

The NW VEG Thymes



Vegetarian Education & Empowerment Group

THE MISSION OF NORTHWEST VEG IS TO EDUCATE AND EMPOWER PEOPLE TO MAKE VEGETARIAN CHOICES FOR A HEALTHY, SUSTAINABLE, AND COMPASSIONATE WORLD

New Veg Dining & Shopping Guide Includes 40 Restaurants

NORTHWEST VEG HAS PUBLISHED A FREE **Dining & Shopping Guide** to Portland and Vancouver. The restaurant list includes 3 vegan, 15 vegetarian, and 32 veg-friendly establishments. Nine markets are listed as well. These listings, which include hours, are grouped under vegan, vegetarian or veg-friendly. Businesses that offer discounts to Northwest VEG members are noted, including Blue Moose Café, the most recent on board. In addition, websites and phone numbers are listed for local suppliers of vegan baked goods.



The guide will be available at Northwest VEG potlucks and events where we are tabling. It is also available to download at www.nwveg.org. If anyone would like to distribute quantities of the guide (25+), please contact Charley Korn at (503) 288-1503 or charley@nwveg.org; the sooner we can get them out into the community, the better. The guide will be updated annually, if not more frequently. As always, restaurant listings are posted and updated continually at www.nwveg.org/Dineout.htm.

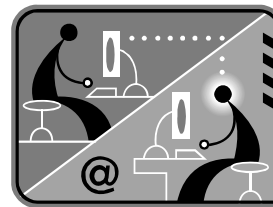


Join up with Other Local Veg Families with Yahoo Group

IF YOU ARE LOOKING FOR ACTIVITIES WITH OTHER VEGETARIAN families in the Portland Metro area – especially if you are a stay-at-home mom looking to share activities and potlucks during the day with your little one(s), please visit <http://groups.yahoo.com/group/vegfamiliespdx> and join the group! This website is not affiliated with **Northwest VEG**; however, many of us are members. We look forward to hearing from you.

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Connect with Veg Community Via New On-Line Forum

NORTHWEST VEG IS HAPPY TO REINTRODUCE an online Forum, accessible on our website. We hope it will be a great place for everyone to keep in touch with other members and friends in the vegetarian/vegan community. The new interface is very easy to use, so pop on over to <http://nwveg.org/PunBB> to register and join in. Northwest VEG is grateful to volunteer Mindy Getch for her energy and expertise to make this happen!

Vegan Bakery's Success Rooted in Passion and Lineage

By Charley Kornis, President, Northwest VEG

LOCAL VEGAN BAKERS HAVE COME AND GONE OVER THE past few years. Calendula (before the restaurant, there was a baking business), Radical Notion, RiseUp Doughnuts. Gone. It might have been a shift in personal priorities, financial struggles, inability to keep up with growing demand, or crashing and burning after 500 continuous days of baker's hours, which usually mean getting up long before everyone else. The past aside, there's a new vegan baker in town who may have a better crack at longevity. It's in the blood of **Lisa Higgins**, owner of **Sweetpea Baking**. I'm hopeful that she'll be around for a long time to come. She might even be the first to open a vegan retail bakery.

Sweetpea Baking was one of numerous companies that participated in the Second Annual **VegFest: A Compassionate Living Fair**, presented by **Northwest VEG** in March. More than 1,000 visitors came to see speakers, enjoy chef demonstrations and sample vegan foods. Sweetpea gave out hundreds of samples of cookies and cupcakes. When asked a few weeks later if she could donate treats for the Northwest VEG information table at the City Repair Earth Day Celebration, Lisa didn't hesitate, and scores of visitors to our table reaped the fruits of her baking that day: brownies and cookies. Lisa recently took some time



Lisa Higgins, owner of Sweetpea Baking, offers samples at the Portland VegFest on March 18. Photo: Kevin Mieras

out of her busy baking and marketing to chat about her business.

What is your general approach to ingredients?

I use no refined sugars, only non-hydrogenated, expeller pressed oils and unbleached flours, no GMO's, and as many organic ingredients as possible. When I can, I buy ingredients from local or small businesses with similar standards.

Where are your products sold?

My baked goods are at Food Fight, in four of the New Seasons stores and hopefully in the rest soon, Bay Leaf Restaurant, Kalga Kafé, Urban Grounds, Earthbound Vegan and, starting sometime in May, Whole Foods. Wild Oats is in the works. Food Fight is one of the best places to go; they have a great selection of my cookies, brownies and cheesecake slices, as well as a new dessert cooler with whole cakes and cupcakes.

