

# Kidney Cooking

## Thanksgiving Edition

A collection of kidney-friendly recipes for a  
Traditional and Non-Traditional Thanksgiving Feast



# Introduction

At DCI we understand that people with kidney disease have many dietary guidelines to follow to stay as healthy as possible. We have gathered recipes that highlight the diversity of options that are both “kidney-friendly” and that taste good.

Each recipe was selected based on meeting the National Kidney Foundations parameters for renal cookbooks. Entrées will contain less than 250 mg of phosphorus, less than 500 mg of sodium, and less than 450 mg of potassium per serving. Desserts and sides will contain less than 125 mg of phosphorus, less than 250 mg of sodium, and less than 200 mg of potassium per serving.

Recipes were analyzed using the USDA Nutrient Database (<http://ndb.nal.usda.gov/>)

Every person has unique dietary needs and should check with their physician and dietitian before following any specific dietary plan.

We wish everyone a Thanksgiving full of good health and warm memories.

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Standard Abbreviations		
c. - cup	pt. - pint	tsp. - teaspoon
T. - tablespoon	opt. - optional	lb. - pound
doz. - dozen	env. - envelope	ctn. - carton or container
pkg. - package	oz. - ounce	gal. - gallon
qt. - quart	reg. - regular	lg. - large
med. - medium	sm. - small	

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# A Traditional Renal Friendly Thanksgiving Feast

## Entree:

Herb and Citrus Butter Roasted Turkey

## Sides:

Sweet and Savory Maple Sausage Stuffing

Sweet Maple Sausage (Low Salt)

Rosemary-Port Cranberry Sauce

Vegetables & Rice

Green Bean Casserole with Fried Shallots

## Dessert:

Apple Tart

# Herb & Citrus Butter Roasted Turkey

Prep Time: 0:30  
Total Time: 4:00  
Yield: 12 servings

## Ingredients:

1 lemon  
½ c. butter  
½ shallot  
8 large sage leaves  
2 T. fresh thyme leaves  
1 T. rosemary leaves  
1 clove garlic  
1 fresh whole turkey  
Kitchen string  
1 c. dry white wine  
1 c. low-sodium turkey  
or chicken broth  
¼ c. all-purpose flour

## Directions:

1. Zest and juice lemon to equal 3 tablespoons into the bowl of a food processor; add butter and next 5 ingredients. Process until very smooth and herbs are minced. Reserve and chill 1/4 cup herb butter.
2. Heat oven to 425 degrees F. Remove giblets and neck from turkey and discard. Drain cavity well; pat dry with paper towels. Loosen and lift skin from turkey breast without totally detaching skin. Rub 3 tablespoons herb butter under skin; replace skin and secure with wooden picks if desired. Sprinkle cavity and outside of turkey with desired amount of salt and freshly ground pepper.
3. Place turkey, breast side up, on a lightly greased roasting rack in pan. Tie ends of legs together with kitchen string; tuck wingtips under. Rub entire turkey with remaining herb butter. Pour wine and chicken broth into roasting pan.

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# Herb & Citrus Butter Roasted Turkey

Prep Time: 0:30  
Total Time: 4:00  
Yield: 12 servings

## *Continued from previous page.*

4. Bake on lowest oven rack at 425 degrees F for 30 minutes. Reduce temperature to 325 degrees F and cook 2 to 2 hours 30 minutes or until a meat thermometer inserted into thickest portion of thigh registers 165 degrees F, basting every 30 minutes with pan juices. Shield with aluminum foil to prevent excessive browning, if necessary. Remove from oven, and let stand 20 minutes.
5. Transfer turkey to a serving platter. Pour drippings through a fine wire-mesh strainer into a bowl, discarding solids. Reserve 2 1/2 cups pan drippings.
6. Melt reserved chilled butter in a saucepan over medium heat; whisk in flour, and cook, whisking constantly, 1 to 2 minutes. Gradually add reserved 2 1/2 cups drippings to saucepan, and bring to a boil, whisking constantly. Reduce heat, and simmer, stirring occasionally, 5 minutes or until thickened. Serve turkey with gravy.

## Nutritional content per serving:

Sodium: 102 mg  
Potassium: 503 mg  
Phosphorus: 322 mg

## Sources:

Country Living | Marian Cooper Cairns and Mary Allen Perry  
Revised by Pat Handley, RD, LDN

# Sweet & Savory Maple Sausage Stuffing

Yield: 10 servings

## Ingredients:

4 oz. low salt maple sausage recipe (see page 6)  
2 c. whole wheat bread, cubed  
4 c. white bread, cubed  
4 oz. ground turkey  
1 c. onion, finely chopped  
3/4 c. celery, chopped  
2 1/2 tsp. dried, ground sage  
1 1/2 tsp. dried rosemary  
1/2 tsp. dried thyme  
1/3 c. fresh parsley, minced  
1 c. low sodium chicken broth  
1/4 c. unsalted butter  
1/2 apple, chopped

