

The background of the cover is a light beige color with a pattern of colorful, semi-transparent kitchen utensils (spoons, spatulas, forks) and circles in shades of green, blue, orange, and red. The utensils are arranged in a way that they appear to be hanging or floating. The circles are scattered throughout the background, some overlapping the utensils.

Third Edition

# Kidney Cooking

**A Family Recipe Book for Kidney Patients**

Recipes compiled and tested by the  
Georgia Council on Renal Nutrition, National Kidney Foundation,  
Georgia Division, Atlanta, Georgia

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The recipes within this publication were compiled and tested by the Georgia Council on Renal Nutrition, National Kidney Foundation, Georgia Division. For questions, comments or more information please contact the National Kidney Foundation, Georgia Division at 2951 Flowers Road South, Atlanta, GA 30341 or call (770) 452-1539. Visit us online at [www.kidneyga.org](http://www.kidneyga.org).

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# Preface & Dedication

## Preface

The first edition of this recipe book was initiated to incorporate foods most commonly used by dialysis patients and their families in the state of Georgia.

This third edition will be of benefit to all persons with reduced kidney function and special dietary needs. Its purpose is to minimize problems that can occur in family meal preparation and selection, as well as provide, wholesome, attractive and palatable meals. A children's section has been added.

Each recipe will include: ingredients, directions for preparation, number of servings, serving size, nutritional content per serving. Suggestions are included for most recipes. All of the recipes have been contributed and tested by Renal Dietitians and Patients throughout the State of Georgia. They have been analyzed for calories, protein, total fat, saturated fat, Trans fat, cholesterol, carbohydrate, fiber, sodium, potassium, phosphorus, and calcium.

All persons with reduced kidney function and special dietary concerns should use this book with the assistance of their primary dietitian who will provide specific instructions and suggest methods of including these recipes in the daily meal plan.

## Dedication

In memory of Eleanor L. Brown, RD, LD, renal dietitian, Dialysis Clinic Inc., Atlanta, Georgia. Her relentless pursuit toward the production and distribution of the first edition has paved the way for many renal patients and their families to benefit and enjoy familiar recipes in the state of Georgia and throughout the country.



# Acknowledgements

We wish to thank all persons who participated in testing, preparing and analyzing the recipes in this third edition of Kidney Cooking.

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# Main Dishes

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Swedish Meatballs  
Open-Faced Steak  
and Onion Sandwich  
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Stuffed Green Peppers  
Rotini with Mock Italian  
Sausage  
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New Orleans-Style Rice  
Dressing  
Fajitas

### **Soups**

Beef and Vegetable Soup  
Chicken Noodle Soup

### **Egg Dishes**

Herbed Omelet  
Fruit Omelet

## Beef

# Chili Rice With Beef

Yield: 4 servings

Serving size: 1 cup

## Ingredients

- 2 tablespoons vegetable oil
- 1 pound lean ground beef
- 1 cup onion, chopped
- 2 cups rice, cooked
- 1 ½ teaspoons chili con carne seasoning powder
- ¼ teaspoon black pepper
- ½ teaspoon sage

## Directions

1. Heat oil; add beef and onion. Cook, stirring occasionally until browned.
2. Add rice and seasonings. Mix together.
3. Remove from heat. Cover and let stand 10-14 minutes.

## Nutritional content per serving

360 calories	1 grams trans fat	78 milligrams sodium
23 grams protein	65 milligrams cholesterol	427 milligrams potassium
14 grams total fat	26 grams carbohydrate	233 milligrams phosphorus
4 grams saturated fat	2 grams fiber	34 milligrams calcium

## Suggestions

- May substitute ground beef with ground turkey or chicken.
- May add ¼ cup chopped green pepper and/or celery.
- May add any of the following seasonings: thyme, garlic powder, onion powder, white pepper, red pepper, oregano, or lemon pepper.
- May substitute 2 cups cooked pasta for rice. Toss pasta in browned beef and seasonings. Remove from heat and serve.

## Beef

# Salisbury Steak

**Yield:** 4 servings

**Serving size:** 3-ounces

## Ingredients

- 1 pound chopped steak or lean ground beef, chicken or turkey
- 1 small onion, chopped
- ½ cup green pepper, chopped
- 1 teaspoon black pepper
- 1 egg
- 1 tablespoon vegetable oil
- ½ cup water
- 1 tablespoon corn starch

## Directions

1. Mix together meat, onion, green pepper, black pepper, and egg. Form into patties.
2. Heat oil in skillet, add patties and cook on both sides.
3. Add half of water and simmer for 15 minutes. Remove patties.
4. To meat drippings, add remaining water and corn starch. Simmer while stirring to thicken gravy.
5. Pour gravy over steak and serve hot.

## Nutritional content per serving

249 calories	0 grams trans fat	128 milligrams sodium
22 grams protein	149 milligrams cholesterol	366 milligrams potassium
57 grams total fat	7 grams carbohydrate	218 milligrams phosphorus
3 grams saturated fat	1 gram fiber	33 milligrams calcium

## Beef

## Parsley Burger

**Yield:** 4 servings**Serving size:** 1 patty, 3-ounces**Ingredients**

- 1 pound lean ground beef or ground turkey
- 1 tablespoon lemon juice
- 1 tablespoon parsley flakes
- ¼ teaspoon black pepper
- ¼ teaspoon ground thyme
- ¼ teaspoon oregano

**Directions**

1. Mix all ingredients thoroughly.
2. Shape into 4 small patties about ¾" thick.
3. Place on lightly greased skillet or broiler pan.
4. Broil about 3" from the heat for 10-15 minutes, turning once.

**Nutritional content per serving**

171 calories	0 grams trans fat	108 milligrams sodium
20 grams protein	90 milligrams cholesterol	289 milligrams potassium
10 grams total fat	0 grams carbohydrate	180 milligrams phosphorus
3 grams saturated fat	0 grams fiber	21 milligrams calcium



## Beef

# Swedish Meatballs

**Yield:** 35 meatballs

**Serving size:** 2 meatballs

## Meatballs

### Ingredients for meatballs

- 1 pound lean ground beef or turkey
- ¼ cup onions, finely chopped
- 1 tablespoon lemon juice
- 1 teaspoon poultry seasoning (without salt)
- 1 teaspoon black pepper
- ¼ teaspoon dry mustard
- ¾ teaspoon onion powder
- 1 teaspoon italian seasoning
- 1 teaspoon granulated sugar
- 1 teaspoon Tabasco® sauce

### Directions for meatballs

1. Preheat oven to 425°F.
2. Mix all ingredients together well.
3. Shape meatballs by using one tablespoon meat mixture for each meatball.
4. Place meatballs in a baking dish and bake for 20 minutes or until well done. Make the sauce (recipe below).
5. Remove meatballs from oven and combine with sauce. Keep warm until ready to serve.

## Sauce

### Ingredients for sauce

- ¼ cup vegetable oil
- 2 tablespoons all-purpose flour
- 1 teaspoon onion powder
- 2 teaspoons vinegar
- 2 teaspoons sugar
- 1 teaspoon Tabasco® sauce
- 2-3 cups water

### Directions for sauce

1. Combine oil and flour in saucepan; stir while cooking until golden brown. Remove from heat.
2. Add onion powder, vinegar, sugar, Tabasco® sauce, and water.
3. Return to heat, and continue stirring until thickened.

### Nutritional content per serving

76 calories	0 grams trans fat	31 milligrams sodium
5 grams protein	21 milligrams cholesterol	70 milligram potassium
6 grams total fat	2 grams carbohydrate	44 milligrams phosphorus
1 grams saturated fat	0 grams fiber	7 milligrams calcium

## Beef

# Open-Faced Steak & Onion Sandwich

**Yield:** 4 servings

**Serving size:** 3-ounces

## Ingredients

- 4 chopped steaks (4-ounces each)
- 1 tablespoon lemon juice
- 1 tablespoon italian seasoning
- 1 tablespoon black pepper
- 1 tablespoon vegetable oil
- 1 medium onion, sliced into rings
- 4 hoagie rolls, sliced

## Directions

1. Combine meat with lemon juice, italian seasoning and black pepper.
2. Heat oil in frying pan over medium heat.
3. Brown seasoned steaks on both sides until tender. Remove and drain on paper towels.
4. Lower heat; add onion and sauté until onions are tender.
5. Serve open-faced on sliced hoagie roll, topped with onion rings.

## Nutritional content per serving

345 calories	0 grams trans fat	247 milligrams sodium
14 grams protein	40 milligrams cholesterol	200 milligrams potassium
21 grams total fat	26 grams carbohydrate	115 milligrams phosphorus
7 grams saturated fat	2 grams fiber	98 milligrams calcium

## Suggestions

- May be prepared in oven using cooking spray for oil. Bake for 30-45 minutes at 400°F.
- May be served on herb bread\*.
- May use lean ground beef, turkey or chicken as a substitute.
- May use other seasonings: thyme, basil, bay leaf, caraway seeds, savory, oregano, green pepper, garlic powder, onion powder, liquid smoke.

\*Recipe included – see index

## Beef

## Taco Stuffing

**Yield:** 8 servings**Serving size:** 2-ounces stuffing in each shell**Ingredients**

- 2 tablespoon vegetable oil
- 1 ¼ pounds lean ground beef or turkey
- ½ teaspoon ground red pepper
- ½ teaspoon black pepper
- 1 teaspoon italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoons onion powder
- ½ teaspoon Tabasco® sauce
- ½ teaspoon nutmeg

*Will also need:*

- 1 medium taco shells
- ½ head shredded lettuce

**Directions**

1. Heat oil. Place ground meat and all remaining ingredients except taco shells and lettuce in a skillet. Cook until beef is done and ingredients are well-blended.
2. Stuff taco shells with 2-ounces of meat and top with shredded lettuce.

**Nutritional content per serving***(Includes taco shell and shredded lettuce)*

176 calories	0 grams trans fat	124 milligrams sodium
14 grams protein	56 milligrams cholesterol	258 milligrams potassium
9 grams total fat	9 grams carbohydrate	150 milligrams phosphorus
2 grams saturated fat	0 grams fiber	33 milligrams calcium

## Turkey

# Basic Meat Loaf

**Yield:** 8 servings

**Serving size:** 2-ounces

## Ingredients

- 1 pound lean ground turkey
- 1 egg white
- 1 tablespoon lemon juice
- ½ cup plain bread crumbs
- ½ teaspoon onion powder
- ½ teaspoon italian seasoning
- ¼ teaspoon black pepper
- ½ cup chopped onions
- ½ cup diced green bell pepper
- ¼ cup water

## Directions

1. Preheat oven to 400°F.
2. Pour lemon juice over meat.
3. In a bowl combine remaining ingredients.
4. Add to meat and mix well.
5. Place in a loaf pan; bake for 45 minutes.

## Nutritional content per serving

110 calories	0 grams trans fat	71 milligrams sodium
12 grams protein	42 milligrams cholesterol	138 milligrams potassium
5 grams total fat	2 grams carbohydrate	87 milligrams phosphorus
1 grams saturated fat	0 grams fiber	20 milligram calcium

## Suggestions

- May add carrot and celery.
- May substitute bread crumbs with crushed crackers, toasted white bread crumbs or cornflakes.



## Turkey

## Turkey &amp; Noodles

**Ingredients**

- 2 cups dry elbow macaroni
- 1 tablespoon vegetable or olive oil
- 2 pounds fresh lean ground turkey
- ½ cup green onions, chopped
- ½ cup green pepper, chopped
- 1 14-ounce can regular diced tomatoes
- 1 tablespoon italian seasoning
- 1 teaspoon black pepper

**Yield: 8 servings****Serving size: 1 cup****Directions**

1. Cook macaroni in medium boiler in 4 cups of boiling water. Allow to boil for 5 minutes or desired tenderness. Drain and set a side.
2. Heat vegetable oil in a large skillet over medium heat. Add ground turkey and cook until done, stirring occasionally.
3. Add onions, green peppers, diced tomatoes, italian seasoning, black pepper and cooked macaroni. Mix well.
4. Cover and let simmer for 5 minutes or until desired. Serve warm.

**Nutritional content per serving**

273 calories	0 grams trans fat	188 milligrams sodium
33 grams protein	80 milligrams cholesterol	533 milligrams potassium
7 grams total fat	22 grams carbohydrates	296 milligrams phosphorus
1 grams saturated fat	2 grams fiber	55 milligrams calcium

**Suggestions**

- May use other vegetables: other bell peppers or pimentos, mushrooms, broccoli.
- May use other seasonings: ground or crushed red pepper, onion or garlic powder, poultry seasoning.
- May sprinkle with parmesan cheese before serving.

## Turkey

# Barbecue Cups

**Yield:** 10 servings

**Serving size:** 1 biscuit

## 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

1. Brown turkey.
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.

## Nutritional content per serving

134 calories	0 grams trans fat	342 milligrams sodium
7 grams protein	27 milligrams cholesterol	151 milligrams potassium
5 grams total fat	13 grams carbohydrate	152 milligram phosphorus
1 grams saturated fat	0 grams fiber	11 milligrams calcium

## Suggestions

- May use lean ground beef.

*\*Recipe included – see index.*

## Seafood

## Seafood Croquettes

Yield: 8 patties

Serving size: 1 patty

**Ingredients**

- 1 can water packed salmon or tuna (14.75-ounce), or 1 pound frozen or fresh crab meat.
- 2 egg whites
- ¼ cup chopped onion
- ½ teaspoon black pepper
- ½ cup plain bread crumb or unsalted cracker crumbs
- 1 tablespoon vegetable oil or cooking spray
- 2 tablespoons lemon juice (optional)
- ½ teaspoon ground mustard (crab only)
- ¼ cup regular mayonnaise (tuna and crab only)

**Directions**

1. Drain water from canned meat.
2. Combine all ingredients except oil in a medium bowl. Mix well.
3. Form mixture into 8 separate balls, and then flatten to form patties.
4. Heat vegetable oil in skillet.
5. Place patties in hot oil.
6. Brown patties on each side. If cooked in oil, drain patties on paper towel.

