



Crunchy Quinoa Salad

This crunchy, colorful quinoa salad combines the nutty flavor of protein-packed quinoa with tomatoes, cucumbers, green onions, fresh mint, and parsley. Spoon the salad onto Bibb lettuce leaf “cups” for even more cool crunch.

Serves 8 (1 serving = ½ cup)



Ingredients

- 1 cup quinoa, rinsed
- 2 cups water
- 5 cherry tomatoes, diced
- ½ cup cucumbers, seeded and diced
- 3 green onions, chopped
- ¼ cup fresh mint, chopped
- ½ cup flat leaf parsley, chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon grated lemon rind (zest)
- 4 tablespoons olive oil
- ¼ cup parmesan cheese, grated
- ½ head Boston or Bibb lettuce, separated into cups

Nutrition Per Serving

Calories	158 cal	Carbohydrates	16 g
Total Fat	9 g	Protein	5 g
Saturated Fat	2 g	Phosphorus	129 mg
Trans Fat	0 g	Potassium	237 mg
Cholesterol	2 mg	Dietary Fiber	2.3 g
Sodium	46 mg	Calcium	61 mg

Directions

1. Rinse quinoa under cold running water until clear, then drain well.
2. Place quinoa in a pan over medium-high heat and toast for 2 minutes, stirring frequently. Add 2 cups of water and bring to a boil. Reduce heat to low, cover pan and simmer for 8–10 minutes. Let cook and fluff with a fork.
3. Combine the tomatoes, cucumbers, and onions with the herbs, lemon juice, zest, and olive oil. Add the cooled quinoa to the mixture.
4. Spoon the mixture into lettuce cups, then sprinkle Parmesan cheese on top.

Recipe provided by Fresenius Kidney Care.

Contributed by: Vicky G., Chicago, Illinois.





Fall Harvest Orzo Salad

Fall for the flavor! Diced apples, dried cranberries, almonds, pepper, basil and blue cheese make this orzo salad sweet, savory and hearty.

Serves 8 (1 serving = ½ cup)



Ingredients

- 4 cups cooked orzo, chilled (about 1²/₃ cups dried orzo)
- 1 cup dried cranberries
- 2 cups fresh apples, diced
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- ½ teaspoon freshly ground black pepper
- 2 tablespoons fresh basil, chopped
- ½ cup crumbled blue cheese
- ¼ cup blanched almonds, chopped

Nutrition Per Serving

Calories	289 cal	Carbohydrates	41 g
Total Fat	12 g	Protein	6 g
Saturated Fat	3 g	Phosphorus	94 mg
Trans Fat	0 g	Potassium	127 mg
Cholesterol	6 mg	Dietary Fiber	3 g
Sodium	100 mg	Calcium	65 mg

Directions

1. In a medium-size bowl, add all the ingredients except blue cheese and almonds, gently combining until well incorporated.
2. Transfer the mixture to a serving dish, sprinkle with the crumbled blue cheese and almonds and serve.

Recipe provided by Fresenius Kidney Care.



Mediterranean Green Beans

Simply delicious. Freshly cooked green beans in a dressing of olive oil, fresh minced garlic, lemon juice, and ground pepper.

Serves 4 (1 serving = 1 cup)



Ingredients

- 1 pound fresh green beans, trimmed to 1 to 2-inch pieces
- ¾ cup water
- 2½ teaspoons olive oil
- 3 fresh garlic cloves, minced
- 3 tablespoons fresh lemon juice
- 1/8 teaspoon ground black pepper

Nutrition Per Serving

Calories	71 cal	Carbohydrates	10 g
Total Fat	3 g	Protein	2 g
Saturated Fat	0 g	Phosphorus	37 mg
Trans Fat	0 g	Potassium	186 mg
Cholesterol	0 mg	Dietary Fiber	3.7 g
Sodium	2 mg	Calcium	55 mg

Directions

1. Bring water to a boil in large, nonstick skillet; add beans, cook 3 minutes; then drain and set aside.
2. Heat skillet over medium-high heat and add oil; add garlic and beans; sauté for 1 minute.
3. Add juice and pepper and sauté 1 minute longer.

