

Vegetables



Broccoli-Cauliflower-Carrot Bake

Serves 12 1/2 Cup Per Serving

Ingredients:

3 cups broccoli, raw
2 cups cauliflower, raw
1 cup frozen whole small onions or 3 medium onions quartered
1 cup carrots
4 tablespoons butter
2 tablespoons flour
Dash pepper
1 cup milk
1 package (3 oz) cream cheese, softened
1/2 cup sharp cheddar cheese, shredded
1/2 cup soft bread crumbs

Directions:

Wash and cut vegetables; steam until crisp but tender. Drain. In saucepan, melt 2 tablespoons of the butter; blend in flour and pepper. Add milk. Cook and stir until bubbly and thick. Reduce heat; blend in cream cheese until smooth. Place vegetables in 1 1/2-quart casserole dish. Pour sauce over and mix lightly. Top with shredded cheese. Bake 15 minutes at 350°F. Mix together the bread crumbs and remaining butter and sprinkle on casserole. Bake an additional 25 minutes.

Analysis:

| | | | |
|---------------|-----|------------|-----|
| Calories | 116 | Sodium | 130 |
| Carbohydrates | 7 | Potassium | 225 |
| Protein | 3.9 | Phosphorus | 83 |
| Fat | 9 | | |

Renal and Renal Diabetic Exchanges:

1 Medium Vegetable
1/2 Meat
1 Fat

Broccoli Blossom

Serves 2 1/2 English Muffin and 3/4 Cup Vegetable Topping Per Serving

Ingredients:

- 1/4 cup chopped onion
- 1 cup chopped red cabbage
- 1/2 cup chopped broccoli
- 1 tablespoon oil
- 2 to 3 tablespoons water
- 1/4 teaspoon tarragon
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Black pepper
- Red pepper
- 1 English muffin, split and toasted
- 2 tablespoons grated Parmesan cheese

Directions:

Stir-fry vegetables in oil in a large skillet or wok over medium heat for 2 to 3 minutes. Add water and cover. Steam for 5 minutes. Add spices during last 2 minutes. Serve over English muffin halves. Sprinkle with Parmesan cheese.

Analysis:

| | | | |
|---------------|-----|------------|-----|
| Calories | 174 | Sodium | 287 |
| Carbohydrates | 17 | Potassium | 339 |
| Protein | 6 | Phosphorus | 108 |
| Fat | 9 | | |

Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 High Potassium Vegetable
- 1 Fat

Crispy Fried Okra

Serves 4 1/2 Cup Per Serving

Ingredients:

- 1 pint fresh okra, cut into 1-inch segments, or 1 16-oz package frozen okra
- 1/2 cup flour
- 1/2 cup cornmeal
- 1/4 teaspoon pepper
- 2 tablespoons margarine
- 1 cup beer or water

Directions:

Thaw okra if frozen. In a medium bowl, combine flour, cornmeal and pepper. Cut in margarine until crumbly. Dip okra in beer or water, then roll in cornmeal mixture to coat. Place on a greased baking sheet. Bake at 350°F for 20 minutes or until golden brown. Serve hot with toothpicks and low-sodium ketchup.

Analysis:

| | | | |
|---------------|-----|------------|-----|
| Calories | 215 | Sodium | 56 |
| Carbohydrates | 36 | Potassium | 208 |
| Protein | 4 | Phosphorus | 71 |
| Fat | 6 | | |

Renal Exchanges:

2 Starch, 1 Medium Potassium Vegetable

Renal Diabetic

Exchanges: 2 Starch, 1 Medium Potassium Vegetable, 1 Fat

Hot German Cabbage

Serves 6 2/3 Cup Per Serving

Ingredients:

2 tablespoons sugar
1 tablespoon minced onion
1/2 teaspoon caraway seed
1/2 teaspoon dry mustard
1/4 teaspoon pepper
3 tablespoons vinegar
2 tablespoons margarine
4 cups shredded red cabbage
1 cup unpeeled diced green
apple

Directions:

Combine sugar, onion, caraway seed, dry mustard, pepper and vinegar in a bowl. Mix well and set aside. Melt margarine in a large skillet. Sauté cabbage and apple in skillet over medium heat for 3 minutes. Stir in vinegar mixture and simmer over low heat for 5 minutes, stirring occasionally, until cabbage is tender.

Analysis:

| | | | |
|---------------|----|------------|-----|
| Calories | 77 | Sodium | 36 |
| Carbohydrates | 9 | Potassium | 128 |
| Protein | 1 | Phosphorus | 26 |
| Fat | 4 | | |

Renal and Renal Diabetic Exchanges:

1 Medium Potassium
Vegetable
1 Fat

Steamed Green Beans

Serves 4 1/2 Cup Per Serving

Ingredients:

- 1 tablespoon vegetable oil
- 1 pound green beans, trimmed
- 1/2 cup diced sweet red pepper
- 2 tablespoons water
- 1/2 teaspoon basil
- 1/4 teaspoon pepper
- 1 tablespoon lemon juice

Directions:

In 12-inch heavy skillet with tight-fitting lid, place all ingredients except lemon juice. Cover and cook over medium heat, shaking pan occasionally to prevent sticking, 15 minutes or until tender-crisp. Toss with lemon juice.

Analysis:

| | | | |
|---------------|-----|------------|-----|
| Calories | 47 | Sodium | 5 |
| Carbohydrates | 6 | Potassium | 180 |
| Protein | 1.5 | Phosphorus | 31 |
| Fat | 2 | | |

Renal and Renal Diabetic Exchanges:
1 Medium Potassium Vegetable

Summer Vegetable Sauté

Serves 6 1/2 Cup Per Serving

Ingredients:

- 2 tablespoons margarine
- 2 cups sliced zucchini
- 1/2 cup diced green pepper
- 1 10-oz package frozen corn, thawed
- 2 tablespoons chopped pimiento
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper

Directions:

Heat margarine in a large skillet. Add remaining ingredients and sauté until vegetables are tender, about 15 minutes.

Analysis:

| | | | |
|---------------|----|------------|-----|
| Calories | 81 | Sodium | 38 |
| Carbohydrates | 9 | Potassium | 175 |
| Protein | 2 | Phosphorus | 38 |
| Fat | 4 | | |

Renal and Renal Diabetic Exchanges:

- 2 Low Potassium Vegetable
- 1 Fat

Sunshine Carrots

Serves 6 1/2 Cup Per Serving

Ingredients:

- 3 cups sliced carrots
- 1 tablespoon sugar
- 2 tablespoons margarine
- 1 tablespoon lemon juice
- 1/4 teaspoon grated lemon peel
- 1 teaspoon fresh parsley, chopped

Directions:

Cook carrots in boiling water until tender; drain well. Add sugar, margarine, lemon juice and lemon peel. Heat and stir until margarine is melted. Stir in parsley.

Analysis:

| | | | |
|---------------|-----|------------|-----|
| Calories | 67 | Sodium | 20 |
| Carbohydrates | 7 | Potassium | 186 |
| Protein | 0.5 | Phosphorus | 26 |
| Fat | 4 | | |

Renal and Renal Diabetic Exchanges:

- 1 Medium Potassium Vegetable
- 1 Fat