



VARIETY COMES TO THE TABLE

ELEVEN NOURISHING RECIPES FOR
PEOPLE WITH SWALLOWING DIFFICULTIES

HEALTHCARE PROFESSIONALS



From the makers of the Thick-It® brand of innovative dysphagia nutrition solutions

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Cooking for people with swallowing disorders (dysphagia) doesn't have to limit your creativity in the kitchen. With modifications—and help from the Thick-It® family of products—your patients with dysphagia can still enjoy the flavors of many of their favorite dishes.

With options for breakfast, lunch, dinner, and dessert, ***Variety Comes to the Table*** lets you explore flavors and expand your kitchen repertoire with these IDDSI-compliant recipes.

From Our Kitchens to Yours

In developing this helpful resource, the Thick-It® team partnered with Registered Dietitians experienced with balancing good nutrition, great flavor, and the latest discoveries in dysphagia diet science. Our partners bring decades of food and nutrition experience and have expertise in diets for individuals with dysphagia. They hold credentials in nutritional science, including master's degrees and specialty certifications from the American Association of Diabetes Education, Certified Diabetes Educator (CDE), Board Certified Specialist in Gerontological Nutrition (CSG), and Fellow of the Academy of Nutrition and Dietetics (FAND).

Important Tips for Preparation

Follow these tips for preparing meals that are nourishing, flavorful, and safe for patients with dysphagia:

General Guidelines

1. Clean and sanitize equipment you will be using.
2. Wash your hands with soap and water before preparing food or beverages.
3. Clean the tops of all cans before opening.
4. Follow the recipe, including time and temperature guidelines.
5. Before serving, conduct the Fork Drip Test and Spoon Tilt Test to ensure your prepared food meets IDDSI (Puréed Diet, PU4) guidelines. Visit IDDSI.org for details.
6. Always taste before serving.
7. See Presentation Suggestions for ideas on serving dishes in a visually appealing way.

These recipes are suitable for dysphagia patients who have been advised to consume a modified diet, level 4 purée (PU4).

Breakfast

Puréed Apple Cinnamon Coffee Cake

An enjoyable classic combination of apples and cinnamon.
This sweet dish is satisfying for breakfast or dessert.



Directions

1. In a baking pan, combine Thick-It® Maple Cinnamon French Toast Purée with Thick-It® Caramel Flavored Apple Pie Purée, cream, cinnamon, and sugar. Mix well.
2. Cover and heat in steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP)*.
***ALTERNATIVE METHOD: May heat in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).**
3. In a mixing bowl, combine whipped topping with Thick-It® Original Food & Beverage Thickener. Mix until thickened. Chill and hold at 40°F or lower until service (CCP).
4. Test Puréed Apple Cinnamon Coffee Cake and Thickened Whipped Topping per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
5. Place #10 scoop of Puréed Apple Cinnamon Coffee Cake on dessert dish. Top with 1 Tbsp of Thickened Whipped Topping. Serve immediately.
6. Discard any unused portions of prepared recipe.

Yield: 5 Servings

Ingredients

1 can (15 oz)	Thick-It® Maple Cinnamon French Toast Purée
1/3 cup	Thick-It® Caramel Flavored Apple Pie Purée
1/4 cup	Cream, Half & Half
1 tsp	Cinnamon, ground
1 Tbsp	Sugar, granulated
5 Tbsp	Whipped topping, prepared
2 tsp	Thick-It® Original Food & Beverage Thickener

Serving Size

#10 scoop of Puréed Apple Cinnamon Coffee Cake
1 Tbsp of Thickened Whipped Topping

Presentation Suggestions

1. Serve prepared Puréed Apple Cinnamon Coffee Cake in a dessert bowl or other appealing dessert dish.
2. Use a heat-resistant pastry bag and piping tip to top dish with piped Thickened Whipped Topping. Serve immediately.

