



# *Living Well On Dialysis*

A Cookbook for  
Patients and  
Their Families

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**A patient education program of the  
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## *Introduction*

Good nutrition is the key to good health for everyone. It is especially important for people with chronic kidney disease. Even with the help of artificial kidney treatments (dialysis), you cannot get rid of all the wastes and fluids that build up in your body from what you eat and drink.

You can work closely with your renal dietitian to decide on a meal plan that is best for you and includes some of your favorite foods. Your individual meal plan will be based on your age, your weight, foods you like, your dialysis treatments and other medical conditions such as diabetes, heart disease and high blood pressure. It will be tailored to your needs but may not meet the specific needs of other patients. Most people with kidney disease must modify their intake of certain nutrients such as protein, potassium, sodium, phosphorus and fluid. Each person has different needs. Following the meal plan suggested by your renal dietitian will help you feel your best.

**Calories** are needed to provide your body with energy to allow it to function properly. Your renal dietitian can help you plan a meal plan containing the right balance of calories from different sources to keep your body healthy.

**Protein** is used to build and repair tissue. Many of the foods you eat contain protein. The best sources of protein are dairy products, eggs, meat, poultry (chicken, turkey, etc.) and seafood. Breads, cereals and vegetables are mostly carbohydrates but also contain a small amount of protein.

**Carbohydrates** provide fuel or energy for your body in the form of starches and sugars. The major sources are breads, cereals, fruits, grains and vegetables. If you have diabetes you may be watching your carbohydrate intake to help control your blood sugar.

**Fat** is a concentrated energy source that adds flavor, moisture and calories to food. It is often added to a meal plan for chronic kidney disease to provide much needed calories to help gain or maintain weight and add flavor to food. If you are overweight and wish to lose weight, your dietitian or doctor may recommend limiting the fat in your diet. Certain kinds of fat may also be recommended for you to use if you are concerned about your blood lipid levels.

**Potassium** regulates nerve and muscle function. Almost all foods contain some potassium. Some foods that are very high in potassium are avocados, bananas, dried beans and peas, dried fruits, milk and nuts, oranges, potatoes, tomatoes and winter squash. How often these foods can be eaten, and/or their portion size, may need to be limited depending on your individual needs.

**Calcium and phosphorus** are minerals that work together in the body to keep your bones strong and healthy. This balance is changed when the kidneys are unable to filter out enough phosphorus. Phosphorus levels are then increased in your blood. When this balance of calcium and phosphorus is upset it can cause bone disease and contribute to the calcification of arteries and organs including your heart. The consistent use of phosphorus binding medication and following a diet that limits foods high in phosphorus may be needed. Almost all foods have some phosphorus, but the highest levels are found in dairy products (cheese, milk, yogurt), dried beans, nuts, chocolate and cola drinks. Your doctor and renal dietitian will help you balance your dietary intake and medications.

**Sodium** helps regulate the fluid balance in your body. High-sodium foods may upset this balance in chronic kidney disease. Some foods that have the highest amounts of sodium are cured and processed. This includes smoked meats and smoked or processed cheeses, ham, bacon, sausage, cold cuts, cheese and snack foods like corn chips, pickles, pretzels, potato chips, and salted nuts. Some foods that do not taste salty may contain a lot of sodium. Examples are canned soups, ketchup, mustard, relishes, some seasonings, steak sauces, meat tenderizers, canned or packaged foods and restaurant foods. When you prepare foods from scratch, you can control the amount of sodium used.

### *Healthy Seasoning: The Spice List*

When you must limit salt, herbs and spices can add extra flavor to your foods. Most common herbs, spices and seasonings can be used in a meal plan for chronic kidney disease. It is important to use pure spices rather than those mixed with salt. Suggested spices include fresh garlic, fresh lemon or lime juice, garlic powder, pepper, onion powder, paprika, small amounts of green pepper or onion, vinegar and wine.

Avoid using salt substitutes or seasonings that contain potassium chloride. Although most salt substitutes do not contain sodium, most may have a large amount of potassium. Potassium can actually be more harmful to you than salt.

### **Following are some suggestions for blending spices with specific foods.**

<i>Allspice</i>	beef, eggs, fish, fruits, vegetables, beverages, baked products, desserts
<i>Basil</i>	lamb, fish, eggs, vegetables, sauces
<i>Bay Leaf</i>	beef, chicken, veal, fish



<i>Cinnamon</i>	chicken, pork, fruits, baked products, beverages, vegetables
<i>Cloves</i>	beef, pork, fruits
<i>Curry (salt-free)</i>	beef, chicken, lamb, veal, eggs
<i>Dill</i>	chicken, veal, fish, vegetables
<i>Ginger</i>	chicken, pork, fruits, vegetables, baked products, beverages
<i>Marjoram</i>	eggs, fish, meats, poultry
<i>Mustard Powder</i>	meats, poultry, fish, eggs, vegetables
<i>Parsley</i>	beef, chicken, fish, salads, sauces
<i>Rosemary</i>	beef, lamb, chicken, turkey
<i>Sage</i>	meats, fish, stuffing, vegetables
<i>Savory</i>	egg dishes, meats, poultry, stuffing, rice, vegetables
<i>Tarragon</i>	chicken, fish, meats, egg dishes, sauces, vegetables
<i>Thyme</i>	fish, meats, poultry, eggs, stuffing, vegetables

It is best to crush or rub leaf-type herbs to release their full flavor. Remember, herbs and spices should not overpower the taste of your food, so add them in small amounts. However, since salt enhances or increases flavors, you may need slightly more of a spice than a standard recipe calls for.

### *Some Final Words*

You may find that meal planning is a challenge for you at times. Look at the Sample Menus section in this cookbook for suggestions on how to incorporate recipes in your meal

plan for chronic kidney disease. These meal plans have been calculated to provide approximately (per day):

- 2000 calories
- 70 grams protein
- 2 grams sodium
- 2 grams potassium
- 1000 mg phosphorus

The recipes in this book will help you cook tasty foods that are good for you. Your renal dietitian can help you choose the best ingredients and portion sizes for new or favorite recipes that you may have.

Each recipe has been analyzed for the following nutrients: calories, carbohydrates, protein, fat, sodium, potassium and phosphorus. Each recipe has also been analyzed for renal and renal diabetic exchanges using the National Renal Diet Exchange Lists. (If you are interested in obtaining additional information about these lists, ask your dietitian.) The National Renal Diet Exchange Lists include a "salt exchange" which contains 250 milligrams of sodium. There are recipes in this cookbook that utilize this salt exchange.

Every attempt has been made to analyze these recipes for both renal and renal diabetic exchanges. However, some of these recipes may be too high in sugar for those patients with diabetes. Those recipes have the comment "Not suitable for patients with diabetes" at the end of the recipe.

The analysis of these recipes was calculated using Practor Care, Neutri Practor 6000, San Diego, California, 1990; Food Processor II, ESHA Research, Salem, Oregon; and Pennington's "Bowes & Church's Food Values of Portions Commonly Used," 16<sup>th</sup> edition.

## Sample Menus

The following seven-day menus have been written to include a variety of recipes from this cookbook. Each day's menu provides approximately 2000 calories, 70 grams protein, 2 grams sodium, 2 grams potassium, and 1 gram phosphorus. Items with an asterisk (\*) are recipes that can be found in this cookbook.

### Day 1

#### Breakfast

Three Pepper Quiche\*  
2 servings  
Pear Halves 1/2 cup  
Milk 1/2 cup

#### Lunch

Cream of Crab Soup\* 2 cups  
Sandwich:  
Garlic Bread\* 2 slices,  
Roast Beef 2 ounces  
Apple 1 small

#### Dinner

Turkey Fajitas\* 2  
Avocado 1/4  
Strawberry Ice Cream\*  
1 cup

### Day 2

#### Breakfast

Fruit and Oat Pancakes\* 2  
Margarine 2 teaspoons  
Syrup 2 tablespoons  
CranApple Juice 1/2 cup

#### Lunch

Chili Con Carne\* 1 cup  
Corn Tortillas 2 (6 inch)  
Lemonade 1 cup

#### Dinner

Scampi Linguini\* 1 cup  
Carrots 1/2 cup  
Garlic Bread\* 1 slice  
Chocolate-Lover's Mousse\*  
1/2 cup

## Day 3

### Breakfast

Cream of Wheat 1 cup  
Zucchini Bread\* 1 slice  
Cranberry Juice Cocktail  
1 cup  
Margarine 2 teaspoons  
Sugar 2 teaspoons  
Milk 1/2 cup

### Lunch

Pasta Salad Niçoise\* 2 cups  
Dinner Roll 1  
Margarine 2 teaspoons  
Hot Fruit Compote\* 1/2 cup

### Dinner

Meat Loaf\* 3 ounces  
Broccoli-Cauliflower-Carrot Bake\*  
1/2 cup  
Orzo Pasta\* 1/2 cup  
French Bread 1 slice  
Margarine 2 teaspoons  
Peaches 1/2 cup

## Day 4

### Breakfast

Poached Eggs 2  
Toast 2 slices  
Margarine 2 teaspoons  
Grapes 15 small  
Cranberry Juice Cocktail  
1 cup

### Lunch

Salt-Free Pizza\* 2 slices  
Lettuce 1 cup  
Salad:  
Sliced Cucumber 1/2 cup  
Poppy Seed Dressing\*  
2 tablespoons  
Orange 1 small

### Dinner

Sweet and Sour Chicken\*  
1 cup  
Egg Fried Rice\* 1/2 cup  
Chinese Almond Cookies\* 3  
Plum 1 medium

## Day 5

### Breakfast

French Toast\* 2 slices  
Margarine 2 teaspoons  
Syrup 2 tablespoons  
Orange Juice 1/2 cup

### Lunch

Lemon Curry Chicken Salad\* 1 1/2 cups  
Raspberry Streusel Muffin\* 1  
Margarine 2 teaspoons  
Pine-Apple Fruit Whip\* 1 cup

### Dinner

Cajun Pork Chop\* 1  
Festive Cranberry Stuffing\* 1/2 cup  
Peas 1/2 cup  
Dinner Roll 1  
Margarine 2 teaspoons

## Day 6

### Breakfast

Scrambled Eggs 2  
English Muffin 1  
Margarine 2 teaspoons  
Jelly 1 tablespoon  
Peach Nectar 1/2 cup

### Lunch

Cream of Corn Soup\* 1 cup  
Hamburger:  
    Hamburger Patty 3 ounces  
    Hamburger Bun 1  
Mayonnaise 2 teaspoons  
Fruit Cocktail 1/2 cup

### Dinner

Herb Topped Fish\* 3 ounces  
Barley-Rice Pilaf\* 1/2 cup  
Steamed Green Beans\* 1/2 cup  
Dinner Roll 1  
Margarine 2 teaspoons

## Day 7

### Breakfast

Country Biscuits and Gravy\*  
2 with 1/3 cup gravy  
Strawberries 1 cup

### Lunch

Grilled Chicken Sesame\*  
1/2 chicken breast  
Cottage Cheese Salad\*  
1/2 cup  
Tomato Slices 1/2 medium  
Frosted Lemon Cookies\* 2

### Dinner

Onion Smothered Steak\*  
2 ounces  
Moroccan Couscous\*  
1/2 cup  
Sunshine Carrots\* 1/2 cup  
Dinner Roll 1  
Margarine 2 teaspoons  
Red Hot Jello Salad\*  
2/3 cup



# *Appetizers and Snacks*





# Chili Wheat Treats

Serves 8 1/2 Cup Per Serving

## Ingredients:

- 1/2 cup margarine
- 1 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- Dash cayenne pepper
- 4 cups spoon-size shredded wheat

## Directions:

Preheat oven to 300°F. Melt margarine in a 10 x 15-inch baking pan. Stir in spices. Add cereal and toss to coat evenly. Bake for 15 minutes or until crisp. Store in a covered container.

