

Kidney Cooking

*A kidney-friendly recipe collection
compiled by the staff and patients of*



Dialysis Clinic, Inc.

A Non-Profit Corporation



INTRODUCTION

“FOOD IS OUR COMMON GROUND, A UNIVERSAL EXPERIENCE.” JAMES BEARD (1903-1985)

At DCI we understand that people who need kidney replacement therapy have many dietary guidelines to follow to stay as healthy as possible. We have gathered recipes from clinics across the country to highlight the diversity of options that are both “kidney-friendly” and that taste good.

These recipes come from people on hemodialysis, peritoneal dialysis, as well as family members and DCI staff. They have been selected following criteria that make them appropriate for those on dialysis as well as their family, friends, and caregivers.

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/>)

Remember that every person has unique dietary needs and you should check with your physician and dietitian before following any specific dietary plan.

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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	

BREAKFAST



Breakfast

QUICK TIPS

- Eggs are a cost effective and easy way to add protein to your diet.
- Be careful with salty breakfast meats like ham, bacon, and sausage.
- Breakfast is not just for breakfast anymore. Try having breakfast foods for a snack.
- Have a quick breakfast meal if you are running low on energy when you're on the go.
- Give leftovers from supper a try for breakfast.

Bob's Popovers

A CRUSTY, AIRY, BREAD MADE IN MUFFIN TINS

By Jet Holoubek

SERVES: 3

INSTRUCTIONS:

INGREDIENTS:

3 eggs or equal amount of egg substitute
1 c. 2% milk
1 c. white flour
1/4 tsp. salt
1 T. sugar
1 T. vegetable oil

1. Preheat oven to 375°F.
2. Place muffin tins into oven to heat as the oven is heating.
3. Beat eggs until frothy.
4. Add milk, oil, sugar, and salt.
5. Beat well.
6. Add flour and mix.
7. Take muffin tins out of oven and spray with cooking oil spray.
8. Fill cups with batter until 3/4 full.
9. Put into oven and bake for 30-33 minutes.
10. Serve with sugar-free jam.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
283	65mg	88mg	61mg	13g

Caramel Rolls

SWEET, TASTY BREAKFAST DELIGHT

By Frances Miller

SERVES: 24

INGREDIENTS:

SWEET ROLL DOUGH

2 c. flour
1 pkg active dry yeast
1 c. skim milk
1/3 c. sugar
3 T. margarine
1/4 tsp. salt
2 egg whites
2 - 2 1/2 c. flour

SAUCE

1/2 c. packed brown sugar
3 T margarine
2 T light corn syrup
1/3 c. sugar
1 tsp. ground cinnamon
1 T. margarine melted

INSTRUCTIONS:

1. In a large mixing bowl, stir together 2 cups flour and yeast and set aside.
2. In a small sauce pan, combine milk, sugar, margarine, and salt.
3. Heat and stir over low heat just to warm and margarine almost melts. Add to flour mixture.
4. Add egg whites.
5. Beat with electric mixture on low to medium speed for 30 second, scrape bowl.
6. Beat on high speed for 30 minutes or more.
7. Using a spoon, stir in as much of the 2 - 2 1/2 cups of flour as you can.
8. On a floured surface, knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic, 3 to 5 minutes total.
9. Shape into a ball.
10. Spray a large bowl with nonstick spray coating.
11. Place dough in a bowl; turn once.
12. Cover and let rise in a warm place until double in size about one hour.
13. Punch dough down, turn out onto lightly floured surface.
14. Divide dough in half.
15. Cover and let rest for 10 minutes.
16. While dough is rising, in a small saucepan combine brown sugar, 3 T. margarine, and corn syrup.
17. Cook and stir until margarine is melted and mixture is combined.

Caramel Rolls (cont.)

SWEET, TASTY BREAKFAST DELIGHT

By Frances Miller

18. Divide between two 9 inch round pans
19. Spread over bottom of pans; set aside pans.
20. In a small mixing bowl, stir together sugar and cinnamon.
21. Roll half of the sweet roll dough into 12 x 8 inch triangle.
22. Brush with melted margarine; sprinkle with sugar and cinnamon mixture.
23. Roll up in a jelly roll style starting from one of the long sides. Pinch seams together to seal.
24. Cut roll into 12 pieces.
25. Place cut side down into the prepared pans.
26. Repeat with other half of dough.
27. Cover with clean dish towel and let rise to double in size about 30 minutes.
28. Preheat oven to 375°F.
29. Puncture any surface bubbles with greased wooden toothpick.
30. Bake in 375°F oven for 20-15 minutes or until roll sound hollow when tapped lightly.
31. Invert rolls onto serving platters.
32. Serve warm.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
137	245mg	36mg	107mg	3g

Dairy Free Quiche

By Tracey Vandelicht

PREP TIME: 15 MIN

COOK TIME: 45MIN

TOTAL TIME: 1 HR

SERVES: 8

YIELDS: 1 PIE

INGREDIENTS:

1 pre-made store bought pie crust

1 T. olive oil

3 handful of fresh baby spinach

1 small white onion diced

1 red bell pepper chopped

5 asparagus spears chopped

6 large eggs

3 T. all purpose flour

3/4 c. unsweetened rice or almond milk

1/2 tsp. baking powder

1/2 tsp. sweet paprika

1/2 tsp. dried thyme

1/8 tsp. black pepper

1/2 tsp. salt

INSTRUCTIONS:

1. Preheat oven to 350°F.

2. Place prepared pie crust in oven for 10 minutes.

3. Heat oil in large sauce pan over medium heat.

4. Add onions, red peppers, and asparagus, and sauté for 5 minutes or until the onions are translucent. Remove from heat.

5. In separate bowl, whisk together eggs, flour, baking powder, salt, paprika, thyme, black pepper, and rice/almond milk.

6. Stir in sautéed vegetables and fresh spinach and stir until well combined.

7. Pour eggs and vegetable mixture into the pastry crust, even out the top with a spoon.

8. Place in oven and cook for 45-50 minutes or until toothpick inserted comes out clean.

9. Remove from the oven and allow to set for at least 5 minutes.

10. Slice and serve immediately.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
224	194mg	425mg	122mg	10g

Holy Eggs

EGGS & TOAST

By: Pam Denton

SERVES: 2

INGREDIENTS:

4 eggs
4 slices of white bread
4 tsp. margarine
1 tsp. Tabasco sauce (optional)

INSTRUCTIONS:

1. Using a small cup, cut a hole in the center of each bread slice.
2. Melt margarine in a nonstick frying pan.
3. Place bread slices in the pan turning over to lightly coat both sides with margarine.
4. Cook on medium for 1-2 minutes until lightly toasted on one side.
5. Turn the bread slice over.
6. Break one egg into the center hole of the bread slice.
7. Cook for 2-3 minutes until eggs are done.
8. Toast the bread circles that were removed and serve with the eggs.

Notes

Optional if you like spice, add Tabasco sauce for extra flavor.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
359	93mg	70mg	12mg	18g

Lemon Blueberry Surprise Muffins

A FLOURLESS HIGH PROTEIN MUFFIN

By Rebecca Spurgeon

PREP TIME: 10 MIN

COOK TIME: 10 MIN

TOTAL TIME: 20 MINS

SERVES: 9

INGREDIENTS:

3 medium eggs
3 T. oil
1/4 c. heavy cream
1 1/4 c. vanilla whey protein powder
2 tsp. baking powder
5 packets Splenda
1/4 tsp. cinnamon
1 T. grated lemon rind
1/2 c. blueberries
3 oz. cream cheese, cut into 9 cubes

INSTRUCTIONS:

1. Preheat oven to 375°F. Line 9 muffin tins with paper liners.
2. Combine the eggs, oil and cream. Stir to blend.
3. Add the whey powder, baking powder, Splenda, cinnamon and lemon rind. Stir until it combines. Do not over-stir or the muffins will be tough.
4. Fold in the blueberries and gently spoon 1/2 of the batter into the prepared muffin tins.
5. Place a cube of cream cheese in the center of each.
6. Fill the tins with the remaining batter, making certain that the batter goes completely and around the cubes of cream cheese.
7. Bake at 375°F for eight to ten minutes or until the tops are slightly browned.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
170	39mg	162mg	65mg	5g



SNACKS, APPS & DRINKS

Snacks, Apps & Drinks

QUICK TIPS

- Snacks are a good way to add in extra calories and protein.
- Remember to measure the amount your cups and glasses hold to help with fluid control.
- This category can quickly lead to extra sodium and fluid. Choose appetizers wisely and use smaller cups for your drink.
- If you are prescribed phosphorus binders, remember to take them with meals as well as snacks (or as directed by your doctor, dietitian or nurse).

Avocado Dip

EASY DIP, BEAUTIFUL COLOR

By Jo Zielinski

PREP TIME: 10 MIN

TOTAL TIME: 15 MIN

SERVES: 4

INGREDIENTS:

2 oz cream cheese

1/2 ripe avocado

1 lime

1/2 tsp. sugar

1/8 tsp. salt

1/8 tsp. ground pepper

INSTRUCTIONS:

1. Allow cream cheese to soften at room temperature.
2. Cut avocado in half and remove pit.
3. Using a spoon, scoop the fruit out of the avocado, leaving the skin.
4. In a blender or food processor, blend together the cream cheese and avocado.
5. Juice the limes and add juice to blender.
6. Add sugar, salt, pepper, and blend until smooth.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
96	216mg	97mg	37mg	1g

Batty Bites

A HALLOWEEN-Y SANDWICH TREAT

By Michele McMahan

PREP TIME: 10 MIN

INSTRUCTIONS:

TOTAL TIME: 10 MIN

1. Cut 2 bat-shapes from each bread slice using a bat-shaped cookie cutter.

SERVES: 12

2. Stack 2 pieces of turkey and make bat-shaped cutouts.

INGREDIENTS:

3. Repeat using all the turkey.

12 wheat bread slices

4. Divide the double-stacked turkey amount half the bread shapes.

1/2 lb. sliced smoked turkey

5. Spread 1 tsp dressing on turkey and top with the remaining bread cutouts.

3T Catalina dressing

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
96	103mg	370mg	93mg	7g

Deviled Eggs

A DELICIOUS EGG WITH CREAMY FILLING

By Ken Ketcham

SERVES: 4

INSTRUCTIONS:

INGREDIENTS:

4 hard boiled eggs
1 tbsp onion finely chopped
1/2 tbsp vinegar
1/2 tbsp dry mustard
2 tbsp mayonnaise
pepper to taste
dash of paprika

1. Cut hard boiled eggs in half lengthwise and carefully remove yolk.
2. Mash yolk with fork and mix with onions, vinegar, dry mustard, mayonnaise and pepper to taste.
3. Refill eggs heaping slightly.
4. Sprinkle with paprika.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
133	77mg	106mg	98mg	7g

Grilled Salsa

FRESH VEGETABLE SALSA

By Penny Warren

PREP TIME: 1 HR

COOK TIME: 1 HR

TOTAL TIME: 2 HR

SERVES: 20

INGREDIENTS:

2 lbs tomatillos
2 lbs roma tomatoes
2 large onions (cut in 3 rings)
6 serrano chilies
1 bag small peppers (yellow, red, orange) or large individual ones
4 large garlic cloves
1 bunch of cilantro leaves
2 tsp. salt
6 T. lemon or lime juice

INSTRUCTIONS:

1. Cook tomatoes, onions, chilies, and peppers on grill until slightly blackened, or broil until blackened.
2. Place small amounts of each vegetable in blender or food processor. Chop up finely.
3. Add chopped garlic, cilantro, salt, and lemon/lime juice and mix thoroughly.
4. Refrigerate.
5. Reduce number of Serrano chilies for milder salsa.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
33	116mg	98mg	15mg	1g

Crunchy Crunch

CRUNCHY, HERBY SNACK

By Susan Lemasters

PREP TIME: 15 MIN

COOK TIME: 1 HR

TOTAL TIME: 1 HR 15MIN

SERVES: 20

INGREDIENTS:

4 c. Cheerios
4 c. Shredded Wheat Minis
2 c. white bread in cubes
1/4 c. margarine, melted
1/2 c. oil
1/2 tsp garlic powder
1 tsp onion powder
1/4 tsp black pepper

INSTRUCTIONS:

1. Preheat to 250°F.
2. In a large bowl mix bread cubes and cereals.
3. In a small bowl, melt margarine.
4. Pour margarine over cereal mixture.
5. Add oil, garlic powder, onion powder, and black pepper to cereal mixture. Stir well.
6. Spread mix over 2 cookie sheets.
7. Bake for 1 hour.
8. Cool and store in a covered container.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
191	87mg	51mg	79mg	4g

Homemade Applesauce

From The Pioneer Women | Adapted by Shamoan Jefferson

PREP TIME: 15 MIN

COOK TIME: 25 MIN

TOTAL TIME: 40 MIN

SERVES: 16

INGREDIENTS:

6 lbs. apples, peeled, cored
and cut into 8 slices

1 c. apple juice or apple cider

1 lemon (juiced)

1/2 c. brown sugar

1 tsp. cinnamon (more or less
to taste)

INSTRUCTIONS:

1. Combine all ingredients in a large pot and cook over medium heat, stirring occasionally for 25 minutes.

2. Carefully puree in a food processor or blender (don't fill too full; split into two portions if needed) until smooth.

3. Store in the refrigerator and serve by itself, over pork chops, ice cream, pancakes or any place that applesauce is needed.

