



MYOTONIC
DYSTROPHY
FOUNDATION

MDF Cooks

Community Recipes
for Swallowing Difficulties



About the Book

Members of the Myotonic Dystrophy Foundation community provided the recipes in this book. The recipes produce meals enjoyed by adults with myotonic dystrophy (DM) who experience some degree of swallowing difficulty or “dysphagia.”

Swallowing difficulty refers to additional effort and time needed to chew food and move food or liquid around the mouth and down into the stomach. There are several signs that a person may have dysphagia.

For more information please consult the **MDF Living with DM webinar**: “Treatment for Dysphagia” by Dr. Michael E. Groher, by visiting www.myotonic.org/webinar-treatment-dysphagia

The content provided in the MDF Cooks: Community Recipes for Swallowing Difficulties is not medical advice and should not be substituted for a doctor’s consultation.

Dysphagia recipe analysis by Kari Lane, RD, CNSC, Clinical Dietitian, University of Utah Neurology Department
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Understanding Dysphagia

According to the Myotonic Dystrophy Family Registry, over 50 percent of adults with DM1 report experiencing some degree of swallowing difficulty. The difficulty may occur in any of the three stages of swallowing: oral, pharyngeal, or esophageal. The oral stage involves the biting and chewing of food as it is mixed with saliva into a bolus. A bolus is anything swallowed, whether it is solid, semi-solid, or liquid. The next stage of swallowing, pharyngeal, begins when the swallowing reflex is triggered and moves the bolus from the back of the throat to the upper esophagus. The final stage of swallowing, esophageal, moves the bolus along the upper esophagus and down into the stomach, where the process of digestion continues.

Dysphagia is a common disease symptom. Many people diagnosed with multiple sclerosis, cerebral palsy, Parkinson's disease, stroke, and other medical conditions also experience swallowing difficulties. Dysphagia can lead to nutritional deficiencies. The American Dietetic Association published The National Dysphagia Diet (NDD) to help guide those experiencing dysphagia and their caregivers with best practices for meeting nutritional needs.

The National Dysphagia Diet

A keystone for the National Dysphagia Diet (NDD) is an understanding of a food's texture, or its viscosity. Below is a description of three levels of food texture:

NDD Level 1: Pureed

The texture of these foods is similar to pudding. They are homogeneous, very cohesive, and require minimal chewing ability. Foods considered acceptable include mashed potatoes with gravy or sauce to moisten, pureed soups, pureed fruits and cooked vegetables without pulp or seeds, and soufflés. Foods that are not acceptable include raw vegetables, nuts or nut butter, and any food with lumps.

NDD Level 2: Mechanically Altered

Foods at this level include Level 1 foods as well as more solid textures. They are moist, cohesive, and easily form a bolus. Foods considered acceptable include meat minced into ¼ inch pieces, bananas and other soft canned or cooked fruit, and well-cooked vegetables. Foods to be avoided include most bread products, crackers, and other dry foods.

NDD Level 3: Advanced

Foods at this level include Level 1 & 2 foods as well as soft-solid foods requiring more chewing ability. Moistening of foods such as bread products and cereals is recommended. Meat should be tender and eaten in small pieces. Foods that are difficult to chew should be avoided such as nuts, seeds, popcorn, and potato chips.

Tips for Swallowing

Dr. Groher has provided some tips to help people with dysphagia swallow more safely and successfully:

- Keep lips together when swallowing. This helps move the bolus from the front to the back of the mouth.
- Make your bolus smaller so it goes down more easily. When swallowing, your airway stays closed so if the amount of food during each swallow is a smaller amount, the length of time not breathing is shortened.
- Have multiple, small meals to avoid fatigue.
- Alternate more solid foods with liquids to avoid food build-up.
- Allow time between swallow events; try to avoid multiple swallow attempts.
- Avoid colder food items, as they are known to cause swallow delay, particularly in the esophagus.
- Chin-down posture may help protect airway.
- Remain upright for 2 hours after meals to avoid reflux or heartburn.



