



Food for the Soul

Healthy food made delicious

Live. Learn. Hope.

For over 35 years at Northwest Kidney Centers, Katy Wilkens, MS, RD, has provided care and diet education for people living with kidney disease. One of the first lessons she teaches her staff of over 17 Registered Dietitians (RD) is that everyone needs to be able to enjoy their food.

What we eat is an important part of who we are. The recipes in *Food for the Soul* are about celebrating culture and traditions in a healthier way. These recipes are filled with flavor, so you and your family can enjoy traditions while feeling your best. Use this cookbook for weeknight meals at home, lunches for work day, potlucks, parties, or barbecues. The seasoning and flavor combinations on the back of this book will help you modify your own favorite recipes to be salt free and flavorful.

You don't have to face a kidney friendly diet alone. For ideas on how you can use a dietitian's expertise to help you maintain your best health, check out the tips at the back of this book. Your dietitian can help you learn to make the best choices about what to eat and drink.



Katy Wilkens, MS, RD
Manager of Nutrition and
Fitness Services, Northwest
Kidney Centers

Ask your dietitian for a copy of *Nutrition, Art of Good Eating*, or *Eating Well After a Kidney Transplant*, or for other handouts.

Check out the Northwest Kidney Centers website, www.nwkidney.org, for kidney friendly recipes, tips, and classes available for people with chronic kidney disease.

Your Dietitian:

Name: _____

Number: _____

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Pottery courtesy of Victor Wilkens, BFA, RISD

Photography by Mike Penney

Baked Summer Squash

By Nikki Gepner, RD, Northwest Kidney Centers

1/2 pound zucchini and/or yellow summer squash (about 3 small ones), sliced into 1/4 inch coins or half moons
1 teaspoon onion powder
1/4 teaspoon ground black pepper
1 teaspoon dried oregano, or 2 teaspoons fresh, minced
1/3 cup panko bread crumbs
1/4 cup Parmesan cheese, grated
4 teaspoons extra virgin olive oil



Preheat oven to 375 °F. Add sliced squash to 8x8 inch baking dish. Mix in onion powder, pepper and oregano. Toss with 2 teaspoons olive oil. In a small bowl, mix bread crumbs and Parmesan cheese. Toss with remaining olive oil. Top squash with bread crumb mixture. Place in the oven and bake, uncovered, for about 30 minutes or until squash is tender and topping is golden brown.

Servings: 4

Nutritional Info:

Per 1/4 dish

Calories: 112

Fat: 9 g

Sodium: 148 mg

Carbohydrates: 9 g

Protein: 4 g

Potassium: 186 mg

Phosphorus: 76 mg

Tip:

Panko bread crumbs are found in the Asian food section of your grocery store and are low in sodium.

Black-Eyed Peas

By Edith Watson, 2007 Food for the Soul recipe contest winner

2 cups dry black-eyed peas, soaked overnight
3 1/2 cups water or low-sodium vegetable stock
1 medium onion, finely chopped
5-6 cloves garlic, finely chopped
1 cup celery, diced
1/2 teaspoon thyme
1/2 teaspoon ginger
1/2 teaspoon curry powder
1 pinch cayenne pepper



Place pre-soaked black-eyed peas and liquid in large pot with vegetables and seasonings. Bring to a boil, then reduce heat to low, cover with a lid, and cook until peas are tender, which will take about 1 1/2 hours. Stir occasionally.

Servings: 9

Nutritional Info: Per 1/2-cup serving

Calories: 104
Fat: 0 g
Sodium: 50 mg
Carbohydrates: 11 g
Protein: 4 g
Potassium: 199 mg
Phosphorus: 66 mg

Tip:

Add 2 teaspoons of liquid smoke while cooking. This will give the flavor of smoked meat without the added salt.

Collard Greens

By Priscilla Hailey, 2007 Food for the Soul recipe contest winner

1/2 tablespoon olive oil
1/2 onion, chopped
3 cloves garlic, minced
1 large bunch collard greens, stems removed
1/8 teaspoon black pepper
1/2 teaspoon red pepper flakes
1 to 1 1/2 cups low-sodium, fat-free chicken broth
2 tablespoons vinegar



Heat oil over medium heat, then add onions and garlic and cook until soft (do not burn). Add one-fourth of the greens and toss with onions and garlic. When greens are wilted, add remaining greens in batches until all are added and wilted. Mix in black pepper and red pepper flakes. Add broth and bring to a boil. Reduce heat and simmer for 20 minutes or until tender. The broth should be almost completely reduced. Sprinkle with vinegar before serving.

