

Recipe Name: Avocado, Orange and Pomegranate Salsa

Recipe Category: Appetizer

Portion Size: ¼ cup

Ingredients: Yields: 8 servings

Ingredients	Notes:
4 oranges	Washed, peeled and diced
Seeds of 1 pomegranate	Washed, peeled and seeded removed
1 avocado, chopped	Washed, peeled, seed removed and chopped
4 green onions, chopped	Washed, trimmed and thinly sliced
Juice of 1 lime	Washed and juiced
1 garlic clove, minced	Washed, peeled and minced
1/2 jalapeno, (optional)	Washed, trimmed, seeds removed and minced
1/4 cup cilantro, chopped	Washed, trimmed and chopped
¼ teaspoon Salt	
Dash of pepper	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Using a knife, remove peel and pith of oranges.	
2	Chop oranges and put in a medium bowl. .	
3	Pour any juice that accumulated on the cutting board into the bowl as well.	
4	Add pomegranate seeds, avocado, onions, lime juice, jalapeno, and cilantro.	
5	Season with salt and pepper. Serve chilled.	

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: green onions and pomegranate seeds.

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: green onions and pomegranate seeds.

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: green onions and pomegranate seeds.

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: green onions and pomegranate seeds.

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: Use alternate menu item

No Added Salt: No changes needed

2 Gram Sodium: omit salt

Gluten Free: No changes needed. 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

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

Recipe Name: Blue Cheese Vegetable Dip

