



## **The Vegetarian Alternative**

Wednesday, June 10, 2020 | 4 pm PST

Speakers – Sheree Williams, Publisher of Cuisine Noir Magazine and Cheryl Davis, Nutrition Instructor

### **About This Presentation**

COVID-19 continues to impact our lives, including our food selections. Meat and poultry plant shutdowns are leaving the U.S. dangerously close to meat shortages as coronavirus outbreaks now spread to suppliers across the Americas. You may have already experienced surging prices as the result of reduced supply. Whether these changes in the meat supply are the reason or you have another reason for reducing your meat intake, now is a great time to explore the benefits of a vegetarian diet. Join speakers Sheree Williams and Cheryl Davis for a look at vegetarian options and recipe ideas that provide healthy and tasty alternatives.

During this presentation, we will:

1. Share a brief overview of vegetarian diets, including benefits, types of vegetarian diets, and nutrient concerns of a vegetarian diet
2. Discuss the six classes of nutrients needed for a healthy body
3. Focus on protein sources and recommended amount
4. Present the reason why someone decides to become a vegetarian
5. Provide tips to transition to a plant-based diet
6. Explore how to meal plan for plant-based diet
7. Resources

### **Reasons Why Individuals Become a Vegetarian**

It is estimated that 7.3 million Americans are vegetarians, including 1.4 million African Americans. Well-known vegetarians/vegans include (alive and no longer with us):

- John Salley
- Seba Johnson
- Erykah Badu
- Mya
- Rza
- Venus Williams
- Kimberly Elise
- Dick Gregory
- Prince

There are several reasons by people become vegetarians, including:

- World hunger concerns
- Economic reasons
- Religious beliefs
- Protection of animals' lives
- Health benefits of a plant-based diet
- Health concerns about animal protein
- Environmental concerns

### **Being a Vegetarian the Healthy Way**

It is not enough to simply eliminate animal protein or reduce your intake of animal protein. A vegetarian diet also involves making healthy choices to ensure the health benefits of a plant-based diet. While some of the foods we eat are not animal-based, they may still contribute to the development of chronic disease and weight-gain. The tips below provide guidance in transitioning to and maintaining a vegetarian diet.

- Join a community of vegans or vegetarians who have adopted these diets as a way of life and who focus on the health benefits.
- Meal planning will be very important, especially in the beginning, as you become familiar with foods to eat. This extends to thinking ahead when eating out.
- Read food labels.
- If you are not able to cook, limit foods that are highly processed and those that include added sugar and fat. These foods have been refined, preserved and flavored to make them more attractive to consumers. They make you feel good for a short time, and they taste good – but the long- and short-term effects they will have on your weight and your health hardly make the trade-off worth it. If made from refined white flour, some unhealthy choices include pancakes, soft pretzels, bread products, ready to eat cereals, cereal bars, cakes, pies, and muffins. Some other foods to limit are sweetened canned fruits, milkshakes, ice cream, chips, and candies. (Source: Weightlossforall.com)
- Remember that carbohydrates are not the only sources of calories, and excess calories from fat and protein may also result in an increase in weight. Therefore, when adding nuts and seeds, moderation is still a good principle to follow.
- Vitamins and minerals are found in different fruits and vegetables, and selecting different kinds that are rich in color gets you close to meeting the recommendations for most vitamins and minerals.

### **Planning Meals – Basic Staples**

There are some basic ingredients that you can always have on hand to prepare some of your favorite vegetarian dishes as at a moment's notice. (Source: African American Vegan Starter Guide)

#### **Ingredients include:**

##### **Fresh Fruits:**

- Apples
- Avocados (watch for calories)
- Bananas

- Mixed Berries
- Cucumbers
- Cherries
- Pears
- Peaches

#### **Herbs and Spices**

- Basil
- Cayenne
- Cilantro
- Dill
- Cinnamon
- Ginger
- Turmeric

#### **Oils**

- Olive oil
- Flaxseed oil
- Sesame oil
- Grapeseed oil

#### **Vegetables**

- Cabbage
- Collard greens
- Kale
- Cauliflower (great rice substitute)
- Spinach