Servings: 4

Nutritional Info: Per 1/2-cup serving

Calories: 50
Fat: 2 g
Sodium: 40 mg
Fiber: 2 g
Carbohydrates: 6 g
Protein: 3 g
Potassium: 190 mg
Phosphorus: 34 mg

Tip:

Make your own low sodium chicken broth by cooking chicken parts with celery, onions and carrots. Then freeze broth for later use. Try substituting kale, mustard greens, or turnip greens for collards.

Cornbread

By Nikki Gepner, RD, Northwest Kidney Centers

Nonstick cooking spray or vegetable oil
3/4 cup yellow cornmeal
3/4 cup whole wheat flour
2 teaspoons baking powder (salt free if available)
1/4 cup granulated sugar
1 cup fat-free milk or milk alternative (such as soy)
1/3 cup vegetable oil or butter
2 eggs, beaten
Honey (optional)



Preheat oven to 400 °F. Lightly oil a muffin pan or 8x8 inch baking pan. Combine cornmeal, flour, baking powder and sugar in a large mixing bowl. Combine milk, margarine and egg in a small bowl. Add milk mixture to cornmeal mixture and stir until barely mixed, some lumps are expected. Pour batter into pan. Bake for 15 minutes if making muffins, 25 minutes if using a pan. Drizzle with honey if desired.

Servings: 12

Nutritional Info: Per piece/muffin

Calories: 150
Carbohydrates: 18 g
Protein: 3 g
Fat: 6 g
Sodium: 113 mg
Potassium: 88 mg
Phosphorus: 69 mg

Tip:

Add a diced and seeded jalapeño and 1/2 cup frozen corn to the batter. Salt free baking powder is available at many stores or on-line.

Coleslaw with a Kick

By Nikki Gepner, RD, Northwest Kidney Centers

1 cup mayonnaise dressing
1 tablespoon horseradish
2 teaspoons cider vinegar
3 tablespoons granulated sugar
2 teaspoons chopped fresh dill
4 cups chopped fresh cabbage
1 cup grated carrots



In a large bowl, whisk mayonnaise, horseradish, vinegar, sugar, and dill together. Stir in cabbage and carrots until well blended. Chill at least 1 hour. Best if chilled overnight.

Servings: 10

Nutritional Info:
Per 1/2-cup serving

Calories: 107

Fat: 8g

Sodium: 107 mg

Carbohydrates: 8 g

Protein: 0 g

Potassium: 117 mg

Phosphorus: 11 mg

Tip:

To save time, you can buy a 16 ounce bag of already shredded cabbage and carrot coleslaw mix. Use this recipe to make your own dressing.

Sautéed Garlic Green Beans

By Chef Dayo Jones, Dayo Sense Catering

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



Trim green beans, then blanch (drop in boiling water for 3 minutes, then 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.

Servings: 4

Nutritional Info:
Per 1-cup serving

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

Tip:

This can be made with broccoli or asparagus instead of green beans. Sprinkle with sliced almonds for a nutty flavor.

Summer Salad

By Chef Ron Weightman, 2008 Food for the Soul recipe contest winner

1 small head bibb or butterhead lettuce, torn
6-8 strawberries, sliced
1 11-ounce can mandarin oranges, chilled and drained
1/2 small purple onion, sliced and separated into rings
1/4 cup toasted slivered almonds
1/4 cup Parmesan cheese, shredded
Fresh basil, shredded

Dressing

1/4 cup olive oil
2 tablespoons balsamic vinegar
1 teaspoon sugar

Combine salad ingredients in a large bowl. Combine dressing ingredients in a jar, cover lightly and shake until mixed well. Pour mixture over salad, toss gently to coat. Serve immediately.



Servings: 4

Nutritional Info:

Per 1/4 salad

Calories: 250

Fat: 20 g

Sodium: 95 mg

Carbohydrates: 14 g

Protein: 5 g

Potassium: 265 mg

Phosphorus: 104 mg

Tip:

Using less dressing will lower the calorie and fat content.