**Nutritional content per serving**

189 calories	0 grams trans fat	337 milligrams sodium
14 grams protein	81 milligrams cholesterol	184 milligrams potassium
8 grams total fat	11 grams carbohydrate	191 milligrams phosphorus
2 grams saturated fat	1 gram fiber	124 milligrams calcium

**Suggestions**

- May bake or broil patties in oven.
- May add chopped green pepper, celery, onion powder, garlic powder, italian seasoning, or curry powder.

## Seafood

## Baked Fish

Yield: 4 servings

Serving size: 3-ounces

**Ingredients**

- 4 3-ounce trout fillets or any other baking fish
- 1 ½ teaspoon black pepper
- 1 tablespoon garlic powder
- 1 ½ teaspoon paprika
- ¼ medium green pepper
- 1 small onion
- 1 small lemon
- 2 tablespoons parmesan cheese

**Directions**

1. Preheat oven to 375°F.
2. Place fish in a greased baking pan or on aluminum foil.
3. Sprinkle black pepper, garlic powder, and paprika on both sides of fish.
4. Cut green peppers into strips and place on fish. Slice onions into rings and place on fish.
5. Squeeze juice of lemon onto fish.
6. Bake for 30 minutes.
7. After fish has cooked, sprinkle with parmesan cheese. Serve hot.

**Nutritional content per serving**

164 calories	0 grams trans fat	86 milligrams sodium
20 grams protein	62 milligrams cholesterol	452 milligrams potassium
6 grams fat	8 grams carbohydrate	252 milligrams phosphorus
1 grams saturated	3 grams fiber	80 milligrams calcium



## Seafood

# Shrimp Salad

Yield: 4 servings

Serving size: ½ cup

## Ingredients

- 1 pound shrimp, boiled, chopped and deveined
- 1 hard boiled egg, chopped
- 1 tablespoon celery, chopped
- 1 tablespoon green pepper, chopped
- 1 tablespoon onion, chopped
- 2 tablespoons mayonnaise
- 1 teaspoon lemon juice
- ½ teaspoon chili powder
- ⅛ teaspoon Tabasco® or hot sauce
- ½ teaspoon dry mustard
- lettuce, chopped or shredded (optional)

## Directions

1. Combine all ingredients except lettuce in a mixing bowl; mix well.
2. Chill in refrigerator for 30 minutes.
3. Serve as a salad over a bed of lettuce, if desired, or serve on a sandwich.

## Nutritional content per serving

157 calories	0 grams trans fat	232 milligrams sodium
26 grams protein	234 milligrams cholesterol	233 milligrams potassium
5 grams total fat	1 gram carbohydrate	263 milligrams phosphorus
1 grams saturated fat	0 grams fiber	67 milligrams calcium

## Suggestions

- May use frozen shrimp.
- May use scallops.

## Seafood

## Supreme of Seafood

Yield: 6 servings

Serving size: ½ cup

**Ingredients**

- 1 cup crabmeat, cooked (boiled)
- 1 cup shrimp, cooked (boiled)
- 4 tablespoons green pepper, chopped
- 2 tablespoons green onions, chopped
- 1 cup celery, chopped
- ½ cup frozen green peas
- ½ teaspoon black pepper
- ½ cup mayonnaise
- 1 cup bread crumbs

**Directions**

1. Preheat oven to 375°F.
2. Combine all ingredients except bread crumbs in a bowl.
3. Place in a greased casserole dish.
4. Top with bread crumbs.
5. Bake for 30 minutes.

**Nutritional content per serving**

220 calories	0 grams trans fat	445 milligrams sodium
16 grams protein	28 milligrams cholesterol	255 milligrams potassium
8 grams total fat	20 grams carbohydrate	148 milligrams phosphorus
1 gram saturated fat	2 grams fiber	85 milligrams calcium

**Suggestions**

- May use canned crabmeat, drain and rinse.
- May use light mayonnaise.
- May use pepper of choice.

## Seafood

## Crab Cakes

Yield: 6 servings

Serving size: 1 patty

**Ingredients**

- 1 egg (egg substitute or egg white optional)
- 1/3 cup green or red pepper, finely chopped
- 1/3 cup low sodium crackers
- 1/4 cup reduced fat mayonnaise
- 1 tablespoon dry mustard
- 1 teaspoon crushed red pepper or black pepper
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 2 tablespoon vegetable oil

**Directions**

1. Combine all ingredients.
2. Divide into 6 balls and form patties.
3. Heat vegetable oil in pan at medium heat or oven at 350°F.
4. Fry patties 4-5 minutes or bake 15 minutes in oven.
5. Serve warm.

**Nutritional content per serving**

101 calories	0 grams trans fat	67 milligrams sodium
2 grams protein	41 milligrams cholesterol	72 milligrams potassium
9 grams total fat	5 grams carbohydrate	43 milligrams phosphorus
1 gram saturated fat	0 grams fiber	16 milligrams calcium

## Seafood

## Fish Tacos

**Yield:** 4 servings**Serving size:** 3 ½-ounces**Ingredients**

- 12-16 fish fillets (1 pound), tilapia or as desired
- 20 saltine crackers, unsalted tops, crushed finely
- ¼ cup unsalted butter or margarine
- 2 teaspoon dill weed
- 1 teaspoon garlic powder
- ¼ cup lemon juice

**Directions**

1. Preheat oven to 400°F.
2. Combine crackers, garlic and dill.
3. Melt butter or margarine.
4. Roll fish in melted butter, then in crumbs and again in butter mix.
5. Place in baking pan and bake 8-10 minutes until fish is flakey.

**Nutritional content per serving**

164 calories	0 grams trans fat	138 milligrams sodium
21 grams protein	57 milligrams cholesterol	335 milligrams potassium
6 grams total fat	7 grams carbohydrate	181 milligrams phosphorus
4 grams saturated fat	0 grams fiber	23 milligrams calcium

**Suggestions**

- Add to warmed tortillas.
- May top with sautéed onions, coleslaw and fresh cilantro.



## Seafood

## Tuna-Noodle Skillet Dinner

Yield: 4 servings

Serving size: 1 cup

**Ingredients**

- vegetable cooking spray
- 2 tablespoons minced fresh onion
- $\frac{2}{3}$  cup water
- $\frac{1}{4}$  teaspoon curry powder
- $\frac{1}{4}$  teaspoon black pepper
- 1 10  $\frac{3}{4}$ -ounce can low sodium cream of mushroom soup, undiluted
- 2 cups hot cooked rotini (corkscrew pasta, cooked without salt or fat)
- $\frac{1}{2}$  cup frozen green peas, thawed
- 1 9  $\frac{1}{4}$ -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.

**Nutritional contents per serving**

269 calories	0 gram trans fat	407 milligrams sodium
18 grams protein	58 milligrams cholesterol	515 milligrams potassium
4 grams total fat	38 grams carbohydrate	228 milligrams phosphorus
0 gram saturated	1 gram fiber	30 milligrams calcium

## Chicken

## Jalapeño Pepper Chicken

**Yield:** 8 servings**Serving size:** 3-ounces**Ingredients**

- 3 tablespoons vegetable oil
- 2-3 pounds chicken, cut up (skin and fat removed)
- 1 onion, sliced into rings
- 1 ½ cups low-sodium chicken bouillon
- ½ teaspoon ground nutmeg
- ¼ teaspoon black pepper
- 2 teaspoons fresh jalapeño peppers, finely chopped and seeded

**Directions**

1. Heat oil, brown chicken pieces and set aside, keeping warm.
2. Add onion rings to oil and sauté. Add bouillon and bring to a boil, stirring often.
3. Return chicken to pan; add nutmeg and black pepper. Cover and simmer for 35 minutes or until chicken is tender.
4. Stir in jalapeño peppers, and simmer for another minute.

**Nutritional content per serving**

143 calories	0 grams trans fat	45 milligrams sodium
17 grams protein	46 milligrams cholesterol	160 milligrams potassium
7 grams total fat	2 grams carbohydrate	127 milligrams phosphorus
1 gram saturated fat	0 grams fiber	12 milligrams calcium

## Chicken

## Crispy Oven Fried Chicken

**Yield:** 8 servings (or 8 pieces)**Serving size:** 3 or 4-ounces**Ingredients**

- 2 ½ pound fryer (cut as desired)
- 1 tablespoon lemon juice
- 1 cup all-purpose flour
- 1 teaspoon black pepper
- 1 cup corn flakes, crushed
- ¼ teaspoon poultry seasoning
- 4 tablespoons vegetable oil

**Directions**

1. Preheat oven to 400°F.
2. Wash chicken parts thoroughly and pat dry; rub with lemon juice.
3. In a small bag, combine flour, black pepper, corn flakes, and poultry seasoning. Shake well.
4. In a shallow baking pan (about 1" deep), grease with vegetable oil.
5. Place chicken in bag of ingredients, using the largest pieces first. Shake well.
6. Arrange coated chicken in pan.
7. Brown in oven 20-30 minutes on each side.

**Nutritional content per serving**

280 calories	0 grams trans fat	74 milligrams sodium
15 grams protein	52 milligrams cholesterol	150 milligrams potassium
18 grams total fat	15 grams carbohydrate	120 milligrams phosphorus
3 grams saturated fat	1 gram fiber	12 milligrams calcium

**Suggestions**

- May use other seasonings: thyme, basil, onion powder, crushed garlic or garlic powder, italian seasoning, sage, marjoram, paprika.
- Corn flakes may be omitted if a less crispy chicken is desired.

## Chicken

## Lemon Chicken

**Yield:** 8 servings (or 8 pieces)**Serving size:** 3 or 4-ounces**Ingredients**

- 2 ½ pound fryer (cut as desired)
- 1 tablespoon lemon juice
- 1 cup all-purpose flour
- 1 teaspoon black pepper
- 1 cup corn flakes, crushed
- ¼ teaspoon poultry seasoning
- 4 tablespoons vegetable oil

**Directions**

1. Preheat oven to 400°F.
2. Wash chicken parts thoroughly and pat dry; rub with lemon juice.
3. In a small bag, combine flour, black pepper, corn flakes, and poultry seasoning. Shake well.
4. In a shallow baking pan (about 1" deep), grease with vegetable oil.
5. Place chicken in bag of ingredients, using the largest pieces first. Shake well.
6. Arrange coated chicken in pan.
7. Brown in oven 20-30 minutes on each side.

**Nutritional content per serving**

280 calories	0 grams trans fat	74 milligrams sodium
15 grams protein	52 milligrams cholesterol	150 milligrams potassium
18 grams total fat	15 grams carbohydrate	120 milligrams phosphorus
3 grams saturated fat	1 gram fiber	12 milligrams calcium

**Suggestions**

- May use other seasonings: thyme, basil, onion powder, crushed garlic or garlic powder, italian seasoning, sage, marjoram, paprika.
- Corn flakes may be omitted if a less crispy chicken is desired.

## Chicken

## Chicken 'n Rice

Yield: 6 servings

Serving size:  $\frac{3}{4}$  cup**Ingredients**

- 1 pound chicken parts
- 1 teaspoon black pepper
- 1 tablespoon poultry seasoning
- $\frac{1}{2}$  cup chopped onion
- 1 teaspoon onion powder
- $\frac{1}{2}$  teaspoon garlic powder
- 1 teaspoon crushed bay leaves (optional)
- 4 cups water
- 1 cup uncooked rice
- 1 tablespoon vegetable oil

**Directions**

1. Place chicken parts, black pepper, poultry seasoning, onions, onion powder, garlic powder, and bay leaves in dutch oven; cover with water. Cook until chicken is tender.
2. Remove chicken meat and skin from bone. Discard skin, reserve chicken meat and 2 cups of broth.
3. In a large pot, combine rice, vegetable oil, 2 cups broth, and chicken meat. Bring to a boil over medium-high heat.
4. Simmer on low heat for 20-25 minutes. Serve hot.

**Nutritional content per serving**

212 calories	0 grams trans fat	76 milligrams sodium
21 grams protein	60 milligrams cholesterol	283 milligrams potassium
8 grams total fat	11 grams carbohydrate	218 milligrams phosphorus
2 grams saturated	1 gram fiber	25 milligrams calcium

**Suggestions**

- May add sage and green onions.

## Chicken

# Chicken Salad Delight

**Yield:** 5 servings

**Serving size:**  $\frac{3}{4}$  cup

## Ingredients

- 2 cups chicken, diced
- $\frac{1}{3}$  cup celery, chopped
- $\frac{1}{4}$  cup fresh onion, chopped
- $\frac{1}{4}$  cup fresh green pepper, chopped
- 1 teaspoon parsley, dried (optional)
- 1 tablespoon lemon juice
- $\frac{1}{4}$  teaspoon black pepper
- 1 teaspoon dry mustard
- $\frac{1}{2}$  cup mayonnaise

## Directions

1. Combine chicken, celery, onion, green pepper, parsley and toss with lemon juice.
2. In a bowl, combine black pepper, mustard, and mayonnaise. Add to chicken mixture, mixing thoroughly.

## Nutritional content per serving

181 calories	1 grams trans fat	239 milligrams sodium
18 grams protein	47 milligrams cholesterol	205 milligrams potassium
10 grams total fat	3 grams carbohydrate	149 milligrams phosphorus
2 grams saturated	0 grams fiber	16 milligrams calcium

## Suggestions

- May add  $\frac{1}{2}$  cup seedless white grapes halves.
- May add 1 medium apple, peeled and diced.
- May use chopped cooked turkey instead of chicken.
- May add other seasonings such as rosemary, red pepper, pimentos.



## Chicken

# Chicken Vegetable Salad

**Yield:** 4 servings

**Serving size:** ½ cup

## Ingredients

- 1 ½ cups cooked chicken, diced
- ½ cup green pepper, finely chopped
- ½ cup celery, finely diced
- ½ cup onions, finely chopped
- 3 tablespoons pimentos, diced
- ½ cup salad dressing or light mayonnaise
- 1 tablespoon lemon juice

## Directions

1. In a large bowl, combine chicken, green pepper, celery, onions and pimentos.
2. In a small bowl, mix mayonnaise and lemon juice. Pour over chicken mixture.
3. Mix well, cover and chill.
4. Serve in a lettuce cups.

