



Vegetarian Celebrations: Festive Menus for Holidays & Other Special Occasions Tag: Updated Ed...

Nava Atlas

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Featuring fresh seasonal produce, whole grains, and low-fat protein sources, here are menus that will appeal not only to vegetarians but to people on low-cholesterol diets, the lactose intolerant, and vegans - those vegetarians who eat no eggs or dairy products. Meals for major holidays and other festive occasions include a Southwestern brunch for New Year's Day, a vegan Valentine, a Pennsylvania Dutch Easter lunch, an Eastern European Rosh Hashanah, Irish classics for St. Patrick's Day, a Memorial Day picnic, an Independence Day barbecue, a Sephardic Seder for Passover, a family Thanksgiving, and an American Country Christmas. There are also imaginative vegetarian dishes for informal buffets and smaller celebrations, from intimate suppers to afternoon tea. This new, updated edition now features recipes modified to reduce fat content and includes a nutritional analysis for each menu. From New Year's Day to year's end, Nava Atlas's collection of healthy holiday fare is a true celebration of vegetarian delights.

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