



Take care of your kidneys and live a healthy lifestyle with
low-phosphorus recipes

Breakfast





Overnight French toast

- 4 eggs or 1 cup egg substitute
- 1½ cups nondairy creamer (powdered)
- 3 Tbsp sugar
- ¼ tsp nutmeg
- 1 tsp vanilla
- ½ tsp rum extract
- 12 slices white bread
- Powdered sugar

Grease 9×13-inch baking pan. In medium bowl, combine eggs, nondairy creamer, sugar, nutmeg, vanilla, and rum extract; beat until well blended. Arrange bread slices in greased baking pan. Pour egg mixture over bread in pan, making sure all egg mixture is absorbed. Cover with foil and refrigerate overnight. Remove bread from refrigerator and remove foil. Bake at 500° F for 15 minutes. Sprinkle with powdered sugar. Serve with syrup if desired.

Serves 6. For each 2-slice (5 oz) serving: 252 calories, 10 g protein, 8 g fat, 33 g carbohydrate, 390 mg sodium, 219 mg potassium, and 83 mg phosphorus.



Main dishes





Grilled stuffed turkey

- 12-lb turkey
- Cranberry stuffing (recipe included)
- Peanut oil
- Salt-free seasoning

Rinse turkey thoroughly with cold water, inside and out. Drain and pat dry with paper towels. Stuff turkey with cranberry stuffing right before putting on the grill. Do not pack stuffing; leave room to let it expand while it cooks. Lock wings behind neck and tie legs together securely. Rub entire turkey with peanut oil and season generously with salt-free seasoning. Prepare grill for indirect cooking method (make two heaps of charcoal on opposite sides of the grill and place drip pan in center of charcoal). Put turkey in a roast holder and position on grill directly over drip pan. Place lid on grill. No need to baste or turn the turkey. Cook turkey 13 minutes per pound; turkey is ready when it has reached an internal temperature of 180° F. When done, wait 10 minutes before carving. Remove all stuffing from turkey.

Please note: There are many websites that offer helpful tips for grilling large pieces of meat. To learn more, search for “indirect cooking” online.

Serves 33. For each 3 oz serving: 154 calories, 25 g protein, 5 g fat, 1 g carbohydrate, 64 mg sodium, 283 mg potassium, and 182 mg phosphorus.

Suggested menu: Serve with cranberry stuffing.*



*Recipe included.



Grilled tuna with basil

- ¼ cup margarine, melted
- 1 tsp lemon juice
- 1 tsp dried basil leaves
- ½ tsp parsley flakes
- 2 yellowfin tuna steaks, 3 oz each
- Ground black pepper to taste

In a small bowl, combine margarine, lemon juice, basil, and parsley. Mix until well blended. Place the tuna steaks on a lightly greased grill or broiler pan and brush the top of the steaks with half of the margarine mixture. Sprinkle with pepper. Grill or broil tuna steaks, cooking about 5 minutes per inch of thickness of tuna. Turn tuna over, brush with remaining margarine mixture, and sprinkle with pepper. Again, cook about 5 minutes per inch of thickness or until fish flakes easily with fork. Serve while hot.

Serves 2. For each 3 oz serving: 325 calories, 26 g protein, 24 g fat, 1 g carbohydrate, 345 mg sodium, 506 mg potassium, and 215 mg phosphorus.

Suggested menu: Serve with Asian-style coleslaw,* French-style green beans, and dinner rolls.



*Recipe included.



Marinated barbecued chicken

- ½ cup canola oil
- ⅓ cup white wine vinegar
- 2 Tbsp sugar
- 2 Tbsp unsalted ketchup
- 1 Tbsp minced onion
- 1 Tbsp Worcestershire sauce
- ½ tsp dry mustard
- ½ tsp minced garlic
- Dash hot pepper sauce
- 1 ½ lb boneless, skinless chicken breasts

Combine oil, vinegar, sugar, ketchup, onion, Worcestershire sauce, dry mustard, garlic, and hot pepper sauce in a large, zipper-top plastic bag. Blend well. Add chicken to marinade mixture; turn to coat. Seal plastic bag and refrigerate 6 hours, turning chicken pieces occasionally. Heat grill. When ready to cook, drain chicken, reserving marinade. In a small saucepan, bring marinade to a boil. Place chicken on grill 4 to 6 inches away from medium-hot coals. Cook 20 to 25 minutes or until chicken is fork tender and juices run clear, brushing frequently with reserved marinade. Serve hot.

Serves 6. For each 4 oz serving: 314 calories, 23 g protein, 21 g fat, 8 g carbohydrate, 84 mg sodium, 262 mg potassium, and 175 mg phosphorus.

Suggested menu: Serve with old-fashioned cucumbers and rice salad.*



*Recipes included.



