

Back to our roots: healthy eating, healthy cooking



Food for the Soul

Recipe Book

4th Edition



Whip Up a Healthy Lifestyle

Scratch Out Salt by Cooking from Scratch



Dr. Bessie Young
Chair, planning committee
Kidney Health Fest for African
American Families



Joyce F. Jackson
President and CEO
Northwest Kidney Centers

Salt is a silent killer in the United States, particularly among African Americans. A great way to reduce salt in your diet is to avoid eating high-sodium processed foods and cook from scratch instead. We hope the simple, delicious recipes in this book inspire you to do just that.

Did you know?

- One in five African Americans will develop health problems related to salt intake.
- Too much salt can lead to high blood pressure, kidney disease, heart attacks and strokes.
- More than 26 million Americans have kidney disease, which may not make them sick until the damage can't be undone.
- Prevent or slow the progression of kidney disease by staying active, eating right and sticking to a healthy weight.

Enjoy this Food for the Soul recipe book, which includes easy and healthy ways to prepare food without sacrificing flavor.

— **Dr. Bessie Young and Joyce F. Jackson**

Contents

BREAKFAST

Bessie's Healthy Granola	4
--------------------------------	---

SIDES

Jalapeño Cornbread	5
Sautéed Garlic Green Beans	6
Yogurt Dressing	7

SALADS

Black-Eyed Pea Salad	8
Curried Chicken Salad	9
Fresh Corn Salad with Sweet Chili-Lime Dressing	10
Shrimp Salad with Cucumber and Mint	11

ENTREES

Egg White Pie	12
Smoked Salmon Frittata	13

DESSERT

Baked Pears	14
-------------------	----

ARTICLE

Back to Our Roots	15
-------------------------	----

*Northwest Kidney Centers provides cooking classes!
Contact our nutrition department at 206-720-3990
for details or visit www.nwkidney.org.*

Bessie's Healthy Granola

By Dr. Bessie Young, Fest planning committee chair

- 3 cups slow-cooking rolled oats
- 1/2 cup extra virgin olive oil
- 1/2 cup sliced almonds
- 1/2 cup pecans or walnuts
- 1/2 teaspoon cinnamon
- 1/4 cup brown sugar
- 2 tablespoons honey

Preheat oven to 300 degrees. Mix all ingredients together. Spread mixture on a rimmed baking sheet and cook for 45 minutes, stirring every 10 minutes. Oats should roast to a golden brown.

Makes 8 Servings

NUTRITION INFORMATION

(per 1/2 cup serving)

Calories.....	347
Fat.....	24g
Sodium.....	2mg
Carbohydrates.....	32g
Fiber.....	4g
Protein.....	6g
Potassium.....	86mg
Phosphorus.....	55mg



TIP: Try mixing granola with dried fruit, like apricots.



TIP: Keep muffins in the freezer, then thaw them out at room temperature or in the microwave.

Jalapeño Cornbread

By Nikki Gepner, Northwest Kidney Centers
registered dietitian

- 1 cup yellow cornmeal
- 3/4 cup whole wheat flour
- 2 teaspoons baking powder
- 1 cup nonfat milk
- 1/4 cup honey
- 1/3 cup non-hydrogenated margarine (melted),
vegetable oil or butter
- 2 eggs, beaten
- 1/2 cup frozen corn
- 1 jalapeño, seeded and diced

NUTRITION INFORMATION

(per muffin)

Calories.....	161
Fat.....	6g
Sodium.....	152mg
Carbohydrates.....	23g
Fiber.....	2g
Protein.....	4g
Potassium.....	84mg
Phosphorus.....	59mg

Preheat oven to 400 degrees. Spray muffin pan or 8- by 8-inch baking pan with cooking spray. Combine cornmeal, flour and baking powder in a large mixing bowl. Mix milk, honey, oil and egg in a small bowl. Add milk mixture to cornmeal mixture and stir until just barely mixed. (Some lumps are OK.) Fold in corn and jalapeño. Pour batter into pan. Bake for 15 minutes for muffins, 25 minutes for a square loaf.

