

MRP DIETITIANS' PRESENT...

LET'S EAT!

Kidney Friendly Recipes

VOLUME 1
2ND EDITION



kidneyhealth.ca

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2011

– ACKNOWLEDGEMENTS –

The Renal diet can be one of the hardest lifestyle changes for individuals to understand, coordinate (with other diets) and, last but not least, follow over the long term.

The Manitoba Renal Program Renal Dietitians are hard at work trying to help you by providing recipes. The Recipe of the Month was instituted in 2002 to provide a monthly resource for all the patients and their families that we see in Manitoba. We have included the best of those recipes in this cookbook and we hope that you enjoy them and incorporate these recipes into your cooking.

Thanks to the Renal Dietitians at Health Sciences Centre, St. Boniface General Hospital, Seven Oaks General Hospital and Brandon General Hospital, who have helped in providing recipes and putting this cookbook together;

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THE RENAL DIET



The Renal Diet

When you have chronic kidney disease, diet is an important part of your treatment plan. Your recommended diet may change over time if your kidney disease gets worse. Not everyone has the same restrictions and everyone's diet is individualized. Nutrients affecting the kidney are: **protein, sodium, potassium & phosphorus**

Protein

- Eating the right amount of protein will help to:
 - build muscles & repair tissues, fight infections and prevent wastes from building up in your blood
- Large protein portions may increase the workload of the kidney
 - keep portion size to 3 ounces per serving
- Protein comes from:
 - red meats, poultry (chicken, turkey, duck), fish and other seafood, eggs, milk, cheeses, tofu, legumes and beans

Tip: There are two kinds of protein. Higher quality protein comes from animal products like meat, poultry, fish, eggs and dairy products. These are the easiest proteins for your body to use.

Lower quality protein comes from vegetables and grains. A well balanced diet should include both kinds of proteins every day

Sodium

- Limiting sodium (a mineral found in most foods) to 2000-3000 mg per day helps to reduce fluid build up in the body and to control blood pressure within normal ranges

- Sodium is found in most foods, but is especially high in:
 - table salt & sea salt
 - salty seasonings (e.g. soy sauce, teriyaki sauce, garlic salt, and seasoning salt)
 - most canned foods and some frozen foods
 - processed meats (e.g. ham, bacon, sausage, cold cuts)
 - salted snack foods (e.g. chips, crackers, pickles)
 - most restaurant and take-out foods
 - canned or dehydrated soups (e.g. packaged noodle soup)

Tip:

- eat foods closest to their natural state (unprocessed)
- read food labels for sodium content.
- try fresh or dried herbs and spices instead of table salt
- add a dash of hot pepper sauce.
- vinegar or lemon juice, oil and spices can be used to marinate meat.
- try no-added salt blends (Mrs. Dash[®], McCormick's No Salt Added[®])
- avoid salt substitutes (Half Salt[®] or No-Salt[®])

Potassium

- Is an important mineral that helps your muscles & heart work well.
- Too much or too little potassium in the blood can be dangerous.
- Not everyone needs the same amount of potassium – how much you need will depend on:
 - how well the kidneys are working
 - if you are taking medication that can change the level
- Potassium is found in all foods but large amounts are found in:
 - certain fruits & vegetables (bananas, melons, oranges, potatoes, tomatoes, dried fruits, dark green leafy vegetables & some fruit & vegetable juices), milk and yogurt, dried beans and peas, salt substitutes, chocolate, nuts and seeds, lentils and legumes

Tip:

- know your blood potassium level (normal 3.5-5.0).
- if it is too low you may need a supplement to raise the level
- if it is too high you will need to avoid high potassium foods
- if it is too high you may need a binder to lower the level
- soaking or double-boiling root vegetables will reduce the amount of potassium in the vegetables

Phosphorus

- Is a mineral that works together with calcium to form strong bones & teeth.
- In kidney disease, phosphorus starts to build up in your blood and Calcium is pulled from the bone into the blood causing serious problems like:
 - damage to the heart & other organs, poor blood circulation, bone pain & bone weakness, skin ulcers.
- Phosphorus is found in most foods. Large amounts are found in:
 - dairy products (milk, cheese, pudding, yogurt, ice cream)
 - dried beans and peas (kidney beans, split peas, lentils)
 - nuts and seeds
 - other beverages (colas, beer, cocoa)
 - chocolate.
 - whole grains especially bran
 - seasoned meats & processed/convenience foods
 - baking powder

Tip: use non-dairy creamers and recommended milk substitutes in place of milk to help lower the amount of phosphorus in your diet.



APPETIZERS & BEVERAGES



APPLE BRIE PIZZA!

(A THIN, CRISPY APPETIZER)

Pizza Crust:

1 ¼ c. all-purpose flour
1 tsp. instant yeast
½ cup hot water
4 tsp. cooking oil
2 tsp. cornmeal

Topping:

7 oz. brie cheese, with rind, softened
2 tbsp. sour cream
¼ tsp. dill weed
1 tsp. apple juice
1-2 medium red apples, with peel,
cut into paper-thin wedges
2 tsp. grated parmesan cheese

Pizza Crust:

Measure flour and yeast into food processor. (This can also be done by hand). With lid in place and machine running, pour hot water and cooking oil through food chute. Process for about 50 seconds until a ball is formed. Remove and wrap in plastic wrap. Let rest for 10 minutes.

Divide dough into 2 equal portions. Sprinkle 1 tsp. cornmeal on working surface. Roll 1 portion of dough over cornmeal to 10" diameter. Repeat with second portion of dough. Place on greased baking sheet. Poke holes all over dough with fork. Bake on bottom rack in 450°F (230°C) oven for about 10 min. You can bake these 1 at a time. Cool.

Topping:

Mash Brie cheese, sour cream, dill weed and apple juice with fork on large plate. No need to mash until smooth but rather to coarsely mix. Divide between crusts.

Arrange apple slices in single layer over each. Sprinkle with Parmesan cheese. Bake in center of 450°F oven for about 5 min. until crust is crisp and surface is beginning to turn golden. Cut each pizza into 12 wedges for a total of 24 wedges.

2 pizza wedges = 1 bread/starch serving

BAKED GARLIC

Baking garlic cloves results in a mild, sweet, nutty flavour and a buttery consistency.

Ingredients

4 whole bulbs or heads of garlic
1 tbsp. olive oil
1 tsp. dried oregano or rosemary
A small covered baking dish
Toasted bread such as French bread or baguette

Instructions

Preheat oven to 375°F.

Cut tops off garlic bulbs to expose cloves
(cut off about ½")

Brush with oil and sprinkle with herbs

Bake covered for one hour, basting occasionally.

Squeeze garlic out of its skin and enjoy!!

Spread on your favorite toasted bread
or use as a base for wonderful sauces.

Serves about 10

1 serving = approx 7-8 cloves
(1 low potassium vegetable serving)

BROCCOLI DIP IN FRENCH BREAD

Ingredients

10 oz. pkg. frozen broccoli, chopped
1 cup sour cream
½ cup low-calorie mayonnaise
2 tbsp. green onion, chopped, including tops
1 tbsp. dried parsley
½ tsp. dill weed
1 tsp. garlic powder

Instructions

Thaw broccoli, squeeze out excess moisture with paper towel. Finely chop broccoli. In small bowl, combine sour cream and mayonnaise, blend well. Stir in broccoli and remaining ingredients. Refrigerate at least 2 hours.

Heat oven to 350°F. Slice-off top crust of French bread and hollow out inside of loaf. Cut removed bread into chunks and place on ungreased cookie sheet. Bake at 350°F for 8 to 10 minutes, or until lightly toasted.

Spoon dip into hollowed-out bread loaf. Serve with toasted bread chunks or salt free crackers.

Makes 2 cups.

1 Serving = 2 tbsp. dip and 1 slice of bread
(or 8 unsalted crackers)

Each serving = 1 low potassium vegetable and 1 starch

Did you know that Manitoba has the highest rate of kidney disease in the country?

DEVEILED EGGS

Ingredients

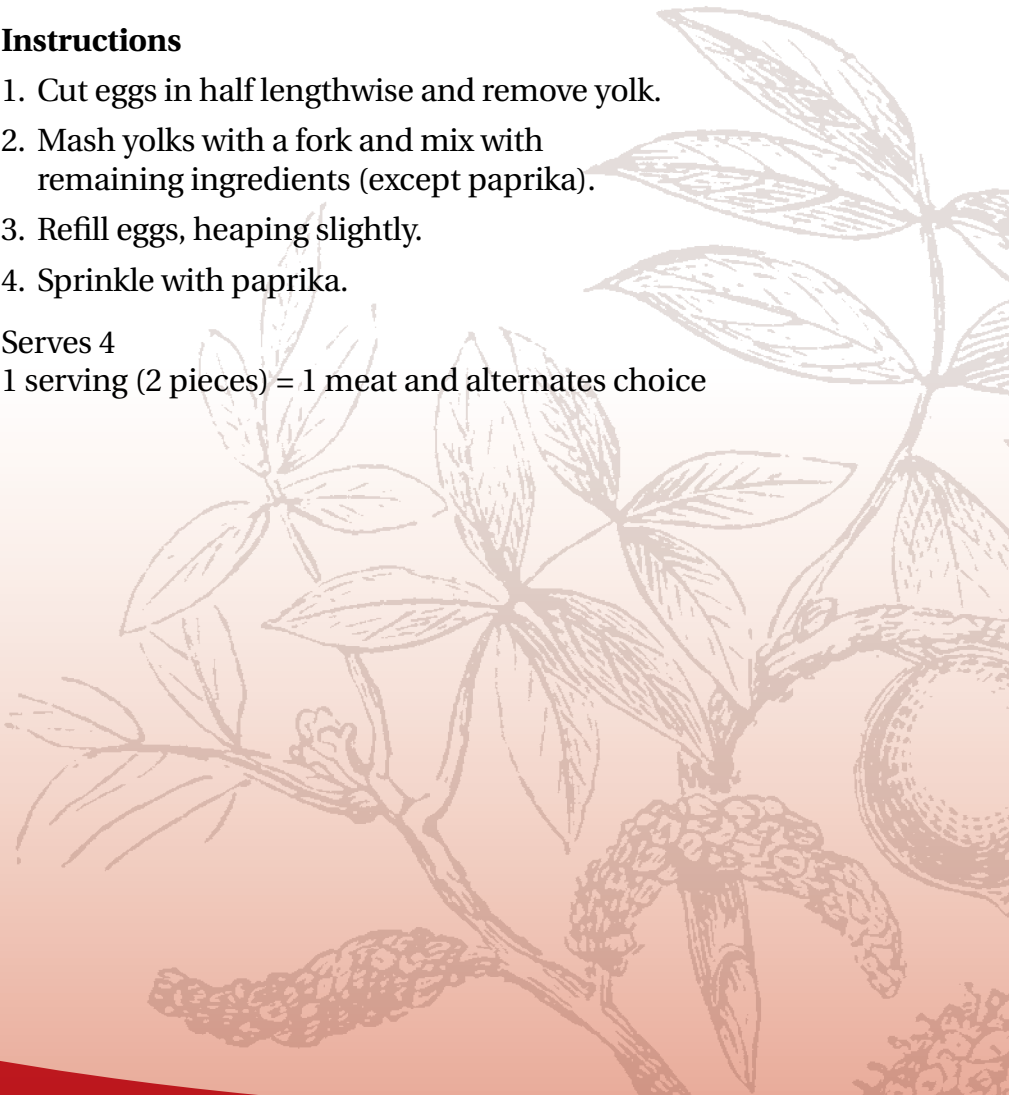
Dash of paprika
Pepper to taste
2 tbsp. (30 ml) mayonnaise
½ tsp. (2.5 ml) dry mustard
½ tsp. (2.5 ml) vinegar
1 tbsp. (15 ml) onion, finely chopped
4 hard boiled eggs

Instructions

1. Cut eggs in half lengthwise and remove yolk.
2. Mash yolks with a fork and mix with remaining ingredients (except paprika).
3. Refill eggs, heaping slightly.
4. Sprinkle with paprika.

Serves 4

1 serving (2 pieces) = 1 meat and alternates choice



MEXICAN NIBBLES

Ingredients

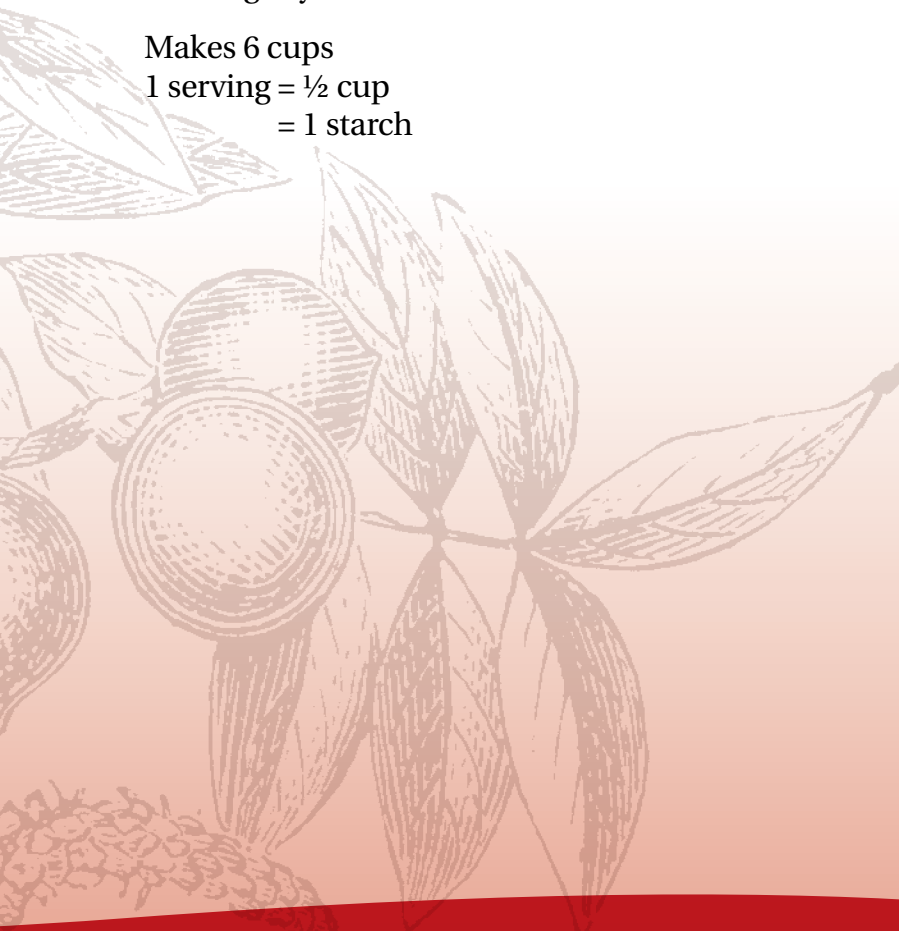
1 egg white, room temperature
2½ tsp. chili powder
½ tsp. cumin
¼ tsp. garlic powder
3 cups Life Cereal[®] cereal or another corn square type cereal

Instructions

Beat egg white until foamy. Combine next 3 ingredients in bowl, stir well; fold into egg white. Add cereal, stir gently to coat. Spread mixture on lightly greased cookie sheet. Bake at 325°F for 15 minutes, stirring every 5 minutes. Cool on sheet. Store tightly covered.

Makes 6 cups

1 serving = ½ cup
= 1 starch



NUTS & BOLTS

Ingredients

4 cups Cheerios[®] cereal
4 cups Shreddies[®] cereal
2 cups white bread, cut in cubes
¼ cup margarine, melted
½ cup oil
½ tsp. garlic Powder
1 tsp. onion Powder
¼ tsp. black Pepper

Instructions

1. Place white bread on a cutting board, cut in cubes.
2. In a large bowl, mix together bread cubes, and cereals.
3. In a small bowl, melt margarine. Pour margarine over cereal mixture.
4. Add oil and spices to cereal mixture. Stir well.
5. Spread mixture onto 2 cookie sheets. Bake in a 250°F oven for 1 hour.
6. Cool and store in a covered container.

Makes 20 – ½ cup servings.

SAY CHEESE!

Cheese contains phosphorus. Some cheeses have more phosphorus than others. People on renal diets need to limit cheese. Here are some cheeses that are lower in phosphorus. Remember, you still need to limit these!

Brie (1 oz.)

Cottage cheese (¼ cup)

Cream cheese (2 oz.)

Soft goat cheese (1 oz.)

