



**H A R B O R**

Oral & Maxillofacial Surgery

# Harbor Oral & Maxillofacial Surgery Orthognathic (Jaw) Surgery Recipe Ideas

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## BLENDERIZED DIET

A blenderized diet will be recommended by your surgeon from Day 3 postoperatively until your first follow-up appointment. The following are some suggestions for smoothies, milkshakes, and soups, but any foods can be put into a blender and pureed. Use gravy, milk, broth or other liquids to loosen foods as necessary. Your surgeon will let you know when it is safe for you to move on for a purely blenderized diet.

### Smoothie Formula

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**Ingredients:**

1.5 cups Greens: spinach, kale  
1 cup Fresh or frozen fruit: apples, peaches, cherries, strawberries (after one week post-surgery due to seeds), blueberries, avocado, bananas (frozen bananas create creamy texture)  
Extra fiber (optional): dates, prunes, chia seeds (if one week post-surgery)  
Protein and extra calories (optional): Greek yogurt made with whole milk, protein powder, nut butters, and chia seeds (after one week post-surgery)  
Sweeteners (optional): bananas, agave, maple syrup



### Milk Shake Formula

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**Ingredients:**

3 scoops Softened ice cream or frozen yogurt  
¼ cup Milk  
Chocolate syrup, peanut butter and/or fruit



## Broccoli Cheddar Soup (4+ servings)

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### Ingredients:

1 tbsp	Melted butter
½	Medium chopped onion
¼ cup	Flour
2 cups	Half-and-half cream
2 cups	Chicken stock
½ lb	Fresh broccoli (about 1 cup)
1 cup	Carrot
¼ tsp	Grated nutmeg
8 oz	Grated sharp cheddar cheese
	Salt and pepper to taste

### Directions:

Sauté the onion in 1 tbsp melted butter and set aside. In a large pot, whisk together the melted butter and flour over medium heat for about 3-4 minutes. Slowly whisk in the half-and-half and chicken stock. Let it simmer for about 20 minutes. Add the broccoli, carrots, and onions. Let them simmer on medium low for about 25 minutes until the broccoli and carrots are tender. Puree in blender until smooth. Add nutmeg, salt and pepper, and sharp cheddar cheese.



## Loaded Baked Potato Soup

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### Ingredients:

4	Large baking potatoes (Idaho or russet)
12 slices	Thick-cut Applewood smoked bacon
½ cup	All-purpose flour
6 cups	2% low-fat milk, heated
5 oz	Sharp cheddar cheese, grated
4 oz	Sour cream
	Salt and pepper to taste

### Directions:

Preheat oven to 350 degrees. Place the potatoes on a roasting tray and bake for 45 minutes. When done, the tip of a paring knife should go through the potatoes easily. Slice the bacon into thin strips and cook in a large, heavy bottomed pot over medium heat until crisp. Remove the bacon from the pot with a slotted spoon and set aside, leaving the drippings in the pot. Add the flour to the drippings in the pot and stir to combine. Cook, without adding color, until the flour and fat have combined, about 1 minute. Pour in the milk while you whisk to incorporate. Cook over medium heat until bubbly and thickened, stirring frequently, about 15 minutes. Scoop out the potato pulp from the skins and add to the milk mixture. Carefully blenderize until smooth. Add 1 cup of the cheese, and season well with salt and pepper. Stir until cheese has melted and remove from heat. Ladle the soup into bowls, drizzle with sour cream and/or cheese. *\*Bacon should not be re-added as a topping due to crunchy texture.*



## Roasted Cauliflower Soup (6 servings)

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### **Ingredients:**

2 heads Cauliflower, broken into florets  
1 large Onion  
6 cups Water  
1 cup Olive oil  
Salt & pepper to taste



### **Directions:**

Place the cauliflower florets into a large bowl of lightly salted water; allow to stand for 20 minutes. Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet. Spray the olive oil cooking spray evenly on the cauliflower. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Broil the cauliflower until browned, 20-30 minutes. Meanwhile, heat olive oil in a large soup pot, and cook the onion until translucent, about 5 minutes; stir in the garlic and roasted cauliflower. Pour in the water, season with salt and pepper, and simmer until all the vegetables are tender, about 30 minutes. Blend the soup in the pot with an immersion hand blender until creamy and smooth.