Notes

Optional ingredients to add: Nutmeg, maple syrup, allspice, butter, etc.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
124	182mg	3mg	20mg	1g

Ice Cream Sandwiches

A NICE SUMMER TREAT FOR A HOT DAY

By Meghan Sommer

SERVES: 10

INSTRUCTIONS:

INGREDIENTS:

10 plain graham crackers
20 T. non-dairy,
lite cool whip

1. Break graham crackers in half.
2. Spread 2 T. of cool whip on 1 half.
3. Top with other half of cracker.
4. Put on tray and freeze for several hours.
5. When frozen, wrap individual sandwiches in Saran Wrap.

Notes

For a higher protein variation, add whey protein powder to cool whip. (Not included in Nutritional Analysis).

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
37	18mg	36mg	15mg	1g

Cranberry-Lime Apple Spritzer

By Montanez Wade

SERVES: 20

INGREDIENTS:

1 zest of lime
2 bags (12 oz.) Fresh or frozen cranberries
2/3 cup fresh lime juice (about 5 limes)
3 T. honey
4 cups apple juice
1 bottle of chilled seltzer water

INSTRUCTIONS:

1. Zest a lime: To remove the lime zest (the thin, colored portion of the peel), use a vegetable peeler to take it off in strips. Try to get just the zest portion, because that's where all of the flavor is.
2. Juice 5 limes.
3. In a large saucepan, combine the cranberries, apple juice, honey, and lime zest. Bring to a boil.
4. Reduce to a simmer and cook until the berries have all popped, about 15 minutes.
5. Strain the mixture through a fine-mesh sieve, pushing on the berries to extract as much liquid as possible.
6. Let cool to room temperature, then transfer the cranberry-lime juice to a jar or juice container with a tight-fitting lid.
7. Stir in the lime juice and shake to combine.
8. Store in the refrigerator.
9. Makes five cups juice.
10. For one spritzer: Spoon ¼ cup of cranberry-lime juice into a tall glass and add ½ cup chilled seltzer.
11. Add ice if desired. Add flavoring to mix and shake well.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
36	152mg	6mg	14mg	0g

Homemade Flavored Coffee Creamer

By Meredith Marinaro

PREP TIME: 5 MIN

COOK TIME: 5 MIN

TOTAL TIME: 10 MIN

SERVES: 15

INGREDIENTS:

1 can (14 oz) sweetened condensed milk
2 c. milk

ADDED OPTIONS:

2 tsp quality vanilla extract
1 tsp. almond extract
2 T caramel ice cream topping
2 tsp. cocoa powder
2 T. raspberry syrup

INSTRUCTIONS:

1. Add milk and sweetened condensed milk to a 32 oz container and shake well. (Re-use an empty creamer container if you have one).
2. Add flavoring to mix and shake well.

FLAVORING:

1. Vanilla - 2 tsp vanilla
2. Strudel - 1 T cinnamon, 1 tsp vanilla, 1 tsp almond extract
3. Vanilla Caramel - 2 T caramel, 1 tsp vanilla
4. Chocolate Raspberry - 2 tsp cocoa, 2 T raspberry syrup
5. Chocolate Almond - 1 T cocoa, 1 tsp almond extract

Notes

If using powdered ingredients, like cocoa or cinnamon, heat 1/3 cup of the milk and dissolve the powder first, then allow to cool and mix with the remaining base.

Keep track of the expiration date of the milk! Use flavored syrups like Troani for a shortcut with unlimited varieties.

For lower potassium, sodium, and phosphorous, substitute:

1 c. Sweetened Condensed Milk; 1tbsp Caramel; 1.5 c. regular milk.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
83	121mg	38mg	77mg	2g

Party Punch

A LIGHT, FRUITY PUNCH TO MAKE ANY PARTY COME ALIVE

Adapted from Sylvia Hargg | By Dan Harvey

SERVES: 13

INGREDIENTS:

1/2 cup liquid pineapple concentrate
1 liter diet ginger ale
1 pint lime flavored sherbet

INSTRUCTIONS:

1. Pour ginger ale into a large punch bowl or mixing bowl.
2. Add pineapple concentrate and stir.
3. Add sherbet with a scoop.
4. Serve when sherbet starts to melt.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
63	96mg	26mg	21mg	0g



SOUPS & SALADS

Soups & Salads

QUICK TIPS

- Remember to count the fluid in soups if you are limited in your fluid intake.
- Homemade soups are likely to be lower in sodium especially if made with the unsalted broth from meats, chicken or turkey that you've cooked at home.
- Read the nutrition facts panel closely when you're purchasing broths. Sodium and potassium content can vary widely. Sometimes the lower sodium products have potassium added.

Chicken Tortilla Soup

SPICY CHICKEN SOUP SERVED WITH TORTILLAS

By Cindy Cornell

PREP TIME: 30 MIN

COOK TIME: 30 MIN

TOTAL TIME: 60 MIN

SERVES: 6

INSTRUCTIONS:

1. Sauté onion and garlic in oil.
2. Stir in chicken, chili powder, oregano (or Italian seasoning) tomatoes, chicken broth, water, corn, hominy, cilantro, and chili peppers and cook on medium-high heat for 30 minutes.
3. May add lemon juice and cumin to taste.

INGREDIENTS:

1 medium onion chopped
3 cloves garlic minced
1 T. olive oil
2 tsp. chili powder
1 tsp. oregano or Italian seasoning
2 fresh tomatoes chopped
1 10 oz. can low sodium chicken broth
1 10 oz. can water
1 c. corn
1 c. hominy
1 4 oz. can green chili peppers - chopped
1/4 c. chopped cilantro
3 chicken breasts cooked and chopped
lemon juice to taste
cumin to taste
green onions, chopped as garnish

Notes

Serve in bowl with chopped green onions on top with warm tortillas. (Not included in nutritional analysis).

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
148	285mg	142mg	64mg	16g

Ground Beef Soup

THIS IS AN EASY TO PREPARE LOW SODIUM SOUP

By DCI West Omaha

PREP TIME: 30 MIN

COOK TIME: 30MIN

TOTAL TIME: 1 HR

SERVES: 6

INGREDIENTS:

1/2 lb ground beef
3 c. frozen mixed vegetables
2 c. water
1 can (14 oz.) stewed tomatoes
1 c. chopped onion
1 c. sliced celery
1 low salt bouillon cube
1 can (14 oz.) low salt beef
broth
1/2 c. all purpose flour
Add pepper to taste

INSTRUCTIONS:

1. Brown beef in large sauce pan over medium heat for 6-8 minutes, stirring to break up meat, then drain.
2. Add mixed vegetables, water, stewed tomatoes, onion, celery, bouillon cube, and pepper to saucepan and bring to a boil.
3. Whisk broth and flour in a small bowl until smooth, add to mixture, stirring constantly.
4. Return to a boil. Reduce heat to low, cover and simmer for 15 to 25 minutes. Stir frequently.

Notes

Make sure that the low salt bouillon does NOT contain Potassium Chloride.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
206	431mg	374mg	126mg	13g

Kim's Green Bean Chicken Chili

CREAMY, LOW SODIUM, SPICY
CHICKEN CHILI WITH GREEN BEANS

By Kimberly W. Richardson

PREP TIME: 1 HR 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 1 HR 30MIN

SERVES: 9

INGREDIENTS:

1 can (10 oz.) "Rotel" Mexican tomatoes with lime and cilantro

1 can (14.5 oz.) corn (no salt added)

1 can (15.25 oz.) green beans (no salt added)

8 oz. low fat cream cheese

2 c. "Kitchen Basics" chicken broth (no salt added)

3 chicken breast (boneless/skinless) boiled and shredded

8 oz. light sour cream

1 T. oil

1 lb. rice

5-7 shakes Tabasco to taste (Large Shakes)

1 serving homemade chili seasoning

HOMEMADE CHILI SEASONING:

(1 serving)*

2 T. chili powder

1 1/2 tsp. paprika

1 1/2 tsp. onion powder

1 1/2 tsp. garlic powder

1 tsp. cumin

3 dashes mixture of equal parts red pepper powder and cayenne pepper powder

INSTRUCTIONS:

1. Boil and shred chicken.
2. In large frying pan, add oil and heat.
3. Add cooked chicken and fry till lightly brown. About 1 to 2 minutes.
4. Add "Rotel" tomatoes, corn, green beans, chicken broth, spices and cream cheese.
5. Mix down and blend all ingredients.
6. Add Tabasco.
7. Bring to boil.
8. Turn down to simmer for 10-15 minutes.
9. Cook 1 lb. of Rice in water while chili simmers.
10. Add sour cream to pan and mix in to chili just before serving.
11. Layer chili over cooked rice in bowl.

Notes

Can also serve in baked tortilla bowl. (Not included in nutritional analysis.)

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
383	371mg	374mg	200mg	18g

Hearty Vegetable Soup

A DIABETIC, RENAL FRIENDLY VEGETABLE SOUP
THAT HELPS TO FILL YOU UP

By Dorothy Derosier

PREP TIME: 15 MIN

SERVES: 4

INGREDIENTS:

32 oz. sodium free chicken
broth (2 16 oz. cans)
1 onion, diced
2 carrots, sliced
3 celery stalks, diced
2 c. frozen green beans
1 c. white rice (replace with 2
c. noodles if desired)

INSTRUCTIONS:

1. Chop the onion, carrots, and celery and add to a two quart sauce pan with the two cans of sodium free chicken broth and the two cups of frozen green beans.
2. If using rice add to pan.
3. Simmer until the carrots are soft.
4. If using noodles, add after carrots are cooked and simmer until the noodles are tender.
5. Serve it hot.

Nutrition Facts (Per Serving)

With Rice:

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
258	415mg	92mg	96mg	10g

With Noodles:

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
181	426mg	94mg	125mg	10g

Homemade Creamy-Chunky Tomato Soup

TASTY HOMEMADE CREAMY-CHUNKY TOMATO SOUP

By DCI McMillan Home Training Dept.

