



EASY TO CHEW RECIPES

A soft, blenderized diet is the best way to continue to eat nutritious, tasty foods when chewing and/or swallowing become difficult. This booklet is designed to provide you with food ideas and recipes for soft and blenderized foods. Most of the recipes in this booklet can be served to your family, with only your portion needing to be blended or processed.

If you have any questions or concerns about your food choices, ability to eat, taste changes, weight loss, or any other nutrition issues, please contact your dietitian.

EATING TIPS

Make eating easier & more enjoyable:

- Relax and eat slowly.
- Help stimulate your appetite by improving the appearance of your food with garnishes.
- Use brightly coloured foods and attractive serving dishes.
- Eat small, frequent meals and consult your dietitian, if your appetite is poor.

Gaining or maintaining weight:

- Eat smaller meals, more often.
- Melt grated cheese into warm sauces, soups and casseroles.
- Add skim milk powder into creamy dishes without affecting taste or volume.
- Add canned or puréed meat/poultry, flaked fish, baby meat/poultry, finely chopped cooked egg or beaten egg to soups and sauces while cooking.
- Put oatmeal, rice, barley, noodles or other cereal foods into soups, casseroles and combination dishes.
- Melt extra butter and/or margarine on warm food like potatoes, rice, hot cereal, vegetables, soup, etc. (Fat also improves the texture of most blended foods.)
- Add sour cream, whipping cream, salad dressings and/or gravy to give extra flavour and calories.
- Use homogenized whole milk (4% mf) or cream.
- Use brown sugar, honey, maple syrup and jelly to sweeten drinks, desserts and vegetables.

Seasoning:

Seasonings can be used to enhance the flavour of your meal, but they should be only used as tolerated.

- *Red Meats:* chili powder, fresh parsley, onion, thyme, pepper, bay leaf, garlic, ginger, hot pepper sauce (e.g. Tabasco™), Worcestershire sauce
- *Poultry and Fish:* bay leaf, lemon juice, rosemary, curry, paprika, sage, ginger
- *Egg Dishes:* pepper, dry mustard, paprika, curry, chives, thyme, basil
- *Stews and Casseroles:* sage, bay leaf, basil, cloves, curry, cumin, rosemary, ginger, hot pepper sauce (e.g. Tabasco™), Worcestershire sauce

- *Rice:* saffron or turmeric before boiling
- *Noodles:* dill, parsley
- *Vegetables:* chives, curry , garlic, lemon juice, marjoram, thyme, fresh mint
- *Tomato Sauces:* oregano, parsley, basil
- *Cream Sauces:* parsley, tarragon, dill, curry powder

Using Eggs:

- Do not eat or drink foods if they contain uncooked eggs.
- Increase the protein content of beverages by using pasteurized egg products (e.g. Egg Beaters™ - found in grocers freezer, Simply Egg Whites™, Just Egg Whites™, -found with whole eggs in grocery store).
- Buy refrigerated eggs from a reliable source.
- Do not use cracked eggs.

Blending Tips

- *Read instructions in the equipment manual for your blender.*
- Cook foods in liquids such as broth, gravy, cream soup and sauces to help soften them
- Cut food into bite size pieces before blending.
- Put liquids in blender before solids.
- Blend a small amount of food at a time (e.g. 1 cup). Too much food in the blender will not mix properly.
- Add enough liquid when blending. See the chart below for general guidelines – add more liquid or solids to achieve the correct texture for you.
- **To maintain eye appeal, try to avoid blending the entire meal together – blend meat and vegetables/fruit separately.**

Table 1.0 Recommended Quantities of Food and Liquid for Blending

TYPE OF FOOD	AMOUNT OF FOOD	SUGGESTED LIQUID	AMOUNT OF LIQUID
Meat or poultry (cooked)	250 ml (1 cup)	Gravy, cream sauce, or broth	180 ml (3/4 cup)
Vegetables (cooked – with skins & seeds removed, or canned)	250 ml (1 cup)	Gravy, cream sauce, vegetable/tomato juice, or broth	45 – 90 ml (3-6 Tbsp)
Fruits (cooked – with skins & seeds removed, or canned)	250 ml (1 cup)	Cream, milk, yogurt, ice cream, juice, dessert tofu	30 – 60 ml (2-4 Tbsp)

- **IMPORTANT: DO NOT OVER BLEND!** (Over blending can result in a pasty product).
- Only remove the blender or processor container when the blade has come to a complete stop. Never stir food contents while the blade is moving.
- Use hot soapy water to clean your blender after each use and check the underside of the blade for remaining food.