High-fiber recipes include at least 3 grams of fiber per serving.



Mashed Mushrooms

Mashed Mushrooms

Source: Jessica Nussbaum

Ingredients

Mixed blend of wild mushrooms – enokitake, crimini, morels, chanterelle, matsutake, oyster, and shiitake

Equipment needed

immersion blender or regular blender, large sauté pan

Prep time: 20 minutes

Cook time: 15 minutes

Serving size: varies

Instructions

1. Wash mushrooms and cut off bottom of stems
2. Roughly chop the mushrooms
3. Put mushrooms in pan, on low heat, stir a lot initially until mushrooms lose their water
4. Continue stirring so mushrooms don't stick to the pan
5. Remove from heat
6. Use immersion blender on low to medium and blend the mushrooms

Mushrooms can be added to scrambled eggs, potato gnocchi, Mexican casseroles, grilled cheese sandwiches, etc.

Analysis

Compatibility: Dysphagia 1, 2, and 3 diets

Nutrition overview: This is a low calorie, low fat, low sodium, low carbohydrate, low sugar option. Nutrients vary depending on type of mushroom but generally a good source of B vitamins and a fair source of potassium. This recipe is appropriate for patients with diabetes.

Mashed Greens

Source: Jessica Nussbaum

Ingredients

Fresh greens: chard, arugula, dandelion greens, kale, and/or beet greens. (We prefer to use organic greens whenever possible.)

Equipment needed

immersion blender or regular blender, large sauté pan (ideally not Teflon coated; the Teflon tends to leach chemicals.)

Prep time: 20 minutes

Cook time: 10 minutes

Serving size: varies

Instructions

1. Wash greens, tear off leaves and discard stems and other fibrous parts of leaf
2. Let dry and roughly chop the greens
3. Place handful of greens in pan
4. On low heat, let greens wilt, add water if greens are sticking to pan
5. Add approximately 1-2 tablespoon of water after the greens wilt to keep them from sticking to the pan. Push your cooked greens to the side of the pan and add 1-2 tablespoon of water if needed
6. Remove from heat
7. Use blender on the lowest level and blend the greens

Greens can be added to scrambled eggs, potato gnocchi, Mexican casseroles, grilled cheese sandwiches, etc.

Analysis

Compatibility: Dysphagia 1, 2, and 3 diets

Nutrition Overview: A very nutritious food choice. Low in calories, fat, carbohydrates, and sugar. Nutrients vary depending on the type of green used, but overall a good source of fiber, potassium, iron, vitamin K, vitamin A, vitamin C, and many other phytonutrients and antioxidants. Great choice for patients with diabetes.



Breaded Tofu Steaks

Breaded Tofu Steaks

Source: Jessica Nussbaum

Ingredients

1 package of silken tofu (light firm)
 2 tablespoons soy sauce
 1 tablespoon molasses
 Spices: oregano, turmeric clove and/or cumin
 1-2 tablespoons of fruit juice of choice: orange, cranberry, or pomegranate
 1 tablespoon honey or sugar
 Coconut or sunflower oil
 1 tablespoon each of whole wheat flour and white flour

Equipment needed

small sauce pan

Prep time: 15 minutes for marinade + 1.5 hours to chill tofu

Cook time: 20 minutes

Serving size: 4

Instructions

1. Cut tofu block in half by length and then width so you end up with 10-12 pieces of tofu

2. Create a marinade with the soy sauce, molasses, 1-2 tablespoons of juice, 1 tablespoon of sugar or honey, and 1.5 teaspoons total of various ground spices
3. Stir the mixture and add some water
4. Place tofu pieces in this mixture and add water to cover the tofu
5. Chill in the refrigerator for 1.5 hours or more
6. Remove tofu from refrigerator and save marinade for later use
7. Dip the tofu in a bowl with the flour mixture, cover all sides
8. Brown in oiled pan
9. Separately, use a small pot to reduce the leftover marinade on low heat for 5 minutes, serve with the cooked tofu



Green Bean Paté

Analysis

Compatibility: Dysphagia 2 (only if not breaded), Dysphagia 3

Nutrition Overview: A good food choice. Low in calories and carbohydrates. Decent source of protein and fiber. Sugar content is a little high. This recipe is a reasonable choice for diabetics.