## Nutritional content per serving

221 calories	0 trans fat	245 milligrams sodium
18 grams protein	47 milligrams cholesterol	230 milligrams potassium
15 grams fat	15 grams carbohydrate	143 milligrams phosphorus
3 grams saturated fat	0 grams fiber	22 milligrams calcium

## Suggestions

- Turkey may be substituted for chicken.
- May be used in sandwiches or on crackers.

## Chicken

## Curry Chicken

**Yield:** 6 servings**Serving size:** 3-ounces**Ingredients**

- 1 whole chicken, skin removed, cut in small parts.
- ¼ cup lemon juice
- 2 teaspoons curry powder
- 1 medium onion, chopped
- 1 medium garlic glove, chopped (optional)
- ½ teaspoon black pepper
- ½ teaspoon dry thyme
- 2 tablespoon vegetable or olive oil
- 1 cup water

**Directions**

1. Wash cleaned chicken in lemon juice.
2. Mix seasoning together and rub on to chicken parts.
3. Allow to marinate in refrigerator for 1 hour (preferable overnight).
4. Heat oil in a saucepan, sauté seasoned chicken until browned.
5. Rinse remainder seasoning from marinated pan with water.
6. Pour over browned chicken. Let simmer until tender.
7. Serve over hot rice.

**Nutritional content per serving**

323 calories	0 grams trans fat	93 milligrams sodium
21 grams protein	89 milligrams cholesterol	317 milligrams potassium
24 grams total fat	5 grams carbohydrate	214 milligrams phosphorus
6 grams saturated fat	0 grams fiber	25 milligrams calcium

**Suggestions**

- May add seasonings such as, crushed red peppers, hot green peppers.

## Chicken

## Chicken Stew

Yield: 6 servings

Serving size: 1 cup

**Ingredients**

- 3 tablespoon vegetable oil
- 2 pounds chicken breast cut in bite size pieces
- 1 cup sliced onions
- $\frac{3}{4}$  cup green peppers
- 2 cloves garlic, minced
- 2 tablespoon all-purpose flour
- 2 10  $\frac{1}{2}$ -ounce cans low-sodium chicken broth
- 1 10-ounce bag frozen carrots
- $\frac{1}{4}$  teaspoon dried basil
- $\frac{1}{4}$  teaspoon black pepper
- 1 110-ounce bag frozen sliced okra

**Directions**

1. Heat 2 tablespoons of oil in dutch oven; add chicken and sauté over medium high heat.
2. Remove chicken and set aside. Add remaining 1 tablespoon of oil
3. Add and sauté onion, pepper and garlic.
4. Add flour and cook 2-3 minutes, stirring constantly.
5. Add chicken and broth, cook until boiling.
6. Add carrots, basil and black pepper, cover and simmer for about 10 minutes. Gravy will thicken as it simmers.
7. Add okra and cook for 5-10 more minutes.
8. Serve over hot white rice.

**Nutritional content per serving**

142 calories	1 gram trans fat	93 milligrams sodium
10 grams protein	15 milligrams cholesterol	453 milligrams potassium
8 grams total fat	13 grams carbohydrates	129 milligrams phosphorus
1 gram saturated fat	3 grams fiber	69 milligrams calcium

## Pork

# Seasoned Pork Chops

**Yield:** 4 chops

**Serving size:** 1 chop (3-ounces)

## Ingredients

- 2 tablespoons vegetable oil
- ¼ cup all-purpose flour
- 1 teaspoon black pepper
- ½ teaspoon sage
- ½ teaspoon thyme
- 4 4-ounce lean pork chops (fat removed)

## Directions

1. Preheat oven to 350°F.
2. Grease baking pan with vegetable oil.
3. Mix flour, black pepper, thyme and sage.
4. Dredge pork chops in flour mixture and arrange in baking pan.
5. Place in oven and let brown on both sides about 40 minutes or until tender.
6. Remove from oven. Serve hot.

## Nutritional content per serving

434 calories	0 grams trans fat	60 milligrams sodium
19 grams protein	79 milligrams cholesterol	332 milligrams potassium
34 grams total fat	12 grams carbohydrate	199 milligrams phosphorus
10 grams saturated fat	0 grams fiber	35 milligrams calcium

## Suggestions

- Other seasonings that may be used with or in the place of those listed are: basil, marjoram, rosemary, onion powder, garlic powder, oregano, ground red pepper.
- Pork chops may be served with apple sauce, spiced apples, spiced peaches, or mint jelly.

## Pork

# Homemade Pan Sausage

**Yield:** 12 servings

**Serving size:** 1 patty

## Ingredients

- 1 pound fresh lean ground pork, beef, chicken or turkey.
- 2 teaspoons ground sage
- 2 teaspoons granulated sugar
- 1 teaspoon ground black pepper
- ½ teaspoon ground red pepper
- 1 teaspoon basil (optional)
- cooking spray

## Directions

1. Ask the butcher to grind the pork roast or beef loin of your choice.
2. To make sausage, mix all ingredients well.
3. Measure 2 tablespoons of meat mixture and make into a patty.
4. Pan fry or broil until thoroughly cooked.

## Nutritional content per serving

96 calories	0 grams trans fat	22 milligrams sodium
6 grams protein	43 milligrams cholesterol	87 milligrams potassium
7 grams total fat	1 gram carbohydrate	53 milligrams phosphorus
2 grams saturated fat	0 grams fiber	72 milligrams calcium

## Suggestions

- Use with breakfast meal or in sandwiches.
- May prepare patties ahead, freeze raw or after cooking.
- If desired, add one or a combination of the following: lemon juice, Tabasco® sauce or any other hot sauce, white pepper, additional black or red pepper, marjoram, garlic powder, fresh chopped onions, onion powder, thyme, bay leaf, ginger, allspice, rosemary, oregano, poultry seasoning, or paprika.
- May add plain bread crumbs.

## Lamb

## Spicy Lamb

Yield: 4 servings

Serving size: 3-ounces

**Ingredients**

- ¼ cup vegetable oil
- 1 ½ tablespoons garlic powder
- 3 teaspoons dry mustard
- 1 leg of lamb (trimmed for roasting)

**Directions**

1. Blend ingredients for marinade: oil, garlic powder and mustard.
2. Coat leg of lamb with marinade; refrigerate 6-8 hours or overnight.
3. Adjust meat on barbecue spit and roast for 30 minutes per pound or until 170°F on meat thermometer, basting meat continuously with marinade.

**Nutritional content per serving**

289 calories	0 grams trans fat	144 milligrams sodium
24 grams protein	73 milligrams cholesterol	423 milligrams potassium
6 grams total fat	3 grams carbohydrate	237 milligrams phosphorus
2 grams saturated fat	0 grams fiber	14 milligrams calcium



## Combination Meals

# Special Pizza

**Yield:** 10 slices**Serving size:** 1 slice (5 ½" x 3" x ¼")**Ingredients for crust**

- 2 cups all-purpose flour
- 1 teaspoon active dry yeast
- 1 tablespoon granulated sugar
- 1 cup water
- 2 tablespoons vegetable shortening

**Directions**

1. In a large mixing bowl, combine flour, yeast and sugar.
2. Add shortening to dry ingredients; mix together using a fork.
3. Add water in small quantities while mixing with the fork until the mixture follows fork around the bowl.
4. Cover dough; allow it to rest for about 15 minutes.

**Ingredients for pizza:**

- ½ pound lean ground beef, turkey or chicken
- ½ teaspoon italian seasoning
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ cup tomato paste
- 1 teaspoon chili powder
- 1 teaspoon italian seasoning
- ½ cup water vegetable oil
- 4 ounces reduced fat sharp cheddar cheese, grated
- ½ cup diced green peppers
- ½ cup diced onions

*(Continued on next page)*

## Combination Meals

# Special Pizza

*(Continued from previous page)*

## Directions

1. Preheat oven to 425°F.
2. In a frying pan, sauté ground meat. Add italian seasoning, onion powder and garlic powder; continue stirring until meat is browned.
3. Place meat on paper towels to drain.
4. In a bowl, prepare the sauce by mixing the tomato paste, chili powder, italian seasoning and water. Set aside.
5. After dough has rested, oil pizza pan and fingers. Spread dough evenly on pan.
6. Pour sauce evenly over pizza dough; sprinkle with ½ cup of cheese.
7. Cook in preheated oven for 15-20 minutes.
8. Remove from oven; add ground beef, remaining cheese, green peppers and onions. Return to oven for an additional 10 minutes. Serve hot.

## Nutritional content per serving

196 calories	0 grams trans fat	144 milligrams sodium
11 grams protein	19 milligrams cholesterol	188 milligrams potassium
7 grams total fat	24 grams carbohydrate	31 milligrams phosphorus
2 grams saturated fat	2 grams fiber	65 milligrams calcium

## Suggestions

- May use lean turkey sausage.
- May add other favorite toppings: fresh salsa, broccoli, squash, green onion, red or yellow peppers, extra onions, mushrooms, hot peppers.

## Combination Meals

## Stuffed Green Peppers

Yield: 6 servings

Serving size: 1 stuffed pepper

**Ingredients**

- 2 tablespoon vegetable oil
- ½ pound ground lean beef, turkey or chicken
- ¼ cup onions, chopped
- ¼ cup celery, chopped
- 2 tablespoons lemon juice
- 1 tablespoon celery seed
- 2 tablespoons italian seasoning
- 1 teaspoon black pepper
- ½ teaspoon sugar
- 1 ½ cups cooked rice
- 6 small green peppers, seeded with tops removed  
paprika

**Directions**

1. Preheat oven to 325°F.
2. Heat oil in saucepan.
3. Add ground meat, onions and celery, cook until meat is browned.
4. Add all ingredients except green peppers and paprika to sauce pan. Stir together, remove from heat.
5. Stuff peppers with mixture. Wrap with foil or place in a dish and cover. Bake for 30 minutes. Remove and sprinkle with paprika.

**Nutritional content per serving**

131 calories	0 grams trans fat	36 milligrams sodium
9 grams protein	28 milligrams cholesterol	160 milligrams potassium
4 grams total fat	15 grams carbohydrate	83 milligrams phosphorus
1 gram saturated fat	1 gram fiber	38 milligrams calcium

## Combination Meals

# Rotini with Mock Italian Sausage

**Yield:** 4 servings

**Serving size:**  $\frac{3}{4}$  cups turkey mixture and 1 cup rotini

## Ingredients

- 4 ounces uncooked rotini pasta
- $\frac{3}{4}$  pound lean ground turkey
- 1 cup onion, chopped
- 1 clove garlic, minced
- $\frac{1}{2}$  cup chopped celery
- $\frac{3}{4}$  teaspoon italian seasoning
- $\frac{1}{4}$  teaspoon fennel seeds
- $\frac{1}{4}$  teaspoon crushed red pepper
- 3 tablespoons tomato paste
- 1-14  $\frac{1}{2}$  unsalted can (190 grams) tomatoes, chopped
- 2 tablespoons grated parmesan cheese

## Directions

1. Boil rotini pasta according to package directions, drain.
2. Sauté turkey in a non-stick skillet over medium heat until browned, stirring to crumble. Drain on paper towel.
3. Add onion, garlic, celery, and seasonings. Cook 3 minutes; stirring occasionally.
6. Add tomato paste and tomatoes. Partially cover, reduce heat, and simmer 15 minutes.
7. Serve over rotini. Top with cheese.

## Nutritional content per serving

165 calories	0 grams trans fat	250 milligrams sodium
13 grams protein	41 milligrams cholesterol	458 milligrams potassium
2 grams total fat	28 grams carbohydrate	161 milligrams phosphorus
1 gram saturated fat	2 grams fiber	65 milligrams calcium

## Combination Meals

## Eggplant Casserole

Yield: 8 servings

Serving size: ½ cup

**Ingredients**

- 1 large eggplant
- 2 tablespoon vegetable oil
- ½ cup green pepper, chopped
- ½ cup onion, finely chopped
- 1 pound lean ground beef or turkey
- 2 cups plain bread crumbs
- 1 large egg, slightly beaten
- ½ teaspoon red pepper, optional

**Directions**

1. Preheat oven to 350°F.
2. Boil eggplant until tender; drain and mash.
3. Heat oil; add green pepper, onion and ground meat. Sauté until cooked.
4. Add eggplant, bread crumbs and egg, mixing well.
5. Add red pepper to taste, if desired.
6. Bake in casserole dish for 30-45 minutes. Serve warm.

**Nutritional content per serving**

240 calories	0 grams trans fat	263 milligrams sodium
15 grams protein	74 milligrams cholesterol	380 milligrams potassium
9 grams total fat	5 grams carbohydrate	169 milligrams phosphorus
2 grams saturated fat	4 grams fiber	71 milligrams calcium

## Combination Meals

## Stir Fry Meal

**Yield:** 3 servings**Serving size:** ½ cup chicken and vegetables  
with ⅔ cup rice**Ingredients**

- 2 tablespoon cooking oil
- 2 medium chicken breast, cut in bite size pieces
- 1 10-ounce package frozen stir fry vegetables
- ½ tablespoon low sodium soy sauce
- 2 cups cooked rice

**Directions**

1. Heat oil in 9-10" skillet on high.
2. Add chicken, and sauté.
3. Stir in vegetables.
4. Add soy sauce and stir well.
5. Reduce heat to medium high and cook uncovered for 3-5 minutes, or until done, stirring frequently.
6. Serve over ⅔ cup rice.

**Nutritional content per serving**

315 calories	0 grams trans fat	37 milligrams sodium
29 grams protein	76 milligrams cholesterol	618 milligrams potassium
7 grams total fat	32 grams carbohydrate	26 milligrams phosphorus
2 grams saturated fat	3 grams fiber	32 milligrams calcium

**Suggestion:**

- May use 6-ounces of shrimp instead of chicken.



