



A Guide For Renal Nutrition

The Kidney Cookbook



NATIONAL KIDNEY
FOUNDATION

of Arizona

A Guide For Renal Nutrition

The Kidney Cookbook

Presented by:



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The National Kidney Foundation of Arizona provides awareness, assistance, and hope to Arizonans at-risk and impacted by kidney disease.

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Nutrition Overview



Nutrition

The diet recommended for a patient is based on their kidney disease, treatment, and the latest medical information. A renal dietitian will meet with the patient to explain their diet, which will meet their individual needs. A patient's treatment, medications, and diet all work together to keep them healthy. As the patient's physical condition or treatment changes, their diet will change as well. The more closely a patient follows their diet and treatment plan, the better they will feel.

How will a patient's diet change?

One or more of the following nutrients will be controlled in their diet:

Protein	Sodium (Salt)	Phosphorus	Water & Fluids
Calories	Potassium	Calcium	

Who will tell the patient about the changes they need to make in their individual diet?

If a patient is starting dialysis, a renal dietitian will meet with the patient and their family to discuss changes necessary in the patient's diet. If the patient is not on dialysis, the doctor can refer them to a renal dietitian who will develop a diet plan with them. A renal dietitian has experience in providing nutritional care and counseling to people with kidney disease.

Do all kidney patients have the same restrictions in their diets?

No, each diet is individualized according to kidney function, type of treatment, blood test results, and medications. Other medical conditions, such as diabetes or high blood pressure are also considered. A patient's diet may change from time to time depending on their medical needs and the type of treatment they are receiving.

What is protein?

Protein is needed in the body for growth, building muscles, and repairing tissues. As protein is used for these needs, waste products are formed. When the kidneys are not working, a waste product called urea builds up in the blood. High blood urea levels can cause nausea, vomiting, and hiccups. Protein can come from both animal and plant sources. Plant-based proteins are sufficient in meeting both quantity and quality requirements of protein, which means a patient can follow a vegetarian diet if an adequate amount of high-quality plant proteins are included. A renal dietitian can help determine how much protein to consume in a day, and review sources of protein with the patient.

Animal Proteins		Plant Proteins	
Beef	Pork	Chickpeas	Peanut Butter
Chicken	Turkey	Quinoa	Soybeans
Fish	Lamb	Nuts	Seeds
Eggs	Dairy	Tofu	Tempeh
		Lentils	Dried Beans

What are calories?

Just as fuel gives power to an engine, calories are fuel for the body. If one's diet does not provide enough calories, the body will burn its own protein and fat to meet the calorie needs. As a result, a person will lose weight, muscle mass, and strength. Fats, such as margarine, mayonnaise, and oil provide more than twice the calories as protein or carbohydrates. If one's diet provides too many calories a person will store fat in the body and gain weight. A dietitian can help an individual determine the number of calories for their healthy weight.

What is sodium and salt?

Sodium is a mineral found naturally in food. It helps regulate body fluids and is also involved with blood pressure. A high sodium intake triggers thirst. This will lead to more fluid intake and increased blood pressure. Salt is a

High Sodium Foods

Hot Dogs
Luncheon Meats
Snack Food and Chips
Pickles and Relishes
Ham, Bacon, Sausage
Salad Dressing
Cake and Biscuit Mixes
Rice and Noodle Mixes
Canned and Instant Soups

combination of sodium and chloride. Even if an individual does not add salt to their food at the table, many foods today have salt added during processing. It is important to realize one may be eating more salt than they realize due to these "hidden" sources of salt.

Can a patient use a salt substitute?

The main ingredient in salt substitutes is potassium. Salt substitutes can be very dangerous, especially to people with kidney disease. A patient should talk with their renal dietitian about seasonings, such as herbs and spices, which can be safely used in place of salt.

What are "fluids"?

A fluid is any food that is liquid or becomes liquid at room temperature. Water and beverages are the most obvious sources of fluid, but there are additional fluids that many patients don't consider including gelatin desserts, ice cream, gravy, popsicles, soup, and syrups. Healthy kidneys keep fluid from building up in the body by removing excess fluid through the urine. When the kidneys cannot remove the extra fluid, it will build up in one's body. This can cause the legs, ankles, face, and hands to swell and one's blood pressure to increase. Extra fluid may also surround one's heart, fill one's lungs, and cause shortness of breath.

How much fluid can a patient have per day (24 hours)?

Fluid is measured in ounces or cups. The patient's doctor or dietitian will determine how much fluid they can have in a day. The fluid they consume will affect their weight. Every 2 cups, or 16 ounces of fluid retained in the body equals 1 pound (2.2 kilograms).

Measurements

1/4 cup = 2 ounces
1/2 cup = 4 ounces
1 cup = 8 ounces
2 cups = 16 ounces / 1 pint

High Potassium Foods

FRESH FRUITS

Apricots
Bananas
Dried Fruit
Oranges
Melons
Prunes

FRESH FRUITS

Avocado
Dried Beans
Potatoes
Spinach
Tomatoes

OTHER

Chocolate
Milk
Nuts
Orange Juice
Sports Drinks (like Gatorade)
Salt Substitute

High Phosphorus Foods

Milk
Cheese
Yogurt
Ice Cream
Nuts
Seeds
Peanut Butter
Dried Beans
Dark Cola
Chocolate
Cake, Cookie, Biscuit, Pancake & Waffle Mixes

What is potassium?

Potassium is a mineral found in most foods, especially fruits, vegetables, milk, nuts, and salt substitutes.

When one's kidneys fail, potassium can build up in the body. It is important for the potassium level to stay within safe limits. Too low or too high of a potassium level in the blood can cause muscle weakness, an irregular heartbeat, or even cause the heart to stop.

The type of treatment and medication will determine if a patient needs to limit the potassium in their diet. Usually, hemodialysis patients need to follow a lower potassium diet, while peritoneal dialysis patients may not have a potassium restriction. The patient's dietitian will give a more complete list of high potassium foods.

What is phosphorus ?

Phosphorus is a mineral which combines with calcium to form healthy bones and teeth. Healthy kidneys remove excess phosphorus. As kidney function decreases, extra phosphorus builds up in the blood. Over time, this unhealthy imbalance will trigger calcium to be pulled from one's bones. This is known as renal osteodystrophy, or renal bone disease. The imbalance of calcium and phosphorus in the blood also leads to calcium deposits in one's heart, lungs, arteries, and joints.

Phosphorus can occur naturally or be added to processed foods. Natural phosphorus is found in meats, dairy, grains, and vegetables. About half of natural phosphorus is absorbed by the body. Phosphorus can also be added to foods and drinks as a preservative. Nearly all this phosphorus is absorbed, so added phosphorus can be more harmful to the patient's health.

How can phosphorus be controlled?

Limiting high phosphorus foods in one's diet can help control phosphorus. A phosphate binder is also usually needed. The phosphate binder is a medication prescribed to be taken each time one eats. By taking binders as directed, additional medical problems can be prevented.

Should a patient include more calcium in their diet?

A patient's doctor will determine whether they need to supplement the calcium in their diet. A patient should not drink more milk to increase their calcium intake. Milk is also high in potassium and phosphorus. Individual needs vary and some patients may need to limit the amount of calcium in their diet.

Will a patient need to take vitamins?

Most people with kidney failure require vitamin supplements. These supplements replace vitamins that are lost during dialysis or are not adequately provided by one's diet. A patient's doctor may prescribe a vitamin supplement for them. The patient should not take any vitamin or mineral that has not been approved by their doctor. Many supplements contain ingredients that may be harmful to the patient.

Should a patient take herbal products or dietary supplements?

These products should not be used without prior discussion with a doctor or renal dietitian. Herbal and dietary supplements may cause additional damage to one's kidneys.





Nutrition and Pre-Dialysis

Should a patient's diet change if they are not on dialysis yet?

Changes in a patient's diet should only be made on the advice of their doctor. Often people who have not started dialysis are treated with a special diet controlled in the amount and type of protein. If this diet is prescribed, the patient should see a renal dietitian who can assist you with meal planning. The patient should ask their nephrologist for a referral.

What are some other changes a patient might need?

Often salt, high sodium foods, and phosphorus will need to be limited. If this is needed, the patient's doctor will tell them. The dietitian can help the patient with meal plans for these restrictions.

Can a patient still eat at restaurants?

Yes. The patient should ask their server to have foods prepared without salt. Patients should eat a small amount of meat, fish, or poultry, and take the remainder home for another meal. Add extra margarine to vegetables and oil to salad if extra calories are needed.

If a patient has a friend with kidney problems who is not on dialysis, can they use their friend's diet?

No! Just like medications, a patient's diet is for their individual special needs. These needs may not be the same as a friend's.

What kind of diet will a child need if his/her kidneys are not working well?

As chronic kidney disease progresses, there are special nutritional needs for a child. A renal dietitian who specializes in pediatric nutrition can help young patients determine specific diet recommendations. The following factors are taken into consideration:

- Calories for weight gain and growth
- Protein intake should be limited

Phosphorus and potassium foods may be limited.

Will a CKD infant or child need a special formula or nutritional supplement?

Most likely an infant will need special formula. The renal dietitian will help with selecting the formula. Breast milk is an excellent choice for infants with kidney disease. However, if an infant is not gaining weight, breast milk can be pumped, and a special product can be mixed with breast milk for added calories. Older children may need to be on a nutritional supplement.



Nutrition and Hemodialysis

How much protein does a patient need?

Once a patient has started dialysis, a higher amount of protein in the diet is needed to help maintain blood protein levels and improve health. The exact amount of protein depends on body size and nutritional status. The patient's dietitian will help determine how much protein is appropriate.

Is potassium limited for a patient?

Hemodialysis can remove some, but not all the potassium a patient's kidneys retain. Usually a patient's diet will limit the amount of potassium they can consume. The patient's dietitian will help make low potassium food choices.

How can a patient control their phosphorus level?

A patient will be asked to avoid or limit high phosphorus foods as hemodialysis removes only small amounts of phosphorus. The patient may also be advised to take a medicine called a phosphate binder when they eat. This will help control their blood phosphorus level.

If salt is limited, what can a patient use to flavor their food?

Herbs and spices can be used instead of salt to flavor one's food. Refer to the "Art of Seasoning" section in this book for recommendations.

Does a patient need to limit how much they drink?

Most people on hemodialysis will need to limited fluid intake. The amount of fluid a patient can drink safely is based on urine output. If a patient drinks too much between treatments, shortness of breath and swelling or edema may occur. The patient's dietitian or doctor will review fluid limits. Keep in mind, 16 ounces of fluid or 2 cups equals 1 pound of fluid weight.

What exactly does "fluids" mean?

See the earlier section "What are fluids" (page 11).

What kind of diet will a child need if he/she is on hemodialysis?

A child will need a diet high in calories to grow, develop, and fight infection. Formula, nutritional supplements, or tube feedings may be used if appetite or intake is too low. Protein foods like chicken, eggs, cheese, and beef are very important for growth and healing. The dietitian will work with the family and child to have a meal plan suited for dialysis and individual lifestyle and food preferences.



Nutrition and Peritoneal Dialysis

What will a patient's diet be like on peritoneal dialysis?

People who are on peritoneal dialysis usually enjoy a wider variety of food choices than those receiving hemodialysis. Protein foods are highly encouraged. Generally, potassium foods and fluids can be used more freely. However, sodium may need to be limited so blood pressure and swelling are better controlled. Phosphorus-containing foods will also be limited.

Why does a patient need to eat more protein?

With peritoneal dialysis, protein is lost with each exchange. Protein needs for peritoneal dialysis patients are usually higher than those for hemodialysis patients. The patient's body requires this protein to be replaced in order to stay healthy.

What if a patient has diabetes?

If a patient has diabetes, good blood sugar control is important. Sugars and sweets still need to be limited. The patient may experience changes in blood sugar depending on the strength of the peritoneal dialysis solutions. If the patient is on insulin, it may also be needed, and this may also be added to the peritoneal dialysis solution.

Will peritoneal dialysis affect a patient's appetite?

Most patients feel appetite improves on peritoneal dialysis since every day the blood is being cleaned of waste products. At first, the patient may feel full most of the time with the extra fluid from their peritoneal dialysis solutions. Eating smaller and more frequent meals may help the patient eat better with less fullness.

Will a patient gain weight on peritoneal dialysis?

The peritoneal dialysis solutions contain dextrose, which is a type of sugar. The higher the dextrose level, the more calories a patient's body absorbs from the solution. The patient can reduce the need for higher dextrose solutions by careful control of sodium and fluids in their diet. If a patient is still gaining weight, intake of sweets, desserts, and high fat foods should be reduced.

Will the diet be different for children on peritoneal dialysis?

Good nutrition is very important for children to grow and develop. Children's needs depend on their age, sex, and disease. It may be necessary to limit sodium and potassium. Fluids can be used liberally. Infants may need a night tube feeding to ensure good nutrition.



Nutrition and Transplantation

Will a transplant recipient need to be on a special diet after transplant?

A heart-healthy diet is suggested. If the recipient has other health issues, such as diabetes or high blood pressure, other changes may be advised. Generally, the patient's diet will be less restrictive than when he/she was on dialysis.

Will the medications affect the recipient's diet?

Some of the anti-rejection medications may affect the recipient's diet. Steroids may have the greatest impact on the diet. The side effects of taking steroids include increased appetite and weight gain, salt and fluid retention, increased blood sugar levels, and higher triglyceride levels.

Anti-rejection medications weaken the body's ability to fight infection, so general food safety tips should be followed after transplantation. Hands should be properly washed when preparing foods, and "use by" dates should

be followed. Meat, fish, poultry and eggs should be cooked to the proper temperature. Unpasteurized milk, cheese, and yogurt should be avoided. Fruits and vegetables should be washed before consumption.

Will a recipient gain weight after transplant?

After a transplant, appetite improves and some restrictions from dialysis are no longer necessary. Weight gain is often a problem. It is important to maintain a healthy weight to avoid other health problems. The recipient may be asked by their transplant team to limit high calorie foods and to increase their activity level through exercise.

What about protein?

Good sources of protein are still important for a recipient after transplant. Protein helps repair muscles and tissues and helps with healing after surgery.

Will carbohydrates be limited after transplantation?

Steroids make it difficult for one's body to use carbohydrate foods (sugars and starches) properly. This may cause the blood sugar to increase. If the recipient has diabetes, medication or insulin needs may be changed. Some people can even develop diabetes after a transplant because of the anti-rejection medications.

Does the recipient have to reduce their salt intake?

It is best to continue with a moderate salt intake. Steroids cause a recipient's body to retain salt and water. This can cause fluid retention, swelling, and a rise in blood pressure.

Will a recipient still need to take phosphate binders?

If the recipient's new kidney works, phosphate binders are not required. Blood phosphorus levels will return to a normal range or may even drop to a lower level, and need medication and higher phosphorus diet to correct it.

What about potassium?

As long as the transplant is working well, potassium intake is usually not limited. Some of the medications taken to prevent rejection may cause the body to retain potassium. If the blood level of potassium is high, the recipient will be contacted by the transplant dietitian to discuss limiting potassium intake.

Should a recipient take calcium or other supplements?

Calcium, along with other nutrients, is important for healthy bones. After transplantation, the recipient may need a calcium supplement. A multivitamin is recommended to ensure basic needs are met and a supplement may be needed. The recipient should always check with the dietitian before taking any supplements or herbal products.

What about the recipient's cholesterol and triglyceride levels?

The transplant medications may cause a rise in these levels. Reducing dietary fats and weight loss may help control or reduce cholesterol and triglyceride levels. A medication may be needed along with a low fat diet. If these levels are not controlled, heart disease can develop.



The Art of Seasoning



Spices

The art of cooking with spices is easily learned and, once learned, will open up a new world of exciting and taste-tempting meals. The more that is learned about flavors, the more creative you can be. Try using familiar spices and herbs in new ways. Very soon, frequent use of herbs and spices will be second nature and will make meal preparation an exciting and taste pleasing experience.

Spice Basics

What is the difference between a spice and herb?

Spices: Aromatic, natural products which are the dried seeds, buds, fruits, flowers, bark, or roots of plants usually found in tropical climates. Examples: Cinnamon is dried pieces of bark, peeled from certain types of evergreen trees; Cloves are the dried flower buds of a tropical evergreen; Ginger is the buff-colored root of a tropical plant that resembles a lily.

Herbs: Aromatic leaves, and sometimes the flowers, of plants found in temperate areas of the world. Many herbs are derived from the mint family, such as savory, thyme, sweet basil, marjoram, and oregano. Other herbs are from a type of evergreen such as rosemary and bay leaf. Herbs are considered as a category of spices.

Seeds: Aromatic, dried, small whole fruit or seeds usually found in temperate climates. Examples: Caraway is the fruit of plants in the parsley family, as is dill, cumin, and fennel; mustard is the seed of a plant in the cabbage family.

Care of Spices and Herbs

Herbs and spices are sensitive to heat and will quickly lose freshness with overexposure. Store in a cool, dark and dry place, keeping the containers tightly closed. You may also store herbs in the refrigerator and this will greatly prolong freshness. This protects the flavor and prolongs shelf life. To check for freshness, spices and herbs should have full aroma and bright color. Replace them as necessary for optimal seasoning results.

So... be creative. Try new ways to use those herbs and spices on your shelf. Measure the desired amount of the herbs and then crush before adding to the recipe. This brings out the fullest flavor.

For recipes requiring a long cooking or simmering time, herbs should be added in the last hour or two. Otherwise, the herbs will lose their aromatic and taste-enhancing properties. When using herbs in uncooked recipes, such as salad dressings, add well in advance to allow time for flavors to develop fully.

Spices should enhance, not overpower! Remember, you can always add more. The general rule is ½ teaspoon of a ground herb or spice or one teaspoon fresh or dried for four servings or one pound of meat. The exception to this rule is for chili and curry powder; use only ⅓ teaspoon, as these seasonings add a more robust flavor.

Low Sodium Seasonings

There are several commercially prepared low sodium seasonings currently available. When purchasing these special seasoning blends, be sure to recheck the label for salt or sodium compounds as companies do change ingredients without changing the brand name. Any seasoning product containing potassium should be avoided. If you are unsure about a particular product, discuss it with your renal dietitian.

Lemon juice is an excellent flavor enhancer for chicken, fish, seafood, and green vegetables such as broccoli, asparagus, and crisp lettuce salads. Fresh or reconstituted lemon juice may be used during food preparation in combination with butter, margarine, and desired herbs.

Seasoning Suggestions

Basil

(also called Sweet Basil)

Beef, fresh pork, veal, casseroles with tomato flavoring, homemade barbecue sauce, shrimp, scrambled eggs.

Bay Leaf

Beef pot roast, pork roast, stewed chicken.

Chili Powder

Any Mexican dish; you may also use sparingly in beef stew or meat loaf if you desire a spicy flavor.

Chives

Meat loaf, beef stew, sauces for baked fish, scrambled eggs, cottage cheese.

Cumin

Spaghetti sauce, homemade chili, taco filling; used in place of chili powder for milder flavor.

Dill Weed

Broiled or baked fish (sprinkled on fish), tuna casserole, scrambled eggs, deviled eggs, cottage cheese.

Garlic Powder

Beef, fresh pork, casseroles, sauces, any Mexican or Italian dish; may be used with almost any main dish.

$\frac{1}{8}$ teaspoon garlic powder = 1 clove of garlic (average)

Marjoram

Beef, veal, fresh pork, lamb, wild game, tomato-based casseroles, homemade barbecue sauce, baked fish, chicken, scrambled eggs, omelets.

Mustard

(dry or powdered)

Beef, veal, fresh pork, chicken and turkey casseroles, fish, seafood, cheese sauce, creamed eggs. Use cautiously, as dry mustard can be hot tasting.

Onion Powder

Use whenever onion flavor is desired.

Oregano

Hamburger patties, meat loaf, fresh pork, lamb, casseroles, sauces with tomato or spaghetti sauce.

