

# PASTA

Serving Size: ½ Cup = 4 oz.

## Ingredients:

	<b>1 portion</b>	<b>2 portions</b>	<b>4 portions</b>
Prepared Pasta	½ Cup	1 Cup	2 Cups
Margarine	1 tsp.	2 tsp.	4 tsp.
Hot Milk	1-1 ½ Tbsp.	3 Tbsp.	1/3 Cup

## Directions:

1. Prepare pasta per recipe. The pasta must be thoroughly cooked--not al dente--and heated in order to puree smooth.
2. Blend all ingredients in a processor to a pudding consistency.
3. Reheat and serve.
4. Garnish with sauce, margarine or seasonings.

**NOTE:** For Dysphagia Mechanical texture, chop into bite-size pieces and add sauce, or margarine to give a moist consistency, like a casserole Season for better acceptance.

**Diabetic:** 1 bread exchange, 1 fat exchange.

**Low Sodium:** Cook pasta without salt and don't add salt later, Approved seasonings, salt-free sauces and margarine are OK.

**Low Fat/Low Cholesterol:** Process without fats; use nonfat milk. Garnish with allowed margarine or sauce.

**Bland:** OK.