

Eat, Drink, and Be Merry
Leasa Sieve, Reference Librarian

What comes to mind when you think of the traditional holiday meal? I think of the traditional meal I grew up with of turkey, dressing, mashed potatoes and gravy, scalloped corn, cranberry sauce and a variety of salads. And, of course, I can't forget all of the cookies, lefse and homemade ice cream that are only made during the holidays. But what does today's holiday meal look like if you are trying to eat healthier or are following a specific diet for health or personal reasons? Come to the library - we have books overflowing with recipes that will help you with those challenges!

If you are looking for vegan recipes, you will want to take a look at "Superfun Times Vegan Holiday Cookbook" by Isa Chandra Moskowitz (641.568 Moskowi). It has 439 pages of delicious recipes and ideas covering multiple holidays. Also of interest is "Vegan in the House: Flexible Plant Based Family Meals to Please Everyone" (641.5636 Vegan). I like this book because it gives you "flex it" suggestions to make simple changes to a recipe for those not following the vegan lifestyle. That way there is something for everyone without a lot of extra work. The beginning of the book contains lots of tips on managing any challenges you may face as you embark on a plant-based diet.

Tis the season for decadent holiday treats everywhere you turn. It is a difficult time of year if you are eating gluten-free. I encourage you to take a look at "Gluten-Free Holiday Baking: More Than 150 Cakes, Pies, and Pastries Made with Flavor, Not Flour" (641.563 Brown) or "Baking All Year Round" (641.86 Pansino).

Continuing with gluten-free is Danielle Walker's "Against all Grains, Celebrations: A Year of Gluten-free, Dairy-free, and Paleo recipes for Every Occasion" (641.568 Walker) and "No Crumbs Left: Recipes for Everyday Food made Marvelous" which is Whole30 endorsed.

Stop at the library and take a look at the books mentioned above or just browse our shelves to update some of your favorite recipes. Or better yet, start a new holiday tradition and make something completely different for your holiday get-togethers.

Happy Holidays! Eat, Drink and Be Merry!