

Mediterranean Chickpea & Roasted Vegetables

For Pureed Diets

4 - 1½ cup Servings



Ingredients

- 2 cups Chickpeas, canned or homemade
- 1 Zucchini, diced
- 1 Red Bell Pepper, diced
- 2 Tbs. Olive Oil
- ½ tsp. Smoked Paprika
- 1 cup Vegetable broth
- Salt and pepper to taste

Directions

1. In a bowl, toss zucchini and red pepper with olive oil. Then spread them out on a sheet pan and roast at 400 degrees for about 15 minutes until tender.
2. Add roasted vegetables, chickpeas, smoked paprika, and broth to a blender.
3. Blend until smooth, adjust liquid as needed for texture. Add more chickpeas to thicken or broth to thin if needed.

NOTE:

Make sure that there are no skins left behind after puree is done. If there are, you must strain the puree through a sieve.



See Tip Sheet for Pureed Foods. Do Spoon and Fork Tests.

Tips for Pureed Foods



Characteristics

- Are usually eaten with a spoon
- Do not require chewing
- Have a smooth texture with no lumps
- Hold their shape on a spoon
- Fall off a spoon in a single spoonful when tilted
- Are NOT sticky
- Liquids, such as sauces, do not separate from solids



Recommended Equipment



Immersion Blender

For larger quantities an immersion stick type blender works best.



Countertop Blender

For medium or small quantities a countertop blender works best.



Mini Food Processor

For very small quantities a mini food processor works best.

How To Know If the Food is the Right Texture?

Do the Spoon and Fork Tests

Spoon Test

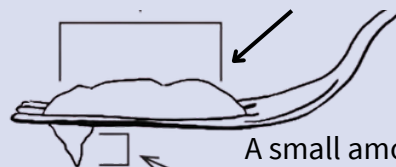
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked.

Sample should **not** be firm or sticky.



Fork Test

Extremely thick liquids sit in a mound or pile above the fork.



A small amount may flow through and form a tail below the fork.

Liquid does **not** dollop, or drip continuously through the fork prongs.

Foods to Avoid That Pose a Choking Hazard

Mixed thin and thick textures	→ Soup with pieces in it, cereal with milk
Hard or dry food	→ Nuts, dry cereal, bread, raw vegetables, bones
Tough or fibrous foods	→ Steak, pineapple
Chewy foods	→ Cheese, dried fruit, marshmallows
Crisp or crunchy foods	→ Crisp bacon, corn flakes, chips
Crumbly bits	→ Dry cake or biscuits
Seeds	→ Pumpkin seeds, white parts of orange
Foods with skins	→ Peas, grapes, sausage skin, salmon skin
Foods with husks	→ Corn, shredded wheat, or bran
Round long shaped foods	→ Grapes or sausage
Sticky or gummy foods	→ Nut butter, overcooked oatmeal, gelatin
Stringy foods	→ Bean, rhubarb
Floppy foods	→ Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking	→ Crust or skin that forms on food during cooking, for example cheese topping or roasting
Juicy foods	→ Where juice separates from the foods in the mouth as in watermelon
Large or hard lumps of food	→ Casserole pieces larger than 4mmx4mmx15mm; fruit, vegetable, meat or other food pieces larger than 4mmx4mmx15mm

This guide conforms to the dietary standards for Level 4 Pureed according to the International Dysphagia Diet Standardization Initiative. These are not official IDDSI resource and are not meant to replace materials and resources on www.iddsi.org.