

Broccoli, Butternut Squash, Carrots

For Minced and Moist Diets

Approx. 6 servings per vegetable, serving size approx. ½ cup

Ingredients

- 1 lbs. Broccoli
- 2 Tbs. Vegetable oil
- 1 lbs. Butternut Squash
- Approx. 1 cup Vegetable or Chicken Broth
- 1 lbs. Carrots
- 1 Herb Cream Sauce Recipe



Directions: Broccoli

- 1 Cut Broccoli into small florets. Toss with 2 tsp. of vegetable oil.
- 2 Spread broccoli out on a sheet pan that has been sprayed with oil and put a small amount of either vegetable broth or chicken broth in the bottom of the pan, do not cover them with the liquid.
- 3 Cover the pan with foil and steam in a 375-degree oven until tender. Check the broccoli part way through to be sure that the liquid has not evaporated, you do not want them to roast, and you do not want to overcook it. Test for doneness by poking the thickest part of the broccoli with a paring knife. Broccoli should still be firm and bright green. When done, remove from oven and immediately pour off any remaining liquid.
- 4 Cool the broccoli immediately to stop the cooking process, you do not want to overcook it, it should remain firm and bright green. Spread it out on another pan and chill it in the fridge to cool it quickly. Do not let it sit in the hot sheet pan to cool or it will over cook and become mushy.
- 5 Working in small batches, put the broccoli into a food processor and pulse it one or two times only to achieve a small, chopped texture, approximately 4 mm in size. Work your way through all the broccoli.
- 6 In small batches, very gently toss the chopped broccoli with the herb cream sauce.
- 7 Check that there is not too much sauce on the vegetables, drain off any extra sauce.

Directions: Butternut Squash

- 1 Peel and dice butternut squash into small 1cm x 1cm pieces.
Toss with 2 tsp. of vegetable oil.
- 2 Spread squash out on a sheet pan that has been sprayed with oil and put a small amount of either vegetable broth or chicken broth in the bottom of the pan, do not cover them with the liquid.
- 3 Cover the pan with foil and steam in a 375-degree oven until very tender. Check the squash part way through to be sure that the liquid has not evaporated, you do not want them to roast. Test for doneness by poking with a paring knife. When done, immediately pour off any remaining liquid and reserve the liquid for other recipes.
- 4 Cool the squash immediately to stop the cooking process, you do not want to overcook it. Spread them out on another pan and chill in the fridge to cool it quickly. Do not let it sit in the hot sheet pan to cool or it will over cook and become mushy.
- 5 Put cooled squash into a bowl and mash with a fork to be a fine 4 mm lump texture if doing a small amount. For larger amounts you can use the food processor and pulse 1 or 2 times to achieve a 4 mm lump size. Or you can use a potato masher and mash by hand to achieve the 4 mm lump size.
- 6 Working in small batches, very gently toss the squash with the herb cream sauce.
- 7 Check that there is not too much sauce on the vegetables, drain off any extra sauce.



Directions: Carrots

- 1 Peel and dice carrots into small 1cm x 1cm pieces.
Toss with 2 tsp. of vegetable oil.
- 2 Spread carrots out on a sheet pan that has been sprayed with oil and put a small amount of either vegetable broth or chicken broth in the bottom of the pan, do not cover them with the liquid.
- 3 Cover the pans with foil and steam in a 375-degree oven until tender but NOT mushy. Check the carrots part way through to be sure that the liquid has not evaporated, you do not want them to roast. Test for doneness by poking with a paring knife. When done, immediately pour off any remaining liquid.
- 4 Cool the carrots immediately to stop the cooking process, you do not want to overcook them. Spread them out on another pan and chill in the fridge to cool it quickly. Do not let it sit in the hot sheet pan to cool or it will over cook and become mushy.
- 5 Working in small batches, put the carrots into a food processor and pulse one or two times only to achieve a small, chopped texture, 4 mm in size. Work your way through all the carrots.
- 6 In small batches, very gently toss the carrots with the herb cream sauce.
- 7 Check that there is not too much sauce on the vegetables, drain off any extra sauce.

★ See Tip Sheet for Minced and Moist Foods.



Tips for Minced and Moist Foods



Characteristics

- Soft and moist, but with no liquid dripping or leaking from the food
- Biting is NOT required
- Minimal chewing is required
- Lumps of 4 mm in size, fit between the tines of a fork
- Lumps are soft enough to be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- You should be able to scoop food onto a fork, with no liquid dripping through and no crumbs falling off the fork
- For people who cannot bite food but can chew food
- Are eaten with a spoon or a fork



Examples of Minced and Moist Foods

Meat



Served finely minced or chopped to 4mm lump size served in a thick, smooth, non pouring sauce or gravy.

Fruit



Served finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid).

Vegetables



Cooked, finely mashed or use a blender or food processor to finely chop it into to 4mm lump size pieces (drain any excess liquid).

Fish



Served finely mashed or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy.

Rice



Requires a sauce to moisten it and hold it together. Rice should not be sticky or gluey and should not separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together.

Cereal



Served thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving.

NO REGULAR DRY BREAD due to high choking risk!

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

Recommended Equipment

Tips

- Remember to only pulse vegetables one or two times, you do not want to over process vegetables.
- Work in batches, don't overfill the container.
- Always add the sauce to vegetables after processing.



Robot Coupe

For large quantities a Robot Coupe works best.



Food Processor

For small or medium quantities, a food processor 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

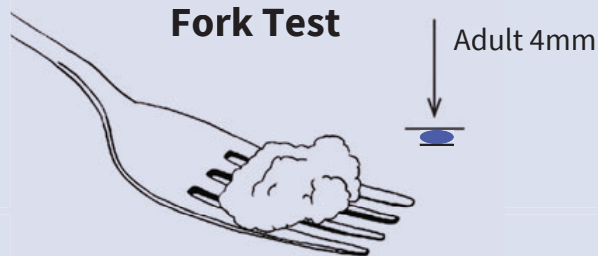
Spoon Test

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



For adults the lump size is 4mm, which is about the gap between the prongs of a standard dinner fork.

This guide conforms to the dietary standards for Level 6 Soft and Bite Sized 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.