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Vegan Cooking
FOR
DUMMIES®

by Alexandra Jamieson, CHHC, AADP
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About the Author

Alexandra Jamieson, CHHC, AADP, has been seen on *Oprah*, *The Final Word*, *30 Days*, and *The National Health Test with Bryant Gumble*. She was even featured in the award-winning documentary *Super Size Me* (2004). In her two books, *Living Vegan For Dummies* (Wiley) and *The Great American Detox Diet* (Rodale), Alex offers remarkably sane — and tasty — advice on how to detox, live healthfully, and feel fantastic.

Her knowledge of nutrition has been artfully developed through years of both professional and self-led study. Alex now commands a matchless repertoire of nutritional wisdom and food savvy. She is a professionally trained healthy gourmet chef, having studied at New York City's Natural Gourmet Institute for Health and Culinary Arts. She refined her techniques by cooking professionally in Milan, Italy, as well as at a variety of popular New York City restaurants. In addition, Alex is a certified health and nutrition counselor. She studied with groundbreaking pioneers in the field of nutrition at the Institute for Integrative Nutrition.

Alex also traveled the world, visiting more than 20 countries, premiering *Super Size Me* (an Oscar-nominated documentary), and acting as a messenger for the power of holistic nutrition and healthy detoxing. In every country, she sought out healthy vegan food and was pleasantly surprised to find great options everywhere. Time and again, her clients experience the magic that happens when they feel great in their own bodies. Members of her programs step up to a new level of confidence and willingly expand and explore bigger dreams and authentic goals.

A healthy and energetic vegan herself, Alex lives in New York City with her family, including her vegan son, Laken, and a lively boy cat named Sue.

Dedication

This book is dedicated to everyone who is thinking about going vegan, has gone vegan, knows someone vegan, or was vegan and is now dipping their toes back in the water. My hat is off to you and your efforts to live well, be healthy, and make a difference in this world.

And to my son Laken, who loves good food. I love you, handsome.

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Introduction

When I was asked to write *Vegan Cooking For Dummies*, I jumped for joy! You see, learning to cook healthy vegan food is what got me to where I am today, and I love sharing my passion for healthy food with others.

My culinary adventures began when I discovered that animal ingredients made me feel heavy, slow, and tired. As soon as I eliminated dairy and meat and began experimenting with nutrient-rich plant foods, I easily lost the extra 20 pounds that had crept on since college, felt more energized, and began thinking more clearly. Cooking with vegan ingredients means choosing cruelty-free, lower-carbon-footprint foods that not only increase your physical health but also make it easy to live lighter on planet Earth.

Although this book focuses on cooking vegan meals, it also touches on how living a vegan lifestyle can have a positive impact on the environment and human health. If you're interested in understanding more about the whole vegan lifestyle, check out my book *Living Vegan For Dummies* (Wiley).

About This Book

When the United Nations recommended in June of 2010 that a global shift toward a plant-based diet would help prevent further global warming, I knew the vegan world was about to get a lot bigger. More people are discovering how food is produced and processed, and how food choices have an impact on their health, the health of other creatures, and the environment. More and more celebrities, world-class athletes, and artists are “coming out” as vegan to endorse a lifestyle that supports creative and physical achievement, and everyday folks aren't far behind.

Vegan Cooking For Dummies is for home cooks, experienced and new vegans, carnivores and long-time vegetarians who are interested in moving away from some or all of the animal foods in their diets, and the people who love and want to support any and all of those groups. I've written it to be your go-to guide for vegan recipes, nutrition, and meal planning. To that end, it provides more than 150 great vegan dishes you can prepare at home, as well as info on getting all the necessary nutrition and planning your vegan diet, including a sample one-week meal plan to help get you started.

Conventions Used in This Book

To make this book easier to digest (pun intended), I've used a few conventions.

- ✓ Whenever I introduce an unfamiliar food or term, I put it in *italics* and include a definition or description nearby.
- ✓ **Bold** text highlights keywords in bulleted lists and action parts of numbered steps in the nonrecipe text.
- ✓ All Web addresses appear in `monofont`. When this book was printed, some Web addresses may have needed to break across two lines of text. If that needed to happen, I didn't put in any extra characters (such as hyphens) to indicate the break. So just type in exactly what you see in the book, as though the line break didn't exist.

Here are some additional conventions that apply to the recipes:

- ✓ *Plant milk* refers to any nondairy milk such as rice milk, soy milk, coconut milk, hemp milk, nut milk, or oat milk. Feel free to choose your own adventure here (although keep in mind substitutions may affect the recipe results and nutrition facts, as I note later).
- ✓ All temperatures are Fahrenheit.
- ✓ All vegan margarine is trans fat-free and nonhydrogenated.
- ✓ All soy sauce is low-sodium.
- ✓ Nutritional facts found with each recipe are based on the ingredients used as the recipes are written in this book. If you make substitutions, the facts will change, and the recipe may not turn out as written.
- ✓ Ingredients and recommended foods are the vegan version. For example, if I mention salsa on a snack list, I'm referring to dairy- and meat-free salsa even if I don't specify "vegan salsa."
- ✓ Be sure to read the recipes through from start to finish at least once before you begin cooking. Then you can make sure to have all the necessary ingredients, tools, and time you need to make delicious food.
- ✓ Preheat your oven at least 15 minutes before you put anything in it to cook.

