

MEAT SALAD SANDWICHES

Serving Size: ½ Cup = 4 oz.

Protein: 2 oz.

Ingredients:

	1 portion	2 portions	4 portions
Meat Salad	1/3 Cup	2/3 Cup	1 1/3 Cup
Mayonnaise-extra	1 Tbsp.	2 Tbsp.	¼ Cup
Bread	2 slices	4 slices	8 slices
Lettuce	1 leaf	2 leaves	4 leaves

*This recipe can be used for all meat salad, tuna, egg salad and grated cheese sandwiches.

Directions:

1. Prepare per your recipe. Keep in mind that pickle skins and pimento don't puree.
2. Using food processor, finely chop for Dysphagia Mechanical texture, or puree to smooth pudding consistency for Dysphagia pureed texture.
3. Slurry 2 slices of bread for the sandwich using milk as the liquid
4. Place bread on plate and add sandwich mixture, placing 2nd slice on top of meat mixture. You can also add puree lettuce to sandwich.
5. Cut sandwich in half and garnish with mustard, catsup or mayonnaise. Chill and serve.

NOTE: A Dysphagia Mechanical texture does not allow sliced bread unless approved by speech pathologist, but pureed is OK.

Diabetic: 2 meat exchanges, 2 bread exchanges, 2 fat exchanges.

Low Sodium: Do not use processed meats like bologna and ham.

Low Fat/Low Cholesterol: Use lean meats and low fat/cholesterol mayonnaise.

Bland: No raw vegetables; no spicy sauces.