

The Art of Good Eating

A cookbook for people on dialysis



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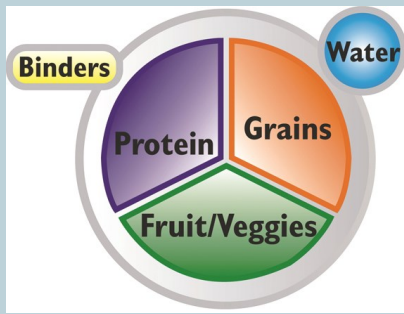
Your Dietitian's Name

Phone



Hemodialysis 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 are on hemodialysis, your plate should have:

- 1/3 for protein
- 1/3 for grains and starches
- 1/3 for lower potassium fruits and vegetables

All of the recipes in this cookbook are low in sodium, potassium and phosphorus. You can have a good amount of protein foods. 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. This will help you feel less thirsty, so you don't gain too much fluid weight between your treatments.
- Most people on dialysis need to eat less phosphorus and take phosphate binders with meals and snacks. Eating less dairy food, less processed foods and reading the ingredient list on labels can help. A good amount of phosphorus to have is 800-1200 mg a day. Look for ingredients on label with PHOS and limit these foods.
- Potassium can build up in your body. Eat more lower potassium fruits and vegetables and use the higher foods as a treat. You can mix a high potassium food with lower potassium foods, like in a fruit salad, soup or casserole.

These recipes are also great for your family and friends. Visit www.nwkidney.org for even more recipe ideas.

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Sudden Quiche

A high protein dish that can be served warm or cold. A great way to use leftovers.

Ingredients

- 6 eggs
- 1 cup almond, soy, or rice milk, or half and half
- 1/2 cup Swiss or cheddar cheese, grated
- Black pepper to taste
- 9 inch ready made pie shell



Preparation

1. Preheat oven to 350 degrees.
2. Whip together eggs, milk, cheese and black pepper.
3. Add your favorite low sodium fillings.
4. Pour mix into pie shell or make your own pie shell ahead of time.
5. Bake until knife inserted near the center comes out clean, about 45-60 minutes.
6. Let stand 5 minutes before serving.

Filling Ideas

- Ground beef cooked without salt
- Leftover meat, chicken, fish or shrimp
- Maple sausage (page 4), crumbled
- Mushrooms
- Asparagus
- Broccoli
- Green and red bell peppers
- Caramelized onions
- Zucchini
- Goat cheese
- Parmesan cheese
- Fresh parsley or basil

Based on 8 servings per recipe.

Calories	215
Carbohydrates	13 g
Protein	10 g
Sodium	188 mg
Potassium	104 mg
Phosphorus	172 mg

Note: Nutritional information based on Swiss cheese and almond milk.



Homemade Maple Sausage

Make your own low sodium sausage. Use for patties, pizza, or biscuits and gravy.

Ingredients

- 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

1. Mix all ingredients in a large bowl.
2. Cover and refrigerate for at least 4 hours, or overnight.
3. Form into patties and cook in skillet over medium high heat until well browned, about 10-15 minutes. Make sure patties are cooked through and are no longer pink in the middle.



Based on 12 servings per recipe.

Calories	152
Carbohydrates	1 g
Protein	13 g
Sodium	43 mg
Potassium	183 mg
Phosphorus	129 mg

Tip: Leave out the maple syrup and spices and try other seasonings like fennel and oregano, Italian seasoning, parsley or crushed red pepper.



Berrylicious Smoothie

Enjoy this protein packed delicious smoothie that is lower in phosphorus.

Ingredients

- 1/4 cup cranberry juice cocktail
- 2/3 cup silken tofu
- 1/2 cup raspberries, frozen, unsweetened
- 1/2 cup blueberries, frozen, unsweetened
- 1 teaspoon vanilla extract
- 1/2 teaspoon powdered lemonade, such as Country Time or 1/2 packet of Crystal Light (optional)

Preparation

1. Pour juice into a blender.
2. Add the remaining ingredients.
3. Blend until very smooth.
4. Serve immediately.



Based on 2 servings per recipe.

Calories	115
Carbohydrates	18 g
Protein	6 g
Sodium	14 mg
Potassium	223 mg
Phosphorus	80 mg

Protein Ideas

Don't have silken tofu? Try one of these instead:

- 1-2 scoops of plain or vanilla protein powder
- 1/2 cup pasteurized liquid egg white
- 2/3 cup frozen non-dairy whipped topping
- 2/3 cup Greek yogurt



Pancakes with Master Mix

Soft pancakes made from our low sodium Master Mix. It is a great Bisquick substitute.

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

Pancakes

- 2 1/4 cups Master Mix
- 1 tablespoon sugar
- 1 egg, beaten
- 1 1/2 cups almond, soy, or rice milk



Based on 2 pancakes per servings.

Calories	311
Carbohydrates	35 g
Protein	7 g
Sodium	183 mg
Potassium	197 mg
Phosphorus	97 mg

Nutrition information for pancakes based on using almond milk.

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 an airtight container.

3. Blend well. Let stand for 5-10 minutes.
4. Cook on a hot oiled grill or frying pan, about 3-4 minutes or until browned on both sides.
5. Serve with unsalted butter and syrup or fruit and whip cream.

Preparation of Pancakes

1. Combine Master Mix and sugar in a medium bowl.
2. Combine egg and milk in a small bowl and add to dry ingredients.

Tip: This Master Mix makes 12 cups and can be stored in a cool, dry place for up to 12 weeks. Visit nwkidney.org for more recipes using the Master Mix.



Baked Macaroni and Cheese

A comfort food that is lower in sodium and phosphorus than boxed macaroni and cheese.