Green Bean Paté 🌱

Source: Jessica Nussbaum

Ingredients

Green or string beans (approximately 1 pound)
 1 teaspoon of olive or sunflower oil
 2 garlic cloves
 1/4 cup of nut meals*
 *almonds, walnuts ground to meal in a coffee grinder or blender
 Salt & pepper to taste
 1 tablespoon of whole wheat flour, breadcrumbs, or matzo meal

Equipment needed

immersion blender or regular blender, sauté or frying pan or sauce pan

Prep time: 20 minutes

Cook time: 20 minutes

Instructions

1. Roughly chop string beans to 1/2" in length
2. Cook beans in water on stove, simmer for 5 minutes until beans are soft
3. Drain the water but not completely
4. Add salt to taste
5. Use blender on lowest level to grind beans

6. In a pan heat 1 teaspoon of olive or sunflower oil
7. Add 2 chopped garlic cloves and nutmeal to oil
8. Sauté until slightly brown for approximately 2 minutes
9. Add green beans
10. Add salt & pepper to taste
11. Sauté for 3-4 minutes
12. Turn off heat
13. Add 1 tablespoon of whole wheat flour, bread crumbs, or matzo meal
14. Stir; add more flour/bread crumbs/matzo meal until desired consistency

Other details

This dish can be used as a spread or added to any dish, i.e. pasta, eggs.

Analysis

Compatibility: Dysphagia 1, 2, and 3 diets

Nutrition Overview: A very nutritious food choice. Low in calories, fat, carbohydrates, and sugar. A good source of B vitamins, calcium, iron, phosphorus and potassium. A very good source of fiber, folate, vitamin A, vitamin C, and vitamin K. A good option for those with diabetes. Low in carbohydrates and sugar and very nutrient dense.

Sweet Potato Patties 🌱

Source: Jessica Nussbaum

Ingredients

3 sweet potatoes
 1/2 cup whole wheat flour
 1.5 tablespoons of ginger juice or 1 teaspoon of grated fresh ginger
 1/2 teaspoon nutmeg
 1/4 cup of nut meal*
 *almonds, walnuts ground to meal in a coffee grinder or blender
 1-3 tablespoons of coconut oil or canola oil for pan

Equipment needed

frying pan or sauté pan

Prep time: 20 minute

Cook time: 20 minutes

Serving size: 6+ patties

Instructions

1. Cook sweet potatoes until soft in the oven at 375-400 degrees for approximately 30 minutes. (Depending on the size, they may need more time. In the microwave approximately 8-10 minutes)
2. Mash cooked sweet potatoes and add flour, ginger, nutmeg, and nut meal



3. Form into hamburger size patties
4. Put oil in pan, approximately 1 tablespoon
5. Brown each side of potato patty

Serve with yogurt, fresh fruit, and/or maple syrup

Analysis

Compatibility: Dysphagia 2, Dysphagia 3 (Dysphagia 1 not likely compatible because food is fried. Often fried foods are to “crunchy” and they are hard to swallow.)

Nutrition Overview: A good source of fiber and potassium. Low in sodium. A reasonable source of plant based protein. This may be too high in sugar for diabetics when served with the recommended syrup. Try plain Greek style yogurt instead of regular yogurt as it tends to have more protein.