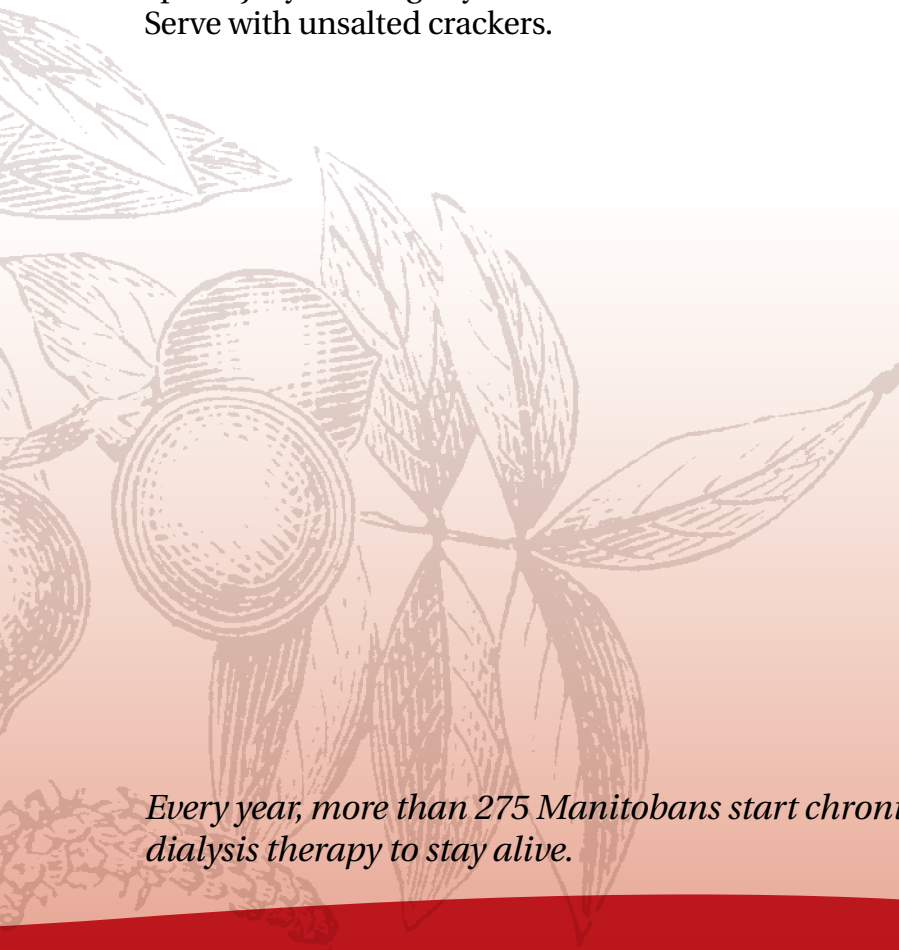
Here is a quick appetizer made with cheese:

Cream cheese (any size)

Green pepper or Jalapeno Jelly

Spoon jelly over slightly softened cream cheese.

Serve with unsalted crackers.



Every year, more than 275 Manitobans start chronic dialysis therapy to stay alive.

STRAWBERRY- LEMONADE SLUSH

Ingredients

⅓ cup lemonade base or sugar-free lemon base
½ cup strawberries, fresh or unsweetened frozen
1 tbsp. sugar or Splenda[®] granular no calorie sweetener
½ cup ice cubes

Instructions

1. In a blender combine strawberries, lemonade base and 1 tbsp. sugar or Splenda[®]. Blend until smooth.
2. With blender running, add ½ cup ice cubes, one at a time, through opening in lid until beverage is slushy.
3. Sip slowly and enjoy!

Makes 1 serving of 1 cup. = 1 medium potassium fruit

*For those with a fluid restriction, please remember to limit your intake of these and other drinks.

TORTILLAS WITH PEACH SALSA

Ingredients

4 white flour soft tortilla shells, 10"

½ tsp. cinnamon

1 tbsp. white sugar (or Splenda[®])

1 can peach slices (canned in juice, drained and chopped)
(14 oz. or 398 ml)

½ cup apple sauce, unsweetened

1 tbsp. brown sugar

6 grapes, red or green, chopped

Instructions

1. Place tortilla on cutting board. Brush with a small amount of water. Sprinkle with cinnamon and sugar. Cut tortilla into 8 wedges. Place wedges on a cookie sheet. Repeat with remaining tortillas. Bake tortilla wedges in a 350°F oven for 5-7 minutes until crisp.
2. Drain peach slices well and discard juice. Chop peaches into small pieces. Place in bowl. Chop grapes; add to bowl. Mix in applesauce and brown sugar.
3. Serve tortilla crisps with salsa.

Makes 4 servings

1 serving = 8 wedges & ½ cup salsa

= 2 starch, medium potassium fruit

TUNA SNACK SPREAD

Ingredients

1 can (6 oz.) low-sodium tuna, rinsed and drained
1 package (8 oz.) cream cheese
2-3 tsp. lemon juice
1 tsp. onion powder
3-4 drops hot pepper sauce
¼ cup fresh minced parsley

Instructions

In a bowl, combine the first five ingredients until well mixed. Shape into a ball; roll in parsley. Chill. Serve with crackers.

Serves 4

1 Serving = 2 protein & 1 starch (4-6 crackers)

(From: www.kidneyoptions.com)

WATERMELON SUMMER COOLER

Ingredients

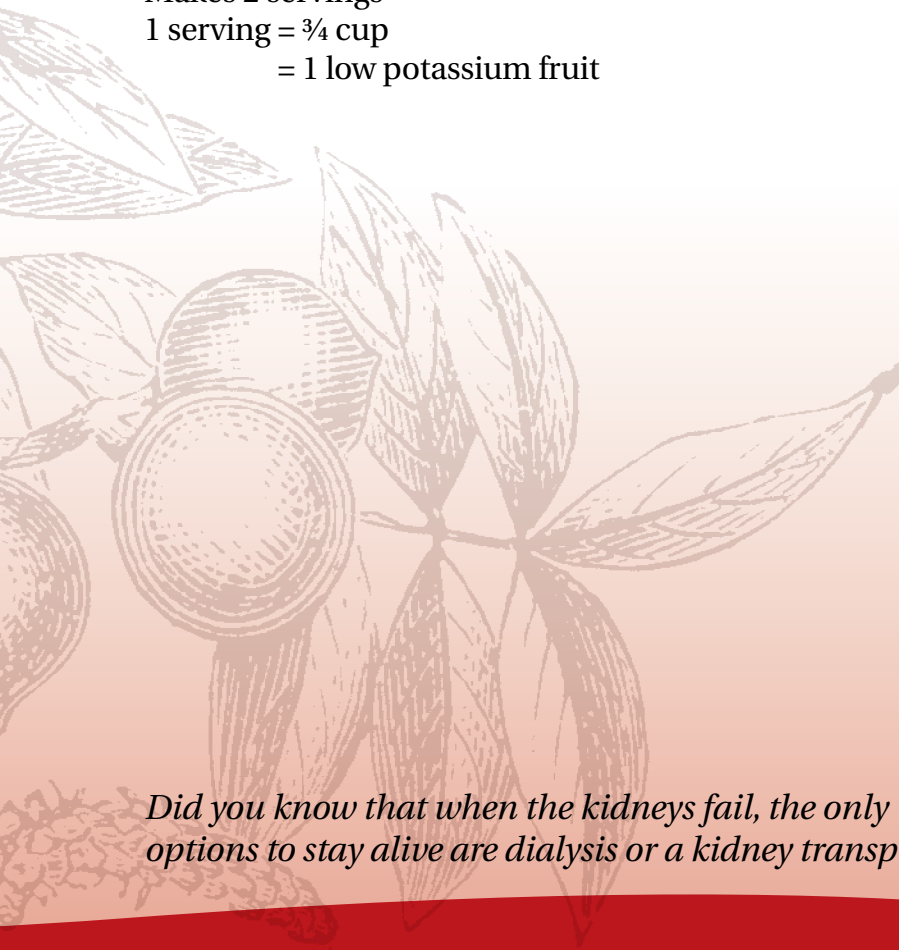
- 1 cup crushed ice
- 1 cup seedless watermelon cubes
- 2 tsp. lime juice
- 1 tbsp. sugar (or sugar substitute equal to 1 tbsp. sugar)

Instructions

1. Place all ingredients in a blender and blend for 30 seconds.
2. Pour into 2 small glasses and enjoy!

Makes 2 servings

1 serving = $\frac{3}{4}$ cup
= 1 low potassium fruit



Did you know that when the kidneys fail, the only options to stay alive are dialysis or a kidney transplant?



BREAKFAST,
BRUNCH & LUNCH

BREAKFAST,
BRUNCH & LUNCH



AWESOME APPLE MUFFINS

Ingredients

1 cup (250 ml) apples, peeled and diced
1/3 cup (80 ml) applesauce
3/4 cup (190 ml) milk
1 1/2 tsp. (7.5 ml) baking powder
1/3 cup (80 ml) white sugar
1 3/4 cup all-purpose flour
1/4 tsp. (1.25 ml) ground ginger
1/2 tsp. (2.5 ml) ground cinnamon

Instructions

1. Mix together the sugar, cinnamon and ginger.
2. In a large bowl, mix flour, baking powder, sugar mixture, salt, milk and applesauce. Do not over-beat, as the muffins will get tunnels from the air pockets.
3. Stir in the diced apples.
4. Spoon the batter into 12 greased muffin cups.
5. Bake at 400°F for 20 to 25 minutes or until tops spring back when touched lightly.
6. Serve after muffins have cooled down (approximately 30 minutes).

Recipe makes 12 small muffins

1 serving = 1 muffin
= 1 starch

(From: www.kidney.ab.ca Kidney Kitchen)

COOL 'N' CRUNCHY CHICKEN SALAD

Ingredients

2 cups cooked, chicken, diced or shredded
1 large hard boiled egg, chopped
2 tbsp. onion, diced
¼ cup celery, diced
¼ cup low-fat mayonnaise
1 tsp. fresh lemon juice
⅓ tsp. sugar
Black pepper to taste

Instructions

Dice or shred chicken. Chop egg, onion and celery. Place in a large bowl. Add mayonnaise, lemon juice, sugar and black pepper. Stir all ingredients together. Cover and chill overnight or at least 2 hours before serving. If desired, serve on bread, roll or pita bread with green leaf lettuce.

Makes 6 servings

1 Serving = ½ cup
= 2 protein

(Recipe from: www.davita.com/recipes)

DUTCH APPLE PANCAKES

Ingredients

2 tbsp. butter or margarine
3 large granny smith apples, peeled and sliced
6 tbsp. granulated sugar
1 tsp. ground cinnamon
3 eggs
½ cup all-purpose flour
½ cup water
1 tbsp. sour cream
1 tsp. grated lemon zest

Instructions

1. Melt butter or margarine over a medium-high heat in an oven proof pan.
2. Add apples, sugar and cinnamon; sauté and stir 3-5 minutes. Remove from heat.
3. In a bowl, beat eggs until frothy. Add flour, water, sour cream and zest.
4. Beat until smooth batter forms.
5. Pour over apples and bake in 400°F oven until puffed and golden brown, about 25 minutes.
6. Cut into 4 wedges and serve directly from the pan.

Optional: Drizzle honey or dust with powdered sugar.

Makes 4 servings

1 serving = 1 protein, 1 starch and 1 medium potassium fruit

Did you know that over 100,000 Manitobans have some degree of Kidney disease and some do not even know it?

LOW-PHOSPHORUS BISCUITS

Ingredients

2 cups all-purpose white flour
1 tbsp. homemade phosphorus-free baking powder*
2 tsp. sugar
½ cup unsalted butter, melted
1 cup Coffee Rich®
⅛ tsp. salt

Instructions

1. Preheat oven to 450°F
2. In a large bowl, combine flour, phosphorus-free baking powder*, sugar and salt.
3. Stir in melted butter; add Coffee Rich® and mix until moistened.
4. Drop batter by the tbsp. onto a lightly greased cookie sheet.
5. Bake in the preheated oven until golden on the edges, about 8 to 12 minutes.
6. Serve warm.

Recipe makes 10 biscuits

1 serving = 1 biscuit

= 1 ½ starch, 2 fat.

* see recipe phosphorus-free baking powder

Homemade Phosphorus-Free Baking Powder

Sift together 4 tbsp. cream of tartar and 2 tbsp. baking soda. Store in an air tight jar or baggie at room temperature until ready to use. One tbsp. replaces 1 tbsp. of commercial baking powder in recipes for cakes, quick breads, muffins, pancakes and waffles.

Helpful Hints

Cream of tartar is the potassium acid salt of tartaric acid, which is a by-product of wine making. One tsp. contains 495 mg potassium. When using cream of tartar with baking soda to replace phosphorus containing baking powder, be aware the potassium content of food will be higher but phosphorus is much lower.

Limit to one biscuit if you are on a low-potassium diet.

(From: www.davita.com)



EGG SANDWICHES

Ingredients

6 large eggs (or 8 small or medium eggs)
½ cup finely chopped celery
¼ cup chopped green pepper (optional)
2 tbsp. finely chopped green onion
⅓ cup mayonnaise
A dash of pepper or other salt-free seasoning
12 slices of bread

Instructions

Place eggs in enough cold water to cover them completely.
Bring to a rolling boil over high heat.
Reduce heat to a MEDIUM boil and cook for an additional 12 minutes.
Place eggs in cold water until eggs are cool to touch.
Refrigerate eggs until ready to peel.
Peel eggs and mash in a bowl.
Add the other ingredients to bowl and mix together.
Spread egg mixture onto bread.

Makes 6 sandwiches.
1 sandwich = 2 starch & 1 protein

FEATHER BISCUITS

Ingredients

- 1 pkg yeast dried
- 1 cup Coffee Rich[®]
- 3 tbsp. vegetable oil
- 2 tbsp. warm water
- 2 tbsp. sugar
- 3 cups flour

Instructions

- 1 Dissolve the yeast in the water and let stand 5 minutes.
- 2 Add the non-dairy creamer, then add the other ingredients.
- 3 Mix and put into a bowl that has been sprayed with vegetable oil.
- 4 Turn over to coat both sides with oil. This will keep in the refrigerator for 3 days covered with plastic wrap.
- 5 You can take out what you want to use, drop by rounded spoonfuls onto a greased cookie sheet, let it rise for about 30 minutes, and bake it for 15 minutes

Recipe makes 12 biscuits

1 serving = 2 biscuits
= 3 starch

Did you know that signs of early kidney damage can develop in as many as 50% or more of people with diabetes?

FRENCH TOAST

Ingredients

- 1 cup brown sugar or brown sugar substitute
(If using Splenda®, use ½ cup)
- ½ cup margarine, melted
- 3 tsp. cinnamon
- 3 apples, peeled, cored and thinly sliced
- ½ cup dried cranberries
- 1 loaf white bread, cut into 1" slices
- 6 eggs
- 1 ½ cups Rice Dream® (Use "Original", not enriched)
- 1 tbsp. vanilla

Instructions

1. In a 13"x 9" dish, combine brown sugar, margarine and one tsp. cinnamon. Add apples and cranberries. Toss well to coat.
2. Spread apple mixture evenly over bottom of baking dish. Arrange bread slices on top.
3. Mix eggs, rice milk, vanilla and remaining 2 tsp. cinnamon until well blended. Pour mixture over bread, soaking bread completely. Cover and refrigerate 4 to 24 hours.
4. Preheat oven to 375°F
5. Cover baking dish with foil and bake for 40 minutes. Uncover and bake for 5 minutes.
6. Remove dish from oven and let stand for 5 minutes. Serve warm.

Makes 9 servings

1 serving = 1 protein, 2 starch, 1 low potassium fruit choice

(From: www.davita.com)

LEMON POPPY SEED MUFFINS

Ingredients

2 cups (500ml) all purpose flour
½ cup (125ml) white sugar
¼ cup (50 ml) poppy seeds
1 tsp. (5ml) baking powder
1 tsp. (5ml) baking soda
1 egg
¾ cup (175ml) milk
¼ cup (50ml) vegetable oil
¼ cup (50ml) lemon juice
2 tbsp. (25ml) lemon rind, grated

Instructions

In a large bowl, combine all purpose flour, sugar, poppy seeds, baking powder and baking soda. In a separate bowl, mix egg, milk, oil, lemon juice and rind. Pour into flour mixture and stir just enough to moisten, being careful not to over-mix. Spoon into greased nonstick muffin tins. Bake in a 375°F (190°C) oven for 25-30 minutes or until tops are firm to touch.

Recipe makes 12 muffins

1 serving = 1 muffin
 = 1 starch

(From: Seasonal Cooking for the Renal Patient)

LOW PHOSPHORUS PANCAKES

Pancakes from mixes contain a large amount of phosphorus because of the baking powder they contain. Baking powder is high in phosphorus. This recipe has two-thirds less phosphorus than pancake mixes.

Ingredients

½ cup Coffeeric[®]
½ cup flour
1 egg
1 tsp. sugar or Splenda[®]
1 tbsp. vegetable oil

Instructions

Mix all ingredients well.

Melt enough non-hydrogenated margarine to cover the bottom of the skillet which should be quite hot. Pour about ¼ cup of the pancake mix in the skillet and gently tip slightly in all directions so the batter covers the bottom.

Cook for about one minute, or until the edges start to turn golden, then turn with a spatula to cook the other side.

Repeat for each pancake.

Makes 4 pancakes.

