



Be a Vegetarian, for Earth, for Us

Chin-Lon Lin, CEO, Tzu Chi Medical Foundation

My medical career began in the USA. Few years gone by, I became aware of the ferociousness of cardiovascular diseases. Patients of cardiovascular disease would invariably be hospitalized again and again due to repeated onset of the illness. Clinical experience suggested that patients suffering from angina pectoris, myocardial infarction, or coronary balloon angioplasty and even after a coronary artery bypass surgery, would in just a few years - some within six to twelve months - suffer a recurrence. It is not uncommon that, by the second or third operation, all of the blood vessels in the lower limbs would have been used to replace the blood vessels to the heart, which would make it necessary to take vessels from upper limbs. I realized the existing treatments are only palliative, and one could not inhibit the recurrence of atherosclerosis without rooting its cause.

So, I began an in-depth investigation into the prevention of cardiovascular diseases, which led me to discover several associating risk factors that could not only be improved, but with promising results. Therefore, I reached the following conclusion: preventing hardening of the arteries (atherosclerosis), chest pain (angina pectoris), and heart attacks (myocardial infarction), demands a thorough change of lifestyle, starting with diet, exercise, quit smoking and alcohol, and plenty of rest.

Once knowing that “diet” is the most crucial factor in atherosclerosis prevention, I began collecting data from medical literatures, which led me to realize that vegetarian - diet consisting of fresh vegetables - is the healthiest form of diet. Not only does the diet greatly reduce the risk of developing cardiovascular diseases, it can also significantly reduce the risk of cancer. After gaining this knowledge, I began sharing it with my family and friends, and became a diligent vegetarian myself. Vegetarians were rare in the USA at that time (only about 7% claim to be vegetarians), let alone a vegetarian doctor, but I felt tremendous improvements in my physiological functions. Not only were my gastrointestinal tract unobstructed, digestion improved, but once frequented gastrointestinal discomfort also disappeared. No longer do I have to drag my weary body while doing the ward rounds every afternoon around 5pm, but instead finishing it fleet footed without any sense of fatigue.

By the time I returned to Taiwan in 1996, I was already a vegetarian for nearly 2 decades. While serving as the Dalin Tzu

Chi Hospital superintendent, I completed a book “Scientific Vegetarian, Happy Eating” (Co-published by Commonwealth and Jing Si Publications) in May 2002. Since the cardiology patients in Taiwan share the same problem, I wish everyone can see the end of cardiological disease by fundamentally changing our diet and lifestyle.

The decade after the book was published, natural disasters frequented around the globe. A major contributor is the prosperity of livestock industry, which leads to the vicious cycle of increasing global greenhouse gas, drastic depletion of natural resources and extreme climates. The perfect solution to the issue is vegetarianism. Moreover, according to my own experience, as well as close observation of the masters at Jing Si abode and Tzu Chi volunteers, not only is vegetarianism beneficial to health, it also brings stability and tranquility to one’s mind. To address the essentiality of “spirituality” and “Earth” to vegetarianism, I updated and revised the book, and published it again in September 2012. (Vegetarian Health – The Earth and Spirituality, Rhythms Monthly Publishing in Chinese)

In Europe and the USA alike, major institutions - even certain government agencies - have been advocating the benefits of “plant based diets” against certain major chronic diseases, such as obesity, cardio- and cerebral vascular diseases. There are also vast scientific discourses within professional medical papers that further support that vegetarianism can alleviate and/or prevent diseases, and the number of related books and experts also skyrocketed during the past decade.

Unfortunately, not long ago a misinformed article reported by the Taiwanese media, who took a thesis out of its context, deterred many potential vegetarians. What a pity! Here I want to point out briefly, when the report claimed that “vegetarianism is equivalent to low cholesterol”, the statement is false. The definition of low cholesterol is to have a cholesterol level below 130 mg/dl., and there are three types of people who are susceptible to low cholesterol: The first type are patients suffering from liver diseases, because liver is the organ that produce cholesterol, and an affected liver is unable to produce cholesterol; the second type are cancer patients; and the third are people with digestive problems. Cholesterol is necessary for the body to provide adrenaline to make hormones, especially sex hormones. All are derived from cholesterol. If hormones level is too low, it would manifest as symptoms. In short, there is no correlation between low cholesterol and vegetarianism. Even vegetarians must pay attention to a proper diet, since they may experience high cholesterol due to a healthy and effective digestive system. Contrary to low cholesterol, vegetarians should be mindful of high blood lipid levels.

