



GLUTEN-FREE? VEGETARIAN? VEGAN?

How to adapt your recipes

There are many ways to eat healthy. Some people prefer plant-based diets, while others avoid grains and gluten.

Cooking for people with special dietary needs doesn't have to be complicated. There are more and more recipes written with varied dietary needs in mind. And, with a little knowledge, almost any recipe can be converted with the right substitutions.



70%
of all Americans
eat plant-based
milk products and other plant-based proteins.¹

Protein substitutes

When cooking a recipe that asks for chicken, beef, pork or other meat, consider options like:

- **Tofu**—made from soy milk
- **Seitan**—a meaty wheat-derived product
- **Tempeh**—fermented soybeans pressed into a dense patty

Vegetables like portobello mushrooms or cauliflower heads cut into steaks fit the bill as well.

Egg substitutes

With cooking and baking, eggs are often used as a binder to hold together what you're making. They also add moisture. Consider instead:²

- **Apple sauce or banana**—These will keep baked goods moist, but remember, they add sweetness. Substitute ¼ cup of unsweetened apple sauce or 1 medium ripe banana for 1 egg.
- **Aquafaba**—The liquid from a can of chickpeas can be used in sweet or savory dishes in place of eggs. Use 3 tablespoons in place of 1 egg.
- **Silken tofu**—Great for creamy dishes; ¼ cup (pureed) equals 1 egg.
- **Powdered or liquid egg substitutes**—There are many prepared options available, including flax seed and chia seed egg substitutes. Experiment to see which you like best.



Butter and dairy substitutes



Dairy substitutes have been around for many years. These are usually the easiest substitutes to make on a one-for-one basis. Your taste will lead you to a favorite. Consider:

- **Vegan butter**—Made from vegetable oils or nut or oat milk.
- **Milk alternatives**—Nuts, coconut, soy, rice, oats or blends of these milks are delicious.

Vegan yogurts, sour cream and all kinds of cheeses are also readily available.

Gluten-free alternatives

Flour from wheat contains gluten that some people are sensitive to. Luckily, there are many options for substitution, including:³

- **All-purpose gluten-free flour**—Commercially prepared and easy to measure. This substitutes one-for-one.
- **Almond flour**—Great for baking. It's a little denser than wheat flour.
- **Brown rice flour**—Lends a slightly nutty flavor.
- **Ancient grains**—Flour made from buckwheat, sorghum, corn, amaranth and teff are all gluten-free.

Experiment in the kitchen and try different combinations to see which ones you like the best.

WE'VE MADE THE SUBSTITUTIONS FOR YOU WITH THE FOLLOWING RECIPES.

Linzer torte cookies

Makes 24 servings | Prep: 13 minutes



Jam-filled cookies offer a hint of extra sweetness and a pleasing combination of textures.⁴

Gluten-free option: Substitute 1½ cups of all-purpose gluten-free flour in place of whole wheat flour.

Vegan option: Substitute ½ cup of vegan butter for regular butter. Replace the egg with an egg substitute.

Ingredients

- Nonstick cooking spray
- ¾ cup whole almonds
- 2 Tbsp plus ½ cup packed light brown sugar
- ½ cup unsalted light butter, softened
- 1½ cups whole wheat flour
- 1 tsp baking powder
- ¼ tsp salt
- 1 egg
- 2 tsp vanilla extract
- ¼ tsp almond extract
- ¼ cup turbinado sugar
- 3 Tbsp raspberry jam

Preparation

- Arrange two oven racks evenly spaced in the upper and lower third of oven. Preheat oven to 350°F. Coat two large baking sheets with nonstick cooking spray.
- Place almonds and 2 tablespoons brown sugar in a food processor. Process until the nuts are finely ground, about 40 seconds. Add flour, baking powder and salt and pulse to combine.
- Beat butter in a mixing bowl with an electric mixer until smooth. Add the remaining ½ cup brown sugar and beat until combined. Scrape sides, add egg, vanilla and almond extract and beat until completely incorporated.
- Add flour mixture and mix until dough forms. Roll dough into 24 balls.
- Roll balls in turbinado sugar and place on the prepared baking sheets, spacing evenly. Press gently down in the center with thumb or finger to create a slight indent.
- Whisk jam in a medium bowl until smooth. Using a teaspoon, fill indents with jam.
- Bake for 12-13 minutes, or until the cookies are just lightly golden.

Nutrition information (as originally written) | Serving Size: 1 cookie



Calories: 97 | Total fat: 5 g | Saturated fat: 1 g | Sodium: 83 mg | Cholesterol: 13 mg
Total carbs: 14 g | Fiber: 1 g | Sugars: 7 g | Protein: 2 g | Potassium: 21 mg

Sheet pan lemon pepper chicken

Makes 4 servings | Prep: 5 minutes | Cook: 25 mins



Lemon pepper brings just enough tangy and spicy flavors to make it interesting. Pair it with jasmine or basmati rice for a naturally gluten-free meal.

Vegan option: Substitute one pound of extra firm tofu in place of the chicken breasts. Pat the tofu dry and break it into bite-sized chunks. Add 1 Tbsp of cornstarch to the seasoning mix (it will help absorb the extra moisture). Prepare as you would with chicken until golden and crispy.

Ingredients

- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- 1 Tbsp lemon pepper seasoning
- ½ tsp kosher salt
- 1 large lemon, sliced into thin rounds
- 1 pound fresh green beans, trimmed and halved
- 1 medium red onion, sliced into strips or small chunks
- 2 to 3 Tbsp olive oil
- Fresh parsley, optional for garnishing

Preparation

- Preheat oven to 425°F. Line a sheet pan with aluminum foil. Evenly drizzle olive oil on foil.
- In a large bowl or zipper bag, mix lemon pepper and salt. Add chicken chunks and toss to evenly coat. Arrange chicken on baking sheet. Cook for 10 minutes.
- Remove sheet pan from oven and flip the chicken pieces. Arrange the lemon slices, green beans and onions. Drizzle with olive oil and season with lemon pepper seasoning. Bake for another 15 minutes or until chicken is cooked through and vegetables have some golden color.
- Season with salt and pepper to taste. Garnish with fresh parsley. Serve with the rice of your choice.

Nutrition information (as originally written) | Per serving



Calories: 279 | Total fat: 14 g | Saturated fat: 2 g | Sodium: 707 mg | Cholesterol: 82 mg
Total carbs: 11 g | Fiber: 4 g | Sugars: 0 g | Protein: 27 g | Potassium: 668 mg

Learn how we can help support you on your wellness journey.
To sign up or learn more, go to
TeladocHealth.com/Smile/HEALTHYCOUNTRY.

¹<https://www.strategicmarketresearch.com/blogs/plant-based-food-statistics#:~:text=According%20to%20PBFA%2C%2070%25%20of,purchase%20rate%20across%20all%20categories.>

²<https://proveg.com/us/plant-based-food-and-lifestyle/vegan-alternatives/egg-alternatives/>

³https://www.healthline.com/nutrition/gluten-free-flours#TOC_TITLE_HDR_16

⁴<https://library.teladochealth.com/hc/en-us/articles/360057090593-3-Healthy-Winter-Holiday-Desserts>