







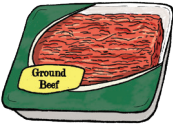


# Dietary Modifications for:

## Meatballs Al Pomodoro



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Diet	Ingredient	Swap	
 <b>Gluten-Free</b>		<p>Use gluten-free breadcrumbs, such as <a href="#">Kroger</a>, <a href="#">Simply Balanced</a>, or <a href="#">Schar</a>.</p> <p>Use gluten-free spaghetti, such as <a href="#">Jovial</a>, <a href="#">Barilla</a>, or <a href="#">Banza</a>.</p>	
 <b>Vegan</b>	 <b>Dairy-Free</b>	 <p>Use dairy-free Parmesan, such as <a href="#">Go!Veggie</a> or <a href="#">Follow Your Heart</a>. Alternatively, make your own <a href="#">Vegan Parmesan!</a></p>	
	 <b>Egg-Free</b>		<p>Use an egg replacer, such as <a href="#">Just Egg</a> or <a href="#">Follow Your Heart</a> or <a href="#">Bob's Red Mill</a>.</p>
	 <b>Vegetarian</b>		<p>Replace with plant-based beef, such as <a href="#">Sweet Earth</a> or <a href="#">Beyond Beef</a>.</p> <p>Alternatively, prepare vegan meatballs using the adjustments below:</p> <ul style="list-style-type: none"> <li>• <b>Step 1:</b> Use 2 egg replacers.</li> <li>• <b>Step 3:</b> Increase breadcrumbs to <math>\frac{3}{4}</math> cup. Add <math>\frac{1}{2}</math> cup quick-cooking oats.</li> <li>• <b>Step 4:</b> Replace meat with 24 oz sautéed mushrooms. Add ingredients to a food processor and pulse until finely minced.</li> </ul>