

Let's Get Cookin'

Kidney-Friendly Recipes

The recipes in this booklet were compiled by Alina Bychkova, a Dietetic Intern at the Nova Scotia Health Authority, Central Zone (2015-2016), under the supervision of Susan McBride, PDt, and Anastasia Kleronomos-MacAlpine, PDt.

Unless otherwise noted, recipes have been adapted from: Winnipeg Regional Health Authority (2011). Let's eat! Kidney friendly recipes (Vol. 1, 2nd ed.).

Nutrient analysis was completed using Self Nutrition Data, a publicly available database at www.nutritiondata.self.com. Nutritional values may vary if calculated using another nutritional software program.

Contents

My Renal Diet.....	1
Breakfast.....	4
Breakfast Burrito	4
Blueberry Pancakes	5
Crunchy French Toast	6
Renal-friendly Bran Muffins	7
Awesome Apple Muffins.....	8
Lunch	9
Low-phosphorus Biscuits	9
Sesame Vermicelli	10
Cool n’ Crunchy Chicken Salad.....	11
Summer Grilled Veggie Sandwich	12
Soups	13
Hearty Chicken and Rice Soup	13
Leek, Potato and Carrot Soup	14
Roasted Red Pepper Soup	15
Sauces, Seasonings & Dressings.....	16
Barbeque Sauce	16
Honey Dressing	16
Basic Dressing	17
Curry Dressing	17
Italian Dressing.....	17
Oil and Vinegar Dressing.....	18
Creamy Vinaigrette Dressing	18
Teriyaki Marinade.....	19
Herb Marinade.....	19
Basic Seasoning	20
Chinese Seasoning.....	20
Italian Seasoning.....	20
Taco Seasoning	20

Appetizers.....	21
Apple Brie Pizza.....	21
Nuts and Bolts.....	22
Snack Dip.....	23
Devilled Eggs.....	24
Italian Meatballs.....	25
Sides.....	26
Candied Carrots and Apples.....	26
Renal-friendly Mac & Cheese.....	27
Chicken and Pasta Salad.....	28
Chicken and Mandarin Salad.....	29
Stuffed Peppers.....	30
Summer Potato Salad.....	31
Entrées.....	32
Beef and Barley Stew.....	32
Broiled Maple Salmon.....	33
Chicken Curry.....	34
Chicken Fingers With Honey Dill Dipping Sauce.....	35
Turkey Meatloaf.....	36
Chicken and Dumplings.....	37
Bruce's Homemade Sausage.....	38
Fish Cakes.....	39
Low Salt Pizza.....	40
Desserts.....	41
Fruity Rice Pudding.....	41
Strawberry Pie.....	42
Strawberry Cobbler.....	43
Key Lime Squares.....	44
Old Fashioned Sugar Cookies.....	45
Brownies.....	46
High Protein Rice Krispies® Treats.....	47

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My Renal Diet

Diet can be an important way to manage your health, especially when it comes to chronic kidney disease. By eating or avoiding certain foods, you may help to keep your kidneys working for as long as possible. As your kidney function changes over time, your diet may need to change too. Not everyone will have the same restrictions, and your diet might look quite different than someone else with kidney disease. Your diet is made just for you!

The most important nutrients that can affect your kidneys are protein, sodium, potassium and phosphorus.

Protein

- Protein is needed to build and repair muscles, bones and body tissues, and also helps to fight infections.
- It can also help to keep you more full, and help manage your weight and blood sugars.
- If you are not on dialysis, keep portion sizes to 3 ounces per serving (after cooking). Too much protein causes your kidneys to work too hard.
- If you are on dialysis, you will need more protein. Talk to your dietitian about the right amount for you.
- The best sources of protein come from meats (e.g. beef, pork, poultry), fish and other seafood, eggs, milk, cheese, tofu, beans, nuts and legumes.

Sodium

- This mineral helps to maintain fluid and acid balance and to control blood pressure.
- It is found naturally in many foods, but is often added in high amounts to some foods by food manufacturers. Most of the sodium in our diet comes from processed foods, any foods eaten away from home (unless specified as a low sodium option), most canned foods and some frozen meals, salty snacks and seasonings, and grain products.
 - › To manage your intake, make sure to:
 - › Read food labels and eat foods with 10% DV or less in sodium
 - › Try fresh or dried herbs, spices, lemon juice, oil or vinegar to add flavour instead of table salt
 - › Eat foods closest to their natural, unprocessed state

Potassium

- This mineral is important for muscle contraction and heart function.
- Too much or too little can be dangerous.
- The amount you need can vary, depending on how well your kidneys are working and certain medications you might be taking.
- Potassium is found in most foods, but is particularly high in:
 - › Some fruits (bananas, avocados, tomatoes, oranges, dried fruits) and vegetables (dark leafy greens, potatoes, squash)
 - › Dairy products, salt substitutes, chocolate
 - › Nuts, seeds, lentils and legumes
- Double-boiling or pre-soaking in water will help lower the potassium in vegetables.
- For a complete list of fruits and vegetables low or high in potassium, please ask your dietitian.

Phosphorus

- This mineral is needed for many reactions in your body, such as maintaining acid/base balance and contracting your muscles. It also works together with calcium to keep your bones strong.
 - › When kidneys don't work well, phosphorus starts to build up in your blood. Your body releases calcium from your bones as a way to balance these minerals. When calcium and phosphorus bind together they can deposit in your skin, joints, blood vessels and other parts of your body, which can lead to serious health problems, including:
 - › Bone pain and weakness
 - › Damage to the heart and other organs
 - › Poor blood circulation
 - › Skin ulcers
 - › Phosphorus is found in most foods, but is particularly high in:
 - › Dairy products
 - › Whole grains, especially bran
 - › Nuts, seeds, lentils and beans
 - › Chocolate
 - › Processed foods and seasoned meats
 - › Baking powder
 - › Beverages, such as beer and colas

What are your questions?

Please ask. We are here to help you.