### Analysis:

Calories	184	Sodium	107
Carbohydrates	16	Potassium	104
Protein	3	Phosphorus	82
Fat	12		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 Low Potassium Vegetable
- 2 Fat

# Holiday Eggnog

Serves 6 1/3 Cup Per Serving

## Ingredients:

1 1/2 cups liquid non-dairy  
coffee creamer  
1/2 cup frozen eggs or  
1/2 cup liquid  
low-cholesterol  
egg substitute  
2 tablespoons sugar  
1 1/2 teaspoons vanilla  
Nutmeg

## Directions:

Combine first 4 ingredients in a blender or beat with an electric mixer until well mixed. Chill thoroughly. Serve with a sprinkle of nutmeg.

### Analysis:

Calories	134	Sodium	88
Carbohydrates	13	Potassium	159
Protein	3	Phosphorus	53
Fat	8		

### Renal and Renal Diabetic Exchanges:

1 Milk  
1 Fat

# Onion Bagel Chips

Serves 4    8 Chips Per Serving

## Ingredients:

2 3-1/2-oz plain bagels  
2 tablespoons margarine,  
    melted  
1/2 teaspoon onion powder

## Directions:

Cut each bagel in half vertically, using an electric knife. Place one bagel half, cut side down, on a flat surface; cut vertically into 8 slices. Repeat procedure with remaining bagel halves.

Place slices on baking sheet. Combine margarine and onion powder and brush over bagels.

Bake at 325°F for 20 minutes or until golden and crisp. Remove from pan; cool completely. Store in an airtight container. Makes 32 chips.

## Analysis:

Calories	128	Sodium	208
Carbohydrates	16	Potassium	24
Protein	3	Phosphorus	24
Fat	6		

## Renal and Renal Diabetic Exchanges:

1 Starch  
1 Fat

# Oriental Egg Rolls

Serves 14    1 Egg Roll Per Serving

## Ingredients:

- 1 lb diced cooked chicken
- 1/2 lb bean sprouts
- 1/2 lb shredded cabbage
- 1 medium (1 cup) chopped onion
- 2 tablespoons vegetable oil
- 1 tablespoon low sodium soy sauce
- 1 clove garlic, minced
- 1 package (20) egg roll wrappers
- Oil for frying

## Directions:

Mix all ingredients except wrappers and frying oil together in a bowl. Let marinate for 30 minutes. Divide filling among the wrappers and fold as directed on wrapper package instructions. Preheat the oil to 350°F. Fry egg rolls in hot oil (1 inch or more) until golden brown. Drain on paper towels.

### Analysis:

Calories	168	Sodium	152
Carbohydrates	15	Potassium	114
Protein	9	Phosphorus	57
Fat	8		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 Meat
- 1 Fat

# Parmesan Cheese Spread

Serves 7 2 Tablespoons Per Serving

## Ingredients:

1 3-oz package cream  
cheese  
4 tablespoons margarine,  
softened  
1/4 teaspoon garlic powder  
2 tablespoons grated  
Parmesan cheese  
1 tablespoon dry white  
wine  
1 tablespoon minced  
parsley  
Dash of thyme  
Dash of marjoram

## Directions:

Mix all ingredients until well blended. Chill for at least 4 hours. Serve with melba toast, unsalted crackers or as a stuffing for celery.

## Analysis:

Calories	109	Sodium	115
Carbohydrates	1	Potassium	24
Protein	2	Phosphorus	25
Fat	11		

## Renal and Renal Diabetic Exchanges:

1/3 Meat  
2 Fat

# Polynesian Turkey Kabobs

Serves 15 1 Skewer Per Serving

## Ingredients:

- 1 lb ground raw turkey
- 1/3 cup unsalted crackers, crushed (5 crackers)
- 1 egg or 1/4 cup liquid egg substitute
- 1/4 cup chopped onion
- 1 teaspoon ground ginger
- 1 clove garlic, crushed
- 1 20-oz can pineapple chunks in juice, drained, reserving 1/3 cup juice
- 1 large red pepper, cut into 22 pieces
- 1 large green pepper, cut into 23 pieces
- 1/3 cup reserved pineapple juice
- 2 tablespoons margarine, melted
- 2 tablespoons orange marmalade
- 1 1/2 teaspoons ground ginger

## Directions:

In a medium bowl, mix first six ingredients. Shape into 30 meatballs. Arrange on 15 8-inch wooden skewers with pineapple chunks and pepper pieces. Place on broiler pan.

In a small bowl, stir pineapple juice, margarine, marmalade and ginger until blended. Brush over kabobs. Broil 4 inches from heat source for 20 minutes, turning once and basting with sauce.

## Analysis:

Calories	95	Sodium	49
Carbohydrates	9	Potassium	187
Protein	8	Phosphorus	72
Fat	3		

## Renal and Renal Diabetic Exchanges:

1 Meat  
1 Low Potassium Vegetable

# Popcorn Munch

Serves 8 1 1/2 Cups Per Serving

## Ingredients:

- 2 cups graham cracker cereal
- 2 cups sweetened wheat puff cereal
- 8 cups popped popcorn, unsalted

## Directions:

Mix cereals and popcorn in a microwavable bowl. Microwave on high for 1 1/2 minutes or until hot. Let stand for 5 minutes. Break into pieces.  
To make in an oven, mix in a metal pan with sides and bake at 350°F for 6 minutes. Cool 5 minutes and break into pieces.

### Analysis:

Calories	122	Sodium	104
Carbohydrates	20	Potassium	71
Protein	2	Phosphorus	46
Fat	4		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 Fat

# Snack Mix

Serves 6 cups 1 Cup Per Serving

## Ingredients:

- 1 cup rice cereal squares
- 1 cup corn cereal squares
- 1 cup unsalted tiny pretzel twists
- 3 cups unsalted popped popcorn
- 1/3 cup margarine, melted
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 tablespoon Parmesan cheese

## Directions:

Mix cereals, pretzels and popcorn in large bowl. Combine melted margarine, garlic powder and onion powder. Pour over cereal mixture and toss to coat. Add Parmesan cheese.  
Bake in 350°F oven for 7–10 minutes. Cool. Store in sealed container.

### Analysis:

Calories	180	Sodium	386
Carbohydrates	19	Potassium	37
Protein	2.5	Phosphorus	38
Fat	11		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 2 Fat



# Spiced Pineapple Appetizer

Serves 10 5 Pieces Per Serving

## Ingredients:

- 1/4 cup white wine vinegar
- 3 tablespoons sugar
- 2 tablespoons lime juice
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon crushed red pepper
- 1/8 teaspoon garlic powder
- 1 20-oz can pineapple chunks in juice, drained

## Directions:

Combine vinegar, sugar, lime juice, Dijon mustard, pepper and garlic powder in a saucepan. Bring to a boil. Reduce heat and simmer, uncovered, 3 minutes. Combine vinegar mixture and pineapple in a bowl; mix well. Serve warm with toothpicks.

## Analysis:

Calories	47	Sodium	4
Carbohydrates	12	Potassium	67
Protein	0	Phosphorus	4
Fat	0		

*Renal and Renal  
Diabetic Exchanges:*  
1 Low Potassium Fruit

# Sweet and Spicy Meatballs

Serves 18    2 Meatballs Per Serving

## Ingredients:

- Vegetable cooking spray
- 1/4 cup chopped onion
- 1 lb lean ground chuck
- 1/3 cup fine dry bread crumbs
- 1/4 cup chopped fresh parsley
- 1/8 teaspoon nutmeg
- 1/4 cup liquid non-dairy creamer
- 1 egg white, beaten
- 1/2 cup cranberries, finely chopped
- 2 teaspoons dry mustard
- 1/8 teaspoon cayenne pepper
- 1/2 cup grape jelly
- 1 teaspoon lemon juice

## Directions:

Coat a small saucepan with cooking spray; place over medium heat. Add onion and sauté until tender. Combine onion with next 6 ingredients in a bowl. Shape into 36 1-inch meatballs. Place meatballs on a baking sheet with sides which has been coated with cooking spray. Bake at 375°F for 18 minutes. Meanwhile, prepare sauce by combining the cranberries and remaining ingredients in a small saucepan. Cook over medium heat until thoroughly heated. Place meatballs in a serving bowl and pour the sauce over. Serve with toothpicks.

### Analysis:

Calories	108	Sodium	38
Carbohydrates	9	Potassium	98
Protein	5	Phosphorus	44
Fat	6		

### Renal and Renal Diabetic Exchanges:

- 1 Meat
- 1 Low Potassium Fruit

# Zippy Dip

Serves 12 2 Tablespoons Per Serving

## Ingredients:

1 package (8 oz) cream  
cheese, softened  
1/2 cup margarine, softened  
3 tablespoons green onion,  
chopped  
2 tablespoons mayonnaise  
1 tablespoon vinegar  
1 1/2 teaspoons lemon juice  
1 1/2 teaspoons hot dry  
mustard  
1 teaspoon horseradish  
1 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon tarragon  
Dash cayenne pepper

## Directions:

Blend all ingredients until thoroughly combined. Serve with unsalted crackers or raw vegetables.

## Analysis:

Calories	155	Sodium	133
Carbohydrates	2	Potassium	43
Protein	2	Phosphorus	28
Fat	16		

## Renal and Renal Diabetic Exchanges:

1 Low Potassium  
Vegetable  
3 Fat

# *Breakfasts*



# Country Biscuits and Gravy

Serves 4 2 Biscuits & 1/3 Cup Gravy Per Serving

## Ingredients:

### Biscuits

- 1 1/2 cups flour
- 2 teaspoons baking powder
- 2 tablespoons margarine
- 1/3 cup liquid non-dairy  
creamer
- 1/3 cup water

### Gravy

- 6 oz ground beef
- 1/2 teaspoon sage
- 1/2 teaspoon pepper
- 1/2 teaspoon basil
- 1/2 teaspoon garlic powder
- 2 tablespoons margarine
- 2 tablespoons cornstarch
- 1 cup liquid non-dairy  
creamer

## Directions:

For biscuits, combine flour and baking powder in a bowl. Cut in margarine until mixture resembles coarse meal. Add creamer and water, mixing to form a dough. Knead on a floured surface 10 times. Roll dough out and cut into 8 biscuits. Bake on a greased baking sheet at 450°F for 10 to 12 minutes until golden.

For gravy, mix ground beef with spices in a bowl. Brown beef in a skillet over medium heat. Drain. Set aside. In the same skillet, melt margarine over low heat. In a small bowl, mix cornstarch with 1/4 cup creamer until smooth. Add remaining creamer and stir until smooth. Add to margarine in skillet and cook over low heat, stirring constantly, until mixture thickens and bubbles. Add beef and heat thoroughly. Serve over biscuits.