As a cardiologist who have been a vegetarian for 30 years, I wholeheartedly believe all people are able to have a healthy lifestyle by adopting a vegetarian diet, exercising, not smoking, not drinking and getting enough rest. I wish that everyone can live healthy and carefree, in the world void of artificial and natural disasters.



VEGGIE POWER

Written by: Wan-Lin Wu





As climate changes and the extinction of large number of species have led to the increasing awareness, the resulting impact on human health is closely related to our luxurious lifestyles and extravagant food consumption.

Chinese character [Su 素] as in the words of [Su Shi 素食] (vegetarian food) has the etymological meaning of “undyed silk”, which implies unvarnished purity. [Su Shi] means simple, pure plant-based diet without any animal killing or over-processed food. It also implies a diet that is toxic free, environment-friendly, and loving-yourself.

A growing number of nutrition and science studies show findings contradictory to our common belief that human beings should consume food from sources such as egg, fish and meat in their daily diet; instead, the report have shown that the flat teeth and long intestine of human body is more like the characteristics of herbivorous animals. Plant based diet not only is much easier for human body to absorb, but is also significantly helpful to mitigate risks of all sorts of chronic diseases and deterioration of climate environment.

Lean, clean and nutritiously balanced vegetarian diet is the best way to savor the original flavor of food and even more so, it provides a healthier and happier life with delicious veggie power.



More than a decade ago, upon hearing the words “vegetarian diet”, most people would simply relate that directly to some religious practice. However, due to recent ecological environment changes, evolvement of social morality and culture, and the advancement of health knowledge, - “vegan and vegetarian diet” are now realized as simple yet tremendously beneficial dietary styles. As the manifolds of meaning and in-depth knowledge of plant-based diet are revealed and understood by people, many now start to choose such diet for the sake of environment protection, for health, for animals, or even for spiritual purification.

Vegetarian Diet Becoming Popular for Benefiting Environment and Personal Health

As evidenced in the increasing number of vegetarian restaurants and special vegetarian items appearing on the menu of regular restaurants, people are now realizing the benefits of vegetarian diet. Many national and international celebrities have also publicly promoted the benefits of plant-based diet which serves as a good source of vegetarian diet information for the younger people. Many medical institutions such as Tzu Chi and Tai An hospitals are both supplying vegetarian-only hospital meals.

Some special interest groups have been promoting “Meatless Monday” on school campuses throughout Taiwan since 2009. The “20th International Conference on Health Promoting Hospitals and Health Services” held in Taiwan has also made vegetarian diet as one of the key point emphasized in the conference session of Health Promotion and Environment.

According to the “2008 Almanac of Food Consumption Survey in Taiwan”, occasional and committed vegetarians have accounted for 2% of the population, which includes pure vegans, lacto-ovo-vegetarians, five-spice-free vegetarians, veggie-picking vegetarians, and flexitarians. Starting July 1, 2009, the new regulation of food-product-package-labeling takes effect, all vegetarian products sold in the markets must be clearly labeled with either one of the 5 vegetarian types: “pure vegans”, “ovo-vegetarians”, “lacto-vegetarian”, “lacto-ovo-vegetarian” or “five-spice-free vegetarian”. This shows that consumers’ right and health safety of vegetarian population is now highly regarded.

Return to Nature Reduce Carbon Footprint

As the western saying goes, “You are what you eat.” Many biologists have provided evidences that human beings



 **Hualien County Junior High and Elementary Schools promote vegetarian school lunch every Wednesday to encourage vegan diet for the school kids and support for vegetarian food preparation by the suppliers. Department of Education invites Tzu Chi volunteers to speak at the School Meals Program panel discussion, demonstrating how to prepare colorfully delicious healthy vegetarian meals with enticing aroma.**

are different from meat-eating animals which have sharp claws and teeth and short length of intestines. Instead, we have flatten, broad molar teeth, jaws capable of side-to-side motion, and alkaline saliva (Carbohydrate digesting enzymes) and long intestines, which are closer to the herbivore animals optimized for grain food, thus human-being is biologically designed for eating plants.