TIP: Use lemon juice instead of salt to bring out the flavors in food.

Recipe provided by Fresenius Kidney Care.

Contributed by: Michelle Suddath, Dietitian. Originally published in Renal Culinary Gourmet Cookbook.





Homemade Herbed Biscuits

Craving some kidney-friendly biscuits? We've got the recipe. Herbs, flour and some milk are all you need for these moist and savory biscuits—full of fresh-out-of-the-oven goodness.

Serves 12 (1 serving = 1 biscuit)



Ingredients

- 1¾ cups all-purpose flour
- 1 teaspoon cream of tartar
- ½ teaspoon baking soda
- ¼ cup mayonnaise
- ⅔ cup skim milk
- 3 tablespoons chives or any other herb, fresh or dry to taste
- nonstick cooking spray

Nutrition Per Serving

Calories	109 cal	Carbohydrates	15 g
Total Fat	4 g	Protein	3 g
Saturated Fat	1 g	Phosphorus	34 mg
Trans Fat	0 g	Potassium	85 mg
Cholesterol	2 mg	Dietary Fiber	1 g
Sodium	88 mg	Calcium	21 mg

Directions

1. Preheat oven to 400° F. Next, spray cookie sheet with nonstick cooking spray.
2. In a large bowl, mix flour, cream of tartar and baking soda. Then mix in mayonnaise with a fork until the mixture resembles coarse cornmeal.
3. In a small bowl, combine milk and herbs, and add to the flour mixture. Stir until combined.
4. Place heaping tablespoons on the cookie sheet. Bake for 10 minutes.
5. Refrigerate until ready to use.

Recipe provided by Fresenius Kidney Care.

Contributed by: Robin Diaz-Grady, Orland Park, Illinois.



Jalapeño Lime Turkey Burger with Smoked Mozzarella

Topped with smoked mozzarella cheese, these juicy grilled turkey burgers are filled with bold flavor from tangy lime zest—and jalapeños for a hint of heat.

Serves 8 (1 serving = 1 burger)



Ingredients

- 2 tablespoons jalapeño,* finely diced
- juice of 2 limes and zest** of 1 lime
- 1 tablespoon freshly ground black pepper
- 1 tablespoon French's® Worcestershire sauce, reduced sodium
- 2 pounds ground turkey
- 4 tablespoons extra virgin olive oil
- 8 slices of mozzarella cheese with skim milk
- 8 hamburger buns, toasted

Nutrition Per Serving

Calories	407 cal	Carbohydrates	20 g
Total Fat	22 g	Protein	32 g
Saturated Fat	7 g	Phosphorus	399 mg
Trans Fat	0 g	Potassium	378 mg
Cholesterol	94 mg	Dietary Fiber	0.9 g
Sodium	435 mg	Calcium	273 mg

Directions

1. In a medium-sized bowl, combine the first 5 ingredients plus 2 tablespoons of olive oil. Form 8 equal-sized turkey burger patties and lightly brush them with 2 tablespoons of olive oil.
2. In a large nonstick sauté pan over medium-high heat, heat half of the canola oil on medium-high (a George Foreman® grill may also be used).
3. Cook the burgers for 5–7 minutes per side, flipping once or until an internal temperature of 165°F is reached with an instant-read thermometer.
4. Top each burger with about 2 tablespoons of cheese and melt in a toaster oven or an oven set to broil.
5. Serve each turkey burger on a toasted bun. (If using a George Foreman® grill, once cooked, unplug the grill and add cheese to the burger. Leave the grill open and allow the cheese to slightly melt.)

***Tip:** When you cut up jalapeño peppers, wear plastic or rubber gloves and do not touch your face. Or, wash your hands well with soap and water before you touch your face or eyes.

****Tip:** To zest, move a grating tool (e.g., zester, peeler, box grater) slowly back and forth across the peel. Use only the green layer of the peel and not the bitter, white pith.