Ingredients

- 3 cups elbow, small shell or bowtie pasta
- 2 tablespoons flour
- 2 tablespoons unsalted butter
- 2 cups almond, soy or rice milk
- 1 teaspoon mustard powder or 1
tablespoon of yellow mustard
- 1 teaspoon paprika
- 1 tablespoon fresh thyme, tarragon or
parsley, chopped or 1 teaspoon dry
- 2 cups grated cheese (gouda, cheddar, or
any combinations)
- Croutons, Panko breadcrumbs or
chopped almonds for topping



Based on 8 servings per recipe.

Calories	371
Carbohydrates	47 g
Protein	15 g
Sodium	258 mg
Potassium	210 mg
Phosphorus	62 mg

Nutrition information based on using almond milk.

Preparation

1. Heat oven to 350 degrees.
2. In a large pot, boil water and add pasta following package directions.
3. In a medium glass measuring cup, mix flour and butter. Microwave for 30 seconds, stir, and microwave another 30 seconds.
4. Slowly stir in milk, spices, and herbs.
5. Continue microwaving until thickened, stirring every 30 seconds.
6. Mix noodles, sauce, and cheese. Place in

- a greased 9x13 inch casserole dish.
7. Bake about 20 minutes.
8. For added crunch, top with crushed croutons, Panko breadcrumbs, or chopped almonds during the last 5 minutes of baking.

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



Italian Meatballs

Make a double recipe of these tasty meatballs and freeze for future meals.

Ingredients

- 1 1/2 pounds ground beef
- 2 large eggs, beaten
- 1/2 cup quick cooking oatmeal
- 3 tablespoons Parmesan cheese
- 2 teaspoons vegetable oil
- 2 teaspoons garlic powder
- 1 tablespoon fresh or 1 teaspoon dried oregano
- 1 teaspoon fennel seeds (optional)
- 1/2 cup onion, chopped finely
- 1/2 teaspoon black pepper

Preparation

1. Preheat oven to 375 degrees.
2. Cover a baking sheet with aluminum foil or parchment paper.
3. Mix all ingredients in a large bowl.
4. Roll into 1 inch balls and place on baking sheet.
5. Bake for 10 to 15 minutes, turning meatball half way through. Cook until meatballs are no longer pink inside.



Based on 12 (3 meatballs) servings per recipe.

Calories	186
Carbohydrates	4 g
Protein	12 g
Sodium	72 mg
Potassium	184 mg
Phosphorus	118 mg

Tip: Serve with pasta and sauce or make a meatball sandwich. Try our [Homemade Tomato Sauce \(page 30\)](#) for great flavor and less sodium than canned.



Roast Beef Sandwich

Deli roast beef and Swiss cheese are usually lower in sodium than other deli choices.

Ingredients

- 2 slices high protein bread (page 10) or whole wheat bread
- 2 ounces sliced roast beef (2 slices)
- 1 slice deli Swiss cheese
- 1 teaspoon mayonnaise
- 1 teaspoon horseradish or mustard (optional)
- 2 lettuce leaves

Preparation

1. Spread bread with mayonnaise or other sauces. Place meat, cheese, and lettuce on bread. Top with second slice of bread.

Sandwich Tips:

- Ask for low sodium meats and cheese at the deli counter instead of prepackaged.
- Try thin sliced bread or choose low sodium breads like Ezekiel's or Dave's.
- Use cream cheese instead of cheese slices, try the Herb Cream Cheese Spread (page 31).
- Try slices of cucumber, bell pepper, onion, apple or shredded carrots instead of tomatoes.
- Yellow mustard is low in sodium and can add lots of flavor.



Based on 1 sandwich.

Calories	558
Carbohydrates	62 g
Protein	39 g
Sodium	124 mg
Potassium	380 mg
Phosphorus	460 mg

Nutrition information based on using high protein bread.

Low Salt Sandwich Fillings

- Egg salad
- Chicken salad
- Tuna fish salad
- Peanut butter and jelly
- Leftover meatloaf
- Leftover turkey with cranberry sauce

Ask for the Low-Salt Lunch Ideas brochure for more recipes and snacks.



High Protein Bread

This recipe from a patient packs four times as much protein as regular bread.

Ingredients

- 3 cups whole wheat flour
- 1 cup all-purpose flour
- 1/2 cup wheat gluten
- 2 tablespoons sugar
- 2 tablespoons yeast
- 1/3 cup honey
- 2 teaspoons vegetable oil
- 2 cups warm water, 95-105 degrees

Preparation

1. Mix flours, gluten, and sugar in a bowl.
2. In a separate bowl, mix yeast, honey and oil with the water.
3. Let stand, stirring a bit until the yeast is dissolved, about 5 minutes.
4. Mix yeast mixture to the flour to create the dough. Lightly dust flour on a board.
5. Knead the dough until elastic consistency, about 5 minutes. Add more flour to the board as needed.
6. Place the dough in a clean, lightly oiled bowl and cover with a towel. Leave it until it doubles in size. Depending on room temperature, this will take 45 minutes to an hour.
7. Preheat oven to 350 degrees. Grease a 5x9



Based on 1 slice, 16 slices per recipe.

Calories	164
Carbohydrates	31 g
Protein	9 g
Sodium	5 mg
Potassium	101 mg
Phosphorus	108 mg

8. inch bread pan with oil.
8. Punch down dough and place in greased loaf pan.
9. Let it rise again just to the top of the pan, about 30 minutes to an hour.
10. Bake for 50-55 minutes. Bread should have a rich brown color and hollow sound when you tap it or an internal temperature of 200 degrees.
11. Remove loaf from pan after it is slightly cooled. Let the loaf cool on a rack before slicing.



Broccoli Chicken Casserole

This casserole is a great way to use up leftover rice and vegetables.