PREP TIME: 15 MIN

COOK TIME: 45 MIN

TOTAL TIME: 1 HR

SERVES: 6

INGREDIENTS:

28 oz. Red Gold diced tomatoes
3 T. butter
4 T. olive oil
1/3 c. finely diced carrots
1/3 c. finely diced celery
1 small yellow onion, finely diced
2 cloves garlic, minced
1 c. low sodium vegetable or low sodium chicken broth
1 bay leaf
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/2 tsp. dried basil
1 c. heavy cream

INSTRUCTIONS:

1. Preheat oven to 450°F.
2. Drain tomatoes and reserve the juice.
3. Place tomatoes on large sheet pan covered with foil, spray the foil with cooking spray.
4. Sprinkle the tomatoes with onion powder, garlic powder, basil and 2 tablespoons of olive oil.
5. Put in oven for 10-15 minutes to caramelize. Stir several times to keep tomatoes from burning.
6. Heat a large sauce pan over medium-high heat and add butter, 1 tablespoon olive oil, celery, carrots, onions, and garlic.
7. Cover and cook for 10-15 minutes or until slightly tender. Stir occasionally.
8. Add tomatoes, vegetable broth, juice from canned tomatoes and bay leaf.
9. Cover and reduce heat to low. Simmer for 15-20 minutes until vegetables are cooked.
10. Remove from heat and add heavy cream, stir.
11. Return to heat and cook until thoroughly heated.

Notes

Soup will be chunky. If you prefer smooth soup, place soup in a blender and pulse to puree.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
222	370mg	44mg	60mg	3g

Three Way Macaroni Salad

A TASTY SALAD WITH THREE VARIATIONS

By Ron Johnson

SERVES: 6

INGREDIENTS:

8 oz. dry macaroni
1/2 c. celery, chopped
1/2 c. red bell pepper
1/2 c. sweet onion
3/4 c. low fat mayonnaise
1 T. cider vinegar
2 T. fresh chives, cut fin
1/4 tsp. fresh ground black pepper
4 hard boiled eggs, chopped*
1 can tuna fish*

INSTRUCTIONS:

1. Cook macaroni as directed.
2. Drain in colander.
3. Rinse with cold water, drain well.
4. In large bowl combine rest of ingredients.
5. Mix well and serve as it.
6. *For "Macaroni - Egg Salad" add eggs.
7. *For "Macaroni - Tuna Salad" add tuna.

Nutrition Facts (Per Serving)

Macaroni Salad:

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
337	103mg	158mg	53mg	6g

Macaroni-Egg Salad:

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
389	135mg	227mg	96mg	10g

Macaroni-Tuna Salad:

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
379	153mg	228mg	87mg	12g

Broccoli Salad

A COLORFUL, CRUNCHY DINNER SALAD

By Sandra Crum

SERVES: 10

INGREDIENTS:

4 c. of broccoli cut into small florets
1 large carrot, peeled and grated
1 1/2 c. thinly sliced red cabbage
4 thinly sliced scallions
1/4 c. raisins
2 tbsp. sesame seeds

DRESSING:

1 tbsp. apple cider vinegar
2 1/2 tbsp. lite mayonnaise
1 tbsp. dried basil
1 tsp. garlic powder
Dash of cayenne pepper

INSTRUCTIONS:

1. In large bowl, place broccoli florets, grated carrots, sliced cabbage, sliced scallions, raisins and sesame seeds. Toss to combine well.
2. In small bowl or measuring cup, combine apple cider vinegar, lite mayonnaise, basil, garlic powder and cayenne pepper. Stir and pour over vegetables in large bowl.
3. Toss to allow dressing to cover vegetables.
4. Refrigerate 30 minutes to allow flavors to mingle and then toss well again before serving.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
58	295mg	48mg	66mg	2g

Creamy Grape Salad

COLD, CREAMY, CRISPY GRAPE SALAD

By Elizabeth Jordan

PREP TIME: 10 MIN

INSTRUCTIONS:

TOTAL TIME: 10 MIN

SERVES: 10

INGREDIENTS:

6 c. grapes
8 oz. cream cheese
8 oz. sour cream, softened to room temperature
1/2 c. powdered sugar
1/2 tsp. vanilla extract

1. Wash grapes.
2. In a large mixing bowl, mix cream cheese, sour cream and vanilla extract and then add powdered sugar.
3. Add grapes and mix until evenly incorporated.
4. Refrigerate until chilled and serve.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
182	197mg	77mg	57mg	2g

Jane's Apple Salad

A VARIATION OF THE TRADITIONAL WALDORF SALAD

By Kate Bagley

PREP TIME: 30 MIN

INSTRUCTIONS:

TOTAL TIME: 30 MIN

1. Dice apples.
2. Combine all ingredients.
3. Chill.

SERVES: 4

INGREDIENTS:

- 2 c. diced apples (about 4 apples)
- 1/2 c. chopped walnuts
- 1/2 c. golden raisins
- 3 T. mayonnaise
- 3 T. low-fat, plain yogurt

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
195	297mg	70mg	96mg	3g

Green Pea Salad

A GREAT DISH TO TAKE TO POTLUCK DINNERS

By Donna Duarte

PREP TIME: 8 MIN

TOTAL TIME: 8 MIN

SERVES: 8

INGREDIENTS:

1 head iceberg lettuce
chopped
2 stalks celery diced
1 medium green bell pepper
diced
1 red onion or sweet onion
chopped
1 can green peas (salt free)
3/4 c. mayonnaise
4 boiled eggs, sliced
1/2 c. shredded cheese
2 slices bacon or turkey bacon
(Cook crisp and crumble in
small pieces.)

INSTRUCTIONS:

1. Chop one head of lettuce and spread on bottom of a deep clear glass bowl.
2. Layer diced celery, diced green bell peppers, onion, green peas, and sliced boiled eggs.
3. Cover this layer completely with mayonnaise.
4. Cover with plastic wrap and store in refrigerator overnight.
5. Before serving, garnish with bacon bits and grated cheese.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
264	195mg	140mg	107mg	9g

MEAT ENTRÉES



Meats (Beef, Pork, Lamb)

QUICK TIPS

- Meat is an excellent source of protein.
- If you live alone, try freezing extra meat portions to have available when you do not feel like cooking.
- Canned meat is convenient but watch that it is not too high in sodium. Choose the lowest sodium option available.
- Use separate cutting boards for raw meats to avoid cross contamination.

Apple Baked Pork Chops

A HEARTY DISH FOR COOLER WEATHER

By Laverne Vander-Wright

INSTRUCTIONS:

COOK TIME: 1 HR 15MINS

SERVES: 4

INGREDIENTS:

2 medium apples, cored and sliced

2 T. olive oil

4 (6 oz.) pork chops, center cut

1/2 c. water

2 T. raisins (optional)

2 T. brown sugar

2 T. cider vinegar

dash pepper (to taste)

1. Preheat oven to 325°F.
2. Heat olive oil in a skillet over medium-high heat (until oil is shimmering), then add the pork chops.
3. Brown them on each side and then place them in a pre-greased oven-safe pan.
4. Layer the apples on top of the pork chops.
5. Deglaze the skillet by adding 1/2 cup of water and stirring it around to pick up all the pork bits.
6. Pour the oil/water mixture over the apples and pork chops.
7. Sprinkle evenly with raisins (optional), cider vinegar, then brown sugar.
8. Add pepper to taste.
9. Cover the dish and bake for 30 minutes.
10. Remove cover and bake an additional 45 minutes.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
409	59mg	453mg	235mg	43g

Barbecue Beef

By E. Bustillos

COOK TIME: 1 HR

TOTAL TIME: 5 HRS

SERVES: 8

INGREDIENTS:

2 lbs. of beef roast for
barbeque

1 tsp. black pepper

1 onion, chopped in large
slices

1 clove garlic

1 laurel (bay leaf)

1 chile del arbol

¼ chipotle chile

INSTRUCTIONS:

1. Cut beef into strips and rinse.
2. Drain and pat until completely dry.
3. Place in oven roasting bag (bag for baking Turkey), or put in crock pot.
4. In blender, place pepper, onion, garlic, laurel (bay leaf), and chiles. Blend well.
5. Pour into crock pot or baking bag in crock pot with meat strips.
6. Remove air from baking bag (if using) and seal as tightly as possible. Cover.
7. Cook on high for 1 hour until boiling, then reduce heat to low and cook for 4 hours.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
210	211mg	48mg	154mg	32g

Lamb Chops with Orange Mustard Sauce

A SWEET SERVING OF LAMB

By Kathy Hyde

SERVES: 2

INGREDIENTS:

1 clove minced garlic
1 tsp. dry rosemary
1/2 tsp. Mrs Dash herb
seasoning
2 lamb chops (about 12 oz.)
2 T. reduced sugar orange
marmalade
1 tsp. spicy brown mustard
1 tsp. grated orange peel
1 T. water

INSTRUCTIONS:

1. Mince garlic and mix with rosemary and Mrs. Dash seasoning.
2. Spread on surface of lamb.
3. Broil six inches from the heat for 5 minutes per side.
4. Combine marmalade, mustard, and orange peel with water in a small glass dish.
5. Mix well and microwave for 1 minute.
6. Spread on broiled chops and put back in the oven on broil for 1 minute.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
423	292mg	255mg	145mg	44g

Mini Meatloaf Burgers

CAJUN TURKEY BURGER WITH A FLARE

By Marsha Story

PREP TIME: 30 MIN

COOK TIME: 45 MIN

TOTAL TIME: 1 HR 15MIN

SERVES: 5

INGREDIENTS:

1 lb. lean ground turkey
1/4 lb. 97% lean ground chuck
1/4 lb. lean ground pork
sausage
1 T. lemon juice
1 whole egg and egg white
1 tsp. light extra virgin oil
1/4 c. water
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. curry powder
1/4 tsp. Italian seasoning
1/4 tsp. black pepper
1/2 c. chopped onion
1/2 c. diced bell pepper
1/2 c. plain bread crumbs

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Pour lemon juice over ground turkey, ground chuck, and pork sausage.
3. Combine whole egg and 1 egg white in a bowl with light extra virgin olive oil and water.
4. Mix well.
5. Add garlic powder, onion powder, curry powder, black pepper, and Italian seasoning to the bowl.
6. Add chopped onion, diced bell peppers, and bread crumbs. Add to meat and mix well.
7. Place on baking sheet or grill pan.
8. Bake for 45 minutes to 1 hour.
9. Makes 8 - 10 even sized patties 4 oz each.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
418	184mg	247mg	179mg	35g

Runza

A TASTY MEAT AND BREAD POCKET

By Iona Franklin

PREP TIME: 1 HR

COOK TIME: 25 MIN

TOTAL TIME: 1 HR 25MIN

YIELDS: 12

INGREDIENTS:

1 lb. ground lamb
1/4 c. onion
1/8 tsp. black pepper
4 c. cabbage (shredded)
1 loaf bread dough (frozen)
pinch of salt

INSTRUCTIONS:

1. Thaw the frozen bread dough.
2. Preheat oven to 350°F.
3. Boil the cabbage in lightly salted water until tender.
4. Cook the ground lamb, onion and pepper until brown.
5. Add the cabbage to the burger mixture.
6. Roll the bread dough into a rectangular shape.
7. Cut into desired shape.
8. Place burger mixture onto the bread dough and fold over and pinch edges.
9. Bake for 20 - 25 minutes or until golden brown.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
126	295mg	240mg	114mg	10g

Slow Cook Chuck Roast

By S. Adesanya

COOK TIME: 20 MINS

TOTAL TIME: 35 MINS.