Breakfast

Breakfast Burrito

Ingredients

- 2 large eggs
- 2 large egg whites
- 2 Tbsp chopped scallions
- ¼ tsp onion powder
- Pepper to taste
- 2 Tbsp cream cheese, cut into small pieces
- 2 soft flour tortillas

Instructions

1. In a small bowl, whisk together eggs, scallions, onion powder and pepper.
2. Spray an 8 inch non-stick pan with cooking spray. Add egg mixture and cook over medium heat. Stir until it begins to thicken.
3. Add cream cheese and continue to stir until eggs reach desired degree of doneness. Place in tortillas.

Number of servings: 2

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutrients per serving:
Calories 387
Sodium 575 mg
Protein 17 g
Potassium 217 mg
Carbohydrates 42 g
Phosphorus 245 mg

Blueberry Pancakes

Ingredients

- 1 ½ cups plain all-purpose flour, sifted
- 2 tsp Magic® baking powder
- 3 Tbsp sugar
- 1 cup buttermilk
- 2 eggs, slightly beaten
- 2 Tbsp unsalted margarine, melted
- 1 cup frozen blueberries, rinsed

Instructions

1. Sift together flour, baking powder and sugar in a mixing bowl. Make a well in centre and add remaining ingredients. Stir to make smooth batter. Begin cooking immediately.
2. Heat a large pan and grease lightly. Use a ½ cup measure to spoon batter into pan. Cook until done, flipping once.

Number of servings: 12 (2 pancakes per serving)

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutrients per serving:

Calories 223
Sodium 196 mg
Protein 7 g
Potassium 128 mg
Carbohydrates 35 g
Phosphorus 100 mg

Crunchy French Toast

Ingredients

Coating:

- 4 eggs, slightly beaten
- 2 tbsp sugar or Splenda®
- ¾ cup liquid non-dairy creamer
- 1 tsp vanilla extract
- 6 slices white bread
- 1 ½ cups Cornflakes®, slightly crushed
- 3 Tbsp unsalted margarine, melted

Topping:

- 3 Tbsp cinnamon
- 3 Tbsp sugar or Splenda®

Instructions

1. Mix eggs, sugar or Splenda®, non-dairy creamer and vanilla in shallow dish or pie pan. Soak bread in mixture until soft, turning once.
2. Spread Cornflakes® in another large, shallow baking dish. Coat each soaked bread slice with Cornflakes® on each side.
3. Add margarine to frying pan and cook bread slices over medium-high heat, turning to brown each side.
4. Mix cinnamon and sugar or Splenda® together in a separate bowl. Sprinkle over slices and serve.

Number of servings: 6

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutrients per serving:

Calories 255
Sodium 244 mg
Protein 6 g
Potassium 127 mg
Carbohydrates 29 g
Phosphorus 82 mg

Renal-friendly Bran Muffins

Ingredients

- ¼ cup canola oil
- 1 egg
- 1 tsp vanilla extract
- ⅓ cup honey
- 1 cup unsweetened applesauce
- 1 cup all-purpose flour
- 1 cup wheat bran
- 1 ½ tsp baking soda
- ¼ tsp cream of tartar

Instructions

1. Preheat oven to 400 ° F and lightly grease muffin tins.
2. Mix oil, egg, vanilla, honey and applesauce.
3. Add flour, wheat bran, baking soda and cream of tartar.
4. Mix together, then 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. Cool and serve.

Number of servings: 12

Nutrients per serving:

Calories 155
Sodium 183 mg
Protein 4 g
Potassium 126 mg
Carbohydrates 21 g
Phosphorus 100 mg

Awesome Apple Muffins

Ingredients

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 $\frac{1}{2}$ tsp Magic® baking powder
- $\frac{1}{3}$ cup sugar
- 1 cup apples, peeled and diced
- $\frac{1}{3}$ cup applesauce, unsweetened
- $\frac{3}{4}$ cup 2% milk
- $\frac{1}{3}$ tsp ground ginger
- $\frac{1}{2}$ tsp ground cinnamon

Instructions

1. Preheat oven to 400 ° F. Mix together sugar, cinnamon and ginger.
2. In a large bowl, mix flour, baking powder, sugar mixture, milk and applesauce. Do not over-beat.
3. Stir in sliced apples. Spoon batter into 12 greased muffin cups.
4. Bake in preheated oven for 20-25 minutes, or until tops spring back when touched lightly.
5. Serve after muffins have cooled down (about 30 minutes).

Number of servings: 12

Nutrients per serving:
Calories 105
Sodium 10 mg
Protein 3 g
Potassium 125 mg
Carbohydrates 23 g
Phosphorus 81 mg

Lunch

Low-phosphorus Biscuits

Ingredients

- 2 cups all-purpose flour
- 1 Tbsp Magic® baking powder
- 2 tsp sugar
- ½ cup unsalted butter, melted
- 1 cup non-dairy creamer
- ⅛ tsp salt

Instructions

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

Number of servings: 10

Nutrients per serving:
Calories 212
Sodium 51 mg
Protein 3 g
Potassium 194 mg
Carbohydrates 24 g
Phosphorus 144 mg

Sesame Vermicelli

Ingredients

3 cups cooked vermicelli
½ cup sliced scallions
½ cup frozen green peas, defrosted
3 Tbsp sesame oil
2 Tbsp vegetable oil
1 clove garlic, finely diced
½ cup onion, finely chopped
2 Tbsp lemon juice
2 Tbsp honey

Instructions

1. Mix together sesame oil, lemon juice and honey and set aside.
2. Sauté onions and garlic in vegetable oil until slightly brown.
3. In a large bowl, mix together vermicelli, peas and scallions. Add sautéed onions and sesame oil mixture.
4. Toss well and serve at room temperature.

