (basil, Parmesan and pine nut sauce)

Greece

- spanakopita (spinach and cheese pie)
- Greek salad (feta cheese, tomatoes, green peppers, cucumbers, onions, olives)



Where can I get more information?

- ☎ Call Dial-A-Dietitian at 1-800-667-3438 toll free in BC
or (604) 732-9191 in Greater Vancouver.
- ☎ Contact the Community Nutritionist at your local Health Unit
(check the blue or white pages in your phone directory).

Borrow or buy cookbooks and magazines that promote healthy eating – lower fat, more grains, vegetables and fruit and legumes.

For Vegetarian Eating

THE NEW LAUREL'S KITCHEN (1986)

by L. Robertson, C. Flinders and B. Ruppenthal,
Ten Speed Press, Berkeley, CA

- very helpful nutrition information, recipes and menus

SIMPLY VEGAN – QUICK VEGETARIAN MEALS (1991)

by Debra Wasserman and Reed Mengels,
The Vegetarian Resource Group, Baltimore, MD

- good nutrition information, recipes and menus

DIET FOR A SMALL PLANET and RECIPES FOR A SMALL PLANET (1991)

by Frances Moore Lappe,
Ballantyne Books, Toronto, ON

- especially good for vegans

BECOMING VEGETARIAN (1994)

by Vasanto Melina, Brenda Davis and Victoria Harrison
MacMillan of Canada, Toronto, ON

- comprehensive advice for switching to a vegetarian or vegan
lifestyle; includes recipes

COOKING VEGETARIAN (1996)

By Vasanto Melina and Joseph Forest
MacMillan of Canada, Toronto, ON

- recipes for vegans and vegetarians compiled by a nutritionist and a chef.



TOFU COOKBOOK (1991)

by Sunrise Markets Inc.

729 Powell Street, Vancouver, BC

(Call Sunrise Tofu Club (253-2326) recipe phone line and join the Club to receive the quarterly "The Bean".



VEGETARIAN TIMES (monthly magazine)

by Vegetarian Times, from P. O. Box 446, Mt. Morris, IL 61054-9894

– good recipes and product information

For General Healthy Eating

JEAN'S BEANS: Favorite Recipes from Around the World

(1986) by Jean Hoare,

Spirit of Cooking Publishing, Port Coquitlam, BC

– tasty recipes include meat choices

LIGHTHEARTED EVERYDAY COOKING (1991)

by Anne Lindsay,

Macmillan of Canada, Toronto, ON

– reviews healthy eating, grains and legumes;

has excellent meatless recipes

**JANE BRODY'S GOOD FOOD BOOK: Living the High
Carbohydrate Way (1987) by Jane Brody,**

Bantam, Toronto, ON

– good source of food and nutrition information and recipes
emphasizing grains

CHILD OF MINE (1986)

by Ellyn Satter

Bell Publishing, Palo Alto CA

– gives recommendations for prenatal, infant and child nutrition;
has a section for vegetarian children



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Going with Grains

Build your meals around grains instead of meat. Here are some quick and easy ideas.

COOL STUFF

Cold Cereal:

Top with fruit and nuts or seeds and milk or yogurt.

Multi Grain Bagels or Crisp Breads:

Top with ricotta cheese and apple slices or peanut, almond or cashew butter and sliced banana.

Taco shells:

Fill with refried beans, lettuce, tomatoes, avocado or guacamole.

Rice Salad:

Combine cooked brown rice with chopped parsley, assorted vegetables (green onion, corn, green pepper, carrot) and drained beans. Serve on a bed of romaine lettuce or rolled up in a whole wheat tortilla.

Tabouleh Salad:

Prepare from mix or the recipe (page 20).

HOT STUFF

Hot Cereal (a microwave specialty!):

Sprinkle with wheat germ, muesli, granola, almonds or other nuts; topped with fresh or dried fruit.

Mini Pizza:

Top whole wheat pita bread, pizza shell or toasted English muffin with tomato sauce or tomato slices, sliced raw vegetables, thin slices of tofu and a sprinkle of oregano. Bake 10-15 minutes at 220°C (425°F). Add grated cheese and bake until melted.

Whole Wheat Rolls:

Slip in a tofu dog or burger (made from veggies or tofu) with salad veggies.

Tortillas or Chapattis:

Warm in a toaster oven or dry skillet, spread with refried beans, chopped tomato and grated cheese or stir-fried vegetables and tofu or thick bean soup; roll up. Heat in a covered skillet, a casserole or microwave oven.



