



Life Can Be Beautiful Go Vegan!



**Recipes
Inside!**



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Leave itty-bitty steps to baby chicks – take a GIANT STEP!

There's never been a better time to switch to a diet free of animal products. Animal-free eating gets easier every day as more and more people seek healthy, delicious vegan foods and restaurant dishes. Demand for vegan meals free of dairy, meat and eggs is growing. More and more supermarkets now sell a range of easy-to-prepare products marked Vegan. With today's culinary creativity and

technology, we can enjoy delicious animal-free textures and flavors without worrying about the cholesterol, diabetes and other health issues linked to animal-based diets. Each day, a person who eats a vegan diet saves 1,100 gallons of water, 45 pounds of grain, 30 square feet of forested land, and one animal's life. – *Cowspiracy: The Sustainability Secret* www.cowspiracy.com

Delicious recipes a few pages ahead!

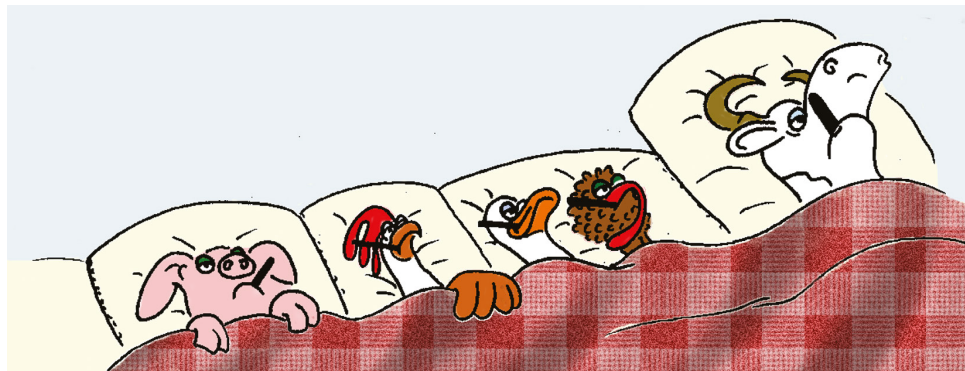
Why Choose Vegan?

As the human population grows, food-safety and environmental problems grow, and animals raised for food get treated worse. They suffer more cruelly, grow sicker and pass their sickness on to us. By choosing vegan, we refuse to support the torture of billions of animals while enjoying the health benefits associated with delicious and nutritious plant-based foods.

Luckily, the demand for animal-free, vegan foods is growing. More and more people want meals that are healthy, good for the environment, and compassionate to animals. Sales of vegan meat and dairy-free products are rising rapidly in the United States and elsewhere,

according to food trend analysts. This is not a fad. It's a path toward a healthier, more sustainable and caring way of life.

*For me, the most persuasive evidence supporting a healthy vegan diet is the everyday reality that a dozen or so people with whom I eat have done extraordinary things as a direct result of intelligent veganism. They've conquered obesity, chronic disease, depression, and a host of food-related disorders by exclusively eating an exciting diversity of plants. If there's one lesson I've learned, it is this: the diet empowers. – James McWilliams, "The Evidence for a Vegan Diet," *The Atlantic*.*



The Environment

Much of the destruction of our precious forests and wildlife is for the benefit of animal agriculture. Our forests, especially our rainforests, absorb carbon dioxide from the atmosphere and exchange it for oxygen. When we slash and burn forests to graze cattle and grow soybeans to feed billions of chickens and pigs, we diminish our ability and our children's ability to breathe fresh air.

A plant-based diet helps to protect our forests and our environment. Joseph Poore, head of the most detailed study to date on the effects of animal agriculture on the planet, was quoted in *Science* June 1, 2018: *"I started this project to understand if there were sustainable animal producers out there. But I have*



stopped consuming animal products over the last 4 years of this project. Avoiding animal products delivers far better environmental benefits than trying to purchase sustainable meat and dairy."

🐔 *With animal agriculture as the leading cause of species extinction, water pollution, ocean dead zones and habitat destruction, and with the death spiral of the ecosystem ever more pronounced, becoming vegan is the most important and direct change we can immediately make to save the planet and its species. – "Saving the Planet, One Meal at a Time." American journalist and Presbyterian minister, Chris Hedges.*

🐔 *There is one overwhelming reason the Amazon rainforest is burning – to clear ground for cattle ranching and for the cultivation of soy, the vast majority of which goes not into tofu but into animal feed, including for fast-food chicken. Approximately three quarters of the world's soy goes to animal feed, leaving an enormous scar on the Earth's surface. – Farhad Manjoo, "Stop Mocking Vegans," *The New York Times*.*

🐔 *Three-quarters of all land on Earth is now significantly affected by killing animals for food – 300 species of mammals are being eaten into extinction – while the oceans are massively overfished, with more than half now being industrially fished. – Damian Carrington, "Avoiding meat and dairy is the 'single biggest way' to reduce your impact on Earth," *The Guardian*, Aug. 19, 2019.*

Treatment of Animals Raised for Food

"The most appalling thing we witnessed was a facility that produces chickens for eating. We went in and it was totally dark, just three to four dim lightbulbs. . . . [T]he dust and ammonia smells were overwhelming." – Robert Martin, executive director of the Pew Commission on Industrial Farm Animal Production.