Number of servings: 9

Adapted from: www.rsnhope.org/recipes

Nutrients per serving:

Calories 192

Sodium 20 mg

Protein 1 g

Potassium 52 mg

Carbohydrates 20 g

Phosphorus 24 mg

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 lemon juice
⅓ tsp sugar or Splenda®
Pepper to taste

Instructions

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

Number of servings: 6

Nutrients per serving:

Calories 125

Sodium 119 mg

Protein 16 g

Potassium 155 mg

Carbohydrates 2 g

Phosphorus 123 mg

Summer Grilled Veggie Sandwich

Ingredients

- 1 medium eggplant
- 1 red bell pepper
- 1 medium onion
- 4 oz low-fat Swiss cheese
- 4 tsp dried tarragon
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 2 - 12" submarine rolls, white or sourdough, cut in half

Instructions

1. Cut eggplant, pepper and onion into 4 equal slices.
2. Mix tarragon, olive oil and vinegar together. Pour over vegetables to marinate for at least 15 minutes.
3. Heat grill to medium heat. Place vegetables on grill and cook for 2-3 minutes per side, until tender.
4. Build sandwiches on rolls with one slice each of eggplant, onion and pepper.
5. Top each with one slice cheese. Sprinkle with additional vinegar if desired.

Number of servings: 4

Nutrients per serving:

Calories 441
Sodium 460 mg
Protein 16 g
Potassium 473 mg
Carbohydrates 51 g
Phosphorus 322 mg

Soups

Hearty Chicken and Rice Soup

Ingredients

- 1 cup chopped onions
- 1 cup sliced celery
- 1 cup sliced carrots
- ¾ cup uncooked white rice
- ½ tsp pepper
- ½ tsp dried thyme leaves
- 1 bay leaf
- 10 cups low-sodium chicken broth
- 2 boneless, skinless chicken breasts chopped in cubes
- ¼ cup chopped fresh parsley
- 2 Tbsp fresh lime juice

Instructions

1. In a large pot, 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.
2. Add chicken cubes and simmer uncovered for 5-10 minutes. Take out bay leaf. Stir in parsley and lime juice just before serving.

Number of servings: 8

Nutrients per serving:
Calories 202
Sodium 146 mg
Protein 14 g
Potassium 506 mg
Carbohydrates 22 g
Phosphorus 217 mg

Leek, Potato and Carrot Soup

Ingredients

- 1 leek
- ¾ cup potatoes,* diced and boiled
- ¾ cup carrots, diced and boiled
- ¾ cup white rice, uncooked
- 1 clove garlic
- 1 Tbsp canola oil
- Crushed pepper to taste
- 3 cups low-sodium chicken stock
- Chopped parsley for garnish
- 1 bay leaf
- ¼ tsp ground cumin

Instructions

1. Trim off and discard some of the coarse green parts of the leek, then slice thinly and rinse well in cold water. Drain well.
2. 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 mixture to a boil, stirring constantly.
3. Add the boiled potatoes and carrots and simmer for 10-15 minutes. Adjust the seasoning and take out the bay leaf. Sprinkle with chopped parsley and serve.

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

*For low potassium diets, double boil or soak peeled and diced potatoes.

Number of servings: 4

Nutrients per serving:

Calories 92
Sodium 70 mg
Protein 4 g
Potassium 303 mg
Carbohydrates 10 g
Phosphorus 74 mg

Roasted Red Pepper Soup

Ingredients

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

Instructions

1. To roast peppers, preheat oven to 400° F. Place peppers on baking sheet lined with parchment paper and cook for 20 minutes. Flip peppers to other side and roast for another 20 minutes. Take out of oven and steam for 15 minutes (this can be done by placing in a plastic bag a bowl covered with plastic wrap, or under a glass bowl). Remove core and peel skin off peppers . Slice thinly.
2. In a medium stockpot, combine all ingredients except cilantro and bring to a boil over high heat. Reduce heat and simmer, partially covered, for about 30 minutes, until thickened. Cool slightly.
3. Using a hand blender or food processor, pureé the soup. Add the cilantro and gently reheat.

Number of servings: 4

Nutrients per serving:

Calories 91
Sodium 81 mg
Protein 6 g
Potassium 500 mg
Carbohydrates 15 g
Phosphorus 113 mg

Sauces, Seasonings & Dressings

Barbeque Sauce

Ingredients

1/3 cup canola oil
1/2 cup tomato juice, no added salt
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

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

Number of servings: 8
(2 Tbsp per serving)

Nutrients per serving:

Calories 94
Sodium 3 mg
Protein 0.3 g
Potassium 62 mg
Carbohydrates 3 g
Phosphorus 7 mg

Honey Dressing

Ingredients

1/2 cup sugar
1 tsp dried mustard
1 tsp paprika
1/2 cup honey
1/4 cup vinegar
2 Tbsp lemon juice
1 tsp onion, grated
1 cup canola oil

Instructions

1. Mix dry ingredients. Add honey, vinegar, lemon juice and onion.
2. Beat together with blender; slowly add oil, beating constantly.

Nutrients per 1 oz serving:

Calories 115
Sodium 0.6 mg
Protein 0.1 g
Potassium 8 mg
Carbohydrates 10 g
Phosphorus 2 mg

Basic Dressing

Ingredients

¼ cup red wine vinegar
¼ tsp garlic powder
¼ tsp dry mustard
½ tsp sugar
¼ cup water
¼ tsp pepper
2 Tbsp lemon juice
1 cup olive oil

Makes 1-1 ½ cups

Nutrients per 1 oz serving:

Calories 177
Sodium 1 mg
Protein 0 g
Potassium 7 mg
Carbohydrates 1 g
Phosphorus 1.5 mg

Curry Dressing

Ingredients

1 tsp curry powder
⅛ tsp ground ginger
1-1 ½ cups Basic Dressing

Nutrients per 1 oz serving:

Calories 171
Sodium 2 mg
Protein 0.3 g
Potassium 38 mg
Carbohydrates 2 g
Phosphorus 8 mg

Italian Dressing

Ingredients

2 tsp dried oregano
1 tsp dried basil
1 tsp dried tarragon
½ tsp sugar
1-1 ½ cups Basic Dressing

Nutrients per 1 oz serving:

Calories 160
Sodium 1.4 mg
Protein 0.4 g
Potassium 62 mg
Carbohydrates 5 g
Phosphorus 8 mg

Oil and Vinegar Dressing

Ingredients

¼ cup balsamic vinegar
¼ cup olive oil
¼ Tbsp paprika
¼ Tbsp Parmesan cheese, grated
Dash of pepper

Instructions

Whisk together all ingredients. Toss with salad.

