

Healthier Bites For Your Kidneys!

VA Nutrition & Food Services Renal Nutrition Toolkit

Recipes for Veterans with Chronic Kidney Disease



Recipe on pg 3



U.S. Department of Veterans Affairs
Veterans Health Administration

www.nutrition.va.gov



Holiday meals may seem tricky for people living with Chronic Kidney Disease, but a little planning helps make the holiday happy and healthy! If you are hosting a holiday meal, prepare some foods from "scratch" to reduce sodium and include kidney friendly foods. If you are a guest, offer to bring a kidney friendly appetizer to lighten your hosts work and ensure you have a healthy choice. Planning kidney friendly food choices helps you feel your best and enjoy the season's activities!

We invite you to enjoy these easy, delicious recipes. Thank you to the Veterans and their families who are committed to finding wellness while living with chronic kidney disease.

Recipes and Articles in this Issue

-  *Cranberry Chipotle Appetizer* 3
-  *Peanut Lettuce Wraps*..... 4
-  *Apple Dijon Chicken*..... 5
-  *Creamy Vegetable Colcannon*..... 6
-  *Cinnamon Pear Tartlet*.....7
- Spotlight: Healthy Dessert Choices* 8
- Kidney Friendly Holiday Eating Tips*..... 9
- Nutrition Label Quick Guide* 10

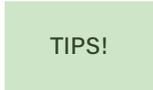
Recognize Cues and Symbols in this Issue!



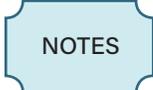
RECIPE



EDUCATION



TIPS!



NOTES

About this issue: Healthier Bites for Your Kidneys is published by the Department of Veterans Affairs and does not replace the advice of your healthcare team. Each recipe has been reviewed by Registered Dietitians, and nutrient content verified using the USDA Nutrient Data Lab. Due to the broad range of medical conditions, no single diet or recipe is ideal for all people. Please consult your own Registered Dietitian for guidance on your unique nutrient needs.





Cranberry Chipotle Appetizer



Ingredients

*¼ cup cranberry sauce
(canned whole berry sauce
used in photo recipe)*

*¼ cup "just fruit" Cherry
Spread*

*½ teaspoon Southwest
Chipotle salt-free seasoning*

One single pie crust

*One 3 ounce package of
cream cheese*

Serves 24 Serving Size: 1

Preparation Time: 20 minutes Cooking Time: 15 minutes

Total Time: 35 minutes

A warm sweet and smokin' blend of flavor to brighten your holiday!

Makes 24 appetizers using a mini muffin pan, or 12 larger appetizers using standard muffin tin with double filling.

Directions

Spray one mini muffin tin with cooking spray, set aside. Preheat oven to 425°.

Mix cranberry sauce, Cherry Spread, and Southwest Chipotle in a small bowl, set aside

Use a 2 inch biscuit cutter to cut 24 circles from the pie crust.

Press one circle of pie crust into each muffin cup; prick with a fork.

Cut cream cheese into 24 cubes (about ½ inch each) and press one cube into each muffin cup.

Add ½ teaspoon of fruit filling on top of cream cheese.

Bake 20 minutes until fruit sauce is bubbly and crust lightly browned.

Cool 5 minutes before removing from pan.

Serve warm. Refrigerate leftovers.

Nutrition Facts Per Serving: Calories: 40 kcal | Protein: 1 g | Carbohydrate: 5 g | Dietary Fiber: 0 g | Saturated Fat: 4 g | Sodium: 72 mg | Potassium: 35 mg |



Peanut Lettuce Wraps



Ingredients

Ingredients

2 teaspoons toasted sesame seed oil
½ lb ground turkey or vegan alternative
½ cup brown Crimini mushrooms finely chopped
½ cup carrots finely diced or grated
2 Tablespoons Hoisin Sauce
2 tablespoons No Salt Added Peanut Butter
2 tablespoons Chili Garlic Sauce
2 teaspoons grated ginger (fresh, jar or tube)
2 tablespoons water
3 green onions, thinly sliced
1 head of Butter lettuce or Romaine lettuce

Serves 8

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

This appetizer is easily doubled and adaptable for your favorite vegetables. Sodium content of condiments varies between brands, so read labels to select the lowest sodium sauces.

Directions

Thinly slice green onions, dice carrots, clean lettuce leaves; set aside.

Add oil to a large skillet over medium heat, add ground turkey, stirring to fully cook. Add mushrooms and carrots, cook 3 minutes to soften.

Add Hoisin Sauce, peanut butter, Chilli Garlic Sauce, ginger, water, and mix well, allowing sauce to thicken as it cooks for about 2 minutes.

Garnish with green onions.

Wrap 2 tablespoons of filling in a lettuce leaf to eat.

