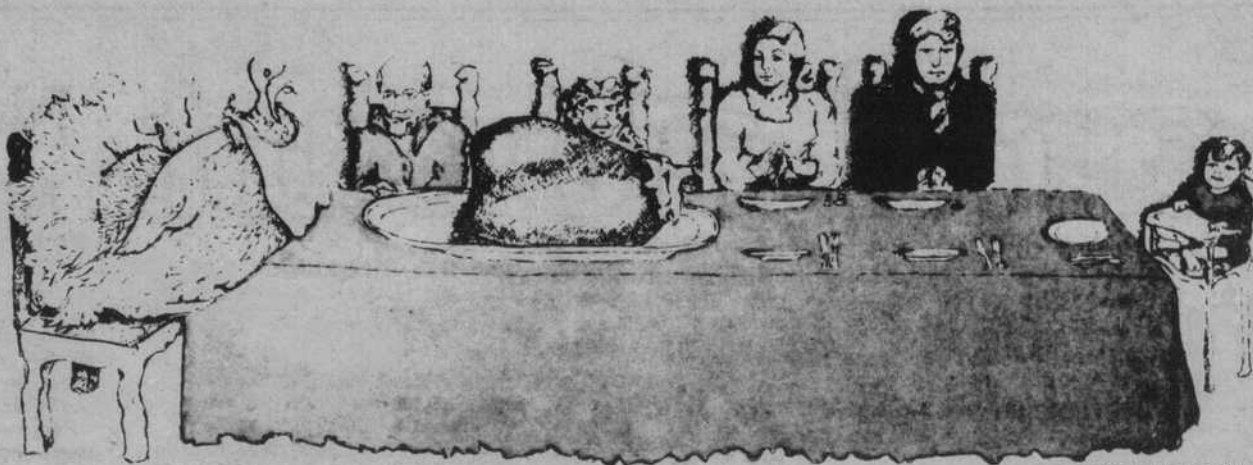


Enjoy a different banquet



Graphic by Jan Brown

By JULIE KENNEDY
For the Emerald

As Thanksgiving approaches, shoppers fill their market baskets with favorite holiday foods. The holiday menu is easy to plan following the guidelines of family tradition, but most vegetarians don't have such guidelines when planning a Thanksgiving menu, or any menu.

Vegetarians may not know the combinations of foods they should eat to provide proper nutrition. The familiar guidelines of the basic four food groups don't provide vegetarians with a sensible way to make meal choices," says dietitian Loretta Plaa, a nutrition instructor at Lane Community College.

Plaa recommends that vegetarians follow the guidelines of the "Four Food Groups for a Meatless Diet," as described in "Laurel's Kitchen" (1976), a

guide to vegetarian cooking and nutrition. Anyone following these daily guidelines can be assured of getting all the vitamins, minerals, and proteins needed each day. The guidelines are as follows:

Group One: Grains, Legumes (beans), Nuts, Seeds — Six servings daily from this group are suggested, including 2 to 3 slices of yeast-raised whole-grain bread, a serving of beans, 1/2 to 1 cup grain, and 1/4 cup of nuts or seeds.

Group Two: Vegetables — At least three servings daily, including at least one dark, leafy green vegetable. Plaa advises that at least one serving of vegetables be cooked.

Group Three: Fruit — One to four pieces, including a raw fruit that provides vitamin C, such as a

citrus fruit, strawberries, or cantaloupe.

Group Four: Milk, Dairy Products, and Eggs — Two to three glasses of milk daily, or yogurt, or cheese. Eggs are optional. No more than four eggs per week.

Plaa emphasizes some other concepts as well. Vegetarians should choose foods that are high in nutrients, she says, and avoid foods that have high sugar or fat content. It is also important that the vegetarian get enough calories, Plaa stresses.

Plaa suggests that the vegetarian eat five to six small meals daily, because the high fiber of most vegetarian diets fills the stomach faster than traditional diets.

"A variety of foods," Plaa adds, "provides a greater chance for meeting nutrient needs."

Variety is essential in planning a festive and memorable holiday dinner. If a meatless Thanksgiving Day dinner is in order, consider the nutritious holiday menu that follows. It combines a pleasant variety of flavors in a colorful and savory alternative to the traditional Thanksgiving meal.

Thanksgiving Lentil Nut Ring

2 cups cooked, drained lentils
1/2 cup milk, or tomato puree
1 1/2 cups dry whole wheat bread crumbs
2 tablespoons soya flour
1 cup chopped walnuts
1 medium onion, finely chopped
1 cup finely chopped celery
1 cup grated carrots
1 teaspoon salt
1 teaspoon each of sage and thyme
1 teaspoon rosemary or marjoram
1/4 cup sunflower seed meal

Combine all ingredients and mix thoroughly. Use a greased ring mold or loaf pan, sprinkling the bottom and sides with fine bread crumbs. Bake in a 350 degree oven for 60 to 75 minutes. Let stand 5-10 minutes before unmolding. Unmold onto a platter.

