

BUTTERED VEGETABLES

Serving Size: ½ Cup = 4 oz.

Ingredients:

	1 portion	2 portions	4 portions
Fresh Cooked	4 oz.	8 oz.	16 oz.
Frozen/Canned	4 oz.	8 oz.	16 oz.
Bread	1 slice	2 slices	4 slices
Margarine	1 ½ tsp.	1 Tbsp.	2 Tbsp.
Thickener	1 ½ tsp.	1 Tbsp.	2 Tbsp.

Directions:

1. Cook vegetables until soft and easy to chew for dysphagia mechanical.
2. For purring drain liquid and retain for use if puree is too thick.
3. In the processor, blend vegetables, bread and margarine to a smooth, pudding-like consistency.
4. Reheat and serve. Garnish with seasoning and margarine.
5. If the pureed vegetables are thin and spread on the plate then add thickener, sprinkle into vegetables until smooth, not lumpy.
6. You can substitute the gelatin slurry in place of thickener.
7. If the person can tolerate bread to eat then do not blend into vegetables.
8. Add the gelatin slurry or thickener in place of bread and then add margarine for taste.

NOTE: For Dysphagia Mechanical texture, finely chop vegetables and add a sauce or margarine. Do not use vegetables with hulls or skins, e.g., corn and peas, these would have to be pureed.

Diabetic: 1 vegetable exchange, 1 fat exchange.

Low Sodium: 2 Gram use salt-free vegetables, 3- 4.5 Gram do not add salt to vegetables when cooking or later.

Low Fat/Low Cholesterol: Do not add fats unless allowed.

Bland: OK as long as they are cooked and soft.