

# CHRISTMAS FOR VEGETARIANS

Jamie Glaser



## Table of Contents

[Being the Only Vegetarian at Christmas](#) 3

[Snack Ideas for Vegetarians](#) 4

[Christmas Breakfast for Vegetarians](#) 5

[Vegetarian Meal Prep to Do the Day Before](#) 7

[What Can You Make Instead of Turkey?](#) 8

[Ideas for Your Vegetarian Guests](#) 10

[Alcoholic Drinks for Vegetarians](#) 11

[Ideas for Vegetarian Desserts](#) 12

[What to Look for While Shopping](#) 14

[Fantastic Sides for Vegetarians](#) 15

# Being the Only Vegetarian at Christmas

You don't need to freak out about the holidays even if you're the only vegetarian around. You can prepare in advance to bring your own food, and deal with the comments or added attention surrounding your diet and end up having a really good time. After all, food is not the only reason for the season.

\* Bring Your Own Food – The easiest answer is to bring your own food. If that is impossible, talk to the host about letting you cook some of your "famous" or special dishes that happen to be something you can eat. Make sure you get some before everyone else does.

\* Tell the Host – Always talk to your host about your food preferences even if they do not ask. Just tell them that you are a vegetarian and that they don't need to make a big deal out of it, but if they could label or point you to the meat-free food, you'd appreciate it. Plus of course, make and bring your own too.

\* Eat in Advance – Sometimes it's just better to eat before you go, or snack while there and eat more at home. You know better than anyone else what the people you're spending the holidays with are like. If they feel judged and you can't convince them otherwise, sometimes it's best not to eat but just enjoy their company instead.

\* Focus on the Social Aspects of the Holiday – Remember that you're there to socialize or to spend time with people you don't get to see often. Spend more time talking than putting food in your mouth, and you'll solve one of the main problems. If you don't announce it to them, they probably won't even notice what you eat or don't eat.

\* Be Prepared with Answers – If everyone does know, be prepared to defend yourself and to answer their questions. Try to be happy while you do it. Most people are concerned, and sometimes they feel judged even if you say nothing. Try to answer questions in a non-judgmental way; save the abused animal stories for another time.

\* Plan for Temptation – One reason it can be difficult to be around non-vegetarians is because of temptation. It's hard to smell the food and not eat it for some people. So plan to be tempted and plan a way to avoid the temptation with your own versions of foods that tempt you - like pumpkin pie, for example.

\* Watch Out for Unknown Dishes – If you see a dish where you don't know what's in it and you don't want to ask, try to avoid it. You can ask by stating that you're allergic to whatever you think might be in it that you cannot eat, to get confirmation. But you can also be direct and ask if it's vegetarian.

\* Remember the Reason for the Season – Whatever reason you celebrate the holiday, remember the why about it. Whether it is a religious holiday to you or not, it's probably very special. Remember that and make that your focus.

\* Don't Judge or Preach – It can be hard to keep quiet when you truly believe in something passionately, but it's imperative for the holidays that you don't judge or preach. Again, no one wants to hear about the torture of animals at their holiday party.

Remember to smile and laugh with your friends and family during this time. You can eat anytime you want to, but you cannot see your friends and family anytime you want to. Spend time with them and enjoy their company, and eat more food that you like when you go back home.

## Snack Ideas for Vegetarians

Planning snacks for your holiday parties can seem like something you should dread. But the truth is, it's easy. You don't have to buy a bunch of processed store-bought items to come up with some amazing snack ideas during the holidays. Don't forget that there are always leftovers to snack on too.

Zucchini Fries and Siracha Dip

(<https://chocolatecoveredkatie.com/2013/05/28/crispy-healthy-baked-zucchini-fries/>)

Start with Katie's perfect crispy baked zucchini fries, and then you can add whatever dip you want. A good one to try is this vegan sriracha dip (<https://www.veggiesdontbite.com/creamy-sriracha-sauce/>). You will wonder how you ever lived without this snack. You're going to want to make it all the time. Good thing zucchini is not only inexpensive but also very low in calories, so you can eat them all.

Sweet Potato Fries (<https://www.gimmesomeoven.com/oven-roasted-sweet-potato-fries/>)

This is a wonderful recipe, and the author teaches you how to ensure you get very crispy sweet potato fries. They're good with Asian sweet chili sauce, but be sure to look at the ingredients if you buy store-bought Asian sweet chili sauce - some of them are not vegan although many are vegetarian. These are addictive, so make enough for everyone.

