



# VARIETY COMES TO THE TABLE

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ELEVEN NOURISHING RECIPES FOR  
PEOPLE WITH SWALLOWING DIFFICULTIES

FOR USE AT HOME



*From the makers of the Thick-It® brand of innovative dysphagia nutrition solutions*

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Cooking for someone with a swallowing disorder (dysphagia) doesn't have to limit your creativity in the kitchen. With modifications—and help from the Thick-It® family of products—you or your loved one with dysphagia can still enjoy the flavors of many of your favorite dishes.

With options for breakfast, lunch, dinner, and dessert, ***Variety Comes to the Table*** lets you explore flavors and expand your kitchen repertoire with these IDDSI-compliant recipes.

## From Our Kitchens to Yours

In developing this helpful resource, the Thick-It® team partnered with Registered Dietitians experienced with balancing good nutrition, great flavor, and the latest discoveries in dysphagia diet science. Our partners bring decades of food and nutrition experience and have expertise in diets for individuals with dysphagia. They hold credentials in nutritional science, including master's degrees and specialty certifications from the American Association of Diabetes Education, Certified Diabetes Educator (CDE), Board Certified Specialist in Gerontological Nutrition (CSG), and Fellow of the Academy of Nutrition and Dietetics (FAND).

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## Important Tips for Preparation

Follow these tips for preparing meals that are nourishing, flavorful, and safe for patients with dysphagia:

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### General Guidelines

1. Clean and sanitize equipment you will be using.
2. Wash your hands with soap and water before preparing food or beverages.
3. Clean the tops of all cans before opening.
4. Follow the recipe, including time and temperature guidelines.
5. Before serving, conduct the Fork Drip Test and Spoon Tilt Test to ensure your prepared food meets IDDSI (Puréed Diet, PU4) guidelines. Visit [IDDSI.org](https://IDDSI.org) for details.
6. Always taste before serving.
7. See Presentation Suggestions for ideas on serving dishes in a visually appealing way.

These recipes are suitable for dysphagia patients who have been advised to consume a modified diet, level 4 purée (PU4).

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# Breakfast

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# Puréed Apple Cinnamon Coffee Cake

Enjoy the classic combination of apples and cinnamon along with your morning coffee or tea. This sweet dish is satisfying for breakfast or dessert.



## Directions

1. In a microwave-safe bowl, combine Thick-It® Maple Cinnamon French Toast Purée with Thick-It® Caramel Flavored Apple Pie Purée, cream, cinnamon, and sugar. Mix well.
2. Cover and microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
**\*ALTERNATIVE METHOD: In a sauce pan, combine Thick-It® Maple Cinnamon French Toast Purée with Thick-It® Caramel Flavored Apple Pie Purée, cream, cinnamon, and sugar. Mix well. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.**
3. In a mixing bowl, combine whipped topping with Thick-It® Original Food & Beverage Thickener. Mix until thickened. Chill and hold at 40°F or lower until served.
4. Test Puréed Apple Cinnamon Coffee Cake and Thickened Whipped Topping per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
5. Place 1/3 cup of Puréed Apple Cinnamon Coffee Cake on dessert dish. Top with 1 Tbsp of Thickened Whipped Topping. Serve immediately.
6. Discard any unused portions of prepared recipe.

Yield: 1 Serving

## Ingredients

1/3 cup	Thick-It® Maple Cinnamon French Toast Purée
2 Tbsp	Thick-It® Caramel Flavored Apple Pie Purée
1 Tbsp	Cream, Half & Half
1/4 tsp	Cinnamon, ground
1 tsp	Sugar, granulated
1 Tbsp	Whipped topping, prepared
1/2 tsp	Thick-It® Original Food & Beverage Thickener

## Serving Size

- 1/3 cup of Puréed Apple Cinnamon Coffee Cake
- 1 Tbsp of Thickened Whipped Topping

## Presentation Suggestions

1. Serve prepared Puréed Apple Cinnamon Coffee Cake in a dessert bowl or other appealing dessert dish.
2. Use a heat-resistant pastry bag and piping tip to top dish with piped Thickened Whipped Topping. Serve immediately.

