

# Eating Well For Kidney Health

*A cookbook for people with  
chronic kidney disease*



NORTHWEST

**Kidney Centers**

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Your Dietitian's Name

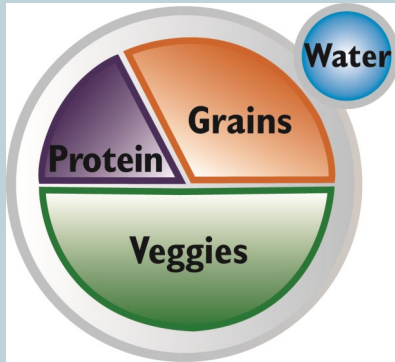
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# Chronic Kidney Disease Nutrition Guidelines

## Nutrition Guidelines For Your Specific Needs



The MyPlate program can help you plan how to eat healthy by dividing your plate into the right portions. If you have chronic kidney disease, your plate should have:

- Less than 1/4 for protein
- 1/3 for grains and starches
- 1/2 for fruits and vegetables

All of the recipes in this cookbook are low in sodium and protein, and avoid high levels of potassium and phosphorus. Check with a kidney doctor or dietitian for your specific nutrition needs.

- Sodium is hard on kidneys and raises blood pressure. Everyone should limit sodium to 1,500-2,000 milligrams a day.
- Eating too much protein can make your kidneys work hard. You may need to limit protein to 4-8 ounces of meat, fish, poultry, eggs, dairy or cheese a day.
- The amount of kidney function you have will determine if you need to lower the amounts of potassium and phosphorus you eat. Following your blood levels of these with your doctor will help you when making food choices.

These recipes are also great for your family and friends. Visit [www.nwkidney.org](http://www.nwkidney.org) for even more recipe ideas.

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## Biscuits and Sausage Gravy

Combine our recipes for biscuits, maple sausage, and gravy for this low sodium breakfast.

### Ingredients

Biscuits with Master Mix (page 4)

Simple white sauce (page 29)

Black pepper to taste

### Maple Sausage

1 pound ground pork or beef

1/2 pound ground turkey

1/2 teaspoon black pepper

2 tablespoons fresh or 1 teaspoon dried  
sage

1/4 teaspoon mace or nutmeg

1/4 teaspoon ground allspice

2 teaspoons maple syrup

1 teaspoon water

### Preparation for Maple Sausage

1. Mix all ingredients in a large bowl.
2. Refrigerate for at least 4 hours, or overnight.
3. Crumble sausage in skillet over medium-high heat, stirring occasionally until well browned, about 10 minutes.

### Preparation for Biscuits and Gravy

1. Prepare the biscuits.
2. Prepare the simple white sauce.



*Based on 12 servings per recipe.*

Calories	542
Carbohydrates	22 g
Protein	16 g
Sodium	120 mg
Potassium	256 mg
Phosphorus	150 mg

3. Mix cooked sausage with white sauce and add black pepper to taste.
4. Serve sausage gravy over biscuits.



## Biscuits with Master Mix

Make your own low sodium baking mix for cakes, muffins, pancakes and other baked goods.

### Ingredients

#### Master Mix

- 8 1/2 cups all-purpose flour
- 1 tablespoon low sodium baking powder
- 2 teaspoons cream of tartar
- 1 teaspoon low sodium baking soda
- 1 1/2 cups instant nonfat powdered milk
- 2 1/4 cups vegetable shortening

#### Biscuits

- 3 cups Master Mix
- 2/3 cup water



*Based on 12 servings per recipe.*

Calories	150
Carbohydrates	17 g
Protein	3 g
Sodium	69 mg
Potassium	77 mg
Phosphorus	43 mg

### Preparation of Master Mix

1. Sift together flour, baking powder, cream of tartar, baking soda, and powdered milk.
2. Cut in shortening with a pastry blender or fork until evenly distributed. Store in airtight container.

### Preparation of Biscuits

1. Preheat oven to 450 degrees.
2. Combine Master Mix and water, blend well.
3. Let stand 5 minutes.
4. On lightly floured board, knead dough about 15 times.

5. Roll out to 1/2 inch thickness. Cut out 12 biscuits with round cookie cutter.
6. Place 2 inches apart on ungreased baking sheet.
7. Bake 10-12 minutes until golden brown.

**Tip:** This Master Mix makes 12 cups and can be stored in a cool, dry place for up to 12 weeks. Use instead of Bisquick. Visit [nwkidney.org](http://nwkidney.org) for more recipes using the Master Mix.



## Blueberry Squares

A delicious way to use fresh or frozen blueberries.

### Ingredients

- 1 1/2 cups flour
- 1 cup quick cooking oatmeal
- 1 teaspoon cinnamon
- 1 3/4 cups sugar, divided
- 3/4 cup unsalted butter, melted
- 3 cups blueberries, fresh or frozen
- zest of 1 lemon
- 3 tablespoons cornstarch
- 1 cup water

### Preparation

1. Preheat oven to 350 degrees.
2. In a medium bowl, combine flour, oatmeal, cinnamon, 1 cup sugar, and butter until crumbly.
3. Press 1/2 of the oatmeal mixture into a 9x9 inch greased square pan.
4. In a large microwave safe bowl, mix cornstarch and 3/4 cup sugar. Gradually stir in water. Microwave until just boiling.
5. Add blueberries and lemon zest to cornstarch sugar mixture. Evenly coat blueberries.
6. Spread blueberry mixture in pan on top of pressed oatmeal mixture.



*Based on 16 servings per recipe.*

Calories	247
Carbohydrates	40 g
Protein	2 g
Sodium	3 mg
Potassium	38 mg
Phosphorus	17 mg

7. Sprinkle the other half of oatmeal mixture over blueberries to top.
8. Bake for 45 minutes-1 hour.



## Lemon Apple Honey Smoothie

Fresh sweet ingredients make this a delicious smoothie and a quick breakfast.