Animals raised for food are treated horribly and they are very unhealthy. Chickens, turkeys and ducks are crammed inside filthy, dark buildings loaded with bacteria, bird flu viruses, toxic funguses, and poisonous gases that burn their eyes, their skin and their lungs. With no fresh air, sunshine, or normal activities, these birds develop painful skeletal deformities, soft watery muscles, stress hormones and heart disease.



"We changed our diet. We just couldn't look at a piece of meat anymore without seeing the sad, tortured face that was attached to it some time in the past." – Former Tyson chicken slaughterhouse worker Virgil Butler & Laura Alexander, on why they chose to become vegan.

Chickens and turkeys go to slaughter with rotting livers (necrotic enteritis), "wing rot," pus-filled lungs (airsacculitis), and ammonia-burned skin. Rotting intestines and ulcerated flesh are removed at the slaughterhouse. Corpses are drenched in chlorinated water to conceal the sickness and injuries being sold to consumers.

Ducks develop painful eye infections from lack of water to wash their eyes in. Animal scientist Dr. John Webster calls the treatment of chickens, turkeys, and ducks, "in both magnitude and severity, the single most severe, systematic example of man's inhumanity to another sentient animal."



Photo by: David Hart

Modern chicken house in the United States



Photo by: Viva USA UK

Factory-farmed ducks

“Free-Range,” “Cage-Free,” “Humane Farming”

“The waiter said, ‘All of our chicken is free-range.’ And I said, ‘He doesn’t look very *free* there on that plate.” – Joe Bob Briggs, “We Are the Weird”

“One of the most destructive things we can do for the animals is to lie to ourselves or allow ourselves to be fooled and misinformed into believing that animal agriculture of any kind is humane.”

– www.PeacefulPrairie.org

Terms like “free range,” “cage free,” “humane” and “organic” meat may sound reassuring, but the reality behind the scenes is totally different. Nearly all hens used for “cage-free” eggs are painfully debeaked at the hatchery, and the baby male chicks are destroyed at birth since they don’t lay eggs. The U.S. government does not regulate the term “cage-free” or define its meaning. “Free-range” turkeys are violently “milked” and inseminated by hand, as are all turkeys raised for meat. Baby cows and

pigs are torn from their mothers, and newborn chickens, turkeys and ducks are denied the comfort and protection of a mother hen’s wings.

All animals raised for food – “free-range” included – are slaughtered, trashed, or trucked to live animal markets and rendering companies when their moneymaking life is over. Farmers do not keep “useless” animals, any more than stores stock shelves with items they can’t sell. The idea that millions and billions of humans can have “humanely”-raised animals is false. Costly “cage-free” eggs may actually *be* from battery-caged hens, a scam uncovered in the United States and Australia (Singer & Mason, 110; Dowling).



Photo by: East Bay Animal Advocates

“Free-range organic” young turkeys with surgically mutilated beaks at Diestel Turkey Ranch, a supplier to Whole Foods.

Live Bird Markets

Live bird markets spread avian influenza and other diseases in the U.S. and throughout the world. In Asia, these disease-ridden shops are called “wet” markets. Each year, New York and New Jersey markets alone sell more than 80

million chickens and other birds brought in from places no one keeps track of. Many of these birds are visibly sick and dying as can be seen in Inside a Live Poultry Market, a video of a typical New York City market produced by United Poultry Concerns.



Photo by: Ann Cottrell Freed

Live Poultry Market

What About Fish?

Fish are intelligent creatures with feelings. When pulled from the water, they suffocate in panic and pain, the same as humans and other land animals do when drowning. Being hooked in the mouth is torture to a fish. The belief that fish don't feel has been totally discredited. As stated by Cambridge University scientist, Dr. Donald Broom, *“The scientific literature is quite clear. Anatomically, physiologically and biologically, the pain system*

in fish is virtually the same as in birds and mammals.” – www.fishinghurts.com. Fish are increasingly raised in huge factory farm aquariums as a result of human overpopulation and water pollution. They're subjected to genetic engineering, forced rapid growth, drugs, and diseases of confinement, making them, in the most ultimately gruesome sense, “chickens of the sea” (Karen Davis, *Prisoned Chickens, Poisoned Eggs*, Chapter 6). For more about fish, visit www.fishfeel.org.



