



Dei Fratelli®



# CHEF'S TIPS

## SWAPS FOR THE PLANT-POWERED FOODIE



### PROTEIN POWER

- Substitute sautéed mushrooms for the meat in tacos and nachos
- Make black bean "meatballs" for your pasta for added protein power
- Use breaded cauliflower for chicken wings or the chicken in your favorite ethnic dishes

### VEGGIE LOADED

- Add beans and lentils to soups and chilis for added protein
- Add peppers, onions, and mushrooms for added flavor in your favorite Mexican dishes!
- Load your pizza up with your favorite veggies for a loaded plant-based pizza

### FEATURED RECIPES

- Black Bean "Meatballs" with Spaghetti Squash
- Gluten-Free Plant-Based Tomato Brownies
- Buffalo Chickpea Chili
- Tomato Lentil Soup
- Bloody Mary Salsa

### DAIRY-FREE

- Substitute almond or coconut milk in soups for a new twist
- Use your favorite plant-based cheese to top a pizza or pasta!
- Mix plant-based cream cheese with some almond milk for a sour cream to top your tacos and nachos!



**FIND ALL OF OUR PLANT-BASED RECIPES AT [DEIFRATELLI.COM](https://deifratelli.com)**