1 pancake = 1 serving breads and starch

RENAL FRIENDLY BRAN MUFFINS

Instructions

1. Preheat oven to 400°F and lightly grease muffin tins
2. MIX:
 - ¼ cup oil
 - 1 egg
 - 1 tsp. vanilla
 - ⅓ cup honey
 - 1 cup applesauce or crushed pineapple drained
3. ADD:
 - 1 cup white flour
 - 1 cup wheat bran
 - 1 ½ tsp. baking soda
 - ¼ tsp. cream of tartar
4. Mix together, spoon into muffin tins and bake immediately.
Cream of tartar and baking soda will only rise once so do not delay getting the muffins into the oven.
5. Bake for 15-20 minutes.

Makes 12 muffins

1 serving = 1 muffin

= 1 starch, 1 low potassium fruit

(From: Essential Guide for Renal Dietitians)

Did you know that the two main causes of chronic kidney disease are diabetes and high blood pressure?

SUMMER GRILLED VEGGIE SANDWICH

Ingredients

- 1 medium eggplant
- 1 red pepper
- 1 medium onion
- 4 ounces natural Swiss cheese
- 4 tbsp. fresh tarragon or 4 tsp. dried
- 2 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 2 12" submarine roll (white, sourdough or French), cut in half

Instructions

1. Cut eggplant and onion into 4 equal slices.
2. Cut bell pepper into 4 equal pieces.
3. Mix tarragon, olive oil and vinegar together. Pour over vegetables to marinate for at least 15 minutes.
4. Heat grill to medium heat. Place vegetables on the grill and cook for 2 to 3 minutes per side until tender.
5. Build sandwich with French roll, 1 slice eggplant, onion, and 1 piece bell pepper.
6. Top with 1 slice cheese, and sprinkle additional vinegar if desired.

Serves 4

1 serving = ¼ of recipe
= 1 meat, 2 starch, 1 ½ fat, 3 low
potassium vegetables

(From: CulinaryKidneyCooks.com)

TORTILLA ROLLUPS

Ingredients

½ cup Whipped cream cheese
2 flour Tortillas, burrito size
½ cup chopped raw spinach leaves
2 tbsp. diced onion
2 tbsp. diced pimento
½ cup crushed pineapple, drained
3 oz. unprocessed cooked turkey breast, diced small
1 tsp. Mrs. Dash® original blend herb seasoning

Instructions

1. Spread cream cheese over each tortilla to cover.
Sprinkle with Mrs. Dash® herb seasoning.
2. Place remaining ingredients in a bowl and mix.
3. Divide mixed ingredients into 2 portions.
Place half on each Tortilla and roll up like jelly roll.
4. Trim ends and slice each roll into 9 pieces.

Makes 4 servings

1 Serving = 1 protein, 1 starch, 1 fat,
1 medium potassium vegetable

ITALIAN TURKEY SALAD

Ingredients

8 oz. leftover turkey, diced
1/3 cup vinegar
2/3 cup oil
1/2 cup green pepper, sliced
1/2 cup red pepper, sliced
1/2 cup carrots, sliced (for low potassium diets soak
for a minimum of 4 hours)
1/2 cup celery, sliced
1/4 cup red onions, sliced
2 cups cooked Rotini or your favourite pasta

Instructions

In a large Bowl, combine turkey, vinegar, oil, and vegetables. Toss to coat. Cover and refrigerate until serving time.

Spoon turkey mixture over cooked rotini or your favourite pasta. Mix.

Serves 4

1 Serving = 1 cup
= 1 protein, 1 starch, 1 medium potassium fruit
or vegetable

VEGETABLE OMELET

Ingredients

¼ cup sliced green pepper or celery
½ cup sliced onion
⅓ cup frozen mixed vegetables, steamed
2 eggs or 1 egg and 2 egg whites
1 tbsp. unsalted margarine
2 tbsp. water

Instructions

1. Sauté green pepper/celery and onion in unsalted margarine in a small skillet.
2. Beat egg and water; add to skillet; cook until done.
3. Add cooked mixed vegetables.
4. Fold and put on plate.

Makes 1 serving

1 serving = 2 protein, 1 medium potassium vegetable

Did you know that diabetes and high blood pressure are responsible for up to 2/3rd of kidney disease?

ZUCCHINI SCRAMBLE

Ingredients

- 1 cup cooked zucchini slices
(or any other low potassium cooked vegetable)
- 1 cup chopped onion
- $\frac{1}{8}$ tsp. pepper
- $\frac{1}{8}$ tsp. basil
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{2}$ cup CoffeeRich®
- 2 tbsp. olive oil
- 5 eggs or 1 $\frac{1}{4}$ cups Eggbeaters®

Instructions

1. Cook onion in olive oil until transparent.
2. Add zucchini, garlic powder, basil and pepper.
3. Stir well and cook until zucchini is heated.
4. Mix eggs or Eggbeaters® with non-dairy creamer and pour over vegetables. Stir and scrape mixture from sides of pan while cooking. Serve.

Makes 4 servings

1 serving = $\frac{1}{2}$ cup

= 1 protein and 1 vegetable choice

For extra zip-add 1-2 dashes of Tabasco Sauce in Step #4



DESSERTS



CHINESE ALMOND COOKIES

Ingredients

1 cup margarine, soften
1 cup of sugar
1 egg
3 cups of flour
1 tsp. baking soda
1 tsp. almond extract

Instructions

In a medium mixing bowl cream margarine and sugar. Add egg and beat well. Sift dry ingredients and add to cream mixture. Add almond extract and mix well. Roll into balls about $\frac{3}{4}$ " in diameter. Press a small hole in the middle of each cookie. Bake at 400°F for 10 to 12 minutes, until cookies are golden brown around edges.

Recipe makes 24 cookies

1 serving = 3 cookies

= 1 starch, 1 fat

CRANBERRY COOKIE KISSES

Ingredients

3 large egg whites, at room temperature

¼ tsp. cream of tartar

¾ cup sugar

¼ cup canned cranberry sauce, whole berry

⅓ cup dried cranberries, about 80 cranberries

Instructions

Preheat oven to 200°F. Coat 2 large cookie sheet pans with cooking spray or cover with parchment paper.

Using an electric mixture, beat egg whites and cream of tartar until stiff peaks form; gradually beat in sugar until mixture is very stiff and shiny. Stir in cranberry sauce (you can add a few drops of red food coloring at this point, if desired); beat for 1 minute.

Drop batter by teaspoonful onto prepared sheet pans; press 1 dried cranberry into the top of each cookie.

Bake for approximately 2 hours, turning off the oven after 15 minutes. Cool completely before removing from pans.

Store cookies in an airtight container.

Recipe makes 80 bite-sized cookies.

1 serving = 4 cookies

= 1 starch serving

CRANBERRY DIP WITH FRUIT

Ingredients

8 ounces sour cream

½ cup whole berry cranberry sauce

¼ tsp. nutmeg

¼ tsp. ground ginger

4 medium apples, cut into 12 slices each

Canned pears, 12 slices

4 cups fresh pineapple, cut into bite-size pieces

lemon juice

Instructions

1. Place sour cream, cranberry sauce, nutmeg and ginger in a food processor and process until well mixed. Remove to a small bowl.
2. Cut fresh fruit into bite-size pieces.
3. Toss apple with lemon juice to prevent browning.
4. Arrange fruit on platter with dip bowl in the middle. Chill until ready to serve.

Makes 24 servings

1 serving = 2 tbsp. dip, 2 slices apple,

2 slices canned pear and 3 pineapple chunks

1 serving = 1 medium potassium fruit

Did you know that foamy, bloody or tea coloured urine is a sign of kidney disease?

CRANBERRY PINEAPPLE LOAF

Ingredients

- 1 ¼ cups white sugar*
- 1 tbsp. grated orange peel
- ¾ cup water
- ⅓ cup pineapple juice
- 2 tbsp. oil
- 1 egg
- 2 ¼ cups all purpose flour
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- 1 ¼ cups halved fresh or frozen whole cranberries
- 1 cup crushed pineapple, drained

*May substitute with ¾ cup white sugar & ⅓ cup Splenda®

Instructions

1. Place sour cream, cranberry sauce, nutmeg and ginger in a food processor and process until well mixed. Remove to a small bowl.
2. Cut fresh fruit into bite-size pieces.
3. Toss apple with lemon juice to prevent browning.
4. Arrange fruit on platter with dip bowl in the middle. Chill until ready to serve.

Makes 24 servings

1 serving = 1 starch

FRUITY RICE PUDDING

Ingredients

1 cup water
1 can (14 oz.) no sugar added pineapple
1 cup Minute[®] rice (uncooked)
1 sachet sugar substitute
2 cups Cool Whip[®] Light Whipped Topping
cinnamon (optional)

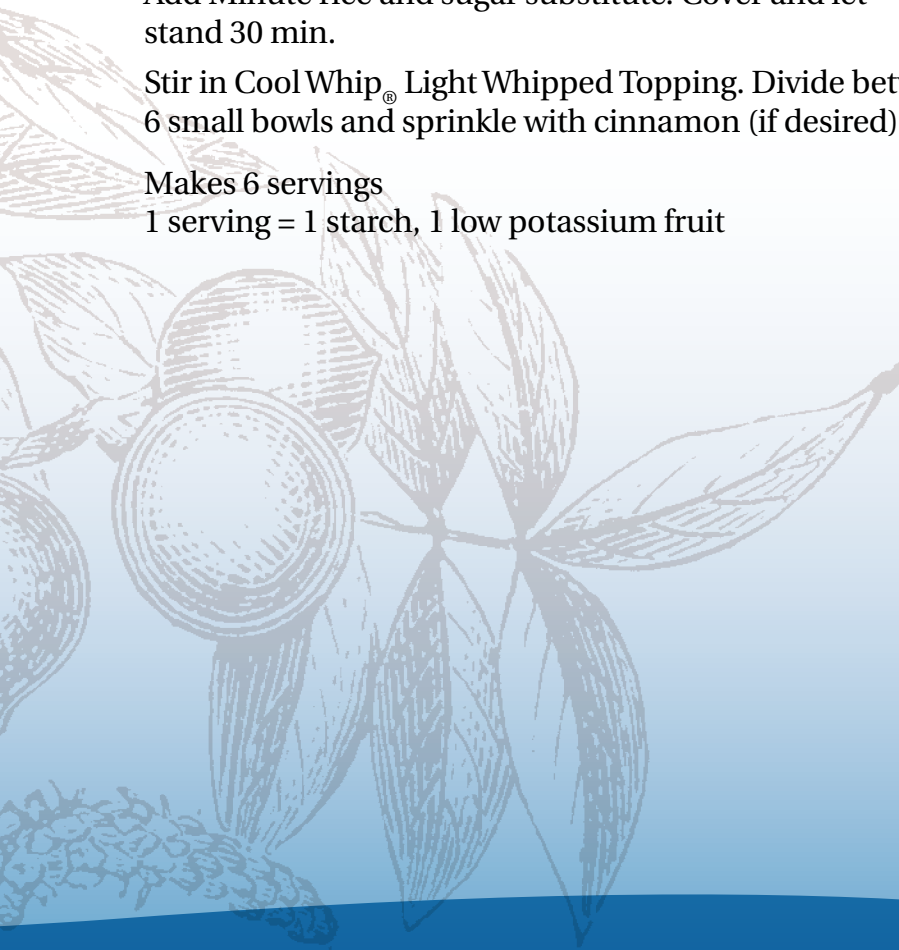
Instructions

Mix water and pineapple. Microwave for 5 min. on high. Add Minute rice and sugar substitute. Cover and let stand 30 min.

Stir in Cool Whip[®] Light Whipped Topping. Divide between 6 small bowls and sprinkle with cinnamon (if desired).

Makes 6 servings

1 serving = 1 starch, 1 low potassium fruit



ICE CREAM SANDWICHES (Low Phosphorus)

Ingredients

10 plain graham wafers
20 tbsp. Cool Whip® Lite nondairy dessert topping

Instructions

1. Break graham crackers into squares (2 ½" x 5").
2. Spread 2 tbsp. Cool Whip® topping on 10 of the graham cracker halves.
3. Top with the remaining 10 graham cracker halves to make sandwiches.
4. Place sandwiches on a cookie sheet
5. Freeze for 2 hours before serving.

Helpful Hints

This recipe can be made in batches and kept frozen for a snack later.

Wrap each sandwich in plastic wrap and place in freezer bag.

Enjoy on a hot summer day!

Makes 10 servings

1 serving = 1 starch serving

PEACH CRISP

Ingredients

10 peach halves canned in juice
 $\frac{3}{4}$ cup all-purpose flour
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ cup sugar
1 egg
3 tbsp. margarine

Instructions

1. Spray an 8" glass baking dish with cooking spray and arrange the peach halves in the bottom. Add $\frac{1}{4}$ cup of the juice and discard the rest.
2. Mix flour, baking powder and sugar in a bowl and add beaten egg. Stir with a fork until egg has been incorporated into the flour mixture. Sprinkle mixture over the peaches. Dot with margarine.
3. Bake in a 350°F oven for 40 minutes or until crumbs are browned.

Makes 9 servings

1 serving = 1 Starch; 1 Fruit low potassium

(From: Cooking for David: A Culinary Dialysis Cookbook)

Did you know that 40% of dialysis patients have diabetes?

STRAWBERRY PIE

Ingredients

- 1 single crust 9" unbaked pie shell
- 4 cups strawberries
- 1 cup sugar (or Splenda[®])
- 3 tbsp. cornstarch
- 2 tbsp. lemon juice

Instructions

1. Bake pie shell until brown; cool.
2. Mash 2 cups of strawberries and combine with sugar, cornstarch and lemon juice. In saucepan, cook mixture over medium heat. Stir constantly until thick and clear. Cool.
3. Slice remaining strawberries and add to cooled mixture. Pour into pie shell.
4. Cover with plastic wrap and put in refrigerator until thoroughly chilled. Serve with whipped topping if desired.

Makes 8 servings

$\frac{1}{8}$ Pie = 1 Fruit & 1 starch

Strawberries are in season in the spring and early summer. They are the most popular fruit from the berry family. Because they taste so good it is easy to exceed a safe amount in the diet.

Remember: Strawberries contain potassium
 $\frac{1}{2}$ cup (5-6 Strawberries) is equal to 1 serving medium potassium fruit

WACKY CAKE

Ingredients

1 cup white sugar
3 tbsp. cocoa
1 ½ cup flour
1 tsp. baking powder
1 tsp. baking soda
1 tbsp. vinegar
1 tsp. vanilla
¼ cup oil
1 cup warm water

Instructions

Sift dry ingredients into bowl. Pour vinegar, vanilla, oil and warm water over dry ingredients. Mix well (don't over mix) and pour into a greased 8x8 pan. Slice with knife for air holes. Bake at 300°F for 45 minutes.

Icing

Melt 2 tbsp. margarine. Mix in 2 tbsp. cocoa. Add ¼ icing sugar and stir in 2 tbsp. milk. Add 1 tsp. vanilla and ¾ cup icing sugar (approximately). Mix until smooth.

Cut cake into 16 pieces

1 serving = 2 starches.

Large amounts of cocoa, chocolate and milk are high in phosphorus. This recipe contains small amounts and as long as you limit to 1 serving this cake can be worked into your meal plan.



MAIN COURSES





BEEF

BEEF



BEEF AND BARLEY STEW

Ingredients

- 1 cup uncooked pearl barley
- 1 pound lean beef stew meat, cut into 1 ½" cubes
- 2 tbsp. flour
- ¼ tsp. black pepper
- ½ tsp. salt
- 2 tbsp. oil
- ½ cup diced onion
- 1 large stalk celery, sliced
- 1 clove garlic, minced
- 2 carrots, sliced ¼" thick
- 2 bay leaves
- 1 tsp. Mrs. Dash[®] onion herb seasoning

Instructions

1. Soak barley in 2 cups of water for 1 hour.
2. Place flour, black pepper and stew meat in a plastic bag. Shake to dust stew meat with flour.
3. Heat oil in a heavy large pot and brown the stew meat. Remove meat from pot.
4. Sauté onion, celery and garlic in meat drippings for 2 minutes. Add 8 cups of water and bring to a boil. Return meat to the pot. Add bay leaves and salt. Return heat to a simmer.
5. Drain and rinse barley, then add to the pot. Cover and cook for 1 hour. Stir every 15 minutes.
6. After 1 hour add carrots and Mrs. Dash[®] seasoning. Simmer for another hour. Add additional water if needed to prevent sticking.

Makes 6 servings

1 serving = 1 ¼ cups

= 3 protein, 1 starch, 1 medium potassium vegetable

BEEF KABOBS

Ingredients

- 1 pound beef sirloin
- ½ cup vinegar
- 2 tbsp. salad oil
- 1 medium onion, chopped
- 2 tbsp. chopped fresh parsley
- ¼ tsp. black pepper
- 2 green peppers, cut into wide strips

Instructions

Trim fat from meat. Cut into 1 ½" cubes.

1. Mix vinegar, oil, onion, parsley and pepper. Marinate meat in mixture for 2 hours, stirring occasionally.
2. Remove meat from marinade and alternate on 4 skewers with green pepper. Brush with marinade.
3. Broil 4 inches from heat about 10 minutes, turning once.

