



Pork and Egg Fried Rice

Servings: 6 (1 cup each)

Ingredients :

3 tbsp. oil
2 cloves garlic, minced
1/4 cup chopped green onions
1/2 cup cooked chopped pork
4 cups cooked rice
1 tsp. low-sodium soy sauce
1/2 cup frozen green peas
1/4 tsp. dry mustard
6 eggs or 1 1/2 cups low cholesterol egg substitute, scrambled and chopped

Directions:

Heat oil in large skillet over moderate heat. Add garlic and cook until soft. Stir in onions and cook for 2 minutes. Add rice, pork, and soy sauce. Stir and cook for 3 minutes. Add remaining ingredients; cook until heated thoroughly.

Nutrients: (1 serving)

Calories 270
Phosphorus 173 mg
Fat 8 g
Potassium 202 mg
Protein 12 g
Sodium 118 mg

Renal and Renal Diabetic Exchanges:

2 starch
1 meat
1 fat
1 low potassium vegetable

(source: Living Well on Dialysis Cookbook)

Mexican Pasta

Servings: 5 (1 cup each)

Ingredients :

5 ounces fideo (vermicelli) pasta
(break into 1-inch pieces)
1 tbsp. oil
2 tbsp. onion (chopped)
1/4 cup tomato sauce
1 1/2 cups water

Directions:

Heat oil in skillet and fry pasta until golden. Add onion and saute. Stir in tomato sauce and water. Cover and cook over low heat until liquid is absorbed. This traditional dish makes an ideal substitute for beans in the diet. It is easy to prepare, complements many foods, and is low in potassium, phosphorus, and sodium.

Nutrients: (1 serving)

Calories 84
Phosphorus 19 mg
Fat 5 g
Potassium 66 mg
Protein 1 g
Sodium 76 mg

Exchanges:

1 Starch
1 Fat

(source: Southwest Cookbook)





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Lemon Curry Chicken Salad

Servings: 4 (1 cup per serving)

Ingredients :

- 1/4 cup oil
- 4 tbsp. frozen lemonade concentrate, thawed
- 1/4 tsp. ground ginger
- 1/4 tsp. curry powder
- 1/8 tsp. garlic powder
- 1 1/2 cups cooked, diced chicken
- 1 1/2 cups grapes, halved
- 1/2 cup sliced celery

Directions:

In a large bowl, combine oil, lemonade concentrate, and spices. Add remaining ingredients and toss lightly. Chill.

Nutrients: (1 serving)

- Calories 307
- Phosphorus 119 mg
- Fat 20 g
- Potassium 235 mg
- Protein 17 g
- Sodium 57 mg

Renal and Renal Diabetic Exchanges:

- 2 meat
- 1 starch
- 2 fat

(source: Living Well on Dialysis Cookbook)

Beef Stew

Servings: 10

Ingredients :

- 1 1/2 pounds beef chuck, chopped
- 10 cups water
- 1 clove garlic, chopped
- 2 carrots cut into bite-size pieces
- 1 potato cut into bite-size pieces
- 3 stalks celery cut into bite-size pieces
- 1/2 pound cabbage, cut into bite-size pieces
- 1/2 cup each of fresh onion
and fresh cilantro, chopped
- 1/2 cup low-salt tomato sauce

Directions:

Place meat, water, and garlic in a large pot and simmer for about 1 hour. Add remaining ingredients and simmer until vegetables are tender.

Note: For lower potassium, do not drink broth.

Nutrients:

- Calories 261
- Phosphorus 176 mg
- Fat 16 g
- Potassium 413 mg
- Protein 20 g
- Sodium 142 mg

Exchanges:

- 2 meat
- 3 vegetable

(source: Southwest Cookbook)





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Scampi Linguini

Servings: 4 (1/2 cup per serving)

Ingredients :

- 1 tbsp. olive oil
- 1 clove garlic, minced
- 1/2 pound shrimp, peeled and cleaned
- 1/4 cup dry white wine
- 1 tbsp. lemon juice
- 1/2 tsp. basil
- 1 tbsp. chopped fresh parsley
- 4 ounces dry linguini

Directions:

Heat oil in large skillet. Add garlic and shrimp. Cook and stir until shrimp turns pink. Add wine, lemon juice, basil, and parsley. Cook 5 minutes longer. Meanwhile, boil linguini in unsalted water until tender. Drain. Serve the linguini topped with the shrimp and any remaining liquid.