Black-Eyed Pea Salad

By Renin Oliver, RD, Northwest Kidney Centers

4 cups water

1 cup dry black-eyed peas

1 cup corn

1/2 medium red onion,
finely diced

1 large celery stalk,
finely diced

1 red or yellow bell pepper,
finely diced

10-15 halved cherry
tomatoes

3 scallions, thinly sliced

Dressing

1/4 cup olive oil

2 tablespoons yogurt

2 tablespoons cider
vinegar

1/2 teaspoon mustard

1/2 teaspoon crushed
red pepper

Freshly ground black
pepper to taste



Servings: 8

Nutritional Info:
Per 1-cup serving

Calories: 169

Fat: 8 g

Sodium: 25 mg

Carbohydrates: 21 g

Protein: 6 g

Potassium: 381 mg

Phosphorus: 117 mg

Tip:

This salad works great as a salsa dip for unsalted tortilla chips.

In a small pot, bring peas and water to a boil, then reduce heat and simmer until finished cooking, about 1 hour. Drain and place in a large bowl. Add other vegetables. Whisk salad dressing together and add just before serving.

Chicken Seafood Gumbo

By Nikki Gepner, RD, Northwest Kidney Centers

1 tablespoon canola oil	1/2 cup canola oil
3 stalks celery, chopped	1/2 cup flour
1 yellow onion, chopped	1 tablespoon salt-free Cajun seasoning (p. 22)
1 red bell pepper, chopped	2 quarts low-sodium chicken broth
2 boneless, skinless chicken breasts, chopped	1/2 pound cooked shrimp
8 ounces lean smoked turkey sausage, sliced	6 ounces crab (optional)
	3 cups frozen, chopped okra



Heat 1 tablespoon oil in a large pot over medium-high heat. Add vegetables, chicken and sausage and cook for 10 minutes. Remove from pot, set aside and reduce heat to medium. Add the half-cup oil and stir in the flour. Stir in Cajun seasoning and cook for 1 minute or more. Add broth slowly, stirring constantly. Return chicken mixture to pot and increase heat to medium-high and wait for mixture to boil. Boil for 10 minutes, or until it thickens. Reduce heat to medium and add shrimp, crab and okra. Cook for 10 minutes.

Servings: 12

Nutritional Info:
Per 1/2-cup serving

Calories: 240

Fat: 14 g

Sodium: 320 mg

Carbohydrates: 19 g

Protein: 10 g

Potassium: 426 mg

Phosphorus: 156 mg

Tip:

Try serving over brown rice or with crusty whole-grain bread.

Cider Cream Chicken

By Katy Wilkens, MS, RD, Northwest Kidney Centers

4 boneless, skinless chicken breasts
2 teaspoons butter
1/4 cup chopped green onions
1 cup apple juice or cider
1/2 cup sour cream



Melt butter in large skillet on medium-high heat. Add onions and chicken. Brown chicken on each side. Reduce heat to medium, add apple juice and simmer for about 20 minutes, turning chicken after the first 10 minutes. Remove chicken. Boil remaining sauce until only about 1/4 cup is left. Reduce heat to low and stir in sour cream. Pour cream sauce over chicken and serve.

Servings: 4

Nutritional Info:
Per 1/2 chicken breast

Calories: 162

Fat: 5 g

Sodium: 62 mg

Carbohydrates: 15 g

Protein: 14 g

Potassium: 294 mg

Phosphorus: 121 mg

Tip:

Use a packet of apple cider mix with 1 cup water in place of apple juice.

Easy Chicken Pot Pie

By Katy Wilkens, MS, RD, Northwest Kidney Centers

1 package Pillsbury pie crust
3 tablespoons flour
3 tablespoons butter
3 cups water
1/4 cup dried onion flakes or 1/2 cup chopped onion
1/2 pound mushrooms, chopped
3 cups frozen mixed vegetables
1/4 cup white wine (optional)
3 cups of cooked leftover chicken, turkey or beef
1 medium baking potato
1/2 cup chopped fresh parsley
2-3 tablespoons chopped fresh sage or
1 teaspoon dried

Pre-heat oven to 350 °F. Microwave potato for 5 to 7 minutes, peel and dice, set aside. Melt butter in large skillet on medium-high, and brown onions and mushrooms. Reduce heat to medium and add flour. Stir for 3 minutes. Slowly add water and wine. Stir until mixture thickens. Remove from heat. Mix in vegetables, meat and herbs. Put one crust in pie pan, add filling, and top with second crust. Press edges together with fork. Bake 30 to 40 minutes.



Servings: 8

Nutritional Info:

Per 1/8 of pie

Calories: 316

Fat: 13 g

Sodium: 249 mg

Carbohydrates: 28 g

Protein: 13 g

Potassium: 468 mg

Phosphorus: 169 mg

Tip:

Reduce the sodium content even more by making pie crust from scratch.

