

Recipe Name: Apple, Pear or Peach Salad**Recipe Category:** Fruit Salad**Portion Size:** 1/2 cup**Ingredients:** Yields: 8 servings

Ingredients	Notes:
4 cups cup apple, pears, and/or peaches	Use fresh fruit when is season, Wash, remove seeds, pits or core.
1 cup fruited lowat yogurt or lowfat French dressing	
8 lettuce leaves	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Toss fruit with yogurt or French dressing.	
2	Serve on lettuce leaves. Serve immediately.	Discard left overs.

Time Temperature Sensitive food. Food safety Standards: Cold holding at 41 °F or colder or using time alone (less than four hours). Do not mix old product with new. Store ingredients in separate airtight containers in refrigerator for up to 72 hours. Discard if tossed with dressing and not used. Do not freeze.

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 juice as needed. Foods that do not process well should be omitted. Omit: peeling, tough membranes, pits, seeds, or cores. Fruit should be soft and ripe or use canned.

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 juice as needed. Foods that do not process well should be omitted. Omit: peeling, tough membranes, pits, seeds, or cores. Fruit should be soft and ripe or use canned.

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 juice as needed. Foods that do not process well should be omitted. Omit: peeling, tough membranes, pits, seeds, or cores. Fruit should be soft and ripe or use canned.

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 juice or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. May need to add thickener if liquid is too thin. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit: peeling, tough membranes, pits, seeds, or cores. Fruit should be soft and ripe or use canned.

Therapeutic Modified Diets:**Lowfat:** No changes**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** no changes**Bland/Anti Reflux:** No acidic fruit.**Liberal House Renal:** Use SF French dressing. Use apples, pears and/or peaches**No Added Salt:** No changes needed.**2 Gram Sodium:** Use SF French dressing or yogurt.**Gluten Free:** No changes needed.**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					

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