Nutrients per 1 oz serving:

Calories 126
Sodium 8 mg
Protein 0.2 g
Potassium 26 mg
Carbohydrates 3 g
Phosphorus 6 mg

Creamy Vinaigrette Dressing

Ingredients

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

Instructions

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

Nutrients per 1 oz serving:

Calories 56
Sodium 20 mg
Protein 1 g
Potassium 47 mg
Carbohydrates 2 g
Phosphorus 14 mg

Each marinade recipe is for 1 lb boneless or 1 ½ lb bone-in poultry, beef or pork.

Teriyaki Marinade

Ingredients

- 2 Tbsp low-salt soy sauce
- 2 Tbsp cooking sherry or apple juice
- 1 tsp dried ginger
- 2 Tbsp canola oil
- 1 clove garlic, minced
- 2 Tbsp lemon juice
- ½ tsp pepper

Instructions

1. Combine ingredients and mix well. Place 1 lb poultry, beef or pork in a sealable plastic bag. Pour marinade into bag and refrigerate 4-24 hours.
2. Remove meat from bag and discard marinade. Cook as desired.

Nutrients for entire marinade:

Calories 315
Sodium 1060 mg
Protein 1.5 g
Potassium 172 mg
Carbohydrates 16.5 g
Phosphorus 48 mg

Herb Marinade

Ingredients

- ½ cup lemon juice
- 1 tsp honey
- ⅓ cup canola oil
- 1 clove garlic, finely chopped
- 1 Tbsp fresh parsley, chopped
- 1 tsp dried basil
- ¼ tsp dried oregano

Instructions

1. Combine ingredients and mix well. Place 1 lb poultry, beef or pork in a sealable plastic bag. Pour marinade into bag and refrigerate 4-24 hours.
2. Remove meat from bag and throw away marinade. Cook as desired.

Nutrients for entire marinade:

Calories 691
Sodium 9 mg
Protein 1.0 g
Potassium 243 mg
Carbohydrates 18 g
Phosphorus 21 mg

Each seasoning recipe makes about ½ cup of seasoning or 25 servings (1 tsp per serving). Store in airtight container.

Basic Seasoning

2 Tbsp paprika
1 Tbsp dry mustard
1 Tbsp garlic powder
1 Tbsp onion powder
1 tsp pepper
1 tsp thyme
1 tsp dried basil

Nutrients per serving:
Calories 6
Sodium 0.5 mg
Protein 0 g
Potassium 24 mg
Carbohydrates 1 g
Phosphorus 8 mg

Chinese Seasoning

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

Nutrients per serving:
Calories 6
Sodium 0.7 mg
Protein 0.1 g
Potassium 16 mg
Carbohydrates 1 g
Phosphorus 0.5 mg

Italian Seasoning

2 Tbsp garlic powder
1 Tbsp parsley
1 Tbsp dried basil
1 tsp dried oregano
½ tsp pepper
½ tsp thyme
2 tsp onion powder

Nutrients per serving:
Calories 4
Sodium 0.6 mg
Protein 0.2 g
Potassium 15 mg
Carbohydrates 0.8 g
Phosphorus 4 mg

Taco Seasoning

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

Nutrients per serving:
Calories 6
Sodium 0.6 mg
Protein 0.2 g
Potassium 15 mg
Carbohydrates 1 g
Phosphorus 6 mg

Appetizers

Apple Brie Pizza

Ingredients

Pizza crust:

- 1 ¼ cups all-purpose flour
- 1 tsp instant yeast
- ½ cup hot water
- 4 tsp canola oil
- 2 tsp cornmeal

Toppings:

- 7 oz Brie cheese with rind, softened
- 2 Tbsp light sour cream
- ¼ tsp dill weed
- 1 tsp apple juice
- 1-2 red apples, with peel, cut into paper-thin wedges
- 2 tsp Parmesan cheese, grated

Pizza crust:

1. Measure flour and yeast into food processor. 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 dough and wrap in plastic wrap. Let rest for 10 minutes. If you don't have a food processor, you can also mix the dough by hand.
2. Heat oven to 450° F.
3. 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 a greased baking sheet. Poke holes all over dough with fork. Bake each crust on the bottom rack for about 10 minutes. You can bake these 1 at a time. Cool the pizza crusts before adding toppings.

Toppings:

1. Mash Brie cheese, sour cream, dill weed and apple juice with fork on large plate. Mix coarsely rather than mashing until smooth. Spread over both crusts.
2. Arrange apple slices in single layer over each crust. Sprinkle with Parmesan cheese. Bake in centre of a 450° F oven for about 5 minutes until crust is crisp and surface is beginning to turn golden. Cut each pizza into 12 wedges, for a total of 24 wedges.