## Nutrition Information

Per Serving

- Calories 163
- Protein 3.35 g
- Total Carbohydrates 22.51 g
- Total Fat 6.83 g
- Sodium 216.92 mg
- Cholesterol 33 mg

# Puréed Breakfast Casserole

Start the day off right with this hearty, filling breakfast favorite.



## Directions

1. Prepare PU4 Bread: Place bread slices on a sheet pan in an even layer. Pour Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) over bread. Cover with plastic film and refrigerate. Allow bread to thoroughly soak for 2-4 hours or overnight.
2. Cut prepared PU4 Bread into 1/4 inch cubes.
3. In a microwave-safe bowl, place Thick-It® Omelet with Sausage and Cheddar Cheese Purée. Add prepared PU4 Bread cubes and gently mix to combine.
4. Cover and microwave on high for 30-60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
*\*ALTERNATIVE METHOD: Heat Thick-It® Omelet with Sausage and Cheddar Cheese Purée in a sauce pan until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.*
5. Test Puréed Breakfast Casserole per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
6. Portion with 1/2 cup.
7. Discard any unused portions of prepared recipe.

Yield: 1 Serving

## Ingredients

- |                |  |
|----------------|--|
| 1 slice (1 oz) | White bread, sliced with crust removed                           |
| 1/4 cup        | Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) |
| 1/3 cup        | Thick-It® Omelet with Sausage and Cheddar Cheese Purée           |

## Serving Size

1/2 cup of Puréed Breakfast Casserole

## Presentation Suggestions

1. If desired, garnish Puréed Breakfast Casserole with prepared PU4 Bread cubes.
2. Serve on a personal sized casserole dish or other appealing serving dish.

## Nutrition Information

Per Serving

- Calories 233
- Protein 11.37 g
- Total Carbohydrates 19.63 g
- Total Fat 12.02 g
- Sodium 653.10 mg
- Cholesterol 223 mg



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# Entrées

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# Puréed Barbecue Beef Sandwich

For lunch or dinner, this sweet and tangy sandwich will leave you wanting more.



## Directions

1. Prepare PU4 Bread: Place bread slices on a sheet pan in an even layer. Pour Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) over bread. Cover with plastic film and refrigerate. Allow bread to thoroughly soak for 2-4 hours or overnight.
2. Place Thick-It® Beef in Barbecue Sauce Purée-Smoke Flavor Added in a microwave-safe bowl and cover. Microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
***\*ALTERNATIVE METHOD: Place Thick-It® Beef in Barbecue Sauce Purée-Smoke Flavor Added in a sauce pan. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.***
3. Test Thick-It® Beef in Barbecue Sauce Purée-Smoke Flavor Added and prepared PU4 Bread per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
4. To serve, place 1 slice of prepared PU4 Bread on bottom of serving dish. Top with 1/3 cup of Thick-It® Beef in Barbecue Sauce Purée-Smoke Flavor Added and remaining slice of prepared PU4 Bread. May form as an open-faced sandwich, if desired. Serve immediately.
5. Discard any unused portions of prepared recipe.

Yield: 1 Serving

## Ingredients

2 slices (1 oz)	White bread, sliced with crust removed
1/2 cup	Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar)
1/3 cup	Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added

## Serving Size

- 1/3 cup of Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added
- 2 slices of prepared PU4 Bread

## Presentation Suggestions

1. Cut prepared PU4 Bread into a round or other appealing shapes before soaking. Serve 2 slices per serving. Place 1 slice on bottom of serving dish and another slice to top sandwich. May form as an open-faced sandwich, if desired.
2. Meat is thickened for piping presentation. Before heating, add 1 Tbsp of Thick-It® Original Food & Beverage Thickener per 1/3 cup of Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added. Heat and hold as instructed above.
3. To thicken Barbecue Sauce for piping presentation, add 1 Tbsp of Thick-It® Original Food & Beverage Thickener per 1/4 cup of prepared Barbecue Sauce in a sauce pan. Mix well. Heat sauce on cook top until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.
4. Pipe ingredients separately using heat-resistant pastry bag and piping tips. Pipe Thick-It® Beef in Barbecue Sauce Purée - Smoke Flavor Added onto bottom slice of prepared PU4 Bread. Pipe thickened BBQ sauce. Top with remaining slice. Serve immediately.