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## Curried Squash Soup (3-4 servings)

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### **Ingredients:**

4 tbsp Unsalted butter  
2 cups Finely chopped yellow onions  
4-5 tspns Curry powder  
2 Butter squash (medium-size, about 3 lbs total)  
2 Apples – peeled, cored, and chopped  
3 cups Chicken stock  
1 cup Apple juice  
Salt and pepper to taste



### **Directions:**

Melt the butter in a large, heavy pot over low heat. Add the onions and curry powder and cook, covered, until the onions are tender, about 25 minutes. Meanwhile, peel the squash (a regular vegetable peeler works best). Cut in half horizontally, scrape out the seeds, and chop the flesh. When the onions are tender, pour in the stock, add the squash and chopped apples, and bring to a boil. Reduce the heat and simmer, partially covered, until the squash and apples are very tender, about 25 minutes. Pour the soup through a strainer, reserving the liquid, and transfer the solids to a food processor, or use a food mill with a medium disc. Add 1 cup of the cooking stock and process until smooth. Return the pureed soup to the pot and add the apple juice and about 2 cups more stock, until soup is of the desired consistency. Season with salt and pepper, simmer briefly to heat through.

## ORTHOGNATHIC (NO-CHEW) DIET

Once you have seen your surgeon postoperatively you may later then be cleared to begin an “Orthognathic Diet” or a “No-Chew Diet”. This will include any soft, small foods that you can safely eat **without chewing**.



### BREAKFAST

#### Egg Scrambles

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Add-ins: Avocado, cheese, mashed up/soft vegetables, salsa, buffalo sauce, ketchup



#### Oatmeal, Cream of Wheat, Cottage Cheese or Yogurt Mix-ins

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Add-ins: Pureed fruits, nut butter, hazelnut spread, apple butter



## Crustless Quiche

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### Ingredients:

6 Eggs  
1 cup Milk  
1 cup Grated cheese (cheddar, swiss or mozzarella)  
2 tbsp Parmesan cheese (optional)  
1 cup Optional ingredient (soft ground meats, soft vegetables)  
Salt & pepper to taste



### Directions:

Preheat your oven to 350 degrees. Whisk together all the ingredients. Pour the egg mixture into a pie dish and bake uncovered for about 45 minutes or until the center is set.

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## Banana Oatmeal Protein Pancakes (3-4 pancakes)

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### Ingredients:

½ cup Old-fashioned rolled oats  
½ Medium banana  
½ tsp Vanilla extract  
1 tsp Baking powder  
½ tsp Cinnamon  
1 Egg  
½ cup Low fat cottage cheese

Optional add/ins/toppings: fresh berries, chocolate chips, peanut butter



### Directions:

Place all ingredients in a blender and blend until completely smooth, about 30 seconds. Lightly coat a large, nonstick skillet or griddle with nonstick cooking spray and heat over medium low heat. Drop batter by ½ cup onto skillet. Add desired toppings. Cook until bubbles appear on top. Flip cakes and cook until golden brown or underside. Wipe skillet clean and repeat with more cooking spray and remaining batter. (Be sure to cut into very small pieces and use syrup and/or pureed fruit to make them easy to eat without chewing).