Food Storage Tips

1. Store blended food in a covered container in the refrigerator no longer than 2 days.
2. Blended foods can be stored for longer periods in the freezer (2 to 3 months).
3. Air-tight containers, such as small plastic containers or muffin tins in sealed bags, can be used to store single portions.
4. To thaw food, put the single portion in the refrigerator.

Table 2.0 Recommended Types of Foods to Blend

Type of Food	Foods that Blend Well	Foods that Don't Blend Well
Milk and Milk Products	All milk and milk beverages. Plain or flavoured yogurt.	Yogurt or milk drinks with nuts or seeds
Breads and Cereals	Breads without nuts, seeds or dried fruits. Cooked or ready to eat cereals. Pancakes, french toast. Soft cooked rice, pasta.	Coarse whole grain breads and cereals, granola. Fried rice and noodles
Meat, Fish, Poultry and Alternatives	Cooked, tender meat, fish, poultry. Infant strained meats. Eggs. Cottage cheese, cream cheese, melted cheese. Cooked legumes (beans, peas or lentils). Tofu. Smooth peanut butter.	Fried meats. Sausages with tough skins. Skin of poultry, fish with bones. Fried eggs. Nuts.
Fruits and vegetables	All cooked or canned fruits and vegetables without skins or seeds. Fresh peeled apples, bananas, melons, etc. Fruit and vegetable juices.	Fruits and vegetables with seeds, membranes or tough skins (e.g. strawberries, watermelon, tomatoes, oranges, celery, corn). Dried fruit, potato skin
Soups	Bouillon, consommé. All blended, strained stock or cream soups.	None.
Fats and Oils	Margarine, butter, melted fats, oils, mayonnaise. Smooth sauces or gravies.	None.
Desserts and Sweets	Smooth milk or gelatin desserts. Sugar, jellies, seedless jams, honey, syrups.	Desserts or baked goods with nuts or seeds, coconut or chocolate chips etc. Marmalade.
Beverages	All.	Those made with foods that don't blend or strain well
Other	Ground spices or herbs. Tomato paste. Mustard, tomato catsup and other smooth condiments.	Nuts, coconut, seeds. Popcorn. Chocolate chips. Relishes.

Imperial and Metric Conversion Table

¼ cup = 50 mL

1/3 cup = 75 mL

½ cup = 125 mL

2/3 cup = 175 mL

¾ cup = 200 mL

1 cup = 250 mL

1 teaspoon (tsp) = 5 mL

1 tablespoon (Tbsp) = 15 mL

1 fluid ounce (oz) = 30 mL

SAMPLE MENUS

Three Meals a day

Morning	½ cup fruit juice 1 serving Easy Cheesy Eggs* 1 cup hot chocolate
Noon	1 cup macaroni and cheese ½ cup pureed green beans 1 cup whole milk 2-3 digestive cookies (dunked in milk) ½ cup pureed apricot (canned, blended with syrup)
Evening	¾ cup cream of mushroom soup 3 oz blenderized chicken 4 tbsp chicken gravy ½ cup mashed potatoes ½ cup pureed carrots 1 tbsp butter ½ cup custard*

Six Small Meals

Morning	½ cup High Protein Cereal* 3 oz. cream 1 tbsp. brown sugar ½ cup fruit juice
Mid-morning	1 cup eggnog*
Noon	¾ cup vegetable beef soup* 4 soda crackers
Mid-afternoon	1 soft sliced banana 3 oz. cream 1 tsp. sugar
Evening	1 serving Smoked Salmon Strata* 1c cup pureed broccoli with 1 tbsp cheese sauce ½ cup vegetable juice
Bedtime	¾ cup fruit yogurt

*recipes included

RECIPES

HIGH PROTEIN CEREAL

(Adapted from BCCA)

Uncooked rolled oats	1/3 cup
High Protein Milk (see recipe below)	3/4 cup

Cook cereal in high protein milk, instead of water, according to package directions. When cooked, top with brown sugar and milk or cream (if desired).

