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The recipes within this publication were compiled and tested by the Georgia Council on Renal Nutrition, National Kidney Foundation, Georgia Division. For questions, comments or more information please contact the National Kidney Foundation, Georgia Division at 2951 Flowers Road South, Atlanta, GA 30341 or call (770) 452-1539. Visit us online at www.kidneyga.org.

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Preface

The first edition of this recipe book was initiated to incorporate foods most commonly used by dialysis patients and their families in the state of Georgia. This third edition will be of benefit to all persons with reduced kidney function and special dietary needs. Its purpose is to minimize problems that can occur in family meal preparation and selection, as well as provide, wholesome, attractive and palatable meals. A children’s section has been added.

Each recipe will include: ingredients, directions for preparation, number of servings, serving size, nutritional content per serving. Suggestions are included for most recipes. All of the recipes have been contributed and tested by Renal Dietitians and Patients throughout the State of Georgia. They have been analyzed for calories, protein, total fat, saturated fat, Trans fat, cholesterol, carbohydrate, fiber, sodium, potassium, phosphorus, and calcium.

All persons with reduced kidney function and special dietary concerns should use this book with the assistance of their primary dietitian who will provide specific instructions and suggest methods of including these recipes in the daily meal plan.

Dedication

In memory of Eleanor L. Brown, RD, LD, renal dietitian, Dialysis Clinic Inc., Atlanta, Georgia. Her relentless pursuit toward the production and distribution of the first edition has paved the way for many renal patients and their families to benefit and enjoy familiar recipes in the state of Georgia and throughout the country.
Acknowledgements

We wish to thank all persons who participated in testing, preparing and analyzing the recipes in this third edition of Kidney Cooking.

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Special thanks to Beverly Ford for the new children’s section
Main Dishes

in this section:

**Beef**
- Chili Rice with Beef
- Salisbury steak
- Parsley Burger
- Swedish Meatballs
- Open-Faced Steak and Onion Sandwich
- Taco Stuffing

**Turkey**
- Basic Meatloaf
- Turkey and Noodles
- Barbeque Cups

**Seafood**
- Seafood Croquettes
- Baked Fish
- Shrimp Salad
- Supreme of Seafood

**Chicken**
- Jalapeño Pepper Chicken
- Crispy Oven Fried Chicken
- Lemon Chicken
- Chicken ‘N Rice
- Chicken Salad Delight
- Chicken Vegetable Salad
- Curry Chicken
- Chicken Stew

**Pork**
- Seasoned Pork Chop
- Homemade Pan Sausage

**Lamb**
- Spicy Lamb

**Combination Meals**
- Special Pizza
- Stuffed Green Peppers
- Rotini with Mock Italian Sausage
- Eggplant Casserole
- Stir Fry Meal
- New Orleans-Style Rice Dressing
- Fajitas

**Soups**
- Beef and Vegetable Soup
- Chicken Noodle Soup

**Egg Dishes**
- Herbed Omelet
- Fruit Omelet
Chili Rice With Beef

**Ingredients**

- 2 tablespoons vegetable oil
- 1 pound lean ground beef
- 1 cup onion, chopped
- 2 cups rice, cooked
- 1 ½ teaspoons chili con carne seasoning powder
- ⅛ teaspoon black pepper
- ½ teaspoon sage

**Directions**

1. Heat oil; add beef and onion. Cook, stirring occasionally until browned.
2. Add rice and seasonings. Mix together.
3. Remove from heat. Cover and let stand 10-14 minutes.

**Nutritional content per serving**

- 360 calories
- 23 grams protein
- 14 grams total fat
- 4 grams saturated fat
- 1 grams trans fat
- 65 milligrams cholesterol
- 26 grams carbohydrate
- 2 grams fiber
- 78 milligrams sodium
- 427 milligrams potassium
- 233 milligrams phosphorus
- 34 milligrams calcium

**Suggestions**

- May substitute ground beef with ground turkey or chicken.
- May add ¼ cup chopped green pepper and/or celery.
- May add any of the following seasonings: thyme, garlic powder, onion powder, white pepper, red pepper, oregano, or lemon pepper.
- May substitute 2 cups cooked pasta for rice. Toss pasta in browned beef and seasonings. Remove from heat and serve.
Salisbury Steak

**Ingredients**

1. pound chopped steak or lean ground beef, chicken or turkey
2. small onion, chopped
3. cup green pepper, chopped
4. teaspoon black pepper
5. egg
6. tablespoon vegetable oil
7. cup water
8. tablespoon corn starch

**Directions**

1. Mix together meat, onion, green pepper, black pepper, and egg. Form into patties.
2. Heat oil in skillet, add patties and cook on both sides.
3. Add half of water and simmer for 15 minutes. Remove patties.
4. To meat drippings, add remaining water and corn starch. Simmer while stirring to thicken gravy.
5. Pour gravy over steak and serve hot.

**Nutritional content per serving**

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<th>Cholesterol</th>
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**Yield:** 4 servings

**Serving size:** 3-ounces

Beef
Parsley Burger

**Ingredients**

- 1 pound lean ground beef or ground turkey
- 1 tablespoon lemon juice
- 1 tablespoon parsley flakes
- ¼ teaspoon black pepper
- ¼ teaspoon ground thyme
- ¼ teaspoon oregano

**Directions**

1. Mix all ingredients thoroughly.
2. Shape into 4 small patties about ¾" thick.
3. Place on lightly greased skillet or broiler pan.
4. Broil about 3" from the heat for 10-15 minutes, turning once.

**Nutritional content per serving**

- 171 calories
- 0 grams trans fat
- 108 milligrams sodium
- 20 grams protein
- 90 milligrams cholesterol
- 289 milligrams potassium
- 10 grams total fat
- 0 grams carbohydrate
- 180 milligrams phosphorus
- 3 grams saturated fat
- 0 grams fiber
- 21 milligrams calcium

**Yield:** 4 servings

**Serving size:** 1 patty, 3-ounces
Swedish Meatballs

Yield: 35 meatballs
Serving size: 2 meatballs

Ingredients for meatballs
1 pound lean ground beef or turkey
¼ cup onions, finely chopped
1 tablespoon lemon juice
1 teaspoon poultry seasoning (without salt)
1 teaspoon black pepper
¼ teaspoon dry mustard
¾ teaspoon onion powder
1 teaspoon italian seasoning
1 teaspoon granulated sugar
1 teaspoon Tabasco® sauce

Directions for meatballs
1. Preheat oven to 425ºF.
2. Mix all ingredients together well.
3. Shape meatballs by using one tablespoon meat mixture for each meatball.
4. Place meatballs in a baking dish and bake for 20 minutes or until well done. Make the sauce (recipe below).
5. Remove meatballs from oven and combine with sauce. Keep warm until ready to serve.

Ingredients for sauce
¼ cup vegetable oil
2 tablespoons all-purpose flour
1 teaspoon onion powder
2 teaspoons vinegar
2 teaspoons sugar
1 teaspoon Tabasco® sauce
2-3 cups water

Directions for sauce
1. Combine oil and flour in saucepan; stir while cooking until golden brown. Remove from heat.
2. Add onion powder, vinegar, sugar, Tabasco® sauce, and water.
3. Return to heat, and continue stirring until thickened.

Nutritional content per serving
76 calories 0 grams trans fat 31 milligrams sodium
5 grams protein 21 milligrams cholesterol 70 milligram potassium
6 grams total fat 2 grams carbohydrate 44 milligrams phosphorus
1 grams saturated fat 0 grams fiber 7 milligrams calcium
Open-Faced Steak & Onion Sandwich

**Ingredients**
4 chopped steaks (4-ounces each)
1 tablespoon lemon juice
1 tablespoon Italian seasoning
1 tablespoon black pepper
1 tablespoon vegetable oil
1 medium onion, sliced into rings
4 hoagie rolls, sliced

**Directions**
1. Combine meat with lemon juice, Italian seasoning and black pepper.
2. Heat oil in frying pan over medium heat.
3. Brown seasoned steaks on both sides until tender. Remove and drain on paper towels.
4. Lower heat; add onion and sauté until onions are tender.
5. Serve open-faced on sliced hoagie roll, topped with onion rings.

**Nutritional content per serving**
- 345 calories
- 0 grams trans fat
- 247 milligrams sodium
- 14 grams protein
- 40 milligrams cholesterol
- 200 milligrams potassium
- 21 grams total fat
- 26 grams carbohydrate
- 115 milligrams phosphorus
- 7 grams saturated fat
- 2 grams fiber
- 98 milligrams calcium

**Suggestions**
- May be prepared in oven using cooking spray for oil. Bake for 30-45 minutes at 400°F.
- May be served on herb bread*.
- May use lean ground beef, turkey or chicken as a substitute.
- May use other seasonings: thyme, basil, bay leaf, caraway seeds, savory, oregano, green pepper, garlic powder, onion powder, liquid smoke.

*Recipe included – see index
Taco Stuffing

**Ingredients**

- 2 tablespoons vegetable oil
- 1 ¼ pounds lean ground beef or turkey
- ½ teaspoon ground red pepper
- ½ teaspoon black pepper
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoons onion powder
- ½ teaspoon Tabasco® sauce
- ½ teaspoon nutmeg

*Will also need:*

- 1 medium taco shells
- ½ head shredded lettuce

**Directions**

1. Heat oil. Place ground meat and all remaining ingredients except taco shells and lettuce in a skillet. Cook until beef is done and ingredients are well-blended.
2. Stuff taco shells with 2-ounces of meat and top with shredded lettuce.

**Nutritional content per serving**

(Include taco shell and shredded lettuce)

- 176 calories
- 14 grams protein
- 9 grams total fat
- 2 grams saturated fat
- 0 grams trans fat
- 56 milligrams cholesterol
- 9 grams carbohydrate
- 0 grams fiber
- 124 milligrams sodium
- 258 milligrams potassium
- 150 milligrams phosphorus
- 33 milligrams calcium
Basic Meat Loaf

Ingredients
1 pound lean ground turkey
1 egg white
1 tablespoon lemon juice
½ cup plain bread crumbs
½ teaspoon onion powder
½ teaspoon Italian seasoning
¼ teaspoon black pepper
½ cup chopped onions
½ cup diced green bell pepper
¼ cup water

Directions
1. Preheat oven to 400°F.
2. Pour lemon juice over meat.
3. In a bowl combine remaining ingredients.
4. Add to meat and mix well.
5. Place in a loaf pan; bake for 45 minutes.

Nutritional content per serving
110 calories 0 grams trans fat 71 milligrams sodium
12 grams protein 42 milligrams cholesterol 138 milligrams potassium
5 grams total fat 2 grams carbohydrate 87 milligrams phosphorus
1 grams saturated fat 0 grams fiber 20 milligram calcium

Suggestions
- May add carrot and celery.
- May substitute bread crumbs with crushed crackers, toasted white bread crumbs or cornflakes.
Turkey & Noodles

**Ingredients**
- 2 cups dry elbow macaroni
- 1 tablespoon vegetable or olive oil
- 2 pounds fresh lean ground turkey
- ½ cup green onions, chopped
- ½ cup green pepper, chopped
- 1 14-ounce can regular diced tomatoes
- 1 tablespoon Italian seasoning
- 1 teaspoon black pepper

**Directions**
1. Cook macaroni in medium boiler in 4 cups of boiling water. Allow to boil for 5 minutes or desired tenderness. Drain and set aside.
2. Heat vegetable oil in a large skillet over medium heat. Add ground turkey and cook until done, stirring occasionally.
3. Add onions, green peppers, diced tomatoes, Italian seasoning, black pepper and cooked macaroni. Mix well.
4. Cover and let simmer for 5 minutes or until desired. Serve warm.

**Nutritional content per serving**
- 273 calories
- 33 grams protein
- 7 grams total fat
- 1 grams saturated fat
- 0 grams trans fat
- 22 grams carbohydrates
- 2 grams fiber
- 188 milligrams sodium
- 80 milligrams cholesterol
- 296 milligrams phosphorus
- 533 milligrams potassium
- 55 milligrams calcium

**Suggestions**
- May use other vegetables: other bell peppers or pimentos, mushrooms, broccoli.
- May use other seasonings: ground or crushed red pepper, onion or garlic powder, poultry seasoning.
- May sprinkle with parmesan cheese before serving.

**Yield:** 8 servings  
**Serving size:** 1 cup
Barbecue Cups

Ingredients
¾ pounds lean ground turkey
½ cup spicy barbecue sauce*
2 teaspoons onion flakes
dash garlic powder
1 10-ounces package low-fat refrigerator biscuits

Directions
2. Add barbecue sauce, onion flakes and garlic powder. Mix well.
3. Flatten each biscuit and press into muffin tin.
4. Spoon beef mixture into center of each biscuit cup.
5. Bake at 400°F for 10 to 12 minutes.

Nutritional content per serving
134 calories 0 grams trans fat 342 milligrams sodium
7 grams protein 27 milligrams cholesterol 151 milligrams potassium
5 grams total fat 13 grams carbohydrate 152 milligrams phosphorus
1 grams saturated fat 0 grams fiber 11 milligrams calcium

Suggestions
• May use lean ground beef.

*Recipe included – see index.
Seafood Croquettes

**Ingredients**
- 1 can water packed salmon or tuna (14.75-ounce), or 1 pound frozen or fresh crab meat.
- 2 egg whites
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ cup plain bread crumb or unsalted cracker crumbs
- 1 tablespoon vegetable oil or cooking spray
- 2 tablespoons lemon juice (optional)
- $\frac{1}{2}$ teaspoon ground mustard (crab only)
- $\frac{1}{4}$ cup regular mayonnaise (tuna and crab only)

**Directions**
1. Drain water from canned meat.
2. Combine all ingredients except oil in a medium bowl. Mix well.
3. Form mixture into 8 separate balls, and then flatten to form patties.
4. Heat vegetable oil in skillet.
5. Place patties in hot oil.
6. Brown patties on each side. If cooked in oil, drain patties on paper towel.

**Nutritional content per serving**
- 189 calories
- 14 grams protein
- 8 grams total fat
- 2 grams saturated fat
- 0 grams trans fat
- 11 grams carbohydrate
- 1 gram fiber
- 184 milligrams potassium
- 181 milligrams cholesterol
- 337 milligrams sodium
- 124 milligrams phosphorus
- 191 milligrams phosphorus

**Suggestions**
- May bake or broil patties in oven.
- May add chopped green pepper, celery, onion powder, garlic powder, italian seasoning, or curry powder.
Baked Fish

Ingredients

4 3-ounce trout fillets or any other baking fish
1 ½ teaspoon black pepper
1 tablespoon garlic powder
1 ½ teaspoon paprika
¼ medium green pepper
1 small onion
1 small lemon
2 tablespoons parmesan cheese

Directions

1. Preheat oven to 375ºF.
2. Place fish in a greased baking pan or on aluminum foil.
3. Sprinkle black pepper, garlic powder, and paprika on both sides of fish.
4. Cut green peppers into strips and place on fish. Slice onions into rings and place on fish.
5. Squeeze juice of lemon onto fish.
6. Bake for 30 minutes.
7. After fish has cooked, sprinkle with parmesan cheese. Serve hot.

Nutritional content per serving

164 calories 0 grams trans fat 86 milligrams sodium
20 grams protein 62 milligrams cholesterol 452 milligrams potassium
6 grams fat 8 grams carbohydrate 252 milligrams phosphorus
1 grams saturated 3 grams fiber 80 milligrams calcium

Yield: 4 servings
Serving size: 3-ounces
Shrimp Salad

**Ingredients**

- 1 pound shrimp, boiled, chopped and deveined
- 1 hard boiled egg, chopped
- 1 tablespoon celery, chopped
- 1 tablespoon green pepper, chopped
- 1 tablespoon onion, chopped
- 2 tablespoons mayonnaise
- 1 teaspoon lemon juice
- ½ teaspoon chili powder
- ⅛ teaspoon Tabasco® or hot sauce
- ½ teaspoon dry mustard
- lettuce, chopped or shredded (optional)

**Directions**

1. Combine all ingredients except lettuce in a mixing bowl; mix well.
2. Chill in refrigerator for 30 minutes.
3. Serve as a salad over a bed of lettuce, if desired, or serve on a sandwich.

**Nutritional content per serving**

- 157 calories
- 0 grams trans fat
- 232 milligrams sodium
- 26 grams protein
- 234 milligrams cholesterol
- 233 milligrams potassium
- 5 grams total fat
- 1 gram carbohydrate
- 263 milligrams phosphorus
- 1 grams saturated fat
- 0 grams fiber
- 67 milligrams calcium

**Suggestions**

- May use frozen shrimp.
- May use scallops.
Supreme of Seafood

Ingredients
1 cup crabmeat, cooked (boiled)
1 cup shrimp, cooked (boiled)
4 tablespoons green pepper, chopped
2 tablespoons green onions, chopped
1 cup celery, chopped
½ cup frozen green peas
½ teaspoon black pepper
½ cup mayonnaise
1 cup bread crumbs

Directions
1. Preheat oven to 375°F.
2. Combine all ingredients except bread crumbs in a bowl.
3. Place in a greased casserole dish.
4. Top with bread crumbs.
5. Bake for 30 minutes.

Nutritional content per serving
220 calories 0 grams trans fat 445 milligrams sodium
16 grams protein 28 milligrams cholesterol 255 milligrams potassium
8 grams total fat 20 grams carbohydrate 148 milligrams phosphorus
1 gram saturated fat 2 grams fiber 85 milligrams calcium

Suggestions
• May use canned crabmeat, drain and rinse.
• May use light mayonnaise.
• May use pepper of choice.
Crab Cakes

Ingredients
1. egg (egg substitute or egg white optional)
2. ⅓ cup green or red pepper, finely chopped
3. ⅓ cup low sodium crackers
4. ¼ cup reduced fat mayonnaise
5. 1 tablespoon dry mustard
6. 1 teaspoon crushed red pepper or black pepper
7. 2 tablespoons lemon juice
8. 1 teaspoon garlic powder
9. 2 tablespoon vegetable oil

Directions
1. Combine all ingredients.
2. Divide into 6 balls and form patties.
3. Heat vegetable oil in pan at medium heat or oven at 350ºF.
4. Fry patties 4-5 minutes or bake 15 minutes in oven.
5. Serve warm.

Nutritional content per serving
101 calories 0 grams trans fat 67 milligrams sodium
2 grams protein 41 milligrams cholesterol 72 milligrams potassium
9 grams total fat 5 grams carbohydrate 43 milligrams phosphorus
1 gram saturated fat 0 grams fiber 16 milligrams calcium

Yield: 6 servings
Serving size: 1 patty
Fish Tacos

**Ingredients**
- 12-16 fish fillets (1 pound), tilapia or as desired
- 20 saltine crackers, unsalted tops, crushed finely
- ¼ cup unsalted butter or margarine
- 2 teaspoon dill weed
- 1 teaspoon garlic powder
- ¼ cup lemon juice

**Directions**
1. Preheat oven to 400°F.
2. Combine crackers, garlic and dill.
3. Melt butter or margarine.
4. Roll fish in melted butter, then in crumbs and again in butter mix.
5. Place in baking pan and bake 8-10 minutes until fish is flakey.

