20 DIETITIAN CREATED RECIPES

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The dietitian plays a very important role when it comes to eating healthy. It is said that people with poor eating habits can increase risks for kidney diseases. So, when kidney function starts to decrease, you need to particularly take care of your food intake by starting a diet. The sooner you start, the stronger the long-term benefits will be.

We create eating plans that can address your specific health concerns by organizing your meals. We also give you specific tips on how to make eating more enjoyable and nutritious through our dietitian-created recipes.

These recipes are careful with the amount of calories, the levels of protein, fat, carbohydrates, potassium, sodium, phosphorus, and fluid that is allowed for your intake. With this, it can help you meet your nutrition goals.

If you watch what you eat and drink, it can help you stay at healthy weight because of the balanced diet. By doing so, it can help you control your blood pressure. By controlling your high blood pressure, it can help prevent kidney disease from ever getting worse.
APPETIZERS
AND SNACKS
SPICY DEVILED EGG

Aesthetically irresistible, this egg appetizer dish is made so meticulously to perfection.
SPIKY DEVILED EGG

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.

Nutrient Analysis
Makes: 1 serving
Calories                  116 kcal
Protein                  7 g
Fat                      8 g
Water                    20 g
Potassium                83 g
Carbohydrates            4 g
Sodium                   78 mg
Phosphorus               95 g
Calcium                  31 g
Tempeh is an Asian food that is made from fermented soybeans.
TEMPEH PITA SANDWICH

Ingredients
• 8 ounces tempeh
• 2 tablespoons sesame oil
• 2 tablespoons balsamic vinegar
• 1 small onion
• 1 red bell pepper
• 1/2 cup mushrooms
• 2 pieces pita bread, 6-inch size
• 4 teaspoons mayonnaise

Directions
2. In a large skillet heat 1 tablespoon of the sesame oil over medium heat. Add sliced tempeh and cook each side for 3 to 4 minutes until browned. Add balsamic vinegar and cook one minute; flip and cook an additional minute. Remove tempeh from skillet.
3. Add remaining sesame oil to skillet and heat over medium heat. Add the onion, bell pepper and mushrooms and cook until tender.
4. Cut pita in half and open to form a pocket. Spread each half with 1 teaspoon mayonnaise. Add 3 pieces tempeh and 1/4 the vegetable mixture to each pita half. Serve immediately.

Nutrient Analysis
Makes: 4 servings
Calories 313 kcal
Protein 15 g
Fat 17 g
Water 60 g
Potassium 437 g
Carbohydrates 25 g
Sodium 187 mg
Phosphorus 208 g
Calcium 115 g
DRESSINGS
AND
SAUCES
Enjoy this healthy sauce for carrot sticks and other finger foods.
BUTTER APPLE SAUCE

Ingredients
• 4-1/2 cups unsweetened apple sauce
• 2 cups sugar
• 1/4 cup vinegar
• 1/2 teaspoon ground cloves
• 1/2 teaspoon cinnamon

Directions
1. Preheat oven to 350° F.
2. Mix ingredients in a small roasting pan.
3. Bake until brown and thickened (approximately 2 hours), stirring occasionally during baking.
4. Pour into a sterile container and refrigerate or freeze for later use.

Nutrient Analysis
Makes: 64 servings
Calories 31 kcal
Protein 0 g
Fat 0 g
Water 15 g
Potassium 14 g
Carbohydrates 8 g
Sodium 0 mg
Phosphorus 1 g
Calcium 1 g
ALFREDO SAUCE

Alfredo sauce is thickened only by cheese if it is home-made, but if prepared for fast food, versions may be thickened with eggs and/or starch. Alfredo sauce may also include sour cream.
ALFREDO SAUCE

Ingredients
• 1/4 cup Olive Oil
• 3 Tbsp All-purpose flour
• 1 clove Garlic, minced
• 2 cups Rice milk
• 4 ounces Cream cheese
• 1/3 cup and 2 Tbsp Shredded parmesan cheese divided
• 1/4 Tsp Ground nutmeg
• 1 Tbsp Lemon juice
• 2 Tbsp Chopped basil

Directions
1. Heat olive oil in a large skillet over medium heat. Add flour and use a whisk to make a paste then add minced garlic.
2. Slowly add rice milk, whisking constantly to prevent lumps. Let mixture come to a boil and thicken.
3. Add cream cheese and whisk to mix well. Remove from heat.
4. Add 1/3 cup parmesan cheese, nutmeg, and lemon juice. Mix well.
5. Serve over pasta, chicken, steamed vegetables, etc. Garnish with chopped basil and remaining 2 tablespoons parmesan cheese.