Recipe provided by Fresenius Kidney Care.



Herb Crusted Pork Loin

Fennel, caraway, dill, and anise seeds coat this pork roast for a juicy, aromatic, and flavor-packed dish.

Serves 14 (1 serving = 4 oz)



Ingredients

- 1 boneless pork loin roast (3½ pounds)
- 2 tablespoons soy sauce, low sodium
- 2 tablespoons anise seed
- 2 tablespoons fennel seed
- 2 tablespoons caraway seed
- 2 tablespoons dill seed

Nutrition Per Serving

Calories	224 cal	Carbohydrates	2 g
Total Fat	13 g	Protein	24 g
Saturated Fat	5 g	Phosphorus	225 mg
Trans Fat	0 g	Potassium	405 mg
Cholesterol	70 mg	Dietary Fiber	1.0 g
Sodium	134 mg	Calcium	53 mg

Directions

1. Rub soy sauce over the roast until it's coated all over.
2. In a 13" x 10" x 1" baking pan, stir together the anise seed, fennel, caraway and dill seed. Roll pork roast in seeds to coat evenly. Wrap meat in foil; refrigerate for at least 2 hours or overnight.
3. Preheat oven to 325°F and remove foil. Place meat fat side up on the rack in an open shallow roasting pan. Insert meat thermometer so the tip is in the center of the thickest part.
4. Roast pork loin in baking pan for 35–40 minutes per pound. Meat thermometer should register 145°F when roast is done. Let rest 3 minutes. Slice to serve.

Recipe provided by Fresenius Kidney Care.

Contributed by: Barbara, Waltham, Massachusetts.





Egg Fried Rice

A delicious, easy-to-make Asian-inspired dish for those who are always on the go. This egg fried rice recipe combines scrambled eggs, rice, green onions, peas, and bean sprouts for a filling and satisfying meal that's perfect for vegetarians.

Serves 10 (1 serving = ½ cup)



Ingredients

- 2 teaspoons dark sesame oil
- 2 eggs
- 2 egg whites
- 1 tablespoon canola oil
- 1 cup bean sprouts
- 1/3 cup green onions, chopped
- 4 cups cooked rice, cold
- 1 cup frozen peas, thawed
- 1/4 teaspoon ground black pepper

Nutrition Per Serving

Calories	137 cal
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	37 mg
Sodium	38 mg

Carbohydrates	21 g
Protein	5 g
Phosphorus	67 mg
Potassium	89 mg
Dietary Fiber	1.3 g
Calcium	20 mg

Directions

1. Combine the sesame oil, eggs, and egg whites in a small bowl. Stir well and set aside.
2. Heat canola oil in a large nonstick skillet over medium-high heat.
3. Add egg mixture and stir-fry until done.
4. Add bean sprouts and green onions. Stir-fry for 2 minutes.
5. Add rice and peas. Continue to stir-fry until heated thoroughly.
6. Season with black pepper and serve immediately.

Recipe provided by Fresenius Kidney Care.

Contributed by: Murray Randall, Berwyn, Illinois.





Hawaiian Style Slow Cooked Pulled Pork

Say “aloha” to this Hawaiian style pulled pork recipe. Smoky and succulent, it can be served over rice, added to soup, or used as a high-protein addition to scrambled eggs for breakfast.

Serves 16 (1 serving = 4 oz)



Ingredients

- 4 pounds pork roast
- ½ teaspoon ground black pepper
- ½ teaspoon paprika
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 2 tablespoons liquid smoke
- Optional garnish: (pickled red onions or radishes) 1 red onion or 4 radishes, ⅓ cup white vinegar and ¼ teaspoon of sugar

Nutrition Per Serving

Calories	285 cal	Carbohydrates	1 g
Total Fat	21 g	Protein	20 g
Saturated Fat	7 g	Phosphorus	230 mg
Trans Fat	0 g	Potassium	380 mg
Cholesterol	83 mg	Dietary Fiber	0 g
Sodium	54 mg	Calcium	9 mg

Directions

1. Combine black pepper, paprika, onion powder, and garlic powder in a small bowl.
2. Rub the seasoning blend on all sides of the pork. Place pork into a slow-cooker or a crock-pot. Sprinkle with liquid smoke.
3. Add enough water to the slow-cooker or crock-pot to measure ¼–½” deep. Cook on high for 4–5 hours.
4. Remove pork from cooking liquid and shred meat using two forks.
5. Optional: Garnish with sliced pickled red onions or radishes.

