

# ***Bobek Jaw Surgery Recipe Ideas***

## **Week 1 – Full Liquid Diet**

Make sure to stay hydrated and drink at least 2 liters of fluids per day. Break it up so that you are having 4-5 “meals” or snacks throughout the day. It is difficult to drink large quantities at once. Focus on trying to add protein sources as this helps the healing process.

- Apple sauce
- Oatmeal
- Pureed soups
- Pudding
- Jello
- Smoothies
- Cottage cheese
- Yogurt
- Milkshakes

## **Weeks 2-6 – Smushy Food Diet**

Foods that can be smashed with your tongue and roof of your mouth, or cut up small enough that you do not need to chew but can just swallow the foods. Think of your fork and knife as your teeth. Do not chew!

- Fluffy scrambled eggs
- Lasagna (Cut small so you do not have to chew)
- Mac & Cheese – Cut small
- Flaky fish – Salmon
- Casseroles
- Beans and Rice
- Very soupy enchiladas cut small
- Fluffy pancakes

***If you have other recipes that you discover during your jaw surgery recovery and want to share with other patients please bring the recipe to your post op appointment!***

## *Full Liquid Diet Recipe Ideas*

### **Banana Berry Smoothie**

- 1 1/2 cups vanilla Greek nonfat yogurt
- 1 large banana
- 1 1/2 cups sliced strawberries
- 1 cup ice (6-7 cubes)
- 1 cup any fruit juice\*
- 2 tsp. honey
- Grated nutmeg

### **Summer Smoothie**

- 1 cup Vanilla Greek Yogurt
- 1/2 cup frozen strawberries, unsweetened\*
- 1/2 cup frozen peach slices, unsweetened\*
- 1/2 medium banana, peeled
- 1/2 cup of low-fat milk
- \*If using fresh fruit add 2/3 cup ice to the recipe.

### **Peanut Butter Banana Smoothie**

- 2 Bananas, broken into chunks
- 2 cups milk
- 1/2 cup peanut butter
- 2 tablespoons honey
- 2 cups ice cubes

### **Peach Green Tea Smoothie**

- 1 cup chilled green tea
- 1 heaping cup frozen peaches
- 1/2 of a frozen banana
- 1/2 cup plain non-fat greek yogurt
- 2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1/2 cup of ice



Place ingredients in blender and blend until smooth. For all smoothies consider adding protein powder.

## Chocolate Avocado Mousse

### Ingredients:

- 2 very ripe avocados
- 4 ounces semi-sweet baking chocolate
- 2 tbsp coconut oil
- 1 tbsp agave nectar
- 1 tbsp instant coffee
- pinch of salt

Garnish → chopped raw pistachios

### Directions:

1. Whisk coconut oil, agave nectar and instant coffee until incorporated. Add chocolate and microwave on high for 30 seconds until chocolate begins to melt. Add another 15 seconds if need be. Do not microwave too much or too hot. You don't want to breakdown the components of chocolate. Just melting it would do. Mix everything together.
2. In another bowl, add avocados and whisk it with a wire whisk until silky smooth.
3. Combine melted chocolate into smooth avocado and whisk until incorporated. Sprinkle in a pinch of salt.
4. Divide mousse equally into two glasses and chill for an hour before serving, topped with chopped raw pistachios.



## Creamy Tomato Soup

Yield: 2 servings

### Ingredients:

- 1 cup whole milk or cream
- 1 can (10-3/4 oz) condensed tomato soup
- 1/4 cup water

### Directions:

1. Combine all ingredients in a saucepan.
2. Heat until warm.
3. Pour into bowls and serve.
4. Top with grated cheddar or mozzarella cheese

Serving suggestion: Soak bread or broken crackers into soup

## Cream of Mushroom Soup

Yields: 6 servings

### Ingredients:

- 2 cans of cream of mushroom soup
- 1 cup half and half
- 1 cup milk
- 4 oz. sour cream

½ c. shredded cheese of your choice  
8 oz. or 3 cup fresh mushrooms, sliced  
2-4 Tbsp white wine or sherry (optional)

Directions:

1. Mix soup, half and half, milk, sour cream and cheese spread in large saucepan.
2. Stir over low heat until cheese melts; stir in mushrooms.
3. Reduce heat to very low and heat 20-30 min. to blend flavors, stirring frequently.

