

Title:

How To Cook For A Vegetarian This Holiday Season?

Word Count:

525

Summary:

Are you worried about cooking for a vegetarian in your family this upcoming holiday season? We

You can start off by finding out what type of vegetarian your guest is. For instance, if she is

Keywords:

Article Body:

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You can start off by finding out what type of vegetarian your guest is. For instance, if she is

If you talk to the vegetarian in your family before you prepare your holiday meal, you should

1. Do you eat certain types of meat or none at all?

If the vegetarian in your family will eat certain meats (generally fish, chicken, and turkey),

2. Will you use serving utensils that have been placed in dishes containing meat?

Some vegetarians experience severe gastrointestinal stress when they consume meat and grease f

3. Do you eat foods that contain milk and eggs?

As I mentioned above, lacto-ovo vegetarians will eat milk and eggs, but other sub-categories o

4. Do you eat honey and yeast?

Some vegetarians do not eat honey and yeast for ethical reasons. If you find out that the vege

5. Would you like to bring your own main dish (to replace the turkey, ham, etc.)?

Many vegetarians eat popular meat-replacement dishes, such as "tofurkey" and "veggie burgers."

To reiterate, there are a number of things you should take into consideration when you cook fo

If you keep this in mind, your holiday meal will be a success with everyone - even the vegetar

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