Asian beef kebabs

- 1 lb boneless beef top sirloin steak (1 inch thick)
- 6 scallions (cut into 1 ½-inch pieces)

Marinade

- ¼ cup brown sugar
- 3 Tbsp dry sherry
- 3 Tbsp low-sodium soy sauce
- 2 tsp dark sesame oil
- 2 tsp minced garlic
- ½ tsp ground ginger

Cut steak crosswise into ¼-inch strips. Combine brown sugar, sherry, soy sauce, sesame oil, garlic, and ginger. Place beef and half of the marinade in a zipper-top plastic bag; close securely. Turn meat to coat. Marinate in refrigerator for 30 minutes; reserve remaining marinade. Meanwhile, soak sixteen 6-inch bamboo skewers in water for 10 minutes; drain. Remove beef from marinade; discard used marinade. Put beef and scallions onto skewers, alternating between the two. Place kebabs on rack in broiler pan so surface of kebabs is 3 to 4 inches from heat. Broil 5 to 6 minutes, turning once. Brush kebabs with reserved marinade during last 2 minutes.

Serves 16. For each 1 oz serving: 1 kebab per serving. 63 calories, 6 g protein, 2 g fat, 4 g carbohydrate, 136 mg sodium, 149 mg potassium, and 67 mg phosphorus.





French onion quiche

- 9-inch pie crust
- ¼ cup unsalted margarine
- 1 ½ cups chopped onion
- 1 Tbsp all-purpose flour
- 1 cup nondairy creamer
- ¾ cup egg substitute
- ⅛ tsp salt (optional)
- ⅛ tsp black pepper
- 4 Tbsp grated parmesan cheese

Preheat oven to 400° F. Prebake pie crust for 5 minutes, then remove from oven. In medium saucepan, melt margarine and sauté onion until light golden-brown. Remove from heat. Stir in flour. Add nondairy creamer, egg substitute, salt (optional), and pepper; blend well. Pour egg mixture into pie crust. Sprinkle with parmesan cheese. Bake at 350° F on middle oven rack for 30 to 35 minutes, until filling is set and top is lightly browned.

Serves 8. For each ⅛ pie slice: 248 calories, 5 g protein, 18 g fat, 16 g carbohydrate, 311 mg sodium, 179 mg potassium, and 83 mg phosphorus.



Side dishes





Rice salad

- 1 cup white rice, uncooked
- 1 ½ cups mayonnaise
- 1 ½ tsp dry mustard
- 1 small onion, finely chopped
- 2 cups sliced celery
- 4 hard-boiled eggs, chopped
- 8 radishes, sliced
- 1 medium cucumber, peeled and diced

Cook rice according to package directions. Transfer to a bowl; cover and chill. Mix mayonnaise and mustard. Add mayonnaise-mustard mixture, onion, and celery to rice; mix well; cover and chill. Add chopped eggs, radishes, and cucumber to rice mixture just before serving.

Serves 8. For each 1 cup serving: 6 g protein, 25 g fat, 23 g carbohydrate, 217 mg sodium, 263 mg potassium, and 88 mg phosphorus.





Cranberry stuffing

- 1 cup unsalted margarine
- 3/4 cup finely chopped onion
- 1 1/2 cups chopped celery (3 medium stalks)
- 9 cups soft bread, cubed (about 15 slices)
- 1/2 cup dried cranberries
- 2 tsp poultry seasoning
- 1/4 tsp salt
- 1/2 tsp pepper

Melt margarine in 10-inch skillet over medium heat. Cook onion and celery in margarine, stirring frequently until onions are tender. Stir in about one quarter of the bread cubes. Place onion-celery mixture and remaining bread cubes in a large bowl. Add cranberries, poultry seasoning, salt, and pepper; toss. Stuff turkey just before grilling. (This recipe makes enough stuffing for a 12-lb turkey.)

Serves 12. For each 1 cup serving: 256 calories, 3 g protein, 17 g fat, 24 g carbohydrate, 260 mg sodium, 95 mg potassium, and 44 mg phosphorus.





Asian-style coleslaw

- 1 cup shredded green cabbage
- 1 Tbsp rice wine vinegar
- 1/4 cup chopped scallions
- 1 tsp sesame seeds, toasted
- 1 Tbsp dark sesame oil

In a medium-sized bowl, combine the cabbage, scallions, oil, and vinegar. Toss well and chill until ready to serve. Add the sesame seeds and toss again before serving.

Serves 2. For each 1/2 cup serving: 68 calories, 1 g protein, 8 g fat, 3 g carbohydrate, 9 mg sodium, 126 mg potassium, and 23 mg phosphorus.





