

# TOSSED SALAD/COLESLAW

Serving Size: ½ Cup

## Ingredients:

	<b>1 portion</b>	<b>2 portions</b>	<b>4 portions</b>
Tossed/Coleslaw	½ Cup	1 Cup	2 Cups
Salad Dressing	2 Tbsp.	¼ Cup	½ Cup
Thickener or prepared slurry	1 Tbsp.	2 Tbsp.	¼ Cup

## Directions:

1. Prepare salad per your recipe.
2. Use processor to finely chop for Dysphagia Mechanical, or continue processing for a smooth puree texture.
3. Add salad dressing and thickener. Chill and serve.
4. You can add garnish and coloring for eye appeal.
5. If using high water content vegetables you may have to increase thickener to get the required consistency.

**NOTE:** Pureeing red cabbage or carrots will turn the salad brown, so you may want to experiment with different vegetables such as cucumbers, and spinach.

**Diabetic: Cream Soup:** 1 vegetable exchange, 1 fat exchange.

**Low Sodium:** Salt-free salad dressing

**Low Fat/Low Cholesterol:** Fat-free salad dressing

**Bland:** Only if tolerated.