SERVES: 4

INGREDIENTS:

1 large onion
2 T. canola oil
1 T. dried basil
1 T. garlic powder
cayenne pepper to taste for
desired spice
2-3 lbs. of chuck roast

INSTRUCTIONS:

1. Sprinkle canola oil in slow cooker.
2. Thinly slice onion and place in slow cooker.
3. Sprinkle in garlic powder, cayenne pepper and dried basil on onion.
4. Turn heat to low.
5. Place meat on top of onion, cover and cook for 20 minutes without disturbing.
6. Remove lid and flip meat; replace lid and cook for 10-15 more minutes, until cooked through.
7. Remove from heat and place on platter/plate.
8. Top roast with onions.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
575	49mg	216mg	156mg	81g

Spicy Pork Tenderloin

JUICY, FLAVORFUL TENDERLOIN

By Amanda Marlow

PREP TIME: 2 HRS

COOK TIME: 1 HR

TOTAL TIME: 3 HRS

SERVES: 4

INGREDIENTS:

2 lbs. pork loin roast
(boneless)
3-4 cloves garlic - minced
1/2 tsp. ground black pepper
2 tsp. allspice
2 tsp. onion powder
1/2 tsp. cumin
2 T vegetable oil

INSTRUCTIONS:

1. Mix minced garlic, black pepper, allspice, onion powder and cumin together and rub on tenderloin.
2. Place in bowl, cover and chill for 2 hours.
3. Heat oven to 350°F.
4. Drizzle vegetable oil in roasting pan.
5. Place tenderloin in and shake all excess ingredients over pork.
6. Roast uncovered for 45 minutes - 1 hour or until internal temperature is 160°F.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
424	50mg	395mg	242mg	62g

Tangy Meatballs

SWEET & SOUR MEATBALLS

By Pam Denton

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INGREDIENTS:

2 T. finely chopped celery
2 T. finely chopped onion
1/4 c. plain dry bread crumbs
1/2 tsp. garlic powder
1 tsp. Mrs. Dash onion herb seasoning
1 lb. ground beef
1/4 c. egg beaters
1 T. no salt added ketchup
3 T. low sugar grape jelly
1 tsp. vinegar
1/4 cup finely chopped green pepper

INSTRUCTIONS:

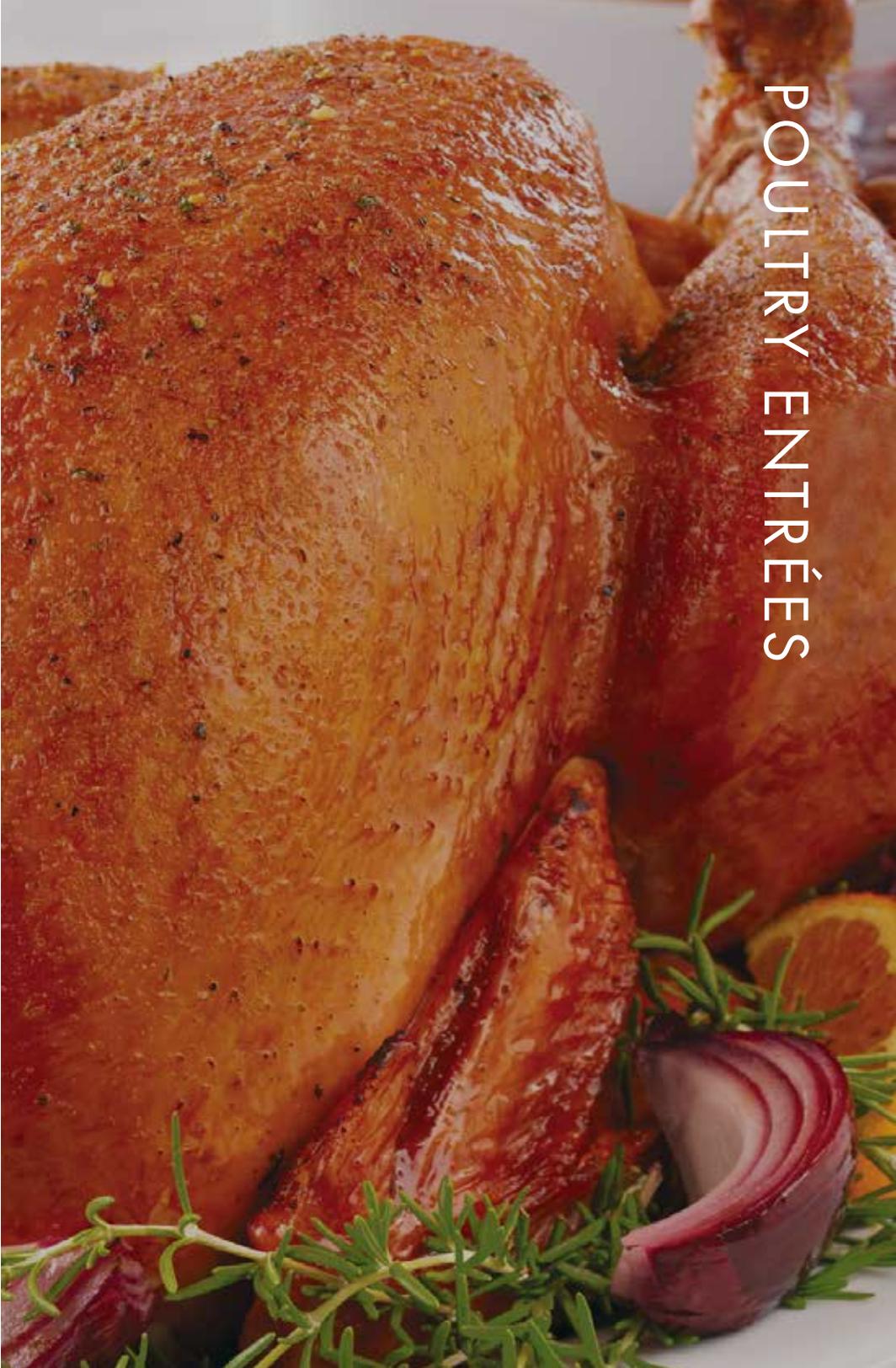
1. Preheat oven to 375°F.
2. Spray a nonstick frying pan with cooking spray.
3. Sauté until celery and onions are translucent.
4. Place bread crumbs, garlic powder, and Mrs. Dash in a bowl and stir in sautéed celery and onions.
5. Mix in ground beef and egg beaters.
6. Form into 16 equal meatballs.
7. Spray a baking pan with cooking spray.
8. Place meatballs in pan and bake for 15 minutes or until browned.
9. Sauce preparation - While meatballs are in the oven place ketchup, grape jelly, vinegar and bell pepper in a small pan.
10. Bring to boil, stirring constantly.
11. Pour sauce over cooked meatballs and serve.

Notes

This is good served over rice. (Not included in nutritional analysis.)

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
264	153mg	431mg	216mg	23g



POULTRY ENTRÉES

Poultry

QUICK TIPS

- Some poultry is injected with sodium and phosphorus. Check with your meat counter or dietitian for the brands that use fewer preservatives.
- Chicken is extremely versatile and can be used in many different kinds of recipes.
- Cook all meat thoroughly and never consume raw eggs.

Chicken Cabbage Stir Fry

By Sandy Shumaker

SERVES: 6

INGREDIENTS:

3 chicken breast halves
1 tsp. vegetable oil
3 c. green cabbage, shredded
1 T. cornstarch
1/2 tsp. ground ginger
1/4 tsp. garlic powder
1/2 c. water
1 T. low sodium soy sauce

INSTRUCTIONS:

1. Cut chicken breasts into strips.
2. Heat oil in frying pan.
3. Add chicken strips and stir fry over medium-high heat, turning constantly until done
4. Add cabbage and sauté 2 minutes until cabbage is crisp-tender.
5. Mix cornstarch and seasonings; add water and soy sauce, and mix until smooth.
6. Stir sauce into chicken/cabbage mixture.
7. Cook until sauce has thickened and chicken is coated, about 1 minute.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
89	254mg	395mg	242mg	14g

Chicken in Sesame Sauce

By M. Espinoza

SERVES: 4

INGREDIENTS:

4 boneless, skinless chicken breast fillets
1 egg
¼ cup white flour
1 Tablespoon sesame seeds
¼ cup canola oil
1 small jar orange marmalade about 6 ounces or 2/3 cup
4 dried chiles del arbol
4 Tablespoons apple cider vinegar
2 cans mandarin oranges, drained

INSTRUCTIONS:

1. Cut chicken breasts into 4 quarters or into medium strips.
2. In medium bowl lightly beat 1 egg.
3. Mix together flour and sesame seeds.
4. Dip chicken in flour mixture, dust lightly.
5. Dip into egg and then return to dip into flour again.
6. Heat canola oil in frying pan over medium heat.
7. When oil is hot, add chicken pieces and reduce heat to medium low.
8. Fry, browning well on both sides, about 5 minutes on each side.
9. Add marmalade, dried chile, and vinegar to pan.
10. Reduce heat to low and cook sauce until it thickens, caramelizing the marmalade.
11. Add mandarin oranges and stir to combine.

Notes

Recommend serving with fresh lettuce salad, over ½ cup of white rice. (Not included in nutritional analysis).

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
339	394mg	85mg	257mg	30g

Chicken Salad

A NUTRITIOUS CHICKEN SALAD

By Archilene Lauderdale

PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 40 MIN

SERVES: 4

INGREDIENTS:

4 boneless, skinless chicken breast

1 c. seedless red grapes (cut in half)

1/4 c. finely chopped red onion

1/4 c. chopped celery

3/4 c. Duke's mayonnaise

1/8 tsp. black pepper (add more if desired)

1/4 tsp. salt (to reduce sodium, omit salt)

INSTRUCTIONS:

1. Place chicken in a pot; add water. (Water should cover the chicken.)
2. Boil the chicken in the water on medium heat for 25 minutes. Allow to cool.
3. Break chicken in pieces.
4. In a large bowl, stir chicken, grapes, onions, celery and mayo until well mixed.
5. Add black pepper to taste.

Notes

Store chicken salad in the refrigerator.

Limit salt to 1/4 tsp.

To reduce sodium, omit the salt.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
454	444mg	479mg	260mg	28g

Crockpot Roasted Lemon Chicken

A DELICIOUSLY MOIST CHICKEN
MADE IN A TIME SAVING CROCKPOT

By Susan Feth

COOK TIME: 9 HRS.

SERVES: 8

INGREDIENTS:

1 T. olive oil
2 cloves garlic, minced
1 tsp oregano
2 lbs. bone-in chicken breast
with skin-on
13 oz. reduced sodium
chicken broth
3 T. lemon juice

INSTRUCTIONS:

1. Heat olive oil in large skillet.
2. Add garlic and oregano to warm in oil.
3. Cook garlic and oregano for 1 minute then add chicken breast.
4. Brown chicken on all sides.
5. Add browned chicken to crock pot then pour in chicken broth and cook on low setting for 6-8 hours.
6. Add 3 T. of lemon juice during the last hour of cooking.

Notes

Serve with rice or green beans.
(Not included in nutritional analysis.)

