



A veggie burger grinder, left, and oatmeal with dried cranberries, flaxseed and walnuts - Jay Westcott/Examiner

# Vegan, vegetarian recipes good for pregnancy

From PREGNANT, Page 27

## Breakfast

### Hearty Oatmeal

This filling, hot breakfast is packed with whole grains for protein and fiber, dried fruit for vitamins and flax seed and walnuts for omega 3 fatty acids.

1 cup oats (preferably not the quick-cooking kind)

1 3/4 cup water

1/4 cup dried fruit

1/4 teaspoon cinnamon

1 tbsp. honey

1 tbsp. flax seed

1/4 cup walnuts

1. In a small saucepan, bring water, dried fruit, honey and cinnamon to a boil. Stir in oats, return to a boil.

2. Reduce heat to medium, cook about 5 minutes or until most of liquid is absorbed.

3. Let stand for a few minutes. Stir in flaxseed and walnuts. Serves 2.

## Lunch

### Veggie burger grinder

Even carnivores might like this satisfying sandwich, which has plenty of nutrients, calcium and protein.

1 veggie burger of your choice (Try Dr. Praeger's California Burgers or Trader Joe's Nirvana Burgers)

1-oz. cheese, like provolone, Muenster, or Colby jack (vegans can use soy cheese)

1 egg (optional for vegans)

1 sub roll

Sandwich toppings (sprouts, lettuce, tomato)



**"It's a little more challenging with vegans [to have a healthy pregnancy, but it's totally possible.]"** — Nutrition expert Katherine Tallmadge

1. Cook veggie burger according to package directions.

2. Preheat a skillet over medium-low heat. Add the veggie burger and sauté it until lightly browned, breaking it into small pieces.

3. Reduce the heat slightly. Whisk the egg gently in a bowl, then add it to the skillet with the veggie burger. Stir until the burger is coated with egg. Cook 3-5 minutes or until egg is no longer runny.

4. Add the cheese on top of the veggie burger/egg mix. Let it melt for 1-2 minutes. Serve the burger/egg/cheese mix on a sub roll with sandwich toppings of your choice.

## Dinner

### Pasta e Fagioli

This modified Italian soup is perfect for colder weather, and it's a nutrition homerun with protein, veggies and folic acid.

2 15-oz cans of kidney beans or chickpeas, or a combination, drained and rinsed

1 bay leaf

2 tbsp. olive oil

1 medium onion, peeled and chopped

1 medium carrot, peeled and chopped

1 celery rib, chopped

1 tbsp. minced garlic, or 4 large cloves peeled and minced

1 28-oz. can of crushed or diced

tomatoes with Italian seasoning (puree beforehand if desired)

4 cups water

Salt and pepper to taste

6 oz. macaroni, fusilli or other small pasta

1/2 cup chopped parsley

1 cup broccoli or cauliflower florets (optional)

1/2 cup Parmesan (optional for vegans)

1. Heat the oil in a large soup pot over medium heat. Add the onion, carrot and celery and sauté, stirring often, until the vegetables are tender, about 6-8 minutes. Add the garlic and cook briefly, 1 minute or less. Add the tomatoes, stir well, and bring to a simmer. Cook, stirring often, for about 10 minutes.

2. Add the beans or chickpeas, water (you can start with less and add more), and bay leaf and bring to a boil. Reduce heat and simmer on low for about 30 minutes.

3. Season with salt (start with 1-2 tsp.) and pepper. Add the pasta and broccoli and cauliflower, if using, and simmer for another 10-15 minutes, or until the pasta is al dente (cooked through but not mushy). The vegetables should also be cooked through but not too soft.

4. Remove from heat and add pepper, parsley and Parmesan. Serves 4-6.

**CINDY GREENBERG**

VineGal



## A wineful holiday

The holiday season is rapidly approaching (or already arrived if you believe all the pre-Halloween holiday advertising and displays) and with it comes the annual angst-ridden month or two about the perfect present for your current spouse or significant other. So to make your holiday season less stressful, I offer the following suggestions, in the wine-related category, of course.

■ Plan a long weekend trip to a B&B in wine country. Virginia boasts more than 80 wineries with some even offering vineyard accommodations, such as Barboursville Vineyards ([www.barboursvillewine.com](http://www.barboursvillewine.com)). Set up appointments for wine tours and tastings during the day. For dinner, call a local restaurant and plan a special menu around the local wines.

Oasis Vineyards ([www.oasiswine.com](http://www.oasiswine.com)) can arrange accommodations, dining and tours, complete with limousine.

■ Buy your significant other a wine-tasting or food and wine-cooking/pairing class. Some local restaurants (Tosca and Equinox in D.C.) will provide this service on a Saturday morning or check out the course catalog for L'Academie de Cuisine in Bethesda. Even the Montgomery County Recreation department offers classes (see page 48 of the current catalog).

■ Make arrangements for a wine tasting in your home. Pick a topic, invite your friends and hire a wine professional. Several local wine writers (hint, hint) are available for tastings. Or buy a couple of tickets to the ultimate Bordeaux wine-tasting: The Heart's Delight wine tasting and auction is May 10 to 13. Proceeds benefit the American Heart Association ([www.heartsdelightwineauction.org](http://www.heartsdelightwineauction.org)).

■ Buy or build a cellar. Pre-made refrigerator-like cabinets designed to house wine can be found at Homegoods and on

the Internet — even on eBay. If you're industrious, contact a contractor to construct a cellar — designing your own is half the fun. Costco.com has a design wizard link and sells the racking systems.

### For more affordable options, try the following:

■ Wine books or magazines are always a great choice (call a few local bookstores to see if any of the authors will be in town for book signings). My favorites are "The Wine Bible" by Karen MacNeil, "Windows on the World Complete Wine Course: 2006 Edition" by Kevin Zraly, "The Emperor of Wine: The Rise of Robert M. Parker, Jr. and the Reign of American Taste" by Elin McCoy, "The World's Greatest Wine Estates: A Modern Perspective" by Robert M. Parker, "Noble Rot: A Bordeaux Wine Revolution" by William Echikson.

Or get a subscription to Wine Advocate, Wine Spectator, Food and Wine, or Wine Enthusiast.

■ Go to your favorite wine shop and pick out some of your significant other's favorite wines, or even a selection of new varietals, and present them in a travel tote made for wine. Totes can be found at various sites by googling "wine accessories."

■ Buy the DVD of "Sideways" and add a bottle of merlot and pinot noir. Let your significant other decide for her/himself which (s)he prefers.

■ Buy a set of high-end wine glasses or a decanter. The new "O" Series wine glass by Reidel is the haute choice this year (around \$20 for two glasses).

■ My personal favorite: Jellybeans! The Jelly Belly recipes at [www.winexmagazine.com/jellybean](http://www.winexmagazine.com/jellybean) tells you how to select jellybeans that, when eaten together, taste like your favorite wine varietal. Sounds like a sweet stocking stuffer to me.

Hopefully, this will shorten your shopping excursions and leave time to enjoy a soothing bottle of wine by the fire.

