

# Dysphagia Friendly Vegetable Fried Rice

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>THICK &amp; EASY® IDDSI Level 4 Pureed Rice</b> , thawed Item 114400	1/2 cup	3 cups	1 1/2 quarts
Soy Sauce (regular or low sodium)	1 tsp	2 Tbsp	1/4 cup
Toasted Sesame Oil	1/4 tsp	1 1/2 tsp	1 Tbsp
Black Pepper	dash	1/8 tsp	1/4 tsp
Onion Powder	dash	1/4 tsp	1/2 tsp
Garlic Powder	dash	1/8 tsp	1/4 tsp
<b>THICK &amp; EASY® Pureed Bulk Carrots</b> , thawed Item 34332 OR <b>THICK &amp; EASY® Shaped Pureed Carrots</b> , thawed Item 39312	1/2 oz 1 Tbsp	1/3 cup + 1 Tbsp or 1 – 3 oz portion	3/4 cup or 2 – 3 oz portions
<b>THICK &amp; EASY® Pureed Bulk Peas</b> , thawed 38561 OR <b>THICK &amp; EASY® Shaped Pureed Peas</b> , thawed Item 12705	1/2 oz 1 Tbsp	1/3 cup + 1 Tbsp or 1 – 3 oz portion	3/4 cup or 2 – 3 oz portions
Pureed Eggs, heated (optional)	1/4 oz ~2 tsp	1 1/2 oz ~1/4 cup	3 oz ~1/2 cup
Soy Sauce (regular or low sodium) for garnish	As needed for garnish	As needed for garnish	As needed for garnish



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IDDSI LEVELS



## INGREDIENTS

1. Heat **THICK & EASY® IDDSI Level 4 Pureed Rice** to 165°F per package instructions.
2. Add soy sauce, toasted sesame oil, onion powder, garlic powder and pepper and stir well. Hold at 135°F or higher for service.
3. Heat the **THICK & EASY® Pureed Bulk vegetables (Carrots & Peas)** or **Pureed Shaped Carrot & Pea Portions** to 165°F per package instructions. (Add a small amount of **THICK & EASY® Instant Food & Beverage Thickener** if bulk vegetables seem too thin.)

## HOW TO SERVE

- Portion 1/2 cup of pureed rice mixture onto plate or bowl. (Use a handheld ricer to achieve more realistic rice appearance)
- Portion 1/2 oz (about 1 Tbsp each) of pureed peas and pureed carrots on top of rice. If desired, use a piping bag to distribute the vegetables on top of rice in a random pattern.
- Portion the pureed eggs (if desired) on top of rice in a random pattern.
- Garnish with a drizzle of soy sauce, if desired.

## NUTRITION

### Serving Size:

1/2 cup pureed rice mixture, 1/2 oz peas, 1/2 oz carrots, 1/4 oz puree egg, 1 tsp additional soy sauce for garnish

**Calories:** 220

**Total Fat:** 14g

**Saturated Fat:** 3g

**Trans Fat:** 0g

**Cholesterol:** 30mg

**Sodium:** 750mg

**Total Carbs:** 20g

**Dietary Fiber:** 1g

**Total Sugars:** 4g

**Protein:** 4g

**Calcium:** 2% DV

**Vitamin D:** 0% DV

**Iron:** 4% DV

**Potassium:** 6% DV