### Ingredients

- 1/4 cup lemon juice
- 1/4 cup apple juice
- 1 apple, peeled and cored
- 1/2 banana
- 2-3 teaspoons honey
- 1 (6 ounces) vanilla yogurt
- 1/2 cup ice

### Preparation

1. Combine all ingredients in a blender and mix until smooth.
2. Pour into a glasses.



*Based on 2 (1 cup) servings per recipe.*

Calories	170
Carbohydrates	37 g
Protein	5 g
Sodium	59 mg
Potassium	408 mg
Phosphorus	131 mg

**Tip:** To keep this smoothie low in protein, skip protein powder and enjoy the flavor of the fresh fruit.



## Blueberry Oatmeal

A quick and easy breakfast for busy mornings using the microwave.

### Ingredients

- 1/2 cup quick cooking oatmeal
- 1/2 cup rice, almond, or soy milk
- 1/4 cup blueberries, fresh or frozen
- 1 teaspoon honey or brown sugar
- 1/4 teaspoon cinnamon (optional)
- 1/8 teaspoon ginger powder (optional)

### Preparation

1. Place all ingredients into a microwave safe mug or bowl and mix well.
2. Cook in microwave for 2 to 3 minutes.
3. Stir and check for desired doneness.
4. Cook for another 30 seconds if needed.



Based on 1 serving per recipe

Calories	252
Carbohydrates	44 g
Protein	8 g
Sodium	76 mg
Potassium	107 mg
Phosphorus	5 mg

Note: Nutritional information based on using almond milk and honey.

Tip: Try adding your own favorite flavors. Use raspberries, strawberries, chopped apple, or spices such as nutmeg or vanilla extract to change up the flavor.



## Homemade Garden Herb Lasagna

The dish takes advantage of garden fresh flavors. Try oven ready noodles for a fast meal.

### Ingredients

- 1 package lasagna noodles (cook ahead in boiling water) or oven ready lasagna noodles
- 1 pound ground beef
- 1/2 onion, chopped
- 1 cup mushrooms, sliced
- 2 cloves garlic, minced
- 2-3 cups low sodium tomato sauce
- 1 small fresh tomato, chopped
- 1/4 cup fresh basil, chopped
- 1/4 cup fresh oregano, chopped
- 1/4 cup fresh parsley, chopped
- 1 small zucchini, sliced
- 1 cup mozzarella cheese, grated
- 1/4 cup parmesan cheese, grated

### Preparation

1. Preheat oven to 350 degrees.
2. Brown meat in skillet over medium heat.
3. Add onions, mushrooms and garlic. Sauté for 2-3 minutes.
4. Add tomato sauce, tomato, and herbs. Reduce heat and simmer for 5 minutes.
5. In a 9x13 inch pan, layer ingredients. Start with a small amount of the tomato sauce



*Based on 8 serving per recipe.*

Calories	315
Carbohydrates	29 g
Protein	23 g
Sodium	202 mg
Potassium	551 mg
Phosphorus	251 mg

then add a layer of noodles. Next layer zucchini, tomato sauce and cheeses. Continue layers until all the ingredients are used.

6. Bake for 40-45 minutes.

**Tip:** Try 3 tablespoons of dried Italian seasoning instead of the fresh herbs. You can split the recipe into two 9x9 inch pans and freeze one for later.





## Mac in a Flash

This quick macaroni and cheese recipe is much lower in sodium than from a box.

### Ingredients

- 3 cups water
- 1 cup uncooked noodles, any shape
- 1/2 cup cheddar cheese, grated
- 1 teaspoon unsalted butter
- 1/4 teaspoon dry ground mustard or 1  
teaspoon yellow mustard

### Preparation

1. Boil water, add noodles and cook for 5-7 minutes or until tender.
2. Drain.
3. While still very hot, sprinkle noodles with cheese then stir in butter and mustard.



*Based on 4 (1/2 cup) servings per recipe.*

Calories	152
Carbohydrates	18 g
Protein	7 g
Sodium	90 mg
Potassium	52 mg
Phosphorus	107 mg

**Tip:** If you have boxed macaroni and cheese already, throw the sauce packet away and use the noodles in this recipe.



## Stuffed Peppers

Tasty rice filled peppers are a classic comfort food with less protein.

### Ingredients

- 8 bell peppers
- 1 pound lean ground beef
- 1 medium onion, finely chopped
- 1 cup instant rice
- 1 can tomato paste
- 1 tablespoon fresh or 1 teaspoon dry oregano
- 1 tablespoon fresh or 1 teaspoon dry parsley

### Preparation

1. Heat oven to 350 degrees.
2. Cut off tops of peppers and scoop out seeds and center.
3. Mix beef, onion, rice, tomato paste, and herbs together in a large bowl.
4. Fill peppers and put tops back on.
5. Pour 1/2 cup water in bottom of casserole dish and add the peppers.
6. Bake about 1 hour.
7. Optional, serve with a spoonful of sour cream on top.



*Based on 8 servings per recipe.*

Calories	208
Carbohydrates	17 g
Protein	17 g
Sodium	109 mg
Potassium	615 mg
Phosphorus	143 mg

**Tip:** Using lean ground beef in this recipe will avoid having to drain extra fat from the peppers. Try 90% or higher lean ground beef.

# Shepherd's Pie

Comfort food that everyone will enjoy. Split the recipe and freeze for an easy meal later.

## Ingredients

- 1 pound ground beef or turkey or leftover beef, chopped fine
- 1 tablespoon oil
- 1 cup onions, diced
- 2 cups mushrooms, chopped
- 3-5 small new potatoes, cut in 1-inch wedges
- 1/4 cup unsalted butter
- 1/4 cup flour
- 2 cups rice milk
- 1 bag frozen mixed vegetables, 3 cups
- 2 tablespoons fresh parsley, chopped
- 1/2 teaspoon pepper
- 1 tablespoon fresh or 1 teaspoon dried sage
- 2 cups instant or homemade mashed potatoes

## Preparation

1. In large skillet, add oil and ground beef or turkey. Cook until brown.
2. Add onions and mushrooms. Cook till onions are transparent.
3. In small bowl, microwave potato wedges for 5 minutes, or boil in water on stovetop until tender.
4. In saucepan melt butter, add flour and



*Based on 6 servings per recipe.*

Calories	393
Carbohydrates	35 g
Protein	19 g
Sodium	187 mg
Potassium	391 mg
Phosphorus	173 mg

cook over medium heat until light golden color. Slowly add milk, stirring until thick and creamy.

