



# Kidney Cooking

## Holiday Edition

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

# Introduction

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

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

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

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

We wish a very Happy Holiday to all!

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

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# A Traditional Renal Friendly Holiday Feast

## Entree:

Lamb Chops with Orange Mustard Sauce

## Sides:

Cranberry Fluff Salad

Candied Carrots

Zucchini Squash Bake

Homemade Yeast Rolls

## Dessert:

Gingerbread

# Lamb Chops with Orange Mustard Sauce

A sweet serving of lamb

Prep Time: 00:10

Cook Time: 00:15

Total Time: 00:25

Serves: 2

## Ingredients:

1 clove minced garlic  
1 tsp. dry rosemary  
1/2 tsp. Mrs Dash herb seasoning  
2 lamb chops (about 12 oz.)  
2 T. reduced sugar orange marmalade  
1 tsp. spicy brown mustard  
1 tsp. grated orange peel  
1 T. water

## Directions:

1. Mince garlic and mix with rosemary and Mrs. Dash seasoning.
2. Spread on surface of lamb.
3. Broil six inches from the heat for 5 minutes per side.
4. Combine marmalade, mustard, and orange peel with water in a small glass dish.
5. Mix well and microwave for 1 minute.
6. Spread on broiled chops and put back in the oven on broil for 1 minute.

## Nutritional content per serving:

Sodium: 255 mg  
Potassium: 292 mg  
Phosphorus: 145 mg

## Sources:

By: Kathy Hyde

# Cranberry Fluff Salad

Fresh holiday classic.

Prep Time: 00:20

Total Time: 00:20

Serves: 8

## Ingredients:

12 oz. fresh cranberries  
1/2 c. sugar  
8 oz. crushed pineapple, drained  
2 c. mini marshmallows  
1 c. heavy cream

## Directions:

1. Chop cranberries in a food processor. Remove to a bowl. Mix in sugar, cover and refrigerate overnight.
2. Add well drained pineapple and marshmallows. Mix to combine.
3. Whip heavy cream to stiff peaks. With a rubber spatula, gently fold the cream into the cranberry mixture. Refrigerate until ready to serve.

## Notes:

Cool whip can be substituted for the whipped cream but will change the nutritional content.

## Nutritional content per serving:

Sodium: 13 mg  
Potassium: 89 mg  
Phosphorus: 13mg

## Sources:

By: JoEllen Ford, MS, RD, LDN

# Candied Carrots

A lower potassium alternative to sweet potatoes.

Prep Time: 00:15

Cook Time: 00:30

Total Time: 00:45

Serves: 9

## Ingredients:

- 1 lb. Fresh Carrots
- 1/3 c. Light Brown Sugar (packed)
- 1/2 tsp. Grated Orange Peel (available in spice section of the grocery store)
- 2 T. Unsalted Margarine
- 1 tsp. Vanilla Extract

## Directions:

1. Scrape carrots and remove ends. Cut lengthwise into 1/8 inch strips. Cook carrots in unsalted boiling water until tender. Drain. Refresh carrots in cold water.
2. Put brown sugar, orange peel and margarine into large skillet. Cook and stir until mixture is bubbly. Stir in vanilla extract.
3. Drain carrots and add them to candy mixture. Cook over low heat, stirring occasionally until carrots are glazed and heated through.

## Nutritional content per serving:

Sodium: 50 mg  
Potassium: 186 mg  
Phosphorus: 24 mg

## Sources:

By: Marianne Meyer, RD, CSR, LD

# Zucchini Squash Bake

A light side dish packed with flavor and good throughout the year!

Prep Time: 00:25

Cook Time: 00:10

Total Time: 00:35

Serves: 6

## Ingredients:

- 2 T. extra virgin olive oil
- 2 med. zucchini, cut into 1/4-inch slices (approximately 2 c.)
- 1.5 med. yellow summer squash, cut into 1/4-inch slices (approximately 2 c.)
- 2 shallots, minced
- 1/2 tsp. dried oregano
- 1/4 tsp. coarsely ground pepper
- 4 garlic cloves, minced
- 1 c. panko (Japanese) bread crumbs, divided
- 1/2 c. grated cheddar cheese, divided

## Directions:

1. Preheat oven to 450° degrees F.
2. In a large skillet, heat olive oil over medium heat; add zucchini, yellow squash and shallots. Sprinkle with oregano and pepper.
3. Cook, stirring occasionally, until zucchini and squash are crisp-tender, 4-6 minutes.
4. Add garlic; cook 1 minute more. Remove from heat; stir in 1/2 cup bread crumbs and 1/4 cup cheese.
5. Spoon mixture into a greased 11x7-in. or 2-qt. baking dish. Sprinkle with remaining bread crumbs and cheese.
6. Bake until golden brown, 8-10 minutes.

