

Flavorful Fortified
Food

Recipes to Enrich Life

Digna Cassens, MHA, RD &
Linda S. Eck Mills, MBA, RD, FADA

SECTION

Table of Contents	iii
Preface	iv
Storage Guidelines	vii

CHAPTER

Beverages	1
Breads and Cereals	31
Desserts	37
Main Dishes	44
Sauces and Soups	50
Side Dishes	60
Index	67

Beverages



Apple Pie à la Mode Shake



Start to Finish: 10 min
Active Time: 10 min

Ingredients

Milk, whole
Ice cream, vanilla
Apple pie filling

1 Serving

3 Tbsp
½ cup
½ cup

10 Servings

2 ¼ cup
4 ½ cups
4 ½ cups

Method of Preparation

1. Blend all ingredients in a blender or food processor until smooth.

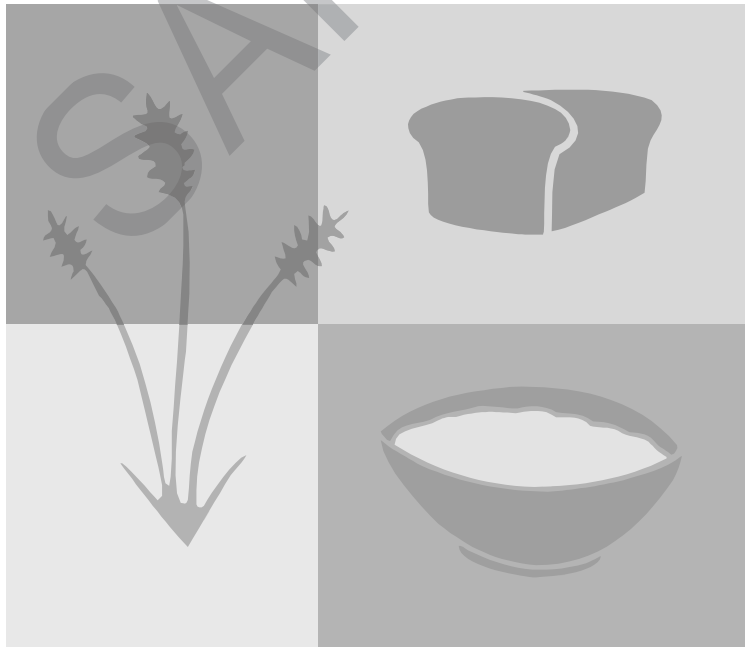
Nutrition Facts per 1 cup serving

Calories	Protein	Carbohydrates	Fat
298 kcal	4 g	52 g	9 g

✦ Helpful Hints

- * Garnish with a dash of cinnamon or whipped cream
- * Use fortified milk to add more nutrition
- * Use cherry pie filling for a cherry pie a la mode shake

Breads and Cereals



Baked Dressing Casserole



Start to Finish: 45 min
Active Time: 15 min

Ingredients

Bread
 Margarine
 Condensed Cream soup, undiluted
 Seasoning, any type

1 Serving

1 slice
 2 ½ tsp
 ¼ cup
 To taste

10 Servings

10 slices
 ½ cup
 3 cups
 To taste

Method of Preparation

1. Preheat oven to 350°F. Break bread into cubes, about 1 inch. Place bread into a pan with deep enough sides.
2. Heat cream soup. Combine margarine and soup, add seasoning to taste. Drizzle evenly over bread cubes, stir to coat.
3. Bake dressing for 15 to 30 minutes, until golden brown.

Nutrition Facts per ½ cup serving

Calories	Protein	Carbohydrates	Fat
201 kcal	3 g	18 g	13 g

✦ Helpful Hints

- * Seasoning ideas: garlic powder, oregano and basil; onion powder, cilantro, and chili powder; poultry seasoning blend
- * Baked Dressing Casserole can be made with any type of bread, such as whole wheat, French bread, cornbread, or biscuits
- * The size portion depends on the type of bread used and the size and density of the slice. To measure accurately divide the finished recipe into 10 equal portions

Desserts



Ambrosia



Start to Finish: 2 hr 15 min
Active Time: 15 min

Ingredients

Sweetened condensed milk
Lemon juice
Canned mixed fruit, drained
Corn syrup
Whipped topping

1 Serving

3 Tbsp
2 ½ tsp
¼ cup
1 ¼ tsp
4 ¾ tsp

10 Servings

2 cups
½ cup
3 cups
¼ cup
1 cup

Method of Preparation

1. Combine condensed milk and lemon juice, allow to stand and thicken for 5 minutes.
2. Stir in the fruit and corn syrup, then fold in whipped topping.
3. Chill covered for 2 hours in the refrigerator, or for 30 to 45 minutes in the freezer.

