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PharmedOUT and Physicians Committee for Responsible Medicine

Vegan BYOL Lunch Guide



Garbanzo Salad Sandwich
Garbanzo beans make a delicious and very nutritious sandwich filling. Makes 4 sandwiches.

1 15-ounce can garbanzo beans, drained
1 celery stalk, thinly sliced
1 green onion, finely chopped
2 tablespoons vegan mayonnaise
1 tablespoon sweet pickle relish
8 slices whole-wheat bread
4 lettuce leaves
4 tomato slices

Mash garbanzo beans with a fork or potato masher, leaving some chunks. Add celery, green onion, Tofu Mayo or dairy- and egg-free mayonnaise substitute, and pickle

relish. Spread on bread and top with lettuce and sliced tomatoes.

Per sandwich

- Calories: 275
- Fat: 4.6 g
- Saturated Fat: 0.8 g
- Calories from Fat: 14.9%
- Cholesterol: 0 mg
- Protein: 12.8 g
- Carbohydrates: 49.2 g
- Sugar: 8.6 g
- Fiber: 8.9 g
- Sodium: 491 mg
- Calcium: 88 mg
- Iron: 4.2 mg
- Vitamin C: 4.8 mg
- Beta Carotene: 181 mcg
- Vitamin E: 0.6 mg

Source: Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.

Mediterranean Veggie Panini

Italian sandwich making has become an art form in the northern city of Milan and has spread all over Europe and North America. Sandwich bars in Italy range from humble places to the height of sophistication, and some offer as many as 30 varieties. Makes 1 panini.

2 slices rye or sprouted-grain bread, such as Ezekiel bread
2 tablespoons fat-free Italian vinaigrette dressing
2 jarred roasted red peppers, rinsed and patted dry
1 cup tender kale leaves or other greens
2 small, firm ripe tomatoes, sliced

(fresh roma tomatoes are best because they are not overly juicy)
 $\frac{1}{2}$ cup sliced marinated artichoke hearts, rinsed, drained, and patted dry

Moisten each bread slice on 1 side with 1 tablespoon dressing and assemble the sandwich with the rest of the ingredients the way you like it, being careful not to overfill.

The easiest way to make panini is with an electric non-stick panini press or closed indoor grill. Set the timer for 5 minutes, then check the bread. If it is not as golden and crisp as you like, cook for a few minutes longer.

Cut the sandwich into triangles and serve hot.

If you do not have a panini press or grill, cook the sandwich in a heavy non-stick skillet or on a griddle over medium heat, placing a flat heavy lid on the sandwich as you brown each side.

Per panini

- Calories: 320
- Fat: 3.4 g
- Saturated Fat: 0.7 g
- Calories from Fat: 9.5%
- Cholesterol: 0 mg
- Protein: 13.5 g
- Carbohydrates: 66.2 g
- Sugar: 25.5 g
- Fiber: 13.3 g
- Sodium: 958 mg
- Calcium: 214 mg
- Iron: 5.4 mg
- Vitamin C: 502.1 mg
- Beta Carotene: 12197 mcg
- Vitamin E: 6.4 mg

Source: Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal D. Barnard, M.D.; recipe by Bryanna Clark Grogan

Banana and Raisin Sandwich

Children love this sweet filling combination. This sandwich would be great for breakfast, lunch, or snack. Makes 2 sandwiches.

4 tablespoons natural peanut butter
4 slices whole-grain bread
1 banana, sliced
2 - 3 tablespoons raisins
Spread peanut butter evenly on 2 slices of bread. Top with sliced banana and sprinkle with raisins. Top with remaining bread.

Per 1/2 sandwich

- Calories: 204
- Fat: 9.4 g
- Saturated Fat: 2 g
- Calories from Fat: 41.6%
- Cholesterol: 0 mg
- Protein: 7.3 g
- Carbohydrates: 26.6 g
- Sugar: 10.6 g
- Fiber: 3.8 g
- Sodium: 224 mg
- Calcium: 31 mg
- Iron: 1.4 mg
- Vitamin C: 2.7 mg
- Beta Carotene: 8 mcg
- Vitamin E: 1.6 mg

Source: Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.