Paprika

Ready-made garnish for almost any food; an excellent browning agent for fresh pork, chicken, veal, or fish.

Pepper

Adds a tangy flavor to almost all foods. White pepper may be preferred for use in light-colored foods.

Rosemary

Beef or lamb stew, spaghetti sauce, chicken dishes and casseroles, scrambled eggs.

Sage

Best accompaniment for fresh pork; meat loaf, homemade sausage, chicken, turkey.

Savory

(also called Summer Savory)

A mild herb, which blends well with other herbs; pork roast, stews, poultry, fish, any egg dish.

Thyme

Another herb, which blends well with many other herbs; use with red meats, poultry or fish, spaghetti sauce.

Hot Peppers!

Fresh, hot chili peppers add zest to food, but there are penalties for careless handling. The released oils can burn your eyes and skin for several hours.

The secret to painless pepper handling is to avoid direct contact. Wearing disposable gloves is the most foolproof method. Thoroughly wash your hands with soap and water after handling peppers. Keep hands away from your face.

To prepare fresh peppers, follow these easy directions. Remove the outer skin from the peppers. An easy way to do this is to place the whole peppers on a broiler tray. Broil two inches from the heat for about 15 minutes or until peppers are blistered. Turn the peppers often with a fork or tongs while broiling. Peppers may also be blistered using a heavy skillet heated to medium hot.

Transfer the hot peppers to a paper or plastic bag. Close the bag and let the peppers stand until they are cool enough to handle. The steam contained in the bag helps loosen the skin. Remove the peel with a paring knife and discard.

Before using the peppers, cut in half, remove the seeds, and rinse.



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Beef Pot Roast

2-4 pound chuck roast, such as arm or blade pot roast, heel of round or round bone roast

Trim off excess fat. Place one tablespoon of oil in a large skillet or Dutch oven and heat to medium high.

For a rich brown roast, roll pot roast in flour and brown on all sides in hot skillet. After browning meat, reduce heat to simmer or low. Season with pepper and herbs as desired, and add ½ cup of water. Cover tightly and cook slowly for 1½ to 2½ hours or until tender. Add more water during cooking to prevent sticking if needed.

Variation

Vegetables, such as carrots, pearl onions, Italian squash, cabbage wedges, and quartered potatoes may be added during last 45 minutes of cooking. Limit potato and vegetables to ½ cup serving each.

SERVING SIZE 3 ounces

NUTRITION Calories 157, Protein 24g, Total Fat 13g, Saturated Fat 6g, Cholesterol 69mg, Carbohydrates 0g, Calcium 4mg, Phosphorus 206mg, Potassium 328mg, Sodium 55mg

Beef Brochettes

SERVES 6

2 pounds thick cut round steak, cut in 1" cubes
1 medium onion, cut into small wedges
1 large bell pepper, cut into ½" pieces
1½ cups unsweetened pineapple chunks, drained
6 skewers

Marinade

½ cup lemon juice
¼ cup vegetable or olive oil
2 cloves crushed garlic or garlic powder
¼ teaspoon pepper
1 bay leaf

Prepare beef cubes and place in heavy, plastic bag. Set aside.

Combine marinade ingredients in small bowl. Mix and then pour over beef cubes in plastic bag. Seal top of bag securely and refrigerate 4 to 6 hours or overnight.

Divide ingredients evenly in the following order: beef cube, onion wedge, green pepper, pineapple chunk, onion wedge, green pepper, pineapple chunk, beef cube. Repeat sequence until all skewers are completed. Broil or grill about 7 minutes each side. Serve skewers on dinner plate.

Serving Suggestion

Place skewer on ½ cup cooked rice.

Variation

Lamb cubes may be substituted for the beef cubes for a tasty Lamb Shish Kebab.

Contributed by
Renee Gnau

SERVING SIZE 1 skewer

NUTRITION Calories 304, Protein 34g, Total Fat 13g, Saturated Fat 4g, Cholesterol 95mg, Carbohydrates 11g, Calcium 20mg, Phosphorus 275mg, Potassium 381mg, Sodium 68mg

Country Fried Steak

1½–2 pounds round steak, tenderized*
1 medium onion, sliced
3 tablespoons vegetable oil

Seasoned Flour

½ cup flour
¼ teaspoon pepper
½ teaspoon paprika

Trim all excess fat from steak; cut into serving size pieces.

Combine flour, pepper and paprika in shallow dish. Mix thoroughly.

Towel dry piece of tenderized steak and place in seasoned flour, turning to lightly coat.

While preparing meat, preheat skillet with oil. Brown the floured, tenderized steak on both sides. When well browned (about 5 minutes each side) remove to platter and reduce heat to low.

Add 1 cup water and stir around skillet with wooden spoon to loosen browned particles of meat or flour. Return browned steak to skillet. If needed, add water so that bottom side of steak does not stick. Slice onion thinly and place on top of steak. Cover skillet and simmer for 2 hours or until tender.

** To tenderize meat at home, use tenderizing mallet and pound meat on both sides pounding in seasoned flour.*

SERVING SIZE 3 ounces steak

NUTRITION Calories 248, Protein 30g, Total Fat 11g, Saturated Fat 3g, Cholesterol 74mg, Carbohydrates 5g, Calcium 6mg, Phosphorus 193mg, Potassium 340mg, Sodium 68mg

Meat Loaf

1 pound lean ground beef
½ pound lean ground pork
3 slices soft bread, torn in small pieces
1 cup 2% milk
1 egg, beaten
¼ cup minced onion
¼ teaspoon dry mustard
¼ teaspoon pepper
½ teaspoon ground sage
⅓ teaspoon garlic powder
1 tablespoon finely chopped parsley

Heat oven to 350 degrees. Mix all ingredients in large bowl. Shape mixture into loaf. Place in shallow baking dish. Bake 1½ hours or until done. Halfway through baking time remove any excess fat. Loaf will be crispy brown on all sides.

Serving Suggestions

Make a double recipe, reserving one loaf for sandwiches; for added variety, serve on different breads or hard rolls.

To prepare sandwich, spread a teaspoon of Maria's Hot Sauce on slice of meat loaf. Especially good when served on rye bread with Hot Mustard Spread.

Variation

½ pound ground turkey breast in place of ground pork.

SERVING SIZE 3 slices, ½" thick

NUTRITION Calories 261, Protein 27g, Total Fat 12g, Saturated Fat 15g, Cholesterol 80mg, Carbohydrates 9g, Calcium 77mg, Phosphorus 243mg, Potassium 452mg, Sodium 180mg

Roast Beef

SERVES 6

Choose top quality rump or sirloin tip roast

Keep refrigerated until ready to cook

Place in roasting pan on shallow rack. Season with pepper and herbs as desired. Insert meat thermometer so that tip reaches center or thickest part of roast. Roast to desired degree of doneness:

Minutes per Pound Internal Temperature
(use meat thermometer)

Rare — 23-25 minutes/lb. 140°

Medium — 27-30 minutes/lb. 160°

Well Done — 32-35 minutes/lb. . . . 170°

After removing from oven, let roast stand 15 minutes before carving. Carve in roasting pan to accumulate natural juices. A tablespoon of the au jus (natural meat juice) may be spooned over sliced roast beef if desired. A roast cooked to a medium-rare or medium degree of tenderness is usually more moist than well done.

SERVING SIZE 3 ounces

NUTRITION Calories 158, Protein 24g, Total Fat 6g, Saturated Fat 2g, Cholesterol 69mg, Carbohydrates 0g, Calcium 4mg, Phosphorus 206mg, Potassium 328mg, Sodium 55mg

Barbecued Beefies

SERVES 8

1 Meat Loaf Recipe
(page 36)

½ medium onion

Barbecue Sauce
(page 97)

Shape mixture for Meat Loaf into 8 individual loaves (3 x 2 x 1 inch).

Place in shallow baking dish about one inch apart. Top each mini loaf with 1 or 2 thin slices onion. Pour barbecue sauce over all the loaves.

Bake in 350 degree oven for 45 minutes, or until done. Baste with sauce every 15 minutes during baking.

Individual Beefies (with sauce) may be frozen in airtight container or zip lock bag for later use.

SERVING SIZE 1 mini loaf with ¼ cup sauce

NUTRITION Calories 275, Protein 25g, Total Fat 15g, Saturated Fat 5g, Cholesterol 77mg, Carbohydrates 9g, Calcium 64mg, Phosphorus 189mg, Potassium 342mg, Sodium 152mg

Spaghetti with Meat Sauce

SERVES 8

1½ pounds lean ground beef

½ cup chopped onion

2 cloves garlic, minced

2 14-ounce cans of tomatoes, no added salt, drained 1 cup tomato liquid

2 tablespoons chopped parsley

1 tablespoon sugar

2 teaspoons oregano leaves, crushed

½ teaspoon thyme, crushed

¼ teaspoon black pepper

1 bay leaf

2 tablespoons cornstarch

2 tablespoons water

12 ounces uncooked spaghetti

Heat large skillet to medium hot. Cook ground beef until brown, crumbling as it cooks. Drain excess fat. Reduce heat to low.

Add chopped onions and garlic; simmer. Drain liquid from canned tomatoes; reserve 1 cup of tomato liquid. Dice the canned tomatoes (or blenderize, if desired) and add to meat mixture. Add parsley, sugar, and remaining herbs. Add reserved tomato liquid to meat mixture and stir thoroughly. Simmer covered for 2 hours.

After simmering, if sauce is thin, blend together cornstarch and water. Add to meat sauce. Stir thoroughly and simmer until thickened.

Meanwhile, cook spaghetti. Add 1 tablespoon of olive oil to spaghetti after cooking if desired. Makes 8 cups of sauce.

SERVING SIZE 1 cup meat sauce, 1 cup spaghetti

NUTRITION Calories 369, Protein 24g, Total Fat 10g, Saturated Fat 3g, Cholesterol 31mg, Carbohydrates 42g, Calcium 23mg, Phosphorus 202mg, Potassium 560mg, Sodium 92mg

Shirley's Tomato Meat Sauce

1 tablespoon vegetable oil
½ cup chopped onion
¼ cup chopped green pepper
2 pounds lean ground beef
¼ teaspoon pepper
¼ teaspoon chili powder
3½ cups canned tomatoes, no added salt, drained, chopped

Use a large skillet or saucepan with tight fitting lid. Heat oil and add chopped onions and green peppers, cooking over medium heat until onions are transparent.

Add ground beef, breaking into small pieces with spoon. Cook until browned. Drain. Reduce heat to low. Blend in chopped canned tomatoes and spices. Cover and simmer for one hour.

Serving Suggestion

For "Sloppy Joe," serve on small bun.

Contributed by
Shirley Dolfini

SERVING SIZE ¾ cup

NUTRITION Calories 208, Protein 22g, Total Fat 11g, Saturated Fat 4g, Cholesterol 37mg, Carbohydrates 4g, Calcium 10mg, Phosphorus 160mg, Potassium 455mg, Sodium 90mg

Macaroni Beef Casserole

SERVES 6

Shirley's Tomato Meat Sauce
(refer to previous page)
6 cups cooked shell or elbow macaroni

Add cooked macaroni to meat sauce. Stir and heat thoroughly.

Contributed by
Shirley Dolfini

SERVING SIZE 1½ cups

NUTRITION Calories 340, Protein 26g, Total Fat 11g, Saturated Fat 4g, Cholesterol 37mg, Carbohydrates 31g, Calcium 17mg, Phosphorus 211mg, Potassium 484mg, Sodium 91mg

Beef Burritos

SERVES 4-6

1 tablespoon vegetable oil
½ cup onion, chopped
1 small clove garlic, minced
2½ cups cooked pot roast, shredded
1 4-ounce can diced green chilies, rinsed
2 cups lettuce, shredded
8 6-7" flour tortillas*

*See recipe for **Maria's Tortillas** (page 120)

Heat oil in skillet. Add minced garlic and chopped onion, cooking until soft. Mix in shredded meat and diced green chilies. Cover and simmer until thoroughly heated.

Preheat tortillas separately on griddle or in heavy skillet, if desired, before filling. Spoon about ⅓ cup of meat mixture into middle of tortilla and fold one side over meat filling. Then bring each end of the tortilla toward middle, over-lapping ends slightly. Roll to wrap remaining tortilla edge into roll.

Garnish with 1/4 cup chopped or shredded lettuce around each burrito and one tablespoon of **Maria's Hot Sauce** (page 101).

SERVING SIZE 2 burritos, ½ cup lettuce

NUTRITION Calories 450, Protein 33g, Total Fat 17g, Saturated Fat 5g, Cholesterol 82mg, Carbohydrates 40g, Calcium 107mg, Phosphorus 323mg, Potassium 458mg, Sodium 490mg

Chili Rellenos Bake

SERVES 8

1 pound lean ground beef
½ cup chopped onion
¼ teaspoon pepper
2 4-ounce cans whole green chilies, halved, seeded
¾ cup shredded sharp cheddar cheese
4 eggs, beaten
1½ cups 2% milk
¼ cup flour
Several dashes Tabasco sauce

Brown ground beef and onion in skillet. Drain off fat. Sprinkle pepper on meat.

Layer 2 quart casserole dish alternating with green chilies, cheese and meat mixture.

Beat eggs, milk, flour and Tabasco until smooth. Pour over chili mixture.

Bake at 350 degrees for 45-50 minutes or until knife inserted into center comes out clean.

Contributed by
Lesley Laguna

SERVING SIZE ⅓ of recipe

NUTRITION Calories 224, Protein 20g, Total Fat 12g, Saturated Fat 6g, Cholesterol 141mg, Carbohydrates 8g, Calcium 154mg, Phosphorus 241mg, Potassium 363mg, Sodium 218mg

Flautas

Taco Rolls

SERVES 6

1 pound flank steak
1 clove garlic
¼ teaspoon black pepper
½ cup canned tomatoes,
no added salt, drained,
chopped
½ cup onion, chopped
1 tablespoon oil
12 corn tortillas, fresh
¼ cup oil for frying tortillas
¾ cup light sour cream

Place flank steak in saucepan, cover with water. Add clove of garlic and pepper. Bring to boil, reduce heat. Cook. Simmer 2 hours or until tender. Remove from pan; cool slightly and finely shred meat.

Heat oil in skillet. Add shredded meat, chopped tomato and onion. Cook until onion is soft. Spoon meat mixture into center of corn tortilla, roll and secure with toothpick.

Heat ¼ cup of oil in skillet. Fry flautas in hot oil, turning as necessary to brown on all sides, until tortilla is crisp. Serve each flauta with a tablespoon of sour cream on top.

SERVING SIZE 2 flautas

NUTRITION Calories 326, Protein 20g, Total Fat 15g, Saturated Fat 5g, Cholesterol 46mg, Carbohydrates 29g, Calcium 170mg, Phosphorus 342mg, Potassium 483mg, Sodium 153mg

Chicken Italiano

For that special occasion!

SERVES 6

6 boneless, skinless
chicken breasts
3 tablespoons olive oil
¾ cup finely crushed
no-salt top cracker crumbs
1 teaspoon oregano
leaves, crushed
1 teaspoon paprika
¼ teaspoon garlic powder
¼ teaspoon black pepper

Brush chicken with olive oil.

Combine all remaining ingredients; roll chicken pieces in crumb mixture. Arrange in 13" x 9" baking dish.

Bake at 350 degrees for about 1 hour and 15 minutes, or until done.

SERVING SIZE 1 chicken breast

NUTRITION Calories 205, Protein 23g, Total Fat 9g, Saturated Fat 2g, Cholesterol 55mg, Carbohydrates 7g, Calcium 22mg, Phosphorus 195mg, Potassium 253mg, Sodium 134mg

Chicken Mole

SERVES 4

1 chicken, cut in pieces and skinned
1 tablespoon olive oil
½ green pepper, diced
½ medium onion, diced
1 garlic clove, crushed
1 tablespoon chili powder
cayenne pepper, to taste
1 tablespoon cocoa, dissolved in 2 teaspoons water
1 14-ounce can tomatoes, no added salt, drained, diced
3 cups white rice, cooked

In large skillet, sauté green pepper, onion and garlic in olive oil. Add diced tomatoes, chili powder, cayenne pepper and diluted cocoa. Stir.

Add chicken to sauce in skillet. Simmer over low heat for about one hour. Serve over ½ cup hot rice.

Contributed by
Alex Miller

SERVING SIZE ¼ of chicken, ½ cup rice

NUTRITION Calories 321, Protein 35g, Total Fat 7g, Saturated Fat 2g, Cholesterol 103mg, Carbohydrates 27g, Calcium 39mg, Phosphorus 365mg, Potassium 447mg, Sodium 207mg

BBQ Pineapple Chicken

4 ounces skinless chicken breast, diced into 2" cubes
1 20-ounce can pineapple rings
2 teaspoons chopped garlic
1 teaspoon Dijon mustard
½ teaspoon wasabi paste

Remove pineapple rings from can and save the drained pineapple juice.

Mix pineapple juice with garlic, mustard and wasabi paste.

Dice chicken breasts into 2 inch cubes.

Combine Pineapple juice mixture and chicken together and marinate overnight in the refrigerator.

Place the chicken pieces on skewers or grill on the barbeque on a metal grate.

Barbecue chicken on a hot grill until the chicken is golden brown and is cooked in the center (5 to 10 minutes depending upon the temperature of your grill).

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SERVING SIZE ¼ recipe

NUTRITION Calories 140, Protein 9.5g, Total Fat 1.6g, Saturated Fat 0.4g, Carbohydrates 23.2g, Calcium 27.8mg, Phosphorus 73.5mg, Potassium 252.6mg, Sodium 81mg, Dietary Fiber 1.3g

Chicken Enchiladas

SERVES 6

3 cups cooked chicken breast, shredded
2/3 cup green onion, finely chopped
1/2 cup light sour cream
12 6" corn tortillas, fresh
2 tablespoons vegetable oil
Enchilada Sauce (page 99)

Prepare **Enchilada Sauce**. Heat skillet with oil. Quickly dip each tortilla in skillet to soften. Place 1/4 cup shredded chicken, 1 tablespoon onion and 2 teaspoons of sour cream in center of each tortilla. Roll up.

Arrange in baking dish. Cover with the **Enchilada Sauce**. Heat in oven at 375 degrees for 20-30 minutes or until hot.

SERVING SIZE 2 enchiladas

NUTRITION Calories 361, Protein 27g, Total Fat 15g, Saturated Fat 3g, Cholesterol 66mg, Carbohydrates 30g, Calcium 151mg, Phosphorus 357mg, Potassium 414mg, Sodium 168mg

Chicken Pad Thai

1 pound rice noodles (look for a low-sodium variety)
1/4 cup vegetable oil
1 cup cooked chicken, sliced
1 tablespoon minced garlic
4 green onions, sliced on the diagonal
1 chili pepper, diced
1 egg
2/3 cup Pad Thai Sauce
1 lime
1/8 cup cilantro, chopped

Soak rice noodles for approximately 40 minutes.

Cook chicken. Then, slice.

Mix ingredients for Pad Thai Sauce.

Sautee garlic, pepper, and half of green onions in 1/4 cup vegetable oil.

Add noodles. Toss to coat.

Add egg; cook thoroughly. Add Pad Thai Sauce. Toss to coat.

Add remainder of juice from lime and top with cilantro. Enjoy!

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NUTRITION Calories 219, Protein 12g, Total Fat 9g, Saturated Fat 1.7g, Carbohydrates 23g, Calcium 23mg, Phosphorus 102mg, Potassium 159mg, Sodium 373mg, Dietary Fiber 1.4g

Grilled Sesame Chicken

SERVES 4

1 tablespoon sesame seeds, toasted
2 teaspoons grated ginger
2 tablespoons honey
1 tablespoon reduced-sodium soy sauce
1 tablespoon sherry
4 4-ounce skinned, boned chicken breast halves
vegetable cooking spray

Combine the first 5 ingredients in a small bowl. Set aside. Flatten chicken pieces to ¼-inch thickness using a mallet or rolling pin.

