

Becoming vegan requires learning a whole new way of eating and thinking about food. This handy guide educates you on planning meals, ingredients and products, and making sure your nutritional needs are met. Linda Long uses humor and expertise to create user-friendly information, helpful hints, and tasty recipes.

What every Virgin Vegan needs to know...

WHAT DO VEGANS EAT? Foods that are vegan approved – fruits, vegetables, grains, nuts, seeds, and beans.

WHAT IS THIS STUFF? Introductions to vegan staples like tofu, tempeh, quinoa, and a host of leafy greens.

WHAT DO I DO WITH IT? Wonderful recipes such as Arugula Watermelon Salad, Salisbury Steak with Gravy, and Peanut Butter and Chocolate Velvet Pie.

HOW DO I FIND INFORMATION? Resource section of websites, blogs, and books.

WHO ELSE IS VEGAN AND WHY? Interviews with prominent vegans and links to video discussions.

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Virgin VEGAN
THE MEATLESS GUIDE
♥
PLEASING your palate



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LINDA LONG

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Consider this. Start the transition to plant-based foods with familiar options like a veggie burger. They are way more versatile than you think. They can be casual quick on-a-bun or dressed up for fancy family fare. I made the Salisbury Steak for Christmas dinner. Really! See here, and think of more ways!

SIX WAYS TO USE A VEGGIE BURGER

Homemade or purchased

If purchased, I prefer brands of Morningstar Vegan Grillers, Ives, Lightlife, and Gardein, but try many and see which you prefer.

- Be sure that the ingredient list is actually vegan, no cheese or egg whites.

Or, mix your own bean, grain, nut, or other burger recipe and establish your own personal burger. Start a family burger!

1. Bacon BBQ Cheeseburger *Serves 2*

Burgers	2 bought or homemade
Hamburger Buns	2 whole grain (<i>Ezekiel 4:9 brand is great</i>)
Vegan Cheese	2 slices (<i>Follow Your Heart brand</i>)
Onion	2 slices
Vegan Bacon	2 strips, cut in half (<i>Fakin' Bacon or Lightlife Bacon Strips brands</i>)
BBQ Sauce	¼ cup, bought, or a fave homemade

How to make: Heat burgers in a medium hot skillet with a small spray of oil. Top each with a slice of cheese and cover until slightly melted. Warm or toast buns in a toaster oven or skillet. Assemble and add a green salad.

Edamame Combo Salad

Why do I feel so clever saying the word edamame (ed-duh-MAH-may)? It is like I know something special. Home Economist Jane Belt* offered this recipe. I simply used it over a bunch of arugula the next day, making yet another salad.

Edamame are young green soybeans and a great source of protein, 11 grams in a half cup. They are a flavorful and filling snack by themselves, shelled or in pods, and are found a in store freezer case.

- Edamame** 10 ounce bag shelled, thawed, about 2 cups
- Corn** 1½ cup frozen, thawed
- Red Onion** 1 small, chopped, up to 1 cup
- Carrot** 1 medium, grated

DRESSING

- Lemon** 1, juice and zest
- Lime** 1, juice
- Olive Oil** 2½ tablespoons, or water for fat-free
- Rice Vinegar** 2 tablespoons

Place dressing in a jar, shake, and pour over mixture and chill. Setting for a few hours adds to the flavor, if desired. An option is adding a tablespoon of toasted sesame oil for extra flavor.

