

Published based on [How to Have a Vegetarian Christmas](#)

How to Have a Vegetarian Christmas

If you are vegetarian or you have a family member that is, this Christmas you might want to think about changing things up a little bit and serving vegetarian only food. You don't have to go down the usual route of serving a Christmas turkey every year and it would be good to have a little change every now and then, and if you yourself are vegetarian it would mean you wouldn't need to go to so much effort to cook a Christmas dinner for your meat-eating guests.

There is a huge range of vegetarian foods that you could enjoy with your Christmas meal, whether you want to cook everything from scratch or use pre-prepared foods from popular vegetarian food companies. A lot of people assume that vegetarian cuisine consists of just salad and a few pieces of fruit, but this couldn't be further from the truth.

Vegetarians are able to eat a very wide range of foods that can be prepared to suit many different tastes. For example, you could prepare a mock-turkey meal with soy products, or you could bake a nut roast that you could add lentils, chestnuts, chickpeas and other pulses to in order to give it a delicious texture and taste.

A lot of Christmas style side dishes are also vegetarian. For instance, you would still be able to have roast potatoes, roast vegetables and other vegetable side dishes, and you could make vegetarian sausage rolls with veggie sausages as a starter. As for vegetarian desserts, you certainly won't be left wanting! If you would like to go for the traditional jelly and ice cream though, you will need to make sure that the jelly doesn't contain gelatine. You can find vegetarian jellies very easily these days though, so it shouldn't pose much of a problem.

You could also create a sumptuous chocolate dessert or some mince pies since, as everyone knows, they don't actually contain mince! If you will be inviting any meat eaters to your Christmas dinner that really won't eat vegetarian food, you could always cook a small chicken or some other kind of meat for them. Or, you could ask that they bring their own meat dish to the dinner if you don't feel comfortable cooking meat.

Preparing a vegetarian Christmas dinner can be much easier than cooking a meaty one, and even if you aren't vegetarian it could give you a chance to enjoy a different kind of cuisine this Christmas.

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