

The Veganiser

By Jane Easton, Viva! Cookery Co-ordinator

Whittle down your waist and boost your health with these delicious vegan substitutes to your favourite foods

Love to eat more healthily but can't quite find the time? The hectic modern lifestyle needn't mean suffering on the health stakes. Did you know that cutting out meat and dairy could cut your chances of obesity, diabetes, heart disease and cancer – and could add years to your life expectancy?

Of course, if you replace meat with

chocolate éclairs and chip butties you're unlikely to reap maximum health benefits! The key is choosing healthy meat substitutes, such as tofu and other 'mock meats', beans, lentils, whole-grain products (brown rice, wholegrain bread), dark green and deep yellow vegetables, soya milk and nuts.

But going vegan needn't mean learning enough new recipes to fill an encyclopedia.

Many familiar dishes such as spaghetti bolognese, chilli and stir-fries can easily be 'veganised' – made vegan! Most people have about seven or eight dishes that they cook regularly and, surprise surprise, vegetarians and vegans are no different.

You can find all the recipes below on veganrecipeclub.org.uk.

Traditional breakfast

- Cereal with milk and fruit served with orange juice
- Scrambled eggs, toast, sausage, cup of tea
- Pancakes and maple syrup

Vegan breakfast

- Cereal with plant milk eg soya/almond/rice and fruit, served with orange juice
- Scrambled tofu, wholemeal toast, vegan sausage (eg Linda McCartney, VBites or Fry's), cup of tea with plant milk of your choice
- Pancakes (egg and dairy-free) and maple or agave syrup with fresh fruit



Traditional lunch

- Chicken sandwich with lettuce, tomato, and mayo; yogurt; crisps
- Chicken soup, bread, green salad and vinaigrette
- Burger and chips
- Sausage Sarnie



Vegan lunch

- Smoked tofu or hummus sandwich with lettuce, tomato and vegan mayo, eg Tiger Tiger or Plamil; fruity soya yoghurt (eg Alpro, Tesco, Sojade); piece of fruit. Or Avocado & Walnut Toast with Tomato, Coriander and vegan mayo
- Vegetable or minestrone soup, wholemeal bread, green salad with low-fat dressing. Lots of chilled and tinned soups are suitable, just read the labels. Amy's Kitchen range is very good
- Vegan veggieburger in a wholemeal roll, chutney and vegan mayo with extra portion of salad – beanburgers are sold everywhere and are usually vegan. Fry's make delicious 'meaty' style burgers – beef

and chicken-style – in Holland & Barrett and other health food shops. Many burger outlets offer a vegan version, just ask!

- Veggie Sausage Sarnie on wholemeal bread, tomato/brown sauce and salad – see above for brands, but also Dee's, available from Ocado

Traditional dinner

- Grilled salmon, boiled new potatoes with butter; asparagus with parmesan cheese
- Spaghetti Bolognese and garlic bread
- Quiche Lorraine, chips and salad
- Chicken Chow Mein
- Chilli Con Carne
- Bangers and Mash

Vegan dinner

- Grilled giant field mushrooms drizzled with olive oil, garlic and quality soya sauce (tamari or regular shoyu); boiled new potatoes with basil and black pepper; grilled asparagus with a drizzle of olive oil and nutritional yeast flakes or Violife melting block cheese
- Veggie Bolognese (substitute frozen vegan mince for meat, eg Linda McCartney and most supermarket own-brands). Serve with crusty bread and green salad
- Deluxe Vegan Cheese & Broccoli Quiche, baked potato or low-fat potato wedges and salad. Or Mama Cucina and vegan quiches (Holland & Barrett or online)
- Tasty Veg & Tofu Stir-fry with Mustard Peanut Sauce
- Viva!'s Classic Chilli Non Carne (substitute frozen vegan mince for meat), guacamole, rice and salad
- Bangers and Mash – vegan sausages (see above for brands), mashed potatoes creamed with vegan margarine and soya milk; steamed greens and gravy



Find products in our *Everyone's Going Dairy-free* guide viva.org.uk/everyones-going-dairy-free-guide and hundreds of recipes on the Vegan Recipe Club veganrecipeclub.org.uk. Or just make a start with the 30 Day Vegan, a month's worth of recipes, health tips and more viva.org.uk/30dayvegan.