Ingredients

- 2 cups broccoli, green beans, asparagus, or mixed vegetables, fresh or frozen
- 1 medium onion, chopped
- 2-3 chicken breasts, diced
- 1 tablespoon salt-free seasoning
- 2 tablespoons unsalted butter
- 2 cups rice, barley, or noodles, cooked
- 1/2 cup almond, soy, or rice milk
- 1/2 cup low sodium chicken broth
- 2 cups cheddar cheese, grated
- 1/2 cup Panko breadcrumbs

Preparation

1. Preheat oven to 350 degrees.
2. Sprinkle both sides of chicken with salt-free seasoning.
3. Heat butter in large skillet. Add chicken and onions to skillet. Cook until chicken is brown on both sides and onions are soft.
4. In a greased 9x13 inch casserole dish, mix cooked rice, vegetables, browned chicken and onions, milk, broth, and cheese.
5. Sprinkle top with Panko breadcrumbs and bake about 45 minutes to 1 hour.



Based on 8 servings per recipe.

Calories	287
Carbohydrates	20 g
Protein	19 g
Sodium	261 mg
Potassium	308 mg
Phosphorus	256 mg

Nutrition information based on using almond milk and rice.

Tip: Split recipe in half and make in two 9x9 inch casserole dishes. Freeze one for a quick meal on a busy day.



Beef or Chicken Enchiladas

Control the sodium with this tasty restaurant favorite you can make at home.

Ingredients

- 1 pound lean ground beef or shredded chicken (page 20)
- 1/2 cup onion, chopped
- 1 teaspoon cumin
- 1/2 teaspoon black pepper
- 1 garlic clove, minced
- 1 (28 ounce) can low sodium crushed tomatoes
- 2 tablespoons fresh or 1 teaspoon dried oregano
- 1 (6 ounce) can jalapeño peppers (optional)
- 12 corn tortillas
- 1 cup cheddar cheese, shredded

Preparation

1. Preheat oven to 375 degrees.
2. Brown meat in frying pan.
3. Add onion, garlic, cumin and pepper. Continue cooking for 4 to 5 minutes or until onions are soft.
4. In a large sauce pan, add tomatoes, oregano, and peppers. Simmer for 10 minutes.
5. Cover tortillas with damp towel and microwave for 30 seconds.



Based on 6 servings per recipe.

Calories	343
Carbohydrates	29 g
Protein	22 g
Sodium	303 mg
Potassium	466 mg
Phosphorus	173 mg

6. Roll meat mixture and cheese in tortillas, or layer tortillas and add fillings like a lasagna in a shallow pan.
7. Top with sauce and remaining 1/3 cup cheese.
8. Bake until top is golden brown, about 30 minutes.
9. Serve with sour cream and fresh cilantro.

Tip: Stir leftover enchilada sauce into cooked rice for Spanish rice.



Louisiana BBQ Shrimp

Bold Louisiana flavors cover sweet shrimp for a real southern eating experience.

Ingredients

- 2 pounds shrimp, fresh or frozen
- 1/3 cup unsalted butter
- 2 teaspoons hot sauce (Tabasco)
- 1 teaspoon Worcestershire sauce
- 1 lemon, thinly sliced
- 1 garlic cloves, minced
- 1 tablespoon lemon juice
- 1 tablespoon parsley, minced
- 1 teaspoon paprika
- 1 teaspoon oregano, dried
- 1 teaspoon rosemary, dried
- 1/2 teaspoon cayenne pepper
- 1/3 cup vegetable oil

Preparation

1. Peel, devein, and wash shrimp.
2. Combine remaining ingredients in large sauce pan, except for oil.
3. Place over low heat and simmer for 30 minutes.
4. In a separate pan, lightly sauté shrimp in vegetable oil until half cooked.
5. Remove shrimp from pan, and add to large sauce pan with sauce.
6. Bring to a light boil.



Based on 10 servings per recipe.

Calories	189
Carbohydrates	3 g
Protein	13 g
Sodium	469 mg
Potassium	159 mg
Phosphorus	229 mg

7. Serve shrimp in a bowl with rice or grits and side dishes of corn on the cob or Coleslaw with a Kick (page 26).

Tip: Check labels on frozen shrimp. Most brands have added sodium during processing, so choose the lowest option. Fresh, never frozen shrimp is lower in sodium than frozen.



Slow Cooker BBQ Pulled Pork

This recipe is bursting with flavors after slow cooking.

Ingredients

- 3/4 cup low sodium ketchup
- 3/4 cup no-salt added tomato sauce
- 2/3 cup brown sugar
- 2/3 cup red wine vinegar
- 1/4 cup molasses
- 2 teaspoons liquid smoke
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon celery seed
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cayenne
- 1/2 teaspoon black pepper
- 4 pounds pork shoulder roast



Based on 12 servings per recipe.

Calories	458
Carbohydrates	25 g
Protein	27 g
Sodium	116 mg
Potassium	675 mg
Phosphorus	286 mg

Preparation

1. Whisk all ingredients, except pork, in a bowl to make the BBQ sauce.
2. Place pork into the crock pot and pour the BBQ sauce over the pork.
3. Set on high heat for 6 hours or on low overnight.
4. Shred pork by pulling apart with two forks.
5. Serve on a hamburger bun, roll or over rice.

Tip: Serve with [Coleslaw with a Kick \(page 26\)](#) or with [Cowboy Caviar Beans and Rice Salad \(page 18\)](#).



Turkey Burgers

A delicious alternative to a beef burger that is high protein for a lunch or dinner meal.

Ingredients

- 1 pound ground turkey
- 1 cup (about 3 small) zucchini, grated
- 1 large egg
- 1/4 cup Panko breadcrumbs
- 1/4 cup red onion, chopped finely
- 1 garlic clove, minced
- 1 teaspoon salt-free seasoning
- 1/2 teaspoon black pepper
- 2 teaspoons vegetable oil

Preparation

1. In a large bowl, combine all ingredients. Mix well.
2. Form 4 equal sized patties, about half inch thick.
3. In a large skillet, heat oil on medium high heat.
4. Add patties and reduce heat to low until browned, about 5-7 minutes each side.
5. Make sure patties are cooked through, no longer pink in the middle.
6. Serve on a lettuce leaf or bun.