Old-fashioned cucumbers

- 4 cups cucumbers, peeled and thinly sliced
- 1 small onion, thinly sliced
- $\frac{3}{4}$ cup white vinegar
- 2 Tbsp sugar
- $\frac{1}{4}$ tsp black pepper

In a large bowl, combine cucumber and onion. In a glass measuring cup, combine vinegar, sugar, and pepper; stir to blend. Pour vinegar mixture over cucumber-onion mixture. Refrigerate at least 4 hours before serving.

Serves 8. For each $\frac{1}{2}$ cup serving: 27 calories, less than 1 g protein, 0 g fat, 7 g carbohydrate, 2 mg sodium, 99 mg potassium, and 15 mg phosphorus.





Desserts



Strawberry blossoms

- 8 large (or 16 small) strawberries
- 3 oz package cream cheese, softened
- 2 Tbsp powdered sugar
- 1 Tbsp light sour cream

Rinse strawberries and pat dry. Cut the stems from strawberries, forming a flat bottom. Place berries on a plate with their points facing up. With a sharp knife, carefully slice strawberry in half vertically through center to within $\frac{1}{4}$ inch of base. Now make “flower petals” by cutting each half into 3 wedges. Each strawberry should have 6 petals when you are done. (Be careful not to slice through the base.) Pull petals apart slightly. In small bowl, beat cream cheese, powdered sugar, and sour cream until light and fluffy. With small spoon, fill strawberries with the cream cheese mixture.

Serves 2. For a serving of 4 large blossoms: 202 calories, 4 g protein, 15 g fat, 12 g carbohydrate, 144 mg sodium, 149 mg potassium, and 51 mg phosphorus.





I can't believe it's not pumpkin pie

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- 1 ¼ cups graham cracker crumbs
- 3 Tbsp sugar
- ⅓ cup unsalted margarine, melted
- 3 cups cooked carrots
- 2 eggs or ½ cup egg substitute
- ¾ cup sugar
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 1 ⅔ cups nondairy creamer
- Whipped cream

Preheat oven to 350°F. Combine graham cracker crumbs and sugar in a medium-sized bowl. Stir in margarine until thoroughly blended. Pack mixture into 9-inch pie pan and press firmly to bottom and sides of pan, bringing crumbs evenly up to the rim. Bake crust for 8 minutes. After crust has cooled, chill it in the refrigerator. In a blender or large mixing bowl, cover and blend (or beat) carrots, eggs, sugar, cinnamon, ginger, cloves, and nondairy creamer until well blended. Pour into crust. Bake in preheated (375°F) oven until knife inserted near center of pie comes out clean, about 55 minutes to 1 hour. Cool on wire rack. Serve warm or cold with a tablespoon of whipped cream.

Serves 8. For each ⅛ pie slice: 335 calories, 4 g protein, 15 g fat, 48 g carbohydrate, 198 mg sodium, 236 mg potassium, and 81 mg phosphorus.





Snacks



Herb cheese with low-sodium crackers

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- 2 packages (8 oz each) cream cheese, softened
- 1/4 cup margarine, softened
- 2 Tbsp dried chives
- 2 Tbsp parsley flakes
- 1 tsp garlic pepper
- 1/2 tsp dill weed
- 1/4 tsp thyme leaves
- 1/2 cup chopped red bell pepper
- Low-sodium crackers

With an electric mixer, beat together cream cheese and margarine until fluffy. Add chives, parsley, garlic pepper, dill weed, and thyme; beat well. Place a piece of plastic wrap in a small bowl. Spoon cheese mixture into plastic wrap. Fold plastic wrap over cheese to cover. Refrigerate until cheese is firm, about 4 hours or overnight. Unwrap cheese. Turn bowl upside down onto serving platter. Smooth entire shape with knife. Sprinkle with chopped red pepper. Cover and refrigerate until serving time. Serve with low-sodium crackers.

Serves 24. For each 2 Tbsp serving: 86 calories, 2 g protein, 9 g fat, 1 g carbohydrate, 83 mg sodium, 26 mg potassium, and 15 mg phosphorus.





Fresh vegetables with ranch dressing

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- 1 cup carrot sticks (122 g)
- 1 celery stalk, cut into strips (64 g)
- 1 cup cucumber slices (119 g)
- 1 cup red pepper strips (92 g)
- 1 cup green pepper strips (92 g)

Suggested menu: Serve with bottled ranch salad dressing.