**Nutritional content per serving**
- 164 calories
- 0 grams trans fat
- 138 milligrams sodium
- 21 grams protein
- 57 milligrams cholesterol
- 335 milligrams potassium
- 6 grams total fat
- 7 grams carbohydrate
- 181 milligrams phosphorus
- 4 grams saturated fat
- 0 grams fiber
- 23 milligrams calcium

**Suggestions**
- Add to warmed tortillas.
- May top with sautéed onions, coleslaw and fresh cilantro.
Tuna-Noodle Skillet Dinner

**Ingredients**
- vegetable cooking spray
- 2 tablespoons minced fresh onion
- ¾ cup water
- ¼ teaspoon curry powder
- ¼ teaspoon black pepper
- 1 10 ¾-ounce can low sodium cream of mushroom soup, undiluted
- 2 cups hot cooked rotini (corkscrew pasta, cooked without salt or fat)
- ½ cup frozen green peas, thawed
- 1 9 ¼-ounce low sodium albacore tuna, with water, drained
- chopped fresh parsley (optional)

**Directions**
1. Coat a large non-stick skillet with cooking spray; place over medium heat.
2. Add onion; sauté until tender.
3. Combine water, curry powder, pepper and soup in a bowl; stir well and add to skillet.
4. Add cooked rotini, peas, and tuna; stir well. Cook uncovered, over low heat 10 minutes, stirring occasionally.
5. Sprinkle with parsley, if desired.

**Nutritional contents per serving**
- 269 calories
- 18 grams protein
- 4 grams total fat
- 0 gram saturated
- 0 gram trans fat
- 58 milligrams cholesterol
- 38 grams carbohydrate
- 1 gram fiber
- 407 milligrams sodium
- 515 milligrams potassium
- 228 milligrams phosphorus
- 30 milligrams calcium

**Yield:** 4 servings
**Serving size:** 1 cup
**Ingredients**

- 3 tablespoons vegetable oil
- 2-3 pounds chicken, cut up (skin and fat removed)
- 1 onion, sliced into rings
- 1 ½ cups low-sodium chicken bouillon
- ½ teaspoon ground nutmeg
- ¼ teaspoon black pepper
- 2 teaspoons fresh jalapeño peppers, finely chopped and seeded

**Directions**

1. Heat oil, brown chicken pieces and set aside, keeping warm.
2. Add onion rings to oil and sauté. Add bouillon and bring to a boil, stirring often.
3. Return chicken to pan; add nutmeg and black pepper. Cover and simmer for 35 minutes or until chicken is tender.
4. Stir in jalapeño peppers, and simmer for another minute.

**Nutritional content per serving**

- 143 calories
- 0 grams trans fat
- 45 milligrams sodium
- 17 grams protein
- 46 milligrams cholesterol
- 160 milligrams potassium
- 7 grams total fat
- 2 grams carbohydrate
- 127 milligrams phosphorus
- 1 gram saturated fat
- 0 grams fiber
- 12 milligrams calcium

**Yield:** 8 servings  
**Serving size:** 3-ounces
Crispy Oven Fried Chicken

Ingredients
2 ½ pound fryer (cut as desired)
1 tablespoon lemon juice
1 cup all-purpose flour
1 teaspoon black pepper
1 cup corn flakes, crushed
¼ teaspoon poultry seasoning
4 tablespoons vegetable oil

Directions
1. Preheat oven to 400ºF.
2. Wash chicken parts thoroughly and pat dry; rub with lemon juice.
3. In a small bag, combine flour, black pepper, corn flakes, and poultry seasoning. Shake well.
4. In a shallow baking pan (about 1” deep), grease with vegetable oil.
5. Place chicken in bag of ingredients, using the largest pieces first. Shake well.
6. Arrange coated chicken in pan.
7. Brown in oven 20-30 minutes on each side.

Nutritional content per serving
280 calories 0 grams trans fat 74 milligrams sodium
15 grams protein 52 milligrams cholesterol 150 milligrams potassium
18 grams total fat 15 grams carbohydrate 120 milligrams phosphorus
3 grams saturated fat 1 gram fiber 12 milligrams calcium

Suggestions
• May use other seasonings: thyme, basil, onion powder, crushed garlic or garlic powder, Italian seasoning, sage, marjoram, paprika.
• Corn flakes may be omitted if a less crispy chicken is desired.
Lemon Chicken

**Ingredients**
- 2 ½ pound fryer (cut as desired)
- 1 tablespoon lemon juice
- 1 cup all-purpose flour
- 1 teaspoon black pepper
- 1 cup corn flakes, crushed
- ¼ teaspoon poultry seasoning
- 4 tablespoons vegetable oil

**Directions**
1. Preheat oven to 400°F.
2. Wash chicken parts thoroughly and pat dry; rub with lemon juice.
3. In a small bag, combine flour, black pepper, corn flakes, and poultry seasoning. Shake well.
4. In a shallow baking pan (about 1” deep), grease with vegetable oil.
5. Place chicken in bag of ingredients, using the largest pieces first. Shake well.
6. Arrange coated chicken in pan.
7. Brown in oven 20-30 minutes on each side.

**Nutritional content per serving**
- 280 calories
- 15 grams protein
- 18 grams total fat
- 3 grams saturated fat
- 0 grams trans fat
- 52 milligrams cholesterol
- 15 grams carbohydrate
- 1 gram fiber
- 74 milligrams sodium
- 150 milligrams potassium
- 120 milligrams phosphorus
- 12 milligrams calcium

**Suggestions**
- May use other seasonings: thyme, basil, onion powder, crushed garlic or garlic powder, italian seasoning, sage, marjoram, paprika.
- Corn flakes may be omitted if a less crispy chicken is desired.

**Yield:** 8 servings (or 8 pieces)
**Serving size:** 3 or 4-ounces
Chicken ‘N Rice

**Ingredients**
- 1 pound chicken parts
- 1 teaspoon black pepper
- 1 tablespoon poultry seasoning
- ½ cup chopped onion
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon crushed bay leaves (optional)
- 4 cups water
- 1 cup uncooked rice
- 1 tablespoon vegetable oil

**Directions**
1. Place chicken parts, black pepper, poultry seasoning, onions, onion powder, garlic powder, and bay leaves in dutch oven; cover with water. Cook until chicken is tender.
2. Remove chicken meat and skin from bone. Discard skin, reserve chicken meat and 2 cups of broth.
3. In a large pot, combine rice, vegetable oil, 2 cups broth, and chicken meat. Bring to a boil over medium-high heat.

**Nutritional content per serving**
- 212 calories
- 21 grams protein
- 8 grams total fat
- 2 grams saturated
- 0 grams trans fat
- 60 milligrams cholesterol
- 11 grams carbohydrate
- 1 gram fiber
- 76 milligrams sodium
- 283 milligrams potassium
- 218 milligrams phosphorus
- 25 milligrams calcium

**Suggestions**
- May add sage and green onions.
Chicken Salad Delight

**Ingredients**
- 2 cups chicken, diced
- ⅓ cup celery, chopped
- ¼ cup fresh onion, chopped
- ¼ cup fresh green pepper, chopped
- 1 teaspoon parsley, dried (optional)
- 1 tablespoon lemon juice
- ¼ teaspoon black pepper
- 1 teaspoon dry mustard
- ½ cup mayonnaise

**Directions**
1. Combine chicken, celery, onion, green pepper, parsley and toss with lemon juice.
2. In a bowl, combine black pepper, mustard, and mayonnaise. Add to chicken mixture, mixing thoroughly.

**Nutritional content per serving**
- 181 calories
- 18 grams protein
- 10 grams total fat
- 2 grams saturated
- 181 calories
- 18 grams protein
- 10 grams total fat
- 2 grams saturated
- 1 grams trans fat
- 47 milligrams cholesterol
- 3 grams carbohydrate
- 0 grams fiber
- 239 milligrams sodium
- 205 milligrams potassium
- 149 milligrams phosphorus
- 16 milligrams calcium

**Suggestions**
- May add ½ cup seedless white grapes halves.
- May add 1 medium apple, peeled and diced.
- May use chopped cooked turkey instead of chicken.
- May add other seasonings such as rosemary, red pepper, pimentos.
Chicken Vegetable Salad

Ingredients
1 ½ cups cooked chicken, diced
½ cup green pepper, finely chopped
½ cup celery, finely diced
½ cup onions, finely chopped
3 tablespoons pimentos, diced
½ cup salad dressing or light mayonnaise
1 tablespoon lemon juice

Directions
1. In a large bowl, combine chicken, green pepper, celery, onions and pimentos.
2. In a small bowl, mix mayonnaise and lemon juice. Pour over chicken mixture.
3. Mix well, cover and chill.

Nutritional content per serving
221 calories 0 trans fat 245 milligrams sodium
18 grams protein 47 milligrams cholesterol 230 milligrams potassium
15 grams fat 15 grams carbohydrate 143 milligrams phosphorus
3 grams saturated fat 0 grams fiber 22 milligrams calcium

Suggestions
• Turkey may be substituted for chicken.
• May be used in sandwiches or on crackers.
Curry Chicken

**Ingredients**

1. whole chicken, skin removed, cut in small parts.
2. ¼ cup lemon juice
3. 2 teaspoons curry powder
4. 1 medium onion, chopped
5. 1 medium garlic glove, chopped (optional)
6. ½ teaspoon black pepper
7. ½ teaspoon dry thyme
8. 2 tablespoons vegetable or olive oil
9. 1 cup water

**Directions**

1. Wash cleaned chicken in lemon juice.
2. Mix seasoning together and rub on to chicken parts.
3. Allow to marinate in refrigerator for 1 hour (preferable overnight).
4. Heat oil in a saucepan, sauté seasoned chicken until browned.
5. Rinse remainder seasoning from marinated pan with water.
6. Pour over browned chicken. Let simmer until tender.
7. Serve over hot rice.

**Nutritional content per serving**

- 323 calories
- 0 grams trans fat
- 93 milligrams sodium
- 21 grams protein
- 89 milligrams cholesterol
- 317 milligrams potassium
- 24 grams total fat
- 5 grams carbohydrate
- 214 milligrams phosphorus
- 6 grams saturated fat
- 0 grams fiber
- 25 milligrams calcium

**Suggestions**

- May add seasonings such as, crushed red peppers, hot green peppers.
Chicken Stew

Ingredients
3 tablespoon vegetable oil
2 pounds chicken breast cut in bite size pieces
1 cup sliced onions
¾ cup green peppers
2 cloves garlic, minced
2 tablespoon all-purpose flour
2 10 ½-ounce cans low-sodium chicken broth
1 10-ounce bag frozen carrots
¼ teaspoon dried basil
¼ teaspoon black pepper
1 110-ounce bag frozen sliced okra

Directions
1. Heat 2 tablespoons of oil in dutch oven; add chicken and sauté over medium high heat.
2. Remove chicken and set aside. Add remaining 1 tablespoon of oil
3. Add and sauté onion, pepper and garlic.
4. Add flour and cook 2-3 minutes, stirring constantly.
5. Add chicken and broth, cook until boiling.
6. Add carrots, basil and black pepper, cover and simmer for about 10 minutes.
   Gravy will thicken as it simmers.
7. Add okra and cook for 5-10 more minutes.
8. Serve over hot white rice.

Nutritional content per serving
142 calories 1 gram trans fat 93 milligrams sodium
10 grams protein 15 milligrams cholesterol 453 milligrams potassium
8 grams total fat 13 grams carbohydrates 129 milligrams phosphorus
1 gram saturated fat 3 grams fiber 69 milligrams calcium

Yield: 6 servings
Serving size: 1 cup
Seasoned Pork Chops

**Ingredients**
- 2 tablespoons vegetable oil
- ¼ cup all-purpose flour
- 1 teaspoon black pepper
- ½ teaspoon sage
- ½ teaspoon thyme
- 4 4-ounce lean pork chops (fat removed)

**Directions**
1. Preheat oven to 350ºF.
2. Grease baking pan with vegetable oil.
3. Mix flour, black pepper, thyme and sage.
4. Dredge pork chops in flour mixture and arrange in baking pan.
5. Place in oven and let brown on both sides about 40 minutes or until tender.

**Nutritional content per serving**
- 434 calories
- 19 grams protein
- 34 grams total fat
- 10 grams saturated fat
- 0 grams trans fat
- 12 grams carbohydrate
- 0 grams fiber
- 60 milligrams sodium
- 79 milligrams cholesterol
- 34 grams carbohydrate
- 332 milligrams potassium
- 35 milligrams calcium
- 199 milligrams phosphorus

**Suggestions**
- Other seasonings that may be used with or in the place of those listed are: basil, marjoram, rosemary, onion powder, garlic powder, oregano, ground red pepper.
- Pork chops may be served with apple sauce, spiced apples, spiced peaches, or mint jelly.

**Yield:** 4 chops

**Serving size:** 1 chop (3-ounces)
Homemade Pan Sausage

Ingredients

1. 1 pound fresh lean ground pork, beef, chicken or turkey.
2. 2 teaspoons ground sage
3. 2 teaspoons granulated sugar
4. 1 teaspoon ground black pepper
5. ½ teaspoon ground red pepper
6. 1 teaspoon basil (optional)
7. cooking spray

Directions

1. Ask the butcher to grind the pork roast or beef loin of your choice.
2. To make sausage, mix all ingredients well.
3. Measure 2 tablespoons of meat mixture and make into a patty.
4. Pan fry or broil until thoroughly cooked.

Nutritional content per serving

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<td>Saturated fat</td>
<td>2 grams</td>
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Suggestions

- Use with breakfast meal or in sandwiches.
- May prepare patties ahead, freeze raw or after cooking.
- If desired, add one or a combination of the following: lemon juice, Tabasco® sauce or any other hot sauce, white pepper, additional black or red pepper, marjoram, garlic powder, fresh chopped onions, onion powder, thyme, bay leaf, ginger, allspice, rosemary, oregano, poultry seasoning, or paprika.
- May add plain bread crumbs.

Yield: 12 servings
Serving size: 1 patty
Spicy Lamb

**Ingredients**

- ½ cup vegetable oil
- 1 ½ tablespoons garlic powder
- 3 teaspoons dry mustard
- 1 leg of lamb (trimmed for roasting)

**Directions**

1. Blend ingredients for marinade: oil, garlic powder and mustard.
2. Coat leg of lamb with marinade; refrigerate 6-8 hours or overnight.
3. Adjust meat on barbecue spit and roast for 30 minutes per pound or until 170ºF on meat thermometer, basting meat continuously with marinade.

**Nutritional content per serving**

- 289 calories
- 24 grams protein
- 6 grams total fat
- 2 grams saturated fat
- 14 grams trans fat
- 3 grams carbohydrate
- 0 grams fiber
- 144 milligrams sodium
- 73 milligrams cholesterol
- 3 grams carbohydrate
- 0 grams fiber
- 423 milligrams potassium
- 237 milligrams phosphorus
- 14 milligrams calcium

Yield: 4 servings
Serving size: 3-ounces
Special Pizza

**Ingredients for crust**
- 2 cups all-purpose flour
- 1 teaspoon active dry yeast
- 1 tablespoon granulated sugar
- 1 cup water
- 2 tablespoons vegetable shortening

**Directions**
1. In a large mixing bowl, combine flour, yeast and sugar.
2. Add shortening to dry ingredients; mix together using a fork.
3. Add water in small quantities while mixing with the fork until the mixture follows fork around the bowl.
4. Cover dough; allow it to rest for about 15 minutes.

**Ingredients for pizza:**
- ½ pound lean ground beef, turkey or chicken
- ½ teaspoon italian seasoning
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ cup tomato paste
- 1 teaspoon chili powder
- 1 teaspoon italian seasoning
- ½ cup water vegetable oil
- 4 ounces reduced fat sharp cheddar cheese, grated
- ½ cup diced green peppers
- ½ cup diced onions

*(Continued on next page)*
Directions
1. Preheat oven to 425°F.
2. In a frying pan, sauté ground meat. Add italian seasoning, onion powder and garlic powder; continue stirring until meat is browned.
3. Place meat on paper towels to drain.
4. In a bowl, prepare the sauce by mixing the tomato paste, chili powder, italian seasoning and water. Set aside.
5. After dough has rested, oil pizza pan and fingers. Spread dough evenly on pan.
6. Pour sauce evenly over pizza dough; sprinkle with ½ cup of cheese.
7. Cook in preheated oven for 15-20 minutes.
8. Remove from oven; add ground beef, remaining cheese, green peppers and onions. Return to oven for an additional 10 minutes. Serve hot.

Nutritional content per serving

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Suggestions
• May use lean turkey sausage.
• May add other favorite toppings: fresh salsa, broccoli, squash, green onion, red or yellow peppers, extra onions, mushrooms, hot peppers.
Stuffed Green Peppers

Ingredients
- 2 tablespoon vegetable oil
- ½ pound ground lean beef, turkey or chicken
- ¼ cup onions, chopped
- ¼ cup celery, chopped
- 2 tablespoons lemon juice
- 1 tablespoon celery seed
- 2 tablespoons italian seasoning
- 1 teaspoon black pepper
- ½ teaspoon sugar
- 1 ½ cups cooked rice
- 6 small green peppers, seeded with tops removed

Directions
1. Preheat oven to 325°F.
2. Heat oil in saucepan.
3. Add ground meat, onions and celery, cook until meat is browned.
4. Add all ingredients except green peppers and paprika to sauce pan. Stir together, remove from heat.
5. Stuff peppers with mixture. Wrap with foil or place in a dish and cover. Bake for 30 minutes. Remove and sprinkle with paprika.

Nutritional content per serving
- 131 calories
- 9 grams protein
- 4 grams total fat
- 1 gram saturated fat
- 0 grams trans fat
- 28 milligrams cholesterol
- 15 grams carbohydrate
- 1 gram fiber
- 36 milligrams sodium
- 160 milligrams potassium
- 83 milligrams phosphorus
- 38 milligrams calcium

Yield: 6 servings
Serving size: 1 stuffed pepper
**Rotini with Mock Italian Sausage**

**Ingredients**
- 4 ounces uncooked rotini pasta
- ¾ pound lean ground turkey
- 1 cup onion, chopped
- 1 clove garlic, minced
- ½ cup chopped celery
- ¾ teaspoon Italian seasoning
- ¼ teaspoon fennel seeds
- ¼ teaspoon crushed red pepper
- 3 tablespoons tomato paste
- 1-14 ½ unsalted can (190 grams) tomatoes, chopped
- 2 tablespoons grated parmesan cheese

**Directions**
1. Boil rotini pasta according to package directions, drain.
2. Sauté turkey in a non-stick skillet over medium heat until browned, stirring to crumble. Drain on paper towel.
3. Add onion, garlic, celery, and seasonings. Cook 3 minutes; stirring occasionally.
4. Add tomato paste and tomatoes. Partially cover, reduce heat, and simmer 15 minutes.
5. Serve over rotini. Top with cheese.