## Nutritional content per serving:

Sodium: 106 mg  
Potassium: 221 mg  
Phosphorus: 83 mg

## Sources:

By: Our best summer casserole recipes. April 2017. Taste of Home.  
Adapted by: Collette Powers, MA, RD, LDN, ACSM EP-C

# Homemade Yeast Rolls

A renal-friendly bread that tastes good.

Prep Time: 01:40

Cook Time: 00:12

Total Time: 01:52

Serves: 16

## Ingredients:

3 1/2 c. all purpose flour  
1/4 c. sugar  
1/4 c. margarine or butter soften  
1 package quick acting dry yeast  
1/2 c. very warm water (120 to 130°F)  
1/2 c. very warm skim milk (cooled to 120 to 130°F)  
1 large egg

## Directions:

1. Mix 2 cups of flour, the sugar, margarine, yeast in 2 1/2 quart bowl.
2. Add water, skim milk, and egg.
3. Beat on a low mixer speed, scraping bowl frequently for 1 minute.
4. Stir in enough remaining flour to make dough easy to handle.
5. Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes.
6. Place in a greased 2 1/2 quart bowl; turn greased side up.
7. Cover and let rise in warm place until dough doubles in size, about 1 hour. Dough is ready if indentation remains when touched).
8. Punch dough down. Cut or roll into shapes.
9. Brush with margarine or butter.
10. Cover and let rise until doubles in size. About 30 minutes.
11. Preheat oven to 400°F.
12. Bake until golden brown, 12 to 18 minutes.

## Nutritional content per serving:

Sodium: 10 mg  
Potassium: 50 mg  
Phosphorus: 46 mg

## Sources:

By: Ina Wrye

# Gingerbread

Tasty gingerbread.

Prep Time: 00:20

Cook Time: 00:30

Total Time: 00:50

Serves: 9

## Ingredients:

2 tsp. lemon juice or vinegar  
1/2 c. Skim milk  
1 lg. egg  
1 T. margarine  
2 T. Molasses  
3 T. packed, brown sugar  
1 c. all-purpose flour  
1/2 tsp. cinnamon  
1 1/2 tsp. ground ginger  
1/2 tsp. baking soda  
1 pinch cloves

## Directions:

1. In a small bowl, add 2 teaspoons lemon juice or vinegar to skim milk to make sour milk. Set aside.
2. Beat egg with the sugar and molasses until fluffy.
3. Mix sour milk, margarine, sifted flour, baking soda and spices together in a large bowl.
4. Add egg and sugar mixture. Beat until smooth.
5. Bake in an 8 X 8 inch greased pan at 350 degrees for 25-30 minutes.
6. Serving size 2 X 2 1/2 inch piece.

## Nutritional content per serving:

Sodium: 99 mg  
Potassium: 121 mg  
Phosphorus: 42 mg

## Sources:

By: Kathy Conyer, RD, LD



# A Non-Traditional Renal Friendly Holiday Feast

Entree:

Pepper Jelly Pork

Sides:

Parmesan Roasted Green Beans

Cauliflower Mac and Cheese

Honeyed Carrots and Leeks

Broccoli Salad

Dessert:

Maple-Pecan Pie



# Pepper Jelly Pork

Sweet and tangy pork loin.

Prep Time: 00:15

Cook Time: 00:45

Total Time: 01:00

Serves: 6

## Ingredients:

2 tsp. Chili powder  
1 tsp. Freshly ground black pepper  
1 tsp. ground cumin  
1/2 tsp. salt  
1 pork tenderloin (about 1 lb.)  
3 T. Red Pepper Jelly  
2 T. Balsamic vinegar

## Directions:

1. Preheat oven to 450 degrees F.
2. Whisk chili powder, black pepper, ground cumin, and salt together in a small bowl. Rub spice mixture onto all sides of pork tenderloin.
3. Place tenderloin in a shallow roasting pan. Roast tenderloin in the preheated oven until no longer pink in the center, about 30 minutes. An instant-read thermometer inserted in the center should read 150 degrees F.
4. Stir pepper jelly and balsamic vinegar together in a saucepan over low heat until jelly is completely melted, 1-2 minutes.
5. Brush pepper jelly mixture over pork tenderloin and continue to bake tenderloin until jelly coating is hot, about 5 minutes more. Let pork rest for 5 minutes before slicing.

