

RESOURCE® ThickenUp® Instant Food & Drink Thickener

PUREED MEAT OR EGG SALAD FOR SANDWICHES			PORTION SIZE:	ORTION SIZE: 1- #8 scoop (about ½ cup)	
	NUMBER OF SERVINGS				
INGREDIENTS	1	5	10	20	30
Chicken, Turkey or Tuna Salad, prepared	½ cup	2 ½ cups	1 ¼ qt	2 ½ qt	3 ¾ qt
Milk	1 Tbsp	⅓ cup	⅔ cup	1 ⅓ cups	2 cups
RESOURCE®ThickenUp®	1 tsp	1 ½ Tbsp	3 Tbsp	⅓ cup	²⁄₃ cup
Egg Salad, <u>prepared</u>	½ cup	2 ½ cups	1 ¼ qt	2 ½ qt	3 ¾ qt
Milk	2 Tbsp	²⁄₃ cup	1 ⅓ cups	2 ² ⁄₃ cups	4 cups
RESOURCE®ThickenUp®	1 1/4 tsp	2 Tbsp	½ cup	½ cup	³ ⁄ ₄ cup

HOW TO PREPARE:

- 1. Place salad and liquid in food processor and puree until smooth in texture.
- 2. Add RESOURCE® ThickenUp® and process briefly until mixed, scraping sides of bowl.
- 3. Cover and chill.
- 4. Portion 1 #8 scoop (½ cup) per serving or use as desired.

NOTE: Measurements of liquid and RESOURCE® ThickenUp® may be adjusted to achieve desired consistency.