**Nutritional content per serving**
- 165 calories
- 0 grams trans fat
- 250 milligrams sodium
- 13 grams protein
- 41 milligrams cholesterol
- 458 milligrams potassium
- 2 grams total fat
- 28 grams carbohydrate
- 161 milligrams phosphorus
- 1 gram saturated fat
- 2 grams fiber
- 65 milligrams calcium
Eggplant Casserole

**Ingredients**

1. large eggplant
2. tablespoon vegetable oil
½ cup green pepper, chopped
½ cup onion, finely chopped
1 pound lean ground beef or turkey
2 cups plain bread crumbs
1 large egg, slightly beaten
½ teaspoon red pepper, optional

**Directions**

1. Preheat oven to 350ºF.
2. Boil eggplant until tender; drain and mash.
3. Heat oil; add green pepper, onion and ground meat. Sauté until cooked.
4. Add eggplant, bread crumbs and egg, mixing well.
5. Add red pepper to taste, if desired.

**Nutritional content per serving**

- 240 calories
- 15 grams protein
- 9 grams total fat
- 2 grams saturated fat
- 0 grams trans fat
- 74 milligrams cholesterol
- 5 grams carbohydrate
- 4 grams fiber
- 263 milligrams sodium
- 380 milligrams potassium
- 169 milligrams phosphorus
- 71 milligrams calcium

Yield: 8 servings
Serving size: ½ cup
Ingredients
2  tablespoon cooking oil
2  medium chicken breast, cut in bite size pieces
1  10-ounce package frozen stir fry vegetables
½  tablespoon low sodium soy sauce
2  cups cooked rice

Directions
1.  Heat oil in 9-10” skillet on high.
2.  Add chicken, and sauté.
4.  Add soy sauce and stir well.
5.  Reduce heat to medium high and cook uncovered for 3-5 minutes, or until done, stirring frequently.

Nutritional content per serving
315 calories  0 grams trans fat  37 milligrams sodium
29 grams protein  76 milligrams cholesterol  618 milligrams potassium
7 grams total fat  32 grams carbohydrate  26 milligrams phosphorus
2 grams saturated fat  3 grams fiber  32 milligrams calcium

Suggestion:
• May use 6-ounces of shrimp instead of chicken.
New Orleans-Style Rice Dressing

**Ingredients**

- 2 tablespoons vegetable oil
- 1 pound lean ground turkey
- 2 tablespoons all-purpose flour
- ¼ cup onion, chopped
- ¼ cup green onions, chopped
- ¼ cup celery, chopped
- ½ cup green peppers, chopped
- ⅛ teaspoon cayenne pepper
- 1 clove garlic, chopped
- 2 cups hot cooked rice
- 1 cup low sodium chicken broth

**Directions**

1. Heat oven to 350°F.
2. Heat oil in skillet, add meat and cook on medium heat until browned.
3. Remove meat and drain on paper towel.
4. Add flour to skillet and brown to make a dark roux.
5. Add onions, celery, peppers and garlic to roux and cook until vegetables are tender.
6. Add cooked rice and meat to skillet.
7. Add low sodium broth a little at a time until mixture is moist. If mixture is too dry may add water.
8. Pour into a 1 ½ quart baking dish.
9. Bake for 20 minutes.

**Nutritional content per serving**

- 393 calories
- 0 grams trans fat
- 113 milligrams sodium
- 27 grams protein
- 84 milligrams cholesterol
- 377 milligrams potassium
- 19 grams total fat
- 28 grams carbohydrate
- 228 milligrams phosphorus
- 4 grams saturated
- 1 grams fiber
- 43 milligrams calcium

**Suggestions**

- Substitute lean beef with lean turkey.
Fajitas

**Ingredients**
- 2 tablespoons vegetable oil
- 1 ½ pounds raw chicken strips or beef strips or shrimp (peeled and deveined)
- 2 teaspoons chili powder
- ½ teaspoon cumin
- 2 tablespoons lemon or lime juice
- ¼ green and/or red pepper, sliced lengthwise
- ½ onion white, sliced lengthwise
- ½ teaspoon dry cilantro
- 4 flour tortillas
- vegetable spray

**Directions**
1. Preheat oven to 300°F.
2. Add vegetable oil to non-stick frying pan over medium heat.
3. Add meat, seasonings and lemon/lime juice; cook for 5-10 minutes or until tender.
4. Add pepper and onion to pan and cook 1-2 minutes.
5. Remove from heat; add cilantro.
6. Place tortillas on foil and move to oven. Heat for 10 minutes.
7. Divide mixture between tortillas, wrap and serve.

**Nutritional content per serving**
- 184 calories
- 0 grams trans fat
- 121 milligrams sodium
- 19 grams protein
- 57 milligrams cholesterol
- 494 milligrams potassium
- 10 grams total fat
- 5 grams carbohydrates
- 207 milligrams phosphorus
- 1 gram saturated fat
- 1 gram fiber
- 38 milligrams calcium

**Suggestions**
- May use 1 tablespoon sour cream, ranch dressing or salsa.
- May serve over hot rice.

**Yield:** 4 servings
**Serving size:** 4 medium strips
Beef & Vegetable Soup

Yield: 8 servings
Serving size: ¾ cup

**Ingredients**

- 1 pound beef stew
- 1 cup raw sliced onions
- 1 teaspoon black pepper
- ½ teaspoon basil
- ½ teaspoon thyme
- 3 ½ cups water
- ½ cup frozen green peas
- ½ cup frozen okra
- ½ cup frozen carrots, diced
- ½ cup frozen corn

**Directions**

1. In a large pot, place beef stew, onions, black pepper, basil, thyme and water. Cook for about 45 minutes.
2. Add all frozen vegetables; simmer on low heat until meat is tender. Serve hot.

*Note: soup may require additional water. Add water ½ cup at a time as necessary.*

**Nutritional content per serving**

- 190 calories
- 11 grams protein
- 13 grams total fat
- 5 grams saturated fat
- 0 grams trans fat
- 42 milligrams cholesterol
- 7 grams carbohydrates
- 2 grams fiber
- 56 milligrams sodium
- 291 milligrams potassium
- 121 milligrams phosphorus
- 31 milligrams calcium

**Suggestions**

- Other lower potassium vegetables may be used—green beans, cabbage, green peppers, celery, yellow squash. Noodles may also be added.
- Other seasonings that may be used: salt-free bouillon cubes, marjoram, onion powder, garlic powder, italian seasoning, curry powder, bay leaf.

*Reminder: soup must be counted as part of daily fluid allowance.*
**Chicken Noodle Soup**

**Yield:** 8 servings  
**Serving size:** ¾ cup

### Ingredients

- 1 pound chicken parts
- ¾ cup lemon juice
- 3 ½ cups water
- 1 tablespoon poultry seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons vegetable oil
- 1 teaspoon black pepper
- 1 teaspoon red pepper
- 1 teaspoon caraway seed
- 1 teaspoon oregano
- 1 teaspoon sugar
- ½ cup celery
- ½ cup green pepper
- 1 cup egg noodles

### Directions

1. Rub chicken parts with lemon juice.
2. In a large pot, combine chicken, water, poultry seasoning, garlic powder, onion powder, vegetable oil, black pepper, red pepper, caraway seed, oregano, and sugar together. Cook 30 minutes or until chicken is tender.
3. Add remaining ingredients and cook for an additional 15 minutes. Serve hot.

*Note: Soup may require additional water; if so, add water ½ cup at a time.*

### Nutritional content per serving

- **110 calories**
- **0 grams trans fat**
- **17 milligrams sodium**
- **3 grams protein**
- **12 milligrams cholesterol**
- **101 milligrams potassium**
- **8 grams fat**
- **7 grams carbohydrate**
- **39 milligrams phosphorus**
- **2 grams saturated**
- **0 grams fiber**
- **21 milligrams phosphorus**

### Suggestions

- Other vegetables may be used: onions, mushrooms, carrots, pimentos, green peas, green beans, or whole kernel corn.
- Additional seasonings that may be used are sage, rosemary, marjoram, thyme, bay leaf, basil, and dill seed.
- May use whole boneless chicken parts, without skin
- May be served with unsalted crackers or regular bread.

*Reminder: count soup as part of daily fluid allowance.*
Herbed Omelet

**Ingredients**
1 ½ teaspoons vegetable oil
1 tablespoon chopped onion
4 eggs
2 tablespoons water
¼ teaspoon basil
⅛ teaspoon tarragon
¼ teaspoon parsley (optional)

**Directions**
1. Beat eggs; add water and spices.
2. Heat oil in 8” frying pan over medium heat, add onions and sauté. Remove from pan.
3. Pour mixture into heated frying pan over medium heat.
4. As the omelet sets, lift with a spatula to let the uncooked portion of the omelet flow to the bottom.
5. When the omelet is completely set, add the sautéed onion to the top of the omelet and remove from pan to a serving dish.

**Nutritional content per serving**
- 195 calories
- 0 grams trans fat
- 157 milligrams sodium
- 14 grams protein
- 474 milligrams cholesterol
- 157 milligrams potassium
- 15 gram total fat
- 0 grams carbohydrate
- 214 milligrams phosphorus
- 4 grams saturated fat
- 0 grams fiber
- 60 milligrams calcium

**Suggestions**
- May include bell pepper.
- May use egg substitutes or egg whites in place of whole eggs.
Fruit Omelet

Ingredients
2 cups frozen unsweetened strawberries, thawed
1 tablespoon sugar (optional)
4 eggs, separated
1 tablespoon lemon juice
1 tablespoon unsalted butter or margarine

Directions
1. Preheat oven to 375°F.
2. Sprinkle thawed strawberries with sugar; let stand.
3. Beat egg whites in a medium bowl until stiff.
4. Beat egg yolks and lemon juice in a separate bowl. Fold stiffly beaten egg whites into beaten yolks until no yellow streaks remain.
5. Melt butter in a 10” skillet that is oven-safe. Pour egg mixture into skillet, tilting pan to coat sides. Cook over low heat 5 minutes.
6. When mixture is set on the bottom, cook in oven for 5 additional minutes.

Nutritional content per serving
198 calories 0 grams trans fat 125 milligrams sodium
8 grams protein 240 milligrams cholesterol 430 milligrams potassium
9 grams total fat 24 grams carbohydrate 141 milligrams phosphorus
4 grams saturated fat 7 grams fiber 56 milligrams calcium

Suggestions
• Other fruits may be substituted: dutch apples, cherries, blueberries, blackberries, or canned peaches.
• Spices that may be included: allspice, cinnamon, or nutmeg.
in this section:

**Breads & Starches**
- Baking Powder Biscuits
- Old Fashioned Pancakes
- French Toast
- White Bread Dressing
- Cornbread Dressing
- Giblet Gravy
- Corn Pudding
- Herb Rice Casserole
- Yeast Dinner Rolls
- Blueberry Muffins
- Blueberry Baked Bread
- Herb Bread
- Rice O’Brien

**Vegetables**
- Steamed Asparagus
- Coleslaw
- Vegetables and Rice
- Macaroni Salad
- Favorite Green Beans
- Fried Onion Rings
- Baked Yellow Squash
- Yellow Squash and Green Onions
- Green Garden Salad
- Marinated Vegetables
Baking Powder Biscuits

Ingredients
2 cups all-purpose flour, sifted
3 teaspoons double acting baking powder
2 teaspoons sugar
⅓ cup vegetable shortening
¼ cup 1% milk
½ cup water

Directions
1. Pre-heat oven at 350ºF.
2. Sift dry ingredients into a bowl.
3. Cut in shortening until coarse crumbs form. Make a well in the mixture.
4. Pour milk and water into the well.
5. Stir quickly with a fork until dough follows fork around the bowl.
6. Dough should be soft. Turn dough onto lightly floured surface.
7. Knead gently 10-12 times. Roll or pat dough until ½” thick.
8. Dip a 2 ½” biscuit cutter into flour; then cut out 10 biscuits.

Nutritional content per serving
162 calories
3 grams protein
8 grams total fat
2 grams saturated fat
1 gram trans fat
1 milligrams cholesterol
21 grams carbohydrate
1 gram fiber
150 milligrams sodium
36 milligrams potassium
63 milligrams phosphorus
92 milligrams calcium

Yield: 10 biscuits
Serving size: 1 biscuit
Old Fashioned Pancakes

**Ingredients**
- ½ cup all purpose flour
- 1 egg, beaten
- ¼ cup granulated sugar
- ¼ teaspoon baking powder
- ¼ cup 2% milk plus ¼ cup water
- 1 tablespoon vegetable oil

**Directions**
1. Combine first four ingredients in a bowl. Mix well. Add milk and water. Add more water for thinner pancakes or less for thicker pancakes.
2. Heat oil in a skillet or on a griddle. Pour ¼ cup batter on griddle. Cook until brown, turning on each side.

**Nutritional content per serving**
- 165 calories
- 4 grams protein
- 5 grams total fat
- 1 gram saturated
- 0 grams trans fat
- 61 milligrams cholesterol
- 26 grams carbohydrates
- 0 grams fiber
- 58 milligrams sodium
- 57 milligrams potassium
- 64 milligrams phosphorus
- 45 milligram calcium

*Yield: 4 small pancakes
Serving size: 1 pancake*
French Toast

**Ingredients**
- 4 large egg whites, slightly beaten
- \(\frac{1}{4}\) cup 1% milk
- \(\frac{1}{2}\) teaspoon cinnamon
- \(\frac{1}{4}\) teaspoon allspice
- 4 slices white bread (may be toasted)
- 1 tablespoon margarine

**Directions**
1. Add milk, cinnamon and allspice to egg whites.
2. Dip bread into batter one piece at a time.
3. Place on heated grill or in skillet with melted margarine.
4. Turn bread after it is golden brown.
5. Serve hot with syrup (sugar free if diabetic).

**Nutritional content per serving**
- 125 calories
- 0 grams trans fat
- 0 milligrams cholesterol
- 14 grams carbohydrate
- 0 grams saturated fat
- 1 gram fiber
- 194 milligrams sodium
- 128 milligrams potassium
- 61 milligrams phosphorus
- 60 milligrams calcium

**Suggestions**
- May add \(\frac{1}{2}\) cup egg substitute.
White Bread Dressing

Ingredients
2 tablespoons margarine  
¼ cup chopped onions  
1 ½ cups plain bread crumbs or 3 slices bread, crumbled  
¼ cup chopped celery  
1 teaspoon poultry seasoning  
¼ teaspoon garlic powder  
¼ cup unsalted chicken broth

Directions
1. Melt margarine in a small skillet. Add onions. Stir until onions are tender.
2. Add bread crumbs, stirring constantly to prevent scorching.
3. Remove from heat. Add celery, poultry seasoning, garlic powder and chicken broth.
4. Blend well. Place in a small baking pan.
5. Bake for 30 minutes at 375°F.
6. If dressing appears too dry, add water as needed.

Nutritional content per serving
107 calories  0 grams trans fat  129 milligrams sodium  
2 grams protein  11 grams carbohydrates  77 milligrams potassium  
6 grams total fat  11 milligrams cholesterol  30 milligrams phosphorus  
0 grams saturated  1 gram fiber  35 milligrams calcium

Suggestions
• May use homemade broth made from cooked chicken.
• Uncooked dressing will keep for 1-2 months in freezer.
• Additional breadcrumbs may be added.
• If a small iron skillet is used, the dressing may be baked in the skillet.
Cornbread Dressing

Yield: 15 servings
Serving size: 2" x 2" square or 3/4 cup

**Cornbread**

**Ingredients for cornbread**
- 2 cups cornmeal (plain)
- 1 1/2 cups all-purpose flour
- 2 1/2 cups water
- 1 egg
- 2 tablespoons vegetable oil

**Directions for cornbread**
1. Preheat oven to 425°F.
2. Combine cornmeal, flour, sugar, and baking powder in mixing bowl; mix well.
3. Add water, egg and oil, mixing well.
4. Place in a 9" x 9" square greased baking pan.
5. Bake until golden brown.
6. When done, let cool, then crumble. Set aside to combine with dressing ingredients.

**Dressing**

**Ingredients for dressing**
- 2 cups chicken parts and giblets
- 4 cups water
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green peppers
- 1 teaspoon black pepper
- 1 teaspoon poultry seasoning
- 1 teaspoon onion powder
- 1 teaspoon sage
- 2 cups chicken broth

**Directions for dressing**
1. Wash chicken parts and giblets and add to water in a large pot.
2. Add onion, celery, green pepper and black pepper.
3. Boil for 30 minutes until tender
4. When done, reserve 2 cups of broth for dressing (remaining broth may be used for giblet gravy on the following page). Let meat cool.
5. Remove meat from bone and add to remaining dressing ingredients.
6. Mix all ingredients together with 2 cups broth from chicken until mixture is moist.
7. Spread into baking pan.
8. Bake at 425°F until golden brown.

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**Nutritional content per serving**

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**Suggestions**

- May substitute turkey parts and giblets for chicken.
Giblet Gravy

Ingredients
2 cups chicken broth (homemade from boiled chicken)
1 tablespoon all-purpose flour
1 hard boiled egg, sliced or chopped
1-2 poultry liver or giblets, boiled, chopped

Directions
1. Stir 1 tablespoon of broth with flour until smooth.
2. Add remaining broth and cook over low heat, stirring constantly.
3. Add boiled egg and giblets.
4. Continue to stir until desired thickness (about 5 minutes).

Nutritional content per serving
13 calories 0 grams trans fat 13 milligrams sodium
1 gram protein 13 milligrams cholesterol 31 milligrams potassium
0 grams total fat 1 gram carbohydrate 16 milligrams phosphorus
0 grams saturated fat 0 grams fiber 3 milligrams calcium

Suggestions
• Use on your favorite dressing or vegetable.

Yield: 32 servings
Serving size: 1 tablespoon
Corn Pudding

**Ingredients**
- 2 cups kernel corn, canned or fresh cut
- 3 slightly beaten eggs or ¾ cup egg substitute
- ½ cup 1% milk
- ½ cup water
- ½ cup onion, finely chopped
- 1 tablespoon butter, melted
- 1 teaspoon granulated sugar
- 1 teaspoon white or black pepper

**Directions**
1. Preheat oven to 350°F.
2. Combine all ingredients.
3. Pour into a greased 1 ½-quart casserole dish.
4. Place in a shallow pan filled with 1 inch of hot water.
5. Bake 40-45 minutes, or until knife inserted in center comes out clean.
6. Let stand for 10 minutes at room temperature before serving.