Tabouleh

1 cup	medium-grain bulgur (cracked wheat)	250 ml
1 cup	boiling water	250 ml
5 to 6	green onions, chopped	5 to 6
1 1/2 cups	lightly packed parsley sprigs	375 ml
1/3 cup	lightly packed fresh mint leaves	75 ml
2-3	tomatoes, chopped	2-3
1/2	peeled cucumber, chopped small	1/2
1/3 cup	lemon juice, fresh	75 ml
1/3 cup	olive oil	75 ml
1	clove garlic, minced	1
1 tsp	sugar	5 ml
1 tsp	salt	5 ml

In covered saucepan, cook bulgur in boiling water for about 5 minutes, or until liquid is absorbed (bulgur should still be crunchy). Turn into a large bowl; allow to cool.

In food processor or by hand, coarsely chop onions, parsley, and mint leaves; add to bulgur. Stir in tomatoes and cucumber.

Whisk together lemon juice, olive oil, garlic, sugar, and salt. Pour dressing over bulgur mixture; mix together lightly. Adjust seasoning.

Cover and refrigerate for several hours or overnight.

Serve with falafel (look for falafel mix at your grocery store).

Makes 2 servings



Rice Pilaf

1/2 cup	raisins	125 ml
1/4 cup	slivered almonds	50 ml
2 tbsp	butter or margarine, divided	25 ml
1 cup	brown rice	250 ml
1	small onion, chopped	1
2	cloves garlic, minced	2
2 1/2 cups	vegetable broth	625 ml
1	bay leaf	1
2 tbsp	lemon juice	25 ml
1 tsp	grated lemon rind	5 ml
Dash	freshly ground pepper	Dash
1 cup	sliced mushrooms	250 ml

In a saucepan on medium heat, cook raisins and almonds in 1 tbsp (15 ml) butter until almonds are golden; remove to a small dish.

In same saucepan on medium-high heat, cook rice, onion and garlic in 1 tbsp (15 ml) butter for 5 minutes, or until light brown. Add broth, bay leaf, lemon juice, lemon rind, and pepper. Bring to a boil. Cover and cook on low heat for 40 minutes. Remove bay leaf. Add mushrooms, cook 5 minutes.

Serve rice pilaf sprinkled with prepared raisins and almonds.

Makes 3 servings



Veggie Variety

For a meaty taste and texture-serve eggplant or sweet peppers. Sprinkle vegetables with gomashio instead of salt.

Eggplant:

Use eggplant in layered casseroles, pasta sauces and on grilled vegetable platters.

To grill eggplant: slice thinly lengthwise, salt and oil lightly and place under the broiler until soft.

Sweet Peppers:

(green, red, yellow, purple and orange) Roasted peppers add a sweet, smoky flavour to chili, sauces and salads. To roast peppers: slice in half and broil skin side up until charred. When cool enough to handle, scrape off blackened skin, remove seeds and slice or mince.

Vegetable Combo:

Chop up vegetables for a stir fry, curry or stew and serve with grains and nuts or seeds.

Vegetables and Dip:

Make dip from cottage cheese or yogurt or tofu.

Baked Potato:

Bake, microwave or reheat a medium-sized potato in a hot oven. Split and top with: a thick soup or casserole (split pea, ratatouille, etc) or a poached egg and sauteed onions or broccoli with cottage cheese or shredded Mozzarella or baked beans or other canned beans or salsa.

Tossed Salad:

Start with greens like spinach, romaine or kale. Toss with tofu or 3 bean salad or marinated kidney beans or chopped egg and nuts or seeds. Add a cheesy layer of cottage cheese, ricotta, feta, cheddar or mozzarella. Top with chopped veggies.

Salad Dressing:

Add salad seasonings or a bottled dressing to plain yogurt or blenderized tofu.



Broccoli Salad

3 cups	broccoli florets	750 ml
1/2 cup	sliced red onions	125 ml
1/2 cup	sunflower seeds	125 ml
1/2 cup	raisins	125 ml
1/2 cup	crumbled feta cheese	125 ml

Dressing

1/2 cup	lower-fat yogurt	125 ml
1/4 cup	light mayonnaise	50 ml
2 tbsp	granulated sugar	25 ml
1 tbsp	lemon juice	15 ml
	salt and pepper	

In a bowl, combine broccoli, red onions, sunflower seeds, raisins and feta cheese.

