

# **EVEN NOW Update 1/11/15**

## **Vegan News and Lots of Recipes!**



Mindful

Click [HERE](#) for **EVEN's Vegan News Blog** - Check in to read some of these informative and interesting items!



### **12 Step Program for Consumers**

by OCA, Ronnie Cummins



### **Fresh Water Depletion: Realities of Choice**

by Dr. Richard Oppenlander

Subject: Leslie Stahl (60 Minutes) "Water" Report



### **Veganism and the Environment**

by Mary Faith Gerhart



### **Northeastern Grad Student (Madeline Heising)**

#### **Launches Vegan e-Book**

by Jill Radsken, Boston Globe



### **Veganz - German Vegan Supermarket - the World's First!**



**Robert Grillo - Exclusive EVEN Interview** with Robert Grillo, Founder and Director, Free from Harm



**Veggie Hotels Around the World**



**Why Going Vegan May Be Your Best New Year's Resolution Ever**  
by Sande Nosonowitz



**Margaret Cavendish (1623-1673)**  
by Laura McGuiness



**The Protein Myth**  
Physicians Committee for Responsible Medicine (PCRM)



**How I Organize My Kitchen for Easy Vegan Cooking** by Charles Ely



**Clued in on Vegan Living: Alicia Silverstone Talks About a Plant-Based Diet**



**Dawn Moncrief - Exclusive EVEN Interview** with Dawn Moncrief, Founder and Executive Director of A Well-Fed World



**Protecting Your Bones**  
Physicians Committee for Responsible Medicine (PCRM)



**Brutality of Hunting**



**Vegan Thanksgiving is a Better Alternative**



**Healthy Vegan Snacks for Kids**  
Physicians Committee for Responsible Medicine (PCRM)



**Dynamic Harmlessness**  
by H. Jay Dinshah



### **Foods for Cancer Prevention**

Physicians Committee for Responsible Medicine (PCRM)



### **10 Things Every Vegan Knows (That You May Not)**

by Kasey Minnis



### **Food Power for Athletes**

Physicians Committee for Responsible Medicine (PCRM)



### **Essential Fatty Acids (...and what you should know about fish oils)**

Physicians Committee for Responsible Medicine (PCRM)



### **10 Reasons to Avoid GMOs**



### **COP 19 and Climate Change: The Path to Resolution**

by Dr. Richard Oppenlander



**Dr. Richard Oppenlander - Exclusive EVEN Interview** with Dr. Richard Oppenlander, Researcher, Author, Consultant, Lecturer



### **GMOs - A Potentially Disastrous Distraction**

by Dr. John McDougall



### **Livestock and Climate Change**



### **Why I Love Vegans**

by Sun, CoFounder of Gentle World



### **It's Not About Losing Weight, It's About Gaining Health**



### **The Language of Normalizing Animal Commodities**

by Free from Harm



### **Introducing The Vegg - The World's First Vegan Egg Yolk---**

No Cruelty, No Cholesterol, All Delicious!

 **Priscilla Feral - Exclusive EVEN Interview** with Priscilla Feral, President, Friends of Animals

 **Bad News for HBO and the American Humane Association**

 **USDA - Working Hard for Animal Abusers** (infographic)

 **Action for Animals**

 **Animal Rights: the Abolitionist Approach**  
by Gary Francione

 **Meat-Free Zone**

 **Prevent and Reverse Heart Disease**  
by Dr. Caldwell Esselstyn, Jr.

 **Tom Regan - Exclusive EVEN Interview** with Tom Regan, Professor, Author, Animal Rights Activist

 **Essential Fatty Acids**  
Physicians Committee for Responsible Medicine

 **Diabetes - Diet vs Drugs**  
by Dr. John McDougall

   and MORE, MORE, MORE on [EVEN's Vegan News Blog](#)

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Listed below are MORE vegan items, including vegan recipes. Have fun!

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**5 Vegan Recipes That Celebs Are Crazy About!**

'Tis the season to make a lifestyle change!

While there are many celebs who do fad diets, extensive juicing or meal delivery plans to drop a few pounds (which, as you can guess, doesn't always lead to a body transformation), there are also lifestyle-oriented stars who keep healthy and balanced with vegan or vegetarian diets.

In honor of the month where people's mental, physical and emotional health come into focus as a major priority, we've rounded up these easy-to-make, celeb-loved dishes so you can start the New Year on a nutritious, homemade and yummy note.