## Analysis:

Calories	524	Sodium	525
Carbohydrates	51	Potassium	311
Protein	13	Phosphorus	393
Fat	31		

## Renal and Renal Diabetic Exchanges:

- 1 Meat
- 2 Starch
- 1 Non-Dairy Milk  
Substitute
- 4 Fat

# French Toast

Serves 3 2 Slices Per Serving

## Ingredients:

- 3 eggs
- 3/4 cup milk
- 1 tablespoon sugar
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon, optional
- 6 slices French bread, cut diagonally, about 1 inch thick
- 1 tablespoon margarine

## Directions:

Beat eggs, milk, sugar, vanilla and cinnamon (optional) together in large bowl, until sugar is dissolved. Soak bread in egg mixture until saturated. Heat margarine in skillet until melted. Cook bread over medium heat until golden brown, about 12 minutes on each side. Serve sprinkled with powdered sugar and/or with pancake syrup of your choice.

### Analysis:

Calories	365	Sodium	551
Carbohydrates	47	Potassium	222
Protein	15	Phosphorus	206
Fat	13		

### Renal and Renal Diabetic Exchanges:

- 2 Starch
- 1 Meat
- 1 Milk
- 1/2 High Calorie
- 1 Salt

# Fruit and Oat Pancakes

Serves 4 2 Pancakes Per Serving

## Ingredients:

1/2 cup rolled oats  
1 cup flour  
1 8-oz can fruit cocktail,  
undrained  
1/2 cup liquid non-dairy  
creamer  
1/2 teaspoon baking powder  
1 egg or 1/4 cup liquid egg  
substitute  
1 tablespoon margarine

## Directions:

Combine all ingredients except margarine in a bowl. Melt margarine in a large skillet. Drop batter into skillet (about 1/4 cup per pancake) and cook over medium heat until pancakes are bubbly and dry around edges. Flip with a spatula and fry until pancakes are golden brown on the bottom.

## Analysis:

Calories	262	Sodium	152
Carbohydrates	41	Potassium	198
Protein	7	Phosphorus	186
Fat	8		

## Renal and Renal Diabetic Exchanges:

2 Starch  
1 Medium Potassium  
Fruit  
1 Fat

# Mexican Brunch Eggs

Serves 8 1/2 Cup Per Serving

## Ingredients:

2 tablespoons margarine  
1/2 cup chopped onion  
2 cloves garlic, crushed  
1 1/2 cups frozen corn,  
thawed  
1 1/2 teaspoons ground  
cumin  
1/8 teaspoon cayenne  
pepper  
8 eggs, beaten, or  
2 cups low-cholesterol  
egg substitute  
2 cups unsalted corn chips  
2 tablespoons chopped  
pimiento

## Directions:

In a large skillet, sauté onion and garlic in margarine until onion is soft. Add corn, cumin and cayenne. Stir to combine. Pour in eggs or egg substitute and cook over low heat, stirring occasionally, until eggs are set. Arrange corn chips on a large platter. Spoon egg mixture on chips and sprinkle with pimiento. Serve immediately.

## Analysis:

Calories	214	Sodium	147
Carbohydrates	13	Potassium	240
Protein	9	Phosphorus	91
Fat	14		

## Renal and Renal Diabetic Exchanges:

1 Meat  
1 Starch  
1 Medium Potassium  
Vegetable  
1 Fat



# Three Pepper Quiche

Serves 8 1/8 Quiche Per Serving

## Ingredients:

- 1 tablespoon margarine
- 1 green pepper, cut in strips
- 1 sweet red pepper, cut in strips
- 1 sweet yellow pepper, cut in strips
- 4 eggs or 1 cup low-cholesterol egg substitute
- 1/2 cup liquid non-dairy creamer
- 1/2 cup water
- 1/2 teaspoon basil
- 1/8 teaspoon cayenne pepper
- 1 9-inch pie shell, unbaked

## Directions:

In a large skillet, sauté pepper strips in margarine until soft but not limp. In a bowl, combine eggs or egg substitute, creamer, water, basil and cayenne. Spoon peppers into unbaked pie shell. Pour egg mixture over peppers. Bake at 375°F for 50-55 minutes until a knife inserted in the center comes out clean. Let stand for 10 minutes before serving.

## Analysis:

Calories	201	Sodium	222
Carbohydrates	14	Potassium	163
Protein	5	Phosphorus	50
Fat	14		

## Renal Exchanges:

1 Starch, 1 Low Potassium Vegetable, 2 Fat

## Renal Diabetic

## Exchanges:

1 Starch, 1 Medium Potassium Vegetable, 2 Fat

# *Soups and Salads*



# Bow-Tie Pasta Salad

Serves 8 1/3 Cup Per Serving

## Ingredients:

- 2 cups cooked bow-tie pasta
- 1/4 cup chopped celery
- 2 tablespoons chopped green pepper
- 2 tablespoons shredded carrot
- 2 tablespoons minced onion
- 1/8 teaspoon pepper
- 2/3 cup mayonnaise
- 1/2 teaspoon sugar
- 1 tablespoon lemon juice

## Directions:

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 and mix until well coated. Chill.

### Analysis:

Calories	189	Sodium	111
Carbohydrates	12	Potassium	61
Protein	2	Phosphorus	31
Fat	15		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 2 Fat

# Chili Con Carne

Serves 5 1 Cup Per Serving

## Ingredients:

- 1 lb lean ground beef
- 1 cup chopped onion
- 1/2 cup chopped green pepper
- 6 oz no-salt tomato paste
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1 quart water

## Directions:

In a large pot, brown the ground beef. Drain fat. Add onion and green pepper. Cook until onion is transparent. Add remaining ingredients and simmer 1 1/2 hours. Before serving, measure chili and add additional water to make 5 cups. Heat through.

## Analysis:

Calories	254	Sodium	118
Carbohydrates	11	Potassium	683
Protein	21	Phosphorus	182
Fat	14		

## Renal and Renal Diabetic Exchanges:

- 3 Meat
- 2 Medium Potassium Vegetable

# Cottage Cheese Salad

Serves 11 1/2 Cup Per Serving

## Ingredients:

- 2 lb creamed cottage cheese
- 1 6-oz can juice packed crushed pineapple, drained
- 1 8-oz carton whipped cream
- 1 3-oz package Jell-O® — lime or raspberry

## Directions:

Mix dry Jell-O® into cottage cheese. Add drained pineapple. Fold in whipped cream. Refrigerate.

### Analysis:

Calories	191	Sodium	348
Carbohydrates	5	Potassium	105
Protein	17	Phosphorus	122
Fat	11		

### Renal and Renal Diabetic Exchanges:

- 2 Meat
- 1/2 Low Potassium Fruit
- 1 Salt

# Cranberry Frozen Salad

*Serves 9 3 x 3-inch Piece Per Serving*

## *Ingredients:*

1 8-oz package cream  
cheese  
1/2 pint whipping cream,  
whipped  
1/2 teaspoon vanilla extract  
1 16-oz can cranberry sauce

## *Directions:*

Whip cream cheese with beater until fluffy. Fold in vanilla, whipped cream and then cranberry sauce. Put into a 9 x 9-inch pan. Freeze. Cut into squares and serve frozen.

## *Analysis:*

Calories	255	Sodium	99
Carbohydrates	21	Potassium	63
Protein	2.5	Phosphorus	46
Fat	19		

## *Renal and Renal Diabetic Exchanges:*

1/2 Starch  
1 Low Potassium Fruit  
3 Fat

# Cranberry Salad

Serves 8 1/2 Cup Per Serving

## Ingredients:

- 2 3-oz package raspberry Jell-O®
- 1 can whole cranberry sauce (not jellied)
- 1 cup apples, peeled and chopped
- 1 cup celery, chopped
- 1/2 cup unsalted nuts

## Directions:

Mix Jell-O® according to package directions. When cool and syrupy, add cranberry sauce, apples, celery and nuts. Refrigerate until firm.

### Analysis: Regular Jell-O®      Diet Jell-O®

Calories	179	Calories	113
Carbohydrates	34	Carbohydrates	15
Protein	2.4	Protein	2.1
Fat	5	Fat	5
Sodium	75	Sodium	75
Potassium	93	Potassium	93
Phosphorus	26	Phosphorus	26

### Renal Exchanges

#### Regular Jell-O®:

1 Low Potassium Fruit,  
1 Starch, 1 Fat

#### Renal Diabetic

#### Exchanges Diet

Jell-O®: 1 Low Potassium Fruit, 1 Fat

# Cream of Corn Soup

Serves 3 1 Cup Per Serving

## Ingredients:

- 2 tablespoons margarine
- 2 tablespoons flour
- 1/8 teaspoon pepper
- 1 cup water
- 1 cup liquid non-dairy creamer
- 2 jars (128 g each) strained cream-style corn baby food

## Directions:

In a saucepan over low heat, melt the margarine. Add flour and pepper. Stir until smooth. Add water and non-dairy creamer gradually. Cook until mixture bubbles. Stir in corn.

### Analysis:

Calories	245	Sodium	164
Carbohydrates	22	Potassium	238
Protein	3	Phosphorus	85
Fat	16		

### Renal and Renal Diabetic Exchanges:

- 2 Low Potassium Vegetable
- 1 Non-dairy Milk Substitute
- 1 Fat



# Cream of Crab Soup

Serves 10 1 Cup Per Serving

## Ingredients:

- 1 tablespoon unsalted margarine
- 1/2 medium onion, chopped
- 1/2 lb imitation crabmeat, shredded
- 1 quart low-sodium chicken broth
- 1 cup non-dairy coffee creamer
- 2 tablespoons cornstarch
- 1/8 teaspoon dillweed

## Directions:

Melt margarine in a large cooking pot over moderate heat. Add onion and cook, stirring, until soft. Add crabmeat and cook 3 minutes, stirring constantly. Add chicken broth and bring to a boil. Reduce heat to low. Combine non-dairy creamer and cornstarch in a bowl. Stir until smooth. Add to soup and increase heat to moderate, stirring constantly, until mixture comes to a boil and thickens. Stir in dillweed.

## Analysis:

Calories	87	Sodium	241
Carbohydrates	7	Potassium	80
Protein	4	Phosphorus	82
Fat	5		

## Renal and Renal Diabetic Exchanges:

- 1 Low Potassium Vegetable
- 1 Fat

# Lemon Curry Chicken Salad

Serves 4 1 Cup Per Serving

## Ingredients:

- 1/4 cup oil
- 4 tablespoons frozen lemonade concentrate, thawed
- 1/4 teaspoon ground ginger
- 1/4 teaspoon curry powder
- 1/8 teaspoon garlic powder
- 1 1/2 cups cooked diced chicken
- 1 1/2 cups grapes, halved
- 1/2 cup sliced celery

## Directions:

In a large bowl, combine oil, lemonade concentrate and spices. Add remaining ingredients and toss lightly. Chill.

### Analysis:

Calories	307	Sodium	57
Carbohydrates	15	Potassium	235
Protein	17	Phosphorus	119
Fat	20		

### Renal and Renal Diabetic Exchanges:

- 2 Meat
- 1 Starch
- 2 Fat

# Pasta Salad Niçoise

Serves 6 1 1/2 Cups Per Serving

## Ingredients:

- 4 cups cooked small shell macaroni
- 1 tablespoon olive oil
- 2 cups fresh green beans, cut in 1-inch pieces
- 1/2 cup lemon juice
- 1/3 cup olive oil
- 2 teaspoons dry mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon basil
- 1 7-3/4-oz can tuna packed in water, drained
- 5 green onions, chopped, including tops
- 1/4 teaspoon pepper

## Directions:

Toss pasta with 1 tablespoon olive oil in a bowl. Set aside. Blanch green beans by dropping into boiling water for 2 minutes. Transfer to a colander and chill under cold running water. Drain.