Tip: For quick pickled red onions or radishes, marinate one sliced red onion or 4 sliced radishes in a mixture of ⅓ cup of white vinegar and a ¼ teaspoon of sugar for 1 hour. Drain and use as a garnish.

Note: Shredded or pulled pork can be used in a variety of ways. Serve it over rice, add it to soup, or create a high-protein breakfast by adding it to scrambled eggs.

Recipe provided by Fresenius Kidney Care.

Contributed by: Lori Fijiura, Aiea, Hawaii.



Sautéed Collard Greens

A Southern staple and favorite, this quick collard greens recipe is a flavorful and healthy veggie side dish for lunch or dinner.

Serves 6 (1 serving = 1/6 portion)



Ingredients

- 8 cups fresh collard greens, chopped and blanched
- 2 tablespoons olive oil
- 1 tablespoon butter, unsalted
- 1/4 cup onions, finely diced
- 1 tablespoon fresh garlic, chopped
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon ground black pepper
- 1 tablespoon vinegar (optional)

Nutrition Per Serving

Calories	79 cal	Carbohydrates	4 g
Total Fat	7 g	Protein	2 g
Saturated Fat	2 g	Phosphorus	18 mg
Trans Fat	0 g	Potassium	129 mg
Cholesterol	5 mg	Dietary Fiber	2.2 g
Sodium	9 mg	Calcium	118 mg

Directions

1. Blanch the collard greens by putting them into a pot of boiling water for 30 seconds.
2. Strain the boiling water off and quickly transfer the greens to a large bowl of ice water. Let cool, then strain and dry the greens and set them aside.
3. In a large sauté pan on medium-high heat, melt the butter and oil together. Add onions and garlic, and cook until slightly browned, about 4–6 minutes. Add collard greens and black and red pepper, then cook for 5–8 minutes on high heat, stirring constantly.
4. Remove from heat, add vinegar, if desired, and stir.

Recipe provided by Fresenius Kidney Care.





Southwest Baked Egg Breakfast Cups

Wake your taste buds up with these baked breakfast egg cups filled with savory rice, eggs, green chilies, pimentos, and cheddar cheese. A yummy way to start any morning.

Serves 12 (1 serving = 1 egg cup or 2.5 oz)



Ingredients

- 3 cups rice, cooked
- 4 oz cheddar cheese, shredded
- 4 oz green chilies, diced
- 2 oz pimentos, drained and diced
- ½ cup skim milk
- 2 eggs, beaten
- ½ teaspoon ground cumin
- ½ teaspoon black pepper
- nonstick cooking spray

Nutrition Per Serving

Calories	109 cal	Carbohydrates	13 g
Total Fat	4 g	Protein	5 g
Saturated Fat	2 g	Phosphorus	91 mg
Trans Fat	0 g	Potassium	82 mg
Cholesterol	41 mg	Dietary Fiber	0.5 g
Sodium	79 mg	Calcium	91 mg

Directions

1. In a large bowl, combine rice, 2 oz of cheese, chilies, pimentos, milk, eggs, cumin, and pepper.
2. Spray muffin cups with nonstick cooking spray.
3. Spoon mixture evenly into 12 muffin cups. Sprinkle top of each cup with the remaining 2 oz of shredded cheese.
4. Bake at 400°F for 15 minutes or until set.

Recipe provided by Fresenius Kidney Care.

Contributed by: Melissa Chodorowski, Markham, Illinois. Originally published in Renal Culinary Gourmet Cookbook.