5. In a 9"x13" baking dish, combine beef mixture, potato wedges, vegetables, parsley, pepper, sage and sauce together. Spread evenly in dish.
6. Make mashed potatoes according to package directions, spread on top.
7. Bake at 350 degrees for 30 minutes.

**Tip:** Try topping with a pie crust or panko breadcrumbs instead of mashed potatoes.



## Confetti Chicken 'N Rice

A quick meal with lots of flavor and color. Try Mrs. Dash or another salt-free seasoning.

### Ingredients

- 1 bag instant rice (about 2 cups)
- 3 tablespoons olive oil, divided
- 1 boneless, skinless chicken breast
- 2 cups corn, frozen or canned, rinsed
- 1 fresh zucchini, cubed
- 1 large red bell pepper, cubed
- 1 medium red onion, diced
- 1/2 teaspoon garlic powder
- 1 teaspoon cumin
- 2 teaspoons salt-free seasoning
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 cup water



*Based on 4 servings per recipe.*

Calories	519
Carbohydrates	80 g
Protein	17 g
Sodium	37 mg
Potassium	316 mg
Phosphorus	152 mg

### Preparation

1. Follow the instructions on rice package.
2. Heat 2 tablespoons oil in large skillet on medium high heat.
3. Add chicken and brown on both sides. When the juices run clear, remove from the pan, about 15 minutes. Cool.
4. In the same skillet add 1 tablespoon oil, corn, zucchini, red pepper, and onion.
5. Sauté on medium high heat until the onions are soft, about 10 minutes.
6. Add garlic powder, cumin, saltless seasoning, black pepper, cayenne pepper and water.
7. Cube the chicken and return to the pan with the vegetables. Reduce heat to medium low.
8. Add rice to vegetables and sauté for 5 minutes. Serve hot.



## Tuna Fish Cakes

Crunchy seafood cakes that make for a tasty dinner.

### Ingredients

- 1 medium potato (1 cup cooked)
- 3 (6 ounce) cans tuna, drained, rinsed
- 1 egg
- 1/4 cup panko bread crumbs
- 1/4 cup onion, chopped finely
- 2 teaspoons salt-free seasoning
- 1/2 teaspoon ground pepper
- 1/4 teaspoon cayenne pepper (optional)
- 1 tablespoon Dijon mustard
- 2 teaspoons capers, chopped (optional)
- 1 tablespoon vegetable oil
- Lemon wedges for garnish

### Preparation

1. Poke potato with a fork and microwave on high for 5 minutes or until soft.
2. When cooked, scoop out insides and mash with a fork. Throw away potato skin.
3. In a large bowl, combine all ingredients and mix well.
4. Form 4 equal sized patties, about half inch thick.
5. In a large skillet, heat oil on medium high heat.
6. Add patties and reduce heat to low until browned, about 5 minutes on each side.



*Based on 4 servings per recipe.*

Calories	186
Carbohydrates	14 g
Protein	26 g
Sodium	518 mg
Potassium	472 mg
Phosphorus	59 mg

**Tip:** Instead of tuna, try fresh or canned salmon or crab. Use 3 cups of flaked fish or drain and rinse 3 cans of salmon.

Panko is a dryer and flakier breadcrumb that crisps when cooked. It absorbs less oil than other breadcrumbs and is generally lower in sodium. It might be in the International section of your grocery store.



## Stuffed Zucchini

A great way to use up a big zucchini from the garden or smaller ones from the store.

### Ingredients

- 1 very large zucchini or 3-5 small zucchini, about 4 cups
- 1 (12 ounce) can low sodium diced tomatoes
- 1/4 cup mixed fresh herbs, (any mix of oregano, thyme, sage) or 2 tablespoons dried Italian seasoning
- 1/4 cup fresh flat leaf parsley, chopped
- 1/4 teaspoon black pepper
- 1 onion, diced finely
- 6-8 cloves garlic, minced
- 2-3 tablespoons vegetable oil
- 1/4 cup Parmesan cheese, shredded



*Based on 8 servings per recipe.*

Calories	131
Carbohydrates	7 g
Protein	3 g
Sodium	102 mg
Potassium	294 mg
Phosphorus	64 mg

### Preparation

1. Preheat oven to 350 degrees.
2. If using a large zucchini, slice it in half lengthwise. Scoop out the inside and cube, discarding any parts with very large seeds. If using small zucchini, peel and cube.
3. In a medium sauce pan, add tomatoes, herbs, parsley, and pepper. Simmer.
4. Meanwhile, in a fry pan, sauté onion and garlic in oil. Add cubed zucchini and sauté until golden on edges.
5. Add tomato sauce and mix.
6. If using large zucchini, place halves, cut side up, in greased baking pan. Fill with zucchini and tomato mixture. If using small zucchini, fill greased baking dish.
7. Top with Parmesan cheese.
8. Bake in oven about 15-25 minutes or until tender.



## Lentil Meatballs or Patties

Make meatballs or burger patties for delicious vegetarian meals.

### Ingredients

- 1 cup dried lentils
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 pound mushrooms, chopped finely
- 3 garlic cloves, minced
- 2 cups panko breadcrumbs
- 1 tablespoon Italian seasoning
- 1/2 teaspoon fennel seed (optional)
- 1/4 teaspoon cayenne pepper
- 2 eggs
- 1 cup Parmesan cheese, shredded

### Preparation

1. In saucepan, add 4 cups of water with lentils. Bring to a boil, then reduce heat. Simmer for 15-20 minutes or until tender. Drain.
2. In frying pan, add oil and onions. Cook till translucent. Add mushrooms, fennel seed, and garlic. Cook 2 to 3 minutes.
3. Put mixture in a bowl and mash with potato masher or put in food processor for several pulses. You want the mixture to be chunky, not pureed.
4. Add remaining ingredients and stir to combine.
5. Cool slightly, and form 24 meatballs or 8 burger patties.
6. Put on a baking sheet with a silicone non-stick mat or parchment paper.
7. Spray meatballs or patties with cooking spray or brush with a small amount of olive oil.
8. Bake at 400 degrees for about 15 minutes. Flip over and bake another 15 minutes or until browned.



*Based on 8 servings per recipe.*

Calories	266
Carbohydrates	37 g
Protein	14 g
Sodium	242 mg
Potassium	238 mg
Phosphorus	161 mg

**Tip:** You can cook half the recipe and freeze the rest for later.



## Quick Pizza Crust and Mediterranean Pizza

Save time, money and salt with this pizza dough. Then add your favorite toppings.