Nutrition Information

Per Serving

- Calories 163
- Protein 3.35 g
- Total Carbohydrates 22.51 g
- Total Fat 6.83 g
- Sodium 216.92 mg
- Cholesterol 33 mg

Puréed Breakfast Casserole

Start the day off right with this hearty, filling breakfast favorite.



Directions

1. Prepare PU4 Bread: Place bread slices on a sheet pan in an even layer. Pour Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) over bread. Cover with plastic film and refrigerate. Allow bread to thoroughly soak for 2-4 hours or overnight.
2. Cut prepared PU4 Bread into 1/4 inch cubes.
3. Place Thick-It® Omelet with Sausage and Cheddar Cheese Purée in a baking pan. Add prepared PU4 Bread cubes and gently mix to combine.
4. Cover and heat in steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
**ALTERNATIVE METHOD: May heat in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
5. Test Puréed Breakfast Casserole per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
6. Portion with #8 scoop.
7. Discard any unused portions of prepared recipe.

Yield: 5 Servings

Ingredients

- 5 slices (1 oz) White bread, sliced with crust removed
- 10 fl oz Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar)
- 1 can (15 oz) Thick-It® Omelet with Sausage and Cheddar Cheese Purée

Serving Size

#8 scoop of Puréed Breakfast Casserole

Presentation Suggestions

1. If desired, garnish Puréed Breakfast Casserole with prepared PU4 Bread cubes.
2. Serve on a personal sized casserole dish or other appealing serving dish.

Nutrition Information

Per Serving

- Calories 233
- Protein 11.37 g
- Total Carbohydrates 19.63 g
- Total Fat 12.02 g
- Sodium 653.10 mg
- Cholesterol 223 mg

Entrées

Puréed Barbecue Beef Sandwich

For lunch or dinner, this sweet and tangy sandwich will leave your patients wanting more.



Directions

1. Prepare PU4 Bread: Place bread slices on a sheet pan in an even layer. Pour Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) over bread. Cover with plastic film and refrigerate. Allow bread to thoroughly soak for 2-4 hours or overnight.
2. Place Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added in a baking pan. Cover and heat in steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*

***ALTERNATIVE METHOD: May heat in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).**

3. Test Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added and prepared PU4 Bread per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
4. To serve, place 1 slice of prepared PU4 Bread on bottom of serving dish. Top with #10 scoop of Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added and remaining slice of prepared (PU4) Bread. May form as an open-faced sandwich, if desired. Serve immediately.
5. Discard any unused portions of prepared recipe.

Yield: 5 Servings

Ingredients

10 slices (1 oz)	White bread, sliced with crust removed
20 fl oz	Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar)
1 can (15 oz)	Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added

Serving Size

- #10 scoop of Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added
- 2 slices of prepared PU4 Bread

Presentation Suggestions

1. Cut prepared PU4 Bread into a round or other appealing shapes before soaking. Serve 2 slices per serving. Place 1 slice on bottom of serving dish and another slice to top sandwich. May form as an open-faced sandwich, if desired.
2. Meat is thickened for piping presentation. Before heating, add 1 Tbsp of Thick-It® Original Food & Beverage Thickener per 15 oz (or 1 can) of Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added. Heat and hold as instructed above.
3. Barbecue sauce is added and thickened for piping presentation. Add 2 Tbsp of Thick-It® Original Food & Beverage Thickener per 1/2 cup of prepared barbecue sauce in a sauce pan. Mix well. Heat sauce on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).
4. Pipe ingredients separately using heat-resistant pastry bag and piping tips. Pipe Thick-It® Beef in Barbecue Sauce Purée - Smoke Flavor Added onto bottom slice of prepared PU4 Bread. Top with remaining slice. Pipe thickened BBQ sauce. Serve immediately.

See Page 21 for Nutrition Facts

Puréed Chicken Pot Pie

Filled with chicken and mixed vegetables, this hearty and nourishing dish lets your patients enjoy the homemade flavors of this popular comfort food.