#### **Nut and Seed Butters**

- Almond butter
- Peanut butter
- Cashew butter
- Tahini

#### **Plant-Based Milks**

- Almond
- Coconut
- Hazelnut
- Oat
- Rice

#### **Nuts (loaded with calories; therefore, be mindful of serving sizes and # of servings)**

- Almonds
- Brazil
- Cashews

- Walnuts
- Pistachios
- Flax seeds
- Pecans
- Sunflower

### **Beans**

- Black beans
- Black-eyed peas
- Chickpeas
- Lentils
- Lima
- Navy beans
- Red kidney beans
- Falafel

### **Whole Grains**

- Barley
- Black, brown and wild rice
- Bulgur
- Corn (depending on how it is used, corn can be a grain or starchy vegetable)
- Millet
- Quinoa
- Rolled Oats
- Brown rice
- Whole grain pastas, noodles, breads, cereals

### **Refined Grains (intake should be limited)**

- Refined grains products are often fortified with iron, calcium, vitamin D, and vitamin B<sub>12</sub>, nutrients lacking in many vegetarian diets
- Example: Cheerios (soluble fiber)

## Resources

There are a ton of resources to help you transition to a vegetarian lifestyle. These include:

1. African American Vegan Starter Guide – Download or request free copy at [www.africanamericanveganstarterguide.com](http://www.africanamericanveganstarterguide.com).
2. Cookbooks – Endless options on Amazon. Cuisine Noir also has suggestions on its Book Grub page. A few suggestions include:
  - a. Green Smoothies for Life - JJ Smith
  - b. Caribbean Vegan – Taymer Mason
  - c. Vegetarian Meals in 30 Minutes – Anita Bean
  - d. DIY Vegan – Nicole Axworthy and Lisa Pitman
  - e. The Flavor Bible – Karen Page
  - f. Salt, Fat, Acid, Heat – Samin Nosrat and Wendy MacNaughton
3. YouTube – So many talented people showing others how to cook vegan and vegetarian meals. A few favorites include: The Chic Natural, Tasty Recipes and Fit Men Cook.
4. Social Media – Search hashtags for #vegetariansoninstagram, #vegetarianrecipeor or any hashtag using vegan, vegetarian and plant-based.
5. Facebook – Join a group that can help your along your journey for support, tips and recipes.
6. Meetup.com – Another way to join a community with others following a vegetarian or vegan diet.
7. Google – search for vegetarian recipes for specific meals.
8. To find vegan and vegetarian restaurants in your city or others, visit [www.happycow.net](http://www.happycow.net).

# RECIPES

## Ranch Dressing

Makes 1 ½ cups

### INGREDIENTS

1 cup unsweetened almond or cashew milk  
1/3 cup raw cashews  
1 clove garlic  
1 tablespoons fresh lemon juice  
1 tablespoon chia seeds  
1 tablespoon fresh chives, chopped  
1 tablespoon fresh flat-leaf parsley  
1 teaspoons apple cider vinegar  
2 teaspoons onion powder  
1 teaspoon pure maple syrup  
¼ teaspoon sea salt  
1/8 teaspoon fresh ground pepper

### PREPARATION

In a blender, combine all the ingredients and blend until very smooth.

### Tips & Notes

The dressing can be stored in a mason jar in the fridge up to 2 weeks. It will slightly thicken once chilled.

Recipe taken from *DIY Vegan* by Nicole Axworthy and Lisa Pitman

# Yellow Rice with Black Beans and Broccoli

Serve 4

## INGREDIENTS

2 tablespoons light olive or grapeseed oil  
1 onion, finely chopped  
2 garlic cloves, crushed  
1 teaspoon grated fresh ginger  
2 teaspoons white miso paste  
½ teaspoon ground turmeric  
½ teaspoon ground coriander  
½ teaspoon ground cumin  
pinch of cayenne pepper  
8 ounces basmati rice  
20 ounces vegetable stock  
1 head broccoli, broken into small florets  
5 ounces green beans, trimmed  
14 oz can black beans, rinsed and drained

## PREPARATION

1. Heat the oil in a large non-stick pan over medium heat. Add the onion and sauté for 3 minutes until translucent, then add the garlic and ginger and cook for about 1 minute. Stir in miso paste, turmeric, coriander, cumin, cayenne pepper and rice.
2. Add the stock or water and bring to a boil. Lower the heat, cover and cook over 10-12 minutes, stirring occasionally until rice is tender.
3. Stir in broccoli and green beans 5 minutes before the end of cooking time. Stir in the black beans and serve hot.