Makes 12 Servings

Sautéed Garlic Green Beans

By Chef Dayo Jones, Dayo Sense Catering

- 1 pound fresh French green beans
- 3 cloves crushed garlic
- 1/4 yellow onion, minced
- 3 tablespoons olive oil
- Black pepper to taste

Trim green beans, then blanch them. To blanch, drop beans in boiling water for 3 minutes, remove immediately and place in icy cold water to stop cooking. Warm olive oil in a pan over medium to medium-high heat. Sauté crushed garlic and onion until garlic is golden and onion is translucent. Add green beans and sauté until they are coated. Season with pepper before serving.

Makes 6 Servings

NUTRITION INFORMATION

(per 1 cup serving)

Calories.....	83
Fat.....	7g
Sodium.....	1mg
Carbohydrates.....	6g
Fiber.....	3g
Protein.....	1g
Potassium.....	198mg
Phosphorus.....	4mg





Yogurt Dressing

By Nikki Gepner, Northwest Kidney Centers
registered dietitian

2 cups low-fat plain yogurt
1/2 cucumber, shredded
1 teaspoon onion powder

Mix all ingredients together in a bowl,
cover and keep in the refrigerator.
Great for topping salads and
pita sandwiches.

Makes 8 Servings

NUTRITION INFORMATION

(per 1/4 cup serving)

Calories.....	43
Fat.....	1g
Sodium.....	48mg
Carbohydrates.....	6g
Fiber.....	0g
Protein.....	1g
Potassium.....	29mg
Phosphorus.....	84mg



Black-Eyed Pea Salad

By Renin Oliver, Northwest Kidney Centers
 registered dietitian

- 1 cup dry black-eyed peas
- 4 cups water
- 1 cup corn (fresh or frozen)
- 1/2 medium red onion, finely diced
- 1 large celery stalk, finely diced
- 1 red or yellow bell pepper, finely diced
- 10-15 cherry tomatoes, cut in half
- 3 scallions, thinly sliced

Dressing:

- 1/4 cup olive oil
- 1/4 cup yogurt
- 1/4 cup cider vinegar
- 3/4 teaspoon mustard
- 1/2 teaspoon crushed red pepper
- Freshly ground black pepper to taste

NUTRITION INFORMATION (per serving)

Calories.....	149
Fat.....	10g
Sodium.....	26mg
Carbohydrates.....	14g
Fiber.....	3g
Protein.....	3g
Potassium.....	365mg
Phosphorus.....	58mg

In a small pot, bring peas to a boil. Reduce heat to low and simmer until peas are finished cooking and are soft (at least 40 minutes). Drain, rinse well, and place in a large bowl. Add vegetables. Whisk dressing ingredients together and add just before serving.

Makes 6 Servings

Curried Chicken Salad

By Chef Ron Weightman, 2007 kidney transplant recipient

- 5 bone-in chicken breasts, cut in half
- 1 tablespoon olive oil
- Pepper to taste
- Seasoning, such as Mrs. Dash
- 1-3/4 cups diced celery
- 2 cups red grapes, cut in half

Dressing:

- 1 cup light mayonnaise
- 1/3 cup light sour cream
- 4 tablespoons lemon juice
- 2 tablespoons sugar
- 1 teaspoon curry powder (or more to taste)

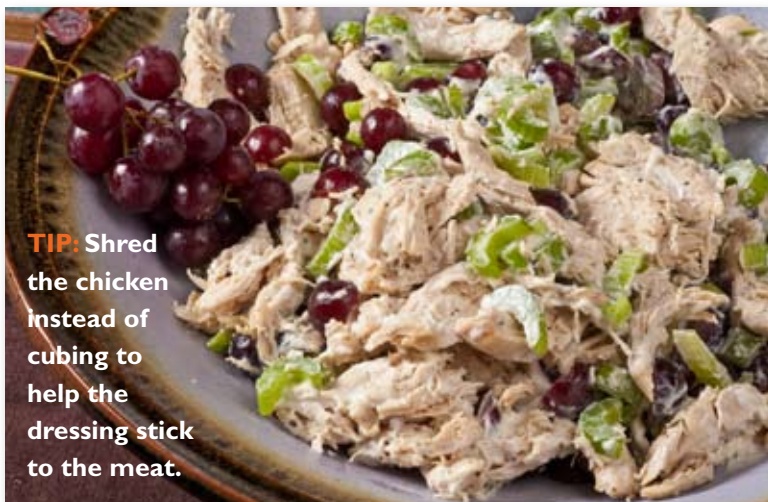
NUTRITION INFORMATION

(per 1 cup serving)

