

Recipes offer turkey alternatives

Are the thoughts of eating during the holidays leaving a bad taste in your mouth? Would you prefer to avoid spreading salmonella by way of an undercooked bird? This holiday season need not be filled with turkey anxiety.

While the United States Department of Agriculture reported in 1994 that turkey consumption has more than doubled in the United States in the past 20 years, two-thirds of the turkey consumed in this country is in fact eaten during "non-holiday" times. Here are a couple of recipes to take your holiday dinners in a new direction.

Vegetarian Shepherd's Pie

Ingredients:

Pastry for bottom pie crust
1 tablespoon olive oil
2 cups of TVP (Textured Vegetable Protein)
6-8 medium potatoes (mashed)
1 large onion (chopped)
1 large garlic clove (pressed)
1 lb bag mixed frozen vegetables

1-1/2 cups tomato sauce
4-8 ounces cheddar cheese
herb salt, tamari, paprika, salt and pepper to taste.

Textured Vegetable Protein is available in a chunky, powdery form from stores that provide vegetarian items. It adds a more substantial texture to vegetarian dishes, and is a healthy way to get protein into your diet.



Line a 9 inch pan with pie crust. Soak the TVP in 2 cups of cold water for 10 minutes. While the TVP is soaking, saute onion in olive oil and garlic for 5 minutes. Add frozen vegetables and cook for another 5 minutes.

Drain excess water from TVP, add tomato sauce and stir. Combine the TVP mixture with the vegetables in the pan and add spices to taste.

Put mixture into pastry lined pan and sprinkle with half the cheese. Spread mashed potatoes on top. Sprinkle with paprika

and remaining cheese.
Bake at 350° for 30 minutes.

Persimmon Bread

Persimmons are a mildly sweet fruit with a dense texture. They look like a tomato-pepper hybrid and for this recipe need to be as ripe as possible. Cut open and spoon out the fruit from the skin.

Ingredients:

1 1/2 cup flour
1 1/2 cup white sugar
1/2 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 cup cold water
2 eggs
1 cup persimmon (mashed)
1/2 cup butter
dash nutmeg
dash allspice

Combine dry ingredients with the butter and then add the water, eggs and persimmon. Stir mixture well and spoon into a greased bread pan.

Bake at 350° for one hour.

By Tracy Picha

Vegetarian options as good as meat

As the year comes to its close, many people may plan to turn a new leaf or have begun considering what their New Year's Resolutions will be.

For some, this will include eating more healthy foods, exercise and weight loss. One way to do this is to change your eating habits and what better way than switching over to a meatless diet.

Vegetarian cooking does not have to be difficult and does not have to lead to compromise for die-hard meat eaters.

Here's a recipe that provides a fat-free alternative to a holiday staple that's quick, easy to prepare and tastes just as good as its meat equivalent. The best part is, the food is completely vegetarian. Enjoy!

Mock Chicken Stuffing

(Dairy free)

2 cups cooked rice (can be left-over refrigerated, not too old or dry)
a handful of dried currants

a handful of dried (sweetened) cranberries
2 cups couscous
2 German celery stalks — one of the easiest vegetables to grow

3 tbs nutritional yeast — widely available at health food stores salt to taste
Boil some water, add couscous, chopped up celery stalks, and dried fruit.

Cook 4 minutes or until couscous is tender. Drain. Blend the steaming hot couscous with the cold cooked rice, add nutritional yeast, stir, and salt to taste. Serve immediately. Tastes chickeny or savory, which might be the more appropriate word. The yeast adds flavor and extra nutrients.

Version 2: Cook the couscous with a savory herb or a vegetable such as German celery, for 4 minutes. Drain. Stir in nutritional yeast and salt to taste.

This is good too, it's hard to tell which is better.



Another good source for vegetarian recipes is on the World Wide Web at *Veggies Unite! A Searchable Vegetarian Cookbook* which is located at <http://www.honors.indiana.edu/~veggie/recipes.cgi/>. Categories include a glossary, mailing list, weekly meal planning tips, grocery lists and page and pages of recipes.

By Anne Moser-Kornfeld

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