Roasted Chicken with Lemon and Herbs

By Fiona Wolf, RD, Northwest Kidney Centers

4- to 5-pound chicken, fresh or defrosted
1 small lemon, thinly sliced
2 1/2 tablespoons chopped fresh herbs
(sage, tarragon, thyme, rosemary)
2 cloves garlic, peeled and crushed
2 tablespoons butter, softened
1 tablespoon olive oil



Preheat oven to 450 °F. Place chicken in a roasting pan. Mix the butter, herbs and garlic together in a small bowl. Place the herbed butter inside the body cavity of the chicken, along with the lemon slices. Rub the olive oil over the skin of the bird. Roast for 15 minutes per pound, or until internal temperature reaches 165 °F. Let chicken rest for 20 minutes before carving.

Servings: 6

Nutritional Info:
Per 1/6 chicken

Calories: 409

Fat: 27 g

Sodium: 116 mg

Carbohydrates: 2 g

Protein: 38 g

Potassium: 359 mg

Phosphorus: 286 mg

Tip:

Remove skin before eating to reduce calories and fat.

Jammin' Jambalaya

By Nikki Gepner, RD, Northwest Kidney Centers

2 teaspoons olive oil
1/2 pound cooked jumbo shrimp, tails removed
7 ounces smoked turkey sausage, sliced
1/2 large yellow onion, chopped
1 large red bell pepper, chopped
3 cup chopped collard greens
2 cloves garlic, minced
1/4 teaspoon cayenne pepper (more or less, to taste)
1/8 teaspoon white pepper
1/4 teaspoon black pepper
1/2 teaspoon thyme (1-2 teaspoons if using fresh thyme)
1/2 teaspoon oregano
2 bay leaves
1/4 teaspoon allspice
1/2 cup white or brown rice
1 2/3 cup chicken broth

Heat olive oil in large skillet over medium-high heat. Add shrimp, turkey sausage, onion, bell pepper, collards and garlic. Cook for 10 minutes, stirring occasionally. Add remaining ingredients and bring to a boil. Cover, reduce heat to medium-low, and simmer for 20 minutes (35 to 40 minutes if using brown rice).



Servings: 6

Nutritional Info:
Per 1-cup serving

Calories: 200
Fat: 6 g
Sodium: 400 mg
Carbohydrates: 19 g
Protein: 16 g
Potassium: 314 mg
Phosphorus: 170 mg

Tip:

Make this dish with just about any meat or seafood. Also try adding vegetables such as chopped zucchini, kale or chard.

Marinated Shrimp and Pasta

By Karen Bowlden, 2009 Food for the Soul recipe contest winner

2 cups uncooked tri-color
rotini pasta 1/2 pound cooked shrimp,
rinsed gently under cold
water and drained

1/2 large red bell pepper,
diced

1/2 large yellow bell
pepper, diced

1/2 red onion, diced

4 stalks celery, diced

15-20 baby carrots, cut
into rounds

1 1/2 cups cauliflower, cut
into dime-size pieces

1/2 English cucumber,
cubed

Marinade

3 tablespoons honey

3 tablespoons balsamic
vinegar

1/2 teaspoon black pepper

2 teaspoons Dijon mustard

1/2 teaspoon garlic powder

1/2 cup olive oil



Servings: 8

Nutritional Info:
Per 1-cup serving

Calories: 425

Carbohydrates: 58 g

Protein: 16 g

Fat: 18 g

Sodium: 318 mg

Potassium: 361 mg

Phosphorus: 215 mg

Tip:

Try making with
cooked chicken
breast, shredded or
cubed, in place of
shrimp.

Cook pasta according to package, rinse with cold water, and drain. Cut up vegetables, put in a large mixing bowl, then add shrimp. In a small mixing bowl, whisk honey, vinegar, black pepper, mustard and garlic powder. While still whisking, slowly add oil and whisk until the marinade is well combined. Add pasta to the bowl with the vegetables and shrimp and gently mix. Pour the marinade over the pasta mixture and gently toss. Cover with plastic wrap and refrigerate at least 5 hours. Serve chilled.