Chicken Cutlets

Source: Marty Benner

Ingredients

- 1 package boneless, skinless chicken cutlets, pounded thin
- 1 package of sliced Muenster cheese
- 1 bunch fresh spinach
- 1 container goat cheese or feta 8 oz.
- 1 package of chicken gravy mix

Instructions

1. Lay chicken on flat area and layer muenster and fresh spinach leaves on the chicken. Dab on goat cheese
2. Roll it up like a jellyroll
3. Sauté in olive oil seam side down until browned. Some of the cheese will melt out and this is okay
4. When chicken is done, remove from the pan and set aside
5. With a wire whisk, loosen drippings and add a package of chicken gravy mix.
6. Once the gravy begins to thicken, return chicken and simmer for about 5 minutes

May be served over rice pilaf or mashed potatoes.



Analysis

Compatibility: Dysphagia 3

Nutrition Overview: Low in carbohydrate and sugar. High in protein, and very high in potassium. However this dish is very high in sodium. Appropriate in moderation for those with diabetes but may not be a good option for those with heart disease or high blood pressure.

No Chew Stew 🌿

Source: Leslie Lynch

Ingredients

- 3 tablespoons olive oil
- 2 tablespoons butter
- 2 pounds meatloaf mix (ground beef, pork and lamb)
- Salt and pepper to taste
- 1 yellow onion diced
- 4 tablespoons of tomato paste
- 3 or 4 cups beef stock (buy it in a box at the store)
- 1 or 2 teaspoons of Worcestershire sauce
- A pinch of sugar
- 2 cups carrots, peeled and diced
- 1 cup turnips peeled and diced
- 2 or 3 tablespoons of parsley minced
- 1 or 2 boxes instant mashed potatoes
- 4 oz. cream cheese

Equipment needed

heavy pot to cook the stew, and a pot to boil water. A slotted spoon, hand blender or Cuisinart, large bowl for the meat

Prep time: 15 minutes

Cook time: 30 minutes



Instructions

1. Heat olive oil in a heavy pot and add all the ground meat. Season with salt and pepper and cook until brown
2. Remove the meat with a slotted spoon to a plate or bowl! Add the onions and garlic to the hot oil, cook until they get soft, (about 10 minutes) then add the tomato paste
3. Add the beef stock, Worcestershire, sugar and ground beef and sauté for about 10 more minutes
4. While you're waiting, bring a pot of water to a boil and add the carrots and turnips
5. When they are soft (about 10 minutes) add them to the meat mixture
6. Stir in parsley and let cool slightly
7. With a hand blender or Cuisinart blend the stew to the consistency that works for you. It can be as thick or thin as you like. If it's too thick add more beef stock
8. Here's where I cheat. You can make your own mashed potatoes or you can doctor up the instant ones, which I like to do. Follow the directions on the box; add a little cream cheese and salt and pepper
9. When the potatoes are ready, serve them in a mound with lake in the middle like my mom used to do. Spoon the pureed stew into the middle and if you're feeling wild and crazy, sprinkle with a little bit of feta cheese and minced parsley on top. Yum!

Analysis

Compatibility: Dysphagia 1, 2, and 3

Nutrition Overview: This is a good source of protein and moderate in total carbohydrates. This is a good source of fiber and other nutrients, however higher in calories and high in fat. To lower fat content switch to 95 percent lean beef and low fat cream cheese, or reduce the amount of beef and add more vegetables. Fiber and protein make this dish appropriate in moderation for those with diabetes. However may not be a good option for those with heart disease or high blood pressure.



Fresh Fruit Smoothie

Source: Randi Pilato

Ingredients

Fresh fruits (mix and match your favorites.) You can also use frozen fruit if you can't find your favorite fruit fresh.

I happen to like fresh navel oranges, fresh strawberries, bananas, blueberries, pineapple, watermelon and all melons), peaches, kiwi, even apples, carrots and beets)

Fresh lime

A pinch of fresh ginger

Any powder protein you like

Equipment needed

blender, if you want to use apples or carrots as a base you will also need a press juicer.

