



## Creating a Great Salad!

**Color** The more reds, oranges, greens, yellows, and blues in the salad, the more health-promoting properties you are receiving from fruit and vegetable sources. Use spinach, romaine lettuce, and/or cabbage for your greens. The darker the greens, generally, the more vitamins and phytochemicals they contain. Cabbage is also low in protein/phe.

**Preparation** An important tip to enhance the taste is to ensure the greens and veggies are dry. Dressing slides off damp greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing throughout your salad if salad greens are washed and thoroughly dried. The easiest way to dry greens is in a salad spinner. Pack lightly to avoid overcrowding and bruising the greens. After spinning, pat off any remaining moisture with clean paper towels. If you don't have a spinner, dry greens thoroughly with clean paper towels.

**Dressing** The salad dressing can make or break the taste and nutrition of a salad. Kick the flavor up a notch with high-flavor, lower calorie, and lower protein ingredients like dill pickle relish, fresh herbs and spices, spicy mustard, flavored vinegars (such as balsamic vinegar), green onions, or a few chopped green olives.



# Camino pro™

Modular Medical Formula Systems  
**PKU** • **MSUD** • **SPECIAL METABOLICS**

Discover the refreshing taste of the innovative **Camino pro™** modular medical formula system.

Cambrooke Foods® offers a wide range of options specially designed to promote optimal nutrition.

**Drinks**

**15g**  
protein



**Sorbet Stix**

**10g**  
protein



**Sauces**

**5g**  
protein



## Metabolic Nutrition

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**Pocket Guide to Sauces**



# CREATIVE IDEAS

Camino pro™ Sauces—use them straight up or try one of our inspired recipes!

Have some fun inventing your own recipes! Share your ideas with others by emailing [mykitchen@cambrookefoods.com](mailto:mykitchen@cambrookefoods.com)

## Herb Dressing

- 2 Camino pro™ Thousand Island
- ½ T garlic
- 1/3 cup pomegranate or blush balsamic vinegar
- 1 T chopped cilantro
- ½ T sugar
- 1 tsp cumin
- ½ T canola oil
- Pepper to taste

Mix/whisk all together well.



## Homemade Salsa

- 2 Camino pro™ Enchilada
- 1 whole tomato, chopped (1¼ cups)
- ¼ chopped onion
- 1 T cilantro, chopped
- 1 tsp garlic, crushed or chopped

Mix all together in bowl. Chill before serving. Serve with low-pro tortilla chips or pretzels, raw veggies; use in low-pro taco or burrito.

## Flavored Vinaigrette

- 2 Camino pro™ Balsamic Vinaigrette
  - 1 T canola oil (use walnut oil for omega-6)
  - 3-4 T pomegranate or blush balsamic vinegar
  - ½ tsp dry mustard
  - 2-3 T sugar (or low-cal sweetener)
- Mix/whisk all together well.

## Garlicky Balsamic Veggie Dip

- 2 Camino pro™ Balsamic Vinaigrette
- ½ cup fat free Miracle Whip®
- 1 tsp crushed or chopped garlic

Whip all together with wire whisk. Chill before serving.

## Mexicali Dressing

- 2 Camino pro™ Enchilada
- 1 tsp chili powder
- 1 tsp garlic
- 1 tsp cumin
- 1-2 T red wine vinegar

Mix/whisk all together well.



## Ketchup with a Kick

- 1 Camino pro™ Enchilada
- 1-2 T ketchup

Whisk together well. Spread on your Camburger or dip your Tweekz™ or french fries in it.

## Grilled Veggie Dip

- 1 Camino pro™ Balsamic Vinaigrette
  - 1-2 T ketchup
- Whisk well together. Pour over grilled vegetables that are either warm or chilled. (Do not add Camino pro™ to veggies before grilling.)



## Scallion Dressing

- 2 Camino pro™ Balsamic Vinaigrette
- 1 scallion chopped
- 1 T canola oil
- 1 T white wine vinegar
- 1 T honey
- ¼ tsp cumin
- Salt and pepper to taste

Mix/whisk all together well.

## Super Barbeque Sauce

- 1 Camino pro™ Thousand Island
  - 2 T Miracle Whip®
  - 1 T ketchup
  - 1 T pickle relish
- Put all ingredients in a bowl and mix well. Chill before serving.

Miracle Whip® is a registered trademark of Kraft Foods, Inc.

## Spicy Veggie Dip

- 2 Camino pro™ Enchilada
  - ½ cup fat free or Miracle Whip®
- Whip together with wire whisk. Chill before serving.



## Camino Pro™ Sauces <sup>5g</sup> protein

Cambrooke Foods has created Camino pro™ Sauces and salad dressings to put the protein back into the PKU and MSUD diets where it belongs.

Each 1 oz sauce-cup contains 5 grams of the “good” protein that you receive from your formula and provides an alternative way to take your formula: mixing it in food rather than drinking it.

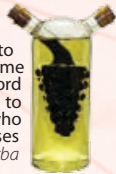
### Unique benefits

- Great flavor with no aftertaste
- 5 grams of protein equivalent per 1-ounce serving
- Allows you to incorporate amino acids into foods/meals
- Good source heart-healthy Omega-3 fats (Balsamic Vinaigrette and Thousand Island only)
- Complete with vitamins, minerals, and trace elements
- Low in fat (Enchilada only)
- Saturated fat and trans-fat free
- No mixing or measuring
- Attractive “non-medical” packaging
- Many tasty and savory choices to prevent taste fatigue
- Quick and easy – perfect for busy schedules



### Did you know?

The use of oil and vinegar to dress greens and vegetables dates to Babylonian times, some 2,000 years ago. The word salad can be traced to the ancient Romans who sprinkled salt on grasses and herbs, calling it *herba salata*.



Salad dressings were made from scratch in home kitchens until the turn of the nineteenth century when restaurant owners began packaging and selling their own dressings. By the end of the 20th century, over 60 million gallons of salad dressings were sold in the U.S. The most popular flavor was ranch dressing.

Oil is the primary ingredient in bottled salad dressing. In the U.S., soybean is the most commonly used oil as well as olive, peanut, and sunflower oils. Stabilizers and thickeners are also added to prevent the breakdown of the blend during the various processing steps. Other food ingredients can be added depending on the type of dressing that is being made.