

Our 33rd year!

THE vegan



advocate

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Rochester, NY USA

A VEGAN DIET
What is it, and Why?

If you are not a vegetarian or a member of the Rochester Area Vegan Society (RAVS), this column is for you. Here are some of the basics.

A *vegetarian* is someone who eats no animal flesh: no meat, poultry or fish. A *vegan* is a vegetarian who goes further and eats no animal products at all: no eggs, cheese, milk, or honey. RAVS recommends a vegan diet as the optimal diet.

What are the reasons to go vegan? It comes down to these: for your health, for the animals, and for the planet. Every day there are new findings that a plant-based diet is best for health. The standard American diet (SAD), which revolves around meat and animal products, results in poor health for people, suffering for animals, waste of resources, and devastation for the environment. But changing your diet can be hard, and people who want to change often need help.

If you want to move in this direction, RAVS can help you. We are here to provide information and support. You do not need to be a vegetarian or vegan to give us a call, to attend our meetings, or to join our group. And you don't need to be a member to attend our meetings: guests are always welcome, and you don't have to reserve beforehand. You only need to follow our "vegan rule" for the dinner meetings (see box on p. 2 for a full explanation), and there is a \$3 guest fee for non-members. Come to a meeting, give us a call at (585) 234-8750, or visit our website, rochesterveg.org. You will find us helpful and welcoming. ♦

VEGAN RISING

There's every indication that plant-based eating is on the ascendant, along with an ethic that cares for the animal kingdom as well as the entire beautiful planet.

At the turn of the New Year, the *New York Times* ran an [article](#) about expected food trends in 2022. The article cited, among other items, mushrooms, seaweed, plant-based chicken and plant-based cheese, and offered "a special citation for those who saw early on that those ripples of veganism would become a plant-based tsunami." (12/28/21)

A Thanksgiving-weekend [special](#) segment on CBS introduced by Jane Pauley hailed the rise of interest in plant-based eating, covering such phenomena as commercial vegan "meats" like the "chicken" made by the Scottish company Daring Foods; a restaurant in Washington, DC offering falafel and other traditional meatless Middle Eastern dishes; and the rise in popularity of Instagram star [Tabitha Brown](#), a paragon of vegan kindness, cheerfulness, and inclusivity.

The world's largest meat company, Brazil's JBS, launched a vegan chicken product under its [Planterra](#) Brand. [vegnews.com](#).

New York City's newly-elected Mayor Eric Adams held a news conference on 2/7/22 to announce the expansion of lifestyle medicine services, which will include providing access to plant-based diet resources at six public health care sites in the NYC area, part of the Health+Hospitals system. Mayor Adams announced: "This is personal to me — a plant-based lifestyle helped save my life, and I'm thrilled that New Yorkers in every zip code will have access to this critical programming. Together, we will

stop feeding the health care crisis and ensure all New Yorkers can access the healthy lifestyle they deserve.... These programs can change individual lives by treating, preventing, and even reversing common chronic diseases, but will also ripple through to families and communities of those at risk of or living with a chronic disease." This expands on a program in place since 2019, when the Health+Hospitals system [launched Meatless Mondays](#) at all 11 of its acute care hospitals. And Mayor Adams is not just improving health care offerings and hospital food: he has [launched Vegan Fridays](#) at NYC public schools, to the [dismay](#) of an opinion writer at the *New York Daily News*.

There was another big breakthrough for plant-based diet when the narrator mentioned it as one of the four areas of action for persons who want to be part of the solution to climate change, in the brand new film "Breaking Boundaries," available to watch on Netflix. Although vegans have always known that their way of eating protects the planet, it's hard to find mainstream climate activists who give full-throated endorsement to veganism. But it's a no-brainer: the decision to be plant-based requires no legislation, no permission, and no large investment. It is completely in your control and can be done overnight or in an instant. And it's a powerful remedy for climate change.

For a discussion of plant-based diet as the solution to the climate crisis, read Glen Merzer's [Food Is Climate](#) (2021).

For a great website that asks us to work towards a vegan world by 2026, visit [climatehealers.org](#)

Let's all continue to be part of that plant-based tsunami! ♦

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Rochester Area Vegan Society

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Carol Hee Barnett, Ph.D., J.D.

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Contributors:

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The Rochester Area Vegetarian Society, now the Rochester Area Vegan Society, was founded in 1989 by Rhoda and Stan Sapon, two dedicated activists who worked hard to embody their vision of a compassionate, non-violent world in a local community promoting vegan values: the idea that animals have a right to their own lives and don't exist to provide food or to be exploited by us in any way.