Note: If you do not have skewers, the shish kabob ingredients may be broiled in a pan. Follow steps 1 & 2 above. Sprinkle a few tbsp. of marinade over vegetables and broil until tender, stirring once.

Makes 4 servings

1 serving = 3 Protein, 1 low potassium vegetable

CONFETTI RICE

Ingredients

- 1 pound (454 g) lean ground beef
- 1 tsp. margarine
- 1 cup rice, white, long grain, raw
- 2 cups beef broth, sodium-reduced
- 1 ½ cups frozen mixed vegetables
- 1 ½ tbsp. Garlic & Herb Seasoning (Mrs. Dash[®] or McCormick's No Salt Added[®])

Instructions

1. In a large frying pan, brown ground beef over medium heat until no pink color remains. Pour off fat.
2. Stir in Garlic & Herb Seasoning and margarine.
3. Stir in raw rice, add beef broth.
4. Let mixture come to a boil over medium heat. Turn heat to low, cover pan with lid, and let simmer about 10 minutes.
5. Remove lid; mix well. Add frozen vegetables and mix again, (if mixture is dry, add a small amount of water).
6. Cover. Simmer another 5-10 minutes until rice and vegetables are cooked.

Makes 6 servings

1 serving = 3 protein, 2 starch, 1 medium potassium vegetable choice

Did you know that early kidney disease has no visible symptoms?

CRANBERRY MEATLOAF

Ingredients

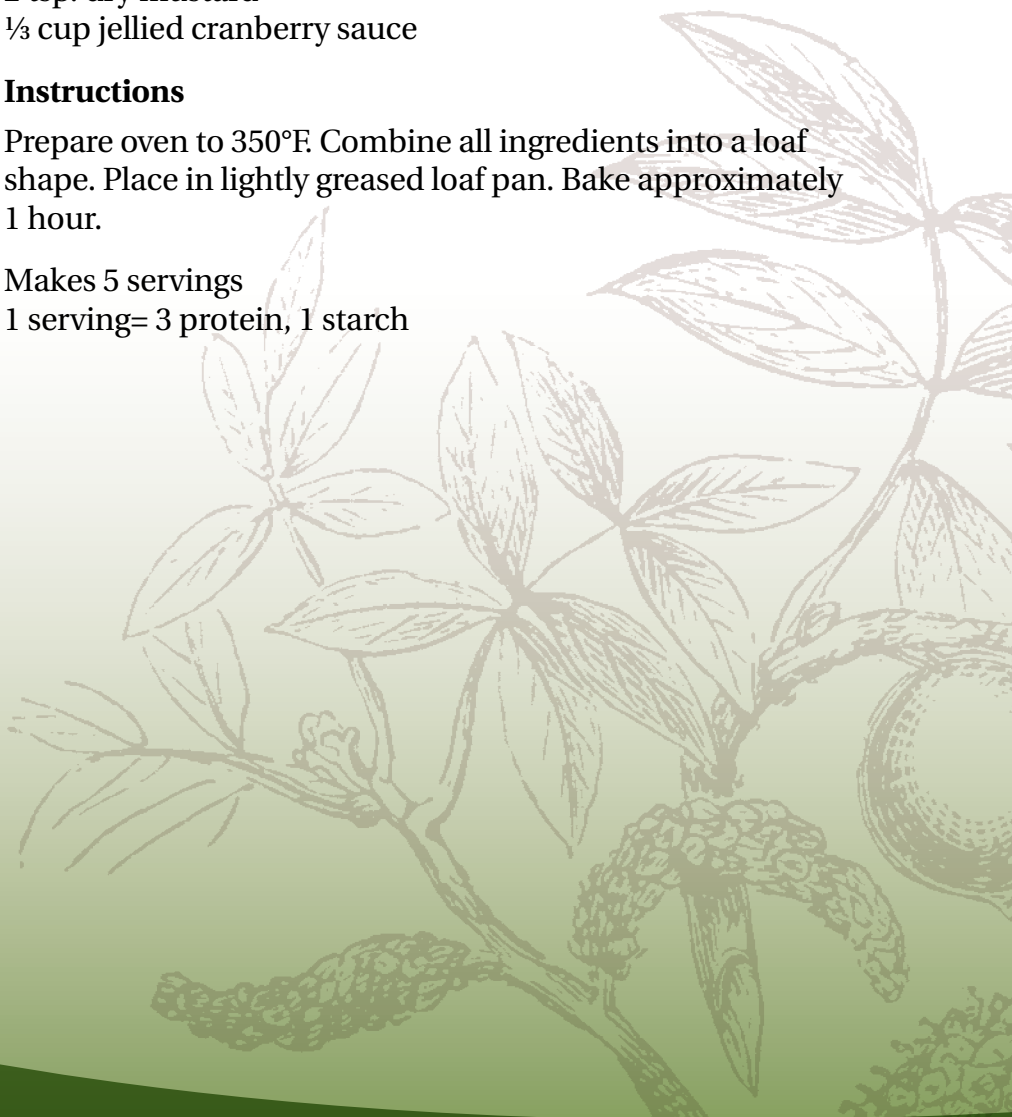
1 lb. lean ground beef
½ cup breadcrumbs or unsalted cracker crumbs
2 eggs
1 ½ tsp. lemon juice
2 tsp. dry mustard
⅓ cup jellied cranberry sauce

Instructions

Prepare oven to 350°F. Combine all ingredients into a loaf shape. Place in lightly greased loaf pan. Bake approximately 1 hour.

Makes 5 servings

1 serving= 3 protein, 1 starch



IRISH STEW

Ingredients

10 ounces (300g) beef cubes
1 tbsp. oil
2 onions, finely chopped
1 clove garlic, minced
1 ½ cups low sodium beef broth
½ cup sliced carrots, boiled*
1 cup potatoes, cubed and boiled*
1 bay leaf
½ tsp. rosemary
⅛ tsp. pepper
½ tsp. parsley

Instructions

1. Brown beef cubes in ½ tbsp. oil. Remove from pan.
2. Cook garlic and onion in remaining oil until browned.
3. Add broth and seasonings; cover and simmer for one hour.
4. Add vegetables; cook until stew is full heated.

*If you are following a low potassium diet, you can decrease the potassium content by soaking them in water for at least 4 hours or double-boiling (do not save water).

Makes 4 servings

1 serving = 2 protein, 1 medium potassium vegetable

ITALIAN MEATBALLS

with Parsley and Parmesan

Ingredients

4 large eggs (or 1 cup egg beaters)
½ cup fresh breadcrumbs
6 tbsp. parmesan cheese
3 tbsp. olive oil
¼ cup chopped, fresh parsley
3 large garlic cloves, peeled and minced
1 medium onion, chopped
1 tbsp. dijon mustard
1 tsp. black pepper
2 pounds lean ground beef

Instructions

1. Stir eggs, bread crumbs, parmesan cheese, olive oil, onion, parsley, garlic, mustard and pepper in a large bowl.
2. Add ground beef and mix thoroughly.
3. Form mixture into 1 ½" diameter balls.
4. Spray a cookie sheet with cooking spray (Pam).
5. Place meatballs on cookie sheet in single layer.
6. Bake at 350°F for 30 – 40 minutes, or until browned.

Serves 10

1 serving = 4 meatballs
= 3 protein choices

MEATBALLS

with Roasted Red Pepper Sauce

Ingredients

- 3 lbs ground beef
- 4 large eggs or 1 cup egg beaters
- $\frac{3}{4}$ cup fresh breadcrumbs
- 6 tbsp. parmesan cheese
- 1 tbsp. olive oil
- 1 tbsp. garlic powder or 3 large garlic cloves, peeled & minced
- 2 tsp. oregano, dried
- 1 cup onion, chopped
- 1 tsp. ground black pepper

Instructions

1. Preheat oven to 375°F
2. Combine all ingredients in a large bowl and mix together.
3. Roll into 1" balls and place on a baking sheet.
4. Bake for 10-15 minutes, until meatballs are cooked through.
5. To serve, place meatballs in a warming dish or crock pot on low heat. Serve with 2 tsp. sauce. (See sauce recipe)

Makes 24 servings. 1 serving = 2 meatballs
= 3 protein

Roasted Red Pepper Sauce

Ingredients

- 2 whole roasted red peppers
- 1-2 cloves garlic, minced
- 1 tsp. olive oil
- 1 tsp. dried Italian seasonings (no salt added)
- $\frac{1}{4}$ cup red pepper chili flakes (if spicy desire)

Instructions

1. Roast pepper in broiler or on BBQ until skin turns black. Let pepper cool and then peel off skin and discard. Puree peppers, garlic, black pepper and olive oil in a food processor or blender until smooth.
2. Add red pepper sauce, olive oil and Italian seasoning. Process until well blended.

Makes 4 servings. 1 serving = $\frac{1}{4}$ cup

ONION SMOTHERED STEAK

Ingredients

¼ cup flour
⅛ tsp. pepper
1 ½ lb round steak, ¾" thick
2 tbsp. oil
1 cup water
1 tbsp. vinegar
1 clove garlic, minced
1 bay leaf
¼ tsp. dried thyme, crushed
3 medium onions, sliced

Instructions

1. Cut steak into 8 equal servings. Combine flour and pepper and pound into meat.
2. Heat oil in a skillet and brown meat on both sides. Remove from skillet and set aside.
3. Combine water, vinegar, garlic, bay leaf and thyme in the skillet. Bring to a boil.
4. Place meat into this mixture and cover with sliced onions. Cover and simmer 1 hour.

Makes 8 servings.

1 serving = 2 oz. meat
= 2 protein, 1 low potassium vegetable,
1 medium potassium vegetable, 2 fat

(From: Living Well on Dialysis)

ROASTED RED PEPPER PIZZA

Pizza

Ingredients

- 1 Greek style pita
- 2 tbsp. roasted red pepper sauce (recipe included)
- ¼ cup cooked ground beef
- 1 tbsp. green pepper, diced
- 1 tbsp. onion, diced
- 2 tbsp. brie, diced
- 2 tbsp. mozzarella, grated

Instructions

Preheat oven to 350°F. Place pita on baking sheet and spread roasted red pepper sauce on pita. Top with beef, green peppers, onion and cheeses. Bake for 10 minutes or until cheese has melted and pizza is heated through.

Roasted Red Pepper Sauce

Ingredients

- 1 whole red pepper, roasted
- 1-2 cloves garlic
- dash – black pepper
- 1 tsp. olive oil

Instructions

Roast pepper in broiler or on BBQ until skin turns black. Let pepper cool and then peel off skin and discard. Puree peppers, garlic, black pepper and olive oil in a food processor or blender until smooth.

Makes 1 serving

Did you know that blood and urine tests are two ways to detect the early stages of kidney disease?

TANGY BEEF & VEGETABLE KABOBS

Ingredients

- 3 tbsp. honey
- 3 tbsp. fresh lime juice
- 1 tsp. canola oil
- 5 tsp. Mrs. Dash[®] Extra Spicy or Original Blend
- 1 lb beef sirloin steak, cut into 1 ½" squares
- ½ large red bell pepper, cut into 1" squares
- ½ large green bell pepper, cut into 1" squares
- 1 medium red onion, cut into wedges
- 1 medium zucchini, cut into ½" slices

Instructions

1. Soak wooden skewers in water for approx. 10 minutes (to prevent them from burning when cooking)
2. Mix together honey, lime juice, oil and Mrs. Dash[®] in a large bowl. Add in all remaining ingredients and toss lightly to coat thoroughly with seasoning mixture.
3. Thread meat and vegetables alternately on skewers.
4. Place skewers on rack of broiler pan so kabobs are approx 3-5 inches from heat. Broil 8-12 minutes or until desired doneness. You can also cook on the Barbeque!

Note: If you do not have skewers, the shish kabob ingredients may be broiled in a pan. Follow steps 1 & 2 above. Sprinkle a few tbsp. of marinade over vegetables and broil until tender, stirring once.

Makes 4 servings

1 serving = 3 protein, 1 medium potassium vegetable

(From: Triple Good Cookbook)



FISH & SEAFOOD



BROILED MAPLE SALMON FILLETS

Ingredients

- 1 tbsp. (15 mL) grated ginger root
- 1 clove garlic, minced
- ¼ cup (50 mL) maple flavored pancake syrup
- 1 tbsp. (15mL) hot pepper sauce
- 4 (about 1 lb/500 g) fresh skinless salmon fillet portions

Instructions

1. Spray a non-stick frying pan with vegetable spray and heat over medium heat. Cook ginger and garlic for 3 to 5 minutes, stirring. Remove pan from heat. Stir in pancake syrup and hot pepper sauce.
2. Preheat broiler. Line a baking sheet with foil and spray with cooking spray.
3. Place fillets on prepared baking sheet. Divide sauce among fillets, brushing over tops and sides. Broil salmon 4 inches (10 cm) under broiler for 10 minutes per inch (2.5 cm) thickness or until fish flakes easily when prodded with a fork. Serve immediately.

Makes 4 servings

1 serving = 4 protein

(From: President's Choice 2006 Calendar)

DAZZLING DILLY FISH

Ingredients

4 (4 oz.) fillets of fish (salmon, pickerel or other type)

Dilly Sauce

½ pkg. whipped cream cheese
4 or more minced garlic cloves
½ small onion, diced
3 tbsp. fresh or dried dill (as desired)
½ tsp. ground pepper
1 tsp. Mrs. Dash (optional)
drops of hot sauce (optional)

Instructions

1. Preheat oven to 350°F.
2. Mix ingredients of the dilly sauce well to make a paste.
3. Line baking pan with tin foil, set fish in and spread above dilly sauce evenly over fish.
4. Cover fish with more tin foil and bake for 15 minutes or until fish flakes easily when tested with a fork.

Makes 4 servings

1 serving = 4oz.

= 4 protein

Meal suggestion: serve with rice, boiled green beans and a tossed salad for a delicious dinner.

FISH DISH

Grilled Fish with that “Special Something”

Ingredients

- 3 oz. (75 g) non-hydrogenated margarine
- 4 – 4 oz. (120 g) portions of fish of your choice
(sole, salmon, haddock, cod)
- 2 oz. (50 g) white flour
- juice of 1 lemon
- 2 tbsp. parsley
- 1 tsp. paprika
- 1 clove garlic

Instructions

1. Dry the fish on kitchen paper and dip in flour, shaking off the surplus.
2. Melt half the margarine and dip the fish in this.
3. Place fish in a grill pan and cook on medium for 10 – 12 minutes. Turn halfway through the cooking time.
4. To make the “Special Something”, heat the remaining butter in a small pan, add the lemon juice, parsley, paprika and garlic. Pour over the fish and serve.

Makes 4 servings

1 serving = 3 protein

Did you know that heart disease is the major cause of death for all people with CKD?

GRILLED FISH IN FOIL

Ingredients

- 1 pound fish fillets, fresh or frozen (and thawed)
- 2 tbsp. margarine
- Mrs Dash[®] (or McCormicks No Salt Added[®])
- pepper
- 1 medium onion thinly sliced
- 1 lemon, cut into wedges

Instructions

1. Preheat outdoor grill for medium heat
2. On 4 large buttered squares of aluminum foil, place equal amounts of fish (about 3 oz. per foil packet).
3. Sprinkle each serving of fish with Mrs Dash (season well) and pepper.
4. Top each serving with onion slices and lemon wedge (squeeze lemon wedge over fish fillet first).
5. Tightly wrap fillets in foil (to prevent leaking) and place on grill
6. Grill 5 to 7 minutes on each side or until fish flakes with fork.

Note: Thick fish fillets may take longer to cook.

Makes 4 servings

1 serving = 3 proteins

LINGUINE WITH GARLIC AND SHRIMP

Ingredients

2 ½ quarts water
¾ pounds linguine pasta, uncooked
2 tbsp. olive oil
2 heads of garlic, whole
½ pound shrimps, peeled and cleaned
1 cup flat-leaf parsley
1 tbsp. lemon juice
black pepper to taste

Instructions

1. Boil water in large pot. Add pasta and cook for 10 minutes or until tender.
2. While pasta is cooking, separate garlic cloves, leaving skin on. Heat cloves in a frying pan over medium heat, stirring often. Garlic is ready when it darkens and becomes soft to touch. Skin will be easy to remove. Remove garlic from pan and peel off skin.
3. Heat olive oil in the frying pan and return peeled garlic to the pan. Cook garlic until golden. (Cloves can be cut in half or left whole).
4. Add parsley and shrimp and cook 1 to 2 minutes, until shrimp turns pink.
5. Drain pasta and reserve 1 cup of the liquid. Add pasta to pan with shrimp and garlic. Mix all ingredients together and add the cup of reserved liquid.
6. Add lemon juice, black pepper, mix and serve.

Makes 4 servings.

1 serving = 2 cups

= 1½ meat, 4 starch, 1 low potassium vegetable

Helpful Hints

Adjust shrimp portion for a higher or lower protein diet.

For lower carbohydrate diet, divide the recipe into 6 portions instead of 4 portions. Carbohydrate is reduced to 44 g, 3 carbohydrate choices.

