

**Recipe Name:** Crab and Pea Pasta Salad

**Recipe Category:** Lunch Entrée

**Portion Size:** 1 cup

**Ingredients:** Yields: 8 servings

Ingredients	Notes:
1 lb. pasta	May use whole grain
2 cups frozen peas	Thawed
½ cup light mayonnaise	
½ cup light sour cream	
1 teaspoon salt	
1 pinch ground black pepper	
3 cups imitation crab meat	Chopped

**Directions:**

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Prepared pasta according to the directions on package. Drain/	
2	In a large bowl combine mayonnaise, sour cream, salt, pepper and crab meat. Stir to combine. Add pasta and peas. Gently toss to coat.	Keep chilled until ready to toss with salad
3	Chill for at least 1 hour. 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 milk as needed.

**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 milk as needed.

**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 milk as needed.

**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 milk 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. Serve ½ c. puree meat and ½ c. puree noodles and peas separately.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed.

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

**Bland/Anti Reflux:** Omit pepper.

**Liberal House Renal:** Omit mayonnaise, salt and imitation crab. Substitute tuna for crab.

**No Added Salt:** No changes needed.

**2 Gram Sodium:** Omit mayonnaise, salt and imitation crab. Substitute tuna for crab.

**Gluten Free:** Use gluten free pasta. 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	X			

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