## Nutritional content per serving:

Sodium: 260 mg  
Potassium: 224 mg  
Phosphorus: 123 mg

## Sources:

By: AllRecipes.com

Adapted by: Kathy Conyer, RD, LD

# Parmesan Roasted Green Beans

These are a delicious way to enjoy fresh green beans. Best of all, they only have 6 ingredients

Prep Time: 00:05

Cook Time: 00:15

Total Time: 00:20

Serves: 4

## Ingredients:

1 lb. fresh green beans  
2 T. olive oil  
2 T. grated parmesan cheese  
2 T. panko bread crumbs  
1/4 tsp. salt  
1/2 tsp. garlic powder

## Directions:

1. Preheat oven to 400°
2. Combine all ingredients in a large mixing bowl; toss to coat.
3. Spread green beans on a large rimmed baking sheet.
4. Roast for 15-20 minutes; stirring half way through.

## Nutritional content per serving:

Sodium: 244 mg  
Potassium: 120 mg  
Phosphorus: 16 mg

## Sources:

By: JoEllen Ford, MS, RD, LDN

# Cauliflower Mac & Cheese

Less cheesy but just as creamy favorite.

Prep Time: 00:25

Cook Time: 00:45

Total Time: 01:10

Serves: 12

## Ingredients:

### Cauliflower Cheese Sauce:

2 cloves garlic, crushed

3 sprigs fresh thyme

2 bay leaves

2 medium heads cauliflower, cut into florets

3 T. olive oil, divided

1/2 c. grated Gruyère cheese

1/2 c. grated sharp cheddar cheese

2 tsp. Dijon mustard

1/2 tsp. freshly ground black pepper

### Macaroni and Cheese:

1 lb. dry cavatappi pasta or med. pasta shells

2 T. unsalted butter, melted

1/4 c. grated Parmesan cheese

## Directions:

1. Arrange a rack in the top third of the oven and heat to 400°F. Coat a 9x13-inch baking dish with cooking spray or butter.
2. Make the cauliflower cheese sauce: Bring a large pot of water to a boil over medium-high heat. Add the garlic, thyme, and bay leaves and boil for 5 minutes to infuse water.
3. Add the cauliflower and cook until very fork tender, 7 to 10 minutes. Using a slotted spoon, transfer the cauliflower to a rimmed baking sheet or medium bowl out of the water, leaving the herbs and garlic behind in the pot (do not drain the pot).
4. Place 1/2 of the cauliflower in a blender or food processor fitted with the blade attachment. Scoop out 3/4 cup of the cooking liquid and add it to the blender along with 1 1/2 tablespoons of oil. Blend until very smooth, about 1 1/2 minutes. Transfer the puree to a large bowl. Repeat with the remaining cauliflower, 3/4 cup of cooking liquid, and remaining 1 1/2 tablespoons of oil; transfer to the same bowl
5. Add the cheddar, Gruyère, mustard, and pepper into the puree and whisk to combine. Taste and season with more pepper as needed; set aside.

*Continued on next page*

## Nutritional content per serving:

Sodium: 97 mg

Potassium: 74 mg

Phosphorus: 125 mg

## Sources:

By: Fanny Whelan, MS, RD, LDN

# Cauliflower Mac & Cheese

Prep Time: 00:25

Cook Time: 00:45

Total Time: 01:10

Serves: 8

## Continued from previous page

6. For the macaroni and cheese: Bring the pot of infused water back to a boil. Add the pasta and cook per package instructions until just al dente.
7. Drain the pasta, discard the herbs and garlic cloves, and add the pasta to the bowl of cauliflower sauce. Stir gently until the pasta is entirely coated.
8. Transfer the mixture to the baking dish and spread into an even layer. Sprinkle the butter evenly over the top, followed by the grated Parmesan.
9. Transfer the dish to the oven and bake until the sauce is bubbling and the top is golden-brown, 15 to 20 minutes. If the pasta becomes bubbly before the top is golden, you can run the dish under the broiler for a minute or two to crisp the topping.

## Notes:

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.

