

Imagine no fresh air. No space. No escape : That's "life" for a battery chicken : chicken out! / People for the Ethical Treatment of Animals.

Contributors

People for the Ethical Treatment of Animals.

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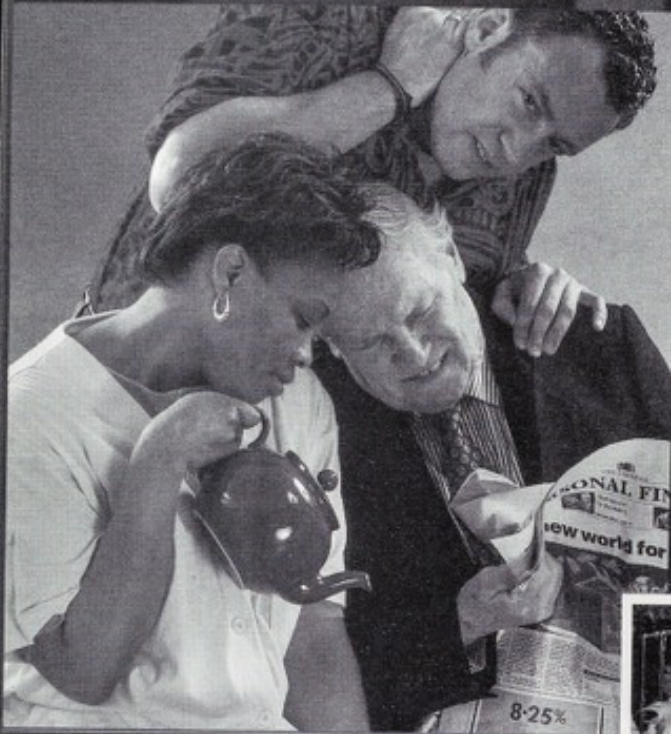
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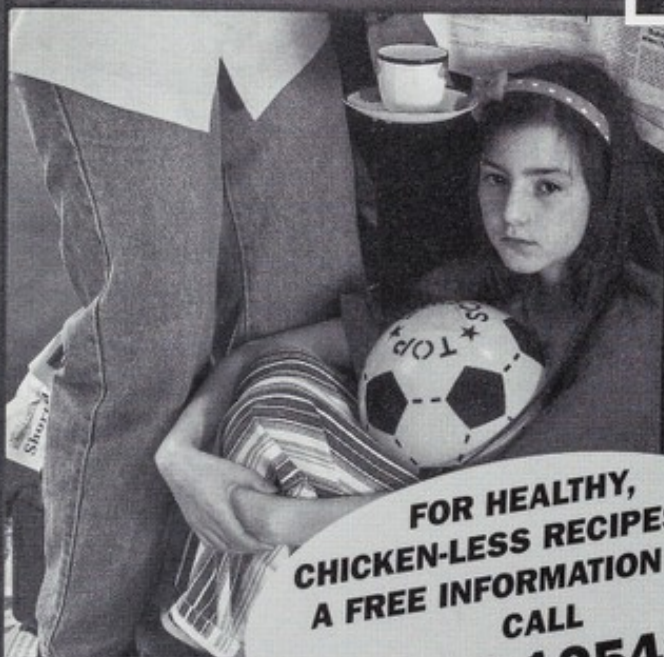
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**IMAGINE
NO FRESH AIR.
NO SPACE.
NO ESCAPE.**

***That's "life"
for a
battery
chicken.***



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**CHICKEN
OUT!**

PETA PEOPLE FOR THE ETHICAL
TREATMENT OF ANIMALS



Many of your favourite recipes can be successfully adapted using

substitutes for

chicken and eggs (two are printed here – more are available from PETA, just call for free recipe cards.)

Common chicken substitutes include tofu, (the most versatile food in the world and an excellent source of protein, vitamins and minerals!) and aubergine, while egg replacer (such as Ener-G brand) works in almost everything except meringues! Egg-free mayonnaise is easy to make, as is basic chickenless broth for soups and stews. Use soya milk for white sauces, mashed potato or moistened bread crumbs are good binding agents, and two tablespoons of cornflower mixed with two tablespoons of water replaces one egg in baking.

And it won't be just the chickens who'll benefit – on an egg- and chicken-free diet you'll be eating less fat, less cholesterol and more fibre (poultry products have no fibre). It makes good sense for the whole family to "Chicken Out"!

eggless mayonnaise

This mayonnaise tastes so much like the real thing you'd swear it has cholesterol, but since it doesn't, feel free to spread it around!

3 tablespoons lemon juice
210ml soya milk
¼ teaspoon salt
¼ teaspoon paprika
¼ teaspoon prepared mustard
6 tablespoons vegetable oil



Put all the ingredients except the oil in a blender. Blend on the lowest speed. Gradually – literally one drop at a time – add the oil until the mixture starts to thicken. Continue blending until thickened and smooth. Transfer to a jar and store in the refrigerator.

macaroni & chick pea salad

Serves 4 to 6



This savoury salad resembles egg salad. The chick peas mimic the boiled egg yolk and the macaroni resembles the egg white.

85g cooked macaroni
1 can of chick peas, drained and mashed with a fork
6–8 tablespoons eggless mayonnaise (to taste)
1 small onion, chopped
1 stick of celery chopped onion salt to taste
pinch of dill seed
1 tablespoon margarine for the cooked macaroni

Boil the macaroni, and mix the chick peas and other ingredients in a bowl. Drain the cooked macaroni and add margarine. Add the chick pea mixture to the macaroni and mix it all together, adding a little water for moisture. Serve as it is (slightly warm) or refrigerate. This salad works well as a main dish, side dish, or sandwich filling.

YES! Please send my FREE "Chicken Out!" recipe cards and Action Pack.

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