Based on 4 servings per recipe.

Calories	176
Carbohydrates	8 g
Protein	31g
Sodium	98 mg
Potassium	266 mg
Phosphorus	62 mg

Tip: Top with pineapple rings, sliced red pepper, and lettuce. Try ground lamb for a different flavor.



Quick Pizza Crust

Save time, money, and salt with this custom made pizza dough.

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 a low sodium sauce or with Homemade Tomato Sauce (page 30). Check nwkidney.org for low salt toppings.

Based on 8 (2 slices) servings per recipe.

Calories	340
Carbohydrates	46 g
Protein	17 g
Sodium	360 mg
Potassium	184 mg
Phosphorus	127 mg

Thai Pizza

1. Preheat oven to 500 degrees.
2. For peanut sauce, mix 1/2 cup peanut butter, 2 teaspoons hot sauce, and 1/4 cup light coconut milk.
3. Spread peanut sauce on crust.
4. Add 1 cup cooked and cubed chicken.
5. Dice 3 stalks of green onions and 8-10 fresh basil leaves. Sprinkle on crust.
6. Cover with 1 cup shredded mozzarella cheese.
7. Bake 8-12 minutes.



Grilled Vegetable Pasta Salad with Chicken

Shared by Chef Duane Sunwold of the Inland Northwest Culinary Academy in Spokane.

Ingredients

- 2 chicken breasts, cooked (page 30)
- 2 garlic cloves, minced
- 4 teaspoon Dijon mustard
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1/2 teaspoon black pepper
- 2 medium zucchinis, sliced
- 1 cup fennel bulb or celery, diced
- 8 mushrooms, quartered
- 1 medium red onion, sliced
- 12 ounces rotini or other pasta
- 2 tablespoons fresh basil, shredded
- 1 tablespoon fresh or 1 teaspoon dried thyme
- 1 tablespoon fresh or 1 teaspoon dried parsley



Based on 8 servings per recipe.

Calories	273
Carbohydrates	36 g
Protein	14 g
Sodium	87 mg
Potassium	440 mg
Phosphorus	210 mg

Preparation

1. In a large bowl, mix garlic, mustard, lemon juice, oil and pepper.
2. Spread vegetables on greased broiler pan or baking sheet covered with aluminum foil or parchment paper.
3. Pour half the dressing over vegetables. Mix until coated. Let the vegetables marinate while cooking pasta.
4. Follow package directions for pasta. Don't add salt to the water. Rinse pasta in cold water after cooking.
5. Meanwhile, turn oven on to broil.
6. Cook vegetables, stirring every 4-5 minutes until browned evenly.
7. Add cubed chicken last 5 minutes to warm.
8. In bowl with the remaining dressing, add vegetables, chicken, pasta, and fresh herbs.
9. Toss and serve.



Cowboy Caviar Bean and Rice Salad

This colorful salad stores well for several days. Great served with BBQ meats or seafood.

Ingredients

- 2 cups rice, cooked
- 1/2 cup corn, frozen or canned, rinsed
- 1/4 cup lime juice
- 1/2 cup olive oil or vegetable oil
- 2 tablespoons brown sugar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon black pepper
- 1/2 cup red bell pepper, diced
- 1/2 cup low sodium canned black beans, drained and rinsed
- 1 jalapeño, seeded and diced (optional)
- 1/2 cup cilantro, chopped



Based on 6 servings per recipe.

Calories	205
Carbohydrates	29 g
Protein	3 g
Sodium	101 mg
Potassium	195 mg
Phosphorus	40 mg

Preparation

1. Prepare rice, let cool. Warm frozen corn in microwave for 1 minute.
2. To make the dressing, whisk lime juice, oil, brown sugar, mustard, and black pepper together.
3. In a large bowl combine rice, corn, bell pepper, black beans, jalapeño, and cilantro.
4. Pour dressing over salad and stir.
5. Chill for one hour in refrigerator.

Tip: If you don't like spicy flavors, leave out the jalapeño, this salad is packed with flavor even without it.

Serve this with [Slow Cooker BBQ Pulled Pork \(page 14\)](#), [Microwave Chicken \(page 20\)](#) or [Louisiana Shrimp \(page 13\)](#).



Meatloaf in a Mug

Try this quick high protein dish. Make extra and use in a meatloaf sandwich.

Ingredients

- 2 tablespoons almond or soy milk
- 1 tablespoon low sodium ketchup
- 2 tablespoons quick cooking oatmeal
- 1/4 teaspoon Italian seasoning, optional
- 1/2 pound lean ground beef
- 1/8 teaspoon black pepper

Preparation

1. In small bowl, combine milk, ketchup, oatmeal and seasonings.
2. Crumble beef over mixture and mix well.
3. Place mixture in a microwave safe mug, custard cup or ramekin coated with cooking oil.
4. Cover and microwave on high for 3 minutes. Let sit for 1 minute, then heat again for 3 minutes or until center is no longer pink.
5. Drain extra liquid into another cup and discard.
6. Let stand for 3 minutes before enjoying.



Based on 2 serving per recipe.

Calories	486
Carbohydrates	14 g
Protein	43 g
Sodium	317 mg
Potassium	610 mg
Phosphorus	344 mg

Nutrition information is based on using almond milk.

Tip: Try lean ground turkey and fresh or dried parsley.



Microwave Chicken

Use the microwave to save time while still cooking a moist and flavorful chicken.

