

Heartland Headlines

A Newsletter for Kidney Patients



2017 Special Recipe Edition

*Eat well,
Laugh often,
Love much.*



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Back by Popular Demand

Heartland Kidney Network is pleased to present the 2017 Special Recipe Edition of the Heartland Headlines patient newsletter. As part of our ongoing efforts to improve the educational information we provide to kidney patients in Iowa, Kansas, Missouri and Nebraska we are always asking for feedback. One consistent thing we hear is the need for more recipe ideas. This issue includes just a few ideas for the holiday season. For more kidney recipes be sure to check out the following websites:

<https://www.davita.com/recipes/>

<http://www.dciinc.org/recipes/>

<https://www.freseniuskidneycare.com/eating-well>

<http://www.kidney.org>

<http://www.rsnhope.org/recipes/>

Enjoy!

Fall Harvest Orzo Salad

Ingredients

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



Directions

In a medium bowl, add all the ingredients except the blue cheese and almonds, gently combining until well incorporated.

Transfer the mixture to a serving dish, sprinkle with the crumbled blue cheese and almonds and serve.

Nutritional Information:

Calories	274
Protein	6 g
Carbohydrate	39 g
Total Fat	11 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	6 g
Potassium	153 mg
Phosphorus	52 mg
Sodium	120 mg

For this recipe and more visit the
American Association of Kidney Patients
<https://aakp.org/recipe/fall-harvest-orzo-salad>

Know Your Vegetable Options

High-Potassium Vegetables (Avoid/Limit)

Acorn Squash
Artichoke
Butternut Squash
Beets, fresh then boiled
Broccoli, cooked
Brussel sprouts
Carrots, raw
White Mushrooms, cooked
Okra
Potatoes
Pumpkin
Tomatoes



Low Potassium Vegetables (1/2 cup)

Asparagus (6 spears raw)
Beans, green or wax
Broccoli (raw or cooked from frozen)
Cabbage, green and red
Carrots, cooked
Cauliflower
Celery (1 stalk)
Corn, fresh (1/2 ear) frozen (1/2 cup)
White mushrooms, raw
Peas, green
Peppers
Yellow squash
Zucchini squash

Potassium Highs and Lows

Blueberries are a kidney-friendly option for many dialysis patients (always talk with your doctor or dietitian to make sure it’s right for you).

Potassium is a mineral found in many foods that you eat.

Safe zone	3.5 – 5.0
Caution zone	5.1 – 6.0
Danger zone	Higher than 6.0

Knowing the amount of potassium in your diet is important for people on dialysis because **if your potassium becomes too high, it can cause an irregular heartbeat or a heart attack.** Some other low in potassium fresh fruits include:

- Apples Pears
- Blackberries Pineapples
- Cherries Plums
- Cranberries Raspberries
- Grapes Strawberries
- Peaches Tangerines

Blueberry and Cream Stuffed French Toast



Ingredients

- 1/2 cup egg substitute, liquid
- 1/8 teaspoon nutmeg (ground)
- 2 slice thick white sandwich bread
- 1 tablespoon non-dairy creamer
- 1/8 teaspoon vanilla extract
- 1 cup blueberries
- 1 cup non-dairy whipped topping
- 1/8 teaspoon cinnamon (ground)

Directions

Cut thick bread slices (1 1/2 inches) in half along the diagonal for easier handling. Then cut a horizontal slit on the cut side for stuffing, making sure not to cut too deep to the crust side, thus creating a pocket for stuffing.

Prepare batter by whipping eggs, non-dairy creamer, vanilla, and spices into a bowl suitable for dipping bread halves into.

Stuff bread with blueberries (each piece should get about 1/8 cup blueberries.) Dip stuffed bread into batter. Cook stuffed bread on griddle at medium heat. After slices are cooked, stuff with whipped topping.

Nutritional Information:

Serving Size: 2 halves

- Calories266
- Protein9 g
- Carbohydrate35 g
- Fiber2 g
- Sugars18 g
- Total Fat10 g
- Saturated Fat8 g
- Trans Fat0 g
- Cholesterol.....0 g
- Potassium220 mg
- Phosphorus81 mg
- Sodium251 mg
- Calcium115 mg

Rebekah Engum, RD, Creative Kidney Cooking for the Whole Family LLC, for [this recipe](#) and more visit the National Kidney Foundation at www.kidney.org or foodcare.com/myfoodcoach.