Nutrients: (1 serving)

- Calories 208
- Phosphorus 167 mg
- Fat 5 g
- Potassium 189 mg
- Protein 15 g
- Sodium 86 mg

Renal Exchanges:

- 2 meat
- 1 starch
- 1/2 high calorie

Renal Diabetic Exchanges:

- 2 meat
- 1 starch
- 1 low potassium fruit

(source: Living Well on Dialysis Cookbook)

Broiled Garlic Shrimp

Servings: 5 (2 1/2 ounces shrimp per serving)

Ingredients :

- 1 pound shrimp in shells
- 1/2 cup unsalted margarine, melted
- 2 tsp. lemon juice
- 2 tbsp. chopped onion
- 1 clove garlic, minced
- 1/8 tsp. pepper
- 1 tbsp. fresh parsley, chopped

Directions:

Preheat broiler. Wash, peel, and dry shrimp. Pour margarine in a shallow baking pan and add lemon juice, onion, garlic, and pepper. Add shrimp and toss to coat. Broil for 4 minutes, turn and broil for 3 more minutes. Serve on platter with strained pan juices. Sprinkle with parsley.

Nutrients:

- Calories 264
- Phosphorus 192 mg
- Fat 20 g
- Potassium 189 mg
- Protein 19 g
- Sodium 135 mg

Renal and Renal Diabetic Exchanges:

- 2 meat
- 1 starch
- 1 low potassium vegetable

(source: Living Well on Dialysis Cookbook)





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Chicken and Rice

Servings: 8

Ingredients :

4 split or 2 whole chicken breasts
 1/2 tsp. garlic salt
 1 1/2 cups white rice
 1/2 cup onion, chopped
 oil for cooking
 8 ounce can tomato sauce
 1/2 cup fresh cilantro, chopped

Directions:

Boil chicken in water with garlic salt. Bone and shred the chicken after it is done. Brown rice and onion in a little oil until rice is toasted. Add chicken, tomato sauce, and cilantro. Add enough water to cover the rice plus 1 1/2 inches. Mix well. Add more garlic salt if desired. Cook until rice is done. Note: For lower sodium, reduce garlic salt.

Nutrients: (1 serving)

Calories 152
 Phosphorus 107 mg
 Fat 3 g
 Potassium 240 mg
 Protein 16 g
 Sodium 347 mg

Exchanges:

2 meat
 1 starch

(source: Southwest Cookbook)

Caramel Custard

Servings: 8 (1/2 cup per serving)

Ingredients :

4 eggs
 1 1/4 cups milk
 10 ounces sweetened condensed milk
 1 tsp. vanilla
 1 cup sugar

Directions:

Beat together eggs, both milks, and vanilla. Melt sugar in a large pan, being careful not to let it burn or scorch. Carefully pour egg mixture into the pan. Cook over water like a double boiler and bake at 350° F for 50 minutes to 1 hour or until set. This dish is rather high in phosphorus and potassium and is best for people who have trouble taking in other sources of protein. It is also helpful for those who have problems chewing or swallowing.

Warning: This dish is not for people with diabetes.

Nutrients:

Calories 308
 Phosphorus 202 mg
 Fat 8 g
 Potassium 268 mg
 Protein 9 g
 Sodium 115 mg

Exchanges:

1 milk
 1 fat
 1 starch
 2 high calorie

(source: Southwest Cookbook)





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Chinese Almond Cookies

Servings: 24 (3 cookies per serving)

Ingredients :

1 cup unsalted margarine, softened
1 cup sugar
1 egg
3 cups flour
1 tsp. baking soda
1 tsp. almond extract

Directions:

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

Nutrients: (1 serving)

Calories 158
Phosphorus 17 mg
Fat 8 g
Potassium 18 mg
Protein 2 g
Sodium 99 mg

Renal Exchanges:

1 starch
1 fat

Renal Diabetic Exchanges:

1 starch
2 fat

(source: Living Well on Dialysis Cookbook)

Chili Wheat Treats

Servings: 8 (1/2 cup per serving)

Ingredients :

1/2 cup unsalted margarine
1 tbsp. chili powder
1/2 tsp. ground cumin
1/2 tsp. garlic powder
dash cayenne pepper
4 cups spoon-size shredded wheat

Directions:

Preheat oven to 300° F. Melt margarine in a 10 x 15-inch baking pan. Stir in spices. Add cereal and toss to coat evenly. Bake for 15 minutes or until crisp. Store in a covered container.

