

Recipe Book

Level 5: Minced & Moist



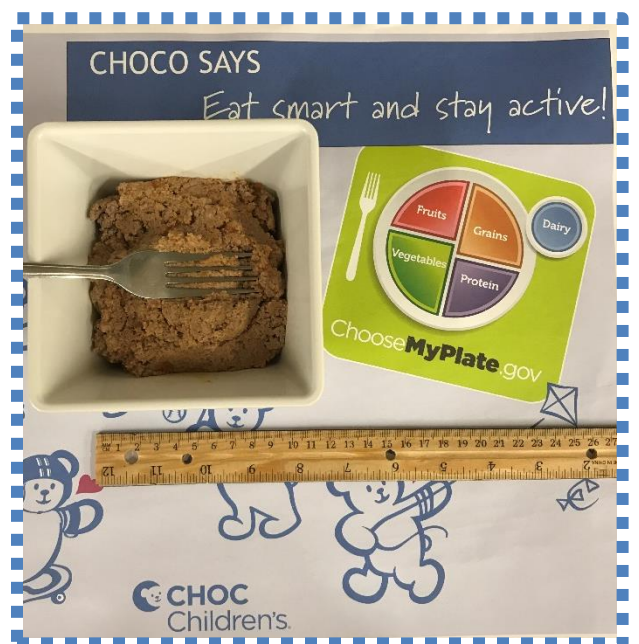
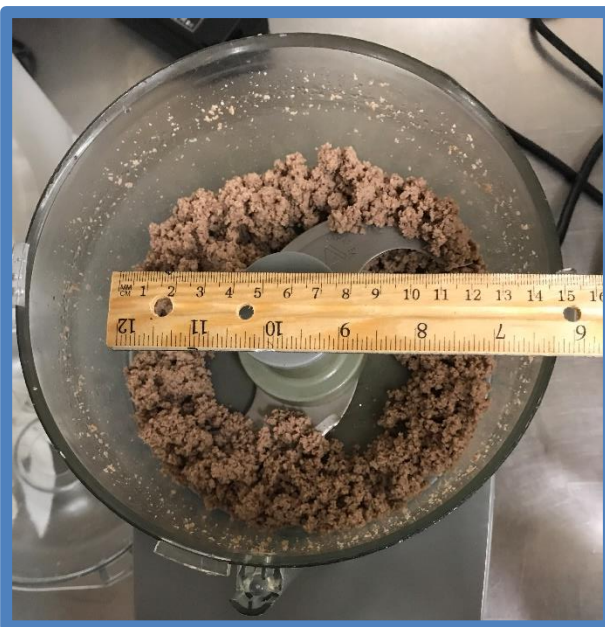
Children's Hospital of Orange County

International Dysphagia Diet Standardization Initiative (IDDSI)

Ground Beef with Marinara Sauce



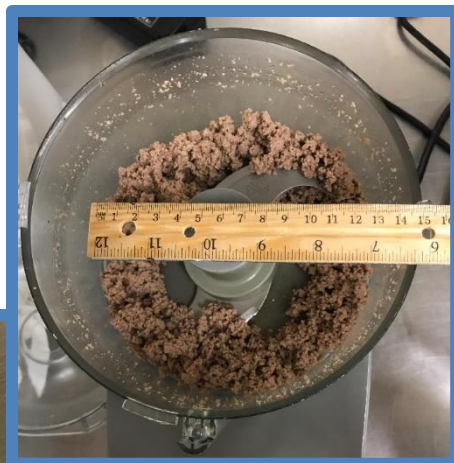
- Pulse 1 cup ground beef in food processor
 - Until particles are 2 mm or “crumb-like” consistency
- Next, combine with $\frac{1}{4}$ cup marinara
- Yield: 200 mL