What You're Not to Read

Although I like to think that all the information here is important, you can skip some items if you're pressed for time or just want to get the basics and get out. Here are some things you can skip over:

- ✔ **Sidebars:** These gray shaded boxes offer inspiration and ammunition for the vegan road ahead. They're not necessary for cooking good food, but they offer good information.
- ✔ **Anything with a Technical Stuff icon:** These bits contain information that's more technically or historically involved than what you need for the basic discussion at hand.

Foolish Assumptions

When I put this book together, I made some assumptions about readers (also known as you) who'd pick up a book like this one:

- ✔ You like to eat, but you want to avoid animal products.
- ✔ You've cooked a little or not much at all, but you know you want to start making more of your own food.
- ✔ You're curious not only about vegan recipes but also about nutrition.
- ✔ You wonder whether a vegan diet can really be tasty and satisfying, and you're used to the typical meat-and-potato American diet.
- ✔ You have a loved one who's a vegan and you want to be able to cook one simple meal everyone can enjoy.
- ✔ You aren't afraid to take a risk and eat a diet that's considered "weird" by much of your culture — cool vegans are a little outside the mainstream, and that's how we like it!

How This Book Is Organized

Vegan Cooking For Dummies is pretty easy to navigate. All the chapters that work together are found in the same part. The book starts out with some lifestyle and general information about vegan living; it's an overview of why

you may be vegan or are considering going vegan. Then it moves into preparing yourself and your kitchen to start cooking, which leads to the recipes. The grand finale is the Part of Tens, a fan favorite in all *For Dummies* books. Here's how the parts break down:

Part I: The Lowdown on Vegan Cooking and Eating

Part I lays out what a vegan diet encompasses. It details reasons people choose to go vegan in the first place and covers the ways in which choosing this diet can lead to health and environmental benefits. This part also discusses vegan nutrition and the challenges that may arise in a vegan family.

Part II: Vegan Chef Strategies

This part offers the nuts and bolts of making a vegan diet work. Part II includes how to set up a vegan kitchen with basic ingredients and tools, what foods offer necessary nutrition, and the foundations of healthy vegan cooking. It includes information on adapting old recipes to include vegan ingredients and helps you figure out how to shop for and store food items.

Part III: The Good Stuff: Vegan Recipes

In this part, you can find vegan recipes for every time of the day or night. From breakfast, special beverages, lunch, snacks, dinner, desserts, breads, and condiments, this part provides a one-stop-shopping experience for the vegan cook. In the final pages of Part III, you can also find menu planning ideas and meal suggestions for special occasions and holidays.

Part IV: The Part of Tens

The Part of Tens is an icon in the *For Dummies* world — it's an institution! These lists come in handy when you're shopping in unfamiliar territory or don't have time to whip up something from scratch. One chapter shows you how to get kids to eat healthy foods — that can help omnivores and vegans alike!

Icons Used in This Book

As you read through the chapters of this book, you'll find the following icons that are designed to grab your attention. The useful bits of information attached to the icons range from gotta-know-it to technical trivia. Here's what each icon means:



Be sure to play close attention to the information next to this icon. The guidance offered here helps you eliminate risks and make good choices.



This icon alerts you to important tips and handy bits of advice to help, inspire, and ease your way along the vegan road.



Pay special attention to information tagged with this icon. It shows you how to avoid costly mistakes and common missteps.



This icon points out information where I've gone into the scientific side of things. You don't have to commit this information to memory, but it's interesting stuff.

Where to Go from Here

If you've ever read a *For Dummies* book, you know they're written so you can skip around from part to part or chapter to chapter without worrying about missing important info because you didn't read the book from start to finish. If you want to know about nutrition first, go to that chapter first. Life is short! If you want to dive into the dessert chapter first, go for it!

If you're new to vegan cooking or have just been told that your spouse or teenager is "going vegan," I recommend starting your journey at the beginning of this book and reading every page. You can find important aspects of vegan cooking that may be new to you, including how to cook whole grains, avoid hidden animal ingredients, and consider nutrition, shopping tips, and meal planning strategies. If you're already well versed in the basic ground rules of veganism, feel free to skip ahead to the recipes in Part III to start cooking!

A few other suggestions: Whether you choose to go 100-percent vegan today or just integrate several vegan meals throughout your week, Chapters 3 through 6 can help you get prepared so you have the tools you need for successful, healthy cooking. Maybe you have vegan kids at home who are actively involved in school clubs and sports and need ideas on what to send with them so they have great energy. The snack and lunch recipes in Chapters 11 and 15 can be lifesavers for you! Is your newly vegan kid coming home from college for the holidays? If you're at a loss as to what to make that will help him feel included, look to the menu suggestions in Chapter 19 for ideas.

A vegan lifestyle and diet can be healthy, fun, and full of new tastes and experiences. Every meal is another chance to eat healthy, feel great about your place in the world, and save another animal from being killed. Enjoy the journey of adventures as they unfold! Feel the satisfaction and joy that comes with knowing you've committed to one of the most conscious paths available in this life. Be well, and here's to your health!

Part I

The Lowdown on Vegan Cooking and Eating

The 5th Wave

By Rich Tennant



"Never marry a vegan. They're prone to tempeh tantrums."

In this part . . .

The chapters in this part are like the road map for your vegan adventure. This part guides you through what you need to know to begin, starting with the definition of what a vegan is, moving through the health benefits of this diet, and ending with the nuts and bolts of plant-based nutrition. These chapters show that a well-rounded vegan diet provides everything a human body needs for healthy development and vibrant energy. I guide you through the basics of finding important nutrients like protein, calcium, and iron, as well as highlight some common nonvegan ingredients to avoid.