Calories.....	264
Fat.....	15g
Sodium.....	274mg
Carbohydrates.....	16g
Fiber.....	1g
Protein.....	18g
Potassium.....	269mg
Phosphorus.....	148mg

Place chicken on rack inside a 9- by 13-inch pan. Rub breasts with olive oil and season. Roast at 325 degrees until no longer pink, about 45 minutes. Cool, then remove skin and bones. Shred meat into bite-sized pieces. Mix dressing ingredients. Combine chicken, celery and grapes. Toss with enough dressing to coat, allowing for a little extra as the chicken will absorb some. Best chilled overnight.

Makes 8 Servings



TIP: Shred the chicken instead of cubing to help the dressing stick to the meat.

Fresh Corn Salad with Sweet Chili-Lime Dressing

By Darlene Lim, Northwest Kidney Centers
registered dietitian

- 2 limes, juiced, rind grated
- 2-3 cloves garlic, minced
- 2-3 tablespoons Thai sweet chili sauce
- 2 cups sweet corn kernels
- 1 red onion, chopped
- 1 bunch cilantro, shredded
- 1/2 head red cabbage, shredded
- 1/2 cup shredded carrot
- 1/2 cup roasted, unsalted peanuts (whole or chopped)

NUTRITION INFORMATION

(per 1/2 cup serving)

Calories.....	115
Fat.....	3g
Sodium.....	120mg
Carbohydrates.....	21g
Fiber.....	2g
Protein.....	3g
Potassium.....	225mg
Phosphorus.....	68mg

Combine lime juice, rind, garlic, and sweet chili sauce in small bowl. Mix well. Combine all vegetables in a large bowl, drizzle with dressing, and gently toss. Chill or serve immediately.

Makes 4-6 Servings



TIP: Try adding shrimp or cubed chicken.

Shrimp Salad with Cucumber and Mint

By Chef Reggie, Northwest Kidney Centers patient

- 2 pounds medium shrimp, cleaned
- 1 cup fresh mint leaves
- 2 tablespoons lemon juice
- 3 tablespoons olive oil
- 1-1/2 cups English cucumber, seeded and diced
- Zest of 1 lemon
- Pepper

Cook shrimp in boiling water for 3 minutes, then drain and cool in refrigerator. Pulse mint and lemon juice in food processor until coarsely chopped. Drizzle olive oil into processor while pureeing until mint is finely chopped. Toss shrimp, cucumber, mint mixture, zest and pepper together.

NUTRITION INFORMATION

(per 1 cup serving)

Calories.....	229
Fat.....	10g
Sodium.....	226mg
Carbohydrates.....	3g
Fiber.....	1g
Protein.....	31g
Potassium.....	357mg
Phosphorus.....	320mg

Makes 6 Servings



TIP: This salad keeps in the refrigerator for two days.



TIP: Try adding leftover cooked salmon or meat when adding the vegetables.

Egg White Pie

By Angela Russell, KIRO 7 Eyewitness News anchor and emcee for the Fest, 2010 and 2011

- 8 egg whites
- 1/4 cup feta or low-fat cheddar cheese
- 2 tablespoons roasted red peppers
- 1/2 cup spinach
- Pepper to taste
- Salt-free seasoning (like Mrs. Dash) to taste

Spray a round cake pan or pie dish with nonstick cooking spray. Fill the dish with egg whites. Leave a little room at the top. Sprinkle all of your ingredients into the egg whites. Do not stir. Bake uncovered at 350 degrees for 20 minutes or until done.