RAVS is a non-profit, tax-exempt, non-sectarian, all-volunteer educational organization dedicated to promoting the joy, compassion and life enhancing possibilities of a vegetarian lifestyle. We are an educational resource for those interested in any aspect of vegetarianism. We provide support to our members through social events that include monthly gatherings with a shared meal and programs on topics important to our members. Membership in RAVS is open to vegetarians and non-vegetarians alike, as long as they support the goals of the organization.

DUES: Individual Membership, \$20 per year; Joint Membership, \$35 per year; Student/Fixed Income Membership, \$10. Membership includes receipt of *The Vegan Advocate* and free attendance at our monthly dinner meetings. A membership application can be found at the back of this issue.

Contacting RAVS:

- P.O. Box 20185, Rochester, NY 14602
- E-mail: rochesterveg@gmail.com
- Website: www.rochesterveg.org
- 24 hour voicemail and events calendar:

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

All dishes must be completely **vegan**. They may *not* contain any *meat, poultry, fish, eggs, dairy products or honey*. Please watch out for *gelatin* (a meat by-product) and *hidden milk products*, such as *whley* in cookies, crackers, bread and margarine and *casein* or *caseinate* in so-called “non-dairy” soy cheese, coffee creamer and whipped topping. Be alert for *eggs* in baked goods, mayonnaise and salad dressings, and *honey* in breads, pastries and preserves.

This “vegan rule” embodies our mission of showing how abundant and delicious a vegan meal can be. It also means that members and guests who are vegan can freely partake of everything. If you mistakenly bring a dish that is non-vegan, you will be very welcome to stay for the meal, but we will not be able to serve your dish. Please understand that no offense is meant by this.

Please prepare a card with your name, the name of the dish, and a list of all ingredients. If possible, write the recipe on the back of the card and indicate where the recipe came from or if it was original. Prepare enough to serve a crowd. Please bring your own table setting as well as a serving utensil. If you are not able to cook, you may bring fruit, cider, tortilla chips and salsa, green salad, fruit salad, etc. Non-members, in addition to bringing a dish, must pay a \$3 Guest Fee, which will be applied to your membership if you join that day.

IF YOU ARE NEW TO RAVS

You don't need to be a vegetarian, or a member of RAVS, to attend one of our events. And you don't need to reserve or notify us beforehand (with the exception of restaurant events). We do ask that you follow the “vegan rule” at our dinner meetings. The box above, and the calendar and directions on the back page of the newsletter, tell you what you need to know in order to attend a meeting. Call 234-8750 if you have further questions.

MEMBERSHIP BENEFITS

Membership in RAVS entitles you to receive *The Vegan Advocate* (4 times a year) and any other mailings, usually notices of upcoming events. It also entitles you to free admission to monthly events (except restaurant meals); others pay a \$3 Guest Fee.

An important benefit of membership is **half-priced** membership in two national vegetarian organizations. Membership costs given below are **before** the discount is taken. Let them know that you are a member of RAVS, which is an affiliate.

North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

These are both excellent groups, and both have mail-order bookshops which are included in the publication they will send you when you join.

Another not-so-tangible benefit of your membership in RAVS is that you help others, namely, the people we reach through our community education efforts, which are funded by your dues. Pamphlets we distribute at an outreach table at a health or environmental fair cost money. That's why your membership and renewal are important even if we never see you at a meeting—though, of course, we hope that we do. ♦

BOOK ORDERS FROM RAVS

A number of vegetarian books and cookbooks are available from RAVS at 10% off list price. Books can be purchased at every RAVS meeting.

If you have any ideas about book titles which you would like RAVS to have in its inventory, please leave a message on our voicemail, (585) 234-8750.

IF YOU ARE NOT A MEMBER OF RAVS and would like to receive subsequent issues of the newsletter by email (pdf file), send your email address to rochesterveg@gmail.com and put “RAVS Newsletter by Email” in the subject line.

PLEASE DON'T TOSS THIS NEWSLETTER; pass it on to someone else who might be interested in the information and recipes. Or share our contact information (in the column to the far left), and people can reach us to request their own copy of the newsletter.

WE NEED VOLUNTEERS!!

Like any volunteer group, we can always use your help. If you can assist with the newsletter, outreach, publicity, dinners, programs, guest speakers or anything else imaginable, please call **234-8750**.

VEGAN SOCIETY UPDATE

by Carol Hee Barnett

RAVS and Rochester are learning to adapt to COVID, and trying to stay hopeful and cheerful in the process.