In a large bowl, combine beans, lemon juice, 1/3 cup olive oil, mustard, parsley and basil. Add tuna, green onions, pasta and pepper. Toss, then cover and chill at least 1 to 2 hours.

## Analysis:

Calories	304	Sodium	135
Carbohydrates	25	Potassium	293
Protein	15	Phosphorus	130
Fat	16		

## Renal and Renal Diabetic Exchanges:

- 2 Meat
- 1 Starch
- 1 Low Potassium Vegetable
- 1 Fat

# Poppy Seed Dressing

Serves 16 1 Tablespoon Per Serving

## Ingredients:

- 1/4 cup plus 2 tablespoons wine vinegar
- 2 tablespoons lemon juice
- 5 tablespoons sugar
- 1 teaspoon dry mustard
- 1/4 small onion, minced
- 1/2 cup oil
- 1 tablespoon poppy seeds

## Directions:

Mix all ingredients together. Serve with salad of your choice.

### Analysis:

Calories	82	Sodium	0
Carbohydrates	5	Potassium	18
Protein	0	Phosphorus	8
Fat	7		

*Renal and Renal  
Diabetic Exchanges:*  
2 Fat

# Red Hot Jell-O® Salad

Serves 6 2/3 Cup Per Serving

## Ingredients:

1/4 cup cinnamon red hots  
1/2 cup water  
1 package (3 oz) cherry  
Jell-O®  
1 cup boiling water  
2 cups apples, peeled and  
chopped  
1/2 cup celery, chopped

## Directions:

Soak red hots in water overnight. Dissolve Jell-O® in boiling water. Add red hot liquid. Chill until partially set. Stir in apples and celery. Chill until firm.

## Analysis:

Calories	113	Sodium	48
Carbohydrates	22	Potassium	43
Protein	1.2	Phosphorus	6
Fat	0		

## Renal Exchanges:

1 High Calorie  
1/2 Low Potassium  
Vegetable

## Renal Diabetic

Exchanges: 1 Starch  
1 High Calorie

# *Meat, Chicken and Seafood Entrees*



# Baked Halibut

Serves 7 3 Ounces Per Serving

## Ingredients:

1 1/2 lb halibut steaks  
1/4 cup mayonnaise  
3/4 cup bread crumbs  
Lemon slices dipped in  
paprika

## Directions:

Preheat oven to 400° F. Cut steaks away from bone in center, into serving-size pieces. Cover entirely with mayonnaise. Roll in bread crumbs. Place in buttered baking pan. Bake in preheated oven about 15 minutes or until fish flakes when tested with a fork. Place on heated serving platter. Garnish with lemon slices.

## Analysis:

Calories	205	Sodium	176
Carbohydrates	8	Potassium	456
Protein	22	Phosphorus	233
Fat	9		

## Renal and Renal Diabetic Exchanges:

3 Meat  
1 Milk

# Broiled Garlic Shrimp

*Serves 5 About 2 1/2 Ounces Shrimp Per Serving*

## *Ingredients:*

1 lb shrimp in shells  
1/2 cup unsalted margarine,  
melted  
2 teaspoons lemon juice  
2 tablespoons chopped  
onion  
1 clove garlic, minced  
1/8 teaspoon pepper  
1 tablespoon fresh parsley,  
chopped

## *Directions:*

Preheat broiler. Wash, peel and dry shrimp. Pour margarine in a shallow baking pan and add lemon juice, onion, garlic and pepper. Add shrimp and toss to coat. Broil for 5 minutes. Turn and broil for 5 more minutes. Serve on platter with strained pan juices. Sprinkle with parsley.

## *Analysis:*

Calories	264	Sodium	135
Carbohydrates	2	Potassium	189
Protein	19	Phosphorus	192
Fat	20		

## *Renal and Renal Diabetic Exchanges:*

2 Meat  
1 Starch  
1 Low Potassium  
Vegetable



# Cajun Pork Chops

Serves 4 1 Chop Per Serving

## Ingredients:

- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon thyme
- 1/4 teaspoon dry mustard
- 1/4 teaspoon ground sage
- 1/4 teaspoon ground cumin
- 1/8 teaspoon pepper
- 4 pork chops cut 1/2-inch thick (4 oz each)
- 1 small onion, sliced
- 1 tablespoon margarine
- 1 teaspoon parsley flakes
- 1/8 teaspoon garlic powder
- 2 to 3 drops hot pepper sauce

## Directions:

Combine paprika, 1/4 teaspoon garlic powder, thyme, mustard, sage, cumin and pepper on waxed paper. Coat both sides of pork chops with this mixture. Arrange chops in a single layer on an 8-inch square microwave-safe dish. Top each chop with onion slices. Cover with waxed paper. Microwave on high 5 minutes. Rotate dish and microwave on low (30%) for 25 to 30 minutes or until tender, rotating once during this period. Let rest while preparing sauce. Combine margarine, parsley, 1/8 teaspoon garlic powder and pepper sauce in a small glass bowl. Microwave on high for 30 to 40 seconds until melted. Spoon over chops before serving.

## Analysis:

Calories	243	Sodium	75
Carbohydrates	3	Potassium	447
Protein	22	Phosphorus	245
Fat	16		

## Renal and Renal Diabetic Exchanges:

- 3 Meat
- 1 Medium Potassium Vegetable
- 1 Fat

# Chicken Veronique

Serves 5 About 2/3 Cup Per Serving

## Ingredients:

1 tablespoon flour  
1/4 teaspoon pepper  
1 lb chicken breast meat  
6 tablespoons unsalted  
margarine  
1/4 cup white wine  
1/2 cup water  
1 teaspoon parsley  
1/4 teaspoon pepper  
1 bay leaf  
2 tablespoons orange  
marmalade  
1 cup halved white grapes

## Directions:

Combine flour and 1/4 teaspoon pepper. Lightly dust chicken. Sauté chicken in margarine in a large skillet until golden brown on all sides. Add remaining ingredients except grapes. Cover and simmer 25 minutes, until tender. Transfer chicken to serving platter. Add grapes to gravy and cook for 2 minutes, stirring constantly. Pour over chicken.

## Analysis:

Calories	275	Sodium	178
Carbohydrates	13	Potassium	284
Protein	22	Phosphorus	179
Fat	15		

## Renal and Renal Diabetic Exchanges:

3 Meat  
1 Low Potassium Fruit

# Fish With Peppers

Serves 5 About 1 Cup Per Serving

## Ingredients:

- 1 1/2 lb white fish fillets
- 1 teaspoon garlic powder
- 1/2 teaspoon lemon pepper
- 2 tablespoons oil
- 1/2 cup low-sodium chicken broth
- 1/4 cup no-salt-added tomato sauce
- 1 teaspoon capers
- 1/2 medium green pepper, cut into rings
- 1/2 medium red pepper, cut into rings

## Directions:

Cut fish into 4-inch pieces. Sprinkle with garlic powder and lemon pepper. Cook fish in oil in a large skillet over medium heat for 5 minutes, turning often. Add broth, tomato sauce and capers. Reduce heat, cover and simmer 10 minutes. Top with pepper rings and cook 5 minutes longer, until fish flakes easily with a fork and peppers are tender.

### Analysis:

Calories	205	Sodium	104
Carbohydrates	8	Potassium	561
Protein	23	Phosphorus	351
Fat	11		

### Renal Exchanges:

3 Meat, 1 High Potassium Vegetable  
*Renal Diabetic Exchanges:* 3 Meat, 2 Medium Potassium Vegetable

# Grilled Chicken Sesame

Serves 4 1 Chicken Breast Half Per Serving

## Ingredients:

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

## Directions:

Combine first 5 ingredients in a small bowl. Set aside. Flatten chicken pieces to 1/4-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.

## Analysis:

Calories	179	Sodium	235
Carbohydrates	11	Potassium	302
Protein	27	Phosphorus	232
Fat	3		

## Renal and Renal Diabetic Exchanges:

3 Meat  
1 Low Potassium Fruit

# Grilled Marinated Beef Steak

Serves 6 3 Ounces Steak Per Serving

## Ingredients:

1 1/2 lb chuck steak  
1 can (12 oz) beer  
1/2 cup sliced green onion  
1/4 cup chopped green pepper  
2 tablespoons vinegar  
1 tablespoon teriyaki sauce  
2 tablespoons sugar  
2 cloves garlic, minced  
1/4 teaspoon pepper

## Directions:

Place steak in a large shallow dish. Combine remaining ingredients and pour over steak. Marinate 6 to 8 hours in the refrigerator, turning at least once to let flavors penetrate. Drain the marinade from the steak; reserve. Broil steak over medium coals for 15 to 20 minutes to desired doneness, brushing steak occasionally with reserved marinade.

## Analysis:

Calories	201	Sodium	196
Carbohydrates	12	Potassium	484
Protein	25	Phosphorus	247
Fat	6		

## Renal Exchanges:

3 Meat, 1 Medium  
Potassium Vegetable

## Renal Diabetic

## Exchanges:

3 Meat, 2 Low  
Potassium Vegetable

# Herb Topped Fish

Serves 8 3 Ounces Per Serving

## Ingredients:

- 8 1-1/2 inch thick pieces of salmon, halibut or other white fish (24 oz)
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/4 cup grated Parmesan cheese
- 4 tablespoons chives, chopped
- 2 tablespoons parsley, chopped
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried dill
- 1/2 teaspoon dry mustard
- Fresh ground pepper to taste

## Directions:

Place uncooked fish fillets in a buttered shallow baking pan. Blend all remaining ingredients by hand. Spread mixture on top of fillets. Bake at 350°F for 20 minutes or until fish flakes.

## Analysis:

Calories	244	Sodium	202
Carbohydrates	1	Potassium	316
Protein	19	Phosphorus	239
Fat	18		

## Renal and Renal Diabetic Exchanges:

3 Meat  
2 Fat

# Lemon Tarragon Chicken

Serves 12 3 Ounces Per Serving

## Ingredients:

- 2 tablespoons margarine
- 8 medium skinless, boneless chicken breast halves (about 1 1/2 lb)
- 2 cups fresh mushrooms, halved
- 2 cloves garlic, minced
- 3 tablespoons dry sherry
- 1/2 teaspoon dried tarragon, crushed
- 1/2 teaspoon lemon pepper seasoning
- 1 3/4 cups salt-free chicken broth
- 1/3 cup flour
- 1/4 cup sour cream
- Hot cooked noodles

## Directions:

In a 12-inch skillet melt margarine over medium heat. Add chicken, mushrooms, garlic, sherry, tarragon and lemon pepper seasoning. Cook, uncovered, for 10 to 12 minutes or until chicken is no longer pink, turning once. Remove chicken and mushrooms with a slotted spoon. In a screw top jar combine chicken broth and flour and shake till blended. Add mixture to the skillet. Cook and stir over medium high heat until thick and bubbly. Remove about 1/2 cup mixture from skillet and stir into sour cream. Return to skillet along with chicken and mushrooms. Heat through (do not boil). Serve over hot cooked noodles. Count noodles as starch exchange.