### Ingredients

- 2 envelopes fast-acting yeast
- pinch of sugar
- 1/4 cup lukewarm water for yeast
- 3 1/2 cups all-purpose flour
- 1 cup lukewarm water for flour
- 1/4 cup olive oil



### Preparation

1. Add yeast and sugar into 1/4 cup water.
2. Let stand 2-3 minutes, stir until dissolved.
3. Cover with towel 3-5 minutes or until yeast bubbles up and doubles in volume.
4. Measure flour and make a well in center.
5. Add yeast mixture, 1 cup water and oil.
6. Mix with fork until a rough ball forms.
7. On a floured board, knead dough for about 5 minutes, adding more flour if dough remains sticky.
8. Dust dough lightly with flour, place in large clean bowl and cover.
9. Set in a warm spot for 10 minutes.
10. Divide into 2 balls & roll out until 1/4 inch thick by about 12-14 inches wide.
11. Spread with our Easy Pizza Sauce (page 30) and add your favorite low salt pizza toppings.

Based on 8 servings per recipe

Calories	235
Carbohydrates	42 g
Protein	6 g
Sodium	3 mg
Potassium	75 mg
Phosphorus	70 mg

### Mediterranean Pizza

1. Preheat oven to 500 degrees.
2. Coat pizza crust with 1 tablespoon olive oil.
3. Arrange 2 cloves of thinly sliced garlic evenly across the crust
4. Slice 1 roma tomato and add to crust.
5. Slice 10 basil leaves and sprinkle over pizza.
6. Top with 3 ounces of goat cheese or ricotta.
7. Bake 10-15 minutes.





## Creamy Pasta Salad

This salad makes a great lower protein lunch or a side for dinner.

### Ingredients

- 8 ounces medium shell pasta
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/2 teaspoon celery seed
- 1 teaspoon onion powder
- 1/8 teaspoon ground mustard or 1/4 teaspoon yellow mustard
- 1/4 cup Low Salt Refrigerator Pickles (page 33) or fresh cucumbers, chopped
- 2 stalks celery, chopped
- 1/2 cup carrot, grated

### Preparation

1. Cook pasta per package directions, rinse with cold water; set aside.
2. In a separate bowl, mix sour cream, mayonnaise, celery seed, onion powder and mustard.
3. Add dressing to cooked pasta.
4. Stir in chopped pickles or cucumbers, carrots and celery.



Based on 8 (1/2 cup) servings per recipe

Calories	188
Carbohydrates	23 g
Protein	4 g
Sodium	134 mg
Potassium	90 mg
Phosphorus	56 mg

**Tip:** Don't add salt to the water when cooking pasta. This will keep the sodium low.



## Tabbouleh

This cool Middle Eastern salad is easy to make and its flavor only improves over time.

### Ingredients

- 1 cup bulgur or cooked brown rice
- 1 cup hot water
- 1 tomato, chopped
- 1/2 medium cucumber, chopped
- 1/2 cup parsley, chopped
- 2 tablespoons green onion, finely chopped
- 1 tablespoon fresh mint, finely chopped
- 1/8 teaspoon pepper
- 3 tablespoons vegetable or olive oil
- 3 tablespoons lemon juice

### Preparation

1. In a bowl, combine bulgur with hot water. Cover with a kitchen towel. Skip step if using cooked brown rice.
2. Cover and let stand for 30 minutes.
3. Stir in tomato, cucumber, parsley, green onion, mint and pepper.
4. Combine oil and lemon juice.
5. Toss with the bulgur or rice mixture.
6. Cover and chill.
7. Serve in a lettuce-lined bowl with a dollop of sour cream, if desired.



Based on 8 servings per recipe

Calories	115
Carbohydrates	15 g
Protein	3 g
Sodium	7 mg
Potassium	180 mg
Phosphorus	66 mg

**Tip:** Leave out the mint if you can't find it fresh. Dried mint has a different flavor.



## Sesame Greens with Tofu or Paneer

Try this quick low sodium vegetarian recipe for dinner on a busy evening.

### Ingredients

- 4 cups (about 3/4 pound) mixed greens (kale, collard, beet, etc)
- 1 tablespoon olive oil
- 1 cup onions, diced
- 1 teaspoon curry powder
- 1/4 teaspoon sugar
- 1 tablespoon low sodium soy sauce
- 1/2 cup unseasoned rice vinegar
- 8 ounces tofu, firm, or paneer, cut into cubes
- 1/2 teaspoon sesame oil
- 1 teaspoon sesame seeds

### Preparation

1. Cut greens into 2 inch long shreds. Remove hard stems if needed.
2. Drain tofu and pat dry with paper towel.
3. Heat oil in wok or sauté pan.
4. Sauté tofu or paneer, 3 to 5 minutes until golden. Set aside.
5. Sauté onions until translucent, about 2 minutes.
6. Sprinkle curry over onions and add sugar and greens. Cover.
7. Reduce heat and let greens steam in their own juice until tender, 3-5 minutes. Stir



Based on 4 servings per recipe

Calories	117
Carbohydrates	6 g
Protein	7 g
Sodium	184 mg
Potassium	218 mg
Phosphorus	30 mg

- half way through cooking. Don't overcook or the greens will turn darker.
8. Add soy sauce and vinegar, heat to boiling.
9. When sauce is slightly thickened, remove from heat and add the tofu or paneer.
10. Garnish with sesame oil and seeds. Serve with rice or pita bread



## Slow Cooker Chili Verde

Add ingredients in slow cooker in the morning and come home to a savory dinner at night.

### Ingredients

- 2 pounds pork roast or pork loin chops, trim fat
- 2 large onions, cut into wedges
- 1 (12 ounce) can hominy, rinsed, drained
- 1 jar (16 ounces) green tomatillo salsa or 2 cups fresh tomatillos, chopped, and 1/2 cup vinegar
- 1/2 cup Quick Mushroom Broth (page 28) or other low sodium broth
- 3/4 teaspoon garlic powder
- 1/2 teaspoon red chili flakes
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped



### Based on 6-8 servings per recipe

Calories	208
Carbohydrates	17 g
Protein	23 g
Sodium	237 mg
Potassium	549 mg
Phosphorus	271 mg

### Preparation

1. In 4 quart slow cooker, layer pork, onions, hominy, tomatillos or green tomatillo sauce.
2. Add broth and vinegar (if using fresh tomatillos), garlic powder, and red chili flakes.
3. Cover and cook on low for 6-7 hours or until the pork is tender.
4. Increase the heat setting to high.
5. Stir in the green and red bell peppers.
6. Cover and cook on high for 15-30 minutes.
7. Serve with rice and low salt corn chips.