Personal Health and Wellbeing

The Bad News about a Diet of Animal Products

“Poultry is the most common cause of food poisoning in the home.”

– Dr. Michael Greger, *Bird Flu: A Virus of Our Own Hatching*, p. 47



Photo by: David Harp

Modern chicken house in the United States

Foodborne Diseases

According to the U.S. Department of Agriculture, the major foodborne microorganisms that make people sick and can even kill them – viruses, bacteria, parasites, and fungi – occur mainly in “meat, poultry, seafood, dairy products and eggs” (Buzby & Roberts).

Foodborne bacteria such as *E. coli*, *Salmonella*, *Campylobacter*, *Shigella*, *Yersinia*, and *Listeria* in poultry, eggs and other animal products can migrate from people’s intestines to other body parts far removed from the site of infection – blood, bones, nerves, organs,

and joints – to cause chronic illnesses later in life, such as arthritis.



Salmonella and *E coli* contamination of plants such as spinach, tomatoes and melons is caused by animal-based fertilizer, runoff from animal farming operations, and cross-contamination handling. Fruits and vegetables do not *originate* this contamination. Animal agriculture *does* (Byrne).

Antibiotics

Antibiotics are fed to chickens, turkeys and pigs in massive amounts. As a result, bacterial resistance to antibiotic treatment of humans has jumped dramatically since the 1970s. Many people become violently ill with antibiotic-resistant diseases, like *Campylobacteriosis*, *Salmonellosis*, and *Staphylococcus aureus* infections from handling and ingesting poultry, eggs, and other contaminated animal products (Filipic).

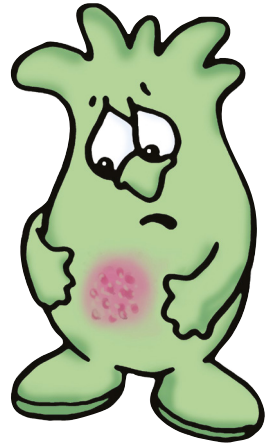


Consumers are unaware that – in addition to feces – pathogens, carcinogens, and cholesterol are also hiding in every bite they eat. – “Chicken: The Most Contaminated Food Ever.” Good Medicine published by the Physicians Committee for Responsible Medicine, Summer 2019.

Antibiotic-resistant bacteria remain in slaughtered animals once they are on the dinner table.

Researchers now believe urinary tract infections caused by

E. coli – an infection affecting millions of women – correlate with eating antibiotic-treated chickens. To reduce the risk, women should eat the many plant-based chicken products available at grocery stores and fast-food franchises. These products taste just as good and are guaranteed to not present a UTI risk – Martha Rosenberg, Epoch Times, 2019.



Got Milk? You Don't Need It

“So, three months ago, I decided to give up dairy products as a test. Twenty-four hours later, my heartburn was gone. Osteoporosis? You don’t need milk, or large amounts of calcium, for bone integrity. In fact, the rate of fractures is highest in milk-drinking countries, and it turns out that the keys to bone strength are lifelong exercise and vitamin D, which you can get from sunshine. Most humans never tasted fresh milk from any source other than their mother for almost all of human history.” – Mark Bittman *The New York Times*, 2012.



I was a half-ass vegetarian who still ate dairy and shellfish. I was doing an interview with a guest and he said, “I hear you’re a vegetarian; do you eat dairy?” I said “yeah,” and he said it’s “liquid meat.” I said, “Oh my God,” because it hit me just like that; eating dairy was the same in terms of animal welfare as eating meat. That moment I went vegan. People say I could never give up cheese, but food is addictive. It just takes a little adjustment. Just go into your refrigerator and take out all the meat and dairy products and replace them with plant-based alternatives. “Plant Chat: Jane Velez-Mitchell, Plant-Based Advocate,” Feb. 20, 2017.

Personal Health and Wellbeing

The Good News about a Healthy Vegan Diet

“I’m transitioning toward becoming a vegan for health reasons. I have a high-risk factor for heart disease in my family, and studies show eliminating animal protein really cuts your risks.” – Maryland resident Susan Ryan quoted on **Delmarvanow.com**

Nearly everything you have been told about diabetes is false. Diabetes is currently the seventh leading cause of death in the United States. It is the main reason why adults go blind. It is the main medical reason for people to lose their feet. It is a major cause of kidney failure. Fortunately, the most common form of diabetes – Type 2 – can be easily cured, and the most serious form can be easily prevented by eating a low-fat, purely plant-based diet. — Laurie Endicott Thomas, *Thin Diabetes, Fat Diabetes*.