(From: www.davita.com/recipes)

SALMON STUFFED PASTA SHELLS

Ingredients

24 jumbo pasta shells
2 eggs, beaten
2 cups creamed cottage cheese
(regular or unsalted)
¼ cup chopped onion
1 red or green bell pepper, diced
2 tsp. dried parsley
½ tsp. finely grated lemon peel
1 can salmon; rinsed, drained
and flaked
1 cup Coffee Rich®

Dill Sauce

1 ½ tsp. margarine
1 ½ tsp. flour
⅛ tsp. pepper
1 tbsp. lemon juice
1 ½ cup Coffee Rich®
2 tsp. dried dill weed

Instructions

1. Cook pasta according to package directions; drain; cool on waxed paper or aluminum foil to prevent sticking.
2. Combine eggs, cottage cheese, onion, bell pepper, parsley, lemon peel and salmon.
3. Pour Coffee Rich® into lightly oiled 9" x 13" x 2" baking dish.
4. Fill each pasta shell with with filling. Arrange shells in baking dish; cover with foil. Bake at 350°F for 30-35 minutes, or until hot and bubbly.
5. While shells are baking, melt margarine in small saucepan over medium heat. Stir in flour and pepper. Remove from heat; gradually add coffee whitener or rice beverage, stirring until smooth. Return to medium heat; bring to a boil stirring constantly. Reduce heat and simmer for 1 minute. Remove from heat and stir in dill and lemon juice.
6. Remove dish from oven. Arrange shells on a platter; serve with dill sauce.

Makes 6 servings

1 serving = 4 shells

= 2 protein & 2 starch choices.

BAKED TILAPIA FISH WITH GARLIC SAUCE

Ingredients

4 fillets tilapia
4 cloves garlic, finely minced
2 tbsp. margarine
1 tsp. fresh parsley, chopped
pinch Mrs. Dash
pinch pepper

Instructions

1. Combine margarine, garlic, pepper, parsley and Mrs. Dash in a saucepan.
2. Heat over low heat until margarine is melted and starts simmering. Remove from heat.
3. Brush a little of the garlic sauce mixture in the bottom of a shallow baking dish (line baking dish with foil, if desired) then place tilapia fillets on the buttered area.
4. Brush top of each tilapia fillet with the garlic sauce mixture.
5. Bake at 350°F for 12 to 15 minutes, until tilapia flakes easily with a fork. Enjoy!

Makes 2 servings

1 serving = 2 protein



PORK



PORK

CRANBERRY SPARERIBS

Ingredients

3 lbs (1.5 kg) spareribs
¼ cup (50 ml) brown sugar
3 tbsp. (45 ml) flour
¼ tsp. (1 ml) dry mustard
¼ tsp. (1 ml) ground cloves
14 oz. can (355 ml) cranberry sauce
2 tbsp. (30 ml) vinegar
1 tbsp. (15 ml) lemon juice
2 cups (500 ml) water

Instructions

1. Place ribs on broiler rack. Broil until brown.
Turn to brown other side.
2. Pour off drippings and rinse ribs under warm water.
Place ribs in a casserole dish.
3. Mix sugar, flour, mustard and cloves in saucepan.
Add remaining ingredients.
4. Cook and stir over medium heat until slightly thick.
5. Pour sauce over ribs. Cover.
6. Bake 350°F for 1 hour, uncover for last 15-20 minutes.

Makes 6 servings

1 serving = 3 protein, 1 starch, 2 ½ fruits & vegetables, 2 fats

(From: Foods for Life; Morden Dialysis Unit)

HERB-RUBBED PORK TENDERLOIN

Ingredients

- 1 tsp. of dried rosemary
- 1 tsp. of dried thyme
- 1 tsp. of dried basil
- 1 tsp. of dried parsley
- 2 garlic cloves, minced
- 2 tsp. of black pepper
- 2 tbsp. of dijon mustard
- two – 12 oz. pork tenderloins
- 1 ½ tbsp. of vegetable oil

Instructions

1. Combine spices in a small bowl. Add mustard and mix well.
2. Rub herb mixture over the pork tenderloins evenly. Cover pork and let rest in refrigerator for at least two hours.
3. Preheat oven to 400°F.
4. Heat oil in a large skillet over medium high heat. Place tenderloins in oil and brown on all sides. Remove from skillet and place in a baking dish. Allow enough room so tenderloins are not touching.
5. Bake pork tenderloins for 20 minutes or until meat thermometer registers 160°F (medium) to 170°F (well done).
6. Allow meat to rest 10 to 15 minutes before carving to allow juices to be distributed throughout the meat.

Makes 7 servings

1 Serving = 3 ounces
= 3 protein

(From: R&D Laboratories Newsletter and www.davita.com/recipes.)

ITALIAN PORK CUTLETS

Ingredients

1 lb pork cutlets
¼ cup dry bread crumbs
¼ cup grated parmesan cheese
1 tsp. Italian seasoning
all purpose flour
1 egg, beaten with 1 tbsp. water
2 tbsp. canola oil
chopped parsley and lemon wedges

Instructions

1. Combine bread crumbs, Parmesan cheese and Italian seasoning.
2. Dip cutlets in flour to coat; shake off excess.
3. Dip in egg mixture, then coat with bread crumb mixture.
4. Heat oil in a large non-stick skillet over medium-high heat.
5. Sauté cutlets until golden brown on both sides.
6. Sprinkle with chopped parsley.

Makes 4 servings
1 serving= 3 protein

Did you know that inside the kidneys are millions of tiny blood vessels called nephrons that filter waste out of the body?

PEPPERCORN PORK CHOPS

Ingredients

1 tbsp. crushed black peppercorns
6 pork loin chops
2 tbsp. canola or olive oil
¼ cup non-hydrogenated margarine
5 garlic cloves, whole
1 cup green and red bell peppers, diced
½ cup apple juice

Instructions

Sprinkle and press peppercorns into both sides of pork chops.

Heat oil, margarine and garlic cloves in a large skillet over medium heat, stirring frequently.

Add pork chops and cook uncovered for 5-6 minutes.

Add bell peppers and apple juice.

Cover and simmer for another 5-6 minutes or until pork is thoroughly cooked.

Makes 6 servings

1 Serving = 3 ½ protein, ½ low potassium vegetable

(From: www.davita.com/recipes)

PORK CHOPS

Ingredients

6 pork loin or rib chops (3 oz. each)
2 tbsp. flour
2 tsp. margarine or butter
½ tsp. rosemary
½ tsp. basil
½ tsp. sage
⅛ tsp. pepper
1 ½ cup sliced onions
1 cup water

Instructions

1. Coat chops with flour.
2. Melt margarine in large oven-proof skillet.
3. Brown chops in margarine over medium-high heat.
4. Add onions, sage, rosemary, basil, pepper and water.
5. Cover and simmer 30 minutes.

Chops may be brushed with oil and sprinkled with spices and herbs one hour before cooking.

Makes 6 servings

1 serving = 3 protein

PORK PATTIES

Ingredients

¾ lb. ground pork (340 gm)
1 tbsp. minced parsley
½ tsp. sage
¼ tsp. onion powder
¼ tsp. fennel seeds
½ tsp. paprika
¼ tsp. thyme
¼ tsp. pepper

Instructions

1. Thirty minutes before serving: Combine all ingredients in medium bowl with hands.
2. Shape mixture into six 1" thick patties.
3. In a 12" skillet, over medium heat, cook patties until they are browned on both sides and cooked throughout – about 20 minutes, turning occasionally.

Makes 6 servings

1 serving = 2 protein

PORK SOUVLAKI

Ingredients

- 1 pound (454 g) pork, cut in 1" cubes
- ¼ cup oil
- 3 tbsp. lemon juice
- 1 tsp. oregano, ground
- ¼ tsp. pepper, black
- 1 large garlic clove, minced

Instructions

1. Trim fat from pork and cut in cubes. Set aside.
2. In a bowl, add remaining ingredients and mix well.
3. Add pork to marinade mixture in bowl and let sit 1-4 hours.
4. Stir fry pork in a pan over medium heat for 7-10 minutes until browned. Or, place pork on skewers and grill over medium heat on barbeque until done turning once during cooking.

Makes 4 servings.

1 serving = 3 protein

Serve with rice and a lettuce salad.

Did you know that each year, there is a 7% increase in the number of people diagnosed with kidney disease?



POULTRY



BASIL CHICKEN

Ingredients

4 skinless chicken breast halves (trim visible fat)
1/3 cup margarine, melted
1/4 cup fresh basil, chopped or 2 tbsp. dried basil
1 tbsp. parmesan cheese, grated
1/4 tsp. garlic powder
1/4 tsp. Mrs. Dash[®] salt-free seasoning
Fresh basil sprigs, optional garnish

Instructions

Preheat oven to 325°F. Place chicken breast halves in a glass baking pan.

Pierce each breast with a fork several times to allow mixture to season and flavor as it cooks.

Melt margarine in a glass mixing bowl in the microwave. Start at 15 seconds and stir to distribute heat.

To melted margarine, add basil, parmesan cheese, garlic powder and Mrs. Dash[®].

Stir mixture with a fork or whisk.

Pour mixture evenly over chicken breasts making sure parmesan cheese is smoothly distributed.

Bake uncovered, basting every 10 minutes with mixture from the pan, for a total of about 25 minutes or until juices in chicken are clear, not pink.

Makes 4 servings

1 serving = 3 protein

(From: www.davita.com/recipes)

BARBECUED LEMON CHICKEN

Ingredients

4 boneless chicken breasts
juice of 1 lemon
2 tsp. olive oil
1 clove of garlic, minced
½ tsp. dried oregano
pinch of cayenne pepper

Instructions

Remove skin from chicken. In shallow dish, arrange chicken in single layer.

In small dish, combine lemon juice, oil, garlic, oregano and cayenne; mix well. Pour over chicken and turn to coat both sides. Let stand at room temperature for 20 minutes or cover and refrigerate for up to 6 hours.

On greased grill or grill-type pan, cook chicken for 4-5 minutes on each side or until meat is no longer pink inside.

Makes 4 servings

1 serving = 3 protein

CHICKEN CURRY RECIPE

Ingredients

1 lb (450 g) chicken, no skin
1 clove garlic, crushed, or garlic powder to taste
1 medium onion, chopped
small amount canola or vegetable oil
water
¼ tsp. pepper
1 tbsp. curry powder
1 tsp. cornstarch
1 oz. (25 g) non-hydrogenated low salt margarine

Instructions

1. Dice the chicken. Fry the onion and garlic until brown.
2. Add chicken and fry gently in small amount of oil.
3. In a separate pan, melt the margarine and whisk in the cornstarch.
4. Add in a little bit of water while doing this to form a paste.
5. Add in water (up to 1 cup) and whisk in curry powder and pepper.
6. Add sauce to chicken and allow to boil to thicken and reduce sauce.
7. Reduce heat, cover and simmer until cooked.
8. Add more water if required to prevent burning.

Makes 4 servings

1 serving = 3 protein

This dish is delicious with boiled rice or pasta! Enjoy!

Did you know that your kidneys are about the size of your fist?

CHICKEN FINGERS

Ingredients

¾ cup breadcrumbs
2 tbsp. parmesan cheese
¼ tsp. pepper
1 ½ tsp. dried thyme
¾ tsp. each garlic & onion powder
4 chicken breast (halves), boneless, skinless
(cut into 1" strips)
¼ cup non-hydrogenated margarine, melted

Instructions

Preheat oven to 400°F. Combine first 5 ingredients. Dip chicken into melted margarine; then coat with mixed ingredients. Place on lightly greased rack on a cookie sheet. Bake 10 minutes, turn and bake 10 minutes more.

Makes 12 chicken fingers.

1 chicken finger= 1 protein, ½ starch

Honey Dill Dipping Sauce for chicken fingers

Ingredients

½ cup mayonnaise
¼ cup liquid honey
½ tsp. dried dill weed

Instructions

Mix together. Refrigerate 30 minutes or more.

1 Tbsp. dipping sauce= ½ starch

CHICKEN SATAYS

Ingredients

4 chicken breasts (about 1 lb/500g)
2 tbsp. olive oil
2 tbsp. red wine vinegar
1 tbsp. McCormick No Salt Added Table shake seasoning®
24 bamboo skewers

Instructions

Cut chicken into 24 thin strips, ½ in (1 cm) wide. In medium bowl or self-seal plastic bag, mix together oil, vinegar and McCormick No Salt Added Table Shake Seasoning. Add chicken strips, and toss to coat. Cover and refrigerate at least 30 min., or overnight, turning occasionally.

Meanwhile, soak bamboo skewers in water for 30 mins, Remove chicken from marinade and thread onto each skewer. Grill or broil about 5 min. per side or until no longer pink. Discard any remaining marinade.

Makes 12 servings

1 serving = 2 Satays

= 1 Protein serving

Satay Peanut Sauce

In small saucepan, combine:

Ingredients

¼ cup (50 ml) peanut butter
¼ cup water
1 tbsp. (15 ml) sodium-reduced soy sauce
1 tbsp. (15 ml) lime juice
2 tbsp. (30 ml) apricot jam
1 ½ tsp. McCormick® No Salt Added Table Shake Seasoning

Heat for 3–5 min. over medium heat.

2 tbsp. = 1 fruit

CHICKEN SAUSAGE PATTIES WITH APPLE AND SAGE

Ingredients

- 1 apple
- 1 cup minced onion
- 2 tbsp. fresh sage or 2 tsp. dried
- ¼ tsp. ground allspice
- 2 cloves garlic, minced
- 1 tsp. pepper
- 1 egg, lightly beaten
- 1 lb ground chicken

Instructions

1. Grate the apple with the skin on and mix with onion, sage, allspice, garlic, pepper and beaten egg. Add ground chicken and stir until very well mixed.
2. Shape into a log, cover with wax paper and refrigerate at least 2 hours or overnight. Chilling helps the patties hold their shape during cooking.
3. Cut log into 8 pieces and flatten each piece into ½" thick patty. Panfry patties in a non-stick skillet for about 6 minutes per side over medium heat.

Makes 4 servings

1 serving = 2 patties

= 4 protein, 1 low potassium vegetable

GINGER ASPARAGUS CHICKEN

Ingredients

12 asparagus spears
½ cup (125 ml) fresh mushrooms, halved
½ cup (125 ml) onion, chopped
2 tbsp. (30 ml) oil
2 tbsp. (30 ml) fresh ginger, finely chopped
1 tbsp. (15 ml) hot sauce or crushed chilies
2 tbsp. (30 ml) low sodium soy sauce
2 tbsp. (30 ml) brown sugar
dash – onion powder
1 lb chicken, cubed
dash – pepper, to taste

Instructions

In a large fry pan with lid, add oil, ginger, onions, and mushrooms. Cook covered for 2 minutes. Add asparagus and cook covered for 1 more minute. Combine hot sauce, soy sauce and brown sugar. If crushed chilies are used instead of hot sauce, add 1 tbsp. (15mL) of water. Pour over vegetables in fry pan and simmer uncovered for 2 minutes.

Remove vegetables from pan and set aside. Leave liquid in pan. Add chicken and cook until tender. Add vegetables to chicken and reheat until hot. Serve over rice or egg noodles.

Makes 5 servings

1 serving= 3 protein, 1 medium potassium vegetable choice

(From: Renal Nutrition Update Spring 2000)

*Did you know that Chronic Kidney Disease
is the permanent loss of kidney function?*

HERBED CHICKEN

Ingredients

- 4 chicken breasts (fresh)
- 2 tbsp. herbed seasoned flour (see recipe below)
- 2 tbsp. butter
- ½ cup low sodium chicken stock

Instructions: Stove Top

1. Dredge chicken in seasoned flour.
2. In a large frying pan, melt butter, cook chicken until browned, approximately 3-5 minutes each side.
3. Pour chicken stock and cook, stirring until lightly thickened. Reduce heat to medium and cook, covered for 3-4 minutes each side or until chicken is no longer pink.

Instructions: Oven-baked

- 1 Place chicken in a shallow dish and sprinkle with seasoned flour.
- 2 Pour ½ cup water onto chicken and bake at 400°F, basting occasionally, for approximately 45 minutes or until chicken is no longer pink.

Herbed-Seasoned Flour:

- ½ cup flour
- 2 tsp. basil
- 2 tsp. thyme
- 1 tsp. oregano
- 1 tsp. tarragon
- 1 tsp. paprika
- ½ tsp. ground black pepper

Makes 4 servings

1 serving = 3 protein choices

HONEY GARLIC CHICKEN

Ingredients

6 chicken legs

½ cup honey

2 garlic cloves, minced

2 slices ginger, cut to matchstick size

1 ¼" thick slice red onion, finely chopped

2-3 tsp. canola oil, for frying

Instructions

Fry the chicken legs in a pan for 7 minutes on each side. Remove and put in a casserole dish. In another frying pan, add the chopped onion, ginger matchsticks, minced garlic and 1 tsp. of oil. Fry for 1 minute. Add honey to mixture and deglaze the pan. Pour over the chicken and cook for 35 minutes at 350°F.