See Page 21 for Nutrition Facts

# Puréed Chicken Pot Pie

Filled with chicken and mixed vegetables, this hearty and nourishing dish lets you enjoy homemade flavors of this popular comfort food.



## Directions

1. Prepare PU4 Bread: Place bread slices on a sheet pan in an even layer. Pour Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) over bread. Cover with plastic film and refrigerate. Allow bread to thoroughly soak for 2-4 hours or overnight.
2. In a microwave-safe bowl, combine Thick-It® Seasoned Chicken Patty Purée with cream and Thick-It® Original Food & Beverage Thickener. Mix well.
3. Cover and microwave on high for 30-60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
**\*ALTERNATIVE METHOD: In a sauce pan, combine Thick-It® Seasoned Chicken Patty Purée with cream and Thick-It® Original Food & Beverage Thickener. Mix well. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.**
4. Place Thick-It® Carrot and Pea Purée in a microwave-safe bowl and cover. Microwave on high for 30-60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*\*
5. Place Thick-It® Sweet Corn Purée in a microwave-safe bowl and cover. Microwave on high for 30-60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*\*
6. Place Thick-It® Seasoned Green Bean Purée in a microwave-safe bowl and cover. Microwave on high for 30-60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*\*
7. Once vegetables are heated, carefully add each vegetable into chicken mixture separately, and slowly mix to make a subtle ribbon effect.
8. Test prepared PU4 Bread and Puréed Chicken Pot Pie per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
9. Place prepared PU4 Bread on bottom of serving dish. Top with 2/3 cup of Puréed Chicken Pot Pie. Serve immediately.
10. Discard any unused portions of prepared recipe.

Yield: 1 Serving

## Ingredients

1 slice (1 oz)	White bread, sliced with crust removed
1/4 cup	Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar)
1/3 cup	Thick-It® Seasoned Chicken Patty Purée
2 Tbsp	Cream, Half & Half
1 tsp	Thick-It® Original Food & Beverage Thickener
1/4 cup	Thick-It® Carrot and Pea Purée
2 Tbsp	Thick-It® Sweet Corn Purée
2 Tbsp	Thick-It® Seasoned Green Bean Purée

## Serving Size

2/3 cup of Puréed Chicken Pot Pie

1 slice of prepared PU4 Bread

## Presentation Suggestions

1. Cut prepared PU4 Bread into a round or other appealing shape before soaking and place on bottom of serving dish.
2. Vegetables are thickened for piping presentation. Before heating, add 1/2 tsp of Thick-It® Original Food & Beverage Thickener per 1/3 cup of vegetables: Thick-It® Carrot and Pea Purée, Thick-It® Sweet Corn Purée, Thick-It® Seasoned Green Bean Purée. Heat and hold as instructed above.
3. Pipe ingredients separately using heat-resistant pastry bag and flower piping tips. Pipe Puréed chicken mixture on top of PU4 Bread. Then, alternately place each vegetable into pastry bag and pipe on top of Puréed chicken mixture. Serve immediately.

**\*\*ALTERNATIVE METHOD: Put Thick-It® Purée in a sauce pan. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.**

See Page 21 for Nutrition Facts

# Puréed Classic Meatloaf

Served with puréed sweet corn or seasoned green beans on the side, this traditional meatloaf is the ultimate homestyle comfort food.



## Directions

1. In a microwave-safe bowl, combine Thick-It® Salisbury Steak Purée with ketchup, Worcestershire sauce, and Thick-It® Original Food & Beverage Thickener. Mix well.
2. Cover and microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*

**\*ALTERNATIVE METHOD: In a sauce pan, combine Thick-It® Salisbury Steak Purée with ketchup, Worcestershire sauce, and Thick-It® Original Food & Beverage Thickener. Mix well. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.**

3. Test Puréed Classic Meatloaf per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
4. Portion with 1/3 cup. Serve immediately.
5. Discard any unused portions of prepared recipe.

## Serving Suggestions

1. To complete the meal, serve Puréed Classic Meatloaf with a side of Thick-It® Seasoned Green Bean Purée or Thick-It® Sweet Corn Purée. Place in a microwave-safe bowl and cover. Microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
**\*ALTERNATIVE METHOD: Place Thick-It® Purée vegetable in a sauce pan. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.**
2. Test vegetables per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org
3. Portion with 1/3 cup. Serve immediately.

