1. I’m still confused about what’s “processed” and what’s not; help!

The definition of *processed* is: well, there really isn’t one, yet. Technically, bagged and washed spinach is processed and so are fruit snacks (made with real fruit). Use your judgment; if the processing significantly alters the nutritional content of the food, as in the fruit snacks, this is the processing we want to avoid. Canning, freezing, pureeing, mixing, grinding, etc. is all processing, but preserves the nutritional quality of the food.

2. I frequently eat on campus; what are my options?

Use the website *dineoncampus.com/bgsu*. Here you can browse the different dining halls for what’s being served throughout the week. Vegetarian and vegan options are highlighted with specific symbols to help you choose your meal. Nutritional content for some items is also displayed by scrolling your mouse over the item.

3. My family is resistant to giving up meat & dairy.

Try not to separate meal times from your family. Incorporate dishes which can be easily altered to include or exclude meat and dairy. Ex: tacos, both meat and beans can be prepared to please all. Experiment with twists on favorite dishes (avocado alfredo, tofu lasagna). The possibilities are endless. A Google search will provide endless ideas.

4. I don’t have the time, or the desire, to cook so much!

Don’t make every meal a big occasion! Use convenience items such as frozen or canned veggies and fruit, minute brown rice, etc. These are still nutritious and can save you a lot of time. Keep simple snacks on hand such as trail mix, nuts, dried fruit, apples, oranges, olives, popcorn, etc.

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**Meat Alternatives Defined**

**Curbing any Cravings**

**Tofu:** Soy milk curds pressed into blocks. Texture varies from firm (good for grilling or frying) to silken (good substitute from cream). Try using in a stir fry, cream based sauces and soups, and smoothies. Tofu often comes fortified with vitamins and minerals such as calcium, vitamin B₁₂, and iron.

**Tempeh:** Tempeh is a steak of fermented soybeans. Don’t be freaked out, it’s tasty. Tempeh has a firmer and chewier texture; it resembles that of ground meat. It is very willing to take up any flavors added from seasonings and sauces. Try using it in place of meat in tacos, chili, pasta sauce, etc.

**Seitan:** Seitan is made from the protein in found in wheat (gluten). This can be purchased in strips or chunks and resembles the texture of chicken. It is also very willing to take up any flavors you wish to add. Try using in dishes where you would use chicken: fajitas, kabobs, casseroles, chicken alfredo (use silken tofu instead of cream!), etc.

**Tofu Ricotta** *(Can be used in lasagna or on pizza)*

- 1 lb extra firm tofu
- 1 tbsp sugar
- ¼ cup nondairy milk (soy, almond, etc)
- 2 garlic cloves, minced or (½ tsp garlic powder)
- 2 tsp dried basil (or 2 tbsp fresh)
- 2 tbsp lemon juice
- 1 tsp salt

Place all ingredients in a food processor until smooth, but some body and texture remains; or place all ingredients in a bowl and mash until desired consistency.
Apple Pie Hummus

1 recipe roasted applesauce (recipe follows) or 1 cup store bought
1 14oz can chickpeas (garbanzo beans), drained and rinsed
2 tbsp peanut butter
2 tbsp maple syrup
1 tsp vanilla extract
1 tsp cinnamon

Puree all ingredients in food processor or blender. Enjoy with toast, apple slices, crackers, or anything you’d like!

Roasted Applesauce

4 small apples, peeled and chopped
¾ cup maple syrup
1-2 tsp cinnamon

Preheat oven to 400° F. Line cookie sheet with foil and spray liberally with nonstick cooking spray. In a large bowl, mix all ingredients. Spread on cookie sheet and bake 15 minutes or until very soft. Mash with fork or puree with food processor or blender until desired consistency.

Pumpkin Chili

2 tbsp olive oil
1 large onion, chopped
1 large green pepper, chopped
3 jalapeño peppers, chopped (optional)
3 cloves garlic, minced
1 pie pumpkin, cooked and pureed (or 1 can unsweetened pumpkin)
2 cans black beans, drained
2 cans red beans, drained
8 oz can tomato sauce
1 tbsp molasses, maple syrup, or brown sugar
1 15 oz can diced tomatoes, drained
1 bottle Oktoberfest/Pumpkin Ale (optional)
3 tbsp chili powder
1 tbsp cumin
1 tbsp coriander
½ tsp salt
¼ tsp pepper

Sauté onion and peppers in oil on medium heat until tender. Add spices and cook an additional 5 minutes. Add garlic and cook additional 1 minute. Add beer, if using, and simmer until reduced by half. [At this point, you may transfer to slow cooker if desired] Add remaining ingredients and simmer until ready to eat!

*If these are not your favorite beans, feel free to substitute with whatever you like! Experiment with different blends.

*Frozen onion and pepper blends are available. Try those if you’re pressed for time or aren’t able to have the fresh stuff on hand. In this case, canned jalapeños would work as well!