

Vegan Expert Linda Long Talks, Signs, Cooks

Vegan expert and author Linda Etter Long spoke to about 60 students, faculty staff and alumni on campus recently to talk about veganism and her new book *Great Chefs Cook Vegan*.

In addition to being a committed vegan, Long is a food photographer and journalist whose career has taken her into the worlds of fashion, food and nutritional topics. She graduated from MU in 1965 with a degree in home economics education

During her presentation, Long discussed how vegans get their protein and why it is healthier to get proteins from plants rather than from meat. She shared her favorite recipes, information on nutrition, and provided resources for vegan and vegetarian related articles. Long also shared her story on how she came to create her new cookbook, speaking about the featured celebrity chefs, the process of photographing each chef and dish, and why each recipe was tested three times.

Long's friends and fellow MU alumni Fred and Alice Sprout (both class of 1965) were also on hand.

The Student Dietetic Association helped organize the event and prepared three recipes from Long's cookbook that event attendees were invited to sample. Student Dietetic Association President Kelly Schuster presented Long with a gift to thank her for coming and sharing her story, and Director of Alumni Relations Denise Berg presented Long with a gift on behalf of the Alumni Association in recognition of her many achievements, and to thank her for sharing her knowledge with the students.

Great Chefs Cook Vegan is available at the campus bookstore for \$26.25 plus tax.

mansfieldbookstore.com/