In the view of western scholars, “animal welfare”, “environment protection” and “health” are the three main reasons to go vegetarian. Way

back in the era of ancient Greece, the famous philosopher and mathematician Pythagoras had been known to support vegetarian diet, so were Plato and Aristotle found to be vegetarians. The world hunger problem was caused by unequal distribution and waste of food rather than shortage of food. According to a 2006 report by United Nation Food and Agriculture Organization (FAO), out of the global annual production of 36 billion tons of CO₂-equivalent greenhouse gases, meat production contributed around 14% to 22% of its total volume.

Global warming impact of greenhouse gases by beef production is about 13 times that of poultry production; and 57 times more than potato production. By eating one vegetarian meal per day, each of us could help reduce about 0.78 kg of CO₂ emission. One year of vegetarian diet would be equivalent to planting of 82 trees while allowing soil to yield more nutritious food at the same time.

The Right Choice

The main motivation of a vegetarian diet for the majority of people is one concerning “health”, which is so self-serving rather than kindness to animals or environment protection. Pseudo-vegetarians and flexitarians also share the same key motivation. Recently, the number of colorectal cancer patients is increasing year after year almost surpassing the number of liver cancer as the top cancer population. Doctors have pointed out that “the consumption of grilled red meat increases the risk of colon cancer, breast carcinoma, lung carcinoma and prostate cancer.” As a matter of fact, many cancers are possibly related to meat eating diet, such as lung cancer, stomach cancer, mouth cancer, larynx cancer, esophageal cancer, and bladder cancer.

Newer Concept on Healthier Protein Source

The current medical evidence have shown that plant-based proteins such as those found within bean family products are better proteins easier for human body to digest and absorb, which is contrary to the belief in the past that meat is the main source for protein. In the draft version of “Daily Dietary Guideline” published on June 2, 2009 by the Nutrition Society of Taiwan has adapted the change to recommend the protein intake to come from bean family products as the primary source. In the detailed document of the dietary guideline, it also states that “Daily nutritious diet should be based on non-processed foods originating mainly from plants.”

Well known nutrition scientist Dr. T. Colin Campbell whose work helped former president Bill Clinton regaining his health, examined the relationship between dietary behaviors and death rates in regions of China and Taiwan. After thorough study of these findings, he concluded that “low-fat, whole food, plant-based diet” is the best way to improve human health. According to him, animal protein was mistakenly considered as a better protein source in the past for a very long time, this idea has misled

us for decades to nearly a hundred year... hardly any theory has done more damage to us than this misconception.” Ever since the year 2000, USDA has allowed school lunch to use tofu and soy yogurt completely as meat alternatives. Some medical studies have found that excessive consumption of animal protein could over-burden our body causing kidney stones, diabetes, kidney disease and high blood pressure. Excess intake of protein could cause calcium loss in bones leading to osteoporosis.

Now fully on vegan diet, the former American president, Bill Clinton, is an

excellent example of adopting plant-based diet for better health. He has survived a severe heart attack in 2004 and has since then cut back on calories and cholesterol intake, except forsaking foods such as hamburgers. In 2010, he again experienced another cardiac event and started to worry that he won't be able to live long enough to see his grandchildren. He turned to Dr. Campbell's recommendations for help and adopted dairy free plant-based diet after his heart surgery. He lost weight of about 10 kg claiming that a vegan diet saved his life while celebrating his 66th birthday in 2012.



 Dr. Yi-Kung Lee, ER Department Director of Dailin Tzu Chi Hospital, at the event of “Love Heals the World” in Gu Keng Township, Yunlin County, sharing his experience of vegetarian diet which successfully made him fitter and slimmer. 

Vegetables and Fruits Are Lifesaving Foods

Cholesterol is only found in meats and doesn't exist in plant-based food. Test results found that the amount of heavy-metal and residual chemicals in meats is dozens of times higher than the level in plant-based foods. Besides that, its containment of environmental hormones and toxics along with exposure to foot-and-mouth disease,

avian-flu and mad-cow disease, are also motivations to choose vegetarian diets for health conscious people today. Other national and international researches have also shown that plant-based diet helps reduce risks of many diseases including cardiovascular disease, cancer, stroke, and can even mitigate allergy effects. This is because vegetables and fruits contain rich level of vitamins, minerals and trace elements which are excellent source of anti-oxidants for body detoxification, and immunity boosting for



 The good deeds came as a result of a vegan diet. Anchor Fastener Industrial Co., Ltd in Kaohsiung joins the movement of “80% full on Vegetarian meal, 20% spared for the needy,” which helps save much money for the company. In return, President Thompson T. H. Chang donated 1,000 artificial tooth implants to Tzu Chi Medical Mission to help disadvantaged and people in poverty. The donation is received by Dr. Ruey-Ho Kao (3rd from the left), superintendent of Hualien Tzu Chi hospital, and Dr. Ming-Jie Huang (2nd from left, Director of Dental department, Hualien TC hospital).

protection. Therefore, doctors would still recommend eating more vegetables and fruits to improve our health even though most people are not completely giving up meat just yet.