Dressing: In small bowl, stir together yogurt, mayonnaise, sugar and lemon juice; pour over salad and toss. Season with salt and pepper to taste. Cover and refrigerate for 2 hours or up to 1 day.

Makes 6 servings.

Eating out?

- Ask for vegetables to be steamed or stir-fried with little oil.
- At the salad bar-remember that potato salad, macaroni salad, pasta salad, avocado and sour cream are high in fat.



Let's Do Tofu

Medium and firm tofu is a good source of protein and calcium and is low in saturated fat; soft tofu and soya milks are low in calcium.

If you read about tofu and soya products or use recipes from American sources, it may appear that the calcium content is high. American tofu and soya manufacturers may add calcium to their products, but Canadian manufacturers do not.

Tofu takes on the flavour of the seasonings “in the pot”.

- ◇ Marinate tofu slices in soy sauce or other marinade and broil or panfry.
- ◇ Stir tofu cubes and cooked vegetables into soups.
- ◇ Use diced firm tofu in dishes as curry, sweet and sour, stroganoff and a la king.
- ◇ Cut tofu into small cubes and add to a tossed salad.
- ◇ Use soft or dessert-style tofu in blender drinks (see page 37).
- ◇ Substitute well drained and mashed tofu in recipes calling for cottage cheese or ricotta.
- ◇ Blend tofu with tamari or miso and stir into cooked brown rice or bulgar.
- ◇ Drain tofu, wrap and freeze. Thaw tofu and crumble to “fry” and use in place of ground meat in chili and stews.
- ◇ Mash cooked potato turnip or carrot with tofu and flavour with herbs, onion and garlic.
- ◇ Use as a base for “dips”.
- ◇ Season tofu, mash, and use as you would egg salad.



Caesar Salad Dressing

1/3 cup	tofu	75 ml
2 tbsp	lemon juice	25 ml
1 1/2 tsp	Dijon mustard	7 ml
1	clove garlic, minced	/
1/4 tsp	salt	1 ml
Pinch	granulated sugar	Pinch
Pinch	pepper	Pinch
2 tbsp	freshly grated Parmesan cheese	25 ml
1 tbsp	olive oil	15 ml

In small saucepan with simmering water, poach tofu for 2 minutes; drain, chop coarsely and let cool.

In blender, blend lemon juice, mustard, garlic, salt, sugar and pepper. With motor running, gradually add tofu, Parmesan cheese and oil. Transfer to small jar and refrigerate, covered, for up to three days. Makes 1/2 cup.

Serve with Romaine lettuce and croutons.

Serves 4

Scrambled Tofu

1	egg, beaten	1
1/3 cup	tofu	75 ml
1 tbsp	green pepper, chopped	15 ml
1 tbsp	onion, chopped	15 ml
1 tsp	vegetable oil	5 ml

In a non-stick skillet, cook green pepper and onion in oil until softened.

Mix tofu and beaten egg. Pour into skillet. Cook until the egg mixture is no longer shiny.

Serves 1-2



Stir-Fried Vegetables with Tofu

2 tbsp	vegetable oil	25 ml
1	large onion, cut into wedges	1
3	medium carrots, sliced diagonally	3
3	celery stalks, sliced diagonally	3
1/4	small cabbage, thinly sliced	1/4
1 cup	snow peas, trimmed	250 ml
1 cup	sliced mushrooms	250 ml
1 cup	firm tofu, cubed	250 ml
1/2 cup	vegetable broth	125 ml
1 tbsp	cornstarch	15 ml
1 tsp	finely chopped ginger root	5 ml
	or	
1/2 tsp	ground ginger	2 ml
1/4 tsp	pepper	1 ml

Wash and prepare vegetables.

Mix vegetable broth, cornstarch, ginger root, and pepper; set aside.

In wok or large heavy skillet, heat oil over high heat. When oil is very hot, add onion, carrot, and celery; cover and let steam for 5 minutes.

Add cabbage, snow peas, mushrooms, and tofu; let steam with cover on for 5 minutes longer.

Pour broth mixture over vegetables in wok. Stir-fry for 1 minute, or until sauce thickens. Serve over hot rice.

VARIATION: Sprinkle with sesame seeds, cashews or almonds.

Serves 3



Tofu Alfredo Sauce

1	package soft tofu, drained	1
2	garlic cloves, minced	2
5 tbsp	parmesan cheese	75 ml
1 tbsp	margarine or butter	15 ml

In a blender or food processor, combine ingredients. Blend until creamy (about 30 seconds on high).