## Combination Meals

# New Orleans-Style Rice Dressing

Yield: 4 servings

Serving size: 1 cup

## Ingredients

2	tablespoons vegetable oil	¼	cup green peppers, chopped
1	pound lean ground turkey	½	teaspoon cayenne pepper
2	tablespoons all-purpose flour	1	clove garlic, chopped
¼	cup onion, chopped	2	cups hot cooked rice
¼	cup green onions, chopped	1	cup low sodium chicken broth
¼	cup celery, chopped		

## Directions

1. Heat oven to 350°F.
2. Heat oil in skillet, add meat and cook on medium heat until browned.
3. Remove meat and drain on paper towel.
4. Add flour to skillet and brown to make a dark roux.
5. Add onions, celery, peppers and garlic to roux and cook until vegetables are tender.
6. Add cooked rice and meat to skillet.
7. Add low sodium broth a little at a time until mixture is moist. If mixture is too dry may add water.
8. Pour into a 1 ½ quart baking dish.
9. Bake for 20 minutes

## Nutritional content per serving

393 calories	0 grams trans fat	113 milligrams sodium
27 grams protein	84 milligrams cholesterol	377 milligrams potassium
19 grams total fat	28 grams carbohydrate	228 milligrams phosphorus
4 grams saturated	1 grams fiber	43 milligrams calcium

## Suggestions

- Substitute lean beef with lean turkey.

## Combination Meals

## Fajitas

Yield: 4 servings

Serving size: 4 medium strips

**Ingredients**

- 2 tablespoon vegetable oil
- 1 ½ pounds raw chicken strips or beef strips or shrimp (peeled and deveined)
- 2 teaspoon chili powder
- ½ teaspoon cumin
- 2 tablespoon lemon or lime juice
- ¼ green and/or red pepper, sliced lengthwise
- ½ onion white, sliced lengthwise
- ½ teaspoon dry cilantro
- 4 flour tortillas
- vegetable spray

**Directions**

1. Preheat oven to 300°F.
2. Add vegetable oil to non-stick frying pan over medium heat.
3. Add meat, seasonings and lemon/lime juice; cook for 5-10 minutes or until tender.
4. Add pepper and onion to pan and cook 1-2 minutes.
5. Remove from heat; add cilantro.
6. Place tortillas on foil and move to oven. Heat for 10 minutes
7. Divide mixture between tortillas, wrap and serve.

**Nutritional content per serving**

184 calories	0 grams trans fat	121 milligrams sodium
19 grams protein	57 milligrams cholesterol	494 milligrams potassium
10 grams total fat	5 grams carbohydrates	207 milligrams phosphorus
1 gram saturated fat	1 gram fiber	38 milligrams calcium

**Suggestions**

- May use 1 tablespoon sour cream, ranch dressing or salsa.
- May serve over hot rice.

## Soups

# Beef & Vegetable Soup

**Yield:** 8 servings

**Serving size:**  $\frac{3}{4}$  cup

## Ingredients

1 pound beef stew	3 $\frac{1}{2}$ cups water
1 cup raw sliced onions	$\frac{1}{2}$ cup frozen green peas
1 teaspoon black pepper	$\frac{1}{2}$ cup frozen okra
$\frac{1}{2}$ teaspoon basil	$\frac{1}{2}$ cup frozen carrots, diced
$\frac{1}{2}$ teaspoon thyme	$\frac{1}{2}$ cup frozen corn

## Directions

1. In a large pot, place beef stew, onions, black pepper, basil, thyme and water. Cook for about 45 minutes.
2. Add all frozen vegetables; simmer on low heat until meat is tender. Serve hot.

*Note: soup may require additional water. Add water  $\frac{1}{2}$  cup at a time as necessary.*

## Nutritional content per serving

190 calories	0 grams trans fat	56 milligrams sodium
11 grams protein	42 milligrams cholesterol	291 milligrams potassium
13 grams total fat	7 grams carbohydrates	121 milligrams phosphorus
5 grams saturated fat	2 grams fiber	31 milligrams calcium

## Suggestions

- Other lower potassium vegetables may be used—green beans, cabbage, green peppers, celery, yellow squash. Noodles may also be added.
- Other seasonings that may be used: salt-free bouillon cubes, marjoram, onion powder, garlic powder, italian seasoning, curry powder, bay leaf.

*Reminder: soup must be counted as part of daily fluid allowance.*

## Soups

# Chicken Noodle Soup

Yield: 8 servings

Serving size:  $\frac{3}{4}$  cup

## Ingredients

1 pound chicken parts	1 teaspoon red pepper
$\frac{1}{4}$ cup lemon juice	1 teaspoon caraway seed
$3\frac{1}{2}$ cups water	1 teaspoon oregano
1 tablespoon poultry seasoning	1 teaspoon sugar
1 teaspoon garlic powder	$\frac{1}{2}$ cup celery
1 teaspoon onion powder	$\frac{1}{2}$ cup green pepper
2 tablespoons vegetable oil	1 cup egg noodles
1 teaspoon black pepper	

## Directions

1. Rub chicken parts with lemon juice.
2. In a large pot, combine chicken, water, poultry seasoning, garlic powder, onion powder, vegetable oil, black pepper, red pepper, caraway seed, oregano, and sugar together. Cook 30 minutes or until chicken is tender.
3. Add remaining ingredients and cook for an additional 15 minutes. Serve hot.

*Note: Soup may require additional water; if so, add water  $\frac{1}{2}$  cup at a time.*

## Nutritional content per serving

110 calories	0 grams trans fat	17 milligrams sodium
3 grams protein	12 milligrams cholesterol	101 milligrams potassium
8 grams fat	7 grams carbohydrate	39 milligrams phosphorus
2 grams saturated	0 grams fiber	21 milligrams calcium

## Suggestions

- Other vegetables may be used: onions, mushrooms, carrots, pimentos, green peas, green beans, or whole kernel corn.
- Additional seasonings that may be used are sage, rosemary, marjoram, thyme, bay leaf, basil, and dill seed.
- May use whole boneless chicken parts, without skin
- May be served with unsalted crackers or regular bread.

*Reminder: count soup as part of daily fluid allowance.*

# Herbed Omelet

**Yield:** 2 servings

**Serving size:** ½ omelet

## Ingredients

- 1 ½ teaspoons vegetable oil
- 1 tablespoon chopped onion
- 4 eggs
- 2 tablespoons water
- ¼ teaspoon basil
- ⅛ teaspoon tarragon
- ¼ teaspoon parsley (optional)

## Directions

1. Beat eggs; add water and spices.
2. Heat oil in 8" frying pan over medium heat, add onions and sauté. Remove from pan.
3. Pour mixture into heated frying pan over medium heat.
4. As the omelet sets, lift with a spatula to let the uncooked portion of the omelet flow to the bottom.
5. When the omelet is completely set, add the sautéed onion to the top of the omelet and remove from pan to a serving dish.

## Nutritional content per serving

195 calories	0 grams trans fat	157 milligrams sodium
14 grams protein	474 milligrams cholesterol	157 milligrams potassium
15 gram total fat	0 grams carbohydrate	214 milligrams phosphorus
4 grams saturated fat	0 grams fiber	60 milligrams calcium

## Suggestions

- May include bell pepper.
- May use egg substitutes or egg whites in place of whole eggs.

## Egg Dishes

# Fruit Omelet

**Yield:** 4 servings

**Serving size:** ¼ omelet

## Ingredients

- 2 cups frozen unsweetened strawberries, thawed
- 1 tablespoon sugar (optional)
- 4 eggs, separated
- 1 tablespoon lemon juice
- 1 tablespoon unsalted butter or margarine

## Directions

1. Preheat oven to 375°F.
2. Sprinkle thawed strawberries with sugar; let stand.
3. Beat egg whites in a medium bowl until stiff.
4. Beat egg yolks and lemon juice in a separate bowl. Fold stiffly beaten egg whites into beaten yolks until no yellow streaks remain.
5. Melt butter in a 10" skillet that is oven-safe. Pour egg mixture into skillet, tilting pan to coat sides. Cook over low heat 5 minutes.
6. When mixture is set on the bottom, cook in oven for 5 additional minutes.
7. Lift omelet onto heated plate. Spoon on strawberries. Cut into pie wedges. Serve hot.

## Nutritional content per serving

198 calories	0 grams trans fat	125 milligrams sodium
8 grams protein	240 milligrams cholesterol	430 milligrams potassium
9 grams total fat	24 grams carbohydrate	141 milligrams phosphorus
4 grams saturated fat	7 grams fiber	56 milligrams calcium

## Suggestions

- Other fruits may be substituted: dutch apples, cherries, blueberries, blackberries, or canned peaches.
- Spices that may be included: allspice, cinnamon, or nutmeg.



# Side Dishes

## in this section:

### **Breads & Starches**

Baking Powder Biscuits  
Old Fashioned  
Pancakes  
French Toast  
White Bread Dressing  
Cornbread Dressing  
Giblet Gravy  
Corn Pudding  
Herb Rice Casserole  
Yeast Dinner Rolls  
Blueberry Muffins  
Blueberry Baked Bread  
Herb Bread  
Rice O'Brien

### **Vegetables**

Steamed Asparagus  
Coleslaw  
Vegetables and Rice  
Macaroni Salad  
Favorite Green Beans  
Fried Onion Rings  
Baked Yellow Squash  
Yellow Squash and  
Green Onions  
Green Garden Salad  
Marinated Vegetables

## Breads &amp; Starches

# Baking Powder Biscuits

**Yield:** 10 biscuits

**Serving size:** 1 biscuit

## Ingredients

- 2 cups all-purpose flour, sifted
- 3 teaspoons double acting baking powder
- 2 teaspoons sugar
- 1/3 cup vegetable shortening
- 1/4 cup 1% milk
- 1/2 cup water

## Directions

1. Pre-heat oven at 350°F.
1. Sift dry ingredients into a bowl.
2. Cut in shortening until coarse crumbs form. Make a well in the mixture.
3. Pour milk and water into the well.
4. Stir quickly with a fork until dough follows fork around the bowl.
5. Dough should be soft. Turn dough onto lightly floured surface.
6. Knead gently 10-12 times. Roll or pat dough until 1/2" thick.
7. Dip a 2 1/2" biscuit cutter into flour; then cut out 10 biscuits.
8. Bake biscuits on ungreased baking sheet for 12-15 minutes.

## Nutritional content per serving

162 calories	1 gram trans fat	150 milligrams sodium
3 grams protein	1 milligrams cholesterol	36 milligrams potassium
8 grams total fat	21 grams carbohydrate	63 milligrams phosphorus
2 grams saturated fat	1 gram fiber	92 milligrams calcium

## Breads &amp; Starches

# Old Fashioned Pancakes

**Yield:** 4 small pancakes

**Serving size:** 1 pancake

## Ingredients

- ½ cup all purpose flour
- 1 egg, beaten
- ¼ cup granulated sugar
- ¼ teaspoon baking powder
- ¼ cup 2% milk plus ¼ cup water
- 1 tablespoon vegetable oil

## Directions

1. Combine first four ingredients in a bowl. Mix well. Add milk and water. Add more water for thinner pancakes or less for thicker pancakes.
2. Heat oil in a skillet or on a griddle. Pour ¼ cup batter on griddle. Cook until brown, turning on each side.

## Nutritional content per serving

165 calories	0 grams trans fat	58 milligrams sodium
4 grams protein	61 milligrams cholesterol	57 milligrams potassium
5 grams total fat	26 grams carbohydrates	64 milligrams phosphorus
1 gram saturated	0 grams fiber	45 milligram calcium

## Breads &amp; Starches

# French Toast

Yield: 4 servings

Serving size: 1 slice

## Ingredients

- 4 large egg whites, slightly beaten
- ¼ cup 1% milk
- ½ teaspoon cinnamon
- ¼ teaspoon allspice
- 4 slices white bread (may be toasted)
- 1 tablespoon margarine

## Directions

1. Add milk, cinnamon and allspice to egg whites.
2. Dip bread into batter one piece at a time.
3. Place on heated grill or in skillet with melted margarine.
4. Turn bread after it is golden brown.
5. Serve hot with syrup (sugar free if diabetic).

## Nutritional content per serving

125 calories	0 grams trans fat	194 milligrams sodium
7 grams protein	0 milligrams cholesterol	128 milligrams potassium
5 grams total fat	14 grams carbohydrate	61 milligrams phosphorus
0 grams saturated fat	1 gram fiber	60 milligrams calcium

## Suggestions

- May add ½ cup egg substitute.

## Breads &amp; Starches

# White Bread Dressing

Yield: 4 servings

Serving size: ½ cup

## Ingredients

- 2 tablespoons margarine
- ¼ cup chopped onions
- 1 ½ cups plain bread crumbs or 3 slices bread, crumbled
- ¼ cup chopped celery
- 1 teaspoon poultry seasoning
- ¼ teaspoon garlic powder
- ¼ cup unsalted chicken broth

## Directions

1. Melt margarine in a small skillet. Add onions. Stir until onions are tender.
2. Add bread crumbs, stirring constantly to prevent scorching.
3. Remove from heat. Add celery, poultry seasoning, garlic powder and chicken broth.
4. Blend well. Place in a small baking pan.
5. Bake for 30 minutes at 375°F.
6. If dressing appears too dry, add water as needed.

## Nutritional content per serving

107 calories	0 grams trans fat	129 milligrams sodium
2 grams protein	11 grams carbohydrates	77 milligrams potassium
6 grams total fat	11 milligrams cholesterol	30 milligrams phosphorus
0 grams saturated	1 gram fiber	35 milligrams calcium

## Suggestions

- May use homemade broth made from cooked chicken.
- Uncooked dressing will keep for 1-2 months in freezer.
- Additional breadcrumbs may be added.
- If a small iron skillet is used, the dressing may be baked in the skillet.

## Breads &amp; Starches

# Cornbread Dressing

**Yield:** 15 servings**Serving size:** 2" x 2" square or  $\frac{3}{4}$  cup**Cornbread****Ingredients for cornbread**

- 2 cups cornmeal (plain)
- 1  $\frac{1}{2}$  cups all-purpose flour
- 2  $\frac{1}{2}$  cups water
- 1 egg
- 2 tablespoons vegetable oil

**Directions for cornbread**

1. Preheat oven to 425°F.
2. Combine cornmeal, flour, sugar, and baking powder in mixing bowl; mix well.
3. Add water, egg and oil, mixing well.
4. Place in a 9" x 9" square greased baking pan.
5. Bake until golden brown.
6. When done, let cool, then crumble. Set aside to combine with dressing ingredients.