Yield: 5 Servings

Ingredients

5 slices (1 oz)	White bread, sliced with crust removed
10 fl oz	Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar)
1 can (14 oz)	Thick-It® Seasoned Chicken Patty Purée
1/2 cup	Cream, Half & Half
3 Tbsp	Thick-It® Original Food & Beverage Thickener
1 cup	Thick-It® Carrot and Pea Purée
1/3 cup	Thick-It® Sweet Corn Purée
1/3 cup	Thick-It® Seasoned Green Bean Purée

Directions

1. Prepare PU4 Bread: Place bread slices on a sheet pan in an even layer. Pour Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) over bread. Cover with plastic film and refrigerate. Allow bread to thoroughly soak for 2-4 hours or overnight.
2. In a baking pan, combine Thick-It® Seasoned Chicken Patty Purée with cream and Thick-It® Original Food & Beverage Thickener. Mix well. Cover and heat in steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
3. Place Thick-It® Carrot and Pea Purée in a baking pan. Cover and heat in a steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
4. Place Thick-It® Sweet Corn Purée in a baking pan. Cover and heat in a steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
5. Place Thick-It® Seasoned Green Bean Purée in a baking pan. Cover and heat in a steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
6. Once vegetables are heated, carefully add each vegetable into chicken mixture separately, and slowly mix to make a subtle ribbon effect.
7. Test prepared PU4 Bread and Puréed Chicken Pot Pie per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
8. Place prepared PU4 Bread on bottom of serving dish. Top with 2 #10 scoops of Puréed Chicken Pot Pie. Serve immediately.
9. Discard any unused portions of prepared recipe.

Serving Size

- 2 #10 scoops of Puréed Chicken Pot Pie
- 1 slice of prepared PU4 Bread

Presentation Suggestions

1. Cut prepared PU4 Bread into a round or other appealing shape before soaking and place on bottom of serving dish.
2. Vegetables are thickened for piping presentation. Before heating, add 1/2 tsp of Thick-It® Original Food & Beverage Thickener per 1/3 cup of vegetables: Thick-It® Carrot and Pea Purée, Thick-It® Sweet Corn Purée, Thick-It® Seasoned Green Bean Purée. Heat and hold as instructed above.
3. Pipe ingredients separately using heat-resistant pastry bag and flower piping tips. Pipe chicken mixture on top of PU4 Bread. Then, alternately place each vegetable into pastry bag and pipe on top of chicken mixture. Serve immediately.

*ALTERNATIVE METHOD: May heat each Thick-It® Purée ingredient separately in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).

See Page 21 for Nutrition Facts

Puréed Classic Meatloaf

Served with puréed sweet corn or seasoned green beans on the side, this traditional meatloaf is the ultimate homestyle comfort food.



Directions

1. In a baking pan, combine Thick-It® Salisbury Steak Purée with ketchup, Worcestershire sauce, and Thick-It® Original Food & Beverage Thickener. Mix well.

2. Cover and heat in steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*

***ALTERNATIVE METHOD: May heat in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).**

3. Test Puréed Classic Meatloaf per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.

4. Portion with #10 scoop. Serve immediately.

5. Discard any unused portions of prepared recipe.

Serving Suggestions

1. To complete the meal, serve Puréed Classic Meatloaf with a side of Thick-It® Seasoned Green Bean Purée or Thick-It® Sweet Corn Purée. Place in a baking pan, cover, and heat in a steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*

***ALTERNATIVE METHOD: May heat desired Thick-It® Purée vegetable in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).**

2. Test vegetables per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.

3. Portion with #10 scoop. Serve immediately.

Yield: 5 Servings

Ingredients

1 can (15 oz) Thick-It® Salisbury Steak Purée
1/2 cup Ketchup, prepared
2 tsp Worcestershire Sauce, prepared
3 Tbsp Thick-It® Original Food & Beverage Thickener

Optional

1 can (15 oz) Thick-It® Sweet Corn Purée
1 can (15 oz) Thick-It® Seasoned Green Bean Purée

Serving Size

1 #10 scoop of Puréed Classic Meatloaf

Presentation Suggestions

- To garnish, add 2 Tbsp of Thick-It® Original Food & Beverage Thickener per 1/2 cup of prepared ketchup in a sauce pan. Mix well. Heat sauce on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).
- For each serving, place a round cutter/ring onto a serving dish. Place a #10 scoop of Puréed Classic Meatloaf into cutter/ring. Remove cutter/ring. Shape and smooth into a mounded square using a spatula.
- Use a heat-resistant pastry bag and piping tip to garnish Puréed Classic Meatloaf with Thickened Ketchup. Serve immediately.