Makes 2 Servings

NUTRITION INFORMATION

(per half recipe)

Calories.....	119
Fat.....	4g
Sodium.....	468mg
Carbohydrates.....	3g
Fiber.....	1g
Protein.....	17g
Potassium.....	269mg
Phosphorus.....	87mg

Smoked Salmon Frittata

By Chef Jemil Johnson, Jemil's Creole Catering

- 8 stalks fresh asparagus
- 1 tablespoon olive oil
- 1/4 Bermuda onion, chopped
- 1/4 cup dry-packed sun-dried tomatoes
- 2 ounces smoked salmon
- 1/2 cup liquid egg substitute
- 1/4 cup water
- 3 tablespoons nonfat dry milk
- 1/4 teaspoon chopped fresh marjoram
- Pinch freshly ground black pepper

NUTRITION INFORMATION

(per half recipe)

Calories.....	217
Fat.....	11g
Sodium.....	379mg
Carbohydrates.....	14g
Fiber.....	3g
Protein.....	8g
Potassium.....	775mg
Phosphorus.....	156mg

Cook asparagus, uncovered, in 1-inch of boiling water until tender-crisp. In an 8-inch skillet, sauté onion in olive oil until soft. Add asparagus and sun-dried tomatoes. Add smoked salmon and remove from heat. Preheat the broiler. Combine the egg substitute, water, dry milk, marjoram and pepper. Pour over the salmon mixture. Cover and cook over medium-low heat for 7 minutes or until the bottom is set and the top is slightly wet. Place skillet under broiler, 4 to 6 inches from the heat source, for 2 or 3 minutes or until the top of the frittata is puffed and set. Top with fat-free sour cream, salmon roe, marjoram and chives, if desired.

Makes 2 Servings





Baked Pears

By **Nikki Gepner**, Northwest Kidney Centers
registered dietitian

- 6 large pears
- 3 tablespoons cornstarch
- 1 tablespoon butter, cut into small pieces
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon cardamom
- 1/4 cup chopped pecans

Preheat oven to 350 degrees.

Chop pears and place in 8-inch-square baking pan. Stir in cornstarch to coat the pears. Mix in remaining ingredients. Bake for 1 hour. Stir to coat with baking juices and serve.

Makes 6 Servings

NUTRITION INFORMATION

(per 1 cup serving)

Calories.....	200
Fat.....	6g
Sodium.....	25mg
Carbohydrates.....	39g
Fiber.....	5g
Protein.....	1g
Potassium.....	35mg
Phosphorus.....	14mg

Back to Our Roots

By Katy Wilkens, MS, RD

Manager of Northwest Kidney Centers nutrition department

There is something especially satisfying in making an old family recipe from scratch. Cooking can be a healthy way to get back to your roots.



Our parents ate about half the salt in their day that we do now. Our grandparents ate a third of that. Sugar and sweets were a special treat, and desserts were simple, like bread pudding or fruit.

Follow these tips to make old family recipes healthier.

- Substitute fresh herbs for salt.
- Use lean meats like turkey instead of salted or fatty meats.
- Use butter instead of lard.
- Use 1 cup of applesauce instead of 1 cup of butter or oil.
- Instead of buttermilk, use 1 cup of nonfat milk mixed with 1 tablespoon of lemon juice or vinegar.



Find old recipes you love, tweak them a little if needed, and get back to your roots! There is nothing like fresh food simply prepared, from a time when people worked hard and enjoyed the fruits of their labors.

Get tested for kidney disease!

African Americans are 12 percent of the U.S. population but 35 percent of kidney patients.

You are at risk for chronic kidney disease if you:

- Have diabetes
- Have high blood pressure
- Are African American, Asian, Hispanic, Native American or a Pacific Islander
- Are over the age of 60
- Have heart or blood vessel disease
- Have a family member with kidney disease

If you are at high risk, ask your doctor for three simple tests to check your kidneys: a blood pressure test, a urine test for protein and a blood test for creatinine.



NORTHWEST
KIDNEY CENTERS

www.nwkidney.org

206-292-2771

700 Broadway, Seattle WA 98122



KIDNEY Health Fest
for African American Families