Makes 6 servings

1 serving = 1 chicken leg
= 2 protein, 2 fruit

SPAGHETTI WITH ROASTED GARLIC CREAM SAUCE AND HERBED CHICKEN

Ingredients

1 whole head of garlic
8 medium chicken thighs
1 tbsp. Mrs Dash, any flavour
16 oz. box spaghetti
2 tbsp. canola oil
6 tbsp. light cream cheese
1 cup low-sodium chicken stock

Instructions

1. Wrap head of garlic (with peel) in aluminium foil and bake in oven at 400oF for about 25 minutes, or until garlic cloves are soft and brown. When cooked, cut top of head off and squeeze cloves out of peel. Set cloves aside.
2. Cut chicken thighs into strips and cook thoroughly in a frying pan with 1 tsp. of oil. Sprinkle 1 tbsp. of Mrs Dash[®] onto chicken. When cooked, turn heat down to low.
3. Bring a large pot of water to a boil for spaghetti and follow package directions to cook. Do not salt water.
4. In a small pot or pan, heat 2 tbsp. of canola oil on medium heat, add garlic, and break up cloves. Add basil, cream cheese and chicken stock, and stir until smooth and melted. Bring to a boil and reduce heat to low. Simmer for 10 minutes, until sauce thickens.
5. Drain cooked spaghetti, however keep 1 cup of pasta water for sauce (to be added later).
6. Put drained pasta back into pot and add sauce. Toss well to coat spaghetti. If saucier pasta is desired, add ½ to 1 cup of pasta water to spaghetti and toss.
7. Serve spaghetti and top with chicken strips. Serve with a side of vegetables.

Makes 6 servings.

1 serving = 3 protein, 2 starch, 2 ½ fats

LIGHT SWEET & SOUR CHICKEN

Ingredients

2 cup chicken, diced
1 tsp. cornstarch
1 tbsp. oil
½ cup onion, chopped
1 cup green pepper, chopped
1 tbsp. cornstarch
¼ cup sodium reduced soy sauce
2 tbsp. vinegar
1 tbsp. brown sugar
2 tbsp. white sugar or artificial sweetener
½ tsp. ground ginger
½ tsp. garlic powder
1 can (14 oz. or 398 ml) crushed pineapple

Instructions

1. Dice chicken. Place in mixing bowl. Toss with the 1 tsp. of cornstarch.
2. Add oil to large frying pan or wok. When hot, add chicken. Stir fry 1-2 minutes. Add chopped onion. Stir fry until lightly brown. Remove from pan and set aside.
3. Drain pineapple, reserve juice.
4. In a jar, shake together the 1 tbsp. cornstarch, soy sauce, vinegar, brown sugar, white sugar, ginger, garlic powder and pineapple juice.
5. Over medium heat, add sauce mixture, crushed pineapple and chopped green pepper to frying pan or wok. Cook until mixture lightly boils and thickens, stirring often.
6. Add cooked chicken. Cook until heated through.

Makes 4 servings

1 serving = 1 cup.

= 2 protein, 1 medium potassium vegetable/fruit

Serve with rice.

SAUCES & SALAD DRESSINGS



BARBEQUE SAUCE

Ingredients

1/3 cup corn oil
1/2 cup tomato juice
1 tbsp. brown sugar
1 clove garlic
1 tbsp. paprika
1/4 cup vinegar
1 tsp. pepper
1/3 cup water
1/4 tsp. onion powder

Instructions

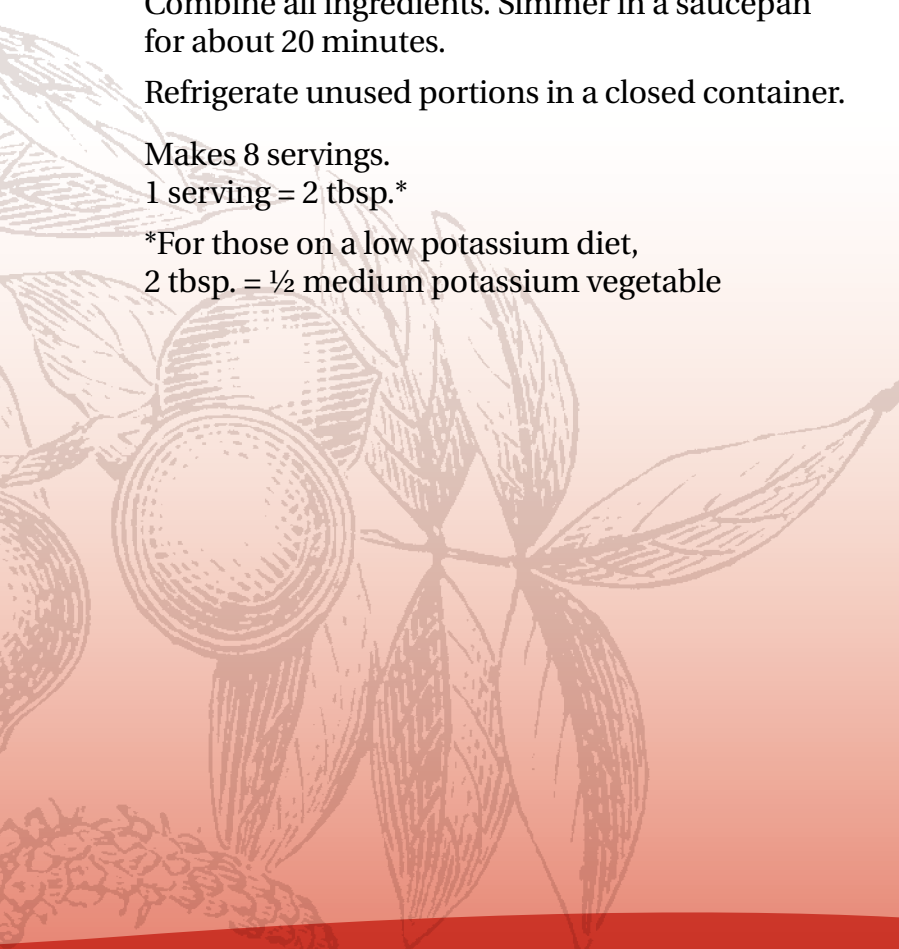
Combine all ingredients. Simmer in a saucepan for about 20 minutes.

Refrigerate unused portions in a closed container.

Makes 8 servings.

1 serving = 2 tbsp.*

*For those on a low potassium diet,
2 tbsp. = 1/2 medium potassium vegetable



BASIC DRESSING*

Ingredients

¼ cup red wine vinegar
¼ tsp. garlic powder
¼ tsp. dry mustard
½ tsp. sugar
¼ cup water
¼ tsp. ground black pepper
2 tbsp. fresh lemon juice
1 cup corn or olive oil
(makes 1-1 ½ cups)

Instructions

Combine all ingredients and pour into a container with a tight-fitting lid & shake well. Store, covered in the refrigerator.

CURRY DRESSING

Ingredients

1 tsp. curry powder
⅛ tsp. ground ginger
1-1 ½ cup Basic Dressing*

Mix thoroughly. Store, covered in the refrigerator.

ITALIAN DRESSING

Ingredients

2 tsp. Dried oregano
1 tsp. dried basil
1 tsp. dried tarragon
½ tsp. sugar
1-1 ½ cup Basic Dressing*

Instructions

Mix thoroughly.
Store, covered in the refrigerator.
May use these dressings as a marinade for fish, poultry and meat.

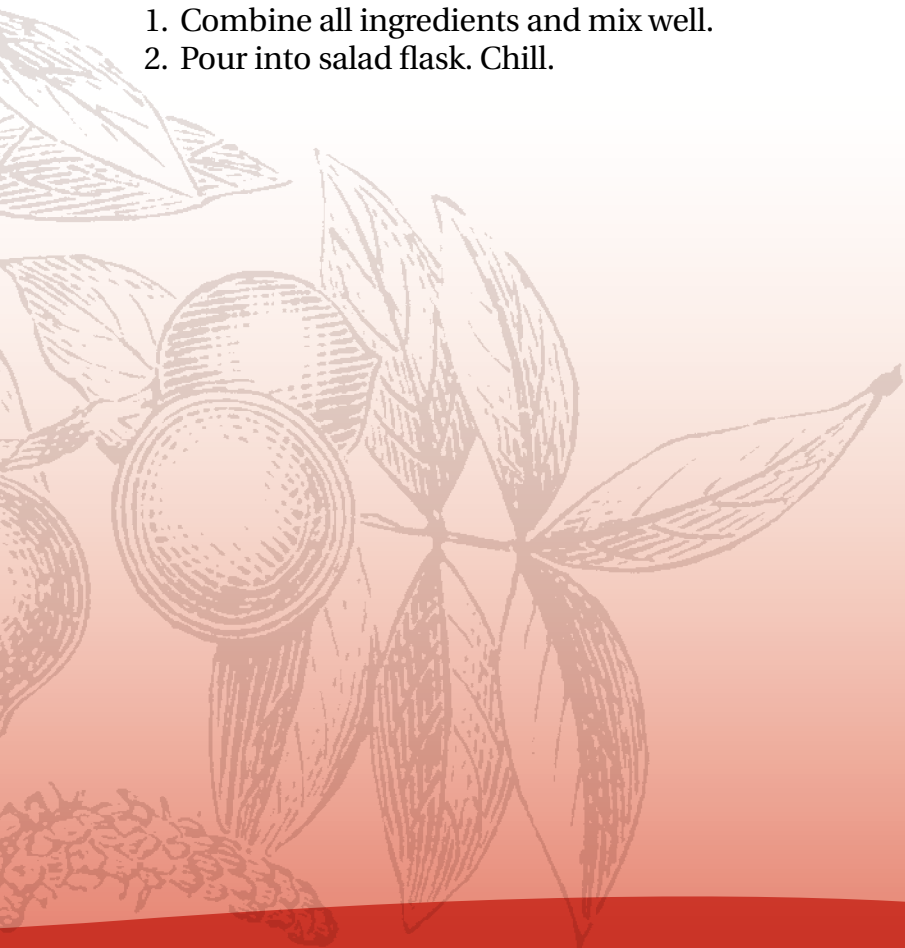
CREAMY VINAIGRETTE DRESSING

Ingredients

2 tbsp. cider vinegar
2 tbsp. lime or lemon juice
1 garlic clove, minced
1 tsp. Dijon mustard
1 tsp. ground cumin
½ cup sour cream
2 tbsp. olive oil
¼ tsp. black pepper

Instructions

1. Combine all ingredients and mix well.
2. Pour into salad flask. Chill.



HONEY DRESSING

Ingredients

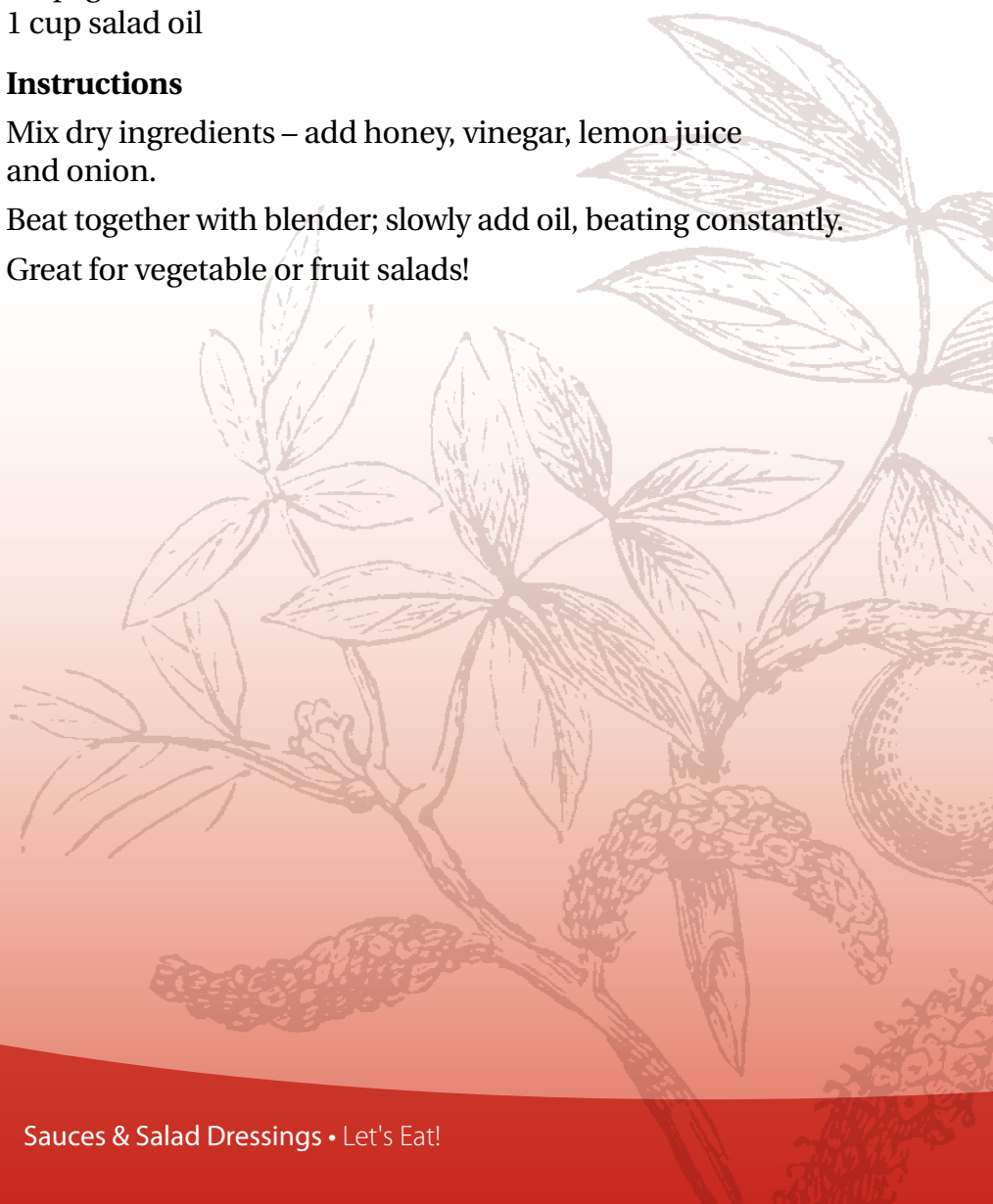
½ cup sugar
1 tsp. dry mustard
1 tsp. paprika
½ cup honey
¼ cup vinegar
2 tbsp. lemon juice
1 tsp. grated onion
1 cup salad oil

Instructions

Mix dry ingredients – add honey, vinegar, lemon juice and onion.

Beat together with blender; slowly add oil, beating constantly.

Great for vegetable or fruit salads!



MARINADES

Use either of these to marinate 1 lb boneless or 1½ lbs bone-in poultry, beef or pork.

Terriyaki Marinade

Ingredients

2 tbsp. low-salt soy sauce
2 tbsp. cooking sherry or apple juice
1 tsp. dried ginger
2 tbsp. canola oil
1 tsp. brown sugar
1 clove garlic, minced
½ tsp. pepper

Herb Marinade*

Ingredients

½ cup lemon juice
1 tsp. honey
⅓ cup cooking oil or olive oil
1 clove garlic, finely chopped
1 tbsp. chopped fresh parsley
1 tsp. dried basil
¼ tsp. dried oregano

Instructions

Combine ingredients and mix well. Place poultry, beef or pork in a sealable plastic bag. Pour marinade into the bag and refrigerate 4 to 24 hours. Remove meat from the bag and discard the marinade. Cook meat as directed.

*For those on a low potassium diet, count Herb Marinade as ½ fruit serving.

APPLE JUICE MARINADE*

Ingredients

½ cup apple juice
¼ cup low-salt soy sauce
¼ cup honey
2 tbsp. lemon juice
½ tsp. garlic powder
¼ tsp. dry mustard
¼ tsp. ground ginger

Instructions

Combine ingredients and mix well. Place 1 lb boneless or 1 ½ lbs bone-in poultry or pork in a sealable plastic bag. Pour marinade into the bag and refrigerate 4 to 24 hours. Remove meat from the bag and discard the marinade. Cook meat as directed.

*For low potassium diets, count above as 1 fruit serving.

OIL AND VINEGAR

Ingredients

¼ cup balsamic vinegar
¼ cup olive oil
¼ tbsp. paprika
¼ tbsp. grated parmesan cheese
Dash of pepper

Instructions

1. Whisk all ingredients.
2. Toss with salad.



Did you know your kidneys direct your bones to make red blood cells?

PICKLED PINEAPPLE

Ingredients

3 cans (15 oz.) pineapple chunks
1 cup sugar (or Splenda®)
8 cloves (whole)
 $\frac{3}{4}$ cup vinegar
one 4" cinnamon stick

Instructions

1. Drain pineapple. Save $\frac{3}{4}$ cup juice.
2. Combine saved pineapple juice with remaining ingredients and heat 10 minutes.
3. Add pineapple and bring to boil.
4. Remove from heat and put into jars.
5. Store in refrigerator

Try this to add some pizzazz to your meat or chicken!