Tempeh Salad Sandwich

Tempeh, made from whole soybeans, is sold in natural food stores and some supermarkets. It has a firm texture that works nicely in this sandwich spread. For a slightly different meal, serve this sandwich filling on a bed of lettuce, garnished with tomatoes. Makes 6 sandwiches.

8 ounces tempeh
3 tablespoons vegan mayonnaise
2 teaspoons prepared mustard
2 green onions, chopped, including green tops
1 celery stalk, diced
1 tablespoon pickle relish
 $\frac{1}{4}$ teaspoon salt
12 slices whole-grain bread
6 lettuce leaves
6 tomato slices
Steam tempeh for 20 minutes. Remove from heat. Set aside to cool.

When cool enough to handle, grate tempeh and mix with Tofu Mayo or other dairy- and egg-free mayonnaise substitute, mustard, green onions, celery, pickle relish, and salt. Spread on 6 slices of bread and top with lettuce, tomato, and remaining bread.

Per sandwich

- Calories: 230
- Fat: 6.8 g
- Saturated Fat: 1.4 g
- Calories from Fat: 26.7%
- Cholesterol: 0 mg
- Protein: 13.5 g
- Carbohydrates: 32.7 g
- Sugar: 8.5 g
- Fiber: 5.8 g
- Sodium: 498 mg
- Calcium: 97 mg
- Iron: 3.2 mg
- Vitamin C: 4.1 mg
- Beta Carotene: 174 mcg
- Vitamin E: 0.7 mg

Source: Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.

Black Bean Chipotle Burger

This black bean burger is packed with flavor from spices and chipotle pepper; serve this burger at your 4th of July barbecue on a whole-wheat bun with your favorite vegan toppings! Makes 4 servings.

1/4 red onion, minced
1 1/2 cups bread crumbs
1/2 cup cooked oats
2 tablespoons A1 Steak Sauce
6 roasted garlic cloves
3/4 teaspoon freshly ground black pepper
1 teaspoon ground cumin
2 tablespoons minced fresh cilantro

1 chipotle pepper in adobo sauce, minced

1 cup cooked black beans
non-stick cooking spray, for sautéing

Sauté the red onion over medium-high heat until it just starts to turn brown.

Mash the beans, chipotle, onion, cilantro, cumin, black pepper, garlic, and steak sauce together until you have a rough paste (there should still be some texture to the beans, but the mixture should mostly be smashed). Add the oats.

Stir the bread crumbs into the black bean mix and let it sit for about 5 minutes. Press everything together and add more bread crumbs, if necessary, until you have a tight dough.

Lightly oil your hands so the dough doesn't stick when you form it into patties. Create palm-size patties. Spray a skillet with nonstick cooking spray. Sauté the burgers over medium-high heat until slightly browned on both sides.

Per serving (1/4 of recipe):

- 265 calories
- 5 g fat
- 0 g saturated fat
- 16% calories from fat
- 0 mg cholesterol
- 10 g protein
- 45 g carbohydrates
- 3 g sugar
- 6 g fiber
- 332 mg sodium
- 0 mg calcium
- 0 mg iron
- 0 mg vitamin C
- 0 mcg beta-carotene
- 0 mg vitamin E

Source: *21-Day Weight Loss Kickstart* by Neal Barnard, M.D.; Recipe by Jason Wyrick of Vegan Culinary Experience

Blanco Fiesta Sandwiches

Makes 4 sandwiches

1 15-ounce can white beans,
drained and rinsed

$\frac{1}{4}$ cup chopped green onions

$\frac{1}{4}$ cup chopped fresh parsley

$\frac{1}{4}$ cup chopped fresh cilantro

$\frac{1}{2}$ teaspoon minced garlic

2 tablespoons lemon juice

$\frac{1}{2}$ teaspoon chili powder

$\frac{1}{2}$ teaspoon ground cumin

1 - 2 dash Tabasco sauce

8 slices bread

1 lettuce

1 tomato slices

Place beans, green onions,
parsley, cilantro, garlic, lemon
juice, chili powder, cumin, and
Tabasco sauce in a food processor

and process until smooth. Spread
on 4 slices of bread, add lettuce
and tomatoes, top with remaining
bread, and eat.

