

Recipe Name: Beet Marinated Salad**Recipe Category:** Vegetable Salad**Portion Size:** 1/2 cup**Ingredients:** Yields: 8 servings

Ingredients	Notes:
3 (16 oz.) cans whole beets	Drain beets, reserving ¼ cup liquid. Slice beets. Or use fresh beets: Washed, peeled, trimmed and steamed until tender.
¼ cup white sugar	
1 teaspoon prepared mustard	
1/4 cup white wine vinegar	
1 medium red onion, sliced thin	Peel, wash, and thinly slice or minced.

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Drain beets, reserving ¼ cup liquid.	
2	Slice beets.	
3	Add onions to beets and toss.	
4	In a saucepan over medium heat, cook the sugar, mustard and reserved ¼ cup liquid until dissolved.	
5	Add vinegar and bring to boil.	
6	Remove from heat and allow to cool.	
7	Pour over the beet slices and onions.	
8	Toss to coat.	
9	Refrigerate until chilled.	

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.

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.

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.

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.

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: Use sugar sub.

Bland/Anti Reflux: Omit vinegar, mustard, sugar and onion.

Liberal House Renal: Use alternate menu item

No Added Salt: No changes needed

2 Gram Sodium: Use fresh beets. Trimmed, peeled and steamed until tender.

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