Nutrients: (1 serving)

Calories 184
Phosphorus 82 mg
Fat 12 g
Potassium 104 mg
Protein 3 g
Sodium 107 mg

Renal and Renal Diabetic Exchanges:

1 starch
1 low potassium vegetable
2 fat

(source: Living Well on Dialysis Cookbook)





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Cinnamon Crispies

Servings: 4 (1 tortilla per serving)

Ingredients :

- 1 tbsp. hot water
- 1/2 tsp. vanilla
- 1 1/2 tbsp. sugar
- 1 tsp. cinnamon
- 4 6-inch flour tortillas
- 2 tbsp. unsalted margarine, melted

Directions:

Combine water and vanilla in a small bowl; stir well. Combine sugar and cinnamon; stir well. Brush both sides of tortillas with margarine, and then brush each side with water mixture. Sprinkle each side with sugar mixture.

Place tortillas on a wire rack in a jelly roll pan. Bake at 400° F for 6 1/2 minutes or until lightly browned.

Nutrients: (1 serving)

- Calories 168
- Phosphorus 26 mg
- Fat 8 g
- Potassium 35 mg
- Protein 3 g
- Sodium 83 mg

Renal and Renal Diabetic Exchanges:

- 1 starch
- 2 fat

(source: Living Well on Dialysis Cookbook)

Strawberry Ice Cream

Servings: 6 (1/2 cup each)

Ingredients :

- 1 10 ounce package frozen, sweetened strawberries
- 1 tbsp. lemon juice
- 1 cup crushed ice
- 3/4 cup non-dairy coffee creamer
- 1/2 cup sugar
- Few drops of red food coloring

Directions:

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

Nutrients: (1 serving)

- Calories 144
- Phosphorus 25 mg
- Fat 3 g
- Potassium 108 mg
- Protein 1 g
- Sodium 25 mg

Renal and Renal Diabetic Exchanges:

- 1 starch
- 1 low potassium fruit

(source: Living Well on Dialysis Cookbook)





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Quick 'N Easy Chocolate Ice Cream

Servings: 6

Ingredients :

2 cups Cool Whip®, thawed
1/4 cup Hershey's® chocolate flavored syrup, chilled

Directions:

Fold chilled chocolate syrup gently into thawed Cool Whip®. Refreeze in container or individual covered serving dishes.

Exchanges:

1/2 fruit
1 calorie booster

(source: Creative Cooking for Renal Diabetic Diets)

Beef Stroganoff

Servings: 6 (1/2 cup per serving)

Ingredients :

2 cups fresh sliced mushrooms
3/4 cup sliced onions
3 tbsp margarine
1-1/2 lbs round steak
1 cup water
1 tsp dry mustard
1/8 tsp pepper
2 tbsp flour
1/4 cup water
1 cup sour cream

Directions:

Saute mushrooms and onions in large skillet in margarine until soft; remove from skillet and set aside. Slice the meat into strips the size of a pencil, 3 to 4 inches long, and brown in skillet. Reduce heat to simmer. Return vegetables to skillet and add 1 cup water, dry mustard and pepper. Cover and simmer 45 minutes or until meat is tender, adding more water if necessary. Combine flour with 1/4 cup water, stir until smooth. Stir into meat mixture and cook until sauce thickens, about 2 minutes. Reduce heat to low. Just before serving, stir in sour cream. Serve over hot buttered noodles. Makes six 1/2 cup servings.

Exchanges:

3 ounces meat
1 vegetable

(source: Creative Cooking for Renal Diabetic Diets)

