



Strength in Plants *By Kate Murray*

Vegan salad won't leave you asking: Where's Waldorf?

THE INTERNATIONALLY renowned Waldorf Astoria, New York's luxury hotel known for its grandeur and elegance, is the inspiration for the century-old Waldorf salad, first created by the maître d'hôtel in 1893.

My mom used to make a chicken salad very similar to the Waldorf salad, which she typically served for brunch or on special occasions. I've decided to take her version of the salad and turn it into a healthy, plant-based version. This interesting take on the Waldorf promises to compete with even the most discerning taste buds, and most of your guests won't even know it's meat-free.

There are basically two types of soybean products used in plant-based cooking — tofu and tempeh — and they are very different from one another.

The most common is soy curd (better known as tofu) made from soybeans, water and a coagulant to give the appearance of a creamy texture. It typically comes in a block in the refrigerated section of the grocery store. I do not recommend using this variety of soy. Although it is made from

a plant, this form is heavily processed and therefore associated with numerous health risks.

For this recipe, I'm using a product called tempeh, which is fermented and made from the whole soybean, allowing it to retain its nutritional composition and phytonutrients. There are other widely available types of vegetarian proteins on the market; some are made from soy flours called textured soy protein (TSP), or textured vegetable protein (TVP). However, I do not recommend those for this recipe. Look for the packaged tempeh in the organic, refrigerated section of most grocery stores. This version of tempeh can also be marinated and baked in the oven (think barbecue sauce) or in this case, it can be crumbled and used in a salad. When you crumble it with your fingers, it has a striking resemblance to cooked, shredded chicken. When used in a salad the difference is hardly recognizable.

There is a long-standing debate about whether tempeh should be considered a whole food or not. My recommendation is that once in a while, replacing a meat dish with something like this can contribute to a healthier lifestyle. However, remember it is important to consider your own personal dietary needs and health concerns when deciding to incorporate one of the more controversial foods, such as soy. ☺

Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: asilentcure.org.



**Plant-based
Waldorf salad**

SPECIAL TO THE READING EAGLE: KATE MURRAY

INGREDIENTS

1 package of tempeh.
 ½ cup chopped walnuts, lightly toasted.
 3-4 stalks of cleaned, chopped celery.
 2 cups of seedless red grapes, sliced in half, or quartered if they are large.
 1 red apple, cored and chopped.
 ¼ cup freshly chopped parsley.
 Service over fresh spinach, or in a pita.

DRESSING

½ cup vegan mayonnaise.
 3 tablespoons tarragon vinegar.
 1 tablespoon freshly chopped

tarragon or ½ teaspoon dry tarragon.
 ¼ teaspoon garlic powder.
 Salt and pepper to taste.

Prep: In a mixing bowl, whisk the mayonnaise and tarragon vinegar. Crumble the tempeh into the dressing, then fold in the chopped celery, grapes, apples and parsley. Toss in the walnuts, salt and pepper last. Serve over a bed of greens or in a pita.

NOTE: It is not necessary to cook the tempeh first, although some people like to do so.

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