Oven-Fried Chicken or Fish

By Beth Shanaman, RD, Northwest Kidney Centers

Chicken

2-3 boneless, skinless chicken breasts (about 1 pound),
cut into 2-inch pieces

1/4 cup low-sodium Dijon mustard

1 cup panko bread crumbs

Fish

1 pound fish fillet, like cod, without skin and cut into
2-inch pieces

2 tablespoons low-sodium Dijon mustard

2 tablespoons mayonnaise

1 cup panko bread crumbs

Preheat oven to 500 °F (450 °F for fish). Prepare baking sheet by lightly coating with oil or nonstick spray. Pat chicken or fish dry and cut into bite-size pieces. Spread mustard and bread crumbs on separate plates or shallow containers. Coat pieces by first rolling them in the mustard (or mayonnaise and mustard), then rolling in bread crumbs. Place on prepared baking sheet and bake in oven for 15 minutes.



Servings: 4

Nutritional Info:

Per 4-ounce serving
of chicken, about 6
nuggets

Calories: 197

Fat: 3 g

Sodium: 207 mg

Carbohydrates: 16 g

Protein: 25 g

Potassium: 189 mg

Phosphorus: 168 mg

Tip:

Panko bread crumbs are a great low-sodium alternative to traditional bread crumbs. They also add more crunch to oven-fried foods and are found in the Asian section of your grocery store.

Fast Fettuccine

By Katy Wilkens, MS, RD, Northwest Kidney Centers

16-ounce package of fettuccine pasta
1/2 to 2/3 cup boiling water (save some of the pasta water)
2-3 cloves garlic
1 teaspoon oil
1 cup of any cooked meat, fish or shrimp (optional)
1-2 cups asparagus, broccoli, peas or any vegetables you like (optional)
1 8-ounce package Neufchatel or cream cheese
1/2 cup grated fresh Parmesan cheese
1/2 cup fresh parsley
1/2 cup fresh basil

Cook pasta according to package. Save some hot pasta water. While waiting for water to boil, sauté garlic in a large skillet on medium heat. Once garlic is lightly browned, add meat, seafood or vegetables and cook until heated through. In food processor or blender, mix cheeses, fresh herbs and 1/2 cup of the hot water. If sauce is too thick, add more water. Combine pasta, meat, seafood, vegetables and sauce.



Servings: 6

Nutritional Info:
Per 1 1/4 cup serving,
not including optional
ingredients

Calories: 409

Fat: 11 g

Sodium: 301 mg

Carbohydrates: 58 g

Protein: 17 g

Potassium: 134 mg

Phosphorus: 111 mg

Tip:

If you do not have a blender, add the cheese and herbs to the pan, stirring until cheese melts.

Barbecue Rub for Pork or Chicken

By Chef Ron Weightman, 2007 Food for the Soul recipe contest winner

1 tablespoon brown sugar
1 teaspoon smoked paprika
1 teaspoon chili powder
1 teaspoon granulated garlic
1 teaspoon onion powder
1 teaspoon cumin
1/4 teaspoon dry mustard powder
1/8 teaspoon allspice
1/8 teaspoon ground red pepper (optional)



In a bowl, thoroughly blend all ingredients. Rub on pork or chicken before cooking.

Servings: 12

Nutritional Info: Per 2 teaspoons serving

Calories: 20
Carbohydrates: 4 g
Protein: 0 g
Fat: 0 g
Sodium: 9 mg
Potassium: 34 mg
Phosphorus: 7 mg

Tip:

Purchase spices in bulk to save money.

John's Barbecue Sauce

From a Northwest Kidney Centers patient

3/4 cup brown sugar
1/4 cup Worcestershire sauce
1/4 cup reduced-sodium soy sauce
1/4 cup rice wine vinegar (or other white vinegar)
2 tablespoons canola oil
2 tablespoons mustard
3/4 cup no-salt-added ketchup
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/8 teaspoon ground black pepper



Place all ingredients into a large mixing bowl. Blend well with a whisk. Use immediately or store in the refrigerator for up to two weeks.

Servings: 20

Nutritional Info:
Per 2 tablespoons

Calories: 53

Fat: 1 g

Sodium: 121 mg

Carbohydrates: 10 g

Protein: 0 g

Potassium: 35 mg

Phosphorus: 2 mg

Tip:

This is a great sauce for meat, poultry and tofu.

Saltless Cajun Seasoning

By Nikki Gepner, RD, Northwest Kidney Centers

1 teaspoon oregano
1 teaspoon thyme
1 teaspoon cayenne pepper
1 teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon onion powder

Combine, store in a spice jar for up to six months. Use in the Chicken Seafood Gumbo recipe on page 12.