## Nutritional content per serving:

Sodium: 254 mg  
Potassium: 171 mg  
Phosphorus: 75 mg

## Sources:

Northwest Kidney Centers  
<https://www.nwkidney.org/recipe/sweet-and-savory-maple-sausage-stuffing/>

# Sweet Maple Sausage (low salt)

Yield: 12 servings

## Ingredients:

1 lb. ground pork or beef  
1/2 lb. ground turkey  
1/2 tsp. black pepper  
3/4 tsp. dried sage (or 2 T. fresh) sauteed  
1/4 tsp. mace or nutmeg  
1/4 tsp. ground all spice  
2 tsp. maple sugar or maple syrup  
1 tsp. water

## Directions:

1. Mix all ingredients in a large bowl.
2. Refrigerate for at least 4 hours, or overnight.
3. Form into patties and cook in skillet over medium-high heat until well browned, or about 10 minutes.

## Nutritional content per serving:

Sodium: 43 mg  
Potassium: 183 mg  
Phosphorus: 129 mg

## Sources:

Northwest Kidney Centers  
<https://www.nwkidney.org/recipe/low-salt-sweet-maple-sausage/>

# Rosemary-Port Cranberry Sauce

Prep Time: 0:3  
Total Time: 9:00  
Yield: 12 servings

## Ingredients:

1c. sugar  
1 c. Port wine  
2 sprig fresh rosemary  
2 fresh ginger slices  
5 c. fresh or frozen  
cranberries  
1/3 c. orange liqueur  
(such as Grand Marnier)

## Directions:

1. Bring first 5 ingredients to a boil in a large saucepan over medium-high heat, stirring until sugar is dissolved. Reduce heat to medium-low; simmer, stirring occasionally, 20 minutes or until berries split and mixture thickens.
2. Remove from heat; cool 30 minutes. Remove and discard rosemary and ginger; stir in orange liqueur. Process mixture in a blender until smooth. Pour into a lightly greased 3- to 3 1/2-cup mold; cover and chill 8 hours or up to 2 days until set.

## Nutritional content per serving:

Sodium: 16 mg  
Potassium: 69 mg  
Phosphorus: 8 mg

## Sources:

Country Living | Marian Cooper Cairns and Mary Allen Perry  
Revised by Marianne Meyer, RD, LD

# Vegetables & Rice

Yield: 6 servings

## Ingredients:

2 ½ c. rice, cooked,  
salt-free  
1 (10-oz.) package  
frozen green peas,  
cooked and drained  
1 medium onion,  
chopped  
1/4 c. margarine,  
unsalted  
1 T. lemon juice  
1/2 tsp. thyme

## Directions:

1. Sauté chopped onion in margarine until tender.
2. Add rice, green peas, lemon juice, thyme and liquid smoke.
3. Cook for 5 minutes.

## Notes:

Other vegetables may be used: broccoli, green beans, corn, and celery.

Other seasonings may be used: Italian seasoning, poultry seasoning, black pepper, red pepper, garlic powder, sage.

## Nutritional content per serving:

Sodium: 32 mg  
Potassium: 99 mg  
Phosphorus: 67 mg

## Sources:

NKF - Third Edition Kidney Cooking - A Family Recipe Book for Kidney Patients  
Recipes compiled and tested by the Georgia Council on Renal Nutrition, National Kidney Foundation, Georgia Division, Atlanta, Georgia

# Green Bean Casserole with Fried Shallots

Prep Time: 0:45  
Total Time: 1:10  
Yield: 10 servings

## Ingredients:

5 c. Fresh Green Beans  
1/2 package sliced mushrooms  
1/2 Sweet onion  
1/4 c. butter  
3 T. all-purpose flour  
3 clove garlic  
1/2 c. dry white wine  
1 c. half-and-half  
1/4 c. grated Parmesan cheese  
2 T. grated Parmesan cheese  
1 tsp. Worcestershire sauce  
1/4 tsp. Kosher salt  
1/2 tsp. Freshly ground pepper  
3 T. panko breadcrumbs

## Fried Shallots

1/2 c. shallots, chopped  
1/3 c. all-purpose flour  
vegetable oil

## Sources:

Country Living | Marian Cooper Cairns and Mary Allen Perry  
Revised by Marianne Meyer, RD, LD

