Dietary Modifications for:



Diet		Ingredient	Swap
	Gluten-Free	CHOW MEIN NOODLES	Use gluten-free soy sauce or Tamari. Use gluten-free chow mein noodles, such as <u>Gefen</u> .
Vegan	Dairy-Free		No modifications needed.
	Egg-Free		No modifications needed.
	Vegetarian	Chicken Tenderloins	Replace with I (16oz) block of extra-firm tofu. Replace Steps 6 and 7: Cut tofu into cubes and set on baking sheet. Drizzle 3 Tbsp sauce on top. Bake for 18 – 20 minutes, until browned. Let cool.