Getty Images, Neilson Barnard

### 1. Tofu Scramble, Carrie Underwood

From *Bon Appetit*

Servings: 4-6

#### Ingredients

2 14-ounce blocks extra-firm tofu  
2 tablespoons vegetable oil  
1 small onion, chopped  
1 small green bell pepper, finely chopped  
1 small red bell pepper, finely chopped  
1/2 teaspoon ground coriander  
1/2 teaspoon ground cumin  
1 1/2 teaspoons ground turmeric  
1 15-ounce can black beans, rinsed, drained  
1/4 cup coarsely chopped fresh cilantro  
Kosher salt, freshly ground pepper

4-6 whole wheat tortillas, warmed

Garnishes: salsa, chopped avocado, grated cheddar, sliced scallions, and hot pepper sauce (optional)

#### Directions

1. Place tofu on a plate lined with several layers of paper towels (to absorb liquid). Using a fork or potato masher, smash tofu.
2. Heat oil in a large skillet over medium-high heat. Add onion and peppers; cook, stirring occasionally, until softened, 3-4 minutes. Stir in coriander and cumin; cook until fragrant, about 1 minute. Stir in tofu, then turmeric. Add beans; cook, stirring often, until heated through, 1-2 minutes. Stir in cilantro; season with salt and pepper.
3. Serve scramble with tortillas and garnishes, as desired.



Getty Images, David M. Benett/Getty Images

## 2. Kale and Coconut Smoothie, Gwyneth Paltrow, From *Goop*

### Ingredients

- 1 large handful curly kale, cleaned and ribs removed
- 7 or so raw almonds
- 1 cup frozen mango
- ½ of a frozen banana
- 1 ½ cups coconut water
- 1 packet sugar in the raw

### Directions

1. Combine all ingredients in a powerful blender.
2. Blend 1 minute, or until smooth.



Getty Images, Frazer Harrison/Getty Images

## 3. Lemony Roasted Potatoes, Emily Deschanel From *Veganomicon: The Ultimate Vegan Cookbook* by Isa Chandra Moskowitz and Terry Hope Romero

### Ingredients

- 2 1/2 pounds Russet potatoes (medium to small potatoes work best)
- 1/3 cup olive oil
- 6 cloves garlic, chopped finely
- 1/2 cup freshly squeezed lemon juice
- 1 cup vegetable broth 2 tsp dried oregano
- 2 tsp salt
- 1 tsp tomato paste
- Freshly ground black pepper
- Chopped fresh parsley or dried oregano (optional)

### Directions

1. Preheat the oven to 375 degrees. Peel the potatoes, slice in half lengthwise, and slice each half into wedges no more than 3/4" thick.
2. In a large, deep baking pan or casserole dish (at least 10 17-inches or bigger), combine the olive oil, garlic, lemon juice, vegetable broth, oregano, salt, and tomato paste.

Add the peeled, sliced potatoes.

Sprinkle with freshly ground pepper and toss the potatoes to cover with the sauce. Cover the pan tightly with foil (or use lid of casserole dish), place in the oven, and bake for 30-35 minutes until the potatoes are almost done.

Several times during the baking process, remove the pan from the oven, uncover, stir the potatoes, place the cover back, and return the pan to the oven.

3. Uncover the pan one last time, stir the potatoes again, and bake, uncovered, for an additional 15-20 minutes, until most of the sauce has evaporated and some of the potatoes have just started to brown on their edges. Sprinkle with chopped fresh parsley and/or more dried oregano before serving.



Getty Images, Lloyd Bishop/NBC

#### 4. **Vegan Enchiladas, Paul McCartney** From *PETA's Celebrity Cookbook*

##### **Ingredients**

###### For sauce:

- 1 cup tomato sauce
- 1 cup water
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon oregano

2 TBSP cornstarch dissolved in 4 TBSP water

###### For filling:

- 1 lb. firm tofu, drained and mashed
- 1 onion, chopped
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- 1 teaspoon minced fresh garlic
- 1/4 teaspoon black pepper
- 1 1/3 cups picante sauce
- 3 cups steamed spinach
- 12 tortillas

##### **Directions**

1. Preheat oven to 350 degrees. Place all the sauce ingredients, except for the cornstarch, in a small pot and cook over low heat, covered, for 20 minutes. Stir in the cornstarch and cook until the sauce thickens.