When your "Ordering" page on your website becomes active, will it be geared to retail or wholesale?

The ordering page will be for retail online ordering. I am hoping to fill the void left when "Delicious Choices" closed by selling cheesecakes online, as well as other baked goods. I still want that to happen, but it has been pushed to the back burner for a bit. Meanwhile, I can be reached by email or phone for special orders, like birthday or wedding cakes. I only need a couple days notice for most cakes.

You have a lot of items among your products now. Will you be adding or reducing the selection in the future?

My list of products changes seasonally, approximately four times a year, to reflect changes in available fruits and seasonal flavors, like pumpkin or blackberries. Sometimes slower selling items come off the list, and new ones get added. I would like to keep the list growing, but without completely overwhelming myself! This next menu update will be including more wheat-free items, and more low-sugar items may be in the works as well.

Are there one or two of your products that are selling the best?

My lemon cake with raspberry icing sells really well. It's a bright pink cake, due to the raspberry puree in the icing. No one can resist pink cake. The cookies are popular, especially snickerdoodles, and the spelt apple cinnamon muffin in the pastry section. I also make a cupcake called a "blackbottom" that is a favorite to a lot of my friends. It is a chocolate cupcake with a cream cheese filling (vegan, of course), and I know that Whole Foods will be carrying them; they have already had requests!

(Continued on page 4)

UPCOMING EVENTS

May 13 (Saturday), 6:00 pm - 7:30 pm: Bay Leaf Restaurant Dine-out. Each month, Northwest VEG members and friends enjoy vegetarian cuisine at a restaurant that offers tasty veg options. Join us for a tasty, artful Asian dinner at Bay Leaf Restaurant, which opened this year. The restaurant, whose menu is 90% vegan, is at 4768 SE Division St. Please RSVP the number in your party (required) to Ardis at roar214@earthlink.net or call (503) 224-7380 by May 10. If your plans change after you RSVP, please let Ardis know before May 13.

May 21 (Sunday), 5:00 pm - 7:30 pm: Northwest VEG Vegetarian Potluck. Join us at the Multnomah Friends Meeting Hall, 4312 SE Stark St. in Portland for our monthly vegetarian potluck. Following the meal, Sharon Methvin, Ph.D., will report on her experiences in the Gulf Coast following Hurricane Katrina when she helped rescue cats. See article in this newsletter for details, page 3.

June 10 (Saturday), 1:00 pm - 2:30 pm: Old Wives' Tales Veg Dine-out. Each month, Northwest VEG members and friends enjoy vegetarian cuisine at a restaurant that offers tasty veg options. Join us for lunch at Old Wives' Tales, one of Portland's oldest veg-friendly restaurants. The restaurant, which has a play area for children, is at 1300 E. Burnside, Portland. Please RSVP the number in your party (required) to Ardis at roar214@earthlink.net or call (503) 224-

7380 by June 7. If your plans change after you RSVP, please let Ardis know before June 10. If you have questions about the menu or accommodations for children or disabilities, contact the restaurant at (503) 238-0470.

June 18 (Sunday), 5:00 pm - 7:30 pm: Northwest VEG Vegetarian Potluck. Join Northwest VEG at the West Hills Unitarian Universalist Fellowship, 8470 SW Oleson Road, starting at 5:00 pm. Following the meal, we will review the successes of the past fiscal year, conclude our election for new board members, and glance at the year ahead. Please bring a vegan or vegetarian main dish, salad or dessert, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. A donation of \$2 – \$5 is suggested to help cover the cost of the venue rental. For more information call (503) 224-7380 or email info@nwveg.org. If you can volunteer to help at the potluck, contact Maggie: volunteer@nwveg.org.

July 4 (Tuesday), 1 pm - 5 pm: Independence Day Meatless Potluck Picnic. Save the date for this fun event for Northwest VEG members and friends. Check next month's E-Bits for details. If you can volunteer to help at the potluck picnic, contact Maggie: (503) 493-2358 or volunteer@nwveg.org.

"It seems disingenuous for the intellectual elite of the first world to dwell on the subject of too many babies being born in the second- and third-world nations while virtually ignoring the over-population of cattle and the realities of a food chain that robs the poor of sustenance to feed the rich a steady diet of grain-fed meat."

—Jeremy Rifkin, author of *Beyond Beef, The Rise and Fall of the Cattle Culture*, and President of the Greenhouse Crisis Foundation, Washington, D.C.