Crudités (<https://www.loveandlemons.com/veggie-crudite-platter/>)

This veggie platter has the best of all worlds. Tons of veggies, yummy dip, along with sweet and salty flavors for the win. Plus, it's simple, and everyone will be impressed even though you just cut up a few things and organize them on a beautiful platter. If you're stuck on what to make, this will please everyone.

Fried Mushrooms (<https://toriavey.com/toris-kitchen/vegan-panko-fried-mushrooms/>)

You cannot beat these fried mushrooms. Plus, the cashew dip is cheesy, creamy, and perfect. While this does take some time, it's more than worth it due to the flavors. You might want to make this for a small party of four to six and not for a crowd.

Tomato-Avocado Toast (<https://www.everydayeats.com/cherry-tomato-balsamic-avocado-toast/>)

While not necessarily an appetizer or a snack (can be a full meal for breakfast), you can make this on smaller and crustier bread - or even crackers taste good like this. Just experiment to get it right. There isn't much to it but the flavor is outstanding, and the ease is excellent. Plus, they look festive for the holiday.

Cowboy Caviar (<https://www.peacefuldumpling.com/recipe/healthy-snacks-vegan-cowboy-caviar>)

This is a dip, a topping, and a meal all in one. You can eat this with cucumbers, slices of zucchini, in a zucchini boat, or with chips and crackers. It's totally up to you how you eat it; you can offer many dippers for this amazing, healthy, flavorful dip. All the flavors are fresh and perfect for the holidays. Put it in a clear dish so everyone can see the colors. Instant décor.

# Christmas Breakfast for Vegetarians

Here are some great breakfast ideas that incorporate veggies and all the flavors you love during the Christmas holidays. These recipes allow you to get creative too. For example, you can add cranberries to all of them as well as other veggies. Use your imagination, and you'll delight everyone, including yourself.

## 1. Fancy Hash Browns

2 TBS olive oil

2 cloves garlic, pressed

2 green onions, chopped (use the green and the white parts)

1 bag hash browns

2 cups veggies (combo of broccoli, Brussels sprouts, bell peppers, zucchini - whatever you have around)

1 tomato

Salt and pepper

Fresh basil

In a large skillet, heat olive oil until hot. Add onions and cook until they sweat, then add garlic. Cook until the garlic is fragrant. Sprinkle with a pinch of salt. Add a bag of hash browns. Stir together with the onion and garlic. Sprinkle with a pinch of salt. Let cook on the first side until crispy and brown, turn over, then add the mixed veggies.

Cover and cook for about five minutes until the veggies are bright. Sprinkle with fresh basil, salt, and pepper to taste, and serve with a slice of tomato.

Hint: If you use bell pepper, carrot, or other long-cooking veggies, cook with the onion and garlic.

### 2. Overnight French Toast

1.5 cups unsweetened soymilk

2 ripe bananas

2 TBS corn starch

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

1 French baguette

1/3 cup Earth Balance vegan butter (from the sticks)

3/4 cup brown sugar, packed

1 cup pecans, chopped

2 zucchinis, peeled and shredded (put into paper towels and squeeze out the water)

1/4 teaspoon ground nutmeg

Maple syrup

Extra Earth Balance for pan

In a small blender, blend bananas, milk, starch, 3/4 tsp cinnamon, and the vanilla until smooth. Then tear the baguette into one-inch cubes before lining a well-buttered 9x13 dish with it. Pour the mixture you made in the blender over the bread. You're going to want to press the bread down to make it soak up the mixture. Cover, and put in the fridge overnight.

To prepare, preheat the oven to 350 degrees F. In a medium saucepan, melt the butter on medium-low heat. Add the sugar and whisk. Keep stirring until the mixture starts turning caramel colored. Turn off the heat, add the nuts, nutmeg, and 1/4 teaspoon of cinnamon. Meanwhile, add the shredded zucchini to the bread mixture by stirring it in. Now, spread the butter topping over the casserole. Bake it for 40 minutes until it puffs up and turns golden brown. Top with maple syrup and enjoy. If you have any seasonal fruit, you can add that too.