Lower Sodium Seasoning Salt

From a Northwest Kidney Centers patient

1/2 teaspoon seasoning salt
1/4 teaspoon black pepper
1/2 teaspoon garlic powder
1/4 teaspoon onion powder

Combine, store for up to six months. Use in place of seasoning salts that are high in sodium. This cuts the sodium from 300-400 mg to 130 mg, per 1/4 teaspoon.



Tropical Salsa

By Nikki Gepner, RD, Northwest Kidney Centers

1 large mango, peeled and finely chopped
10 ounces or 1 cup canned pineapple chunks
1 jalapeño, minced
Juice of 1 fresh lime
2 tablespoons finely chopped cilantro
1 tablespoon minced red onion



Combine ingredients in a bowl. Blend with a stick blender or food processor, or leave as is for chunky style. Serve immediately or store in the refrigerator for up to three days.

Servings: 3

Nutritional Info: Per 1/2-cup serving

Calories: 77
Fat: 0 g
Sodium: 3 mg
Carbohydrates: 20 g
Protein: 0 g
Potassium: 239 mg
Phosphorus: 14 mg

Tip:

Try this salsa with unsalted tortilla chips, on fish, in fish tacos, or even with baked pork or chicken.

Easy Fruit Cobbler

By Katy Wilkens, MS, RD, Northwest Kidney Centers

1/2 cup white flour and 1/2 cup whole wheat flour

1 tablespoon sugar

1/4 teaspoon ground cinnamon

2 teaspoons baking powder (salt free if available)

3 tablespoons butter, at room temperature

1/2 cup milk

Filling:

1/4 cup sugar, omit if using fruit canned in syrup

1 tablespoon cornstarch or flour

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

4 cups fruit; fresh, frozen or canned peaches, cherries, plums, strawberries, blueberries, or blackberries

Preheat oven to 400 °F. For batter, mix flours, sugar, cinnamon and baking powder. Cut in butter using a fork until crumbly. Stir in milk. Set aside.

For filling, stir together sugar, cornstarch or flour, vanilla, cinnamon, and fruit in saucepan. Bring to a boil, stirring constantly. Pour into 8x8 inch pan. Top with large spoonfuls of batter. Put a tray or piece of aluminum foil below the dish to catch any filling. Bake about 25-35 minutes, until filling is bubbling and top is golden brown.



Servings: 6

Nutritional Info:

Per 1/2 cup

Calories: 226

Carbohydrates: 40 g

Protein: 4 g

Fat: 7 g

Sodium: 62 mg

Potassium: 397 mg

Phosphorus: 201 mg

Tip:

Salt free baking powder is available at many stores or on-line. It will reduce the sodium levels. You do not need to double the amount, as some brands specify.

Carrot Muffins

By Renin Oliver, RD, Northwest Kidney Centers

1/2 cup all-purpose flour
1/2 cup whole wheat flour
1/2 cup oats
1/4 cup ground flax seed (optional)
3/4 teaspoon baking powder (salt free if available)
3/4 teaspoon baking soda (salt free if available)
3/4 teaspoon ground cinnamon
1/2 teaspoon ground ginger (optional)
1/2 cup brown sugar
1/2 cup vegetable oil
2 large eggs
1/2 cup unsweetened applesauce
About 2 inches fresh ginger, minced (optional)
2 cups shredded carrots (about 6 medium carrots)

Preheat oven to 350 °F and lightly coat muffin tins with oil or nonstick spray. Mix dry ingredients in a large bowl. Use a whisk or fork to mix wet ingredients in a medium bowl. Stir wet ingredients into dry ingredients until just mixed, then add carrots and stir as little as possible until mixed in. Fill muffin tins evenly with batter. Bake for 20 minutes.



Servings: 12

Nutritional Info:
Per muffin

Calories: 206
Fat: 12 g
Sodium: 135 mg
Carbohydrates: 23 g
Protein: 4 g
Potassium: 142 mg
Phosphorus: 98 mg

Tip:

In addition to salt free baking powder, salt free baking soda is available at many stores or on-line. It will reduce the sodium levels.