Heat sauce over medium heat and serve over cooked pasta or steamed vegetables.

Note: If sauce becomes too thick, thin by adding milk or other liquid (eg. rice or soy milk) to reach desired consistency.

Serves 4



Getting to Know Beans

Beans are a protein alternate for meat and chicken. Bean dishes are popular in Mexico, the Mediterranean and France.

- ❖ Order bean dishes when you eat out. (See page 15.)
- ❖ Keep a dozen or so cans of chickpeas, kidney beans, pinto beans and black beans in the cupboard. Add them to salad, soups, stews, sauces or hot cooked pasta.
- ❖ Blend beans into dips or wrap them inside tortillas for a snack. Or rinse and eat them as a snack on their own.
- ❖ Baked beans, refried beans and bean salads are ready-to-serve choices.
- ❖ Change your chili recipe by using black or pinto beans along with kernel corn and chopped peppers.
- ❖ Hummus (a Middle Eastern dip made from chick peas) is a popular side dish. You can buy it as a powdered mix or ready-to-eat. (See the recipe on page 30.)
- ❖ Make patties for burger bun or pita filling from falafel or burger mixes (see the bulk food or health food section in your supermarket).
- ❖ Cooked beans freeze well and can be kept for 3 months.
- ❖ Eat beans more often. Beans are more of a (gas) problem if you only eat them once in a while. When you're new to beans, start with a small amount and increase gradually. (See page 12 for more advice.)



Cooking Beans

You can buy legumes either dried or canned. The canned are more expensive and usually have added salt. The dried legumes are very inexpensive, but they take longer to cook. Here are some guidelines on how to cook them.

1. Always soak beans and whole peas before cooking. Split peas and lentils don't need to be soaked.

There are two methods for soaking:

- a) Cover beans or peas with water and let stand for 12 hours or overnight.
 - b) For a quick soak, cover the beans or peas with water, bring them to a boil and boil for 2 minutes, then remove the pot from the heat and let the beans sit in the hot water, covered, for one hour.
2. Next cook the beans, simmering them in water in a covered pot. Then use them in your recipe. Different varieties of legumes need to be cooked for different lengths of time:

kidney beans	60 min	navy (pea) beans	50-90 min
lentils, green	30 min	peas, split (yellow/green).....	50 min
lentils, red	10 min	peas, whole (yellow/green)	40-60 min
lima beans, large	30 min	soybeans	3 1/2 hours
lima beans, small	35 min		

The tasty bean dishes that follow are from around the world.



Hummus (Chick pea dip)

19 oz can	chick peas, drained	540 ml can
2-4	large cloves garlic	2-4
1/4 cup	fresh lemon juice	50 ml
1/4 cup	tahini (sesame seed paste)	50 ml
1/2 tsp	salt	2 ml
	freshly ground pepper	
1/2 cup	lower-fat plain yogurt	125 ml

In food processor or blender, puree chick peas, garlic, lemon juice, tahini, and seasonings until smooth. Stir in yogurt until well combined. Season to taste.

Garnish with onion, tomato, and parsley.

Serve this zesty dip (chilled or at room temperature) with raw vegetables and pita bread triangles, or use as a spread for bread or crackers.

Options:

- add 2 chopped green onions and 1/2 tsp ground cumin
- replace tahini with peanut butter
- omit yogurt



Pasta e Fagioli (Pasta and Bean Soup)

1 cup	macaroni	250 ml
	or other small shell pasta	
14 oz can	kidney beans	398 ml can
14 oz can	tomatoes	398 ml can
1 cup	diced carrots	250 ml
2 stalks	celery, diagonally sliced	2
1	medium onion, chopped	1
1/2 tsp	dried thyme	2 ml
1/2 tsp	dried fine herbs*	2 ml
1/2 tsp	salt	2 ml
Pinch	freshly ground black pepper	Pinch

In a large saucepan with 6 cups (1.5 litres) lightly salted boiling water, cook macaroni about 10 minutes or until tender but firm; place in strainer or sieve to drain.

Pour beans over macaroni. Rinse well under cold running water; drain well.

In same saucepan, combine tomatoes, carrots, celery, onion, garlic, thyme, fine herbs, salt and pepper. Bring to a boil and cook for 3 minutes.

Stir macaroni and beans into tomato mixture. Reduce heat; cover and simmer for 7 to 10 minutes or until vegetables are tender. Add a little water if liquid evaporates too quickly.