Herb-Roasted Chicken Breasts

Marinating overnight with seasoning and olive oil makes for a tender, moist, herb-roasted chicken breast every time in this easy dish. Simple never tasted so good!

Serves 4 (1 serving = 4 oz)



Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 medium onion
- 1–2 garlic cloves
- 2 tablespoons Mrs. Dash® Garlic and Herb Seasoning Blend
- 1 teaspoon ground black pepper
- ¼ cup olive oil

Nutrition Per Serving

Calories	270 cal	Carbohydrates	3 g
Total Fat	17 g	Protein	26 g
Saturated Fat	3 g	Phosphorus	252 mg
Trans Fat	0 g	Potassium	491 mg
Cholesterol	83 mg	Dietary Fiber	0.6 g
Sodium	53 mg	Calcium	17 mg

Directions

Marinating:

1. Chop onion and garlic and place in a bowl. Add Mrs. Dash Seasoning, ground pepper, and olive oil.
2. Add chicken breasts to the marinade, cover it, then refrigerate for at least 4 hours or overnight.

Baking:

1. Preheat the oven to 350°F.
2. Cover a baking sheet with foil, place the marinated chicken breasts on the pan.
3. Pour the remaining marinade over the chicken and bake at 350°F for 20 minutes.
4. Broil an additional 5 minutes for browning.

Recipe provided by Fresenius Kidney Care.

Contributed by: Imani Franklin, Holland, Illinois.



Cool and Crispy Cucumber Salad

Cool, crispy, and easy. Mix sliced cucumbers with sodium-free Italian dressing and fresh ground black pepper, chill, and enjoy!

Serves 4 (1 serving = ½ cup)



Ingredients

- 2 cups fresh cucumber (sliced into ¼-inch slices, peeling is optional)
- 2 tablespoons Italian or Caesar salad dressing
- Fresh ground black pepper to taste

Nutrition Per Serving

Calories	27 cal	Carbohydrates	3 g
Total Fat	2 g	Protein	0 g
Saturated Fat	0 g	Phosphorus	14 mg
Trans Fat	0 g	Potassium	90 mg
Cholesterol	0 mg	Dietary Fiber	0 g
Sodium	74 mg	Calcium	12 mg

Directions

1. In medium-size bowl with lid, combine cucumbers and salad dressing.
2. Cover with lid, shake to coat.
3. Sprinkle with ground black pepper. Refrigerate.
4. Best served cold.

Recipe provided by Fresenius Kidney Care.

Contributed by: Tracey Neeley, Registered Dietitian, Fresenius Medical Care, Augusta, Georgia.





Pesto-Crusted Catfish

Love catfish, but craving some crunch? Cook it up in a coating of pesto sauce mixed with flaky panko bread crumbs, mozzarella, onion, and spices!

Serves 6 (1 serving = 5 oz)



Ingredients

- 2 pounds catfish (boned and filleted)
6 (5 oz each)
- 4 teaspoons pesto
- ¾ cup panko bread crumbs
- ½ cup mozzarella cheese
- 2 tablespoons olive oil

Chef McCargo's Signature Seasoning Blend:

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon red pepper flakes
- ½ teaspoon black pepper

Nutrition Per Serving

Calories	312 cal
Total Fat	16 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	83 mg
Sodium	272 mg

Carbohydrates	15 g
Protein	26 g
Phosphorus	417 mg
Potassium	576 mg
Dietary Fiber	0.8 g
Calcium	80 mg

Directions

Preheat oven to 400°F.

1. Mix all the seasonings in small bowl and begin to sprinkle even amounts on both sides of fish.
2. Spread equal amounts of pesto (1 teaspoon each) on topside of filets and set aside.
3. In medium bowl, mix cheese, oil and bread crumbs and dredge pesto side of fish in mixture until well coated.
4. Grease or spray baking sheet tray liberally with oil and lay fish pesto side up on sheet tray leaving space between filets.
5. Bake for 15–20 minutes at 400°F or until desired brownness on bottom rack.
6. Let rest for 10 minutes after cooking and removing from tray to prevent fish from breaking.