Diabetes Care, a journal of the American Diabetes Association, reports that a healthy vegan diet can reverse diabetes symptoms. Participants in a recent study “lowered their cholesterol more and ended up with better kidney function” (Fox).

Jennifer K. Reilly, R.D., senior nutritionist at The Cancer Project in Washington, DC, cites “a fast-growing body of research that supports a low-fat, plant-based diet as one of the keys to preventing cancer.” Healthy vegan foods “can help prevent cancer and tumor recurrence.”

Famed chef and cookbook author, Robin Robertson, says in her cookbook *Vegan Planet*, “By eliminating eggs

and dairy, you can have a diet that is cholesterol-free and lower in saturated fat, while at the same time reducing your intake of antibiotics, hormones, and other man-made additives that are found in many of these foods.”

Rabbi Stephen Fuchs, of Congregation Beth Israel in West Hartford, Connecticut, told a reporter: “I found there was a real health benefit to a vegan lifestyle. I have seen a decrease in headaches, weight loss – generally feeling better all around. And I have been feeling more spiritually attuned as a vegan” (Dresner).

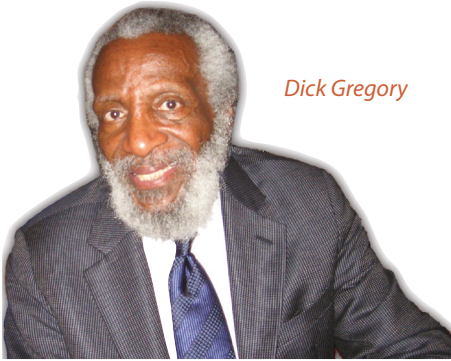


“I’ve seen incredible vegan cheese shops popping up across the country, and my friends who are lovers of cheese just can’t tell the difference,” said the senator. “You have pizza: I was at the New Jersey VegFest, and Screamer’s Pizza is just phenomenal.” – Senator Cory Booker



Cory Booker

New Jersey Senator Cory Booker: *I found the data that began to reaffirm my vegetarianism. It led me to learn more about our environment and cruelty to animals. I began saying I was a vegetarian because, for me, it was the best way to live in accordance with the ideals and values that I have. Suddenly, eating eggs for me was something that didn't align with my spirit, and I could feel it. My veganism started then.* – “This Planet Simply Can’t Sustain People Eating Meat,” *The Washington Free Beacon*, Feb. 12, 2019.



Dick Gregory

Civil rights icon and comedian, Dick Gregory, explained years ago: “Because I am a civil-rights activist, I am also an animal-rights activist. Animals and humans suffer and die alike. Violence causes the same pain, the same spilling of blood, the same stench of death, the same arrogant, cruel, and vicious taking of life. We shouldn’t be a part of it.”



“Meat Is Out at Fielder’s Plate.”

Yes, he eats a lot of black bean burgers. No, he does not sneak chicken fingers. . . . Yes, he has all the energy he always did, maybe more. *The New York Times* on Milwaukee Brewers first baseman, Prince Fielder, April 27, 2008.



“Vegan food is soul food in its truest form. Soul food means to feed the soul. And, to me, your soul is your intent. If your intent is pure, you are pure.” – Musician Erykah Badu, *VegNews Magazine*.



Vegan athletes are **TAKING THE GOLD!**

Lewis Hamilton won the British Grand Prix.

Source: JoAnnFarb.com

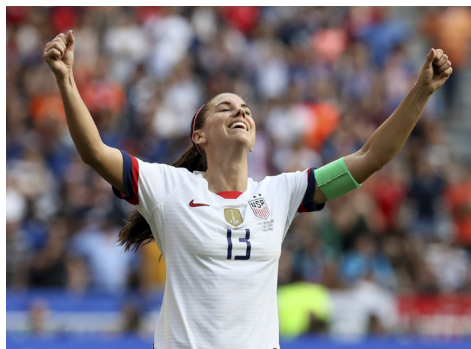
Five-time world champion, Hamilton has been an outspoken advocate of vegan diets, not only for their performance advantages, but also for compassionate and environmental reasons.

“People say ‘Oh, I need my protein and that’s why I could never go vegan,’” Hamilton said in May. “I have plenty of protein in my diet and I’ve gained muscle, and I’m healthier and happier than I’ve ever been. Wish I did it sooner.”



Alex Morgan co-led the woman’s soccer team to victory.

Morgan says she is passionate about giving animals a voice and adopted a vegan diet, because it didn’t seem right to adore her dog yet still eat meat herself.



Novak Djokovic, #1 tennis player — takes Wimbledon gold.

Djokovic credits a plant-based diet with his ability to recover quickly. Although he prefers not to affix a label to his own diet, he acknowledges having avoided animal products for many years, and even started a vegan restaurant. After his victory, Djokovic followed his now-familiar tradition of kneeling down and jokingly plucking grass from the Wimbledon court and eating it, smiling to the crowd.



