



Dysphagia Friendly Montego Bay Jerk Chicken Bowl



INGREDIENTS

12 SERVINGS

THICK & EASY® Bulk Pureed Corn , thawed Item 18637	2 lb. bag
THICK & EASY® Texture Modified Bread and Dessert Mix Item 118519	10.6 oz bag
Whole milk, hot (heated to 165F)	3 cups
Salted Butter, melted	2/3 cup
Vanilla extract	1/4 tsp
Granulated sugar	2 Tbsp
Onion powder	1 Tbsp
THICK & EASY® Level 5 Minced Chicken , thawed Item 114402	6 cups (2 bags)
Prepared Jerk Sauce	24 oz
Sour cream (full fat)	12 oz
THICK & EASY® Sugar Free Peach Mango Drink Level 2 Item 78768	4 fl oz



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IDDSI LEVELS **5** **6** **7**



NUTRITION

Serving Size:

1/2 cup chicken mixture, 6 oz cornbread festival mixture, 2 Tbsp peach mango crema

Calories: 540

Total Fat: 27g

Saturated Fat: 13g

Trans Fat: 0.5g

Cholesterol: 115mg

Sodium: 830mg

Total Carbs: 55g

Dietary Fiber: 1g

Total Sugars: 25g

Added Sugars: 3g

Protein: 21g

Calcium: 8% DV

Vitamin D: 8% DV

Iron: 2% DV

Potassium: 4% DV

DIRECTIONS

CORNBREAD FESTIVAL

1. Heat the **THICK & EASY® Bulk Pureed Corn** per package instructions to 165°F. Set aside.
2. Brown the butter in a saucepan on medium high heat being careful not to burn. Set aside.
3. Completely mix sugar and onion powder into **THICK & EASY® Texture Modified Bread and Dessert Mix**.
4. Add vanilla extract and melted browned butter and stir until mixture is completely blended and resembles wet sand.
5. Stir in hot milk with a fork or whisk until completely blended.
6. Fold in heated pureed corn. Set aside and keep warm.

JERK CHICKEN

1. Heat **THICK & EASY® Level 5 Minced Chicken** per package instructions to 165°F.

Combine heated chicken and Jerk sauce in a large bowl and stir until well blended. Set aside and keep warm.

NOTE: Before serving, always test for Level 5 using IDDSI guidelines. Add additional sauce if meat mixture is too dry or crumbly; or add a small amount of **THICK & EASY® Instant Food & Beverage Thickener** if too wet or thin.

MANGO CREMA

1. Place sour cream into a medium mixing bowl. Add **THICK & EASY® Sugar Free Peach Mango Drink Level 2** and whisk together until well blended.
2. Pour into a squeeze bottle for service and presentation.

ASSEMBLY

1. Using a 12 oz bowl, portion a 6 oz portion (rounded #6 scoop) of the corn festival mixture onto one side of bowl.
2. Portion 1/2 cup (about one #8 scoop or two #16 scoops) of Jerk chicken on other side of bowl.
3. Drizzle with about 2 Tbsp. of peach mango crema.
4. Reheat to serving temperature, if needed.

Serving Suggestion: Use a piping bag to portion the 6 oz of corn festival to resemble corn fritters.