**Nutritional content per serving**
- 120 calories
- 6 grams protein
- 5 grams total fat
- 2.0 grams saturated
- 0 grams trans fat
- 121 milligrams cholesterol
- 17 grams carbohydrate
- 2 grams fiber
- 61 milligrams sodium
- 234 milligrams potassium
- 122 milligrams phosphorus
- 49 milligrams calcium

**Yield:** 6 servings  
**Serving size:** ½ cup
Herb Rice Casserole

Ingredients
1. cup white rice, uncooked
2. cups chicken stock, unsalted
¼ cup green bell pepper, chopped
½ teaspoon parsley flakes
1 tablespoon vegetable oil
3. Fresh green onions, chopped
1 tablespoon chives

Directions
1. Preheat oven to 350°F.
2. Combine all ingredients, and place in casserole dish.
3. Bake in covered casserole for 45-50 minutes or until liquid is absorbed.

Nutritional content per serving
53 calories 0 grams trans fat 19 milligrams sodium
2 grams protein 7 grams carbohydrate 74 milligrams potassium
2 grams total fat 0 milligrams cholesterol 29 milligrams phosphorus
0 saturated 0 grams fiber 7 milligrams calcium

Suggestions
• Serve with your favorite chicken dish and vegetable.
Yeast Dinner Rolls

**Ingredients**
- 1 cup hot water
- 6 tablespoons vegetable shortening
- ½ cup sugar
- 1 package yeast
- 2 tablespoons of warm water
- 1 egg
- 3 ¾-4 cups all-purpose flour

**Directions**
1. Preheat oven to 400°F.
2. Combine hot water, shortening, and sugar in a large bowl. Set aside to cool to room temperature.
3. Dissolve yeast in warm water.
4. Add egg, yeast, and half the flour to the mixture in the large bowl. Beat well.
5. Stir in the remaining flour with a spoon until easy to handle.
6. Place dough in a greased bowl; grease top and cover top with plastic wrap.
7. Allow to rest 1 to 1 ½ hours or until the dough has doubled in size.
8. Cut off amount needed to shape rolls.
9. Bake rolls for 12 minutes or until done.

**Nutritional content per serving**
- 148 calories
- 0 grams trans fat
- 5 milligrams sodium
- 3 grams protein
- 12 milligrams cholesterol
- 31 milligrams potassium
- 4 grams total fat
- 24 grams carbohydrate
- 32 milligrams phosphorus
- 1 grams saturated
- 1 gram fiber
- 5 milligrams calcium

**Suggestions**
- Use for all occasions: breakfast, lunch, dinner, and homemade bread.

**Yield:** 20 servings  
**Serving size:** 1 roll
Blueberry Muffins

Yield: 12 muffins
Serving size: 1 muffin

Ingredients
1 egg white
¼ cup margarine
½ cup sugar
7 tablespoons water
½ teaspoon vanilla extract
1 teaspoon baking powder
1 cup all-purpose flour
1 cup blueberries, canned and drained or fresh

Directions
1. Preheat oven to 375°F.
2. Beat egg white in a small mixing bowl until stiff. Set aside.
3. Cream margarine and sugar together until smooth.
4. Add water and vanilla, mixing thoroughly.
5. Add baking powder and flour.
6. Fold in beaten egg white and blueberries.
7. Bake in greased muffin pan for 30 minutes.

Nutritional content per serving
123 calories  0 grams trans fat  139 milligrams sodium
1.5 grams protein  0 milligrams cholesterol  71 milligrams potassium
4 grams total fat  21 grams carbohydrate  94 milligrams phosphorus
0 saturated fat  1 gram fiber  29 milligrams calcium

Suggestions
• May use strawberries, blackberries, or raspberries instead of blueberries.
Blueberry Baked Bread

**Ingredients**
- 1 quart blueberries, fresh or frozen
- ¼ cup water (omit if berries are frozen)
- 1 teaspoon lemon juice
- ½ cup sugar
- 1 pinch nutmeg
- 1 pinch cinnamon
- 1 tablespoon margarine
- 3 slices bread, buttered and sprinkled with cinnamon and sugar on both sides

**Directions**
1. Heat oven to 425°F.
2. Wash blueberries under cool running water.
3. Combine all ingredients in a saucepan except bread. Bring to a boil.
4. Pour blueberry mixture into a shallow baking pan; top with bread cut in halves.
5. Bake until brown (about 10 minutes).

**Nutritional content per serving**
- 176 calories
- 0 grams trans fat
- 92 milligrams sodium
- 2 grams protein
- 0 milligrams cholesterol
- 83 milligrams potassium
- 3 grams total fat
- 39 grams carbohydrate
- 20 milligrams phosphorus
- 0 saturated fat
- 3 grams fiber
- 56 milligrams calcium

**Suggestions**
- May be used as dessert or snack.
- Other fruits may also be used: strawberries, cherries, apples, blackberries, or canned peaches.
- To enhance the flavor of the fruit may use allspice or brown sugar.
Herb Bread

**Ingredients**
1 loaf french bread
¼ cup margarine (unsalted)
2 tablespoons chopped green onions
1 teaspoon thyme
¼ teaspoon tarragon
1 teaspoon basil flakes (optional)
½ teaspoon crushed marjoram (optional)

**Directions**
1. Heat oven to 350°F.
2. Slice french bread almost to the bottom crust.
3. Combine margarine with remaining ingredients.
4. Spread butter mixture on cut surfaces or slices. May use a brush.
5. Place on a baking sheet or pan.

**Nutritional content per serving**
- 120 calories
- 0 grams trans fat
- 208 milligrams sodium
- 4 grams protein
- 44 milligrams potassium
- 0 milligrams cholesterol
- 4 grams total fat
- 18 grams carbohydrate
- 37 milligrams phosphorus
- 1 gram saturated fat
- 1 grams fiber
- 15 milligrams calcium

**Suggestions**
- May omit spices and substitute with 2 teaspoons parsley flakes.
Rice O’Brian

Yield: 4 servings
Serving size: ½ cup

Ingredients
1½ cup water
1 cup rice, uncooked
½ cup onion, thinly sliced or chopped
¼ cup green pepper, chopped
¼ cup carrots, shredded
¼ teaspoon red pepper
½ teaspoon black pepper
½ teaspoon thyme or rosemary
1 tablespoon lemon juice
1 tablespoon margarine

Directions
1. In a large saucepan with water boiling, combine all ingredients.
2. Let simmer in covered pan for 15 minutes (do not stir).
3. Remove from pan; fluff rice lightly with fork.

Nutritional content per serving
207 calories 1 gram trans fat 32 milligrams sodium
4 grams protein 0 milligrams cholesterol 125 milligrams potassium
3 grams total fat 40 grams carbohydrate 64 milligrams phosphorus
1 saturated fat 1 gram fiber 21 milligrams calcium

Suggestions
• May add meat to ingredients, such as cooked and drained ground beef.
• May use additional vegetables, such as corn or okra.
• May add other seasonings, such as paprika or 2 teaspoons Mrs. Dash® for seasonings listed.
Steamed Asparagus

Ingredients
1. 1 tablespoon lemon juice
2. 2 tablespoons margarine, melted (unsalted)
3. 2 cups water
4. 12 fresh asparagus spears

Directions
1. Add lemon juice to margarine; set aside.
2. Bring water to a boil in bottom of steamer.
3. Place asparagus in steamer over boiling water.
4. Steam for 2 minutes after asparagus turns bright green.
5. Remove and pour margarine with lemon juice over asparagus. Serve.

Nutritional content per serving
- 62 calories
- 0 grams trans fat
- 1 milligram sodium
- 1 gram protein
- 0 milligrams cholesterol
- 123 milligrams potassium
- 6 grams total fat
- 3 grams carbohydrate
- 32 milligrams phosphorus
- 1 gram saturated fat
- 1 gram fiber
- 16 milligrams calcium
Coleslaw

Ingredients
1 cup cabbage, shredded
2 tablespoons green pepper, chopped
¼ cup onion, chopped
¼ cup carrots, shredded
¼ cup mayonnaise
2 tablespoons vinegar
1 tablespoon sugar
½ teaspoon black pepper
½ teaspoon celery seed (optional)
⅛ teaspoon dill weeds (optional)

Directions
1. Combine vegetables.
2. Blend mayonnaise, vinegar and seasonings.
3. Pour over vegetables and toss.

Nutritional content per serving
127 calories 0 grams trans fat 81 milligrams sodium
0 gram protein 0 milligrams cholesterol 76 milligrams potassium
11 grams total fat 6 grams carbohydrate 14 milligrams phosphorus
2 grams saturated fat 1 gram fiber 13 milligrams calcium

Yield: 4 servings
Serving size: ½ cup

Vegetables
Vegetables & Rice

**Ingredients**
- 2 ½ cups rice, cooked, salt-free
- 1 10-ounce package frozen green peas, cooked and drained
- 1 medium onion, chopped
- ¼ cup margarine, unsalted
- 1 tablespoon lemon juice
- ½ teaspoon thyme
- 2 tablespoons liquid smoke (optional)

**Directions**
1. Sauté chopped onion in margarine until tender.
2. Add rice, green peas, lemon juice, thyme and liquid smoke.
3. Cook for 5 minutes.

**Nutritional content per serving**
- 194 calories
- 0 grams trans fat
- 32 milligrams sodium
- 4 grams protein
- 0 milligrams cholesterol
- 99 milligrams potassium
- 8 grams total fat
- 26 grams carbohydrate
- 67 milligrams phosphorus
- 2 grams saturated fat
- 3 grams fiber
- 23 milligrams calcium

**Suggestions**
- Other vegetables may be used: broccoli, green beans, corn, and celery.
- Other seasonings may be used: Italian seasoning, poultry seasoning, black pepper, red pepper, garlic powder, sage.
Macaroni Salad

**Ingredients**

- 3 cups macaroni, cooked
- ¼ cup pimentos
- ½ cup onion, chopped
- ½ cup green pepper, chopped
- 3 hard boiled, shelled eggs, chopped
- ½ cup mayonnaise
- ½ cup celery, chopped
- 1 teaspoon dry mustard
  - paprika
  - black pepper

**Directions**

1. Rinse cooked macaroni under cold water; drain well.
2. Combine macaroni with remaining ingredients except paprika and black pepper. Mix well.
3. Sprinkle with paprika and black pepper.
4. Chill and serve.

**Nutritional content per serving**

- 223 calories
- 0 grams trans fats
- 103 milligrams sodium
- 6 grams protein
- 80 milligrams cholesterol
- 106 milligrams potassium
- 14 grams total fat
- 18 grams carbohydrate
- 74 milligrams phosphorus
- 2 grams saturated fat
- 2 grams fiber
- 20 milligrams calcium

**Suggestions**

- May substitute mayonnaise with oil and vinegar.
- May substitute onions or celery with green peas, cucumbers or parsley.
Favorite Green Beans

**Ingredients**
- 2 cans whole green beans, drained and rinsed
- 1 small onion, chopped
- ½ cup fresh mushrooms, sliced
- 1 teaspoon paprika
- ¼ teaspoon coarse black pepper
- 1 ½ cups unsalted top cracker crumbs
- 4 tablespoons margarine, unsalted

**Directions**
1. Preheat oven to 350°F.
2. Mix together green beans, onion, mushrooms, paprika and black pepper.
3. Place in a greased baking dish.
4. Top green bean mixture with cracker crumbs and margarine.
5. Bake for 30-35 minutes.

**Nutritional content per serving**
- 137 calories
- 0 grams trans fat
- 77 milligrams sodium
- 2 grams protein
- 0 milligrams cholesterol
- 214 milligrams potassium
- 9 grams total fat
- 14 grams carbohydrate
- 38 milligrams phosphorus
- 2 grams saturated fat
- 2 grams fiber
- 38 milligrams calcium

Yield: 6 servings
Serving size: ½ cup
Fried Onion Rings

Ingredients
¾ cup plain cornmeal
¼ cup all-purpose flour
1 teaspoon sugar
4 medium onions
1 egg, beaten
¼ cup water
½ cup vegetable oil for frying

Directions
1. Mix cornmeal, flour and sugar together; set aside.
2. Peel onions, and cut crosswise about ¼” thick. Separate into rings.
3. Mix beaten egg and water.
4. Dip rings in egg wash, then into cornmeal mixture.
5. Fry rings for 3-5 minutes in hot vegetable oil, turning until brown.

Nutritional content per serving
162 calories 0 grams trans fat 11 milligrams sodium
2 grams protein 14 grams carbohydrate 99 milligrams potassium
11 grams total fat 27 milligrams cholesterol 39 milligrams phosphorus
1 gram saturated fat 2 grams fiber 11 milligrams calcium

Suggestions
• To reduce fat and calories omit the vegetable oil, spray baking pan with cooking spray, place onion rings in a single layer, spray with cooking spray and bake at 400° F until golden brown.
• May be used as a side item with oven-fried fish, hamburgers or oven-fried chicken.
Baked Yellow Squash

**Ingredients**
- 2 tablespoons margarine or butter, melted
- ¾ teaspoon thyme
- ⅛ teaspoon black pepper
- 2 cans yellow squash, sliced
- 1 medium onion, chopped
- 1 small stalk celery, chopped
- 1 large bell pepper, chopped
- 1 tablespoon lemon juice

**Directions**
1. Preheat oven to 350°F.
2. Sauté all ingredients except lemon juice in margarine. Cook until onions are translucent.
3. Add lemon juice.
4. Place sautéed mixture in a casserole dish.
5. Bake for approximately 30 minutes. Serve hot.

**Nutritional content per serving**
- 49 calories
- 1 gram trans fat
- 34 milligrams sodium
- 1 gram protein
- 0 milligrams cholesterol
- 139 milligrams potassium
- 3 grams total fat
- 5 grams carbohydrate
- 25 milligrams phosphorus
- 1 gram saturated fat
- 2 grams fiber
- 31 milligrams calcium

**Yield:** 6 servings  
**Serving size:** ½ cup
Yellow Squash & Green Onions

Ingredients
2 cups yellow straight neck or crook neck squash, washed and sliced
2 tablespoons butter or margarine
1 cup green onion, chopped
1 teaspoon black pepper

Directions
1. Boil squash slices for 15 minutes or until tender; drain.
2. In frying pan, melt butter. Sauté onions until tender.
3. Stir in squash and black pepper.
4. Cover and allow to simmer on low heat for about 5 minutes. Serve hot.

Nutritional content per serving
87 calories 1 gram trans fat 347 milligrams sodium
1.5 gram protein 0 milligrams cholesterol 204 milligrams potassium
8 grams total fat 4 grams carbohydrate 40 milligrams phosphorus
2 grams saturated fat 2 grams fiber 31 milligrams calcium

Suggestions
- May add regular onions, onion powder, paprika, red pepper, white pepper or chopped parsley.
- Serve as a main vegetable with meat, or over rice.

Yield: 3 servings
Serving size: ½ cup

Vegetables
Ingredients
4 cups red leaf or other lettuce, shredded
1 carrot, sliced
2 celery stalks, sliced
2 cucumbers, sliced
2 radishes, sliced
1 large bell pepper, diced or sliced into rings

Directions
1. Combine vegetables in a large bowl and toss.
2. May serve with your favorite salad dressing.

Nutritional content per serving
30 calories 0 grams trans fat 20 milligrams sodium
1 gram protein 0 milligrams cholesterol 215 milligrams potassium
0 grams total fat 4 grams carbohydrate 29 milligrams phosphorus
0 saturated fat 1 gram fiber 25 milligrams calcium

Suggestions
• Other vegetables may be used such as cabbage, beets, squash, or wax beans.
Marinated Vegetables

**Ingredients for marinade**
- ¾ cup vinegar
- ¾ cup sugar
- 1 tablespoon water
- black pepper, to taste

**Ingredient for salad**
- 1 12-ounce can small english peas, drained
- 1 12-ounce can shoe peg corn*, drained
- 1 12-ounce jar pimento, drained
- ¾ cup onion, finely chopped
- 1 cup celery, finely chopped

**Directions**
1. In a small saucepan, combine marinade ingredients, and bring to a boil. Cool completely.
2. Mix salad ingredients together.
3. Pour cooled marinade over vegetables and stir.
4. Place in a covered container and refrigerate overnight before serving.

*Tip: if unable to find shoe peg corn substitute with white or yellow corn.

**Nutritional content per serving**
- 85 calories
- 0 grams trans fat
- 154 milligrams potassium
- 0 grams protein
- 39 milligrams phosphorus
- 0 total fat
- 2 grams fiber
- 0 saturated fat
- 12 milligrams calcium
- 13 milligrams sodium
- 0 milligrams cholesterol
- 20 grams carbohydrate

**Suggestions**
- This will keep for several weeks in the refrigerator.

Yield: 15 servings
Serving size: ½ cup
Side Dishes

in this section:
Salt Free Sweet Brown Mustard Relish
Spicy Barbeque Sauce
Salt-Free Sweet Brown Mustard

Yield: 1 ½ cups
Serving size: 1 tablespoon

**Ingredients**
- 2 teaspoons cornstarch
- 1 cup cider vinegar
- ½ cup dry mustard
- ½ cup light brown sugar
- ½ teaspoon white pepper (or black pepper)

**Directions**
1. Dissolve cornstarch in small amount of vinegar.
2. Heat remaining vinegar; add mustard, sugar, and pepper. Stir until dissolved.
3. When hot, add cornstarch and cook until thick. Remove from heat.
4. Cover the mixture and let stand at room temperature for 24 hours to develop flavor.

**Nutritional content per serving**
- 27 calories
- 0 grams protein
- 1 grams total fat
- 0 grams saturated fat
- 0 grams trans fat
- 0 milligrams cholesterol
- 4 grams carbohydrate
- 0 grams fiber
- 2 milligrams sodium
- 27 milligrams potassium
- 18 milligrams phosphorus
- 9 milligrams calcium

**Suggestions**
- The ingredient measurements may be adjusted according to taste.
- Distilled (white) vinegar gives sharper taste than the cider vinegar and contains less potassium.
- Oil and unsalted margarine could be added if extra calories are needed.
Relish
(For Hamburgers, Steaks, etc.)

Ingredients
2 lemons, peeled and quartered
1 large onion
½ medium green pepper
2 cups sliced celery
¼ cup parsley (optional)
½ cup sugar
¼ teaspoon ground mustard
⅛ teaspoon allspice
½ teaspoon celery seed

Directions
2. Cover and place in refrigerator for several hours or overnight to blend flavors.