## **Broccoli Cheddar Soup**

Yield: 15-16 servings

Ingredients:

2/3 cup butter  
1/2 cup chopped onion  
2 large cloves garlic, minced  
5 cups chicken broth  
4 to 5 carrots, finely chopped  
3 lbs. broccoli, cut into flowerets  
1/2 cup all-purpose flour  
1/4 tsp. salt  
2 cups heavy cream  
1 cup milk  
2 tsp. ground nutmeg  
8 oz. sharp cheddar cheese, shredded

Directions:

1. In a saucepan melt 2 tablespoons of the butter over medium heat.
2. Add onion and garlic; sauté until tender.
3. Add chicken broth and carrots to saucepan. Bring to a boil. Reduce heat and simmer until carrots are tender.
4. Add broccoli; simmer 10 to 15 minutes more.
5. Meanwhile, in another saucepan melt the remaining butter. Whisk in flour and salt until smooth. Cook over medium heat, whisking constantly until mixtures bubbles.
6. Gradually whisk in cream and milk, whisking constantly over medium heat until mixture comes to a boil and thickens. Stir in the nutmeg.
7. Remove saucepan from heat; add cheese, whisking until cheese melts.
8. Pour cheese mixture into broccoli mixture, stirring until combined; heat through.
9. Puree if needed

## Pureed Broccoli Soup

Recipe By: EatingWell Test Kitchen “In this easy broccoli soup recipe, broccoli cooks together with onions, celery, garlic and fresh herbs and is pureed into a delicious creamy soup.”

### Ingredients

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme or parsley
- 8 cups chopped broccoli (stems and florets)
- 2 cups water
- 4 cups reduced-sodium chicken broth, “no-chicken” broth or vegetable broth
- ½ cup half-and-half (optional)
- ½ teaspoon salt
- Freshly ground pepper to taste



### Directions

- 1 Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
- 2 Stir in broccoli. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 8 minutes.
- 3 Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

## Sweet Potato-Peanut Bisque

Recipe By: Nancy Baggett “This satisfying vegetarian, sweet potato soup is inspired by the flavors of West African peanut soup. We like the added zip of hot green chiles, but they can sometimes be very spicy. It's best to take a small bite first and add them to taste. Try chopped peanuts and scallions for a different garnish. Serve with a mixed green salad with vinaigrette.”

### Ingredients

- 2 large sweet potatoes (10-12 ounces each)
- 1 tablespoon canola oil
- 1 small yellow onion, chopped
- 1 large clove garlic, minced
- 3 cups reduced-sodium tomato-vegetable juice blend or tomato juice
- 1 (4 ounce) can diced green chiles, preferably hot, drained
- 2 teaspoons minced fresh ginger
- 1 teaspoon ground allspice
- 1 (15 ounce) can vegetable broth
- ½ cup smooth natural peanut butter
- Freshly ground pepper to taste
- Chopped fresh cilantro leaves for garnish



### Directions

- 1 Prick sweet potatoes in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. Set aside to cool.
- 2 Meanwhile, heat oil in a large saucepan or Dutch oven over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in juice, green chilies, ginger and allspice. Adjust the heat so the mixture boils gently; cook for 10 minutes.
- 3 Meanwhile, peel the sweet potatoes and chop into very small pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the bisque with water, if desired. Season with pepper. Heat until hot. Garnish with cilantro, if desired

## *Smushy Food Diet Recipe Ideas*

### *RC's Protein Fluffy Pancakes*

2 eggs beaten (approximately 3.6 oz)

9 oz yogurt (Nancy's plain low-fat)

5.5 oz Kodiak Power Cake pancake and waffle mix

Have a small amount of water handy.