May Potluck Speaker Will Present on *Animal Rescue Experiences in the Gulf Coast, Post-Katrina*

JOIN NORTHWEST VEG MEMBERS AND FRIENDS AT THE Multnomah Friends Meeting Hall, 4312 SE Stark St. in Portland, for our monthly vegetarian potluck on Sunday, May 21, starting at 5 pm. Following the meal, **Sharon Methvin, Ph.D.**, will present, *Those Left Behind: The Forgotten Victims of Hurricane Katrina*, detailing her experiences over winter break helping to feed and rescue animals left homeless, injured and hungry following Hurricanes Katrina and Rita. She volunteered with Animal Rescue New Orleans, a grassroots group that is still actively helping the animals — and two national groups that had set up rescue centers in the area: Alley Cat Allies and Best Friends Animal Sanctuary. As a sociology professor at Clark College in Vancouver, Dr. Methvin teaches students to get involved in making a difference in society and acquire skills for effective, engaged citizenship.

Please bring a vegan (no animal-derived ingredients) or vegetarian (no meat or fish) main dish, salad or dessert, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. A donation of \$2 - \$5 is suggested to help cover the venue cost. No RSVP required. Call (503) 224-7380 to leave a message to be contacted for more information — or email info@nwveg.org.

NATURAL AWAKENINGS Aims to Promote Natural Health and Balance

N*NATURAL AWAKENINGS*, A NEW NORTHWEST VEG business partner, is a free monthly publication distributed widely throughout the Portland metro area. It serves as a guide to a healthier, more balanced life. Its mission is to provide insights and information to improve the quality of life physically, mentally, emotionally and spiritually. In each issue, readers find cutting edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

Natural Awakenings has become an indispensable personal resource for many people seeking a healthy, natural lifestyle. The rapidly growing NA family of 40 independently owned magazines brings positive solutions to life's challenges to more than 1 million readers nationally each month.

Each month *Natural Awakenings'* writers and advertisers provide tools to assist readers on their personal paths to wellness. Articles by national authors and local leaders in the natural health field are featured in every issue. Additionally, *Natural Awakenings* includes local and global news and events.

Editors and publishers **Patrick and Erin Floresca** have generously supported **Northwest VEG** since moving to the Portland area from South Carolina in 2004. In addition to graphic design and advertising contributions, Erin served as dine-out coordinator for several months. Northwest VEG members receive a 20% discount on advertising in *Natural Awakenings*. Please visit www.naportland.com, email portland@naturalawakeningsmag.com or call (503) 957-0783. And check your local library or community center for the latest issue of the magazine.



NA Editors & Publishers Patrick and Erin Floresca

SWEATPEA BAKERY

Continued from page 2

How long have you been baking professionally?

Baking was a hobby that has become a career, which is amazing! I started Sweetpea a little over a year ago now, so I guess I have been baking professionally for a year. I actually have quite a family history of bakers; my great-grandfather owned a bakery in St. Augustine, Florida, called City Bakery. I wanted to give my bakery that name, but unfortunately it was already taken. My grandmother worked in his bakery, and the man she married, my grandfather, was a baker as well. I grew up baking with my grandmother quite a bit, and I'm hoping to work on recreating her famous pound cake as a vegan recipe.

Did you make a change from a different line of work, or has it always been baking? If you made a change, why?

I used to be a rock star, but I gave it up for baking. Kidding, of course. If I were a rock star I would have enough money to open a retail bakery! I did play bass in a touring band for several years, and I have worked at Whole Foods for the last 5 years. When I left the band I was in, I moved to Portland and eventually decided to start the bakery, with the gentle nudging of Chad and Emiko from Food Fight. I was frustrated with working for a growing corporation where I was selling non-vegan foods to customers, against my personal beliefs. It feels really great to be true to myself and create and sell vegan products that meet my personal standards.

Do you think Portland will ever have a vegan retail bakery... if so, is that a goal for you?

Yes, I do think Portland will have a vegan retail bakery. I hope it is mine! I would love to see a vegan-owned vegan bakery. I have slowly been working on a business plan for a vegan bakery and café, which I hope to finish up in the next month or two. After that I will try to find some funding and a location, and we'll see what happens!

Did participating in VegFest help your business?

Definitely. VegFest was a great way for me to get my bakery name out, and learn about some new products. I have had a terrific response from it, and I now have some very supportive new fans!