Ingredients

- 1 pound chicken breasts
- 1 cup water
- 1 tablespoon salt-free seasoning or Mrs. Dash

Preparation

1. Place chicken in 8x8 inch microwave safe baking dish.
2. Add seasoning and water until 1/3 of chicken is covered.
3. Cover baking dish with plastic wrap. Don't poke a hole in the plastic so chicken can steam.
4. Microwave on low to medium power. Start with 5 minutes, then check temperature with a thermometer. Continue cooking in 1 minute intervals until temperature reaches 165 degrees.
5. Shred chicken by pulling apart with two forks or cube the chicken to use in your favorite dish.

Tip: Use the chicken in any recipe or add it to soup or salads for extra protein. Shred the chicken for [Enchiladas \(page 12\)](#) or cube for the [Grilled Vegetable Pasta Salad \(page 17\)](#).



Based on 2 servings per recipe.

Calories	231
Carbohydrates	13 g
Protein	14 g
Sodium	355 mg
Potassium	442 mg
Phosphorus	54 mg

Microwave Tips

- Use microwave safe containers and cover, but allow space to let steam vent.
- Cut food in uniform sizes. Arrange food from the outer edge to the middle.
- Use high power to cook tender foods with moisture like ground beef and vegetables. Use low power to cook eggs, cheeses and solid pieces of meat.
- Stir food half way through cooking time to help cook evenly.
- Let the food stand for 1-3 minutes after it's done. It will continue to cook.



Slow Cooker Chicken and Dumplings

An easy time saving low sodium comfort food for the slow cooker.

Ingredients

- 2 pounds chicken, cut in pieces
- 1 stalk celery with leaves, cut fine
- 2-3 carrots, sliced
- 1/2 teaspoon black pepper
- 1/2 teaspoon mace or nutmeg
- 2 cups low sodium chicken broth, or
Simple Chicken Broth (page 28)
- 2 1/4 cups flour, divided
- 3 teaspoons low sodium baking powder
- 2 tablespoons unsalted butter
- 2 eggs
- 2/3 cup almond, soy, or rice milk



Based on 8-10 servings per recipe.

Calories	432
Carbohydrates	55 g
Protein	33 g
Sodium	124 mg
Potassium	594 mg
Phosphorus	42 mg

Preparation

1. Put chicken, vegetables, spices and broth into slow cooker. Add enough broth to cover chicken.
2. Turn cooker on low for about 6-8 hours.
3. Remove the chicken and discard any bones. Cover and keep warm.
4. Turn slow cooker up to high heat. Add the 1/4 cup flour and whisk quickly, to avoid lumps.
5. For dumplings; in a separate bowl, mix 2 cups flour with baking powder.
6. Cut butter into the flour with a pastry cutter, fork or food processor.
7. Add eggs and milk and mix until stiff dough forms. Drop spoonfuls of dough into the boiling broth.
8. Cover, reduce heat to low and cook for 15 minutes without removing the lid.
9. Put chicken in large serving dish and pour thickened sauce over, serve with dumplings.



Slow Cooker Hungarian Goulash

Start this dish in the morning and come home to great smells and a warm dinner.

Ingredients

- 2-3 pounds beef round steak
- 1/2 cup flour
- 1/4 cup unsalted butter or oil
- 1 1/2 cups onions, sliced
- 1/2 cup paprika
- 1/4 cup red wine vinegar
- 3 garlic cloves, minced
- 1/4 cup tomato paste
- 1 tablespoon fresh or 1 teaspoon dried thyme
- 2-4 cups Simple Chicken Broth (page 28) or low sodium broth (enough to cover meat)
- 16 ounce package egg noodles or instant rice

Preparation

1. Cut meat into 1 inch cubes and coat with flour.
2. In a skillet, add butter or oil, meat and onions. Cook until meat is brown on both sides. If you are in a hurry, the meat and onions can go straight into the slow cooker without browning.
3. Add paprika, vinegar, garlic, tomato paste, thyme, and broth to slow cooker.



Based on 12 servings per recipe.

Calories	251
Carbohydrates	11 g
Protein	27 g
Sodium	57 mg
Potassium	439 mg
Phosphorus	179 mg

Nutrition info based on using egg noodles and Simple Chicken Broth.

4. When you get home, prepare egg noodles or instant rice from package directions.

Tip: Freeze extra portions for other meals.



Easy Instant Pot Creamy Chicken Pasta

If you don't have an Instant Pot, try this recipe using the Alfredo Sauce on page 29.

Ingredients

- 1 package fettuccini noodles or other pasta
- 2 chicken breasts, 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. Be sure noodles are covered with broth.
2. Secure lid. Set valve to "sealing".
3. Set the manual pressure cook button for 3 minutes.
4. When timer goes off, let timer count up to 5 minutes or longer.



Based on 4-5 servings per recipe.

Calories	589
Carbohydrates	63 g
Protein	38 g
Sodium	527 mg
Potassium	377 mg
Phosphorus	303 mg

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.



Four Seasons Salads

The sweet bounty of fruit makes for a delicious pairing with greens and onions.

Ingredients

- 1 small head bibb or butter lettuce, torn in bite size pieces
- 6-8 strawberries, sliced
- 1 (11 ounce) can mandarin oranges, drained and chilled
- 1 small purple onion, sliced in rings
- 1/4 cup almonds, slivered
- 1/4 cup Parmesan cheese, shredded
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon sugar
- 1/8 teaspoon pepper

Preparation

1. Combine salad ingredients in a large salad bowl.
2. Combine dressing ingredients: olive oil, balsamic vinegar, sugar, and pepper in a jar. Close lid and shake until mixed well.
3. Pour mixture over salad, toss gently to coat.
4. Serve immediately.



Based on 4 servings per recipe.

Calories	250
Carbohydrates	14 g
Protein	5 g
Sodium	2 mg
Potassium	95 mg
Phosphorus	104 mg

Nutrition information is based on using strawberries and almonds.