### 3. Sweet Potatoes

4 sweet potatoes scrubbed and dried

4 tablespoons vegan butter

6 tablespoons chopped pecans

4 tablespoons maple syrup

1 cup vegan vanilla yogurt

Pierce each potato with the tines of your fork or insert a potato nail. Bake your sweet potatoes in a 375 degrees F oven uncovered without foil in a parchment-lined pan for about 50 minutes, until a fork is easily inserted and comes out almost clean. When the potatoes are done, take them out of the oven and let cool for about five minutes. Cut open and put the above ingredients in, starting with the butter and ending with the yogurt. This is the perfect breakfast for a busy day.

If you think outside the box, you're sure to come up with lots of veggie Christmas breakfast ideas that really taste great and are simple to make. Don't overlook eating leftovers for breakfast. You don't always have to eat something that is a common breakfast item; you can mix it up. The important thing is that it tastes good.

## Vegetarian Meal Prep to Do the Day Before

During the holidays you have so much to do that you need to be able to make some food ahead of time. This way, you can enjoy spending time with your family and friends while also putting in a good party. This round-up includes dishes that you can make in advance and eat cold or reheat. Enjoy.

Tofu and Veggie Pot Pie (<https://wellvegan.com/recipe/tofu-and-vegetable-pot-pie>)

This veggie pot pie from Well Vegan is amazing. You know how after the holidays most people make food with leftovers? Guess what; you still can. Get creative with this recipe; use it as a guideline so that you can use up some of your leftovers. It can be frozen depending on what you put in it, but it also can be made the day before and enjoyed within three days just fine.

Glazed Lentil Apple Walnut Loaf (<https://ohsheglows.com/2012/10/05/glazed-lentil-walnut-apple-loaf-revisited/>)

This recipe from "Oh She Glows" is beautiful and tasty. The great thing about any type of loaf is that you can freeze it to eat later. Just wrap it in foil and then pop it in a freezer-safe container or plastic freezer bag. Then when you want to cook it, throw it from freezer to fridge to thaw during the day and put in the oven for 15 minutes to get it heated up. You can also enjoy it cold on sandwiches.

Spaghetti Squash Lasagna Bake (<https://www.pastabased.com/vegan-spaghetti-squash-lasagna/>)

This vegan and gluten-free dish is so delicious you should not announce that it's either of these until your guests are raving. This taste good after it's been frozen and it's great heated up. Make some garlic bread with this dish for a full meal of wonderful creamy goodness.

Goat Cheese and Herb Pie (<https://cooking.nytimes.com/recipes/1014554-goat-cheese-chard-and-herb-pie-in-a-phylo-crust>)

This is fancy and yummy. You can make this and then store it - just reheat and eat. It's also pretty good cold so don't knock it until you try it. If you aren't eating cheese, milk, or eggs, you can skip it or substitute as needed with a vegan option. The flavor is good with or without the goat cheese, even though it's in the name. The caramelized onions make this dish; make extra.

Meatless Zucchini Enchilada Casserole

(<https://www.budgetbytes.com/vegetable-enchilada-casserole/>)

If you eat cheese, this is an excellent choice for something to make in advance. If you put it in the fridge and cover it, you can reheat it in a couple days, but if you want to shave it longer, go ahead and freeze it in a microwave-safe or oven-safe casserole dish. That way you can just pop it in the freezer after it's cooled without any problems and then heat it up easily. If you don't want to use the cheese, this is a flavorful recipe that doesn't need it. Try adding some shredded carrots on top before serving instead.

Winter Fruit Salad (<https://natashaskitchen.com/winter-fruit-salad-recipe/>)

Full of all the flavors of the season, this winter fruit salad is to die for. You can make it (and should) a day or two ahead. The flavors will have more time to marry and become even more amazing than the day you made it. Hopefully, you can make it and wait and not eat it all up right now. If you don't want to use honey from bees, you can buy vegan honey made from apples (<https://amzn.to/2Yur7Wo>), or use maple syrup.

There is no reason you cannot make much of your holiday meals in advance. Think about the textures you want the food to be, store it properly, then reheat it in a way that retains the flavor and doesn't overcook it.

## What Can You Make Instead of Turkey?

Sometimes, and this is especially true if you weren't always a vegetarian, a family holiday comes along that makes it hard to give up the meat for the holiday. However, this Christmas you can rest assured you're going to delight your entire family if you make one of these turkey substitutes for vegetarians instead.