TIPS: Make an extra serving of Chef McCargo's signature seasoning blend and use it to spice up your other dishes. For another twist on this tasty recipe, substitute chicken or turkey for catfish.

Recipe provided by Fresenius Kidney Care.



Bourbon Glazed Skirt Steak

Tired of the same old steak? Get your glaze on with Chef McCargo! Mix bourbon, dark brown sugar, Dijon mustard, butter, and spices to add mouth-watering flavor.

Serves 8 (1 serving = 3 oz)



Ingredients

Bourbon Glaze:

- ¼ cup diced shallots
- 3 tablespoons unsalted butter, chilled and cubed
- 1 cup bourbon
- ¼ cup dark brown sugar
- 2 tablespoons Dijon mustard
- 1 tablespoon black pepper

Skirt Steak:

- 2 tablespoons grape seed oil
- ½ teaspoon dried oregano
- ½ teaspoon smoked paprika
- 1 teaspoon black pepper
- 1 tablespoon red wine vinegar
- 2 pounds skirt steak

Nutrition Per Serving

Calories	409 cal
Total Fat	22 g
Saturated Fat	8 g
Trans Fat	1 g
Cholesterol	93 mg
Sodium	152 mg

Carbohydrates	8 g
Protein	24 g
Phosphorus	171 mg
Potassium	283 mg
Dietary Fiber	0.5 g
Calcium	22 mg

Recipe provided by Fresenius Kidney Care.

Directions

Bourbon Glaze:

1. In small saucepan on medium-high heat, brown shallots in 1 tablespoon butter.
2. Reduce heat to low, remove pan from stove, add bourbon and then place saucepan back on stove.
3. Cook for 10–15 minutes, or until reduced by about one third.
4. Add brown sugar, mustard, and black pepper and stir until bubbly.
5. Turn off heat and stir in the remaining 2 tablespoons of cold, cubed butter, stirring until mixed.

Skirt Steak:

1. Mix first 5 ingredients in gallon-size sealable storage bag, add steaks and shake well.
2. Allow steaks to marinate in bag at room temperature for 30–45 minutes.
3. Remove steaks from bag, grill for 15–20 minutes each side, then remove and let rest for 10 minutes.
4. Slice and serve with a drizzle of sauce; or leave whole and brush with glaze and put in preheated broiler for 4–6 minutes, or until desired look.

Optional Serving Suggestion: Bourbon Glazed Skirt Steak Sandwich - Serves 6 (1 serving = 4-inch sandwich)

Directions: Add sliced steak to a toasted baguette roll, then top with gorgonzola cheese, caramelized onions, and sautéed mushrooms for a great-tasting steak sandwich.



Zucchini Sauté

No need to settle for soggy, bland veggies. For your next meal, serve up zucchini sautéed in grated Parmesan cheese and a medley of fresh basil, thyme, and tarragon.

Serves 6 (1 serving = ½ cup)



Ingredients

- 3-4 medium-size fresh zucchini, sliced (about 4 cups)
- 1 cup whole milk
- ½ cup flour
- ¼ cup grated Parmesan cheese
- ½ teaspoon fresh basil
- ½ teaspoon fresh thyme
- ½ teaspoon fresh tarragon
- 2 tablespoons vegetable oil
- Pepper to taste

Nutrition Per Serving

Calories	130 cal	Carbohydrates	12 g
Total Fat	7 g	Protein	4 g
Saturated Fat	2 g	Phosphorus	98 mg
Trans Fat	0 g	Potassium	266 mg
Cholesterol	7 mg	Dietary Fiber	1 g
Sodium	75 mg	Calcium	97 mg

Directions

1. Put zucchini in milk to soak.
2. Mix flour, Parmesan cheese, and pepper in a bowl; add the herbs.
3. Heat vegetable oil in a large skillet.
4. Dip zucchini in cheese and herb mixture.
5. Sauté. Serve hot.