It is evident that there're plenty of benefits of health for us to be on vegetarian diets, and this has led many health conscious medical professionals to become vegetarians. Director of Tzu Chi hospital in Hualien Dental Service Department, Dr. Ming-Jie Huang, has experienced spinal disc herniation in his 30s, requiring long-term rehabilitation. After switching to a vegetarian diet, his muscle strength improved and no longer need rehabilitation therapy. His feeble and sickly wife has also recovered from a stomach disorder without further medication years after converting to a vegetarian diet. Dr. Yi-Ying Huang of Tai chung Tzu Chi hospital was diagnosed with very high level of anti-nuclear antibodies (ANA) in serological tests and considered to be in high-risk group of developing lupus erythematosus, which disqualified her from getting medical insurance. She has seen the amazing effect of plant-based diet in herself - 20 years after she started on vegetarian diet, her ANA level has dropped year after year and with a better body strength. Dalin Tzu Chi hospital ER director Dr. Yi-Kung Lee and Dr. Yu-Jie Su, director of Cancer Medical Center,

were both weighting over 100 kg and had gone through a "transformation" after converting to a vegetarian diet. Dr. Lee sheds 40 kg and now sleeps better, becomes mild-tempered and more energetic. Previously, Dr. Su had been struggling with obesity-induced hypertension; then after proper exercises and a vegetarian diet, he lost 18 kg and became much healthier.

Healthy Lifestyle Sustains Harmony

With all the evidences showing that vegetarian diets have absolute positive benefits over our environment, health and spirituality, it still takes quite a number of outstanding vegetarian athletics to break the myths of meat eating equals to muscle building. Even so, the concept of vegetarian diet is still being questioned and challenged in many writings and debates. Indeed, vegetarian diet is not meant to be cure-all. And the best way to maintain your health will require not only a proper diet but also sufficient exercise and a loving, compassionate and radiant heart. The true spirit of vegetarianism is to promote an ever-evolving universe and advancing civilization, keeping our mind, body and environment in harmony with a lifestyle of health and sustainability.



Returning to a Free Life through Vegetarian Diet

**Written by: Dr. Yi-Yin Huang, MD.,
Metabolism Department, Taichung Tzu Chi Hospital**

As a vegetarian, Dr. Yi-Yin Huang received the best gift in return: the improvement of her health. Her anti-nuclear antibodies index for lupus has decreased.





Over the years, whenever I tried to purchase medical insurance, I was always rejected by the policy providers. The reason was I suffered unexplained fevers and joint pains during my twenties. My antinuclear antibodies index was too high, and I was told that I had lupus, which could cause deterioration of body organs. It would even be dangerous for me to get pregnant. With my medical training, I fully understood the severe nature of my condition. Thus, I was constantly stressed out and irritable. I lamented and felt sorry for myself.

Respect Life with a Vegetarian Diet to Curtail Diseases

Are there any ways to help me improve my health? Findings from animal and human research have indicated that a low fat diet with limitation on protein intake, especially the amino acids (primarily from animal protein), can counter diseases of the immune system. However, I had always been fond of gourmet food and delicacies, so it was a long inner struggle to give up my interest and desire in gourmet food. Fortunately, at the time, I was introduced to Buddhism. The Dharma Masters and fellow Buddhists kindly and patiently enlightened me that like humans, animals are made of flesh and blood, with awareness and emotions. So, I decided that no matter how good the taste, regardless of how strong the temptation, and despite the difficulty, I resolved to never eat animals again.