1 serving = 2-4 tbsp.
= $\frac{1}{2}$ Serving Fruit

BASIC SEASONING

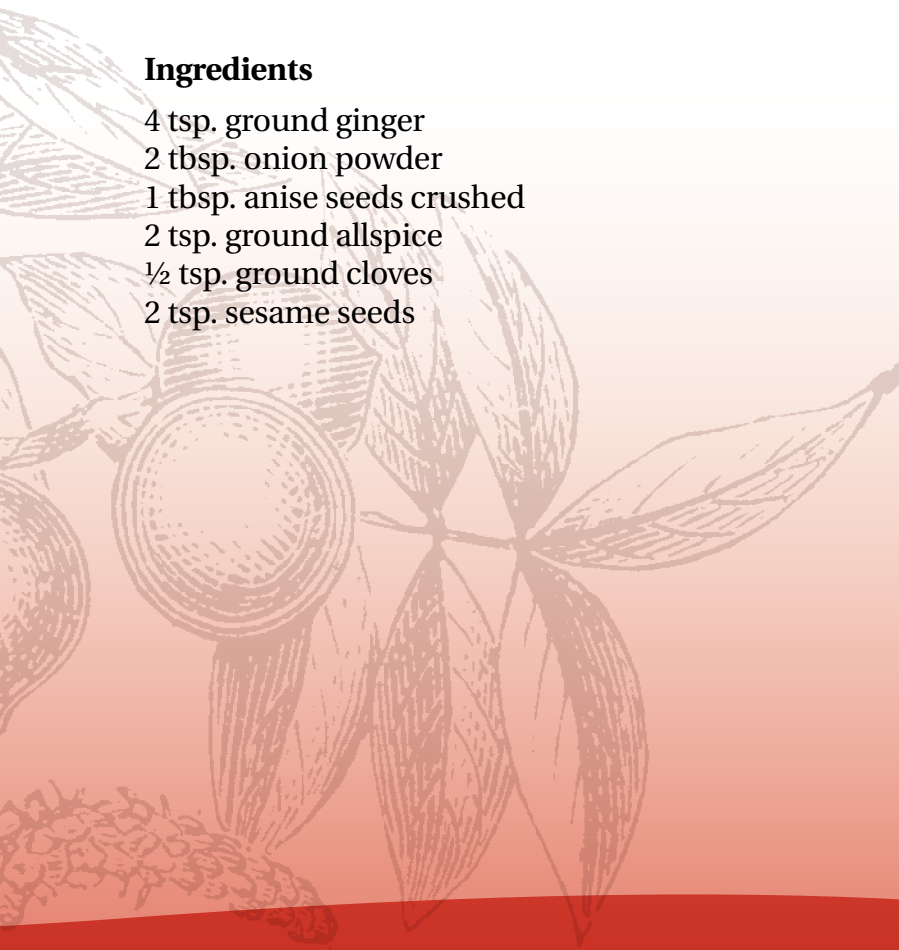
Ingredients

2 tbsp. paprika
1 tbsp. dry mustard
1 tbsp. garlic powder
1 tbsp. onion powder
1 tsp. pepper
1 tsp. thyme
1 tsp. basil

CHINESE SEASONING

Ingredients

4 tsp. ground ginger
2 tbsp. onion powder
1 tbsp. anise seeds crushed
2 tsp. ground allspice
½ tsp. ground cloves
2 tsp. sesame seeds



ITALIAN SEASONING

Ingredients

2 tbsp. garlic powder
1 tbsp. parsley
1 tbsp. basil
1 tbsp. oregano
½ tsp. pepper
½ tsp. thyme
2 tsp. onion powder

Makes about ½ cup. Mix ingredients together and store in an airtight container.

TACO SEASONING

Ingredients

3 tbsp. onion powder
2 tbsp. ground cumin
1 ½ tsp. chili powder
½ tsp. cayenne
1 tsp. garlic powder

Makes about ½ cup. Mix ingredients together and store in an airtight container.

VEGETABLE CONFETTI RELISH

Ingredients

½ red bell pepper, seeded and chopped
½ green pepper, boiled and chopped
4 scallions, thinly sliced
½ tsp. ground cumin
3 tbsp. vegetable oil
1 ½ tbsp. white wine vinegar
black pepper to taste

Instructions

Combine all ingredients and mix well. Chill in the refrigerator. You can add half a chopped jalapeno pepper for a more spicy mixture!

1 serving = 2-4 tbsp.
= 1 potassium choice

Did you know that failing kidneys can cause heart problems because the kidneys help regulate blood pressure?



CANDIED CARROTS AND APPLES

Ingredients

3 cups sliced carrots*
½ cup packed brown sugar or ¼ cup brown sugar Splenda®
¼ tsp. black pepper
½ tsp. ground nutmeg
3 medium Granny Smith apples, cored, peeled and sliced
2 tbsp. margarine

Instructions

Boil carrots in water for 15 to 20 minutes until soft. Drain.
Mix together brown sugar and spices.

Spray a baking dish with cooking spray. Arrange apples and carrots in alternate layers. Sprinkle each layer with brown sugar and spices.

Dot with pieces of margarine. Cover and bake at 350°F for 30 to 40 minutes or until apples are soft. Uncover and bake 10 minutes longer.

*For low potassium diets, soak carrots in water for 4 hours

Serves 8

1 serving = ¾ cup
= 1 medium potassium vegetable, 1 medium potassium fruit

(From: Cooking for David: A Culinary Dialysis Cookbook)

CHICKEN AND PASTA SALAD

Ingredients

Chicken Pasta Salad

6 oz. (180 g) cooked chicken, cubed
3 cups (750 ml) pasta, spiral, cooked
½ green pepper, minced
1 ½ tbsp. (22 ml) onion, minced
½ cup (15 ml) celery, Chopped

Combine all above ingredients and set aside.

Garlic Mustard Vinaigrette

2 tbsp. (25 ml) cider Vinegar
2 tsp. (10 ml) mustard, prepared
½ (2 ml) tsp. white sugar
1 garlic clove, Minced
⅓ (75 ml) cup water
⅓ (75 ml) cup olive oil
2 tsp. (10 ml) parmesan cheese, grated
½ (2ml) tsp. ground pepper

Instructions

In a small bowl, mix together vinegar, mustard, sugar, garlic, and water; gradually whisk in oil. Stir in Parmesan. Season with pepper. Combine ⅓ cup (75 ml) of dressing with Chicken Pasta Salad and chill.

Note: The left over vinaigrette can be stored in the refrigerator for up to 2 weeks. Remember to stir before using.

Makes 6 servings.

1 serving = 1 protein, 1 starch, 1 medium potassium vegetable & 2 fat choice

(From: Seasonal Cooking for Renal Patients)

CHICKEN AND MANDARIN SALAD

Ingredients

1 ½ cup Chicken, cooked and chopped
½ cup Celery, diced
½ cup Green pepper, chopped
¼ cup Onion, finely sliced
1 cup Mandarin orange segments
¼ cup Light mayonnaise
½ tsp. freshly ground pepper

Instructions

Toss chicken, celery, green pepper and onion to mix. Add mandarin oranges, mayo and pepper. Mix gently and serve.

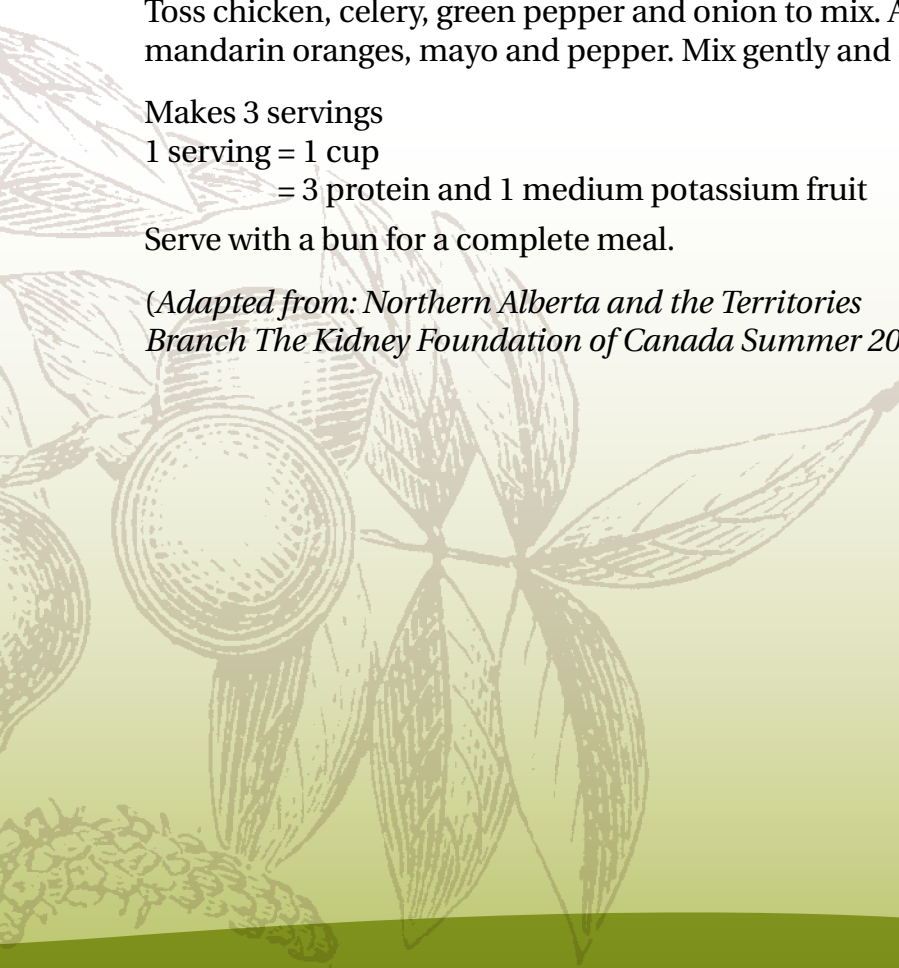
Makes 3 servings

1 serving = 1 cup

= 3 protein and 1 medium potassium fruit

Serve with a bun for a complete meal.

*(Adapted from: Northern Alberta and the Territories
Branch The Kidney Foundation of Canada Summer 2001)*



CUCUMBER PICKLES

Ingredients

12 long cucumbers
2 large onions
4 cups white sugar*
2 cups vinegar
1 tsp. tumeric
1 tsp. celery seed
1 tsp. mustard seed

Instructions

1. Slice cucumbers; wash in cold water
2. Slice onions
3. Place in container (eg. ice cream pail)
4. Mix sugar and vinegar in saucepan; add tumeric, celery seed and mustard seed.
5. Stir and bring to a boil until sugar dissolves; cool
6. Pour over cucumbers and onions
7. Let stand for 24 hours before using

Store in refrigerator

*for diabetic diet

Splenda may be substituted for sugar

DILLED GREEN BEANS

Ingredients

3 cups (750 ml) green beans, fresh
¼ cup (50 ml) sour cream, light
2 tbsp. (25 ml) fresh dill, chopped
¼ tsp. (1 ml) ground pepper

Instructions

1. Trim stem ends from beans and discard. Slice beans into 1½" (3.5 cm) pieces. Wash but do not dry. (If you don't have fresh green beans substitute with frozen green beans.)
2. Place into an 8 cup (2 L) microwave safe dish. Pour in ¼ cup (50 ml) cold water and cover with plastic wrap, leaving small vent on the side. Microwave on medium-high heat, stirring once, until done, about 5-6 minutes. Drain.
3. Meanwhile, stir sour cream with remaining ingredients in a measuring cup or microwave safe bowl. When beans are cooked, microwave sauce, uncovered on medium high heat for 30 seconds. Pour over hot, drained beans.

Note: To reduce the potassium content of the recipe boil vegetables in water, rather than microwaving them.

Makes 4 servings

1 Serving = ½ cup/125 ml
= 1 low potassium vegetable

(From: Seasonal Cooking for Renal Patients)

Did you know the main treatments for kidney disease are diet, exercise, and medication?

FRESH HERB CRANBERRY STUFFING

Ingredients

- ¼ cup butter or margarine
- ½ cup chopped onion
- 8 bread slices, cut into ½" cubes
- ½ tsp. black pepper
- 2 tsp. poultry seasoning
- ½ tbsp. of each fresh parsley, sage, rosemary, thyme
- ½ cup cranberries, dried
- ½ cup low cholesterol egg product

Instructions

1. Melt butter in a frying pan. Sauté onion and celery. Remove from heat.
2. Toss in cubed bread, pepper, poultry seasoning, fresh herbs and cranberries. Pour low cholesterol egg product into bread mixture and mix lightly.
3. Cook in a baking dish sprayed with nonstick cooking spray for 45 minutes at 350°F.

Makes 8 servings

1 serving = ½ cup

= 1 starch, 1 fat, 1 low potassium fruit

(From: www.davita.com/recipes)

FRIED RICE

Ingredients

1 cup raw rice
2 cups water
 $\frac{3}{4}$ cup frozen peas
 $\frac{1}{2}$ cup carrots, finely chopped
3 tbsp. vegetable oil
1 medium onion, finely chopped
3 cloves garlic, minced
 $\frac{1}{2}$ cup mushrooms, sliced
5 green onions, chopped
1 cup beef, pork, or chicken, chopped (optional)
2 tbsp. reduced-sodium soy sauce
 $\frac{1}{8}$ tsp. ground black pepper
2 eggs, beaten

Instructions

Place rice and water in a pot, bring to boil and stir. Turn heat to low, cover and simmer for 25 minutes until tender. Set aside.

Pour oil into a wok or large frying pan set on medium heat. Add onion, garlic, carrots and mushrooms. Cook for 2 minutes stirring often.

If meat added – stir-fry until meat is no longer pink in color.

Add rice to wok or frying pan; mix well. Add soy sauce, frozen peas, green onions and black pepper. Stir-fry for 2 minutes.

Crack eggs into a small bowl and beat with a fork. Make a hole in the middle of the rice mixture. Pour beaten egg into hole in rice. As egg starts to set, slowly start stirring it into rice mixture. Stir-fry for 2 minutes until egg is cooked. Serve.

Makes 5 servings

1 serving = 1 cup
= 2 protein, 2 starch, 1 vegetable

GARLIC AND HERB CHICKEN AND PASTA

Ingredients

- 1 cup pasta, uncooked
- 1 cup chicken, cut in cubes*
- 1 tsp. olive oil
- 2 tsp. olive oil
- 1 tsp. dijon mustard
- 2 tbsp. lemon juice
- 1 ½ tbsp. Garlic & Herb Seasoning by Mrs. Dash®
or McCormick's No Salt Added®

Instructions

1. Cook pasta in boiling water until done. Drain. Set aside.
2. Saute cubed chicken in 1 tsp. olive oil until brown.
3. Add 2 tsp. olive oil, mustard, lemon juice and 1 tbsp. garlic & herb seasoning to chicken in pan; mix well.
4. Stir in cooked pasta and remaining ½ tbsp. of seasoning. Serve.

Makes 2 servings

1 serving = 1 cup
= 2 protein, 2 starch

*Can also use leftover cooked chicken.
Brown cooked chicken lightly.

GOLDEN POTATO CROQUETTES

Ingredients

- 4 medium size potatoes, pre-soaked and boiled or double boiled
- 1 oz. (25 g) polyunsaturated margarine
- ½ tbsp. Coffee Rich® or Original Rice Dream®
- Pepper
- ½ egg, beaten
- 3 oz. (90 g) white fresh bread crumbs
- 1 tbsp. vegetable oil

Instructions

1. Mash potatoes with margarine, Coffee Rich® or Rice Dream®, and pepper.
2. Shape the croquette with your hand and dip in beaten egg.
3. Roll each croquette in the bread crumbs.
4. Heat vegetable oil in a frying pan and when hot, place a few croquettes in at a time. Make sure you have enough room to turn them easily.
5. Fry on all sides until crisp and golden. Serve warm.

Makes 4 servings

1 serving = 1 starch

Did you know that over 30,000 Canadians suffer from Kidney Failure and require dialysis or transplant to stay alive?

GREEN & YELLOW BEAN SALAD

Ingredients

1 cup green beans, fresh
1 cup yellow (wax) beans, fresh
1/3 cup onion, sliced
1/3 cup green pepper, sliced
1/4 cup olive oil
1/4 cup vinegar
1/2 tsp. basil, dried
1 tsp. parsley, dried
1/4 tsp. black pepper

Instructions

Wash beans. Trim off stems and cut beans in half.

Fill a small pot with water. Add beans. Bring to a boil and simmer for 2-3 minutes until tender crisp. Remove from heat and drain. Fill pot with cold water and let sit until beans are cool.

Slice onion and green pepper in thin strips.

In a mixing bowl, stir together oil, vinegar, basil, parsley and pepper. Add cooked beans, onions and green pepper. Stir until vegetables are coated with oil and vinegar. Chill in refrigerator until ready to serve.

Makes 5 servings

1 serving = 1/2 cup

= 1 low potassium vegetable choice.