Prep time: 10 minutes

Cook time: none

Serving size: varies

Instructions

1. Cut the rind off two oranges, place in blender and add any of the other ingredients you wish
2. Add one large cup of ice and blend for at least 2 minutes
3. If you want a beet, carrot or apple juice base, juice these fruits first with a press juicer and then pour into a blender and add the other ingredients listed above

You may add any protein powder you like. For a juicer consistency, add a fresh squeezed lime (to taste) and fresh grated ginger (to taste).

The smoothie does not freeze well but all of the fruits do; just be sure to first peel and cut into portions and place in a freezer bag. You can place sliced bananas on a piece of wax paper and then in a baggie. Ginger freezes very well. If you use frozen fruits you can reduce the amount of ice to a few cubes.

Analysis

Compatibility: Generally appropriate for dysphagia diets 1, 2, and 3. However liquid consistencies are variable based on fruit choices and juice amounts and individuals with dysphagia should heed recommendations from their speech therapist.

Nutrition Overview: Variable based on amount and type of fruit and juice. Generally high in potassium, fiber, B vitamins, vitamin A, vitamin C and various other antioxidants and phytonutrients. May not be a great option for diabetics because it can be very high in carbohydrates and sugar. Add plain Greek yogurt or protein powder to improve glycemic response.

Strawberry Smoothie

Source: Richard Sarno

Ingredients

- 4 oz. plain yogurt (Greek style is best)
- 4 oz. fresh strawberries
- 3/4 cup cranberry-grape juice
- 1/2 cup milk
- 1 tablespoon honey

Equipment needed

blender, kitchen scale (optional)

Prep time: 5-10 minutes

Cook time: none

Serving size: 1

Instructions

1. Wash and trim strawberries
Place in blender
2. Add yogurt, cranberry-grape juice, milk, and honey to blender
3. Cover blender and blend for 1 minute or until smooth
4. Pour into large glass



Cauliflower Pizza Dough

Analysis

Compatibility: Generally appropriate for dysphagia diets 1, 2, and 3. However liquid consistencies are variable based on fruit choices and juice amounts and individuals with dysphagia should heed recommendations by their speech therapist

Nutrition Overview: Reasonable calorie level and good source of protein for meal replacement. However very high in carbohydrates and sugar. A good source of potassium and vitamin C and low in sodium. This may be too high in carbohydrates and sugar for diabetics. Protein helps improve the glycemic response but the sugar content is still quite high.

Cauliflower Pizza Dough

Source: Regina Thompson

Ingredients

- Small head of cauliflower
- 1/4 cup of Parmesan cheese
- 1/4 teaspoon kosher salt (if regular salt is used, reduce the amount of salt)
- Dried basil and oregano to taste
- Pinch of garlic powder to taste
- 1 egg

Equipment needed

food processor, microwave, cheesecloth

Prep time: 25 minutes

Cook time: 15 minutes

Serving size: 4 servings

Instructions

1. Wash and dry a small head of cauliflower
2. Cut off the florets, pulse them in the food processor until they are similar to flour. You should have about 2 to 3 cups after draining
3. Microwave the cauliflower for 4 minutes
4. Dump onto a clean cheese cloth (let it cool a few minutes)
5. When cauliflower is cool, wring the fluid out. If you have difficulty swallowing bread, a little extra



Squash Quiche

Squash Quiche

Source: Regina Thompson

Ingredients

6 to 7 little yellow squash and/or zucchini
 6 eggs
 8 oz. bag of shredded Italian cheese (usually preshredded mixes contain a combination of some or all of these cheeses; provolone; mozzarella; parmesan; asiago; and romano)
 Italian spices such as oregano, rosemary, thyme, oregano, garlic
 2 pie shells

Equipment needed

a mandolin slicer (optional)

Prep time: 25 minutes

Cook time: 1 hour

Serving size: 4 servings

Instructions

1. Use the mandolin slicer to slice squash into very small, thin pieces
2. Place squash in bowl with 8 oz. of shredded Italian cheese
3. Spice it to taste with Italian spices
4. Mix all the ingredients together
5. Pour it in two pie shells and bake at 350 degrees for approximately 30 minutes until golden brown on top

Analysis

Compatibility: Dysphagia 2 and 3 (not compatible with Dysphagia 1 diet unless final product pureed)

Nutrition Overview: In moderation a good choice. Good protein and low in carbohydrate and sugar. However this recipe is high in fat. Low carbohydrate, low sugar content makes it appropriate in moderation for diabetics. This recipe may not be a great option for those with heart disease.



