

Food for Group Homes

Digna I Cassens, MHA, RDN, CLT

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Digna I Cassens, MHA, RDN, CLT

This recipe book is a collection of 120 well tried and tested recipes developed and written by the author. Some have been previously published in articles, blogs and journals, and 60 were printed and used in a manual for the author's private clients and Community Care Residential Facilities (CCRF) Congregate Living and Group Homes. It is intended as a reference only and not as a medical manual.

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558 Tahoe Avenue Yucca
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dignacassens@gmail.com

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PREFACE

I wrote this book as the result of my lifetime work with long-term Group Homes communities for developmentally disabled individuals. With the depopulation of the large hospitals and institutions many of their patients, disabled adults and in their mid and senior years were ready to enter community living. Community Centered Residential Facilities (CCRF) such as Group Home (GH) for 4, 6 & 8 were determined to be the most acceptable for the integration process and long-term community living. Group Homes have between 4 and 6 residents of similar age requiring the same level of care and are located in community neighborhoods.

Since 2011, I dedicated the major portion of my work to providing consulting services to Group and Congregate Living Homes. This includes nutrition evaluations, medical nutritional therapy (MNT) services and coordinating nutritional care with their families and healthcare team and providing staff training, menus and recipes. For efficiency these were consolidated into a binder individualized for each group home. The recipes were so well liked by staff and residents that I was often asked if staff could take copies to use at home. From this the idea to write a book started to form, and now Food for Group Homes is a reality. I know there is a large market for this information and especially for simplified recipes in a manageable and easy to understand format.

Consisting of two chapters it is an easy to manage lightweight recipe book and the soft back help keep it open to the right page while in use. Chapter 1 has 120 recipes divided into 10 categories. Chapter 2 is a *tool kit* for staff and consultants with useful information that includes guidelines, procedures, charts, tables and education and training lesson plans. You will also find the ingredients and inventory lists convenient when planning to shop.

The recipes are quantified for six servings and are generous enough to accommodate large portions. Instructions for altered textures are included in each recipe since those are commonly needed by many disabled individuals. The nutrient analysis includes calories, fat, protein, carbohydrate, dietary fiber, cholesterol and sodium and exchanges. Recipes comply with the USDA School Lunch Standards.

HOW TO USE THIS BOOK

Organization

- The book is divided by recipe categories; beverages, breads, breakfasts, desserts, high calories, main dishes, salads and side dishes; sandwiches, single ingredients and soups so it's easy to find the one you want.
- The Table of Contents is arranged in alpha-numerical order and page numbers are in the bottom center portion of the page

Nutritional Analysis

- The nutritional analysis is provided as a guide and calculated using the Master Cook 15 (<http://www.mastercook.com>) nutrient database for all recipes to ensure that the individuals consuming these foods get all the nutrition they needed.
- Some nutrient values may vary based on the nutrient data available for products and specific items used in analysis. For example, the nutrition provided in the USDA products listed in the Nutritionist Pro SQL software may vary from a specific brand of an ingredient or a different database used by another nutrient analysis program. Optional items, variations and garnishes are not included in the nutritional analysis.

Portions

- When the portion size is the same, recipe conversion factors can be determined by taking the number of portions you want and divide by the number of portions you have in the recipe. For example, you want 15 portions. By using the 6 portion information on the recipe ($15 \div 6$), your conversion factor is 2.5. This means you multiple each ingredient by 2.5 to determine the quantity of each ingredient needed for the 15 portions. If you have 6 portions and want 4 portions ($4 \div 6$), your conversion factor is 0.16. This means you multiply each ingredient by 0.16 to determine the quantity of each ingredient needed. Note that as yields are increased or decreased, the cooking time for some recipes might change.
- The Portion Chart in Chapter 2 Section 2 Charts & Tables is helpful for those not familiar with measurements

Terminology

- These recipes are simplified and use every day, commonly found ingredients and measures easy to understand by all users.

Institutional use disclaimer

- Please be sure to check all regulations that apply to your institution regarding food preparation and food safety before using these recipes.

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Beverages

APRICOT SMOOTHIE

Servings: 6

Preparation Time: 30 minutes

Delicious and nutritious beverage. Get 2 fruit servings in one easy drink

MODIFIED TEXTURES:

1) *Appropriate for nectar thick as written*

2) *For honey and pudding thick add thickener to desired consistency following manufacturer recommendations*

Ingredients

1 1/2 Cups Orange Juice

1 1/2 Cups Canned Apricots, chopped, seeded

1 1/2 Cups 2% Low-fat Milk

2 Each Bananas, diced

Method

1. In a blender or food processor, blend together all ingredients until smooth and well combined.

Serving Ideas: VARIATIONS:

1-Use different canned or fresh fruits

2-Bananas thicken the beverage, so if replacing bananas with other fruits the smoothie will be a thinner viscosity

Per Serving (excluding unknown items): 107 Calories; 1g Fat (11.9% calories from fat); 3g Protein; 22g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 38mg Sodium. Exchanges: 1 1/2 Fruit; 0 Non-Fat Milk; 0 Fat.

Beverages

BERRY SMOOTHIE

Servings: 12

Preparation Time: 30 minutes

A nutritious berry smoothie

MODIFIED TEXTURES:

- 1) *As written for all textures*
- 2) *May have to strain to prevent choking*
- 3) *For thickened liquids thicken according to thickener directions*

Ingredients

1/2 Gallon Milk, Skim

3 Cups Berries, frozen

1 Cup Orange Juice, Frozen Concentrate, undiluted

Method

1. Puree all ingredients until smooth
2. Garnish with a mint sprig, orange wedge or berry
3. One portion = 1 cup or 8 ounces

Serving Ideas: VARIATIONS:

- 1- Use any type of berries
- 2- May use different fresh or frozen fruits if desired

Per Serving (excluding unknown items): 106 Calories; trace Fat (3.9% calories from fat); 6g Protein; 20g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 85mg Sodium. Exchanges: 1 Fruit; 1/2 Non-Fat Milk.

Beverages

CHERRY BANANA SMOOTHIE

Servings: 6

Preparation Time: 30 minutes

A quick, easy breakfast treat. full of protein and antioxidants

MODIFIED TEXTURES:

1) *For nectar thick may add more milk until thinner, or if tolerated may serve as prepared*

2) *For honey thick serve as prepared*

3) *For pudding thick add thickener according to manufacturer directions*

Ingredients

1 1/2 Cups Very Ripe Banana, 1 banana = 2.5 to 3 cups

1 1/2 Cups Frozen Unsweetened Tart Cherries

1 1/2 Cups Skim Milk

1 1/2 Cups Plain Nonfat Yogurt

Method

1. Put banana, frozen cherries and milk & yogurt in the container of an electric blender; purée until smooth. Serve immediately.

2. One portion = 8 ounces

Serving Ideas: VARIATIONS:

1- Use any other food combination you like

2- Use flavored yogurt

3- Top with 1/2 scoop of ice cream for a mid-afternoon or night snack

Per Serving (excluding unknown items): 124 Calories; 1g Fat (4.5% calories from fat); 6g Protein; 25g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 76mg Sodium. Exchanges: 1 1/2 Fruit; 1/2 Non-Fat Milk.

Beverages

COTTAGE CHEESE SMOOTHIE

Servings: 6

Preparation Time: 20 minutes

Are you in need of a quick, liquid breakfast or lunch idea? Try this unique shake for a high protein pickup

MODIFIED TEXTURES:

- 1) For all textures serve as written
- 2) For thickened liquids thicken according to manufacturer directions

Ingredients

2 Cups Cottage Cheese

3 1/2 Cups Skim Milk

1 Cup Peaches, diced or sliced

Method

1. Blend all ingredients in a blender or food processor until smooth
2. One portion = 8 ounces

Serving Ideas: VARIATIONS;

- 1- Use any other fruit instead of canned peaches
- 2- For higher calories or an afternoon or bedtime treat add 1/4 cup ice cream per serving - volume and calories will increase

Per Serving (excluding unknown items): 130 Calories; 2g Fat (12.1% calories from fat); 15g Protein; 13g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 379mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk.

Beverages

FRUIT SHAKE

Servings: 6

Preparation Time: 30 minutes

Flavor this shake with your favorite fruits and top it with ice cream or whipped topping

MODIFIED TEXTURES:

1) *Appropriate as written for all textures*

2) *For thickened liquids thicken with commercial gel according to manufacturer instructions*

Ingredients

3/4 Tablespoon Oats, Rolled (raw)

3 Cups Milk

3 Cups Yogurt, plain

3 Each Banana

Method

1. Process dry oats in the blender to a fine powder
2. Add all other ingredients and process until smooth
3. One serving = 8 ounces or 1 cup

Serving Ideas: VARIATIONS:

- 1- For an additional protein add 1 tablespoon peanut butter per serving
- 2- Variations can be made with flavored soy or coconut yogurt, goat milk, or different fresh or drained canned fruit.
- 3- Use any other type of fruit. Best if fruits frozen prior to blending into the shake
- 4- For a dairy free shake use soy or coconut milk and yogurt
- 5- For more calories top with ice cream

Per Serving (excluding unknown items): 207 Calories; 8g Fat (35.2% calories from fat); 9g Protein; 26g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 117mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 1 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

Beverages

PINEAPPLE BEET JUICE

Servings: 16

Preparation Time: 20 minutes

A refreshing juice packed with nutrients and anti-inflammatory benefits.

MODIFIED TEXTURES:

- 1) For all textures: serve as written
- 2) For thickened liquids: thicken following the manufacturer directions

Ingredients

2 Cans Beets, Low Sodium, 12 oz cans

42 Fluid Ounces Pineapple Juice, may use frozen or canned

1/2 Cup Water

1/2 Stalk Celery

1 Each Carrot, small to medium

1 Each Apple, cored and peeled

1 Inch Ginger, or substitute with 1 teaspoon ginger powder

Method

1. In a blender, process the can of beets and beet juice until beets are thoroughly pureed
2. Add desired fruits and vegetables listed above and process until pureed smooth, adding small amounts of water - up to 1/2 cup to thin out
3. Mix pineapple juice and process to mix well.
4. Pour into a gallon container and refrigerate until well chilled, or for an immediate treat pour over ice.
5. Keeps well in a covered container stored at 41°F for 3 days
6. One portion = 8 ounces
7. Store refrigerated at 41°F for up to 3 days

Serving Ideas: VARIATIONS:

- 1- Pour over ice or whip with crushed ice in a blender for a smoothie
- 2- May add 1 teaspoon honey per serving for additional digestive benefit
- 3- May add 2 tablespoons plain yogurt per serving to increase protein

Per Serving (excluding unknown items): 63 Calories; trace Fat (2.0% calories from fat); 1g Protein; 15g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fruit; 0 Fat.

HOME-MADE CORNBREAD

Servings: 6

Preparation Time: 1 hour 15 minutes

Better than a commercial mix and just as easy

MODIFIED TEXTURES:

1) *For Mechanical Soft: Cut in bite size pieces, moisten as needed or fork mash and add hot milk and butter*

2) *For Pureed: moisten with hot milk and butter and fork mash or process in food processor adding hot milk and butter to a smooth puree*

Ingredients

Dry

1 Cup Cornmeal

3/4 Cup Flour, All-purpose

1/2 Teaspoon Baking Soda

2 Teaspoons Brown Sugar

1 1/2 Teaspoons Baking Powder

1/4 Teaspoon Salt

Wet

4 Tablespoons Unsalted Butter, melted and cooled

2 Each Eggs, beaten

1 1/2 Cups Buttermilk, you may make your own from powdered buttermilk or by adding 1 tablespoon lemon or vinegar to milk and letting it sit for a half hour before using

Method

1. Preheat oven to 425°F
2. Mix dry ingredients and set aside
3. Mix wet ingredients and whisk to mix well
4. Add wet to dry ingredients mixing until all dry ingredients are wet and mixture is well mixed. Do not overmix
5. Let this sit at room temperature for 20 minutes
6. Pour in greased pans and bake for 30 to 45 minutes until center is springy and knife inserted in middle is dry
7. Cool for 10 minutes before cutting it

Serving Ideas: VARIATIONS:

1-Add choices of 1 cup well drained diced jalapeños, or 1 cup dill.

2- Add 1/2 cup grated sharp cheddar cheese - note that nutrition breakdown will change if adding cheese

3- Add 1/2 cup chili powder to dry ingredients for a very spicy cornbread

4- Add frozen or canned drained corn kernels

5- Add creamed corn for part of the buttermilk

Per Serving (excluding unknown items): 263 Calories; 10g Fat (35.8% calories from fat); 8g Protein; 34g Carbohydrate; 2g Dietary Fiber; 93mg Cholesterol; 406mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Breakfasts

BREAKFAST SCRAMBLED EGG

Servings: 6

Preparation Time: 30 minutes

A quick and easy breakfast

MODIFIED TEXTURES:

1) *For Mechanical Soft: Serve as written or fork mash*

2) *For Puréed: Process to a smooth puree adding hot milk to thin as needed*

Ingredients

6 Each Eggs

1/4 Teaspoon Salt

6 Tablespoons Milk

1 Teaspoon Vegetable Oil, to grease bottom of pan

Method

1. Break eggs into mixer bowl. Beat slightly.
2. Add salt and milk and mix well.
3. Grease pan with vegetable oil, melted butter or spray cold pan with food release.
4. Pour egg mixture into pans and cook on medium, lifting from edges to center to cook evenly and prevent scorching.
5. Or may pour into greased mold bake in a 350°F oven for 15 minutes stirring twice to ensure eggs are cooked through

Serving Ideas: VARIATIONS:

1 -Add crumbled bacon

2 -Add grated cheese while cooking or as a topping

3 - Add cooked vegetables

Per Serving (excluding unknown items): 90 Calories; 6g Fat (64.0% calories from fat); 7g Protein; 1g Carbohydrate; 0g Dietary Fiber; 214mg Cholesterol; 166mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

HOME-MADE PANCAKES

Servings: 6

Preparation Time: 30 minutes

Fluffy tasty pancakes made from scratch using your own mix

MODIFIED TEXTURES:

- 1) *For Mechanical Soft: serve as written. For Chopped cut in bite sized pieces*
- 2) *For Puréed: soak in hot milk, butter and syrup and fork mash. For smooth puree place in food processor with hot milk, melted butter and process to smooth pureed. Top with warm syrup before serving*

Ingredients

2 Cups Home-made Pancake Dry Mix

3 Each Eggs

1 3/4 Cups 2% Milk, may substitute reconstituted evaporated milk

2 Teaspoons Vegetable Oil

Method

1. In a mixing bowl measure the dry HOME-MADE PANCAKE DRY MIX
2. Beat eggs and add milk
3. Combine with dry HOME -MADE PANCAKE DRY MIX mixing until smooth but still slightly lumpy. smooth
4. Add vegetable oil
5. Drop by 1/4 cup measure on hot greased skillet. When bubbly turn to finish cooking
6. For very thin pancakes add more milk. For thick pancakes use 1 tablespoon less milk
7. One portion = 2 pancakes

Serving Ideas: VARIATIONS:

- 1- Top with powdered sugar instead of syrup
- 2- Dust with cocoa powder
- 3- Add a dollop plain or fruited yogurt
- 4- Top with puréed fruit or fruit compote
- 5- Add chocolate chips to batter before cooking
- 6- Top with a hard poached egg and savory sauce such a (mock) Hollandaise
- 7- To make waffles increase oil or melted butter to 1/4 cup and bake in a waffle iron

Per Serving (excluding unknown items): 224 Calories; 6g Fat (22.8% calories from fat); 9g Protein; 34g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 868mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

LOADED PANCAKES

Servings: 6

Preparation Time: 1 hour

High protein high fiber pancake with fruit. A complete breakfast! Roll it up and run out the door.