When I decided to become a vegetarian, the first resistance actually came from my parents. They were worried that the change would lead to malnutrition. However, step by step, I proved to them that if I carefully selected the food, then the vegetarian protein and fat that were digested and absorbed by the body were all better than animal counterparts. Vegetarian fiber and vitamins were far better than meat and fish products. The most common killers today – myocardial infarction and strokes – are so prevalent because of high cholesterol and fatty blood in our body. If we could replace animal product consumption with vegetarian diet, then our health will ultimately improve. Major international studies have also demonstrated that vegetarian diet can



prevent and even alleviate diabetes. In experiments by N.D. Barnard and others, patients with Type II Diabetes were compared in two control groups. One group was given a low fat vegetarian diet, while the others continued with traditional diet. The vegetarian group showed reductions in HbA1C, total cholesterol, and LDL (lower density lipoprotein). Similarly, D.J. Jenkins and others reported that eating whole grain foods rather than traditional meat-oriented foods improved blood sugar range reading for diabetes and insulin resistance. The possibility to have diabetes induced cardio-vascular disease was also reduced. Beans and vegetarian protein can reduce proteins in the urine and reduce stress on the kidneys. Consequently, there is much less danger of having kidney complications resulting from Type II Diabetes.

When my family realized that I am dining with a healthier style, naturally they were happy with the result. Still, while at work or eating with family and friends, I sometimes worried that we could not find a venue that accommodated vegetarians or that I inconvenience others by insisting upon vegetarian diet. However, looking from a different perspective; if at a gathering, there are good friends, who could not eat beef or pork because of allergy or religion, we would definitely understand and accommodate. We would still enjoy their company. Then the same consideration should be applied for vegetarians.

Vegetarian Diet Soothes Body and Soul - Life Becomes More Tender

Finally, the most difficult barrier to overcome was actually within my own heart. I was afraid that I could not persist being a vegetarian for the rest of my life. Would I falter and eat meat again? I told myself: most of us are not saints; we are bound to make mistakes. However, once when we know right from wrong, we ought to proceed in the right direction. Every now and then, we may accidentally have a traffic violation, get angry, or commit a mistake, but we cannot just give up and turn into a completely bad person. The choice to become a vegetarian should be the same.



Dr. Yi-Yin Huang and her family often go on nature outings during the holidays. After becoming a vegetarian, the health and relationship of Dr. Huang and her family have improved. She now enjoys a totally different positive life experience.

In the last twenty some years, I have evolved from being a try-my-best vegetarian to a dairy free and eggless diet, and I am currently pursuing a pure vegan diet. My previously high anti-nuclear antibodies index has steadily dropped lower and lower. For years, it has actually been trending toward negative readings. My energy and stamina at work and in sports matched those of my peers. I do not get irritated or angry as easily as before. My two adorable sons now enjoy playing and doing homework with me; they praise their mother to be more gentle and patient. I believe all these improvements are the results from my vegetarian diet, which has not only improved my health, but also turned my life around.

Oil-free Cooking, Healthy Food with No Burden

Rice cake

Design / Huei-Mei Yen

Ingredients:

- 4 cups of rice
- 3 ½ cups of water
- 1/3 carrot
- 15 grams of perilla powder
- 10 grams of seaweed powder
- 1/3 carton of red cabbage sprouts
- 1/3 carton of alfalfa sprouts
- 1 small bag of eggless mayonnaise
- 3 lemons: juice 2 ½ lemons
and slice ½ lemon into
thin slices for decoration
- 1 teaspoon of sugar rock
- 1 teaspoon of vegetable oil

Steps:

1. Add and cook ¼ tsp of sugar rock and 2 drops of vegetable oil with washed rice in the rice cooker. Let the cooked rice sit for about 10 minutes; then mix the rice with lemon juice and ¾ tsp of sugar rock.
2. Lightly oil the cake mold; then place 1/3 of the mixed rice into the mold. Then add a layer of julienned carrots on top of the rice.
3. Add another 1/3 of the mixed rice; then evenly sprinkle a layer of perilla powder on top.
4. Then add the rest of the rice; afterwards, add a layer of seaweed mayonnaise (10 grams of seaweed powder mixed with small bag of eggless mayonnaise).
5. Lastly, layer the “rice cake” with alfalfa sprouts and red cabbage sprouts.
6. Gently flip the cake mold onto a plate to remove the “rice cake.”
7. Place the sliced lemon around the “rice cake” and decorate the top with some red cabbage sprouts.



For its twenty-sixth anniversary, Hualien Tzu Chi Hospital organized the “Reduce Carbon to Save the Planet - Fumeless, Healthy Vegetarian Cuisine Competition”, in which ten teams participated. Each winning cuisine must contain the following characteristics: high fiber, low cholesterol, nutritious and low carbon requirement.