# LUNCH & DINNER

## Buffalo Chicken Dip

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### Ingredients:

- 2 packages Cream cheese, softened (8 oz each)
- 2 cups Shredded rotisserie chicken
- 1 cup Buffalo or hot sauce (more or less to taste)
- 1 cup Blue cheese or ranch dressing
- 1 cup Shredded mozzarella cheese (4 oz)
- ½ cup Crumbled blue cheese (2 oz)

### Directions:

In slow cooker, add cream cheese and 1 cup of the chicken. Top with ½ cup of the hot sauce and ½ cup of the dressing. Top with remaining 1 cup chicken, ½ cup hot sauce and ½ cup dressing. Sprinkle mozzarella cheese and blue cheese over top. Cover and cook on low heat setting for approximately 2 hours or until warmed through and cheese is melted.

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## Homemade Hummus (8+ servings)

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### Ingredients:

- 2 cups Drained, well-cooked, or canned chickpeas liquid reserved
- ½ cup Tahini (sesame paste), optional, with some of its oil
- ¼ cup Extra virgin olive oil, plus oil for drizzling
- 2 cloves Garlic
- 1 tbsp Ground cumin or paprika, or to taste, plus a sprinkling for garnish
- Juice of 1 lemon, plus more as needed
- Salt and pepper to taste

### Directions:

Place all ingredients into a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree. Taste and adjust the seasoning (I often like to add much more lemon juice). Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika. Try adding in other flavors and/or spices (Ex. Hot sauce, ranch seasoning, avocado, roasted red peppers, etc.)

## Mexican Fiesta (10 servings)

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### Ingredients:

1 lb	Ground beef
2/3 cup	Water
1 envelope	Taco seasoning
2	Avocados, medium ripe, peeled and pitted
2 tbsp	Red onion, finely chopped
3 cloves	Garlic, minced
2 cups	Shredded cheddar cheese (8 oz)
1 cup	Salsa
2 cups	Sour cream (16 oz)



### Directions:

In a small skillet, cook beef over medium heat until no longer pink, breaking into very small pieces; drain. Stir in water and taco seasoning. Bring to a boil; cook and stir for 2 minutes. Cool slightly.

In a small bowl, mash avocados. Layer with beef, avocado mixture, cheese, salsa, and sour cream.

## Easy Polenta Lasagna (4-6 servings)

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### Ingredients:

1 (16 oz) tube	Polenta, cut crosswise into 12 slices
1 (10 oz) package	Frozen chopped spinach (thawed, drained, and squeezed dry) (May substitute any other very soft vegetable)
1 cup	Very soft, shredded or ground meat (turkey, beef, chicken, etc.)
1	Egg, large
1 cup	Marinara sauce
½ cup	Parmesan cheese, finely shredded (2 oz)
½ cup	Mozzarella cheese, shredded
1 ¼ cup	Ricotta cheese



### Directions:

Preheat oven to 400. Arrange polenta slices in an 11x7-inch baking dish coated with cooking spray. Combine ricotta cheese, spinach, meat (if desired) and egg in a medium bowl. Season mixture with salt and pepper to taste. Spread over polenta; spoon marinara sauce evenly over ricotta cheese mixture. Cover with foil; bake at 400 for 30 minutes. Uncover; sprinkle with parmesan cheese. Bake an additional 5 minutes or until cheese melts.

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## Sloppy Joe's

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### Ingredients:

1 lb	Ground beef
1	Small onion, very finely chopped
1 (8 oz) can	Tomato sauce
½ cup	Ketchup
1 tbsp	Brown sugar
1 tsp	Ground mustard
1 tbsp	White vinegar
1 tbsp	Worcestershire sauce
¼ tsp	Salt
1/8 tsp	Pepper



### Directions:

In a large saucepan or Dutch oven, over medium-high heat, combine beef and onion. Cook until the meat is mostly browned and broken into very small pieces, about 5 minutes. Drain well. Meanwhile, in a small bowl, whisk together tomato sauce, ketchup, brown sugar, mustard, vinegar, Worcestershire, salt, and pepper. Pour sauce ingredients over drained beef and stir until evenly coated. Cover and simmer 20 minutes, stirring occasionally.