Tip: Substitute peaches or plums in the summer for strawberries, pears in the fall, and apples in the winter. You can also change the nuts to unsalted or candied walnuts, cashews, pecans, or peanuts.

Candied nuts add great flavor and texture to salads. To make, add 1 cup nuts, 1/4 cup sugar and 1/4 cup water to a small fry pan. Heat mixture, stirring constantly until most liquid bubbles away. Pour nuts onto parchment paper. Separate nuts while hot.



Stir-Fried Green Beans with Almonds

Nuts and garlic add flavor and texture to this dish.

Ingredients

- 3 tablespoons vegetable oil
- 1 pound green beans, fresh or frozen
- 1/4 cup almonds, slivered
- 2 teaspoons garlic powder

Preparation

1. In a large fry pan, heat oil on medium high heat.
2. Add green beans and toss to coat evenly in oil.
3. Stir-fry for 5 minutes or until bright green in color.
4. Add almonds and garlic powder.
5. Stir-fry for 3-5 minutes until tender.
6. Serve immediately.



Based on 8 servings per recipe.

Calories	91
Carbohydrates	5 g
Protein	2 g
Sodium	1 mg
Potassium	171 mg
Phosphorus	25 mg

Tip: Try this recipe with broccoli or cauliflower instead of the green beans.



Coleslaw with a Kick

A bit of horseradish gives this salad a new twist on an old favorite.

Ingredients

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 tablespoon horseradish
- 2 teaspoons apple cider vinegar
- 3 tablespoons sugar
- 2 teaspoons fresh dill, parsley or cilantro, chopped
- 1 teaspoon celery seed or poppy seed
- 1 pound bag coleslaw mix with carrots or 1/2 head cabbage and 2-3 carrots, shredded

Preparation

1. In a large bowl, whisk together the mayonnaise, sour cream, horseradish, vinegar, sugar and spices.
2. Stir in coleslaw mix or cabbage with carrots until well blended.
3. Chill at least 1 hour. Will taste best if chilled overnight.



Based on 10 servings per recipe.

Calories	126
Carbohydrates	8 g
Protein	1 g
Sodium	93 mg
Potassium	104 mg
Phosphorus	15 mg

Tip: Serve as a side salad or add to fish tacos, BBQ pulled pork (page 14) , Louisiana Shrimp (page 13) or fish and chips.



Glazed Carrots

Lemon juice brings out the sweet flavor of carrots in this recipe.

Ingredients

- 6 whole carrots, cut on angle
- 1 1/2 cups water
- 3 tablespoons sugar, divided
- 1 tablespoon unsalted butter
- 2 tablespoons fresh mint, dill or tarragon, chopped (optional)
- 2 tablespoons lemon juice
- Black pepper to taste

Preparation

1. Bring carrots, water and 1 tablespoon sugar to boil.
2. Cover and reduce heat, simmering about 5-10 minutes or until tender.
3. Uncover and reduce liquid for 1-2 minutes.
4. Add butter, remaining sugar and herbs.
5. Stir for 3 minutes.
6. Remove and add lemon juice and black pepper to taste.



Based on 6 servings per recipe.

Calories	108
Carbohydrates	20 g
Protein	1 g
Sodium	75 mg
Potassium	256 mg
Phosphorus	39 mg

Tip: You can substitute other fresh herbs. Try tarragon, sage, parsley, thyme or rosemary. Use parsnips instead of carrots in the fall or winter.



Simple Chicken Broth

Make your own chicken broth for richer flavors and save time, money, and salt!

Ingredients

- 1 1/2 pounds chicken wings, whole chicken or chicken carcass
- 1 onion, halved or 1/2 cup shallots
- 1 celery stalk with leaves, halved
- 2 carrots, halved
- 8 peppercorns, whole
- 2 teaspoons dried thyme
- 1 tablespoon fresh or 1 teaspoon dried parsley
- 2 bay leaves

Preparation

1. Place all items in a large pot with about 8 cups of cold water.
2. Bring to a boil, then reduce heat to a simmer.
3. Skim the froth that comes to the top.
4. Simmer for about 3 hours.
5. Save chicken meat, throw away bones and other solids, and pour broth through a sieve.
6. Refrigerate and use within 3 days.



Based on 1 cup as a serving.

Calories	20
Carbohydrates	9 g
Protein	1 g
Sodium	67 mg
Potassium	196 mg
Phosphorus	55 mg

Tip: The broth can be frozen for up to 3 months in freezer containers. It has more flavor than boxed low sodium broths.



Alfredo Sauce

A creamy low phosphorus sauce to serve over pasta, chicken, vegetables or on pizza.

Ingredients

- 1/4 cup vegetable oil
- 3 tablespoons flour
- 1 clove garlic, minced
- 2 cups almond or rice milk
- 4 ounces cream cheese
- 1/3 cup shredded Parmesan cheese
- 1/4 teaspoon ground nutmeg
- 1 tablespoon lemon juice
- 1 tablespoons fresh basil or basil paste
- 1 tablespoon fresh or 1 teaspoon dried parsley

Preparation

1. Heat oil in a large skillet over medium heat. Add flour and whisk to make a paste. Add garlic. Continue cooking until golden in color, stirring often.
2. Slowly add milk, whisking constantly to prevent lumps. Let mixture come to a boil and thicken.
3. Add cream cheese and mix well. Remove from heat.
4. Add Parmesan cheese, nutmeg, lemon juice and herbs. Mix well.
5. Serve over pasta, chicken, or steamed vegetables.



Based on 8 servings per recipe.

Calories	173
Carbohydrates	9 g
Protein	3 g
Sodium	142 mg
Potassium	32 mg
Phosphorus	75 mg

Tip: Try this sauce as a topping for the Quick Pizza Crust (page 16). Add cubed chicken (page 20), fresh basil leaves and sun dried tomatoes for a gourmet pie.