### Analysis without noodles:

Calories	151	Sodium	72
Carbohydrates	5	Potassium	306
Protein	20	Phosphorus	181
Fat	5		

### Renal and Renal Diabetic Exchanges:

- 3 Meat
- 1 Low Potassium Vegetable

# Meat Loaf

Serves 8 3 Ounces Per Serving

## Ingredients:

2 beaten eggs  
3/4 cup milk  
2/3 cup bread crumbs  
2 tablespoons onions  
1/2 teaspoon sage  
1 1/2 lbs ground beef  
1/2 cup fresh sliced mushrooms

## Topping

1/4 cup salt-free ketchup  
2 tablespoons brown sugar  
1 teaspoon dry mustard  
1/4 teaspoon nutmeg  
1/4 cup shredded cheddar cheese

## Directions:

Mix all the meat loaf ingredients together and pat into a loaf pan. Bake 1 hour at 350°F. Take out of oven and pour off grease. Mix first four topping ingredients together and put on top of meat loaf. Sprinkle with cheese. Bake until cheese melts.

## Analysis:

Calories	335	Sodium	177
Carbohydrates	14	Potassium	416
Protein	26	Phosphorus	223
Fat	19		

## Renal and Renal Diabetic Exchanges:

3 Meat, 1/2 Starch,  
1 Low Potassium  
Vegetable, 1 Fat



# Onion Smothered Steak

Serves 8 About 2 oz Meat Per Serving

## Ingredients:

1/4 cup flour  
1/8 teaspoon pepper  
1 1/2 lb round steak,  
3/4-inch thick  
2 tablespoons oil  
1 cup water  
1 tablespoon vinegar  
1 clove garlic, minced  
1 bay leaf  
1/4 teaspoon dried thyme,  
crushed  
3 medium onions, sliced

## Directions:

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

## Analysis:

Calories	271	Sodium	45
Carbohydrates	7	Potassium	369
Protein	18	Phosphorus	180
Fat	19		

## Renal and Renal Diabetic Exchanges:

2 Meat, 1 Low  
Potassium Vegetable,  
1 Medium Potassium  
Vegetable, 2 Fat

# Oven Fried Chicken

Serves 14 3 Ounces Per Serving

## Ingredients:

- 1 3-lb broiled-fryer chicken, cut up
- 1/4 cup shortening
- 1/4 cup margarine
- 1/2 cup flour
- 1 teaspoon paprika
- 1/2 teaspoon pepper
- 1/2 teaspoon onion powder

## Directions:

Preheat oven to 425° F. Wash chicken and pat dry. In oven, melt shortening and margarine in baking pan, 13 x 9 x 2 inches. In medium bowl, mix flour, paprika, pepper and onion powder. Coat chicken pieces thoroughly with flour mixture. Place chicken skin side down in melted shortening. Cook uncovered 30 minutes. Turn chicken and cook 30 minutes longer or until thickest pieces are fork tender.

## Analysis:

Calories	186	Sodium	119
Carbohydrates	2	Potassium	232
Protein	21	Phosphorus	172
Fat	10		

*Renal and Renal  
Diabetic Exchanges:*  
3 Meat

# Pork With Julienne Vegetables

Serves 4 1 Cutlet, 3/4 Cup Vegetables Per Serving

## Ingredients:

4 pork cutlets, 4 oz each  
(1/2-inch thick)  
2 tablespoons flour  
1/2 teaspoon salt-free  
seasoning  
3 tablespoons plus  
1 teaspoon margarine  
1/3 cup dry white wine  
2 tablespoons lemon juice  
2 cups julienne zucchini  
strips  
1 cup julienne summer  
squash strips  
1/2 cup red bell pepper  
strips  
1 clove garlic, minced  
1/4 teaspoon basil  
1/8 teaspoon pepper

## Directions:

Pound each cutlet to 1/4-inch thick. Combine flour and salt-free seasoning. Dredge cutlets in flour mixture. Braise cutlets in 2 tablespoons margarine in a large skillet over medium-high heat for 5 minutes on each side. Transfer to platter; keep warm. Add wine and lemon juice to pan juices. Heat until reduced to 1/4 cup. Stir in 1 teaspoon margarine. Pour sauce over cutlets. Keep warm. Place vegetables and 1 tablespoon margarine in skillet. Add garlic, basil and pepper. Cook and stir for 3 or 4 minutes over high heat. Transfer to platter with pork.

## Analysis:

Calories	403	Sodium	130
Carbohydrates	9	Potassium	388
Protein	20	Phosphorus	218
Fat	32		

## Renal and Renal Diabetic Exchanges:

3 Meat  
1 Low Potassium  
Vegetable  
4 Fat

# Salt-Free Pizza

Serves 12 1 Piece Per Serving

## Ingredients:

### Dough

- 1/2 package (1 1/4 teaspoon) dry yeast
- 1 cup warm water
- 1 tablespoon oil
- 1 tablespoon sugar
- 2 cups flour

### Sauce

- 3 oz no-salt tomato paste
- 1/2 cup water
- 1/4 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1 tablespoon sugar
- 1 tablespoon oil
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 1/2 lb cooked ground beef, well drained
- 6 oz mozzarella cheese, shredded

## Directions:

Dissolve yeast in warm water. Stir in 1 tablespoon oil, 1 tablespoon sugar and enough flour to make a soft dough. Stir 20 strokes. Place in a greased bowl, turn to moisten all surfaces, cover and let set in warm area.

Combine tomato paste, 1/2 cup water, garlic powder, oregano, 1 tablespoon sugar and 1 tablespoon oil in a small saucepan. Simmer 5 minutes.

Grease a 17 x 14-inch baking sheet. Press dough over sheet to edges. Cover with sauce. Top with onion, green pepper, beef and cheese. Bake at 400°F for 20 to 30 minutes until dough and cheese are golden brown. Cut into 12 pieces.

## Analysis:

Calories	201	Sodium	75
Carbohydrates	19	Potassium	176
Protein	11	Phosphorus	115
Fat	9		

## Renal and Renal Diabetic Exchanges:

- 1 Meat
- 1 Starch
- 1 Low Potassium Vegetable
- 1 Fat

# Scampi Linguini

Serves 4 About 1/2 Cup Per Serving

## Ingredients:

1 tablespoon olive oil  
1 clove garlic, minced  
1/2 lb shrimp, peeled and  
cleaned  
1/4 cup dry white wine  
1 tablespoon lemon juice  
1/2 teaspoon basil  
1 tablespoon chopped fresh  
parsley  
4 oz dry linguini

## Directions:

Heat oil in a large skillet. Add garlic and shrimp. Cook and stir until shrimp turns pink. Add wine, lemon juice, basil and parsley.  
Cook 5 minutes longer. Meanwhile, boil linguini in unsalted water until tender. Drain. Serve the linguini topped with the shrimp and any remaining liquid.

## Analysis:

Calories	208	Sodium	86
Carbohydrates	26	Potassium	189
Protein	15	Phosphorus	167
Fat	5		

## Renal Exchanges:

2 Meat, 1 Starch,  
1/2 High Calorie

## Renal Diabetic

## Exchanges:

2 Meat, 1 Starch,  
1 Low Potassium Fruit

# Spanish Paella

Serves 8 1/2 Cup Per Serving

## Ingredients:

- 1/2 lb boned, skinned chicken breasts, cut into 1/2-inch pieces
- 1/4 cup water
- 1 10-1/2-oz can low-sodium chicken broth
- 1/2 lb medium-size shrimp, peeled and cleaned
- 1/2 cup frozen green peas
- 1/3 cup chopped red bell pepper
- 1/3 cup thinly sliced green onion
- 2 cloves garlic, minced
- 1/4 teaspoon pepper
- Dash ground saffron
- 1 cup uncooked instant white rice

## Directions:

Combine first 3 ingredients in a 2-quart casserole, top with lid. Microwave on high for 4 to 5 minutes. Stir in shrimp and next 6 ingredients. Cover and microwave on high for 3 1/2 to 4 1/2 minutes or until shrimp turns pink. Stir in rice. Cover and let stand 5 minutes or until rice is tender.

### Analysis:

Calories	163	Sodium	86
Carbohydrates	24	Potassium	178
Protein	15	Phosphorus	144
Fat	1		

### Renal and Renal Diabetic Exchanges:

2 Meat, 1 Starch,  
1 Low Potassium  
Vegetable

# Sweet and Sour Chicken

Serves 6 1/2 Cup Per Serving

## Ingredients:

- 1 20-oz can pineapple chunks, juice pack
- 1/2 cup sugar
- 2 tablespoons cornstarch
- 1/2 cup vinegar
- 2 tablespoons orange marmalade
- 1/4 cup margarine
- 1 lb boned, skinned chicken breasts, cut into 1/2-inch cubes
- 1 green pepper, sliced
- 1 medium onion, thinly sliced and separated into rings
- 3 cups hot cooked white rice

## Directions:

Drain pineapple, reserving 1/3 cup juice. Combine sugar and cornstarch. Mix in pineapple, reserved juice, vinegar and orange marmalade. Set aside. Melt margarine in a wok or large skillet. Add chicken and cook 5 minutes, stirring frequently. Add green pepper and onion and cook 2 minutes. Add pineapple mixture. Bring to a boil, stirring occasionally. Serve over rice. Count rice as starch exchange.

### Analysis without rice:

Calories	433	Sodium	157
Carbohydrates	67	Potassium	427
Protein	21	Phosphorus	192
Fat	9		

### Renal and Renal Diabetic Exchanges:

- 2 Meat
- 1 Starch
- 1 Medium Potassium Fruit
- 1 High Calorie

# Turkey Fajitas

## Ingredients:

1 lb boneless turkey breast  
1/4 teaspoon pepper  
1 clove garlic, minced  
1 teaspoon chili powder  
2 tablespoons lime juice  
1 tablespoon chopped fresh cilantro (coriander)  
1 tablespoon oil  
1 cup chopped tomato  
2 tablespoons chopped fresh cilantro  
1 tablespoon chopped red onion  
1/4 teaspoon minced garlic  
10 7-inch flour tortillas  
3 cups shredded lettuce  
1/2 cup light sour cream

*Serves 10 About 1 1/2 Ounces Turkey, 1 1/2 Tablespoons Salsa, 1 Tortilla, 1/3 Cup Lettuce, and 2 Teaspoons Sour Cream Per Serving*

## Directions:

Sprinkle turkey with pepper, 1 clove minced garlic, chili powder, lime juice, 1 tablespoon cilantro and oil. Turn to coat. Cover and marinate in refrigerator 3 hours or more.

To make salsa, combine tomato, 2 tablespoons cilantro, onion and 1/4 teaspoon garlic in a small bowl. Let stand 1 hour.

Broil turkey 6 inches from heat for 10 minutes each side. Cut into strips. While turkey cooks, wrap tortillas in aluminum foil and warm in oven for 8 minutes. To serve, wrap turkey, salsa, lettuce and sour cream in warm tortillas.

## Analysis:

Calories	208	Sodium	192
Carbohydrates	19	Potassium	204
Protein	13	Phosphorus	129
Fat	9		

## Renal and Renal Diabetic Exchanges:

2 Meat  
1 Starch





# *Rice, Pasta, Stuffing*



# Barley-Rice Pilaf

Serves 4 1/2 Cup Per Serving

## Ingredients:

- 1 tablespoon margarine
- 1 small yellow onion,  
chopped
- 1/3 cup barley
- 1/3 cup white rice
- 2 cups low-sodium chicken  
broth
- 1 carrot, peeled and  
chopped fine
- 1 stalk celery, chopped fine
- 1/2 teaspoon dried thyme
- 1/8 teaspoon pepper

## Directions:

In a medium saucepan, melt margarine over moderate heat. Add onion and cook for about 5 minutes or until soft. Add barley and rice and cook, stirring for 1 minute. Add remaining ingredients and bring to boil. Reduce heat and simmer, covered, for 15 minutes or until liquid is absorbed.