**Dressing****Ingredients for dressing**

- 2 cups chicken parts and giblets
- 4 cups water
- 1 cup chopped onion
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{2}$  cup chopped green peppers
- 1 teaspoon black pepper
- 1 teaspoon poultry seasoning
- 1 teaspoon onion powder
- 1 teaspoon sage

**Directions for dressing**

1. Wash chicken parts and giblets and add to water in a large pot.
2. Add onion, celery, green pepper and black pepper.
3. Boil for 30 minutes until tender
4. When done, reserve 2 cups of broth for dressing (remaining broth may be used for gilet gravy on the following page). Let meat cool.
5. Remove meat from bone and add to remaining dressing ingredients.
6. Mix all ingredients together with 2 cups broth from chicken until mixture is moist.
7. Spread into baking pan.
8. Bake at 425°F until golden brown.

*(Continued on next page)*

# Cornbread Dressing

*(Continued from previous page)*

## **Nutritional content per serving**

156 calories	0 grams trans fat	75 milligrams sodium
4 grams protein	16 milligrams cholesterol	88 milligrams potassium
3 grams total fat	29 grams carbohydrate	62 milligrams phosphorus
0 grams saturated	2 grams fiber	48 milligrams calcium

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## **Suggestions**

- May substitute turkey parts and giblets for chicken.



## Breads &amp; Starches

## Giblet Gravy

**Yield:** 32 servings**Serving size:** 1 tablespoon**Ingredients**

- 2 cups chicken broth (homemade from boiled chicken)
- 1 tablespoon all-purpose flour
- 1 hard boiled egg, sliced or chopped
- 1-2 poultry liver or giblets, boiled, chopped

**Directions**

1. Stir 1 tablespoon of broth with flour until smooth.
2. Add remaining broth and cook over low heat, stirring constantly.
3. Add boiled egg and giblets.
4. Continue to stir until desired thickness (about 5 minutes).

**Nutritional content per serving**

13 calories	0 grams trans fat	13 milligrams sodium
1 gram protein	13 milligrams cholesterol	31 milligrams potassium
0 grams total fat	1 gram carbohydrate	16 milligrams phosphorus
0 grams saturated fat	0 grams fiber	3 milligrams calcium

**Suggestions**

- Use on your favorite dressing or vegetable.

## Breads &amp; Starches

# Corn Pudding

Yield: 6 servings

Serving size: ½ cup

## Ingredients

- 2 cups kernel corn, canned or fresh cut
- 3 slightly beaten eggs or ¾ cup egg substitute
- ½ cup 1% milk
- ½ cup water
- ⅓ cup onion, finely chopped
- 1 tablespoon butter, melted
- 1 teaspoon granulated sugar
- 1 teaspoon white or black pepper

## Directions

1. Preheat oven to 350°F.
2. Combine all ingredients.
3. Pour into a greased 1 ½-quart casserole dish.
4. Place in a shallow pan filled with 1 inch of hot water.
5. Bake 40-45 minutes, or until knife inserted in center comes out clean.
6. Let stand for 10 minutes at room temperature before serving.

## Nutritional content per serving

120 calories	0 grams trans fat	61 milligrams sodium
6 grams protein	121 milligrams cholesterol	234 milligrams potassium
5 grams total fat	17 grams carbohydrate	122 milligrams phosphorus
2.0 grams saturated	2 grams fiber	49 milligrams calcium

## Breads &amp; Starches

## Herb Rice Casserole

Yield: 8 servings

Serving size: ½ cup

**Ingredients**

- 1 cup white rice, uncooked
- 2 cups chicken stock, unsalted
- ¼ cup green bell pepper, chopped
- ½ teaspoon parsley flakes
- 1 tablespoon vegetable oil
- 3 Fresh green onions, chopped
- 1 tablespoon chives

**Directions**

1. Preheat oven to 350°F.
2. Combine all ingredients, and place in casserole dish.
3. Bake in covered casserole for 45-50 minutes or until liquid is absorbed.

**Nutritional content per serving**

53 calories	0 grams trans fat	19 milligrams sodium
2 grams protein	7 grams carbohydrate	74 milligrams potassium
2 grams total fat	0 milligrams cholesterol	29 milligrams phosphorus
0 saturated	0 grams fiber	7 milligrams calcium

**Suggestions**

- Serve with your favorite chicken dish and vegetable.

## Breads &amp; Starches

## Yeast Dinner Rolls

Yield: 20 servings

Serving size: 1 roll

**Ingredients**

- 1 cup hot water
- 6 tablespoons vegetable shortening
- ½ cup sugar
- 1 package yeast
- 2 tablespoons of warm water
- 1 egg
- 3 ¾-4 cups all-purpose flour

**Directions**

1. Preheat oven to 400°F.
2. Combine hot water, shortening, and sugar in a large bowl. Set aside to cool to room temperature.
3. Dissolve yeast in warm water.
4. Add egg, yeast, and half the flour to the mixture in the large bowl. Beat well.
5. Stir in the remaining flour with a spoon until easy to handle.
6. Place dough in a greased bowl; grease top and cover top with plastic wrap.
7. Allow to rest 1 to 1 ½ hours or until the dough has doubled in size.
8. Cut off amount needed to shape rolls.
9. Bake rolls for 12 minutes or until done.

**Nutritional content per serving**

148 calories	0 grams trans fat	5 milligrams sodium
3 grams protein	12 milligrams cholesterol	31 milligrams potassium
4 grams total fat	24 grams carbohydrate	32 milligrams phosphorus
1 grams saturated	1 gram fiber	5 milligrams calcium

**Suggestions**

- Use for all occasions: breakfast, lunch, dinner, and homemade bread.

## Breads &amp; Starches

# Blueberry Muffins

**Yield:** 12 muffins

**Serving size:** 1 muffin

## Ingredients

- 1 egg white
- ¼ cup margarine
- ½ cup sugar
- 7 tablespoons water
- ½ teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 cup all-purpose flour
- 1 cup blueberries, canned and drained or fresh

## Directions

1. Preheat oven to 375°F.
2. Beat egg white in a small mixing bowl until stiff. Set aside.
3. Cream margarine and sugar together until smooth.
4. Add water and vanilla, mixing thoroughly.
5. Add baking powder and flour.
6. Fold in beaten egg white and blueberries.
7. Bake in greased muffin pan for 30 minutes.

## Nutritional content per serving

123 calories	0 grams trans fat	139 milligrams sodium
1.5 grams protein	0 milligrams cholesterol	71 milligrams potassium
4 grams total fat	21 grams carbohydrate	94 milligrams phosphorus
0 saturated fat	1 gram fiber	29 milligrams calcium

## Suggestions

- May use strawberries, blackberries, or raspberries instead of blueberries.

## Breads &amp; Starches

# Blueberry Baked Bread

**Yield:** 6 servings

**Serving size:** ½ cup

## Ingredients

- 1 quart blueberries, fresh or frozen
- ¼ cup water (omit if berries are frozen)
- 1 teaspoon lemon juice
- ½ cup sugar
- 1 pinch nutmeg
- 1 pinch cinnamon
- 1 tablespoon margarine
- 3 slices bread, buttered and sprinkled with cinnamon and sugar on both sides

## Directions

1. Heat oven to 425°F.
2. Wash blueberries under cool running water.
3. Combine all ingredients in a saucepan except bread. Bring to a boil.
4. Pour blueberry mixture into a shallow baking pan; top with bread cut in halves.
5. Bake until brown (about 10 minutes).

## Nutritional content per serving

176 calories	0 grams trans fat	92 milligrams sodium
2 grams protein	0 milligrams cholesterol	83 milligrams potassium
3 grams total fat	39 grams carbohydrate	20 milligrams phosphorus
0 saturated fat	3 grams fiber	56 milligrams calcium

## Suggestions

- May be used as dessert or snack.
- Other fruits may also be used: strawberries, cherries, apples, blackberries, or canned peaches.
- To enhance the flavor of the fruit may use allspice or brown sugar.

## Breads &amp; Starches

## Herb Bread

Yield: 1 loaf – about 15 slice

Serving size: 1 slice

**Ingredients**

- 1 loaf french bread
- ¼ cup margarine (unsalted)
- 2 tablespoons chopped green onions
- 1 teaspoon thyme
- ¼ teaspoon tarragon
- 1 teaspoon basil flakes (optional)
- ½ teaspoon crushed marjoram (optional)

**Directions**

1. Heat oven to 350°F.
2. Slice french bread almost to the bottom crust.
3. Combine margarine with remaining ingredients.
4. Spread butter mixture on cut surfaces or slices. May use a brush.
5. Place on a baking sheet or pan.
6. Bake for 15-20 minutes.

**Nutritional content per serving**

120 calories	0 grams trans fat	208 milligrams sodium
4 grams protein	44 milligrams potassium	0 milligrams cholesterol
4 grams total fat	18 grams carbohydrate	37 milligrams phosphorus
1 gram saturated fat	1 grams fiber	15 milligrams calcium

**Suggestions**

- May omit spices and substitute with 2 teaspoons parsley flakes.



## Breads &amp; Starches

## Rice O'Brien

Yield: 4 servings

Serving size: ½ cup

**Ingredients**

- 1½ cup water
- 1 cup rice, uncooked
- ½ cup onion, thinly sliced or chopped
- ¼ cup green pepper, chopped
- ¼ cup carrots, shredded
- ¼ teaspoon red pepper
- ½ teaspoon black pepper
- ½ teaspoon thyme or rosemary
- 1 tablespoon lemon juice
- 1 tablespoon margarine

**Directions**

1. In a large saucepan with water boiling, combine all ingredients.
2. Let simmer in covered pan for 15 minutes (do not stir).
3. Remove from pan; fluff rice lightly with fork.

**Nutritional content per serving**

207 calories	1 gram trans fat	32 milligrams sodium
4 grams protein	0 milligrams cholesterol	125 milligrams potassium
3 grams total fat	40 grams carbohydrate	64 milligrams phosphorus
1 saturated fat	1 gram fiber	21 milligrams calcium

**Suggestions**

- May add meat to ingredients, such as cooked and drained ground beef.
- May use additional vegetables, such as corn or okra.
- May add other seasonings, such as paprika or 2 teaspoons Mrs. Dash® for seasonings listed.

## Vegetables

# Steamed Asparagus

**Yield:** 4 servings

**Serving size:** 3 spears

## Ingredients

- 1 tablespoon lemon juice
- 2 tablespoons margarine, melted (unsalted)
- 2 cups water
- 12 fresh asparagus spears

## Directions

1. Add lemon juice to margarine; set aside.
2. Bring water to a boil in bottom of steamer.
3. Place asparagus in steamer over boiling water.
4. Steam for 2 minutes after asparagus turns bright green.
5. Remove and pour margarine with lemon juice over asparagus. Serve.

## Nutritional content per serving

62 calories	0 grams trans fat	1 milligram sodium
1 gram protein	0 milligrams cholesterol	123 milligrams potassium
6 grams total fat	3 grams carbohydrate	32 milligrams phosphorus
1 gram saturated fat	1 gram fiber	16 milligrams calcium

## Vegetables

## Coleslaw

Yield: 4 servings

Serving size: ½ cup

**Ingredients**

- 1 cup cabbage, shredded
- 2 tablespoons green pepper, chopped
- ¼ cup onion, chopped
- ¼ cup carrots, shredded
- ¼ cup mayonnaise
- 2 tablespoons vinegar
- 1 tablespoon sugar
- ½ teaspoon black pepper
- ½ teaspoon celery seed (optional)
- ½ teaspoon dill weeds (optional)

**Directions**

1. Combine vegetables.
2. Blend mayonnaise, vinegar and seasonings.
3. Pour over vegetables and toss.

**Nutritional content per serving**

127 calories	0 grams trans fat	81 milligrams sodium
0 gram protein	0 milligrams cholesterol	76 milligrams potassium
11 grams total fat	6 grams carbohydrate	14 milligrams phosphorus
2 grams saturated fat	1 gram fiber	13 milligrams calcium

## Vegetables

## Vegetables &amp; Rice

**Yield:** 6 servings**Serving size:** ½ cup**Ingredients**

- 2 ½ cups rice, cooked, salt-free
- 1 10-ounce package frozen green peas, cooked and drained
- 1 medium onion, chopped
- ¼ cup margarine, unsalted
- 1 tablespoon lemon juice
- ½ teaspoon thyme
- 2 tablespoons liquid smoke (optional)

**Directions**

1. Sauté chopped onion in margarine until tender.
2. Add rice, green peas, lemon juice, thyme and liquid smoke.
3. Cook for 5 minutes.

**Nutritional content per serving**

194 calories	0 grams trans fat	32 milligrams sodium
4 grams protein	0 milligrams cholesterol	99 milligrams potassium
8 grams total fat	26 grams carbohydrate	67 milligrams phosphorus
2 grams saturated fat	3 grams fiber	23 milligrams calcium

**Suggestions**

- Other vegetables may be used: broccoli, green beans, corn, and celery.
- Other seasonings may be used: italian seasoning, poultry seasoning, black pepper, red pepper, garlic powder, sage.

## Vegetables

## Macaroni Salad

Yield: 8 servings

Serving size: ½ cup

**Ingredients**

- 3 cups macaroni, cooked
- ¼ cup pimentos
- ½ cup onion, chopped
- ½ cup green pepper, chopped
- 3 hard boiled, shelled eggs, chopped
- ½ cup mayonnaise
- ½ cup celery, chopped
- 1 teaspoon dry mustard
- paprika
- black pepper

**Directions**

1. Rinse cooked macaroni under cold water; drain well.
2. Combine macaroni with remaining ingredients except paprika and black pepper. Mix well.
3. Sprinkle with paprika and black pepper.
4. Chill and serve.

**Nutritional content per serving**

223 calories	0 grams trans fats	103 milligrams sodium
6 grams protein	80 milligrams cholesterol	106 milligrams potassium
14 grams total fat	18 grams carbohydrate	74 milligrams phosphorus
2 grams saturated fat	2 grams fiber	20 milligrams calcium

**Suggestions**

- May substitute mayonnaise with oil and vinegar.
- May substitute onions or celery with green peas, cucumbers or parsley.