Per sandwich

- Calories: 257
- Fat: 2.3 g
- Saturated Fat: 0.5 g
- Calories from Fat: 7.98%
- Cholesterol: 0 mg
- Protein: 12 g
- Carbohydrates: 48.4 g
- Sugar: 5.3 g
- Fiber: 7.3 g
- Sodium: 359 mg
- Calcium: 166 mg
- Iron: 5.4 mg
- Vitamin C: 19.2 mg
- Beta Carotene: 694 mcg
- Vitamin E: 1.5 mg

*Source: Mary McDougall of the McDougall
Program www.drmcDougall.com*

Veggie Wraps

Veggie Wraps make a perfectly delicious, vegetable-rich meal. Makes 4 wraps.

1/4 cup sunflower seeds
4 whole-wheat tortillas
1 - 2 cup Red Pepper Hummus (see recipe) or commercially prepared hummus
1 - 2 cup mixed salad greens or torn leaf lettuce
1 carrot, shredded
1 cup bean sprouts

Preheat oven or toaster oven to 375°F. Place sunflower seeds in a small ovenproof dish and roast until lightly browned and fragrant, about 10 minutes. Set aside. Warm tortillas, one at a time, in a large, dry skillet, flipping to warm both sides until soft and pliable.

Spread each tortilla evenly with 1/4 to 1/2 cup of hummus, leaving a margin of 1/2 inch uncovered around the edge. Divide remaining ingredients evenly among tortillas. Wrap tortillas around filling.

Per wrap

- Calories: 257
- Fat: 9.9 g
- Saturated Fat: 1.3 g
- Calories from Fat: 34.7%
- Cholesterol: 0 mg
- Protein: 12 g
- Carbohydrates: 35 g
- Sugar: 2.8 g
- Fiber: 7.6 g
- Sodium: 263 mg
- Calcium: 79 mg
- Iron: 3.6 mg
- Vitamin C: 27.6 mg
- Beta Carotene: 1952 mcg
- Vitamin E: 4.2 mg

Source: Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D

PharmedOut is a project based at Georgetown University Medical Center, that educates prescribers about the effect of marketing techniques on prescribing behavior. Our goal is to foster evidence-based, cost-effective prescribing and to decrease the adverse public health effects of pharmaceutical promotion.

We create novel research methods to identify covert marketing techniques and craft effective educational materials to help prescribers counter inappropriate tactics. Launched in 2006 through a grant from state Attorneys Generals, funded by a settlement over off-label promotion of Neurontin, PharmedOut is currently funded through individual donations.

For more information on PharmedOut, visit us on our website at **pharmedout.org**. You can also follow us on twitter **@Pharmed_Out** and like us at **Facebook.com/PharmedOUT**. You can also email us at **pharmedout@gmail.com** or call **202-687-1191** for more information.

The Physicians Committee, a non-profit organization based in Washington, D.C. is leading a revolution in medicine—putting a new focus on health and compassion. The Physicians Committee combines the clout and expertise of more than 12,000 physicians with the dedicated actions of 150,000 members across the United States and around the world. Our efforts are dramatically changing the way doctors treat chronic diseases such as diabetes, heart disease, obesity, and cancer. By putting prevention over pills, doctors are empowering their patients to take control of their own health. And we are also building a new way of viewing research. Since 1985, the Physicians Committee has been working tirelessly for alternatives to the use of animals in medical education and research and advocating for more effective scientific methods. Learn more and join us at www.PCRM.org.

This guide was created by Alycia Hogenmiller, Project Manager at PharmedOut. Recipes provided by Jill Eckhart from Physicians Committee for Responsible Medicine.