Yield: 1 Serving

## Ingredients

- |         |  |
|---------|--|
| 1/3 cup | Thick-It® Salisbury Steak Purée              |
| 2 Tbsp  | Ketchup, prepared                            |
| 1/2 tsp | Worcestershire Sauce, prepared               |
| 2 tsp   | Thick-It® Original Food & Beverage Thickener |

### Optional

- |         |                                     |
|---------|-------------------------------------|
| 1/3 cup | Thick-It® Sweet Corn Purée          |
| 1/3 cup | Thick-It® Seasoned Green Bean Purée |

## Serving Size

1/3 cup of Puréed Classic Meatloaf

## Presentation Suggestions

1. To garnish, add 1 Tbsp of Thick-It® Original Food & Beverage Thickener per 1/4 cup of prepared ketchup in a sauce pan. Mix well. Heat sauce on cook top until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.
2. For each serving, place a round cutter/ring onto a serving dish. Place 1/3 cup of Puréed Classic Meatloaf into cutter/ring. Remove cutter/ring. Shape and smooth into a mounded square using a spatula.
3. Use a heat-resistant pastry bag and piping tip to garnish Puréed Classic Meatloaf with Thickened Ketchup. Serve immediately.

## Nutrition Information

Per Serving

- Calories 200
- Protein 14.85 g
- Total Carbohydrates 10.97 g
- Total Fat 10.74 g
- Sodium 479.26 mg
- Cholesterol 63 mg

# Puréed Southwest Style Chicken Tacos

Thick-It® Purées make it easy to enjoy this Mexican restaurant favorite in the comfort of your own home.



## Directions

1. Place Thick-It® Seasoned Chicken Patty Purée in a microwave-safe bowl and cover. Microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*
2. Place Thick-It® Sweet Corn Purée in a microwave-safe bowl and cover. Microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*
3. In a sauce pan, combine tomato sauce with taco seasoning and Thick-It® Original Food & Beverage Thickener. Mix well.
4. Heat sauce on cook top until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.
5. Test Puréed Southwest Style Chicken, Puréed Southwest Style Corn, and Thickened Tomato Sauce per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
6. Portion with 1/4 cup of Puréed Southwest Style Corn on bottom of serving dish. Place 1/3 cup of Puréed Southwest Style Chicken on top. Top with 3 Tbsp of Thickened Tomato Sauce. Serve immediately.
7. Discard any unused portions of prepared recipe.

## Serving Suggestion

If desired, serve 1/3 cup of Thick-It® Mixed Fruit and Berry Purée on the side. Test fruit per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.

Yield: 1 Serving

## Ingredients

1/3 cup	Thick-It® Seasoned Chicken Patty Purée
1/3 cup	Thick-It® Sweet Corn Purée
2 Tbsp	Tomato Sauce, Canned
1/2 tsp	Taco Seasoning, Salt-Free
1 tsp	Thick-It® Original Food & Beverage Thickener

## Optional

1/3 cup	Thick-It® Mixed Fruit and Berry Purée
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## Serving Size

1/3 cup of Puréed Southwest Style Chicken
1/4 cup of Puréed Southwest Style Corn
3 Tbsp of Thickened Tomato Sauce

## Presentation Suggestions

1. Puréed meat is thickened for piping presentation. Before heating, add 1 tsp of Thick-It® Original Food & Beverage Thickener per 1/3 cup of Thick-It® Seasoned Chicken Patty Purée. Heat and hold as instructed above.
2. To create a taco-like appearance, pipe ingredients separately using heat-resistant pastry bag and piping tips. Pipe Puréed Southwest Style Corn into round or other appealing shape on bottom of serving dish to resemble a tortilla. Pipe Puréed Southwest Style Chicken onto tortilla and top with piped Thickened Tomato Sauce. Serve immediately.

\*ALTERNATIVE METHOD: Put Thick-It® Purée in a sauce pan. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.

See Page 21 for Nutrition Facts

# Puréed Stir-Fry Chicken

Serve up a colorful and nourishing Asian-inspired stir fry—no take-out required.