Ground Beef with Salsa



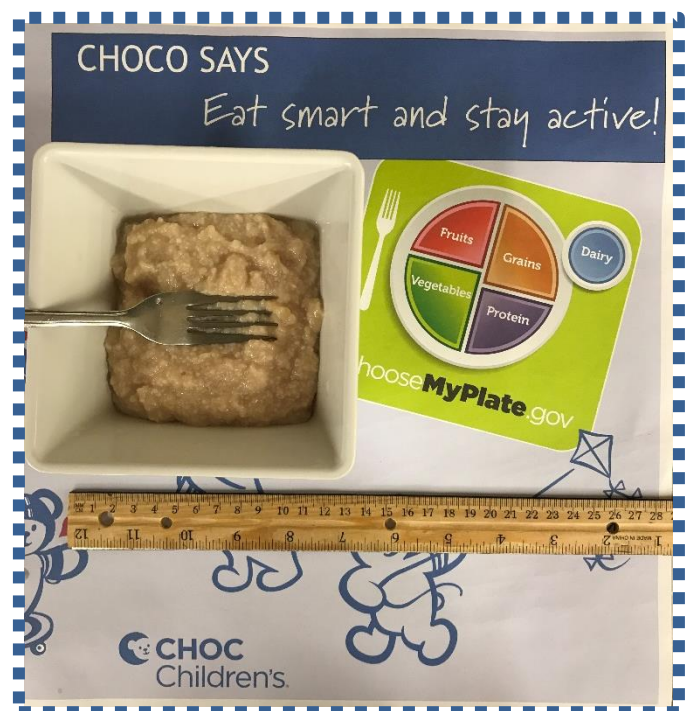
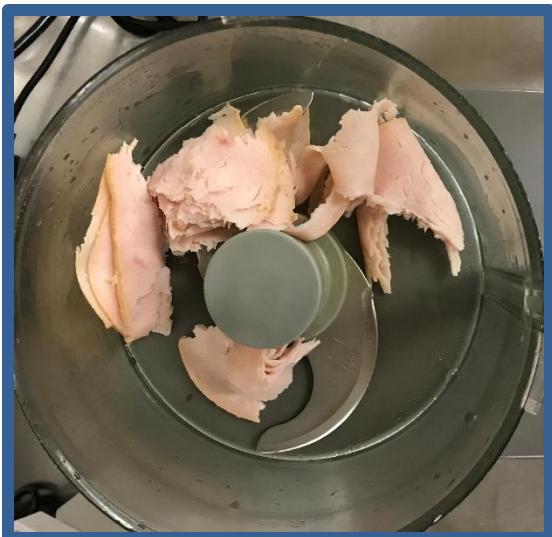
- Pulse 1 cup ground beef in food processor
 - Until particles are 2 mm or “crumb-like” consistency
- Puree $\frac{1}{4}$ cup salsa separately
- Combine minced beef and pureed salsa
- Yield: 200 mL



Turkey and Gravy



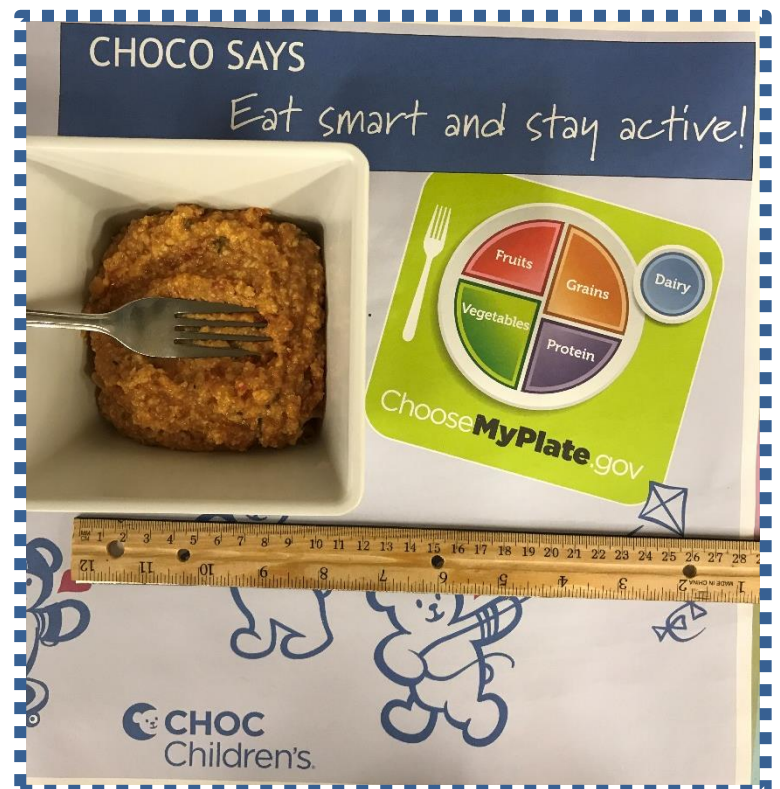
- Rip 1 cup of turkey breast slices into quarters
- Pulse turkey breast in food processor
 - Until particles are 2 mm or “crumb-like” consistency
- Combine minced turkey with $\frac{1}{2}$ cup gravy
- Yield: 200 mL



