

# *Desserts*



# Apple Cake With Warm Honey Sauce

*Serves 9 1 3-inch Square of Cake With 2 1/2 Tablespoons Sauce Per Serving*

## Ingredients:

- 1/3 cup lemon juice
- 3 cups diced peeled apples
- 3 tablespoons margarine
- 1/2 cup sugar
- 1/2 cup honey
- 1 egg
- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon nutmeg
- 2 1/2 teaspoons cornstarch
- 1/2 cup honey
- 1/3 cup water
- 1 tablespoon grated lemon peel
- 3 tablespoons lemon juice
- 1 tablespoon margarine
- Dash nutmeg

## Directions:

Preheat oven to 350°F. Pour 1/3 cup lemon juice over apples and coat. Set aside. Cream margarine and sugar. Add honey and beat well. Add egg and mix. Sift flour, baking powder, baking soda and nutmeg together and add to margarine mixture. Stir in apples. Pour into a greased 9-inch square baking pan. Bake for 55 to 60 minutes. For sauce, mix cornstarch, honey and water together in a small saucepan. Add lemon peel. Cook over moderate heat for about 5 minutes or until thick, stirring occasionally. Remove from heat and stir in 3 tablespoons lemon juice, margarine and nutmeg.

## Analysis:

Calories	335	Sodium	172
Carbohydrates	66	Potassium	111
Protein	4	Phosphorus	93
Fat	6		

## Renal and Renal Diabetic Exchanges:

- 2 Starch
- 1 Fat
- 1 Low Potassium Fruit
- 1 High Calorie

# Baked Custard

Serves 1 1/2 Cup Per Serving

## Ingredients:

1/2 cup lowfat (2%) milk  
1 egg  
1/8 teaspoon nutmeg  
1/8 teaspoon vanilla  
Artificial sweetener

## Directions:

Scald milk, then cool slightly. Break egg into small bowl and beat slightly with nutmeg. Add scalded milk, vanilla and sweetener to taste. Mix well. Set bowl in a baking pan with water 1/2 inch deep. Bake at 325°F for 30 minutes.

## Analysis:

Calories	135	Sodium	124
Carbohydrates	7	Potassium	249
Protein	10	Phosphorus	205
Fat	7		

## Renal and Renal Diabetic Exchanges:

1 Milk  
1 Meat

# Brandy Apple Crisp

Serves 6 1/2 Cup Per Serving

## Ingredients:

4 cups peeled, coarsely  
chopped tart apples  
3 tablespoons sugar  
3 tablespoons brandy  
2 teaspoons lemon juice  
1/2 teaspoon cinnamon  
1/8 teaspoon nutmeg  
3/4 cup dry oats  
1/4 cup brown sugar  
2 tablespoons flour  
2 tablespoons margarine

## Directions:

Combine first 6 ingredients in an 8-inch square baking pan. Toss well; set aside. Combine oats, brown sugar and flour in small bowl. Cut in margarine until well blended. Sprinkle over apple mixture. Bake at 350°F for 45 minutes.

## Analysis:

Calories	203	Sodium	36
Carbohydrates	38	Potassium	159
Protein	2	Phosphorus	59
Fat	5		

## Renal and Renal Diabetic Exchanges:

1 Starch  
1 Medium Potassium  
Fruit  
1 Fat

# Cherry Berry Pie

Serves 8 1/8 Pie Per Serving

## Ingredients:

1 cup canned, unsweetened cherries, drained, juice reserved  
1 cup canned unsweetened raspberries, drained, juice reserved  
3/4 cup of the reserved cherry and raspberry juices (if necessary, add water to make 3/4 cup)  
3/4 cup sugar  
1 tablespoon cornstarch  
1/4 teaspoon almond extract  
Pastry for 2-crust pie, unbaked

## Directions:

In a small saucepan, combine juices, sugar and cornstarch. Cook over low heat until thick and clear, stirring often. Add cherries, raspberries and almond extract. Pour into pie shell. Cover with other pie shell and seal edges. Make small slits in top crust to allow steam to escape. Bake at 450°F for 15 minutes. Reduce heat to 375°F and continue baking for 25 to 30 minutes or until crust is golden brown.