1. Glazed Tofu "Ham" Roast (<https://yupitsvegan.com/glazed-tofu-roast-vegan-ham/>)

If you or your guests want something "ham-like" at your holiday party, this is the recipe you need to try. This is like Mom's clove-encrusted ham from the old days. When you make this tofu roast, you're going to be amazed at how very delicious it is. It does take a little work, but you can easily do this. Read the recipe first so you know all the steps and when to start.

2. Delicious Homemade Lentil Loaf (<https://simple-veganista.com/the-ultimate-vegetable-lentil-loaf/>)

Not only is this lentil loaf pretty, but it's also full of flavor. It's a spicy combination of sweet and sour that you're going to love. It will blow away your guests, especially if they are not vegetarians. The glaze on top of this lentil loaf is excellent and easy to make. Consider making extra so that you can dip in it and serve some on the side during your holiday party.

3. Make a Seitan Roast (<https://blog.fatfreevegan.com/2011/12/seitan-stuffed-with-walnuts-dried-cranberries-and-mushrooms.html>)

This seitan stuffed with walnuts, dried cranberries, and mushrooms is so good that you will not miss the meat at all. In fact, you're going to want to make this even when it's not Christmas time. Seitan is a type of wheat gluten that you can use with the right seasonings to create meat-like and high protein main courses. This is very holiday-appropriate, and it's not hard to do with Susan's directions.

### 4. Field Roast® Tofurky (<https://fieldroast.com/>)

Okay, let's be clear. These are not that good for you. But oh, the flavor. You really will be concerned that you're eating real turkey when you eat this brand of tofurkey. You can usually get these close to the holidays at Costco, Wholefoods, and even Walmart. Besides a turkey option, they have many other delicious options for all your cooking needs.

### 5. Gardein® Holiday Roast (<https://www.gardein.com/products/holiday-roast/>)

This is another processed product, but it is also good. Plus, Christmas is only once a year, so you won't ruin your entire diet by eating it. And it's vegan, so you won't be doing anything you are worried about. It's juicy and the texture is spot on. You'll be glad you got this one if you choose to go this route.

However, if you serve this, hide the box and package and wait for people to ask you for your recipe.

### 6. Homemade Tofu Turkey (<https://www.allrecipes.com/recipe/14113/tofu-turkey-i/>)

This vegan recipe has an Asian flair and is more than tasty and fancy enough for any holiday meal. With miso, orange, and tamari, you cannot go wrong with this recipe. This also takes a while to prepare due to needing your tofu to drain for a few hours. But it is so worth it to make this recipe.

As you see, it's not that hard to replace turkey when you want to enjoy a vegetarian holiday. The truth is, no one is going to miss it. If you make a lot of delicious sides, most people forget about the turkey anyway. However, if you make one of these awesome recipes, you're going to delight everyone at the table - vegetarians and non-vegetarians alike.

## Ideas for Your Vegetarian Guests

When it's time to have a party, you want to please everyone who comes to it. As a vegetarian, you may have some challenges in life, but you won't have any issues feeding and satisfying your non-vegetarian guests if you focus on flavorful food, prepared correctly, that is in season. These tips for satisfying your non-vegetarian guests will pay off.

1. Make Good Food – When feeding non-vegetarian guests, realize that their taste buds are different from yours. They may not like some vegetarian and vegan options that are too "grassy" tasting or don't have enough salt, fat, and sweetness to satisfy the palate. Find amazing recipes and no one will notice, though. One place to get delicious vegan holiday recipes is the FatFreeVeganBlog.com (<http://www.fatfreeveganblog.com/>) which may seem strange since it's fat free, but all the recipes are very flavorful and simple.

2. Don't Mention It – One way to deal with it is just not to bring it up. Let everyone come to the party and never talk about what's being served other than to ensure you don't kill anyone who has an allergy. Many guests will not comment on the meals being served at all. Family might be a little different, but you can determine which option is best in your situation.
3. Offer a Mock Meat Alternative – The Field Roast brand tofurky is good. It's been served without fanfare or mentioning it to anyone without the guests realizing it. The fact is, today there are fantastic alternatives out there.
4. Don't Feel Pressured – One thing you should not do is feel pressured to provide meat products to non-vegetarians at your holiday party even though they are guests. While sometimes it's easier to accommodate them, you do not need to feel pressured about it.
5. Let Them Bring Their Own – One way to deal with the issue is to tell them that the meals will be vegan or vegetarian. Tell them that the food will be delicious, but you don't like to buy or prepare meat. However, if they'd like to bring their own to please label it well and bring it.

