



Low-Phe Railroad Tracks

Equipment Needed:

- Knives
- Cutting Board
- Large tray (or a long piece of aluminum foil spread on a flat surface)

Ingredients:

- Carrots
- Celery
- Bell Pepper
- Zucchini
- Any other vegetables that can be cut into strips
- Low protein bread sticks, about 10 inches long

Directions:

1. Cut the vegetables into strips approximately 2 inches long.
2. On the tray or aluminum foil, arrange the vegetable strips like railroad ties so that they are parallel to one another but not touching.
3. Line up the bread stick "tracks" end to end, perpendicular to the vegetables.

Nutrition Information:

	<u>Phenylalanine</u>	<u>Protein</u>	<u>Energy</u>
Celery stick (10 gm)	2 mg	.1 gm	2 kcal
Carrot stick (10 gm)	3 mg	.1 gm	4 kcal
Bell pepper (10 gm)	3 mg	.1 gm	2 kcal
Zucchini (10 gm)	3 mg	.1 gm	2 kcal
Low protein bread stick	6 mg	.1 gm	50 kcal



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