Dietary Modifications for:





Diet		Ingredient	Swap
		PANKO BERAD GRAME	Use gluten-free panko, such as <u>lan's</u> or <u>Kikkoman</u> .
Gluten-Free		TORTILLAS	Use gluten-free tortillas, such as <u>Mission</u> or <u>La Tortilla Factory</u> .
Vegan	Dairy-Free	Parmes an Chuse	Use dairy-free Parmesan, such as <u>Go! Veggie</u> or <u>Follow</u> <u>Your Heart</u> . Alternatively, make <u>Vegan Parmesan</u> !
	Egg-Free	MAYO	Use egg-free mayonnaise, such as <u>Follow Your Heart</u> or <u>Best Foods</u> .
		Operit treats	Replace with I (I5 oz) can garbanzo beans, drained and mashed, or use vegan chicken, such as Tofurky or Sweet Earth.
	Vegetarian	Westerhalder Same	Use vegan Worcestershire, such as <u>Annie's</u> or <u>O Organics</u> .