Quick Tips

Source: Physicians Committee for Responsible Medicine, Washington, DC. PCRM.org

Protein

All plants have protein. A varied diet of beans, lentils, nuts, grains, chickpeas, fruits and vegetables has all the essential amino acids (proteins) people need to be healthy and active. The average American diet of meat, dairy & eggs has too much protein. Excess protein spawns kidney disease, kidney stones, osteoporosis and obesity. Excess protein can turn to fat and may cause people to lose calcium through their urine, increasing the risk of osteoporosis.

Calcium

Calcium is a mineral in the soil obtained from plants. Leafy greens, grains, nuts, legumes and fruits all have calcium. Calcium-fortified orange juice alone provides all the necessary calcium, plus Vitamin C. Cows' milk, by contrast, is high in cholesterol and allergenic proteins and may contain pus from infected cows' udders. Dairy milk is linked to juvenile-onset diabetes and prevents many school children from



Tofurky Sausages are vegan and contain 27g of protein! For great Tofurky recipes, go to www.tofurky.com.

doing their best due to the bloating and cramps caused by indigestible dairy proteins. Cows' milk is a leading cause of respiratory infections, including earaches, in children. Most of the world's population can't even digest cows' milk, yet Americans – despite heavy milk and cheese consumption – have among the highest rates of osteoporosis in the world.



Instead of dairy milk, look for the many brands and flavors of soymilk, rice milk, cashew milk, oat milk, coconut milk and almond milk now available in virtually all supermarkets. A bestseller is Silk and Silk coffee creamer.



Eggs

About 70 percent of the calories in eggs are from fat, much of it saturated fat. Eggs are also full of cholesterol – about 213 milligrams per egg. Eggs are a leading cause of *Salmonella* food poisoning. So harsh have farming practices become that *Salmonella enteritidis* bacteria have actually

migrated from hens' intestines, their natural habitat, to hens' ovaries where eggs are formed. Shoppers should also know that the replacement of whole eggs with egg whites actually doubles the number of eggs used, increasing the number of hens suffering in captivity.



Instead of eggs, add a little extra vegetable oil or fruit puree. Tofu can be scrambled like eggs in an oiled skillet and used instead of eggs in many recipes. Also, look for egg replacers like ENER-G Egg Replacer, which comes in a powdered form in an easily stored box. For fluffy “egg-white” textures, blend 1 tablespoon flax seeds + 1 cup water for 1 egg in your blender, until the mixture is thick and has the consistency of a beaten egg white.



Cholesterol

Occurs **ONLY** in animals and animal products.



Veggo Power Scramble and Follow Your Heart VeganEgg are 100% plant based egg replacers and can even be scrambled!

Vitamin B12

While vitamin B12 deficiency is rare, a vegan diet must include this vitamin. A number of vegan products have been fortified with vitamin B12, such as Red Star nutritional yeast flakes, vitamin B12 fortified soy milk, vitamin B12 fortified meat analogues and vitamin



B12 fortified energy bars. For instance, Silk “Organic Unsweetened Soymilk,” sold in grocery stores, is a deliciously refreshing and nutritious drink fortified with vitamin B12. In addition, vitamin B12 supplements are available in tablet form wherever health products are sold.

Nutritional Yeast Flakes are rich in B12 and have a “cheesy” taste.

Quick Glossary

Vegan: People who choose animal-free foods are vegans. Vegan foods are free of animal products including poultry, red meat, dairy, eggs, and fish.



“Veganism is not solely about not using animals for food but rather is about not causing needless harm to animals.” – Fish Feel director, Mary Finelli.

Nutritional Yeast: Flavorful golden flakes or powder give a delicious cheesy taste and texture to gravies, sauces, casseroles, and salad dressings. Sprinkle on pasta and soups like parmesan, use for breading, whip with vegan buttery spread or vegetable oil in mashed potatoes, and add to stir-fries. Nutritional yeast is non-leavening and does not cause yeast infections.



Seitan: High protein food made of wheat gluten with a meat-like texture.



Seitan is sold in many food stores in oven-ready and ready-to-eat forms, and is the grilled, baked, and sizzling “meat” in many vegetarian

entrees. Like stir-fried shiitake mushrooms and grilled Portobello mushrooms, seitan makes giving up meat a lot easier than you think.

Tempeh: High-protein, somewhat meat-like food with a nutty flavor made from fermented soybeans. Delicious cubed or thinly sliced in stir-fries.



