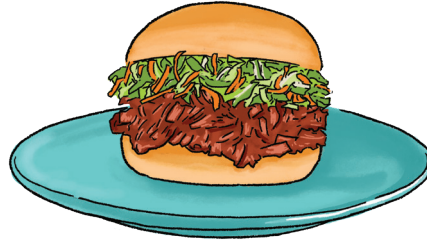

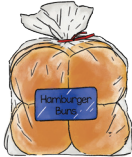





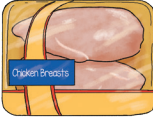


# Dietary Modifications for:

## Pulled Chicken Sandwiches



rad<sup>o</sup>dish

Diet		Ingredient	Swap
 <b>Gluten-Free</b>			Use gluten-free burger buns, such as Udi's or Schar.
 <b>Vegan</b>	 <b>Dairy-Free</b>		No modifications needed.
	 <b>Egg-Free</b>		Use vegan mayo, such as Vegenaïse, or Hampton Creek.
	 <b>Vegetarian</b>		<p>Use two 10 oz packages of plain jackfruit, such as <a href="#">Upton's Naturals</a>, or one 10 oz package of meatless strips, such as <a href="#">Quorn</a>. Make adjustments to steps as follows:</p> <ul style="list-style-type: none"> <li>• Steps 1-4 – Skip these steps.</li> <li>• Step 9 – Chop jackfruit or meatless strips into bite-sized pieces.</li> <li>• Step 10 – Reduce BBQ sauce quantity to 1/3 cup.</li> </ul>