

POTATO CASSEROLES

Serving Size: ½ Cup = 4 oz.

Ingredients:

	1 portion	2 portions	4 portions
Prepared Potatoes	¾ Cup	1 ½ Cups	3 Cups
Hot Milk	2 Tbsp.	¼ Cup	½ Cup

Directions:

1. Prepare potatoes per recipe. Note: It's easier to puree when hot.
2. In a processor, blend all ingredients together to a pudding consistency. Reheat and serve.
3. Garnish with sauce, margarine or seasonings.
4. You can add cheese, garlic, or any pureed item or other flavorings for variety.
5. You can use boiled or baked potatoes mashed but no skins.

NOTE: For Dysphagia Mechanical texture, cut into small bites, add a sauce or margarine to give a moist consistency that forms a bolus. Seasoning will improve acceptance.

Diabetic: 1 bread exchange, 1 fat exchange.

Low Sodium: Cook without salt and don't add salt later.

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

Bland: OK.