

**Recipe Name:** Asparagus Orange Salad**Recipe Category:** Vegetable Salad**Portion Size:** ½ cup**Ingredients:** Yields: 8 servings

Ingredients	Notes:
2 pounds fresh asparagus	Wash, snap off, and discard woody bases.
4 medium oranges	Wash, peel, and cut orange sections into bite size pieces. Remove seeds.
½ cup orange juice	
¼ cup olive oil	
1 tablespoon Dijon style mustard	
½ teaspoon Salt	
¼ teaspoon Black Pepper	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Snap off and discard woody bases from asparagus.	
2	Cut stems into 2 inch diagonal long pieces.	
3	Blanch asparagus for 1-2 minutes in hot boiling water.	
4	Cool immediately in a ice bath. Drain well.	
5	Cut orange sections into bite size pieces.	
6	For dressing in a medium bowl whisk together orange juice, oil, mustard, salt and pepper.	
7	Add asparagus and orange pieces stir to gently coat. Chill until ready to serve.	

**Time Temperature Sensitive food.** Food safety Standards: Do not mix old product with new. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator. Do not freeze. 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 dressing as needed. Remove any tough stems or membranes.

**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 dressing as needed. Remove any tough stems or membranes.

**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. Remove any tough stems or membranes.

**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 dressing to puree. Do not add to 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. Remove any tough stems or membranes.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed

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

**Bland/Anti Reflux:** Serve ½ cup cooked asparagus (plain)

**Liberal House Renal:** Serve ½ cup cooked SF asparagus (plain)

**No Added Salt:** No changes needed

**2 Gram Sodium:** Omit salt

**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

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