Makes 4 servings

*Fine herbs, a mixture of oregano, basil and parsley can be found in supermarket spice/herb racks.



Quick Lasagna with Bean Sauce

2	garlic cloves	2
1 small	onion, chopped	1 small
1 tbsp	vegetable oil	15 ml
2 cups	cooked, chopped red	500 ml
(19 oz can)	or brown beans	(540 ml can)
4 cups	tomato sauce	1000 ml
1 tsp	oregano	5 ml
1 tsp	basil	5 ml
1/2 tsp	pepper	2 ml
3/4 lb	uncooked fresh lasagna noodles	350 g
2 cups	part skim milk ricotta or cottage cheese	500 ml
8 ounces	sliced mozzarella	250 g
1/4 cup	grated Parmesan cheese	60 ml

In a large saucepan, saute garlic and onion in oil until golden. Add the beans, tomato sauce and spices. Bring the sauce to a boil and simmer for 5 minutes.

Cover bottom of a 9 x 13 inch baking pan (4 litre size) with a thin layer of bean sauce. Top with 1/3 of the lasagna noodles, making sure noodle edges are touching. Top with half the ricotta and half the mozzarella.

Layer with 1/3 of the noodles. Cover with 1/3 of the sauce.

Repeat the layers of cheese. Follow with the rest of the noodles and the sauce. Sprinkle with Parmesan.

Cover the pan tightly with aluminum foil.

Bake at 350° F (180° C) oven for one hour. If the mixture is still runny, uncover and cook for an additional 10 to 15 minutes.

For a “cheesier” lasagna, add more ricotta cheese or cottage cheese. As a vegan option, replace the cheese with 2 cups (500 ml) crumbled medium tofu, use a mozzarella cheese substitute made from soy, and omit Parmesan.



Bean and Cheese Burritos

14 oz can	refried beans	398 ml can
1/3 cup	salsa or water	75 ml
4	9-inch (23 cm) flour tortillas	4
1	medium Tomato, chopped	1
4	small green onions, chopped	4
1/2	sweet green pepper, chopped	1/2
1 cup	shredded skim milk mozzarella	250 ml
	or tofu cheese	
	shredded lettuce	
	salsa or taco sauce	
	light sour cream or lower-fat yogurt	

Combine beans and salsa or water; mix well.

Thinly spread about 1/4 bean mixture over each tortilla, leaving 1 inch (2.5 cm) border. Sprinkle tomato, green onions, green pepper and half the cheese over tortillas.

Roll up each tortilla and place, seam side down, in lightly oiled baking dish. Bake in 400°F (200°C) oven for 10 minutes.

Sprinkle with remaining cheese; bake for 5 minutes longer or until heated through and cheese melts.

MICROWAVE METHOD: Cover burrito with waxed paper and microwave on medium-high (70%) power for 2 to 4 minutes or until heated through. Sprinkle with cheese and microwave for 15 seconds.

Serve each burrito on a bed of shredded lettuce.

Pass salsa or taco sauce and light sour cream or yogurt.

Makes 4 servings



Learning to Love Lentils

- Pick up canned lentil soup or the lentil soups in meal-ready paper cups when you shop.
- Lentils cook more quickly than beans and they don't need to be soaked. Add cooked lentils to chili, spaghetti sauce or taco filling.
- Lentils can be used to make lentil burgers or lentil pate.
- Lentil fillings can be used with crepes or pasta such as cannelloni.

Super Fast Soup

19 oz can	lentil soup	540 ml can
19 oz can	stewed tomatoes	540 ml can
1 cup	frozen kernel corn	250 ml

Combine soup, tomatoes and corn in a pot. Bring to a boil and simmer 5 minutes.

Options: Add fresh chopped vegetables or other frozen vegetables.

Makes 6 servings



Lentil Curry

1	medium onion, chopped	1
1	small apple, cored and chopped	1
2 tbsp	water	25 ml
1-2 tsp	curry powder	5-10 ml
Pinch	freshly ground pepper	Pinch
2 cups	cooked lentils (540 ml can)	500 ml
1 cup	chopped cucumber	250 ml
1/4	2% yogurt	50 ml
1/2	small banana, sliced	1/2
Dash	lemon juice	Dash

In a saucepan, combine onion, apple, water, curry to taste, salt and pepper. Stir-braise over medium-low heat, about 4 minutes or until onion is translucent and apple tender, adding a little more water if pan becomes dry.