Tofu: This versatile soybean product and meat replacement can be breaded, marinated, stir-fried, and baked in many different ways. A good source of protein and calcium, tofu (also called bean curd) absorbs the flavors of sauces and spices. It can be found in just about any supermarket in 1-lb packages ranging from extra-firm for meat-like textures, firm or soft for vegan scrambled eggs, and silken textures for puddings, mousses, pumpkin and cream pie fillings.



Sample Recipes

Moroccan Spiced Chickpea Soup



Photo by: Liqin Cao

Yield: 6 Servings

¼ cup extra-virgin olive oil, plus more for garnish

1 large onion, medium diced

6 to 8 garlic cloves, pressed

1 teaspoon ground cinnamon

1 teaspoon ground cumin

1/8 teaspoon cayenne pepper

1 heaping teaspoon sweet paprika

1 (14.5-ounce) can chopped tomatoes

3 (15-ounce) cans chickpeas, drained and rinsed well

1 quart vegetable broth

1 teaspoon sugar

Salt & freshly ground black pepper

1 (5-ounce) package pre-washed baby spinach

Heat olive oil in a large pot over medium-high heat. Add onion and garlic and saute until the onions begin to turn translucent; lower heat if browning starts to occur. Add spices and saute a minute or so. Add tomatoes, chickpeas, broth, and sugar. Season with a couple pinches of salt and 10 grinds fresh pepper. Stir well. Chickpeas should be just covered with liquid. If level is shy, add some water so the chickpeas are just covered.

Bring to a simmer, then lower heat to low and gently simmer for 1 hour.

Remove soup from heat. Stir in the spinach and let heat through until wilted, just a couple minutes.

Season again, to taste, with salt and pepper.

Serve soup, drizzled lightly with extra-virgin olive oil, if desired.

Recipe courtesy Dave Lieberman, FoodNetwork.com.

Beth & Merritt's 5-minute Meatless Loaf

Recipe by Merritt & Beth Clifton

Serves 6-8, goes well with any vegetables, and is good as a leftover.

Mix together:

1-½ pounds soft tofu, drained and pressed

½ cup ketchup

½ cup soy sauce

2 tablespoons mustard

½ cup chopped parsley

1 cup grated carrot

½ teaspoon black pepper

1 medium-sized diced onion or ½ cup minced dried onion



Photo by: Liqin Cao

¼ teaspoon garlic powder or minced garlic
 ½ cup crushed corn flakes
 ½ cup rolled oats
 ½ cup bread crumbs (seasoned or unseasoned, as you prefer)

Preheat oven to 350°F.

**VEGAN POLICE
APPROVED**



(Beth Clifton collage)

Mix well. Pour into an oiled loaf pan.
Bake for one hour.

Spread a light layer of ketchup over loaf.

Allow 10-15 minutes of cooling time before serving.

Best Vegan Macaroni and Cheese Ever



Photo by: Michelle McCluggage

Serves 6

Preheat oven to 350 degrees

1 ½ cups plain soymilk
 1 cup water
 ⅓ cup tamari or soy sauce
 1 ½ cups nutritional yeast
 1 tablespoon paprika

1 tablespoon garlic powder
 1 teaspoon salt
 3 ounces firm tofu
 1 cup canola oil
 1 ½ pounds macaroni
 noodles
 2 teaspoons mustard
 (optional)

Boil water in a big pot for macaroni noodles.

Put all other ingredients in a blender to create the cheese-like sauce. Once noodles are cooked, drain and put in a baking pan and pour sauce over the noodles. Bake until the top of the pasta looks slightly browned and crispy – about 15 minutes.

Recipe #180878 from recipezaar.com.

15-minute Easy Tofu Scramble



Here is a quick and easy recipe that uses Indian black salt, also known as kala namak. Indian black salt has a very distinctive sulfurous taste, which can be used to mimic the taste of eggs in tofu and other vegan dishes – Liqin Cao

¼ cup diced red bell pepper
¼ cup diced green bell pepper

Chicken-Free “Chicken” Stew

Serves 6

Preheat oven to 375 degrees

This stew is delicious on its own, or it could be the filling for a delicious pot pie.

1 pound firm or extra-firm tofu
1 cup chopped onion
1 cup chopped celery
4 carrots, chopped
5 medium potatoes, cubed
4 cups water
5 tablespoons nutritional yeast flakes
½ cup flour
5 tablespoons soy sauce
1 tablespoon vinegar

One package firm tofu, 14 to 16 ounces

1 tablespoon vegetable oil

¼ teaspoon black pepper

¼ teaspoon turmeric

½ teaspoon black salt (kala namak) or sea salt

Drain excess water and cut tofu into 1/8” thin slices.

Heat vegetable oil in frying pan over medium high heat. Once hot, carefully spread tofu slices evenly across the pan. Cover and cook for 5 minutes.

Carefully flip the tofu slices over. Add the diced bell peppers. Uncover and cook for 4 minutes.

