Holiday Treats

The New York Times “Well Section” offers an enticing selection of recipes for vegetarian and vegan Holiday dishes from a variety of sources, “Taking the meaty bird off the table to make room for a spectacular array of vegetarian soups, sides, main courses, salads and desserts.”

**Go to:**

<http://www.nytimes.com/projects/well/vegetarian-recipes/?nl=todaysheadlines&emc=edit_th_20131124#home>

**Some very enticing Vegan Main Dishes include:**

* Harvest-Stuffed Portobello Mushrooms

## Baked and Loaded Acorn Squash

## Country ‘Meatloaf’ With Golden Gravy (Tempeh)

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## http://i2.nyt.com/images/2011/11/17/health/Well_veggie_meatloafa/Well_veggie_meatloafa-square320.jpg

**And some equally tempting Vegan Deserts:** *(While not as high in sugar as traditional deserts many of these are relatively high glycemic and should be modified or avoided by people requiring a low glycemic diet.)*

## Pumpkin Tiramisu

## Chocolate-Pumpkin Bread Pudding

##### *[Pumpkin Tiramisu](http://www.nytimes.com/projects/well/vegetarian-recipes/?nl=todaysheadlines&emc=edit_th_20131124" \l "recipe/pumpkin-tiramisu)*

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## Some mouth-watering Gluten Free Recipes include:

## Quinoa and Cauliflower Kugel with Cumin

## Vegetable Frittata with Quinoa

## Gluten-Free Pumpkin Dumplings with Radicchio