



# Preparing A Soft Diet Meal After Alveolar Bone Graft

## SAMPLE RECIPES



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*All recipes featured have been approved by the Nutrition and Dietetics Department, KKH.*

# PASTA WITH TOMATO SAUCE



## INGREDIENTS

SERVINGS: 1

80g	Pasta
800ml	Water
100g	Tomato purée/sauce
1 teaspoon	Salt
1 tablespoon	Olive oil (optional)

### NOTE

#### **Recommended Pastas:**

Spaghetti/linguine/small elbow macaroni/small shells

#### **For long pastas:**

##### **Avoid thick, flat pastas**

(e.g. fettucine)

#### **For short pastas:**

##### **Avoid thick or large pastas**

(e.g. penne/large elbow macaroni/large shells/fusilli)

## DIRECTIONS

- 1 Add water, salt, and olive oil into a big pot, and boil on medium to high heat.
- 2 Add pasta into the pot while keeping the water on a rolling boil (i.e. the water is continuously bubbling).
- 3 Cooking time for various types of pasta:
  - Spaghetti/linguine: 12 to 14 minutes
  - Small elbow macaroni/small shells: 17 to 20 minutes
- 4 Drain the pasta, and set aside some of the water left behind from boiling the pasta.
- 5 For long pasta (e.g. spaghetti/linguine), use scissors to cut it into shorter strands of approximately 2 cm.
  - **Note:** All pasta should be soft and easily mashed with a fork.
- 6 Strain the tomato purée/sauce with a coarse sieve to get rid of any lumps.
- 7 Thin down the tomato purée/sauce using water left behind from boiling the pasta.
  - **Note:** The tomato purée should be runny and pour easily from a tilted spoon.
- 8 Pour the tomato purée/sauce over your pasta before serving.

# STEAMED EGG WITH SHIITAKE MUSHROOM



## INGREDIENTS

SERVINGS: 1

1	Egg (~50g)
150ml	Chicken stock (as a guideline, 1 portion of eggs to 3 portions of stock)
50g	Shiitake mushrooms (~½ to 1 mushroom, adjust to preference)
½ teaspoon	Light soy sauce (optional; adjust to taste)
1 teaspoon	Sesame oil (optional)

## DIRECTIONS

- 1 Crack the egg in a bowl.
- 2 To ensure the steamed egg is silky smooth, do not beat the eggs vigorously as this creates air bubbles, and strain the egg mixture through a fine sieve.
- 3 Add the chicken stock and mix gently with a pair of chopsticks.
- 4 Cut and remove the stalk of the shiitake mushroom as it is tough to chew.
- 5 Cut up the remaining mushroom into 0.5 to 1cm cubes and add it into the egg mixture.
- 6 Add light soy sauce and mix gently with a pair of chopsticks.
- 7 **Steam on low heat** for 7 to 9 minutes.
- 8 Drizzle sesame oil over the steamed egg before serving.

# STIR-FRIED VEGETABLE MEDLEY



## INGREDIENTS

SERVINGS: 3 – 4

80g	Carrots (peeled) (~½ to ¾ cup)
80g	Melons (e.g. winter melon, squash) (peeled, remove as many seeds as possible)
80g	Cauliflower
80g	Cabbage
1 teaspoon	Cooking oil
3-4 cloves	Garlic
1 tablespoon	Light soy sauce/Hoisin sauce (optional; adjust to taste)
1 cup	Water

## DIRECTIONS

- 1 Remove melon seeds.
- 2 Chop carrots, melon, and cauliflower florets into 0.5 to 1 cm cubes.
- 3 Slice the cabbage into thin strips of about 2cm. For thicker parts of the cabbage, chop into 0.5 to 1cm cubes.
- 4 Heat up cooking oil in a wok/pan and stir-fry garlic till fragrant.
- 5 Add the vegetables and stir-fry on medium to high heat for 1 to 2 minutes.
- 6 Add some water, cover with a lid, and **simmer on low heat** for 7 minutes before serving. The vegetables should be soft and easily mashed with a fork.

# FRUITS



## INGREDIENTS

SERVINGS: 1

130g (~1 cup) Soft fruits  
(e.g. mangoes,  
papayas, bananas,  
watermelon)

## DIRECTIONS

- 1 Remove the skin of the fruit
- 2 For fruits with seeds, remove as many seeds as possible.
- 3 Cut all the fruits into 0.5 to 1 cm cubes before serving.