

**Recipe Name:** Arugula Blood Orange and Blue Cheese Salad

**Recipe Category:** Salad with Lettuce

**Portion Size:** 1 cup      **Yields:** 8 servings

Ingredients	Notes:
8 cups Arugula	Washed and dried well
4 blood oranges	Washed, peeled, trimmed and diced
1 avocado	Thinly sliced <sup>(L)</sup> <sub>SEP</sub> (optional)
¼ cup crumbled blue cheese	
<b>Dressing:</b>	
1/4 cup extra-virgin olive oil	
1/3 cup lemon juice	
1 tablespoon Dijon mustard	
1/4 teaspoons pepper	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	On serving plates arrange 1 cup arugula.	
2	Top with oranges, avocado and blue cheese.	
3	Just before serving. Whisk together dressing. Drizzle over salad and serve.	

**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 dressing as needed. Foods that do not process well should be omitted. Omit: tough membranes, peeling, seeds, and tough stems.

**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 dressing. Foods that do not process well should be omitted. Omit: tough membranes, peeling, seeds, and tough stems.

**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 dressing as needed. Foods that do not process well should be omitted. Omit: tough membranes, peeling, seeds, and tough stems. Thicken as needed with stabilizer like (1-3 tsp per serving) instant cereal, bread crumbs or instant mashed potatoes.

**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 dressing or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit: tough membranes, peeling, seeds, and tough stems.

**Therapeutic Modified Diets:**

**Lowfat:** Omit the avocado and blue cheese.

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

**Bland/Anti Reflux:** Serve arugula lettuce tossed with olive oil and salt.

**Liberal House Renal:** Omit oranges, avocado and blue cheese

**No Added Salt:** No changes needed

**2 Gram Sodium:** Omit blue cheese

**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\