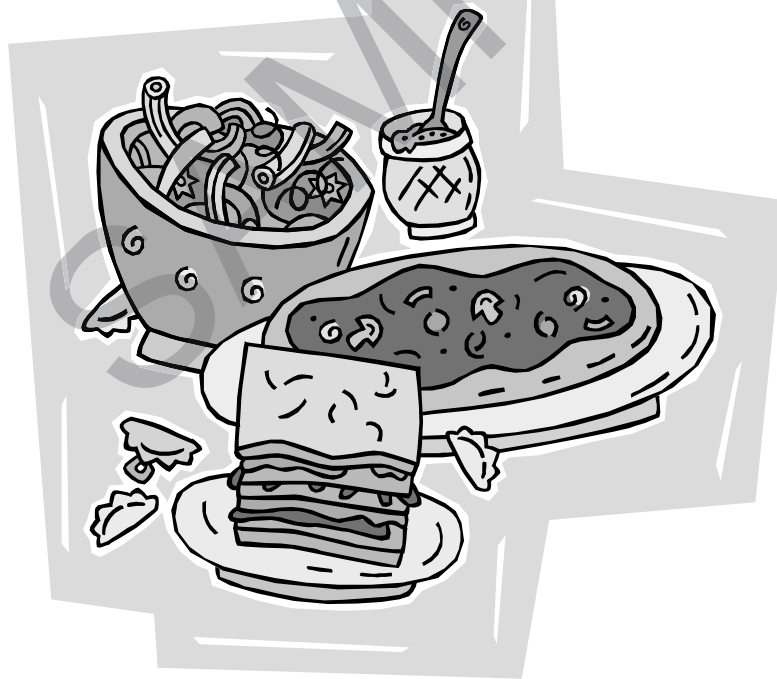
Nutrition Facts per ½ cup serving

Calories	Protein	Carbohydrates	Fat
289 kcal	5 g	54 g	7 g

✦ Helpful Hints

- * Garnish with flaked coconut or mini marshmallows
- * Vary the recipe by trying different canned fruits, such as a tropical mix or peaches and pears

Main Dishes



Egg Salad



Start to Finish: 40 min
Active Time: 15 min

Ingredients

	1 Serving	10 Servings
Mayonnaise	2 ½ tsp	½ cup
Evaporated milk	2 ½ tsp	½ cup
Mustard	¼ tsp	2 tsp
Eggs, hard cooked, cooled, chopped	1 each	10 each
Celery, diced (optional)	1 ¼ tsp	¼ cup
Onion, diced (optional)	1 ¼ tsp	¼ cup

Method of Preparation

1. In a bowl, mix mayonnaise, evaporated milk and mustard.
2. Stir in the hard cooked eggs, celery and onions if using. Chill the egg salad for about 25 minutes before serving.

Nutrition Facts per ¾ cup serving

Calories	Protein	Carbohydrates	Fat
141 kcal	7 g	5 g	10 g

✦ Helpful Hints

- * Serve egg salad over lettuce, on top of crackers, or on toasted bread for a sandwich
- * For variety, add shredded cheese, crumbled bacon, pickle relish, or diced tomatoes

Sauces and Soups



Cheddar Cheese Soup



Start to Finish:

1 hr 30 min

Active Time:

30 min

Ingredients

	1 Serving	10 Servings
Margarine	2 ½ tsp	½ cup
Onion, chopped	1 ¼ tsp	¼ cup
Broth, chicken	6 Tbsp	1 quart
Evaporated milk	6 Tbsp	1 quart
Worcestershire sauce	¼ tsp	2 tsp
Cheddar cheese, mild or sharp, grated	6 Tbsp	1 quart

Method of Preparation

1. Melt margarine. Cook the onions until translucent. Add chicken broth and evaporated milk.
2. Bring to a high simmer on medium heat. Add Worcestershire sauce and cheddar cheese. Stir until cheese is completely melted.