Homemade Tomato Sauce

Grated carrots help lower the potassium in this red sauce.

Ingredients

- 6 garlic cloves, minced
- 2 large onions, chopped
- 4 cups carrots, grated
- 1/3 cup olive oil
- 2 (28 ounce) cans low sodium tomatoes
- 1/3 cup fresh basil or basil paste or 1 teaspoon dried
- 3 tablespoons fresh or 1 tablespoon dried oregano
- 1 teaspoon pepper

Preparation

1. In a large pot, cook garlic, onion, and carrots in oil over medium heat, stirring occasionally, until onions are translucent.
2. Add tomatoes, basil, oregano, and pepper.
3. Bring to a boil, lower the heat. Cover and simmer, stirring occasionally until sauce has thickened.
4. Serve over pasta, or use as a tomato sauce on pizza.
5. Freeze extra sauce in freezer containers.



Based on 16 (1/4 cup) servings per recipe.

Calories	80
Carbohydrates	9 g
Protein	1 g
Sodium	30 mg
Potassium	326 mg
Phosphorus	36 mg

Tip: Add low sodium broth and use a blender or immersion blender to make savory tomato soup.



Herb Cream Cheese Spread

This is a great spread for crackers, vegetables, or sandwiches.

Ingredients

- 8 ounces cream cheese or Neufchâtel
- 1 teaspoon onion powder
- 1 tablespoon fresh dill, tarragon or parsley, chopped or 1 teaspoon dried

Preparation

1. Mix all ingredients together with an electric mixer.
2. Store in an air tight container in the refrigerator for 1 hour before serving. Refrigerate for up to several days.



Based on 8 servings per recipe.

Calories	70
Carbohydrates	1 g
Protein	1 g
Sodium	59 mg
Potassium	26 mg
Phosphorus	22 mg

Tip: You can thin this recipe with a little sour cream or milk to make a dip or salad dressing.



Anytime Energy Bars

These bars are great way to increase fiber in your diet with less phosphorus.

Ingredients

- 1 cup quick cooking oatmeal
- 1/2 teaspoon ground cinnamon
- 1/4 cup unsalted peanuts, chopped
- 1/4 cup semi-sweet mini chocolate chips
- 1/3 cup shredded coconut
- 3 large eggs
- 1/3 cup applesauce
- 3 tablespoons honey

Preparation

1. Heat oven to 325 degrees. Grease a 9x9 inch baking pan.
2. In a large bowl, combine oatmeal, cinnamon, peanuts, chocolate chips and coconut.
3. Beat eggs in a small bowl. Add honey and applesauce. Mix until combined.
4. Mix oatmeal and egg mixtures.
5. Press mixture evenly into bottom of pan.
6. Cook for 40 minutes. Cool, and then cut into bars.
7. Keep refrigerated in an airtight container for up to one week.



Based on 8 servings per recipe.

Calories	206
Carbohydrates	27 g
Protein	7 g
Sodium	35 mg
Potassium	182 mg
Phosphorus	163 mg

Tip: Add a few tablespoons of your favorite protein powder to make these higher in protein.



No-Bake Peanut Butter Balls

These high protein snacks are quick and easy to make.

Ingredients

- 1/2 cup unsalted peanut butter
- 8 ounces cream cheese or Neufchâtel
- 1 1/4 cups graham cracker crumbs
- 1/4 cup mini chocolate chips
- 1 teaspoon vanilla extract
- 1/2 cup shredded coconut
- 2-3 tablespoons protein powder
(optional)

Preparation

1. Mix all ingredients, except coconut, using an electric mixer until well blended.
2. Roll dough into one-inch balls.
3. Spread coconut evenly on a large plate.
4. Roll cookies in the coconut to lightly coat the outside.
5. Refrigerate for at least 1 hour or until the cookies become firm.
6. Store in the refrigerator for up to 1 week.
7. These cookies may also be frozen and thawed to enjoy later.



Based on 2 balls per serving.

Calories	150
Carbohydrates	13 g
Protein	4 g
Sodium	120 mg
Potassium	106 mg
Phosphorus	65 mg

Tip: Switch it up by using other nut butters or substitute butterscotch or white chocolate chips. Roll in finely chopped nuts instead of coconut.



60-Second Salsa

Use fresh summer vegetables to whip up this low salt garden fresh salsa.

Ingredients

- 4 Roma or plum tomatoes
- 2 green onions
- 3 garlic cloves
- 1 green bell pepper
- 1/2 to 1 fresh jalapeño, seeded
- 1/2 bunch fresh cilantro
- 1/2 teaspoon cumin
- 1/4 cup fresh or 1 tablespoon dried oregano

Preparation

1. Coarsely chop all ingredients and add to food processor or blender. Process until the larger items are small and chunky.
2. Let sit for a couple of hours in the refrigerator.
3. Serve chilled with low salt tortilla chips or drizzled over homemade tacos.



Based on 8 (1/4 cup) servings per recipe.

Calories	14
Carbohydrates	2 g
Protein	1 g
Sodium	4 mg
Potassium	117 mg
Phosphorus	14 mg

Tip: This salsa will keep in refrigerator for 3-4 days.



Low Sodium Snack Mix

Try this for a quick and easy low sodium snack.

Ingredients

- 4 tablespoons unsalted butter
- 1 tablespoon Worcestershire sauce
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 cups Chex cereal, assorted
- 2 cup unsalted popcorn
- 1 cup unsalted mini pretzels
- 1/2 cup unsalted nuts

Preparation

1. In a large microwave safe bowl, add butter, Worcestershire sauce, paprika, and garlic. Microwave for 1 minute, or until butter is almost melted.
2. Remove from microwave and mix until the butter is completely melted.
3. Add cereal, popcorn, pretzels and nuts. Mix until the mixture is well coated.
4. Microwave for 2 minutes.
5. Remove and stir, let sit for 1 minute.
6. Microwave for another 2 minutes to make sure all the cereal has been coated.
7. Let the mixture cool. Store in an air-tight container.