MODIFIED TEXTURES:

1) *For Mechanical Soft: cut into bite size pieces or pulse 3 - 4 times in a food processor along with berries*

2) *For Puréed: process pancakes and berries in food processor to a smooth puree*

Ingredients

6 Each Eggs

2 Cups Rolled Oats

1 1/2 Cups Cottage Cheese

2 Each Banana, medium or small ripe

1 Tablespoon Vegetable Oil, for greasing skillet

3/4 Cup Berries, or your favorite fruit to be used for topping

Method

1. Mix all ingredients in a food processor except vegetable oil and process until smooth
2. In the meantime heat oil in a skillet until hot but not smoking
3. Measure 1/4 cup batter into the hot oil and cook until bubbly then turn and cook until just done
4. Top each serving with 1 tablespoon of your favorite berries or other fruit of choice. If desired purée berries and let sit for a few hours until juice develops before using
5. Makes 12 pancakes
6. One portion = 2 pancakes

Serving Ideas: VARIATIONS:

- 1- Serve with powdered sugar or brown sugar on top
- 2- Top with a dollop of your favorite yogurt, fruited or plain
- 3- Slice more fruit on top
- 4- Top with any cooked or canned fruit
- 5- For a higher protein boost spread with peanut butter while still hot
- 6- Need more calories? top with syrup

Per Serving (excluding unknown items): 290 Calories; 10g Fat (31.7% calories from fat); 19g Protein; 31g Carbohydrate; 4g Dietary Fiber; 217mg Cholesterol; 301mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Fruit; 1 Fat.

Breakfasts

SCRAMBLED EGGS & BACON

Servings: 6

Preparation Time: 20 minutes

A savory everyday breakfast of eggs with bacon

MODIFIED TEXTURES:

1) *For Mechanical Soft: Serve as written*

2) *For Puréed: process to a smooth puree adding hot milk as needed to thin*

Ingredients

6 Each Eggs, beaten

1/8 Teaspoon Salt, optional to taste

1 Dash Pepper, optional to taste

2 Tablespoons 2% Low-fat Milk, or many use 2 tablespoons undiluted skim evaporated milk

1 Tablespoon Vegetable Oil

6 Slices Bacon, cooked crisp, drained and crumbled

Method

1. In a frying pan cook bacon crisp enough that no visible soft fat remains. Drain well on paper towels and set aside. Wipe frying pan clean with a paper towel to be used to cook the eggs
2. Beat eggs, milk, salt and pepper and mix
3. Crumble cooked drained bacon by placing between 2 clean paper towels and rolling a few times - pieces should be no bigger than 1/4"
4. Cook mixture of eggs and crumbled bacon in greased pan stirring constantly as the egg sets to cook through

Serving Ideas: VARIATIONS:

1-Roll in a warm tortilla with some grated cheese and salsa for a finger food breakfast

2-To increase protein add 1 - 2 ounces cheese - it will also increase calories

Per Serving (excluding unknown items): 133 Calories; 10g Fat (72.1% calories from fat); 8g Protein; 1g Carbohydrate; trace Dietary Fiber; 218mg Cholesterol; 218mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.

BAKED PUMPKIN DESSERT

Servings: 6

Preparation Time: 1 hour 30 minutes

A delicious baked pumpkin pudding to have any time of the year as a dessert or side dish. A nice change from the usual potatoes and much more nutritious

MODIFIED TEXTURES:

- 1) *For Mechanical Soft: serve as written*
- 2) *For Puréed: serve as written or fork mash*

Ingredients

1 1/2 Tablespoons Butter

1 1/2 Cups Canned Pumpkin

3/8 Cup Flour

1 Pinch Salt

1/2 Teaspoon Baking Soda

1/2 Cup Sugar

3/4 Cup Milk

2 Each Eggs

1/2 Teaspoon Vanilla

1 Tablespoon Cinnamon Sugar

Method

1. Heat oven to 450°F
2. Melt butter in a dish or pan measuring 8x8, 9x9, or 7x11
3. Put remaining ingredients in blender and whirl until smooth.
4. Pour into the melted butter and sprinkle top with cinnamon (or cinnamon-sugar).
5. Bake for 25-30 minutes.
6. For side dish serve 1/2 cup. For dessert serve 1/4 to 1/3 cup.

Serving Ideas: VARIATIONS:

1-Serve baked pumpkin dessert instead of potatoes or sweet potatoes

2-Excellent with pork or chicken

3-Try it for an afternoon or bedtime snack with a dollop of yogurt or whipped topping

Per Serving (excluding unknown items): 191 Calories; 6g Fat (26.7% calories from fat); 5g Protein; 31g Carbohydrate; 2g Dietary Fiber; 83mg Cholesterol; 198mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Desserts

THICKENED ICE CREAM

Servings: 10

Preparation Time: 5 hours

Your favorite ice cream thickened to order

MODIFIED TEXTURES:

This recipe thickens ice cream to pudding thick, safe for all liquid viscosities.

Ingredients

4 Cups Ice Cream, any flavor softened for 15 minutes

4 Packages Gel Thickener, Simply Thick, if in gallon container use 1 stroke

Method

1. Keep ice cream frozen at 0°F or less until ready to use
2. Soften ice cream at room temperature for 15 minutes, scoop, place in food processing bowl
3. Add gel thickener and process until well mixed or any particles in ice cream are thoroughly creamed and combined
5. Pour with 1/2 cup measure or scoop with #8 scoop into serving containers or serving dishes
6. Freeze again to 0°F or less until firm and ready to serve
7. To serve hold at room temperature for 5 minutes to soften slightly.
8. One portion = 1/3 cup or 3 tablespoons

Serving Ideas: VARIATIONS:

- 1- Serve with any pureed smooth toppings thickened to pudding or honey thickness
- 2- Prepare with any flavor ice cream for variety; if it's a chunky ice cream puree it while soft then proceed with the recipe
- 3- Use it in a thick shake - be sure to thicken shakes per SLT/MD order to the required viscosity (thickness)

Per Serving (excluding unknown items): 107 Calories; 6g Fat (46.9% calories from fat); 2g Protein; 13g Carbohydrate; 0g Dietary Fiber; 24mg Cholesterol; 46mg Sodium. Exchanges: 1 Fat; 1 Other Carbohydrates.

High Calories

ENRICHED CEREAL

Servings: 6

Preparation Time: 20 minutes

A high nutrient density, rich cereal for those needing high calories and protein. Excellent for debilitated, hospice or cancer clients that can only consume very small amounts at a time

MODIFIED TEXTURES:

Serve as written for all textures

Ingredients

3 Cups Cream of Wheat, dry

1 1/2 Quarts Evaporated Milk, undiluted

1 Cup Nonfat Dry Milk

3/4 Cup Butter

1 Pinch Salt, optional to taste

Method

1. Mix undiluted evaporated milk and non-fat dry milk and whisk to remove lumps. Mix in dry hot cereal.
2. Cook over low heat stirring constantly to avoid lumps, sticking or scorching until thickened.
3. Add butter and stir until melted.

Serving Ideas: VARIATIONS:

1-May serve with super topping, raisins, brown sugar, crushed nuts, honey, maple syrup, black strap molasses, or any of your favorite fruits.

2-Use any preferred hot cereal for variety

3-Sprinkle cinnamon, nutmeg, cloves or ginger for a change of taste

Per Serving (excluding unknown items): 934 Calories; 43g Fat (41.9% calories from fat); 34g Protein; 102g Carbohydrate; 3g Dietary Fiber; 140mg Cholesterol; 636mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 Non-Fat Milk; 8 Fat.

High Calories

ENRICHED CEREAL TOPPING

Servings: 6

Preparation Time: 10 minutes

A sweet topping high in calories for those needing more

MODIFIED TEXTURES:

As written for all textures

Ingredients

3/4 Cup Butter

1 Cup Evaporated Milk, undiluted

1/2 Cup Nonfat Dry Milk

3/4 Cup Brown Sugar

Method

1. In a sauce pan, combine butter, evaporated milk, nonfat dry milk, and brown sugar.
2. Bring to a slow simmer, stirring constantly, for about 15 minutes.
3. Yield: 2.5 cups. One portion = 2 ounces
4. One portion = 2 ounces

Serving Ideas: VARIATIONS:

- 1- Serve as a topping for hot or cold cereal, toast, french toast, pancakes or bran muffins.
- 2- Try flavoring topping with vanilla, cloves, cinnamon, or nutmeg or ginger

Per Serving (excluding unknown items): 364 Calories; 26g Fat (63.6% calories from fat); 7g Protein; 27g Carbohydrate; 0g Dietary Fiber; 76mg Cholesterol; 339mg Sodium. Exchanges: 1 Non-Fat Milk; 5 Fat; 1 Other Carbohydrates.

BAKED CRANAPPLE TURKEY

Servings: 6

Preparation Time: 26 hours

Good for a Thanksgiving or holiday feast or to have for a family dinner and slice the rest for sandwiches during the week.

MODIFIED TEXTURES:

1) *For Mechanical Soft: Chop desired portions using a hand chopper or in food processor pulsing 3 times*

2) *For Puréed: Place desired portions into food processor and purée until smooth. May add hot broth if needed to thin*

Ingredients

1 1/2 Pounds Boned Turkey Breast, raw

1 Tablespoon Rosemary

1 Tablespoon Sweet Basil

1 Tablespoon Sage

Brine

1 Quart Cranberry Juice

1 Quart Apple Juice, From Frozen Concentrate

Method

TWENTY FOUR HOURS PRIOR TO COOKING

1. Place thawed boned turkey breast, rosemary, and sweet basil in a one gallon zip lock bag. Add Cranapple juice to fill. Seal bag and agitate to move and mix spices over roast. Place bag in refrigerator, turning occasionally to spread the spice mixture around. **MUST STORE AT 41°F OR BELOW FOR SAFETY**

HALF HOUR BEFORE COOKING

1. Remove roast from marinade and drain.

2. Cook turkey roast in a 350°F oven until a meat thermometer indicates an internal temperature of 180°F. Remove roast from oven heat and let sit for fifteen minutes before slicing.

3. Cut into 1 ounce slices each.

4. This yields enough for leftovers to use at another meal or in sandwiches. To store remainder seal tightly, label and refrigerate for up to 3 days or freeze for up to 3 months

5. One 2 ounce portion = 2 slices; one 3 ounce portion = 3 slices

Serving Ideas: VARIATIONS:

1- Add different seasonings, herbs and spices. **DO NOT** add more salt

2- Try recipe with a whole chicken

3- Preparation time includes the 24 hours brining time plus cooking

Per Serving (excluding unknown items): 291 Calories; 4g Fat (11.4% calories from fat); 21g Protein; 43g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 387mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 0 Fat.

BEEF AND BEAN BURRITOS

Servings: 6

Preparation Time: 1 hour

A very easy burrito - vary it as you wish by changing the type of meat and beans used

MODIFIED TEXTURES:

- 1) *For Mechanical Soft: pulse 4 - 5 times in a food processor*
- 2) *For Puréed: process to a smooth puree adding more hot liquid as needed to thin*

Ingredient

1 Pound Lean Ground Beef

1/2 Cup Onion, chopped

2 Tablespoons Mexican Style Seasoning, see HOME-MADE SEASONING MIX recipe in Single Ingredients

1 8-ounce Can Low Sodium Tomatoes, Canned, drained, pureed or use reduced sodium tomato sauce

1 15-ounce Can Pinto Beans, rinsed, drained and mashed

8 Each Flour Tortillas (each 8 Inches), warmed

Method

1. In large nonstick skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings.
2. Sprinkle seasoning mix over beef. Stir in tomatoes or tomato sauce. Simmer 10 minutes, stirring occasionally. Stir in mashed beans; heat through
3. To assemble, spoon equal amounts of beef mixture in center of each tortilla. Add lettuce, tomatoes and green onions, if desired. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges.

Serving Ideas: VARIATIONS:

- 1- Wrapped in foil and kept in an insulated container these burritos make a great take-out lunch for school or work
- 2- Wrap tightly and freeze for up to 10 days. To serve thaw and heat in oven or microwave to 165°F
- 3- Omit meat, double the beans and add 1 cup cooked corn kernels
- 4- For lower sodium cook your own beans instead of using canned

Per Serving (excluding unknown items): 483 Calories; 21g Fat (39.0% calories from fat); 23g Protein; 50g Carbohydrate; 5g Dietary Fiber; 57mg Cholesterol; 670mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 Fat.

CHICKEN TENDERS

Servings: 6

Preparation Time: 1 hour 30 minutes

A crispy nugget made at home. A great finger food and hardly messy since it's not greasy.