Variations: Try Cream of Wheat or rice cereal or cornmeal in place of the rolled oats.

Makes 1 serving. Each serving provides 300 calories & 19 grams protein.

HIGH PROTEIN MILK

Whole (homo) milk	1 cup
Skim milk powder	1/4 cup

Combine milk and milk powder. Mix well. Refrigerate any unused portions. Use high protein milk in place of regular milk when making milkshakes, cream soups, puddings, or anywhere else you use milk. Double, triple or quadruple the recipe to have plenty on hand!

Makes 1 1/8 cups. Each serving provides 210 calories & 14 grams of protein.

EASY CHEESY EGGS

Eggs	3
Cream (10% MF)	1/4 cup
Parmesan cheese	2 tbsp
Prepared mustard	1/4 tsp
Flour, all purpose	3 tbsp
Salt	1/4 tsp
Cheddar cheese, cubed	4 oz
Cream cheese, cubed	4 oz

Combine eggs, cream, parmesan, mustard, flour and salt in blender and mix until smooth. Continue blending and add cheddar cheese and cream cheese. Pour mixture into greased 1 qt. casserole or 3 individual dishes. Bake at 375° F for 45 – 50 minutes (15-20 minutes for small dishes).

Makes 3 servings. Each serving (1/3 recipe) provides 435 calories & 22 grams of protein.

KELLY'S Mmmmmmm BREAKFAST

(French Vanilla/Chocolate Cream of Wheat - a high calorie warm breakfast!)

Water	1/3 cup
Half & Half cream	2/3 cups
Hot chocolate mix, powdered	4 tbsp
Carnation Instant Breakfast, French Vanilla	1 packet
Sugar	2 tbsp
Vanilla extract	4 drops
Butter	2 tsp
Cream of Wheat	6 tbsp

Mix and cook everything, EXCEPT cream of wheat, in medium sized saucepan over medium heat until hot. Stir in cream of wheat and reduce heat (to lower than medium) stirring constantly until thickened. Pour into large mouth soup bowl to cool slightly. Cover with whipping cream. Thoroughly stir in the whipping cream until it's dissolved and enjoy! If cereal starts to thicken too much, stir in more whipping cream.

Makes 1 large bowl. Each serving provides 890 calories & 15 grams of protein.

PEACH YOGURT SMOOTHIE

Sliced peaches	1 cup
Plain Yogurt	1 cup
Whole Milk	1 cup
Honey	2 tbsp

Put all ingredients in blender and blend. Refrigerate amount not being served.

Makes 2 large servings. Each serving (1/2 recipe) provides 242 calories & 7.5 grams of protein.

BANANA PINEAPPLE HAWAIIAN

Pineapple juice	1 ½ cups
Skim Milk Powder	½ cup
Banana	1
Vanilla ice cream	½ cup

Put all ingredients in blender and blend. Refrigerate amount not being served.

Makes 2 large servings. Each serving (1/2 recipe) provides 300 calories & 8.75 grams of protein.

PEANUT BUTTER SHAKE

Peanut butter	1 tbsp
Banana, sliced	½
Whole Milk	1/2 cup
Ice cream (vanilla)	1 Tbsp

Combine all ingredients in blender. Mix until smooth.

Variations: Use chocolate milk and chocolate or mocha ice cream instead of the regular milk and vanilla ice cream – for a chocolate banana treat!

Makes 1 serving. Each serving provides 350 calories & 10 grams of protein.

HIGH PROTEIN EGGNOG

Eggnog base (see below)	1/2 cup
Whole milk	1/4 cup
Skim milk powder	1 tbsp
Cinnamon or nutmeg (optional)	

Blend ingredients. Serve chilled.