Nutritional content per serving
8 calories 0 grams trans fat 8 milligrams sodium
0 grams protein 0 milligrams cholesterol 31 milligrams potassium
0 grams total fat 2 grams carbohydrate 9 milligrams phosphorus
0 grams saturated fat 0 grams fiber 10 milligrams calcium

Yield: 2 ¼ cups
Serving size: 1 tablespoon
Spicy Barbecue Sauce

Ingredients
¼ cup dark corn syrup
¼ cup red wine vinegar
¼ cup onion, chopped
1 cup water
2 teaspoons dry mustard
2 tablespoons tomato paste
1 teaspoon Tabasco® pepper sauce
2 tablespoons vegetable oil
1 tablespoon all purpose flour
1 teaspoon Mrs. Dash® (of your choice)

Directions
1. Mix all ingredients together except vegetable oil and flour in a sauce pan.
2. Mix vegetable oil and flour together in separate container to make paste.
3. Add to sauce pan, cook on low heat until desired thickness is reached.
4. Pour or brush on baked or grilled meats.

Nutritional content per serving
28 calories 0 grams trans fat 28 milligrams sodium
0 grams protein 0 milligrams cholesterol 34 milligrams potassium
1 gram total fat 2 grams carbohydrate 7 milligrams phosphorus
0 grams saturated fat 0 grams fiber 2 milligrams calcium

Yield: 1 ½ cup
Serving size: 1 tablespoon
Desserts

in this section:

Scarlet’s Frozen Fantasy Ribbon Cakes Baked Egg Custard Pineapple Pudding Lemon Crispies Lemon Squares Jeweled Cookies Spritz Cookies Melting Moments Cream Cheese Cookies Old-Fashioned Pound Cake Pineapple Pound Cake Cream Cheese Pound Cake Whipped Cream Pound Cake Spiced Pound Cake Pineapple Upside-Down Cake 7-Up Pound Cake Strawberry Cake Carrot Cake Fruit Crunch (Crumb Top Pie) Frozen Lemon Dessert Fruit In The Clouds Fruit Salad Blueberry Cobbler Peachy Cobbler Chocolate Pie Shell Pumpkin Soufflé
Scarlet's Frozen Fantasy

**Ingredients**
- 1 cup cranberry juice cocktail
- 1 cup fresh whole strawberries, washed and hulled
- 2 tablespoons fresh lime juice
- ¼ cup sugar
- 8-9 ice cubes
- Strawberries for garnishing

**Directions**
1. Combine cranberry juice, strawberries, lime juice and sugar in a blender. Mix well.
2. Add ice cubes and blend until smooth.
3. Pour into chilled glasses and garnish with a fresh strawberry.

**Nutritional content per serving**
- 100 calories
- 0 grams protein
- 0 grams total fat
- 0 saturated fat
- 0 grams trans fat
- 24 grams carbohydrate
- 1 gram fiber
- 3 milligrams sodium
- 0 milligrams cholesterol
- 109 milligrams potassium
- 129 milligrams phosphorus
- 9 milligrams calcium

**Yield:** 4 servings  
**Serving size:** 4-ounces
Ribbon Cakes

These festive cookies are baked in an unusual way to produce stripes of jelly across them. They will keep for six weeks tightly covered and are excellent to make ahead for Christmas. This recipe comes from Finland.

Yield: 84 cookies  
Serving size: 2 cookies

Ingredients

- 3 cups unsifted all-purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 cup (½ pound) butter or margarine, softened
- 2 whole eggs plus 1 egg white
- ½ teaspoon vanilla
- 1 cup jelly or jam (plum, blackberry, or raspberry jelly, or apricot jam)
- 2 tablespoons sugar

Directions

1. Heat oven to 375°F.
2. In a large bowl, combine flour, sugar, and baking powder.
3. Blend in butter with finger tips or pastry blender until mixture resembles cornmeal.
4. Add eggs, egg white and vanilla; work into stiff dough.
5. Divide dough into two balls, one twice the size of the other. On a heavily floured board (¼ to ½ cup flour), roll out the larger ball to 1/8” thickness.
6. Place rolled dough in a cookie pan (11” x 15 ½”), smoothing out to edges and patching corners. Spread jelly over the top.
7. Roll out remaining dough to 1/8” thickness and cut into ½ ” wide strips; place strips diagonally across the jelly, ½” apart. Sprinkle sugar over the top. Place in oven.
8. When edges start to brown (about 20 minutes), take pan from the oven, cut off and remove about a 3” strip all around the edges. Return pan to oven, remove after 10 minutes.
9. Cut into 1” x 2” rectangles. Makes 7 dozen cookies.

Nutritional content per serving

- 106 calories
- 1 gram protein
- 5 gram total fat
- 1 gram saturated fat
- 14 milligrams cholesterol
- 15 grams carbohydrate
- 1 gram trans fat
- 0 grams fiber
- 65 milligrams sodium
- 17 milligrams potassium
- 27 milligrams phosphorus
- 11 milligrams calcium

Source: Sunset Cookbook
Baked Egg Custard

Ingredients
2 medium eggs
¼ cup 2% milk
3 tablespoons sugar
1 teaspoon vanilla or lemon extract
1 teaspoon nutmeg

Directions
1. Preheat oven to 325°F.
2. Combine all ingredients, and beat for one minute with electric mixture until thoroughly mixed.
3. Pour into custard cups or muffin pans.
4. Sprinkle nutmeg on top.
5. Bake 20-30 minutes or until knife inserted into the center of the custard comes out clean.

Nutritional content per serving
70 calories 0 grams trans fat 34 milligrams sodium
3 grams protein 91 milligrams cholesterol 30 milligrams potassium
3 grams fat 9 grams carbohydrate 42 milligrams phosphorus
1 saturated fat 0 gram fiber 12 milligrams calcium

Suggestions
• May place in an unbaked pastry shell or graham cracker crust.
• May use non-dairy whipped topping.
• May substitute or add your favorite flavoring.
• May use fruit topping (e.g., pineapple or cherries).
• May use cinnamon, allspice, or cloves instead of nutmeg.
• May substitute 2 egg whites for 1 whole egg to lower cholesterol.
• May use fat-free or 1% milk.
Pineapple Pudding

Yield: 12 servings
Serving size: ½ cup

Ingredients

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<th>Item</th>
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<tr>
<td>3</td>
<td>tablespoons all-purpose flour</td>
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<tr>
<td>½</td>
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<td>3</td>
<td>large eggs, divided</td>
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<td>cup 2% milk</td>
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<td>25-30</td>
<td>vanilla wafers</td>
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Directions

1. Preheat oven to 425°F.
2. Combine flour, sugar, 1 whole egg and 3 egg yolks in top of a double boiler.
3. Stir in milk and water. Cook, uncovered over boiling water, stirring constantly, until thickened.
4. Remove from heat, and add vanilla extract.
5. Spread a small amount of the custard on the bottom of a 1 ½ quart casserole dish; top with half of the vanilla wafers, then half of the pineapple.
6. Continue with layers of custard, vanilla wafers, and pineapple, beginning and ending with custard.
7. Beat remaining egg whites with fork, egg beater, or hand mixer, add sugar. Beat until stiff peaks form.
8. Pile beaten egg whites on top of layered pudding. Bake for 5 minutes or until lightly browned.

Nutritional content per serving

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Suggestions:

- May substitute pineapples with fruit cocktail, pears, canned peaches, canned cherries or berries.
- Other flavorings may be used instead of vanilla, such as almond, rum, lemon or banana.
- May use non-dairy whipped toppings instead of egg white meringue.
Lemon Crispies

**Ingredients**
1. 1 cup unsalted butter or margarine
2. 1 cup granulated sugar
3. 1 egg
4. 1 ½ teaspoons lemon extract
5. 1 ½ cup all-purpose flour, sifted

**Directions**
1. Preheat oven to 375°F.
2. Cream butter with sugar.
3. Add egg and lemon extract, beat until light and fluffy.
4. Add flour, mix until smooth.
5. Drop batter by level tablespoon onto ungreased cookie sheet, at least 2" apart.
6. Bake for 10 minutes until brown around the edges.
7. Remove from cookie sheet after the cookies have cooled for a minute.

**Nutritional content per serving**
- 115 calories
- 0 grams trans fat
- 12 milligrams sodium
- 2 gram protein
- 76 milligrams cholesterol
- 20 milligrams potassium
- 6 grams total fat
- 12 grams carbohydrate
- 23 milligrams phosphorus
- 1 gram saturated fat
- 0 grams fiber
- 7 milligrams calcium

Yield: 5 dozen
Serving size: 2 cookies
Lemon Squares

Yield: 36 squares  
Serving size: 2 squares

Crust layer

**Ingredients for crust layer**
- ¼ cup powdered sugar
- ⅛ teaspoon salt
- 1 cup all-purpose flour
- ½ cup unsalted butter

**Directions for crust layer**
1. Mix all ingredients together.
2. Press into ungreased 8” square pan
3. Bake at 350° F for 15 minutes.
4. Remove from oven and spread with the filling layer.

Filling layer

**Ingredients for filling layer**
- 1 cup granulated sugar
- ½ teaspoon baking powder
- ⅛ teaspoon salt
- 2 eggs, slightly beaten
- 2 tablespoons fresh lemon juice
- Zest from one lemon

**Directions for filling layer**
1. Mix all filling ingredients together.
2. Spread evenly on top of baked crust layer. Return to oven, and bake an additional 20 minutes at 350°F.
3. Remove from oven and cool.

Icing layer

**Ingredients for icing layer**
- 2 tablespoons fresh lemon juice
- ¾ cup powdered sugar
- 1 tablespoon unsalted butter, softened

**Directions for icing layer**
1. Mix all ingredients together.
2. When baked crust and filling are completely cool, spread icing over the top.

*Refrigerate—these squares also freeze well.*

**Nutritional content per serving**
- 115 calories
- 2 grams protein
- 1 grams total fat
- 1 saturated fat
- 0 grams trans fat
- 29 milligrams cholesterol
- 25 grams carbohydrate
- 0 grams fiber
- 54 milligrams sodium
- 20 milligrams potassium
- 34 milligrams phosphorus
- 15 milligrams calcium
Jeweled Cookies

**Ingredients**

- ½ cup softened unsalted butter or margarine
- 1 cup brown sugar, packed
- 1 medium egg
- ¼ cup milk
- 1 teaspoon vanilla
- 1 ¾ cups all-purpose flour, sifted
- 1 teaspoon baking powder
- 15 large gumdrops, chopped

**Directions**

1. Preheat oven to 400°F.
2. Cream butter, sugar and egg thoroughly.
3. Stir in milk and vanilla.
4. Mix flour with baking powder in a separate bowl. Add to above ingredients.
5. Mix in gumdrops and chill dough for at least one hour.
6. Drop dough by tablespoonfuls onto greased cookie sheet.
7. Bake 8-10 minutes until golden brown.

**Nutritional content per serving**

- 104 calories
- 0 grams trans fat
- 9 milligrams sodium
- 1 gram protein
- 7 milligrams cholesterol
- 29 milligrams potassium
- 1 gram total fat
- 22 grams carbohydrate
- 16 milligrams phosphorus
- 0 saturated fat
- 0 grams fiber
- 13 milligrams calcium

**Yield:** 50 cookies  
**Serving size:** 2 cookies
Spritz Cookies

**Ingredients**
- 5 cups all-purpose flour
- 2 cups butter
- 1 cup plus 2 tablespoons sugar
- 2 eggs
- 1 teaspoon almond extract
- 2 teaspoons vanilla extract

**Directions**
1. Preheat oven to 400°F.
2. Combine flour, butter and sugar.
3. Add eggs and extracts; mix with a spoon or hand mixer on low speed.
4. Drop cookies onto ungreased baking sheet or use cookie gun.
5. Bake for 5-8 minutes.
6. Cool and serve.

**Nutritional content per serving**
- 172 calories
- 0 grams trans fat
- 56 milligrams sodium
- 2 grams protein
- 13 milligrams cholesterol
- 29 milligrams potassium
- 7 grams total fat
- 26 grams carbohydrate
- 22 milligrams phosphorus
- 4 grams saturated fat
- 0 grams fiber
- 8 milligrams calcium

**Yield:** 75 cookies  
**Serving size:** 2 cookies
# Melting Moments

**Yield:** 25 cookies  
**Serving size:** 1 cookie

## Ingredients for cookies
1. 1 cup soft butter or margarine  
2. ¾ cup cornstarch  
3. ½ cup powdered sugar  
4. 1 cup sifted cake flour  
5. ½ teaspoon  
6. 2 tablespoons milk or light cream (just enough to make the mixture spreadable)  
7. 1 drop yellow food coloring

## Directions for cookies
1. Preheat oven to 300°F.  
2. To make cookies: using an electric mixer, cream together butter, cornstarch, powdered sugar and cake flour, scraping sides of bowl.  
3. Refrigerate dough for 30 minutes for easier handling.  
4. Roll dough into small balls, and place on a lightly greased cookie sheet.  
5. Bake for 15 minutes; cookies will be cream-colored, not brown.

## Ingredients for icing
1. Cream together:
   - 2 tablespoons butter or margarine, melted  
   - 1 cup powdered sugar  
   - ½ teaspoon lemon juice  
   - Grated lemon rind

## Directions for icing
1. Place melted butter, powdered sugar, lemon juice and rind in a small bowl, mix together by hand.  
2. Add just enough milk or light cream to make the mixture spreadable.  
3. Add food coloring.  
4. Place one dot of icing onto each cookie while they are still warm.

## Nutritional content per serving
- 109 calories  
- 1 gram protein  
- 5 grams total fat  
- 3 grams saturated fat  
- 0 grams trans fat  
- 0 grams fiber  
- 44 milligrams sodium  
- 10 milligrams cholesterol  
- 14 grams carbohydrate  
- 7 milligrams calcium  
- 15 milligrams potassium  
- 10 milligrams phosphorus
Cream Cheese Cookies

**Ingredients**
1 cup butter or margarine, softened
1 3-ounce package cream cheese, softened
1 cup sugar
1 egg yolk
2 ½ cups all-purpose flour
1 teaspoon vanilla extract
candied cherry halves

**Directions**
1. Preheat oven to 325°F.
2. Cream butter and cream cheese; slowly add sugar, beating until fluffy.
3. Beat in egg yolk; add flour and vanilla, mix well.
4. Chill dough at least one hour
5. Shape dough into 1” balls; place on greased cookie sheets.
6. Gently press a cherry half into each cookie.

**Nutritional content per serving**
- 80 calories
- 0 grams trans fat
- 31 milligrams sodium
- 0.5 gram protein
- 13 milligrams cholesterol
- 15 milligrams potassium
- 4 grams total fat
- 11 grams carbohydrate
- 14 milligrams phosphorus
- 2 grams saturated fat
- 0 grams fiber
- 6 milligrams calcium

**Suggestions**
May use reduced fat cream cheese to lower total fat.
Old Fashioned Pound Cake

**Ingredients**

- 2 cups butter or margarine
- 4 cups powdered sugar
- 2 tablespoons grated lemon rind
- 1 teaspoon lemon extract
- 6 eggs
- 3 ½ cups all-purpose flour, sifted

**Directions**

1. Preheat oven to 350°F.
2. Using an electric mixer on medium speed, cream butter for 3 minutes, or until light and fluffy.
3. Gradually add sugar and rind; cream thoroughly.
4. Add lemon extract and eggs, one at a time, mixing well after each addition.
5. Gradually add flour; mix well.
6. Pour into greased and floured 10” tube pan or bundt pan.
7. Bake one hour and 20 minutes or until wooden pick inserted in center of cake comes out clean.
8. Remove from pan and cool.

**Nutritional content per serving**

- 279 calories
- 10 grams protein
- 11 grams total fat
- 5 grams saturated fat
- 0 grams trans fat
- 34 grams carbohydrate
- 267 milligrams cholesterol
- 0 grams fiber
- 127 milligrams sodium
- 108 milligrams potassium
- 139 milligrams phosphorus
- 40 milligram calcium

**Yield:** 24 servings

**Serving size:** 1 slice (3 ½” x 4” x ¾”)

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Desserts
Pineapple Pound Cake

Ingredients for cake
3 cups sugar
1 ½ cups butter
6 whole eggs and 4 egg whites
1 teaspoon vanilla extract
3 cups all-purpose flour, sifted
1 10-ounce can crushed pineapple (drain and reserve juice)

Directions
1. Preheat oven to 350°F.
2. Beat together sugar and butter until smooth and creamy.
3. Add eggs and egg whites two at a time, mixing after each addition.
4. Add vanilla.
5. Add sifted flour and mix well.
6. Add drained, crushed pineapple.
7. Bake for 45 minutes to 1 hour.
8. In a medium saucepan, mix together ingredients for glaze. Stir frequently. Bring to a boil, until desired thickness is reached. Pour over top of cake while hot.

Ingredients for glaze
1 cup sugar
1 stick margarine (½ cup)
juice from pineapple

Nutritional content per serving
288 calories
0 grams trans fat
93 milligrams sodium
2.5 grams protein
68 milligrams cholesterol
67 milligrams potassium
9 grams total fat
47 grams carbohydrate
47 milligrams phosphorus
6 grams saturated fat
19 grams fiber
19 milligrams calcium

Yield: 24 servings
Serving size: 1 slice (3 ½” x 4” x ¾”)
Cream Cheese Pound Cake

Ingredients for cake

- 3 sticks margarine or butter
- 8 ounces cream cheese, softened
- 3 cups sugar
- 1 ½ teaspoon vanilla extract
- 4 large eggs
- 4 large egg whites
- 3 cups white cake flour, sifted

Directions

1. Preheat oven to 325°F.
2. Cream margarine, cream cheese, and sugar until light and fluffy.
3. Add vanilla, and beat well.
4. Add eggs, one at a time, and egg whites two at a time, beating well after each addition.
5. Stir in flour. Spoon mixture into a greased and floured muffin pan.
6. Bake for about 1 ½ hour.
7. Mix frosting and place on cooled cake.

Nutritional content per serving

- 285 calories
- 1.7 grams trans fat
- 133 milligrams sodium
- 3 grams protein
- 6 milligrams cholesterol
- 29 milligrams potassium
- 14 grams total fat
- 46 grams carbohydrate
- 16 milligrams phosphorus
- 3 grams saturated fat
- 0 grams fiber
- 8 milligrams calcium

Ingredients for frosting

- 2 16-ounce boxes powdered sugar
- 8 ounces cream cheese
- 1 stick margarine (½ cup)

Yield: 40 cupcakes
Serving size: 1 cupcake
Whipped Cream Pound Cake

**Ingredients**
2 sticks margarine or butter, softened  
3 cups sugar  
6 eggs  
3 cups cake flour (sift once before measuring)  
½ pint whipping cream  
1 teaspoon vanilla flavoring

**Directions**
1. Preheat oven to 350°F.  
2. Grease and flour tube pan.  
3. All ingredients should be at room temperature.  
4. Cream margarine and sugar together until fluffy.  
5. Add eggs, one at a time, beating after each addition.  
6. Gradually add flour and whipping cream, blending between each addition.  
7. Beat well for 30 seconds; stir in vanilla flavoring.  
8. Pour batter into tube pan; bake for 50-60 minutes.

