Hormel THICK & EASY®

Level 4 Pureed Parmesan Herb Breadsticks

Level 4 Pureed Parmesan Herb Breadsticks

IDDSI LEVELS 4 5 6

NUTRITION

Serving Size: 2 breadsticks (about 2 oz or two #40 scoops)

Calories: 130

Total Fat: 8g

Saturated Fat: 1.5g

Cholesterol: <5mg

Sodium: 130mg

Total Carb: 13g

Dietary Fiber: 0g

Total Sugars: 3g

Added Sugars: 0g

Protein: 3g

Vitamin D: 0% DV

Calcium: 2% DV

Iron: 0% DV

Potassium: 0% DV

INGREDIENTS

	1 SERVINGS	8 SERVINGS	16 SERVINGS
THICK & EASY® Texture Modified Bread and Dessert Mix Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Vegetable oil	1/2 Tbsp	1/4 cup	1/2 cup
Parmesan cheese, grated	2 tsp	1/3 cup	2/3 cup
Italian herb seasoning blend, finely ground	1/8-1/4 tsp	1/2 tsp	1 tsp
Water, hot	3 Tbsp	1 1/2 cups	3 cups

DIRECTIONS

1. In a mixing bowl, combine parmesan cheese, Italian seasoning, and bread mix. Add oil and stir until mixture resembles wet sand.
2. Add hot water to bread mixture and stir briskly with wire whip until blended.
3. Cover and allow to rest at room temperature or in refrigerator for 30 minutes.
4. Portion mixture using #40 scoops. Use gloved hands to form each portion into a breadstick shape.
5. Sprinkle with additional parmesan cheese, if desired.
6. Serve two breadstick per serving.

SERVING SUGGESTIONS

- For a browned appearance, lightly brush breadstick with browning sauce before sprinkling with parmesan cheese.
- Italian parmesan breadstick recipe may also be used to make bread or rolls. See instructional video on Hormel Health Labs website for how to create these shapes using THICK & EASY® Pureed Bread & Dessert Mix.