Add a tiny sprinkle of cinnamon or nutmeg on top of eggnog, if desired.

Each serving ($\frac{3}{4}$ cup) provides 265 calories & 5 grams of protein.

HIGH PROTEIN EGGNOG BASE

Egg	1
Sugar	1-2 tsp
Whole milk	1 cup
Vanilla	$\frac{1}{4}$ tsp

Beat eggs slightly. Add sugar, beat well. Gradually add milk to egg mixture, beating well. Cook until smooth and thickened, stirring constantly. Blend in vanilla. Pour mixture into shallow pan and cover. Refrigerate for 3 hours before using. If unused within 48 hours, discard.

Makes 2 servings (1 $\frac{1}{4}$ cups).

HI-ENERGY SOY MILK COCOA

Unsweetened cocoa powder	1 tbsp
Honey	1 to 2 tbsp
Vanilla soy milk	2 cups

Whisk together the cocoa and, honey in a small saucepan until well mixed. Stir in soy milk. Heat gently over medium heat for 4 to 5 minutes or until hot. Cover and refrigerate any leftovers.

To microwave: Combine all ingredients in glass measuring cup and microwave, uncovered, on high for about 3 minutes or until hot.

Makes 2 servings. Each serving provides 125 calories & 8 grams of protein.

ALMOND MILK

Almond milk is a drink prepared from nuts. Other nuts such as hazelnuts can be used. Nut milks can be used as a change from cow's or goat's milk.

Cheesecloth	
Whole almonds, natural or blanched	1 cup
Ice cubes	3 or 4
Cold water	

Place almonds in the bowl of a food processor with metal blade in place. Place ice cubes into 2-cup glass measure and add cold water to make 1 $\frac{1}{4}$ cups. Add iced water to almonds and process until almonds are finely crushed and ice cubes are disintegrated. Place a double thickness of cheesecloth into a 2-cup strainer that has been placed over a 2-cup glass measure.

Pour mixture into cheesecloth and allow to drip through. Pull ends of cheesecloth together and squeeze mixture until all moisture has drained out – discard the nutty mush. Store “milk” covered in refrigerator for up to 1 ½ weeks.

Makes about 1 cup. Each serving provides 450 calories & 15 grams of protein.

APRICOT-MANGO FROZEN YOGURT SMOOTHIE

Thick, cool, and delicious as a hi-energy and hi-protein breakfast drink or as a quick pick-me-up, the apricot and mango flavors give a wonderful tart-sweet taste to this smoothie. Try freezing the individual yogurt cups in your favorite flavors to have the makings of a terrific smoothie on hand.

Mango-vanilla yogurt, frozen in its own container	3/4 cup
Apricot nectar	3/4 cup

Place frozen yogurt carton, with its top still on, under hot water and turn for a minute to loosen yogurt from carton. Empty contents into blender with the apricot nectar. Blend until smooth. Variations: Try frozen peach yogurt with peach nectar, frozen strawberry yogurt with fresh orange juice, or frozen blueberry yogurt with fresh apple juice.

Makes 1 large serving. Each serving provides 264 calories & 9 grams of protein.

HARVEST SQUASH AND APPLE SOUP

If you are having squash as a vegetable at a meal, cook a large one and you’ll have extra for this delicious soup. Once the squash is cooked, the soup can be prepared in less than 30 minutes.

Uncooked winter squash, cut into small chunks	1 lb (about 1½ cups cooked)
Extra virgin olive oil	1 tbsp
Minced onion	¾ cup
Garlic, minced	1 large clove
Unsweetened applesauce	1 cup
Grated fresh ginger	¼ to ½ tsp
Nutmeg	pinch
Salt and freshly ground pepper,	to taste
Plain yogurt or sour cream and parsley for garnish (optional)	

To cook squash: put squash chunks and 2-3 cups water into a large soup pan with a lid. Cover and cook until tender, about 20 to 25 minutes. Remove squash from water. Reserve the cooking water. Peel and mash cooked squash. In a small skillet, warm the oil and cook onion over medium heat until translucent. Stir in garlic and cook until soft, without browning. Add onion-garlic mixture, applesauce, and cooked squash to the reserved cooking water. (If using precooked squash, add 2 to 3 cups fresh water to the pan at this time.) Stir in ginger and nutmeg. Bring soup to a boil, turn down heat, and cover. Simmer 15 minutes to let flavors blend. Purée soup in pot with a hand blender or, in small batches, purée soup in the blender, until smooth and return to pot to warm. Season to taste with salt and pepper. Serve topped with yogurt or sour cream and garnished with parsley.

