



Tasty alternatives available for non-carnivores

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Thanksgiving can be tough for vegetarians.

Sure, there are myriad meatless - even vegan - side dishes to provide a hearty meal. But Thanksgiving doesn't seem quite the same without a turkey.

Luckily, Tofurky offers a soy solution that vegetarians can gobble up at otherwise carnivorous gatherings.

The vegan Tofurky Feast package, on sale for \$19.99 through Nov. 27 at Wild Oats, includes a stuffed soy roast that's ready to be basted; either four soy patty drumettes or eight cranberryapple potato dumplings; Jerky Wishstix to sub for the wishbone; and a flavorful, albeit frozen, giblet gravy.

We tried the roast and though it doesn't quite taste like turkey, it's remarkably good and the texture is excellent, especially for day- after sandwiches.

Some people, however, may prefer to forgo the fake fowl. And although you can binge without a bird, Thanksgiving seems barbaric without a good gravy for your potatoes and meat-free dressings.

Sans turkey drippings, however, gravy-making can be a gamble. The best, and easiest, alternative seems to be Tofurky's frozen goop, which not only tastes right but leaves your house smelling like the holidays for days.

If you'd rather whip one up from scratch, here are a couple of turkey-free options - but after trying them, we still prefer the Tofurky gravy.

VEGETARIAN GRAVY Yield: 10 servings

1/2 cup vegetable oil 1/3 cup chopped onion 5 cloves garlic, minced 1/2 cup all-purpose flour 4 teaspoons nutritional yeast 4 tablespoons light soy sauce 2 cups vegetable broth 1/2 teaspoon dried sage 1/2 teaspoon salt 1/4 teaspoon ground pepper

Procedure:

1. Heat oil in medium saucepan over medium heat. Saute onion and garlic until soft and translucent, about 5 minutes.
2. Stir in flour, yeast and soy sauce to form a smooth paste. Gradually whisk in broth and season with sage, salt and pepper.
3. Bring to a boil. Reduce heat. Simmer, stirring constantly 8-10 minutes or until thickened.

Nutrition data per serving: Calories 129; fat 11.2 g; protein 1.4 g; cholesterol 0 mg; fiber .6 g; carbohydrates 6.2 g; sodium 496 mg.

Source: www.allrecipes.com

BROWN GRAVY Yield: 5 servings

2 1/2 tablespoons soy margarine 1/4 cup all-purpose flour 1 1/2 cups vegetable broth 2 tablespoons soy sauce 1/4 teaspoon freshly ground black pepper 1/4 cup fresh parsley, chopped

Procedure:

1. Melt margarine in small saucepan over medium-low heat. Add flour and whisk together about 30 seconds, adding broth slowly while whisking.
2. Cook over medium heat for 2 minutes. Add soy sauce and pepper, and cook until gravy achieves desired thickness.
3. Pour into a gravy boat or bowl and stir in parsley. Serve warm.

Nutrition data per serving: Calories 127 calories; fat 7 g (48 percent from fat); protein 3 g; carbohydrates 14 g; cholesterol 1 mg; sodium 968 mg.

Source: "Vegetarian Times Complete Thanksgiving Cookbook"