Rinse cooked or canned lentils under cold running water; drain well. Stir into apple mixture. Cook, stirring occasionally, about 5 minutes or until heated through.

In a small bowl, combine cucumber and yogurt. Slice banana, sprinkle with a few drops of lemon juice.

Serve curry with cucumber and banana.

Makes 2 servings



Spaghetti with Red Lentil Sauce

1 tbsp	vegetable oil	15 ml
1	medium onion, chopped	1
1	green pepper, chopped	1
19 oz can	tomatoes, crushed	540 ml can
1 cup	red lentils	250 ml
1 tbsp	Italian seasonings (or a mixture of oregano, basil, marjoram and thyme)	15 ml
1/2 tsp	salt	2 ml
1/2 tsp	black pepper	2 ml
2-3	cloves fresh garlic	2-3
1	bay leaf	1
16 cups	water	4 litres
1 tsp	salt	5 ml
1/2 lb	whole wheat or enriched spaghetti	250 g

Heat the vegetable oil in a heavy saucepan, until it is hot (a drop of water will dance on the surface). Add the chopped onion and green pepper to the saucepan and cook, stirring until onions are transparent. Add the other ingredients (except the water, spaghetti and second measure of salt) to the saucepan, and simmer until the red lentils are tender and soft (approximately 45 minutes). Stir the sauce often, or the lentils will stick to the bottom of the pan. Correct seasonings.

After the sauce has simmered about 30 minutes, heat the water and salt in a large kettle. When the water is at a rolling boil, add the spaghetti to it. Cook the spaghetti until it is slightly chewy. Drain the spaghetti, and serve it with the sauce over the top or mixed in. If desired, garnish with grated Parmesan cheese.

Makes 4 servings



Satisfying Sweets

There are lots of baked goods, fruits and juices to choose from. Here are some ideas to satisfy a craving for sweets:

Milk and Fruit

- Ice milk, ice cream, frozen yogurt, sorbet or sherbet
- Yogurt or milk shakes (with fresh or frozen fruit)
- Yogurt with frozen berries stirred in for instant “fro-yo”

No Milk

- Rice or soy frozen dessert
- Homemade Sorbet (frozen fruit juice)
- Frozen bananas, pears, peaches or melons on a stick

Toffruit Drink

10 oz	soft tofu	300 g
1 cup	frozen orange juice concentrate	250 ml
1 1/2 cups	water	375 ml
1	ripe banana	1

Combine ingredients in blender or food processor.

Blend well.

Pour into a glass to drink.

Makes 4 servings

Option: Replace banana with 1 cup (250 ml) strawberries or other soft fruit.



GLOSSARY

Basmati Rice	Nutty tasting, long-grain rice from India
Buckwheat	A variety of corn
Bulgur	Hulled and parboiled cracked wheat
Chick peas	Light brown beans with a nutty flavour (also called garbanzo beans)
Cilantro	Parsley-like leaves of fresh coriander
Chapatti	East Indian flat bread made from whole wheat flour
Couscous	Crushed durum wheat “Moroccan pasta”
Gomashio	Ground sesame seeds mixed with salt (1 cup: 1 teaspoon) for seasoning
Falafel	Middle Eastern chickpea fritter
Hijiki	Type of seaweed used as a vegetable in Japan. It looks like coarse black wire and must be soaked before cooking.
Hummus	Middle Eastern dip made from ground chick peas, tahini, garlic and lemon juice.
Legumes	Dried beans, dried peas and lentils (also known as pulses).
Kombu	Japanese kelp seaweed used to flavour soup. It is available in broad, greyish-black ribbons.
Millet	Cereal grain
Miso	Salty paste made from cooked, aged soybeans
Muesli	Cold cereal mixture of grains, dried fruits, nuts and seeds.



GLOSSARY - continued

Quinoa	South American grain with a crunchy texture (pronounced “keenwah”)
Spelt	Grain with light red kernels
Tahini	Thick, smooth paste made of raw, ground, hulled sesame seeds
Tamari	Naturally brewed soy sauce that contains no wheat
Tempeh	High protein cultured food made from soybeans
Tofu	A white, bland tasting, high protein soy food (bean curd)
Vegan	Vegetarian who eats no animal products (milk, cheese, eggs, meat, fish or poultry)
Wakame	Ribbon-like seaweed used in soups



- NOTES -



- NOTES -





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