MODIFIED TEXTURES:

1) *For Mechanical Soft: make breading soft, chop manually or in a food processor pulsing 5 - 7 times*

2) *For Puréed: pulse in a food processor to a smooth puré adding hot broth if needed to thin; flavor with the same sauce used for dipping*

Ingredients

1 1/2 Pounds Chicken Breasts, skinless, boneless cut in 3 or 4 strips

3 Each Eggs, beaten

1/4 Cup 2% Low-fat Milk, or substitute evaporated milk

1 Cup Flour, whole wheat

1 Cup Bread Crumbs

1 Tablespoon Chili Powder

1 Tablespoon Paprika

2 Tablespoons Garlic Powder

1 Teaspoon Black Pepper

1 Tablespoon Dried Oregano

Method

1. Cut chicken breasts in long strips or purchase precut chicken tender strips. If purchasing pre-cut you will need the equivalent of 3 ounces of meat per serving
2. Combine flour and seasonings and stir to mix evenly
3. Beat the eggs and milk until well mixed
4. Dip the chicken tenders in the milk and egg mixture, then in the flour then roll in the breadcrumbs. Do this quickly so they don't get soggy and lay out on greased baking pan
5. Before baking you may sprinkle tops with additional breadcrumbs
6. Bake the chicken strips in a 350°F oven until done and breading is golden brown and crisp - about 25 minutes but check at 15 and don't let them overcook
7. Serve with the home-made BBQ DIPPING SAUCE or your favorite dipping sauce

Serving Ideas: VARIATIONS

- 1- Serve with a honey mustard sauce or Ranch dressing
- 2- Make into a sandwich using hot dog buns. Don't forget the dressings
- 3-Serve with our own BBQ DIPPING SAUCE
- 4- For a Southern flare substitute the bread crumbs with cornmeal
- 5-Try it in a taco wrapped in a warm soft corn tortilla topped with chopped lettuce, tomato & grated cheese

Per Serving (excluding unknown items): 365 Calories; 13g Fat (31.8% calories from fat); 28g Protein; 34g Carbohydrate; 2g Dietary Fiber; 165mg Cholesterol; 267mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

CHILE VERDE

Servings: 6

Preparation Time: 1 hour 25 minutes

The New Mexico version of Chile - it is green because it uses Tomatillos and mild green chilies

MODIFIED TEXTURES:

- 1) For Mechanical Soft: hand chop or pulse 3 - 4 times in food processor to grind
- 2) For Puréed: process to a smooth puré adding hot broth if needed to thin

Ingredients

- 1 1/2 Pounds Boneless Pork Butt (shoulder), cubed & dusted with flour seasoned with black pepper**
- 1/2 Cup Vegetable Oil**
- 1/2 Cup Chopped Onion**
- 2 Teaspoons Garlic Powder**
- 1 Tablespoon Ground Oregano**
- 1 Teaspoon Ground Cumin**
- 1 Pinch Salt, to taste**
- 1/4 Cup Diced Green Chilies, Mild, drained and chopped**
- 1/4 Cup Tomatillos, drained and chopped**
- 2 Cups Chicken Broth**
- 1 Tablespoon Cilantro, dry - if using fresh chop 1/4 - 1/3 cup**

Method

1. Heat oil in stock pot over medium-high heat; add pork cubes and brown evenly on all sides. Add onions and cook until onions are tender, about 10 minutes.
2. Add garlic and remaining seasonings, stir to mix, sauté for 5 minutes to extract merge the flavors
3. Stir in remaining ingredients and bring all to a boil. Lower heat to a simmer, cover and simmer until pork is very tender (1 to 2 hours) and liquid is slightly thickened.
4. Serve immediately over hot cooked rice, if desired.

Serving Ideas: VARIATIONS:

- 1-Serve with rice or tortillas
- 2-For additional heat add fresh seeded chopped green chilies or a hot canned Chile
- 3-Garnish with additional fresh chopped cilantro

Per Serving (excluding unknown items): 397 Calories; 28g Fat (63.4% calories from fat); 33g Protein; 3g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 338mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

CLASSIC MEATLOAF

Servings: 6

Preparation Time: 1 hour 30 minutes

Just like mother used to make - but much better

MODIFIED TEXTURES:

1- For Mechanical Soft & Chopped: Serve as prepared or pulse 2 - 3 times in food processor until meat is ground

2- For Puréed: In food processor pulse until pureed and smooth consistency. May add hot broth if needed to thin.

Ingredients

1 1/2 Pounds Lean Ground Beef, may substitute turkey or pork

1 8-ounce Can Low Sodium Tomatoes, Canned, drained & pureed or use reduced sodium tomato sauce

1/2 Cup Soft Bread Crumbs

1 Cup Oats, soaked in the drained juice from the canned tomatoes to soften

1/2 Cup Onion, finely chopped

2 Each Eggs, slightly beaten or use frozen eggs

2 Tablespoons Worcestershire Sauce, for a different taste use Soy Sauce

1 1/2 Teaspoons Thyme, powdered or ground

3/4 Teaspoon Garlic Powder

1 1/2 Teaspoons Prepared Mustard

Method

1. Heat oven to 350°F. Reserve the drained juice from the canned tomatoes.
2. Soak dry oats in the reserved juice while combining remaining ingredients
3. In large bowl, combine ground beef, bread crumbs, onion, egg, Worcestershire sauce, thyme, garlic powder, and mustard mixing lightly but thoroughly. Add the soaked oats and toss to mix well. If desired add pepper to taste.
4. Divide mixture into thirds and shape to form three loaves, each about 1 1/2 inches thick; place on rack in open roasting pan. Spread remaining tomato sauce over top of loaves.
4. Bake in 350°F oven 40 to 45 minutes or until no longer pink and juices run clear. To serve, cut each meatloaf into 1-inch thick slices for a 3 - 4 ounce portion

Serving Ideas: VARIATIONS:

- 1- To make your own soft bread crumbs, place torn bread slices in food process or blender container. Cover; process 30 seconds, pulsing on and off, until fine crumbs. One and a half slices will yield 1 cup soft bread crumbs.
- 2- By shaping the ground beef mixture into small, two-serving loaves, baking time can be reduced by 30 minutes.
- 3- Top with brown gravy, BBQ sauce, Italian sauce, ketchup or mustard sauce for flavor variety
- 4- Gentle handling when mixing the ground beef with the other ingredients will ensure a moist, tender meatloaf.
- 5- Bake in lined cupcake pans and freeze in a zip lock freezer bag to have a handy quick meal

Per Serving (excluding unknown items): 455 Calories; 27g Fat (54.5% calories from fat); 28g Protein; 23g Carbohydrate; 4g Dietary Fiber; 156mg Cholesterol; 191mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

DUMP CHILI AND BEANS

Servings: 6

Dump all ingredients in one pot to make this delicious chili and beans dish

MODIFIED TEXTURES:

- 1) *For Mechanical Soft & Chopped: Serve as prepared or chop manually into smaller pieces or pulse 2 - 3 times in food processor until meat is ground*
- 3) *For Pureed: In food processor pulse until pureed and smooth consistency. May add hot broth if needed to thin.*

- 1 Teaspoon Vegetable Oil**
- 1 Tablespoon Onion Powder**
- 1 Tablespoon Garlic Powder**
- 1 Cup Tomato Sauce**
- 1 Cup Chili Sauce, mild**
- 1/2 Pound Lean Ground Beef**
- 1/4 Teaspoon Pepper**
- 2 Teaspoons Chili Powder**
- 2 Cans Pinto Beans, drained and rinsed or cook fresh**
- 1 Cup Broth**

1. In a soup pot heat oil and add ground beef
2. Stir and break down ground beef. Cover and brown
3. Add tomato and chili sauces, chili, onion and garlic powders. Stir, cover and cook for 15 minutes or until it starts to simmer
4. Add cooked beans and broth, stir, cover and let cook for 30 minutes or until it starts to simmer
5. Before serving adjust seasonings with salt and pepper. It may need more chili powder.
6. One portion = 6 ounces or 3/4 cup

Serving Ideas: VARIATIONS:

- 1-Top with a teaspoon of plain yogurt or sour cream when serving
- 2- Add 1 teaspoon of shredded cheese or crumbled Mexican cheese on top
- 3- Serve with warm tortillas or rice
- 4- Garnish with fresh cilantro sprigs or chopped cilantro.

Per Serving (excluding unknown items): 357 Calories; 10g Fat (23.6% calories from fat); 21g Protein; 48g Carbohydrate; 17g Dietary Fiber; 28mg Cholesterol; 299mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

MOSTACCIOLI WITH MEAT SAUCE

Servings: 6

Preparation Time: 1 hour

The Italian version of the American Chili Mac. Use any small round pasta or macaroni

MODIFIED TEXTURES:

1) *For Mechanical Soft & Chopped & Finely Chopped: Serve as prepared or pulse 2 - 3 times in food processor until meat & pasta are ground*

2) *For Puréed: In food processor pulse until puréed and smooth consistency. May add hot broth or sauce if needed to thin.*

Ingredients

1 Pound Mostaccioli, Rigatoni or any other medium pasta, uncooked

1 1/2 Pounds Lean Ground Beef

1 Tablespoon Garlic Powder

1 Tablespoon Ground Thyme

1 Tablespoon Ground Oregano

2 Tablespoons Parsley, chopped

2 Cups Low Sodium Tomatoes, Canned, crushed with juice

1/2 Teaspoon Pepper

1/2 Teaspoon Salt

3 Tablespoons Parmesan Cheese

Method

1. In a skillet heat the oil, add the meat and brown over medium heat stirring often to break up the meat and cook. Drain out excess fat and keep meat hot while completing next step
2. Add all seasonings, herbs & spices to the meat and stir well
3. Add the canned tomatoes, stir and reduce the heat and simmer until the sauce is thickened, about 20 minutes
4. Prepare pasta according to package directions. Before draining, reserve 1/2 cup of the pasta cooking liquid
5. Drain the pasta and pour it over the cooked meat mixture over low heat. Add the sauce and the reserved pasta water. Stir to mix. Simmer until all sauce is absorbed by pasta
6. Garnish with grated Parmesan cheese

Serving Ideas: VARIATIONS:

1- Use bow-tie or curly pasta

2- Try another type of meat such as ground turkey or pork. For a meatless entrée use tofu.

3- For a spicier dish add 1 teaspoon chili powder

Per Serving (excluding unknown items): 617 Calories; 26g Fat (38.0% calories from fat); 32g Protein; 62g Carbohydrate; 3g Dietary Fiber; 87mg Cholesterol; 317mg Sodium. Exchanges: 4 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

BAKED CREAMY SUMMER SQUASH

Servings: 6

Preparation Time: 1 hour 30 minutes

A high protein vegetable casserole

MODIFIED TEXTURES:

- 1) *For Mechanical Soft: cut up or mash or chop fine*
- 2) *For Puréed: In food processor or blender process until smooth and not lumpy. May add hot milk until desired consistency is reached.*

Ingredients

6 Each Yellow Squash, sliced 1/2" thick

3/4 Cup Ricotta Cheese, may substitute small curd cottage cheese

1/4 Cup Plain Yogurt

1 Tablespoon Half and Half, may substitute milk or unconstituted evaporated milk

2 Each Green Onions, chopped

2 Teaspoons Parsley, Freeze-dried, fresh chopped or dry flakes

1/2 Teaspoon Rubbed Sage

1/2 Teaspoon Thyme Leaves

1 Teaspoon Oregano, dry flakes or ground

Method

1. Preheat oven to 375°F.
2. Remove and discard stem ends of the squash. Slice in thin slices and layer on a baking sheet.
3. Combine remaining ingredients in a mixing bowl.
4. Pour cheese mixture evenly over squash slices. Bake 15-20 minutes or until squash is tender.
5. One portion = 1/2 cup

Serving Ideas: **VARIATIONS:**

1- For an Italian twist top with hot Marinara sauce and sprinkle with grated Parmesan cheese

Per Serving (excluding unknown items): 91 Calories; 5g Fat (46.9% calories from fat); 5g Protein; 7g Carbohydrate; 3g Dietary Fiber; 18mg Cholesterol; 35mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

BEANS AND RICE

Servings: 6

Preparation Time: 1 hour 45 minutes

A meal in one for lunch or dinner. Just add a salad or cooked vegetable to complete

MODIFIED TEXTURES:

1) *For Mechanical Soft: Serve as is*

2) *For Puréed: process until smooth purée adding hot bean gravy or broth to thin if needed*

Ingredients

1 Tablespoon Oil

3/4 Teaspoon Salt, or as needed

1/2 Teaspoon Pepper

3/4 Cup Onions, chopped, or substitute 1 tablespoon onion salt

3/4 Cup Green Pepper, chopped

1 Stalk Celery, chopped

1 1/2 Each Carrot Slices, fresh sliced

1 1/2 Each Tomato, Whole, mash or chop

3 Cups Beans, canned, rinsed, drained

3 Cups Broth, reduced sodium

1 Each Bay Leaf, Whole, REMOVE BEFORE SERVING

3 Cups Cooked Rice, may use brown or white rice

Method

1. Heat oil and add all the chopped vegetables and seasonings. Sauté until tender.
2. Add tomato and sauté mashing as it cooks, then mixing well with the other vegetables
3. Add beans and water, then simmer until flavors blended and vegetables tender.
4. Serve over rice.
5. One portion = 1 cup or 8 ounces; half cup rice & 1/2 cup beans with gravy

Serving Ideas: VARIATIONS:

- 1- Mix rice and beans before serving and reheat
- 2- Try seasoning with small pieces of cured meat or dry fish such as cod instead of using salt
- 3- Add greens such as spinach or kale for a more nutritious dish
- 4- Great with sliced avocados on the side
- 5- Try it with barley instead of rice for a nice change and even more nutrients
- 6- Make a double batch and freeze half for another meal. May keep frozen for up to 3 months
- 7- For a lower sodium meal cook dry beans from scratch and use instead of canned beans for this recipe

Per Serving (excluding unknown items): 516 Calories; 4g Fat (7.0% calories from fat); 27g Protein; 95g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 298mg Sodium. Exchanges: 6 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

CHILI POTATO FRIES

Servings: 6

Preparation Time: 1 hour

You'll love these easy to make crispy potatoes. A good side dish, snack or light lunch

MODIFIED TEXTURES:

- 1) *For Mechanical Soft & Chopped: Serve soft, cut up in bite size pieces or mash up with a fork*
- 2) *For Finely Chopped process in food processor for 2 to 4 pulses until very finely ground consistency. If more moisture is needed add hot broth or more milk or butter.*
- 3) *For Puréed: In a food processor pulse until smooth and of mashed potatoes consistency. Add more broth, hot milk or butter if needed.*

Ingredients

2 1/4 Pounds Frozen Potatoes, no skin, or 4 medium potatoes cut into 1/4 to 1/3 inch wedges

1/4 Cup Eggs, 2 eggs whipped

Seasoning

1 Tablespoon Chili Powder

1 Teaspoon Garlic Powder

1/2 Teaspoon Salt

Method

1. Heat oven to 375°F.
2. Lightly coat baking sheet with vegetable oil.
3. Lightly beat egg in shallow bowl. In another shallow bowl, mix crumbs and seasoning blend.
4. Dip potato wedges into egg; coat completely with crumb mixture.
5. Arrange in single layer on baking sheets. Bake 20 minutes, then turn potatoes over and continue to bake 10 to 15 minutes longer, until potatoes are browned and crisp and insides are tender when tested with toothpick or fork. Serve immediately.
6. Bake 20 minutes, then turn potatoes over and continue to bake 10 to 15 minutes longer, until potatoes are browned and crisp and insides are tender when tested with toothpick or fork. Serve immediately, plain or with lemon or ketchup.
7. If more moisture needed add hot broth or melted cheese.
8. One serving = 1/2 cup or 5 - 6 wedges depending on thickness.