MEETINGS/PROGRAMS

In November, we had a live meeting at which RAVS Coordinator **Ted Barnett, MD** gave an update on Rochester Lifestyle Medicine Institute, and we watched the new film "PlantWise." This is a good film to share with others, as it is not hard to watch and relatively short. Find the film and other resources here: <https://www.adventhealth.com/plantwise-documentary>

In January, local environmental advocates held a screening of the new climate change film "Breaking Boundaries," followed by breakout sessions on 4 action areas: carbon use reduction, zero waste, reforestation, and diet change. **Carol and Ted Barnett** led the discussion on plant-based diet. The film can be viewed on Netflix; for a link to the videotaped discussions as well as handouts on all 4 action areas, please email rochesterveg@gmail.com. See calendar on p. 8 for events.

ROCHESTER LIFESTYLE MEDICINE INSTITUTE (RLMI) has been a plant-based bedrock throughout the pandemic and will remain so. RLMI programs include CHIP, Lift, and the 15-Day Jumpstart. RLMI also offers monthly lectures, and monthly grand rounds for clinicians which are taped and available on [RLMI's Youtube channel](#). THANK YOU to all who participate in RLMI programs or contribute in any way.

"GOING VEGAN" RAVS member **Don Burns** was featured in the December 2021 issue of *In Good Health* with a cover photo and an article profiling his journey to a whole-food plant-based diet. Don gave photos of his favorite dishes: pizza, carrot dogs, sweet potato with veggies, vegetable medley on brown rice, and grilled tempeh. You can read the article [here](#).

THANK YOU to Jennifer Raymond for her very generous donation to RAVS. Jennifer is a vegan pioneer whose cookbook [The Peaceful Palate](#) is a beloved classic.

THANK YOU to Rochester's own **Northern Soy** for donating a case of **SoyBoy** marinated tofu for the November RAVS meeting.

VEGAN DOG FOOD AND TREATS now carried by Natural Pet Foods at 766 Clinton Ave South 14620. Tnx to RAVS member **Fred Peters** for the tip.

IN MEMORIAM: We are sad at the passing of these wonderful individuals.

Chuck Wright (9/4/21), a master woodworker and founder of North Creek Woodworks, is survived by his wife of 40 years, Tricia Wright, and two children, and missed by many others.

Lucille O'Brien (9/9/21) was a nurse and lover of animals. She is missed by her twin, Sister Lucetta Serçu, friend Selma Berger, and many others.

Jim Minor (12/27/21) was a PhD electrical engineer and math whiz who worked at Kodak, and taught U of R students as well as Monroe County Jail inmates. He is missed by his daughter Tina Kolberg and her family, and many others.♦

TO STAY CONNECTED: Facebook groups: RAVS and Rochester Vegans; Rochester Vegetarian Meetup Group.

ALL-VEGAN RESTAURANTS

Allah's Kitchen, 24 Hinchey Rd., Rochester, NY 14624 (623-8781) <https://allahskitchen.com> Take-out and delivery.

Eden Café & Bakeshop, 109 Main St., Batavia NY 14020 (585 815-4487) <https://www.carrotdogcafe.com> Dine in, take-out and delivery.

Hollycake House, 300 Main St., Suite 25, East Rochester, NY 14445 (Entrance off East Elm St.) (585 310-7728) <https://www.hollycakehouse.com> Café and bakery. Bakery items for order with 48 hours notice.

The Natural Oasis, 288 Monroe Ave., Roch., NY 14607 (325-1831) <https://www.naturaloasisny.com> Ethiopian buffet for lunch, and gourmet tasting menu at dinner (\$5/plate). Dine in and takeout.

New Ethic Pizzeria, 545 Titus Ave., Rochester, NY 14617 (623-8231) <https://newethicpizza.com> Dine in and take-out.

The Red Fern, 283 Oxford St., Rochester 14607 (563-7633) <https://www.redfernrochester.com> Dine in and take-out.

Grass Fed Rochester, Monroe Ave., a vegan butcher. <https://www.grassfedrochester.com>

Spirit and Abundance, Hungerford Bldg., 1115 E. Main St., Suite #148. <https://www.spiritandabundance.com> Vegan nut-based cheeses and treats. Pick up Fridays 4-6 PM. (585) 420-5551

Sweet Pea Plant-Based, 777 Culver Rd., Roch. 14609 (800 561-7608) <https://sweetpeaplantbased.com> WFPB vegan meal prep service for pick-up or delivery.