Call Sweetpea Baking at (503) 449-6228, email lisa@sweetpeabaking.com, or visit www.sweetpeabaking.com.



Northwest VEG Member Profile: Gail Nelson

- **Name/city/age/occupation:** Gail Nelson, Portland, 38, stay-at-home mom of two, formerly worked as a dietitian
- **Diet:** Vegetarian for 10 years, vegan for 3 years
- **When did you become vegetarian, and why:** 10 years ago. I was trying to lose weight and lower my cholesterol and therefore eating A LOT of chicken. One day, I just got tired of figuring out what to do with chicken, and, I was getting grossed out by all that chicken "juice" being in my refrigerator. So, I just decided to go vegetarian. Now, I'm still veg for health reasons, but also because I LOVE veg food!
- **Favorite restaurant:** I love Blossoming Lotus for the wonderful vegan and raw cuisine. The last time I went, I ordered the chef's muse, and was presented with such a dazzling assortment of raw creations.
- **Favorite vegetarian cookbook:** In spring and summer, I love to use *The Peaceful Palate*, by Jennifer Raymond, for all the delicious yet simple recipes featuring fresh fruits and vegetables.
- **Favorite veg-friendly vacation spot:** Although I haven't been there yet, I dream about going to Kauai to relax on the beach and dine at Blossoming Lotus.
- **Who would you most like to share a veg meal with, and why?** I would love to indulge in a long, extravagant meal with my husband, without kids! Oh, and prepared by someone else!
- **Fondest veg food memory:** I know years from now, I will look back with fond memories at all the potlucks we've shared with our great circle of friends.
- **Describe the best veg meal you ever prepared:** I'm still learning so much about vegan and raw food preparation, so I don't think I've prepared it yet!!
- **The one veg food you couldn't live without is...**Garlic! It's in almost everything I make. I love the smell, the flavor, everything about it!
- **Favorite recent veg food find:** I recently discovered raw food cuisine, and have enjoyed studying raw food preparation books, sampling the cuisine at Blossoming Lotus, and experimenting in my own kitchen. I find that I have much more energy and vitality (important with 2 kids!) when I eat a mostly raw diet.
- **Favorite grocery store:** I love New Seasons. I think it's great that they ALWAYS give a sticker to my kids! For this reason, it's my kids' favorite store, too! I also really appreciate the attention to offering local produce and labeling where produce is grown. The staff is ALWAYS so friendly.
- **Favorite guilty pleasure food:** A big bowl of rice and beans.



Gail Nelson
& son

Volunteer News: VegFest Volunteers Rock! *By Maggie Raczek, Volunteer Coordinator, NW VEG*

THANKS TO ALL THE VOLUNTEERS WHO CONTRIBUTED TIME, ENERGY, AND ENTHUSIASM TO THE PLANNING AND EXECUTION OF **VegFest 2006**. The event was very successful in large part to the amazing 120+ volunteers who came through. I hope it was as much fun for all of you as it was for me!

If you feel energized by the experience, or disappointed that you missed out, please consider volunteering for other opportunities. We currently are looking for an education/outreach coordinator, an eastside potluck coordinator, and help with fundraising. We also need people to table at the **Hollywood Farmers' Market** on the morning of Saturday, May 20. Please contact me at volunteer@nwveg.org or (503) 493-2358.

MEMBER DISCOUNTS & BUSINESS PARTNERS

MEMBER DISCOUNTS

Northwest VEG members can enjoy savings at participating businesses. Please have your membership card with you when you request the discount. If you have any comments or questions, contact Charley Korn: charley@nwveg.org or (503) 288-1503.

Albina Green, 5128 N Albina Ave., Portland, (503) 546-3183. Vegan options include creative salads and pasta with pesto sauce. 10% discount

Blue Moose Café, 4936 NE Fremont St., Portland, (503) 548-4475. Home-baked muffins, vegan pancakes, hearty sandwiches, soups and chili. 10% discount

Divine Café on SW 9th Ave., near Washington Street, (503) 314-9606. Count on tasty tofu-rice salad, delicious soups and much more. Lunch only, closed Sundays. Vegetarian! 10% discount.

Dreamers Café, SW 5th Ave. near Oak and Stark, Portland. Falafel, wraps, "not" chicken parmesian sandwich and "not" buffalo wings. Lunch (till 4 pm), weekdays. Vegetarian! 10% discount.

Integrated Medicine Group, 163 NE 102nd Ave. Bldg. V, Portland, (503) 257-3327. 15% discount on supplements, all of which are vegan.