**Nutritional content per serving**
- 249 calories  
- 0 grams trans fat  
- 192 milligrams sodium  
- 8 grams protein  
- 6 milligrams cholesterol  
- 120 milligrams potassium  
- 9 grams total fat  
- 35 grams carbohydrate  
- 24 milligrams phosphorus  
- 2.5 grams saturated fat  
- 0 grams fiber  
- 12 milligrams calcium

**Suggestions**
- May substitute 2 egg whites for each whole egg and add two at a time.
Spiced Pound Cake

**Ingredients**
- 3 sticks butter or margarine
- 1 ¼ teaspoons ground nutmeg or mace
- 1 teaspoon vanilla extract
- 1 pound sifted powdered sugar
- 6 eggs
- 3 cups cake flour

**Directions**
1. Preheat oven to 325°F.
2. Cream butter in a large bowl until softened.
3. Blend in nutmeg or mace and vanilla extract.
4. Gradually stir in powdered sugar.
5. Add eggs, one at a time, beating well after each addition.
7. Grease only the bottom and lightly flour a 10” x 4” round tube pan. **Note: do not grease the sides!**
8. Bake for 1 hour and 20 minutes or until a cake tester inserted in the center comes out clean.
9. Allow cake to cool. Sprinkle with powdered sugar when cold.

**Nutritional content per serving**
- 174 calories
- 3 grams protein
- 5 grams total fat
- 2 grams saturated fat
- 0 grams trans fat
- 0 grams fiber
- 82 milligrams cholesterol
- 33 grams carbohydrate
- 82 milligrams sodium
- 45 milligrams potassium
- 7 milligrams calcium
- 51 milligrams phosphorus
- 7 milligrams calcium

**Yield:** 16 slices  
**Serving size:** 1 slice
**Pineapple Upside-Down Cake**

**Ingredients for cake:**
- 2 sticks margarine
- 2 ½ cups sugar
- 1 teaspoon vanilla extract
- 4 eggs
- 4 egg whites
- 3 cups all-purpose flour, sifted
- ½ cup butter or margarine
- 1 16-ounce can crushed pineapple, drained
- ¾ cup brown sugar

**Directions**
1. Preheat oven to 375°F.
2. Cream margarine until light and fluffy with electric mixer. Gradually add sugar; cream thoroughly.
3. Add vanilla extract, eggs and egg whites, two at a time.
4. Gradually add flour and mix well.
5. Melt ½ cup butter in a cake pan, preferably a sheet pan.
6. Spread pineapple evenly in pan; sprinkle brown sugar over pineapple.
7. Pour batter over pineapple. Bake for about 45 minutes.
8. When done, turn cake over onto a cake plate. Slice and serve.

**Nutritional content per serving**
- 301 calories
- 4 grams protein
- 9 grams total fat
- 3 grams saturated fat
- 0 grams trans fat
- 206 milligrams cholesterol
- 53 grams carbohydrate
- 1 gram fiber
- 123 milligrams sodium
- 76 milligrams potassium
- 26 milligrams phosphorus
- 43 milligrams calcium

**Yield:** 20 Squares  
**Serving size:** 1 square
7-Up® Pound Cake

**Ingredients**
- 2 sticks margarine
- ½ cup vegetable shortening
- 3 cups sugar
- 5 eggs
- 1 teaspoon lemon extract
- 3 cups all-purpose flour
- 7 ounces 7-up® soda

**Directions**
1. Preheat oven to 300°F.
2. Cream margarine, shortening and sugar together.
3. Add eggs, one at a time, beating well after each addition; add lemon extract.
4. Add about one-third of the flour and alternate with a portion of 7-up®. Beat well after each addition; continue until total amount is added to batter.
5. Bake in a greased and floured 10" tube pan for 1 ½ hours or until wooden toothpick inserted in center comes out clean.

**Nutritional content per serving**
- 229 calories
- 1.3 grams trans fat
- 110 milligrams sodium
- 6 grams protein
- 147 milligrams cholesterol
- 60 milligrams potassium
- 12 grams total fat
- 26 grams carbohydrate
- 28 milligrams phosphorus
- 3 grams saturated fat
- 0 grams fiber
- 21 milligrams calcium

Yield: 16 slices

Serving size: 1 square
Strawberry Cake

**Yield:** 24 slices  
**Serving size:** 1 slice

### Cake

#### Ingredients for cake
- 2 cups butter or margarine
- 3 cups sugar
- 1 teaspoon vanilla extract
- 6 eggs
- 3 ½ cups all-purpose flour
- ¾ cup frozen strawberries, thawed and drained; reserve juices

#### Directions for cake
1. Preheat oven to 350°F.
2. Grease and flour a 10” tube or sheet pan.
3. Cream butter at medium speed with electric mixer until light and fluffy.
5. Add eggs one at a time, mixing thoroughly after each addition.
6. Gradually add flour until mixed well.
7. Add drained berries and mix well.
8. Pour batter into tube or sheet pan.
9. Bake for 1 hour and 15 minutes or until a wooded toothpick inserted in the center of the cake comes out clean.
10. Remove from pan and let cake cool on a wire rack.

### Icing

#### Ingredients for icing
- 1 stick butter or margarine
- 1 pound box powdered sugar
- Drained juice from strawberries

#### Directions for icing
1. Icing: cream butter; gradually add powdered sugar and strawberry juice.
2. Mix well and place icing on cooled cake.

### Nutritional content per serving
- 383 calories
- 10 grams protein
- 17 grams total fat
- 9 grams saturated fat
- 0 grams trans fat
- 277 milligrams cholesterol
- 48 grams carbohydrate
- 1 gram fiber
- 172 milligrams sodium
- 128 milligrams potassium
- 143 milligrams phosphorus
- 46 milligrams calcium

### Suggestions
- To make an alternate berry cake, substitute your favorite berries: raspberries, blueberries, etc.
- May use for cupcakes.
## Carrot Cake

### Cake

#### Ingredients for cake
1 cup granulated sugar
½ cup vegetable oil
2 eggs
1 ½ cup carrots, grated or shredded
1 teaspoon vanilla extract
2 cups all-purpose flour
2 teaspoon baking soda
1 teaspoon baking powder
2 teaspoons ground cinnamon
¼ teaspoon nutmeg
¼ teaspoon ground cloves
1 cup canned pineapples, crushed and drained

#### Directions for cake
1. Preheat oven to 375°F.
2. Combine sugar, oil and egg; beat well.
4. Add remaining ingredients to mixture; mix well.
5. Pour into greased and floured 9" x 13" cake pan.
7. Garnish with whipped cream or top with icing (optional).

### Icing

#### Ingredients for icing
1 4-ounce bar cream cheese, softened
¼ cup unsalted margarine, softened
1 tablespoon vanilla
2 cups powdered sugar, sifted

#### Directions for icing
1. Mix together cream cheese and unsalted margarine. Add vanilla and powdered sugar.
2. Spread over cooled cake. (May need extra powdered sugar to stiffen the icing).

### Nutritional content per serving
- 202 calories
- 3 grams protein
- 8 grams total fat
- 1 gram saturated fat
- 0 grams trans fat
- 32 milligrams cholesterol
- 30 grams carbohydrates
- 1 gram fiber
- 219 milligrams sodium
- 81 milligrams potassium
- 44 milligrams phosphorus
- 34 milligrams calcium
Fruit Crunch (Crumb Top Pie)

**Ingredients**

- 4 large tart apples, pared, cored and sliced
- ¾ cup sugar
- ½ cups all-purpose flour, sifted
- ½ cup margarine, softened
- ¾ cup rolled oats
- ¼ teaspoon nutmeg

**Directions**

1. Preheat oven to 375°F.
2. Place apples in a greased 8” square pan.
3. Combine remaining ingredients in a medium bowl, and spread over fruit.
4. Bake 30-35 minutes or until fruit is tender and lightly browned.

**Nutritional content per serving**

- 217 calories
- 1.4 grams trans fat
- 62 milligrams sodium
- 1.4 grams protein
- 0 milligrams cholesterol
- 68 milligrams potassium
- 8 grams total fat
- 36 grams carbohydrate
- 37 milligrams phosphorus
- 2 grams saturated fat
- 2 grams fiber
- 10 milligrams calcium

**Suggestions**

- May use other fruits such as canned, sliced peaches (drained) or fresh pears.
- May use as a dessert or snack.
- May serve with whipped cream.
- May substitute cinnamon for nutmeg.
Frozen Lemon Dessert

Ingredients
4 eggs, separated
⅔ cup sugar
¼ cup lemon juice
1 tablespoon lemon peel, grated
1 cup whipping cream, whipped
2 cups vanilla wafers (about 40), crushed

Directions
1. Beat egg yolks until very thick.
2. Gradually beat in sugar, beating well after each addition.
3. Add lemon juice and lemon peel; blend well.
4. Cook in double boiler over hot water stirring constantly until thick.
5. Remove from heat and allow to cool.
6. Beat egg whites until stiff peaks form.
7. Fold egg whites into cooled thickened mixture.
8. Fold in whipped cream
9. Spread 1 ½ cups vanilla wafer crumbs in bottom of freezer tray or 10” x 6” x 1 ½” baking dish.
10. Spoon lemon mixture over crumbs.
11. Top with remaining vanilla wafer crumbs.
12. Freeze until firm, several hours or overnight.

Nutritional content per serving
205 calorie 0 grams trans fat 97 milligrams sodium
3 grams protein 27 milligrams cholesterol 69 milligrams potassium
7 grams total fat 32 grams carbohydrate 33 milligrams phosphorus
4 grams saturated fat 0 grams fiber 22 milligrams calcium

Yield: 8 squares
Serving size: 1 square
Fruit In The Clouds

Ingredients
1 can fruit cocktail, drained
1 can mandarin orange, drained
8 ounces whipped cream, frozen

Directions
1. Mix all ingredients together.
2. Freeze in 8” x 8” container or individual molds.

Nutritional content per serving
113 calories 0 grams trans fat 20 milligrams sodium
1 gram protein 0 milligrams cholesterol 152 milligrams potassium
3 grams total fat 23 grams carbohydrates 29 milligrams phosphorus
2 grams saturated fat 2 grams fiber 24 milligrams calcium

Suggestions
• May substitute fruits with other canned fruit.

Yield: 4 squares
Serving size: 1 square (2” x 2”)
Fruit Salad

Ingredients
2 cups canned fruit cocktail, drained
1 cup canned pineapple chunks, drained
1 cup whole or sliced strawberries, hulled
1 cup apple, peeled, cored and diced
1 cup marshmallows
½ cup non-dairy whipped topping

Directions
1. Combine all fruits together.
2. Add marshmallows and whipped topping; mix well.
3. Refrigerate and serve chilled.

Nutritional content per serving
57 calories 0 grams trans fat 9 milligrams sodium
1 gram protein 0 milligrams cholesterol 120 milligrams potassium
0 total fat 14 grams carbohydrates 15 milligrams phosphorus
0 saturated fat 1 gram fiber 14 milligrams calcium

Suggestions
• May be used for dessert or snack.
• May substitute other fruits, such as: canned peaches or pears, blueberries, raspberries, blackberries, grapes, cherries, cranberries, or plums.
• May substitute sour cream for whipped topping, or may omit whipped topping altogether.
• May omit marshmallows.
• May use light non-dairy whipped topping.

Yield: 10 servings
Serving size: ½ cup
Blueberry Cobbler

Yield: 10 servings
Serving size: ½ cup

**Crust**

**Ingredients for crust**
- 1 ½ cups all-purpose flour
- 2 tablespoons butter
- ¾ cup water
- ½ teaspoon allspice, cinnamon and sugar

**Directions for crust**
1. Mix together flour and butter.
2. Add water, one tablespoon at a time, mix until a ball forms and clings together.
3. Continue to shape dough into a ball with floured hands, and place on a floured surface.
4. Knead dough until easy to handle (about 4 times).
5. Using a rolling pin or similar object, roll dough out very thin.
6. Prepare filling (see directions below).
7. Cut dough into strips, and place across the filling lengthwise and crosswise.
8. Sprinkle with allspice, cinnamon and sugar mixture.
9. Bake for 20-25 minutes or until golden brown.

**Filling**

**Ingredients for filling**
- 1 15-ounce can blueberries, packed in light syrup
- 1 all-purpose flour
- ½ cup sugar
- ⅓ teaspoon vanilla extract
- dash of cinnamon
- 1 pint fresh blueberries, rinsed and drained
- ¼ stick butter or margarine

**Directions for filling**
1. Preheat oven to 375°F.
2. Drain canned berries well, reserving ¾ cup of the berry juice.
3. Mix flour and sugar in saucepan; add reserved berry juice.
4. Stir over medium heat until the mixture is clear and slightly thickened.
5. Add vanilla and cinnamon and all blueberries to the hot mixture; mix well.
6. Pour filling mixture in a deep baking dish.
7. Cut butter into small pieces and arrange over filling. Continue with direction number 7 above.

(Continued on next page)
Blueberry Cobbler

(Continued from previous page)

**Nutritional content per serving**

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**Suggestions**

- To make an alternate cobbler substitute cherries, apples, blackberries, strawberries, raspberries, boysenberries, or peaches for blueberries.
- May use fresh fruit instead of canned fruit. Cook in water until tender.
- For additional or alternate flavoring, may use lemon juice, nutmeg, mace, almond extract or lemon extract.
- May substitute sugar-free sweetener for sugar.
# Peachy Cobbler

**Yield:** 10 servings  
**Serving size:** ½ cup

## Batter

**Ingredients for batter**
- 1 cup all-purpose flour
- ¼ cup sugar
- ½ cup butter or margarine, softened
- ¼ cup milk
- 1 slightly beaten egg  
  *OR* 2 egg whites

**Directions for batter**
1. Preheat oven to 400°F.
2. Sift together flour and sugar.
3. Cut butter into flour and sugar mixture until it resembles coarse crumbs.
4. Add milk and egg; stir just until moistened.
5. Set aside for filling.

## Filling

**Ingredients for filling**
- 3 tablespoons all-purpose flour
- ½ cup sugar
- ½ teaspoon cinnamon
- ½ cup water
- 2 16-ounce cans sliced peaches in light syrup or own juice, drained
- 1 tablespoon lemon juice
- 2 tablespoons unsalted butter or margarine

**Directions for filling**
1. Combine flour, sugar, cinnamon and water in saucepan.
2. Cook, stirring constantly, until thickened.
3. Add peaches, lemon juice and butter.
4. Cook ingredients until peaches are hot (about 5 minutes).
5. Pour filling into an 8 ¼” x 1 ¾” baking dish.
6. Top with prepared batter.

## Nutritional content per serving

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## Suggestions
- May substitute sugar with sugar-free sweetener.
- May make an alternate fruit cobbler with cherries, apples, blueberries or rhubarb.
- Fresh fruits may be used instead of canned. Fruits should be cooked until tender before adding to the other ingredients.
- For flavoring, may substitute with vanilla extract, almond extract, nutmeg, mace, or allspice.
Chocolate Pie Shell

**Ingredients**
- 3 cups cocoa krispies, crushed
- ½ stick (4 tablespoons) butter
- cooking spray

**Directions**
1. Place crushed cereal and melted butter in a bowl. Stir well.
2. Spray 9” pie pan with cooking spray.
3. Press mixture into pan.
4. Chill at least 30 minutes before filling.

**Nutritional content per serving**
- 126 calories
- 0 grams trans fat
- 135 milligrams sodium
- 2 grams protein
- 10 milligrams cholesterol
- 47 milligrams potassium
- 6 grams total fat
- 18 grams carbohydrate
- 24 milligrams phosphorus
- 4 grams saturated fat
- 0 grams fiber
- 8 milligrams calcium

**Yield:** 1 empty pie shell (6 servings)
**Serving size:** 1/6 portion
Pumpkin Soufflé

**Ingredients**

- ½ cup frozen apple juice concentrate (not diluted)
- Egg substitute equal to 2 whole eggs
- 1 12-ounce can pumpkin
- 1 cup whole milk
- ½ cup water
- ½ teaspoon vanilla extract
- ½ teaspoon ground nutmeg
- ½ teaspoon ground allspice
- 1 teaspoon ground cinnamon
- ½ cup grape nuts
- ½ teaspoon pumpkin pie spice (optional)

**Directions**

1. Preheat oven to 400°F.
2. Combine all ingredients except grape nuts in mixing bowl and stir well.
3. Spray 9” glass pie plate with cooking spray. Add mixture.
4. Sprinkle grape nuts on top.
5. Bake for 35 to 45 minutes or until knife inserted in center comes out clean.

**Nutritional content per serving**

- 129 calories
- 5 grams protein
- 1 gram total fat
- 0 grams saturated fat
- 0 grams trans fat
- 26 grams carbohydrate
- 3 grams fiber
- 120 milligrams sodium
- 0 milligrams cholesterol
- 112 milligrams phosphorus
- 387 milligrams potassium
- 98 milligrams calcium

**Yield:** 1 pie (6 servings)

**Serving size:** 1/6 portion
Beverages

in this section:

Strawberry Sorbet
Cranberry Punch
Hot Spiced Apple Juice
Aloha Punch
Russian Tea
Strawberry Sorbet

Ingredients

¼ cup sugar
1 cup frozen or fresh strawberries, cleaned,
1 tablespoon lemon juice
¼ cup water
1 ¼ cups crushed or cubed ice

Directions

1. Place ice in a blender.
2. Add all other ingredients, turn speed to crush or liquefy.

Nutritional content per serving

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Suggestions

- To prepare for ice tray, combine sugar and water in a saucepan over medium heat, when mixture comes to a boil remove from heat. Let cool. Add remaining ingredients. Mix well. Partially freeze in ice tray.
- Must be counted as a part of the daily fluid allowances.
- Fruits may be mixed or combined, apples (peeled, cored, sliced), raspberries (frozen or fresh), pears (canned or fresh), peaches (canned only), cranberries (fresh or frozen), lime, and lemon.
- May be served or made with other ingredients: whipped cream, nutmeg, cinnamon, allspice, and cloves.