MEMBERSHIP UPDATE: We welcome the following:

New Members: Jessica Breen, Carol Chittenden, Cathleen & Tom Wells (Patron Level)

Membership Renewals: Linda & David Benjamin (Patron Level), Jane Dorsey, MSN, FNP (Sustaining Level), Meredith Drake, Timothy Geen, MD & David Marshall (Patron Level), Kimber Gorall (Patron Level), John D. Griffith, Sarah Keenan (Patron Level), Jean Longchamps, Maureen McDonald, Gerry & Tim Minerd (Contributing Level), Dee & Darren Mrak (Contributing Level), M J O'Neill, Donna & Harry Patrick, Jessica & Jon Perez, Fred Peters (Patron Level), Sandy & Byron Rubin (Patron Level), Noreen Salerno (Patron Level), Robert Salerno (Patron Level), Barbara Savedoff (Contributing Level), Nina Sikand, Meredith Smith, Abby Stern & David Stern, MD, Todd Tarzia, Tricia Wright, and Mark G. Zawacki

Newsletter Subscription: Donna Prince

Thank you for your support! This list is current through about 2/5/22. Any questions, contact us at (585) 234-8750 or rochesterveg@gmail.com

Robert Breakey, MD, **“Health Is a Gift You Give Yourself”:**

Lifestyle as Medicine Lecture,
January 11, 2022

Dr. Breakey gave a comprehensive course on plant-based diet in one hour flat! Then he kindly answered a few questions for us.

Breakey pointed out that for many people, middle age starts a downhill path of chronic disease and shortened lifespan. But with the right food choices, we can have a long lifespan and a long health span: good quality of life for as long as we live.

Breakey talked about 4 categories: whole animal foods, processed animal foods, whole plant foods, and processed animal foods. Of these four, only whole plant foods are fitting foods for humans. (Just because something is sold in the grocery store doesn't mean it's food!)

Whole plant foods are best to sustain human health and vitality because they are rich in fiber, anti-oxidants and phytonutrients; they tend to be alkaline rather than acidic, and anti-inflammatory; they are cholesterol-free; and they contain the ideal balance of macronutrients.

For plant foods, the mean anti-oxidant content is 1,157 units, with a maximum of 289,711; whereas animal foods have a mean anti-oxidant content of 18 units with a maximum of 100. Anti-oxidants help us to reverse the cellular damage done by the necessary process of using oxygen to extract energy. Anti-oxidant supplements are not a satisfactory alternative, and can even have a negative effect; but anti-oxidants from food are accompanied by thousands of chemicals that work synergistically with them to do their repair work.

Fiber is the leading food deficiency in the American diet: it's what Americans should worry about instead of protein! When we eat whole plant foods, the indigestible fiber feeds the 38 trillion micro-organisms in our gut, which support our immune system and our

hormonal balance; lower inflammation; support cognition; produce nutrients and aid in nutrient absorption; and signal satiety. What's not to like? Here again, probiotic supplements don't do the trick: they contain just a few organisms whereas we need a whole array of them; and they just treat constipation which is not the problem but just a symptom of a larger problem addressed by a whole-food plant-based (WFPB) diet.

Plant foods contain no cholesterol and eating WFPB can bring your blood cholesterol level under 150, making you essentially heart-attack proof.

Animal foods are pro-inflammatory. A quarter-pound hamburger contains 100 million bacteria that survive cooking and produce endotoxins. Other inflammatory substances contained in or produced by meat include heme iron and two substances—carnitine in meat and choline in eggs and fish—which are metabolized by the gut and liver into the toxic substance TMAO. These substances set us up for illness, with different diseases (diabetes, heart disease, cancer, auto-immune) all being manifestations of chronic inflammation and part of the same inflammatory process.

A WFPB diet naturally contains a macronutrient balance of approximately 10% protein, 10% fat, and 80% carbohydrates, which is ideal for humans. For those worried about protein, almost all plant foods have a higher percentage of protein than is required for optimal nutrition, and some contain a lot more. On the other hand, animal protein is “toxic to humans.” A study of middle-aged adults (aged 50-65) found that in the 18 years of the study, those eating the highest levels of animal protein had 75% greater overall mortality and 4 times the risk of cancer death.

Plant foods have the distinct advantage of being rich in carbohydrates which are complex, unrefined and full of fiber, unlike animal foods which contain essentially no carbs. Plant foods are

“the foods that nature intended for us.”

Animal foods, on the other hand, are “health-degrading,” often containing contamination or pathogens. A 2011 study showed that 90% of retail chicken contains fecal contamination, a cause of food poisoning. Bovine leukemia found in milk products is implicated in 37% of breast cancer cases.

Breakey says that, since 2018, the leading cause of death and disability in the US has been the Standard American Diet. He charts the dramatic rise in consumption of chicken and cheese in the US as “key drivers of the current epidemic.”