GRILLED CORN ON THE COB

Ingredients

4 corn on the cob with husks on
margarine and pepper to taste
4 squares aluminum foil, large enough to wrap
individual corn on the cobs

Instructions

1. Preheat outdoor grill for high heat (400°F).
2. Peel back corn husks and remove silk (the hair on the corn). Place margarine and pepper on each piece of corn. Close husks.
3. Wrap each ear of corn tightly in aluminum foil, make sure edges are sealed tightly to prevent leaking. Place on the prepared grill. Cook approximately 25 to 30 minutes until corn is tender, turning occasionally to prevent burning.

This recipe can also be done in an oven using the above cooking directions.

Makes 4 servings

1 serving = 1 cob

= 2 medium potassium vegetable

Be careful – it is very hot when husking corn

HAWAIIAN CHICKEN SALAD

Ingredients

1½ cups cooked, chopped chicken
1 cup drained pineapple chunks
1¼ cups Shredded head lettuce
½ cup diced celery
½ cup mayonnaise
Dash Tabasco sauce
2 tsp. lemon juice
½ tsp. sugar
¼ tsp. pepper
Paprika

Instructions

1. Place chicken, pineapple, lettuce, and celery in a bowl.
2. Mix sugar, lemon juice, mayonnaise, Tabasco Sauce and pepper together
3. Add to chicken mix. Toss to mix.
4. Serve on lettuce – sprinkle Paprika on top

Makes 2 servings

1 serving = ¾ cup

= 2 protein, 1 medium potassium fruit

POTASSIUM FRIENDLY HASHBROWNS

Ingredients

2 cups potassium friendly mashed potatoes
1 egg, beaten
1 onion, minced
 $\frac{1}{8}$ tsp. pepper
2-3 tbsp. Olive Oil

Instructions

1. Mix together mashed potatoes, beaten egg and onion in a medium bowl and add pepper.
2. Over medium heat, heat olive oil in a medium size nonstick frying pan.
3. Drop about $\frac{1}{4}$ cup of the potato mixture into the frying pan, patting it into 4" circles that are $\frac{1}{2}$ " thick.
4. Cook until bottom is browned and crisp, about 3-4 minutes.
5. Carefully turn the patty over and cook the second side until brown and crisp, 3-4 minutes.

Makes 4 servings

1 serving = 1 patty
= 1 starch

Did you know that kidney disease can happen to anyone at any age?

POTASSIUM FRIENDLY MASHED POTATOES

Ingredients

Large cooking pot or pan of water

2 cups baking potatoes (2 large potatoes)

$\frac{1}{4}$ cup polyunsaturated margarine

$\frac{1}{4}$ cup Coffee Rich[®] or Original Rice Dream[®]

Instructions

1. Peel and slice the potatoes into small pieces then add to a large pot of water.
2. Bring slowly to boil; boil for 10 minutes; throw out water.
3. Cover with more cold water, bring slowly to boil, cook until done.
4. Throw out the water.
5. Mash potatoes with a potato masher until soft.
6. Slowly add margarine and Coffee Rich[®] or Original Rice Dream[®] until creamy.

Makes 4 servings

1 serving = $\frac{1}{2}$ cup
= 1 starch

RENAL-SAFE MACARONI AND CHEESE

Ingredients

2 cups elbow, shell or bowtie pasta

One 5-ounce jar Philadelphia Cheese spread made with Cream Cheese

One 4-ounce can diced green chilies (rinsed and drained)

Pepper to taste, if desired

Instructions

1. Cook pasta in boiling water without salt or butter until pasta are al dente.
2. Drain pasta. While noodles are hot, add the pimento cheese spread & chilies. Stir until the cheese spread is melted into the pasta.
3. Serve hot. Add pepper at the table for taste, if desired.

Makes 4 servings

1 serving = $\frac{1}{2}$ cup

= 1 starch, 1 fat, $\frac{1}{2}$ milk

Helpful Hints

For a higher protein variation, add browned & drained ground beef

(Adapted from: Davita)

Did you know an estimated 2 million Canadians have Kidney disease or are at risk?

SAUTÉED RED CABBAGE

Instructions

1. Halve, core, and thinly slice 1 small head of red cabbage (about 1 ½ pounds).
2. Heat 1-tbsp. olive oil in a large skillet over medium heat. Add cabbage and 3 tbsp. of red-wine vinegar; season with ground pepper. Cook, tossing frequently, until cabbage is crisp-tender, about 15 minutes (add a splash of water if pan becomes dry).
3. Add 2 tbsp. brown sugar; toss until dissolved, about 30 seconds. Season again with pepper, as desired.

Makes 4 servings

1 serving = ¼ recipe

= 1 low potassium vegetable



STUFFED GREEN PEPPERS

Ingredients

3 green bell peppers
1 pound ground beef
1 tsp. unsalted margarine
¼ cup chopped onion
3 tbsp. thick and chunky mild salsa
1 tsp. Mrs. Dash onion herb seasoning®
2 cups cooked rice
½ cup water
½ cup soft white bread crumbs
1 tsp. poultry seasoning
1 tsp. melted margarine
1 tsp. paprika

Instructions

1. Cut green peppers in half lengthwise and remove seeds and membrane. Parboil until partially cooked, about 4 minutes.
2. In a large nonstick frying pan, brown the ground beef. Drain and mix with cooked rice in a separate dish.
3. Place 1 tsp. of margarine in the frying pan and sauté onions until translucent. Add salsa, Mrs. Dash® herb seasoning, beef and rice mixture.
4. Place green pepper halves into a shallow baking pan and stuff with the beef and rice mixture. If there is excess filling, place around the peppers. Add ½ cup water to the pan.
5. Combine the bread crumbs, poultry seasoning and melted margarine. Divide and sprinkle on top of stuffed peppers.
6. Cover and bake at 350°F for 30 minutes. Uncover and bake until browned, about 5 minutes.

Makes 4 Servings

1 serving = 1 ½ green pepper halves.

= 2 protein, 1 medium potassium vegetable, 1 starch, 1 fat

(From: Cooking for David: A Culinary Dialysis Cookbook)

SUMMER POTATO SALAD

Ingredients

- 2 ¼ cups diced potato
- 3 tbsp. finely chopped celery
- 3 tbsp. finely chopped onion
- 3 tbsp. finely chopped green pepper
- 2 chopped hard boiled eggs
- ¼ cup mayonnaise
- 2 tsp. vinegar
- ⅛ tsp. dry mustard
- ⅛ tsp. dried parsley
- ⅛ tsp. paprika
- 1 pinch pepper
- 1 pinch garlic powder

Instructions

1. Soak potatoes in a large pot of water for four hours or overnight or double-boil potatoes and refrigerate (if you have been advised to do this by your dietitian or doctor).
2. Cook potatoes in unsalted boiling water. Drain and refrigerate.
3. Add the chopped vegetables and eggs to the potatoes.
4. In a separate bowl, combine the mayonnaise, vinegar, dry mustard, parsley, paprika, pepper and garlic powder.
5. Pour the seasoned mayonnaise over the cooled potato mixture.
6. Stir lightly to mix.
7. Garnish with paprika and dried parsley.

Makes 5 servings

1 serving = ½ cup

= 1 low potassium vegetable and 1 starch



SOUPS



SOUPS

BEEF BROTH

Ingredients

1 tbsp. oil
4 peppercorns
1 lb. boneless, lean beef shank
4 whole cloves
4 cups water
½ tsp. garlic powder
1 small onion, chopped
1/8 tsp. thyme
1 bay leaf
⅛ tsp. marjoram

Instructions

Heat oil in large saucepan. Brown meat lightly and pour off fat. Add remaining ingredients (adjust amounts of seasonings to your taste). Bring to a boil. Cover, reduce heat and simmer 2-2 ½ hours or until meat is tender. Remove meat from broth, refrigerate and use in another recipe or for sandwiches. Strain and measure broth. Adjust amount to 3 cups either by adding water or boiling down excess broth. Refrigerate broth. When ready to use, remove and discard hardened fat from surface of broth. Heat.

Variation:

Beef Vegetable Soup – add chopped cabbage, celery, onion, and/or green beans. Simmer for 20-30 minutes. Cut meat into bite-sized pieces and add to vegetable soup. You can also add rice or pasta.

1 serving = 1 cup

Did you know that by age 80 most people have 30% smaller kidney's?

CHICKEN BROTH

Ingredients

2 ½ pound frying chicken, cut in pieces, skinned
4 cups water
1 medium onion, chopped
8 whole cloves
2 bay leaves
½ tsp. pepper
¼ tsp. marjoram
¼ tsp. rosemary
¼ tsp. basil
⅛ tsp. garlic powder

Instructions

Place chicken in large, deep pan. Add remaining ingredients. (adjust amounts of seasonings to your taste). Bring to a boil. Cover, reduce heat and simmer 2 ½ hours or until chicken is tender. Remove chicken from broth, refrigerate and use in another recipe. Strain and measure broth. Adjust amount of broth to measure 3 cups either by adding water or cooking down excess broth. Refrigerate broth. When ready to use, remove and discard hardened fat from surface of broth. Heat.

Variation:

Turkey broth: 1 ½ pounds of raw turkey may be substituted for chicken.

Chicken rice/pasta soup: Cut chicken into bit-size pieces and add to broth with cooked rice or pasta.

1 serving = 1 cup

CHICKEN SOUP WITH STAR ANISE

Ingredients

1 whole chicken
4 cups chicken broth*
2 carrots, cubed**
2 stalks celery, diced (include leaves)
1 cup fresh or frozen green beans
1 Small onion chopped
2 tbsp. rice
2 or 3 pieces star anise
1 bay leaf
1 tsp. dried rosemary crushed
Dash of pepper
2 tbsp. finely chopped parsley for garnish.

*Chicken Broth

Cover chicken pieces with skin removed including bones with cold water, enough to make 5 cups. Bring to boil. Simmer for at least 2 hours.

Strain and cool. When the fat solidifies on top, remove.

Instructions

Add vegetables, rice and seasonings to broth. Bring to a boil; turn down heat and simmer until rice and vegetables are tender, about 20 minutes.

Season with pepper. Garnish with parsley.

**Soaked for a minimum of 4 hours if potassium is restricted.

Did you know that the number of Canadians living with kidney disease is expected to double within the next 10 years?

HEARTY CHICKEN & RICE SOUP

Ingredients

1 cup chopped onions
1 cup sliced celery
1 cup sliced carrots
 $\frac{3}{4}$ cup uncooked white rice
 $\frac{1}{2}$ tsp. black pepper
 $\frac{1}{2}$ tsp. dried thyme leaves
1 bay leaf
10 cups chicken broth (using low sodium chicken soup base)
2 boneless, skinless chicken breasts; cooked and cubed
 $\frac{1}{4}$ cup chopped fresh parsley
2 tbsp. fresh lime juice

Instructions

In a dutch oven, combine onion, celery, carrots, rice, pepper, thyme, bay leaf, and chicken broth. Bring to a boil, stirring once or twice. Reduce heat, cover and simmer for 20 minutes. Add chicken cubes, simmer uncovered for 5-10 minutes. Remove bay leaf. Stir in parsley and lime juice just before serving.

Makes 8 servings

1 serving = $\frac{1}{8}$ recipe
= 1 protein, 1 starch and 1 medium potassium vegetable choice.

Reminder – Count liquid from soup as fluid (if you are on a fluid restriction).

LEEK, POTATO AND CARROT SOUP

Ingredients

1 leek
¾ cup diced and boiled potatoes**
¾ cup diced and boiled carrots
1 garlic clove
1 tbsp. oil
crushed pepper to taste
3 cups low sodium chicken stock
chopped parsley for garnish
1 bay leaf
¼ tsp. ground cumin

Instructions

Trim off and discard some of the coarse green parts of the leek, then slice thinly and rinse thoroughly in cold water. Drain well. Heat the oil in a heavy-based saucepan. Add the leek and garlic, and fry over low heat for 2-3 minutes, until soft. Add the stock, bay leaf, cumin and pepper. Bring the mixture to a boil, stirring constantly. Add the boiled potatoes and carrots and simmer for 10-15 minutes. Adjust the seasoning, discard the bay leaf and serve sprinkled liberally with chopped parsley.

To make a pureed soup, process the soup in a blender or food processor until smooth. Return to saucepan. Add ½ cup milk. Bring to boil and simmer for 2-3 minutes.

Makes 4 servings

1 serving = 1 vegetable choice

**For low potassium diets: Double boil or soak peeled and diced potatoes.

ROASTED RED PEPPER SOUP

Ingredients

4 cups low-sodium chicken broth
3 red peppers, roasted and sliced (1 ½ cups)
2 medium onions, halved and thinly sliced (1 cup)
3 tbsp. lemon juice
1 tbsp. finely minced lemon zest
a pinch cayenne pepper
¼ tsp. cinnamon
½ cup finely minced fresh cilantro

Instructions

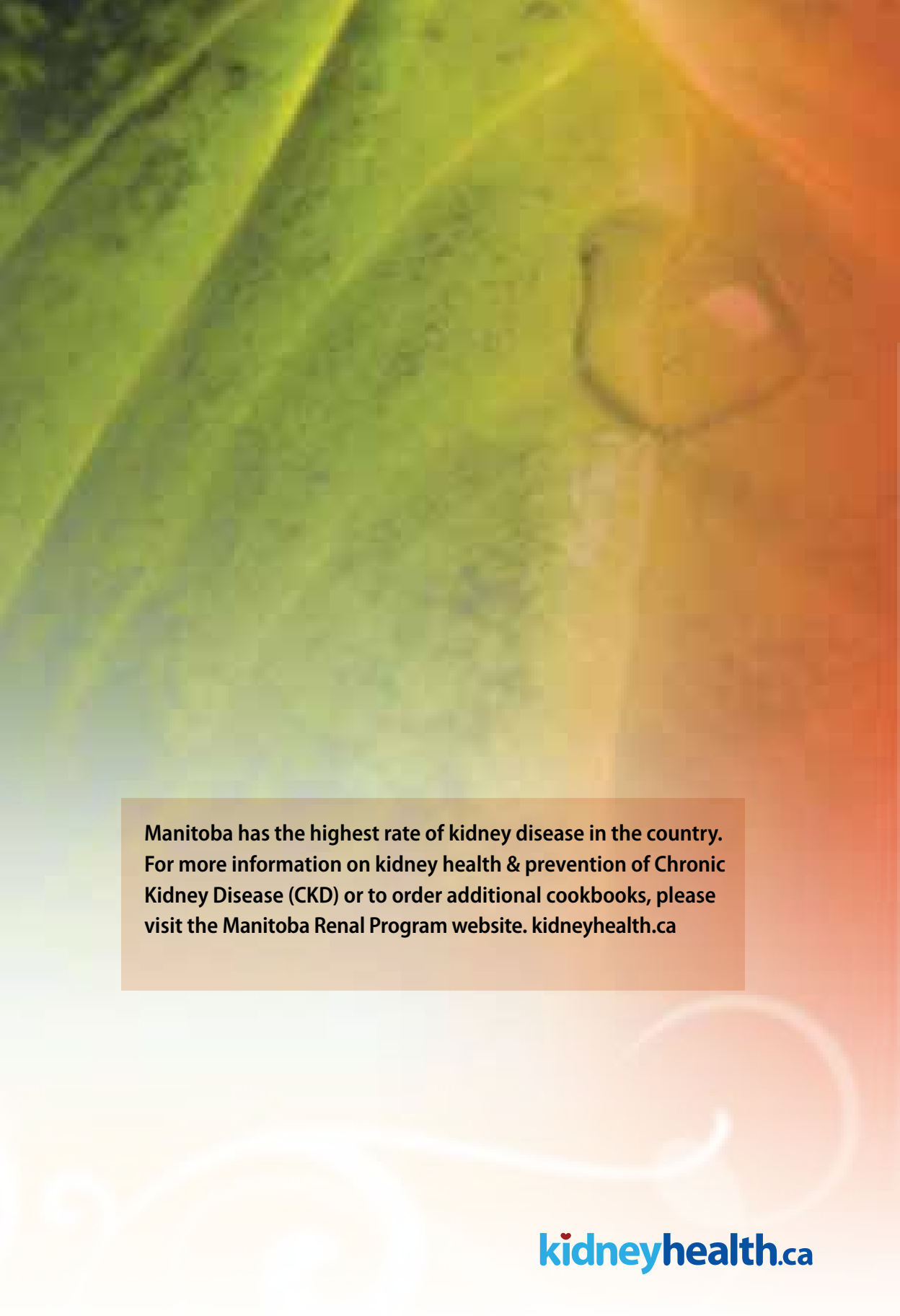
In a medium stockpot, combine all the ingredients except the cilantro and bring to a boil over high heat. Reduce the heat and simmer, partially covered, for about 30 minutes, until thickened. Cool slightly. Using a hand blender or food processor, puree the soup. Add the cilantro and gently reheat.

Tip: to roast red peppers

Wash; remove membrane and seeds from peppers. Place whole peppers on baking sheet. Grill peppers in oven, and rotate when skin starts to blister and become brown. Remove from oven and cool. Remove skin and thinly slice.

Serves 4

1 serving = 1 vegetable choice



Manitoba has the highest rate of kidney disease in the country. For more information on kidney health & prevention of Chronic Kidney Disease (CKD) or to order additional cookbooks, please visit the Manitoba Renal Program website. kidneyhealth.ca