2. In the meantime, prepare the filling: Mix the tofu, onion, chili powder, cumin, garlic, pepper, and picante sauce. Put some of the spinach in the middle of each tortilla, then add 3 to 4 heaping teaspoons of the tofu mixture, and roll up the tortillas. Top with vegan sour cream (or make your own, see below). Lay the enchiladas in a baking dish, cover with sauce, and bake for 20-25 minutes.



Getty Images, Kevin Winter/WireImage

## 5. Quinoa Salad, Ellen DeGeneres, By Roberto Martin, from *Ellen DeGeneres*

### Ingredients

#### For quinoa:

- 2 C of Cooked red quinoa, about 1.5 C raw
- 2-3 slices of ginger
- 1 tablespoon of chopped cilantro
- 1 tablespoon of sliced scallions
- 1 tablespoon of torn mint leaves
- 1/4 cups winter squash diced into small pieces

#### For nuoccham sauce:

- 3 tablespoons of vegan fish sauce
- 1/4 cups of lime juice
- 2 1/2 tablespoons of vegan brown sugar or 1 teaspoon agave nectar
- 1/2 Thai chili, paper thin sliced (use whole chili for some spice)
- 1 1/2 tablespoons of water

### Directions

1. Preheat oven to 350 degrees.
2. Toss squash with with a bit of olive oil and pinch of curry powder and roast until just done.
3. Meanwhile, bring 1 1/2 cups water to boil.

4. Make nuoc cham sauce by mixing **vegan** "fish" sauce, lime juice, sugar, thai chili and water.

Toss quinoa, cooked squash, scallions, cilantro and mint with nuoc cham sauce. Serve chilled or at room temperature.

Source: E! News

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**"Vegans are everywhere in Auckland,"** says 26-year-old Sarah Beale, green eyes shining. "It's not like we have to sit round eating lentils anymore!"

[http://www.nzherald.co.nz/canvas-magazine/news/article.cfm?c\\_id=532&objectid=11382948](http://www.nzherald.co.nz/canvas-magazine/news/article.cfm?c_id=532&objectid=11382948)

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**Mark your calendars: Chipotle** is about to give away more free burritos to promote its new [vegan] organic tofu filling, dubbed "Sofritas."

[http://www.slate.com/blogs/moneybox/2015/01/09/chipotle\\_free\\_burrito\\_buy\\_a\\_sofritas\\_item\\_and\\_use\\_the\\_receipt\\_to\\_get\\_something.html](http://www.slate.com/blogs/moneybox/2015/01/09/chipotle_free_burrito_buy_a_sofritas_item_and_use_the_receipt_to_get_something.html)

<http://www.foodworldnews.com/articles/13321/20150110/chipotle-tofu-vegan-sofritas-menu-options.htm>

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**Veganuary - New Campaign Wants You to Try Going Vegan This January**

On a mission to reduce suffering to animals by inspiring and supporting people from around the globe to go vegan for the month of January, Veganuary is taking the world by storm.

Founded by Matthew Glover and Jane Land in 2013, **Veganuary** has everything from product directories and eating out guides to recipes and animal rescue stories. Asking participants to live a cruelty free lifestyle for just one month, their hope is for a proportion to stay vegan or at least reduce meat consumption.

<http://www.care2.com/causes/new-campaign-wants-you-to-try-going-vegan-this-january.html>

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**12 Myths and Benefits of a Vegan Diet**

<http://www.msn.com/en-gb/foodanddrink/foodnews/12-myths-and-benefits-of-a-vegan-diet/ss-BBhAJ7Y>

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**Dr. Neal Barnard (PCRM) on THV11 - Easy Veggie Fajitas Recipe**

<http://www.thv11.com/story/news/local/thv-this-morning/2015/01/07/vegan-diet-easy-veggie-fajita-recipe/21372235/>

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## Vegan Foods versus Whole Foods: Here's the Difference and Why It Matters

<http://www.onegreenplanet.org/natural-health/vegan-foods-versus-whole-foods-heres-the-difference-and-why-it-matters/>

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## Losing Nemo: A 6-minute video about overfishing

Most people are aware that the oceans aren't doing so well, but what is going on exactly?

'**Losing Nemo**' is a six-minute, 3D-animated film about the state of the oceans.

The film is the result of months of work by a group of 32 creatives from around the world.