### Analysis:

Calories	343	Sodium	120
Carbohydrates	46	Potassium	102
Protein	4	Phosphorus	36
Fat	16		

### Renal and Renal Diabetic Exchanges:

2 Starch  
1 Low Potassium Fruit  
3 Fat

# Chinese Almond Cookies

Serves 24   3 Cookies Per Serving

## Ingredients:

- 1 cup margarine, softened
- 1 cup sugar
- 1 egg
- 3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon almond extract

## Directions:

In a medium mixing bowl, cream margarine and sugar. Add egg and beat well. Sift dry ingredients and add to creamed mixture. Add almond extract and mix well. Roll into balls about 3/4 inch in diameter. Press a small hole in the middle of each cookie. Bake at 400°F for 10 to 12 minutes, until cookies are golden brown around edges.

## Analysis:

Calories	158	Sodium	99
Carbohydrates	20	Potassium	18
Protein	2	Phosphorus	17
Fat	8		

## Renal Exchanges:

- 1 Starch
- 1 Fat

## Renal Diabetic Exchanges:

- 1 Starch, 2 Fat

# Chocolate Chip Cookies (Sugar Free)

Serves 18 2 Cookies Per Serving

## Ingredients:

1 cup flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup margarine or butter  
4 teaspoons liquid sugar  
substitute  
1/2 teaspoon vanilla  
1 egg, beaten  
1/2 cup semi-sweet  
chocolate chips

## Directions:

Sift together dry ingredients. Cream margarine. Add sugar substitute, vanilla and egg, blending well. Add flour mixture and beat well. Stir in chocolate chips. Drop by teaspoonfuls onto a greased baking sheet. Bake 10 minutes at 375°F.

## Analysis:

Calories	99	Sodium	98
Carbohydrates	8	Potassium	28
Protein	1.4	Phosphorus	19
Fat	7		

## Renal and Renal Diabetic Exchanges:

1 Starch  
1 Fat

# Chocolate-Lover's Mousse

*Serves 2 1/2 Cup Per Serving*

## *Ingredients:*

- 2 tablespoons sugar
- 1/2 teaspoon unflavored gelatin
- 1/4 cup milk
- 1/2 cup semi-sweet chocolate minichips
- 1 teaspoon vanilla
- 1/2 cup heavy cream, whipped

## *Directions:*

Combine sugar and gelatin in a small saucepan; stir in milk. Allow gelatin mixture to soften a few minutes. Place over medium heat, stirring constantly, until mixture just begins to boil. Remove from heat; immediately add chocolate chips, stirring until melted. Blend in vanilla; cool to room temperature. Beat heavy cream until stiff; gradually add chocolate mixture to cream, folding gently just until combined. Chill completely; garnish with dessert topping before serving, if desired.

## *Analysis:*

Calories	487	Sodium	46
Carbohydrates	40	Potassium	242
Protein	5.5	Phosphorus	111
Fat	38		

## *Renal and Renal Diabetic Exchanges:*

- 1 Milk
- 2 High Calorie
- 5 Fat

# Cinnamon Crispies

Serves 4 1 Tortilla Per Serving

## Ingredients:

- 1 tablespoon hot water
- 1/2 teaspoon vanilla
- 1 1/2 tablespoons sugar
- 1 teaspoon cinnamon
- 4 6-inch flour tortillas
- 2 tablespoons margarine,  
melted

## Directions:

Combine water and vanilla in a small bowl; stir well. Combine sugar and cinnamon; stir well. Brush both sides of tortillas with margarine, brush each side with water mixture and sprinkle each side with sugar mixture. Place tortillas on a wire rack in a jelly roll pan. Bake at 400°F for 6 1/2 minutes or until lightly browned.

## Analysis:

Calories	168	Sodium	83
Carbohydrates	21	Potassium	35
Protein	3	Phosphorus	26
Fat	8		

## Renal and Renal Diabetic Exchanges:

- 1 Starch
- 2 Fat

# Frosted Lemon Cookies

Serves 36 1 Cookie Per Serving

## Ingredients:

- 1/2 cup margarine
- 1 cup sugar
- 2 eggs or 1/2 cup low-cholesterol egg substitute
- 1 teaspoon vanilla
- 2 cups flour
- 1/2 teaspoon baking soda
- 1/4 cup lemon juice
- 1 1/2 cups powdered sugar
- 2 tablespoons water
- 1/2 teaspoon lemon extract

## Directions:

Preheat oven to 375° F. Cream margarine and sugar in a mixing bowl until light and fluffy. Add eggs or egg substitute and vanilla and beat well. Stir flour and baking soda together in a small bowl. Add to creamed mixture. Beat in lemon juice. Drop by teaspoonfuls onto un-greased baking sheet. Bake for 10 to 12 minutes or until cookies are light golden brown. Cool. In a small bowl, beat powdered sugar, water and lemon extract until smooth. Spread on cooled cookies.