Makes 2 to 3 servings. Each serving (1/2 recipe) provides 202 calories & 2 grams of protein.

MOROCCAN LENTIL SOUP

Onion, chopped	2 medium
Garlic, minced	2 cloves
Fresh ginger, grated	1 tsp
Olive oil	1 tbsp
Water	6 cups
Red lentils	1 cup
Chick peas, drained	1 (15 oz) can
White kidney beans, drained	1 (19 oz) can
Diced tomatoes	1 (14.5 oz) can
Carrots, diced	½ cup
Celery, chopped	½ cup
Garam masala*	1 tsp
Ground cardamom*	1 ½ tsp
Ground cayenne pepper*	½ tsp
Ground cumin*	½ tsp
Salt	1 tsp

In large pot, sauté the onions, garlic, and ginger in a little olive oil for about 5 minutes. Add the remaining ingredients. Bring to a boil for a few minutes then simmer for 1 to 1 ½ hours or longer, until the lentils are soft. Purée half the soup in a food processor or blender (if required, purée all of the soup). Return the puréed soup to the pot to heat, stir and enjoy! *NOTE: these are East Indian spices.

Makes 6 servings. Each serving (1/6 recipe) provides 330 calories & 16 grams of protein.

HEARTY FISH CHOWDER

Margarine or butter	2 tsp
Onion, chopped	2 tbsp
Celery, chopped	2 tbsp
Potato, diced	1 small
Carrot, diced	1 small
Water	½ cup
Fish fillets, fresh or thawed	1/3 cup (1 - 2 pieces)
Whole milk	1 cup
Salt and pepper	¼ tsp of each

Melt margarine in saucepan and cook onion and celery until tender. Add potato, carrot, water salt and pepper. Cover and simmer 10 -15 minutes or longer until vegetables are tender. Cut fish fillets into 1 ½ inch (3 cm) cubes. Add fish to saucepan and cook 10 minutes longer. Cool slightly and blend in a blender/processor. Return to saucepan, add milk and reheat but do not boil.

Makes 2 servings. Each serving provides 64 calories & 2.5 grams of protein.

BEEF VEGETABLE SOUP

Cream of celery soup	1 can
Whole milk	1 cup
Skim milk powder	¼ cup
Beef baby food	4½ oz
Baby pureed carrots	4½ oz
Garlic powder	¼ tsp

Place all ingredients in a blender and mix well. Pour mixture into a sauce pan and heat until hot.

Variation: Substitute cream of chicken for cream of celery soup, baby chicken for baby beef and baby peas for baby carrots. Omit garlic powder and season with salt and pepper.

Makes 4 servings. Each serving provides 150 calories & 9 grams of protein.

CHILLED AVOCADO SOUP

Avocados, ripe	3
Chicken Broth (or chicken bouillon)	2 (10 oz) cans 2 ½ cups
Garlic, crushed	1 clove
Tabasco Sauce	to taste
Salt	½ tsp
Cream, 10%	1 cup
Lemon Juice	1 tsp

Peel and remove stones from avocados. Cube avocado pulp and place in food processor fitted with metal blade. Add 1 cup broth, garlic, dash of Tabasco sauce and salt. Purée until mixture is smooth. Turn into large bowl and stir in remaining broth, cream and lemon juice. Chill. Add more lemon juice to taste, if desired.

NOTE: This soup is most successful if made only a few hours before serving.

Makes 6 servings. Each serving (1/6 recipe) provides 250 calories & 5 grams of protein.

