



peta2

Holiday Survival Guide



That's right, never fear: peta2 is here to get you through the holiday season! Whether you're a newbie or a vegan veteran, you might be worried about those holiday menus. Luckily, we've got some easy and delicious recipes for you, as well as some advice and other random tidbits.

These recipes mostly contain ingredients you'd typically find around your house during the holidays—so go get cookin'. Enjoy!

Garlicky Mashed Potatoes

You might look at this recipe and think, "Whoa, that's a lot of garlic!" but when you boil garlic, it's not nearly as strong. And psst ... these taters are awesome when scooped up with a forkful of green-bean casserole (also below). Yum!

5 large potatoes, washed, peeled, and diced
14–16 cloves garlic, peeled
2 Tbsp. vegan margarine
¾–1 cup soy milk
Salt and pepper, to taste

- Place the potatoes and whole cloves of garlic in a large pot and cover with water. Bring to a boil and cook for 20 minutes.
- Drain the potatoes, place in a bowl with the remaining ingredients, and mash until smooth.
- Serve hot.

Makes 4 to 5 servings

Green-Bean Casserole

We've tried a lot of vegan green-bean casseroles over the years, and we think this one is the tastiest. So give it a go!

½ medium onion, diced
¾ cup chopped button mushrooms
1 Tbsp. vegetable oil
Salt and pepper, to taste
1½ cups unsweetened soy milk
1 vegetarian bouillon cube
2½ Tbsp. cornstarch
2 Tbsp. cold water
1 28-oz. can cut green beans
1 6-oz. can French-fried onions

- Preheat the oven to 350°F.
- Sauté the onions and mushrooms in the vegetable oil in a skillet. Add the salt and pepper.
- Heat the soy milk and bouillon cube in a saucepan, stirring until the bouillon dissolves. Do not bring to a boil. Mix the cornstarch and water and add to the pan, stirring well.
- Quickly add the green beans, the sautéed veggies, and about half the French-fried onions and stir well.
- Pour the mixture into a casserole dish and top with the remaining French-fried onions. Bake for about 15 minutes, or until the onions begin to brown.

Makes 4 to 6 servings


Vegan Chex Mix

This recipe is super-easy and extra delish! And it's microwavable, so it'll be ready before you know it!

6 Tbsp. vegan margarine
1½ tsp. seasoning salt
¾ tsp. garlic powder
½ tsp. onion powder
3 cups Rice Chex cereal
3 cups Corn Chex cereal
3 cups Wheat Chex cereal
1 cup bagel chips, broken into bite-size pieces (use plain or garlic)
1 cup bite-size pretzels
1 cup mixed nuts
2 Tbsp. vegan Worcestershire sauce (search online to see where you can find it near you)

- In a small microwavable dish, microwave the margarine until melted (30 to 40 seconds), then stir in the seasonings.
- In a large microwavable bowl, mix the cereals, bagel chips, pretzels,





and nuts, then add the Worcestershire sauce and melted margarine and mix until evenly coated.

- Microwave uncovered on high for 4 to 5 minutes, stirring well every 2 minutes.
- Spread on paper towels to cool, then store in an airtight container.

Makes approximately 24 servings

Pumpkin Pie

Trust us: No one will know this is vegan! The tofu absorbs the flavor of everything else. And your parents will appreciate the fact that it's cholesterol-free!

1 15-oz. can pumpkin
¾ cup light brown sugar
1 12-oz. package extra firm silken tofu
1 tsp. cinnamon
¼ tsp. cloves
¼ tsp. nutmeg
½ tsp. salt
1 9-inch unbaked pie shell
Vegan whipped cream (optional)

- Preheat the oven to 425°F.
- Blend the pumpkin and brown sugar in a blender or food processor. Add the tofu, spices, and salt and blend until smooth. Pour the mixture into the unbaked pie shell.
- Bake for 15 minutes, then reduce the heat to 350°F and bake for another 60 minutes or until the filling is set.
- Chill and serve topped with vegan whipped cream, if desired.

Makes 8 servings

Snickerdoodles

Snickerdoodles are basically the ultimate holiday cookie—enjoy!

½ cup vegetable oil
½ cup + extra sugar
½ cup brown sugar
1 Tbsp. vanilla extract
¼ cup vanilla or plain soy milk
2 cups flour
2 Tbsp. baking powder
1 tsp. salt
Cinnamon, to taste

Other suggestions to make your meal complete (completely delicious, that is):

- Looking for a protein-packed main dish? Try a Tofurky roast (found in the freezer section of most grocery stores).
- There are many vegan latke mixes out there, so if you've got some egg replacer on hand (try Ener-G Egg Replacer), give one a whirl.
- Cranberry sauce is already vegan, so don't hold back when it gets passed your way!
- Looking for vegan marshmallows to top off your sweet potatoes? There are several brands now available. Just search online for "vegan marshmallows" to see where you can find them near you.
- If you're not a vegan gravy whiz, Campbell's makes a mushroom gravy that's perfect on top of mashed potatoes. Just sayin'.

