

SALADS FOR SENIORS

When we get older our teeth have a more difficult time chewing all the salads we need to fuel our bodies. So pick out softer vegetables such as bell peppers, sweet peas, celery, cucumber, zucchini and corn and cut them up small for easier chewing). For the harder vegetables grate them to make them easier to chew (see chart with pictures below).

Make up your favorite salad dressings and keep a couple of them on hand for the week so you can add them to a salad easily.

If you are making salads for older senior parents try making them up ahead and layering them as I have done here in a Mason Jars (8oz for a single serving and the larger 12oz jars serves two well). They will keep well for a few days once you have secured the lid on tightly. Then all they have to do is add the dressing when they are ready to eat.

Here we have layered: peas, kale, carrots, beets, celery, and bell peppers.



When preparing your harder vegetables like carrots, beets, broccoli, turnip and sweet potatoes I would suggest you grate them or use a food processor and with the S-blade you can break them up to make chewing easier.

You can also take any salad and put it in your food processor and zap it a few times to break it up into smaller pieces. Do not over process just zap it a few times until it is the consistency you want. Make sure you add the dressing after you have broken up the salad into easy chewing consistency.

This makes a big salad fit into a small bowl making it easier to get older seniors to eat more without them getting tired of chewing.