## Vegetables

# Favorite Green Beans

**Yield:** 6 servings

**Serving size:** ½ cup

## Ingredients

- 2 cans whole green beans, drained and rinsed
- 1 small onion, chopped
- ½ cup fresh mushrooms, sliced
- 1 teaspoon paprika
- ¼ teaspoon coarse black pepper
- 1 ½ cups unsalted top cracker crumbs
- 4 tablespoons margarine, unsalted

## Directions

1. Preheat oven to 350°F.
2. Mix together green beans, onion, mushrooms, paprika and black pepper.
3. Place in a greased baking dish.
4. Top green bean mixture with cracker crumbs and margarine.
5. Bake for 30-35 minutes.

## Nutritional content per serving

137 calories	0 grams trans fat	77 milligrams sodium
2 grams protein	0 milligrams cholesterol	214 milligrams potassium
9 grams total fat	14 grams carbohydrate	38 milligrams phosphorus
2 grams saturated fat	2 grams fiber	38 milligrams calcium

## Vegetables

# Fried Onion Rings

**Yield:** 10 servings

**Serving size:** 7 rings

## Ingredients

- ¾ cup plain cornmeal
- ¼ cup all-purpose flour
- 1 teaspoon sugar
- 4 medium onions
- 1 egg, beaten
- ¼ cup water
- ½ cup vegetable oil for frying

## Directions

1. Mix cornmeal, flour and sugar together; set aside.
2. Peel onions, and cut crosswise about ¼" thick. Separate into rings.
3. Mix beaten egg and water.
4. Dip rings in egg wash, then into cornmeal mixture.
5. Fry rings for 3-5 minutes in hot vegetable oil, turning until brown.
6. Drain on paper towel. Serve hot.

## Nutritional content per serving

162 calories	0 grams trans fat	11 milligrams sodium
2 grams protein	14 grams carbohydrate	99 milligrams potassium
11 grams total fat	27 milligrams cholesterol	39 milligrams phosphorus
1 gram saturated fat	2 grams fiber	11 milligrams calcium

## Suggestions

- To reduce fat and calories omit the vegetable oil, spray baking pan with cooking spray, place onion rings in a single layer, spray with cooking spray and bake at 400° F until golden brown.
- May be used as a side item with oven-fried fish, hamburgers or oven-fried chicken.



## Vegetables

# Baked Yellow Squash

**Yield:** 6 servings

**Serving size:** ½ cup

## Ingredients

- 2 tablespoons margarine or butter, melted
- ¾ teaspoon thyme
- ½ teaspoon black pepper
- 2 cans yellow squash, sliced
- 1 medium onion, chopped
- 1 small stalk celery, chopped
- 1 large bell pepper, chopped
- 1 tablespoon lemon juice

## Directions

1. Preheat oven to 350°F.
2. Sauté all ingredients except lemon juice in margarine. Cook until onions are translucent.
3. Add lemon juice.
4. Place sautéed mixture in a casserole dish.
5. Bake for approximately 30 minutes. Serve hot.

## Nutritional content per serving

49 calories	1 gram trans fat	34 milligrams sodium
1 grams protein	0 milligrams cholesterol	139 milligrams potassium
3 grams total fat	5 grams carbohydrate	25 milligrams phosphorus
1 gram saturated fat	2 grams fiber	31 milligrams calcium

## Vegetables

# Yellow Squash & Green Onions

**Yield:** 3 servings

**Serving size:** ½ cup

## Ingredients

- 2 cups yellow straight neck or crook neck squash, washed and sliced
- 2 tablespoons butter or margarine
- 1 cup green onion, chopped
- 1 teaspoon black pepper

## Directions

1. Boil squash slices for 15 minutes or until tender; drain.
2. In frying pan, melt butter. Sauté onions until tender.
3. Stir in squash and black pepper.
4. Cover and allow to simmer on low heat for about 5 minutes. Serve hot.

## Nutritional content per serving

87 calories	1 gram trans fat	347 milligrams sodium
1.5 gram protein	0 milligrams cholesterol	204 milligrams potassium
8 grams total fat	4 grams carbohydrate	40 milligrams phosphorus
2 grams saturated fat	2 grams fiber	31 milligrams calcium

## Suggestions

- May add regular onions, onion powder, paprika, red pepper, white pepper or chopped parsley.
- Serve as a main vegetable with meat, or over rice.

## Vegetables

# Green Garden Salad

**Yield:** 6 cups

**Serving size:** 1 cup

## Ingredients

- 4 cups red leaf or other lettuce, shredded
- 1 carrot, sliced
- 2 celery stalks, sliced
- 2 cucumbers, sliced
- 2 radishes, sliced
- 1 large bell pepper, diced or sliced into rings

## Directions

1. Combine vegetables in a large bowl and toss.
2. May serve with your favorite salad dressing.

## Nutritional content per serving

30 calories	0 grams trans fat	20 milligrams sodium
1 gram protein	0 milligrams cholesterol	215 milligrams potassium
0 grams total fat	4 grams carbohydrate	29 milligrams phosphorus
0 saturated fat	1 gram fiber	25 milligrams calcium

## Suggestions

- Other vegetables may be used such as cabbage, beets, squash, or wax beans.

## Vegetables

# Marinated Vegetables

**Yield:** 15 servings

**Serving size:** ½ cup

## Ingredients for marinade

- ¾ cup vinegar
- ¾ cup sugar
- 1 tablespoon water
- black pepper, to taste

## Ingredient for salad

- 1 12-ounce can small english peas, drained
- 1 12-ounce can shoe peg corn\*, drained
- 1 12-ounce jar pimento, drained
- ¾ cup onion, finely chopped
- 1 cup celery, finely chopped

## Directions

1. In a small saucepan, combine marinade ingredients, and bring to a boil. Cool completely.
2. Mix salad ingredients together.
3. Pour cooled marinade over vegetables and stir.
4. Place in a covered container and refrigerate overnight before serving.

*\*Tip: if unable to find shoe peg corn substitute with white or yellow corn.*

## Nutritional content per serving

85 calories	0 grams trans fat	13 milligrams sodium
1 gram protein	154 milligrams potassium	0 milligrams cholesterol
0 total fat	39 milligrams phosphorus	20 grams carbohydrate
0 saturated fat	2 grams fiber	12 milligrams calcium

## Suggestions

- This will keep for several weeks in the refrigerator.



# Side Dishes

in this section:

.....

Salt Free Sweet Brown Mustard  
Relish  
Spicy Barbeque Sauce

# Salt-Free Sweet Brown Mustard

**Yield:** 1 ½ cups

**Serving size:** 1 tablespoon

## Ingredients

- 2 teaspoons cornstarch
- 1 cup cider vinegar
- ½ cup dry mustard
- ½ cup light brown sugar
- ½ teaspoon white pepper (or black pepper)

## Directions

1. Dissolve cornstarch in small amount of vinegar.
2. Heat remaining vinegar; add mustard, sugar, and pepper. Stir until dissolved.
3. When hot, add cornstarch and cook until thick. Remove from heat.
4. Cover the mixture and let stand at room temperature for 24 hours to develop flavor.

## Nutritional content per serving

27 calories	0 grams trans fat	2 milligrams sodium
0 grams protein	0 milligrams cholesterol	27 milligrams potassium
1 grams total fat	4 grams carbohydrate	18 milligrams phosphorus
0 grams saturated fat	0 grams fiber	9 milligrams calcium

## Suggestions

- The ingredient measurements may be adjusted according to taste.
- Distilled (white) vinegar gives sharper taste than the cider vinegar and contains less potassium.
- Oil and unsalted margarine could be added if extra calories are needed.



# Relish

(For Hamburgers, Steaks, etc.)

**Yield:** 2 ¼ cups

**Serving size:** 1 tablespoon

## Ingredients

- 2 lemons, peeled and quartered
- 1 large onion
- ½ medium green pepper
- 2 cups sliced celery
- ¼ cup parsley (optional)
- ½ cup sugar
- ¼ teaspoon ground mustard
- ⅛ teaspoon allspice
- 1 teaspoon celery seed

## Directions

1. Chop first five ingredients. Stir in sugar and spices.
2. Cover and place in refrigerator for several hours or overnight to blend flavors.

## Nutritional content per serving

8 calories	0 grams trans fat	8 milligrams sodium
0 grams protein	0 milligrams cholesterol	31 milligrams potassium
0 grams total fat	2 grams carbohydrate	9 milligrams phosphorus
0 grams saturated fat	0 grams fiber	10 milligrams calcium



# Spicy Barbecue Sauce

**Yield:** 1 ½ cup

**Serving size:** 1 tablespoon

## Ingredients

- ¼ cup dark corn syrup
- ¼ cup red wine vinegar
- ¼ cup onion, chopped
- 1 cup water
- 2 teaspoons dry mustard
- 2 tablespoons tomato paste
- 1 teaspoon Tabasco® pepper sauce
- 2 tablespoons vegetable oil
- 1 tablespoon all purpose flour
- 1 teaspoon Mrs. Dash® (of your choice)

## Directions

1. Mix all ingredients together except vegetable oil and flour in a sauce pan.
2. Mix vegetable oil and flour together in separate container to make paste.
3. Add to sauce pan, cook on low heat until desired thickness is reached.
4. Pour or brush on baked or grilled meats.

## Nutritional content per serving

28 calories	0 grams trans fat	28 milligrams sodium
0 grams protein	0 milligrams cholesterol	34 milligrams potassium
1 gram total fat	2 grams carbohydrate	7 milligrams phosphorus
0 grams saturated fat	0 grams fiber	2 milligrams calcium

# Desserts

## in this section:

- .....
- |                          |                              |
|--------------------------|------------------------------|
| Scarlet's Frozen Fantasy | Whipped Cream Pound Cake     |
| Ribbon Cakes             | Spiced Pound Cake            |
| Baked Egg Custard        | Pineapple Upside-Down Cake   |
| Pineapple Pudding        | 7-Up Pound Cake              |
| Lemon Crispies           | Strawberry Cake              |
| Lemon Squares            | Carrot Cake                  |
| Jeweled Cookies          | Fruit Crunch (Crumb Top Pie) |
| Spritz Cookies           | Frozen Lemon Dessert         |
| Melting Moments          | Fruit In The Clouds          |
| Cream Cheese Cookies     | Fruit Salad                  |
| Old-Fashioned Pound Cake | Blueberry Cobbler            |
| Pineapple Pound Cake     | Peachy Cobbler               |
| Cream Cheese Pound Cake  | Chocolate Pie Shell          |
|                          | Pumpkin Soufflé              |

# Scarlet's Frozen Fantasy

**Yield:** 4 servings

**Serving size:** 4-ounces

## Ingredients

- 1 cup cranberry juice cocktail
- 1 cup fresh whole strawberries, washed and hulled
- 2 tablespoons fresh lime juice
- ¼ cup sugar
- 8-9 ice cubes
- strawberries for garnishing

## Directions

1. Combine cranberry juice, strawberries, lime juice and sugar in a blender. Mix well.
2. Add ice cubes and blend until smooth.
3. Pour into chilled glasses and garnish with a fresh strawberry.

## Nutritional content per serving

100 calories	0 grams trans fat	3 milligrams sodium
0 gram protein	0 milligrams cholesterol	109 milligrams potassium
0 gram total fat	24 grams carbohydrate	129 milligrams phosphorus
0 saturated fat	1 gram fiber	9 milligrams calcium



# Ribbon Cakes

**Yield:** 84 cookies

**Serving size:** 2 cookies

*These festive cookies are baked in an unusual way to produce stripes of jelly across them. They will keep for six weeks tightly covered and are excellent to make ahead for christmas. This recipe comes from Finland.*

## Ingredients

- |   |   |
|---|---|
| 3 cups unsifted all-purpose flour             | 2 whole eggs plus 1 egg white   |
| 1 cup sugar                                   | ½ teaspoon vanilla  |
| 1 teaspoon baking powder                      | 1 cup jelly or jam (plum, blackberry, or raspberry jelly, or apricot jam) |
| 1 cup (½ pound) butter or margarine, softened | 2 tablespoons sugar   |

## Directions

1. Heat oven to 375°F.
2. In a large bowl, combine flour, sugar, and baking powder.
3. Blend in butter with finger tips or pastry blender until mixture resembles cornmeal.
4. Add eggs, egg white and vanilla; work into stiff dough.
5. Divide dough into two balls, one twice the size of the other. On a heavily floured board (¼ to ½ cup flour), roll out the larger ball to 1/8" thickness.
6. Place rolled dough in a cookie pan (11" x 15 ½"), smoothing out to edges and patching corners. Spread jelly over the top.
7. Roll out remaining dough to 1/8" thickness and cut into ½" wide strips; place strips diagonally across the jelly, ½" apart. Sprinkle sugar over the top. Place in oven.
8. When edges start to brown (about 20 minutes), take pan from the oven, cut off and remove about a 3" strip all around the edges. Return pan to oven, remove after 10 minutes.
9. Cut into 1" x 2" rectangles. Makes 7 dozen cookies.

## Nutritional content per serving

106 calories	1 gram trans fat	65 milligrams sodium
1 gram protein	14 milligrams cholesterol	17 milligrams potassium
5 gram total fat	15 grams carbohydrate	27 milligrams phosphorus
1gram saturated fat	0 grams fiber	11 milligrams calcium

Source: *Sunset Cookbook*

# Baked Egg Custard

**Yield:** 4 servings

**Serving size:** ½ cup

## Ingredients

- 2 medium eggs
- ¼ cup 2% milk
- 3 tablespoons sugar
- 1 teaspoon vanilla or lemon extract
- 1 teaspoon nutmeg

## Directions

1. Preheat oven to 325°F.
2. Combine all ingredients, and beat for one minute with electric mixture until thoroughly mixed.
3. Pour into custard cups or muffin pans.
4. Sprinkle nutmeg on top.
5. Bake 20-30 minutes or until knife inserted into the center of the custard comes out clean.