**>>WATCH HERE**

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## Stacked with Protein: Vegan Gingerbread "Buttermilk" Pancakes

<http://www.popsugar.com/fitness/Vegan-Pancakes-34764419>

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## Red Beans and Rice, and Vegan Cornbread

by Tracey Glover, Founder of ARC

*Note: I tried these recipes and they turned out excellent, even though I altered some of the ingredients. e.g., I used less than 1/4 Cup oil, not 1/3! I used red/yellow/orange sweet*

*peppers instead of green bell, and just seasoned to taste --- not a lot of salt. I think you will enjoy these two recipes. We did! - LS*

### **INGREDIENTS: Red Beans and Rice**

1 pound dried red beans, rinsed and sorted over

1/3 cup extra virgin olive oil

1 large onion, chopped yellow onions

3 stalks celery, chopped

3/4 cup chopped green bell peppers

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

3 bay leaves

2 tablespoons chopped fresh parsley

2 teaspoons fresh thyme

2 links Field Roast chipotle sausage (or for less heat, use the regular Italian sausage, but add a pinch of cayenne.)

3 tablespoons chopped garlic

10 cups vegetable broth

4 cups cooked brown rice

**STEPS:**

Rinse beans and soak overnight. Drain and set aside.

In a large pot, heat the oil over medium heat. Reduce heat to medium-low.

Add the onions and cook until tender, about 20 minutes. Add celery and bell peppers then season with salt and pepper. Cook while stirring occasionally until the vegetables are soft, about 4 minutes. Add the bay leaves, parsley, thyme, and sausage. Increase heat to medium and allow veggies to begin to brown. Add the garlic and cook for 1 minute.

Add the beans and broth. Stir well, and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the beans are tender, about 2 hours.

Using the back of a heavy spoon, mash about 1/4 of the soft beans against the side of the pot. Continue to cook until the beans are tender and creamy, 15 to 20 minutes. Remove from the heat and remove the bay leaves. Serve over rice.

**INGREDIENTS: *Vegan cornbread***

2 tablespoons ground flax seeds mixed with 6 tablespoons filtered warm water

1 cup white whole wheat flour

1 cup organic cornmeal

1/4 cup vegan sugar

4 teaspoons baking powder

3/4 teaspoon table salt

1 cup organic soy milk

1/4 cup organic canola oil

**STEPS:**

Preheat oven to 425°F

Spray 8-inch-square baking dish with nonstick cooking spray.

In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt until well-combined.

Add the ground flax seed mixture, soy milk, and canola oil to the flour mixture.

Beat just until smooth (do not overbeat.)

Pour into pan. Bake for 25 to 30 minutes, or until a toothpick inserted in the middle comes out clean.

Cool on wire rack 10 minutes. Turn cornbread onto wire rack, then turn right side up and continue to cool until warm, about 10 minutes longer.

[www.thepurevegan.com](http://www.thepurevegan.com)

**ABOUT ARC:**

ARC stands for Awakening Respect and Compassion for all sentient beings. ARC's mission is to raise awareness about the impact human activity has on other species and the planet and provide information and tools to help people live with more compassion and more respect for all beings and the living environment. We raise awareness about the capacity of other species to experience emotions and to suffer; we educate people about more humane and environmentally sustainable alternatives to the many ways we currently interact and use animals.

In order to reduce suffering to the billions of farmed animals slaughtered annually and to reduce the process of climate change and other negative environmental effects of animal agriculture (including loss of biodiversity, soil erosion, water and air pollution), we promote a vegan way of living that is rooted in the values of peace and compassion for all beings and an understanding of the interconnection of all life.

Our projects seek to inspire people to see and understand this interconnection, to open our hearts to all beings regardless of species, and to educate people about how our individual choices affect other beings and the survival of the planet. **Tracey Glover** is the chef/owner of the Pure Vegan and the founder and Director of ARC. Tracey is a graduate of the University of Michigan Law School and practiced health care law for eight years before founding The Pure Vegan. Tracey is a writer and teaches yoga and meditation in the Mobile area.

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Love life.  
No matter  
whose.

### **Eugene Veg Education Network (EVEN)**

[www.eugeneveg.org](http://www.eugeneveg.org)

*Eugene Veg Education Network*

*---EVEN - serving as a vegan resource since 2005---*

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit based in Eugene serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members**--- as well as the larger community ---by providing pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**