6. Swap Your Proteins – Another way to accommodate non-vegetarians is just to go ahead and make them their meat protein but then swap yours out without saying anything about it. No one will realize it, and you can still enjoy your vegetarian meal. You can buy an already cooked turkey or let the non-vegetarians bring it.

7. Set Up a Food Bar – While you may be against eating meat, you can accommodate meat eaters by offering some meats. Put the food in a food bar area and let everyone build their own meals. For example, you could have a taco bar, or potato bar, or salad bar (or all of the above) and offer a couple meat choices (or fake meat) so that everyone feels as if they have what they need.

8. Get Creative – You can make more pasta, curries, stews, casseroles, and pies vegetarian or vegan, usually without anyone even noticing. If you want to avoid any discussion of this issue, make more meals like this so that it's not as noticeable that the "meat" is missing from the plate.

Most of all, don't panic. Whether you're willing to accommodate non-vegetarians or you want to stick to feeding your guests only vegetarian or vegan food, your guests will enjoy their time with you if you provide great food and amazing company.

## Alcoholic Drinks for Vegetarians

Finding vegetarian-friendly alcoholic drinks that you can enjoy during the holidays is not as difficult as it once was. The industry realized that people want to avoid animal products when they can in their spirits, so they're coming into the market with many options. You simply need to look for what you want.

1. Use an Online Database to Search – A site like Barnivore

(<http://www.barnivore.com/>) enables you to ensure that what you are eating only has the ingredients you want them to have. Some people are okay with dairy or fish products but others, such as vegans, aren't. This site helps you find vegan options for beer, wine, and liquor.

2. Understand How It's Made – If you like a certain type of alcohol (like wine, for example), research into how it's made. You may be surprised at the ingredients. Some are using fish bladder, gelatin (which has cow or pork connective tissue), dairy, and more during part of the process of making it.

3. Do Research Before – If you are invited to an event during the holidays, it's always a good time to do some investigating about where you'll be to find out if they have any vegetarian alcoholic options for you to try. Most locations don't mind you asking and will try to accommodate you because they want your business.

4. Go Light – Most of the clear spirits (hard liquor) are vegan or at least vegetarian-friendly. Try vodka or white rum. These are almost always vegan, but do still check the brand and label in the online database.

5. Look for the Vegan Trademark – Many manufacturers are starting to realize how vital vegan or vegetarian options are for the public. Therefore, they are putting the vegan trademark on certified vegan options. This is a great way to ensure that what you buy is what you think it is.

6. Find a Vegan Bar – These are popping up in many bigger cities and locations around the world. You might not even realize you have such a thing in your area. Conduct a Google Search for vegan bars in your area, and you might get lucky.

7. Drink Classic Drinks – The fabulous classic vodka martini is a vegan drink because none of the ingredients have any animal products. If you're someplace new, you can order a dry martini and be very safe. It's easy to make; just use vodka, a dash of dry vermouth, and a few drops of brine from the olive jar. Shake and pour into your martini glass, then garnish with an olive.

8. Check with the Manufactures – Each brand has its own way of making their alcoholic beverages, so you cannot be sure that every single brand is vegan or vegetarian. It's best to look it up and check before making assumptions.

If you want to enjoy alcohol during the holidays, you can. There are plenty of vegan and vegetarian options when it comes to enjoying cocktails, beer, or wine. You don't have to give anything up when you want to avoid animal products.

## Ideas for Vegetarian Desserts

Everyone looks forward to the holidays so that they can eat desserts without the guilt. Don't worry; these ones are still sinful, rich, creamy and beautiful. These mouth-watering vegetarian desserts will thrill your family and your guests this Christmas. If you make any of them during the holidays, everyone will rave.

1. Layered Pumpkin Dessert (<https://www.veggiesdontbite.com/vegan-layered-pumpkin-dessert/>)

Don't get overwhelmed when you read the list of ingredients. It's not hard at all. You'll simply use some canned pumpkin puree and common ingredients to make this fabulous dessert. Just take it one step at a time, and you'll see that this only takes at most 30 minutes to get done.