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
202	298mg	182mg	206mg	36g

Elo Pozole

By M. Espinoza

COOK TIME: 50 MINS

SERVES: 8

INGREDIENTS:

1 whole chicken, cut in pieces,
skin removed
1 small onion, chopped
3 garlic cloves, minced
¼ teaspoon salt
4 fresh ears of corn with
kernels sliced off
5 guajillo chiles – dried,
roasted and ground
5 small zucchini squash cut in
chunks
½ cup green beans
4 sprigs of cilantro, chopped

GARNISH

5 lemons cut into quarters,
squeeze juice in to medium
bowl
2 red onions finely chopped
4 serrano chiles, finely
chopped

INSTRUCTIONS:

1. Place chicken pieces in large cooking pot.
2. Add chopped onion, garlic and salt.
3. Cover with water and cook to boiling.
4. In blender, add fresh corn and guajillo chiles.
5. Blend together and pour over cooking chicken.
6. Cook for 40 minutes over medium high heat.
7. Add zucchini and green beans, stir and cook for 5 minutes.
8. Add cilantro, cook for final 5 minutes.
9. Remove chicken, debone and shred, and return to pot. Discard bones.
10. Serve on crisp corn tostadas, topped with onion garnish.
11. Garnish: Mix onion and chile with lemon juice, cover bowl and let sit while chicken is cooking to allow flavors to blend.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
281	409mg	178mg	280mg	25g

Slow Turkey Meatloaf

By Robin Davis

SERVES: 6

INGREDIENTS:

1 1/2 lbs. ground turkey (93% lean)
1 T. vegetable oil
1 medium egg, beaten
1/2 c. oats
1/2 c. diced onion
1 garlic clove, minced
1/2 tsp. black pepper
1 T. balsamic vinegar
1 tsp. prepared mustard
1/4 c. brown sugar

INSTRUCTIONS:

1. Mix ground turkey, vegetable oil, egg, oats, onion, garlic, and black pepper and form into a loaf shape.
2. Cross two strips of parchment paper along bottom and sides of slow cooker (making an X) to form a “sling” for the meatloaf. Place the meatloaf onto the parchment.
3. Mix the vinegar, sugar and mustard together and spread onto top of meatloaf.
4. Cook on low for 8 hours.
5. Once cooked through, remove from slow cooker by lifting the four strips of parchment.
6. Slice into pieces and serve.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
393	345mg	116mg	102mg	33g

Speedy Chicken Stir-Fry

By Barry Zischkau

SERVES: 6

INGREDIENTS:

12 oz. skinless, boneless
chicken breast or chicken
thighs
3 T. honey
3 T. vinegar
3 T. pineapple juice
1.5 T. lite soy sauce
1.5 tsp. cornstarch
2 T. canola oil
3 c. frozen mixed vegetables
3 c. hot, cooked rice

INSTRUCTIONS:

1. Cook rice and set aside.
2. Rinse chicken; pat dry.
3. Cut chicken into 1-inch pieces; set aside.
4. To make sauce, stir together honey, vinegar, pineapple juice, soy sauce and cornstarch; set aside.
5. Pour canola oil into a large skillet or wok. (Add more oil as necessary during cooking.)
6. Heat oil over medium-high heat.
7. Stir-fry frozen vegetables for 3 minutes or until vegetables are crisp-tender.
8. Remove vegetables from skillet.
9. Add chicken to hot skillet.
10. Stir-fry for 3-4 minutes or until chicken is no longer pink.
11. Push chicken away from the center of the skillet.
12. Stir sauce; add to center of the skillet.
13. Cook and stir until thickened and bubbly.
14. Return cooked vegetables to skillet.
15. Stir all ingredients together to coat.
16. Cook and stir about 1 minute more or until heated through.
17. Serve over rice.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
302	349mg	160mg	180mg	23g

Spicy Coconut Curry Chicken

By Robin Davis

COOK TIME: 9HRS

TOTAL TIME: 9HR 15MIN

SERVES: 4

INGREDIENTS:

2 boneless chicken breasts
1/4 c. chopped green onions
1 (4 oz) can diced green chili peppers
2 T. minced garlic
1 1/2 T. curry powder
1 T. chili powder
1 tsp. cumin
1/2 tsp. cinnamon
1 T. lime juice
1 1/2 c. water
1 (7 oz) can coconut milk
2 c. white rice, cooked
Chopped cilantro, for garnish

INSTRUCTIONS:

1. Combine chicken, green onions, green chili peppers, garlic, curry powder, chili powder, cumin, cinnamon, lime juice, and water in the slow cooker.
2. Cover and cook on LOW for 7-9 hours.
3. After cooking time, shred chicken with a fork, stir in coconut milk.
4. Turn the slow cooker to HIGH and cook for an additional 15 minutes.
5. Serve 1/2 chicken breast with 1/2 cup cooked rice and garnish with cilantro.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
303	414mg	240mg	114mg	17g

SEAFOOD ENTRÉES



Fish & Seafood

QUICK TIPS

- Albacore tuna, wild-caught salmon, rainbow trout, tilapia, catfish and cod are all sustainably harvested and healthy options.
- Read the labels for canned fish to be sure that you chose one without added phosphorous and sodium.
- Refrigerate leftovers within 2 hours and keep the refrigerator at 40°F or below.

Baked Tuna

By Aloma Eisenberg

PREP TIME: 15 MIN

COOK TIME: 20MIN

TOTAL TIME: 35 MIN

SERVES: 5

INGREDIENTS:

14 oz. canned tuna in water,
no salt, drained
2/3 c. chopped onion
1/4 c. green pepper diced
1/4 c. canned pimento
1/2 c. mayonnaise
2 T. grated Parmesan cheese
1/4 c. plain bread crumbs
non-stick cooking spray

INSTRUCTIONS:

1. Preheat oven 350°F
2. Coat baking dish with non-stick cooking spray.
3. In a large bowl combine tuna, onion, pepper, pimento and mayonnaise.
4. Place tuna mixture in baking dish. Sprinkle with bread crumbs and Parmesan cheese.
5. Bake 20 minutes (or until thoroughly heated) and topping is lightly brown.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
271	243mg	457mg	160mg	17g

Shrimp & Grits

By Arnella Chatman

PREP TIME: 20 MIN

COOK TIME: 40 MIN

TOTAL TIME: 1 HR

SERVES: 4

INGREDIENTS:

1 c. stone ground white grits
2 T. unsalted butter
1/2 bunch small shallots,
chopped
1/2 c. corn kernels
1 T. vegetable oil
1 pinch red pepper flakes
(optional)
1/2 c. chopped red bell pepper
1 c. green peas
3/4 lbs. shrimp, peeled and
deveined

INSTRUCTIONS:

1. In a large pot, bring 3 cups of water to a boil.
2. Add grits, lower heat to a simmer, cover and cook for 20 minutes, stirring occasionally.
3. When grits are thickened yet creamy, remove from heat and stir in 1 T. of butter.
4. Cover to keep warm.
5. In a large skillet over medium heat, sauté shallots and corn in 1 T. of butter and oil.
6. Add red pepper flakes if desired.
7. Cook until corn is browned (about 2 minutes).
8. Add bell pepper and peas. Cook for 2 minutes.
9. Add a small amount of butter if skillet is dry, raise heat to medium to high and add shrimp.
10. Sauté until cooked thoroughly about 1 minute per side.
11. Stir and remove from heat.
12. Spoon grits into bowls; top with shrimp and vegetable mixture.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
220	321mg	487mg	240mg	23g

Fish Bake

AN EASY MEAL TO BAKE USING UNSALTED SODA CRACKERS

By Jane Brown

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 8

INGREDIENTS:

2 eggs, beaten
1 c. flour
1 c. unsalted soda crackers,
crushed
2 lbs. whitefish (or catfish)
1 tsp. paprika
1 tsp. thyme
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/2 tsp. black pepper

INSTRUCTIONS:

1. In a shallow dish, mix flour, cracker crumbs and seasonings.
2. Preheat oven to 425°F.
3. Cut fish in half lengthwise.
4. Dip into egg and then into seasoned flour mixture, coating fish liberally.
5. Let the fish stand 5 minutes before cooking.
6. Line a baking sheet with aluminum foil and coat with cooking spray.
7. Place the coated fish fillets on the greased baking sheet.
8. Coat the tops of the fillets with cooking spray.
9. Bake for 15 minutes or until the fish flakes with a fork.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
273	243mg	74mg	171mg	31g

Shrimp Scampi

By Ashley Sellers

SERVES: 4

INGREDIENTS:

1/4 c. all-purpose flour
1/2 tsp. ground black pepper
1 tsp. crushed red pepper
1 lb. shrimp, peeled and
deveined
4 T. canola oil
2 cloves garlic, minced
2 T. white wine
1/4 c. lemon juice
2 T. butter, cold, cubed
1 T. parsley, chopped

INSTRUCTIONS:

1. In a large bowl, combine the flour, black pepper, and red pepper flakes.
2. Toss the shrimp in flour mixture and coat evenly.
3. In a large, non-stick pan over medium-high heat, heat half of the canola oil.
4. Sauté the shrimp for approximately 3 minutes on each side or until pink and cooked through.
5. Transfer the cooked shrimp to a plate or sheet tray to rest.
6. In the same pan, combine the garlic, wine (or chicken broth), and lemon juice.
7. Using a wooden spoon, stir the mixture and cook until it simmers.
8. Turn off heat and stir in the cold butter in small amounts until it is all in.
9. Add the shrimp back to the pan.
10. Add parsley and toss or stir until shrimp is coated.

Notes

Low sodium chicken broth may be substituted for white wine.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
230	166mg	196mg	220mg	27g

Tuna Salad

A SIMPLE, EASY TUNA SALAD WITH VEGETABLES

By Erin Kilburn

PREP TIME: 15 MIN

INSTRUCTIONS:

TOTAL TIME: 15 MIN

1. Chop red onion, red pepper, and celery into small pieces.

SERVES: 5

2. Mix with tuna and honey mustard.

INGREDIENTS:

12 oz. low sodium canned tuna

1/4 c. red onion, chopped

1/4 c. red pepper, chopped

1/4 c. celery, chopped

2 T. Ken's Honey Mustard

Dipping Sauce

Notes

Recommended with lettuce wrap or toast
(Not included in nutritional analysis.)

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
79	319mg	56mg	165mg	13g

VEGETARIAN ENTRÉES



Vegetarian

QUICK TIPS

- Some plant proteins, such as cooked dried beans, are high in phosphorus but are also higher in phytate (a natural compound that blocks phosphorus absorption) and can still be part of a healthy diet.
- Keep your food safe. Remember to Wash, Separate, Cook, Refrigerate.
- Wash all produce before using and keep your hands clean, especially when preparing foods.

Corn Pudding

BAKED CORN PUDDING

By: Howard Brown

PREP TIME: 15 MIN

COOK TIME: 40 MIN

TOTAL TIME: 55 MIN

SERVES: 4

INSTRUCTIONS:

1. Mix creamed corn, sugar, flour, egg, nutmeg, and milk together.
2. Grease 9x9 cake pan.
3. Bake at 350°F until done. (approximately 30 minutes.)

INGREDIENTS:

1 can creamed corn
1/4 c. sugar
1/4 c. flour
1 egg
1 dash nutmeg
1/4 c. milk

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
189	207mg	332mg	104mg	5g

Creamy Mac & Cheese

CREAMY HOMEMADE MAC & CHEESE WITH ITALIAN SEASONING

By DCI McMillan Home Training Dept

PREP TIME: 20 MIN

INSTRUCTIONS:

COOK TIME: 40MIN

TOTAL TIME: 1 HR

SERVES: 6

INGREDIENTS:

2 c. macaroni
1/4 c. butter, cubed
1/4 c. all purpose flour
2 c. heavy cream
8 oz. cream cheese
4 oz. shredded cheddar cheese
2 tsp. Italian seasoning
1/3 c. Panko bread crumbs
2 T. butter, melted
Cooking spray

1. Preheat oven to 350°F.
2. Prepare macaroni according to package directions.
3. In a large sauce pan, melt butter and stir in flour, stirring until smooth. Remove from heat and gradually stir in heavy cream.
4. Return to heat and bring to a boil. Cook and stir for 1-2 minutes or until thickened.
5. Add Italian seasoning and stir.
6. Stir in cream cheese.
7. Add shredded cheddar cheese to mixture, a little at a time. Continue to stir until the cream cheese starts to melt.
8. Drain macaroni and stir into cheese sauce.
9. Transfer to a greased 8 inch square baking dish.
10. Melt butter and add bread crumbs.
11. Sprinkle bread crumbs over macaroni and cheese.
12. Bake for 25-30 minutes.

