Instead of Chicken, Turkey and Eggs
Commercially Available Vegan Alternatives

Gardein
(All Gardein products are vegan.)
www.gardein.com

BOCA Chik’n Patties and Nuggets (All BOCA Chik’n Patties and Nuggets are vegan.)
www.bocaburger.com/products/chikn.aspx

Turtle Island Foods: Tofurky (All Tofurky Products are vegan.)
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.