Serving Ideas: VARIATIONS:

1- Crumble white Mexican cheese over fries while hot

2- Top with melted cheese sauce

Per Serving (excluding unknown items): 154 Calories; 2g Fat (9.3% calories from fat); 6g Protein; 31g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 249mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Fat.

FRUIT AND YOGURT SALAD

Servings: 6

Preparation Time: 20 minutes

Why not fresh fruit and yogurt for a delicious dessert or to start the morning?

MODIFIED TEXTURES:

1) *For Mechanical Soft: In a food processor process all fruits combined for 4 - 5 pulses*

2) *For Puréed: Puree in food processor or blender until smooth purée. May have to strain or sieve to remove seeds and add more yogurt until smooth*

Ingredients

3/4 Cup Yogurt, Skim Milk

1/8 Teaspoon Cinnamon, ground

1/3 Cup Orange Juice

3/4 Cup Raspberries

3/4 Cup Blackberries, fresh or frozen

3/4 Cup Strawberries, fresh or frozen

3/4 Cup Orange, peeled, chopped, seeds removed

1/3 Cup Granola, or other whole grain dry cereal

Method

1. In a small bowl stir together the yogurt, cinnamon, juice and peel. Set aside.
2. Place all the fresh fruit in a medium bowl and mix together. Divide into 1 cup portions.
3. Pour half of the yogurt mixture over each portion.
4. Top each with 1 tsp granola.
5. One portion = 1/2 cup
6. As a breakfast side dish serve 1/3 cup portion

Serving Ideas: VARIATIONS:

- 1- Use any type of seasonal fruit
- 2- Change the yogurt flavors
- 3- May top with additional yogurt or chopped nuts

Per Serving (excluding unknown items): 90 Calories; 2g Fat (20.5% calories from fat); 3g Protein; 16g Carbohydrate; 4g Dietary Fiber; 1mg Cholesterol; 24mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat.

MIXED GREEN SALAD

Servings: 6

Preparation Time: 20 minutes

A green salad with variations

MODIFIED TEXTURES:

- 1) *For Mechanical Soft: Chop all ingredients into small pieces, or chop in the food processor*
- 2) *For Puréed: Puree all ingredients until smooth. If too watery thicken with plain yogurt or mayonnaise dressing*

Ingredients

2 Cups Lettuce Leaves, fine chopped

1/2 Cup Tomatoes, Canned, drained, chopped

1/2 Cup Cucumber, chopped small

1/2 Cup Carrot Slices, Canned

Method

1. After chopping ingredients to the desired size, place in a bowl and toss to mix
2. Top with 2 tablespoons of salad dressing of choice
3. One portion = 1/2 cup

Serving Ideas: VARIATIONS:

1- Add chopped stemmed spinach leaves

2- Mix in finely shredded chopped cabbage

3- Use any different types of green leafy vegetables chopped very fine

4- To store leftover salad do not mix with dressing. Store in a plastic container lined with a paper towel, cover and refrigerate at 41°F for up to 3 days

Per Serving (excluding unknown items): 12 Calories; trace Fat (5.9% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 81mg Sodium. Exchanges: 1/2 Vegetable.

POWER SALAD

Servings: 6

Preparation Time: 1 hour

A high protein high antioxidants vegan style salad. A great lunch salad, or use as a side dish.

MODIFIED TEXTURES:

- 1) For Mechanical Soft: fork mash or pulse in food processor 3 - 4 times
- 2) For Puréed: in food process to a smooth purée

Ingredients

- 1 1/2 Cups Lettuce Leaves, chopped**
- 1 1/2 Cups Spinach Leaves, stemmed, chopped**
- 1 1/2 Cups Escarole, stemmed, chopped**
- 1 1/2 Cups Kale, stemmed, chopped**
- 3/8 Cup Green Beans, drained and rinsed**
- 3/8 Cup Black Beans, Canned, drained and rinsed**
- 3/8 Cup Garbanzo Beans, Canned, drained and rinsed**
- 3/8 Cup Canned Red Beans, drained and rinsed**
- 3/8 Cup Canned Corn, drained**
- 3/4 Cup Cooked Brown Rice**
- 3/4 Cup Diced Canned Tomatoes, with juice**

Method

1. Drain beans and corn. You may use as many or few types of beans, add more or less amounts of each.
2. Clean, wash, dry and tear all greens into chop fine.
3. Mix brown rice, drained canned beans, corn and diced tomatoes. Chill all ingredients before final step
4. Toss all ingredients together and serve with Honey Lemon Dressing or your favorite dressing
5. Salad will taste best if cooked rice and canned beans, diced tomatoes and corn mixture is marinated for at least an hour in the dressing, drained then tossed with the greens
6. One portion = 1 1/2 cups

Serving Ideas: VARIATIONS:

- 1- As a salad or side dish serve 1/2 cup - save the remaining half for another meal
- 2- As a main dish serve 1 1/2 cups
- 3- Use any kind of greens and beans available
- 4 - Instead of corn use diced carrots
- 5 - Instead of green beans use beets

Per Serving (excluding unknown items): 108 Calories; 1g Fat (6.6% calories from fat); 5g Protein; 21g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 299mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.

QUICK POTATO SALAD

Servings: 6

Preparation Time: 45 minutes

Quick and easy potato salad

MODIFIED TEXTURES:

- 1) *For Mechanical Soft & Chopped: Fork mash or pulse 3 - 4 times in a food processor, or serve as prepared omitting celery*
- 2) *For Puréed: In food processor pulse until smooth purée. May add mayonnaise or cold milk to thin if needed*

Ingredients

1 Pound Potatoes (4 to 5 medium) cut into 1-inch pieces

1/8 Cup Celery, diced fine (optional)

1/2 Cup Chopped Onion, chopped fine

Dressing

1 Tablespoon Vinegar, white cider

1/2 Cup Nonfat Yogurt, plain

1/2 Cup Mayonnaise

2 Teaspoons Yellow Mustard

1/4 Teaspoon Garlic Powder

1/4 Tablespoon Onion Powder

1/8 Teaspoon Pepper, optional

Method

1. In a large saucepan, combine 5 cups water, potatoes and 2 teaspoons of salt; bring to a boil
2. Reduce heat to medium; cover and cook 25 to 35 minutes or until potatoes are tender when pierced with a fork
3. Combine all dressing ingredients; process until blended. When potatoes are done, drain well. In large bowl, combine potatoes & eggs. Add already prepared dressing toss to coat. Cover and refrigerate until serving
4. When potatoes are done, drain well and place in a large bowl, combine potatoes & eggs. Add dressing toss to coat. Cover and refrigerate until serving
5. Cover and refrigerate at 41°F until serving. Will keep for 3 days
6. One serving = 1/3 cup

Serving Ideas: VARIATIONS:

- 1- Add shredded carrots for a colorful salad
- 2- Use 1 tablespoon finely chopped red or bell peppers for crunch and color
- 3- Use red skin small potatoes and leave the skin on for more fiber
- 4- Skip the eggs - it will have less protein but it's just as good
- 5- Add 2 teaspoons pickle relish for a delicious tangy tartness

Per Serving (excluding unknown items): 210 Calories; 16g Fat (64.0% calories from fat); 3g Protein; 17g Carbohydrate; 2g Dietary Fiber; 7mg Cholesterol; 147mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

RICE PILAF

Servings: 6

Preparation Time: 1 hour

An easy to make rice pilaf; make it often and try any of the variations

MODIFIED TEXTURES:

1) *For Mechanical Soft: Serve as written or pulse 1 - 2 times in a food processor*

2) *For Puréed: Pulse in food processor 5 - 6 times to a smooth paste adding more broth if needed to thin*

NOTE: REMOVE BAY LEAF before serving

Ingredients

1/4 Cup Onions, finely chopped, or dry onions

2 Tablespoons Vegetable Oil, melted

1 Cup Rice, uncooked, washed

1/16 Teaspoon Black Pepper, optional

1/2 Teaspoon Salt, optional

1 Small Bay Leaf, REMOVE BEFORE SERVING

2 Cups Low Sodium Chicken Broth

Method

1. In a 1 quart cooking pot sauté onion in margarine until it begins to soften. Do not brown
2. Add uncooked rice to onions and stir over heat until completely coated with the margarine
3. Add seasonings and chicken broth. Stir to combine. Bring to a boil, lower to simmer and cover tightly, cooking 45 minutes until rice cooks through. Stir before serving
4. May garnish with red peppers or pimentos. REMOVE THE BAY LEAF. IT IS DANGEROUS IF SWALLOWED WHOLE
5. May cook in rice cooker following the manufacturer directions

Serving Ideas: VARIATION(S):

1- Curried Rice. Add 3 tablespoons curry powder.

2- Mexican Rice. Sauté 14 oz chopped onions, 10 oz chopped green bell pepper, and 3 oz chopped celery in 1/3 C vegetable oil, pinch of salt, 1 Tb chili powder, and 1 tsp garlic powder. Add 2 1/2 quart tomato juice and 1 3/4 quart & cook until done

3- Mushroom Rice Pilaf. Reduce rice to 1 pound 12 oz and Chicken Stock to 2 1/2 qt. Delete bay leaf and add 1 1/2 tsp thyme. Add 2 pound mushroom pieces and stems and 1 pound 8 oz chopped celery.

4- Toasted Herb Rice. Measure uncooked rice into 12 x 2 x 4-in pan. Bake at 325°F for 20 minutes or until rice is toasted and golden. Proceed as for Rice Pilaf. Add 2 tablespoons crumbled dried basil or tarragon.

5- Caribbean Rice. Add 1 pound 10 oz cubed cooked sweet potatoes, garlic powder, ground ginger to cooked rice

6- Suggested additions for variety: chopped green pepper, pimento, tomato, or nuts; rinsed canned beans, sliced mushrooms or water chestnuts; ground or diced ham.

Per Serving (excluding unknown items): 172 Calories; 5g Fat (25.2% calories from fat); 6g Protein; 26g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 352mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.

SPICY REFRIED BEANS

Servings: 6

Preparation Time: 20 minutes

A high fiber side dish good with any entree

MODIFIED TEXTURES:

1) *For Mechanical Soft & Chopped: As prepared*

2) *For PuréeD: fork mash or pulse 3 - 5 times in the food processor to a smooth puree*

Ingredients

2 Cans Pinto Beans, drained and rinsed - May also cook dry beans from scratch

2 Tablespoons Vegetable Oil

2 Teaspoons Onion Powder, chopped

1/8 Teaspoon Chili Powder, optional

2 Teaspoons Garlic Powder

1 Teaspoon Ground Cumin

Few Drops Hot Pepper Sauce, optional

1 Cup Broth

Method

1. Drain and rinse canned beans.
2. Heat oil in frying pan. Add drained beans, garlic and onion powder, cumin and Chile powder. Stir and cook to mix well
3. Lower heat and mash with potato masher or the back of a large spoon, turning until mashed but not pureed
4. Add beef stock and mix well stirring constantly to keep from burning. Cook bean mixture on simmer for 45-60 minutes or until most of the liquid evaporates
5. May garnish with chopped cilantro, chopped onion tops, grated cheese or salsa

Serving Ideas: VARIATIONS:

- 1- Use 1 pound of dry pinto beans instead of canned beans for higher fiber and lower sodium. Cooking time will increase by 1 - 2 hours to cook the beans.
- 2 - Use 2 cans of black beans and add 2 teaspoons cumin powder, 1 teaspoon garlic powder, and 1 tablespoon chili powder.
- 3- Place 2 tablespoons in a hot corn tortilla, add grated cheese and salsa and fold in half for a delicious bean taco

Per Serving (excluding unknown items): 266 Calories; 5g Fat (17.7% calories from fat); 14g Protein; 42g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 Fat.

SWEET POTATO FRIES

Servings: 6

Preparation Time: 1 hour 45 minutes

Low fat, easy and nutritious as a snack or side dish

MODIFIED TEXTURES:

1) *For Mechanical soft & finely chopped: peel, cut up small or fork mash. Or may pulse 2 - 3 times in food processor*

2) *For Puréed: peel, place in food processor and pulse, add warm orange or apple juice and melted margarine, pulse until smooth purée. May also use warm milk.*

Ingredients

3 Each Sweet Potato, small, scrubbed with skin up cut into 3X1 inch strips 0 cut lengthwise

1 1/2 Teaspoons Vegetable Oil

1 1/2 Teaspoons Butter, may use margarine if desired - melt butter & mix with oil

Method

1. Preheat oven to 450° F. Heat butter/margarine to melt
2. Mix melted butter/margarine with oil keeping warm to prevent butter from hardening. Place in small bowl
3. Add sliced sweet potato strips & toss to coat well. Drain in colander or slotted spoon if too wet
4. Grease baking sheet or line with parchment paper or foil with shiny side up. Spread drained strips on baking sheet and bake for 15 minutes
5. With a spatula turn strips to brown and toast evenly. Bake for 15 minutes
6. Test for doneness. Season to taste

Serving Ideas: VARIATIONS:

1- Salt (lightly) & white or black pepper to taste

2- Powdered cinnamon &/or nutmeg

3- Sprinkle with paprika

4- For a sweet treat use white or brown sugar (or sugar substitute) or dip in a honey yogurt mix

Per Serving (excluding unknown items): 87 Calories; 2g Fat (23.4% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 18mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fat.