Notes

Optional items that may be stirred in include 2 T. of diced onions or substitute French fried onions for the breadcrumbs.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
731	193mg	316mg	255mg	15g

Fettuccine with Zucchini and Squash

LIGHT AND TANGY PASTA DISH

By Pat Handley

SERVES: 4

INGREDIENTS:

12 oz fettuccine noodles
1 medium zucchini
1 medium yellow squash
1 tsp minced garlic
1 tsp olive oil
1 large lemon
fresh basil sprigs
fresh thyme sprigs

INSTRUCTIONS:

1. Place a large pot of water over high heat.
2. When the water has come to a rolling boil, add the fettuccine and stir through.
3. Cook the pasta, stirring occasionally, for 8-10 minutes or until noodles are tender but firm.
4. When pasta is done, drain noodles.
5. While the pasta cooks, cut the zucchini and yellow squash into thin slices. Julienne-style.
6. Chop the basil into thin strips to make 1-2 tablespoons.
7. Chop the thyme to make 1 tsp.
8. In a medium skillet, heat the olive oil over medium-high heat.
9. Stir-fry the squash with the minced garlic until crisp but tender.
10. Add the basil and thyme and stir-fry another minute.
11. Remove from heat.
12. Cut the lemon in half and squeeze the juice over the hot vegetables.
13. Combine squash mixture with cooked pasta and use 2 large forks to loosely combine.
14. Serve while warm.

Notes

Garnish plate with extra sprigs of basil or thyme.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
341	322mg	10mg	n/a	12g

Vidalia Onion Pie

By Natasha Snider

PREP TIME: 20 MIN

COOK TIME: 30 MIN

TOTAL TIME: 1 HR

SERVES: 6

INGREDIENTS:

1 1/2 c. Ritz crackers, crushed
1/3 c. butter, melted
2 T. butter
2 c. sweet Vidalia onions,
sliced
3/4 tsp. salt
1/8 tsp. black pepper
2 eggs
1/4 c. cheddar cheese
3/4 c. half and half

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Mix Ritz crackers and 1/3 c. melted butter; press mixture firmly in 9 inch pie pan.
3. Heat a medium skillet over medium heat; melt 2 T. butter in skillet and sauté onions. Do not brown!
4. Cook onions until clear; spread into crust.
5. In medium bowl, whisk eggs, half and half, salt and pepper.
6. Pour mix over onions then spread cheese over top.
7. Bake 30 minutes or until set.

Notes

You may use regular pie crust in place of Ritz crackers, if desired.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
205	119mg	469mg	105mg	5g

SIDES



QUICK TIPS

- Side items are a good way to get in other vitamins and minerals your body needs.
- Potatoes and root vegetables can be double boiled to reduce potassium. Start by peeling and cutting them into small chunks. Put them in a large pot of water and bring to a boil. Once it's boiling remove it from the heat and dump out the water. Put fresh water in and boil until cooked.

Apple Coleslaw

SWEET AND TANGY COLESLAW THAT IS
DIABETIC AND RENAL DIET FRIENDLY

By Charleen Clayborn

SERVES: 8

INSTRUCTIONS:

INGREDIENTS:

3 c. chopped cabbage
1 unpeeled red apple
1 unpeeled Granny Smith
apple
1 carrot (grated)
1/2 c. red bell pepper (diced)
2 green onions (chopped)
1/3 c. reduced fat mayonnaise
1/3 c. Splenda Brown Sugar
1 T. lemon juice

1. In a large bowl, combine chopped cabbage, cored and chopped red and green apples, grated carrots, diced red bell pepper, and chopped green onions.
2. In a small bowl, mix mayo, Splenda Brown Sugar and lemon juice to make a dressing.
3. Pour dressing over cabbage mixture and toss together.
4. Refrigerate.

Notes

Prepare a few hours in advance for the best possible flavor.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
134	152mg	91mg	19mg	1g

Carrot Casserole

VEGETABLE SIDE DISH

By Ralph Davis

PREP TIME: 25 MIN

COOK TIME: 15MIN

TOTAL TIME: 40 MIN

SERVES: 8

INGREDIENTS:

1 lb. carrots
12 low sodium Ritz crackers
2 T. unsalted butter
1/4 tsp. salt
2 T. onion
1/4 tsp. black pepper
1/3 c. shredded cheddar
cheese

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Peel carrots and slice into quarters.
3. Place carrots in a large sauce pan and cover with water.
4. Over medium heat, boil carrots until soft enough to mash.
5. Drain carrots and reserve 1/3 cup of the liquid.
6. Mash carrots until they are smooth.
7. Crush crackers, melt butter, and mince onion.
8. Stir together crackers, onion, butter, salt, pepper, and reserved liquid into mashed carrots.
9. Place mixture in a greased small casserole dish and sprinkle cheese on top.
10. Bake for 15 minutes and serve hot.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
76	150mg	189mg	60mg	2g

Fried Yellow Squash Cakes

A TASTY ADDITION TO A LIGHT MEAL

By Lillian Lening

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 16

INGREDIENTS:

1 cup yellow summer squash
1 egg (well beaten)
1/4 tsp. black pepper
1 medium onion (chopped)
1/2 cup self-rising flour (to
reduce sodium, use plain
flour)
1/2 cup canola oil

INSTRUCTIONS:

1. Wash squash and cut into pieces.
2. Cook in 2 cups water until tender. Drain well and mash.
3. Chop onion. Add chopped onion, well beaten egg, black pepper, and flour to mashed yellow squash. Mix well.
4. Heat canola oil in a skillet on medium heat.
5. Use a teaspoon to drop small amounts of the squash mixture into the hot oil.
6. Brown on one side; then turn with a spatula and brown the other side.
7. When browned remove from the skillet and drain on paper towel.

Notes

Southern-style variation: use 1/4 cup plain cornmeal and 1/4 cup plain flour instead of using flour only.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
82	37mg	54mg	15mg	1g

Honeyed Carrots & Leeks

TART & SWEET

By Barbara Miter

SERVES: 6

INGREDIENTS:

1 lb. baby carrots or carrots,
washed
1/2 c. sliced leeks
1 tsp. granulated brown sugar
1 T. honey
1 tsp. olive oil
1 lemon zested
2 T. lemon juice

INSTRUCTIONS:

1. In skillet over medium heat, combine carrots, leeks, sugar, honey, and oil and 2 T. lemon juice.
2. Cover, let simmer for 5 minutes.
3. Uncover, and cook 2 minutes or until carrots are tender.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
52	61mg	215mg	26mg	1g

Lemon Garlic Herbed Green Beans

PEPPERY GREEN BEAN DISH SEASONED WITH GARLIC, THYME AND LEMON

By Linda Hughey

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 8

INGREDIENTS:

1 lb. fresh French green beans
1/4 c. extra virgin olive oil
1/4 c. salted butter
4 large garlic cloves, minced
1/2 tsp. black pepper, freshly ground
2 T. fresh thyme leaves
1/2 lemon
bowl of ice water

INSTRUCTIONS:

1. Trim ends of green beans and wash.
2. Drop beans in boiling water and cook until tender but firm, about 5 minutes.
3. Transfer beans to bowl of ice water to stop cooking process. Strain.
4. In a large sauce pan, melt butter in olive oil.
5. Add minced garlic to melted butter and oil mixture on low heat.
6. Sauté until you smell the aroma of garlic. Do not brown the garlic! (About one minute).
7. Drain green beans and add to the garlic mixture.
8. Add black pepper and thyme leaves.
9. Toss to mix.
10. Remove from heat when beans have heated.
11. Squeeze lemon juice over beans.
12. Toss and serve.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
135	42mg	108mg	23mg	1g

Parmesan Zucchini and Squash

SUMMER VEGETABLES WITH LIGHT CHEESE TASTE

By Denise Oliver

PREP TIME: 30 MIN

COOK TIME: 10 MIN

TOTAL TIME: 40 MIN

INGREDIENTS:

1 T. margarine

1-1/2 c. thinly sliced zucchini
and squash

1/2 c. chopped red bell pepper

1/4 c. chopped onion

1 T. water

1/4 tsp. black pepper

4 tsp. grated Parmesan cheese

INSTRUCTIONS:

1. Heat a nonstick frying pan to medium.
2. Add margarine, vegetables, black pepper and water.
3. Cover and simmer for three minutes.
4. Uncover, increase heat to medium high and stir fry until tender crisp.
5. Serve sprinkled with grated Parmesan cheese.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
175	35mg	203mg	42mg	8g

Renal Safe Macaroni & Cheese

By Bob Stiglitz

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INGREDIENTS:

2 c. elbow, shell, or bow-tie pasta

1 5oz. jar Philadelphia cheese (Pimento) spread made with cream cheese.

1 4oz. jar diced green chilies (rinsed and drained)

Pepper to taste (optional)

INSTRUCTIONS:

1. Cook pasta in boiling water without salt or butter until pasta is al dente.
2. Drain pasta while noodles are hot.
3. Add the pimento cheese spread and chilies.
4. Stir until the cheese spread is melted into the pasta.

Notes

For a higher protein variation, add browned and drained ground beef. (Not included in Nutritional Analysis).

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
276	88mg	188mg	82mg	6g

Rice Pilaf

AN ALTERNATIVE TO POTATOES

By Paula Schroeder

PREP TIME: 15 MIN

COOK TIME: 30 MINS

TOTAL TIME: 45 MINS

SERVES: 5

INGREDIENTS:

1 c. white rice (I prefer
Jasmine)
1/4 c. wild rice
1/4 c. orzo pasta
2 T unsalted butter (or olive
oil)
1/2 c. chopped onions
1-2 cloves of garlic - minced
2 T. fresh parsley (chopped
fine)
3 c. low sodium chicken stock
or broth
1/2 tsp. ground black pepper
(optional)

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. In a sauce pan, heat chicken stock to boiling.
3. In a frying pan, sauté onions and garlic in butter slowly until they begin to caramelize.
4. Add orzo and continue to sauté until the orzo begins to brown.
5. In a 1 1.5-2 quart casserole, mix the rices, onions, garlic, orzo and parsley together.
6. Carefully add the boiling stocks and pepper (optional).
7. Cover and bake for 1/2 hour or until all liquid is absorbed.
8. Fluff with a fork and serve.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
253	33mg	193mg	116mg	8g

Sour Cream Cucumbers

By Barbara Miter

PREP TIME: 15 MIN

TOTAL TIME: 15 MIN

SERVES: 8

INGREDIENTS:

1/2 c. sour cream, regular or
lite
3 T. white vinegar
1 T. sugar
pepper to taste
4 medium cucumbers, peeled
and thinly sliced
1 small yellow or red onion,
sliced thin

INSTRUCTIONS:

1. In a bowl, whisk sour cream, vinegar, sugar, and pepper until blended.
2. Add cucumber and onion; toss to coat.
3. Refrigerate covered.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
46	14mg	54mg	30mg	1g

Swedish Coleslaw

By (Anonymous)

SERVES: 12

INSTRUCTIONS:

INGREDIENTS:

1 large head of cabbage -
shredded
1 green pepper - chopped
1 onion - chopped
1/2 tsp. mustard seed
1/2 tsp. celery seed

1. Combine all salad ingredients and set aside.
2. Bring sugar, vinegar and oil to a boil in a saucepan.
3. Pour hot dressing over cabbage mixture; do not stir until cold.
4. Cover and chill in refrigerator.
5. Toss and enjoy.

DRESSING:

1 c. sugar
1 c. white vinegar
2/3 c. salad oil

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
203	24mg	230mg	33mg	1g



BREADS

Bread

QUICK TIPS

- If you're watching your potassium, be sure to choose breads without dried fruit like raisins or dates.
- Read food labels to look for low sodium options. "Low Sodium" on a label means that there is less than 140 mg sodium per serving. "Moderate sodium" means 140-480 mg per serving. "Reduced (less) sodium" means that there is 25% less sodium than the original produce.