Spray grill with cooking spray.

Grill chicken over medium-hot coals 4 minutes each side, basting frequently with soy sauce mixture.

Transfer to serving platter.

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SERVING SIZE 1 chicken breast half

NUTRITION Calories 257, Protein 37.8g, Total Fat 6.5g, Saturated Fat 1.7g, Carbohydrates 10g, Calcium 22.9mg, Phosphorus 282.4mg, Potassium 331.7mg, Sodium 237.3mg, Dietary Fiber 0.4g

Healthy Chicken Nuggets

SERVES 6

1½ pounds chicken breast, cut into 1.5" by 1" nuggets
1 6-ounce container low-sodium, low-fat, greek yogurt
1 cup all-purpose white flour
1 egg, whisked
1 cup crushed wheat cornflakes or no-salt added corn chips
½ cup lemon juice
¼ teaspoon dried dill
¼ teaspoon dried celery seed
¼ teaspoon salt-free garlic powder
¼ teaspoon dried lemon peel
¼ teaspoon freshly ground black pepper
olive oil spray

In a plastic container, mix the chicken with yogurt and lemon. Use your hands to rub all the ingredients together so that the chicken is completely covered in the yogurt and lemon marinade. Then cover the container and place it in the fridge overnight, or a minimum of four hours.

When you're ready to get baking, preheat oven to 400 degrees F.

Take the chicken out of the fridge and let it come to room temperature. While it warms up, prepare your breading station. In three separate bowls place the following – Bowl 1: flour; Bowl 2: whisked egg; Bowl 3: crushed cornflake breadcrumbs mixed with spices (dill to black pepper).

Place an oven-safe cooling rack on a baking sheet, or if you don't have one, just cover a baking sheet with parchment paper. Then, start breading your chicken by dipping each strip or nugget into the flour, then dredging it in the egg, and finally rolling it in the cornflake crumbs. Place the nugget on the cooling rack and continue with the others until all are breaded. Give all the nuggets a quick spray of olive oil and place it into the oven until brown and crispy, 15 to 20 minutes. Serve warm.

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SERVING SIZE 5 nuggets

NUTRITION Calories 145, Protein 13.6g, Total Fat 2.3g, Saturated Fat 0.6g, Carbohydrates 17g, Calcium 36.2mg, Potassium 149.3mg, Phosphorus 120.3mg, Sodium 62.3mg, Dietary Fiber 0.7g

Turkey Stuffed Bell Peppers

SERVES 4

2 medium green bell peppers (red, if preferred)
1 tablespoon oil
½ cup finely chopped onion
12 ounces ground turkey
¼ teaspoon cumin
½ teaspoon Mrs. Dash®
Italian seasoning
1 cup cooked rice
2 tablespoons grated parmesan cheese
¼ cup egg substitute

Cut tops off the bell peppers, core out the seeds. Par boil in boiling water 5 minutes or until tender. Remove from water. Set aside and cool.

Heat oil in a skillet and sauté onion until soft. Add turkey meat and brown well. Remove excess liquid and fat. Add cooked rice and spices to mixture. Mix thoroughly. Cut peppers in half. Place in small baking dish. Spoon ¾ cup meat/rice mixture into each pepper half.

Sprinkle tops with Parmesan cheese. Bake in 350-degree oven for 25–30 minutes.

Contributed by
David Myers

SERVING SIZE 1 pepper half

NUTRITION Calories 323, Protein 28g, Total Fat 16g, Saturated Fat 4g, Cholesterol 89mg, Carbohydrates 15g, Calcium 81mg, Phosphorus 238mg, Potassium 405mg, Sodium 168mg

Mexican Style Stuffed Peppers

SERVES 6

3 red bell peppers
½ cup cooked brown rice
1 pound lean ground turkey (93% lean/7% fat)
½ cup plus 3 tablespoons fresh salsa (found in refrigerated section of supermarket)
½ cup onion, finely chopped
1 large egg
1 tablespoon chili powder
1/2 teaspoon black pepper
3 tablespoons cilantro, finely chopped

Preheat oven to 350 degrees Fahrenheit.

Prepare peppers for stuffing by removing stems, membrane & slicing in half lengthwise.

Blend together the rice, turkey, egg, ½ cup salsa, herbs and spices.

Evenly divide meat mixture into six portions & stuff pepper halves.

Place in a baking dish sprayed with non-stick cooking spray.

Add 2 tablespoons water to bottom of baking dish. Bake covered for 45 minutes.

Uncover and top each pepper with 1½ teaspoons fresh salsa.

Bake uncovered for 15 additional minutes.

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SERVING SIZE ½ stuffed pepper

NUTRITION Calories 226.8, Protein 23g, Total Fat 10g, Saturated Fat 2.6g, Carbohydrates 12g, Calcium 43mg, Phosphorus 258mg, Potassium 483mg, Sodium 122mg, Dietary Fiber 3g

Spicy Sausage

SERVES 8

½ pound ground turkey
½ pound extra lean ground beef
2 tablespoons dried parsley
½ teaspoon garlic powder
4 teaspoons black pepper, crushed
½ teaspoon basil, crushed
⅓ teaspoon sage, ground
10 rosemary leaves, crushed

Mix ground turkey and beef lightly together. Combine all seasonings in small bowl and blend together. Sprinkle over meat mixture; blend with wooden spoon until seasonings are well mixed with meat.

Divide into 8 patties. Cook until golden brown in hot skillet.

Contributed by
David Myers

SERVING SIZE 1 sausage patty

NUTRITION Calories 125, Protein 15g, Total Fat 7g, Saturated Fat 2g, Cholesterol 36mg, Carbohydrates 1g, Calcium 20mg, Phosphorus 109mg, Potassium 214mg, Sodium 54mg

Huevos Con Chiles

Eggs With Chiles

SERVES 4

8 eggs
2 tablespoons 2% milk
2 tablespoons water
⅓ teaspoon black pepper
1 4-ounce can diced green chilies rinsed
2 tablespoons butter or soft spread margarine
¼ cup onion, chopped

In bowl, beat eggs together with milk and water. Stir in black pepper and chilies. Set aside. Melt butter or margarine in skillet over medium heat. Add onion, cook until soft. Add egg-chili mixture. Cook with heat reduced to low. Stir occasionally. Eggs should be scrambled slowly and gently.

Serving Suggestion

To each serving, add 1-2 drops of Tabasco. Remember, a little goes a long way!

SERVING SIZE ¼ of recipe

NUTRITION Calories 223, Protein 14g, Total Fat 17g, Saturated Fat 4g, Cholesterol 426mg, Carbohydrates 5g, Calcium 60mg, Phosphorus 188mg, Potassium 148mg, Sodium 208mg

Fish & Seafood Basics

Before feasting on fish, review these basic guidelines for buying and cooking.

Shopping Tips

Fresh Whole Fish: Color is a good sign of freshness. The gills (if not removed) should be red; the flesh a light pink to red. AVOID fish with a strong odor or a dull slimy skin. When purchasing fresh fish, ask to have the scales and fins removed.

Fresh Fillets and Steaks: The flesh should have a firm, fresh appearance, with no strong odor or dried edges.

Frozen Fish Fillets: The fish should be solidly frozen and the package should show no signs of frost. The package should be tightly sealed.

Canned Fish: Canned fish is usually classified by piece size; for example, tuna is sold as fancy or solid pack or flaked. It is also labeled to indicate the packing medium: oil, water, salt-free in water only. Salmon is sold by variety: Chinook or sockeye salmon are deep red and break into chunks; pink and chum salmon break into smaller flakes. Salmon is also labeled to indicate packing medium like canned tuna.

Fresh Shellfish: Live shellfish, such as crab and lobster, should actively move their legs. Live oysters and hard-shelled clams should close their shells when tapped lightly.

Partially prepared shellfish such as shelled scallops, oysters, and clams are packed in a clear fluid. Shrimp and prawns should have head removed. You should use only those partially prepared varieties that are salt free and will be available as fresh-frozen.

Cooked shellfish are sold as whole cooked crab, lobster, and shrimp. Again, these varieties should only be used if label indicates a salt free product. A good buy is the fresh-frozen cooked miniature shrimp or baby shrimp.

Frozen Shellfish: Available cooked or uncooked, in or out of the shell, frozen shellfish should be tightly packaged. Do not buy packages with frost accumulation. Be sure to check the nutrition label for sodium content.

Canned Shellfish: Sold whole, in pieces, and smoked. All smoked varieties should be AVOIDED due to high salt and potassium content. Shellfish which is vacuum packed may be used if the sodium content is low. AVOID canned shellfish packed in brine.

Keeping Fish Fresh

Fresh fish and shellfish are very perishable. Keep fresh fish in moisture proof zip locked plastic bag in the coldest section of the refrigerator. Use within a day or two. Refrigerate any leftover cooked fish; use within 2 or 3 days. Frozen fish and shellfish should be kept solidly frozen at 0 degree or less. The frozen fish should be used within 3 months. To thaw: Set the wrapped package in the refrigerator. A 16-ounce package takes about 24 hours to thaw in this manner. For faster thawing (1-2 hours per pound), set the wrapped package under a small stream of running cold water, until partially thawed. DO NOT: (1) thaw frozen fish at room temperature, (2) thaw frozen fish in warm water, or (3) refreeze thawed fish.

Cooking Suggestions

Fish is so versatile that almost any kind can be baked, broiled, poached, fried, or steamed. Lean and low fat fish includes perch, cod, flounder, sole, halibut, haddock, red snapper, tuna, striped bass, and shellfish. If you bake or broil a lean fish, do not over cook.

Serve with a sauce, if desired.

Rainbow trout, catfish, herring, mackerel, and salmon are higher in fat compared to white fish. These fish varieties contain heart healthy fatty acids called "omega 3's".

During cooking the flesh of the fish gradually turns from a translucent, pinkish white to opaque white. Use a fork to test for doneness; it should flake or break apart easily. If the flesh resists flaking and still has some translucency, cook for 1-2 minutes more. Fish that flakes apart easily and is milky white is ideally cooked. Overcooking results in a mealy, tough and dry fish.

Pan Fried Cod

SERVES 3

2 tablespoons yellow cornmeal

¼ teaspoon pepper

1 pound fresh frozen Atlantic cod fillets

3 tablespoons oil

Combine cornmeal and pepper in shallow dish. Coat thawed fish fillets lightly with cornmeal. Heat oil in skillet. Fry fillets, skin side last, until golden brown on both sides and flakes easily with a fork (about 3 minutes on each side). Serve immediately with lemon wedge to garnish.

Variation

In place of cod, any fish fillet may be used, such as sole, haddock, or catfish.

Contributed by
Maria Avila

SERVING SIZE 4 ounces

NUTRITION Calories 248, Protein 24g, Total Fat 9g, Saturated Fat 2g, Cholesterol 57mg, Carbohydrates 4g, Calcium 15mg, Phosphorus 156mg, Potassium 269mg, Sodium 83mg

Salmon with Lemon Glaze

SERVES 4

4 salmon fillets

2 tablespoons butter or soft spread margarine

Lemon Glaze

1 tablespoon cornstarch

¾ cup water

2 teaspoons butter or soft spread margarine

1 teaspoon grated lemon zest/peel

2 tablespoons lemon juice

⅛ teaspoon dill

Remove the broiling pan from broiler; line it with foil. Place the pan in the broiler. Turn broiler on and let broiler heat for 10 minutes before cooking.

Remove the pan from the broiler and spray with cooking cooking spray.

Arrange the fillets in the pan, dot with butter or margarine. Broil, basting the fillets once or twice with the butter or margarine in the pan. Most fillets cook in about 5 to 8 minutes. Do not turn the fish. Test for doneness by flaking with a fork or toothpick. The fish is done when it flakes easily.

Lemon Glaze

Dissolve cornstarch in water; add butter or margarine and cook until glaze is thick. Add grated lemon zest/peel, lemon juice and dill. Serve over salmon fillets.

SERVING SIZE 3 ounce salmon fillet

NUTRITION Calories 283, Protein 22g, Total Fat 21g, Saturated Fat 3g, Cholesterol 60mg, Carbohydrates 3g, Calcium 15mg, Phosphorus 219mg, Potassium 544mg, Sodium 121mg

Tunaroni Casserole

SERVES 4

2 tablespoons cornstarch
1/8 teaspoon pepper
1/8 teaspoon curry powder
2 tablespoons vegetable oil
1/4 cup onion, chopped
2 cups 2% milk
2 cups cooked elbow macaroni
2 cans (6 1/2 ounces) tuna, rinsed and drained

Combine cornstarch, pepper and curry powder in saucepan. Add oil and stir until smooth. Add onion and parsley. Cook, stirring occasionally, until onion is tender.

Gradually stir in milk. Cook, stirring constantly, until mixture comes to a boil.

Mix sauce with macaroni and flaked tuna. Place in 1 1/2 quart baking dish. Sprinkle top of casserole with paprika or dill weed, if desired. Bake at 375 degrees about 35 minutes or until lightly browned and bubbly.

SERVING SIZE 1 1/2 cups

NUTRITION Calories 352, Protein 32g, Total Fat 11g, Saturated Fat 3g, Cholesterol 37mg, Carbohydrates 31g, Calcium 191mg, Phosphorus 328mg, Potassium 475mg, Sodium 330mg

Chipotle Shrimp Tacos

SERVES 4

Shrimp Tacos

1/4 cup olive oil
2 cloves garlic, chopped
1 1/2 tablespoon Southwest Chipotle Mrs. Dash
1 1/2 pound shrimp (approximately 32 medium-sized shrimp), cooked, no tails, peeled, deveined, thawed (if frozen)
4 corn tortillas, taco size
2 cups cabbage, shredded

Pineapple Salsa

1 cup pineapple, chopped
2 tablespoon green onions, chopped
1 tablespoon red onion, chopped
2 tablespoon cilantro, chopped
1 tablespoon lime juice

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In a medium bowl, mix together olive oil, garlic and Southwest Chipotle Mrs. Dash. Toss shrimp into this mixture, coating shrimp well. Set aside to marinate while you put salsa together. Shrimp mixture can also be made ahead of time and marinated in refrigerator.

Mix pineapple salsa ingredients in a small bowl. Cover and set aside.

Heat skillet over medium heat. Add shrimp mixture to pan and cook approximately 4 minutes, turning shrimp once, until heated through. (Shrimp can also be grilled in a vegetable type grill basket). Assemble tacos by dividing shrimp mixture among the 4 tortillas. Top with 1/4 cup shredded cabbage. And finally top each taco with 1/4 of the salsa mixture. Each taco will be overstuffed.

SERVING SIZE 1 overstuffed taco

NUTRITION Calories 250, Protein 12g, Total Fat 14.4g, Saturated Fat 2g, Carbohydrates 22g, Calcium 77 mg, Phosphorus 190mg, Potassium 312mg, Sodium 65mg, Dietary Fiber 3g

Baked Pork Chops and Rice

SERVES 4

4 pork loin chops
(3½ - 4 ounces each)
½ cup uncooked rice
2 cups water
1½ teaspoons sugar
¾ teaspoon rosemary
leaves, crushed
½ teaspoon sage
4 whole canned tomatoes,
no added salt, drained,
cut in half
½ green pepper,
sliced in rings
½ teaspoon basil leaves,
crushed
¼ teaspoon black pepper

Heat oven to 350 degrees. Brown chops in skillet over medium heat. Place browned chops in a baking dish (1½ quart size). Sprinkle rice on chops. Heat water, sugar, rosemary leaves, and sage to boiling; pour over pork chops and rice.

Place half canned tomato and 1 or 2 green pepper rings on top of each pork chop. Sprinkle with crushed basil leaves and pepper. Bake uncovered until chops are tender and rice is cooked, about 50 to 60 minutes.

SERVING SIZE 1 pork chop with vegetable and ½ cup rice

NUTRITION Calories 271, Protein 20g, Total Fat 6g, Saturated Fat 2g, Cholesterol 46mg, Carbohydrates 23g, Calcium 25mg, Phosphorus 198mg, Potassium 393mg, Sodium 168mg

Fresh Pork Patties

SERVES 8

2 pounds fresh lean
ground pork
½ teaspoon ground sage
½ teaspoon marjoram
1 teaspoon sugar (optional)
½ teaspoon black pepper
1 teaspoon lemon juice
1 teaspoon paprika

Combine all ingredients except paprika in bowl and mix thoroughly. If pork mixture does not hold together easily, add 2-3 tablespoons water and mix. Form into 8 patties.

Spray skillet with cooking spray and heat to medium. Sprinkle both sides of patties with paprika. Cook thoroughly on both sides until crispy brown. Spoon off excess fat as it accumulates.

Cooked pork patties may be frozen in individual portions for convenient use or may be frozen before cooking.

Serving Suggestions

These pork patties make a nice change at breakfast served on English muffin or with scrambled egg.

Warm a patty; serve on a crusty roll for a tasty sandwich. Spread lightly with **Hot Mustard Sauce** (page 103) or **Maria's Hot Sauce** (page 101).

For a weekend brunch, serve pork patties, French toast, fruit cup and beverage.

Variation

Use ¾ teaspoon pepper, 1 teaspoon sugar, and several dashes of Tabasco with 2 pounds fresh ground pork for a more seasoned combination.

Contributed by
Renee Gnau

SERVING SIZE 1 patty

NUTRITION Calories 242, Protein 21g, Total Fat 17g, Saturated Fat 6g, Cholesterol 76mg, Carbohydrates 1g, Calcium 20mg, Phosphorus 182mg, Potassium 295mg, Sodium 59mg

Chili Pork Steaks

1½ pounds pork steaks
(about 5 steaks, ½" thick)

2-3 yellow chilies, fresh

1 14-ounce can whole
tomatoes, no added salt,
drained, chopped

½ cup diced onion

Prepare yellow chilies by burning and peeling method. Refer to Maria's Hot Sauce recipe for preparation of peppers. Mash, dice, or cut chilies as desired and set aside.

Trim excess fat off pork steaks. Cut pork steaks into one-inch strips or ½ inch cubes. Set aside. Spray skillet with cooking spray. Heat. Add cut pork to hot skillet, browning on all sides. Stir frequently to prevent sticking. When pork is brown on all sides, reduce heat to low; add chopped tomatoes, onion, and chilies. Cook for two minutes. Add 1-2 cups of water, bring to boil. Reduce heat and simmer for 30-45 minutes or until tender. Serve over rice.

Variations

If you desire a more highly seasoned salsa, substitute one or two jalapenos for 1-2 yellow chilies.

Canned whole or diced chilies may be used in place of fresh chilies.

Be sure to rinse, drain and remove seeds from chilies before cooking.

Contributed by
Maria Avila

SERVING SIZE ¼ cups pork mixture, ½ cup rice

NUTRITION Calories 301, Protein 26g, Total Fat 9g, Saturated Fat 3g, Cholesterol 76mg, Carbohydrates 26g, Calcium 45mg, Phosphorus 254mg, Potassium 497mg, Sodium 64mg

Sweet Italian Sausage

SERVES 15

2½ pounds fresh pork,
ground

3-4 garlic cloves, finely
minced

1½ teaspoons ground
fennel seeds or

2 teaspoons whole
fennel seeds

¾ teaspoon paprika

¼-½ teaspoon cayenne
pepper

Place fresh ground pork in large bowl; sprinkle minced garlic over pork. Mix remaining ingredients in cup and sprinkle evenly over pork.

Mix together until seasoning is well blended with pork. Cover bowl and refrigerate overnight to allow flavors to blend. Shape into sausage patties. Pan fry or broil.

Note

For milder sausage, use 2 garlic cloves and black pepper in place of cayenne pepper.

