



Your (Vegan) Thanksgiving Checklist



So, your son or daughter has made the compassionate decision to go vegetarian or vegan, and you want to make your Thanksgiving celebration enjoyable for the whole family (how thoughtful of you!). But how do you do that without creating a war zone at the dinner table? Well, we're here to help! It's easier than ever to serve up a meatless holiday dinner, and the following guide will help make your Thanksgiving holiday the peaceful celebration it's meant to be!

Must-Haves

There's a vegan alternative for everything! Check out some of the following easy-to-find options:

- Tofurky** (packaged with stuffing, wild rice, and cranberry dumplings) or **Field Roast's Celebration roasts**: These faux-turkey roasts are available at Trader Joe's, Whole Foods, Kroger, and other grocery stores across the country. Tofurky also sells vegan gravy separately. Check out Tofurky.com or FieldRoast.com for more information and to find a location near you!
- Soy milk**: Original and unsweetened varieties of soy milk can replace cow's milk in any Thanksgiving dish, including mashed potatoes. Soy milk is available at many grocery stores as well as some Walmart and Target locations. Almond milk is a great option as well.
- Vegan margarine**: Several kinds of vegan margarine are available. Earth Balance is one of the most popular.
- Vegetable stock**: Meat-based stock can be replaced with vegetable stock in any recipe, such as homemade stuffing.
- Bananas or applesauce**: For all your baking recipes, you can easily replace eggs with bananas or applesauce. You can use roughly half of a well-blended banana or ¼ cup of unsweetened applesauce to replace one egg in your favorite recipe!





Traditional Recipes, Veganized (It's Easy!)



We've put together some vegan recipes for some well-known (and well-loved) Thanksgiving dishes. Worried about health? By removing the meat, dairy products, and eggs from these favorite holiday recipes, you will also be removing the cholesterol and a lot of the saturated fat. Don't worry—these tasty recipes are sure to wow vegans and nonvegans alike.

Garlicky Mashed Potatoes

5 large potatoes, washed, peeled, and diced
14-16 cloves garlic, peeled
2 Tbsp. vegan margarine

$\frac{3}{4}$ -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 and garlic, place in a bowl with the remaining ingredients, and mash until smooth.
- Serve hot.

Makes 4 to 5 servings

Green-Bean Casserole

$\frac{1}{2}$ medium onion, diced
 $\frac{3}{4}$ cup chopped button mushrooms
1 Tbsp. vegetable oil
Salt and pepper, to taste
 $1\frac{1}{2}$ cups unsweetened soy milk

1 vegan bouillon cube
 $2\frac{1}{2}$ 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 the bouillon cube in a saucepan, stirring until the bouillon dissolves. Do not bring to a boil. Mix the cornstarch and water and add it to the pan, stirring well.
- Quickly add the green beans, the sautéed vegetables, 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

Pumpkin Pie

1 15-oz. can pumpkin
 $\frac{3}{4}$ cup light brown sugar
1 12-oz. package extra-firm silken tofu
1 tsp. cinnamon
 $\frac{1}{4}$ tsp. cloves

$\frac{1}{4}$ tsp. nutmeg
 $\frac{1}{2}$ 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 sets.
- Chill and serve topped with vegan whipped cream, if desired.

Makes 8 servings





Common Questions



You might be understandably concerned about your child's decision not to eat animals, so we wanted to answer a few common questions that we often hear from parents. The number one thing to remember is that adopting a vegan lifestyle is the best way to save animals, improve your own health, and help the environment—so you should be excited that your son or daughter has chosen to take this step!

What is the difference between a vegetarian and a vegan?

Vegetarians don't eat meat—and that includes chicken and fish. Vegans avoid all products that come from an animal, including eggs, dairy products, honey, etc. Luckily, there are vegan alternatives to almost anything, including sour cream, ice cream, and more!

Isn't following a vegan diet really expensive? We're on a budget!

It is true that eating vegan can be expensive, but eating meat, dairy products, and eggs can be expensive too. Going vegan doesn't mean that you have to break the bank. Go grocery shopping with your newly vegan son or daughter and pick out cheaper vegan versions of foods that he or she likes. Lots of traditional holiday foods—such as potatoes, veggies, cranberries, and beans—just happen to be vegan. There are many affordable brands of soy milk and tofu, too, so be sure to check those out. And if you want to spring for a Tofurky roast, go for it!

I've heard that following a vegan diet is unhealthy. How can I make sure that my child is getting the proper vitamins and nutrients?

Eating a plant-based diet is extremely healthy! Vegan foods contain no cholesterol, are often low in saturated fats, and are full of protein, iron, and calcium. Vegans have lower rates of obesity and are less likely to suffer from heart disease, cancer, and strokes—the three leading causes of death in the U.S. For specific guidelines on your child's vegan diet, you can always visit a nutritionist.

This is just a fad. Why should I support it?

Every day, more and more people are realizing that animals on factory farms—such as pigs, chickens, cows, and turkeys—can feel pain and fear just as acutely as can the animals who share our homes with us. No one supports the kind of cruelty that's endured by the animals who end up on our plates—and when young people find out how they can help (and the best way to help is to go vegan!), they feel extremely passionate about speaking up. Whether it's because they love animals, want to fight climate change, or just want to be healthier, kids are definitely sticking with a vegan diet.

Hopefully, we've cleared up some misconceptions and given you the tools to make your vegan Thanksgiving a huge success. Still have questions? Check out PETA.org for more recipes and tips or to find out more about how you and your family can help animals.