Nutrient Analysis
Makes: 8 servings
Calories 173 kcal
Protein 3 g
Fat 14 g
Water 15 g
Potassium 32 g
Carbohydrates 9 g
Sodium 142 mg
Phosphorus 75 g
Calcium 70 g
SOUPS AND SALAD
Salmon Soup

Level up with soup using salmon as a main ingredient.
Salmon Soup

Ingredients
- 2 tablespoons unsalted butter
- 1 carrot
- 1/2 cup celery
- 1/2 cup onion
- 1 pound sockeye salmon, cooked
- 2 cups reduced-sodium chicken broth
- 2 cups 1% reduced-fat milk
- 1/8 teaspoon black pepper
- 1/4 cup cornstarch
- 1/4 cup water

Directions
1. Chop carrot, celery and onion.
2. Melt butter in medium-to-large saucepan on stove top set to medium-high heat. Add vegetables to saucepan and cook until tender.
3. Add pre-cooked salmon chunks to pan.
4. Stir in chicken broth, milk and pepper. Bring to a near-boil, but do not boil.
5. Combine cornstarch and water. Slowly pour into broth mixture, stirring, until soup is thickened.
6. Simmer for another five minutes. Serve warm and enjoy!

Nutrient Analysis
Makes: 8 servings
Calories 155 kcal
Protein 14 g
Fat 7 g
Water 200 g
Potassium 369 g
Carbohydrates 9 g
Sodium 113 mg
Phosphorus 218 g
Calcium 92 g
This simple egg recipe is best to start your meal or as a side dish to your vegetable main course.
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.
VEGETABLE
Fermented okras can last for more than a month when stored properly.
**Pickled Okra**

**Ingredients**
- 20 ounces frozen okra
- 2 teaspoons dill seed
- 2 dried red peppers
- 2 whole chili peppers, canned
- 4 garlic cloves
- 1-1/4 cups white vinegar
- 1/2 cup water

**Directions**
1. Thaw and drain okra.
2. Sterilize two one-pint jars and lids.
3. Place 1-teaspoon dill seed into each jar. Pack okra into jars.
4. To each jar add 1 red pepper, 1 chili pepper and 2 cloves of garlic.
5. Combine vinegar and water and bring to a boil, simmer for 5 minutes.
6. Pour hot mixture over okra in each jar. Cap jar and cool.
7. Refrigerate and okra pickles will be ready to serve in 2 weeks.

**Nutrient Analysis**
Makes: 16 servings
- Calories: 14 kcal
- Protein: 1 g
- Fat: 0 g
- Water: 15 g
- Potassium: 98 g
- Carbohydrates: 2 g
- Sodium: 19 mg
- Phosphorus: 19 g
- Calcium: 41 g
BREAKFAST
Apple Crisp

Cinnamon adds excitement and flavor to this apple dish. It is also a very good source of carbohydrate because of the oatmeal in it. You can enjoy this as breakfast, snack, or dessert.
APPLE CRISP

Ingredients
• 5 medium apples
• 1 cup granulated sugar
• 1-1/4 cups white all-purpose flour
• 1 teaspoon cinnamon
• 1 cup oatmeal
• 1 cup brown sugar
• 1/4 teaspoon baking soda
• 1/4 teaspoon baking powder
• 1/4 cup unsalted butter
• 1/4 cup shortening

Directions
1. Preheat oven to 350°F.
2. Spray a 9" x 9" pan with nonstick cooking spray.
3. Peel, core and slice apples. Combine 1 cup granulated sugar, 3 tablespoons flour and 1/2 teaspoon cinnamon. Add sliced apples and toss to coat.
4. Pour apple mixture into prepared pan.
5. Mix oatmeal, remaining flour, brown sugar, remaining cinnamon, baking soda and baking powder. Cut butter and vegetable shortening into this mixture with a pastry blender or a fork.
6. Pour topping over apples.
7. Bake for 1 hour.