Contributed by
Renee Gnau

SERVING SIZE 1 patty

NUTRITION Calories 160, Protein 14g, Total Fat 11g, Saturated Fat 4g, Cholesterol 50mg, Carbohydrates tr, Calcium 17mg, Phosphorus 123mg, Potassium 202mg, Sodium 39mg



Slow Cookery

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Basil Chicken with Vegetables

SERVES 12

3 pounds chicken breast, boneless, skinless, cut in strips

3 medium carrots, cut in one inch pieces

2 medium celery stalks, cut in one inch pieces

2 medium onions, cut in quarters

½ cup less sodium chicken broth

½ teaspoon basil leaves, crushed

½ teaspoon black pepper

In 5 quart crock pot, place carrots, celery, and onions in alternating layers. Top with chicken breast. Combine chicken broth and seasonings. Pour over chicken.

Cover, cook on low for 7 to 9 hours or until juices are clear and vegetables tender.

Serving Suggestion

This is delicious when served over steamed rice.

Make ahead and freeze portions for a quick meal.

Contributed by
Tina Bakke

SERVING SIZE 3-4 strips chicken, ½ cup vegetables

NUTRITION Calories 120, Protein 22g, Total Fat 2g, Saturated Fat tr, Cholesterol 53mg, Carbohydrates 4g, Calcium 26mg, Phosphorus 185mg, Potassium 340mg, Sodium 75mg

Beef and Rice Curry

SERVES 6

1 pound extra lean ground beef
¾ cup onion, chopped
1 cup uncooked white rice
1 14-ounce can tomatoes, no added salt, drained, blenderized
½ cups water
2 medium apples, cored and chopped
1 tablespoon curry powder
1 clove garlic, minced
¼ teaspoon black pepper

In a large skillet, brown the ground beef and chopped onions. Drain if needed. Put the browned beef and onion mixture in a 3½ quart crock pot. Add the remaining ingredients. Mix well.

Cover and cook on low heat for 4 hours.

Adapted from
Southern Food

SERVING SIZE ½ of recipe

NUTRITION Calories 360, Protein 24g, Total Fat 13g, Saturated Fat 5g, Cholesterol 70mg, Carbohydrates 36g, Calcium 30mg, Phosphorus 190mg, Potassium 460mg, Sodium 80mg

Green Chili Stew

SERVES 6

1 pound lean pork chops cut into bite-sized cubes
½ cup flour
1 tablespoon garlic powder
1 teaspoon black pepper
1 tablespoon olive oil
2 4-ounce cans diced green chili peppers
1 garlic clove, crushed
1 14-ounce can less sodium chicken broth
6 medium size tortillas*

In a large zip lock plastic bag place flour, garlic powder, and black pepper and mix well. Place pork in bag, and coat well with flour mixture. In large skillet, brown pork and flour mixture in olive oil.

Put browned pork and flour mixture, chili peppers, garlic, and chicken broth into slow cooker. Cook for 10 hours on low heat.

Place ⅓ of mixture on tortilla and roll burrito style. You may garnish with lettuce, sour cream, and cilantro if desired. You can also make recipes spicier with 1 tablespoon hot red chili powder.

*See Recipe for Maria's
Tortillas (page 120).

Contributed by
Kara Abbas

SERVING SIZE ⅓ of recipe + 1 tortilla

NUTRITION Calories 312, Protein 22g, Total Fat 12g, Saturated Fat 3g, Cholesterol 53mg, Carbohydrates 30g, Calcium 92mg, Phosphorus 252mg, Potassium 452mg, Sodium 417mg

Mandarin Chicken

SERVES 8

8 boneless, skinless chicken breasts
1 cup water
2 tablespoons brown sugar
2 tablespoons lemon juice
1 teaspoon pepper
1 teaspoon ground ginger
1 teaspoon garlic powder
3 tablespoons cornstarch
½ cup cold water
11-ounce can of mandarin oranges, drained
1 chopped green

Place chicken in slow cooker. In a bowl combine water, brown sugar, lemon juice, pepper, ginger, and garlic powder. Pour over chicken.

Cover and cook on low for 7 hours.

During 7th hour, combine cornstarch and cold water. Blend until smooth. Stir into crock with chicken. Add mandarin oranges and green pepper; stir. Increase to high setting. Cover and cook for 30 to 45 more minutes, until broth is thickened. Serve over white rice.

Adapted from
Taste of Home's Recipes

SERVING SIZE 1 chicken breast, ½ cup rice, ¼ cup sauce

NUTRITION Calories 256, Protein 29g, Total Fat 2g, Saturated Fat 1g, Cholesterol 65mg, Carbohydrates 32g, Calcium 29mg, Phosphorus 265mg, Potassium 78mg, Sodium 405mg

Shredded Mexican Chicken in a Crock-Pot

SERVES 6

2¼ lbs. boneless, skinless chicken breast
1 cup onions, diced
½ cup lime juice
1 teaspoon chili powder
1 teaspoon ground coriander
2½ teaspoons cumin
1½ teaspoons garlic powder
2 teaspoons paprika

Spray the bottom and sides of a crockpot with cooking oil. Place onions on the bottom of the crockpot; add chicken, lime juice, and spices.

Cook on high for 6 hours or until the chicken is done.

Shred chicken with 2 forks.

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SERVING SIZE 3 ounces chicken

NUTRITION Calories 116, Carbohydrates 3.2g, Dietary Fiber 0.6g, Protein 19.6g, Fat 2.4g, Saturated Fat 0.5g, Potassium 347mg, Calcium 16mg, Phosphorus 193mg, Sodium 47mg

Slow Cooked Meat Loaf

SERVES 5

1 egg
¼ cup 2% milk
2 slices day-old white bread cubed
1 small onion, finely chopped
½ green pepper, finely chopped
½ teaspoon black pepper
1½ pounds of extra lean ground beef
½ cup canned diced tomatoes, no added salt, drained

In a large bowl beat together egg and milk. Stir in bread cubes, onion, green pepper, and black pepper. Add ground meat and mix very well. Shape into round loaf to cover bottom of a 5-quart crock pot. Pour diced tomatoes on top of loaf. Cover and cook on high for one hour. Reduce heat to low. Cook covered for 7-8 hours until meat is no longer pink and juices run clear.

Serving Suggestion

Slice leftover meatloaf for a delicious sandwich filling.

Variation

Substitute ground turkey for beef.

Adapted from
Timeless Recipes

SERVING SIZE ½ recipe

NUTRITION Calories 245, Protein 21g, Total Fat 13g, Saturated Fat 5g, Cholesterol 100mg, Carbohydrates 10g, Calcium 60mg, Phosphorus 168mg, Potassium 368mg, Sodium 171mg

Susan's Chili

SERVES 6

1½ pounds extra lean ground beef
1 14-ounce can canned tomatoes, no added salt, drained, blenderized
1 tablespoon vegetable oil
1-2 tablespoon(s) red chili powder, mild or hot
½ cup onion, chopped
1 stalk celery, chopped
1 fresh green bell or chili pepper, chopped with seeds removed
1 cup water

For a milder chili, use the mild red chili powder and sweet bell pepper. If you like a hot, spicy chili, use hot chili powder and a fresh green chili pepper. Heat large skillet or saucepan to medium. Add 1 tablespoon oil. Cook onion, celery, and pepper in oil until tender but not brown. Add ground beef, breaking into small pieces, and cook until brown on all sides.

Put the meat mixture in crock pot; add blenderized canned tomatoes, red chili powder and one cup of water. Mix well. Cover with lid and cook on low for 3-4 hours until you can no longer resist the temptation to try it!

Serving Suggestion

Use as main entrée. Serve with crackers or tortillas along with a tossed green salad. May also be served on a bed of fluffy white rice.

Contributed by
Susan Klotz

SERVING SIZE Approximately 1 cup, drained

NUTRITION Calories 240, Protein 24g, Total Fat 13g, Saturated Fat 4g, Cholesterol 41mg, Carbohydrates 6g, Calcium 27mg, Phosphorus 190mg, Potassium 515mg, Sodium 115mg



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Chicken 'N Rice Salad

SERVES 6

2 cups cooked rice, cooled
2½ cups diced cooked chicken
1½ cups cooked frozen green peas, cooled
1 cup diced celery
1 tablespoon diced onion
¾ cup light mayonnaise
¼ cup lemon juice
¼ teaspoon pepper
⅛ teaspoon dill weed
6 large lettuce leaves

In a large bowl, combine rice, chicken, peas, celery and onion. In a small bowl blend together the mayonnaise, lemon juice, pepper, and dill weed. Thoroughly mix blended mayonnaise into chicken mixture.

Chill for several hours. Serve on lettuce leaf. Sprinkle paprika lightly on top of chicken salad, if desired.

Serving Suggestions

Serve as main entrée for luncheon with crisp rye toast points or no salt top crackers.

SERVING SIZE 1⅓ cups (⅓ of recipe)

NUTRITION Calories 329, Protein 21g, Total Fat 15g, Saturated Fat 3g, Cholesterol 62mg, Carbohydrates 27g, Calcium 30mg, Phosphorus 179mg, Potassium 297mg, Sodium 343mg

Shrimp Macaroni Salad

SERVES 4

2 cups cooked shell or small elbow macaroni, cooled (1 cup uncooked)
1 cup cucumber, peeled, diced
8 ounces cooked, baby fresh-frozen shrimp
1 tablespoon minced onion
1 tablespoon minced parsley
¼ teaspoon pepper
½ cup light mayonnaise
4 lemon wedges

Rinse frozen shrimp in cold water if frosty. Drain thoroughly and pat dry with paper towels.

Combine all ingredients, except lemon wedges, in bowl. Toss together lightly until ingredients are blended well with mayonnaise.

Serve on red leaf lettuce. Garnish with dash of paprika and lemon wedge.

SERVING SIZE 1 ½ cups (¼ of recipe)

NUTRITION Calories 256, Protein 17g, Total Fat 11g, Saturated Fat 2g, Cholesterol 121mg, Carbohydrates 21g, Calcium 34mg, Phosphorus 114mg, Potassium 182mg, Sodium 371mg

Summer Pasta Salad

SERVES 6-7

3 cups cooked shell macaroni, cooled
1 cup cubed low fat natural yellow cheese
½ cup diced onion
1 10-ounce package frozen green peas, cooked, drained, cooled
½ teaspoon dried thyme
½ teaspoon pepper
¾ cup light mayonnaise

Combine all ingredients in large bowl. Toss together lightly to blend ingredients with mayonnaise. If salad seems dry, add 1-2 tablespoons liquid non dairy creamer or milk and stir.

Chill for several hours or overnight.

Serving Suggestions

Use in place of potato salad with summer meals.

Serve with charbroiled or grilled meats.

SERVING SIZE 1 cup

NUTRITION Calories 265, Protein 11g, Total Fat 11g, Saturated Fat 2g, Cholesterol 14mg, Carbohydrates 29g, Calcium 91mg, Phosphorus 173mg, Potassium 152mg, Sodium 385mg

Tuna Surprise

SERVES 4

1 6½-ounce can tuna, rinsed, drained
1 cup pineapple chunks, in natural juice, drain well
½ cup white rice, cooked and cooled
½ cup green peas, cooked and cooled
¼ cup green onion, sliced
¾ cup celery, diagonally sliced celery
½ cup light mayonnaise
2 tablespoons lemon juice

Flake tuna in medium size bowl. Mix mayonnaise and lemon juice together in small bowl until smooth. Set aside. Add remaining ingredients to flaked tuna.

For best results, drain pineapple overnight in refrigerator. Toss lightly to mix and then pour the mayonnaise-lemon mixture in. Stir until blended.

Chill thoroughly.

Serving Suggestions

Serve on salad plate with toast points or crackers, garnish with fresh mint or parsley sprig.

Use filling to make an open face sandwich by spreading ½ cup tuna mixture on a slice of bread; top with small leaf of lettuce.

SERVING SIZE 1 cup (¼ of recipe)

NUTRITION Calories 195, Protein 14g, Total Fat 7g, Saturated Fat 1g, Cholesterol 20mg, Carbohydrates 18g, Calcium 30mg, Phosphorus 116mg, Potassium 340mg, Sodium 182mg

Bow-Tie Pasta Salad

SERVES 6

2 cups cooked bow-tie pasta
¼ cup chopped celery
2 tablespoons chopped green pepper
2 tablespoons shredded carrot
2 tablespoons minced onion
⅛ teaspoon pepper
⅔ cup mayonnaise, low-fat
½ teaspoon sugar
1 tablespoon lemon juice

Mix pasta, celery, green pepper, carrot and onion in a bowl.

In separate small bowl, blend pepper, mayonnaise, sugar and lemon juice until smooth.

Pour over pasta and vegetables.

Mix until well coated.

Chill before serving.

SERVING SIZE ½ cup per serving

NUTRITION Calories 94, Carbohydrates 11.2g, Dietary Fiber 0.7g, Protein 1.7g, Total Fat 4.7g, Saturated Fat 0.7g, Sodium 169.8mg, Potassium 42.3mg, Calcium 6.1mg, Phosphorus 21.4mg

Edamame Salad with Quinoa — Main Dish

SERVES 4

2 cups frozen shelled edamame, thawed
1½ cups no-salt-added frozen corn kernels, thawed (may use fresh or canned corn instead)
1 small red onion, diced (may substitute additional red bell pepper)
1 large cucumber, diced
1 large red bell pepper, seeded and diced
2 cups cooked quinoa (may use alternative cooked grain like brown rice, bulgur, or farro)
1 bunch fresh cilantro, chopped (may use fresh parsley instead of cilantro)
3 tablespoons red wine vinegar (may substitute champagne vinegar for red wine vinegar)
4 tablespoons olive oil
¼ teaspoon salt (may omit or reduce salt for further sodium restriction)
lime wedges

Using a large bowl (preferably one with a lid), toss edamame, corn, onion, cucumber, bell pepper, quinoa, and cilantro together.

Drizzle red wine vinegar, olive oil, and salt over vegetables and quinoa.

Toss to combine well.

Cover and refrigerate for at least one hour or overnight.

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SERVING SIZE Approx. 2½ cups

NUTRITION Calories 411.2, Protein 16.9g, Total Fat 18.9g, Saturated Fat 2.7g, Calcium 102.6mg, Carbohydrates 47.2g, Total Sugars 7.3g, Phosphorus 334mg, Potassium 934.6mg, Sodium 177.6mg, Dietary Fiber 8.9g

Edamame Salad with Quinoa — Side Dish

SERVES 8

2 cups frozen shelled edamame, thawed
1½ cups no-salt-added frozen corn kernels, thawed (may use fresh or canned corn instead)
1 small red onion, diced (may substitute additional red bell pepper)
1 large cucumber, diced
1 large red bell pepper, seeded and diced
2 cups cooked quinoa (may use alternative cooked grain like brown rice, bulgur, or farro)
1 bunch fresh cilantro, chopped (may use fresh parsley instead of cilantro)
3 tablespoons red wine vinegar (may substitute champagne vinegar for red wine vinegar)
4 tablespoons olive oil
¼ teaspoon salt (may omit or reduce salt for further sodium restriction)
lime wedges

Using a large bowl (preferably one with a lid), toss edamame, corn, onion, cucumber, bell pepper, quinoa, and cilantro together.

Drizzle red wine vinegar, olive oil, and salt over vegetables and quinoa.

Toss to combine well.

Cover and refrigerate for at least one hour or overnight.

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SERVING SIZE Approx. 1¼ cups

NUTRITION Calories 205.6, Protein 8.4g, Total Fat 9.5g, Saturated Fat 1.4g, Potassium 467.3mg, Carbohydrates 23.6g, Total Sugars 3.6g, Calcium 51.3mg, Phosphorus 167mg, Sodium 88.8mg, Dietary Fiber 4.4g

Tips For Making Sandwiches

Tips

A light coating of butter or soft spread margarine will keep a moist filling from soaking into the bread.

Instead of one thick slice of meat on a sandwich, use an equal amount of thin slices.

Do not make sandwiches with moist fillings very far in advance. This prevents bread from becoming soggy.

Stretch your bread allowance by using melba thin bread (2 slices = 1 regular slice of bread).

Sandwich Fillings

Mix softened light cream cheese with well-drained, unsweetened crushed pineapple. Serve on a small toasted bagel.

Flake salmon and mix with minced cucumber, dash of onion powder, and mayonnaise. Serve on a hard roll.

Mince or grind pork roast and mix with finely chopped apple, dash of ground ginger, and light mayonnaise.

Combine chopped hard cooked eggs, minced green onions, cucumbers, dash of onion powder, and mix together with a small amount of sour cream. Serve on Swedish rye bread.

Grilled Cheese 'n Chili Sandwich

SERVES 4

2 tablespoons softened butter or soft spread margarine

8 slices bread

8 ounces natural swiss cheese

1 4-ounce can whole green chilies, rinsed

Lightly spread butter or margarine on one side of four slices of bread.

On dry side of bread, place 1 ounce of Swiss cheese, one whole chili, which has been split, seeded, and open flat. Place another ounce of cheese on split chili and top with remaining slice of bread. Lightly spread butter or margarine on top piece of bread.

Heat skillet to medium heat. When hot, place sandwiches in skillet. Grill on each side until golden brown and cheese is melted. Cheese may melt more quickly by partially covering skillet with a lid. For a softer sandwich, cover skillet completely.

SERVING SIZE 1 sandwich

NUTRITION Calories: 400, Protein 20g, Total Fat 23g, Saturated Fat 11g, Cholesterol 52mg, Carbohydrated 27g, Calcium 603mg, Phosphorus 391mg, Potassium 148mg, Sodium 401mg

Turkey Bacon, Egg and Cheese Deviled Eggs

SERVES 12

6 large whole eggs
¼ teaspoon ground black pepper
2 slices fully cooked turkey bacon
2 tablespoons chopped spring onions or scallions
1 tablespoon mustard
3 tablespoons mayonnaise, light
1 tablespoon reduced-fat shredded sharp cheddar cheese

Place eggs in a saucepan in a single layer.
Add water to cover eggs.
Cover pot and bring water to a rolling boil.
Immediately turn off the water and let eggs sit for 15 minutes.
Drain water.
Place eggs in ice water, set aside and let cool.
Crack and peel eggs.
Halve eggs lengthwise. Remove yolks and place them in a bowl.
Combine cooked egg yolks, mayonnaise, mustard, cheese, one piece of turkey bacon, and pepper.
Scoop egg yolk mixture back into halved eggs.
Garnish with remainder of bacon, cheese, and green onion.

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SERVING SIZE 1 deviled egg

NUTRITION Calories 116, Protein 8.1g, Total Fat 8.3g, Saturated Fat 2.2g, Calcium 43.5mg, Carbohydrates 1.9g, Potassium 106.1mg, Phosphorus 120.7mg, Sodium 255.4mg, Dietary Fiber 0.1g

Renal-Friendly Ranch Cheese Ball

SERVES 6

1 8-ounce package low-fat cream cheese
¼ cup low-fat plain yogurt
1 teaspoon "Simply Organic Ranch Dip Mix"
2 tablespoons diced celery
2 tablespoons diced green onions
2-3 dashes of Tabasco sauce
2 tablespoons crushed walnuts

Leave cream cheese at room temperature for 30 minutes.
Mix yogurt with ranch dip mix, diced celery, green onions, and Tabasco sauce before mixing entire mixture with cream cheese.
Roll into ball and roll in crushed walnuts.

Recipe produced by
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SERVING SIZE ⅓ cup

NUTRITION Calories 79, Protein 3g, Total Fat 6.3g, Calcium 60mg, Carbohydrates 3g, Potassium 104mg, Phosphorus 62mg, Sodium 109mg, Dietary Fiber 0.2g

Cheese Quiche

SERVES 8

4 eggs, slightly beaten
dash of pepper
1½ cups 2% milk
3 ounces cheddar cheese,
grated
¼ cup onions, chopped
1 teaspoon dried parsley
leaves
1 9" unbaked pastry shell

Combine ingredients and mix well. Pour into prepared, unbaked pastry shell.

Bake at 350 degrees for 40–45 minutes.

Cool slightly before cutting. Garnish with fresh sprig of parsley.

Refrigerate unused quiche.

