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

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<th>Equivalent</th>
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<tbody>
<tr>
<td>c. - cup</td>
<td>pt. - pint</td>
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<td>T. - tablespoon</td>
<td>opt. - optional</td>
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<td>doz. - dozen</td>
<td>env. - envelope</td>
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<td>pkg. - package</td>
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<td>qt. - quart</td>
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<td>med. - medium</td>
<td>sm. - small</td>
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<td>lb. - pound</td>
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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.

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

Directions:
1. Prepare maple sausage recipe (see page 6).
2. Preheat oven to 350 degrees.
3. Bake bread cubes on a baking sheet for 15 minutes or until dry and toasted.
4. Set aside in a large casserole dish (9×11).
5. Heat a large skillet on medium heat.
6. Add sausage, ground turkey, and onion.
7. Cook 10 minutes or until evenly browned.
8. Stir in celery, sage, rosemary, and thyme.
9. Cook for another 2 minutes.
10. Add sausage mixture to baking dish along with apple and parsley.
11. Stir to combine.
12. Pour chicken broth and melted butter over mixture and stir to coat evenly.
13. Cover baking dish with foil and bake for 45 minutes.

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

Nutritional content per serving:
- Sodium: 254 mg
- Potassium: 171 mg
- Phosphorus: 75 mg

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.

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

Nutritional content per serving:
- Sodium: 43 mg
- Potassium: 183 mg
- Phosphorus: 129 mg
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.

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

Nutritional content per serving:
Sodium: 32 mg
Potassium: 99 mg
Phosphorus: 67 mg

Rosemary-Port Cranberry Sauce
Prep Time: 0:3
Total Time: 9:00
Yield: 12 servings

Ingredients:
1 c. 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.

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.

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

Nutritional content per serving:
Sodium: 16 mg
Potassium: 69 mg
Phosphorus: 8 mg
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

**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

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

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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
  - ¼ c. sugar
  - 2 T. cornstarch
  - ¼ tsp. cinnamon
  - Pinch of pumpkin pie spice
  - ¼ 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 ½ 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:**
3 T. 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  
1/2 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/

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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 ½-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
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

Layers:
2 c. of powdered sugar, sifted
1/2 c. unsalted butter, softened
4 oz cream cheese, softened
8 oz container Cool Whip

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 9×9 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