

RICE

Serving Size: ½ Cup = 4 oz.

Ingredients:

	1 portion	2 portions	4 portions
Prepared Rice	½ Cup	1 Cup	2 Cups
Margarine	1 Tbsp.	2 Tbsp.	¼ Cup
Hot Milk	1 ½ Tbsp.	3 Tbsp.	1/3 Cup

Directions:

1. Prepare rice per recipe. Note: The rice must be thoroughly cooked and heated to puree smooth.
2. Blend all ingredients in a processor to a pudding consistency. Then reheat and serve.
3. Garnish with sauce, margarine or seasonings.

NOTE: For Dysphagia Mechanical texture, add a sauce or margarine to give a moist consistency that forms a bolus. Rice can be added to casseroles, as long the casserole is moist and not chunky. Season to enhance flavor. Increase calories with cheese, fats, and sauces.

Diabetic: 1 bread exchange, 1 fat exchange.

Low Sodium: Cook rice without salt. Approved seasonings, salt-free sauces and margarines are OK.

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

Bland: OK.