

LASAGNA, MACARONI & CHEESE, CASSEROLES OR SPAGHETTI/SAUCE

Serving Size: $\frac{3}{4}$ Cup = 6 oz.

Protein: 3 oz.

Ingredients:

	1 portion	2 portions	4 portions
Casserole Recipe	1 Cup	2 Cups	4 Cups
Extra Sauce	1 Tbsp.	2 Tbsp.	4 Tbsp.
Spaghetti Sauce	3 oz.	6 oz.	12 oz.
Pasta	4 oz.	8 oz.	16 oz.

Directions:

1. Prepare casserole per your recipe.
2. Chop fine for Dysphagia Mechanical texture; add sauce so it's creamy.
3. For Dysphagia Pureed texture, process to pudding consistency, using extra sauce if needed. Add thickener if to thin.
4. Heat and serve.

NOTE: Process pasta separately from sauce and serve the sauce over the pasta. This recipe can be used for any casserole. If the casserole is very soft and in small pieces, Dysphagia Mechanical texture diet can have without processing.

Diabetic: 4oz. serving = 2 meat exchanges, 1 bread exchange, 1 vegetable exchange, 2 fat exchanges.

Low Sodium: 2 Gram, use salt-free cheese and tomato sauce.

Low Fat/Low Cholesterol: Mozzarella cheese; use non-fat milk for sauces.

Bland: No spicy sauces; may not be able to tolerate tomato sauces.