Homemade Yeast Rolls

A RENAL-FRIENDLY BREAD THAT TASTE GOOD

By Ina Wrye

PREP TIME: 1 HR 40MIN

COOK TIME: 12 MIN

TOTAL TIME: 1 HR 52MIN

SERVES: 16

INGREDIENTS:

3 1/2 c. all purpose flour
1/4 c. sugar
1/4 c. margarine or butter
soften
1 package quick acting dry
yeast
1/2 c. very warm water (120
to 130°F)
1/2 c. very warm skim milk
(cooled to 120 to 130°F)
1 large egg

INSTRUCTIONS:

1. Mix 2 cups of flour, the sugar, margarine, yeast in 2 1/2 quart bowl.
2. Add water, skim milk, and egg.
3. Beat on a low mixer speed, scraping bowl frequently for 1 minute.
4. Stir in enough remaining flour to make dough easy to handle.
5. Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes.
6. Place in a greased 2 1/2 quart bowl; turn greased side up.
7. Cover and let rise in warm place until dough doubles in size, about 1 hour. Dough is ready if indentation remains when touched).
8. Punch dough down. Cut or roll into shapes.
9. Brush with margarine or butter.
10. Cover and let rise until doubles in size. About 30 minutes.
11. Preheat oven to 400°F.
12. Bake until golden brown, 12 to 18 minutes.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
145	50mg	10mg	46mg	4g

Cranberry Soda Bread

AN IRISH BREAD WITH A NEW ENGLAND TWIST

By Lynda Parke

PREP TIME: 10 MIN

COOK TIME: 45 MIN

TOTAL TIME: 55 MIN

SERVES: 10

INGREDIENTS:

1 lb. plain or all purpose flour

1 oz. sugar

1 tsp. (level) soda or baking
soda

1 - 2 oz. cranberries

14 oz. buttermilk

INSTRUCTIONS:

1. Mix flour, sugar, baking soda and cranberries in a bowl.
2. Slowly add the buttermilk and mix well to form dough.
3. Shape it into a mound in a greased 1lb loaf tin or pan.
4. Bake for 20 minutes in a preheated oven at 375°F.
5. Lower the heat to 325°F and continue to bake for 25 minutes.
6. Remove from the oven and place the loaf on a wire rack to cool.
7. Slice and serve with butter.

Notes

The loaf should sound hollow when it is turned out of the tin and tapped on the bottom. If in doubt, turn upside down and continue baking an additional 10 minutes.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
181	83mg	172mg	53mg	6g

Old-Fashioned Strawberry Bread

SIMPLE INGREDIENTS TO MAKE THIS STRAWBERRY BREAD A DELIGHT

By Danita Minor

PREP TIME: 15 MIN

COOK TIME: 1 HR

TOTAL TIME: 1 HR 15MIN

SERVES: 16

INGREDIENTS:

3 c. flour

2 c. sugar

1 tsp. baking soda

1 tsp. salt (can decrease to 1/2
tsp)

1/2 c. oil

1/2 c. apple sauce

4 eggs (beaten)

20 oz. strawberries (frozen or
fresh sweetened)

1 tsp. vanilla

INSTRUCTIONS:

1. Combine dry ingredients (flour, sugar, soda, salt).
2. Make a well in the center.
3. In a separate bowl, mix together liquids (oil, applesauce, eggs, strawberries, vanilla) and pour into well.
4. Mix all by hand leaving strawberries somewhat intact. No need to over mix.
5. Place in 2 greased loaf pans or one bundt pan.
6. Bake at 350°F for one hour.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
293	65mg	134mg	42mg	4g

Onion Dinner Rolls

ONION FLAVORED DINNER ROLL

From Jeanne Garber | Adapted by DCI-Big Sky

PREP TIME: 30 MIN

INSTRUCTIONS:

COOK TIME: 20 MIN

TOTAL TIME: 2-4HR

SERVES: 18

INGREDIENTS:

2 c. flour
1 pkg active dry yeast
1 can evaporated skim milk
2 tsp. sugar
1 egg
1/4 tsp. salt
2 tsp. dried minced onions
2 - 2 1/2 c. flour

1. In large mixing bowl, stir together 2 c. flour and yeast.
2. Add milk, sugar, egg, salt and dried onion.
3. Add to flour mixture.
4. Beat with electric mixer on low to medium speed for 30 seconds. Scrape the bowl.
5. Beat on high speed for 30 minutes more.
6. Using a spoon, stir in as much of the 2-2 1/2 cups of flour as you can.
7. On a floured surface, knead enough of the remaining flour to make a moderately soft dough that is smooth and elastic, about 3 to 5 minutes total.
8. Shape into a ball.
9. Spray a large bowl with nonstick spray coating.
10. Place dough in a bowl; turn once.
11. Cover and let rise in a warm place until double in size about one hour.
12. Punch dough down, and form 18 buns and place on sprayed baking pan.
13. Let rise to double in size 30-60 minutes.
14. Bake in a warm 350°F oven for 20 minutes or until buns are golden.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
119	92mg	21mg	68mg	4g

Zucchini Bread

By Teresa Billings

PREP TIME: 15 MIN

COOK TIME: 1 HR

TOTAL TIME: 1 HR 15MIN

SERVES: 14

YIELDS: 2

INGREDIENTS:

1/3 c. molasses
3 eggs, beaten
1 c. brown sugar, packed
3 tsp. vanilla
1 tsp. salt
1 tsp. baking soda
1/2 tsp. nutmeg
3 tsp. cinnamon
1/2 c. whole wheat flour
1/2 tsp. baking powder
2 c. zucchini, grated
2 c. white flour
1/2 tsp. cloves
1/2 c. raisins (optional)

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Grease and flour 2 loaf pans.
3. Mix together all ingredients in order given.
4. Pour into the pans.
5. Bake 45 minutes to 1 hour.

Notes

Leave out salt for a lower sodium count.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
203	222mg	116mg	56mg	4g

A close-up photograph of four glass bottles with cork stoppers, arranged in a row. The bottles contain different colored liquids: dark purple, vibrant green, bright yellow, and a reddish-orange. They are resting on a bed of mixed nuts, including almonds and walnuts. The lighting is dramatic, highlighting the textures of the glass, cork, and nuts.

SAUCES, DRESSINGS & SEASONINGS

Sauces, Dressings & Seasonings

QUICK TIPS

- Making your own dressings and seasonings are a great way to add flavor without extra sodium.
- When invited to a party, offer to make a healthy salad or kidney-friendly dish to ensure you have an option that you know you can eat.

Easy Gravy

By Paula Schroeder

PREP TIME: 5 MIN

COOK TIME: 10 MIN

TOTAL TIME: 15 MIN

SERVES: 15

INGREDIENTS:

2 c. low sodium chicken or
beef broth

1/2 tsp. black pepper

1/2 tsp. paprika

1/2 tsp. garlic powder

1/2 tsp. onion powder

1/3 c. corn starch

INSTRUCTIONS:

1. Mix together all ingredients until there are no lumps and pour into a sauce pan.
2. Cook over medium heat stirring frequently (use a whisk) until thickened.
3. Let boil slowly for 2 minutes and serve over rice, noodles, meat etc.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
17	32mg	10mg	11mg	1g

Low-Sodium Mayonnaise

By Paula Schroeder

PREP TIME: 15 MIN

TOTAL TIME: 15 MIN

SERVES: 20

INGREDIENTS:

2 large eggs (pasteurized)
2 tsp ground mustard
1/2 tsp black pepper
1/2 tsp paprika
1/2 tsp garlic powder
2-3 T apple cider vinegar
1-2 c. canola oil

INSTRUCTIONS:

1. Put the eggs, spices and vinegar in the blender.
2. Run your blender's slowest speed until well mixed.
3. Keep the blender running and slowly add the canola oil in a steady stream, increasing the speed of the blender as the mayonnaise thickens.
4. Store in the refrigerator.

Notes

The more powerful your blender, the thicker the mayonnaise will be.

The variance in vinegar is the amount of tartness you like and the spices can be changed as long as you use the mustard.

You can use prepared mustard, however this will add sodium.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
153	8mg	5mg	7mg	1g

Coleslaw Dressing

By Pam Gervais-Foss

PREP TIME: 5 MIN

TOTAL TIME: 5 MIN

SERVES: 14

INGREDIENTS:

1/4 c. Vinegar

1/4 c. Sugar

1/2 c. Mayonnaise

Salt and Pepper to taste

INSTRUCTIONS:

1. Whisk together all ingredients in a small bowl.
2. The dressing can then be tossed with cabbage.

Notes

This dressing is also delicious on cucumbers.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
68	6mg	63mg	3mg	0g

Red Wine Vinaigrette

By Johnette Davis

PREP TIME: 5 MIN

INSTRUCTIONS:

TOTAL TIME: 5 MIN

1. Mix oil, red wine vinegar, garlic powder, oregano, and lemon juice together and serve.

YIELDS: 4

INGREDIENTS:

1/2 c. extra virgin olive oil
3 T. red wine vinegar
1/2 tsp. garlic powder
1/2 tsp. dried oregano
1/2 tsp. lemon juice

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
241	16mg	1mg	13mg	0g

Italian Seasoning

By JoAnn R. Airaghi

PREP TIME: 5 MIN

TOTAL TIME: 5 MIN

YIELDS: 7

INSTRUCTIONS:

1. Combine oregano, basil, garlic powder, onion powder, parsley, and black pepper.
2. Store in an airtight container.

INGREDIENTS:

3 T. Oregano
3 T. Basil
1 T. Garlic Powder
2 tsp. Onion Powder
1 tsp. Parsley
1/4 tsp. Black Pepper

Notes

Recipe can be doubled.

Nutrition Facts (Per Serving)				
CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
8	93mg	15mg	3mg	0g

DESSERTS



Desserts

QUICK TIPS

- Desserts can be enjoyed and are a good way to add extra calories to your meal.
- Watch out for desserts containing high phosphorus or high potassium ingredients like nuts, raisins, pumpkin, and cream.
- Lower potassium fruits like apples, pears, and berries are great in many kinds of desserts.

Apple Peanut Butter Cookies

SPICED PEANUT BUTTER COOKIES

By Danelle Prochnau

PREP TIME: 20 MIN

COOK TIME: 10 MIN

TOTAL TIME: 30 MIN

SERVES: 15

INGREDIENTS:

1/2 c. Shortening
1/2 c. Chunky Peanut Butter
1/2 c. Sugar
1/2 c. Packed Brown Sugar
1 egg
1/2 tsp. Vanilla Extract
1 1/2 c. All-Purpose Flour
1/2 tsp. Baking Soda
1/2 tsp. Salt
1/2 tsp. Ground Cinnamon
1 c. apple, grated and peeled

INSTRUCTIONS:

1. In a large bowl, cream the shortening, peanut butter and sugars until light and fluffy.
2. Beat in egg and vanilla.
3. Combine the dry ingredients; gradually add to creamed mixture and mix well.
4. Stir in apple.
5. Drop by rounded tablespoonfuls 2 inches apart onto greased baking sheets.
6. Bake at 375°F for 10-12 minutes or until golden brown.
7. Cool for 5 minutes before removing to wire racks.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
220	96mg	129mg	47mg	4g

Baked Apples

By E. Saavedra

TOTAL TIME: 50 MIN

SERVES: 4

SERVING SIZE: 1 APPLE
WITH 1/4 CUP SAUCE

INGREDIENTS:

Non-stick cooking spray
4 small cooking apples- Roma
or McIntosh varieties
1 T. finely chopped pecans
1/2 teaspoon cinnamon or
apple pie spice
4 whole cinnamon sticks
(optional)
1/3 c. sugar free maple flavor
syrup
2 T. water

SAUCE:

1 T. sugar free instant vanilla
pudding mix
1 c. almond milk or rice milk
(unfortified)
1 T. vanilla
3/4 tsp. cinnamon or apple
pie spice

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Spray bottom of an 8 x 8 baking pan well with cooking spray.
3. Peel a small strip of skin from middle of each apple and discard skin.
4. Core apples tops, leaving bottom 1/4 to 1/3 of core in place.
5. Place apples in baking dish.
6. In a small bowl combine pecans, cinnamon or apple pie spice.
7. Pack even amounts of spice mixture into apple cores.
8. If using, place a cinnamon stick into each apple core with the spices.
9. Combine sugar free syrup and water, whisk together and pour over apples.
10. Cover pan with foil and bake for 30-35 minutes until apples are tender.
11. Baste apples with sauce every 5-10 minutes while cooking.

