

Kidney Cooking

Thanksgiving Edition

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



Introduction

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

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

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

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

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

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

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A Traditional Renal Friendly Thanksgiving Feast

Entree:

Herb and Citrus Butter Roasted Turkey

Sides:

Sweet and Savory Maple Sausage Stuffing

Sweet Maple Sausage (Low Salt)

Rosemary-Port Cranberry Sauce

Vegetables & Rice

Green Bean Casserole with Fried Shallots

Dessert:

Apple Tart

Herb & Citrus Butter Roasted Turkey

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

Ingredients:

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

Directions:

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

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Herb & Citrus Butter Roasted Turkey

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

Continued from previous page.

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

Nutritional content per serving:

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

Sources:

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

Sweet & Savory Maple Sausage Stuffing

Yield: 10 servings

Ingredients:

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

Nutritional content per serving:

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

Sources:

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

Sweet Maple Sausage (low salt)

Yield: 12 servings

Ingredients:

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

Directions:

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

Nutritional content per serving:

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

Sources:

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

Rosemary-Port Cranberry Sauce

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

Ingredients:

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

Directions:

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

Nutritional content per serving:

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

Sources:

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

Vegetables & Rice

Yield: 6 servings

Ingredients:

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

Directions:

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

Notes:

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

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

Nutritional content per serving:

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

Sources:

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

Green Bean Casserole with Fried Shallots

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

Ingredients:

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

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

Sources:

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

Directions:

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

Nutritional content per serving:

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

Apple Tart

Yield: 6 servings

Ingredients:

Dough
1 c. all-purpose Flour
1/3 c. butter
5 to 8 T. of ice water

Filling
3 Apples, peeled, cored and sliced
1/4 c. sugar
2 T. cornstarch
1/4 tsp. cinnamon
Pinch of pumpkin pie spice
1/4 c. apple jelly

Directions:

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

Nutritional content per serving:

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

Sources:

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



A Non-Traditional Renal Friendly Thanksgiving Feast

Entree:

Orange-Dijon Pork Loin

Sides:

Garlic Green Beans

Winter Harvest Casserole

Corn Pudding

Butter Muffins

Dessert:

Pineapple Dream Dessert

Orange-Dijon Pork Loin

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

Ingredients:

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

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

Directions:

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

Nutritional content per serving:

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

Sources:

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

Garlic Green Beans

Yield: 8 servings

Ingredients:

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

Directions:

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

Nutritional content per serving:

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

Sources:

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

Winter Harvest Casserole

Yield: 12 servings

Ingredients:

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

Directions:

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

Nutritional content per serving:

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

Sources:

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

Corn Pudding

Yield: 6 servings

Ingredients:

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

Directions:

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

Nutritional content per serving:

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

Sources:

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

Butter Muffins

Yield: 2 dozen

Ingredients:

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

Directions:

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

Nutritional content per serving:

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

Sources:

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

Pineapple Dream Dessert

Prep Time: 0:15

Total Time: 0:10

Yield: 12 servings

Ingredients:

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

Directions:

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

Nutritional content per serving:

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

Sources:

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



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