Nutrition Information

Per Serving

- Calories 200
- Protein 14.85 g
- Total Carbohydrates 10.97 g
- Total Fat 10.74 g
- Sodium 479.26 mg
- Cholesterol 63 mg

Puréed Southwest Style Chicken Tacos

Every day can be taco day with this simple, tasty, Mexican-inspired recipe.



Directions

1. Place Thick-It® Seasoned Chicken Patty Purée in a baking pan. Cover and heat in a steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
2. Place Thick-It® Sweet Corn Purée in a baking pan. Cover and heat in a steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
3. In a sauce pan, combine tomato sauce with taco seasoning and Thick-It® Original Food & Beverage Thickener. Mix well.
4. Heat sauce on cook top, stirring occasionally, to a minimum internal temperature of 165°F for 15 seconds (CCP). Hold at 140°F or higher until service (CCP).
5. Test Puréed Southwest Style Chicken, Puréed Southwest Style Corn, and Thickened Tomato Sauce per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
6. Portion a #12 scoop of Puréed Southwest Style Corn on bottom of serving dish. Place a #10 scoop of Puréed Southwest Style Chicken on top. Top with #24 scoop of Thickened Tomato Sauce. Serve immediately.
7. Discard any unused portions of prepared recipe.

Serving Suggestion

If desired, serve #10 scoop of Thick-It® Mixed Fruit and Berry Purée on the side. Test fruit per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.

Yield: 5 Servings

Ingredients

1 can (14 oz)	Thick-It® Seasoned Chicken Patty Purée
1 can (15 oz)	Thick-It® Sweet Corn Purée
4 fl oz	Tomato Sauce, Canned
1 Tbsp	Taco Seasoning, Salt-Free
2 Tbsp	Thick-It® Original Food & Beverage Thickener

Optional

1 can (15 oz)	Thick-It® Mixed Fruit and Berry Purée
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Serving Size

- #12 scoop of Puréed Southwest Style Corn
- #10 scoop of Puréed Southwest Style Chicken
- #24 scoop of Thickened Tomato Sauce

Presentation Suggestions

1. Puréed meat is thickened for piping presentation. Before heating, add 1 Tbsp of Thick-It® Original Food & Beverage Thickener per 5 servings (or 1 can) of Thick-It® Seasoned Chicken Patty Purée. Heat and hold as instructed above.
2. To create a taco-like appearance, pipe ingredients separately using heat-resistant pastry bag and piping tips. Pipe Puréed Southwest Style Corn into round or other appealing shape on bottom of serving dish to resemble a tortilla. Pipe Puréed Southwest Style Chicken onto tortilla and top with piped Thickened Tomato sauce. Serve immediately.

*ALTERNATIVE METHOD: May heat each Thick-It® Purée ingredient separately in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Assemble according to the directions above. Hold at 140°F or higher until service (CCP).

See Page 21 for Nutrition Facts

Puréed Stir-Fry Chicken

Serve up an international dish with this colorful and nourishing Asian-inspired stir fry—no take-out required.