- Preheat the oven to 350°F.
- Mix the oil, ½ cup sugar, brown sugar, vanilla, and soy milk, then mix in the flour, baking powder, and salt until well combined to make a dough. In a separate bowl, combine the extra sugar and desired amount of cinnamon.
- Roll the dough into small- to medium-sized balls and roll in the cinnamon/sugar mixture. Flatten the cookies on a greased cookie sheet (you can use vegetable oil) and space them out accordingly. (For square cookies, the dough can be placed close together. For circular cookies, space further apart.)
- Bake for 10 to 15 minutes.

Makes approximately 20 cookies





Common Questions



Here at peta2, we get lots of questions around the holiday season. Check out some of the common ones I've answered below, but if you have any others, feel free to drop us a line at peta2@peta2.com. We're always here for you!

♥ Marta from peta2

A big tradition in my family each year is drinking eggnog. I've just gone vegan, but I don't want to miss out on the tradition. What should I do?

It can definitely be hard to go against the grain when it comes to family traditions, but luckily, I've got some great news for you! Silk Nog is an awesome vegan eggnog option that can be found in many grocery stores around the holidays (it's good both warm and chilled). And guess what? I know more than a few nonvegans who love it! Can't make it to the store? Try whipping up a batch yourself—just search online for “vegan eggnog.” Be sure to show your family that you can still participate in the tradition by sharing your store-bought or homemade deliciousness. And save me a glass!

I'm so worried about the holidays this year. My immediate family accepts that I've gone vegan, but my extended family is a completely different story. I don't want to get into a blow-out at the dinner table. So what am I supposed to do?

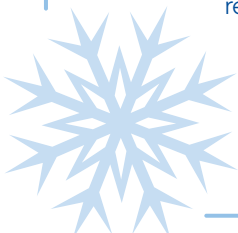
Rest assured that almost every vegan has been through this. I can suggest a couple of different ways to get through a holiday family meal without having an argument break out (at least not one related to food!). First, plan ahead: Be a part of the meal-planning process and try to incorporate some of the recipes in this guide. You can also suggest easy things like Campbell's mushroom gravy, which just happens to be vegan. Second, the family table is not the place to start a lecture about how meat is murder, gross, unhealthy, etc. (I can just picture your relatives' eyes rolling now.) If someone asks you a question, just say that you'll be happy to answer after the meal is over. If an unsupportive uncle is really trying to push your buttons, ask him to please be respectful—you're not bullying him about what he's eating, so he shouldn't bully you either. Your other relatives will appreciate your maturity!


My grandma really tries to be supportive, which is awesome, but she never seems to remember the difference between vegetarian and vegan. I'm vegan, so what should I do if she makes me something with eggs or milk in it?

This is definitely a tricky situation. On the one hand, you don't want to offend your grandma, who is making an effort, after all, but you also want to stick to your beliefs. What to do? I recommend heading things off at the pass. If you already know this might happen, talk to your grandma ahead of time about what will be served and work with her on any tricky ingredients (and give her recommendations). And if you're already sitting at the table? Politely pass. If she asks why you aren't eating the dish, explain that you don't eat eggs anymore (or whatever is in the dish), but that you really appreciate the effort she's making for you. If she complains that the dish will go to waste, volunteer to give it to a (nonvegan) friend or take it to a homeless shelter. Let her know that you'd love to spend some time with her soon to figure out—together—how to make that particular dish vegan. No grandma can turn down a chance to spend time with her grandkid!

My family says that being vegan is too expensive and that if I want my own “special” food during the holidays, then I have to pay for it myself. I don't have a lot of money to spend. Do you have any suggestions?

One word: pshaw! But in all seriousness, of course vegan food can be expensive (as can food made with meat, milk, and eggs), but it doesn't have to be. I recommend starting by showing your family the recipes in this guide—they cost no more than the nonvegan versions of the same dishes. Offer to make a few dishes, and win your family over with how tasty they are! Go grocery shopping with your family so that you can point out the cheap traditional holiday food options that just happen to be vegan—such as potatoes, canned and frozen veggies, beans, etc. Soy milk and tofu can be pretty cheap, so be sure to check those out as well. And if you can scrape up a bit of money (you'll be saving on everything else, after all), you can always splurge on a Tofurky roast!







“Show compassion
for all beings
this holiday season!”

peta2

FREE FOR ALL