

Vegetarian *alternatives to turkey*



Your vision of a traditional Thanksgiving feast may have a giant roasted turkey as its centerpiece. But, increasingly, people are turning to vegetarian or low-meat diets as a healthy and environmentally friendly option. Whether you're hosting a vegetarian holiday meal or just want to have vegetarian options available alongside your turkey, don't worry. Vegetarian dishes are just as plentiful, easy to prepare, and satisfying. Try these four ingredients as vegetarian features at your holiday meal.

WINTER SQUASH

A baked winter squash filled with delicious vegetables or stuffing mixture is delicious and will add an impressive fall display to your table. Here are a few types of winter squash that make the best holiday meal main dish:

- Pumpkin
- Acorn squash
- Butternut squash
- Spaghetti squash

TOFURKY

The name says it all - tofu plus turkey makes tofurky. There are a variety of brands available, and you can even find it made into traditional turkey shapes.

Remember that plain tofu itself doesn't have a lot of flavor. If the brand you choose isn't seasoned, find a recipe that is big on spices and flavorful ingredients.

MUSHROOMS

Mushrooms provide a big, savory taste. It's easy to make them the star of the show. So many main dishes are enhanced with mushrooms, and they can even take the place of meat in some classic dishes.

- Stuffed mushroom caps
- Mushroom risotto or casserole
- Mushroom soup
- Mushroom with pasta

LENTILS

Lentils have a deeper, meatier flavor and texture compared to other beans. Their savory profile makes them an easy feature for the main dish. They also pair well with cheese or nuts for added flavor.

- Lentil soups or stews
- Lentil meatloaf or meatballs
- Lentil salads
- Cheesy lentil bakes or casseroles