If you don't want to make this in individual servings like the recipe shows, you can put it in a large transparent serving dish and it will make a beautiful holiday table centerpiece while everyone is eating dinner.

### 2. Christmas Cranberry Cobbler (<https://www.cakenknife.com/christmas-cranberry-cobbler/>)

This dessert is so tasty, beautiful and easy that you won't even believe it when you make it. All you need is an iron skillet and standard ingredients that you have at home. This dish does have egg and milk in it as many vegetarian dishes do. You can sub the egg with applesauce, yogurt, 1/4 cup more water, or even a banana. The milk can easily be replaced with unsweetened soymilk. The author is a prolific writer; you can scroll down to find the complete recipe.

### 3. Vegan Gluten-Free Carrot Cake Bars (<https://elavegan.com/no-bake-carrot-cake-vegan-gluten-free/>)

Carrots are a prolific vegetable in the winter, so you shouldn't have any trouble finding delicious organic carrots for this fantastic dessert. It looks beautiful on your table in a glass display and will make the house smell like the holidays while it's cooking. What's incredible is that this makes a perfect holiday morning breakfast too. This recipe is a little bit more in-depth than the others, but it's more than worth it. Just do one area at a time, and it'll turn out great.

### 4. Candied Clementine Cake (<http://veganyummy.com/2009/02/candied-clementine-cake/index.html>)

Clementine's are plentiful and inexpensive during the holidays because they are in season. What's more is that they will taste even better. This delicious candied clementine cake has you making your own candied clementines, and you're going to love them so much that you'll find yourself making them for other dishes too. Plus, the bunt cake looks fantastic as a focal point for your dessert table.

5. Kiwi Tart (<https://www.epicurious.com/recipes/food/views/kiwi-tart-231819>)

Change out the milk and cream cheese to vegan virgins to make this a delightful vegan recipe. It's a delicious vegetarian recipe right now that you'll love. Since kiwi is in season during Christmas, this makes it easier to find. This dessert also looks very pretty on your table and since it's so simple, you'll be glad you made it.

Remember that you can save money and create amazing flavors by purchasing only in-season produce to make these amazing desserts. Every one of them will make it feel like Christmas anytime you make them.

## What to Look for While Shopping

As you shop for vegetarian food this holiday, ensure that you familiarize yourself with product labeling. The ingredient list is an important thing to read every time you buy a prepared product, because the manufacturers may change their formulation. If the product does not have the V symbol on it, even if it's vegan today, it might not be tomorrow depending on their ingredients.

Here are 12 ingredients to watch out for.

1. Gelatin – This is a thickening agent that is made from the skin, bones, and connective tissues from cows and pigs. Even if you are a vegetarian and not a vegan, this is something all vegetarians stay away from. There is another type of gelatin called isinglass derived from fish that you should also avoid.
2. Some Additives – If you look at the ingredients and there are additives, they may be derived from animals. This can be any of the numbers that start with an E, and if you're a vegan, be sure to look at the back of your soymilk to make sure they did not add whey powder to it.
3. Some Food Colorings and Dyes – If your ingredient list has cochineal or carmine, that is an insect that is used to make a natural red dye. Now some vegetarians don't mind including products from insects, so you'll have to decide that for yourself.

4. Certain Vitamins – Many foods add vitamins to them, but it depends on how they were acquired. Most vitamin D<sub>3</sub> in food like cereal is made from animals. If they have added omega-3 fatty acids, a lot of them come from fish. Having said that, you can find vegan forms of vitamin D and omega-3 fatty acids today.

5. Castoreum – This natural flavoring really does often come from a beaver's anal scent gland. The best thing is to look up any ingredients listed as "natural flavorings" to ensure that it's not animal-based before consuming.

6. Sneaky Dairy Products – If your ingredient list says whey, casein, or lactose, these are all made from dairy products and should be avoided by vegans (although vegetarians tend to eat dairy).

7. L-Cysteine – This amino acid is a softening agent that is often used in bakeries, especially for bagels. It comes from bird feathers.

8. Alcohol – There are plenty of vegan and vegetarian choices but be aware that a lot of beer and wine have egg whites, gelatin, casein, isinglass, and other animal products added during the brewing or winemaking process.

