



Dysphagia Friendly Vegetable Fried Rice



INGREDIENTS

	1 SERVING	6 SERVINGS	12 SERVINGS
THICK & EASY® IDDSI Level 4 Pureed Rice , 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
THICK & EASY® Pureed Bulk Carrots , thawed Item 34332 OR THICK & EASY® Shaped Pureed Carrots , 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
THICK & EASY® Pureed Bulk Peas , thawed 38561 OR THICK & EASY® Shaped Pureed Peas , 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



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

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

1. Portion 1/2 cup of pureed rice mixture onto plate or bowl. (Use a handheld ricer to achieve more realistic rice appearance)
2. 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.
3. Portion the pureed eggs (if desired) on top of rice in a random pattern.
4. Garnish with a drizzle of soy sauce, if desired.