Variation

Add ¾ cup chopped fresh zucchini to mixture before pouring into pastry shell. Bake as above. Use 1 tablespoon fresh chopped parsley instead of dried leaves.

SERVING SIZE ½ of quiche

NUTRITION Calories 189, Protein 8g, Total Fat 12g, Saturated Fat 5g, Cholesterol 121mg, Carbohydrates 11g, Calcium 150mg, Phosphorus 152mg, Potassium 139mg, Sodium 223mg

Egg Omelet

SERVES 6

3 eggs, slightly beaten
3 tablespoons 2% milk
dash of pepper
2 teaspoons butter or
soft spread margarine

Beat eggs slightly, beat in milk and pepper. Heat butter or margarine in skillet; add eggs and cook slightly. Run spatula around edge, lifting to allow uncooked portion to flow underneath. When egg is almost cooked but still shiny, loosen edge; roll or fold one half over.

Variations

Onion Omelet: Add 1–2 tablespoons chopped green onion to eggs before cooking.

Spanish Omelet: Add ¼ cup chopped green chilies rinsed and drained to eggs before cooking. Serve with one tablespoon **Maria's Hot Sauce** (page 101).

SERVING SIZE 1 omelet

NUTRITION Calories 322, Protein 20g, Total Fat 24g, Saturated Fat 7g, Cholesterol 640mg, Carbohydrates 4g, Calcium 132mg, Phosphorus 303mg, Potassium 262mg, Sodium 209mg

Macaroni and Cheese

SERVES 4

8 ounces dry small elbow macaroni
1 tablespoon canola oil
1½ cups natural cheese, grated
½ cup 2% milk
2 teaspoons chives or parsley, minced
¾ teaspoon white pepper

Heat about 6 cups of water to boiling; add macaroni and stir. Boil until tender or about 8 minutes. Drain and rinse in cold water briefly.

Return drained macaroni to saucepan. Add canola oil and stir until macaroni is lightly coated.

Add grated cheese, milk, pepper and minced chives or parsley. Stir to mix in cheese with macaroni. Return to low heat, cover pan. Stir every 5 minutes to melt and blend in cheese with macaroni. Continue cooking for about 15 minutes. If mixture seems dry, add 1-2 tablespoons of milk while over low heat.

Directions for baking: Spray a 2-quart casserole with cooking cooking spray. Prepare macaroni as above. Place a layer of macaroni in dish, sprinkle with grated cheese. Repeat layering until macaroni and cheese are used. Sprinkle pepper and minced chives or parsley over top. Pour milk on top. Cover, bake at 350 degrees for 30 minutes or until cheese is melted and bubbly.

SERVING SIZE 1¼ cups

NUTRITION Calories 432, Protein 23g, Total Fat 19g, Saturated Fat 10g, Cholesterol 47mg, Carbohydrates 41g, Calcium 372mg, Phosphorus 339mg, Potassium 207mg, Sodium 284mg

Let's Do Brunch

SERVES 4

2 tablespoons oil
4 stalks of celery, diced
1 green pepper, diced
1 red pepper, diced
2 jalapeno peppers, seeds removed, diced
½ onion, diced
Pinch of chili powder
4 eggs
4 sprigs cilantro or parsley
4 mandarin orange slices
4 small flour tortillas*, warmed

*See recipe for Maria's Tortillas (page 120).

In a large covered skillet, sauté celery, peppers and onion in oil over medium low heat for 15 minutes. Crack eggs on top of sautéed vegetables arranging each egg so that the egg is separate from the others. Do not stir or scramble. Cover the skillet to poach eggs for 5 minutes or until eggs are cooked.

Serve immediately by removing vegetable portion with egg on top to 4 individual plates. Garnish with cilantro and mandarin orange section. Serve with warmed tortilla on side.

Contributed by
Rosemary Robinson

SERVING SIZE ¼ of recipe

NUTRITION Calories 277, Protein 10g, Total Fat 15g, Saturated Fat 3g, Cholesterol 212mg, Carbohydrates 26g, Calcium 94mg, Phosphorus 142mg, Potassium 403mg, Sodium 267mg

Supreme Of Seafood

SERVES 6

4 tablespoons green pepper, diced
1 cup celery, sliced thinly
½ cup frozen peas
½ teaspoon peppercorns, ground
2 tablespoons green onions, chopped
1 cup crab meat, boiled (1 crab leg)
1 cup shrimp, boiled
½ cup low fat mayonnaise
1 teaspoon liquid smoke
½ cup breadcrumbs

Preheat oven to 375 degrees. Combine all ingredients except breadcrumbs. Place in casserole dish sprayed with cooking spray. Top with breadcrumbs.

Bake for 30 minutes.

Contributed by
Anna Moerder

SERVING SIZE ⅓ of recipe

NUTRITION Calories 168, Protein 11g, Total Fat 10g, Saturated Fat 2g, Cholesterol 77mg, Carbohydrates 8g, Calcium 52mg, Phosphorus 105mg, Potassium 238mg, Sodium 358mg



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Barbecue Sauce

SERVES 6

1 14-ounce canned tomatoes
no added salt, chopped
½ cup onion, minced
2 tablespoons oil
2 tablespoons cider vinegar
1 tablespoon sugar
⅛ teaspoon cloves
⅛ teaspoon dry mustard

Combine all ingredients in a saucepan and simmer for 1 hour or until thickened. For a smooth textured sauce, blend canned tomatoes instead of chopping.

Makes approximately 1½ cups.

Serving Suggestion

Pour sauce over cooked pork chops, chicken, or spareribs and simmer until thoroughly heated.

Add sauce to browned and seasoned ground beef and serve on buns Sloppy Joe style.

SERVING SIZE ¼ cup

CHOICE 1 Vegetable

NUTRITION Calories 39, Protein 1g, Total Fat 3g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 4g, Calcium 8mg, Phosphorus 8mg, Potassium 114mg, Sodium 56mg

Tostada Sauce

SERVES 6

1 14-ounce canned tomatoes, no added salt, drained and diced
1 tablespoon oil
1 small onion, diced
½ teaspoon dried oregano, crushed
1 tablespoon wine vinegar
1 4-ounce can green chilies, rinsed, drained

Drain tomatoes, reserving 2 tablespoons of liquid. Put tomatoes, 2 tablespoons of juice, oil, onion, vinegar, and one of the chilies in blender. Blend until smooth. Add more chilies if desired.

Makes 2¼ cups.

SERVING SIZE 6 tablespoons

NUTRITION Calories 40, Protein 1g, Total Fat 2g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 4g, Calcium 29mg, Phosphorus 14mg, Potassium 128mg, Sodium 96mg

Enchilada Sauce

SERVES 6

2 tablespoons oil
1 14-ounce canned, diced tomatoes, no added salt, drained
1 tablespoon cornstarch
½ cup water
⅓ teaspoon garlic powder
1½ teaspoons chili powder

Heat oil in skillet. Stir in diced tomatoes, garlic powder, and 1 teaspoon chili powder.

In small cup, mix together cornstarch and water until smooth. Add to hot tomato mixture while stirring to blend well. Reduce heat and simmer until thickened. Taste. If more seasoning is desired, add a little more chili powder.

Makes about 1½ cups.

SERVING SIZE ¼ cup

NUTRITION Calories 59, Protein 1g, Total Fat 5g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 4g, Calcium 2mg, Phosphorus 4mg, Potassium 78mg, Sodium 18mg

Giblet Gravy

½ cup turkey giblets, cooked
1 cup turkey drippings
1 cup giblet broth
½ cup cornstarch
½ cup water
pepper
dash of onion powder
¼ teaspoon poultry poultry seasoning or
⅙ teaspoon sage
⅙ teaspoon thyme

Giblet Broth

1 celery stalk
1 carrot, cut into 3–4 pieces
¼ onion

Wash giblets and place in small saucepan. Add one stalk of cut celery, one carrot cut in 3–4 pieces, and ¼ onion. Cover giblets with water and simmer over low heat until giblets are tender. Remove giblets from liquid and cool. Chop giblets. Strain cooking liquid, measure out one cup and set aside.

Spoon off fat from drippings in roasting pan and pour drippings into saucepan. Add giblet broth to thin drippings to a broth consistency. Heat over medium high heat to a rolling boil.

While heating, blend cornstarch and cold water to make a thin mixture. Add cornstarch mixture into boiling liquid while stirring with whisk. Add prepared giblets. Reduce heat to simmer, stirring frequently until thickened to desired consistency. Gravy will appear transparent. Taste. If more seasoning is desired, add more seasoning and pepper.

SERVING SIZE 2 tablespoons

NUTRITION Calories 19, Protein 1g, Total Fat 1g, Saturated Fat tr, Cholesterol 14mg, Carbohydrates 3g, Calcium 2mg, Phosphorus 10mg, Potassium 25mg, Sodium 37mg

Maria's Hot Sauce

5 yellow chilies, burned and peeled
1 large or 2 small canned tomatoes, diced
1 small garlic, peeled and diced, if desired
¼ cup onion, diced
½ teaspoon oregano, crushed
2 tablespoons tomato liquid water, as needed, to thin sauce

Heat griddle or skillet to medium hot. Place chilies on griddle and begin burning skin. Turn often to burn on all sides. As chilies heat, skin will puff up. When skin is burnt on all sides, remove from heat and place chilies in cold water to cool. Once cooled, peel skin. **Do not rub eyes or face with hands as it will burn and sting.**

Mash chilies with mortar and pestle, if available. Or, blenderize peeled chilies for about 30 seconds. To bowl of mashed or blenderized chilies, add diced canned tomatoes, garlic if desired, diced onion, oregano, and tomato liquid. Mix carefully. Add water to thin sauce to desired consistency or about ¼ cup. Store in airtight container in refrigerator.

If this salsa is not hot enough for some of you, add a couple of jalapenos and prepare the same as for yellow chilies. For a milder salsa, substitute yellow chilies with milder chili peppers.

Contributed by
Maria Avila

SERVING SIZE ¼ cup

NUTRITION Calories 40, Protein 2g, Total Fat tr, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 8g, Calcium 26mg, Phosphorus 19mg, Potassium 137mg, Sodium 43mg

Basic Marinade

½ cup lemon juice
¼ cup oil
1 clove garlic, crushed or
½ teaspoon garlic powder
¼ teaspoon pepper
1 bay leaf

Combine all ingredients in glass measuring cup. Place meat, poultry or fish in plastic zip lock bag. Add enough marinade to cover when laying flat. Close bag securely; refrigerate. Store unused marinade in glass container in refrigerator. Turn and rotate bag frequently for several hours.

When ready to cook, remove from bag and discard marinade. **Do not use this marinade for cooking.** Discard any remaining marinade.

Serving Suggestions

This is a basic marinade and may be used in most recipes requiring a marinade.

Try using it for marinating flank steak, round steak, broiled or grilled chicken. For a more distinctive flavor, use olive oil in place of vegetable oil.

NUTRITION Calories 45, Protein 1g, Total Fat 4g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 2g, Calcium 2mg, Phosphorus 2mg, Potassium 20mg, Sodium 1mg

Hot Mustard Spread

3 tablespoons boiling water
¼ cup dry mustard
1 tablespoon cider vinegar
2 teaspoons oil

Mix boiling water and dry mustard in small deep bowl to make a paste.

Then add vinegar to mustard paste, stirring thoroughly to blend in vinegar. Add oil and mix thoroughly to a smooth textured spread.

Refrigerate.

Note: Use sparingly as this is truly hot!

Serving Suggestions

Great addition on sandwiches such as cold roast beef, meat loaf, or fresh pork patties.

Serve with shrimp to dip.

Excellent to serve with grilled or baked fish.

SERVING SIZE As desired

NUTRITION Calories 12, Protein tr, Total Fat 1g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 1g, Calcium 4mg, Phosphorus tr, Potassium tr, Sodium tr

Tartar Sauce

½ cup light mayonnaise
1 tablespoon green pepper,
finely chopped
2 teaspoons onion, minced
2 teaspoons parsley,
finely chopped
⅓ teaspoon pepper
2 teaspoons lemon juice

Combine all ingredients in small bowl or medium jar with tight fitting lid. Blend thoroughly. Chill at least one hour before using.

Refrigerate after mixing.

SERVING SIZE 1 tablespoon

NUTRITION Calories 50, Protein tr, Total Fat 4g, Saturated Fat 1g, Cholesterol 4mg, Carbohydrates 1g, Calcium 3mg, Phosphorus 13mg, Potassium 18mg, Sodium 160mg

Celery Seed Dressing

MAKES 1½ CUPS

1 teaspoon dry mustard
1 teaspoon paprika
⅓ cup sugar or honey
dash of onion powder
4 tablespoons vinegar
1 cup vegetable oil
1 teaspoon whole
celery seeds

Place all ingredients, except oil and celery seeds, in blender. Blend at low speed and add oil gradually. When well blended and thick, stir in celery seeds. Refrigerate.

Serving Suggestions

Especially good when served over fruit salad or as a dip for fruit slices.

SERVING SIZE 1 tablespoon

NUTRITION Calories 140, Protein tr, Total Fat 12g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 5g, Calcium 3mg, Phosphorus tr, Potassium 8mg, Sodium tr

Creamy Chive Dressing

MAKES 1 CUP

½ cup plain low fat yogurt
½ cup light mayonnaise
1 teaspoon lemon juice
½ teaspoon dry mustard
¼ teaspoon onion powder
Dash pepper
1 teaspoon sugar
2 tablespoon chopped chives

Combine all ingredients except chives in food processor.

Blend on low speed until mixed. Add chives and stir. Cover and refrigerate. Stir before using.

SERVING SIZE 1½ tablespoons

NUTRITION Calories 50, Protein tr, Total Fat 4g, Saturated Fat 1g, Cholesterol 5mg, Carbohydrates 2g, Calcium 24mg, Phosphorus 25mg, Potassium 38mg, Sodium 104mg

French Dressing

MAKES 1½ CUPS

1 cup olive or vegetable oil
¼ cup cider vinegar
¼ cup lemon juice
½ teaspoon dry mustard
½ teaspoon paprika

Whisk all ingredients together. Keep in covered container in refrigerator.

Shake well before serving.

Variations

Curry Dressing: Add ⅛ teaspoon curry powder to ½ cup prepared French dressing.

Lorenzo Dressing: Add ¼ teaspoon chili powder to ½ cup prepared French dressing.

SERVING SIZE 1 tablespoon

NUTRITION Calories 85, Protein tr, Total Fat 9g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 1g, Calcium 1mg, Phosphorus tr, Potassium 6mg, Sodium tr

Lemon Herb Salad Dressing

MAKES 1⅓ CUPS

1 cup olive or vegetable oil
⅓ cup fresh lemon juice
¼ teaspoon pepper
¼ teaspoon basil
¼ teaspoon oregano
¼ teaspoon thyme or tarragon
1 clove garlic, minced

Whisk all ingredients together until thoroughly mixed.

Cover and refrigerate.

SERVING SIZE 1 tablespoon

NUTRITION Calories 90, Protein tr, Total Fat 10g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates tr, Calcium 2mg, Phosphorus 1mg, Potassium 6mg, Sodium 1mg

Italian Dressing

MAKES ⅔ CUP

¼ cup wine vinegar
1 tablespoon sugar
2 teaspoons fresh oregano or ½ teaspoon dried
1 teaspoon fresh rosemary or ¼ teaspoon dried
⅓ teaspoon black pepper
1 medium clove garlic, minced or
⅓ teaspoon garlic powder
¼ cup olive oil

Combine vinegar, sugar, oregano, rosemary, pepper and garlic in food processor and blend.

On low speed, gradually add oil. Continue blending until thoroughly mixed.

Cover and refrigerate. Shake thoroughly before using.

SERVING SIZE 2 tablespoons

NUTRITION Calories 96, Protein tr, Total Fat 10mg, Saturated Fat 2mg, Cholesterol 0mg, Carbohydrates 4g, Calcium 4mg, Phosphorus 2mg, Potassium 6mg, Sodium 1mg

Zippy Slaw Dressing

MAKES 1 CUP

1 cup light mayonnaise
¼ teaspoon dry mustard
2 tablespoons white vinegar
1 tablespoon sugar

Combine all ingredients in small bowl, stirring until sugar is dissolved.

Make at least 1 hour before serving and refrigerate. Pour over shredded green cabbage and toss.

Variation

Add ⅛ to ¼ teaspoon dill weed to prepared dressing.

SERVING SIZE 1 tablespoon

NUTRITION Calories 107, Protein tr, Total Fat 10g, Saturated Fat 2g, Cholesterol 10mg, Carbohydrates 4g, Calcium 1mg, Phosphorus tr, Potassium tr, Sodium 104mg



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Bread Dressing

SERVES 12

¾ cup salt-free butter, melted

1 cup celery, chopped

1 cup onion, chopped

8 cups stale white bread cubes

1½ teaspoons poultry seasoning

Cube the stale bread and place in large shallow pan. Sprinkle the chopped celery and onion over the bread cubes. Pour melted butter over the bread mixture and stir lightly. Sprinkle the poultry seasoning over the stuffing mixture and toss gently. If stuffing seems too dry, add 2-3 tablespoons of hot water at a time to hold stuffing together but not enough water to make a wet, sticky mixture.

Place dressing in a large oven-proof casserole dish. Cover. Bake at 350 degrees for 40-45 minutes. Remove cover, bake another 10 minutes until lightly browned.

SERVING SIZE ¾ cup

NUTRITION Calories 205, Protein 3g, Total Fat 5g, Saturated Fat 9g, Cholesterol 38mg, Carbohydrates 16g, Calcium 45mg, Phosphorus 40mg, Potassium 100mg, Sodium 165mg

Corn Bread Muffins

SERVES 8

¼ cup boiling water
¼ cup cornmeal
2 eggs, separated
1 tablespoon butter or soft spread margarine
1 tablespoon sugar
¼ teaspoon salt

Heat oven to 400.

Grease 8-inch square baking dish or 8 cup muffin tin or 8-stick tin; preheat pan slightly. Stir boiling water gradually into cornmeal.

Beat egg whites until stiff and hold in reserve. Beat margarine, egg yolks, sugar and salt into cornmeal mixture. FOLD IN egg whites. Pour into pan.

Bake 20 to 25 minutes.

Cut bread into eight squares.

SERVING SIZE 1 muffin or stick

NUTRITION Calories 85, Protein 3g, Total Fat 3g, Saturated Fat 1g, Cholesterol 57mg, Carbohydrates 17g, Calcium 7mg, Phosphorus 32mg, Potassium 37mg, Sodium 103mg

“Homemade” White Bread For Bread Machine

MAKES 30 SLICES

4 tablespoons butter or soft spread margarine, melted
2 eggs, beaten, room temperature
¾ cup 2% milk, slightly warmed
3 tablespoons honey
3½ cups bread flour
4 tablespoons powdered non-dairy creamer
1 tablespoon sugar

Add milk to beaten eggs to make 6 ounces. Add ingredients to bread pan as follows: melted margarine, egg/milk blend, and honey. Mix the flour, powdered creamer and sugar in a bowl.

Add dry ingredients to liquid ingredients in bread pan. Make a well in center of dry ingredients. Place 2 teaspoons of active dry yeast into well.

Follow the directions on bread machine for dough cycle.

Contributed by
Richard Owens

SERVING SIZE 1 slice

NUTRITION Calories 90, Protein 3g, Total Fat 2g, Saturated Fat tr, Cholesterol 15mg, Carbohydrates 15g, Calcium 11mg, Phosphorus 27mg, Potassium 35mg, Sodium 25mg

Herbed Rice

1 cup brown rice, uncooked
¾ cup diced celery
2 tablespoons oil
½ cup diced onion
2½ cups boiling water
1 teaspoon oregano
1 teaspoon dried basil
1 teaspoon dried rosemary
1 teaspoon dried thyme
¾ cup sliced mushrooms
1 tablespoon sesame seeds

Sauté rice in oil until brown. Add celery and onion and sauté with rice.

