

# Sweet Potato, Cauliflower & Zucchini

## For Soft and Bite-Sized Diets

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

### Ingredients

- 1 lbs. Sweet Potatoes
- 1 lbs. Cauliflower
- 1 lbs. Zucchini
- 2 Tbs. Vegetable oil
- Approx. 1 cups Vegetable Broth or Chicken Broth
- 1 Maple-Cider Vinaigrette Recipe



### Directions: Sweet Potatoes

- 1 Peel sweet potatoes and dice into 1.5 cm x 1.5 cm size pieces. Toss with 2 tsp. of vegetable oil.
- 2 Spread them 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 sweet potatoes 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 sweet potatoes immediately to stop the cooking process, you do not want to overcook them. Spread them 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, remove the sweet potatoes into a bowl and toss with the maple-cider vinaigrette.
- 6 Check that there is not too much sauce on the vegetables, drain off any extra sauce.

## Directions: Cauliflower

- 1 Using a paring knife cut cauliflower into very small florets approximately 1.5cm x 1.5 cm in size.  
Toss with 2 tsp. of vegetable oil.
- 2 Spread them 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 cauliflower part way through to be sure that the liquid has not evaporated, you do not want them to roast. Test for doneness by poking the thickest part of the cauliflower with a paring knife. When done, immediately pour off any remaining liquid.
- 4 Cool the cauliflower immediately to stop the cooking process, you do not want to overcook it. 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, remove the cauliflower to a bowl and toss with the maple-cider vinaigrette.
- 6 Check that there is not too much sauce on the vegetables, drain off any extra sauce.



## Directions: Zucchini

- 1 Dice zucchini into 1.5 cm x 1.5 cm size pieces.  
Toss with 2 tsp. of vegetable oil.
  - 2 Spread them out on a sheet pan that has been sprayed with oil and put a very small amount of either vegetable broth or chicken broth in the bottom of the pan, just a puddle, do not cover them with the liquid. Use less liquid than you would for the sweet potatoes or the cauliflower because the zucchini has a lot of its own liquid in it.
  - 3 Cover the pan with foil and steam in a 375-degree oven until very tender. Zucchini will cook very quickly, be really careful not to overcook it. It will become mushy very fast. When done, immediately pour off any remaining liquid.
  - 4 Cool the zucchini immediately to stop the cooking process, you do not want to overcook it. 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, remove the zucchini to a bowl and toss with the maple-cider vinaigrette.
  - 6 Check that there is not too much sauce on the vegetables, drain off any extra sauce.
- ★ See Tip Sheet for Soft and Bite Sized Foods.

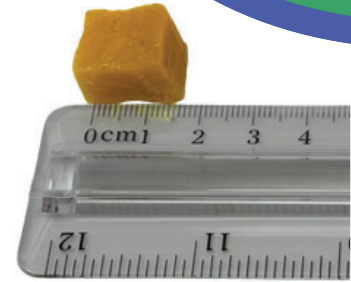


# Tips for Soft and Bite Sized Foods



## Characteristics

- Soft, tender and moist, but with no thin liquid leaking/dripping from the food
- Ability to 'bite off' a piece of food is not required
- Ability to chew 'bite-sized' pieces so that they are safe to swallow is required
- Bite-sized pieces no bigger than 1.5cm x 1.5cm in size
- Food can be mashed/broken down with pressure from fork
- A knife is not required to cut this food



## Examples of Minced and Moist Foods

### Meat



Cooked tender and chopped so pieces are no bigger than 1.5cmx1.5cm lump size. If cannot serve soft and tender, serve as Minced and Moist.

### Fruit



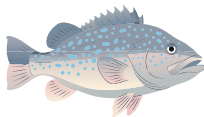
Soft and chopped to pieces no bigger than 1.5cmx1.5cm pieces (drain any excess liquid). Do not use the fibrous parts of fruit (for example, the white parts of an orange). \*

### Vegetables



Steamed or boiled with final cooked size no bigger than 1.5cmx1.5cm. (Stir fried vegetables are too firm and are not suitable).

### Fish



Cooked soft enough to break and serve in pieces no bigger than 1.5cmx1.5cm.

### 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 with pieces no bigger than 1.5cmx1.5cm, with their texture fully softened. Drain excess liquid before serving.

\*Be extra careful if you are eating fruit with a high-water content, where the juice separates from the solid in the mouth during chewing (for instance, fruits like watermelon or other melons).

**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



### Pressure Cooker

This is the recommended method for cooking meat to achieve a tender texture. Always save and use the broth that is produced using this cooking method.



### Braising Pot

For stovetop use, to achieve a tender texture when cooking meat. Use when a pressure cooker is not available.

## How to Know if the Food is the Right Texture

To make sure the food is soft enough, press down on the food with a fork, then lift the fork to see that the food is completely squashed and does not regain its shape. Even meat should be able to squash down and not bounce back up completely.



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](http://www.iddsi.org).