Number of servings: 12 (2 slices per serving)

Nutrients per serving:

Calories 131

Sodium 109 mg

Protein 5 g

Potassium 67 mg

Carbohydrates 13 g

Phosphorus 56 mg

Nuts and Bolts

Ingredients

- 4 cups Cheerios® cereal
- 4 cups Shreddies® cereal
- 2 cups white bread, cut into cubes
- ¼ cup unsalted margarine, melted
- ½ cup canola oil
- ½ tsp garlic powder
- 1 tsp onion powder
- ¼ tsp pepper

Instructions

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

Number of servings: 20 (½ cup per serving)

Nutrients per serving:

Calories 143

Sodium 105 mg

Protein 2.3 g

Potassium 43 mg

Carbohydrates 16 g

Phosphorus 31 mg

Snack Dip

Ingredients

4 oz (120 g) light cream cheese, softened
1 Tbsp green onion, chopped
1 Tbsp mayonnaise
1 ½ tsp white vinegar
¾ tsp lemon juice
¾ tsp mustard powder
½ tsp horseradish, prepared
½ tsp paprika
¼ tsp garlic powder
¼ tsp cayenne pepper

Instructions

1. Combine all ingredients in a small bowl. Mix well.
2. Keep in fridge until ready to serve.

Adapted from: Canadian Association of Nephrology Dietitians (2015). Kidney friendly cooking

Number of servings: 4

Nutrients per serving:
Calories 88
Sodium 152 mg
Protein 2.5 g
Potassium 90 mg
Carbohydrates 3 g
Phosphorus 51 mg

Devilled Eggs

Ingredients

- 6 hard-boiled eggs, cooled and peeled
- ½ cup mayonnaise
- 1 tsp Dijon mustard
- ⅛ tsp pepper
- ⅛ tsp paprika

Instructions

1. Cut eggs in half lengthwise. Gently scoop out yolks and place in small bowl.
2. Mash yolks with fork. Add mayonnaise, mustard and pepper. Mix well.
3. Spoon yolk mixture into egg white halves, dividing evenly. Sprinkle with paprika.*

*For nicer presentation, spoon yolk mixture into a plastic bag. Cut a small hole in one corner. Gently squeeze mixture into egg white halves through the hole.

To hard-boil eggs:

1. Put raw eggs in pot of cold water.
2. Bring water to boil, turn off heat and leave pot on stove.
3. Cover pot and time for 10 minutes.
4. Drain hot water and cool eggs in cold water.
5. When cool, crack shells and peel.

Number of servings: 6

Adapted from: Canadian Association of Nephrology Dietitians (2015). Kidney friendly cooking

Nutrients per serving:

Calories 147

Sodium 120 mg

Protein 6 g

Potassium 90 mg

Carbohydrates 0.7 g

Phosphorus 90 mg

Italian Meatballs

Ingredients

- 4 large eggs
- 1/3 cup bread crumbs
- 1/4 cup Parmesan cheese, grated
- 3 Tbsp olive oil
- 1/4 cup parsley, chopped
- 3 cloves garlic, minced
- 1 medium onion, chopped
- 1 tsp pepper
- 1 Tbsp Dijon mustard
- 2 lbs lean ground beef

Instructions

1. Preheat oven to 350 ° F. Spray baking sheet with non-stick cooking spray or line with parchment paper.
2. Combine all ingredients in a large bowl and stir. Add beef and mix well.
3. Form mixture into 1 inch balls; place on baking sheet in a single layer.
4. Bake for 30-40 minutes, or until browned, turning meatballs once, after 15-20 minutes.
5. Freeze extra meatballs to use later.

Number of servings: 8 (4 meatballs per serving)

Adapted from: Canadian Association of Nephrology Dietitians (2015). Kidney friendly cooking

Nutrients per serving:

Calories 500
Sodium 216 mg
Protein 22 g
Potassium 339 mg
Carbohydrates 6 g
Phosphorus 237 mg

Sides

Candied Carrots and Apples

Ingredients

3 cups sliced carrots*

½ cup packed brown sugar

¼ tsp pepper

½ tsp ground nutmeg

3 medium Granny Smith apples, cored, peeled and sliced

2 Tbsp unsalted margarine

Instructions

1. Boil carrots in water for 15-20, minutes until soft. Drain.
2. Mix together brown sugar and spices.
3. Spray a baking dish with cooking spray. Arrange apples and carrots in alternating layers, sprinkling each layer with brown sugar and spices.
4. Dot with pieces of margarine. Cover and bake at 350° F for 30-40 minutes, or until apples are soft. Uncover and bake 10 minutes longer.

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

Number of servings: 8 (¾ cup per serving)

Nutrients per serving:

Calories 128

Sodium 38 mg

Protein 128 g

Potassium 212 mg

Carbohydrates 1 g

Phosphorus 26 mg

Renal-friendly Mac & Cheese

Ingredients

2 cups elbow, shell or bowtie pasta
5 oz cream cheese spread
4 oz can diced green chilies, rinsed and drained
Pepper to taste

Instructions

1. Cook pasta in boiling water without salt or butter according to package instructions. Drain.
2. Add cream cheese spread and chilies. Stir until cream cheese spread is melted into pasta.
3. Serve hot. Add pepper to taste.

*For higher protein, add browned and drained ground beef

Number of servings: 4

Nutrients per serving:
Calories 220
Sodium 347 mg
Protein 7 g
Potassium 102 mg
Carbohydrates 24 g
Phosphorus 76 mg

Chicken and Pasta Salad

Ingredients

Pasta salad:

6 oz (180 g) cooked chicken, cubed
3 cups pasta, spiral, cooked
½ green pepper, minced
1 ½ Tbsp onion, minced
½ cup celery, chopped

Garlic mustard vinaigrette:

2 Tbsp cider vinegar
2 tsp mustard
½ tsp white sugar
1 minced garlic clove
1/3 cup water
1/3 cup olive oil
2 tsp Parmesan cheese, grated
½ tsp pepper

Instructions

1. Combine pasta salad ingredients and set aside.
2. In another bowl, mix together vinegar, mustard, sugar, garlic and water; gradually whisk in oil. Stir in Parmesan and pepper.
3. Combine 1/3 cup of dressing with pasta salad and chill.
4. Bake in centre of oven for about 20-30 minutes until dough and cheese are golden brown. Cut into 12 pieces and serve.

Note: Leftover vinaigrette can be stored in the fridge for up to 2 weeks. Stir or shake well before using.

