Recipes

Sensational Holiday Recipes For a variety of reasons, many individuals experience dysphagia, or difficulty swallowing, and therefore require liquids or soft consistency foods to meet their nutrition requirements. In this booklet you will find a festive holiday menu designed for individuals with difficulty swallowing.

Festive Holiday Recipes

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Carrot Soufflé

Instructions

Steam carrots until tender. Blend until smooth. Add eggs and blend well. Add sugar, flour, baking powder, vanilla, butter and seasonings. Blend until smooth. Pour into 2 quart pan, coated with cooking spray. Combine brown sugar, butter and nuts. Sprinkle evenly over carrot mixture. Bake at 325 degrees for about 45 minutes.

Notes

Recipe from Carol Rees Parrish, MS, RD

Ingredients

16 ounce bag carrots
frozen

5 eggs

2 Tablespoons sugar

2 Tablespoons flour

1 teaspoon baking powder

3/4 teaspoon vanilla

1/3 cup melted butter
melted

1/4 teaspoon nutmeg

4 teaspoons brown sugar

1 Tablespoon butter
melted

4 Tablespoons walnuts
Finely ground

Curried Butternut Squash and Apple Soup

Instructions

Heat oil in a 3 quart saucepan over medium high heat. Sauté onions until golden. Add curry powder and ginger, stir with onions for about 30 seconds. Add squash and apple, toss until coated with oil and spices. Add 3 cups of broth and bring to a boil. Reduce heat. Simmer until squash and apples are tender. Puree small batches in the blender until smooth and creamy. Blend in nut butter. Add all back to the pot. Add more broth, if soup is too thick. Reheat, taste and adjust seasonings.

Ingredients

1 teaspoon olive oil

1 small onion
Large dice, or 1 teaspoon onion powder

1 Tablespoon Madras curry powder

1 Tablespoon Ginger
Freshly grated or 1 teaspoon dried, ground ginger

2 medium butternut squash
Peeled, seeded, and cubed

2 Granny Smith apples
Peeled, cored and cubed

4 cups organic vegetable broth

1/4 –1/2 teaspoon salt

1 Tablespoon peanut or almond butter

Butternut Squash and Pear Puree

Instructions

Roast squash on cookie sheet at 375 degrees for 50 minutes or until tender. 20 minutes into baking squash, add pears. When both are soft, remove from the oven and cool until able to handle. Scoop the butternut squash from the peeling and place with pears in a blender or food processor, process until desired consistency is achieved. Add butter and cinnamon to taste.

For stove top method, remove peeling and seeds from squash and pears. Chop both squash and pears into cubes. Add to pot with 1-2 cups water (just enough to cook without burning). Cook until soft, about 30-35 minutes. Puree and season with butter and cinnamon

Notes

May substitute apple for a pear.

Ingredients

1 butternut squash
Halved, seeds removed

2 pears
Sliced, seeds removed

Turkey Dinner Puree

Instructions

Blend ingredients with 3-4 ounces of thin gravy to desired consistency.

Notes

Option 1: Substitute listed ingredients with 3-4 ounces roasted turkey (chopped), 1/2 cup canned cranberry sauce and 1 Tablespoon butter.

Option 2: Substitute listed ingredients with 3-4 ounces prime rib (chopped) and 1 Tablespoon butter.

Ingredients

1/2 cup carrots or peas
Cooked

1/2 cup mashed potatoes or stuffing

3-4 ounces roasted turkey
Chopped

1 Tablespoon butter

Pumpkin Pudding Treat

Instructions

Add ingredients to a dish and blend with whisk until combined. Best served chilled. Even better with whipped topping.

Notes

For a whipped dessert, follow above recipe, then add 1 cup whipped cream or topping using spatula to blend. This is best consume after refrigerating for a few hours, but not required. Top with additional whipped topping and add a dash of pumpkin pie spice and enjoy.

Ingredients

1 cup vanilla prepared pudding
May use 2-4 ounce pudding packs

1/4 cup canned or cooked fresh pumpkin

1/4 teaspoon pumpkin pie spice

1/4 teaspoon vanilla

Egg Nog Custard

Instructions

Combine all ingredients using a mixer. Spray ramekins or small oven safe dishes with cooking spray. Place ramekins or oven safe dishes in a pan with 1 inch of warm water. Bake at 350 degrees for 40 minutes, until the center is almost set (center will be soft but set as it cools). Cool for 2 hours, place in refrigerator. Serve cold with freshly grated nutmeg over top.

Notes

Recipe from Carol Rees Parrish, MS, RD

Ingredients

Cooking spray

2 1/2 cups Egg Nog

1/2 cup sugar

4 eggs

Fresh grated nutmeg

Apple Pie in a Glass

Instructions

Place ingredients in a blender, blend until smooth and enjoy.

Ingredients

1 cup applesauce

1/2 teaspoon cinnamon

1 Tablespoon brown sugar

1 cup vanilla ice cream

1/2 teaspoon vanilla

Tofu Chocolate Pudding

Instructions

Place all ingredients in blender until silky smooth.

Ingredients

12 1/3 ounce silken tofu (drained)

1/4 cup unsweetened cocoa powder

1/4 cup water

1/2 cup sugar

1/2 teaspoon vanilla

2 Tablespoons nut butter (optional)

Peppermint Pattie Smoothie

Instructions

Place milk, cocoa powder, spinach, yogurt and ice cream in the blender. Blend until combined. Then add small banana and ice cubes, blend until smooth.

Ingredients

1 cup vanilla soy milk

1-2 Tablespoons cocoa powder

1 handful spinach
Try it, it's delicious AND nutritious!

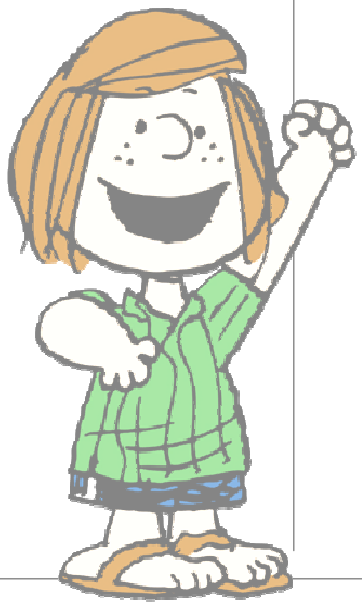
1/2 cup dry milk

1/2 cup plain Greek yogurt

1/2 cup mint choc chip ice cream

1 small banana

4-6 ice cubes



References

Nutrition Issues In Gastroenterology, Series #135 Carol Rees Parrish, M.S., R.D., Series Editor

Celebrating the Holidays: A “Fresh” Look at Holiday Foods for Those with Dysphagia