Nutrition Facts Per Serving contains: calories: 97 | protein: 9 g | carbohydrates: 8 g | fat: 5 g | sodium: 110 mg | potassium: 167 mg | fiber: 1 g |





Apple Dijon Chicken

Serves 4 Serving Size: 1 Thigh

Preparation Time: 10 minutes

Cooking Time: 20 minutes Total Time: 30 minutes

Directions

In a small bowl, stir together apple juice concentrate, vinegar, mustard, and set aside.

Heat 1 teaspoons of olive oil in a large skillet on medium heat.

Sprinkle the chicken with salt and a portion of the pepper. When the oil is hot and shimmering, add the chicken to the pan, top side down. cook 4 minutes, then turn over, cook 4 minutes until fully cooked (internal temperature 165 degrees). Remove to a plate, cover to keep warm.

Wipe out the skillet. Add the remaining teaspoon of olive oil over medium heat. When the oil is hot, add the apple slices and remaining pepper to taste. Cook for 5 minutes until the apples are a little tender, and turn golden. Return the chicken to the pan. Add the apple juice mixture and cook 4 minutes to reduce the liquid by about half. Serve warm, garnish with rosemary for flavor if desired.

Ingredients

2 teaspoons extra-virgin olive oil, divided

4 boneless skinless chicken thighs

1/8 teaspoon kosher salt

1/2 teaspoon black pepper, divided

2 tablespoons frozen apple juice concentrate, undiluted

1 teaspoon apple cider vinegar

1 teaspoon Dijon Mustard

2 small firm apples, such as Gala apples, cored and sliced into 1/2 inch pieces.

(Optional: sprig of fresh rosemary or oregano)

Note: Leftovers make flavorful chicken salad the next day!

Nutrition Facts Per Serving: Calories: 150 kcal | Protein: 14 g | Carbohydrate: 6 g | Dietary Fiber: 1 g | Total Fat: 8 g | Sodium: 145 mg | Potassium: 155 mg |



Creamy Vegetable Colcannon



Ingredients

- 6 cups of cauliflower florets (one medium to large head of cauliflower)
- ½ cup unsweetened almond milk
- 3 tablespoons of extra-virgin olive oil, divided
- 2 tablespoons Parmesan Cheese
- ¼ teaspoon white pepper (or use black pepper)
- 3 green onions, thinly sliced, separate white and green parts.
- 1 teaspoon minced garlic
- 2 cups of finely chopped kale leaves (about one bunch), large stems removed
(Optional: butter or margarine)

Serves 4 Serving Size ¾ c

Preparation Time: 10 minutes Total Time: 30 minutes

Colcannon is a traditional Irish dish made with potatoes, but this version is low-carb thanks to the mashed cauliflower. Kale and a little parmesan cheese add color and flavor.

Directions

Place the cauliflower florets in a large pot with a steamer basket, add water, and bring to a boil; steam the florets about 6 minutes or until tender.

Transfer to a food processor fitted with a steel blade, or a blender. Add almond milk, 1 tablespoon of olive oil, Parmesan Cheese, pepper and process until smooth, like mashed potatoes.

Add remaining 2 tablespoons of olive oil to the same pot you used for the cauliflower, using medium heat, add the kale with 2 tablespoons of water to wilt it; add the white portion of the onions, garlic and stir about 4 minutes, until softened and kale is tender.

Stir in the cauliflower. Serve warm, topped with the remaining green onions and butter or margarine if you wish.

Refrigerate leftovers up to 3 days.

Nutrition Facts Per Serving: Calories: 163 | Protein: 3.5 | Carbohydrate: 11 | Dietary Fiber: 3 | Total Fat: 11 | Sodium: 100 | Potassium: 218 |





Cinnamon Pear Tartlet

A festive "pie" without the effort!



Ingredients

One single pie crust
2 ripe Bosc Pears*
2 Tablespoons sugar
2 teaspoons ground cinnamon
½ lemon (for juice)
1 egg, well beaten

Note: photo shows tartlet with ice cream and Boiled Cider Sauce - a make-ahead sauce simply prepared by slowly simmering cider until it is reduced to ⅓ of its original volume. It is a delicious addition to baked goods. Store in the refrigerator.

Serves 4

Prep Time: 15 minutes

Cooking Time: 30 minutes

Total Time: 45 minutes

Directions

Preheat oven to 425°; allow pie crust to soften at room temperature. Cover a baking sheet with parchment paper; set aside. In a small dish combine the cinnamon and sugar; set aside.

Peel the pears, slice each in half vertically. Use a paring knife or spoon to remove the seeds, and brush them with lemon juice; sprinkle all sides with cinnamon sugar.

Place the pears on the parchment covered pan cut side down.

Cut the pastry into 4 equal pie shaped pieces, drape one piece over each pear half, placing the narrow end at the top of the pear, smooth dough around the bottom of the pear. Trim the dough away from the outer edge of the pears, form a leaf from the excess dough. Brush the dough with the beaten egg, and also brush the leaf shape with egg and place on the pear. Use a knife to pierce the dough and pear several times. Bake 30 minutes until golden brown and pears are softened. Remove from oven, allow to cool 5 minutes before transferring to serving plates. Serve plain, with whipped topping, sauce or ice cream.