### Analysis:

Calories	92	Sodium	39
Carbohydrates	15	Potassium	21
Protein	1	Phosphorus	10
Fat	3		

*Renal and Renal  
Diabetic Exchanges:*  
1 Starch

# Hot Fruit Compote

Serves 12 3 x 4 Inch Square Per Serving

## Ingredients:

- 1 (28 oz) can each:
  - Pear slices, juice packed
  - Peach slices, juice packed
  - Pineapple chunks, juice packed
  - Cherry pie filling
- 2 cups crushed corn flakes
- 1/4 cup margarine, melted

## Directions:

Drain fruit. Grease a 9 x 13-inch pan and layer fruit, ending with pie filling. Crush corn flakes, mix with margarine and sprinkle over fruit. Bake at 350°F for 30 minutes. Serve warm.

## Analysis:

Calories	213	Sodium	115
Carbohydrates	47	Potassium	286
Protein	1.5	Phosphorus	32
Fat	4		

## Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 High Potassium Fruit
- 1 High Calorie

# Maple Crisp Bars

Serves 20 1 Bar Per Serving

## Ingredients:

- 1/3 cup margarine
- 1 cup sugar
- 1 teaspoon maple extract
- 1/2 cup maple pancake syrup (not pure maple syrup)
- 8 cups puffed rice cereal

## Directions:

In a large saucepan, melt margarine over moderate heat. Stir in sugar, extract and syrup; bring to a boil. Remove from heat. Stir in cereal, coating it well with sugar mixture. Press into a greased 13 x 9-inch baking pan. Chill. Cut into 20 bars.

### Analysis:

Calories	110	Sodium	26
Carbohydrates	21	Potassium	10
Protein	0	Phosphorus	6
Fat	3		

### Renal and Renal Diabetic Exchanges:

1 High Calorie  
Not suitable  
for patients  
with diabetes.

# Pine-Apple Fruit Whip

Serves 8 1/2 Cup Per Serving

## Ingredients:

- 1 envelope unflavored gelatin
- 1 cup canned unsweetened pineapple juice
- 1/4 teaspoon grated lemon peel
- 3 tablespoons honey
- 2 cups unsweetened applesauce
- Cinnamon or nutmeg

## Directions:

In a saucepan, sprinkle gelatin over pineapple juice to soften, and stir over low heat until gelatin is dissolved. Stir in lemon peel, honey and applesauce. Refrigerate, stirring occasionally. When mixture mounds slightly if dropped from spoon, beat until fluffy. Divide among 8 dessert dishes. Refrigerate until firm. Garnish each with a dash of cinnamon or nutmeg.

### Analysis:

Calories	71	Sodium	3
Carbohydrates	18	Potassium	114
Protein	1	Phosphorus	8
Fat	0		

*Renal and Renal  
Diabetic Exchanges:*  
1 Medium Potassium  
Fruit

# Pineapple Delite Pie

Serves 8 1/8 Pie Per Serving

## Ingredients:

2/3 cup graham cracker  
crumbs  
2 1/2 tablespoons  
margarine, melted  
1 20-oz can juice packed  
crushed pineapple  
1 small package sugar-free  
pineapple gelatin  
1 tablespoon lemon juice  
2 egg whites  
1/4 teaspoon cream of  
tartar

## Directions:

Combine cracker crumbs and margarine in a small bowl. Press into bottom and sides of an 8-inch pie plate. Bake at 425°F for 5 minutes; cool.  
Drain pineapple juice into a saucepan. Sprinkle gelatin over juice and melt over low heat. Remove from heat and add pineapple and lemon juice; cool.  
Beat egg whites and cream of tartar until stiff peaks form. Gently fold in pineapple mixture. Spoon into crust. Chill several hours.

