

# Kristen Lee Ohanyan's

## Vegan "Hawaiian Haystacks" with Helen's Sweet & Sour Sauce

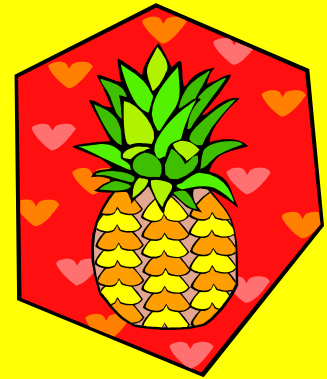


This month, Society of PEACE President & Co-founder **Kristen Lee Ohanyan** pays tribute to her late grandmother with a beloved family recipe that was often served at summer parties and on special occasions. Kristen has veganized the Haystack recipe over the years, but her grandmother's sweet & sour sauce was always vegan!

Kristen co-founded the **Society of PEACE (People for the Earth, Animals, Compassion & Enlightenment)** with her husband, Tosh, and the organization debuted in March 2004 ([www.vegansocietyofpeace.org](http://www.vegansocietyofpeace.org)). She first learned about animal rights issues from the PETA mailings her grandmother received back in the late 1980's. She credits her activism with Amnesty International & PETA campaigns over 20 years ago as paving the way for her work promoting veganism and animal rights.

### Vegan Hawaiian Haystacks

- 6 cups cooked organic Jasmine rice
- 1 pkg. Lightlife Smart Deli Vegan "ham" slices, chopped
- 1 green bell pepper, diced
- 1 cup chopped green onion
- 2 cups diced tomatoes
- 1 can or 2 cups of diced pineapple
- 1 pkg. Asian chow mein crunchy noodles



*Place ingredients in individual serving bowls. To make "haystack", first layer a handful of crunchy noodles, then rice, then top with other ingredients on plate. Pour "Helen's Hawaiian Sweet & Sour Sauce" over the haystack and serve.*

### Helen's Hawaiian Sweet & Sour Sauce

- 1 cup organic vegan sugar
- ½ cup white vinegar
- ½ cup pineapple juice
- ½ cup water
- 1 Tbsp diced green bell pepper
- ½ Tsp salt
- 3 Tsp cornstarch\*
- 1 Tbsp cold water\*

*Simmer all ingredients (\*except cornstarch & Tbsp cold water) for 5 minutes. Mix the cornstarch & water in a cup, then slowly add into simmering mixture. If desired, add more cornstarch/water mix to reach desired thickness. Serve warm over the Vegan Hawaiian Haystacks.*