Directions

1. In a baking pan, combine Thick-It® Seasoned Chicken Patty Purée with 1.5 Tbsp Stir-Fry Sauce and 1 Tbsp Thick-It® Original Food & Beverage Thickener. Mix well.
2. Cover and heat in steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
3. In a separate baking pan, combine Thick-It® Seasoned Broccoli Purée with 1.5 Tbsp Stir-Fry Sauce and 1 Tbsp Thick-It® Original Food & Beverage Thickener. Mix well.
4. Cover and heat in a steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
5. Prepare rice cereal in sauce pan per manufacturer's instructions. Rice cereal should be thick and creamy but not sticky. Do not stir excessively—over-stirring or over-cooking makes a sticky, gummy product.
6. Test Puréed Stir-Fry Chicken, Puréed Stir-Fry Broccoli, and rice cereal per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
7. Portion a #8 scoop of rice cereal on bottom of serving dish. Layer with a #10 scoop of Puréed Stir-Fry Chicken. Top with a #10 scoop of Puréed Stir-Fry Broccoli. Serve immediately.
8. Discard any unused portions of prepared recipe.

*ALTERNATIVE METHOD: May heat each ingredient separately in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).

Yield: 5 Servings

Ingredients

- 1 can (14 oz) Thick-It® Seasoned Chicken Patty Purée
- 3 Tbsp Stir-Fry Sauce, prepared, divided
- 2 Tbsp Thick-It® Original Food & Beverage Thickener, divided
- 1 can (15 oz) Thick-It® Seasoned Broccoli Purée
- 1 1/2 cup Cream of Rice Cereal, prepared

Serving Size

- #10 scoop of Puréed Stir-Fry Chicken
- #10 scoop of Puréed Stir-Fry Broccoli
- #8 scoop of Rice Cereal

Presentation Suggestions

1. For each serving, place a round cutter/ring onto a serving dish.
2. Pipe ingredients separately using heat-resistant pastry bag and piping tips. Pipe rice cereal onto serving dish, staying inside of round cutter/ring. Layer with piped Puréed Stir-Fry Chicken. Top with piped Puréed Stir-Fry Broccoli.
3. Lift cutter/ring and remove to present layered dish. Serve immediately.

Nutrition Information

Per Serving

- Calories 215
- Protein 17.49 g
- Total Carbohydrates 22.38 g
- Total Fat 6.55 g
- Sodium 768.32 mg
- Cholesterol 107 mg

Sides & Salads

Puréed Honey Mustard Broccoli

A little tangy, a little sweet, this flavorful side dish can be served hot or cold.



Directions

1. In a baking pan, combine Thick-It® Seasoned Broccoli Purée with dressing, butter, and Thick-It® Original Food & Beverage Thickener. Mix well.
2. Cover and heat in steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
****ALTERNATIVE METHOD: May heat in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).***
3. Test Puréed Honey Mustard Broccoli per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
4. Portion with #10 scoop. Serve immediately.
5. Discard any unused portions of prepared recipe.

Yield: 5 Servings

Ingredients

- | | |
|---------------|--|
| 1 can (15 oz) | Thick-It® Seasoned Broccoli Purée |
| 4 Tbsp | Dressing, Honey Mustard |
| 1 Tbsp | Butter, salted |
| 2 Tbsp | Thick-It® Original Food & Beverage Thickener |

Serving Size

#10 scoop of Puréed Honey Mustard Broccoli

Serving Suggestion

If desired, serve Puréed Honey Mustard Broccoli chilled. Hold at 40°F or lower until service (CCP).

Nutrition Information

Per Serving

- Calories 113
- Protein 2.23 g
- Total Carbohydrates 8.48 g
- Total Fat 8.42 g
- Sodium 278.82 mg
- Cholesterol 12 mg

Puréed Chili Lime Corn

Chili, cumin, and fresh lime juice give this popular side dish a savory Southwestern kick.



Directions

1. In a baking pan, combine Thick-It® Sweet Corn Purée with seasonings, lime juice, butter, and Thick-It® Original Food & Beverage Thickener. Mix well.
2. Cover and heat in steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
****ALTERNATIVE METHOD: May heat in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).***
3. Test Puréed Chili Lime Corn per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
4. Portion with #12 scoop. Serve immediately.
5. Discard any unused portions of prepared recipe.