Use a non-stick pan with a good fitting lid.

1. Mix the eggs and yogurt, then mix in the power cake mix. Batter should be about as thick as pudding. Ideally, let the batter rest in the fridge for 20 minutes (can be made ahead and kept in the fridge for up to 2 days).
2. Oil the pan (only needs a very tiny amount if the pan is non-stick). These cakes are soft than regular pancakes and harder to flip, so make it easy.
3. Heat the pan to 275 deg Fahrenheit.
4. Spoon dollops of batter onto the pan, and then put a thin smear of batter in the center of the pan.
5. When the smear starts to brown at the edges, add 2-3 tablespoons of water and put the cover on the pan. (2 tbsp for a 9 inch pan, 3 for a 12 inch pan)
6. Let the cakes steam until the water has mostly evaporated, then flip the cakes.
7. Let the cakes sizzle for 60 seconds, then add 1-2 tbsp of water and cover the pan.
8. When the water has mostly evaporate, remove the pan from the stove but keep it covered.
9. Let the cakes finish cooking through using residual heat: 3-4 minutes.

Since the goal is to have a soft protein cake that doesn't require chewing, we have to avoid over-cooking. Since they are so thick, it is hard to get them golden on the outside while cooking them all the way through. Until you get used to how they cook, start by cooking them at a lower heat and cook longer. By cooking at a lower heat, they probably will be very pale instead of golden on the outside, but it is much easier to cook through without burning.

Nutrition:

	<b>Batch</b>	<b>Cake (1/8)</b>
<b>g</b>	513	64.1
<b>calories</b>	876	109.5
<b>fat</b>	19	2.4
<b>available carbs</b>	93	11.6
<b>fiber</b>	15	1.8
<b>sugar</b>	28	3.5
<b>protein</b>	66	8.2



## ***Blueberry Lemon Ricotta Pancakes***

By: Half Baked Harvest

Ingredients:

- 1 ½ cups buttermilk or whole milk
- ¾ cup whole milk ricotta cheese
- 2 large eggs
- 2 tablespoons salted butter, melted
- 1 tablespoon honey
- 2 teaspoons vanilla extract
- 1-2 tablespoons lemon zest and 2 tablespoons lemon juice
- 1 ½ cups white whole wheat flour or all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon kosher salt
- 1 ½ cups fresh or frozen blueberries
- 3-4 tablespoons blueberry jam (optional)



Instructions:

1. In large mixing bowl whisk together the buttermilk, ricotta, eggs, butter, honey, vanilla, lemon juice and lemon zest. Stir in the flour, baking powder, and salt. Stir until just combined. It is ok if the batter is a little lumpy. If the batter feels a little too thin, add ¼ cup additional flour.
2. Fold in the blueberries, and if desired 2-4 tablespoons of the blueberry jam. Allow the batter to sit 5-10 minutes.
3. Heat a large skillet or griddle over medium heat and add a little butter. Pour about ¼ cup pancake batter onto the hot pan. Cook until bubbles appear on the surface. Using a spatula, gently flip the pancake over and cook the other side for a minute, or until golden. Repeat with the remaining batter.
4. Serve with maple syrup, butter and fresh blueberries.



## ***Red Lentil Coconut Soup***

### **Ingredients:**

- 2 cups red lentils, uncooked
- 1 onion, finely chopped
- 1 red pepper, cut in ¼ inch diced
- 1 fresh jalapeno finely chopped including seeds
- 1 tablespoon minced ginger
- 2 garlic cloves finely chopped
- 1 tablespoon curry powder
- ½ teaspoon cinnamon
- 2 teaspoons salt
- 1/3 cup tomato paste
- 7 cups water
- 1 Can unsweetened light coconut milk
- 1 15-oz can garbanzo beans (Slightly chopped, cut in ½ or ¼ )
- 2 tablespoons lime juice
- Fresh cilantro for topping