Add turmeric, black pepper and salt. Stir for another minute to scramble.

¼ teaspoon thyme

¼ teaspoon sage

½ teaspoon garlic powder

¼ teaspoon black pepper

2 tablespoons vegan butter

Place the cubed tofu and veggies in an oven-proof casserole dish. Add all the other ingredients, and stir. Cover and bake until the vegetables are tender and the sauce is thick, about 1 hour.



From *Instead of Chicken, Instead of Turkey*. United Poultry Concerns (\$14.95). www.upc-online.org

Delicious Tomato Omelet



Photo by: Liqin Cao

In a bowl, mix together:

¾ cup besan (gram flour)

¼ cup rice flour

2 tablespoons rava/sooji (semolina flour)

1 teaspoon coriander-cumin powder

½ teaspoon turmeric

½ teaspoon red chili powder

2 finely chopped fresh tomatoes (discard the seeds)

¼ cup minced onion

¼ cup minced cilantro

Salt to taste

Stir in warm water to make a batter of pouring consistency.

Heat a non-stick pan or a well-seasoned cast iron griddle, and use a few drops of oil to make thin pancakes.

If you like them crispy, cook them for some extra time on a low flame. Eat 'em while they're hot.

If you like spicy food, add one or two minced fresh jalapeno peppers or green chilies to the batter for a wonderful zing.

*For more great recipes, go to
www.upc-online.org/recipes!*

Pizza with Hummus and Herbs

*Recipe from www.giantfood.com
(slightly modified)*

Creamy hummus and crunchy sprouts are a match made in heaven in this kid-friendly twist on pizza.

1 (8 oz) can tomato sauce

4 (7 inch) pocketless pita bread

1 (1.5 oz) pkg basil

1 pint cherry tomatoes

1 (10 oz) tub spicy hummus

½ cup alfalfa sprouts

4 tbsp toasted pine nuts

Preheat the oven to 450°F. Spread tomato sauce evenly over the pita bread.



Photo by: Liqin Cao

Bake on 2 sheet pans until crust is crispy, 10-12 min.

Meanwhile, coarsely chop the basil and halve the cherry tomatoes. Remove pita bread from the oven and spread hummus over each pizza. Top each with basil, tomatoes, sprouts, and pine nuts.

Macaroni and Chickpea Salad



Photo by: Liqin Cao

Serves 4. This will remind you of egg salad.

1 (18 ounce) can of chickpeas, or 2 cups cooked

½ cup Vegan Mayonnaise

½ cup onion, chopped

½ cup celery, chopped

½ cup red bell pepper, chopped (optional)

½ cup scallion, chopped (optional)

Tips

- Toast your own pine nuts. All you need is a few minutes and a hot pan.
- Finish pizzas with a pinch of salt and a drizzle of extra-virgin olive oil for flavor and texture.

½ teaspoon garlic powder
1 teaspoon dill leaves, crushed, or dill seed as desired.

1 tablespoon soy sauce
2 cups cooked macaroni

Mash the chickpeas with a fork, and mix with mayonnaise, onion, celery, garlic powder, dill, and soy sauce in a bowl. Add the cooked macaroni and mix it all together. Enjoy!



Delicious Vegan Mayonnaises such as "Vegenaise" are available at most grocery stores.

From *Instead of Chicken, Instead of Turkey*. United Poultry Concerns (\$14.95). www.upc-online.org

Roasted Brussels Sprouts and Sweet Potatoes

Recipe from www.giantfood.com

1 lb fresh Brussels sprouts halved or frozen whole

1 lb peeled and cubed sweet potatoes (3 cups)

1 cup chopped onion

2 Tablespoons canola or olive oil

1 Tablespoon orange juice or balsamic vinegar

¼ teaspoon ground cinnamon or nutmeg

½ teaspoon ground black pepper

¼ cup walnuts or pecans

¼ cup dried cranberries

Preheat oven to 375°F.

Spread the Brussels sprouts, sweet potatoes and onions on a large rimmed baking sheet.



Photo by: Liqin Cao

In a small bowl combine oil, orange juice and cinnamon; drizzle over the vegetable mixture and toss to coat evenly. Sprinkle pepper over vegetables.

Place in oven to roast for 15 minutes. Stir gently, add nuts and continue to roast for another 15 minutes, or until vegetables are tender and nicely browned.

Add cranberries to mixture and serve warm.

Ms. Ticklefeather's Pumpkin Spice Cookies

Makes 36 cookies

Preheat oven to 350 degrees

These delicious soft cookies are made with a flaxseed & water puree to replace eggs. Flaxseeds can be bought at most grocery stores.