## Analysis:

Calories	171	Sodium	83
Carbohydrates	30	Potassium	186
Protein	4	Phosphorus	80
Fat	4		

## Renal and Renal Diabetic Exchanges:

- 2 Starch
- 1 Medium Potassium  
Vegetable

# Egg Fried Rice

Serves 6 1 Cup Per Serving

## Ingredients:

3 tablespoons oil  
2 cloves garlic, minced  
1/4 cup chopped green onion  
1/2 cup cooked chopped  
pork  
4 cups cooked rice  
1 teaspoon low-sodium soy  
sauce  
1/2 cup frozen green peas  
6 eggs or 1 1/2 cups  
low-cholesterol egg  
substitute, scrambled  
and chopped  
1/4 teaspoon dry mustard

## Directions:

Heat oil in large skillet over moderate heat. Add garlic and cook until soft. Stir in onion and cook for 2 minutes. Add pork, rice and soy sauce. Stir and cook for 3 minutes. Add remaining ingredients; cook until heated thoroughly.

### Analysis:

Calories	270	Sodium	118
Carbohydrates	38	Potassium	202
Protein	12	Phosphorus	173
Fat	8		

### Renal and Renal Diabetic Exchanges:

2 Starch  
1 Meat  
1 Fat  
1 Low Potassium  
Vegetable

# Festive Cranberry Stuffing

Serves 10 1/2 Cup Per Serving

## Ingredients:

- 3 cups soft, stale bread crumbs
- 1 cup diced, peeled, tart apples
- 1/2 cup diced raw cranberries
- 1/4 cup chopped celery
- 1/4 teaspoon poultry seasoning
- 1/4 cup apple juice
- 2 tablespoons unsalted margarine, melted

## Directions:

Preheat oven to 350°F. Combine all ingredients in a large bowl and toss to mix. Place in a lightly greased casserole dish. Bake for 30 minutes.

### Analysis:

Calories	150	Sodium	243
Carbohydrates	25	Potassium	79
Protein	4	Phosphorus	45
Fat	4		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 Low Potassium Fruit
- 1 Fat

# Herbed Rice Dressing

Serves 12 1/2 Cup Per Serving

## Ingredients:

- 3/4 cup margarine
- 1/2 cup chopped onion
- 1 cup diced celery
- 5 cups cooked rice
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon celery seed
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon pepper

## Directions:

In a large saucepan, melt margarine over moderate heat. Add onion and celery; cook about 6 minutes, or until tender. Add the remaining ingredients and toss to mix. Stuff in a 10 to 12 lb turkey or bake in a covered casserole dish at 325°F for 1 hour.

### Analysis:

Calories	202	Sodium	126
Carbohydrates	22	Potassium	76
Protein	2	Phosphorus	32
Fat	12		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 Low Potassium Vegetable
- 2 Fat

# Moreccan Couscous

Serves 4 1/2 Cup Per Serving

## Ingredients:

- 2 tablespoons chopped onion
- 1/2 tablespoon margarine or olive oil
- 1 cup water
- 2/3 cup dry couscous

## Directions:

Sauté chopped onion in the margarine or olive oil until tender. In medium saucepan bring water to a boil. Stir in couscous and onion. Let stand 5 minutes. Fluff lightly with fork before serving.

### Analysis:

Calories	115	Sodium	24
Carbohydrates	21	Potassium	61
Protein	3.5	Phosphorus	22
Fat	2		

*Renal and Renal  
Diabetic Exchanges:*  
1 1/2 Starch

# Orzo Pasta

Serves 6 1/2 Cup Per Serving

## Ingredients:

- 1 1/3 cups (8 oz) dry orzo pasta
- 3 quarts water
- 2 teaspoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning (blend of marjoram, thyme, rosemary, savory, sage, oregano and basil)
- 1 tablespoon grated Parmesan cheese

## Directions:

Bring the 3 quarts of water to a rolling boil. Add orzo pasta to water and stir. Return to a boil and cook, uncovered, 9 to 11 minutes. For best results, avoid over-cooking. Remove from heat and drain well in colander. Pour drained pasta into serving bowl. Add olive oil, garlic powder, Italian seasoning and Parmesan cheese. Toss gently and serve as a side dish accompaniment as you would any other pasta.

### Analysis:

Calories	137	Sodium	20
Carbohydrates	27	Potassium	76
Protein	6.5	Phosphorus	92
Fat	3		

*Renal and Renal  
Diabetic Exchanges:*  
2 Starch



# Pasta With Pesto

Serves 8 1/2 Cup Per Serving

## Ingredients:

- 1/4 cup olive oil
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped fresh parsley
- 2 tablespoons dried basil
- 1 clove garlic, minced
- 1 lb pasta, uncooked

## Directions:

Combine all ingredients except pasta in a blender or food processor. Blend or process until smooth.  
Cook pasta in unsalted boiling water according to package directions. Toss sauce with drained pasta. Serve hot.

### Analysis:

Calories	283	Sodium	45
Carbohydrates	45	Potassium	146
Protein	8	Phosphorus	115
Fat	8		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 Low Potassium Vegetable
- 15 Fat

# *Vegetables*



# Broccoli-Cauliflower-Carrot Bake

Serves 12 1/2 Cup Per Serving

## Ingredients:

3 cups broccoli, raw  
2 cups cauliflower, raw  
1 cup frozen whole small onions or 3 medium onions quartered  
1 cup carrots  
4 tablespoons butter  
2 tablespoons flour  
Dash pepper  
1 cup milk  
1 package (3 oz) cream cheese, softened  
1/2 cup sharp cheddar cheese, shredded  
1/2 cup soft bread crumbs

## Directions:

Wash and cut vegetables; steam until crisp but tender. Drain. In saucepan, melt 2 tablespoons of the butter; blend in flour and pepper. Add milk. Cook and stir until bubbly and thick. Reduce heat; blend in cream cheese until smooth. Place vegetables in 1 1/2-quart casserole dish. Pour sauce over and mix lightly. Top with shredded cheese. Bake 15 minutes at 350°F. Mix together the bread crumbs and remaining butter and sprinkle on casserole. Bake an additional 25 minutes.

## Analysis:

Calories	116	Sodium	130
Carbohydrates	7	Potassium	225
Protein	3.9	Phosphorus	83
Fat	9		

## Renal and Renal Diabetic Exchanges:

1 Medium Vegetable  
1/2 Meat  
1 Fat

# Broccoli Blossom

*Serves 2 1/2 English Muffin and 3/4 Cup Vegetable Topping Per Serving*

## Ingredients:

- 1/4 cup chopped onion
- 1 cup chopped red cabbage
- 1/2 cup chopped broccoli
- 1 tablespoon oil
- 2 to 3 tablespoons water
- 1/4 teaspoon tarragon
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Black pepper
- Red pepper
- 1 English muffin, split and toasted
- 2 tablespoons grated Parmesan cheese

## Directions:

Stir-fry vegetables in oil in a large skillet or wok over medium heat for 2 to 3 minutes. Add water and cover. Steam for 5 minutes. Add spices during last 2 minutes. Serve over English muffin halves. Sprinkle with Parmesan cheese.

### Analysis:

Calories	174	Sodium	287
Carbohydrates	17	Potassium	339
Protein	6	Phosphorus	108
Fat	9		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 High Potassium Vegetable
- 1 Fat

# Crispy Fried Okra

Serves 4 1/2 Cup Per Serving

## Ingredients:

- 1 pint fresh okra, cut into 1-inch segments, or 1 16-oz package frozen okra
- 1/2 cup flour
- 1/2 cup cornmeal
- 1/4 teaspoon pepper
- 2 tablespoons margarine
- 1 cup beer or water

## Directions:

Thaw okra if frozen. In a medium bowl, combine flour, cornmeal and pepper. Cut in margarine until crumbly. Dip okra in beer or water, then roll in cornmeal mixture to coat. Place on a greased baking sheet. Bake at 350°F for 20 minutes or until golden brown. Serve hot with toothpicks and low-sodium ketchup.

## Analysis:

Calories	215	Sodium	56
Carbohydrates	36	Potassium	208
Protein	4	Phosphorus	71
Fat	6		

## Renal Exchanges:

2 Starch, 1 Medium Potassium Vegetable

## Renal Diabetic

Exchanges: 2 Starch, 1 Medium Potassium Vegetable, 1 Fat

# Hot German Cabbage

Serves 6 2/3 Cup Per Serving

## Ingredients:

2 tablespoons sugar  
1 tablespoon minced onion  
1/2 teaspoon caraway seed  
1/2 teaspoon dry mustard  
1/4 teaspoon pepper  
3 tablespoons vinegar  
2 tablespoons margarine  
4 cups shredded red cabbage  
1 cup unpeeled diced green  
apple

## Directions:

Combine sugar, onion, caraway seed, dry mustard, pepper and vinegar in a bowl. Mix well and set aside. Melt margarine in a large skillet. Sauté cabbage and apple in skillet over medium heat for 3 minutes. Stir in vinegar mixture and simmer over low heat for 5 minutes, stirring occasionally, until cabbage is tender.

## Analysis:

Calories	77	Sodium	36
Carbohydrates	9	Potassium	128
Protein	1	Phosphorus	26
Fat	4		

## Renal and Renal Diabetic Exchanges:

1 Medium Potassium  
Vegetable  
1 Fat

# Steamed Green Beans

Serves 4 1/2 Cup Per Serving

## Ingredients:

- 1 tablespoon vegetable oil
- 1 pound green beans, trimmed
- 1/2 cup diced sweet red pepper
- 2 tablespoons water
- 1/2 teaspoon basil
- 1/4 teaspoon pepper
- 1 tablespoon lemon juice

## Directions:

In 12-inch heavy skillet with tight-fitting lid, place all ingredients except lemon juice. Cover and cook over medium heat, shaking pan occasionally to prevent sticking, 15 minutes or until tender-crisp. Toss with lemon juice.

### Analysis:

Calories	47	Sodium	5
Carbohydrates	6	Potassium	180
Protein	1.5	Phosphorus	31
Fat	2		

*Renal and Renal Diabetic Exchanges:*  
1 Medium Potassium Vegetable

# Summer Vegetable Sauté

Serves 6 1/2 Cup Per Serving

## Ingredients:

- 2 tablespoons margarine
- 2 cups sliced zucchini
- 1/2 cup diced green pepper
- 1 10-oz package frozen corn, thawed
- 2 tablespoons chopped pimiento
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper

## Directions:

Heat margarine in a large skillet. Add remaining ingredients and sauté until vegetables are tender, about 15 minutes.

### Analysis:

Calories	81	Sodium	38
Carbohydrates	9	Potassium	175
Protein	2	Phosphorus	38
Fat	4		

### Renal and Renal Diabetic Exchanges:

- 2 Low Potassium Vegetable
- 1 Fat



# Sunshine Carrots

Serves 6 1/2 Cup Per Serving

## Ingredients:

- 3 cups sliced carrots
- 1 tablespoon sugar
- 2 tablespoons margarine
- 1 tablespoon lemon juice
- 1/4 teaspoon grated lemon peel
- 1 teaspoon fresh parsley, chopped

## Directions:

Cook carrots in boiling water until tender; drain well. Add sugar, margarine, lemon juice and lemon peel. Heat and stir until margarine is melted. Stir in parsley.