Nutritional information (per serving size indicated above):

Carrot sticks: 50 calories (2 calories from fat), 1 g protein, 12 g carbohydrate, 84 mg sodium, 390 mg potassium, 43 mg phosphorus

Celery strips: 10 calories (1 calorie from fat), 0.4 g protein, 2 g carbohydrate, 51 mg sodium, 166 mg potassium, 15 mg phosphorus

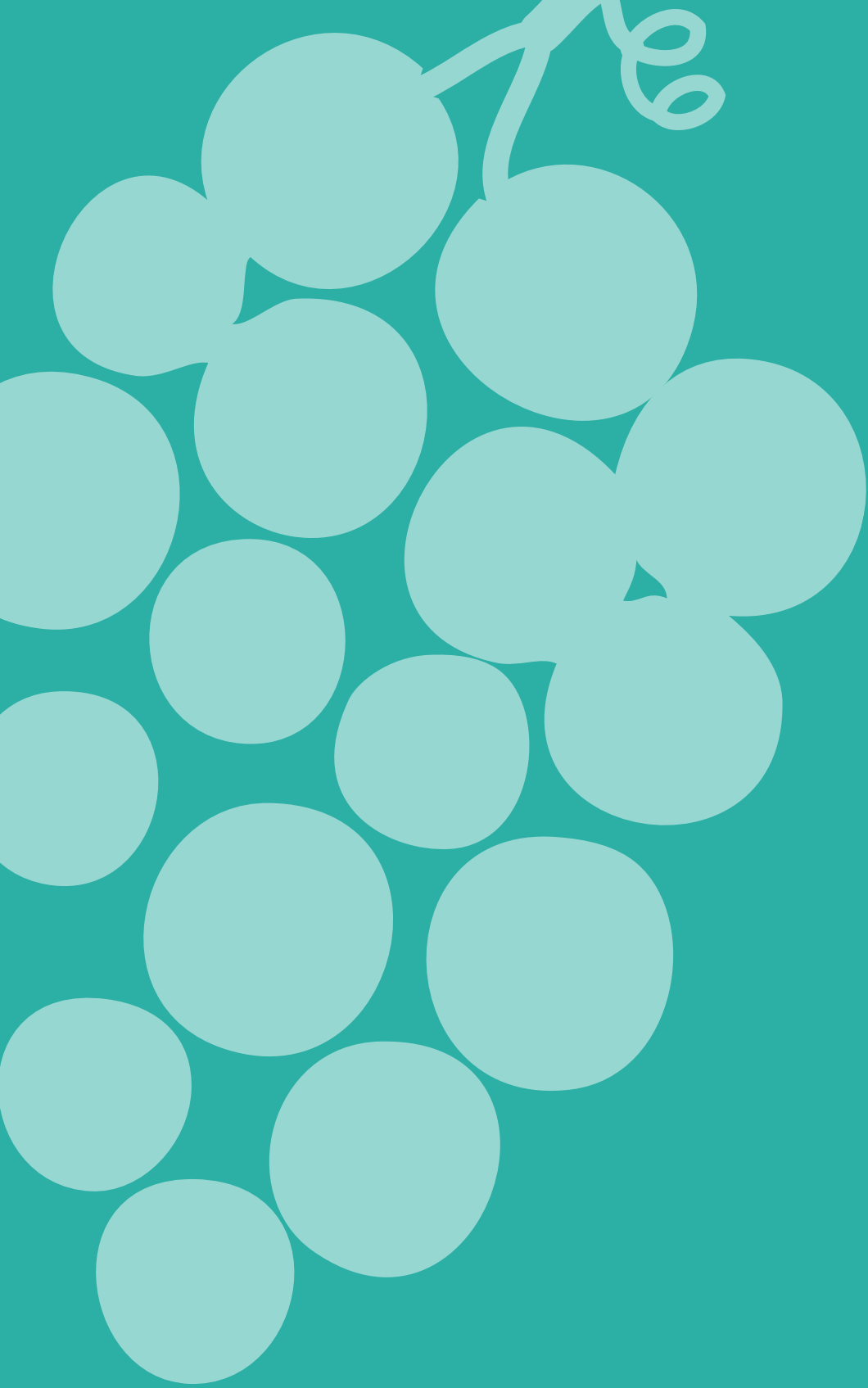
Cucumber slices: 14 calories (2 calories from fat), 1 g protein, 3 g carbohydrate, 2 mg sodium, 162 mg potassium, 25 mg phosphorus

Red pepper strips: 29 calories (2 calories from fat), 1 g protein, 6 g carbohydrate, 4 mg sodium, 194 mg potassium, 24 mg phosphorus

Green pepper strips: 18 calories (1 calorie from fat), 1 g protein, 4 g carbohydrate, 3 mg sodium, 161 mg potassium, 18 mg phosphorus

1 serving Kraft ranch dressing (2 Tbsp/29 g): 148 calories (140 calories from fat), 16 g fat, 1 g carbohydrate, 287 mg sodium, 14 mg potassium, 26 mg phosphorus

*Nutritional information was taken from nutritiondata.self.com.



Recipes as recommended by the American Kidney Fund.

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