9. Junk Food – Many snacks contain animal products, usually in the form of gelatin and the red dye carmine that is made from insects. For example, marshmallows have gelatin. Having said that, you can get other varieties that do not have these ingredients.

10. Deep-Fried Food – If you don't eat eggs, watch out for deep-fried food because most of the time the batter used to make them crispy have eggs. Plus, often the frying process uses lard, which is derived from cows or pigs.

11. Bone Char – While this is not an ingredient, most cane sugar is processed using the bone char to lighten up the sugar as they grind it, but some of it gets into the sugar.

12. Shellac and Other Coatings – Many shiny foods are coated with shellac, which is derived from petroleum or palm. Sometimes it's beeswax, but you'd have to ask your grocery store manager about that.

Animal-based ingredients can be in everything you purchase - even if it's a sweet, bright red delicious apple because it might be coated with shellac. The main thing is to find a list of ingredients that you personally want to avoid and carry it with you as you shop, while reading labels and asking for help when needed.

## Fantastic Sides for Vegetarians

Creating amazing vegetarian sides is fun, and shall it be said, easy? The main tip is to choose from produce that is in season and try not to add anything too complicated to it. Most of the following sides take very little effort, and everyone will love them. During the holidays, you have delicious choices and flavors to work with. So, get ready to thrill your family with these great vegetarian sides that are good for every day but also awesome for Christmas or any holiday.

Each side serves four, but you can easily make more - they are so simple.

### Roasted Broccoli

Take a head of large (or two small) broccoli and cut it up into bite-size pieces. Place in a bowl and toss freely. Add one or two tablespoons of olive oil and toss. Now add the zest of half a lemon, two cloves of garlic crushed, one 1/2 teaspoon of salt. Toss.

Pour onto a lined baking pan (parchment works best), spread out in one layer, and roast without stirring in the oven for 20 minutes in a preheated 450-degree F oven. Some of the edges will get brown and crispy. Cook until the stems are tender but still crisp. Hint: You can use this same recipe for cauliflower and Brussels sprouts.

### Roasted Brussels Sprouts with Cranberries

For this recipe, you'll need to trim a pound of Brussels sprouts. If they are large, you can cut them in half. Mince 2 TBS shallots. Place together in a large bowl. Now whisk together in a small bowl 2 TBS olive oil, 2 TBS maple syrup, and 2 TBS balsamic vinegar. Pour over the Brussels sprouts and shallots. Toss to cover all ingredients very well. Pour onto a baking sheet lined with parchment paper.


Spread the Brussels sprouts out so it's just one layer. If you cut some of the Brussels sprouts in half, put the cut side down. Bake in a pre-heated 425-degree F oven for 15 minutes, stirring halfway through. Take from the oven and stir again while adding 1/4 cup chopped walnuts and 1/2 cup dried cranberries. Bake for an additional five minutes or so until the walnuts are toasted.

### Easy and Fast Sautéed Spinach

For this recipe, you're just going to need a few ingredients. Get about 20 ounces of fresh spinach, trimmed of any tough stems and dried. In a large pan like a wok (or just a big pan), heat 2 TBS olive oil over medium heat, then add four cloves of garlic that you have sliced thinly. Cook until fragrant and beginning to brown.

Add the spinach, give it a stir, then cover and cook until wilted - which only takes three to five minutes. Remove from heat, add 1 TBS lemon juice, and 1/4 teaspoon salt. If you like extra spice, add 1/4 teaspoon crushed red pepper, or you can use hot salt in place of the salt. Another excellent substitution is smoked salt.

These three vegetarian sides are perfect for Christmas or any wintertime holiday while the items are in season. Most of the recipes can also be adapted for other in-season vegetables. Give it a try, and you'll see how simple it is to whip up amazing vegetarian sides.



# Hope you have enjoyed this ebook

email for Jamie

[jamie@gotocyberschool.com](mailto:jamie@gotocyberschool.com)

Facebook personal page

<https://facebook.com/jamieglaser3333>

Facebook Music Page

<https://facebook.com/jamieglasermusic>

Instagram

<https://www.instagram.com/jglaser333/>

Websites

<http://www.gotocyberschool.com>

<https://jamieglaser.com>

<https://www.jgsocialmediasolutions.com>