Kalga Kafé, 4147 SE Division, Portland, (503) 236-4770. Organic international cuisine including Thai and Indian; vegan pizza, too. Open nightly for dinner. Vegetarian! 10% discount.

Mirador Community Store, 2106 SE Division, (503) 253-6558. Open daily, offering kitchen supplies, gifts, books. www.mirador-pdx.com. 5% discount.

Natural Awakenings Magazine, (866) 488-5490, Portland@naturalawakeningsmag.com. Locally published *Natural Awakenings* provides insights and information to improve the overall quality of life. 20% discount on advertising.

Paradox Palace Café, 3439 SE Belmont St, Portland, (503) 232-7508. Almost entirely vegetarian and very vegan-friendly, emphasis on organic produce. 10% discount.

Sun Lotus Café, 4505 SE Belmont St., Portland, (503) 236-6389. Enjoy soup, sandwiches, soy hot dogs and vegan pastries. Closed Sundays. Vegetarian! 15% discount of food items

Tao of Tea, 3430 SE Belmont St., Portland, (503) 736-0119; 2112 NW Hoyt St., Portland, (503) 223-3563. Enjoy vegan-friendly, organic, Indian, and Thai cuisine, as well as fine teas. www.taoofta.com. Vegetarian! 10% discount.

Vege Thai, 3274 SE Hawthorne, Portland, (503) 234-2171. The only vegetarian Thai restaurant in Portland;

tasty curries and "not" meats! Vegetarian! 10% Discount.

Vita Café, 3024 NE Alberta St, Portland, (503) 335-8233. Modern ethnic meals, vegan comfort food ("chicken" fried steak, "fish" & chips), vegan pancakes. 10% discount.

BUSINESS PARTNERS

Businesses that meet our criteria can support Northwest VEG and receive publicity through our newsletter and website. To learn more about the partner program, contact info@nwveg.org or call (503) 288-1503. You may also visit www.nwveg.org/Membership.html.

Please support our business partners!

Vegetarian House offers a wide selection of unique and fresh Chinese style food — exclusively vegetarian. Open every day for lunch and dinner; buffet available on weekdays. Location: 22 NW 4th Ave., Portland. (503) 274-0160. www.vegetarianhouse.com

Natural Awakenings Magazine, (866) 488-5490, Portland@naturalawakeningsmag.com. Local magazine provides insights and information to improve the quality of life physically, mentally, emotionally and spiritually. 20% discount on advertising.

Integrated Medicine Group, 163 NE 102nd Ave. Bldg. V, Portland, OR 97220, (503) 257-3327, www.integratedmedicinegroup.com. Services include acupuncture, massage, Hyperbaric Oxygen Therapy, and intravenous delivery of nutrients and medications, among other therapies. Integrated Medicine Group offers Northwest VEG members a 15% discount on supplements, all of which are vegan.

VOLUNTEER MEMBERSHIPS AVAILABLE!

IF YOU WOULD LIKE TO BE A MEMBER OF NORTHWEST VEG, and are currently a student or on a limited income, there is an option for you. Northwest VEG is now offering Volunteer Memberships in which giving your time to our organization can result in a membership, with all its perks. Feel free to contact Maggie Raczek, Volunteer Coordinator, for details at (503) 493-2358 or volunteer@nwveg.org. □

BEST U.S. VEGETARIAN-FRIENDLY LARGE CITIES

— PETA, 2006

- | | |
|------------------|---------------------|
| 1. Portland | 5. Atlanta |
| 2. Seattle | 6. Washington, D.C. |
| 3. San Francisco | 7. Minneapolis |
| 4. New York City | 8. Austin |

Chicago Bans All Sales of Foie Gras

From the website of the Humane Society of the United States: www.hsus.org

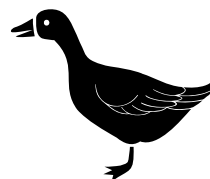
CHICAGO, A CITY WELL-KNOWN FOR ITS MEATPACKING history, the city upon which **Upton Sinclair's *The Jungle*** was based, now has a new claim to fame—compassionate leadership. A new ban on the sale of foie gras, a paté notorious for its cruelty, has earned the Windy City a place in animal welfare history.

Thanks to the leadership of **Alderman Joe Moore** (D-49th Ward) and the City Council, Chicago joins California and more than a dozen countries—including the United Kingdom, Denmark, Finland, Germany, Israel, Norway, Poland, Sweden and Switzerland—in taking legislative action on the issue of foie gras and cruel force-feeding practices.