## Directions

1. In a microwave-safe bowl, combine Thick-It® Seasoned Chicken Patty Purée with 1 tsp Stir-Fry Sauce and 1 tsp Thick-It® Original Food & Beverage Thickener. Mix well.
2. Cover and microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
**\*ALTERNATIVE METHOD: In a sauce pan, combine Thick-It® Seasoned Chicken Patty Purée with 1 tsp Stir-Fry Sauce and 1 tsp Thick-It® Original Food & Beverage Thickener. Mix well. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.**
3. In a microwave-safe bowl, combine Thick-It® Seasoned Broccoli Purée with 1 tsp Stir-Fry Sauce and 1 tsp Thick-It® Original Food & Beverage Thickener. Mix well.
4. Cover and microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
**\*ALTERNATIVE METHOD: In a sauce pan, combine Thick-It® Seasoned Broccoli Purée with 1 tsp Stir-Fry Sauce and 1 tsp Thick-It® Original Food & Beverage Thickener. Mix well. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.**
5. Prepare rice cereal in sauce pan per manufacturer’s instructions. Rice cereal should be thick and creamy but not sticky. Do not stir excessively—over-stirring or over-cooking makes a sticky, gummy product.
6. Test Puréed Stir-Fry Chicken, Puréed Stir-Fry Broccoli, and rice cereal per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
7. Portion a 1/2 cup of rice cereal on bottom of serving dish. Layer with 1/3 cup of Puréed Stir-Fry Chicken. Top with 1/3 cup of Puréed Stir-Fry Broccoli. Serve immediately.
8. Discard any unused portions of prepared recipe.

Yield: 1 Serving

## Ingredients

1/3 cup	Thick-It® Seasoned Chicken Patty Purée
2 tsp	Stir-Fry Sauce, prepared, divided
2 tsp	Thick-It® Original Food & Beverage Thickener, divided
1/3 cup	Thick-It® Seasoned Broccoli Purée
1/2 cup	Cream of Rice Cereal, prepared

## Serving Size

1/3 cup of Puréed Stir-Fry Chicken
1/3 cup of Puréed Stir-Fry Broccoli
1/2 cup of Rice Cereal

## Presentation Suggestions

1. For each serving, place a round cutter/ring onto a serving dish.
2. Pipe ingredients separately using heat-resistant pastry bag and piping tips. Pipe rice cereal onto serving dish, staying inside of round cutter/ring. Layer with piped Puréed Stir-Fry Chicken. Top with piped Puréed Stir-Fry Broccoli.
3. Lift cutter/ring and remove to present layered dish. Serve immediately.

## Nutrition Information

Per Serving

- Calories 215
- Protein 17.49 g
- Total Carbohydrates 22.38 g
- Total Fat 6.55 g
- Sodium 768.32 mg
- Cholesterol 107 mg

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# Sides & Salads

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# Puréed Honey Mustard Broccoli

A little tangy, a little sweet, this flavorful side dish can be served hot or cold.



## Directions

1. In a microwave-safe bowl, combine Thick-It® Seasoned Broccoli Purée with dressing, butter, and Thick-It® Original Food & Beverage Thickener. Mix well.
2. Cover and microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
  
*\*ALTERNATIVE METHOD: In a sauce pan, combine Thick-It® Seasoned Broccoli Purée with dressing, butter, and Thick-It® Original Food & Beverage Thickener. Mix well. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.*
3. Test Puréed Honey Mustard Broccoli per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
4. Portion with 1/3 cup. Serve immediately.
5. Discard any unused portions of prepared recipe.

Yield: 1 Serving

## Ingredients

1/3 cup	Thick-It® Seasoned Broccoli Purée
1 Tbsp	Dressing, Honey Mustard
1 tsp	Butter, salted
2 tsp	Thick-It® Original Food & Beverage Thickener

## Serving Size

1/3 cup of Puréed Honey Mustard Broccoli

## Serving Suggestion

If desired, serve Puréed Honey Mustard Broccoli chilled. Hold at 40°F or lower until served.

## Nutrition Information

Per Serving

- Calories 113
- Protein 2.23 g
- Total Carbohydrates 8.48 g
- Total Fat 8.42 g
- Sodium 278.82 mg
- Cholesterol 12 mg



# Puréed Chili Lime Corn

Chili, cumin, and fresh lime juice give this popular side dish a savory Southwestern kick.