*Bosc pears are recommended for their firm texture.

Optional topping of your choice: Choose your favorite whipped topping, sauce or ice cream.

Nutrition Facts Per Serving: Calories: 154 | Protein: 2 | Carbohydrate: 12 | Dietary Fiber: 3 | Total Fat: 6 | Sodium: 151 | Potassium: 130 |





Spotlight: Healthy Dessert Choices



Enjoy a simple sweet treat at the end of your meal by choosing fruit! Why? The fiber, vitamins and antioxidants in fruit are more kidney friendly than a traditional sugar filled dessert. They reduce the risk of chronic diseases while satisfying a sweet tooth! The naturally occurring sugar in fruit is absorbed more slowly than processed sugar due to the fiber it contains. Desserts made with large amounts of added sugar or high fructose corn syrup lack fiber to slow the entry of sugar into the bloodstream, so blood sugar rises quickly and so does inflammation.

Try swapping your 100 calorie (2 carb) sugary dessert for an equivalent sweet, nutritious fruit dessert like one below:

Swap this sweet treat

For this fruit



Two chocolate cherry cordial (30 g carb)



1 cup or about 20 cherries (15 g carb)



Small strawberry shortcake (23 g carb)



26 medium strawberries (0.5g carb per berry)



1/2 cup raspberry sorbet (30 g carb)



1 1/2 cups raspberries, about 45 (30 g carb)





Kidney Friendly Holiday Eating Tips



The holiday season is a time to enjoy family, friends, and food! Try a few of these healthy tips to transform your favorite holiday foods into a kidney protective feast:

1. Pay attention to portion sizes. Enjoy fresh fruits and vegetables, but limit the portion size of high sodium foods. Serve appetizers on small plates to reduce the temptation to overeat.
2. When dining at the home of friends or family, decide what you will eat before you arrive at the holiday gathering. Your host/hostess may appreciate knowing ahead of time that you are following your meal plan. He/she might modify some of the dishes to suit your needs, or appreciate your offer to bring one of your kidney friendly treats to share at the meal.
3. When dining at home, your home-made foods give you more control over sodium than pre-made foods . Update your recipes to use low-sodium broth for stuffing or gravy, reduce or eliminate salt, and serve dressing, sauce or gravy on the side to allow each person to control the amount used.
4. Choose small servings of animal protein to reduce your kidneys' workload. By limiting your meat portion to no more than $\frac{1}{4}$ of the plate you have plenty of room for kidney friendly dishes made from fruits, vegetables and whole grains.
5. Be on the lookout for high sodium foods. If low sodium stuffing and gravy is not available, limit the amount of regular stuffing and gravy used. Choose fresh meat over cured or brined ham, turkey or shellfish. Steer clear of olives, cheese and other salty condiments. Choose vegetables or fruits instead.
6. Eat slowly, take time to enjoy your meal with your holiday companions. Listen to your body for signals of fullness so you avoid overeating.
7. Drink water, flavored water or club soda instead of high-calorie or sugary beverages.
8. If you have diabetes, keep portion sizes of starches and desserts small. Foods like potatoes, breads, stuffing, cranberry sauce, and desserts will raise your blood sugar. These foods can be enjoyed control your total carbohydrate intake by controlling the portion size.
9. Contact your local VA Registered Dietitian to learn more about your individual needs!





Nutrition Label Quick Guide

Your tool for kidney protection.

Portion size - Does the amount you eat match this serving size? If not, your nutrient intake will be different than the amount shown on the label.

Sodium: Look at the "mg" not the "%DV". Aim for less than 2300 mg sodium per day, or according to your doctor's advices;
Less than 700 mg per meal;
Less than 140 mg per single serving of one food.

Carbohydrates: Carbohydrates include fiber as well as added sugar and starch. Healthy meals include higher fiber foods, such as vegetables and whole grains, and limit added sugar and high fructose corn syrup. If you have diabetes eat a similar amount of carbohydrate at each meal to keep blood sugar stable.

Potassium: Potassium may be listed as percent daily value and is based on the RDA of 4700 mg/d. Low potassium foods have less than 200 mg while very high potassium foods are greater than 300 mg per serving. Ask your dietitian or renal doctor what are your potassium needs.

Phosphate: A listing is not required even if the food contains phosphorus. Phosphorus food additives should be avoided. Identify this type of food additive in the ingredient list. The name contains "**phos**".
If phosphorus is listed, avoid foods with over 15% of DV (150 mg).

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: whole wheat pasta; sauce pasteurized milk, processed cheese, olive oil, butter, salt, sugar, corn, green beans, potatoes, sodium benzoate, sodium tripolyphosphate, BHA, BHT