Nutrient Analysis
Makes: 12 servings
Calories 308 kcal
Protein 3 g
Fat 9 g
Water 5 g
Potassium 155 g
Carbohydrates 54 g
Sodium 45 mg
Phosphorus 56 g
Calcium 32 g
LUNCH
Polynesian Turkey Kabobs

Marinated pieces of turkey meat threaded into skewers and then grilled or broiled for dinner or lunch tables.
POLYNESIAN TURKEY KABOBS

Ingredients
- 1 lb ground raw turkey
- 1/3 cup unsalted crackers, crushed (5 crackers)
- 1 egg or 1/4 cup liquid egg substitute
- 1/4 cup chopped onion
- 1 teaspoon ground ginger
- 1 clove garlic, crushed
- 1 20-oz can pineapple chunks in juice, drained, reserving 1/3 cup juice
- 1 large red pepper, cut into 22 pieces
- 1 large green pepper, cut into 23 pieces
- 1/3 cup reserved pineapple juice
- 2 tablespoons margarine, melted
- 2 tablespoons orange marmalade
- 1 1/2 teaspoons ground ginger

Directions
1. In a medium bowl, mix first six ingredients.
2. Shape into 30 meatballs.
3. Arrange on 15 8-inch wooden skewers with pineapple chunks and pepper pieces. Place on broiler pan.
4. In a small bowl, stir pineapple juice, margarine, marmalade and ginger until blended. Brush over kabobs.
5. Broil 4 inches from heat source for 20 minutes, turning once and basting with sauce.

Nutrient Analysis
Makes: 15 servings
Calories 95 kcal
Protein 8 g
Fat 3 g
Water 70 g
Potassium 187 g
Carbohydrates 9 g
Sodium 49 mg
Phosphorus 72 g
Calcium 80 g
MAHI FISH IN THE GREEN

Mahi-mahi fish made even special with its green vegetable sauce.
**MAHI FISH IN THE GREEN**

**Ingredients**
- 6 garlic cloves
- 4 shallots
- 3/4 cup onion
- 1 whole jalapeno pepper, seeded
- 1 small zucchini
- 1/3 cup mushroom pieces
- 1/4 cup onion
- 1/4 cup olive oil
- 2 bay leaves
- 1/4 cup fresh oregano leaves
- 2 tablespoons white wine
- 1 pound mahi mahi fillets
- 2 tablespoons butter
- 3 cups white rice, cooked

**Nutrient Analysis**
- Makes: 4 servings
  - Calories: 493 kcal
  - Protein: 26 g
  - Fat: 21 g
  - Carbohydrates: 50 g
  - Sodium: 146 mg
  - Potassium: 772 g
  - Phosphorus: 259 g
  - Calcium: 118 g

**Directions**
1. In a small food processor, chop garlic cloves, shallots, 1/2 cup onion and jalapeno pepper. Julienne zucchini. Dice mushrooms.
2. In a large sauté pan, heat olive oil over medium heat and add the bay leaves.
3. Add jalapeno mixture and sauté for 2 minutes.
4. Add julienne zucchini and fresh oregano; continue to sauté for 1 minute.
5. Add white wine and 2 tablespoons water; stir and remove from heat.
6. In a medium saucepan, heat 1-1/2 cups water to a boil. Add mahi mahi fillets, reduce heat to a simmer and cover. Poach fish 10 to 15 minutes, until opaque throughout.
7. While fish is poaching, mince the remaining onion. Heat butter in a small pan and sauté onion with mushrooms and until tender.
8. Remove bay leaves. Divide zucchini mixture among 4 serving plates and place fish on top of green sauce. Top with sautéed mushrooms and onion. Place 3/4 cup rice on each plate and serve.
DINNER
CAJUN PORK CHOP

Cook meat the French-Canadian way, with spicy seasoning you can taper-down to your preference. Pork chops need not to be boring.
CAJUN PORK CHOP

Ingredients

- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon thyme
- 1/4 teaspoon dry mustard
- 1/4 teaspoon ground sage
- 1/4 teaspoon ground cumin
- 1/8 teaspoon pepper
- 4 pork chops cut 1/2-inch thick (4 oz each)
- 1 small onion, sliced
- 1 tablespoon margarine
- 1 teaspoon parsley flakes
- 1/8 teaspoon garlic powder
- 2 to 3 drops hot pepper sauce

Nutrient Analysis
Makes: 4 servings
Calories 243 kcal
Protein 16 g
Fat 16 g
Water 90 g
Potassium 447 g
Carbohydrates 3 g
Sodium 75 mg
Phosphorus 245 g
Calcium 200 g