Add herbs, mushrooms and sesame seeds and stir to mix. Add boiling water. Cook in covered frying pan over low heat for 1 hour or until rice is tender.

Variation

Use white rice instead of brown. Cooking time decreases to about 25 minutes.

SERVING SIZE ¾ cup

NUTRITION Calories 133, Protein 2g, Total Fat 4g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 23g, Calcium 7mg, Phosphorus 37mg, Potassium 73mg, Sodium 12mg

Bowtie Herb Pasta

SERVES 6

6 ounces uncooked bowtie pasta
2 tablespoons olive oil
1 tablespoon chopped fresh parsley
¼ teaspoon dried rosemary
¼ teaspoon ground sage
¼ teaspoon crushed, dried basil leaves
1 cup cherry tomatoes, cut in quarters
freshly ground pepper, if desired

Cook pasta without salt as directed on package. Drain.

Mix remaining ingredients except tomatoes and pepper in medium bowl. Stir in tomatoes. Toss pasta with herb mixture. Sprinkle with pepper.

SERVING SIZE ⅓ of recipe

NUTRITION Calories 150, Protein 4g, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 25g, Calcium 10mg, Phosphorus 50mg, Potassium 120mg, Sodium 5mg

Orzo Romano

SERVES 6

¼ cup reduced sodium chicken broth
1½ cups water
1½ cups uncooked orzo pasta
2 cloves garlic, finely chopped
½ cup green onions, sliced
⅓ cup grated Romano cheese
1 tablespoon chopped fresh or 1 teaspoon dried basil leaves
⅓ teaspoon freshly ground pepper

Heat broth and water to boiling in 2-quart saucepan. Stir in pasta, garlic and onions. Heat to boiling; reduce heat. Cover and simmer about 12 minutes, stirring occasionally, until most of the liquid is absorbed.

Stir in remaining ingredients and heat thoroughly.

SERVING SIZE ⅓ of recipe

NUTRITION Calories 175, Protein 8g, Total Fat 3g, Saturated Fat 1g, Cholesterol 7mg, Carbohydrates 30g, Calcium 94mg, Phosphorus 121mg, Potassium 123mg, Sodium 160mg

Swedish Pancakes or Crepes

SERVES 7

3 eggs
1¼ cups 2% milk
¾ cup sifted all-purpose flour
1 tablespoon sugar
¼ teaspoon salt
cooking spray

In medium mixing bowl, beat eggs until thick and lemon-colored. Add sugar and salt. Gradually add sifted flour alternating with milk, beating with electric mixer or wire whisk until smooth.

Drop batter by tablespoons onto moderately hot sprayed griddle or skillet. Spread batter evenly to make thin cakes. Turn when underside is light brown.

Makes 50 four-inch thin pancakes.

Serving Suggestions

Serve with fresh strawberries or blueberries and top with 1 to 2 teaspoons Lite Cool Whip.®

Place a spoonful of applesauce in center of pancake, sprinkle with cinnamon and roll.

SERVING SIZE 7 pancakes/crepes

NUTRITION Calories 110, Protein 5g, Total Fat 3g, Saturated Fat 1g, Cholesterol 93mg, Carbohydrates 14g, Calcium 95mg, Phosphorus 90mg, Potassium 105mg, Sodium 130mg

Maria's Flour Tortillas

MAKES 3 DOZEN

6 cups enriched flour
1 cup shortening, softened
1 teaspoon salt
2¼ cups warm water

Mix flour and salt together in large bowl. Add shortening and two cups warm water. Begin mixing by hand, squeezing flour and shortening through fingers or mix with a spoon and knife, crisscrossing through flour and shortening, forming masa (dough) into large ball. Remove clinging flour from sides of bowl by rolling masa around bowl. Add remaining ¼ cup warm water if masa is too dry.

Turn masa onto board or tabletop and knead for one minute into a smooth ball. Cover masa with bowl or towel for at least five minutes and allow to rest.

Begin heating cast iron griddle or heavy skillet to medium high temperature. Pinch off piece of masa and form into a 2 inch round ball, turning edges of masa under and in. Set each ball aside. Tops will feel dry to touch.

Flour masa and board or table top lightly. Roll into round tortilla approximately 6-7 inches in diameter. Toss and turn tortilla between hands to smooth.

Test a small piece of masa on heated griddle or skillet; it should begin browning within a few seconds if hot enough. Cook each tortilla until lightly browned on both sides, turning frequently to prevent burning. Spatula, tongs, or fingers may be used to turn tortillas.

Stack tortillas after cooking. Cool. Cover tortillas with paper towel and store in airtight container or plastic bag. Refrigerate.

Contributed by
Maria Avila

SERVING SIZE 1 tortilla

NUTRITION Calories 125, Protein 2g, Total Fat 6g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 16g, Calcium 3mg, Phosphorus 23mg, Potassium 22mg, Sodium 66mg



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Carrots Vichy

SERVES 4

2 cups carrots, peeled, sliced
½ cup boiling water
2 tablespoons butter or
soft spread margarine
1 teaspoon sugar
1 teaspoon lemon juice
chopped chives or parsley
for garnish

Wash, peel and slice carrots. Place all ingredients into saucepan. Cook on high heat until the water evaporates. Reduce heat slightly and allow carrots to brown in butter or margarine. Watch carefully while browning.

Sprinkle with chopped chives or parsley.

SERVING SIZE ½ cup

NUTRITION Calories 90, Protein 1g, Total Fat 6g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 9g, Calcium 24mg, Phosphorus 24mg, Potassium 181mg, Sodium 109mg

Cucumber Herb Salad

SERVES 6

¼ cup oil
1 teaspoon fresh grated lemon zest/peel
¼ cup lemon juice
1 tablespoon sugar
1 tablespoon chopped green onion
⅓ teaspoon marjoram or thyme, crushed
1 large cucumber, peeled and sliced
10 cherry tomatoes, halved

Combine oil, zest/lemon peel, lemon juice, sugar, green onion, and desired herb in bowl. Stir until completely mixed. Add sliced cucumbers and tomato halves. Chill. Serve on lettuce leaf if desired.

Variation

May use equivalent amount of non-nutritive sweetener.

SERVING SIZE ½ cup

NUTRITION Calories 104, Protein 1g, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 6g, Calcium 10mg, Phosphorus 18mg, Potassium 152mg, Sodium 4mg

Lemon Buttered Cabbage

SERVES 8

¼ cup butter or soft spread margarine
½ teaspoon caraway or celery seed
1 medium head cabbage (about 1½ pounds), coarsely chopped
1 teaspoon grated lemon zest/peel
1½ tablespoons lemon juice
pepper

Melt butter or margarine in large skillet over medium heat. Add either caraway seed or celery seed. Increase heat to high and add cabbage.

Cook for 3-4 minutes, stirring constantly. Reduce heat and cover.

Simmer for 2-3 minutes until just tender. Stir in grated lemon zest/peel and juice. Pepper to taste.

SERVING SIZE ½ cup

NUTRITION Calories 62, Protein 1g, Total Fat 6g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 3g, Calcium 24mg, Phosphorus 11mg, Potassium 118mg, Sodium 66mg

Marinated String Beans

SERVES 4

½ teaspoon dry mustard
½ cup red wine vinegar
½ cup water
½ teaspoon oregano
½ teaspoon sweet basil
¼ teaspoon black pepper
3 tablespoons olive oil
1 tablespoon sugar
1 cup green beans, cooked, drained
1 cup wax beans, cooked, drained
¼ cup finely chopped onion

Mix the dry mustard with one tablespoon of the vinegar until completely dissolved. Add the other ingredients except beans and onions. Mix well. Pour the vinegar mixture over the cooked, drained green and wax beans.

Marinate in refrigerator for at least 2 hours before serving or overnight.

Serve cold with finely chopped onion sprinkled over the top, if desired.

Variation

May use equivalent amount of non-nutritive sweetener.

SERVING SIZE ½ cup

NUTRITION Calories 81, Protein 1g, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 9g, Calcium 39mg, Phosphorus 16mg, Potassium 112mg, Sodium 184mg

Mexican Succotash

SERVES 8

1 medium zucchini, sliced
2 cups corn, fresh or frozen
¼ cup canned tomatoes, no salt added, drained, chopped
2 tablespoons butter or soft spread margarine
¼ cup onion, diced
1 green or red bell pepper, diced
¼ teaspoon black pepper
3-4 tablespoons water

Wash zucchini and slice. If using frozen corn, cook to crisp tender, drain. Cook onion in butter or margarine in large saucepan until lightly colored. Add prepared zucchini, corn, bell pepper, black pepper and water. Cover and simmer about 15 minutes. Add chopped tomatoes.

Simmer for another 5-10 minutes or until vegetables are tender.

SERVING SIZE ½ cup

NUTRITION Calories 70, Protein 2g, Total Fat 3g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 11g, Calcium 10mg, Phosphorus 42mg, Potassium 181mg, Sodium 131mg

Pickled Beets

SERVES 4

1 16-ounce can sliced beets, no salt added
¼ cup cider vinegar
¼ teaspoon ground cinnamon
⅛ teaspoon ground cloves
½ teaspoon sugar

Drain liquid from beets into measuring cup. Place sliced beets in bowl or jar with tight fitting lid. Add cinnamon, cloves, vinegar, and sugar to the beet juice. Stir to mix thoroughly. Pour over sliced beets.

Cover and refrigerate over night before serving.

Serving Suggestion

Serve on lettuce leaf and garnish with slice or two of a hard cooked egg.

Variations

May use equivalent amount of non-nutritive sweetener.

Use crinkle-cut beets in place of regular sliced beets.

Contributed by
Renee Gnau

SERVING SIZE ½ cup

NUTRITION Calories 40, Protein 1g, Total Fat tr, Saturated Fat 0g, Cholesterol 0mg, Carbohydrates 9g, Calcium 19mg, Phosphorus 19mg, Potassium 167mg, Sodium 223mg

Sesame Asparagus

SERVES 4

¾ pound fresh asparagus
or 1 8-ounce package frozen
asparagus spears
1 tablespoon butter or soft
spread margarine
2 teaspoons sesame seeds
2 teaspoons lemon juice
Pepper, if desired

Wash and trim fresh asparagus. Place in pan, add water, and cook until crisp-tender or about 10-15 minutes. If using frozen asparagus, cook according to package directions.

Meanwhile, in small saucepan, heat butter or margarine. Stir in sesame seeds. Cook on low heat until seeds are a golden brown (about 5 minutes). Add lemon juice and mix.

Drain asparagus, place in heated serving dish. Pour sesame sauce over hot asparagus and serve immediately.

SERVING SIZE ¼ of recipe or ½ cup

CHOICE 1 Vegetable, 1 Fat

NUTRITION Calories 55, Protein 2g, Total Fat 4g, Saturated Fat 1g, Cholesterol 0g, Carbohydrates 4mg, Calcium 32mg, Phosphorus 56mg, Potassium 147mg, Sodium 39mg

Seven Layer Salad

SERVES 7

½ medium head iceberg lettuce, shredded
½ cup celery, chopped
¼ cup onion, chopped
1½ cups frozen green peas, cooked
½ cup light mayonnaise
1 tablespoon sugar
¼ cup grated cheddar cheese

Cook, drain and cool green peas. Shred lettuce in bottom of 9" square pan. Spread chopped celery and onion over lettuce layer.

Spoon small amounts of mayonnaise over celery and onion layer until the measured ⅓ cup is used. Sprinkle with sugar. Spoon cooked peas over mayonnaise. Sprinkle grated cheese over top.

Cover and refrigerate.

Variation

May use equivalent amount of non-nutritive sweetener.

Contributed by
Brenda Murphy

SERVING SIZE ½ cup

NUTRITION Calories 304, Protein 34g, Total Fat 12g, Saturated Fat 4g, Cholesterol 95mg, Carbohydrates 11g, Calcium 5mg, Phosphorus 275mg, Potassium 381mg, Sodium 68mg,

Spice Rubbed Corn

SERVES 8

1 teaspoon curry powder
1 teaspoon cumin
1 teaspoon smoked paprika
1 teaspoon salt-free garlic powder
4 corn cobs
¼ teaspoon olive oil or vegetable oil per corn

In a small bowl, mix all your spices together.

Then, clean your corn of the husk and roll it in ¼ teaspoon oil (you can use your hands to get it nice and slick, but you can always use a pastry brush).

Using your hand again, cover each cob with a teaspoon of the spice blend.

Recipe produced by
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Foundation, Inc.**
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SERVING SIZE ½ corn cob per person

NUTRITION Calories 70, Protein 2.2g, Total Fat 2.1g, Saturated Fat 0.3g, Carbohydrates 12.9g, Calcium 6mg, Phosphorus 49mg, Potassium 141mg, Sodium 1mg, Dietary Fiber 1.6g

Vegetable Medley Sauté

SERVES 4

1 tablespoon peanut or vegetable oil
 ½ cup carrots, julienne-cut
 ½ garlic clove, minced
 1 cup broccoli florets
 ½ cup fresh mushrooms, sliced

In skillet, heat oil over medium-high heat. Add julienne-cut carrots and garlic; sauté for about 2 minutes. Reduce heat, cover and cook for 3 minutes (carrots should still be crisp). Add broccoli and mushrooms. Sauté until vegetables are tender-crisp or about 5 minutes.

Variation

Add ½ teaspoon sesame oil, if using vegetable, oil after sautéing vegetables. This will add a delicate flavor to the medley.

Can use ⅛ teaspoon garlic powder instead of fresh garlic.

SERVING SIZE ½ cup

NUTRITION Calories 50, Protein 1g, Total Fat 4g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 3g, Calcium 14mg, Phosphorus 28mg, Potassium 143mg, Sodium 11mg



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Desserts & Sweets

Traditional

(uses sugar)

The recipes in this section use sugar as the sweetener.

For recipes low in sugar, utilize a sugar alternative, or have a “heart healthy” alternative, please refer to the Dessert & Sweets Lower Calorie section.

Brims’s Old Fashioned Pound Cake

SERVES 40

2 cups sugar
1 pound salt free butter, softened
8 large eggs or 9 medium eggs, room temperature
4½ cups sifted cake flour
1 teaspoon almond, lemon or vanilla extract

Cream sugar and butter until fluffy and lemon-colored. In a separate bowl, beat eggs.

Alternate adding about 1 cup cake flour and ½ of beaten eggs to the creamed mixture. Blend thoroughly after each addition ending with flour only. Adequate beating is necessary for a fine-textured cake with volume. Add desired flavor extract and blend.

Pour into prepared greased and floured 10” tube pan (angel food cake pan). Bake in a 300 degree preheated oven for 1½ hours or until cake begins to pull away from side of pan. Cake will have an even shape, a slightly rounded top, and a thin, soft, delicately browned crust with top split slightly in the middle.

Cool cake for 10 minutes before removing from pan. Turn cake onto wire rack and cool at room temperature.

Pound cake may be frozen for future use either whole or sliced in individual portions. Cake should be stored in airtight container or wrapped securely in aluminum foil.

Frost pound cake with Confectioner’s Glaze, garnish with artificial miniature holly around bottom of cake, Add a few sliced candied cherries on top.

Serving Suggestions

Use as shortcake with either fresh or frozen berries or canned sliced peaches. Garnish with frozen whipped topping.

Contributed by
Robert Brims

SERVING SIZE 1 slice (½” thick)

NUTRITION Calories 190, Protein 3g, Total Fat 10g, Saturated Fat 6g, Cholesterol 67mg, Carbohydrates 22g, Calcium 10mg, Phosphorus 35mg, Potassium 32mg, Sodium 15mg

7-Up® Pound Cake

SERVES 30

1 cup butter or margarine
2 cups granulated sugar
5 eggs
3 cups all-purpose flour
1 teaspoon grated lemon
zest/peel or extract
7 ounces 7-Up®

Grease and flour a 10" tube or round bundt pan. Preheat oven to 300 degrees. Cream butter or margarine and sugar together in large bowl. Add eggs, one at a time, continue beating and then add lemon extract or grated peel.

Add flour and 7-Up® to mixture while beating continuously. Pour in prepared pan. Bake at 300 degrees for 1½ hours or until toothpick inserted in the center comes out clean.

Contributed by
Brenda Murphy

SERVING SIZE 1 slice (approximately ½ thick)

NUTRITION Calories 165, Protein 2g, Total Fat 7g, Saturated Fat 1g, Cholesterol 31mg, Carbohydrates 24g, Calcium 5mg, Phosphorus 28mg, Potassium 26mg, Sodium 72mg

Creamy Frosting

SERVES 20

¼ cup butter or margarine
1 teaspoon vanilla
1 pound confectioners'
sugar, sifted
½ cup low-fat, non-dairy
creamer*

*non-fortified creamer

Cream butter or margarine in bowl using an electric mixer.

Add vanilla and sugar. Gradually add non-dairy creamer while beating until smooth and of desired consistency for spreading.

SERVING SIZE 2 tablespoons

NUTRITION Calories 115, Protein tr, Total Fat 3g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 23g, Calcium 1mg, Phosphorus 2mg, Potassium 6mg, Sodium 50mg

Glaze — Vanilla, Lemon or Cinnamon

SERVES 16

2 cups confectioners' sugar
¼ teaspoon vanilla
3-4 tablespoons low-fat, non-dairy creamer*

*non-fortified creamer

Vanilla Glaze

Measure confectioner's sugar into bowl. Add flavoring. Blend in non-dairy creamer until mixture has consistency of a glaze. Spread or drizzle on top of cake, allowing glaze to drip down sides of pound cake.

Lemon Glaze

Add 1 teaspoon grated zest/lemon peel and 1 teaspoon lemon juice to the prepared Vanilla Glaze. If too thin, add 1-2 tablespoons confectioners sugar for desired consistency.

Cinnamon Glaze

Combine ½ teaspoon cinnamon and ¼ teaspoon nutmeg with confectioners sugar before adding creamer.

SERVING SIZE 1 tablespoon

NUTRITION Calories 65, Protein 0g, Total Fat tr, Saturated Fat tr, Cholesterol 0, Carbohydrates 16g, Calcium tr, Phosphorus tr, Potassium tr, Sodium tr

Cream Cheese Candy

SERVES 21

3 ounces ½ less fat cream cheese
2¾ cups confectioners' sugar, sifted
¼ - ½ teaspoon black walnut flavoring

Beat cream cheese until smooth. Add confectioner's sugar, a little at a time, while continuing to beat. Add flavoring and mix well.

Drop by spoonfuls onto plastic wrap and wrap individually.

Variation

Other extracts may be substituted for black walnut, such as almond, vanilla, lemon, mint and strawberry.

SERVING SIZE 1 piece

NUTRITION Calories 76, Protein tr, Total Fat 1g, Saturated Fat tr, Cholesterol 0mg, Carbohydrates 16g, Calcium 5mg, Phosphorus 5mg, Potassium 7mg, Sodium 19mg

Mike's Rocky Road Candy

SERVES 15

6 ounces semi-sweet chocolate baking chips
2 cups mini marshmallows
2 cups Rice Krispies
2 tablespoons butter or margarine
½ teaspoon vanilla

Place baking chips, mini marshmallows, and butter or margarine in top of double boiler over medium heat. Stir frequently while ingredients melt slowly and are blended together. When mixture is thoroughly blended, add Rice Krispies and vanilla flavoring. Stir gently until Rice Krispies are thoroughly coated.

Remove from double boiler. Place in 13" x 9" baking dish sprayed with non stick spray. Spread evenly with spatula. Cool. Cut in medium size squares, approximately 1½" x 2". Store in an airtight container.

Candy may be made in double batches and frozen by wrapping in heavy foil.