Yield: 2 ½ cups
Serving size: 6-ounces or ¾ cups
Cranberry Punch

**Ingredients**

- 3 quarts cranberry juice
- 3 quarts pineapple juice
- 1 quart lemonade, frozen, undiluted
- 1 quart water
- 3 28-ounce bottles ginger ale

**Directions**

1. Mix all ingredients together.
2. Chill and serve.

**Nutritional content per serving**

- 130 calories
- 0 grams trans fat
- 8 milligrams sodium
- 1 grams protein
- 0 milligrams cholesterol
- 153 milligrams potassium
- 0 grams total fat
- 34 grams carbohydrate
- 16 milligrams phosphorus
- 0 grams saturated fat
- 0 grams fiber
- 17 milligrams calcium

*Yield: 46 servings  
Serving size: 6-ounces or ¾ cups*
Hot Spiced Apple Juice

**Ingredients**
- ½ teaspoon nutmeg
- 12 whole cloves
- 4 cinnamon sticks, broken
- ¼ teaspoon allspice
- 1 quart unsweetened apple

**Directions**
1. Place all ingredients in saucepan.
2. Slowly bring to boil and let simmer for 20 minutes.
3. Strain and serve in cups.

**Nutritional content per serving**
- 63 calories
- 0 grams trans fat
- 6 milligrams sodium
- 1 grams protein
- 0 milligrams cholesterol
- 132 milligrams potassium
- 1 grams total fat
- 15 grams carbohydrate
- 10 milligrams phosphorus
- 0 grams saturated fat
- 1 gram fiber
- 18 milligrams calcium

**Suggestions**
- May use ground cloves and ground cinnamon as substitutes for allspice. Note: three whole cloves will equal ¼ tsp ground cloves and one cinnamon stick will equal ½ tsp ground cinnamon.
Aloha Punch

Ingredients
1. 48-ounce can Hawaiian Punch®
2. 32-ounce bottle ginger ale

Directions
1. Combine ingredients and pour over ice.
2. Garnish with lemon or lime slices and whole strawberries.

Nutritional content per serving
- 103 calories
- 0 grams trans fat
- 63 milligrams sodium
- 1 gram protein
- 0 milligrams cholesterol
- 47 milligrams potassium
- 0 grams total fat
- 26 grams carbohydrate
- 5 milligrams phosphorus
- 0 grams saturated fat
- 0 grams fiber
- 15 milligrams calcium

Yield: ½ gallon or 8 servings
Serving size: 8-ounces or 1 cup
Russian Tea

**Ingredients**

- 2 cups Tang®
- ½ cup sugar
- 1 dry lemonade mix (2 quart size)
- 1 cup instant tea
- 1 teaspoon cloves
- 1 teaspoon cinnamon

**Directions**

1. Combine all ingredients.
2. Store in a covered container.
3. To mix: add one tablespoon to 8-ounces hot water.
4. Serve hot.

**Nutritional content per serving**

- 54 calories
- 0 grams trans fat
- 0 milligrams sodium
- 0 grams protein
- 0 milligrams cholesterol
- 25 milligrams potassium
- 0 grams total fat
- 13 grams carbohydrate
- 17 milligrams phosphorus
- 0 grams saturated fat
- 0 grams fiber
- 35 milligrams calcium

**Yield:** 5 ½ cups dry powder/88 servings

**Serving size:** 1 tablespoon
Fun Recipes for Children

in this section:

- Bake Apples with Craisin®
- Crunchy Chicken Nuggets
- English Muffin Pizza
- Fiesta Lime Fajitas
- Fiesta Lime Tacos
- Fish Sticks
- Sunshine Salad
Baked Apples with Craisins®

**Ingredients**
- 4 apples for baking
- 1 cup apple juice
- ¼ cup brown sugar, packed
- 2 tablespoon Craisins®
- red cinnamon candies

**Directions**
1. Preheat oven to 375°F.
2. Wash and core the apples. Set aside.
3. Using a square baking pan (9” x 9” x 1 ¾”), blend the apple juice and brown sugar.
4. Place apples in pan.
5. Fill apple centers with craisins® and cinnamon candies.
6. Place pan in the oven. Spoon juice over apples occasionally during baking to glaze the apples and keep them from drying out.
7. Bake 40 to 45 minutes, or until apples are tender when pierced with a fork.

**Nutritional content per serving**
- 200 calories
- 0 grams trans fat
- 11 milligrams sodium
- 0 protein
- 0 milligrams cholesterol
- 22 milligrams potassium
- 0 total fat
- 51 grams carbohydrate
- 20 milligrams phosphorus
- 0 saturated fat
- 4 grams fiber
- 24 milligrams calcium

**Suggestions**
- Apples best for baking include: granny smith, gala, golden delicious.
- May serve warm or chilled for breakfast, after school snack or for dessert.
# Crunchy Chicken Nuggets

## Ingredients
- 2 egg whites
- 1 tablespoon water
- 2 ½ cups ready-to-eat crispy rice cereal
- 1 ½ teaspoons paprika
- ¼ teaspoon seasoning salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- 1 pound boneless, skinless chicken breasts
- 1 tablespoon butter or margarine, melted
- 1 tablespoon reduced-fat ranch dressing (*for dipping*)

## Directions
1. In a shallow dish combine egg whites and water.
2. On a large sheet of wax paper combine crispy rice cereal, paprika, seasoning salt, garlic powder and onion powder.
3. Cut chicken into 1 ½” pieces.
4. Dip chicken into egg white mixture, coating all sides. Roll in cereal mixture.
5. Place in a single layer on ungreased baking sheet. Drizzle with melted butter.
6. Bake at 450°F for about 12 minutes or until no longer pink in center.
7. Serve warm with dipping sauce (reduced-fat ranch dressing).

## Nutritional content per serving
- 122 calories
- 0 grams protein
- 14 grams carbohydrate
- 7 grams total fat
- 5 grams saturated fat
- 0 grams fiber
- 8 grams trans fat
- 176 milligrams sodium
- 41 milligrams cholesterol
- 134 milligrams phosphorus
- 237 milligrams potassium
- 6 milligrams calcium

## Suggestions
- For a different flavor, substitute 1 package (1.25-ounce) reduced-sodium taco seasoning for the paprika, seasoned salt, garlic powder and onion powder.
Fun Recipes for Children

English Muffin Pizza

Yield: 1 serving
Serving size: 2 pizzas

Ingredients
1. split english muffin
2. ¼ cup pizza sauce
2. tablespoons shredded mozzarella cheese

Directions
1. Toast english muffins.
2. Spread pizza sauce evenly on muffin halves.
3. Sprinkle cheese and add toppings.
4. Place the muffin halves on tray and put into toaster oven, set on broil.
5. Broil for about 5 minutes, watching carefully to remove when cheese is golden and melted.

Nutritional content per serving
253 calories
13 grams protein
7 grams total fat
4 grams saturated fat
0 grams trans fat
17 milligrams cholesterol
33 grams carbohydrate
3 grams fiber
529 milligrams sodium
324 milligrams potassium
254 milligrams phosphorus
268 milligrams calcium

Suggestions
- You may add your favorite toppings: mushrooms, green pepper, onions, pineapple, leftover shredded chicken or pork.
- With grown up assistance this can be put under the broiler of a full size oven.
Fiesta Lime Fajitas

**Ingredients**

1. pound chicken drummettes
2. tablespoons olive oil
4. teaspoons Mrs. Dash® Fiesta Lime Seasoning Blend

**Directions**

1. Preheat oven to 350°F.
2. Lightly brush the chicken drummettes with olive oil.
4. Bake for 30 minutes or until chicken is cooked through.

**Nutritional content per serving**

100 calories 0 grams trans fat 35 milligrams sodium
18 grams protein 40 milligrams cholesterol 105 milligrams potassium
6 grams total fat 0 grams carbohydrate 112 milligrams phosphorus
4 grams saturated fat 0 grams fiber 11 milligrams calcium

Yield: 5 servings

Serving size: 2 drummettes
**Fiesta Lime Tacos**

**Ingredients**
1. 1 pound of lean ground beef or turkey
2. 4 tablespoons Mrs. Dash® Fiesta Lime Seasoning Blend
3. $\frac{3}{4}$ cup water
4. 12 taco shells or 6” flour tortillas

**Directions**
1. Brown ground meat in a large skillet on medium-high heat.
2. Drain excess fat.
3. Stir in Mrs. Dash® Fiesta Lime Seasoning Blend and water.
4. Bring to a boil. Reduce heat and simmer 5 minutes, stirring occasionally.
5. Spoon into warm taco shells or tortillas.
   Serve with toppings, if desired.

**Nutritional content per serving**
- 140 calories
- 7 grams protein
- 7 grams total fat
- 3 grams saturated fat
- 4 grams trans fat
- 25 milligrams cholesterol
- 9 grams carbohydrate
- 1 gram fiber
- 70 milligrams sodium
- 140 milligrams potassium
- 111 milligrams phosphorus
- 66 milligrams calcium

**Yield:** 12 servings  
**Serving size:** 1 taco
Fish Sticks

Ingredients

- cooking spray
- 1 cup whole wheat, plain, or Panko dry breadcrumbs
- 1 cup whole grain or plain cereal flakes
- 1 teaspoon lemon pepper
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ¼ teaspoon salt
- 2 large egg whites, beaten
- ½ cup all-purpose flour
- 3 tilapia fillets (1 pound), cut into ½ by 3” strips

Directions

1. Preheat oven to 450ºF.
2. Set a wire rack on a baking sheet; coat with cooking spray.
3. Place breadcrumbs, cereal flakes, lemon pepper, garlic powder, paprika, and salt in a food processor or blender. Process until finely ground. Transfer to a shallow dish.
4. Place beaten egg whites in a second shallow dish and flour in a third shallow dish.
5. Dredge each strip of fish in the flour, dip it in the egg and then coat all sides with the breadcrumb mixture. Place on the prepared rack. Coat both sides of the breaded fish with cooking spray.
6. Bake until golden brown and crisp, about 10 minutes.

Tip: Panko breadcrumbs are known for their coarse and crunchy texture on baked foods.

Nutritional content per serving

- 154 calories
- 15 grams protein
- 1 gram total fat
- 0 gram saturated fat
- 0 grams trans fat
- 19 grams carbohydrate
- 1 gram fiber

- 240 milligrams sodium
- 29 milligrams cholesterol
- 1 gram fiber
- 32 milligram calcium
Sunshine Salad

Ingredients
1. package (3-ounces) lemon-flavored gelatin
2. cup boiling water
½. cup cold water
1. can (9-ounces) crushed pineapple, canned in its own juice
½. teaspoon salt
2. medium carrots
mayonnaise for topping

Directions
1. Empty gelatin packet into a small bowl.
2. Pour in boiling water, stir until gelatin is dissolved.
3. Stir in cold water, crushed pineapple and salt.
4. Chill the mixture in refrigerator until gelatin starts to thicken.
5. While mixture is cooling, peel and grate carrots.
6. Stir carrots into gelatin.
7. Pour into a square pan, (8” x 8” x 2”). Chill in refrigerator until firm.

Nutritional content per serving
61 calories 0 grams trans fat 64 milligrams sodium
1g protein 0 milligrams cholesterol 119 milligrams potassium
0 total fat 15 grams carbohydrate 25 milligrams phosphorus
0 saturated fat 1 grams fiber 13 grams calcium

Yield: 6-9 servings
Serving size: 6 large or 9 small squares
Recipe Recipes & Menus for Special Occasions

in this section:

Party Recipes
Egg Salad
Cucumber And Cream Cheese
Cream Cheese And Pineapple
Pimento Cheese
Party Mix
Deviled Egg
Cream Cheese And Onion Dip
Spicy Pinwheels

Special Occasion Menus
Holiday Menus
Easy Summer Cookout
One Day Menu Suggestion
Egg Salad

Ingredients
2 tablespoons mayonnaise
1 teaspoon dry mustard
½ teaspoon black pepper
3 boiled eggs, chopped
1 tablespoon regular pickle relish
paprika

Directions
1. Mix together mayonnaise, mustard, pepper, eggs, and pickle relish. Mix well.
2. Sprinkle with paprika.

Nutritional content per serving
58 calories 0 grams trans fat 58 milligrams sodium
3 grams protein 81 milligrams cholesterol 28 milligrams potassium
5 grams total fat 1 gram carbohydrate 36 milligrams phosphorus
1 grams saturated fat 0 grams fiber 11 milligrams calcium

Suggestions
- May add green pepper, curry powder, pimentos, onions or Tabasco® sauce.
- Use for sandwiches, on unsalted crackers, for picnics, parties.

Yield: 8 servings
Serving size: ¼ cup
Cucumber & Cream Cheese

Ingredients
1 cucumber, seeds removed and grated
1 3-ounce package cream cheese, softened
2 tablespoons onion, grated
1 dash Tabasco® sauce
1 tablespoon mayonnaise

Directions
1. Blend ingredients together.
2. Spread on bread or on unsalted crackers.
3. Garnish with paprika or green pepper slices.

Nutritional content per serving
219 calories 0 grams trans fat 185 milligram sodium
4 grams protein 48 milligrams cholesterol 264 milligrams potassium
21 grams total fat 6 grams carbohydrate 80 milligrams phosphorus
9 grams saturated 1 gram fiber 65 milligram calcium
Cream Cheese & Pineapple

**Ingredients**
1 cup crushed pineapple, drained well
1 8-ounce package cream cheese, softened

**Direction**
Combine both ingredients in a mixing bowl.

**Nutritional content per serving**
- 130 calories
- 2 grams protein
- 11 grams total fat
- 6 grams saturated
- 0 grams fiber
- 0 grams trans fat
- 37 milligrams cholesterol
- 6 grams carbohydrate
- 107 milligrams sodium
- 80 milligrams potassium
- 37 milligrams phosphorus
- 37 milligrams calcium

**Suggestions**
- May serve on unsalted crackers or party sliced bread.
- Good for picnics, parties, or brown bag lunches.

Yield: 7 servings
Serving size: 2 tablespoons
**Ingredients**

1 cup low sodium cheese, grated  
¼ cup pimentos  
2 tablespoons mayonnaise

**Direction:**

Combine all ingredients, mix well.

**Nutritional content per serving**

- 133 calories  
- 6 grams protein  
- 11 grams total fat  
- 6 grams saturated  
- 0 grams trans fat  
- 37 milligrams cholesterol  
- 6 grams carbohydrate  
- 0 grams fiber  
- 107 milligrams sodium  
- 80 milligrams potassium  
- 37 milligrams phosphorus  
- 37 milligrams calcium

**Suggestions**

- Use unsalted crackers.  
- Good for picnics, parties, brown bag lunches.
Party Mix

Ingredients

Small quantity:
- 2 cups corn chex cereal
- 2 cups rice chex cereal
- 2 cups wheat chex cereal
- ½ cup margarine
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder

Large quantity:
- 12 cups corn chex cereal
- 12 cups rice chex cereal
- 12 cups wheat chex cereal
- 3 cups butter or margarine
- 1½ teaspoons onion powder
- 1½ teaspoons garlic powder

Directions
1. Preheat oven to 325ºF.
2. Melt butter, add spices and cereals. Mix until coated.
4. Bake 20-30 minutes (until crunchy), stirring occasionally.

Nutritional content per serving (small quantity)
- 92 calories
- 0 trams trans fat
- 249 milligrams sodium
- 2 trams protein
- 0 milligrams cholesterol
- 58 milligrams potassium
- 2 trams total fat
- 17 grams carbohydrate
- 42 milligrams phosphorus
- 0 trams saturated fat
- 1 gram fiber
- 55 milligrams calcium

Yield: 6 cups or 12 servings
Serving size: ½ cup
Deviled Eggs

Ingredients

1 hard-boiled egg
1 teaspoon pimentos
¼ teaspoon dry mustard
1 tablespoon mayonnaise
¼ teaspoon black pepper
paprika (to garnish)

Directions

1. Cut egg lengthwise and remove yolk.
2. Mix yolk, pimentos, dry mustard, mayonnaise, and black pepper.
3. Place mixture inside egg whites in equal parts.
4. Sprinkle eggs with paprika.

Nutritional content per serving

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Trans Fat</th>
<th>Sodium</th>
<th>Protein</th>
<th>Cholesterol</th>
<th>Potassium</th>
<th>Phosphorus</th>
<th>Fiber</th>
<th>Calcium</th>
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<tr>
<td>116</td>
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<td>78</td>
<td>83</td>
<td>7</td>
<td>95</td>
<td>31</td>
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</table>
Cream Cheese & Onion Dip

Yield: 20 servings  
Serving size: 1 teaspoon

Ingredients
¼ cup onion, grated
8 ounces low-fat cream cheese, softened
1 teaspoon Tabasco® sauce
1 teaspoon onion powder
½ teaspoon black pepper
1 teaspoon chives

Directions
1. Combine all ingredients and mix well.
2. Serve with raw vegetables and/or unsalted crackers.

Nutritional content per serving
26 grams calories  0 grams trans fat  58 milligrams sodium
1 gram protein  1 milligrams cholesterol  35 milligrams potassium
2 grams total fat  7 grams carbohydrate  19 milligrams phosphorus
1 gram saturated fat  0 grams fiber  19 milligram calcium

Suggestions
• May substitute sour cream for cream cheese or use half of each.
• May substitute fat-free cream cheese for low-fat cream cheese
Spicy Pinwheels

Yield: 120 pinwheels
Serving size: 4 pinwheels

**Ingredients**

- 2 8-ounce low fat cream cheese, softened
- ½ cup green onion, finely chopped
- ½ 4-ounce can green chili pepper, chopped
- ¼ cup jalapeño, finely chopped
- 1 package flour tortillas, 10-12 count

**Directions**

1. Mix cream cheese, green onions and both peppers.
2. Spread on flour tortillas, roll and cut into slices.

**Nutritional content per serving**

- 64 calories
- 0 grams trans fat
- 162 milligrams sodium
- 2 grams protein
- 9 milligrams cholesterol
- 63 milligrams potassium
- 3 grams total fat
- 7 grams carbohydrate
- 38 milligrams phosphorus
- 0 grams saturated fat
- 0 grams fiber
- 38 milligrams calcium

**Suggestions**

- If prefer extra spicy appetizer, add more chili peppers and jalapeño.
- May add pimentos or finely chopped carrots.
**Holiday Menus**

**Holiday Menu**

- Baked Turkey with Cornbread dressing*
- Yeast Dinner Rolls*
- Giblet Gravy*
- Favorite Green Beans*
- Cranberry Sauce
- Peachy Cobbler* or Old Fashioned Pound Cake*
- Cranberry Punch*

**Holiday Party Buffet**

- Swedish Meatballs*
- Deviled Eggs*
- Herb Bread*
- Party Mix*
- Vegetable Tray with Cream cheese and Onion Dip*
- Fruit Salad*
- Ribbon Cakes*
- Jeweled Cookies*
- Russian Tea*

*Recipes included. See index.
Easy Summer Cookout

**Summer Cookout Menu**

- Grilled Beef Patties  
  (4-ounce raw = 3-ounce cooked)  
  or  
  Chicken or Pork Chops  
  with Spicy Barbeque Sauce*

- Green Garden Salad*

- Garlic Bread**

- Fruits  
  (Berries, Apples, Grapes, Pineapple)

- Aloha Punch*

---

*Rrecipes included. See index.