### Analysis:

Calories	67	Sodium	20
Carbohydrates	7	Potassium	186
Protein	0.5	Phosphorus	26
Fat	4		

### Renal and Renal Diabetic Exchanges:

- 1 Medium Potassium Vegetable
- 1 Fat

# *Breads*



# Garlic Bread

Serves 16 1/8 of a Half-Loaf Per Serving

## Ingredients:

3 tablespoons vegetable oil  
4 cloves garlic, minced  
2 teaspoons paprika  
Dash cayenne pepper  
1 teaspoon lemon juice  
2 tablespoons grated  
    Parmesan cheese  
3/4 cup mayonnaise  
1 loaf (1 lb) French bread  
1 teaspoon Italian herbs

## Directions:

Pour oil into a small bowl. Add garlic to oil and let stand overnight. Next day, strain garlic from oil, reserving oil. Discard garlic. Add paprika, cayenne, lemon juice and Parmesan. Mix well. Stir in mayonnaise. Slice loaf of bread in half lengthwise. Spread each half generously with garlic spread. Place both halves under the broiler and broil until golden brown. Serve hot.

## Analysis:

Calories	175	Sodium	153
Carbohydrates	14	Potassium	38
Protein	3	Phosphorus	31
Fat	12		

## Renal and Renal Diabetic Exchanges:

1 Starch  
2 Fat

# Gingerbread

*Serves 12 2 x 2 1/2-inch Pieces Per Serving*

## *Ingredients:*

2 teaspoons lemon juice or vinegar  
1/2 cup skim milk  
1 egg  
1 tablespoon brown sugar  
2 tablespoons brown sugar substitute  
2 tablespoons molasses  
1 tablespoon margarine  
1 cup sifted flour  
1/2 teaspoon baking soda  
1/4 teaspoon cinnamon  
1 1/2 teaspoons ginger  
Pinch of cloves

## *Directions:*

In a small bowl, add 2 teaspoons lemon juice or vinegar to 1/2 cup skim milk to make sour milk. Set aside. Beat egg with sugar, sugar substitute and molasses until fluffy. Mix sour milk, margarine, sifted flour, baking soda and spices together. Add egg and sugar mixture and beat until smooth. Bake in an 8-inch greased pan at 350°F for 25 to 30 minutes.

## *Analysis:*

Calories	71	Sodium	71
Carbohydrates	12	Potassium	71
Protein	2	Phosphorus	28
Fat	2		

## *Renal and Renal Diabetic Exchanges:*

1 Starch

# Pineapple Bread

*Serves 20 1 Slice Per Serving*

## *Ingredients:*

1/3 cup sugar  
1/3 cup margarine  
2 eggs  
2 cups flour  
3 teaspoons baking powder  
1 cup crushed pineapple in  
juice, undrained  
6 maraschino cherries,  
chopped

## *Directions:*

Beat sugar and margarine until light and fluffy. Add eggs and mix well. Mix flour and baking powder together. Combine sugar and flour mixtures. Blend. Add pineapple and cherries and mix to combine. Pour into greased 9 x 5-inch pan. Bake at 350°F for 1 hour. Cut into 20 slices.

## *Analysis:*

Calories	103	Sodium	133
Carbohydrates	15	Potassium	38
Protein	2	Phosphorus	94
Fat	4		

## *Renal and Renal Diabetic Exchanges:*

1 Starch  
1 Fat

# Raspberry Streusel Muffins

Serves 16 1 Muffin Per Serving

## Ingredients:

1 1/3 cups flour  
1 1/2 teaspoons baking powder  
1 cup fresh or frozen raspberries  
1/4 cup margarine  
1/2 cup sugar  
1 egg  
1/2 cup liquid non-dairy creamer  
1/4 cup brown sugar  
1/4 cup flour  
2 tablespoons margarine  
2 teaspoons cinnamon

## Directions:

Preheat oven to 375° F. Line 16 muffin cups with paper liners. Mix 1 1/3 cups flour and baking powder in a small bowl. Stir in raspberries. In a medium bowl, beat 1/4 cup margarine with sugar and egg. Blend in creamer. Stir in flour mixture, just until moistened. Spoon into 16 muffin cups. In a small bowl, mix brown sugar, 1/4 cup flour, 2 tablespoons margarine and cinnamon. Sprinkle over muffins. Bake 15 to 18 minutes.

## Analysis:

Calories	138	Sodium	111
Carbohydrates	19	Potassium	56
Protein	2	Phosphorus	69
Fat	6		

## Renal and Renal Diabetic Exchanges:

1 Starch  
1 Fat

# Soft Pretzels

Serves 12 1 Pretzel Per Serving

## Ingredients:

- 1 package dry yeast
- 3/4 cup warm water
- 1 tablespoon sugar
- 2 cups flour
- 2 tablespoons milk
- 1 tablespoon sesame seeds

## Directions:

In a large bowl, mix yeast and warm water. Mix in sugar. Beat in flour. Knead in bowl until smooth, about 10 minutes. Place dough on a floured board and divide into 12 equal pieces. Roll each piece into a rope 12 inches long. Shape each rope into a pretzel. Place on a greased baking sheet, brush with milk and sprinkle with sesame seeds. Bake at 425°F for 12 to 15 minutes or until browned. Cool on a rack.

## Analysis:

Calories	86	Sodium	3
Carbohydrates	16	Potassium	61
Protein	3	Phosphorus	48
Fat	1		

*Renal and Renal  
Diabetic Exchanges:*  
1 Starch

# Zucchini Bread

Serves 16 1 Slice Per Serving

## Ingredients:

3 eggs  
1 1/2 cups sugar  
1 cup applesauce  
2 cups unpeeled zucchini,  
shredded  
1 teaspoon vanilla  
2 cups flour  
1/4 teaspoon baking  
powder  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1/2 teaspoon ginger  
1 cup unsalted chopped nuts

## Directions:

Beat eggs. Mix sugar, applesauce, zucchini and vanilla into eggs. Sift dry ingredients together and add to mixture. Pour into a loaf pan and bake at 375°F for 1 hour. Cut into 16 slices.

## Analysis:

Calories	202	Sodium	69
Carbohydrates	34	Potassium	110
Protein	3.7	Phosphorus	62
Fat	6		

## Renal and Renal Diabetic Exchanges:

2 Starch  
1 Low Potassium  
Vegetable  
1 Fat





# *Desserts*



# Apple Cake With Warm Honey Sauce

*Serves 9 1 3-inch Square of Cake With 2 1/2 Tablespoons Sauce Per Serving*

## Ingredients:

- 1/3 cup lemon juice
- 3 cups diced peeled apples
- 3 tablespoons margarine
- 1/2 cup sugar
- 1/2 cup honey
- 1 egg
- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon nutmeg
- 2 1/2 teaspoons cornstarch
- 1/2 cup honey
- 1/3 cup water
- 1 tablespoon grated lemon peel
- 3 tablespoons lemon juice
- 1 tablespoon margarine
- Dash nutmeg

## Directions:

Preheat oven to 350°F. Pour 1/3 cup lemon juice over apples and coat. Set aside. Cream margarine and sugar. Add honey and beat well. Add egg and mix. Sift flour, baking powder, baking soda and nutmeg together and add to margarine mixture. Stir in apples. Pour into a greased 9-inch square baking pan. Bake for 55 to 60 minutes. For sauce, mix cornstarch, honey and water together in a small saucepan. Add lemon peel. Cook over moderate heat for about 5 minutes or until thick, stirring occasionally. Remove from heat and stir in 3 tablespoons lemon juice, margarine and nutmeg.

## Analysis:

Calories	335	Sodium	172
Carbohydrates	66	Potassium	111
Protein	4	Phosphorus	93
Fat	6		

## Renal and Renal Diabetic Exchanges:

- 2 Starch
- 1 Fat
- 1 Low Potassium Fruit
- 1 High Calorie

# Baked Custard

Serves 1 1/2 Cup Per Serving

## Ingredients:

1/2 cup lowfat (2%) milk  
1 egg  
1/8 teaspoon nutmeg  
1/8 teaspoon vanilla  
Artificial sweetener

## Directions:

Scald milk, then cool slightly. Break egg into small bowl and beat slightly with nutmeg. Add scalded milk, vanilla and sweetener to taste. Mix well. Set bowl in a baking pan with water 1/2 inch deep. Bake at 325°F for 30 minutes.

## Analysis:

Calories	135	Sodium	124
Carbohydrates	7	Potassium	249
Protein	10	Phosphorus	205
Fat	7		

## Renal and Renal Diabetic Exchanges:

1 Milk  
1 Meat

# Brandy Apple Crisp

Serves 6 1/2 Cup Per Serving

## Ingredients:

4 cups peeled, coarsely  
chopped tart apples  
3 tablespoons sugar  
3 tablespoons brandy  
2 teaspoons lemon juice  
1/2 teaspoon cinnamon  
1/8 teaspoon nutmeg  
3/4 cup dry oats  
1/4 cup brown sugar  
2 tablespoons flour  
2 tablespoons margarine

## Directions:

Combine first 6 ingredients in an 8-inch square baking pan. Toss well; set aside. Combine oats, brown sugar and flour in small bowl. Cut in margarine until well blended. Sprinkle over apple mixture. Bake at 350°F for 45 minutes.

## Analysis:

Calories	203	Sodium	36
Carbohydrates	38	Potassium	159
Protein	2	Phosphorus	59
Fat	5		

## Renal and Renal Diabetic Exchanges:

1 Starch  
1 Medium Potassium  
Fruit  
1 Fat

# Cherry Berry Pie

Serves 8 1/8 Pie Per Serving

## Ingredients:

- 1 cup canned, unsweetened cherries, drained, juice reserved
- 1 cup canned unsweetened raspberries, drained, juice reserved
- 3/4 cup of the reserved cherry and raspberry juices (if necessary, add water to make 3/4 cup)
- 3/4 cup sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon almond extract
- Pastry for 2-crust pie, unbaked

## Directions:

In a small saucepan, combine juices, sugar and cornstarch. Cook over low heat until thick and clear, stirring often. Add cherries, raspberries and almond extract. Pour into pie shell. Cover with other pie shell and seal edges. Make small slits in top crust to allow steam to escape. Bake at 450°F for 15 minutes. Reduce heat to 375°F and continue baking for 25 to 30 minutes or until crust is golden brown.

### Analysis:

Calories	343	Sodium	120
Carbohydrates	46	Potassium	102
Protein	4	Phosphorus	36
Fat	16		

### Renal and Renal Diabetic Exchanges:

- 2 Starch
- 1 Low Potassium Fruit
- 3 Fat

# Chinese Almond Cookies

Serves 24 3 Cookies Per Serving

## Ingredients:

- 1 cup margarine, softened
- 1 cup sugar
- 1 egg
- 3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon almond extract

## Directions:

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

## Analysis:

Calories	158	Sodium	99
Carbohydrates	20	Potassium	18
Protein	2	Phosphorus	17
Fat	8		

## Renal Exchanges:

- 1 Starch
- 1 Fat

## Renal Diabetic Exchanges:

- 1 Starch, 2 Fat

# Chocolate Chip Cookies (Sugar Free)

Serves 18 2 Cookies Per Serving

## Ingredients:

1 cup flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup margarine or butter  
4 teaspoons liquid sugar  
substitute  
1/2 teaspoon vanilla  
1 egg, beaten  
1/2 cup semi-sweet  
chocolate chips

## Directions:

Sift together dry ingredients. Cream margarine. Add sugar substitute, vanilla and egg, blending well. Add flour mixture and beat well. Stir in chocolate chips. Drop by teaspoonfuls onto a greased baking sheet. Bake 10 minutes at 375°F.