On April 26, 2006, the council passed an ordinance prohibiting the sale of foie gras. Foie gras is a "delicacy" made from the diseased, fattened liver created by force-feeding ducks or geese, which can cause painful bruising, lacerations, sores, and even organ rupture. Due to this abnormal diet, the birds' livers can enlarge up

to 10 times the normal size, making it difficult for the birds to move comfortably, though sometimes they have no choice. Often, the birds are crammed into small cages where they cannot even turn around or spread their wings.

Taking effect within the next three months, the ban forbids the sale of foie gras by Chicago restaurants, supermarkets, or any other vendors.



THE NORTHWEST VEG BOARD OF DIRECTORS

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Maggie Raczek, Volunteer Coordinator
Jill Schatz, Membership Coordinator
Peter Spindel, Membership Database Coordinator

EDITOR

Tammy Russell, noemie1226@msn.com.
If you are interested in writing for the newsletter, please contact Tammy to discuss your ideas.

Join Northwest VEG!

Enjoy our supportive and friendly community of people interested in vegetarian food and issues. Educate yourself about the benefits of a healthy, sustainable, compassionate lifestyle.

Help bring awareness to the powerful impact of our food choice. Help us build a community making it convenient, fun and empowering to make vegetarian choices.

Please circle your choice of membership level:

\$20 for Individual \$50 for Steward \$_____ Additional Donation
\$35 for Family \$100 for Sustainer

Receive a free 1-year subscription to *VegNews Magazine* with your new membership (for new subscribers only)!

May we contact you about volunteer opportunities with Northwest VEG? Yes No Call me in a few months

Name: _____
Street: _____
City, State: _____
Zip: _____
Phone: _____
E-mail: _____

Make checks payable to **Northwest VEG**
& send to: _____ or _____
Northwest VEG Charge my Visa Master Card
c/o Linda Sant'Angelo Card # _____
24305 NE Elkhorn Road Expiration date: _____
Brush Prairie, WA 98606 Signature _____

Recipe of the Month: Ginger-Sesame Tofu with Asparagus and Shiitakes

From the Vegetariantimes.com website

Serves 4 — Vegan, 30 minutes or fewer

Tofu soaks up the flavors of sesame, tamari, ginger and garlic in this recipe, and provides a hearty complement to the mushrooms and asparagus.

1/3 cup low-sodium tamari or low-sodium soy sauce
3 Tbs. rice wine vinegar
1 ½ Tbs. toasted sesame oil
1 ½ tsp. light brown sugar
2 Tbs. canola oil
1 lb. extra-firm tofu, drained, pressed dry and cubed
1 lb. thin asparagus, trimmed and cut diagonally into 1-inch pieces
1 lb. shiitake mushrooms, stemmed and sliced
2 cloves garlic, minced
3 Tbs. minced fresh ginger
Toasted sesame seeds for garnish



Directions:

1. Combine tamari, vinegar, sesame oil and sugar in mixing bowl, and stir until well blended. Set aside.
2. Heat 1 Tbs. canola oil in large wok or skillet over medium-high heat. Add tofu, and stir-fry until golden brown, about 5 minutes. Remove tofu from pan; set aside.
3. Heat remaining 1 Tbs. canola oil in same pan. Add asparagus and shiitakes, and stir-fry until tender, about 5 minutes. Add garlic and ginger, and stir-fry until fragrant, about 30 seconds. Add reserved tofu and sauce; toss well and heat through. Garnish with sesame seeds, and serve.

PER SERVING: 330 CAL; 19 G PROT; 22 G TOTAL FAT (3 SAT. FAT); 16 G CARB; 0 MG CHOL; 570 MG SOD.; 5 G FIBER; 4 G SUGARS

Northwest VEG

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Tigard, OR 97223

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E-mail: info@nwveg.org

VEGETARIANS OF NOTE

*Moby ... Carl Lewis ... Paul McCartney ... Jane Goodall
Martina Navratilova ... Alicia Silverstone ... Thomas Edison
Alice Walker ... Tom Petty ... k.d. lang ... Hank Aaron
Eddy Vedder ... Alanis Morissette ... Francis Moore Lappe
Julia Butterfly Hill ... Leo Tolstoy ... Leonardo da Vinci
Albert Einstein ... Natalie Merchant ... Rosa Parks
Peter Gabriel ... Tracy Chapman ... Pamela Anderson*