Spaghetti and Marinara



- Pulse 1 cup whole wheat spaghetti
 - Until particles are 2 mm or “crumb-like” consistency
- Puree marinara sauce
- Combine minced spaghetti and marinara sauce
- Yield: 180 mL



Nilla Banana Pudding



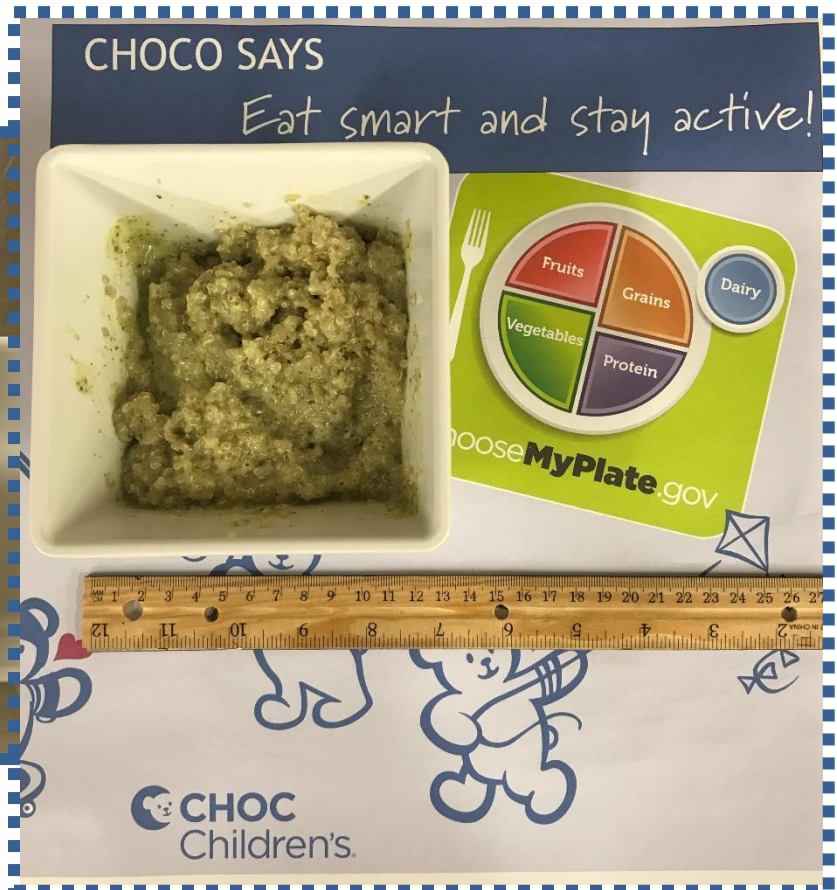
- Pulse 10 Nilla Wafer Cookies (1/2 cup) in food processor
 - Until particles are 2 mm or “crumb-like” consistency
- Combine cookies with 1 container (4 ounces) of Gerber Banana Puree
- Mix in 1 teaspoon of 2% milk
- Yield: 120 mL



Quinoa and Pesto



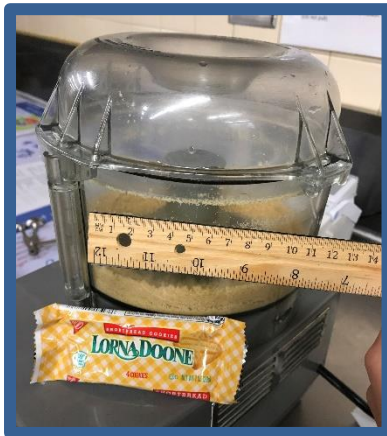
- Combine 1 cup of quinoa with $\frac{1}{2}$ cup pesto sauce
- Yield: 240 mL



Shortbread Vanilla Pudding



- Pulse 2 packages (8 cookies total) of Lorna Doone cookies in food processor – Until particles are 2 mm or “crumb-like” consistency
- Combine cookies with 1/3 cup vanilla pudding
- Mix in 3 ½ tablespoons of 2% milk
- Yield: 150 mL



Scrambled Eggs & Salsa



- Pulse 1 cup scrambled eggs
 - Until particles are 2 mm or “crumb-like” consistency
- Puree ¼ cup salsa
- Combine eggs with salsa
- Yield: 275 mL