Number of servings: 6

Nutrients per serving:

Calories 273
Sodium 56 mg
Protein 13 g
Potassium 154 mg
Carbohydrates 23 g
Phosphorus 116 mg

Chicken and Mandarin Salad

Ingredients

- 1 ½ cups cooked chicken, diced
- 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 pepper

Instructions

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

Serve with a bun for a complete meal.

Number of servings: 3

Nutrients per serving:

Calories 228
Sodium 209 mg
Protein 23 g
Potassium 411 mg
Carbohydrates 13 g
Phosphorus 186 mg

Stuffed Peppers

Ingredients

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

Instructions

1. Cut peppers in half lengthwise and remove seeds and membranes. Parboil until partially cooked, about 4 minutes.
2. In a large non-stick frying pan, brown the beef. Drain and mix with cooked rice in a separate dish.
3. Place 1 tsp of margarine in frying pan and sauté onions until clear. Add salsa, Mrs. Dash®, ½ cup water and meat and rice mixture.
4. Place pepper halves into a shallow baking pan and stuff with beef and rice mixture. If there is extra 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.

Number of servings: 6

Nutrients per serving:
Calories 331
Sodium 189 mg
Protein 23 g
Potassium 439 mg
Carbohydrates 23 g
Phosphorus 200 mg

Summer Potato Salad

Ingredients

2 ¼ cups potato, diced	2 tsp vinegar
3 Tbsp celery, finely chopped	⅛ tsp dry mustard
3 Tbsp onion, finely chopped	⅛ tsp dried parsley
¼ cup onion, chopped	⅛ tsp paprika
3 Tbsp green pepper, finely chopped	Pinch of pepper
2 eggs, hard-boiled, chopped	Pinch of garlic powder
¼ cup light mayonnaise	

Instructions

1. Soak potatoes in a large pot of water for 4 hours to overnight or double-boil. Refrigerate.
2. Cook potatoes in unsalted boiling water. Drain and refrigerate until cool.
3. Add chopped vegetables and eggs to potatoes.
4. In a separate bowl, combine mayo, vinegar and all spices. Pour over cooled potato mixture and stir lightly.

Number of servings: 5

Nutrients per serving:

Calories 120

Sodium 117 mg

Protein 4 g

Potassium 296 mg

Carbohydrates 16 g

Phosphorus 68 mg

Entrées

Beef and Barley Stew

Ingredients

1 cup pearl barley, uncooked	½ cup onion, diced
1 lb lean beef stew meat, cut into 1 ½- inch cubes	1 large stalk celery, sliced
2 Tbsp all-purpose flour	1 clove garlic, minced
water	2 carrots, sliced ¼ - inch thick
¼ tsp pepper	2 bay leaves
2 Tbsp canola oil	1 tsp Mrs. Dash® onion herb seasoning

Instructions

1. Soak barley in 2 cups of water for 1 hour.
2. Place flour, pepper, and meat in a plastic bag. Shake to dust stew meat with flour.
3. Heat oil in a heavy large pot and brown 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 pot. Add bay leaves. Turn heat to simmer.
5. Drain and rinse barley, then add to 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.

Number of servings: 6 (1 ¼ cups per serving)

Nutrients per serving:

Calories 260
Sodium 65 mg
Protein 26 g
Potassium 343 mg
Carbohydrates 13 g
Phosphorus 183 mg

Broiled Maple Salmon

Ingredients

- 1 Tbsp ginger root, grated
- 1 clove garlic, minced
- ¼ cup maple-flavoured pancake syrup
- 1 Tbsp hot pepper sauce
- 1 lb (about 4) salmon fillet portions, fresh, skinless

Instructions

1. Spray non-stick frying pan with vegetable spray and heat over medium heat. Cook ginger and garlic for 3-5 minutes while stirring. Remove pan from heat. Stir in 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 under broiler for 10 minutes or until fish flakes easily when prodded with a fork. Serve immediately.

This dish is delicious with boiled rice or pasta.

Number of servings: 4

Nutrients per serving:

Calories 282
Sodium 175 mg
Protein 25 g
Potassium 453 mg
Carbohydrates 13 g
Phosphorus 290 mg

Chicken Curry

Ingredients

- 1 lb (454 g) chicken, skinless, diced
- 1 clove garlic, crushed, or garlic powder to taste
- 1 medium onion, chopped
- 1 tsp canola oil
- water
- ¼ tsp pepper
- 1 Tbsp curry powder
- 1 tsp cornstarch
- 1 oz non-hydrogenated unsalted margarine

Instructions

1. Fry the onion and garlic until brown.
2. Add diced chicken and fry gently in small amount of oil.
3. In a separate pan, melt the margarine and whisk in cornstarch.
4. Add in a little bit of water 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 boil to thicken and reduce sauce.
7. Reduce heat, cover and simmer until cooked.
8. Add more water if needed to prevent burning.

This dish is delicious with boiled rice or pasta.

Number of servings: 4

Nutrients per serving:

Calories 268
Sodium 86 mg
Protein 36 g
Potassium 361 mg
Carbohydrates 4 g
Phosphorus 275 mg

Chicken Fingers With Honey Dill Dipping Sauce

Ingredients

Chicken:

¾ cup breadcrumbs
2 Tbsp Parmesan cheese, to taste
¼ tsp pepper
1 ½ tsp dried thyme
¾ tsp garlic powder
¾ tsp onion powder

Sauce:

½ cup light mayonnaise
¼ cup liquid honey
½ tsp dried dill weed
4 chicken breast halves, boneless, skinless, cut into 1" strips
¼ cup non-hydrogenated unsalted margarine, melted

Instructions

1. Mix mayonnaise, honey and dill weed together and refrigerate for 30 minutes.
2. Preheat oven to 400 ° F. Combine first 6 ingredients.
3. Dip chicken into melted margarine; then coat with mixed ingredients.
4. Place on lightly greased baking rack on a cookie sheet. Bake 10 minutes, turn and bake 10 minutes more.