# Easy Instant Pot Creamy Chicken Pasta

Try the Quick Fettucine recipe on [www.nwkidney.org](http://www.nwkidney.org) if you don't have an Instant Pot.

## Ingredients

- 1 package pasta (penne, rigatoni, ziti or other)
- 1 chicken breast, cubed
- 2 cups low sodium chicken broth
- 1 cup kale, chopped
- 1 cup mushrooms, sliced
- 3 cloves garlic, minced
- 1 cup onion, diced
- 2 tablespoons olive oil
- 1/2 teaspoon black pepper
- 4 ounces cream cheese or Neufchâtel
- 1 cup sundried tomatoes, chopped
- 1 cup Parmesan cheese, grated
- 2 tablespoons basil, fresh or paste

## Preparation

1. Add noodles, cubed raw chicken, broth, kale, mushrooms, garlic, onion, oil, and pepper into Instant Pot. Move noodles so they are covered with broth.
2. Cover and secure lid, making sure valve is set to "sealing".
3. Set the manual pressure cook button for 3 minutes.
4. When timer goes off, let timer count up to



Based on 4-5 servings per recipe

Calories	589
Carbohydrates	63 g
Protein	19 g
Sodium	527 mg
Potassium	377 mg
Phosphorus	303 mg

5 minutes or longer.

5. Open lid carefully as steam/pressure may need to be released first.
6. Mix in the cheese, tomatoes, Parmesan and basil. Depending on the type of noodles, dish may need to sit for a few minutes after mixed.

**Tip: Try other flavors. Use shrimp instead of chicken and spinach instead of kale. Add the spinach at the end of cooking with the cheese.**



## Mediterranean Roasted Red Pepper Soup

This delicious soup has a depth of flavor and is even better than tomato soup.

### Ingredients

- 2 tablespoons olive oil
- 2 large onions, diced
- 6 garlic cloves, minced
- 1 teaspoon paprika
- 1/2 cup red lentils, rinsed and sorted
- 3 red peppers, roasted and chopped
- 1 (28 ounce) can low sodium diced tomatoes
- 2 cups Quick Mushroom Broth (page 28) or low sodium chicken broth
- 2/3 cup nonfat powdered milk
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh or 1 teaspoon dried basil
- 1 tablespoon fresh or 1 teaspoon dried oregano
- 1/4 cup cashews or almonds, toasted

### Preparation

1. Roast peppers in oven on broil until lightly charred.
2. In large pot, heat olive oil and add onions. Cook until onions are soft. Stir in garlic and paprika, cooking for 2 minutes.
3. Add lentils, peppers, tomatoes, and 1 1/2 cup broth.



### Based on 6 servings per recipe

Calories	240
Carbohydrates	31 g
Protein	11 g
Sodium	128 mg
Potassium	370 mg
Phosphorus	83 mg

4. Bring to boil, than reduce heat to maintain a steady simmer. Cover and cook lentils until soft, about 30 min.
5. In several batches, whirl soup in blender, food processor or use immersion blender until very smooth.
6. Add powdered milk and vinegar to the last batch. Stir together.
7. Season with more vinegar if needed. Add more broth if soup is too thick.
8. Serve topped with almonds or cashews, sour cream and drizzle of olive oil.



## Blasted Brussels Sprouts

Roasting brings out the sweetness of this misunderstood vegetable.

### Ingredients

- 2 cups Brussels Sprouts (about one stalk)
- 1-2 tablespoons olive oil
- 2-4 tablespoons Parmesan cheese, grated
- 1/4 cup fruit or herb flavored vinegar

### Preparation

1. Preheat oven to 450 degrees.
2. Clean off old leaves. Cut larger sprouts in half and leave smaller sprouts whole.
3. Toss sprouts with olive oil.
4. Put on lightly oiled baking sheet.
5. Roast about 10 minutes. Sprouts are done when tender.
6. Remove from oven, sprinkle with fruit vinegar and Parmesan cheese.



Based on 4-6 servings per recipe

Calories	68
Carbohydrates	4 g
Protein	3 g
Sodium	70 mg
Potassium	182 mg
Phosphorus	59 mg

**Tip:** To make your own low cost flavored vinegar, add 1/2 cup fresh fruit or 1/2 cup chopped fresh herbs to 1 quart white or cider vinegar. Let sit on counter in covered jars for 1-2 weeks. Strain and use in salad dressings or drizzled over vegetables or in meat marinades. Try flavors like blueberry and vanilla, plum and tarragon, or strawberry and rosemary.



## Roasted Asparagus with Lemon

Roasting asparagus adds a sweet and nutty flavor. Lemon brightens any vegetable.

### Ingredients

- 1 pound (about 18 stems) asparagus spears, trimmed
- 3 tablespoons fresh lemon juice
- 1 tablespoon olive oil or 1 tablespoon of fruit or herb vinegar
- 1 teaspoon lemon peel, finely grated



### Preparation

1. Preheat oven to 450 degrees.
2. Add asparagus in a single layer on a baking sheet.
3. Shake lemon juice, oil, and lemon peel in a jar.
4. Pour over asparagus, turning to coat.
5. Roast asparagus until crisp-tender, turning occasionally, for about 15 minutes.
6. Serve warm or at room temperature on a salad.

### Based on 4 servings per recipe

Calories	59
Carbohydrates	6 g
Protein	2 g
Sodium	2 mg
Potassium	324 mg
Phosphorus	64 mg





## Tropical Fruit Salad with Basil Lime Syrup

The basil lime syrup brings this fruit salad up a notch on the flavor scale.