## Directions:

1. Heat oven to 350 degrees F. Cook green beans in boiling salted water to cover in a Dutch oven 4 to 5 minutes or to desired degree of doneness; drain. Plunge into ice water to stop the cooking process; drain and pat dry.
2. Sauté mushrooms and onion in melted butter in Dutch oven over medium heat 10 minutes or until golden; whisk in flour and garlic and cook, whisking constantly, 1 minute. Gradually whisk in wine and cook, whisking constantly, 1 minute. Whisk in half-and-half and cook, whisking constantly, 3 to 4 minutes or until sauce is thickened and bubbly. Remove from heat, and whisk in 1/3 cup cheese and next 3 ingredients.
3. Fold green beans into sauce. Place in a lightly greased 2 1/2-quart baking dish. Sprinkle remaining Parmesan and panko over green bean mixture. Top with Fried Shallots.
4. Bake at 350 degrees F for 25 to 30 minutes or until golden and bubbly. Serve immediately.
5. For the Fried Shallots: Separate 4 large sliced shallots into rings. Toss in all-purpose flour. Pour vegetable oil to depth of 1 inch in a medium saucepan; heat to 350 degrees F. Fry shallots, in batches, 3 to 4 minutes or until crispy and just golden. Drain on paper towels; season with salt and pepper to taste.

## Nutritional content per serving:

Sodium: 145 mg  
Potassium: 269 mg  
Phosphorus: 103 mg

# Apple Tart

Yield: 6 servings

## Ingredients:

Dough  
1 c. all-purpose Flour  
1/3 c. butter  
5 to 8 T. of ice water  
  
Filling  
3 Apples, peeled, cored and sliced  
1/4 c. sugar  
2 T. cornstarch  
1/4 tsp. cinnamon  
Pinch of pumpkin pie spice  
1/4 c. apple jelly

## Directions:

1. Cut the butter into the flour until it becomes small pieces, the size of walnuts. Make a well in the center of the flour mixture and add 5 tablespoons of ice water. Fold the flour mixture over the ice water until the dough sticks together, if the dough is still dry, add more ice water. Wrap dough in plastic wrap and let rest in the refrigerator for 1/2 hour. Roll out dough on a floured surface and place in a tart pan.
2. Mix sugar, cornstarch, cinnamon and pumpkin pie spice together, sprinkle over sliced apples. Layer apples in the tart pan. Bake at 400 F. for 30 to 40 minutes, or until the crust is browned and the apples are soft.
3. After the tart is cooled, melt the apple jelly over a double boiler. Brush the top of the tart with the melted jelly.

## Nutritional content per serving:

Sodium: 16 mg  
Potassium: 69 mg  
Phosphorus: 8 mg

## Sources:

National Kidney Foundation - "Thanksgiving Meal from the Kidney Kitchen"  
This recipe was submitted by CKD patient Chef Duane Sunwold.



# A Non-Traditional Renal Friendly Thanksgiving Feast

## Entree:

Orange-Dijon Pork Loin

## Sides:

Garlic Green Beans

Winter Harvest Casserole

Corn Pudding

Butter Muffins

## Dessert:

Pineapple Dream Dessert

# Orange-Dijon Pork Loin

Prep Time: 0:13  
Total Time: 1:30  
Yield: 12 servings

## Ingredients:

2 tsp. dried thyme  
1 tsp. salt  
1 tsp. rubbed sage  
1/4 tsp. ground allspice  
1/4 tsp. pepper  
1 (4- to 5-lb.) rolled  
boneless pork loin roast

Orange Dijon Sauce  
2 (12-oz.) jars orange  
marmalade  
1/4 c. Dijon mustard  
1/4 c. Worcestershire  
sauce  
1 tsp. ground ginger  
4 large garlic cloves,  
minced

## Directions:

1. Combine first 5 ingredients; rub evenly over roast. Place roast in a lightly greased 13- x 9-inch pan. Bake at 325° for 1 hour.
2. Bring the remaining ingredients to a boil in a small saucepan over medium heat. Set aside. Makes 2 cups.
3. Cover and bake the roast for 30 more minutes or until a meat thermometer inserted into thickest portion registers 160°. Top with Orange-Dijon Sauce.

## Nutritional content per serving:

Sodium: 401 mg  
Potassium: 434 mg  
Phosphorus: 235 mg

## Sources:

MyRecipes November 2000 | RECIPE BY SOUTHERN LIVING  
Revised by Pat Handley, RD, LDN

# Garlic Green Beans

Yield: 8 servings

## Ingredients:

2 lbs. fresh green beans,  
trimmed  
1 c. boiling water  
1/2 tsp. salt  
1/4 c. butter or  
margarine  
4 garlic cloves, pressed  
1/4 tsp. lemon pepper  
1/4 c. chopped fresh  
parsley

## Directions:

1. Place first 3 ingredients in a Dutch oven; cover and cook over medium heat 30 minutes. Drain.
2. Melt butter in Dutch oven; add garlic and lemon pepper, and sauté mixture over medium heat 1 to 2 minutes. Add green beans, and sauté 5 minutes. Sprinkle with parsley.