Number of servings: 4 (3 strips per serving)

Nutrients per serving:

Calories 290
Sodium 300 mg
Protein 28 g
Potassium 262 mg
Carbohydrates 15 g
Phosphorus 247 mg

Turkey Meatloaf

Ingredients

- 1 ½ lbs ground turkey breast
- 1 Tbsp olive oil
- 1 medium onion, diced
- ¼ cup red bell pepper, diced
- 1 tsp dried thyme
- 1 bay leaf
- 2 eggs, lightly beaten
- 2 Tbsp Worcestershire Sauce
- ⅓ cup bread crumbs
- ¼ cup low-sodium ketchup

Instructions

1. Preheat oven to 325 ° F. Heat olive oil in a medium-sized pan over medium heat. Add onions and bell pepper and sauté for 2-3 minutes. Add thyme and bay leaf. Sauté until onions are clear, about 6-7 minutes.
2. Remove bay leaf, then set aside onion mixture and let cool to room temperature.
3. In a medium bowl, mix turkey, bread crumbs, eggs, Worcestershire Sauce and onion mixture until well blended. Put mixture into loaf pan. Top with ketchup.
4. Bake for 1 to 1 ½ hours or until meatloaf temperature reaches 160 ° F.

Number of servings: 6

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutrients per serving:

Calories 283

Sodium 213 mg

Protein 26 g

Potassium 354 mg

Carbohydrates 10 g

Phosphorus 216 mg

Chicken and Dumplings

Ingredients

- 2 ½ lbs chicken, whole
- 2 L water
- ½ tsp pepper
- 2 cups all-purpose flour
- ½ tsp baking soda
- 3 Tbsp shortening
- ¾ cup unsalted buttermilk

Instructions

1. Place chicken in large pot and add water. Bring to a boil, then cover, reduce heat and simmer for 1 hour. Remove chicken and let cool slightly. Remove meat from bones and cut into bite-size pieces and set aside.
2. Skim excess foam and fat from top of chicken stock in pot. Bring to boil, add pepper, and return chicken pieces to pot.
3. Combine flour and baking soda, then cut in shortening until mixture resembles coarse meal. Add buttermilk, stirring with a fork until dry ingredients are moistened.
4. Turn dough onto a well-floured surface and knead lightly 4 or 5 times. Flatten dough to ½-inch thick.
5. Pinch off dough in 1 ½-inch pieces and drop into boiling broth. Reduce heat to low-medium and cook for 8-10 minutes, stirring occasionally until dumplings are firm. Add chicken and serve.

Number of servings: 6 (1 ¼ cup per serving)

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutrients per serving:
Calories 430
Sodium 164 mg
Protein 20 g
Potassium 221 mg
Carbohydrates 33 g
Phosphorus 182 mg

Bruce's Homemade Sausage

Ingredients

2 ½ lbs ground pork
½ lb lean ground beef
2 Tbsp ground coriander
⅛ tsp pepper
2 tsp allspice
½ cup warm water
Sausage casings (optional)

Instructions

1. Combine all ingredients and mix well.
2. Put in casings or form into patties.
3. In a large skillet, fry sausage in batches at medium heat for 15-20 minutes until evenly browned on all sides.
4. Freeze for up to 3 months.

This dish is delicious with boiled rice or pasta.

Number of servings: 15 (2 oz patty per serving)

Nutrients per serving:

Calories 264
Sodium 70 mg
Protein 23 g
Potassium 332 mg
Carbohydrates 1 g
Phosphorus 204 mg

Fish Cakes

Ingredients

1 lb haddock, cooked and flaked
1-2 tsp lemon juice
3 cups mashed potatoes
½ cup plain bread crumbs
2 eggs, beaten
Pepper and paprika, to taste

Instructions

1. Sprinkle lemon juice over flaked fish. Combine all ingredients in a bowl.
2. Shape into 6 cakes approximately 1 inch thick.
3. Dip in beaten egg and roll in bread crumbs.
4. Place on cookie sheet and bake at 375 ° F until heated through.

For low potassium diets, double boil or soak peeled and diced potatoes.

Number of servings: 6

Nutrients per serving:

Calories 152

Sodium 70 mg

Protein 20 g

Potassium 560 mg

Carbohydrates 16 g

Phosphorus 214 mg

Low Salt Pizza

Ingredients

Dough:

2 cups all-purpose flour
1 tsp instant yeast
1 cup warm water
1 Tbsp sugar
1 Tbsp canola oil

Sauce:

6 oz mozzarella cheese, shredded
½ lb ground beef, cooked, well drained
¼ cup green pepper, chopped
¼ cup onion, chopped
1 Tbsp canola oil
½ tsp oregano
1/3 tsp garlic powder
½ cup water
75 ml unsalted tomato sauce

Instructions

1. Preheat oven to 400 ° F. Dissolve yeast in warm water. Stir in oil, sugar and flour to make a soft dough. Add flour gradually, as not all of it may be needed. Place in a greased bowl, cover, and set aside for about 15 minutes.
2. Combine tomato sauce, water, garlic powder, oregano and oil in a small saucepan. Simmer for 5 minutes.
3. Grease a 17 x 14-inch baking sheet. Press dough on sheet and over the edges. Cover with sauce. Top with onion, green pepper, beef and cheese.
4. Bake in centre of oven for about 20-30 minutes until dough and cheese are golden brown. Cut into 12 pieces and serve.

Number of servings: 12

Adapted from: www.rsnhope.org/recipes

Nutrients per serving:

Calories 201
Sodium 75 mg
Protein 11 g
Potassium 176 mg
Carbohydrates 19 g
Phosphorus 115 mg

Desserts

Fruity Rice Pudding

Ingredients

- 1 cup water
- 1 can (14 oz) no sugar added pineapple
- 1 cup Minute Rice[®], uncooked
- 1 sachet Splenda[®] sugar substitute
- 2 cups Cool Whip[®] light whipped topping
- Cinnamon (optional)

Instructions

1. Combine water and pineapple. Microwave for 5 min on high power.
2. Add Minute Rice[®] and Splenda[®]. Cover and let stand for 30 minutes.
3. Stir in Cool Whip[®]. Divide between 6 small bowls and sprinkle with cinnamon if desired.