Make ahead: After transferring the pasta and cauliflower sauce mixture to the baking dish, it can be covered and refrigerated for up to 1 day. Return to room temperature, sprinkle the buttered breadcrumbs and Parmesan cheese on top, and proceed with baking.

Freezing: After transferring the pasta and cauliflower sauce mixture to the baking dish, it can be also be covered tightly with aluminum foil and frozen for up to 2 months. Bake from frozen and covered, at 350°F, for 1 hour. Uncover, sprinkle with the buttered breadcrumbs and Parmesan cheese, and bake until the topping is golden-brown, 15 to 20 minutes more.

# Honeyed Carrots & Leeks

Tart & Sweet

Serves: 6

## Ingredients:

1 lb. baby carrots or carrots, washed  
1/2 c. sliced leeks  
1 tsp. granulated brown sugar  
1 T. honey  
1 tsp. olive oil  
1 lemon, zested  
2 T. lemon juice

## Directions:

1. In skillet over medium heat, combine carrots, leeks, sugar, honey, and oil and lemon juice.
2. Cover, let simmer for 5 minutes.
3. Uncover, and cook 2 minutes or until carrots are tender.

## Nutritional content per serving:

Sodium: 215 mg  
Potassium: 61 mg  
Phosphorus: 26 mg

## Sources:

By: Barbara Miter

# Broccoli Salad

A colorful, crunchy dinner salad

Serves: 10

## Ingredients:

4 c. broccoli cut into small florets  
1 large carrot, peeled and grated  
1 1/2 c. thinly sliced red cabbage  
4 thinly sliced scallions  
1/4 c. raisins  
2 T. sesame seeds

## Dressing:

1 T. apple cider vinegar  
2 1/2 T. lite mayonnaise  
1 T. dried basil  
1 tsp. garlic powder  
Dash of cayenne pepper

## Directions:

1. In a large bowl, place broccoli florets, grated carrots, sliced cabbage, sliced scallions, raisins and sesame seeds. Toss to combine well.
2. In small bowl or measuring cup, combine apple cider vinegar, lite mayo, basil, garlic powder and cayenne pepper. Stir and pour over vegetables in large bowl.
3. Toss to allow dressing to cover vegetables.
4. Refrigerate 30 minutes to allow flavors to mingle and then toss well again before serving.

## Nutritional content per serving:

Sodium: 48 mg  
Potassium: 295 mg  
Phosphorus: 66 mg

## Sources:

By: Sandra Crum

# Maple-Pecan Pie

A kidney friendly alternative to the traditional Pecan Pie.

Cook Time: 00:40

Total Time: 01:00

Serving: 10

## Ingredients:

### Crust:

1 1/4 cup All Purpose  
Flour

1/2 tsp. Salt

1/4 cup Unsalted Butter,  
diced and chilled

1/2 cup Vegetable  
Shortening, diced and  
frozen

2 tbsp. Water

### Filling:

3/4 cup White Sugar

1/4 cup Brown Sugar

1 cup Pure Maple Syrup

3 Large Eggs

1/4 cup Unsalted Butter,  
melted

1 tsp. Vanilla

1 cup Chopped Pecans

## Directions:

### Crust:

1. Combine flour and salt in bowl. Cut in butter and shortening until mixture resembles coarse meal.
2. Add 2 tablespoons of water. Blend until moist clumps form. Add more water by the teaspoon if the dough is dry.
3. Gather dough into ball; flatten into disc. Wrap in plastic and refrigerate at least one hour. (Can be prepared 1 day ahead and left in refrigerator.)
4. Roll out dough on lightly floured surface to 11-12 inch round. Transfer to 9 inch diameter glass pie dish.
5. Fold ends under and crimp decoratively.
6. Freeze crust 20 minutes.

### Filling:

1. Pre-heat oven to 400 degrees F.
2. Whisk sugar, brown sugar, maple syrup, eggs, melted butter and vanilla extract in large bowl to blend. Mix in chopped pecans. Pour mixture into pie shell.
3. Bake Pie 10 minutes then reduce heat to 350 degrees F. Bake an additional 30 minutes or until filling is set in center.

## Nutritional content per serving:

Sodium: 148 mg

Potassium: 168 mg

Phosphorus:80 mg

## Sources:

By: Bon Appetit, November 2003

Adapted By: Marianne Meyer, RDN, CSR, LD

# Shopping List

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# Dialysis Clinic, Inc.

A Non-Profit Corporation

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