## Analysis:

Calories	99	Sodium	98
Carbohydrates	8	Potassium	28
Protein	1.4	Phosphorus	19
Fat	7		

## Renal and Renal Diabetic Exchanges:

1 Starch  
1 Fat



# Chocolate-Lover's Mousse

*Serves 2 1/2 Cup Per Serving*

## *Ingredients:*

- 2 tablespoons sugar
- 1/2 teaspoon unflavored gelatin
- 1/4 cup milk
- 1/2 cup semi-sweet chocolate minichips
- 1 teaspoon vanilla
- 1/2 cup heavy cream, whipped

## *Directions:*

Combine sugar and gelatin in a small saucepan; stir in milk. Allow gelatin mixture to soften a few minutes. Place over medium heat, stirring constantly, until mixture just begins to boil. Remove from heat; immediately add chocolate chips, stirring until melted. Blend in vanilla; cool to room temperature. Beat heavy cream until stiff; gradually add chocolate mixture to cream, folding gently just until combined. Chill completely; garnish with dessert topping before serving, if desired.

## *Analysis:*

Calories	487	Sodium	46
Carbohydrates	40	Potassium	242
Protein	5.5	Phosphorus	111
Fat	38		

## *Renal and Renal Diabetic Exchanges:*

- 1 Milk
- 2 High Calorie
- 5 Fat

# Cinnamon Crispies

Serves 4 1 Tortilla Per Serving

## Ingredients:

- 1 tablespoon hot water
- 1/2 teaspoon vanilla
- 1 1/2 tablespoons sugar
- 1 teaspoon cinnamon
- 4 6-inch flour tortillas
- 2 tablespoons margarine,  
melted

## Directions:

Combine water and vanilla in a small bowl; stir well. Combine sugar and cinnamon; stir well. Brush both sides of tortillas with margarine, brush each side with water mixture and sprinkle each side with sugar mixture. Place tortillas on a wire rack in a jelly roll pan. Bake at 400°F for 6 1/2 minutes or until lightly browned.

## Analysis:

Calories	168	Sodium	83
Carbohydrates	21	Potassium	35
Protein	3	Phosphorus	26
Fat	8		

## Renal and Renal Diabetic Exchanges:

- 1 Starch
- 2 Fat

# Frosted Lemon Cookies

Serves 36 1 Cookie Per Serving

## Ingredients:

- 1/2 cup margarine
- 1 cup sugar
- 2 eggs or 1/2 cup low-cholesterol egg substitute
- 1 teaspoon vanilla
- 2 cups flour
- 1/2 teaspoon baking soda
- 1/4 cup lemon juice
- 1 1/2 cups powdered sugar
- 2 tablespoons water
- 1/2 teaspoon lemon extract

## Directions:

Preheat oven to 375° F. Cream margarine and sugar in a mixing bowl until light and fluffy. Add eggs or egg substitute and vanilla and beat well. Stir flour and baking soda together in a small bowl. Add to creamed mixture. Beat in lemon juice. Drop by teaspoonfuls onto un-greased baking sheet. Bake for 10 to 12 minutes or until cookies are light golden brown. Cool. In a small bowl, beat powdered sugar, water and lemon extract until smooth. Spread on cooled cookies.

### Analysis:

Calories	92	Sodium	39
Carbohydrates	15	Potassium	21
Protein	1	Phosphorus	10
Fat	3		

*Renal and Renal  
Diabetic Exchanges:*  
1 Starch

# Hot Fruit Compote

Serves 12 3 x 4 Inch Square Per Serving

## Ingredients:

- 1 (28 oz) can each:
  - Pear slices, juice packed
  - Peach slices, juice packed
  - Pineapple chunks, juice packed
  - Cherry pie filling
- 2 cups crushed corn flakes
- 1/4 cup margarine, melted

## Directions:

Drain fruit. Grease a 9 x 13-inch pan and layer fruit, ending with pie filling. Crush corn flakes, mix with margarine and sprinkle over fruit. Bake at 350°F for 30 minutes. Serve warm.

## Analysis:

Calories	213	Sodium	115
Carbohydrates	47	Potassium	286
Protein	1.5	Phosphorus	32
Fat	4		

## Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 High Potassium Fruit
- 1 High Calorie

# Maple Crisp Bars

Serves 20 1 Bar Per Serving

## Ingredients:

- 1/3 cup margarine
- 1 cup sugar
- 1 teaspoon maple extract
- 1/2 cup maple pancake syrup (not pure maple syrup)
- 8 cups puffed rice cereal

## Directions:

In a large saucepan, melt margarine over moderate heat. Stir in sugar, extract and syrup; bring to a boil. Remove from heat. Stir in cereal, coating it well with sugar mixture.  
Press into a greased 13 x 9-inch baking pan. Chill. Cut into 20 bars.

### Analysis:

Calories	110	Sodium	26
Carbohydrates	21	Potassium	10
Protein	0	Phosphorus	6
Fat	3		

### Renal and Renal Diabetic Exchanges:

1 High Calorie  
Not suitable  
for patients  
with diabetes.

# Pine-Apple Fruit Whip

Serves 8 1/2 Cup Per Serving

## Ingredients:

- 1 envelope unflavored gelatin
- 1 cup canned unsweetened pineapple juice
- 1/4 teaspoon grated lemon peel
- 3 tablespoons honey
- 2 cups unsweetened applesauce
- Cinnamon or nutmeg

## Directions:

In a saucepan, sprinkle gelatin over pineapple juice to soften, and stir over low heat until gelatin is dissolved. Stir in lemon peel, honey and applesauce. Refrigerate, stirring occasionally. When mixture mounds slightly if dropped from spoon, beat until fluffy. Divide among 8 dessert dishes. Refrigerate until firm. Garnish each with a dash of cinnamon or nutmeg.

### Analysis:

Calories	71	Sodium	3
Carbohydrates	18	Potassium	114
Protein	1	Phosphorus	8
Fat	0		

*Renal and Renal  
Diabetic Exchanges:*  
1 Medium Potassium  
Fruit

# Pineapple Delite Pie

Serves 8 1/8 Pie Per Serving

## Ingredients:

- 2/3 cup graham cracker crumbs
- 2 1/2 tablespoons margarine, melted
- 1 20-oz can juice packed crushed pineapple
- 1 small package sugar-free pineapple gelatin
- 1 tablespoon lemon juice
- 2 egg whites
- 1/4 teaspoon cream of tartar

## Directions:

Combine cracker crumbs and margarine in a small bowl. Press into bottom and sides of an 8-inch pie plate. Bake at 425°F for 5 minutes; cool. Drain pineapple juice into a saucepan. Sprinkle gelatin over juice and melt over low heat. Remove from heat and add pineapple and lemon juice; cool. Beat egg whites and cream of tartar until stiff peaks form. Gently fold in pineapple mixture. Spoon into crust. Chill several hours.

### Analysis:

Calories	153	Sodium	167
Carbohydrates	24	Potassium	190
Protein	3	Phosphorus	33
Fat	5		

### Renal Exchanges:

1 Starch, 1 Medium Potassium Fruit

### Renal Diabetic

### Exchanges:

1 Starch, 1 Medium Potassium Fruit, 1 Fat

# Strawberry Ice Cream

Serves 6 1/2 Cup Per Serving

## Ingredients:

- 1 10-oz package frozen sweetened strawberries
- 1 tablespoon lemon juice
- 1 cup crushed ice
- 3/4 cup non-dairy coffee creamer
- 1/2 cup sugar
- Few drops red food coloring

## Directions:

Thaw strawberries just until they break into chunks. Place all ingredients in a blender. Blend until smooth and sugar is dissolved. Pour into a covered dish. Freeze until firm.

### Analysis:

Calories	144	Sodium	25
Carbohydrates	28	Potassium	108
Protein	1	Phosphorus	25
Fat	3		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 Low Potassium Fruit



# Strawberry Pizza

Serves 12 1 Slice Per Serving

## Ingredients:

### Crust (pre-packaged)

1 package refrigerated  
sugar cookie dough

### Crust (homemade)

1 cup flour  
1/4 cup powdered sugar  
1/2 cup butter

### Filling

8 oz cream cheese, softened  
1/2 teaspoon vanilla  
1/2 cup sugar  
2 cups sliced strawberries

### Glaze

1 cup mashed strawberries  
4 tablespoons sugar  
1 tablespoon cornstarch

## Directions:

### Pre-packaged crust

Roll out cookie dough into a round pizza pan. Bake according to directions on package. Cool.

### Homemade crust

Mix flour, sugar and butter together and press into round pizza pan. Bake 15 minutes at 350°F.

Beat cream cheese, vanilla and sugar until fluffy. Spread over cooled crust. Then spread sliced strawberries over filling. Cook the mashed strawberries, sugar and cornstarch until clear. Spread over sliced berries. Chill. (You can also substitute a packaged glaze mix.)

## Analysis: *Homemade*    *Pre-packaged*

Calories	242	Calories	221
Carbohydrates	26	Carbohydrates	28
Protein	2.8	Protein	2.4
Fat	15	Fat	11
Sodium	135	Sodium	160
Potassium	98	Potassium	94
Phosphorus	40	Phosphorus	40

## *Renal and Renal Diabetic Exchanges:*

1 Starch  
1 Low Potassium Fruit  
2 Fat

# Sugar-Free Pumpkin Cheese Pie

Serves 8 1/8 Pie Per Serving

## Ingredients:

- 1 1/4 cups graham cracker crumbs
- 1/3 cup unsalted margarine, melted
- 8 oz cream cheese, softened
- 1/2 cup pumpkin
- 17 packets sugar substitute
- 2 eggs or 1/2 cup low-cholesterol egg substitute
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 12 packets sugar substitute
- 1 cup water
- 2 drops red food coloring
- 1 tablespoon cornstarch
- 2 teaspoons lemon juice
- 2 cups fresh cranberries

## Directions:

In a small bowl, combine graham cracker crumbs and margarine. Press into bottom and sides of a 9-inch glass pie plate. In a glass bowl, combine cream cheese, pumpkin, 16 packets sugar substitute, eggs or egg substitute, vanilla, cinnamon and nutmeg. Beat until smooth. Microwave on high for 3 to 5 minutes until hot but not set. Stir frequently. Pour into pie shell. Microwave on high for 5 to 7 minutes or until knife inserted in center comes out clean. Sprinkle one packet of sugar substitute over top. To make topping, mix remaining ingredients except berries in a 1-quart glass container. Stir well. Cover with plastic wrap and microwave on high for 3 to 4 minutes, stirring often, until thick. Add berries and microwave on high for 3 to 4 minutes longer or until skins pop. Pour over pie. Chill.

## Analysis:

Calories	220	Sodium	176
Carbohydrates	11	Potassium	141
Protein	4	Phosphorus	58
Fat	18		

## Renal and Renal Diabetic Exchanges:

1 Medium Potassium Fruit  
3 Fat

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