TANGY POTATO SALAD

Servings: 6

Preparation Time: 1 hour 45 minutes

Quick to make and deliciously tangy potato salad

MODIFIED TEXTURES:

1) *For Mechanical Soft: serve as written, fork mash or pulse 3-4 times in a food processor*

2) *For Puréed: process until smooth purée, adding more yogurt to thin as needed*

Ingredients

1 1/3 Pounds Potatoes (4 to 5 medium) cut into 1-inch pieces

2 Each Eggs

1/4 Cup Celery, finely chopped

Dressing

1 Tablespoon Vinegar, white cider

1/2 Cup Yogurt

1 Cup Mayonnaise

2 Teaspoons Dijon Mustard

1 1/2 Teaspoons Garlic Powder

1 1/2 Tablespoons Onion Powder

1/4 Teaspoon Cayenne Pepper

1/4 Teaspoon Pepper

Method

1. In large saucepan, combine 4 cups water, potatoes and 1 teaspoon of salt and raw eggs in shell and bring to a boil. Reduce heat to medium; cover and cook 12 to 15 minutes or until potatoes are tender when pierced with a fork

2. While potatoes and eggs cook, you can prepare the dressing

3. Meanwhile, in blender container, combine all dressing ingredients; process until blended

4. When potatoes are done, drain well. Remove eggs, peel and chop coarsely

5. In large bowl, combine cooked potatoes & chopped eggs. Add already prepared dressing toss to coat

Serving Ideas: VARIATIONS:

1- Add shredded carrots for a colorful salad

2- Use 1 tablespoon finely chopped red or bell peppers for crunch and color

3- Use red skin small potatoes and leave the skin on for more fiber

4- Skip the eggs - it will have less protein but it's just as good

5- Add 2 teaspoons pickle relish for a delicious tangy tartness

Per Serving (excluding unknown items): 390 Calories; 34g Fat (74.0% calories from fat); 6g Protein; 21g Carbohydrate; 2g Dietary Fiber; 86mg Cholesterol; 271mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

TOMATO - GARBANZO SALAD

Servings: 6

Preparation Time: 45 minutes

A different salad with a hint of the Mediterranean

MODIFIED TEXTURES:

- 1) *For Mechanical Soft: pulse in the food processor 2 - 3 times*
- 2) *For Puréed: in food processor process to a smooth purée*

Ingredients

- 2 Cups Canned Diced Tomatoes, with juice**
- 2 Teaspoons Olive Oil, or may use vegetable oil**
- 1 Can Garbanzo Beans, 15-ounce rinsed, drained**
- 1 Tablespoon Garlic Powder**
- 1 Tablespoon Ground Thyme**
- 1 Tablespoon Balsamic Vinegar**
- 1 Tablespoon Green Onion, sliced or dice small**

Method

1. In a large bowl mix all ingredients to mix well
2. Refrigerate at 41°F until chilled. Do not drain before serving
3. One portion = 1/2 cup with the dressing

Serving Ideas: VARIATIONS:

- 1- Use any other type of legume instead of garbanzos
- 2 - Served hot makes a good side dish
- 3 - As a salad served on a bed of lettuce
- 4- Toss in diced avocados before serving

Per Serving (excluding unknown items): 162 Calories; 4g Fat (19.1% calories from fat); 8g Protein; 26g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 282mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

TWICE-BAKED POTATOES

Servings: 6

Preparation Time: 1 hour 45 minutes

Baked potato stuffed with a medley of sharp cheeses, and topped with green onion tops

MODIFIED TEXTURES:

1) *For Mechanical Soft & Chopped: Serve as prepared*

2) *For PuréeD: Place in food processor and pulse until a smooth puree. Add hot milk to thin if needed.*

WARNING! IF SERVING IN SKINS MUST BE SURE THEY WILL NOT BE EATEN. FOR BOTH THESE TEXTURES IT IS RECOMMENDED THAT ONLY THE FILLING IS SERVED.

Ingredients

3 Each Medium Baking Potatoes, sliced lengthwise after baking

6 Each Eggs, beaten slightly

3/4 Cup 1% Low-fat Milk, shredded

1 1/2 Cups Cottage Cheese, Lowfat

3 Teaspoons Chopped Green Onions

1 Dash Paprika

1 Dash Pepper

1 Teaspoon Butter

2 Tablespoons Bread Crumbs, optional to add crunchiness on top

1/2 Cup Parmesan Cheese

Method

1. Heat oven to 350°F. Scrub baking potatoes with vegetable brush. Pat dry. Lightly oil surface
2. Place potatoes in a shallow baking dish. Bake for 1 hour or until potatoes are tender. Cut potatoes lengthwise in half
3. Scoop out the insides of the potatoes. Save the empty potato skins
4. Whip eggs lightly and mix with the milk. Season with pepper if desired (no salt needed as the cheeses add salt)
5. Add the insides of the potatoes to the mixing bowl and mash. Stir in cottage cheese, and chopped green onion. Mix egg-milk mixture with mashed potatoes Potato mixture should have a stiff but still slightly lumpy consistency
6. At this point if serving inside potato skins return the portion of potato to the skins, mounding slightly. If serving as a casserole without skins, either portion in individual baking bowls or ramekins, or scoop each portion in casserole pan and press top lightly to flatten
7. Return mashed seasoned potato mixture to a shallow baking dish. Drizzle tops of stuffed potatoes with 1 teaspoon melted butter and sprinkle with breadcrumbs and parmesan cheese
8. Bake uncovered at 350°F for 15 to 20 minutes or until potato mixture is heated through and eggs are cooked. Internal temperature should reach 145°F. Sprinkle with paprika
9. One portion = half a potato. If serving as a casserole one portion = 1/2 cup

Serving Ideas: VARIATIONS:

1- For a simpler casserole style dish, prepare mashed potatoes adding all the other ingredients in the recipe and bake in a greased casserole.

Per Serving (excluding unknown items): 279 Calories; 9g Fat (28.4% calories from fat); 20g Protein; 30g Carbohydrate; 2g Dietary Fiber; 223mg Cholesterol; 473mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

VEGETABLE AU GRATIN

Servings: 6

Preparation Time: 20 minutes

With this creamy, cheesy vegetable, you'll have them begging for more

MODIFIED TEXTURES:

- 1) *For Mechanical Soft: Fork mash or chop in the food processor*
- 2) *For Puréed: In food processor or blender purée until smooth. Add more hot cheese sauce or milk to thin if needed*

Ingredients

2 Cups Mixed Vegetables, Frozen

1 Tablespoon Butter, softened or melted

1 Cup Condensed Cheese Soup

1/2 Cup Skim Milk, warm

Method

1. Preheat the oven to 350°F, butter bottom and spread frozen vegetables on bottom.
2. Mix cheese soup and milk, heating lightly to dissolve lumps
3. Pour cheese milk mixture over vegetables. Cover with foil, bake for 30 to 45 minutes, until tender.
4. One portion = 1/2 cup vegetable & cheese sauce

Serving Ideas: **VARIATIONS:**

1- Delicious way to prepare cruciferous vegetables like broccoli, cauliflower or Brussels sprouts

2- Instead of cheese soup try cream of mushroom and sprinkle grated cheese on top

Per Serving (excluding unknown items): 115 Calories; 6g Fat (42.9% calories from fat); 5g Protein; 13g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 379mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

WALDORF SALAD

Servings: 6

Preparation Time: 30 minutes

A different Waldorf salad with a lighter touch

MODIFIED TEXTURES:

- 1) *For Mechanical Soft: Use cooked apples or chop salad in a food processor to ground meat size*
- 2) *For Puréed: In a food processor or blender process to a smooth purée. May mix the lettuce with the salad ingredients and process together if desired*

Ingredients

3 Each Apples, cored & diced, or may use 1.5 cups cooked sliced or diced apples

1 Tablespoon Lemon Juice, for a sweeter taste use frozen undiluted lemonade

1/8 Cup Dried Cranberries, or may use raisins

1/4 Cup Chopped Celery, chopped fine

1 1/2 Tablespoons Chopped Walnuts, or other nut

1 1/2 Cups Chopped Lettuce

1 Dash Salt

3/4 Cup Nonfat Vanilla Yogurt

Method

1. In a medium size bowl coat diced apples with lemon juice
2. Mix remaining chopped ingredients
3. Add dash of salt and toss to mix then add the yogurt and mix well
4. Refrigerate until ready to serve.
5. Serve on a bed of green lettuce.
6. Garnish with a pinch of cinnamon if desired.
7. One portion = 1/2 cup

Serving Ideas: VARIATIONS:

- 1- Use cooked apples instead of fresh
- 2- Use any other chopped dried fruit
- 3- May omit the nuts
- 4- Try it as a dessert with a drizzle of honey or fruit jam on top

Per Serving (excluding unknown items): 82 Calories; 1g Fat (14.6% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 69mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

CUBAN SANDWICH

Servings: 6

Preparation Time: 1 hour 30 minutes

Visit the Caribbean island with this traditional sandwich

MODIFIED TEXTURES:

- 1) *For Mechanical Soft & Chopped: Cut in bite size pieces or place prepared sandwich in food processor and pulse twice until chopped to desired consistency or 5 - 6 times for finely chopped. If needed add hot broth to soften and smooth and pulse again 2 - 3 times*
- 2) *For Puréed: Place prepared sandwich in food processor and pulse until puréed smooth. May add hot broth if needed to thin.*

Ingredients

- 6 Each Hot Dog Bun, or may use French, Italian or sliced whole grain bread**
- 6 Slices Turkey Breast Slices**
- 3 Slices Ham Slices, Fat Free**
- 6 Slices Swiss Cheese, Lowfat**
- 2 Tablespoons Mayonnaise**
- 1 Tablespoon Mustard**
- 2 Tablespoons Butter**
- 2 Tablespoons Pickle Relish**

Method

1. Dice or grind meats & cheese together. Add 1/2 cup mayonnaise, 1 Tb mustard and toss to cover and moisten the mixture
2. Mix pickle relish, 1/2 cup mayonnaise, 1 Tb mustard and toss with the ham and turkey to cover and moisten the mixture
3. Spread 1/2 tsp butter inside each cut half of the bun
4. Place 1 slice each roasted turkey, ham, Swiss cheese on split bun
5. Cover with second half & place on greased cookie sheet and cover with foil
6. Heat sandwiches in oven for 15 minutes or until cheese is melted and sandwich heated through and cheese is melted. Do not over heat or let dry
7. Cut sandwiches in half and serve

ALTERNATE METHODS

METHOD 2: Spread a small amount of margarine on griddle or frying pan and grill to toast outside lightly and melt cheese.

METHOD 3: Using a waffle press toast sandwiches lightly; you can use waffled side or smooth side of press

Serving Ideas: VARIATIONS:

- 1- Use any variety of meats and cheeses
- 1- May serve with turkey gravy, cream sauce or cheese sauce to moisten sandwiches

Per Serving (excluding unknown items): 381 Calories; 15g Fat (35.9% calories from fat); 42g Protein; 18g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 1057mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.

Sandwiches

DEVILED HAM SANDWICH

Servings: 6

Preparation Time: 1 hour 30 minutes

A savory protein sandwich

MODIFIED TEXTURES:

1) *For Mechanical Soft: serve filling as is. For salad chop salad ingredients and mix in. For sandwich chop prepared sandwich or cut into bite size pieces*

2) *For Puréed: place prepared sandwich in food processor and purée until smooth*

Ingredients

2 Cups Cubed Cooked Ham, trimmed, chopped fine or coarse ground

1/2 Cup Diced Celery

1 Pinch Grated Nutmeg

1 Pinch Ground Cloves

3/4 Teaspoon Garlic Powder

1/8 Teaspoon Black Pepper

1 Pinch Ground Ginger

1 Pinch Ground Thyme

2 Teaspoons Prepared Mustard

2 Tablespoons Mayonnaise

1 Teaspoon White Vinegar

12 Slices Whole Grain Bread, may substitute buns, rolls or other favorite breads

Method

1. Place the ham cubes in a food processor to a coarse grind or fine chop
2. Add the remaining ingredients at once and process until the mixture is a coarse grind.
3. In a separate bowl or cup mix well mayonnaise with mustard and vinegar. Add to ham and toss to mix with ham salad.
4. Adjust seasoning and refrigerate overnight to let the flavors mingle.
5. Portion 3 oz, 3 oz scoop or #10 level scoop in bread. Top with second slice.

Serving Ideas: VARIATIONS:

- 1- Serve on chopped lettuce and tomato as a salad with a side roll and a bowl of soup
- 2- Add lettuce and tomato to sandwich

Per Serving (excluding unknown items): 326 Calories; 12g Fat (32.5% calories from fat); 16g Protein; 41g Carbohydrate; 6g Dietary Fiber; 27mg Cholesterol; 1091mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

GRILLED SANDWICHES

Servings: 6

Preparation Time: 1 hour

A very flexible recipe for any type of grilled sandwich you want to make

MODIFIED TEXTURES:

1) *For Mechanical Soft & Chopped: Cut in bite size pieces or Place prepared sandwich in the food processor and pulse twice or until ground consistency or chopped fine*

1) *For Puréed: Place in food processor and pulse until puréed smooth. May add hot broth if needed to thin.*

Ingredients

12 Each Bread (white, Whole Wheat, or Rye)

6 Slices Cheese, sliced

12 Slices Meat

2 Tablespoons Butter, to spread on bread

Method- Choose use one of the following

METHOD NO. 1

1. Place 2 slices meat and 1 slice cheese between two slices of bread.
2. Brush sandwiches with melted margarine.
3. Place sandwiches on baking sheet and cover with plastic wrap and refrigerate until grilled.
4. Grill sandwiches at 350°F on griddle or frying pan until both sides are delicately brown.

METHOD NO. 2

1. Grill in lightly buttered sandwich in press-down toaster or waffle press using the smooth side until lightly brown and cheese is melted.