Midwestern Beef Stew

Midwestern Beef Stew

Source: Adapted from Cuisinart Recipe Booklet for Cuisinart Electric Pressure Cooker
 Submitted by Carolyn Valek

Ingredients

2 pounds beef chuck roast, cut into 1-1/2 inch pieces
 Kosher salt
 Ground pepper
 2 tablespoons of olive oil
 2 medium onions, finely chopped
 2 celery stalks, finely chopped
 2 garlic cloves, finely chopped
 2 cups chicken broth
 1 bay leaf
 1 32 oz. can of diced tomatoes
 2 medium potatoes, peeled, halved and cut into quarters
 6-8 carrots (1 pound, peeled and cut into 1-inch pieces)
 1 tablespoon unsalted butter, softened
 1 tablespoon unbleached, all-purpose flour

Substitutions

pre-cut beef stew meat can be substituted for chuck roast and margarine can be substituted for butter

fluid can be left in the batter. I have experimented with this several times and I have made it like mashed potatoes and as hard as rock; I don't recommend either one

6. Dump the cauliflower in a bowl and mix in 1/4 cup of parmesan cheese and 1/4 teaspoon kosher salt or regular salt
7. Add dried basil and oregano. (My brothers like the pizza dough spicy, so I add hot peppers and more garlic powder)
8. Add a pinch of garlic powder and one egg
9. Mix it all together and form it into a ball. I like to roll the dough out on slightly greased parchment paper to keep it from sticking
10. Place the dough on a baking stone or baking sheet and cook at 450 degrees for 8-10 minutes

11. Remove it from the oven and top with your favorite toppings such as any pre-steamed veggies and cheese.
12. Place the pizza with desired toppings in the oven for 5 minutes until the cheese is bubbly

Analysis

Compatibility: Dysphagia 2 and 3

Nutrition Overview: Great substitute for regular pizza dough. Cauliflower is a good source of vitamin C, B vitamins, vitamin K, folate, omega-3, and fiber. This is great option for diabetics. Low in carbohydrates and sugar. A nutrient dense pizza dough option.

Equipment needed

pressure cooker (I use the Cuisinart Electric Pressure Cooker)

Prep time: 20 minutes

Cook time: 1 hour

Serving size: 2 cups (serves 8)

Instructions

1. Season pieces of chuck roast with salt and pepper and set aside
2. Place the olive oil in the cooking pot of the pressure cooker
Select "Browning"
3. When oil begins to sizzle, add pieces of meat in a single layer. Continue browning in batches until all meat is browned
4. As meat is browned, transfer to a plate
5. Select the "Sauté" setting. Stir the chopped onion into the pot. With a wooden spoon, scrape any brown bits from the bottom of the pan that have accumulated while meat was browning
6. Sauté for 1-2 minutes, until onion starts to soften and is translucent
7. Stir in celery and sauté for 3 minutes
8. Stir in chopped garlic and sauté for an additional minute
9. Add the reserved beef, bay leaf, chicken broth, potatoes and diced tomatoes (with liquid) to the pot. Select "High Pressure." Set timer for 30 minutes
10. When audible beep sounds, use "Quick Pressure Release" to release pressure
11. When float valve drops, remove lid carefully, tilting away from you to allow steam to escape
12. Add carrots to the pot and select "High Pressure." Set timer for 10 minutes
13. When audible beep sounds, use "Natural Pressure Release" to release pressure
14. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Remove bay leaf

Additional tips from Carolyn:

Our family prefers a thinner consistency. To thicken stew, strain the solids from the stew liquid, reserving both. Blend softened butter and flour to make a paste. Return liquid to the pot and bring to a boil by selecting Browning. Once liquid comes to a boil, whisk in the butter/flour mixture. Select "Simmer." When liquid thickens, stir the meat and carrots (and rest of mixture) back to the pot. Taste and adjust seasonings with salt and pepper.