### Ingredients

- 1/4 cup water
- 1/4 cup sugar
- 2 tablespoons lime juice
- 2 teaspoons lime zest
- 1/4 cup fresh basil leaves, chopped
- 3/4 cup banana, sliced
- 1 cup strawberries or blueberries
- 3/4 cup mango, cubed
- 2 cups pineapple, cubed

### Preparation

1. In a small saucepan, bring water and lime juice to a boil.
2. Add sugar and boil until sugar dissolves.
3. Remove from heat and add lime zest and basil.
4. While syrup cools, combine fruit in a large bowl.
5. Toss syrup with fruit and serve immediately.



Based on 7 (1 cup) servings per recipe

Calories	107
Carbohydrates	28 g
Protein	1 g
Sodium	1 mg
Potassium	170 mg
Phosphorus	7 mg

**Tip:** Serving sweet fruit with savory protein dishes improves the flavor of both without adding salt.



## Fresh Pickled Dilled Carrots

Make this recipe using other vegetables like beets, cauliflower, red onions, or crabapples.

### Ingredients

- 1 pound baby carrots or large carrots cut on angle
- 1 1/2 cups white vinegar
- 1/2 cup plain rice vinegar
- 2 teaspoons dill weed
- 3 tablespoons sugar
- 1/4 teaspoons pepper
- 2 teaspoons garlic powder



Based on 6 servings per recipe

Calories	58
Carbohydrates	14 g
Protein	1 g
Sodium	56 mg
Potassium	246 mg
Phosphorus	28 mg

### Preparation

1. Steam carrots in the microwave about 3 to 5 minutes.
2. Cool the carrots by plunging them into ice water.
3. Mix remaining ingredients in bowl.
4. Pour over carrots.
5. Place in a covered container and chill overnight.

**Tip:** You can substitute other fresh herbs for the dill weed. Try tarragon, sage, parsley, thyme or rosemary.



# Cornbread Muffins

Sweet yet savory, these crispy golden crust muffins pair great with honey butter.

## Ingredients

- Cooking spray
- 1 cup all-purpose flour
- 1 cup cornmeal
- 1/2 teaspoon low sodium baking soda
- 1/4 cup granulated sugar
- 1/2 cup unsalted butter, softened
- 2 eggs
- 1/4 cup honey
- 1/2 cup almond, soy, or rice milk
- 2 teaspoons vinegar or lemon juice
- 1/2 cup canned corn, no salt added or frozen corn

## Preparation

1. Preheat oven to 400°F. Use cooking spray or lightly grease a muffin pan.
2. In a large bowl, combine flour, cornmeal, baking soda and sugar.
3. Mix in butter using a pastry blender, fork, or mix in a food processor until butter is pea-sized.
4. In a separate bowl, beat eggs. Mix in honey, almond milk, and vinegar or lemon juice.
5. Pour egg mixture into the flour mixture, stirring until just mixed. Fold in corn.



Based on 1 muffin as a serving

Calories	203
Carbohydrates	28 g
Protein	4 g
Sodium	79 mg
Potassium	89 mg
Phosphorus	67 mg

6. Spoon batter into muffin cups and bake for 20-25 minutes or until a toothpick inserted into the center of a muffin comes out clean.

**Tip:** For honey butter, whip 1/2 cup room temperature unsalted butter for 1 minute. Add 1/4 cup honey and 1 tablespoon of powdered sugar. Beat until smooth.



## Quick Mushroom Broth

Packed with umami flavor, this broth is a savory salt-free base for soups and stews.

### Ingredients

- 5-8 dried mushrooms or 1 cup fresh mushrooms
- 2-4 cups water
- 1/2 cup onions, chopped
- 1/2 cup carrots and celery, chopped
- 2 tablespoons fresh herbs or 2 teaspoons dried herbs (optional)



### Preparation

1. Put everything in a saucepan, heat to boiling, turn down heat and let simmer about 10 minutes.
2. Remove from heat, strain and use in any recipe that calls for chicken or beef broth.
3. Keeps up to 4 days in refrigerator or freeze in food storage containers for future meals.

Based on 2-4 (1 cup) servings per recipe

Calories	24
Carbohydrates	4 g
Protein	1 g
Sodium	20 mg
Potassium	62 mg
Phosphorus	8 mg

**Tip:** Try herbs like parsley and sage, or tarragon and thyme for flavor. Keep dried mushrooms in the pantry for when you are out of fresh mushrooms.



## Simple White Sauce

So easy, so creamy. A wonderful ingredient for casseroles and vegetable dishes.

### Ingredients

- 2 tablespoons flour
- 2 tablespoons unsalted butter
- 1 cup heavy cream or half and half
- 1/4 teaspoon dry mustard
- 1/4 teaspoon paprika
- 2 teaspoons fresh or 1/2 teaspoon dried parsley, basil, or other herbs

### Preparation in microwave

1. Mix flour and butter together in a 2 cup glass measuring cup or small microwave-safe bowl.
2. Microwave for 30 seconds, stir, and microwave another 30 seconds.
3. Add cream and spices. Stir.
4. Microwave 1 minute, stir again.
5. Microwave 30 seconds.
6. If not thickened, add 30 seconds.

### Preparation on stovetop

1. Mix flour and butter together in a medium sauce pan.
2. Cook on medium heat until golden, 10-15 minutes. Stir often.
3. Add spices. Slowly add cream, stirring constantly until thick.



Based on 4 servings per recipe

Calories	273
Carbohydrates	5 g
Protein	2 g
Sodium	25 mg
Potassium	54 mg
Phosphorus	43 mg

**Tip:** Use as a gravy or sauce base for biscuits and gravy, macaroni and cheese, Shepard's pie, baked ziti, chicken pot pie, clam chowder, broccoli or cauliflower soup, or any recipe that uses a white sauce. For a cheesy sauce, add 1/2 cup of shredded cheese.



## Easy Pizza Sauce

Make your own sauce once and you'll never use pre-made sauce again.

### Ingredients

- 1 (6 ounces) can tomato paste
- 1-2 tablespoons olive oil
- 2 teaspoons of Italian seasoning
- 1-2 tablespoons fresh basil, or paste
- 2-3 tablespoons water



### Preparation

1. Mix all ingredients; adding water a bit at a time, until you have a nice spreadable consistency.
2. Spread on top of two pizzas and add your favorite low sodium toppings.