**Easy Garlic bread — Split french bread, spread with garlic butter, and sprinkle with parsley flakes. Toast under broiler for 1-2 minutes.
## Selection 1

### Breakfast
- Fruit Omelet*
- 2 Baking Powder Biscuits*
- 1 tablespoon Jelly (*optional*)
- 2 teaspoon Margarine (*optional*)
- 6-ounce Beverage

### Lunch
- ¾ cup Chicken Salad Delight*
- 2 slices Bread
- 7 Fried Onion Rings*
- 6-ounce Beverage

### Dinner
- 3-ounces Seasoned Pork Chops*
- ½ cup Yellow Squash and Onions*
- 2 Yeast Dinner Rolls*
- 2 teaspoon Margarine (*optional*)
- 2 Spritz Cookies*
- 6-ounce Beverage

### Snack
- ¾ cup Strawberry Sorbet*

## Selection 2

### Breakfast
- 1 Homemade Pan Sausage*
- 2 Old-fashioned Pancakes*
- ½ cup canned Peaches
- 2 tablespoon Syrup
- 2 tablespoon Margarine (*optional*)
- 6-ounce Beverage

### Lunch
- 1 slice Special Pizza*
- ½ cup Fruit Salad*
- 6-ounce Beverage

### Dinner
- 3-ounces Crispy Oven Fried Chicken*
- ½ cup Rice O’Brien*
- 1 cup Green Garden Salad*
- 2 tablespoon Salad Dressing
- ½ cup Baked Egg Custard*
- 6-ounce Beverage

### Snack
- ¾ cup unsalted Popcorn

*Recipes included. See index.
in this section:

Weights and Measures
Measuring Methods
Equivalent Weights
Substitutions for your Favorite Recipes
Foods to Omit
Seasoning Suggestions
For best results
1. Read recipes carefully — every word — before you start to mix.
2. Measure exactly.

Measuring tools are a must in any kitchen for consistent results in cooking. They may be made of metal, glass or plastic.

For liquid ingredients
- Use glass cups with pour spouts.
- To measure, place cup on a flat surface, then pour in liquid.
- Read the desired mark on the cup at eye level.

For dry ingredients
- Use individual cups in sets of 1 cup, ½ cup, ⅓ cup and ¼ cup sizes.
- To measure ingredients, pile lightly into measuring cup with spoon. Do not shake cup, level off with a straight edge.
- For brown sugar, pack firmly in the cup so that it will keep the shape when turned out.

Measuring spoons
- Available in sets of 1 tablespoon, 1 teaspoon, ½ teaspoon, ¼ teaspoon, and ⅛ teaspoon.
- Use for small amounts of dry foods or liquids.
- Dip spoon into dry ingredient, scoop, and then level off with a straight edge.
- Do not pour or level the ingredient over the bowl with the other ingredients.
## Equivalent Weights

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<thead>
<tr>
<th><strong>Fats</strong></th>
<th>Stick</th>
<th>Cups</th>
<th>Pound</th>
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<tbody>
<tr>
<td>Butter or Margarine</td>
<td>½</td>
<td>¼</td>
<td>⅛</td>
</tr>
<tr>
<td>Shortening</td>
<td>1</td>
<td>½</td>
<td>¼</td>
</tr>
<tr>
<td></td>
<td>2 ½</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th><strong>Yeast, Flour And Sugar</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups granulated sugar</td>
</tr>
<tr>
<td>3 ½ cups powdered sugar</td>
</tr>
<tr>
<td>2 ¼ cups brown sugar</td>
</tr>
<tr>
<td>4 cups flour</td>
</tr>
<tr>
<td>1 cup cake flour</td>
</tr>
<tr>
<td>2 oz cake yeast, compressed</td>
</tr>
<tr>
<td>1 ¼-ounce package yeast, dry</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Eggs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>8 large eggs</td>
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<tr>
<td>5 large eggs</td>
</tr>
<tr>
<td>6 medium eggs</td>
</tr>
<tr>
<td>8 egg whites</td>
</tr>
<tr>
<td>12 egg yolks</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Cheese</strong></th>
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</thead>
<tbody>
<tr>
<td>3-ounces cream cheese</td>
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<tr>
<td>1 cup cottage cheese</td>
</tr>
<tr>
<td>1 ½ cups hard cheese, grated (parmesan)</td>
</tr>
<tr>
<td>1 cup firm, shredded (cheddar)</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Starches</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>14 graham cracker squares</td>
</tr>
<tr>
<td>22 vanilla wafers</td>
</tr>
<tr>
<td>1 slice soft bread</td>
</tr>
<tr>
<td>1 slice dry toast</td>
</tr>
<tr>
<td>15 ginger snaps</td>
</tr>
<tr>
<td>30 saltine crackers</td>
</tr>
</tbody>
</table>

(Continued on next page)
### Equivalent Weights

#### Pasta/Cereal
1 cup uncooked macaroni ................................................................. 2 cups cooked
1 cup uncooked spaghetti ............................................................... 2 cups cooked
1 cup uncooked noodles ................................................................. 1 ¼ cups cooked
1 cup uncooked rice ........................................................................ 3 cups cooked
1 cup uncooked oatmeal ................................................................. 1 ½ cups cooked
1 cup uncooked grits ....................................................................... 3 cups cooked

#### Fresh Fruits
1 medium apple, chopped ................................................................. 1 cup
1 medium pear, thinly sliced ............................................................. 1 cup
1 medium lemon ............................................................................. 2-3 tablespoons juice
1 pound cherries, pitted ................................................................. 1 cup
1 pound grapes, seedless ............................................................... 2 ½ cups
1 pint strawberries, sliced ............................................................. 1 ¾ cups
½ pound apricots, sliced ................................................................. 1 cup

#### Vegetables
1 pound green beans, cooked .......................................................... 2 ½ cups
¼ pound raw cabbage, shredded ................................................... 1 cup
1 pound carrots, shredded ............................................................. 2 ½ cups
6-9 baby carrots ............................................................................. ¼ pound
2-3 medium stalk celery, sliced ...................................................... 1 cup
8-ounce cucumber, diced or sliced ............................................... 1 cup
1 large bell pepper, chopped ......................................................... 1 cup
2 medium onions, chopped ......................................................... 1 cup
1 bunch green onions with tops, sliced ......................................... 1 cup
1 bunch radish, sliced ................................................................... 1 cup
1 medium rutabaga, cubed ............................................................ 5 cups
3-4 ears corn .................................................................................. 1 cup kernels
Your favorite recipes from other sources can be used in your meal plan. However, it is important to omit or replace ingredients that are harmful to your health.

### The following are foods to avoid and suggestions for substitution.

<table>
<thead>
<tr>
<th>Foods to Avoid</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bouillon cubes</td>
<td>Homemade stock from cooked chicken or beef</td>
</tr>
<tr>
<td>Cakes mix</td>
<td>Homemade cakes</td>
</tr>
<tr>
<td>Garlic salt</td>
<td>Fresh or powdered garlic</td>
</tr>
<tr>
<td>Instant gravy/sauce mix</td>
<td>Thicken pan dripping with flour or cornstarch</td>
</tr>
<tr>
<td>Instant rice and cereals</td>
<td>Long cooking rice and cereals (5 minutes or more)</td>
</tr>
<tr>
<td>Onion salt</td>
<td>Fresh or powdered onion</td>
</tr>
<tr>
<td>Salt</td>
<td>Spices and herbs</td>
</tr>
<tr>
<td>Self-rising cornmeal</td>
<td>Plain cornmeal plus baking powder</td>
</tr>
<tr>
<td>Self-rising flour (1 cup)</td>
<td>All purpose flour (1 cup) plus baking powder (1 ½ tablespoon)</td>
</tr>
<tr>
<td>Worcestershire or soy sauce (1 teaspoon)</td>
<td>Liquid smoke (1 teaspoon)</td>
</tr>
</tbody>
</table>
Foods to Omit

These foods should be omitted from your recipes unless otherwise specified by your Dietitian.

- Apricots
- Baking Soda
- Bananas
- Black-Eyed Peas
- Bouillon Cubes
- Cheese
- Coconut
- Cream Soups
- Cream Style Corn
- Dates
- Dill Pickles
- Instant Mixes
- Instant Rice
- Lima Beans
- Mango
- Melons
- Monosodium Glutamate (MSG)
- Nuts
- Oranges
- Orange Juice
- Prunes
- Raisins
- Salt
- Sweet Relish Pickles
- Tomatoes
- Tomato Juice
- Tomato Sauce
- Tomato Paste
- Tomato Soup
- Water Chestnuts
If the absence of salt decreases the flavor in your foods try using spices and herbs for that “extra flavor.” Spices are used in its dried form, either whole or ground, and herbs are used fresh or dried. They increase the natural flavors of foods and a little goes a long way. Spices and herbs should be stored in a cool dry place in airtight containers to prevent flavor loss. Fresh herbs can be stored in the same manner after being dried.

If a recipe is not available start with ¼ teaspoon of spice per pound of meat or pint of sauce, and increase as desired. When using red pepper or garlic powder, begin with ⅛ teaspoon. Ground spices may be added about 15 minutes before the end of the cooking period. Whole spices are best for slow cooked dishes such as stews. Tie whole spices in cheesecloth bag for easy removal and add at the beginning of the cooking period. Whole or leaf herbs can be crumbled finely just before they are used to release the flavor. Flavoring seeds may be toasted before using to increase the flavor.

Many flavors may be combined. Create your own flavor combinations. Here is a list of spices and foods to get you started:

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<thead>
<tr>
<th>Herbs &amp; Spices</th>
<th>Suggested Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALLSPICE</td>
<td>Pot roast, fish, eggs, squash, fruit, relishes.</td>
</tr>
<tr>
<td>ANISE</td>
<td>Cookies, cakes, bread, candy, beverages, beef stew, stewed fruits, fish, shellfish.</td>
</tr>
<tr>
<td>BASIL</td>
<td>Noodles, rice, beef stew, pork, meat loaf, duck, fish, veal, salads, cooked vegetables, omelets, dressings.</td>
</tr>
<tr>
<td>BAY LEAF</td>
<td>Soups, chowders, seafood, pot roast, stews.</td>
</tr>
<tr>
<td>BLACK PEPPER</td>
<td>Meats, poultry, fish, eggs, vegetables.</td>
</tr>
<tr>
<td>CARAWAY SEED</td>
<td>Green beans, beets, cabbage, carrots, cauliflower, zucchini, meat dishes/stews, marinades, cakes, cookies, rice, rye bread.</td>
</tr>
<tr>
<td>CARDAMON</td>
<td>Baked goods, grape jelly, puddings, squash, fruit soups.</td>
</tr>
</tbody>
</table>

(Continued on next page)
### Seasoning Suggestions

*Continued from previous page*

<table>
<thead>
<tr>
<th>Herbs &amp; Spices</th>
<th>Suggested Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>CELERY SEED</td>
<td>Salads, vegetables, stuffing, breads, egg dishes, meat and fish dishes/stews, soups, marinades, dressings, dips.</td>
</tr>
<tr>
<td>CHILI POWDER</td>
<td>Barbecue sauces, dips, egg dishes, meat and chicken dishes, marinades.</td>
</tr>
<tr>
<td>CINNAMON</td>
<td>Baked goods, fruits, pork, ham, lamb, beef, chicken, hot beverages.</td>
</tr>
<tr>
<td>CLOVES</td>
<td>Fruits, baked goods, fish, meat sauces, pot roast, marinades, green beans, Harvard beets, carrots, stock, beverages.</td>
</tr>
<tr>
<td>CURRY POWDER</td>
<td>Meat, chicken, fish, eggs, dried beans, vegetables.</td>
</tr>
<tr>
<td>DILL SEED</td>
<td>Pickling, salads, soups, vegetables, fish, shellfish.</td>
</tr>
<tr>
<td>GARLIC</td>
<td>Soups, dips, sauces, salad dressings, dill pickles, meat, poultry, fish, stews, marinades, bread.</td>
</tr>
<tr>
<td>GINGER</td>
<td>Preserves, baked products, meat, poultry, fish, beverages, soups.</td>
</tr>
<tr>
<td>MACE</td>
<td>Baked goods, fruits, meat, fish, poultry, chowder, vegetables, jellies.</td>
</tr>
<tr>
<td>MARJORAM</td>
<td>Meats, poultry, fish, game, sausages, stews, carrots, broccoli, pizza, spaghetti, eggplant, soup.</td>
</tr>
<tr>
<td>MINT</td>
<td>Punch, tea, desserts, sauce, jelly, fruit, edible garnish.</td>
</tr>
<tr>
<td>(DRY) MUSTARD</td>
<td>Egg and cheese dishes, salad dressings, meat, poultry, vegetables.</td>
</tr>
<tr>
<td>MUSTARD SEED</td>
<td>Coleslaw, boiled cabbage.</td>
</tr>
<tr>
<td>NUTMEG</td>
<td>Hot beverages, puddings, custards, baked goods, desserts, chicken, cream soups, seafood, eggs, vegetables.</td>
</tr>
</tbody>
</table>

*Continued on next page*
Seasoning Suggestions

(Continued from previous page)

<table>
<thead>
<tr>
<th>Herbs &amp; Spices</th>
<th>Suggested Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONION POWDER</td>
<td>Dips, soups, stews, all meats, fish, poultry, salads, vegetables, stuffing, egg dishes, breads, rice dishes.</td>
</tr>
<tr>
<td>OREGANO</td>
<td>Pasta dishes, pizza, barbecue sauce, vegetables, eggs, stuffing, pork, lamb, chicken, fish.</td>
</tr>
<tr>
<td>PAPRIKA</td>
<td>Meat, sausage, game, fish, poultry, egg dishes, vegetables, garnishing.</td>
</tr>
<tr>
<td>PARSLEY</td>
<td>Soups, meat sauces, stuffing, fish, meats, poultry, garnishing.</td>
</tr>
<tr>
<td>POPPY SEED</td>
<td>Pie crust, fruit compotes, fruit salad dressings, cookies, cakes, breads, garnishing.</td>
</tr>
<tr>
<td>POULTRY SEASONING</td>
<td>Stuffing, poultry, veal meat loaf, chicken soup</td>
</tr>
<tr>
<td>RED PEPPER</td>
<td>Meats, soups, sauce, poultry, vegetables, spaghetti sauce, curried dishes, dips, tamale pie, barbecued beef and pork.</td>
</tr>
<tr>
<td>ROSEMARY</td>
<td>Lamb, poultry, veal, beef, pork, fish, soups, stews, marinades, stuffing, breads, dressings.</td>
</tr>
<tr>
<td>SAFFRON</td>
<td>Chicken, fish, seafood, soups, stews, rice.</td>
</tr>
<tr>
<td>SAGE</td>
<td>Stuffing, poultry, sauce, soups, fish, beef, pork, veal.</td>
</tr>
<tr>
<td>SESAME SEED</td>
<td>Edible garnish for salads, breads, meat dishes.</td>
</tr>
<tr>
<td>TARRAGON</td>
<td>Sauces, dressings, poultry, fish, egg dishes.</td>
</tr>
<tr>
<td>THYME</td>
<td>Meats, poultry, fish, stews, soups, vegetables.</td>
</tr>
<tr>
<td>TUMERIC</td>
<td>Curried meats, fish, poultry, egg dishes, coloring for cakes and rice dishes.</td>
</tr>
<tr>
<td>WHITE PEPPER</td>
<td>White sauces or any dish where black specks are undesirable.</td>
</tr>
</tbody>
</table>
Quick Guide to Food Labeling: For those with kidney disease

Serving Size –
Always look here first.

Sodium Goal:
2000 mg a day
600 mg a meal
100 - 200 mg a snack

Sodium –
Always look at the “mg” and NOT the “%”!

Ingredient List –
Look for phosphorus or words with “phos” in them.

- Phosphoric Acid
- Hexametaphosphate
- Dicalcium Phosphate
- Monocalcium Phosphate
- Tricalcium Phosphate
- Sodium Phosphate

Stay away from added phosphorus! It adds up to 1000mg phosphorus per day.

Nutrition Facts
Serving Size 2 tortillas (51g)
Serving Per Container 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 110</td>
<td>Calories from Fat 10</td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 30mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate 22g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>9%</td>
</tr>
<tr>
<td>Sugar 0g</td>
<td></td>
</tr>
</tbody>
</table>

Protein 2g

Vitamin A 0% * Vitamin C 0%
Calcium 2% * Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

- Calories: 2,000 2,500
- Total Fat: Less than 65g 42g
- Saturated Fat: Less than 20g 13g
- Cholesterol: Less than 300mg 200mg
- Sodium: Less than 2,400mg 1,500mg
- Total Carbohydrate: 300g 45g
- Dietary Fiber: 25g 30g
- Calories per gram:
  - Fat 9 * Carbohydrate 4 * Protein 4

If your food has the Daily Value listed for phosphorus, use this guide:

- 0% - 5% Daily Value = Low phosphorus (0-50 mg)
- 5% - 15% Daily Value = Medium phosphorus (51 - 150 mg)
- Over 15% Daily Value = High phosphorus (150 mg or higher)

Potassium – listing is not required.
No listing does NOT mean no potassium.

Ingredients: Ground Corn Treated with Lime, Water, Cellulose Gum, Propionic Acid (to preserve freshness), Benzoic Acid (to preserve freshness), Phosphoric Acid (preservative), Dextrose, Guar Gum, Amylase.

Robin Russell, MS, RD/LD
Dietitian – Fresenius Medical Care
Double-Cooking Method to Reduce Potassium in Tuberous Root Vegetables

(White Potatoes, Sweet Potatoes, Yams)

This method does not change these vegetables into a low potassium food but will remove a significant amount of the potassium.

1. Wash the vegetable, peel and wash again.
2. Slice into very thin slices.
3. Place the vegetable slices in room temperature water. Use two times the amount of water to the amount of slices.
4. Bring the water to a boil; remove from the heat and drain off all water.
5. Add fresh, room temperature water use two times the amount of water to the amount of vegetable slices.
6. Bring the water to a boil again and cook until the vegetable slices are soft and tender.

References


*Note: The publications below are references from previous Kidney Cooking editions and may not reflect current nutrition analysis. Some recipes have been updated to provide healthier choices.


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