## Pastina with Egg & Cheese

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### Ingredients:

¼ cup	Pastina
¼ tsp	Salt
1	Egg, lightly beaten
1 tsp	Butter
1 tbsp	Freshly grated Parmesan cheese
	Fresh ground pepper

### Directions:

Bring 1 cup of water to boil in small saucepan. Add pastina and salt, and cook until most of the water is absorbed, approximately 3-4 minutes. Turn off heat and stir in egg, letting it cook in the hot pasta. Add butter, cheese, and pepper.



## Southern Chicken-Cornbread Casserole (8 servings)

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### **Ingredients:**

#### *Casserole*

3 cups	Cubed (1 inch) cooked chicken breast
1 tsp	Poultry seasoning
¼ tsp	Garlic powder
1 ½ cup	Sour cream
1 cup	Milk
2 cups	Shredded cheddar cheese (8 oz)
	Salt and pepper to taste

#### *Cornbread Topping*

1 pouch	Cornbread mix (6.5 oz)
1 can	Cream style sweet corn (14.75 oz)
1	Egg
2 tbsp	Butter, melted

### **Directions:**

Heat oven to 400. Spray 13x9-inch glass baking dish with cooking spray. In large bowl, mix chicken, poultry seasoning, garlic powder, sour cream, and milk. Season well with salt and pepper. Fold in cheese and green onions. Spoon mixture evenly into dish.

Make cornbread mix as directed on pouch, substituting cream style corn for the milk, and adding the egg and melted butter. Spread evenly over chicken mixture. Bake about 30 minutes until cooked through but not until crunchy/hard on top.

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## Potato Mashes

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Thanksgiving Style: cranberry sauce, gravy, shredded turkey, stuffing

Shepherd's Pie Style: ground beef, mashed vegetables, gravy

Sweet Potato: cinnamon, brown sugar

## Crustless Pumpkin Pie



### Ingredients:

#### *Brown Sugar Topping*

¼ cup Packed brown sugar  
¼ cup Quick-cooking oats  
1 tbsp Margarine, softened

#### *Pumpkin Pie*

1 can (16 oz) Pumpkin Puree  
1 can (12 oz) Evaporated skimmed milk  
3 Egg whites or ½ cup fat-free cholesterol-free egg product  
½ cup Granulated sugar  
½ cup All-purpose flour  
1 ½ tsp Pumpkin pie spice  
¾ tsp Baking powder  
1/8 tsp Grated orange peel

### Directions:

Heat oven to 350. Spray pie plate, 10x1½ inches, with nonstick cooking spray. In small bowl, mix all brown sugar topping ingredients; set aside. Place all pumpkin pie ingredients in blender or food processor in order listed. Cover and blend until smooth. Pour into pie plate. Sprinkle with topping. Bake 50-55 minutes or until knife inserted in center comes out clean. Cool 15 minutes. Refrigerate about 4 hours or until chilled.

## Chocolate Lava Cake



### Ingredients:

1 stick Butter  
2 oz Bittersweet Chocolate  
2 oz Semisweet Chocolate  
1 ¼ cup Powdered sugar  
2 Whole eggs  
3 Egg yolks  
1 tsp Vanilla  
½ cup All-purpose flour

Baking spray, for spraying custard cups  
Vanilla ice cream, for serving

### Directions:

Preheat oven to 425. Spray 4 custard cups with baking spray and place on a baking sheet. Microwave butter, bittersweet chocolate, and semisweet chocolate in a large bowl, on high, until butter is melted, approximately 1 minute. Whisk until the chocolate is also melted. Stir in the sugar until well blended. Whisk in the eggs and egg yolks, then add the vanilla. Stir in the flour. Divide the mixture among the custard cups. Bake until the sides are firm and the centers are soft, about 13 minutes. Let stand 1 minute. Invert on individual plates while warm and serve with vanilla ice cream.