### Low Sodium Topping Ideas

- Ground beef cooked with no salt
- Leftover meats, chicken, or seafood
- Ricotta cheese
- Mozzarella cheese
- Goat cheese
- Parmesan cheese
- Canned pineapple
- Low salt pesto
- Garlic
- Onions
- Fresh tomatoes
- Sun dried tomatoes
- Fresh green or red peppers
- Roasted red peppers
- Fresh mushrooms
- Fresh vegetables
- Fresh herbs or dried parsley, oregano, or basil
- Fresh figs and gorgonzola cheese

### Based on sauce for a 12" pizza

Calories	68
Carbohydrates	9 g
Protein	1 g
Sodium	131 mg
Potassium	409 mg
Phosphorus	2 mg



## Joyce's Quick Dip

Mix it up by trying different flavors of salt-free seasoning or Mrs. Dash in this dip recipe.

### Ingredients

- 8 ounces plain yogurt
- 1 tablespoon salt-free seasoning or Mrs. Dash seasoning (any flavor)

### Preparation

1. Mix yogurt and salt-free seasoning or Mrs. Dash with a fork until well blended.
2. Let sit 3 to 4 hours or overnight in refrigerator to develop flavor.
3. Serve with vegetable sticks, low salt crackers, Pita Wedges (page 32), or use as a salad dressing.



Based on 8 servings per recipe.

Calories	16
Carbohydrates	2 g
Protein	1 g
Sodium	17 mg
Potassium	72 mg
Phosphorus	45 mg

**Tip:** Thin with half and half or milk to make a tasty salad dressing.



## Pita Wedges

These crispy wedges pair great with a low sodium dip for a snack.

### Ingredients

- 4 rounds pita bread
- Unsalted butter, mayonnaise or cooking spray
- 1/2 cup parmesan cheese, fresh grated
- 1 tablespoon fresh oregano or 1 teaspoon dried



### Preparation

1. Using a pastry brush or paper towel, spread a small amount of butter, mayonnaise, or cooking spray on pita bread.
2. Sprinkle about 2 tablespoons parmesan cheese and herbs on each round.
3. Cut pita bread rounds into 8 sections by cutting them in half, then half again, then half one more time.
4. Toast in a 450 degree oven for about 3-5 minutes, until cheese melts and chips toast.
5. Serve with Joyce's Dip (page 31), hummus or other low sodium salsa or dip.

Based on 8 servings per recipe.

Calories	104
Carbohydrates	11 g
Protein	3 g
Sodium	161 mg
Potassium	30 mg
Phosphorus	45 mg





## Refrigerator Pickles

Miss pickles? These quick spicy and sweet pickles have all the flavor without the salt.

### Ingredients

- 5 English or Persian cucumbers, thinly sliced
- 2 cups granulated sugar
- 2 cups white vinegar
- 1 1/2 cups red wine vinegar
- 1 1/2 cups cider vinegar
- 3 tablespoons dill weed
- 1 teaspoon black pepper
- 2 teaspoons celery seed
- 3 tablespoons mustard seed
- 1 teaspoon turmeric
- 3 gloves whole garlic, peeled
- 3 red chilis



Based on 1/4 cup serving.

Calories	30
Carbohydrates	7 g
Protein	0 g
Sodium	1 mg
Potassium	15 mg
Phosphorus	2 mg

### Preparation

1. Cut cucumbers and add to 2-3 pint size jars. For pickle chips, slice cucumbers into rounds. For spears, slice lengthwise.
2. Add spices, garlic and chilis into each jar evenly.
3. In a pitcher, stir the sugar into the vinegars until dissolved.
4. Pour over the cucumbers.
5. Put lids on the jars and store them in the refrigerator for up to six months.



## Fruit Salsa

Fresh flavors explode in this sweet and spicy salsa.

### Ingredients

- 3/4 cup pineapple, chopped (fresh or canned)
- 1 mango, chopped
- 1 to 2 cup fresh berries (strawberries, raspberries, blueberries, or pomegranate seeds)
- 1/4 cup red onion, diced
- 1 red or green bell pepper, diced
- 1 jalapeño, stemmed, seeded, and finely diced
- 2 tablespoons fresh mint leaves, cilantro or basil, chopped
- 3-4 tablespoons lime juice
- Zest of 2 limes
- 2 tablespoons honey or brown sugar (optional)



Based on 4 servings per recipe.

Calories	70
Carbohydrates	14 g
Protein	1 g
Sodium	9 mg
Potassium	220 mg
Phosphorus	16 mg

### Preparation

1. In a medium bowl, add all ingredients and stir to blend.
2. Cover with plastic wrap and allow the salsa to marinate for 20-30 minutes before serving.
3. Taste and adjust honey and lime juice based on sweetness of the fruit.
4. Serve with chicken, pork, fish, or fajitas.



## Brown Bag Popcorn

Try adding salt-free seasoning or Parmesan cheese for a quick and easy snack.

### Ingredients

- 1/4 cup popcorn kernels
- 1 teaspoon vegetable oil
- 1 brown paper lunch bag
- 1 tablespoon salt-free seasoning or Mrs. Dash seasoning (optional)

### Preparation

1. In a small bowl combine popcorn and oil.
2. Put popcorn in a brown bag, fold to close and staple the top closed twice.
3. Microwave on high for 3 minutes or until there is 5 seconds between pops.
4. Optional, mix popcorn with a salt-free seasoning or Parmesan cheese for added flavor.



Based on 1 serving per recipe.

Calories	155
Carbohydrates	27g
Protein	4 g
Sodium	0 mg
Potassium	105 mg
Phosphorus	96 mg



## Pear Cardamom Upside-Down Cake

Combine delicate pear flavors with Indian spices. Try with pineapple, apple, or berries.