Directions

1. Combine paprika, 1/4 teaspoon garlic powder, thyme, mustard, sage, cumin and pepper on waxed paper.
2. Coat both sides of pork chops with this mixture. Arrange chops in a single layer on an 8-inch square microwave-safe dish. Top each chop with onion slices. Cover with waxed paper.
3. Microwave on high 5 minutes. Rotate dish and microwave on low (30%) for 25 to 30 minutes or until tender, rotating once during this period.
4. Let rest while preparing sauce. Combine margarine, parsley, 1/8 teaspoon garlic powder and pepper sauce in a small glass bowl.
5. Microwave on high for 30 to 40 seconds until melted. Spoon over chops before serving.
BARLEY-RICE PILAF

This is a dish that is made of seasoned rice and vegetables, could also be barley or both and often with meat.
BARLEY-RICE PILAF

Ingredients
• 1 tablespoon margarine
• 1 small yellow onion, chopped
• 1/3 cup barley
• 1/3 cup white rice
• 2 cups low-sodium chicken broth
• 1 carrot, peeled and chopped fine
• 1 stalk celery, chopped fine
• 1/2 teaspoon dried thyme
• 1/8 teaspoon pepper

Directions
1. In a medium saucepan, melt margarine over moderate heat. Add onion and cook for about 5 minutes or until soft.
2. Add barley and rice and cook, stirring for 1 minute. Add remaining ingredients and bring to boil.
3. Reduce heat and simmer, covered, for 15 minutes or until liquid is absorbed.

Nutrient Analysis
Makes: 4 servings
Calories 171 kcal
Protein 4 g
Fat 4 g
Water 50 g
Potassium 186 g
Carbohydrates 30 g
Sodium 83 mg
Phosphorus 80 g
Calcium 70 g
GRAINS
AND PASTA
CHICKEN AND SUMMER SQUASH BOW-TIE PASTA

A delish meat and pasta recipe that is both pleasing to the eyes and taste buds. You can cook healthy and be creative at the same time.
CHICKEN AND SUMMER SQUASH BOW-TIE PASTA

Ingredients
• 6 ounces whole wheat bow-tie pasta, uncooked
• 3 tablespoons unsalted butter
• 8 ounces boneless, skinless chicken breasts
• 2 cups frozen summer squash
• 1 teaspoons Mrs. Dash® Table Blend herb seasoning
• 1/8 teaspoon salt
• 2 tablespoons grated Parmesan cheese

Nutrient Analysis
Makes: 4 servings
Calories               324 kcal
Protein                     20 g
Fat                            12 g
Water                        40 g
Potassium               446 g
Carbohydrates          34 g
Sodium                 149 mg
Phosphorus            270 g
Calcium                    52 g

Directions
1. Prepare bow-tie pasta per package instructions without adding salt. Drain.
2. Dice chicken. Melt 2 tablespoons butter in a skillet over medium heat. Add chicken and cook until chicken is no longer pink inside.
3. Add frozen squash to the skillet with chicken. Heat through.
4. Add Table Blend seasoning and salt to chicken and squash.
5. Stir cooked pasta into chicken mixture. Add 1 tablespoon butter and stir until melted.
6. Divide into 4 portions and sprinkle each serving with 1/2 tablespoon grated Parmesan cheese before serving.
Couscous is a North African food made from wheat, served it with meat and vegetables using this recipe.
COUSCOUS VEGETABLE

Ingredients
• 1 tablespoon margarine
• 1/2 cup frozen peas
• 1/2 cup onion
• 1/4 cup raw mushrooms
• 1 garlic clove
• 2 tablespoons dry white wine
• 1/2 teaspoon dried basil
• 1/8 teaspoon black pepper
• 2 tablespoons fresh parsley
• 1/2 cup couscous, uncooked

Directions
1. Set peas out to thaw. Mince onion, thinly slice mushrooms and crush garlic. Mince parsley.
2. In a nonstick pan, melt margarine.
3. Add peas, onion, mushrooms, garlic and wine. Sauté 5 minutes, stirring often.
4. Add spices and blend well. Add parsley and stir well. Remove from heat and set aside.
5. Prepare couscous according to package directions.
6. In a large bowl, toss vegetable mixture with prepared couscous. Serve immediately.