FOR SAUCE:

1. In a small bowl, combine almond or rice milk, vanilla, cinnamon or apple pie spice, and vanilla pudding mix.
2. Whisk/ stir vigorously and put in airtight container.
3. Chill until ready to use.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
143	210mg	70mg	51mg	1g

Caribbean Cream Cake

A SWEET BUNDT CAKE

By Isaac Hayes

PREP TIME: 15 MIN

COOK TIME: 1 HR

TOTAL TIME: 1 HR 15MIN

SERVES: 20

INGREDIENTS:

8 oz. cream cheese, softened
1/4 c. granulated sugar
5 large eggs
8 oz. crushed pineapple (1
can, drained)
18 oz. yellow cake mix (1 box)
1/3 c. vegetable oil
1 c. water
1 tsp. rum flavoring
1 tsp. vanilla flavoring

INSTRUCTIONS:

1. Preheat oven to temperature recommended on cake mix box.
2. In a small bowl, combine cream cheese, sugar and 2 eggs, beating well.
3. Stir in crushed, drained pineapple and set aside.
4. In a large bowl, combine the yellow cake mix, oil, water, rum and vanilla flavorings and 3 eggs.
5. Beat with electric mixer for 2 minutes on high speed.
6. Spray either a bundt pan or 9x3 1/2 inch tube pan with cooking spray.
7. Pour 2/3 of the cake batter into the greased and floured pan, and spoon the cream cheese mixture on top.
8. Carefully add the remaining cake batter.
9. Bake for 55-65 minutes , or until the center is set.
10. Cool in pan for 10 minutes and test for doneness by inserting a butter knife into the center of the cake.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
218	63mg	245mg	118mg	3g

Easy Cream Cheese Pumpkin Pie

By Robin Scull

SERVES: 16

INGREDIENTS:

15 oz. pumpkin pie filling
8 oz. light cream cheese
8 oz. light cool whip
1 tsp. pumpkin pie spice
2 9" graham cracker pie crusts
sprinkle cinnamon
2 T. per serving cool whip (for serving)

INSTRUCTIONS:

1. Combine pumpkin, cream cheese, and spice in mixer until well blended.
2. Fold into 8oz of cool whip gently, so that it stays fluffy.
3. Spoon into pie shells.
4. Crust should be well filled.
5. Cover and refrigerate for 1 hour.
6. To serve, top with 2 T. cool whip on each piece with a light sprinkle of cinnamon for the perfect finishing touch.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
227	88mg	293mg	49mg	3g

Fresh Apple Cake

THINLY SLICED APPLES CREATE A RICH,
MOIST LAYER OF FRUIT WITHIN THIS CAKE

By Annella Diz

PREP TIME: 30 MIN

TOTAL TIME: 1 HR 15MIN

SERVES: 15

INGREDIENTS:

1/2 c. melted butter
2 c. sugar
2 large eggs
1 tsp. vanilla extract
2 c. all purpose flour - sifted
2 tsp. ground cinnamon
1 tsp. baking soda
2 1/2 lbs. Granny Smith
Apples (about 4 large) peeled
and cut in thin slices

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Stir together butter, sugar, eggs, and vanilla until blended.
3. Combine flour, cinnamon and baking soda; add to butter mixture, stirring until well blended.
4. Stir in apples (batter will be very thick, similar to a cookie dough).
5. Spread batter into a lightly greased 13 x 9 inch baking pan or bundt cake pan.
6. Cook 13 x 9 inch pan approximately 45 minutes / bundt cake pan approximately 1 hour or until wooden pick inserted in center comes out clean.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
336	126mg	120mg	46mg	4g

Old Fashioned Oatmeal Cookies

By Barbara Fultz

PREP TIME: 10 MIN

TOTAL TIME: 22 MIN

YIELDS: 48

INGREDIENTS:

1 box spice cake mix
2 c. uncooked oats
2 eggs
3/4 c. vegetable oil
1/2 c. milk
1/4 c. chopped nuts
1/4 c. dark brown sugar

INSTRUCTIONS:

1. Cream cake mix, oats, eggs, oil, milk, nuts, and sugar together.
2. Drop 1 teaspoon of mixture onto an ungreased cookie sheet.
3. Bake cookies at 350°F for about 10-12 minutes, or until cookies come out clean on a toothpick.
4. Cool cookies, then remove cookies from cookie sheet to a rack for further cooling.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
113	27mg	65mg	55mg	2g

Peach Cobbler

THE PARIS FAMILY'S FAVORITE PEACH DESSERT

By Billy E. Paris

PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 6

INSTRUCTIONS:

1. Mix together plain flour, sugar and baking powder.
2. Add milk (or coffee creamer) and mix.
3. Add peaches with juice. Mix.
4. Pour into a baking dish.
5. Bake at 350°F until thick and brown on top.

INGREDIENTS:

1/2 c. plain flour

1/2 c. sugar

1/2 c. milk or use coffee
creamer for lower phosphorus

1 tsp. baking powder

2 c. sliced peaches (use juice
also)

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
143	156mg	97mg	52mg	2g

Raw Apple Cake

EASY APPLE AND COFFEE FLAVORED DESSERT

By Pat McKeever

PREP TIME: 20 MIN

COOK TIME: 1 HR

TOTAL TIME: 1 HR 20MIN

SERVES: 12

INGREDIENTS:

1/2 c. sugar
1 c. shortening
2 eggs, beaten
2 c. flour
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. cloves
3/4 c. raisins
2 c. chopped apples
1 c. sour cream
1 c. chopped nuts
1 c. cold coffee

INSTRUCTIONS:

1. Grease and flour 9 x 13 baking pan.
2. Preheat oven to 350°F.
3. Mix sugar, shortening, beaten eggs, flour, baking soda, cinnamon, cloves, raisins, chopped apples, sour cream, nuts, and cold coffee.
4. Bake for 1 hour.
5. Cool before serving.

Notes

Doesn't need frosting, can use whip cream if desired. Great for camping and traveling.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
416	200mg	242mg	98mg	6g

Strawberry Ribbon Pie

LIGHT AND DELICIOUS DIABETIC DESSERT

By Frances Miller

PREP TIME: 25 MIN

COOK TIME: 3 HR

TOTAL TIME: 3HR 25MIN

SERVES: 8

INGREDIENTS:

3/4 c. finely crushed graham crackers (11 crackers)
2 T. margarine, melted
2 env. low calorie strawberry-flavored gelatin
1 T. lemon juice
2 c. fresh or frozen whole unsweetened strawberries, thawed
2 egg whites
1/4 tsp. cream of tartar

INSTRUCTIONS:

1. Combine graham cracker crumbs and margarine.
2. Press mixture firmly into a 9-inch pie plate. Chill.
3. Dissolve gelatin in 2 cups boiling water; add lemon juice.
4. Measure 1/2 cup of gelatin mixture; stir in 1/2 cup cold water.
5. Chill till partially set (consistency of unbeaten egg whites).
6. Turn into chilled graham cracker crust; chill till almost firm.
7. To remaining gelatin mixture add 1/2 cup cold water and chill till partially set. Reserve a few strawberries for garnish.
8. Sieve remaining strawberries; fold into partially set gelatin.
9. In small mixer bowl beat egg whites with cream of tartar till stiff peaks form.
10. Gently fold egg whites into partially set gelatin mixture.
11. Fold in 3/4 cup of whipped topping (refrigerate remaining topping). If necessary, chill strawberry mixture till it mounds.
12. Pile strawberry mixture atop first layer in crust.
13. Chill till firm. Garnish with reserved strawberries.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
89	100mg	114mg	28mg	8g

Zucchini Cake

MOIST & FLAVORFUL - DELICIOUS WAY TO EAT A VEGETABLE

By Frances Graves

PREP TIME: 20 MIN

COOK TIME: 1 HR

TOTAL TIME: 1 HR 20MIN

SERVES: 24

INGREDIENTS:

4 eggs
1 1/2 c. vegetable oil
1/2 c. brown sugar
1/2 c. white sugar
2 T. molasses
3 c. grated (raw) zucchini
3 c. flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
1/4 c. chopped nuts (optional)

INSTRUCTIONS:

1. Beat eggs.
2. Add vegetable oil, sugars and molasses and zucchini.
3. Mix until blended.
4. Combine flour, baking soda, baking powder and cinnamon and add to first mixture.
5. Blend in nuts, if using.
6. Bake in a greased and floured 9 x 13 inch pan for 1 hour at 350°F.

Nutrition Facts (Per Serving)

CALORIES	POTASSIUM	SODIUM	PHOSPHORUS	PROTEIN
239	102mg	68mg	47mg	3g

If you receive regular dialysis at a clinic, you will learn that the foods you eat directly impact your lab results. Your dietitian will review your labs with you every month and will help to tailor a diet plan just for you.

Here are a few key labs that you may learn about:

Lab	What it is	Foods
Albumin Goal ≥ 4.0 g/dl	Measures protein levels in the blood and is the most important indicator of nutritional status. Higher albumin levels help to build muscle and strengthen the immune system.	Meats, chicken, turkey, fish, eggs
Potassium Goal 3.8-6.0 mEq/l	Mineral that regulates muscle and nerve function. Potassium levels that are too high or too low can cause muscle weakness, irregular heartbeat, and even heart attack.	Salt substitutes, potatoes, tomatoes, bananas, dried fruits, nuts, avocado, melon, nuts, dried beans
Phosphorus Goal 2.6-5.5 mg/dl	Mineral that builds healthy bones and teeth and contributes to energy metabolism. Phosphorus is found in most foods and can be very difficult to limit without the help of medications called "binders." High phosphorus levels can cause itching, bone damage and calcium buildup in the blood vessels (calcification).	Milk, cheese, ice cream, dried beans and nuts, dark sodas *Note: many foods have phosphorus added to them. It's best to avoid foods with ingredients that contain the letters "p-h-o-s" in them.
Calcium Goal 8.4-10.2 mg/dl	A mineral that works with phosphorus to keep bones strong and healthy. Calcium levels can be influenced by calcium in the diet and by some medications. Too much or too little calcium can cause muscle twitching, cramping and confusion.	Milk, cheese, ice cream, fortified foods, over the counter antacids such as Tums
Fluid gains Goal- varies	Fluid can build up between dialysis treatments can cause high blood pressure, edema, and heart problems. High fluid gains could be caused by drinking too much fluid or eating too much salt, or both.	Fluids: anything that is liquid at room temperature. Salt: pickles, deli meat, soy sauce, bacon, processed foods

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my favorite recipes

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ACKNOWLEDGMENTS

At DCI, the care of the patient is our reason for existence. Providing care to individuals with kidney disease allows us to witness their struggle to maintain a kidney-friendly diet. Our staff wanted to do something to help patients with this struggle. This led to DCI staff around the nation hosting recipe drives, tasting sessions and cooking contests to identify tasty, easy to prepare, kidney-friendly foods. We gathered a variety of the recipes together and created this cookbook. We hope you enjoy it.

We are thankful for each patient and employee that contributed to this effort. We especially thank the dietetic team that organized the cookbook and analyzed the recipes:

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