Rainbow Nigiri

Design / Mu-Rung Lee

Ingredients:

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|-----------------------|-----------------------------|
| 1 carrot | some corn kernels |
| 1 apple | 1 bag of nori seaweed |
| 2 slices of tofu curd | 1 pitaya/white dragon fruit |
| 2 cucumbers | 1/5 head of red cabbage |
| 2 kiwis | 2 teaspoon of peanut powder |

Steps:

1. Julienne the ingredients to approximately 6 cm long
2. Blanch and then place the carrot, cucumber, and bean curd into icy water (water with ice in it) to maintain the crispiness.
3. Julienne the pitaya and kiwi to eliminate the extra juice.
4. Lightly grill the Nori.
5. Wrap the ingredients with nori to make a nigiri and lightly add the peanut powder on top.



Fruit Salad Spring Roll

Design / Shu-Shi Hsieh

Ingredients:

10 spring roll wraps (Vietnam noodles wrap)

a handful of asparagus

1 carrot

2 apples

1 bag of nori

½ lemon

3 teaspoon of peanut powder

1 teaspoon of wasabi powder

a pinch of powdered Sugar

Steps:

1. Julienne the apples, and then keep the apple strips in lemon water

2. Blanch the asparagus and julienned carrots. Then place the asparagus and carrot strips into iced water for 5 minutes. Then drench the water and set the vegetables aside to be used later.

3. Quickly soak and remove the spring roll wrap from cold water.

4. Flatten the spring roll wrap on a plate; then, add nori, carrot strips, asparagus, apple strips, and etc. with peanut powder, wasabi powder and powdered sugar, accordingly to personal preference. Then roll the wrap and slice.

PS: You may change ingredients to seasonal fruits and vegetables.



Healthy 5 Grain Rice

Ingredients:

¼ head of pumpkin
¼ head of taro
2 mushrooms
¼ red bell pepper
¼ yellow bell pepper
some carrots & some celery
vegetable broth
½ cup of brown rice
1 cup of white rice
¼ cup of purple glutinous rice

Broth Ingredients:

daikon, carrots,
cabbage, and tomato

Seasoning:

a pinch of sesame oil
and salt for taste



Steps:

1. First cook the vegetable broth by boiling Daikon, carrot, cabbage, and tomato with water; then, set the broth aside to cool.
2. Presoak the brown rice and purple glutinous rice for 2 hours.
3. Cook the white rice, brown rice, and purple glutinous rice with vegetable broth and a pinch of salt.
4. Dice the pumpkin, taro, mushroom, red bell pepper, yellow bell pepper, carrots, and celery.
5. Cook the pumpkin and taro with vegetable broth; then, when the pumpkin and taro soften, add the rest of the cubed vegetable.
6. Mix the cooked rice with the cooked vegetables and sesame oil.
7. Decorate the healthy 4 grain rice with sliced fruits and cubed bamboo on the plate.



Seasonal Salad

Design/ Yang Sho-Hwa

Ingredients:

Cubed toast

Fruits: canned pineapple, canned peaches, guavas, kiwis, apples, oranges, cherry, tomatoes, and lemon

Vegetables: lettuce, tomatoes, cucumbers, and red cabbages

Dressing direction: mix perilla plum marinated sauce with freshly squeezed lemon juice, and then add white sesame

Steps:

1. First wash all ingredients. Then dice and presoak the apple and kiwi in iced water. Cut the peaches and large tomatoes into crescent moon shapes, and julienne the red cabbages. Then after cutting the cucumbers into strips with widths of approximately 0.5 cm, trim the strips into thinner strips.
2. First place the lettuce leaves flat on a plate; then add julienned red cabbage, cucumbers, kiwis, apples, guavas, pineapples, and cubed toast on top. Then place the peaches and tomatoes around the lettuce. Lastly pour the sauce over the fruits and vegetables.

Treasure Island

Design/ Mei-Wen Yang

Ingredients:

potato, cucumber, carrot, apple pear, apple, smoked tofu skin, lemon, raisins, eggless mayonnaise, eggless Thousand Island dressing

Steps:

1. Peel and dice the potato and carrot. Dice, blanch, and cool the cucumber. Mix the potato, carrot, and cucumber with mayonnaise.
2. Peel and dice the apple and apple pear. Dice the smoked tofu skin. Mix the apple, apple pear, and smoked tofu skin with Thousand Island dressing.
3. Place mixture 1 on one side of the plate and mixture 2 on the other side. Then add raisin on top. Decorate the edges with lemon slices.

