

**Recipe Name:** Arugula Salad with Cherry Tomatoes and Pine Nuts**Recipe Category:** Salad with Lettuce**Portion Size:** 1 cup **Yields:** 8 servings

Ingredients	Notes:
8 cups young arugula leaves	Washed, trimmed and torn into bite size pieces
1 cup cherry tomatoes	Washed and quartered
1/4 cup pine nuts	Unsalted
2 tablespoons olive oil	
1 tablespoon rice vinegar	
Salt to taste	
Freshly ground black pepper to taste	
1/4 cup grated Parmesan cheese	
1 large avocado	Peeled, pitted and sliced. Optional.

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	In a plastic bowl, combine arugula, cherry tomatoes, pine nuts, oil, vinegar, and Parmesan cheese.	
2	Season with salt and pepper to taste. Cover, and toss to mix. Divide salad onto plates, and top with slices of avocado.	

**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, pine nuts 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, pine nuts 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, pine nuts and tough stems.

**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, pine nuts and tough stems.

Thicken as needed with stabilizer like (1-3 tsp per serving) instant cereal, bread crumbs or instant mashed potatoes.

**Therapeutic Modified Diets:**

**Lowfat:** Omit pine nuts and avocado.

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

**Bland/Anti Reflux:** Omit tomatoes, rice vinegar and black pepper.

**Liberal House Renal:** Omit pine nuts, tomatoes, salt, avocado and Parmesan cheese.

**No Added Salt:** No changes needed

**2 Gram Sodium:** Omit salt and Parmesan Cheese

**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
	X				X	

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