Breakey says “eat as if your life depended on it, because it does.” He encourages people making the switch to WFPB to think about adding, not subtracting foods. Think of meals you already like and can adapt by making substitutions, and then find new ones you like, possibly ethnic adventures. A vegan diet is also good for the planet, with plant-based eaters saving 30 square feet of forest, 10 pounds of CO2, and one animal life, every single day.

In response to a question about COVID, Dr. Breakey said that COVID targets adipose tissue, so overweight people are more susceptible to attack. At least three studies show that plant-based persons are significantly less likely to contract COVID and have lower risk of severe illness if they do get it.

Thank you, Dr. Breakey!♦

HAIKU
by Bruce Ross

dark winter night
in an unknown constellation
the stars fade

dark winter inlet...
moonlight carried in
on ocean waves

spring morning
a bird leaves the pond
leaves the ripples

WHOLE-FOOD VEGAN

RED LENTIL SOUP WITH CHICKPEAS AND SPINACH (OIL-FREE) (Annie Oliverio, unrefinedvegan.com)

1 onion, diced
 2 cloves garlic, minced
 1-inch piece ginger root, peeled and grated
 3 teaspoons ground cumin
 1¼ teaspoons ground coriander
 1¼ teaspoons ground turmeric
 1¼ teaspoons cinnamon
 1 teaspoon mustard seeds
 1 teaspoon garlic powder
 ½ teaspoon onion powder
 ¼ teaspoon garam masala
 ¼ – ½ teaspoon red chile paste
 1 cup red lentils, rinsed and drained
 One-half of a 15-ounce can fire-roasted tomatoes
 1 15-ounce can garbanzo beans, rinsed and drained
 4 cups low-sodium vegetable broth
 1 cup lowfat coconut milk*
 2 cups fresh spinach, roughly chopped
 Splash of liquid aminos or soy sauce
 Salt and pepper to taste
 Fresh cilantro, chopped, optional
 Fresh lemon juice, optional

In a large pot, add a generous splash of water, broth, or liquid aminos and sauté onion, garlic, and ginger over medium-high heat until the onion is soft. Add more liquid as necessary to prevent sticking. Stir in the spices (mustard seeds-garam masala) and the chile paste and cook for 1-2 minutes. Add liquid as necessary.

Add the lentils, tomatoes, beans and broth, and simmer, covered until the lentils are tender, 20-25 minutes. Stir in the coconut milk and the spinach and cook just until the spinach is wilted. Taste and adjust seasonings. Divide between four bowls and garnish with chopped cilantro and a squirt of lemon juice.

When reheating after storing in the refrigerator, you may need to add more liquid.

*Substitute 1 cup non-dairy milk + 2 teaspoons real coconut extract if you wish to cut additional fat.

VEGAN WHITE CHILI (adapted from Nora Taylor, noracooks.com)

4 ounces soy curls
 Water, white wine, or dry vermouth
 1 small white onion, finely diced
 4 cloves garlic, minced
 4 cups no chicken broth, or vegetable broth
 Two 15-ounce cans great northern beans, drained and rinsed
 7 ounce can diced green chiles
 1½ teaspoons ground cumin
 ½ teaspoon oregano
 ¼ teaspoon cayenne pepper
 ½ cups frozen corn
 ½ teaspoon salt, or to taste
 Few shakes black pepper
 1 tablespoon fresh lime juice
 ¾ cup vegan sour cream*

To prepare the Soy Curls:

In a large bowl, add the dehydrated soy curls and cover with about 3 cups of warm water. Let them soak for 10 minutes until they have grown in size and softened. Drain in a colander and squeeze any excess water from the pieces using your hands. Chop the soy curls into smaller pieces, or simply use your hands to tear them smaller. Set aside.

To prepare the chili:

In a large pot, sauté the onion in water, white wine or dry vermouth for 3-4 minutes. Add the garlic and cook for 1 more minute, until fragrant. Add the broth, drained and rinsed beans, diced green chiles, cumin, oregano and cayenne pepper. Bring mixture to a boil then reduce the heat and simmer for 10 minutes. Use an immersion blender a few times to slightly thicken the chili, but make sure to leave plenty of texture. You can skip this part if you don't have an immersion blender, or use a potato masher to mash some of the chili a little bit. This makes the chili creamier. Stir in the soy curls and corn and cook for 5 minutes, then add salt and pepper to taste, along with the lime juice. Stir in the vegan sour cream. Stir in the soy curls and corn and cook for 5 minutes, then add salt and pepper to taste, along with the lime juice. Stir in the vegan sour cream. Portion in bowls and serve with any desired toppings. Enjoy!

[Author's note: You can use any brand of vegan chicken, and any brand of vegan sour cream.]