Honey-Maple High Protein Trail Mix

Portions: 24

Ingredients

3 cups Golden Grahams® cereal
 2 cups Rice Chex® cereal
 3 cups Special K Protein Cereal cinnamon brown sugar crunch
 10 ounces Cinnamon Teddy Grahams® snack cookies (or 2 packages of cinnamon graham crackers broken up)
 8 ounces cinnamon bagel chips, broken in pieces
 1/2 cup unsalted butter
 1/3 cup dark brown sugar
 1/4 cup honey
 1/4 cup sugar free maple syrup
 5 ounces dried cranberries or blueberries
 3 ounces Crispy Granny Smith Apple Chips®
 2 scoops vanilla whey protein powder (25 gm protein per scoop)

Preparation

Preheat oven to 325° F.

Melt butter in oven in a large pan or 2 cookie sheets with edges; add brown sugar, honey and maple syrup.

Combine Golden Grahams, Rice Chex, Teddy Grahams (or cinnamon grahams) and bagel chips in a large bowl. When sugar is melted, remove from oven and stir. Add cereal mixture and stir until coated.

Bake at 325° F for 20 minutes; stirring once halfway through.

Mix cranberries and Apple Chips with one scoop vanilla whey protein powder. Sprinkle over cereal mixture and stir.

Bake 5 more minutes; cool completely and store in an airtight container. Good up to one week.

Thank you to Patricia Conway, RD, from Muscatine Dialysis Center for submitting this recipe.



Nutritional Information:

Serving Size: 1 cup

Carbohydrate	33.7 g
Protein	5.6 g
Fat	7.2 g
Potassium	107.6 mg
Phosphorus	93.7 mg
Sodium	190.7 mg
Calcium	112.0 mg
Fiber	1.9 g

Cranberry Stuffing

Portions: 12

Ingredients

1 cup unsalted margarine
3/4 cup finely chopped onion
1 1/2 cups chopped celery
9 cups soft bread, cubed
1/2 cup dried cranberries
2 teaspoons poultry seasoning
1/4 teaspoon salt
1/2 teaspoon pepper

Directions

Melt margarine in skillet over medium heat. Cook onion and celery in margarine until 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.

Nutritional Information:

Serving size: 1 cup

Calories	256
Carbohydrate	24 g
Protein	3 g
Fat	17 g
Potassium	95 mg
Phosphorus	44 mg
Sodium	260 mg

Grilled Stuffed Turkey

Portions: 33

Ingredients

12-lb turkey
Cranberry stuffing
Peanut oil
Salt free seasoning

Directions

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—make two heaps of charcoal on opposite sides of the grill and place drip pan in the center of the 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.



Nutritional Information:

Serving Size: 3 ounces

Calories	154
Carbohydrate	1 g
Protein	25 g
Fat	5 g
Potassium	283 mg
Phosphorus	182 mg
Sodium	64 mg

In Balance. Take care of your kidneys and live a healthy lifestyle with low-phosphorus recipes. 2010. Genzyme Corporation. Recipes as recommended by the American Kidney Fund. (www.kidneyfund.org)



I Can't Believe it's Not Pumpkin Pie

Portions: 8

Ingredients

1 1/4 cups graham cracker crumbs
 3 tablespoons sugar
 1/3 cup unsalted margarine, melted
 3 cups cooked carrots
 2 eggs or 1/2 cup egg substitute
 3/4 cup sugar
 1 teaspoon ground cinnamon
 1/2 teaspoon ground ginger
 1/4 teaspoon ground cloves
 1 2/3 cups non-dairy creamer
 Non-dairy whipped topping

Patient To Patient tip:
Chew gum to satisfy your thirst and eat smaller portions.

Nutritional Information:

Serving Size: 1/8 pie slice

Calories335
 Carbohydrate48 g
 Protein 4 g
 Fat15 g
 Potassium236 mg
 Phosphorus81 mg
 Sodium198 mg

Preheat oven to 375°F. Combine graham cracker crumbs and sugar in a bowl. Stir in margarine until thoroughly blended. Pack mixture into 9-inch pie pan and press firmly to bottom and side 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, cover and blend carrots, eggs, sugar, cinnamon, ginger, cloves, and non-dairy creamer until well blended. Pour into crust. Bake for 55 minutes to 1 hour. Cool on wire rack. Serve with non-dairy whipped topping.

Recipe courtesy In Balance. (see page5)



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