This recipe freezes well in individual serving containers.

A pressure cooker is a godsend for people with dysphagia. With this recipe, my husband can enjoy beef that is soft enough for him to chew and swallow safely. Although the softness of the stew is prepared to meet my husband's difficulty in chewing, the whole family always enjoys this recipe.

Analysis

Compatibility: Dysphagia 3 (Dysphagia 2 only if pieces are no larger than ½ inch. Dysphagia 3 only when final product is pureed)

Nutrition Overview: Overall nutrient dense and a good meal in moderation. Good source of protein, fiber, potassium, and antioxidants like lycopene. A good option for diabetics. High protein, high fiber, and high potassium. Higher fat and sodium option. May not be great option for those with heart disease or high blood pressure.



Sausage Jambalaya with Beans

Sausage Jambalaya with Beans

Source: Carolyn Valek

Ingredients

20 oz. dried beans (15-Bean Soup brand)
1 tablespoon olive oil
1 pound of skinless smoked sausage (I like Hillshire Farm), cut into 1" pieces
2 medium onions, chopped
1 28 oz. can diced tomatoes (with liquid)
4 cups chicken broth
2 stalks celery, chopped
2 medium red peppers, seeded and quartered
2 cloves garlic, minced
1/2 teaspoon Kosher salt
1 bay leaf
1 tsp. chili powder
2 hot Italian peppers, seeded and quartered

Substitutions

You may substitute dried pinto beans for 15 Bean Soups. You can also substitute Jalapeño peppers for hot Italian peppers

Equipment needed

pressure cooker (I use the Cuisinart Electric Pressure Cooker)

Prep time: 15 minutes

Cook time: 1 hour

Serving size: 2 cups (serves 8)

Instructions

1. Soaking: place beans in a large pot, cover with 2 quarts of water. Allow beans to soak overnight, or at least 8 hours. After soaking, drain water and set aside
2. Place olive oil in cooking pressure cooker and select the "Sauté" setting

3. When oil begins to sizzle, stir the chopped onion into the pot
4. Sauté for 2 minutes until onion starts getting soft
5. Stir in the chopped peppers and continue sautéing for 4 minutes until all vegetables are softened.
6. Stir in the garlic and sauté for 1 more minute
7. Add sausages, soaked beans, spices, and broth to the vegetable mixture. Select "High Pressure" setting and for 50 minutes
8. When audible beep sounds, allow for "Natural Pressure Release"
9. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse

Freezes well in individual serving containers. Reheats nicely.

Skinless sausage is easier to chew for people with dysphagia. A pressure cooker makes this recipe much easier to make.

We lived in New Orleans for several years and my husband, Karl, loves jambalaya. Although he is not able to eat rice because of his dysphagia, he finds the combination of beans and sausage to be very satisfying in this spicy version of jambalaya.

Analysis

Compatibility: Dysphagia 3. (Dysphagia 2 only if pieces are no larger than ½ inch. Dysphagia 1 diet not compatible unless final product pureed)

Nutrition Overview: This recipe is high in protein and very nutrient dense, filled with B vitamins, potassium, fiber, and antioxidants like vitamin C and carotenoids. However, high in fat, sodium, carbohydrates, and sugar. High carbohydrate and sugar content is balanced out by its high protein and fiber content making it a good choice for diabetics. However those with high blood pressure or heart disease should limit due to high sodium and fat content.

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Sausage Jambalaya with Beans



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