Contributed by
Mike Friend

SERVING SIZE 2 squares

NUTRITION Calories 108, Protein 1g, Total Fat 5g, Saturated Fat 3g, Cholesterol 4mg, Carbohydrates 16g, Calcium 4mg, Phosphorus 19mg, Potassium 46mg, Sodium 44mg

Cream Cheese Cookies

MAKES 3½ DOZEN

1 cup butter or margarine, softened
1 3-ounce package ½ less fat cream cheese, softened
1 cup sugar
1 egg yolk
2½ cups all-purpose flour
1 teaspoon vanilla
colored sugar or sprinkles

Cream softened butter or margarine and cream cheese in large mixing bowl. With a hand mixer, beat in sugar slowly and add egg yolk and continue beating. Add flour and vanilla. Mix well.

Chill dough 1 hour. Preheat oven to 325 degrees. Shape 1 teaspoon of dough into balls and place on greased cookie sheet. Decorate each cookie with colored sugar.

Bake 12-15 minutes or until bottom is light brown.

SERVING SIZE 2 cookies

NUTRITION Calories 188, Protein 2g, Total Fat 10g, Saturated Fat 2g, Cholesterol 13mg, Carbohydrates 22g, Calcium 9mg, Phosphorus 26mg, Potassium 29mg, Sodium 113mg

Sugar Cookies

MAKES 5 DOZEN

1 cup sugar
1 cup butter or margarine,
softened
1 egg
2½ cups flour all-purpose,
sifted
½ teaspoon baking soda
1 teaspoon vanilla
2 tablespoons 2% milk

Cream butter or margarine and sugar together. Add egg and vanilla, creaming until fluffy. Sift flour and baking soda together. Stir dry ingredients into creamed mixture until smooth. Blend in milk.

Drop by teaspoonful on ungreased baking sheet. Flatten with water glass, which has been dipped in granulated sugar, or dip ball of dough into sugar before flattening.

Bake at 400 degree for 12 minutes. Cool on wire rack.

Serving Suggestion

Drizzle with **Vanilla or Lemon Glaze** (page 138).

Contributed by
**David Myers and
Louise Corbin**

SERVING SIZE 2 cookies

NUTRITION Calories 121, Protein 1g, Total Fat 6g, Saturated Fat 1g, Cholesterol 6mg, Carbohydrates 15g, Calcium 6mg, Phosphorus 10mg, Potassium 18mg, Sodium 105mg

Lemon Mounds

MAKES 3½ DOZEN

½ cup butter or margarine,
softened
3 ounces ½ less fat cream
cheese, softened
½ cup sugar
1 teaspoon grated zest/
lemon peel
1 teaspoon lemon juice
1 cup all-purpose flour, stir
with fork before measuring
½ cup medium-fine
cornflake crumbs

Cream together softened butter or margarine, cream cheese, sugar, zest/lemon peel and juice. Gradually stir in flour until blended. Cover and chill several hours until mixture is firm enough to handle.

Measure mixture out in level tablespoons and roll into balls. Roll each ball in cornflake crumbs. Place one inch apart on ungreased cookie sheet.

Bake for 15 minutes at 350 degrees.
Cool completely.

Store in a tightly covered container between sheets of plastic wrap or waxed paper.

Contributed by
Berta Castle

SERVING SIZE 3 cookies

NUTRITION Calories 145, Protein 2g, Total Fat 8g, Saturated Fat 2g, Cholesterol 6mg, Carbohydrates 17g, Calcium 36mg, Phosphorus 24mg, Potassium 31mg, Sodium 100mg

Mexican Cinnamon Tea Cakes

SERVES 16

1 cup butter or margarine, softened
½ cup confectioners' sugar
2¼ cups all-purpose flour, sifted
½ teaspoon cinnamon
1 teaspoon vanilla
2 cups confectioner's sugar mixed with 1 teaspoon cinnamon for rolling

Cream softened butter or margarine and sugar until light and fluffy.

Add flour, cinnamon and vanilla. Dough will be moderately stiff. Chill for a few hours and then roll into small balls about 1 inch in diameter.

Bake on a cookie sheet sprayed with cooking spray in a 400 degree oven for 12 to 14 minutes or lightly browned. As soon as teacakes are removed from oven, roll in sugar and cinnamon mixture.

Cool on a wire rack and then roll in sugar mixture again.

SERVING SIZE 3 cookies

NUTRITION Calories 230, Protein 2g, Total Fat 11g, Saturated Fat 2g, Cholesterol 0mg, Carbohydrates 30g, Calcium 7mg, Phosphorus 21mg, Potassium 24mg, Sodium 145mg

Apple Crisp

SERVES 8

5 tart baking apples
¾ cup sugar
½ cup all-purpose flour
½ cup butter or margarine, softened
¼ cup water
1 teaspoon cinnamon
½ teaspoon lemon juice
½ cup rolled oats
½ teaspoon nutmeg

Peel and core the apples. Slice thinly. Place apples in an 8" square baking dish sprayed with cooking spray. Sprinkle water over apples. Combine remaining ingredients and spread over apples.

Bake 30 to 35 minutes at 375 degrees or until apples are tender and lightly browned.

SERVING SIZE ⅓ cup

NUTRITION Calories 272, Protein 2g, Total Fat 12g, Saturated Fat 2g, Cholesterol 0mg, Carbohydrates 42g, Calcium 12mg, Phosphorus 36mg, Potassium 140mg, Sodium 153mg

Blueberry Crisp

SERVES 8

3 cups fresh blueberries or 1 package (16 ounces) frozen unsweetened blueberries
2 tablespoons lemon juice
½ cup sugar
½ cup all-purpose flour
½ cup rolled oats
⅓ cup butter or margarine, softened
¾ teaspoon cinnamon

Heat oven to 375 degrees. Arrange blueberries in ungreased 8" square baking dish. Sprinkle blueberries with lemon juice. Mix sugar, flour, oats, softened butter or margarine and cinnamon. Sprinkle evenly on top of blueberries.

Bake until topping is light brown and blueberries are hot, about 30 minutes. Serve warm.

SERVING SIZE ⅓ cup

NUTRITION Calories 211, Protein 2g, Total Fat 8g, Saturated Fat 2g, Cholesterol 0mg, Carbohydrates 34g, Calcium 13mg, Phosphorus 40mg, Potassium 84mg, Sodium 105mg

Berry-Flavored Frozen Dessert

SERVES 5

¾ cup no sugar added boysenberry, raspberry, or strawberry jelly or jam
2 cups light frozen whipped topping, thawed in refrigerator

Chill jelly or jam thoroughly. Whip jelly or jam until smooth. Gently fold into thawed whipped topping. Do not over mix.

Pour into 5 dessert dishes, cover, and freeze.

SERVING SIZE 1 dessert dish

NUTRITION Calories 90, Protein 1g, Total Fat 4g, Saturated Fat 3g, Cholesterol 1mg, Carbohydrates 19g, Calcium 21mg, Phosphorus 22mg, Potassium 30mg, Sodium 21mg

Pears Melba

SERVES 6

6 thin slices pound cake*
6 canned pear halves,
drained
raspberry sauce
(refer to next page)

*Refer to Brims's Old
Fashioned Pound Cake
(page 135) recipe or
may use Sara Lee Frozen
Pound Cake®.

Place a pear half on each slice of pound cake.
Drizzle raspberry sauce over each serving.

Note

Sodium will be higher when a commercial cake is
used. Refer to food labels for sodium value.

SERVING SIZE 1 slice pound cake, 1 pear half (3 tablespoons)

NUTRITION Calories 220, Protein 2g, Total Fat 6g, Saturated Fat 3g, Cholesterol 66mg,
Carbohydrates 43g, Calcium 25mg, Phosphorus 59mg, Potassium 160mg, Sodium 123mg

Raspberry Sauce

SERVES 6

¼ cup sugar
1 tablespoon cornstarch
1 10-ounce package frozen
red raspberries, thawed
½ cup water
1 tablespoon lemon juice

Mix sugar and cornstarch in saucepan. Add
thawed raspberries and water. Cook mixture until
it thickens, stirring constantly. Remove from heat
and stir in lemon juice. Strain mixture and chill.

Serving Suggestions

Try over Brims's Old Fashioned Pound Cake
(page 135), 7-Up® Cake (page 136) or fresh fruit.

SERVING SIZE 3 tablespoons

NUTRITION Calories 65, Protein tr, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Carbohydrates 18g, Calcium 7mg, Phosphorus 9mg, Potassium 57mg, Sodium 1mg

Strawberry Ice

SERVES 9

1 cup strawberries mashed or pureed

1 cup sugar

¼ cup lemon juice

2 cups water

Mash fresh strawberries to make 1 cup. Combine water, strawberries and sugar in a saucepan.

Bring to a boil. Remove from heat. Add lemon juice; stir.

Freeze in ½ cup dessert dishes or small 3-ounce paper cups.

Variation

May use blueberries or raspberries.

SERVING SIZE 1 dessert dish or 1 paper cup

NUTRITION Calories 95, Protein tr, Total Fat tr, Saturated Fat 0, Cholesterol 0, Carbohydrates 25g, Calcium 4mg, Phosphorus 6mg, Potassium 52, Sodium tr

Holiday Fruit Compote

SERVES 8

1 medium red delicious apple

½ cup red seedless grapes, cut in half

2-3 spears fresh pineapple, cut in ½ inch chunks or 1/2 cup unsweetened pineapple chunks, drained

½ cup frozen Bing cherries, cut in half

½ cup miniature marshmallows, not packed

¼ cup lemon juice

1 cup light frozen whipped topping

Pare apple into bite-size pieces, leaving skin on for color. Put in bowl and pour lemon juice over apples. Toss apples, thoroughly, coating with lemon juice. This will prevent discoloration.

Pour off excess lemon juice. Add marshmallows and stir carefully.

Prepare other fruits, add to apples. Toss lightly to mix. Cover bowl and chill thoroughly. Just before serving, add whipped topping and blend. Spoon into parfait glasses; garnish with half of a Bing cherry.

Variation

Whipped Topping as Garnish: Serve mixed fruit in stemmed sherbet dishes with heaping tablespoon of frozen whipped topping. Garnish with fresh mint sprig if available.

SERVING SIZE ½ cup

NUTRITION Calories 75, Protein tr, Total Fat 1g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 12g, Calcium 7mg, Potassium 7mg, Phosphorus 8mg, Sodium 4mg

Lemon Meringue Pie

SERVES 8

1½ cups sugar
½ cup cornstarch
2½ cups water
4 egg yolks
3 tablespoons butter or margarine
1 tablespoon grated zest/lemon peel
½ cup lemon juice
4 egg whites
½ cup sugar
¼ teaspoon cream of tartar
1 9" pie crust, baked

Combine sugar and cornstarch in saucepan; gradually add water and stir to dissolve. Cook over medium heat; stir constantly until mixture thickens and bubbles. Cook one minute and remove from heat.

Beat egg yolks slightly in small bowl. Slowly blend in about ½ cup of the hot cornstarch mix; stir this mixture back into the remaining cornstarch mixture in saucepan. Cook over low heat for 2 minutes while continuing to stir. Remove from heat. Stir in butter or margarine, zest/lemon peel and juice. Pour mixture into baked pie crust and cool.

For meringue, beat egg whites until light and frothy. Add Cream of Tartar and continue beating until whites hold a soft peak. Gradually beat in ½ cup sugar; continue beating until the meringue is stiff and glossy. Pile the meringue lightly on cooled pie filling, spreading until it touches the edge of the pastry to prevent the meringue from shrinking. Bake in preheated oven at 425 degrees for 5 to 6 minutes or until top is lightly brown.

SERVING SIZE ⅛ of 9-inch pie

NUTRITION Calories 386, Protein 4g, Total Fat 12g, Saturated Fat 3g, Cholesterol 106mg, Carbohydrates 67g, Calcium 18mg, Phosphorus 55mg, Potassium 88mg, Sodium 179mg

Chocolate Pie or Pudding

SERVES 8

1½ cups sugar
½ cup + 1 tablespoon cornstarch
½ cup cocoa powder
2 cups non-dairy creamer
1 cup water
½ cup egg whites or egg substitute
1 tablespoon butter or margarine
1½ teaspoon vanilla
1 8" Nilla® wafer crust*

*Refer to Nilla® wafer crust recipe (page 155).

Contributed by
David Myers

Combine sugar, cornstarch and cocoa in a 2½ quart saucepan. Add non-dairy creamer diluted with one cup water. Combine thoroughly. Place over medium heat. Stir with a wire whisk constantly until the mixture comes to a boil. Boil one minute.

Remove from heat. Stir ½ of the mixture into bowl containing whites or egg substitute. Mix rapidly with wire whisk. Pour this mixture back into the saucepan. Place over medium heat and bring to a boil. Boil one minute stirring constantly. Remove from heat.

Blend in vanilla and margarine. Pour into prepared Nilla® Wafer crust or 8 dessert dishes. Cool and refrigerate. Garnish pudding or pie slice with 1 tablespoon light frozen whipped topping if desired.

SERVING SIZE ⅛ slice pie or ½ cup pudding

NUTRITION Calories 347 or 231, Protein 4g or 3g, Total Fat 9g or 3g, Saturated Fat 3g or 2g, Cholesterol tr or tr, Carbohydrates 62g or 51g, Calcium 24mg or 14mg, Phosphorus 64mg or 47mg, Potassium 250mg or 233mg, Sodium 178mg or 65mg

Lemon Pie or Pudding

SERVES 8

1½ cups sugar
⅓ cup cornstarch
1½ cups water
½ cup egg whites or egg substitute
3 tablespoons butter or margarine
5 tablespoons lemon juice
1 tablespoon grated zest/lemon peel
1 8-inch Nilla® wafer crust*
frozen whipped topping

*Refer to Nilla® wafer crust recipe (next page).

Mix sugar, cornstarch and water in medium saucepan. Place egg whites or substitute in bowl, which will hold at least 3 cups.

Place saucepan over medium heat, stirring constantly until mixture thickens and boils. Boil one minute. Pour ½ of hot mixture into bowl with egg whites or substitute while stirring rapidly. Then, return this egg mixture to saucepan with remaining cornstarch mixture, stirring constantly. Boil one minute longer.

Remove from heat. Blend in butter or margarine; stir in lemon juice and peel. Pour into 8 inch prepared vanilla wafer crust.

If serving as pudding, pour into eight individual dessert dishes. Refrigerate.

Top each slice of pie or pudding with a tablespoon of light frozen whipped topping.

Contributed by
David Mers

SERVING SIZE ⅓ pie or ½ cup pudding

NUTRITION Calories 340 or 223, Protein 2g or 2g, Total Fat 13g or 5g, Saturated Fat 3g or 1g, Cholesterol 62mg or 54mg, Calcium 16mg or 7mg, Phosphorus 19mg or 2mg, Potassium 50mg or 31mg, Sodium 174mg or 60mg

Nilla® Wafer Crust

SERVES 8

1¼ cups fine vanilla wafer crumbs (about 38 wafers)
⅓ cup melted salt free butter or margarine

Combine wafer crumbs with melted salt free butter or margarine. Press firmly against bottom and sides of buttered 9" pie plate. Chill in refrigerator until set.

SERVING SIZE ⅓ of 9" crust

NUTRITION Calories 138, Protein 0.5g, Total Fat 9g, Saturated Fat 5g, Cholesterol 21mg, Carbohydrates 13g, Calcium 11mg, Phosphorus 13mg, Potassium 17mg, Sodium 56mg

Tapioca Cream

SERVES 5

½ cup sugar
2 cups non-dairy creamer
3 tablespoons quick-cooking tapioca
1 egg white
1 egg yolk, slightly beaten
1 teaspoon vanilla

Reserve 2 tablespoons sugar; combine the remaining sugar with the non-dairy creamer and tapioca in saucepan. Let stand 5 minutes. Add slightly beaten egg yolk and mix. Bring quickly to a boil over medium heat while stirring constantly. Remove from heat (mixture will be thin). Add vanilla.

Beat egg white to soft peaks. Gradually add reserved sugar while beating egg whites to stiff peaks. Gradually stir in hot mixture. Chill.

Spoon into 5 small dessert dishes.

SERVING SIZE ½ cup

NUTRITION Calories 216, Protein 2g, Total Fat 11g, Saturated Fat 2g, Cholesterol 43mg, Carbohydrates 27g, Calcium 10mg, Phosphorus 69mg, Potassium 141mg, Sodium 58mg

Rice 'n Raisin Pudding

SERVES 8

2¼ cups rice, cooked
7 ounces non-dairy creamer
7 ounces water
¼ cup butter or margarine
½ cup raisins
1 tablespoon vanilla
1 teaspoon cinnamon
2 tablespoons sugar

In top of double boiler, combine cooked rice, butter or margarine, non dairy creamer, water and raisins. Mix sugar and cinnamon together; add to mixture in double boiler. Cook over medium low heat, stirring frequently until slightly thickened or about 20 minutes.

Remove from heat. Stir in vanilla. Pudding is good served either warm or chilled. This pudding is quite sweet with a robust cinnamon flavor. If desired, reduce the cinnamon to ½ teaspoon and 1 tablespoon sugar.

Contributed by
David Myers

SERVING SIZE ½ cup

NUTRITION Calories 190, Protein 2g, Total Fat 8g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 25g, Calcium 15mg, Phosphorus 62mg, Potassium 171mg, Sodium 78mg

Emerald Surprise

SERVES 8

2½ cups unsweetened
pineapple tidbits, drained

1 3 ounce package lime
flavored gelatin

2 cups miniature
marshmallows

2 cups frozen whipped
topping, thawed

Drain pineapple well. Prepare lime-flavored gelatin according to package directions. Add drained pineapple. Pour into a 13"x 9" baking dish. Cover immediately with a layer of marshmallows. Chill.

Just before serving, spread whipped topping over marshmallow layer. Cut into 16 squares and serve on small dish lined with red leaf lettuce.

SERVING SIZE 2 squares

NUTRITION Calories 143, Protein 2g, Total Fat 2g, Saturated Fat 2g, Cholesterol 0mg, Carbohydrates 30g, Calcium 12mg, Phosphorus 5mg, Potassium 99mg, Sodium 36mg

Cheesecake Tarts

SERVES 24

24 vanilla wafers

2 8 ounce packages ½ less
fat cream cheese, softened

½ cup sugar

3 eggs

2 teaspoons lemon juice

1 teaspoon vanilla

1 can cherry pie filling

24 foil cupcake liners

Beat cream cheese, sugar, eggs, lemon juice, and vanilla until creamy and fluffy. Preheat oven to 375 degrees. Place one vanilla wafer in each foil cupcake liner in muffin tray. Spoon prepared filling into each cup, dividing equally between the cups. Bake for 15-20 minutes. Cool.

Refrigerate until ready to serve.

Before serving, top each cheesecake tart with a spoonful of pie filling.

Contributed by
Eutemia Hernandez

SERVING SIZE 1 tart

NUTRITION Calories 113, Protein 3g, Total Fat 4g, Saturated Fat 2g, Cholesterol 32mg, Carbohydrates 15g, Calcium 30mg, Phosphorus 37mg, Potassium 66mg, Sodium 115mg

Dessert Empanadas

SERVES 12

1 3-ounce package $\frac{1}{3}$ less fat cream cheese, softened

$\frac{1}{2}$ cup butter or margarine softened

1 cup all-purpose flour

Cream softened butter or margarine and cream cheese together until blended. Add flour and work into a ball. Refrigerate dough overnight. Remove from refrigerator 30 minutes before ready to use. Roll dough about $\frac{1}{8}$ inch thick. Cut into rounds about $3\frac{1}{2}$ inches in diameter.

Place a tablespoon of filling on each round or cut dough and fold the other half over. Press edges firmly to seal. Bake at 400 degrees for 10-12 minutes.

Select one of the following items for filling:

- + Cream cheese
- + Crushed pineapple, well drained
- + Applesauce and cinnamon
- + Jam, jelly, or preserves

SERVING SIZE 1 empanada

NUTRITION Calories 121, Protein 2g, Total Fat 9g, Saturated Fat 2g, Cholesterol 3mg, Carbohydrates 8g, Calcium 13mg, Phosphorus 22mg, Potassium 27mg, Sodium 135mg

Cran-Raspberry Mousse

SERVES 6

1 cup cranberry juice cocktail

1 3-ounce package raspberry gelatin

1 16-ounce can whole cranberry sauce

1 cup frozen whipped topping, thawed

Heat cranberry juice cocktail to boiling in saucepan. Stir in raspberry gelatin until dissolved. Remove from heat. Stir in cranberry sauce. Cool. Chill mixture until thickened but not set. Fold in whipped topping and pour in parfait or serving dishes.