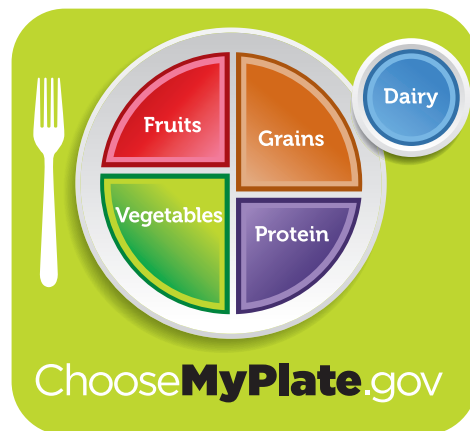
A Plate For Everyone

Food Guidelines For Your Specific Needs

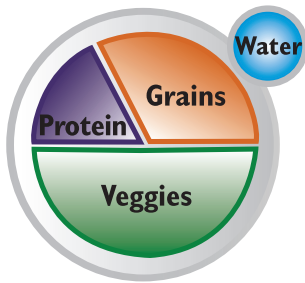
By Katy Wilkens, MS, RD, Northwest Kidney Centers



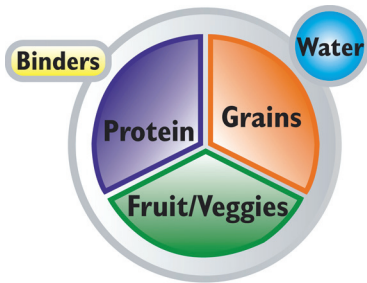
The MyPlate program, www.myplate.gov, can help most people make sure their diet is well balanced.



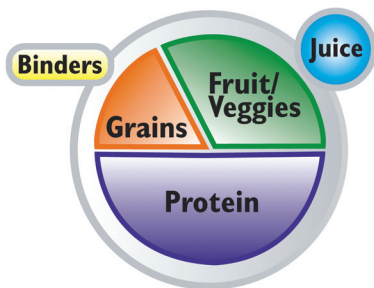
Unless you have diet restrictions, you should eat lots of fruits and vegetables with moderate amounts of protein (like meat, eggs, poultry, beans or tofu), and moderate amounts of grains. Compared to the way many Americans eat, this means eating more fruits and veggies, less protein, and whole grains instead of white flour, bread, pasta, rice, etc.



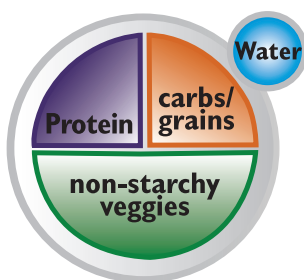
If you have chronic kidney disease or a kidney transplant your plate should have less than a quarter filled with protein. Too much protein in your diet makes your kidneys work too hard. A third of your plate is for grains, and the remaining half should be filled with fruits and vegetables.



If you are on hemodialysis your plate is divided into thirds – one each for protein, fruits/vegetables and grains. This helps you eat less potassium and more protein. Dairy foods are not included because they are high in phosphorus. Most people on dialysis also need phosphorus binders on their plate – check with your doctor about how many, and when to take them.



If you are on peritoneal dialysis or daily at-home hemodialysis your plate looks different, too. When you are on these treatments, half of your plate should be protein. A third should be fruits/vegetables because you need more potassium than people on in-center hemodialysis. Phosphorus binders are on your plate too. If you are on peritoneal dialysis, limit your grains since you get extra carbohydrates from the dialysate solution.



If you have diabetes focus your plate more on non-starchy vegetables like lettuce, broccoli, cauliflower, cucumbers, green beans, bell peppers and carrots. Limiting grains and your total carbohydrate intake can help with blood sugar control. If you have questions about balancing your diabetes plate with your dialysis plate, talk to your dietitian about how to eat so you feel your best.



Save a Life!

Keep Yourself And The People You Love Healthy



Kidney disease runs in families. If you or your relatives have kidney disease, diabetes or high blood pressure, everyone in your family is at a higher risk of these health challenges. Change the way you and your family eat to help prevent disease. The best way to do this is to eat less sodium, or salt. Lower your sodium intake to 1,500 to 2,000 mg per day.

Manage blood pressure

- Get 7 to 9 hours of sleep each night.
- Get 30 minutes of physical activity a day.
- If you or someone in your family smokes, call 1-800-QUITNOW and get advice on how to stop.
- If you are overweight, start by losing 10 pounds.

Cut your sodium

- Avoid fast-food and sit-down restaurants as much as possible. If you do go out to eat, ask about salt content so you can make a low-sodium choice. Get sauces and salad dressings on the side and use just a little.
- Keep healthy snacks on hand, including fresh fruits like apples, bananas, grapes, unsalted peanut or almond butter and low-sodium crackers.
- Make sandwiches with low-salt fillings, like egg salad or sliced, home-cooked meat instead of salty deli meats.
- Make homemade soups, stews and chili. Avoid canned soups, which have almost your entire day's worth of salt in just one can.
- Read labels. Choose meals with less than 400 mg sodium per serving and keep snacks and side dishes to less than 140 mg sodium per serving.