### Ingredients

- 4 pears (European or Asian), peeled, core and cut into quarters
- 1 cup unsalted butter, divided
- 1 1/4 cup sugar, divided
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup milk
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons low sodium baking powder
- 2 teaspoons ground cardamom or cinnamon

### Preparation

1. Preheat oven to 350 degrees.
2. Melt 1/4 cup butter in large, nonstick pan. Stir in 1/2 cup sugar.
3. Put pears, cut side down, into sugar mixture. Cover and cook on low to medium heat for 15 minutes until sugar begins to turn brown and caramelize. Check often to avoid burning.
4. Meanwhile, with an electric mixer, beat 3/4 cup butter and 3/4 cup sugar until fluffy.
5. Mix in egg and vanilla, then add milk.
6. In a separate bowl, mix flour, baking powder and cardamom or cinnamon.
7. Fold dry ingredients into egg mixture with spatula, until just combined.
8. Move pears into a glass 8-9 inch round cake pan, with caramel sauce, leaving cut sides of pears down.
9. Spoon batter evenly over pears.
10. Bake in oven on middle rack until golden brown, about 20-25 minutes.
11. Cool cake about 5 minutes.
12. Run a knife around edge of cake.
13. Put a plate over cake pan and flip over.
14. Let it sit a few minutes, cake should release onto plate.



Based on 8 servings per recipe.

Calories	442
Carbohydrates	58 g
Protein	5 g
Sodium	24 mg
Potassium	250 mg
Phosphorus	138 mg



## Fresh Berry Bavarian Pie

Making your own crust lowers the sodium of this classic dessert.

### Ingredients

- 1/3 cup unsalted butter, room temperature
- 2 1/2 tablespoons sugar, divided
- 1 egg yolk
- 1 cup flour
- 1/3 cup almonds, finely chopped
- 2 cups berries, fresh or frozen, mashed
- 2 egg whites
- 1 cup sugar
- 1 tablespoon lemon juice
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 cup whipping cream or Cool Whip



Based on 12 servings per recipe.

Calories	267
Carbohydrates	32 g
Protein	3 g
Sodium	59 mg
Potassium	76 mg
Phosphorus	38 mg

### Preparation

1. Preheat oven to 400 degrees.
2. Grease a 9 inch pie pan.
3. Cream butter and sugar until fluffy.
4. Add egg yolk and beat thoroughly.
5. Mix in flour and almonds.
6. Press into prepared pie pan and bake 12 minutes. Cool.
7. For filling, combine berries, egg whites, sugar, lemon juice, vanilla extract and almond extract in large bowl.
8. Beat until mixture thickens and expands in volume. This will take some time, up to 15 minutes.
9. Add Cool Whip or in a separate bowl, whip cream until fluffy. Fold into berry mixture.
10. Spoon onto crust and freeze at least 8 hours.
11. Remove from freezer 5-10 minutes before cutting.

**Tip:** Try this recipe with raspberries, strawberries, blackberries, blueberries, marionberries or a mix of berries.



## Sunny Lemon Sherbet

This refreshing lemon treat is a great cold dessert on those hot summer days.

### Ingredients

- 4 cups water
- 2 cups sugar
- Zest of 3 lemons
- 1/2 cup fresh lemon juice
- 1/2 cup whipping cream



### Preparation

1. Combine water, sugar and most of the lemon zest in a saucepan.
2. Bring to a simmer, then cover and simmer for 10 minutes.
3. Stir in remaining zest and lemon juice.
4. Refrigerate until cold.
5. Whisk the cream into the mixture.
6. Freeze in an ice cream maker according to manufacturer's directions.

### If you do not have an ice-cream maker:

1. Put mix in a cake pan and cover with foil. Place in freezer.
2. In 15-20 minutes or when slushy, stir with a fork to break up ice crystals. Do this every 30 minutes for 2-3 hours.
3. Move from freezer to refrigerator 20 minutes before serving.

Based on 12 servings per recipe.

Calories	162
Carbohydrates	34 g
Protein	0 g
Sodium	6 mg
Potassium	26 mg
Phosphorus	7 mg

**Tip:** Try this recipe with oranges or limes for other citrus sherbets.



## *Your Favorite Recipes Made Better*

Don't throw out your favorite recipes because you are eating less salt and protein. Try these ideas and experiment to find new favorites.

### Lowering salt in recipes

- Cut the amount of salt in a recipe by half or leave out completely.
- Use salt-free seasonings to add flavor. Find these in the spice section of stores.
- Don't add salt at the table. Try a splash of lemon, lime, or vinegar to add zing.
- Switch to unsalted butter or oils. Try fruit or herb flavored oils.
- Use fresh herbs and spices when possible. Buy them in small amounts so they stay fresher. Add fresh herbs at the end of cooking for the best flavor.
- Make your own marinade for meat using wine, vinegar or lemon juice, oil and spices.
- Mix salty canned soups or chili with a can of lower sodium beans to cut the salt.
- Buy no added salt canned food or try rinsing canned food you already have in a colander when possible.
- When baking, use a low sodium baking powder and low sodium baking soda.
- Leave out the salt in bread recipes, then shorten the rising time.

### Lowering protein in recipes

- Try recipes that mix foods. These generally have less protein or you can use less protein without losing flavor. Stir-fry, casseroles, salads or soups are great options.
- Add more vegetables to your plate.
- Replace milk in recipes for a lower protein option like rice or almond milk. These may not work well in puddings or custards.
- Avoid protein powder or protein bars. Look for bars high in fiber for a snack.
- Try cream cheese, sour cream, or softer cheese like feta, queso, or goat cheese. Hard cheeses are usually higher in protein.
- Replace the protein in recipes with whole grains, potatoes, beets, sweet potatoes or cauliflower.
- Try Meatless Mondays as a way to cut back on protein and explore new recipes.
- For a meaty umami flavor, add tofu, mushrooms, or Parmesan cheese to the dish.



# Website Recipes

Using recipes on [nwkidney.org](http://nwkidney.org)

## Need Dinner or Snack Ideas?

We've got you covered. Northwest Kidney Center's website has recipes for weeknight meals at home, lunches for your work day, potlucks, snacks, and more!

## How to use the website:

- Go to [nwkidney.org](http://nwkidney.org)
- Select the "Living With Kidney Disease" tab from the drop down menu
- Select "Recipes"
- Sort by dishes such as Breakfast, Holiday or Vegetarian
- Pick your nutritional goal such as lower sodium, lower protein, lower potassium, or lower phosphorus meals
- You can also search for recipes using the search bar in the upper right hand side of the webpage

## Do You Have A Recipe Idea?

Share your favorite recipe with your dietitian. They can review it for nutrition levels, make small changes if needed, and share with other people with kidney disease. Send an email to [info@nwkidney.org](mailto:info@nwkidney.org), or call the Nutrition office at (206) 720-3990.

