

**Recipe Category:** Appetizer

**Portion Size:** 2 Tablespoons

**Ingredients:**    **Yields:** 2 3/4 c. cups.

Ingredients	Notes:
1 cup light mayonnaise	
1 cup light sour cream	
1 envelope herb garlic salad mix	
1/2 cup crumbled blue cheese	
1/4 cup chopped chives	
Raw vegetables of choice: carrots, celery, radishes, cucumbers, broccoli, etc.	

**Directions:**

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Mix mayonnaise, sour cream, blue cheese, chives and dressing mix.	
2	Chill in the refrigerator for about 15 minutes; then serve with sliced vegetables.	

**Time Temperature Sensitive food.** Food safety Standards: Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Cold holding at 41°F or colder or using time alone (less than four hours).

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit chives. Cook vegetables until tender. Serve ½ cup vegetables topped with dip.

**Chopped:** **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit chives. Cook vegetables until tender. Serve ½ cup vegetables topped with dip.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit chives. Cook vegetables until tender. Serve ½ cup vegetables topped with dip.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit chives. Puree ½ cup vegetable. Top with Puree dip. Omit chives.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed

**Bland/Anti Reflux:** Use alternate menu item

**Liberal House Renal:** Omit dip. Serve assorted carrots, cucumber, celery or radishes.

**No Added Salt:** No changes needed

**2 Gram Sodium:** omit dip

**Gluten Free:** Omit herb garlic salad mix. Add 1 minced garlic clove and 1 teaspoon lemon juice. (or be sure it is gluten free) Prepare foods separately to prevent cross contamination.

**Allergy Alerts: When an "X" is present, this indicates the allergen is present.**

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free