Yield: 6 Servings

Ingredients

1 can (15 oz)	Thick-It® Sweet Corn Purée
2 tsp	Chili powder
1 tsp	Cumin, ground
6 Tbsp	Lime juice, fresh
5 tsp	Butter, salted
2 Tbsp	Thick-It® Original Food & Beverage Thickener

Serving Size

#12 scoop of Puréed Chili Lime Corn

Presentation Suggestion

Serve prepared Puréed Chili Lime Corn in a small bowl or other appealing serving dish.

Nutrition Information

Per Serving

- Calories 86
- Protein 1.47 g
- Total Carbohydrates 12.05 g
- Total Fat 4.30 g
- Sodium 186.45 mg
- Cholesterol 9 mg

Dessert

Puréed Berry Pound Cake

Satisfy any sweet tooth with this delicious, homestyle dessert.



Directions

1. Prepare PU4 Pound Cake: Cut cake in 3/4-inch slices. Place sliced cake on a sheet pan in an even layer. Pour Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) over cake. Cover with plastic film and refrigerate. Allow cake to thoroughly soak for 2-4 hours or overnight.
2. Place Thick-It® Mixed Fruit and Berry Purée in a sauce pan and heat on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).
3. In a mixing bowl, combine whipped topping with Thick-It® Original Food & Beverage Thickener. Mix until thickened. Chill and hold at 40°F or lower until served (CCP).
4. Test prepared PU4 Pound Cake, Thick-It® Mixed Fruit and Berry Purée and Thickened Whipped Topping per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
5. To serve, place 1 slice of prepared PU4 Pound Cake on bottom of serving or dessert dish. Top with #24 scoop of warmed Thick-It® Mixed Fruit and Berry Purée. Garnish with 1 Tbsp of Thickened Whipped Topping. Serve immediately.
6. Discard any unused portions of prepared recipe.

Serving Suggestion

If desired, serve Thick-It® Mixed Fruit and Berry Purée chilled. Hold at 40°F or lower until served (CCP).

Yield: 5 Servings

Ingredients

5 oz	Pound Cake, prepared, crust removed
10 fl oz	Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar)
8 oz	Thick-It® Mixed Fruit and Berry Purée
5 Tbsp	Whipped topping, prepared
2 tsp	Thick-It® Original Food & Beverage Thickener

Serving Size

#24 scoop of Thick-It® Mixed Fruit and Berry Purée

1 slice of PU4 Pound Cake

1 Tbsp of Whipped Topping

Presentation Suggestions

1. Cut prepared PU4 Pound Cake into a round or other appealing shape before soaking and place on bottom of dessert dish. May also use a small ring cutter to cut prepared PU4 Pound Cake into 3 small rounds, if desired.
2. Top with #24 scoop of Thick-It® Mixed Fruit and Berry Purée. Garnish with Thickened Whipped Topping using heat-resistant pastry bag and piping tip. Serve immediately.

Nutrition Information

Per Serving

- Calories 152
- Protein 1.72 g
- Total Carbohydrates 23.21 g
- Total Fat 5.99 g
- Sodium 158.02 mg
- Cholesterol 19 mg

Puréed Pumpkin Cake

Enjoy the flavors of fall all year round with this simple, tasty Pumpkin Cake.



Directions

1. In a baking pan, combine Thick-It® Maple Cinnamon French Toast Purée with canned pumpkin, spices, and sugar. Mix well.
2. Cover and heat in steamer to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).*
***ALTERNATIVE METHOD: May heat in sauce pan on cook top to a minimum internal temperature of 165°F for 15 seconds (CCP). Stir. Hold at 140°F or higher until service (CCP).**
3. In a mixing bowl, combine whipped topping with Thick-It® Original Food & Beverage Thickener. Mix until thickened. Chill and hold at 40°F or lower until served (CCP).
4. Test Puréed Pumpkin Cake and Thickened Whipped Topping per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
5. Place #8 scoop of Puréed Pumpkin Cake on dessert dish. Top with 1 Tbsp of Thickened Whipped Topping. Serve immediately.
6. Discard any unused portions of prepared recipe.