### **Instructions:**

2. Heat the tablespoon of olive oil in large soup pan. Add the onions, bell pepper, and jalapeno. Cook for 5-7 minutes until the vegetables have softened and start to take on some color.
3. Add the garlic, ginger, spices, and tomato paste and continue to cook for 2-3 minutes until the mixture is toasty and fragrant
4. Add the water, coconut milk, lentils and garbanzo beans. Bring the mixture to a boil and then reduce the heat to a simmer and cook uncovered for 20-25 minutes. Add the lime juice at the end of cooking.
5. Serve the soup topped with a sprinkling of fresh cilantro and extra limes on the side.

### ***Cheesy Zucchini Rice***

adapted from [Mel's Kitchen Cafe](#)

- 1 cup white rice
- 2 cups chicken broth
- 1 medium or 2 small zucchini, grated (about 2 cups)
- 1 cup shredded sharp cheddar cheese
- 1/2 teaspoon garlic powder
- 1 teaspoon salt + pepper to taste
- 1-2 tablespoons milk



In a medium sauce pan, combine rice and broth, and bring to a boil. Reduce heat and simmer, covered for 15-20 minutes, or until liquid is absorbed. Remove from heat and stir in zucchini, cheese, garlic powder, and salt and pepper. Stir in milk if needed to thin out the sauce. Serve warm.

### ***Slow Cooker Buttery Garlic Mashed potatoes***

#### **Ingredients**

- 2 pounds red potatoes, washed and chopped into 2-inch pieces (you don't need to peel them)
- 4 tablespoons butter
- 1/2 cup sour cream (or plain greek yogurt)
- 1 tablespoon minced garlic
- 1 tablespoon finely chopped fresh parsley (or 2 teaspoons dried parsley flakes)
- 1/2 teaspoon dried or fresh basil
- 1/4 teaspoon dried oregano
- 2 teaspoons salt
- 1 teaspoon pepper
- 1/4 cup milk



#### **Instructions**

1. Add chopped potatoes to a greased slow cooker. Cover and cook on high for 2-3 hours or on low or 5-6 hours on low.
2. When potatoes are cooked and fork-tender, add all remaining ingredients (let the butter melt for a couple of minutes). Use a hand mixer or a masher to mash the potatoes. (\*see note) Serve warm.

## ***Gourmet Mushroom Risotto***

Prep 20 m Cook 30 m Ready In 50 m

Recipe By: Myleen Sagrado Sjödin

"Authentic Italian-style risotto cooked the slow and painful way, but oh so worth it."

### Ingredients

- 6 cups chicken broth, divided
- 3 tablespoons olive oil, divided
- 1 pound Portobello mushrooms, thinly sliced
- 1 pound white mushrooms, thinly sliced
- 2 shallots, diced
- 1 1/2 cups Arborio rice
- 1/2 cup dry white wine
- sea salt to taste
- freshly ground black pepper to taste
- 3 tablespoons finely chopped chives
- 4 tablespoons butter
- 1/3 cup freshly grated Parmesan cheese



### Directions

1. In a saucepan, warm the broth over low heat.
2. Warm 2 tablespoons olive oil in a large saucepan over medium-high heat. Stir in the mushrooms, and cook until soft, about 3 minutes. Remove mushrooms and their liquid, and set aside.
3. Add 1 tablespoon olive oil to skillet, and stir in the shallots. Cook 1 minute. Add rice, stirring to coat with oil, about 2 minutes. When the rice has taken on a pale, golden color, pour in wine, stirring constantly until the wine is fully absorbed. Add 1/2 cup broth to the rice, and stir until the broth is absorbed. Continue adding broth 1/2 cup at a time, stirring continuously, until the liquid is absorbed and the rice is al dente, about 15 to 20 minutes.
4. Remove from heat, and stir in mushrooms with their liquid, butter, chives, and parmesan. Season with salt and pepper to taste.