3 cups pastry flour

4 teaspoons baking powder

1 teaspoon salt

1 teaspoon baking soda

1 teaspoon cinnamon

½ teaspoon nutmeg

1 ½ cups sugar or other sweetener

4 tablespoons flaxseeds

1 cup water

⅓ cup vegetable oil

1 ½ cups solid-packed canned pumpkin

½ cup water

1 cup raisins

Mix dry ingredients together and set aside. Blend flaxseeds and water in a blender for 1 to 2 minutes till mixture has the consistency of a whipped-up



Photo by: Michelle McCluggage

raw egg. Add oil to flaxseed mixture, and blend to mix. Add to the dry ingredients, along with the pumpkin, additional water and raisins. Mix till just combined and no dry flour is left. Drop by tablespoons onto an oiled baking sheet. Bake 15 minutes till lightly browned. Remove from baking sheet with a spatula, and place on a rack to cool. Store in an airtight container.

From *Instead of Chicken, Instead of Turkey* (\$14.95) and *Replacing Eggs - 16 great recipes*. \$1.50 from United Poultry Concerns. www.upc-online.org

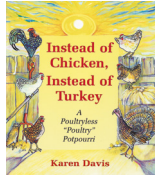
Vegan Recipes, Cookbooks & Information

Internet

There are thousands of vegan recipes on the Internet. You don't need a website address. Just type in the kind of recipes you want - for example, "Mexican vegan recipes" or "vegan desserts." Bingo! A list will appear. Click on whatever interests you, print it out, and try it! Also, check out these recipe websites: www.veganeasy.org, www.tryveg.com, www.vrg.org, www.goveg.com, www.tofurky.com, www.onegreenplanet.org.

Cookbooks

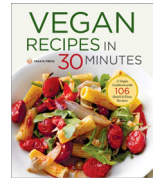
Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri by Karen Davis. Over 100 delicious recipes featuring homestyle, ethnic, and exotic alternatives to traditional poultry and egg recipes. Order from United Poultry Concerns. \$14.95. *Replacing Eggs* \$1.50. www.upc-online.org.



Frugal Vegan: Affordable, Easy, & Delicious Vegan Cooking by Katie Koteen and Kate Kasbee. Page Street Publishing. wellvegan.com.



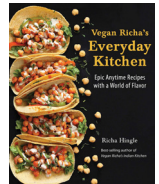
Vegan Recipes in 30 Minutes: A Vegan Cookbook with 106 Quick & Easy Recipes by Terri Ann Nelson-Bunge. Shasta Press.



Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-Free Recipes that Rock by Isa Chandra Moskowitz. Marlowe & Company. www.marlowepub.com.



Vegan Richa's Everyday Kitchen: Epic Anytime Recipes with a World of Flavor by Richa Hingle. Vegan Heritage Press. www.veganricha.com.



The Joy of Vegan Baking, Revised & Updated Edition: More than 150 Traditional Treats and Sinful Sweets by Colleen Patrick-Goudreau. www.compassionatecooks.com.



Fuss-Free Vegan: 101 Everyday Comfort Food Favorites, Veganized by Sam Turnbull. Appetite by Random House. www.itdoesnttastelikechicken.com.



Magazine

VegNews Magazine. Winner of the coveted Maggie Award for Best Lifestyle Publication, *VegNews* features celebrity interviews, fabulous recipes, health tips & shopping guides. To subscribe: 415-665-News (6397). www.VegNews.com.

HappyCow Compassionate Eating Guide

HappyCow's Compassionate Eating Guide to Restaurants and Health Food Stores is a free worldwide guide created to assist travelers and people everywhere to find vegetarian and healthy food options. Go to www.HappyCow.net.

Food Empowerment Project

Food Empowerment Project seeks to create a more just and sustainable world by recognizing the power of one's food choices. Food Empowerment Project encourages healthy food choices that reflect a more compassionate society by spotlighting the abuse of animals on farms, the depletion of natural resources, unfair working conditions for produce workers, and the unavailability of healthy foods in low-income areas. Visit FoodIsPower.org.

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Cover photos clockwise from top left: Liqin Cao, Mary Opyt, Liqin Cao, Jim Robertson.



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United Poultry Concerns is a nonprofit organization dedicated to the compassionate and respectful treatment of chickens, turkeys, ducks and other domestic fowl. We hold that the treatment of these birds in the areas of food production, science, education, entertainment, and human companionship situations has a significant effect upon human, animal, and environmental welfare. We seek to make the public aware of the ways in which poultry are used, and to promote the benefits of a vegan diet and lifestyle. We provide information through our quarterly magazine *Poultry Press*, our Website at www.upc-online.org, and our sanctuary in Machipongo, Virginia on the Eastern Shore. We invite you to join us and support our work. To learn more, please contact:

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Thank You!

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