

EAT GREEN • LIVE WELL


vegetarian times

THE season's best

- **Festive** fall harvest dinner
- **Cooking** with fresh pears
- **Cute & kid-friendly** Halloween menu
- **DIY** fruit & veggie chips

37
healthy,
satisfying
recipes

Natural Rx
apple cider
vinegar


SOUTH AMERICAN
SQUASH AND
VEGETABLE
RAGOÛT, p. 64



**2010
FOODIE
AWARDS!**

114 editors' picks: the ultimate grocery list



\$4.99 US \$6.99 CAN



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vegetariantimes.com
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20. CEREALS

Readers' fave:
Bare Naked 100% Pure & Natural Banana Walnut Cereal



The complex blend of tastes and textures makes you crave another bowlful.

Runners-up:

Barbara's Shredded Wheat Back to basics with a comfort food classic.

Bob's Red Mill Organic Extra Thick Rolled Oats Smoother than steel-cut, heartier than run-of-the-mill rolled oats—it's the perfect bowl of porridge!

Nature's Path Organic Flax Plus Raisin Bran A tasty way to get your omegas.

21. SOUPS

Readers' fave:
Wolfgang Puck Organic Thick Hearty Vegetable Soup



A pantry must-have, with a tasty base and plenty of big, chunky veggies.

Runners-up:

Dr. McDougall's Black Bean Soup A hearty, protein-packed lunch.

Imagine Organic Creamy Broccoli Soup Creamy satisfaction without the cream.

Kettle Cuisine Tomato Soup with Garden Vegetables Why settle for plain tomato, when you can have the whole garden?

22. FROZEN ENTRÉES



Readers' fave:
Amy's Rice Macaroni with Non-Dairy Cheese

The ultimate vegan cheese (Daiya) is featured in this comfort food staple.

Runners-up:

EVOL Burritos Tofu & Spinach Sauté Takes frozen burritos to another level.

Kitchens of India Mutter Paneer with Basmati Rice, Naan & Pindi Chana An entire, tasty meal in a box.

23. BOUILLON

Readers' fave:
Better Than Bouillon Organic Vegetable Base This fridge staple makes it easy to create quick, flavorful soups with any veggies you have on hand.



Runners-up:

Edward & Sons Not-Chick'n Look no further for mock-chicken soups.

Rapunzel Vegan Vegetable Bouillon with Sea Salt Easy-to-store cubes with a nice light, herb flavor.

24. QUICK SAUCES

Readers' fave:
Monique's Rustic Roasted Garlic Sauce Turns plain pasta into a meal to sing about.



Runners-up:

Maya Kaimal Tikka Masala Fresh Simmer Sauce Skip the takeout, and look for this superior sauce in the refrigerator section.

Seeds of Change Organic Madras Simmer Sauce Mix and match with your favorite veggies and beans for authentic homemade curry in a flash.

Stonehouse 27 Cilantro & Coconut Cooking Sauce Adds zest to cooked grains and veggies.

25. CHEESES (OR NOT)

Readers' fave:
Organic Valley Raw Sharp Cheddar Cheese



Everything you've ever wanted in a cheese—except it doesn't replenish itself.

Runners-up:

Daiya Cheddar Style Shreds Melts so well, you'll never know it's vegan.

Dr-Cow Tree Nut Cheese Aged Cashew & Hemp Seeds Cheese Complex flavor satisfies as with fine cheese, sans cow.

Follow Your Heart Vegan Gourmet Mozzarella Cheese Alternative Shredded, this makes a great topper for lasagna or baked pasta.

V-Bites Smoked Cheddar Style Cheezly The flavor of this smoked cheese is oh so comforting.

26. SPICE BLENDS

Readers' fave:
Bragg Organic Sprinkle Seasoning The versatility of this spice blend is what makes it No. 1.



Runners-up:

Frontier Natural Products Co-op Garam Masala Creates depth and a hint of sweetness to awaken your palate.

Frontier Natural Products Co-op Black Peppercorns with Chipotle Adds a delicious smoky flavor to potatoes and the like.

Jaffe Brothers Organic Northern Italian Seasoning Get all these goodies in one: basil, oregano, rosemary, garlic, and porcini mushrooms.

27. LIQUID SWEETENERS

Readers' fave:
SweetLeaf Liquid Stevia, English Toffee Turns any drink into a sweet, smooth treat.



Runners-up:

Coombs Family Farms Pure Maple Syrup Mmm, tastes like they just tapped the tree.

Lundberg Sweet Dreams Organic Brown Rice Syrup Wonderful sugar substitute for baked goods.

Wholesome Sweeteners Organic Raw Honey Golden color and thick consistency make this a standout.

28. NUT & SEED OILS

Readers' fave:
Spectrum Organic Sesame Oil, Unrefined Adds the perfect flavor to any Asian-inspired dish.



Runners-up:

Bija Organic Hydro-Therm Almond Oil Try this in baked goods for rich almond flavor.

La Tourganelle Roasted Pecan Oil The aroma and taste of roasted pecans will make this a favorite in your kitchen.

29. ORGANIC PLAIN YOGURTS

Readers' fave:
Oikos Organic Greek Yogurt, Plain Nonfat



Deeply rich and thick with 0 grams of fat and 15 grams of protein, this organic yogurt had us at hello.

Runners-up:

Nancy's Organic Plain Lowfat Yogurt The combo of consistency and taste makes Nancy's perfect for cooking.

Wildwood Probiotic Soyogurt Unsweetened Plain Sugar-free plain soy yogurt with velvety texture and tart flavor.

Voskos Organic Greek Yogurt Plain Non Fat If you like your Greek yogurt with a little more sweet and a little less tart, you'll love this creamy creation.

30. GLUTEN-FREE COOKIES & CAKES



Readers' fave:
Amy's Gluten Free Non-Dairy Chocolate Cake

A cake you can proudly serve anywhere, anytime. No one will guess it's gluten-free (or from the freezer).

Runners-up:

Ian's Wheat Free/Gluten Free Chocolate Chip Cookie Buttons So cute and tasty, you'll find yourself grabbing for more.

Immaculate Baking Co. Chocolate Chunk Gluten Free cookie dough We couldn't believe it was gluten-free.

Mi-Del Gluten-Free Ginger Snaps Enjoy a burst of ginger in these petite, satisfying treats.