Editor's notes: (1) Butler Soy Curls are a lightly processed soy product, sort of like dried pressed soybeans. You can find them packaged or in bulk in natural food stores. Even though it's a dried product, store in fridge. (2) You could leave out the vegan chicken and/or sour cream.]

HOMEMADE VEGAN SAUSAGES (Bianca Haun, elephantasticvegan.com)

½ tablespoon canola oil*
 ½ large white onion chopped
 1 garlic clove chopped
 ½ teaspoon cumin seeds
 ½ teaspoon fennel seeds
 ¼ cup cooked chickpeas
 1 tablespoon tomato paste
 1/8 teaspoon salt
 ½ teaspoon thyme
 ½ teaspoon smoked paprika
 1 tablespoon soy sauce
 ¼ cup sparkling water
 ¾ cup vital wheat gluten flour

In a large pan with canola oil, sauté the chopped onion and garlic cloves until soft. Add the cumin and fennel seeds. Let it cook for another minute until the spices are toasted.

In a food processor, add the chickpeas, onion-garlic-spices mixture, tomato paste, salt, thyme, smoked paprika, soy sauce, and sparkling water. Pulse until it's saucy. Add the vital wheat gluten and pulse again until it comes together in a ball.

Prepare a large pot (filled with a couple of inches of water) with a steaming basket and bring it to high heat.

Divide the seitan into 4 equal chunks. Roll and press the seitan into a sausage shape. Roll each sausage in parchment paper and aluminum foil (roll it tightly). Twist the ends so that the seitan is completely covered in foil. Add the seitan sausages into the steaming basket and let them steam for about 40 minutes, flipping them after 20 minutes. Let them cool off a bit before removing the aluminum foil and parchment paper.

*You could substitute wine, dry vermouth, or sherry for the oil. ♦

BATTLE OF THE VEGAN MAC 'N' CHEESE

MODERN LOVE MAC & SHEWS (adapted from Isa Chandra Moskowitz, theppk.com)

Vegan chef and cookbook author Isa Chandra Moskowitz was running the vegan restaurant Modern Love in Brooklyn when COVID hit. She closed the restaurant and started operating Modern Love Community Meals out of the space, feeding hundreds of people a week. Read about the project [here](#) and see how you can support it by ordering the “cookzine” this recipe comes from.

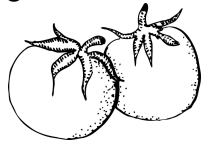
1 pound macaroni

1 cup whole unroasted cashews*
1 cup vegetable broth
1 roasted red pepper, chopped
¼ cup nutritional yeast flakes
¼ teaspoon turmeric
1 tablespoon fresh lemon juice
1 tablespoon chickpea miso
1 tablespoon onion powder
¼ teaspoon salt

*Note: If you don't have a high speed blender, do not despair. Just soak the cashews for at least 2 hours (preferably overnight) and proceed with your regular old blender. You can also boil them for 20 minutes if you are super short on time and didn't plan ahead. Editor's note: a food processor might also work, assuming you have soaked the cashews.

Bring 6 quarts of salted water to a boil in a large pot for the macaroni. While the water is coming to a boil, make the sauce. Place all sauce ingredients in a high-speed blender (see recipe note if you don't have one) and blend until completely smooth. This can take anywhere from a minute to 5 minutes depending on your blender. Scrape down the sides of the blender with a rubber spatula from time to time. Once water is boiling, cook pasta. Drain pasta in a large colander and add immediately back to the pot. It should still be piping hot and wet

with pasta water. Do not rinse and do not wait. This part is important because you need the wet, hot pasta to get the sauce creamy and awesome and clinging to the pasta. Add the sauce to the pasta pot and use the rubber spatula to mix. Turn the heat on low and stir for about 2 minutes to get everything warmed through. Taste for salt and seasoning.



VEGAN BROCCOLI MAC AND CHEESE (adapted from BuzzFeed's Goodful, *Plant & Planet*)

This recipe appears in a Washington Post article entitled “The secret to a great vegan mac and cheese isn't vegan cheese — it's a clever sauce,” December 26, 2021.

1 medium white or yellow onion (8 ounces), chopped
½ teaspoon salt, plus more to taste
2 garlic cloves, grated or pressed
1 medium russet potato (9 ounces), scrubbed and cut into ½-inch cubes
1 medium carrot (4 ounces), scrubbed and cut into ¼-inch coins
1 cup (4¼ ounces) raw cashews
2 cups water, plus more as needed
5 tablespoons nutritional yeast
1 tablespoon white miso
1 tablespoon Dijon mustard
½ teaspoon smoked paprika
¼ teaspoon cayenne
1 large head broccoli (1½ pounds)
1 pound elbow macaroni
¾ cup (2 ounces) vegan panko, such as Kikkoman brand
¼ teaspoon freshly ground black pepper

In a 12-inch cast-iron or other ovenproof skillet over medium heat, sauté the onion in water, white wine or sherry, stirring occasionally, until the onion is translucent, 4 to 5 minutes. Add the garlic and cook, stirring, until fragrant, about 30 seconds.