METHOD NO. 3

1. Assemble sandwiches on buttered bread, layer on baking sheet and bake at 350°F oven until cheese is melted and bread toasted and light brown

Serving Ideas: **VARIATION(S):**

1- Use different types of breads, rolls or buns

2- Use different fillings:

- Grilled Cheese. Use processed American cheese, 3 slices cheese per sandwich.
- Grilled Corn Beef and Swiss on Rye. Use corned beef and Swiss cheese
- Grilled Ham and Cheese. Use 2 slices ham and 1 slices cheese per sandwich
- Grilled Turkey and Swiss on Whole Wheat. Use 2 slices turkey and 1 slice Swiss cheese per sandwich.
- Hot Tuna Grill. Use 1/3 cup or #12 scoop for each sandwich. Other meat salad fillings may be used.

Per Serving (excluding unknown items): 282 Calories; 15g Fat (48.2% calories from fat); 11g Protein; 25g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 484mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Fat.

Sandwiches

MEAT OR FISH SALAD SANDWICH

Servings: 6

Preparation Time: 30 minutes

Spicy crunchy meat sandwich with healthy greens.

MODIFIED TEXTURES:

1) *For Mechanical Soft and Chopped: Cut sandwich into bite size pieces*

2) *For Finely Chopped: Place prepared sandwich in the food processor and pulse 4 to 6 times or until pea size pieces. May add cold broth or milk to moisten*

3) *For Puréed: Pulse 6 to 10 times in the food processor to a smooth purée. May add cold broth or milk to moisten*

Ingredients

12 Ounces Cooked Turkey, diced turkey, chicken, ham, tuna or tofu

1 Teaspoon Dry Parsley Flakes, chopped

1 Tablespoon Onion, chopped or may use green bell pepper also

1 Tablespoon Red Pepper, chopped

1 Tablespoon Celery, chopped

1 Cup Light Mayonnaise

1 Tablespoon Mustard

1/4 Cup Spinach Raw, chopped

12 Slices Whole Grain Bread

Method

1. Mix first 8 ingredients in bowl and toss to coat meat and vegetables well
2. Prepare sandwiches portioning a #10 scoop (3 oz.) of filling on bottom slice
3. Top with spinach, arugula or lettuce. Cover with second slice
4. Press down to hold filling together and cut on the diagonal
5. Cover tightly and store in refrigerator at 41°F until serving
6. May vary raw vegetables and meats added according to preference

Serving Ideas: VARIATIONS:

1- As a protein salad skip the bread and serve a scoop over lettuce and tomato

2- Use your favorite of bun or roll instead of bread

3- Add a slice of cheese to the sandwich and grill on both sides until cheese is melted and bread lightly toasted

4- Don't limit yourself to turkey, use any cold meats or fish appropriate for a salad or sandwich

Per Serving (excluding unknown items): 409 Calories; 16g Fat (33.2% calories from fat); 25g Protein; 46g Carbohydrate; 6g Dietary Fiber; 56mg Cholesterol; 709mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 2 Fat; 1/2 Other Carbohydrates.

Single Ingredients

BBQ DIPPING SAUCE

Servings: 6

Preparation Time: 10 minutes

Just a sauce for dipping

MODIFIED TEXTURES:

- 1- *Serve as written for all textures*
- 2- *Pour over ground and pureed food as a topping*

Ingredients

1 Cup Barbecue Sauce

1 Teaspoon Honey

1 Tablespoon Prepared Mustard

1 Teaspoon Worcestershire Sauce

Method

1. Mix all ingredients and serve warm
2. Stores in covered glass container at 41°F for up to 3 months

Serving Ideas: VARIATIONS & IDEAS:

- 1- Instead of BBQ sauce use Ketchup or tomato sauce - it will be a milder flavor
- 2- Brush on meats before cooking
- 3- Use Soy Sauce instead of Worcestershire sauce for an Asian twist

Per Serving (excluding unknown items): 37 Calories; 1g Fat (20.5% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 379mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.

Single Ingredients

CREAM SOUP BASE

Servings: 10

Preparation Time: 30 minutes

Use this blonde Roux recipe as the basis for all other cream soups. A great way to use leftover meats and vegetables. This is not a soup - it is the unseasoned base for a cream soup

MODIFIED TEXTURES:

1) For all textures as written to make soup, cream sauce or gravy

Ingredients

1/2 Cup Vegetable Oil

1/4 Cup Butter

3/4 Cup Flour, have more handy in case needed for a thicker Roux

1 1/2 Cups Low Sodium Chicken Broth

2 Cups Evaporated Milk

1 1/2 Cups Water

Method

1. Melt margarine, whisk in flour and salt. Stir to a smooth consistency, and cook until thickened. You will have a blonde Roux.
2. Combine nonfat dry milk, broth, and evaporated milk and heat.
3. Slowly add milk mixture to the flour and margarine whisking to prevent lumps.
4. Continue to simmer stirring frequently to avoid scorching until thickened. Season to taste.
5. For a thicker Roux add less water
6. Store tightly covered in a glass jar for up to 3 days. You can freeze in 2 tablespoon (1/4 cup) portions using an ice cube tray or muffin cups and it will keep for up to 6 months. Total volume yield is 2 1/2 cups of roux

Serving Ideas: VARIATIONS:

- 1- Cream soup base can be used as a cream sauce for meats or vegetables, or a base for creamy soups. 1 cup base = 4 - 2oz sauce portions.
- 2- Try adding carrots, broccoli, corn, mushrooms, spinach, kale, asparagus, celery, or cauliflower for variety.

NOTE: This is an unseasoned cream soup base to be used as an ingredient from which to build cream soups recipes or thicken sauces and gravies.

Per Serving (excluding unknown items): 246 Calories; 19g Fat (70.1% calories from fat); 6g Protein; 12g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 179mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 4 Fat.

Single Ingredients

HOME-MADE PANCAKE DRY MIX

Servings: 36

Preparation Time: 15 minutes

Deceptively easy, fluffy and much better than a mix. Make a big batch of the dry mix and store in a tightly covered container for up to 90 days

MODIFIED TEXTURES: follow instructions in prepared recipe

Ingredients

8 Cups Flour

2/3 Cup Baking Powder

1 Tablespoon Baking Soda

1 Teaspoon Salt

1 Tablespoon Sugar, optional or use brown sugar

Method

1. Sift together flour, sugar, salt and baking powder.
2. Store in an airtight container up to 90 days
3. Use this mix to prepare your home-made pancakes
4. When preparing plan to serve 2 pancakes per portion

Serving Ideas: VARIATIONS:

1-Use this recipe to prepare home-made pancakes. Much better and less expensive than using a mix

2-To use this dry mix follow the HOME MADE PANCAKES recipe

3-Store in covered container for up to 90 days

4-For waffles add 1 tablespoon vegetable oil or melted butter to each batch when preparing it and cook in waffle grill or iron

Per Serving (excluding unknown items): 105 Calories; trace Fat (2.3% calories from fat); 3g Protein; 23g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 598mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Other Carbohydrates.

HUMMUS SPREAD

Servings: 6

Preparation Time: 30 minutes

Pay attention to the order of ingredients if using Tahini. It's just as good with it or without it but the thickening and texture as well as nutty taste are slightly different

MODIFIED TEXTURES:

1) For Mechanical Soft: Serve as written

2) For Puréed: Serve as written

Ingredients

2 Tablespoons Tahini, Optional - if omitted add 2 teaspoons olive oil

2 Tablespoons Lemon Juice, or more to taste

2 Tablespoons Olive Oil

1 Clove Garlic, large - or 1 teaspoon crushed or minced garlic (or more garlic to taste)

16 Ounces Canned Chickpeas

1 Pinch Salt, about 1/8th teaspoon - you can adjust to taste when done

1/8 Dash Pepper, about 1/8th teaspoon depending on taste

3 Tablespoons Water, for a much thinner product add a bit more water as desired

2 Tablespoons Olive Oil, in addition to adding to mixture use to top before serving

2 Teaspoons Paprika, sprinkle on top before serving or add directly into the mixture

Method

1. In food processor combine tahini & lemon juice. Process to mix to a creamy state. Scrape sides and process again if needed NOTE: if not using Tahini add an extra 1 - 2 tablespoons water until desired consistency is achieved
2. Add olive oil, crushed garlic and cumin, process to mix scraping sides as needed to mix
3. Drain garbanzos, rinse with water and shake dry.
4. Add half of the garbanzos into processor with the Tahini mixture and process for 1 - 2 minutes, scraping sides if needed.
5. Add remaining half of garbanzos and process for 2 - 3 minutes.
6. Taste and adjust salt and pepper as needed
7. If not smooth enough process until it's a creamy paste. If too thick add 2 - 3 tablespoons water.
8. Place into serving bowl. Pour olive oil and sprinkle with paprika.
9. Yield: 2 cups - One portion = 2 tablespoons or 1/4 cup

Serving Ideas: VARIATIONS:

1-Garnish with chopped parsley and/or oregano. Mint leaves add an unexpected and refreshing kick.

2-Serve on crackers, with vegetables or salads or as a dip, or make into soft delicious sandwiches

3-When making into sandwiches add chopped fresh spinach for added crunch and nutrition

4-Try it over pancakes for a savory weekend lunch

5-Serve with pita bread strips or wedges, toasted pita bread or chips, crackers, bread sticks, toast, or with vegetables for dipping.

NOTE: May omit Tahini for a less nutty, less creamy product and increase olive oil by 2 tablespoons

Per Serving (excluding unknown items): 204 Calories; 13g Fat (54.3% calories from fat); 5g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 255mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.

Single Ingredients

MEXICAN STYLE SEASONING - 3/4 CUP

Servings: 6

Preparation Time: 10 minutes

An easy, salt free & preservative free Mexican style seasoning.

Use as a seasoning for any appropriate food

Ingredients

3 Tablespoons Chili Powder

1 Tablespoon Cumin, ground

2 Teaspoons Paprika, smoked

2 Teaspoons Oregano, ground

1 Teaspoon Red Pepper Flakes, crush or grind

1/2 Teaspoon Pepper

1 Teaspoon Garlic Powder

1/2 Teaspoon Onion Powder

Method

1. Measure ingredients in a mason or other glass jar. Cover and shake jar to mix all ingredients well to combine

2. Yield: 3/4 cup

Serving Ideas: VARIATIONS:

For tacos, enchiladas and other Mexican dishes:

1- Mix 2 - 3 tablespoons with 1/2 teaspoon cornstarch and 1 cup water for 1# ground or diced meat

2- Rub on whole meats or chickens and let sit for at least 1 hour before cooking

3- For a dip or sauce: Mix 3 tablespoons with 2 cups sour cream or yogurt

STORAGE: Store in sealed jar for up to 6 months

Per Serving (excluding unknown items): 20 Calories; 1g Fat (32.6% calories from fat); 1g Protein; 3g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 40mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.

Soups

BEAN SOUP

Servings: 6

Preparation Time: 1 hour 20 minutes

A high protein and fiber soup hearty enough to make a meal of it

MODIFIED TEXTURES:

1) *For Mechanical soft: serve as prepared*

2) *For Puréed: In food processor or blender process until smooth and not lumpy. May add hot liquid until desired consistency is reached.*

Ingredients

1 Tablespoon Vegetable Oil

1/4 Cup Onions, chopped

1 Clove Garlic, chopped fine, or substitute 1 teaspoon garlic powder

1/4 Cup Celery, chopped, or substitute 1 tablespoon onion powder

1/4 Cup Carrots, diced or shredded

1 Quart Canned Beans, or home cooked dry beans

1/2 Cup Ham, diced

1/4 Cup Evaporated Skim Milk, undiluted

3 Cups Low Sodium Beef Broth, chicken or vegetable broth can also be used

1/2 Teaspoon Pepper, more or less to taste

Method

1. In a sauce pan sauté the celery, garlic and onion in oil over medium heat until tender, about 10 minutes. Do not scorch garlic as it turns bitter.
2. Add the drained beans and ham to the sauce pan, bring to a simmer.
3. Add evaporated milk and broth, stir to combine. Simmer for 30 minutes.
4. Adjust seasonings if needed.
5. Serve as prepared or if a smoother thinner soup is desired follow the steps below:
 - cool soup for 25 to 30 minutes so it's cool enough to handle
 - puree in a blender or with an immersion blender
 - reheat to 145°F before serving

Serving Ideas: VARIATIONS:

- 1-Try black beans, navy beans, lentils, kidney beans, or a combination of beans for more variety.
- 2-Use a variety of herbs to season such as cumin, oregano, parsley or chili powder.
- 3-Garnish with parmesan cheese, shredded cheese, crumbled crisp bacon, a dollop of sour cream, plain yogurt or fresh herbs.
- 4-For a much lower sodium soup use dry beans and cook for 2 hours or until tender - cooking time will increase by 2 hours

Per Serving (excluding unknown items): 278 Calories; 4g Fat (13.5% calories from fat); 22g Protein; 40g Carbohydrate; 9g Dietary Fiber; 7mg Cholesterol; 970mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

WHITE BEAN-VEGETABLE SOUP

Servings: 6

Preparation Time: 1 hour 45 minutes

Our own version of Pasta Fagioli. Don't let the number of ingredients scare you; it's a delicious and nutritious vegetable soup

MODIFIED TEXTURES:

1) *For Mechanical Soft: serve as written or pulse 3 - 5 times in a food processor*

2) *For Puréed: process desired portions until smooth and thick adding more broth to thin if needed*

Ingredients

2 Quarts Low Sodium Beef Broth, reduced sodium

1/2 Cup Chopped Onion

1/2 Cup Bell Pepper, chopped

1/2 Cup Chopped Celery

1 Tablespoon Parsley, dry flakes

1 Tablespoon Oregano, dry flakes

1 Tablespoon Basil Leaves, dry flakes

1/2 Cup White Beans, Canned, drained and rinsed

1 Cup Diced Carrots

1/2 Cup Turnips, peeled and diced small

1/2 Cup Corn Kernels, frozen - pulse twice in food processor to break the hulls

1 Cup Elbow Macaroni

1 Cup Crushed Tomatoes, with juice

1 Cup Cabbage, chopped coarse

1/2 Teaspoon Salt, optional to taste

1/4 Teaspoon Black Pepper, optional to taste

Method

1. In a 4 quart soup pot place broth, chopped onions, and beans. Bring to a boil. Lower heat and simmer 45 minutes or until the beans are tender
2. Add remaining vegetables including crushed tomatoes and cabbage, lower heat to medium and cook covered about 30 minutes or until the potatoes are tender
3. Adjust seasonings as needed. Continue simmering for 30 minutes to develop flavors
4. Increase heat to medium, add macaroni and cook for 15 minutes or until macaroni are done
5. One portion = 6 ounces or 3/4 cup

Serving Ideas: VARIATIONS:

1- Serve with a side salad or half sandwich

2- As a main dish for a weekend or evening meal serve with toasted bread, crackers or a small fruit salad

3 -Try different types of beans and vegetables - feel free to change them with the seasons

4- For a much quicker version use any canned bean. Drain and rinse before using

Per Serving (excluding unknown items): 180 Calories; 1g Fat (2.9% calories from fat); 20g Protein; 27g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 314mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat.