MASHED POTATO SALAD

Red potatoes	5
Yukon Gold potatoes	5
Butter	2 tbsp
Mayonnaise	½ cup
Prepared mustard	¼ cup
Sour cream	½ cup
Celery, finely chopped	1 stalk
Red onion, finely diced	1
Salt and pepper	to taste
Gherkin pickles, finely chopped	2 small
Green bell pepper, finely chopped	1

Cut potatoes, if desired you may peel them. Place potatoes in a large saucepan and cover with water. Cook over medium heat until potatoes are tender. Drain and place cooked potatoes in a large bowl. Mash potatoes with butter and salt and pepper to taste. Once mashed, stir in the mayonnaise, mustard and sour cream, mixing well. Stir in the celery, onion, pickles and green pepper. Serve warm or at room temperature.

Makes 6 servings. Each serving (1/6 recipe) provides 420 calories & 5 grams of protein.

ROMAN'S RESILIENT RAGOUT

The whole family can enjoy this tasty meal and only portions need to be puréed or blenderized.

Pot roast, small	1 (approx. 2 lbs.)
Onions, peeled and quartered	3
Carrots, halved	4
Potatoes, small	6
Garlic	2 cloves
Bay leaves	1 – 4 (to taste)
Hot sauce (Tabasco™/Louisiana)	1 tsp – 1 tbsp (optional)
Meat/steak seasoning	to taste
Salt and pepper	to taste
Beef OXO cube	1

In a slow-cooker (crock pot) place a quarter cup of water and add pot roast which has been liberally seasoned with meat/steak seasoning. Add the garlic, bay leaf, and hot sauce to the pot's water along with an OXO cube. Surround roast with all prepared vegetables and salt & pepper.

Cook on high 4 hours or until "well-done".

For puréed portion(s): In a blender purée the roast beef and onions together with some of the "gravy" made during the slow cooking. Similarly, purée the potatoes and carrots, with a small amount of the pot gravy as well.

Serve with sides of "hot" pepper-jelly and blue cheese salad dressing, if you like things spicy! (optional). Freeze leftovers for quick future meals.

Makes 6 servings. Each serving (1/6 recipe) provides 730 calories & 48 grams of protein.

POTATO COTTAGE CHEESE CASSEROLE

Potatoes	2 medium
Cabbage, shredded	2 cups
Onion, chopped (optional)	3/4 cup
Butter or Margarine	1 tbsp
Cottage cheese, creamed	3/4 cup
Sour cream	1/4 cup
Plain Yogurt	1/4 cup
Vinegar (optional or cider)	1 tbsp
Salt	3/4 tsp
Dill (optional)	1/4 tsp

Cut potatoes into small pieces and boil. Sauté onions in butter or margarine with salt. Add cabbage to onions and cook until cabbage is tender. Mash potatoes with cottage cheese, sour cream, and yogurt. Combine cabbage and potato mixtures and all other ingredients. Spread into casserole dish. Bake uncovered for 35-40 minutes at 350° F.

Makes 4 servings. Each serving (1/4 recipe) provides 180 calories & 7.75 grams of protein.

SEAFOOD PIE

Crabmeat, shrimp, or tuna (frozen or canned),	1 pkg (6 oz.) thawed and drained
Cheddar cheese, shredded	1 cup
Eggs	4
Cream cheese	3 oz cut into ¼ inch cubes
Green onions, sliced	¼ cup
Pimento, drained & chopped (optional)	1 jar (2 oz)
Whole milk	2 cups
Bisquick baking mix	1 cup
Salt	½ tsp
Nutmeg	dash

Pre-heat oven to 400°F. Grease pie plate (10 x 1 ½ inches). Mix crabmeat, cheeses, onions and pimiento together, pour into plate. Beat remaining ingredients until smooth for 15 seconds in blender on high or 1 minute with hand beater. Pour into pie plate over seafood and cheese mixture.

Bake for 35 to 40 minutes, or until knife inserted between center and edge comes out clean.

Cool 5 minutes before cutting.

Variation: Try ham instead of seafood and broccoli instead of green onions and pimento.

Makes 6 servings. Each serving (1/6 recipe) provides 410 calories & 22 grams of protein.