## Nutritional content per serving:

Sodium: 205 mg  
Potassium: 134 mg  
Phosphorus: 26 mg

## Sources:

MyRecipes November 2000 | RECIPE BY SOUTHERN LIVING  
Revised by Lois Hill, MS, RD, CSR

# Winter Harvest Casserole

Yield: 12 servings

## Ingredients:

3T. olive oil  
1 lb. parsnips, potatoes, carrots, or turnips  
1 T. fresh or 1 tsp. dried thyme  
1 tsp. sugar  
1 c. Half and Half, milk, or yogurt (thinned)  
1 lb. tomatoes, thinly sliced  
1 T. fresh or 1 tsp. dried oregano  
1 1/2 c. grated cheddar or mozzarella

## Directions:

1. Heat oven to 350 degrees.
2. Slice parsnips into 1/4 inch slices.
3. If slices are really large, cut in half.
4. Cook in skillet with oil, thyme, and sugar for about 5-7 minutes, until golden brown and softened.
5. Grease a small casserole or baking pan.
6. Spread half the parsnips over the bottom of the dish. Put half the tomatoes in the next layer.
7. Sprinkle with cheese.
8. Add another layer of parsnips and tomatoes, then the rest of the cheese.
9. Mix oregano with milk or thinned yogurt and pour over dish.
10. Cover with lid or foil and bake about 40 minutes until tender.
11. Remove lid and brown a few more minutes.

## Nutritional content per serving:

Sodium: 19 mg  
Potassium: 328 mg  
Phosphorus: 155 mg

## Sources:

Northwest Kidney Centers  
<https://www.nwkidney.org/recipe/winter-harvest-casserole/>

# Corn Pudding

Yield: 6 servings

## Ingredients:

2 c. kernel corn, canned or fresh cut  
3 slightly beaten eggs or 3/4 c. egg substitute  
1/2 c. 1% milk  
1/2 c. water  
1/3 c. onion, finely chopped  
1 T. butter, melted  
1 tsp. granulated sugar  
1 tsp. white or black pepper

## Directions:

1. Preheat oven to 350°F.
2. Combine all ingredients.
3. Pour into a greased 1 1/2-quart casserole dish.
4. Place in a shallow pan filled with 1 inch of hot water.
5. Bake 40-45 minutes, or until knife inserted in center comes out clean.
6. Let stand for 10 minutes at room temperature before serving.

## Nutritional content per serving:

Sodium: 61 mg  
Potassium: 234 mg  
Phosphorus: 122 mg

## Sources:

NKF - Third Edition Kidney Cooking - A Family Recipe Book for Kidney Patients  
Recipes compiled and tested by the Georgia Council on Renal Nutrition, National Kidney Foundation, Georgia Division, Atlanta, Georgia

# Butter Muffins

Yield: 2 dozen

## Ingredients:

2 c. self-rising flour  
1 (8-oz.) container sour cream  
1 c. unsalted butter or margarine, melted

## Directions:

1. Stir together all ingredients just until blended. Spoon batter into lightly greased miniature muffin pans, filling to the top.
2. Bake at 350° for 25 minutes or until lightly browned.

## Nutritional content per serving:

Sodium: 104 mg  
Potassium: 23 mg  
Phosphorus: 60 mg

## Sources:

MyRecipes November 2000 | RECIPE BY SOUTHERN LIVING  
Revised by Fanny Whelan, MS, RD, LDN

# Pineapple Dream Dessert

Prep Time: 0:15

Total Time: 0:10

Yield: 12 servings

## Ingredients:

Crust:  
2 1/2 c. graham crumbs (2 sleeves)  
1/2 c. unsalted butter  
Layers:  
2 c.s of powdered sugar, sifted  
1/2 c. unsalted butter, softened  
4 oz cream cheese, softened  
8 oz container Cool Whip  
20 oz can crushed pineapple, drained well

## Directions:

1. Preheat oven to 300 F.
2. Melt butter in the microwave and allow to cool. Combine the crumbs and butter and toss together until incorporated. Press 2 cups of the crumb mixture firmly into an 9x9 square pan and bake for 8-10 minutes. Place on wire rack to cool.
3. Beat the cream cheese and butter together until creamy. Turn the mixer down to low and add the powdered sugar one cup at a time until incorporated. Turn up and beat well for a minute or so. Add a heaping tablespoon of the drained pineapple and stir in with a rubber spatula. Spread the cream cheese and pineapple mixture over the crust.
4. Fold the remaining pineapple into the Cool Whip and spread on top of the cream cheese mixture. Sprinkle the remaining graham cracker crumb mixture on top. Refrigerate for at least 4 hours, preferably overnight.

## Nutritional content per serving:

Sodium: 168 mg  
Potassium: 116 mg  
Phosphorus: 48 mg

## Sources:

Amanda Formaro | <https://amandascookin.com/pineapple-dream-dessert/>  
Revised by Kathy Conyer, RD, LD



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