The center can be filled with green peas, or another vegetable, garnish with carrot curls and fresh parsley. Serve in slices with baked yams, squash or sweet potatoes.

The lentil nut ring may be served with a simple brown gravy.

Brown Gravy

Brown 2 tablespoons of whole wheat flour over medium heat in a dry, heavy-bottomed skillet. Add 2 tablespoons margarine. Stir flour and margarine together as margarine melts, for 3 to 4 minutes. Add 1 cup milk slowly, stirring constantly, and bring to a boil to thicken. Add salt and herbs and spices to taste. Makes 1 cup.

Pear and Grape Salad

Arlene Anibal of Eugene recommends this colorful fruit salad: Prepare a dressing of yogurt, cottage cheese, and a small amount of frozen concentrated apple juice (to sweeten). Pour over fresh pear halves, on a bed of lettuce. Cover with halved red grapes. Top with alfalfa sprouts.

Vegan Pumpkin Pie

Anibal's pie contains no sugar, eggs, or milk. Canned skim milk can be substituted for the cashew milk and cashew cream. Makes one 9-inch pie.

1 1/2 cups canned pumpkin (or fresh cooked pumpkin)
1 1/2 cups cashew milk (see below)
12-16 pitted dates
4 tablespoons thick cashew cream (see below)
1/4 teaspoon ground cardamom
2 tablespoons cornstarch or arrow root starch
1/2 teaspoon salt
1 teaspoon vanilla or maple flavoring

Mix cashew milk, and dates in blender until smooth. Combine all ingredients in a bowl, folding cashew cream in last. Bake in unbaked pie shell at 400 degrees for 10 minutes. Reduce heat to 325 degrees, and bake until filling is set, about 40 minutes.

Cashew Milk: Blend (in blender) 1/2 cup raw, washed cashews in 3 cups water until creamy smooth.

Cashew Cream: Blend 1/2 cup raw, washed cashews in 1 cup water until smooth.

Workers left in the dark

A power failure on campus slowed activity in Johnson Hall and other buildings Tuesday, closing the library and leaving many electricity-dependent office workers stranded.

A transformer in the Computer Center malfunctioned at 3:30 p.m., and caused the outage. Reason for the malfunction is unclear, but the power was returned to the buildings (except the Computing Center) by 9 p.m.

Workers originally thought the source of the problem was the corpse of a cat that had crawled into a circuit box.

The failure affected about 20 buildings between Franklin Boulevard and 18th Avenue, and between University Street and Kincaid Street. Power in the Computing Center should be restored sometime today, according to University workers.

GREATEST SELECTION ANYWHERE!

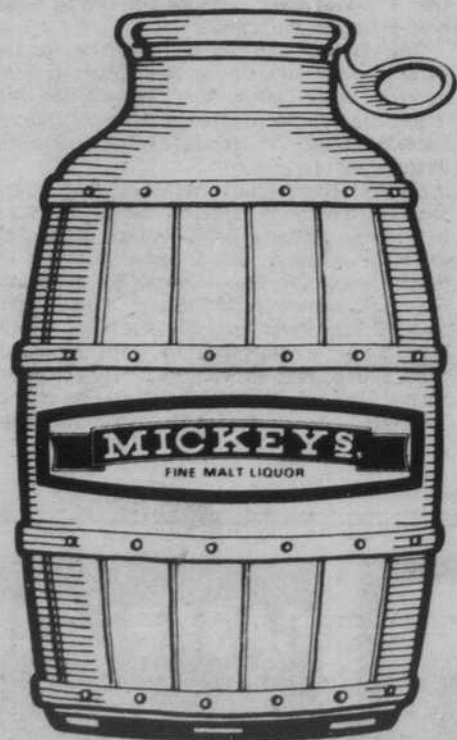
10% Discount to student & faculty All Year Round

ART and ARCHITECTURE SUPPLIES

MON—FRI 9 to 5:30
SATURDAY 10 to 4

COLE Artists' SUPPLIES

339 EAST ELEVENTH
EASY PARKING AT REAR



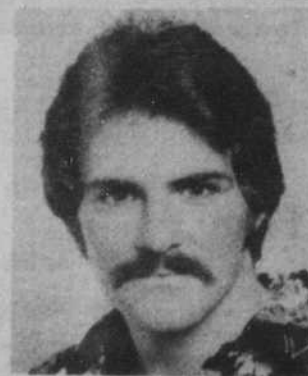
Big Mouth Is Here IN OREGON

Big Mouth from Mickey's Malt Liquor

The 4 1/2% brew is now available at your local supermarket or tavern.

Patrick Distributing Co. 915 Shelley Spfd. 726-1461

© 1978 G. HEILEMAN BREWING CO., INC., LA CROSSE, WISCONSIN AND OTHER CITIES



WE ARE BACK
at the "Old Stand"

Donna Stewart & Sue Paris

Now at

Hair Pen

(Formerly Hair Faire)

1410 Orchard
343-5970