



Veggies Unite! Newsletter #3  
 Veggies Unite! - <http://www.vegweb.com/>  
 Previous Newsletters - <http://www.vegweb.com/newsletter/>

#### TABLE OF CONTENTS:

- \* Chat Revisions
- \* What's New Revisions
- \* Frequently Asked Questions
- \* Sugar Substitutions
- \* Picnic Recipes:
  - Cole Slaw
  - String Bean and Potato Salad
  - Unsloppy Joes
  - Waldorf Salad Karen's Way
- \* Newsletter Subscription Information

NOTE: Due to all that is involved with maintaining VU, the Newsletter will be sent out one time each month. Thank you for supporting Veggies Unite!.

Many thanks to EnviroLink (<http://www.envirolink.org/>) for hosting VU!

---

#### CHAT REVISIONS

A new chat board was created to make it more user-friendly. You will also notice there are two chats: one link from the Home page for general and veggie topics, and a link from the Personals page for meeting on-line. Future revisions are a possibility, and I will keep you posted.

---

#### WHAT'S NEW REVISIONS

VUs Home page link, What's New, will include the newly submitted recipes as well as any new articles and site updates. Also included is a link to the Recipe Exchange which is for questions between readers concerning recipes and vegetarianism.

---

#### FREQUENTLY ASKED QUESTIONS

Q: When will I get a reply to my e-mail?

A: Please help me by sending all veggie and recipe related questions to the Recipe Exchange board or the Q & A board. Appreciative comments can be directed to the Guest Book. I will reply to all administrative e-mail

questions as soon as I possibly can. Thank you for your patience.

Q: Do you sell or give out e-mail addresses or personal names and addresses?

A: VU has never and will never give out members' e-mail addresses or personal information and addresses. The only way an e-mail can be read publicly on VU is for a poster to include it in their text such as in the VegWeb Chat or in the VU Guestbook. Please be careful about your privacy when visiting any and all Internet sites.

Q: Will you please send me a recipe booklet and any information about vegetarianism?

A: I am pleased you have found this site and hope that you have regular Internet access. However, there is no hard copy of Veggies Unite!, and since the e-mail volume is nearly overwhelming, I have no time for post-mail. All of the information that I have is on the web site.

---

#### SUGAR SUBSTITUTIONS

Replace 1 cup sugar with:

- 1 cup date sugar
- 1 cup Sucanat
- 1/2 to 3/4 cup maple syrup
- 1 3/4 cup rice syrup
- 3/4 cup barley malt syrup
- 1/2 cup raisin juice, soaked and blended
- 2 medium bananas
- 1/2 cup molasses
- 1/2 cup honey
- 1/2 cup apple juice concentrate

When replacing sugar in a recipe with a liquid sweetener, reduce the liquid content of the recipe by 1/4 cup. If the recipe contains no liquid other than the sweetener, increase the flour by 1/4 cup.

---

#### PICNIC RECIPES

It isn't too late to head for the beach or the park with your picnic lunch. Enjoy!

The recipes below are taken from the Veggies Unite! collection. You might want to go to <http://www.vegweb.com/>, read comments on these recipes and make comments of your own. VU accepts original recipes for the collection. The recipe entry form is at:

<http://www.envirolink.org/suggestions/submit.cgi>

\*\*\*\*\*

Cole Slaw From smac

- 2 cups thinly sliced green cabbage
- 1 cup grated carrot
- 1/2 cup grated onion
- juice of one whole lemon
- 1 tsp. celery seed

1 tsp. olive oil  
shake of black pepper  
shake of cumin

Combine all ingredients in a bowl with a lid. Refrigerate for 20 minutes.

\*\*\*\*\*

String Bean and Potato Salad From Gisele Herbert

5 medium-size potatoes  
16 oz. canned French Style Green Beans or fresh green beans  
2 garlic cloves (peeled and cut into quarters)  
olive oil to taste  
salt and pepper to taste  
1 tsp red vinegar (optional)  
chopped mint leaves (optional)

Peel and cut up potatoes into bite-size pieces -- not too small. Boil until soft and drain. If using fresh green beans, cut off the tips and cook in a little salt water with the two garlic cloves until well done. If using canned green beans, empty cans into a little salt water with the two garlic cloves and heat. Add cooked potatoes to beans and cook together for a few more minutes. Drain well and put in a bowl. Pour on as much olive oil as desired, salt and pepper, and perhaps, a little vinegar and mint.

Serve warm or cool.

Serves: 6 Preparation time: 30 minutes

\*\*\*\*\*

Unsloppy Joes From Kory Johnson

1 27oz. can Hunt's Classic Italian Garlic & Herb spaghetti sauce  
(The "No Sugar Added" kind)  
1 cup TVP  
1 tsp. Garlic powder  
1/2 tsp. Onion powder  
1/4 tsp. ground black pepper  
1 tsp. vinegar  
3 dashes Mrs. Dash  
24 Zesta saltine crackers

Pour sauce in sauce pan and start to cook at medium heat. Add all ingredients except crackers and stir well. The TVP will take about 5-10 minutes to absorb the sauce. When it gets completely moist and has taken in most of the juice, crumble the crackers and add them to the pan. When you mix in the crackers, the meal is finished.

\*\*\*\*\*

Waldorf Salad Karen's Way From Karen Lisuzzo

5 crisp, tart apples cut into bite-sized chunks (a mixed variety, or all the same is good)  
juice of 1 lemon

3-4 stalks celery cut into bite-sized pieces  
3/4 cup walnut pieces (or pecans, hazelnuts...)  
1/2 cup raisins  
1/4 cup dried cranberries  
3 scoops/to taste of a binding ingredient (nayo, soy yogurt...)

Cut apples, place in large bowl, squeeze lemon over all pieces. Mix to thoroughly coat. (Keeps apples from going brown). Add celery, nuts, dried fruits. These are all to taste. Mix well. Add binding ingredient, again to taste. Mix well. Refrigerate. Best after being in a nice cold fridge for a few hours. Eat. Yum!

My mom often served this with a holiday meal. Also nice for pot-luck, lunch, brunch. Very versatile. Also something the kids can help with.

Serves: 4-6      Preparation time: 10 min.

---

NEWSLETTER SUBSCRIPTIONS

This is a free service; however, it relies upon those who pay the voluntary \$15 annual membership dues. If you are already a member and would now like to pay the dues, you can use our secure credit card form at: <http://www.mothenature.com/cgi-bin/vegmembership.pl>

or send \$15 in U.S. currency as a check or money order to:

Veggies Unite! P.O. Box 5923, Sun City West, AZ 85376-5923

UNSUBSCRIBING:

To unsubscribe, send an e-mail message to:

[veggie@vegweb.com](mailto:veggie@vegweb.com)

with the \*subject\* of:

unsubscribe newsletter

---

Peace and happiness in your kitchen!