Based on 4 (1 cup) servings per recipe.

Calories	363
Carbohydrates	36 g
Protein	8 g
Sodium	170 mg
Potassium	245 mg
Phosphorus	129 mg

Tip: Try adding Triscuit Hint of Salt crackers or Frosted Mini Wheat cereal.



Apple and Cream Cheese Torte

This easy and elegant dessert is pretty and delicious and low in potassium.

Ingredients

- 1/2 cup unsalted butter, softened
- 3/4 cup sugar, divided in 1/4 cups
- 1 cup flour
- 8 ounces cream cheese or Neufchâtel, softened
- 1 egg
- 1 teaspoon vanilla extract
- 3-4 medium apples, thinly sliced
- 1/2 teaspoon cinnamon

Preparation

1. Preheat oven to 450 degrees.
2. In a medium bowl, cream butter and 1/4 cup of sugar using mixer.
3. Blend in flour until moist and crumbly.
4. Press into a 9 inch springform pan or pie pan.
5. Beat cream cheese, 1/4 cup of sugar, egg, and vanilla until smooth.
6. Spread on crust.
7. Toss apples with remaining 1/4 cup of sugar and cinnamon.
8. Arrange apples over cheese filling.
9. Bake for 10 minutes.
10. Reduce oven temperature to 400 degrees and bake for an additional 25-30 minutes



Based on 10 servings per recipe.

Calories	298
Carbohydrates	36 g
Protein	4 g
Sodium	176 mg
Potassium	102 mg
Phosphorus	34 mg

until filling is firm and the apples have softened.

11. Let cool before serving.

Tip: Substitute Asian pears, D'Anjou pears, peaches or nectarines for the apples.



Chocolate Mocha Cheesecake

A chocolate cookie crust, mocha filling and chocolate sauce make this dessert heavenly.

Ingredients

- 12 ounces chocolate wafer cookies
- 1/2 cup unsalted butter, melted
- 1 1/2 cups chocolate chips
- 12 ounces cream cheese or Neufchâtel, softened
- 1/4 cup sugar
- 6 eggs
- 1 cup whipping cream (unwhipped)
- 2 teaspoons vanilla
- 1/4 cup coffee liqueur, espresso, or strong coffee

1. Crush wafer cookies in food processor or in plastic bag. Add butter and mix.
2. Press into bottom and 3/4 way up the side of a 9 inch springform pan.
3. Refrigerate until firm.
4. Preheat oven to 350 degrees.
5. Put half the chocolate chips in microwave safe bowl. Heat on low power until melted, about 2 minutes. Check occasionally. Let cool.
6. In a medium bowl, beat cream cheese and sugar until light and fluffy; add eggs and beat well.
7. Add cream, vanilla, coffee and melted



Based on 8 servings per recipe.

Calories	537
Carbohydrates	50 g
Protein	9 g
Sodium	280 mg
Potassium	67 mg
Phosphorus	52 mg

- chocolate and blend well.
8. Remove crust from refrigerator and add filling.
9. Bake for 1 hour. Check if center is solid, it should not jiggle when lightly shaken). Leave in oven longer if needed.
10. Melt remaining chocolate and pour over the top. Let cool to solidify before serving.
11. Top with raspberries or a dollop of whip cream.



Burnt Creme Brulee

Your guests will love to crack the melted sugar "crust" on this elegant dessert.

Ingredients

- 2 cups whipping cream
- 4 egg yolks
- 1/2 cup sugar
- 1 tablespoon vanilla extract
- Sugar for topping
- Garnish with fresh berries

Preparation

1. Preheat oven to 350 degrees.
2. In sauce pan, heat cream over low heat until bubbles form around edge of pan.
3. In a small bowl, beat yolks and sugar until thick, about 3 minutes.
4. Gradually drizzle in hot cream, whisking eggs.
5. Stir in vanilla and pour into custard cups or ramekins.
6. Place cups in baking pan with 1/2 inch of water in the bottom.
7. Bake until set, about 45 minutes.
8. Sprinkle with 2 teaspoons sugar and place on top rack of oven and broil until golden brown.
9. Chill before serving.



Based on 6 servings per recipe.

Calories	380
Carbohydrates	20 g
Protein	4 g
Sodium	27 mg
Potassium	92 mg
Phosphorus	91 mg

Tip: You can make these the day ahead without the sugar topping and broil topping right before serving.



Your Favorite Recipes Made Better

Don't throw out your favorite recipes because you need to eat less salt and phosphorus. 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 with oil and spices.
- Mix salty canned soups or chili with a can of low 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 phosphorus in recipes

- Replace milk in recipes with rice, soy, or almond milk. Avoid enriched milks, they have add phosphorus. These may not work in puddings and custards.
- Try cream cheese on sandwiches, casseroles, and soups instead of sliced or hard cheese.
- Sour cream is lower than yogurt, try switching these in recipes.
- Sherbet or sorbets are lower in phosphorus than traditional ice cream. Try almond or soy milk based desserts.
- Make you own pancakes and waffles from our Master Mix, instead of frozen or ready to mix.
- Cut the amounts of nuts in recipes in half. You still get the crunch with less phosphorus and potassium.
- Cooking from scratch is almost always lower in phosphorus than packaged or fast foods.
- Switch almonds, cashews, pistachio nuts, or Brazil nuts to no-salt peanuts.
- Higher fat dairy, like sour cream and half and half are lower in phosphorus.



Website Recipes

Using recipes on 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
- 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, or call the Nutrition office at (206) 720-3990.