Add the potato, carrot, cashews and water, increase the heat to high and

bring to a boil. Reduce the heat to medium and simmer, uncovered, until the potatoes and carrots are very soft, 10 to 15 minutes. (Add hot water as needed to keep the vegetables just barely covered.) Remove from the heat and let cool for a few minutes.

Carefully pour the vegetables and liquid into a blender. Add the nutritional yeast, miso, mustard, smoked paprika, cayenne and ¼ teaspoon of the salt. Blend on high until the sauce is very smooth, 1 to 2 minutes.

Bring a large pot of salted water to a boil. While the water is heating, cut the broccoli stem from the head and use a vegetable peeler to peel the stem's tough outer layer. Cut the stem in half lengthwise and then into ¼-inch half moons. Cut the head into bite-size florets.

Once the water is boiling, add the pasta and cook until 2 minutes shy of *al dente* according to the package directions, 3 to 5 minutes. Add the broccoli and cook for the remaining 2 minutes, or until the broccoli is bright green and the pasta is *al dente*.

Drain the pasta and broccoli and return to the pot. Pour in the sauce and stir to fully coat. Return the mixture to the cast-iron skillet and smooth into an even layer.

In a small bowl, toss the panko with the remaining ¼ teaspoon of the salt and the pepper. Sprinkle over the mac and cheese. Bake for 10 to 20 minutes in a preheated 450-degree oven, or until the panko is lightly browned and the sauce starts to bubble. Serve hot.

[Editor's note:

-I adapted this recipe for oil-free cooking and halved the amount of salt. -For those who don't have an ovenproof skillet, you could fold the completed dish into a nonstick or lightly-oiled casserole dish before baking.] ♦



Want to go vegan?

We can help!

rochesterveg.org

IN THE NEWS

SLAUGHTERHOUSE A recent *NY Times* article (12/29/21)focused on the health risks to slaughterhouse workers during COVID, but didn't acknowledge the irony of seeking healthful conditions in a workplace that exists to deliver death. One comment says it all: "The horror described in the article occurs because most consumers remain willfully ignorant about where their meat comes from and the great toll it takes on living creatures, humans included."

"**THE TRUE COST OF YOUR CHEAP CHICKEN**" This *NY Times* article is accompanied by heart-rending video of chickens destined for dinner plates. The article is part of "We're Cooked": "an Opinion Video series about our broken food system and the three chances you get to help fix it — and save the planet — every day." The article represents a breakthrough on the part of the *NY Times* and we hope many people read it and view the video. The comments are full of shock and sadness and this

one says it all: "All animals are sentient; feel pain, happiness, suffer."

PLANT-BASED WEST AFRICAN: The *NY Times* profiled four West African food activists who are embracing vegan versions of traditional dishes that connect with the inherent sustainability of their native cuisines. One of these young chefs said her mother helped her veganize dishes, saying "OK, let's pull out what we did in the village because that aligns with how you're eating." To try some of the dishes, visit [Plant Food Federation](#).

PLANT MILK: WHAT'S BEST: The *NY Times* ran an article (2/1/22) on alternatives to cow's milk. Although one nutritionist recommended lactase-added cow's milk for those who are lactose-intolerant, even she acknowledged that fortified soy milk has a similar nutritional profile. Other expert sang the praises of plant milk. E.g., most plant milks have less protein than cow's milk; but famed nutrition expert Walter Willett, MD said that protein deficiency is not a problem in the US, and also "soy and

nut milk have healthier fat profiles than cow's milk." Dr. Willett also cited the environmental toll of cow's milk, which he said is tied to high levels of greenhouse gas emissions and water use: "It's important to look at everything through both a health lens and an environmental lens at this point in time. For the environmental footprint, alternative milks are desirable."

ONE HEALTHY WORLD is a master class produced by the Physicians Committee for Responsible Medicine on why and how to start a vegan diet. Go to <https://www.pcrm.org/onehealthyworld> to watch the videos on demand.

