

Diet suggestions after surgery

After the extraction of teeth, you may not feel like eating much. However, it is important to start to eat as soon as possible, to keep up your strength. Also, it is essential that you take your pain medication with food, to reduce the unwanted side-effects of nausea and vomiting. There are some foods to avoid, however, and these include nuts, hard foods and foods that require a lot of chewing as your jaw may be tender from the surgery. It is particularly important to rinse with salt water after eating, to prevent food staying caught in the sockets where teeth have been removed. It is also recommended that the food you eat is not too cold or too hot for the first few days after surgery. The following list will give you some ideas of soft foods to eat following surgery. We have also included some recipes that are tasty and easy to cook and eat.

Food suggestions

- Fruit smoothies
- Soups (not too hot)
- Mashed potato & gravy
- Scrambled eggs
- Rice pudding
- Ice cream
- Yoghurt
- Porridge
- Cottage Cheese
- Jelly
- Baked Beans
- Creamed corn
- Cold applesauce
- Pasta & risotto (see recipe ideas)
- Quiche
- Any pureed foods.

Recipe ideas

Macaroni cheese (serves 4 – 6)

Ingredients

2 cups dried macaroni
4 slices short-cut bacon, fat trimmed, chopped
2 teaspoons of cooking oil
1 onion, chopped
1 x 420g can condensed chicken or tomato soup
½ cup of low-fat milk
1 cup of grated cheese

Method

1. Pre-heat oven to 180 degrees C. Cook pasta in boiling water for 7 minutes or until al dente. Drain and return to pan.
2. Saute bacon and onion in cooking oil until onion is soft.
3. Mix all ingredients together in a bowl and pour into a greased casserole dish.
4. Bake for 45 minutes.
5. Top with extra cheese if desired.

Lasagne (serves 8)

Ingredients

500g minced beef
1 each of onion, capsicum, carrot & zucchini
1 tin (440g) chopped tomatoes
1 tin (440g) tomato soup
1 tablespoon of mixed herbs
Lasagne pasta sheets
500g cottage cheese
250g ricotta cheese
2 eggs
Grated parmesan cheese

1. **Meat sauce:** brown mince, add onion and capsicum.
2. Add grated carrot, zucchini, tomatoes, soup mix and herbs and cook until mince is tender.
3. **Topping:** Mix cottage cheese and ricotta cheese with beaten eggs and stir until smooth.
4. **To assemble:** Use an ovenproof dish big enough to allow 8 generous serves.

5. Spread some of the meat sauce over the base of the dish.
6. Layer lasagne sheets on top.
7. Add a layer of cheese topping.
8. Repeat until layers reach 1cm from top of the dish.
9. Sprinkle top with parmesan cheese.
10. Bake for 45 minutes in a moderate oven.

Tuna and Mushroom Pasta Sauce (Serves 4)

Ingredients

1 x 425g can tuna in springwater
1 onion, chopped
2 tablespoons of tomato paste
300 ml evaporated milk
1 1/2 cups mushrooms
Salt & pepper
1 tsp garlic
Oil

Method

1. Open tuna and drain
2. Heat oil in pan, add onion and cook until softened. Add garlic and tomato paste and cook for 1 minute.
3. Stir in milk and bring to boil. Add tuna, mushrooms, salt and pepper and cook for 5 minutes.
4. Pour over cooked pasta and sprinkle with parmesan cheese.

Creamy chicken fettucine (serves 4)

Ingredients

1 tablespoon olive oil
750g chicken thigh fillets, trimmed and halved
2 tsp crushed garlic
1 x 400g can of cream of chicken soup
300ml thickened cream or evaporated milk
375g fettucine

Method

1. Heat oil in a large frying pan.
2. Cook chicken in 2 batches for 3 – 4 minutes until browned. Transfer to a plate.
3. Saute garlic in same pan on medium heat for 1 minute.