Chill until firm. Garnish with another teaspoon of topping if desired.

SERVING SIZE $\frac{1}{6}$ of recipe

NUTRITION Calories 216, Protein 1g, Total Fat 1g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 50g, Calcium 4mg, Phosphorus 5mg, Potassium 27mg, Sodium 55mg

Raspberry Cheesecake

SERVES 8

8 ounces light frozen whipped topping, thawed
8 ounces $\frac{1}{3}$ less fat cream cheese, softened
 $\frac{1}{2}$ cup powdered sugar
1 9" graham cracker pie shell
1 21-ounce can raspberry pie filling

Beat whipped topping, softened cream cheese and sugar together. Pour mixture into prepared pie shell. Top with raspberry pie filling.

Chill thoroughly before serving.

Contributed by
Ken & Avie McCoy

SERVING SIZE $\frac{1}{8}$ of pie

NUTRITION Calories 387, Protein 4g, Total Fat 15g, Saturated Fat 8g, Cholesterol 13mg, Carbohydrates 56g, Calcium 50mg, Phosphorus 66mg, Potassium 153mg, Sodium 317mg

Birthday Popcorn

SERVES 6

2 tablespoon 2% fat milk
 $\frac{3}{4}$ cup of miniature marshmallows
2 teaspoon sprinkles
4 oz golden yellow cake mix
4 cup air-popped popcorn
1 tablespoon vanilla extract

Pop popcorn. Remove any kernels.

Melt marshmallows, vanilla, and milk in a saucepan over low heat. Stir continuously. Add cake mix and popcorn.

Spray non-stick cooking spray on hands. Take $\frac{1}{2}$ cup of mixture and form into a ball. Continue with the rest of the mixture. Place popcorn balls on waxed paper and top with sprinkles.

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SERVING SIZE 1 popcorn ball per serving

NUTRITION Calories 139, Protein 1.9g, Total Fat 1.4g, Saturated Fat 0.4 g, Carbohydrates 28.9g, Calcium 36.6mg, Phosphorus 85.9mg, Potassium 1.9mg, Sodium 126 mg, Dietary Fiber 1g



Desserts & Sweets Lower Calorie

(uses sugar substitute)

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Desserts & Sweets

Lower Calorie

(uses sugar substitute)

The recipes in this section are designed for those who need to limit concentrated sweets with fewer calories.

Self-rising flour should not be used as it is very high in sodium. These recipes use regular all-purpose flour with baking powder or baking soda as needed.

It is recommended to use butter or “heart healthy” margarine for baking in place of shortening. Please note the margarine should be sticks, not a soft spread, unless stated in the recipe.

Cookies

Some packaged cookies are allowed as shown on your renal diet. Homemade cookies add a special touch to holidays and family gatherings.

Use all-purpose flour. Do not use self-rising as it is very high in sodium. Baking powder/soda are high in sodium.

These products are used in small amounts in certain recipes. When having the indicated serving size, your daily sodium intake will not be exceeded. And, you can enjoy homemade goodies!

There are now many sugar free sweeteners to be used based on your taste preference. Check the package label to make sure it can be used for baking. If you have questions about a specific sweetener, check with your renal dietitian. The label may refer to a product as a “non-nutritive sweetener” which is the technical term for sugar free.

Lemon Bar Cookies

½ cup butter or margarine, softened
2-½ teaspoons sugar free sweetener
1 whole egg
1 tablespoon water
1 tablespoon lemon juice
1 tablespoon grated lemon zest/peel
1 teaspoon vanilla
2 cups sifted all-purpose flour
1 teaspoon baking powder

Cream butter or margarine and egg until very light and fluffy. Add sweetener, water, lemon juice, lemon zest/peel and vanilla. Beat until thoroughly mixed.

Sift dry ingredients together and add to creamed mixture. Mix until flour is well blended. Dough will be crumbly. Form dough into 2 small bars, 2½" x 1½". Wrap in waxed paper. Chill until firm or overnight.

Cut into ⅛" slices and bake on ungreased cookie sheet at 400 degrees for 10-12 minutes. Cookies will be lightly browned.

SERVING SIZE 4 cookies

NUTRITION Calories 128, Protein 2g, Total Fat 7g, Saturated Fat 2g, Cholesterol 4mg, Carbohydrates 13g, Calcium 20mg, Phosphorus 28mg, Potassium 28mg, Sodium 144mg

Nutmeg Cookies

MAKES 6 DOZEN COOKIES

1 cup butter or margarine, softened
½ teaspoon sugar free sweetener
1 egg
1 teaspoon vanilla
3 cups all-purpose flour
½ teaspoon baking powder
¼ teaspoons nutmeg
2 tablespoons milk

Cream softened margarine and sweetener until light and fluffy. Beat in egg and vanilla. Sift flour, baking powder, and nutmeg together. Blend into creamed mixture. Shape into rolls (2½" x 10") and wrap in waxed paper. Chill until firm or overnight.

Slice with sharp knife about ⅛" thick. Bake on ungreased cookie sheet at 425 degrees for 5 to 7 minutes or until lightly brown. Do not over bake.

SERVING SIZE 4 cookies

NUTRITION Calories 160, Protein 3g, Total Fat 10g, Saturated Fat tr, Cholesterol 2mg, Carbohydrates 15g, Calcium 16mg, Phosphorus 30mg, Potassium 23mg, Sodium 202mg

Chinese Almond Cookies

MAKES 3 DOZEN COOKIES

½ cup butter or margarine, softened
2 hard cooked egg yolks
¼ cup sugar
1 cup all purpose flour, sifted
¼ teaspoon almond extract

Grate hard boiled egg yolks. Blend softened butter or margarine and sugar by hand until smooth and then add the egg yolks. Blend in the flour until well mixed (mixture will be crumbly). Add flavoring and mix thoroughly. Form into rolls and chill overnight.

Slice ⅛" thick and place on ungreased cookie sheets. Bake at 400 degrees for 12-15 minutes or until golden brown.

SERVING SIZE 3 cookies

NUTRITION Calories 131, Protein 2g, Total Fat 9g, Saturated Fat 2g, Cholesterol 35mg, Carbohydrates 12g, Calcium 12mg, Phosphorus 30mg, Potassium 23mg, Sodium 74mg

Scotch Shortbread Cookies

SERVES 6

¾ cup butter or margarine, softened
¼ cup sugar
2 cups all purpose flour, sifted

Cream butter or margarine and sugar thoroughly. Work in flour with hands or wooden spoon. Chill dough.

Heat oven to 350 degrees. Roll ⅓" thick. Cut into shapes (leaves, ovals, triangles, squares). Place on ungreased baking sheet.

Bake 20-25 minutes. The tops do not brown during baking, nor does the shape of cookies change. Frost with Cream Cheese Frosting if desired. Makes 2½ dozen cookies.

Variation

Divide dough into smaller bowls and tint with desired food coloring before chilling.

SERVING SIZE 2 cookies

NUTRITION Calories 154, Protein 2g, Total Fat 9g, Saturated Fat 2g, Cholesterol 0mg, Carbohydrates 16g, Calcium 49mg, Phosphorus 89mg, Potassium 24mg, Sodium 88mg

Rice Cereal Treats

SERVES 9

1½ cup mini marshmallows
¼ cup sugar substitute
3 cups rice cereal
1 tablespoon butter or margarine

Melt butter or margarine over low heat in a large saucepan.

Add marshmallows. Stir continuously until melted.

Add sugar substitute of your choice.

Add rice cereal. Stir until combined.

Transfer mixture into a greased 8 x 8 pan.

Press down with waxed paper.

Let cool. Cut into 9 squares.

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SERVING SIZE 1 square

NUTRITION Calories 77, Protein 0.5g, Total Fat 1.4g, Saturated Fat 0.8g, Carbohydrates 16g, Calcium 1.2mg, Potassium 5mg, Phosphorus 6mg, Sodium 11mg, Dietary Fiber 0.1g

Cream Cheese Frosting

2 ounces ½ less fat cream cheese, softened
2 teaspoons 2% milk
2 tablespoons powdered sugar
½ teaspoon sugar free sweetener
drop of vanilla

Blend the cream cheese and milk until smooth; add powdered sugar, sweetener, and vanilla. Blend well. Stir in a selected food coloring if desired.

Serving Suggestions

Add ¼ teaspoon strawberry extract to frosting.

Spread on graham cracker squares or vanilla wafers.

SERVING SIZE 2 teaspoons

NUTRITION Calories 26, Protein 1g, Total Fat 1g, Saturated Fat 1g, Cholesterol 4mg, Carbohydrates 3g, Calcium 10mg, Phosphorus 12mg, Potassium 15mg, Sodium 23mg

Baked Custard

SERVES 2

1 egg, slightly beaten
¼ teaspoon sugar free sweetener
1 cup 2% milk
½ teaspoon vanilla
ground nutmeg

Combine beaten egg with sweetener; slowly add milk and vanilla. Blend well. Pour mixture into two custard cups. Top with a sprinkle of nutmeg if desired.

Place custard cups in baking dish. Add about one inch hot water to baking dish around custard cups.

Bake at 325 degrees for about one hour or until mixture does not stick to a knife inserted in center. Cool.

SERVING SIZE 1 custard cup

NUTRITION Calories 99, Protein 7g, Total Fat 5g, Saturated Fat 2g, Cholesterol 116mg, Carbohydrates 6g, Calcium 161mg, Phosphorus 160mg, Potassium 218mg, Sodium 93mg

Lemon Cake Pudding

SERVES 6

3 eggs
2 teaspoons grated zest/
lemon peel
¼ cup lemon juice
1½ cups 2% milk
2-3 teaspoons sugar free sweetener
¼ cup all-purpose flour

Separate eggs, placing the whites in large bowl and yolks in small bowl. With electric mixer on high speed, beat eggs whites just until stiff peaks form. Set aside. Preheat oven to 325 degrees.

Add lemon zest/peel and juice to egg yolks. Beat on medium speed until well blended. Add milk. Beat on low speed for one minute. Add sweetener and flour; beat at low speed just until smooth. Fold gently into egg whites. Turn into 6 custard cups.

Place cups in baking dish and pour hot water to 1-inch depth around cups. Bake 40-45 minutes or until lightly browned on top.

Serve warm or cold.

SERVING SIZE 1 custard cup

NUTRITION Calories 92, Protein 6g, Total Fat 4g, Saturated Fat 2g, Cholesterol 111mg, Carbohydrates 9g, Calcium 102mg, Phosphorus 109mg, Potassium 156mg, Sodium 62mg

Marbled Berry Tapioca

SERVES 6

3 tablespoons quick-cooking tapioca

1 egg, beaten

2¾ cups 2% milk

1¼ teaspoons sugar free sweetener

¼ teaspoon vanilla

3 tablespoons low sugar berry jam

In top of double boiler, stir tapioca, beaten egg and milk together. Let stand at least 15 minutes to moisten tapioca.

Heat to boiling, stirring constantly. Boil 1 minute; remove from heat. Add sweetener and vanilla; stir well. Cool 5 minutes. Drop berry jam on by spoonfuls on top of pudding. Using a knife, streak the jam through the pudding. Spoon equally into 6 individual dessert dishes. Chill.

SERVING SIZE ½ cup

NUTRITION Calories 90, Protein 5g, Total Fat 3g, Saturated Fat 2g, Cholesterol 44mg, Carbohydrates 11g, Calcium 142mg, Phosphorus 122mg, Potassium 187mg, Sodium 70mg

Blueberry Lemon Pound Cake

½ cup non-fat cottage cheese

½ cup unsalted butter

3 fresh eggs

1 cup fat-free lemon yogurt

2 tsp vanilla extract

¼ cup Splenda

1¼ cup all-purpose flour

½ cup whole wheat flour

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon salt

2 teaspoon lemon zest

1 cup blueberries

Puree cottage cheese till smooth.

Place cottage cheese puree, butter, Splenda in a mixer and beat till smooth.

Add eggs, yogurt, vanilla, lemon juice, lemon zest, and blend until smooth.

Scrape sides of the bowl. Sift dry ingredients, all-purpose flour, whole wheat flour, baking powder, baking soda, and salt.

Add to mixing bowl, blend until smooth.

Add blueberries and mix them into the rest of the batter.

Pour mixture into greased 8" angel food cake pan.

Bake for 35-40 minutes at 375°F.

NUTRITION Calories 177, Protein 5.4g, Total Fat 9.4g, Saturated Fat 5.3g, Carbohydrates 18.2g, Calcium 70.5mg, Phosphorus 102.9mg, Potassium 106.7mg, Sodium 203mg, Dietary Fiber 1.3g

Strawberry Cheesecake

SERVES 8

¼ cup graham cracker crumbs

1 tablespoon butter or margarine, melted

⅛ teaspoon cinnamon

⅛ teaspoon nutmeg

1 pint strawberries, hulled

3 cups low-sodium cottage cheese

2 envelopes sugar free strawberry gelatin

1 cup water

2 egg yolks, slightly beaten

2 egg whites, stiffly beaten

2 cups Light Cool Whip®, thawed

Combine cracker crumbs, butter or margarine and spices. Set aside. Line the bottom of a 9-inch layer cake pan with wax paper. Cut 15 of the strawberries in half; arrange cut strawberries around side of pan with cut side of berries toward inside of pan.

Beat cottage cheese until creamy. Combine gelatin and water in small saucepan; stir over low heat until gelatin is dissolved. Add a small amount of hot gelatin mixture to slightly beaten egg yolks and mix well. Return this to hot mixture in saucepan. Cook and stir over low heat for one minute. Blend into cottage cheese. Carefully fold in beaten egg whites.

Blend Cool Whip into cheese mixture. Pour into prepared pan; sprinkle with graham cracker crumb mixture, reserving one tablespoon for garnish. Chill until set or at least three hours.

Unfold onto serving platter; remove wax paper, and sprinkle with reserved crumb mixture. Garnish with remaining strawberries.

SERVING SIZE ⅛ of cake

NUTRITION Calories 157, Protein 13g, Total Fat 6g, Saturated Fat 4g, Cholesterol 60mg, Carbohydrates 13g, Calcium 65mg, Phosphorus 158mg, Potassium 152mg, Sodium 59mg

Fresh Fruit Compote

SERVES 8

1 medium red delicious apple

½ cup red seedless grapes, cut in half

2-3 spears fresh pineapple, cut in ½ inch chunks or ½ cup unsweetened pineapple chunks, drained

½ cup frozen Bing cherries, cut in half

½ cup miniature marshmallows, not packed

¼ cup pure lemon juice

1 cup Light Cool Whip®

Pare apple into bite-size pieces, leaving skin on for color. Put in bowl and pour lemon juice over apples. Toss apples, thoroughly, coating with lemon juice. This will prevent discoloration. Pour off excess lemon juice. Add marshmallows and stir carefully.

Prepare other fruits, add to apples. Toss lightly to mix. Cover bowl and chill thoroughly. Just before serving, add Cool Whip® and blend. Spoon into parfait glasses; garnish with half of a Bing cherry.

Cool Whip® as garnish: Serve mixed fruit in stemmed sherbet dishes with heaping tablespoon of Cool Whip® on top. Garnish with fresh mint sprig if available.

SERVING SIZE ½ cup

NUTRITION Calories 75, Protein tr, Total Fat 1g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 12g, Calcium 7mg, Phosphorus 8mg, Potassium 78mg, Sodium 4mg

Apple Brown Betty

SERVES 4

3 tablespoon butter or margarine, melted
½ cup fresh white bread crumbs (about 2 slices of bread, crust removed)
3½ cups sliced golden delicious apples (3 large)
¼ teaspoon nutmeg
¼ teaspoon cinnamon
2 teaspoons grated lemon zest/peel
1 teaspoon lemon juice
3 tablespoon water
½-1 teaspoon sugar free sweetener, to taste

Toss melted butter or margarine and breadcrumbs together for crust. Arrange ½ of crust mixture on bottom of a 1-quart casserole prepared with cooking spray. Place half of the sliced apples and half of the nutmeg, cinnamon, and zest/lemon peel on top of crust in casserole.

Cover with another ½ of crust mixture, remaining apples and spices. Mix lemon juice, water, and sweetener together. Sprinkle over mixture in casserole. Top with remaining crumbs.

Cover casserole dish and bake at 375 degrees for 30 minutes. Uncover and continue baking for another 20 minutes or until apples are soft.

SERVING SIZE ½ cup (¼ of recipe)

NUTRITION Calories 173, Protein 2g, Total Fat 9g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 23g, Calcium 12mg, Phosphorus 19mg, Potassium 139mg, Sodium 32mg

Baked Cinnamon Apples

SERVES 6

6 small tart apples
2 cups water
2 teaspoons vanilla
½ teaspoon cinnamon
1 teaspoon sugar free sweetener*

Wash and core apples. Remove the peeling from the top 1/3 of each apple. Arrange apples in baking dish just large enough to hold them.

In saucepan, bring water, vanilla, cinnamon and sweetener to boil. Pour over the apples.

Bake in 350 degree oven for one hour or until apples are easily pierced with fork. Baste apples frequently while baking. When apples are done, remove from oven and let cool in sauce. May also be baked in microwave oven.

Serve either hot or cold with cinnamon sprinkled on top.

**If NutraSweet is used, sprinkle over baked apples just before serving.*

SERVING SIZE 1 apple

NUTRITION Calories 62, Protein tr, Total Fat tr, Saturated Fat 0, Cholesterol 0, Carbohydrates 16g, Calcium 12mg, Phosphorus 14mg, Potassium 117mg, Sodium 1mg

Berry Parfait

SERVES 4

1 cup fresh or frozen berries without sugar (use blueberries, raspberries or strawberries)

1 cup 2% milk

2 tablespoons cornstarch

2 teaspoons butter or margarine, melted

1 teaspoon sugar free sweetener to taste

½ teaspoon vanilla or almond extract

Slice ½ cup of selected berries. Puree or mash remaining berries. Save 4 small perfect berries for garnish.

Add cornstarch to milk; blend well. Add melted butter or margarine. Stir to mix completely. Cook in double boiler, stirring constantly until fairly thick. Remove from heat. Add pureed berries, vanilla or almond extract, and sweetener to taste.

Divide sliced berries between 4 parfait glasses. Spoon the pudding into the parfait glasses. Top each with a whole berry. Chill well.

SERVING SIZE ¼ of recipe

NUTRITION Calories 89, Protein 3g, Total Fat 3g, Saturated Fat 1g, Cholesterol 5mg, Carbohydrates 11g, Calcium 95mg, Phosphorus 79mg, Potassium 147mg, Sodium 55mg

Dessert Empanadas

SERVES 12

1 3-ounce package ½ less fat cream cheese, softened

½ cup butter or margarine, softened

1 cup all-purpose flour

Cream softened butter or margarine and cream cheese together until blended. Add flour and work into a ball. Refrigerate dough overnight. Remove from refrigerator 30 minutes before ready to use.

Roll dough about ¼ inch thick. Cut into rounds about 3½ inches in diameter. Place a tablespoon of filling on each round and fold the other half over the filled round. Press edges firmly to seal. Bake at 400 degrees for 10-12 minutes.

Select one of the following items for filling:

- + Unsweetened crushed pineapple, well drained
- + Natural applesauce and cinnamon
- + No added Sugar Jam or Jelly

SERVING SIZE 1 empanada

NUTRITION Calories 121, Protein 2, Total Fat 9, Saturated Fat 2, Cholesterol 3, Carbohydrates 8, Calcium 13, Phosphorus 22, Potassium 27, Sodium 135

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