## Nutritional content per serving

70 calories	0 grams trans fat	34 milligrams sodium
3 grams protein	91 milligrams cholesterol	30 milligrams potassium
3 grams fat	9 grams carbohydrate	42 milligrams phosphorus
1 saturated fat	0 gram fiber	12 milligrams calcium

## Suggestions

- May place in an unbaked pastry shell or graham cracker crust.
- May use non-dairy whipped topping.
- May substitute or add your favorite flavoring.
- May use fruit topping (e. g., pineapple or cherries).
- May use cinnamon, allspice, or cloves instead of nutmeg.
- May substitute 2 egg whites for 1 whole egg to lower cholesterol.
- May use fat-free or 1% milk.

# Pineapple Pudding

**Yield:** 12 servings

**Serving size:** ½ cup

## Ingredients

3	tablespoons all-purpose flour	1	cup water
½	cup sugar	1	teaspoon vanilla extract
1	large egg, whole	2	cups pineapple chunks, drained
3	large eggs, divided	¼	cup sugar
1	cup 2% milk	25-30	vanilla wafers

## Directions

1. Preheat oven to 425°F.
2. Combine flour, sugar, 1 whole egg and 3 egg yolks in top of a double boiler.
3. Stir in milk and water. Cook, uncovered over boiling water, stirring constantly, until thickened.
4. Remove from heat, and add vanilla extract.
5. Spread a small amount of the custard on the bottom of a 1 ½ quart casserole dish; top with half of the vanilla wafers, then half of the pineapple.
6. Continue with layers of custard, vanilla wafers, and pineapple, beginning and ending with custard.
7. Beat remaining egg whites with fork, egg beater, or hand mixer, add sugar. Beat until stiff peaks form.
8. Pile beaten egg whites on top of layered pudding. Bake for 5 minutes or until lightly browned.

## Nutritional content per serving

209 calories	0 grams trans fat	80 milligrams sodium
4 grams protein	81 milligrams cholesterol	120 milligrams potassium
5 grams total fat	38 grams carbohydrate	71 milligrams phosphorus
2 grams saturated fat	1 gram fiber	47 milligrams calcium

## Suggestions:

- May substitute pineapples with fruit cocktail, pears, canned peaches, canned cherries or berries.
- Other flavorings may be used instead of vanilla, such as almond, rum, lemon or banana.
- May use non-dairy whipped toppings instead of egg white meringue.

# Lemon Crispies

**Yield:** 5 dozen

**Serving size:** 2 cookies

## Ingredients

- 1 cup unsalted butter or margarine
- 1 cup granulated sugar
- 1 egg
- 1 ½ teaspoons lemon extract
- 1 ½ cup all-purpose flour, sifted

## Directions

1. Preheat oven to 375°F.
2. Cream butter with sugar.
3. Add egg and lemon extract, beat until light and fluffy.
4. Add flour, mix until smooth.
5. Drop batter by level tablespoon onto ungreased cookie sheet, at least 2" apart.
6. Bake for 10 minutes until brown around the edges.
7. Remove from cookie sheet after the cookies have cooled for a minute.

## Nutritional content per serving

115 calories	0 grams trans fat	12 milligrams sodium
2 gram protein	76 milligrams cholesterol	20 milligrams potassium
6 grams total fat	12 grams carbohydrate	23 milligrams phosphorus
1 gram saturated fat	0 grams fiber	7 milligrams calcium



# Lemon Squares

**Yield:** 36 squares

**Serving size:** 2 squares

## Crust layer

### Ingredients for crust layer

- ¼ cup powdered sugar
- ⅛ teaspoon salt
- 1 cup all-purpose flour
- ½ cup unsalted butter

### Directions for crust layer

1. Mix all ingredients together.
2. Press into ungreased 8" square pan
3. Bake at 350° F for 15 minutes.
4. Remove from oven and spread with the filling layer.

## Filling layer

### Ingredients for filling layer

- 1 cup granulated sugar
- ½ teaspoon baking powder
- ⅛ teaspoon salt
- 2 eggs, slightly beaten
- 2 tablespoons fresh lemon juice
- Zest from one lemon

### Directions for filling layer

1. Mix all filling ingredients together.
2. Spread evenly on top of baked crust layer. Return to oven, and bake an additional 20 minutes at 350°F.
3. Remove from oven and cool.

## Icing layer

### Ingredients for icing layer

- 2 tablespoons fresh lemon juice
- ¾ cup powdered sugar
- 1 tablespoon unsalted butter, softened

### Directions for icing layer

1. Mix all ingredients together.
2. When baked crust and filling are completely cool, spread icing over the top.

*Refrigerate—these squares also freeze well.*

### Nutritional content per serving

115 calories	0 grams trans fat	54 milligrams sodium
2 grams protein	29 milligrams cholesterol	20 milligrams potassium
1 grams total fat	25 grams carbohydrate	34 milligrams phosphorus
1 saturated fat	0 grams fiber	15 milligrams calcium

# Jeweled Cookies

**Yield:** 50 cookies

**Serving size:** 2 cookies

## Ingredients

- ½ cup softened unsalted butter or margarine
- 1 cup brown sugar, packed
- 1 medium egg
- ¼ cup milk
- 1 teaspoon vanilla
- 1 ¾ cups all-purpose flour, sifted
- 1 teaspoon baking powder
- 15 large gumdrops, chopped

## Directions

1. Preheat oven to 400°F.
2. Cream butter, sugar and egg thoroughly.
3. Stir in milk and vanilla.
4. Mix flour with baking powder in a separate bowl. Add to above ingredients.
5. Mix in gumdrops and chill dough for at least one hour.
6. Drop dough by tablespoonfuls onto greased cookie sheet.
7. Bake 8-10 minutes until golden brown.

## Nutritional content per serving

104 calories	0 grams trans fat	9 milligrams sodium
1 gram protein	7 milligrams cholesterol	29 milligrams potassium
1 gram total fat	22 grams carbohydrate	16 milligrams phosphorus
0 saturated fat	0 grams fiber	13 milligrams calcium

# Spritz Cookies

**Yield:** 75 cookies

**Serving size:** 2 cookies

## Ingredients

- 5 cups all-purpose flour
- 2 cups butter
- 1 cup plus 2 tablespoons sugar
- 2 eggs
- 1 teaspoon almond extract
- 2 teaspoons vanilla extract

## Directions

1. Preheat oven to 400°F.
2. Combine flour, butter and sugar.
3. Add eggs and extracts; mix with a spoon or hand mixer on low speed.
4. Drop cookies onto ungreased baking sheet or use cookie gun.
5. Bake for 5-8 minutes.
6. Cool and serve.

## Nutritional content per serving

172 calories	0 grams trans fat	56 milligrams sodium
2 grams protein	13 milligrams cholesterol	29 milligrams potassium
7 grams total fat	26 grams carbohydrate	22 milligrams phosphorus
4 grams saturated fat	0 grams fiber	8 milligrams calcium

# Melting Moments

**Yield:** 25 cookies

**Serving size:** 1 cookie

## Cookies

### Ingredients for cookies

- 1 cup soft butter or margarine
- $\frac{3}{4}$  cup cornstarch
- $\frac{1}{3}$  cup powdered sugar
- 1 cup sifted cake flour
- $\frac{1}{2}$  teaspoon
- 2 tablespoons milk or light cream (just enough to make the mixture spreadable)
- 1 drop yellow food coloring

### Directions for cookies

1. Preheat oven to 300°F.
2. To make cookies: using an electric mixer, cream together butter, cornstarch, powdered sugar and cake flour, scraping sides of bowl.
3. Refrigerate dough for 30 minutes for easier handling.
4. Roll dough into small balls, and place on a lightly greased cookie sheet.
5. Bake for 15 minutes; cookies will be cream-colored, not brown.

## Icing

### Directions for icing

1. Place melted butter, powdered sugar, lemon juice and rind in a small bowl, mix together by hand.
2. Add just enough milk or light cream to make the mixture spreadable.
3. Add food coloring.
4. Place one dot of icing onto each cookie while they are still warm.

### Ingredients for icing

*Cream together:*

- 2 tablespoons butter or margarine, melted
- 1 cup powdered sugar
- $\frac{1}{2}$  teaspoon lemon juice
- Grated lemon rind

### Nutritional content per serving

109 calories	0 grams trans fat	44 milligrams sodium
1 gram protein	10 milligrams cholesterol	15 milligrams potassium
5 grams total fat	14 grams carbohydrate	10 milligrams phosphorus
3 grams saturated fat	0 grams fiber	7 milligrams calcium

# Cream Cheese Cookies

**Yield:** 7 dozen cookies

**Serving size:** 1 cookie

## Ingredients

- 1 cup butter or margarine, softened
- 1 3-ounce package cream cheese, softened
- 1 cup sugar
- 1 egg yolk
- 2 ½ cups all-purpose flour
- 1 teaspoon vanilla extract
- candied cherry halves

## Directions

1. Preheat oven to 325°F.
2. Cream butter and cream cheese; slowly add sugar, beating until fluffy.
3. Beat in egg yolk; add flour and vanilla, mix well.
4. Chill dough at least one hour
5. Shape dough into 1" balls; place on greased cookie sheets.
6. Gently press a cherry half into each cookie.
7. Bake for 12-15 minutes.

## Nutritional content per serving

80 calories	0 grams trans fat	31 milligrams sodium
0.5 gram protein	13 milligrams cholesterol	15 milligrams potassium
4 grams total fat	11 grams carbohydrate	14 milligrams phosphorus
2 grams saturated fat	0 grams fiber	6 milligrams calcium

## Suggestions

May use reduced fat cream cheese to lower total fat.

# Old Fashioned Pound Cake

**Yield:** 24 servings

**Serving size:** 1 slice (3 ½" x 4" x ¾")

## Ingredients

- 2 cups butter or margarine
- 4 cups powdered sugar
- 2 tablespoons grated lemon rind
- 1 teaspoon lemon extract
- 6 eggs
- 3 ½ cups all-purpose flour, sifted

## Directions

1. Preheat oven to 350°F.
2. Using an electric mixer on medium speed, cream butter for 3 minutes, or until light and fluffy.
3. Gradually add sugar and rind; cream thoroughly.
4. Add lemon extract and eggs, one at a time, mixing well after each addition.
5. Gradually add flour; mix well.
6. Pour into greased and floured 10" tube pan or bundt pan.
7. Bake one hour and 20 minutes or until wooden pick inserted in center of cake comes out clean.
8. Remove from pan and cool.

## Nutritional content per serving

279 calories	0 grams trans fat	127 milligrams sodium
10 grams protein	34 grams carbohydrate	108 milligrams potassium
11 grams total fat	267 milligrams cholesterol	139 milligrams phosphorus
5 grams saturated fat	0 grams fiber	40 milligram calcium

# Pineapple Pound Cake

**Yield:** 24 servings

**Serving size:** 1 slice (3 ½" x 4" x ¾")

## Ingredients for cake

- 3 cups sugar
- 1 ½ cups butter
- 6 whole eggs and 4 egg whites
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour, sifted
- 1 10-ounce can crushed pineapple (drain and reserve juice)

## Ingredients for glaze

- 1 cup sugar
- 1 stick margarine (½ cup)  
juice from pineapple

## Directions

1. Preheat oven to 350°F.
2. Beat together sugar and butter until smooth and creamy.
3. Add eggs and egg whites two at a time, mixing after each addition.
4. Add vanilla.
4. Add sifted flour and mix well.
5. Add drained, crushed pineapple.
6. Bake for 45 minutes to 1 hour.
7. In a medium saucepan, mix together ingredients for glaze. Stir frequently. Bring to a boil, until desired thickness is reached. Pour over top of cake while hot.

## Nutritional content per serving

288 calories	0 grams trans fat	93 milligrams sodium
2.5 grams protein	68 milligrams cholesterol	67 milligrams potassium
9 grams total fat	47 grams carbohydrate	47 milligrams phosphorus
6 grams saturated fat	19 grams fiber	19 milligrams calcium



# Cream Cheese Pound Cake

**Yield:** 40 cupcakes

**Serving size:** 1 cupcake

## Ingredients for cake

- 3 sticks margarine or butter
- 8 ounces cream cheese, softened
- 3 cups sugar
- 1 ½ teaspoon vanilla extract
- 4 large eggs
- 4 large egg whites
- 3 cups white cake flour, sifted

## Ingredients for frosting

- 2 16-ounce boxes powdered sugar
- 8 ounces cream cheese
- 1 stick margarine (½ cup)

## Directions

1. Preheat oven to 325°F.
2. Cream margarine, cream cheese, and sugar until light and fluffy.
3. Add vanilla, and beat well.
4. Add eggs, one at a time, and egg whites two at a time, beating well after each addition.
5. Stir in flour. Spoon mixture into a greased and floured muffin pan.
6. Bake for about 1 ½ hour.
7. Mix frosting and place on cooled cake.

## Nutritional content per serving

285 calories	1.7 grams trans fat	133 milligrams sodium
3 grams protein	6 milligrams cholesterol	29 milligrams potassium
14 grams total fat	46 grams carbohydrate	16 milligrams phosphorus
3 grams saturated fat	0 grams fiber	8 milligrams calcium

# Whipped Cream Pound Cake

**Yield:** 30 slices

**Serving size:** 1 slice

## Ingredients

- 2 sticks margarine or butter, softened
- 3 cups sugar
- 6 eggs
- 3 cups cake flour (sift once before measuring)
- ½ pint whipping cream
- 1 teaspoon vanilla flavoring

## Directions

1. Preheat oven to 350°F.
2. Grease and flour tube pan.
3. All ingredients should be at room temperature.
4. Cream margarine and sugar together until fluffy.
5. Add eggs, one at a time, beating after each addition.
6. Gradually add flour and whipping cream, blending between each addition.
7. Beat well for 30 seconds; stir in vanilla flavoring.
8. Pour batter into tube pan; bake for 50-60 minutes.

## Nutritional content per serving

249 calories	0 grams trans fat	192 milligrams sodium
8 grams protein	6 milligrams cholesterol	120 milligrams potassium
9 grams total fat	35 grams carbohydrate	24 milligrams phosphorus
2.5 grams saturated fat	0 grams fiber	12 milligrams calcium

## Suggestions

- May substitute 2 egg whites for each whole egg and add two at a time.