Recipe taken from Vegetarian Meals in 30 Minutes by Anita Bean

# Caribbean Kale Salad

Serves 2

## INGREDIENTS

2 ripe medium tomatoes  
1 medium bunch kale, stemmed and pulled into small pieces  
juice of 1 orange  
juice of ½ lemon  
2 tablespoons olive oil  
1 teaspoon pink or sea salt  
½ red onion, thinly sliced  
2 teaspoons agave nectar + 1 tablespoon as needed  
3 rings fresh pineapple, quartered  
2 teaspoons fresh marjoram, chopped  
1 teaspoon black pepper

## PREPARATION:

1. Roast the tomatoes over an open fire by letting them sit in the middle of a medium or small burner. Turn the tomatoes periodically with tongs and roast until 75 percent of the skin is charred.
2. In a large bowl, combine the kale, orange juice, lemon juice, olive oil and salt. Massage the leaves until wilted. Add the onion and 2 teaspoons of the agave nectar, stirring to combine.
3. Take off the char from the tomatoes by rubbing the skins and chop them into a large cubes. Add to the kale mixture.
4. Heat a heavy skillet over high heat. Add the pineapple and if the pineapple is not sweet enough for your taste, add the remaining tablespoon of agave. Cook the pineapple 2 minutes per side or until charred. Transfer to the bowl of kale. Add the marjoram and black pepper. Toss to mix well and serve.

Recipe taken from Caribbean Vegan by Taymer Mason



# Hearts of Baltimore Crab Cakes

Serves 2

## INGREDIENTS

### *Garlicky Dill Aioli*

½ cup vegan mayonnaise  
1 tablespoon fresh lemon juice  
1 tablespoon fresh dill, chopped  
1 teaspoon garlic, minced  
salt and pepper to taste

### *Crab Cakes*

3 tablespoons grapeseed or safflower oil divided, plus more for cooking  
1 14-oz can hearts of palm (not packed in sugar), roughly chopped to the consistency of crab meat.  
¼ celery, chopped  
¼ red bell pepper, diced  
½ cup onion, chopped  
2 teaspoons Old Bay seasoning  
1 teaspoon cornstarch  
½ cup vegan mayonnaise

### *Breading*

½ cup gluten-free bread crumbs or more  
1 tablespoon Old Bay Seasoning  
lemon wedges to serve

## PREPARATION

1. For the aioli, combine mayonnaise, lemon juice, dill, garlic in a small bowl. Mix well and add salt and pepper to taste. Set in the fridge to keep it cool.
2. For the crab cakes, heat 2 tablespoons of the oil in a large skillet over medium-heat. Add the hearts of palm and sauté for 8 to 10 minutes, stirring occasionally to prevent sticking. Cook until golden brown on all sides. Set aside to cool. Add the celery and peppers and mix well.

3. Heat 1 tablespoon of the oil in a medium-high heat. Add the onions and sauté until translucent, 2- 3 minutes. Add the garlic and sauté for a minute. Remove from the heat, add to the hearts of palm of palm and mix well. Transfer the mixture to a mixing bowl and mix well. Add the Old Bay seasoning, cornstarch and mayonnaise and mix well. Set aside to cool to room temperature, then shape the mixture into four patties.
4. For the breading, in a shallow bowl, combine the bread crumbs an Old Bay seasoning, stirring he mix. Coat the patties with bread crumb mixture and refrigerate for 20 minutes. Heat about 3 tablespoons of oil in a medium skillet over medium-high heat until hot and simmering. Carefully place the patties in the skillet and cook until golden brown on each side, approximately 2 minutes side. Watch closely to prevent burning.
5. Transfer the cooked patties to the plate lined with paper towels to drain any excess oil. Serve hot, topped with the aioli with the lemon wedges on the side.

Recipe taken from the African American Vegan Starter Guide and created by Chef Ayinde Howell from this cookbook The Lusty Vegan.

NOTES:

Horizontal lines for note-taking.