## Analysis:

Calories	153	Sodium	167
Carbohydrates	24	Potassium	190
Protein	3	Phosphorus	33
Fat	5		

## Renal Exchanges:

1 Starch, 1 Medium  
Potassium Fruit

## Renal Diabetic

## Exchanges:

1 Starch, 1 Medium  
Potassium Fruit, 1 Fat

# Strawberry Ice Cream

Serves 6 1/2 Cup Per Serving

## Ingredients:

- 1 10-oz package frozen sweetened strawberries
- 1 tablespoon lemon juice
- 1 cup crushed ice
- 3/4 cup non-dairy coffee creamer
- 1/2 cup sugar
- Few drops red food coloring

## Directions:

Thaw strawberries just until they break into chunks. Place all ingredients in a blender. Blend until smooth and sugar is dissolved. Pour into a covered dish. Freeze until firm.

### Analysis:

Calories	144	Sodium	25
Carbohydrates	28	Potassium	108
Protein	1	Phosphorus	25
Fat	3		

### Renal and Renal Diabetic Exchanges:

- 1 Starch
- 1 Low Potassium Fruit

# Strawberry Pizza

Serves 12 1 Slice Per Serving

## Ingredients:

### Crust (pre-packaged)

1 package refrigerated  
sugar cookie dough

### Crust (homemade)

1 cup flour  
1/4 cup powdered sugar  
1/2 cup butter

### Filling

8 oz cream cheese, softened  
1/2 teaspoon vanilla  
1/2 cup sugar  
2 cups sliced strawberries

### Glaze

1 cup mashed strawberries  
4 tablespoons sugar  
1 tablespoon cornstarch

## Directions:

### Pre-packaged crust

Roll out cookie dough into a round pizza pan. Bake according to directions on package. Cool.

### Homemade crust

Mix flour, sugar and butter together and press into round pizza pan. Bake 15 minutes at 350°F.

Beat cream cheese, vanilla and sugar until fluffy. Spread over cooled crust. Then spread sliced strawberries over filling. Cook the mashed strawberries, sugar and cornstarch until clear. Spread over sliced berries. Chill. (You can also substitute a packaged glaze mix.)

## Analysis: *Homemade*    *Pre-packaged*

Calories	242	Calories	221
Carbohydrates	26	Carbohydrates	28
Protein	2.8	Protein	2.4
Fat	15	Fat	11
Sodium	135	Sodium	160
Potassium	98	Potassium	94
Phosphorus	40	Phosphorus	40

## *Renal and Renal Diabetic Exchanges:*

1 Starch  
1 Low Potassium Fruit  
2 Fat

# Sugar-Free Pumpkin Cheese Pie

Serves 8 1/8 Pie Per Serving

## Ingredients:

- 1 1/4 cups graham cracker crumbs
- 1/3 cup unsalted margarine, melted
- 8 oz cream cheese, softened
- 1/2 cup pumpkin
- 17 packets sugar substitute
- 2 eggs or 1/2 cup low-cholesterol egg substitute
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 12 packets sugar substitute
- 1 cup water
- 2 drops red food coloring
- 1 tablespoon cornstarch
- 2 teaspoons lemon juice
- 2 cups fresh cranberries

## Directions:

In a small bowl, combine graham cracker crumbs and margarine. Press into bottom and sides of a 9-inch glass pie plate. In a glass bowl, combine cream cheese, pumpkin, 16 packets sugar substitute, eggs or egg substitute, vanilla, cinnamon and nutmeg. Beat until smooth. Microwave on high for 3 to 5 minutes until hot but not set. Stir frequently. Pour into pie shell. Microwave on high for 5 to 7 minutes or until knife inserted in center comes out clean. Sprinkle one packet of sugar substitute over top. To make topping, mix remaining ingredients except berries in a 1-quart glass container. Stir well. Cover with plastic wrap and microwave on high for 3 to 4 minutes, stirring often, until thick. Add berries and microwave on high for 3 to 4 minutes longer or until skins pop. Pour over pie. Chill.

## Analysis:

Calories	220	Sodium	176
Carbohydrates	11	Potassium	141
Protein	4	Phosphorus	58
Fat	18		

## Renal and Renal Diabetic Exchanges:

1 Medium Potassium Fruit  
3 Fat

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