Yield: 1 Serving

## Ingredients

1/3 cup	Thick-It® Sweet Corn Purée
1/2 tsp	Chili powder
1/4 tsp	Cumin, ground
1 Tbsp + 1 tsp	Lime Juice, fresh
1 tsp	Butter, salted
1 Tbsp	Thick-It® Original Food & Beverage Thickener

## Serving Size

1/4 cup of Puréed Chili Lime Corn

## Directions

1. In a microwave-safe bowl, combine Thick-It® Sweet Corn Purée with seasonings, lime juice, butter, and Thick-It® Original Food & Beverage Thickener. Mix well.
2. Cover and microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
***\*ALTERNATIVE METHOD: In a sauce pan, combine Thick-It® Sweet Corn Purée with seasonings, lime juice, butter, and Thick-It® Original Food & Beverage Thickener. Mix well. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.***
3. Test Puréed Chili Lime Corn per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
4. Portion with 1/4 cup. Serve immediately.
5. Discard any unused portions of prepared recipe.

## Presentation Suggestion

Serve prepared Puréed Chili Lime Corn in a small bowl or other appealing serving dish.

## Nutrition Information

Per Serving

- Calories 86
- Protein 1.47 g
- Total Carbohydrates 12.05 g
- Total Fat 4.30 g
- Sodium 186.45 mg
- Cholesterol 9 mg

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# Dessert

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# Puréed Berry Pound Cake

Satisfy your sweet tooth with this delicious, homestyle dessert.



## Directions

1. Prepare PU4 Pound Cake: Cut cake in 3/4-inch slices. Place sliced cake on a sheet pan in an even layer. Pour Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) over cake. Cover with plastic film and refrigerate. Allow cake to thoroughly soak for 2-4 hours or overnight.
2. Place Thick-It® Mixed Fruit and Berry Purée in a microwave-safe bowl and cover. Microwave on high for 30-60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
**\*ALTERNATIVE METHOD: Place Thick-It® Mixed Fruit and Berry Purée in a sauce pan. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.**
3. In a mixing bowl, combine whipped topping with Thick-It® Original Food & Beverage Thickener. Mix until thickened. Chill and hold at 40°F or lower until served.
4. Test prepared PU4 Pound Cake, Thick-It® Mixed Fruit and Berry Purée and Thickened Whipped Topping per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
5. To serve, place 1 slice of prepared PU4 Pound Cake on bottom of serving or dessert dish. Top with 3 Tbsp of warmed Thick-It® Mixed Fruit and Berry Purée. Garnish with 1 Tbsp of Thickened Whipped Topping. Serve immediately.
6. Discard any unused portions of prepared recipe.

## Serving Suggestion

If desired, serve Thick-It® Mixed Fruit and Berry Purée chilled. Hold at 40°F or lower until served.

Yield: 1 Serving

## Ingredients

1 oz	Pound Cake, prepared, crust removed
2 fl oz	Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar)
3 Tbsp	Thick-It® Mixed Fruit and Berry Purée
1 Tbsp	Whipped topping, prepared
1/2 tsp	Thick-It® Original Food & Beverage Thickener

## Serving Size

- 3 Tbsp of Thick-It® Mixed Fruit and Berry Purée
- 1 slice of PU4 Pound Cake
- 1 Tbsp of Thickened Whipped Topping

## Presentation Suggestions

1. Cut prepared PU4 Pound Cake into a round or other appealing shape before soaking and place on bottom of dessert dish. May also use a small ring cutter to cut prepared PU4 Pound Cake into 3 small rounds, if desired.
2. Top with 3 Tbsp of Thick-It® Mixed Fruit and Berry Purée. Garnish with Thickened Whipped Topping using heat-resistant pastry bag and piping tip. Serve immediately.

## Nutrition Information

Per Serving

- Calories 152
- Protein 1.72 g
- Total Carbohydrates 23.21 g
- Total Fat 5.99 g
- Sodium 158.02 mg
- Cholesterol 19 mg

# Puréed Pumpkin Cake

Enjoy the flavors of fall all year round with this simple, tasty Pumpkin Cake.



