

PUREED SALADS		PORTION SIZE: 1- #8 scoop (about ½ cup)			
INGREDIENTS	NUMBER OF SERVINGS				
	1	5	10	20	30
Chicken, Turkey or Tuna Salad, <u>prepared</u>	½ cup	2 ½ cups	1 ¼ qt	2 ½ qt	3 ¾ qt
Milk	1 Tbsp	⅓ cup	⅔ cup	1 ⅓ cups	2 cups
RESOURCE® ThickenUp®	1 tsp	1 ½ Tbsp	3 Tbsp	⅓ cup	⅔ cup
Egg Salad, <u>prepared</u>	½ cup	2 ½ cups	1 ¼ qt	2 ½ qt	3 ¾ qt
Milk	2 Tbsp	⅔ cup	1 ⅓ cups	2 ⅔ cups	4 cups
RESOURCE® ThickenUp®	1 ¼ tsp	2 Tbsp	¼ cup	½ cup	¾ cup
Creamy Pasta Salad or Creamy Potato Salad, <u>prepared</u>	½ cup	2 ½ cups	1 ¼ qt	2 ½ qt	3 ¾ qt
Milk	1 Tbsp	⅓ cup	⅔ cup	1 ⅓ cups	2 cups
RESOURCE® ThickenUp®	½ tsp	1 Tbsp	2 Tbsp	¼ cup	⅓ cup
Creamy Coleslaw or Creamy Cucumber Salad, <u>prepared</u>	½ cup	2 ½ cups	1 ¼ qt	2 ½ qt	3 ¾ qt
Mayonnaise	2 ½ tsp	¼ cup	½ cup	1 cup	1 ½ cups
Milk	2 ½ tsp	¼ cup	½ cup	1 cup	1 ½ cups
RESOURCE® ThickenUp®	1 Tbsp	⅔ cup	¾ cup	1 ½ cups	2 cups
Pickled Beets, <u>canned</u> and <u>drained</u>	½ cup	2 ½ cups	1 ¼ qt	2 ½ qt	3 ¾ qt
Liquid (Reserved Marinade or Water)	1 Tbsp	⅓ cup	⅔ cup	1 ⅓ cups	2 cups
RESOURCE® ThickenUp®	1 ½ tsp	2 ½ Tbsp	⅓ cup	⅔ cup	1 cup

HOW TO PREPARE:

1. Place salad and liquid in food processor and puree until smooth in texture.
2. Add **RESOURCE[®] ThickenUp[®]** and process briefly until mixed, scraping sides of bowl as needed.
3. Cover and chill until ready to serve.
4. Portion 1 - #8 scoop ($\frac{1}{2}$ cup) per serving.

NOTE: Measurements of liquid and **RESOURCE[®] ThickenUp[®]** may be adjusted to achieve desired consistency.