4. Blend in soup and cream/milk in pan.
5. Return chicken to pan and cook over a low heat for 10 – 15 minutes until chicken is cooked through. Season to taste.
6. Cook fettucine in a large saucepan of boiling salted water according to packet instructions. Drain well.
7. Mix fettucine with chicken mixture and serve.

Mushroom risotto (serves 4)

Ingredients

1 tablespoon oil
25g butter
1 onion, chopped
200g sliced mushrooms
1 1/2 cups arborio rice
1/4 cup white wine (optional)
4 cups hot vegetable or chicken stock
1/3 cup parmesan cheese
1 tablespoon parsley flakes
Pepper

Method

1. Saute onion and mushrooms in oil and butter until soft and golden.
2. Stir in rice and cook for about 5 minutes until rice is transparent.
3. Stir in wine, if using, and allow to evaporate.
4. Stir in one ladle of stock, stir well, cover and simmer gently for several minutes.
5. Repeat this process until the rice is just cooked (about 30 minutes).
6. Remove from heat and stir in parmesan cheese and parsley, and pepper to taste.

No-fuss chicken risotto (serves 4)

Ingredients

1 heaped cup of arborio rice
4 tablespoons of butter
100g diced bacon
1/2 cup of chopped shallots or spring onions
1 tsp crushed garlic
1 small red capsicum
400g chicken thigh fillets
2 cups of hot chicken stock
1 x 400g tin of creamed corn
1/2 cup parmesan cheese

Cracked black pepper, to taste.

Method

1. Pre-heat oven to 200 degrees C.
2. Place butter, bacon, shallots, garlic, rice, chicken, capsicum, stock and pepper in a large casserole dish (6-cup plus) and stir to combine.
3. Cover and bake for 30 – 40 minutes.
4. Remove from oven and add creamed corn. Stir to combine.
5. Cover and cook in the oven for a further 20 minutes or until rice is tender.
6. Stir in parmesan cheese before serving.

Grandma's impossible quiche (6 – 8 serves)

Ingredients

$\frac{3}{4}$ cup plain flour
6 teaspoons butter
4 eggs
2 cups milk
 $\frac{1}{2}$ cup cheese, grated
1 onion, sliced
3 slices of bacon, diced
4 mushrooms, sliced
1 zucchini, grated
 $\frac{1}{2}$ cup corn kernels
 $\frac{1}{2}$ teaspoon basil

Method

1. Combine first 4 ingredients, then mix and add remaining ingredients.
2. Pour into a greased flan dish.
3. Bake for 1 hour at 180 degrees C.
4. Stand for 10 minutes before serving.

Banana bread and butter pudding (serves 4)

Ingredients

40g margarine
9 slices white or wholemeal bread
2 cups skim milk
3 eggs
2 tablespoons of honey
1 tsp of ground cinnamon
2 small bananas, thinly sliced
Ice-cream or custard to serve

Method

1. Preheat oven to 170 degrees C.
2. Spread margarine over both sides of the bread slices and cut off crusts. Cut each slice in half.
3. Whisk milk, eggs, honey and cinnamon together in a jug.
4. Layer bread over a greased 5-cup ovenproof dish. Top with banana slices.
5. Pour over milk mixture. Set aside for 10 minutes. Bake for 45 – 50 minutes or until puffed and golden. Serve with ice cream or custard.

Easy rice pudding (serves 4)

Ingredients

1/3 cup sugar
3 ½ cups milk
½ cup of water
1 cup of rice
1 tsp vanilla essence

Method

1. Place the sugar and milk in a heavy bottomed saucepan (no lid) and, on a medium heat, bring to the boil.
2. When just starting to boil, tip in the water and rice.
3. Bring back to the boil and simmer for 30 minutes, stirring occasionally or until thickened.
4. Turn off heat and mix in the vanilla essence. Pour into a dish and let cool.

We hope you enjoy these recipes and have a speedy recovery!