

# Instead of Chicken, Turkey and Eggs

## Commercially Available Vegan Alternatives

### Gardein

(All Gardein products are vegan.)

[www.gardein.com](http://www.gardein.com)



### BOCA Chik'n Patties and Nuggets

(All BOCA Chik'n Patties and Nuggets are vegan.)

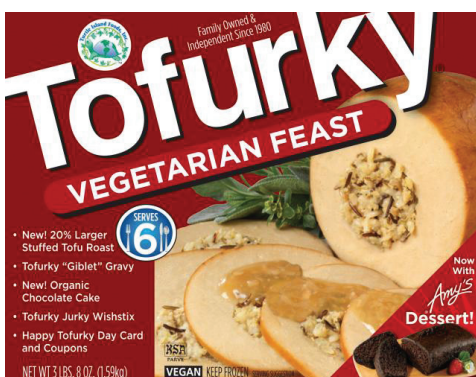
[www.bocaburger.com/products/chikn.aspx](http://www.bocaburger.com/products/chikn.aspx)

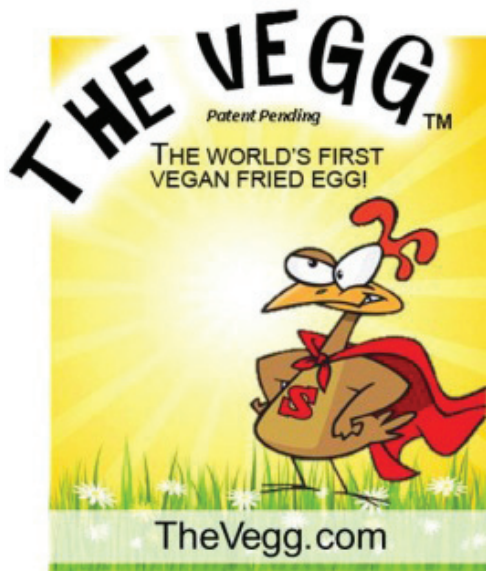


### Turtle Island Foods: Tofurky

(All Tofurky Products are vegan.)

[www.tofurky.com](http://www.tofurky.com)





## Gardein Chick'n Teriyaki

- chick'n strips or chick'n filet (if using filet, pat dry with paper towel first)
- 1 tsp carrot, grated
- 1 radishes, trimmed and thinly sliced
- 1/4 tomato, sliced
- 1/4 cup red onion, thinly sliced
- 1 clove yellow pepper, sliced
- 3.5 oz mixed greens, washed
- 1 tsp sesame seeds
- salt and pepper to taste
- rice or asian noodles
- 1/4 cup teriyaki sauce



Brown Gardein strips/filets in a frying pan with olive oil over medium heat for 2 to 3 minutes. Set aside. Add vegetables to pan and sauté for 3 minutes. Add teriyaki sauce and Gardein™ strips/filets to pan and cook for 2 minutes. Season to taste.

Tip: serve with steamed noodles or rice and sprinkle with sesame seeds.

## BOCA Firecracker Chik'n Salad

Prep Time: 15 min

Total Time: 15 min

Makes: 2 servings



- 2 frozen BOCA Meatless Spicy Chik'n Patties
- 3 Tbsp KRAFT Lite CATALINA Dressing
- 1 Tbsp teriyaki sauce
- 2 tsp sesame seeds, toasted
- 6 cups torn leaf lettuce
- 1/2 cup drained canned mandarin oranges
- 1/4 cup shredded purple cabbage
- 2 green onions, sliced
- 2 Tbsp chow mein noodles

Cook patties as directed on package; cut into strips. Mix dressing, teriyaki sauce and sesame seeds. Place lettuce on 2 plates; top with remaining ingredients. Drizzle with dressing mixture.

