

HOLIDAY ENTERTAINING

Meatless Appetizers You Don't Have To Be A Vegetarian To Love

(NAPSA)—In recent years, there has been a tremendous surge of interest in vegetarian fare. According to new *Vegetarian Times* editorial director, Laurel Lund, “people are choosing to live more healthfully, whether they identify as a vegetarian or not.” This trend makes it likely that at least one of your holiday guests will fit that bill.

This holiday season, instead of resorting to the traditional chips and dip or customary crudités, why not wow your guests with meatless creations that are tasty enough for everyone to enjoy?

An easy place to start exploring meatless options is with Gardenburger® products. These versatile meat alternatives—available in patties, cutlets, meatballs, nuggets and other varieties—can be a delicious substitute in many culinary creations. Consider these suggestions for hearty holiday appetizers that will delight all guests:

Stuffed Portabella Mushrooms

Serves 4 to 8

4 Original Gardenburger patties

$\frac{1}{4}$ cup diced roasted red bell pepper

1 Tbsp. chopped parsley

3 Tbsp. mayonnaise

2 tsp. Dijon mustard

8 small portabella mushrooms, cleaned and cap/gills removed

Heat patties according to package directions. In a small bowl, gently mash together patties, peppers, parsley, mayo and mustard. Use a tablespoon to scoop mixture into mushrooms. Place under broiler for 5 to 7 minutes or until heated through. Serve.



This holiday season, spice it up with tasty meatless versions of traditional holiday fare.

Cranberry-Sauced Meatballs

2 10 oz. cartons

Gardenburger Meatless Meatballs

$\frac{3}{4}$ cup ketchup

1 8-ounce can jellied cranberry sauce

1 tablespoon vinegar

$\frac{1}{4}$ teaspoon dry mustard

$\frac{1}{8}$ teaspoon ground cloves or allspice

$\frac{1}{8}$ teaspoon finely chopped toasted almonds

Heat Gardenburger Meatless Meatballs in microwave according to directions on box.

In a 10-inch skillet stir together ketchup, cranberry sauce, vinegar, dry mustard and cloves or allspice. Add Meatless Meatballs; stir gently to coat. Heat through.

Serve on platter or keep warm in crockpot. Garnish with almonds.

For additional recipes and product information, go to www.gardenburger.com. For information on vegetarian lifestyles: www.vegetariantimes.com.