Chapter 2

Tool Kit

Food for Group Homes

FEDERAL LICENSING DEFINITIONS

(1) Nutrition Standards in the National School and Breakfast Programs provide guidelines based on the proposed rule published on January 13, 2011 published by the USDA in the Federal Register (76 FR 2494) to update the meal patterns and nutrition standards for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) to align them with the 2005 Dietary Guidelines. All services that qualify for funding from this meal program are required to comply of the guidelines of the Food and Nutrition Board of the National Research Council of the National Academies of Science, part of the Institute of Medicine (IOM).

(2) Compendium of Residential Care and Assisted Living Regulations and Policy: 2015 edition- Abstract

Residential care settings are an important option for older adults and people with disabilities who require long-term services and supports. They provide a community-based living alternative to individuals who might otherwise require nursing home care and those who do not need this level of care but are unable to continue living in their own or a relative's home. Residential care settings are licensed and regulated at the state level, and all states have at least one category of residential care. The purpose of this Compendium is to summarize and compare states' residential care setting regulations. **DISCLAIMER:** The opinions and views expressed in this report are those of the authors. They do not necessarily reflect the views of the Department of Health and Human Services, the contractor or any other funding organization.

(3) Food Service and Dietary Provisions

Residential care facilities and must provide three balanced meals and between meals snacks. Fluids must be available at all times and meals must be served at approximately the same time each day. There must be no more than 5 hours between breakfast and lunch and between lunch and the evening meal, and no more than 14 hours between the evening meal and breakfast.

Assisted Living Facilities. Three balanced meals, snacks, and fluids are required.

References:

(1) School Nutrition Standards

<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals/>,

https://www.cdc.gov/HealthyYouth/nutrition/pdf/nutrition_factsheet_parents.pdf (2) US

Department of Health & Human Services, ASPE • 42 CFR Part 483

<https://aspe.hhs.gov/basic-report/compendium-residential-care-and-assisted-living-regulations-and-policy-2015-edition>

(3) Electronic Code of Federal Regulations (eCFR)

<https://www.law.cornell.edu/cfr/text/42/part-483/subpart-C>, <http://www.ecfr.gov/cgi-bin/text>

(4) Federal Register 4088 Federal Register / Vol. 77, No. 17 / Thursday, January 26, 2012 / Rules and Regulations.

<https://www.federalregister.gov>

STATE OF CALIFORNIA LICENSING DEFINITIONS

- Foster Family Homes (FFH) provide 24-hour care and supervision in a family setting in the licensee's family residence for no more than six children.
- Group Homes (GH) provide 24-hour non-medical care and supervision to children in a structured environment.
- Small Family Homes (SFH) provide 24-hour care in the licensee's family residence for six or fewer children who are mentally disordered, developmentally disabled or physically handicapped and who require special care and supervision as a result of such disabilities.
- Adult Residential Facilities (ARF) provide care for adults age 18-59, who are unable to provide for their own daily needs.
- Adult Day Programs (ADP) provide care to persons 18 years of age or older in need of personal services, supervision, or assistance essential for sustaining the activities of daily living or for the protection of these individuals on less than a 24-hour basis.
- Social Rehabilitation Facilities provide care in a group setting to adults recovering from mental illnesses who temporarily need assistance, guidance, or counseling.
- Residential Care Facilities for the Chronically III (RCF-CI) provide care and supervision to adults who have Acquired Immune Deficiency Syndrome (AIDS) or the Human Immunodeficiency Virus (HIV).
- Residential Care Facilities for the Elderly (RCFE) provide non-medical care to persons 60 years of age and over but also persons under 60 with compatible needs.

References:

- California Department of Social Services Licensing Division
<http://www.dss.cahwnet.gov/ord/PG295.htm>
- California Code of Regulations, Title 22, Division 6, Chapter 8: Manual of Policies and Procedures, Community Care Licensing Division, Residential Care Facilities for the Elderly.
<http://www.dss.cahwnet.gov/ord/entreslgetinfo/pdf/rcfeman1.pdf>
- California Code of Regulations, Title 22, Division 6, Chapter 4: Manual of Policies and Procedures, Community Care Licensing Division, Small Family Homes.
<http://www.dss.cahwnet.gov/ord/entres/getinfo/pdf/sfhman.PDF>

FINGER FOOD PREPARATION GUIDELINES

REGULAR, SOFT & MECHANICAL SOFT FINGER FOODS

BREADS AND CEREALS	MEATS	VEGETABLES
<p>Cooked cereal in mug Large size dry cereal (shredded mini-wheat, "O" shapes, honey flavored, French toast flavored) Cereal bars, pop tarts Donuts, Danish, coffee cake, muffins Pancakes buttered and rolled w/syrup in cup for dunking. French toast or waffles cut in strips w/syrup in cup for dunking. Toast, rolls, biscuits Crackers & cookies Bread pudding, firm & cut into small cubes or bars. Soft tortillas</p>	<p>Thinly sliced or cubed tender meats, or pre-formed ground or extruded meat patty products. Sausage patties or links. Hot dogs sliced lengthwise four ways. Hard cooked eggs in quarters or deviled egg halves. Gravy on the side for dunking. <u>For sandwich fillings:</u> Thinly sliced meats Ground fillings mixed with dressing or gravy Pate or spread type fillings. <u>All meats:</u> Gravy, sauce, dressings or broth in cup for dunking</p>	<p>Cooked or soft vegetables either whole, in chunks, strips or quarters. Creamed and pureed vegetables in mug (soup) Salad ingredients chopped fine and gelled, cut into cubes Vegetable juices Raw vegetable sticks if tolerated.</p>
FRUITS	DESSERTS	
<p>Drained, canned fruits, whole, diced or sliced. Cooked or soft fresh fruits either whole, in chunks, strips or quarters. Fruit smoothies in mug Fruit juice Fruit juice popsicles Pureed fruits spread on graham crackers or in waffle type ice cream cone</p>	<p>Plain cookies and cakes Fruit and cereal bars Graham crackers filled with pureed fruits or puddings. Ice cream sandwich, ice cream on a stick (Eskimo bars) Popsicles Puddings, pureed fruits in waffle type ice cream cone.</p>	

FORTIFIED FOOD PROGRAM

The Fortified Food Program is recommended for

- Unplanned or unintentional weight loss or below desirable body weight
- Increased protein needs or inadequate protein intake to meet needs
- Increased nutrition needs due to disease state and/or poor skin status
- Inadequate intake
- Changes or decline in appetite

Diet liberalization and individualization is the most effective method to increase meal consumption.

Goals of the Fortified Food Program

- Create a pleasant dining experience for the consumer by fortifying common and comfort preferred foods
- Decrease supplement usage and cost
- Increase calories and protein with meals
- Decrease commercial supplements
- Decrease extra food items to prevent overwhelming portions at mealtime
- Provide nutritionally fortified food that has the same or better palatability as regular foods

Benefits of Using a Fortified Food Program

- Incorporates a variety of fortified foods into the existing menu using enhanced recipes to create nutrient dense versions of every-day items.
- Creates a pleasant dining experience for the consumer by offering variety and enhanced nutrient density.
- Focuses on enhancing the meal experience rather than adding volume to the meal.
- The goal is not to give extra snacks that decrease appetite for meals.
- Because of their concentrated form fortified foods are even be more flavorful.

FORTIFIED MEALS SAMPLE

BREAKFAST	PORTION	MID-MORNING	PORTION
Fortified Fruit Smoothie Enriched Hot Cereal <i>or</i> Breakfast Bread Pudding Toast w Cheese <i>or</i> PB&J <i>or</i> Pancakes with Butter & Syrup <i>or</i> Fortified Protein Beverage <i>(fortified smoothie instead of juice or juiced fruits & vegetables or milk based fortified beverage)</i>	½ C ½c ½c ½ sl/ ½ oz <i>or</i> 2 tsp 1 small ½ - 1 Cup	Cottage Cheese Smoothie <i>or</i> Fortified Egg Salad on Crackers	½ cup ¼ cup +2
LUNCH	PORTION	MID- AFTERNOON	PORTION
Fortified Soup Fortified sandwich: tuna salad, egg salad, ham salad Fortified Dessert Fortified Protein Milk	½ cup Half ½ cup ½ - 1 Cup	Peanut Butter Cup Pudding <i>or</i> Fortified Milkshake	¼ cup ½ cup
DINNER	PORTION	BEFORE BED	
Protein: fish, chicken, tofu, cheese, legumes Potato*, small w butter, sour cream Fortified Dessert: Reese's PB cups, <i>or</i> ice cream, <i>or</i> ice cream sandwich bars Juiced vegetables drink with yogurt	1 oz. ½ ½ - 1 ea. ½ - 1 Cup	Dairy-free Super Cereal <i>or</i> Fortified Soup	¼ cup ½ cup
ANY TIME SNACKS			
<ul style="list-style-type: none"> ● ½ cup of fortified soup ● Vegetable & Fruit smoothies ● Juiced vegetables ● Hard cooked eggs or just egg whites ● String cheese, cheddar cubes with crackers 		<ul style="list-style-type: none"> ● Breakfast Bread Pudding ● PB&J or PB & crackers ● Ice cream sandwiches ● Dove bars ● Reese's PB cups 	

Try a baked sweet potato: wash, cut off ends, microwave until soft, split open, and butter generously and sprinkle w nutmeg &/or cinnamon. If desired also top with honey

GUIDELINES FOR INCREASING FIBER

13. Sprinkle casseroles or baked vegetable dishes with crushed bran cereal and freshly grated Parmesan cheese
 14. Serve entrées such as steak, chicken, or fish on a “bed” of grilled zucchini and peppers, sautéed spinach or kale, sautéed onions and mushrooms, or grated carrots and slivered beets
 15. Order or make your own pizza with a whole-wheat crust and vegetable toppings, such as spinach, tomatoes, broccoli, mushroom, onion, roasted red pepper, and/or green pepper
 16. Snack on oat-bran pretzels, whole-wheat crackers, air-popped popcorn, dry-roasted nuts or seeds, whole-grain cereal, fresh or dried fruit, baked tortilla chips dipped in fresh salsa, or raw vegetables dipped in hummus
 17. Add frozen vegetables to soups, sauces, casseroles, or pasta dishes
 18. Try different types of whole grains for variety, such as barley, kasha, bulgur, quinoa, wild rice, couscous, whole grain pasta, brown rice, whole wheat, or quinoa pastas
 19. Choose the food with the higher fiber, such as:
 - a. Bean soup instead of cream of broccoli soup
 - b. Oat bran instead of instant cream of wheat
 - c. Whole-wheat bagel instead of croissant or a white bagel
 - d. Baked potato or sweet potato (with skin) instead of French fries or mashed potatoes
 20. Process whole uncooked oats and use ½ - 1/3 cup to make vegetable and fruit smoothies
-

Flax Meal Crackers – yield 8 - 10 crackers – 1 cracker provides about 1 tablespoon flax meal

Preheat oven to 200°F. In a bowl mix about 1 cup flax meal desired seasonings. Add about 1/3 cup water to make a paste and mix to remove lumps. It will not be a cohesive mass like dough but needs to be thin enough to drop from a easily spoon and be shaped. Add seasonings of choice to taste; suggested seasonings are salt, pepper, herbs and spices. Mixture will thicken as it sits and may need a bit more water. Let sit for 5 about 5 – 10 minutes until mixture thickens. Drop with a tablespoon measure on to a parchment lined cookie sheet and very spread thin with the back of the spoon in round or square shape. Sprinkle top with desired seasoning again (for example pepper or an herb). Bake in the 200°F oven for 2 – 3 hours until the crackers are dry to the touch and feel stiff. Turn off oven and let crackers dry completely before removing from parchment paper. Keep in a tight sealed jar until used.

SLUSHY PURÉE PREPARATION GUIDELINES

- Ice cream, without chunks of nuts, fruit or candy – will melt in the mouth or may melt before drinking
- Gelatin desserts without fruits or vegetables – will melt in the mouth or may melt before drinking
- Tomato or vegetable juice. Fruit juices.
- Solid fats and cheese blend more easily if they are first melted. Oil, salad dressings, yogurt or cream can be added directly to the puree to thin further.
- Provide balanced meals that are adequate in calories, protein, vitamins, minerals and fluid and offer 6 to 8 cups of water a day

Suggested Meal Plan

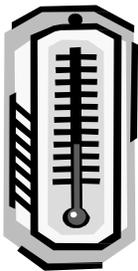
TYPE OF FOOD	ALLOWED FOODS	FOODS TO AVOID
Beverages	Milk, low fat and low calorie beverages	High fat high sugar beverages unless weight gain is a goal
Breads & Cereal Grains	All, at least 50% consisting of whole grain breads	High fat, high sugar and refined breads and cereals only in moderation, breads with seeds
Desserts & Sweets	Cakes, cookies, pastries, sugars, jellies & frostings moderate amounts and low in saturated fats without seeds or chunks	High sugar & fat deserts & candies. Excessive amounts or frequency of desserts & sweets.
Fats	All vegetable fats and liquid fats, butter in recommended amounts only, avocado, nuts	Unhealthy fats, solid fats except melted butter in small amounts. All the allowed fats only in the recommended portions.
Fruits	All fruits	Fruits canned in heavy syrup not recommended except used as a dessert and sweet. Fruits with seeds or peels unless they can be pureed or strained
Meats & Proteins	All low to moderate fat meats grilled, baked, broiled, poached or stewed and in casseroles. Cured meats	Excessively fatty meats with visible fat, skin, or fried & excessive amount of cured meats
Vegetables & Starchy Vegetables	All; reduced fat and salt chips in moderate amounts	Very fibrous or with seeds that cannot be pureed or strained; those prepared with excessive fat and salt
Miscellaneous	Seasonings and gravies as desired. To discourage weight gain decrease or avoid the high fat & high calorie foods.	Limit high fat high sodium or sugar seasonings to avoid health issues or weight gain



TEMPERATURE GUIDELINES

Cook foods to proper temperature

Foods are safely cooked when they are heated at a high enough temperature for a long enough time to kill disease causing organisms. The target temperature is different for different foods. Make sure that each food is cooked to the recommended temperature which ranges from 145° Fahrenheit (63° Celsius) to 165° Fahrenheit (74° Celsius).



