



# FOODS TO “TAKE-ALONG”



Here are some low-phe food ideas to bring along to friend and family get-togethers that everyone will enjoy!

	Food	Page*
<b>APPETIZERS</b>	Assorted vegetables, pickles, black olives, with Miracle-Whip based dip	
<b>SALADS</b>	Golden Coins	297
	Waldorf Salad	148
	Fruit Salad	149
	Blushing Apple Cranberry Salad (This is especially festive!)	152
	Coleslaw	164
<b>MAIN DISHES</b>	Chinese Sweet-Sour Vegetables	260
	Garden Vegetable Chowder	138
	Mom’s PKU Casserole	304
	Glorified Stew	305
	Mushroom Soup and Rice	300
	Quick Green Bean Casserole	306
	Green Beans Supreme	195
	Green Beans Polynesian	196
	Mediterranean Vegetable Casserole	219
	Garden Fresh Casserole	250
<b>DESSERTS</b>	Fresh Fruit Plate (Always a welcome addition to any meal.)	
	Peppermint Crunch Dessert	482
	Pistachio Fluff (It’s called a salad, but it tastes like a dessert!)	155

\*Recipes found in Low Protein Cookery for PKU by Virginia E. Schuett, Third Edition, 1997.



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