Number of servings: 6

Nutrients per serving:
Calories 192
Sodium 21 mg
Protein 3 g
Potassium 132 mg
Carbohydrates 37 g
Phosphorus 43 mg

Strawberry Pie

Ingredients

4 cups strawberries, fresh, stems removed
1 ⅓ cups sugar
1 ½ cups cold water
⅓ cup cornstarch
1 Tbsp lemon juice
1 pie shell, baked
Icing sugar

Instructions

1. Place strawberries in pie shell. Set aside. In a medium saucepan, heat sugar and ½ cup water. Bring to a boil.
2. Dissolve cornstarch in remaining 1 cup water and add to sugar mixture. Cook until clear and thick. Add lemon juice. Pour over strawberries.
3. Cool to room temperature. Dust with icing sugar and serve.

Number of servings: 8

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutrients per serving:

Calories 296
Sodium 124 mg
Protein 2 g
Potassium 128 mg
Carbohydrates 55 g
Phosphorus 33 mg

Strawberry Cobbler

Ingredients

- 1 cup all-purpose flour
- 2 tsp Magic® baking powder
- 1 cup sugar
- ¾ cup water
- 1 (20 oz) package frozen strawberries*

Instructions

1. Preheat oven to 400 ° F. Combine flour, baking powder and ½ cup sugar in a bowl. Add water and pour into greased baking dish.
2. Heat strawberries and remaining ½ cup sugar in saucepan until mixture boils. Pour over batter.
3. Bake cobbler for 30 minutes or until golden brown.

*You can substitute raspberries, blackberries or any low potassium fruit, for strawberries, if desired.

Number of servings: 6 (⅔ cup per serving)

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutrients per serving:

Calories 238
Sodium 136 mg
Protein 3 g
Potassium 163 mg
Carbohydrates 58 g
Phosphorus 35 mg

Key Lime Squares

Ingredients

Crust:

1 cup all-purpose flour
¼ cup icing sugar
½ cup unsalted margarine, softened

Filling:

½ tsp Magic® baking powder
2 Tbsp lime juice
2 eggs
1 cup sugar

Instructions

1. Preheat oven to 350 ° F. Mix flour, icing sugar and margarine. Press into ungreased pan. Bake for 20 minutes.
2. Use an electric mixer to beat filling ingredients on medium speed until light and fluffy, then pour over hot crust. Bake just until no indentation remains when touched lightly in centre or about 25 minutes.
3. Let stand until cool, then cut into 1 ½ inch squares. Dust tops with icing sugar.

Number of servings: 12

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutrients per serving:

Calories 192
Sodium 28 mg
Protein 2 g
Potassium 24 mg
Carbohydrates 27 g
Phosphorus 28 mg

Old Fashioned Sugar Cookies

Ingredients

2 cups all-purpose flour
½ tsp baking soda
½ tsp Magic® baking powder
½ cup unsalted margarine, room temperature
¾ cup sugar
1 egg
1 tsp vanilla
Sugar, for rolling

Instructions

1. Sift together flour, baking soda and baking powder; set aside. Using electric mixer, beat margarine and sugar until well blended. Add vanilla and egg and stir. Cover and chill until firm, about 30 minutes or up to a day.
2. Preheat oven to 350 ° F. Roll 1 Tbsp dough into a ball, dip in sugar and place on cookie sheet. Repeat with remaining dough, spacing balls evenly on sheet. Press each ball with back of a fork to flatten.
3. Bake cookies on middle oven rack until light brown, about 11-12 minutes. Cool on racks before serving.

Number of servings: 24 (1 cookie per serving)

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutrients per serving:

Calories 98
Sodium 37 mg
Protein 1 g
Potassium 13 mg
Carbohydrates 14 g
Phosphorus 15 mg

Brownies

Ingredients

2 eggs
½ cup unsalted margarine
2 squares baking chocolate*
½ cup all-purpose flour, sifted
1 cup sugar
⅓ cup semi-sweet chocolate chips*
1 tsp vanilla

Instructions

1. Preheat oven to 350 ° F. Beat eggs until thick; add sugar or Splenda® and stir.
2. Melt chocolate, margarine and chocolate chips in a bowl over hot water.
3. Add vanilla and egg. Fold in flour.
4. Pour into greased 9 x 9-inch pan and bake for 30 minutes.
5. Cool and cut into 20 squares. Serve.

* Chocolate is high in potassium and phosphorous but has been specially calculated for this recipe. Use only as directed.

Number of servings: 20

Nutrients per serving:

Calories 126
Sodium 8 mg
Protein 1 g
Potassium 46 mg
Carbohydrates 15 g
Phosphorus 29 mg

High Protein Rice Krispies® Treats

Ingredients

- 7 Tbsp butter
- 40 large marshmallows
- 1 ½ cups whey protein powder*
- 6 cups Rice Krispies® cereal

Instructions

1. In a large glass mixing bowl, microwave butter and marshmallows for 2 minutes on high power. Stir to combine ingredients. Microwave 1 ½ to 2 minutes longer.
2. Add protein powder and stir until smooth. Add Rice Krispies® cereal and stir until well coated.
3. Pour onto a greased 13 x 9 x 2-inch baking pan or cookie sheet and press down.
4. Cool and cut into 12 bars, 3 x 4-inch each.

*If you are not on dialysis are are on a lower protein diet, leave out the protein.

*After protein powder is added, mix Rice Krispies® cereal in as soon as possible because the protein powder will start to harden as it cools.

Number of servings: 12

Adapted from: DaVita dietitian Annette from Nevada

Nutrients per serving:
Calories 247
Sodium 206 mg
Protein 14 g
Potassium 89 mg
Carbohydrates 31 g
Phosphorus 118 mg