Nutrition Facts per 1 cup serving

Calories	Protein	Carbohydrates	Fat
402 kcal	17 g	13 g	31 g

✦ Helpful Hints

- * Garnish soup with croutons, chopped vegetables, chives, paprika, sour cream or plain yogurt
- * Try making cheddar soup with Tabasco sauce, chili powder or cayenne for an added kick
- * Prepare soup with vegetables or potatoes for a more complete meal

Side Dishes



Creamed Vegetables



Start to Finish:

1 hr 25 min

Active Time:

25 min

Ingredients

Vegetables, shredded, lightly packed
 Condensed cream soup
 Margarine, melted
 Parsley flakes, dried
 Basil, dried
 Pepper

1 Serving

2/3 cup
 1/4 cup
 2 1/2 tsp
 Dash
 Dash
 To taste

10 Servings

1 1/2 quart
 2 1/2 cups
 1/2 cup
 1/2 tsp
 1/4 tsp
 1/4 tsp

Method of Preparation

1. Preheat the oven to 350°F.
2. Bring a large pot of lightly salted water to a boil. Add vegetables and cook until tender. Drain and rinse with cold water to prevent carryover cooking. Put in baking dish.
3. Heat cream soup with melted margarine to a slow simmer in a saucepan over low heat. Add parsley, basil, and pepper.
4. Pour cream soup mixture over vegetables, toss to coat. Bake for 30 to 45 minutes, until vegetables are soft and browned.

Nutrition Facts per 1/2 cup serving

Calories	Protein	Carbohydrates	Fat
184 kcal	3 g	16 g	12 g

✧ Helpful Hints

- * Vary the vegetables used: try shredded carrots, cabbage, peppers, mushrooms, celery or squash
- * Garnish vegetables with parmesan cheese, diced herbs or try baking the vegetables with shredded cheese on top
- * For a crunchy top, sprinkle with breadcrumbs before baking
- * If using fresh herbs double the amount
- * For convenience, use frozen or fresh packaged shredded vegetables

Flavorful Fortified Foods – Recipes to Enrich Life

Index

1. Beverages

2. Apple Pie à la Mode Shake
3. Apricot Smoothie
4. Banana Nut Milkshake
5. Breakfast Shake
6. Chocolate Almond Milkshake
7. Chocolate Cocoa Shake
8. Chocolate Peanut Butter Milkshake
9. Cinnamon Peach Smoothie
10. Classic Instant Breakfast Milkshake
11. Coffee Milkshake
12. Cottage Cheese Smoothie
13. Creamy Fruit Salad Shake
14. Dairy-Free Citrus Cream Shake
15. Dairy-Free Coffee Latté
16. Dairy-Free Eggnog
17. Dairy-Free Shake
18. Fortified Milk
19. Fruit Shake
20. Hawaiian Float Shake
21. High-Protein Milkshake
22. Lemon Sherbet Shake
23. Mint Milkshake
24. Peach Milkshake
25. Peach Yogurt Frost
26. Peanut Butter and Banana Milkshake
27. Peppermint Milkshake
28. Rich Choco-Nutty Shake
29. Sherbet Shake
30. Tropical CocoNog

31. Breads and Cereals

32. Baked Dressing Casserole
33. Breakfast Bread Pudding
34. Dairy-free Super Cereal
35. Enriched Cereal

36. Desserts

37. Ambrosia
38. Fruited Gelatin
39. Peanut Butter Cup Pudding
40. Peanut Butter Frosting
41. Rice Pudding
42. Super Pudding

43. Main Dishes

44. Egg Salad
45. Hearty Meat Stew
46. Savory Meatloaf
47. Savory Meat Soufflé
48. Tuna Salad

49. Sauces and Soups

50. Rich Gravy
51. Super Topping
52. Bean Soup
53. Cheddar Cheese Soup
54. Chunky Potato Chowder
55. Cream Soup Base
56. Jiffy Enriched Soup
57. Lentil Soup
58. Pizazz Pumpkin Soup

59. Side Dishes

60. Creamed Vegetables
61. Creamy Pasta
62. Creamy Vegetable Soufflé
63. Mashed Potatoes
64. Mashed Sweet Potatoes
65. Savory Rice
66. Vegetable Au Gratin