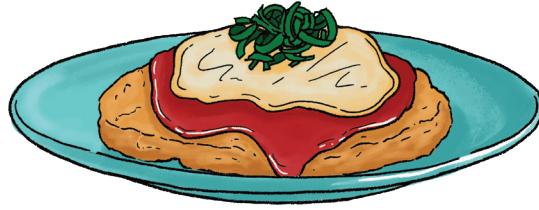













# Dietary Modifications for:

## Chicken Parmesan



rad<sup>o</sup>dish

Diet		Ingredient	Swap
 <b>Gluten-Free</b>		 	<p>Use gluten-free flour, such as Bob's Red Mill or King Arthur Flour.</p> <p>Use gluten-free panko bread crumbs, such as Ian's or Kikkoman.</p>
 <b>Vegan</b>	 <b>Dairy-Free</b>	 	<p>Use dairy-free parmesan, such as Follow Your Heart or Go! Veggie or make <a href="#">Homemade Vegan Parmesan!</a></p> <p>Use dairy-free mozzarella, such as Daiya or Follow Your Heart.</p>
	 <b>Egg-Free</b>		<p>Prepare <a href="#">3 flax eggs</a>.</p>
	 <b>Vegetarian</b>		<p>Make adjustments to the recipe as follows:</p> <ul style="list-style-type: none"> <li>• Step 2: Replace chicken with 1 eggplant (about 1 lb). Slice eggplant into ½" thick rounds. Sprinkle both sides with salt and lay out on paper towels for at least 30 minutes to release moisture.</li> <li>• Step 3: Omit.</li> <li>• Step 4: Omit salt from mixture.</li> <li>• Step 11: Top each eggplant round with 1 tsp marinara.</li> </ul>