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Tex-Mex Quinoa & Black Bean Bowl

Makes 4 servings

Ingredients

- 4 cups Quinoa, cooked
- 2 cups black beans, canned, low sodium
- 1 cup salsa
- ½ cup regular sour cream, cultured
- 4 tablespoons green onion, fresh, tops
- 1 cup regular cheddar cheese, shredded
- 2 cups Lettuce, iceberg, fresh, shredded



Nutrition Per Serving

Calories	518 cal	Carbohydrates	67 g
Total Fat	18 g	Protein	24 g
Saturated Fat	8 g	Phosphorus	587 mg
Trans Fat	1 g	Potassium	976 mg
Cholesterol	42 mg	Dietary Fiber	15 g
Sodium	830 mg	Calcium	327 mg

Directions

1. Rinse quinoa under cold running water until clear, then drain well.
2. Place quinoa in a pan over medium-high heat and toast for 2 minutes, stirring. Add 2 cups of water and bring to a boil. Reduce heat to low, cover pan, and simmer for 8–10 minutes. Fluff with a fork.
3. Drain, rinse, and heat black beans.
4. Layer 1 cup of quinoa into each bowl.
5. Add ½ cup of black beans to each bowl.
6. Add ½ cup of lettuce to each bowl.
7. Top each bowl with ¼ cup salsa, ¼ cup cheese, 2 tablespoons sour cream, and 1 tablespoon green onions.
8. Serve and enjoy!

Recipe created by Rebecca Hubbard, RDN, CSR, LDN for FKC's 7-day Meal Plan. Not shareable beyond MEI's Kidney School unless written permission granted. Please contact: jennifer.parker@fmc-na.com





Spaghetti and Asparagus Carbonara

Quick and easy to make, this savory pasta dish makes a delicious and satisfying meal. Add chicken or salmon for extra protein.

Serves 6 (1 serving = 1 cup)



Ingredients

- 2 teaspoons canola oil
- 1 cup fresh onions, diced
- 1 large egg, beaten
- 1 cup light cream
- ¼ cup low-sodium chicken stock
- 3 cups cooked spiral noodle pasta, cooked al dente (about 1½ cups raw)
- 2 cups fresh asparagus, chopped (about 1" long pieces)
- 1 teaspoon freshly cracked coarse black pepper
- ½ cup fresh scallions, chopped
- 3 tablespoons bacon bits (meatless)
- 3 tablespoons shredded Parmesan cheese

Nutrition Per Serving

Calories	245 cal	Carbohydrates	27 g
Total Fat	12 g	Protein	9 g
Saturated Fat	5 g	Phosphorus	157 mg
Trans Fat	0 g	Potassium	303 mg
Cholesterol	57 mg	Dietary Fiber	5 g
Sodium	159 mg	Calcium	105 mg

Directions

1. In a large nonstick sauté pan, over medium-high heat, heat the oil and sauté the onions until lightly browned.
2. Meanwhile, in a small bowl, whisk the egg and the cream until thoroughly mixed.
3. Lower the heat to medium and pour the cream mixture into the onions, stirring constantly with a wooden spoon until it starts to thicken, about 4–6 minutes.
4. Add the stock, pasta, asparagus, and black pepper and continue to stir for an additional 3–4 minutes or until warmed through.
5. Turn off the heat and pour the carbonara into a serving dish. Top with scallions, bacon bits and cheese and serve.

Recipe provided by Fresenius Kidney Care.



Sweet & Nutty Protein Bars

Soft and chewy, these easy-to-make protein bars are high-protein snacks thanks to a blend of almonds, oats, flaxseeds, and peanut butter. Yum!

Serves 12 (1 serving = 2 oz bar)



Ingredients

- 2½ cups rolled oats, toasted
- ½ cup almonds
- ½ cup flaxseeds
- ½ cup peanut butter
- 1 cup dried cherries, blueberries or Craisins®
- ½ cup honey

Nutrition Per Serving

Calories	283 cal	Carbohydrates	39 g
Total Fat	13 g	Protein	7 g
Saturated Fat	2 g	Phosphorus	177 mg
Trans Fat	0 g	Potassium	258 mg
Cholesterol	0 mg	Dietary Fiber	5.8 g
Sodium	49 mg	Calcium	51 mg

Directions

1. Toast the oats by placing rolled oats on a baking sheet in a 350°F oven for 10 minutes or until golden brown.
2. Mix all ingredients together until well-mixed.
3. Press the protein mix down into a lightly greased 9" x 9" pan. Wrap and refrigerate for at least one hour or overnight.
4. Cut protein bars into desired squares then serve.