BEEF STROGANOFF

Fine egg noodles	1 cup
Regular ground beef	¾ lb
Medium onion, chopped	1
Garlic Powder	½ tsp
Cream of mushroom soup	1 can
Sour cream	¾ cup
Worcestershire sauce	1 tsp.
Salt and pepper	to taste
Dill or thyme (optional)	to taste

Cook noodles in 4 cups of boiling water until tender. Meanwhile, in large skillet, brown ground beef and onion. Add garlic, soup, sour cream, salt and pepper, dill and Worcestershire sauce. Mix and simmer 4 minutes. Serve over cooked, drained noodles.

Variation: Serve over mashed potatoes instead of egg noodles.

Makes 4 servings. Each serving (1/4 recipe) provides 494 calories & 26 grams of protein.

SEAFOOD CASSEROLE

Small shrimp, drained, finely chopped	1 can (4 oz)
Crabmeat, finely flaked	1 can (6 ½ oz)
Celery, finely chopped	1 cup
Onion, finely chopped	1 cup
Green pepper, finely chopped	1 cup
Mayonnaise	1 cup
Salt and pepper	to taste
Worcestershire sauce	1 tbsp
Whole milk	½ cup
Herb stuffing mix	1 cup
Melted butter or margarine	1 tbsp

Combine all ingredients except 1/4 cup stuffing mix and butter, in a bowl, mixing well. Spoon into buttered baking dish. Combine remaining stuffing and melted butter and spread over casserole. Bake at 350°F for 30 minutes.

Makes 4 servings. Each serving (1/4 recipe) provides 645 calories & 20 grams of protein.

THE SLICK CHICK

A great way to use up leftovers!

Cream of mushroom soup	1 can
Cream of chicken soup	1 can
Whole milk	½ cup
Onion powder	½ tsp
Cooked rice	4 cups
Cooked chicken, finely chopped (or cooked ground chicken)	3 cups
Cheddar cheese, grated	1 cup
Pimento, finely chopped (optional)	2 tbsp
Salt and pepper	to taste

Combine soups and milk in large saucepan over medium heat, mixing well, and stirring constantly. When heated add all remaining ingredients and heat. Pour into lightly greased 2 quart casserole dish. Bake at 375°F for 30 minutes.

Makes 6 servings. Each serving (1/6 recipe) provides 660 calories & 50 grams of protein.

SMOKED SALMON STRATA

Completely prepared the evening before, this satisfying casserole is ready to pop in the oven to cook and then you are ready to serve!

Italian-style bread	16 thin slices
Butter	2 tbsp
Leeks, sliced	1 cup
Mushrooms, diced	1 cup
Smoked salmon, sliced	¼ lb
Swiss cheese, shredded	2 cups
Eggs	6
Light cream	4 cups
Dijon mustard	1 tsp
Pepper	to taste

Cut bread slices into cubes to make about 11 cups; set aside (if blenderized is required, remove crusts). In small saucepan, melt butter over medium heat; cook leeks and mushrooms for 3 or 4 minutes or until leeks are soft. Remove from heat. Cut salmon crosswise into ½ inch wide strips; stir into leek mixture. Divide ingredients into two greased 8-inch baking dishes, starting with half of the bread cubes. Top with salmon, then half of the cheese then top with remaining bread cubes. Beat together eggs, cream, mustard, and pepper until well blended; pour over layers. Sprinkle with remaining cheese. Cover and refrigerate overnight. Bake, uncovered, in a 325°F oven for 35 to 45 minutes, or until tops are golden. Serve hot.

Makes 8 servings. Each serving (1/6 recipe) provides 800 calories & 33 grams of protein.

HAM POTATO BAKE

Ham, finely chopped	1 ½ cups
Cream of mushroom soup	1 can
Whole milk	¼ cup
Onion, minced	1 tbsp
Pepper	1/8 tsp
Sharp cheddar cheese, shredded	1 cup
Potatoes, cooked and finely diced	4 cups
Carrots, finely shredded	1 cup
Soft bread crumbs	¾ cup
Butter, melted	1 tbsp

Combine ham, soup, milk, minced onion, pepper and ½ cup cheese, mixing well. Layer potatoes, carrots and ham mixture in 2 quart baking dish. Mix bread crumbs, remaining ½ cup cheese and butter and sprinkle over mixture. Bake at 350 for 45 minutes. Garnish with sprigs of parsley (optional).