## Directions

1. In a microwave-safe bowl, combine Thick-It® Maple Cinnamon French Toast Purée with canned pumpkin, spices, and sugar. Mix well.
2. Cover and microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.\*  
**\*ALTERNATIVE METHOD: In a sauce pan, combine Thick-It® Maple Cinnamon French Toast Purée with canned pumpkin, spices, and sugar. Mix well. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.**
3. In a mixing bowl, combine whipped topping with Thick-It® Original Food & Beverage Thickener. Mix until thickened. Chill and hold at 40°F or lower until served.
4. Test Puréed Pumpkin Cake and Thickened Whipped Topping per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.
5. Place 1/2 cup of Puréed Pumpkin Cake on dessert dish. Top with 1 Tbsp of Thickened Whipped Topping. Serve immediately.
6. Discard any unused portions of prepared recipe.

Yield: 1 Serving

## Ingredients

1/3 cup	Thick-It® Maple Cinnamon French Toast Purée
2 Tbsp	Pumpkin, canned
1/2 tsp	Pumpkin pie spice
1/4 tsp	Cinnamon, ground
2 tsp	Sugar, granulated
1 Tbsp	Whipped topping, prepared
1/2 tsp	Thick-It® Original Food & Beverage Thickener

## Serving Size

- 1/2 cup of Puréed Pumpkin Cake
- 1 Tbsp of Thickened Whipped Topping

## Presentation Suggestions

1. Serve prepared Puréed Pumpkin Cake in a dessert bowl or other appealing dessert dish.
2. Use a heat-resistant pastry bag and piping tip to top dish with piped Thickened Whipped Topping. Serve immediately.

## Nutrition Information

Per Serving

- Calories 159
- Protein 2.60 g
- Total Carbohydrates 25.40 g
- Total Fat 5.64 g
- Sodium 184.87 mg
- Cholesterol 28 mg

# Nutrition Facts

Page 10 | Puréed Barbecue Beef Sandwich



## Nutrition Information

Per Serving

- Calories 321
- Protein 19.39 g
- Total Carbohydrates 35.30 g
- Total Fat 10.99 g
- Sodium 767.88 mg
- Cholesterol 43 mg

Page 11 | Puréed Chicken Pot Pie



## Nutrition Information

Per Serving

- Calories 264
- Protein 19.09 g
- Total Carbohydrates 26.80 g
- Total Fat 9.05 g
- Sodium 738.94 mg
- Cholesterol 113 mg

Page 13 | Puréed Southwest Style Chicken Tacos



## Nutrition Information

Per Serving

- Calories 177
- Protein 16.17 g
- Total Carbohydrates 15.13 g
- Total Fat 6.32 g
- Sodium 683.39 mg
- Cholesterol 104 mg

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## Tips for Making Mealtime More Enjoyable

Staying nourished and hydrated is critical in maintaining physical health. Mealtime plays a central role in mental health and quality of life, too. Here are a few tips for making mealtime an enjoyable experience for people with dysphagia.

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### Before the Meal

If they are able and interested, include the person in meal planning, shopping, and preparation. This allows them to anticipate the meal and ensure that they will enjoy what they eat. If their health care professional has provided a mealtime support plan, have it on hand for reference while preparing the meal.

### Environment

Serve meals in a warm, well-lit, and inviting dining area without glare or shadows. Limit noise and distractions from a television, radio, or boisterous visitors so the person can concentrate on enjoying their meal. Provide a sturdy chair that allows them to sit upright with feet comfortably on the floor.

### At the Table

Eating and drinking too quickly can increase the chance of aspiration. Encourage them to eat slowly by using smaller utensils. If you need to assist the person in eating and drinking, sit at their level. As appropriate, communicate what you're doing at each stage of the meal: "Here are some peas," "How about a bite of potatoes?" Ask them to indicate when they're ready for another bite. And be social—talk about your day and ask about theirs. Meals are a time to connect with loved ones.

### After the Meal

Encourage the person to clear their mouth of all food. Offer a final drink to help them swallow any remaining food. The person should sit or stand upright for 30 minutes after eating to avoid the possibility of reflux. If they are able, let them help with post-meal clean-up. This allows them to fully participate in the mealtime routine.

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# VARIETY COMES TO THE TABLE



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