Recipe provided by Fresenius Kidney Care.





Crunchy Lemon Herbed Chicken

Lemon, oregano, basil, and thyme make this chicken dish irresistible. Panko bread crumbs add crunch.

Serves 4 (1 serving = 3 oz portion)



Ingredients

- 6 (2 oz each) chicken tenders
- 4 tablespoons unsalted butter, chilled
- ½ cup panko bread crumbs
- ¼ cup of lemon juice, plus zest of 1 lemon
- 1 egg yolk
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon fresh basil, chopped
- 1 tablespoon fresh thyme, chopped
- 3 tablespoons water (1 tablespoon for the egg wash, 2 tablespoons for finishing the sauce)

Nutrition Per Serving

Calories	277 cal
Total Fat	16 g
Saturated Fat	8 g
Trans Fat	0 g
Cholesterol	139 mg
Sodium	141 mg

Carbohydrates	12 g
Protein	22 g
Phosphorus	226 mg
Potassium	347 mg
Dietary Fiber	0.9 g
Calcium	50 mg

Directions

1. Preheat 2 tablespoons of butter on medium-low heat.
2. Add zest of 1 lemon and half the herbs to bread crumbs, save the rest for lemon sauce.
3. Beat egg yolk with 1 tablespoon water.
4. Place chicken tenders between 2 pieces of plastic wrap and beat with small groove side of mallet until thin, but not ripped.
5. Dip chicken in egg wash mixture, then in herbed bread crumb mixture until coated. Set them aside.
6. Preheat 2 tablespoons of butter on medium heat.
7. Place breaded chicken in sauté pan.
8. Cook chicken, approximately 2–3 minutes each side.
9. Remove chicken and place on baking sheet to rest. In same pan, add remaining herbs and lemon juice, then heat until simmering.
10. Turn off heat; add remaining 2 tablespoons of butter to the sauce, stir vigorously.
11. Slice the chicken.
12. Place sliced chicken on a plate, pour the sauce over the top and add garnishes.

TIP: Use diced red bell peppers, lemon slices, parsley, or finely diced shallots and scallions to add color and garnish to your final dish.

Recipe provided by Fresenius Kidney Care.





Mashed Carrots & Ginger

Add color and flavor to your table with this holiday-favorite side dish. Mashed carrots are spiced with ginger, honey, black pepper, and a touch of vanilla extract. A vibrant and velvety dish that couldn't be more simple—or delicious.

Serves 3 (1 serving = 1/3 of the recipe)



Ingredients

- 2 cups baby carrots
- 1/2 teaspoon fresh ginger, chopped
- 1/2 teaspoon honey
- 1/2 teaspoon black pepper
- 1/2 teaspoon vanilla extract
- Optional garnish: 1 tablespoon fresh chives, chopped

Nutrition Per Serving

Calories	30 cal	Carbohydrates	7 g
Total Fat	0 g	Protein	1 g
Saturated Fat	0 g	Phosphorus	21 mg
Trans Fat	0 g	Potassium	174 mg
Cholesterol	0 mg	Dietary Fiber	2 g
Sodium	55 mg	Calcium	25 mg

Directions

1. Boil or steam carrots on high heat until carrots are very tender. Lower heat to low and mash carrots with a potato masher.
2. Add remaining ingredients (ginger, honey, pepper, and vanilla extract) and stir until well-mixed.
3. Serves 3 (1 serving = 1/3 of the recipe).

Optional: Garnish with chopped chives and serve.

Tip: For smoother mashed carrots, use a food processor or blender.

Recipe provided by Fresenius Kidney Care.