Manage diabetes

- Eat every 4 to 6 hours to prevent high and low blood sugar swings.
- Choose whole grains like brown rice, quinoa and whole wheat pasta.
- Exercise for at least 30 minutes, 5 days per week.
- Reach and maintain a healthy weight.
- Arrange your plate with half non-starchy vegetables, one quarter high protein foods and one quarter whole grains. See page 26.
- Ask your doctor for a referral to a diabetes education program.



Flavor Food with Less Salt

10 Tips From Northwest Kidney Centers' Patients



Salt hides in packaged food we eat at home and all the meals we eat at restaurants. Try cooking at home using fresh ingredients. Ask your dietitian for low sodium tips when eating out.

1. Use fresh lemon juice, lime juice, grated peel, or zest on dishes like chicken, fish and salads.
2. Use balsamic or fruit vinegars to add a sour-sweet taste to salads and fresh vegetables.
3. Use extra virgin olive oil for cooking. Mix it with balsamic, red wine vinegar, or fruit vinegar for roasted vegetables or to marinate foods.
4. Mix reduced-sodium soy sauce with at least half water, unseasoned rice wine vinegar or pineapple juice.
5. Use Mrs. Dash or other salt-free herb blends and marinades to flavor eggs, meats, seafood and pasta.
6. Switch from salted butter to unsalted butter. Try dipping bread in olive oil instead of adding salted butter.
7. Add heat with fresh jalapeno peppers, or hot sauces like Tabasco. When choosing a hot sauce, check the nutrition labels for lower sodium brands.
8. Use fresh herbs instead of dried for a big, bold taste. Add fresh herbs at the end of cooking for the best flavor.
9. Sprinkle 1 to 2 tablespoons grated Parmesan cheese on top of pasta or cooked vegetables.
10. Buy low sodium or no salt added canned tomatoes and use with tomato paste to make delicious soups and sauces without added salt.

Work with a Dietitian

to answer your questions about what to eat and drink



Changing your diet can be difficult and overwhelming. Set small achievable goals for yourself and celebrate every success.

Dietitians can help you with:

- Planning the best diet for you, given your health, laboratory values, income, cooking interest, and foods you like
- Working with your doctor to find a diet and lifestyle that helps you feel your best
- Talking with the person who cooks for you about tasty, healthy ideas
- Understanding your laboratory values and suggesting changes in your diet to improve them
- Finding food resources like local food banks, senior feeding centers or Meals on Wheels
- Offering grocery store tours, sample tasting, or a home visit to help you make the best choices
- Taking phosphorus binders to lower your phosphorus if it is high
- Looking at any vitamin and mineral supplements you take
- Suggesting good nutritional supplements if you need them

The best relationship between you and your dietitian is built on honesty. Your RD wants to help you and is not there to judge or scold you for the foods you eat. They will help “set the table with healthy choices”. It’s up to you to choose which ideas fit best for your life and put them into practice.

Fast Flavors



Use these seasonings to add fast flavor to your food.

Bell pepper, celery, onion	Adds bright flavors to casseroles, soups, salads, and side dishes.
Cajun	Medium heat with flavor that tastes great in a wide variety of foods. Use for soups, casseroles, baked fries, cooked vegetables, chicken or fish. Try the recipe on page 22.
Chipotle powder	Smoky and spicy hot. Use in chili, on meat, or shrimp. A nice addition to barbecued dishes. A little goes a long way. Try smoked paprika for the same taste with less heat.
Curry powder	Add to egg salad, chicken salad, soups and stews. Look for brands that don't contain salt.
Ginger and garlic	Use fresh for best flavor. This pair tastes great on chicken, fish, shrimp, pork and beef.
Hot chili oil, cayenne pepper	Use to add heat and spice to chicken, fish, pork or beef.
Jamaican Jerk	Slightly sweet and spicy but not hot. Use on chicken, pork, fish, or ground turkey.
Onion powder	Use instead of fresh onion in soups, casseroles and baked dishes.
Parsley	Buy the flat leaf parsley, not curly, for best flavor. Add chopped handfuls at the end of cooking or use fresh in salads and pastas.

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