WEBSITES: RAVS member Fred Peters recommends these websites: <https://minimalistbaker.com> (so easy to follow and not too many ingredients) (not all recipes are vegan); and <https://www.noracooks.com>. He also recommends the app Tasty (not all vegan but has 1589 vegan recipes!).♦

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

P.O. BOX 20185, ROCHESTER, NY, 14602-0185
(585) 234-8750, rochesterveg.org, rochesterveg@gmail.com

Membership in the **Rochester Area Vegan Society** is open to all vegetarians, as well as to those who support the goals of vegan living and the society. You do not have to be vegan to join our group. You just have to eat like one when you are with us. Members are entitled to admission to monthly events, and discounts on the purchase of books and other material available from RAVS. Members receive *The Vegan Advocate*, published four times a year, plus periodic notification of events. Members are eligible for half-priced membership in the **North American Vegetarian Society** which includes a subscription to the *Vegetarian Voice* and in the **Vegetarian Resource Group** which includes a subscription to the *Vegetarian Journal*.

Name (s): _____ Date: _____

Address: _____

Phone(s): _____ email: _____

- \$20/year Individual Membership
- \$35/year Joint membership, one address
- \$10/year Student/Fixed income
- \$17/year Joint fixed income
- \$50/year Contributing membership
- \$75/year Sustaining membership
- \$100/year Patron
- \$7/year *The Vegan Advocate* only
- I am/we are willing to volunteer to help RAVS

Amount enclosed \$ _____. Any amount over basic membership is tax deductible. Please make check payable to **Rochester Area Vegan Society**.

- I follow a vegan diet
- WFPB (no oil) diet or Esselstyn diet
- I am an ovo/lacto vegetarian.
- I am not yet a vegetarian.

Primary interest in vegetarianism:

- Environment
- Animal Rights
- Health
- Other:

Rochester Area Vegan Society upcoming meetings and events of interest:

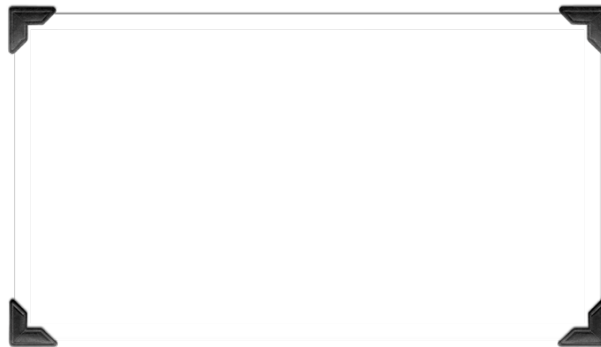
- **March 6, 2022** (Sun. to Sun.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart. Zoom-based program** with medical facilitation, cooking class, and virtual potluck. For medical practitioners: a CME (continuing medical/professional education) program is available based upon Jumpstart. Sign up [here](#) or at roclifemed.org
- **March 8, 2022** (Tues.) **7:30 PM Lifestyle as Medicine Lecture by Zoom: John McDougall, MD on Diet and Climate Change: Should Doctors Care?** Sign up [here](#).
- **March 16, 2022** (Wed.) **6:30-8 PM Free Jumpstart Info Session by Zoom** Sign up at roclifemed.org
- **April 2, 2022** (Sat. to Sat.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart.** See write-up for March 6. Sign up [here](#).
- **April 5, 2022** (18 Tuesdays and Thursdays) **6:30-8:30 PM Complete Health Improvement Program (CHIP). Zoom-based intensive lifestyle change program.** Ends Tuesday 6/14. Sign up [here](#).
- **April 7, 2022** (Thurs.) **7:30 PM Lifestyle as Medicine Lecture by Zoom: Liana Lianov, MD on Strengths in the Mirror: Thriving Now and Tomorrow.** Sign up [here](#).
- **April 16, 2022** (Saturday) **6:00 PM 2nd Night Vegan Seder** shared with Jewish Humanist Society. Tentative live event at Brighton Town Park Lodge, directions below. Please call 234-8750 to reserve.
- **May 7, 2022** (Sat. to Sat.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart.** See write-up for March 6. Sign up [here](#).

PLEASE NOTE: Live links are given for those reading the newsletter online. Those reading the paper newsletter should go to roclifemed.org to register for events.

If more events, either live or by Zoom, are added to the schedule, notification will be given on the RAVS website; by Facebook; and by email to those in the RAVS database. Those who don't have computer access will receive notice by phone.

***Brighton Town Park Lodge** is at 777 Westfall Rd., on the south side of Westfall between E. Henrietta Rd. (15A) to the west, and S. Clinton Rd. to the east. Look for the "Brighton Town Park" sign. The driveway leading to the Lodge is called "Haudenosaunee Trail."

Hear the latest from our events calendar, 24 hours a day! Call 234-8750



ROCHESTER AREA VEGAN SOCIETY
Box 20185
ROCHESTER, NY
14602