Yield: 5 Servings

Ingredients

1 can (15 oz)	Thick-It® Maple Cinnamon French Toast Purée
2/3 cup	Pumpkin, canned
2 tsp	Pumpkin pie spice
1 tsp	Cinnamon, ground
3 Tbsp	Sugar, granulated
5 Tbsp	Whipped topping, prepared
2 tsp	Thick-It® Original Food & Beverage Thickener

Serving Size

- #8 scoop of Puréed Pumpkin Cake
- 1 Tbsp of Thickened Whipped Topping

Presentation Suggestions

1. Serve prepared Puréed Pumpkin Cake in a dessert bowl or other appealing dessert dish.
2. Use a heat-resistant pastry bag and piping tip to top dish with piped Thickened Whipped Topping. Serve immediately.

Nutrition Information

Per Serving

- Calories 159
- Protein 2.60 g
- Total Carbohydrates 25.40 g
- Total Fat 5.64 g
- Sodium 184.87 mg
- Cholesterol 28 mg

Nutrition Facts

Page 10 | Puréed Barbecue Beef Sandwich



Nutrition Information

Per Serving

- Calories 321
- Protein 19.39 g
- Total Carbohydrates 35.30 g
- Total Fat 10.99 g
- Sodium 767.88 mg
- Cholesterol 43 mg

Page 11 | Puréed Chicken Pot Pie



Nutrition Information

Per Serving

- Calories 264
- Protein 19.09 g
- Total Carbohydrates 26.80 g
- Total Fat 9.05 g
- Sodium 738.94 mg
- Cholesterol 113 mg

Page 13 | Puréed Southwest Style Chicken Tacos



Nutrition Information

Per Serving

- Calories 177
- Protein 16.17 g
- Total Carbohydrates 15.13 g
- Total Fat 6.32 g
- Sodium 683.39 mg
- Cholesterol 104 mg

Strategies for Creating Safe and Enjoyable Mealtimes for Patients with Dysphagia

Staying nourished and hydrated is critical in maintaining physical health. Mealtime plays a central role in mental health and quality of life, too. Here are several strategies for ensuring that mealtime is a pleasant experience for your patients with dysphagia as well as their caregivers and loved ones.

Before the Meal

Make sure staff and caregivers fully understand and comply with the mealtime support plans developed for each patient. As you cook, be sure to allow cooking aromas to fill the dining area to stimulate your patients' appetites.

Environment

Providing a calm and homey atmosphere can reduce anxiety and allow the patient to better enjoy their meals and interact with others. Suggest that meals be served in a warm, well-lit, and inviting dining area without glare or shadows. Limit noise and distractions from a television, radio, or boisterous visitors so patients can concentrate on consuming their meal. Sturdy chairs should be provided so patients can sit upright with their feet comfortably on the floor.

At the Table

Eating and drinking too quickly can increase the risk of aspiration. Have caregivers encourage their patients to eat slowly by using smaller utensils. To support the patient's sense of independence, recommend the use of adaptive utensils, dishware, and accessories that allow patients to feed themselves.

If a patient needs assistance eating and drinking, advise the caregiver to sit at the patient's level. Depending on the patient's communication abilities, the caregiver should communicate what they are doing at each stage of the meal: "Here are some peas," "How about a bite of potatoes?" Ask the patient to indicate when they're ready for another bite. And encourage them to be relaxed and engaged in conversation. Meals are a time to relax and connect with others.

After the Meal

The patient should be encouraged to clear their mouth of all food. To assist, the caregiver may offer a final drink to help the patient swallow any remaining food. The patient should then sit or stand upright for 30 minutes after eating to avoid the possibility of reflux.

Following these steps can help your patients safely enjoy meals together and provide much-needed interaction and a sense of normalcy for people challenged by a swallowing disorder.

VARIETY COMES TO THE TABLE



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