Variation: Try serving the cooked carrots on the side instead of in the casserole.

Makes 6 servings. Each serving (1/6 recipe) provides 360 calories & 17 grams of protein.

SUPER PUDDING

Instant pudding mix	1 package (4 ½ oz)
Whole milk	2 cups
Oil (corn, sunflower, safflower)	2 tbsp
Skim milk powder	¾ cup

Mix ingredients together and refrigerate until set.

Makes 4 servings. Each serving provides 300 calories & 9 grams of protein.

BREAD PUDDING

Bread, plain or raisin	4 slices
Butter or margarine, melted	¼ cup
Cinnamon	¼ tsp
Eggs	2
Sugar	¼ cup
Whole milk	1 cup
Skim milk powder	¼ cup
Vanilla or rum extract	½ tsp

Tear bread into small pieces and place in 1 quart baking dish. Combine melted butter and cinnamon and drizzle over bread. In a separate bowl, combine eggs, sugar, milk and vanilla. Pour over bread. Set baking dish in a pan of hot water in the oven. Bake at 350°F for 40 – 60 minutes. Serve with cream, whipped cream, or ice cream.

Variations: Try using croissants, banana bread, or pumpkin bread. Yum!

Makes 4 servings. Each serving (1/4 recipe) provides 310 calories & 9 grams of protein.

HIGH PROTEIN JELL-O®

Flavored Jell-o® powder	1 package (3 oz)
Water, boiling	1 cup
Whole milk	2 cups
Skim milk powder	½ cup

Dissolve Jell-o® powder in boiling water. Cool to room temperature. Dissolve skim milk powder in milk. Very gradually stir milk mixture into jelly mixture. Chill until firm.

Makes 4 servings. Each serving (1/4 recipe) provides 185 calories & 9 grams of protein.

HIGH PROTEIN CUSTARD (Adapted from VH)

Eggs	3
Sugar	¼ cup
High protein milk, scalded	2 cups
Vanilla extract	¼ tsp
Salt	dash

Combine eggs, sugar and salt. Slowly add vanilla and stir in slightly cooled milk. Divide mixture into 4 glass dishes or custard cups. Set dishes into shallow pan of water. Bake at 325°F for approximately 20 minutes or until set.

Makes 4 servings. Each serving provides 280 calories & 14 grams of protein.

NON-DAIRY CUSTARD

Sugar	1/3 cup
Sweetened soy milk	1 cup
Vanilla	1 tsp
Eggs, beaten	4
Coffee Rich® or Rice Dream®	1 cup

Gently heat soy milk in pot over low heat or microwave. Dissolve sugar in warmed soy milk. Add remaining ingredients and stir well. Pour into 6 small baking dishes and set into a shallow pan of water. Bake at 375°F for 45 minutes, or until set.

Makes 6 servings. Each serving (1 dish) provides 130 calories & 5 grams of protein.

SAUCY HOT FUDGE PUDDING

Flour, all purpose	1 cup
Brown sugar, divided	1 1/2 cups
Baking powder	2 tsp
Salt	1/4 tsp
Butter or margarine, melted	1/2 cup
Cocoa, divided	1/2 cup
Whole milk	1/2 cup
Vanilla	1 tsp
Hot water	1 1/2 cups

Combine flour, 3/4 cup sugar, baking powder, and salt. Blend butter or margarine and 1/4 cup cocoa. Add to dry ingredients along with milk and vanilla. Mix well. Pour into baking dish. Combine remaining 3/4 cup sugar and 1/4 cup cocoa. Sprinkle over batter. Pour hot water over all. DO NOT STIR. Bake at 350°F for 45 minutes. Serve warm with ice cream or whipped cream.

Makes 6 – 8 servings. Each serving (1/8 recipe) provides 350 calories & 2.5 grams of protein.

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.