Cool foods promptly at proper temperature

Once food is prepared it should be eaten right away. Since cool temperatures slow the growth of bacteria, if you're saving it for later, cool in the refrigerator to 41° degrees Fahrenheit (5° Celsius).

Proper thawing and reheating temperature

Thaw all frozen foods in the refrigerator and not at room temperature to avoid spoilage. When reheating be sure that the inside of the food reaches 165° Fahrenheit (74° Celsius) to be safe.



CARBOHYDRATE COUNTING FOOD LISTS

<i>1 serving = about 15 grams of carbohydrate</i>	
<p>Starches</p> <ul style="list-style-type: none"> • 1 slice bread (1 ounce) • 1 tortilla (6-inch size) • ¼ large bagel (1 ounce) • 2 taco shells (5-inch size) • ½ hamburger or hot dog bun (1 ounce) • ¾ cup ready-to-eat cereal • ½ cup cooked cereal • 1 cup broth-based soup • 4-6 small crackers • ½ cup pasta or rice (cooked) • ½ cup beans, peas, corn, sweet potatoes, winter squash, or mashed or boiled potatoes (cooked) • ¼ large baked potato (3 ounces) • ¾ ounce pretzels, potato chips, or tortilla chips 	<p>Fruit</p> <ul style="list-style-type: none"> • 1 small fresh fruit (4 ounces) • ½ cup canned fruit • ¼ cup dried fruit (2 tablespoons) • 17 small grapes (3 ounces) • 1 cup melon, berries • 2 tablespoons raisins • ½ cup fruit juice
<p>Milk</p> <ul style="list-style-type: none"> • 1 cup fat-free or reduced-fat milk • ½ cup soy milk • 1 cup (6 ounces) fat-free sugar free yogurt • 1/3 cup ice cream • 4 oz. Cream soup 	<p>Sweets and Desserts</p> <ul style="list-style-type: none"> • 2-inch square cake (unfrosted) • 2 small cookies (¾ ounce) • ½ cup ice cream or frozen yogurt • ¼ cup sherbet or sorbet • 1 tablespoon syrup, jam, jelly, table sugar, or honey • 2 tablespoons light syrup
<p>Other Foods</p> <ul style="list-style-type: none"> • Count 1 cup raw vegetables or ½ cup cooked non-starchy vegetables as zero carbohydrate servings or “free” foods. If you eat 3 or more servings at one meal, count them as 1 carbohydrate serving. • Count 6 oz. home-made or canned soups broth soups made with vegetables, noodles, rice or potatoes as 1 carbohydrate serving • Foods that have less than 20 calories in each serving also may be counted as zero carbohydrate servings or “free” foods. • Count 1 cup of casserole or other mixed foods as 2 carbohydrate servings. 	

EQUIPMENT SUPPLIES SUGGESTED LIST

Cooking and Baking equipment

- Oblong baking pan
- 1 timer
- Hot dish holders – well padded, at least 4
- 2 long handled serving/stirring spoons
- 2 ladles
- 2 long handled forks
- 2 flat turning spatulas
- Baking pans, 3 square 8X8
- Baking sheets – 3
- Cooking pots to include:
 - a) 2 sauce pans, large & small
 - b) 1 soup deep or soup pot
 - c) 1 sauté or fry pan

 - d) 1 steamer pot for vegetables
 - e) Toaster oven or toaster (the toaster oven is more versatile)

INGREDIENTS LIST

Basil, ground or dried
Bran Flakes
Bread, Rye Bread
Bread, sliced, whole grain
Cabbage
Canned Fruits
Cereal, Cream Cheese
Cereal, Cream of Rice
Cereal, Cream of Wheat
Cereal, dry Cornflakes
Cereal, dry Rice Krispies
Cereal, dry, Cheerios
Cereal, Grits
Cereal, Malt O' Meal
Cereal, Oatmeal, old fashioned
Cereal, Raisin Bran
Cereal, Rice Krispies
Cheese Cheddar
Cheese, American
Cheese, Cottage low fat
Cheese, Low Sodium
Cheese, Mozzarella
Cheese, Parmesan
Cheese, Ricotta
Cheese, String, skim milk
Cheese, Swiss
Chips, Cheetos
Chips, Potato
Chips, Tortilla
Chocolate Chips
Coconut flakes
Coffee creamer liquid
Coffee creamer powdered
Cookies (or recipe)
Crackers & Cookies
Crackers, Graham

This is a generic list of ingredients used in anyone's home. It is recommended to check menus & recipes before food shopping.

Crackers, Saltine unsalted tops
Cranberry Juice
Crumbs, bread
Crumbs, Graham Crackers
Dressing, 1000 Island
Dressing, Dijon Mustard
Dressing, French
Dressing, French
Dressing, Horseradish, prepared
Dressing, Italian Dressing,
Mayonnaise Dressing,
Mustard, prepared Dressing,
Ranch
Dressing, Sour Cream
Dressing, Tartar Sauce
Dressing, Thousand Island dressing
Dressings, Salad Low Fat/ Diet
Fruit, Dried Cranberries
Fruits, Apples sliced canned
Fruits, Apples, fresh
Fruits, Bananas
Fruits, Canned
Fruits, Dried Prunes
Fruits, Dried Raisins
Fruits, Fresh
Fruits, Oranges
Gelatin, Cherry Gelatin,
Diet Cherry Gelatin, Diet
Orange Gelatin, Diet
Strawberry Gelatin,
Orange
Gelatin, Strawberry
Gelatin, unflavored
Ice Cream

Jelly diet Jelly	Sauce Guacamole
regular Juice	Sauce, BBQ
Grape Juice	Sauce, Catsup
Grapefruit Juice	Sauce, Enchilada
Orange	Sauce, Tomatillo
Juice, Apple unsweet	Sauces, Salsa
Juice, Orange, unsweet	Seasonal Fruit
Juice, Pineapple	Seasonal Melon
Juice, Prune	Seasoning, Chili Powder
Lemon, juice bottled	Seasoning, Chili, Red/Green
Marshmallows, Mini	Seasoning, Pepper
Milk, 2% (Parmalat)	Seasoning, Pepper flakes, dry
Milk, Evaporated low fat	Seasoning, Salt
Milk, Evaporated, regular	Seasoning, Thyme, Ground
Milk, Non-Fat, 1% or 2%	Seasonings, Oregano, ground or dried
Milk, Powdered non-fat	Seasonings, Red Pepper flakes
Mix Tapioca, dry	Sherbet
Mix, Cake chocolate	Sugar Substitute
Mix, Cake white	Sugar, Brown
Mix, Cake yellow	Sugar, granulated white
Mix, Cocoa	Sugar, Powdered
Mix, Cornbread	Syrup, Chocolate
Mix, Instant Breakfast	Syrup, Honey
Mix, Milkshake	Syrup, light
Mix, Pancake	Syrup, Molasses
Nuts, assorted	Syrup, regular
Peanut Butter, Creamy Pie	Tart Shells, 3"
Shells, frozen 9" Pudding	Tea bags decaffeinated
Diet, Butterscotch Pudding	Tea Instant unsweetened decaf
Diet, Chocolate Pudding	Tomato Juice
Diet, Lemon Pudding Diet,	Tomato Paste
Vanilla Pudding,	Tomato Puree
Butterscotch Pudding,	Tomato Sauce
Butterscotch Pudding,	Tomatoes Crushed
Chocolate Pudding,	Tomatoes Diced
Custard	Topping, Meringue
Pudding, Lemon	Topping, Whipped
Pudding, Vanilla	

Tortilla, Corn
Tortilla, Flour
Vanilla Wafers
Vanilla Extract
Vegetable Kale
Vegetable, Beets
Vegetable, Broccoli
Vegetable, Brussel Sprouts
Vegetable, California Blend
Vegetable, Carrots
Vegetable, Cauliflower
Vegetable, Celery
Vegetable, Corn, Creamed
Vegetable, Corn, Whole Kernel
Vegetable, Cucumbers
Vegetable, Diced Potatoes
Vegetable, Green Beans
Vegetable, Green Onions
Vegetable, Greens, Mixed
Vegetable, Hash Brown Potatoes
Vegetable, Lima Beans
Vegetable, Mashed/Instant
Vegetable, Mixed
Vegetable, Mixed
Vegetable, Mushrooms
Vegetable, Normandy Mix
Vegetable, Sliced Potatoes
Vegetable, Spinach
Vegetable, Spinach
Vegetable Chop Suey
Vegetable, Oriental Mix
Vegetable, Parsley fresh or flakes
Vegetable, Peas
Vegetable, Potatoes, fresh, canned
Vegetable, Tater Tots/Puffs
Waffle, frozen
Worsterchershire Sauce
Yogurt, Plain or Fruited, Low Fat

Yogurt, Plain or Fruited, Regular
Yogurt, Plain or Fruited, Unsweet.

YOUR LIST:

INGREDIENTS CATEGORIES

Cereals

- Cream of rice
- Cream of wheat
- Rolled oats
- Unsweetened whole grain cereals
- such as cheerios, rice or corn
- checks

Miscellaneous

- All-purpose flour (to thicken gravy)
- Vegetable oil

Condiments

- Jelly
- Ketchup
- Mayonnaise
- Mustard

Milks & Beverages

- Evaporated milk
- Powdered skim milk
- Shelf stable boxed milk (Parmalat)
- Instant breakfast mix
- Tea bags –decaf

Dessert mixes

regular and sugar free

- Gelatin
- Pudding

Vegetables, canned

- Carrots
- Canned peas or green beans
- Mixed vegetables

Fruits & Juice

- Canned or boxed individual portion
- juices
- Canned mixed fruit, pears, peaches,
- applesauce

Soups, canned

- Reduced sodium chicken and beef
- broth
- Reduced sodium: mushroom,
- tomato, chicken noodle or chicken
- rice, vegetable soups

Meats & proteins

- Chicken in broth, canned
- Tuna in water, canned
- Peanut butter – creamy

Seasonings

- Assorted herbs: oregano, cumin,
- paprika, , basil
- Salt, pepper, chili powder, garlic
- powder, onion powder

THICKENER MIXING GUIDELINES CHART

Guidelines for thickening hot and cold beverages and pureed foods

TOTAL AMOUNT	1 – 4 oz serving		
Liquid type & quantity	Nectar	Honey	Pudding
Water	1 tb + 1 tsp	1 ½ tb	2 tb
Apple juice	1 tb	1 tb + 1 tsp	1 tb + 2 tsp
Cranberry juice	1 tb	1 tb + 1 tsp	1 tb + 2 tsp
Orange juice	2 ½ tsp	1 tb + 1/2 tsp	1 ½ tb
Prune juice	1 tb	1 tb + 1 tsp	1 tb + 2 tsp
Carbonated sodas	1 tb	1 tb + 1 tsp	1 tb + 2 tsp
Tomato or Vegetable Juice	1 tsp	1 ½ tsp	2 tsp
Lemonade, punch	1 tb	1 tb + 1 tsp	1 tb + 1 tsp
Coffee, Tea (no milk or cream)	1 TB + 1 tsp	1 ½ TB	2 TB
Broth	1 tb + 1 tsp	1 ½ tb	2 tb
Milk, non-fat or Skim	1 TB + 1 tsp	1 ½ TB	2 TB
Milk, low-fat or 2%	2 ½ tsp	1 TB + ½ tsp	1 ½ TB
Nutritional supplement	2 ½ tsp	1 tb + ½ tsp	1 ½ tb

GENERAL MIXING DIRECTIONS:

1. Add the amount of thickener needed by recipe to the measured amount of liquid. Whip with fork or whisk 10 to 20 seconds
2. Let it sit for 2 to 4 minutes to settle and thicken
3. Always follow the manufacturer guidelines and mixing directions.
4. Adjust as needed to reach the desired viscosity for each product
5. If mixing ahead and storing for up to 3 days the liquids will continue to thicken
6. Hot and cold liquids may need slightly different amounts of thickener; hot liquids will remain thinner

CARE GIVER STAFF EDUCATION & TRAINING

Factors Affecting Nutritional Needs of Developmentally Disabled Adults

OBJECTIVES	COURSE CONTENT
<p>The participant will be able to</p> <ol style="list-style-type: none"> 1. Explain the meaning and components of nutrition 2. List reasons that nutritional requirements change with illness, disabilities, and aging 3. List factors that affect the resident's ability to eat <p>Teaching Method Lecture, Hand out</p>	<p>Introduction: Action, interaction, and balanced nutrition in relation to health and disease</p> <ul style="list-style-type: none"> • Process by which the organism processes food substances <ol style="list-style-type: none"> 1. Ingestion 2. Digestion 3. Absorption 4. Transport 5. Utilization 6. Excretion • Risk factors are commonly identified as contributors to poor nutritional status in the elderly: <ol style="list-style-type: none"> 1. Economic 2. Physiological 3. Psychosocial • Nutritional needs change throughout life as a result of several influences: <ol style="list-style-type: none"> 1. Aging 2. Disabilities 3. Illness • Interventions are often necessary to accomplish the following: <ol style="list-style-type: none"> 1. Improve meal acceptance 2. Increase nutrient density of foods offered 3. Increase total intake 4. Replace uneaten food 5. Supplement when necessary 6. Support nutritional programs, when appropriate
<p>Competency Evaluation</p>	<ol style="list-style-type: none"> 1. Staff answers Q&A questions correctly 2. Return demonstrations are correct