Nutrient Analysis
Makes: 5 servings
Calories 104 kcal
Protein 3 g
Fat 2 g
Water 40 g
Potassium 10 g
Carbohydrates 18 g
Sodium 33 mg
Phosphorus 52 g
Calcium 18 g
MEAT AND
POULTRY
CHICKEN AND PESTO PASTA

This is a quick and easy pasta recipe that can be enjoyed hot for lunch and dinner or cold for snacks.
CHICKEN AND PESTO PASTA

Ingredients
• 2 small skinless chicken breasts or 200g/8oz strips of chicken breast
• 4 tablespoons low fat crème fraîche or low fat cream
• 1/2 small head of broccoli, cut into small florets
• 2 tablespoons green pesto
• 150g/6oz dried pasta

Directions
1. Cut the chicken into 1 cm thick strips.
2. Stir-fry in a non-stick pan for 2-3 minutes until the chicken begins to brown. Add the pesto and crème fraîche and cover.
3. Cook on a low heat for 5-10 minutes more until the chicken is cooked through.
4. Meanwhile, cook the pasta according to the directions on the packet, adding the broccoli for the last 5 minutes of cooking.
5. Drain the pasta and broccoli well and mix with the cooked chicken and pesto. Serve.

Nutrient Analysis
Makes: 6 servings
Calories 325 kcal
Protein 21.7 g
Fat 11 g
Water 110 g
Potassium 287 g
Carbohydrates 33.8 g
Sodium 194 mg
Phosphorus 110 g
Calcium 60 g
BARBECUE CUPS

Enjoy this very tasty barbecue recipe using Turkey (Chicken will do), for a white meat barbecue goodness.
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.

Nutrient Analysis
Makes: 10 servings
Calories 134 kcal
Protein 7 g
Fat 5 g
Water 40 g
Potassium 151 g
Carbohydrates 13 g
Sodium 342 mg
Phosphorus 152 g
Calcium 11 g
FISH AND SEAFOOD
TUNA-NOODLE SKILLET

Tuna is good for the heart and helps regulate blood pressure, it has also lesser cholesterol compared to other kinds of meat. Mix in some noodles making it a complete meal.
TUNA-NOODLE SKILLET

Ingredients

• 2 tablespoons minced fresh onion
• ⅔ 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

Nutrient Analysis
Makes: 4 servings
Calories 269 kcal
Protein 18 g
Fat 4 g
Water 50 g
Potassium 515 g
Carbohydrates 38 g
Sodium 407 mg
Phosphorus 28 g
Calcium 0 g
FISH STICKS

Make fun fish dishes and spice it up a little by following this fish stick recipe.
**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 450°F.
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.

**Nutrient Analysis**
Makes: 8 servings
Calories 154 kcal
Protein 15 g
Fat 1 g
Water 60 g
Potassium 224 g
Carbohydrates 19 g
Sodium 240 mg
Phosphorus 130 g
Calcium 32 g
Chinese Almond Cookies

These fine-textured, crumbly almond cookies are traditionally made with lard, but are delicious with butter, as well.
Ingredients
• 1 cup margarine, softened
• 1 cup sugar
• 1 egg
• 3 cups flour
• 1 teaspoon baking soda
• 1 teaspoon almond extract

Directions
1. In a medium mixing bowl, cream margarine and sugar. Add egg and beat well.
2. Sift dry ingredients and add to creamed mixture. Add almond extract and mix well. Roll into balls about 3/4 inch in diameter.
3. 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 edges.

Nutrient Analysis
Makes: 24 servings
Calories 158 kcal
Protein 2 g
Fat 8 g
Water 20 g
Potassium 18 g
Carbohydrates 20 g
Sodium 99 mg
Phosphorus 17 g
Calcium 20 g
BEVERAGE
MINTED LEMONADE
Add flavor to your usual lemonade by dropping in some mint leaves.
MINTED LEMONADE

Ingredients
• 6 tablespoons fresh lemon juice
• 1/2 cup sugar
• 6 mint leaves
• 3-1/2 cups cold water

Directions
1. In a 1-quart pitcher, mix lemon juice, sugar and mint leaves. Add 3-1/2 cups of cold water to fill the pitcher.
2. Chill until cold.
3. Serve in a 6-ounce glass with a sprig of mint to garnish.

Nutrient Analysis
Makes: 5 servings
Calories 80 kcal
Protein 0 g
Fat 0 g
Water 180 g
Potassium 34 g
Carbohydrates 21 g
Sodium 0 mg
Phosphorus 2 g
Calcium 3 g