# Spiced Pound Cake

**Yield:** 16 slices

**Serving size:** 1 slice

## Ingredients

- 3 sticks butter or margarine
- 1 ¼ teaspoons ground nutmeg or mace
- 1 teaspoon vanilla extract
- 1 pound sifted powdered sugar
- 6 eggs
- 3 cups cake flour
- powdered sugar

## Directions

1. Preheat oven to 325°F.
2. Cream butter in a large bowl until softened.
3. Blend in nutmeg or mace and vanilla extract.
4. Gradually stir in powdered sugar.
5. Add eggs, one at a time, beating well after each addition.
6. Gradually stir in flour.
7. Grease only the bottom and lightly flour a 10" x 4" round tube pan.  
*Note: do not grease the sides!*
8. Bake for 1 hour and 20 minutes or until a cake tester inserted in the center comes out clean.
9. Allow cake to cool. Sprinkle with powdered sugar when cold.

## Nutritional content per serving

174 calories	0 grams trans fat	45 milligrams sodium
3 grams protein	82 milligrams cholesterol	51 milligrams potassium
5 grams total fat	33 grams carbohydrate	25 milligrams phosphorus
2 grams saturated fat	0 grams fiber	7 milligrams calcium

# Pineapple Upside-Down Cake

**Yield:** 20 Squares

**Serving size:** 1 square

## Ingredients for cake:

- 2 sticks margarine
- 2 ½ cups sugar
- 1 teaspoon vanilla extract
- 4 eggs
- 4 egg whites
- 3 cups all-purpose flour, sifted
- ½ cup butter or margarine
- 1 16-ounce can crushed pineapple, drained
- ¾ cup brown sugar

## Directions

1. Preheat oven to 375°F.
2. Cream margarine until light and fluffy with electric mixer. Gradually add sugar; cream thoroughly.
3. Add vanilla extract, eggs and egg whites, two at a time.
4. Gradually add flour and mix well.
6. Melt ½ cup butter in a cake pan, preferably a sheet pan.
7. Spread pineapple evenly in pan; sprinkle brown sugar over pineapple.
8. Pour batter over pineapple. Bake for about 45 minutes.
9. When done, turn cake over onto a cake plate. Slice and serve.

## Nutritional content per serving

301 calories	0 grams trans fat	123 milligrams sodium
4 grams protein	206 milligrams cholesterol	76 milligrams potassium
9 grams total fat	53 grams carbohydrate	26 milligrams phosphorus
3 grams saturated fat	1 gram fiber	43 milligrams calcium

# 7-Up<sup>®</sup> Pound Cake

**Yield:** 16 slices

**Serving size:** 1 square

## Ingredients

- 2 sticks margarine
- ½ cup vegetable shortening
- 3 cups sugar
- 5 eggs
- 1 teaspoon lemon extract
- 3 cups all-purpose flour
- 7 ounces 7-up<sup>®</sup> soda

## Directions

1. Preheat oven to 300°F.
2. Cream margarine, shortening and sugar together.
3. Add eggs, one at a time, beating well after each addition; add lemon extract.
4. Add about one-third of the flour and alternate with a portion of 7-up<sup>®</sup>. Beat well after each addition; continue until total amount is added to batter.
5. Bake in a greased and floured 10" tube pan for 1 ½ hours or until wooden toothpick inserted in center comes out clean.

## Nutritional content per serving

229 calories	1.3 grams trans fat	110 milligrams sodium
6 grams protein	147 milligrams cholesterol	60 milligrams potassium
12 grams total fat	26 grams carbohydrate	28 milligrams phosphorus
3 grams saturated fat	0 grams fiber	21 milligrams calcium

# Strawberry Cake

**Yield:** 24 slices

**Serving size:** 1 slice

## Cake

### Ingredients for cake

- 2 cups butter or margarine
- 3 cups sugar
- 1 teaspoon vanilla extract
- 6 eggs
- 3 ½ cups all-purpose flour
- ¾ cup frozen strawberries, thawed and drained; reserve juices

### Directions for cake

1. Preheat oven to 350°F.
2. Grease and flour a 10" tube or sheet pan.
3. Cream butter at medium speed with electric mixer until light and fluffy.
4. Gradually add sugar and vanilla extract. Cream thoroughly.
5. Add eggs one at a time, mixing thoroughly after each addition.
6. Gradually add flour until mixed well.
7. Add drained berries and mix well.
8. Pour batter into tube or sheet pan.
9. Bake for 1 hour and 15 minutes or until a wooded toothpick inserted in the center of the cake comes out clean.
10. Remove from pan and let cake cool on a wire rack.

## Icing

### Ingredients for icing

- 1 stick butter or margarine
- 1 pound box powdered sugar
- drained juice from strawberries

### Directions for icing

1. Icing: cream butter; gradually add powdered sugar and strawberry juice.
2. Mix well and place icing on cooled cake.

### Nutritional content per serving

383 calories	0 grams trans fat	172 milligrams sodium
10 grams protein	277 milligrams cholesterol	128 milligrams potassium
17 grams total fat	48 grams carbohydrate	143 milligrams phosphorus
9 grams saturated fat	1 gram fiber	46 milligrams calcium

### Suggestions

- To make an alternate berry cake, substitute your favorite berries: raspberries, blueberries, etc.
- May use for cupcakes.

# Carrot Cake

**Yield:** 15 squares

**Serving size:** 1 square (3" x 6")

## Cake

### Ingredients for cake

- 1 cup granulated sugar
- ½ cup vegetable oil
- 2 eggs
- 1 ½ cup carrots, grated or shredded
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ground cloves
- 1 cup canned pineapples, crushed and drained

### Directions for cake

1. Preheat oven to 375°F.
2. Combine sugar, oil and egg; beat well.
3. Add carrots, and vanilla. Beat until smooth.
4. Add remaining ingredients to mixture; mix well.
5. Pour into greased and floured 9" x 13" cake pan.
6. Bake for 30 minutes. Cool in pan 10 minutes. Remove from pan.
7. Garnish with whipped cream or top with icing (optional).

## Icing *(optional)*

### Ingredients for icing

- 1 4-ounce bar cream cheese, softened
- ¼ cup unsalted margarine, softened
- 1 tablespoon vanilla
- 2 cups powdered sugar, sifted

### Directions for icing

1. Mix together cream cheese and unsalted margarine. Add vanilla and powdered sugar.
2. Spread over cooled cake. (May need extra powdered sugar to stiffen the icing).

### Nutritional content per serving

202 calories	0 grams trans fat	219 milligrams sodium
3 grams protein	32 milligrams cholesterol	81 milligrams potassium
8 grams total fat	30 grams carbohydrates	44 milligrams phosphorus
1 gram saturated fat	1 gram fiber	34 milligrams calcium



# Fruit Crunch (Crumb Top Pie)

**Yield:** 8 servings

**Serving size:** ½ cup

## Ingredients

- 4 large tart apples, pared, cored and sliced
- ¾ cup sugar
- ½ cups all-purpose flour, sifted
- ⅓ cup margarine, softened
- ¾ cup rolled oats
- ¾ teaspoon nutmeg

## Directions

1. Preheat oven to 375°F.
2. Place apples in a greased 8" square pan.
3. Combine remaining ingredients in a medium bowl, and spread over fruit.
4. Bake 30-35 minutes or until fruit is tender and lightly browned.

## Nutritional content per serving

217 calories	1.4 grams trans fat	62 milligrams sodium
1.4 grams protein	0 milligrams cholesterol	68 milligrams potassium
8 grams total fat	36 grams carbohydrate	37 milligrams phosphorus
2 grams saturated fat	2 grams fiber	10 milligrams calcium

## Suggestions

- May use other fruits such as canned, sliced peaches (drained) or fresh pears.
- May use as a dessert or snack.
- May serve with whipped cream.
- May substitute cinnamon for nutmeg.

# Frozen Lemon Dessert

**Yield:** 8 squares

**Serving size:** 1 square

## Ingredients

- 4 eggs, separated
- $\frac{2}{3}$  cup sugar
- $\frac{1}{4}$  cup lemon juice
- 1 tablespoon lemon peel, grated
- 1 cup whipping cream, whipped
- 2 cups vanilla wafers (about 40), crushed

## Directions

1. Beat egg yolks until very thick.
2. Gradually beat in sugar, beating well after each addition.
3. Add lemon juice and lemon peel; blend well.
4. Cook in double boiler over hot water stirring constantly until thick.
5. Remove from heat and allow to cool.
6. Beat egg whites until stiff peaks form.
7. Fold egg whites into cooled thickened mixture.
8. Fold in whipped cream
9. Spread  $1 \frac{1}{2}$  cups vanilla wafer crumbs in bottom of freezer tray or 10" x 6" x  $1 \frac{1}{2}$ " baking dish.
10. Spoon lemon mixture over crumbs.
11. Top with remaining vanilla wafer crumbs.
12. Freeze until firm, several hours or overnight.

## Nutritional content per serving

205 calorie	0 grams trans fat	97 milligrams sodium
3 grams protein	27 milligrams cholesterol	69 milligrams potassium
7 grams total fat	32 grams carbohydrate	33 milligrams phosphorus
4 grams saturated fat	0 grams fiber	22 milligrams calcium

# Fruit In The Clouds

**Yield:** 4 squares

**Serving size:** 1 square (2" x 2")

## Ingredients

- 1 can fruit cocktail, drained
- 1 can mandarin orange, drained
- 8 ounces whipped cream, frozen

## Directions

1. Mix all ingredients together.
2. Freeze in 8" x 8" container or individual molds.

## Nutritional content per serving

113 calories	0 grams trans fat	20 milligrams sodium
1 gram protein	0 milligrams cholesterol	152 milligrams potassium
3 grams total fat	23 grams carbohydrates	29 milligrams phosphorus
2 grams saturated fat	2 grams fiber	24 milligrams calcium

## Suggestions

- May substitute fruits with other canned fruit.

# Fruit Salad

**Yield:** 10 servings

**Serving size:** ½ cup

## Ingredients

- 2 cups canned fruit cocktail, drained
- 1 cup canned pineapple chunks, drained
- 1 cup whole or sliced strawberries, hulled
- 1 cup apple, peeled, cored and diced
- 1 cup marshmallows
- ½ cup non-dairy whipped topping

## Directions

1. Combine all fruits together.
2. Add marshmallows and whipped topping; mix well.
3. Refrigerate and serve chilled.

## Nutritional content per serving

57 calories	0 grams trans fat	9 milligrams sodium
1 gram protein	0 milligrams cholesterol	120 milligrams potassium
0 total fat	14 grams carbohydrates	15 milligrams phosphorus
0 saturated fat	1 gram fiber	14 milligrams calcium

## Suggestions

- May be used for dessert or snack.
- May substitute other fruits, such as: canned peaches or pears, blueberries, raspberries, blackberries, grapes, cherries, cranberries, or plums.
- May substitute sour cream for whipped topping, or may omit whipped topping altogether.
- May omit marshmallows.
- May use light non-dairy whipped topping.

# Blueberry Cobbler

**Yield:** 10 servings

**Serving size:** ½ cup

## Crust

### Ingredients for crust

- 1 ½ cups all-purpose flour
- 2 tablespoons butter
- ¾ cup water
- ½ teaspoon allspice, cinnamon and sugar

### Directions for crust

1. Mix together flour and butter.
2. Add water, one tablespoon at a time, mix until a ball forms and clings together.
3. Continue to shape dough into a ball with floured hands, and place on a floured surface.
4. Knead dough until easy to handle (about 4 times).
5. Using a rolling pin or similar object, roll dough out very thin.
6. Prepare filling (see directions below).
7. Cut dough into strips, and place across the filling lengthwise and crosswise.
8. Sprinkle with allspice, cinnamon and sugar mixture.
9. Bake for 20-25 minutes or until golden brown.

## Filling

### Ingredients for filling

- 1 15-ounce can blueberries, packed in light syrup
- 1 all-purpose flour
- ½ cup sugar
- ½ teaspoon vanilla extract  
dash of cinnamon
- 1 pint fresh blueberries, rinsed and drained
- ¼ stick butter or margarine

### Directions for filling

1. Preheat oven to 375°F.
2. Drain canned berries well, reserving ¾ cup of the berry juice.
3. Mix flour and sugar in saucepan; add reserved berry juice.
4. Stir over medium heat until the mixture is clear and slightly thickened.
5. Add vanilla and cinnamon and all blueberries to the hot mixture; mix well.
6. Pour filling mixture in a deep baking dish.
7. Cut butter into small pieces and arrange over filling. Continue with direction number 7 above.

*(Continued on next page)*

# Blueberry Cobbler

*(Continued from previous page)*

## **Nutritional content per serving**

196 calories	0 grams trans fat	33 milligrams sodium
3 grams protein	3 milligrams cholesterol	76 milligrams potassium
4 grams total fat	39 grams carbohydrate	30 milligrams phosphorus
2 grams saturated fat	3 grams fiber	13 milligrams calcium

## **Suggestions**

- To make an alternate cobbler substitute cherries, apples, blackberries, strawberries, raspberries, boysenberries, or peaches for blueberries.
- May use fresh fruit instead of canned fruit. Cook in water until tender.
- For additional or alternate flavoring, may use lemon juice, nutmeg, mace, almond extract or lemon extract.
- May substitute sugar-free sweetener for sugar.

# Peachy Cobbler

**Yield:** 10 servings

**Serving size:** ½ cup

## Batter

### Ingredients for batter

- 1 cup all-purpose flour
- ¼ cup sugar
- ⅓ cup butter or margarine, softened
- ¼ cup milk
- 1 slightly beaten egg
- OR* 2 egg whites

### Directions for batter

1. Preheat oven to 400°F.
2. Sift together flour and sugar.
3. Cut butter into flour and sugar mixture until it resembles coarse crumbs.
4. Add milk and egg; stir just until moistened.
5. Set aside for filling.

## Filling

### Ingredients for filling

- 3 tablespoons all-purpose flour
- ½ cup sugar
- ½ teaspoon cinnamon
- ½ cup water
- 2 16-ounce cans sliced peaches in light syrup or own juice, drained
- 1 tablespoon lemon juice
- 2 tablespoons unsalted butter or margarine

### Directions for filling

1. Combine flour, sugar, cinnamon and water in saucepan.
2. Cook, stirring constantly, until thickened.
3. Add peaches, lemon juice and butter.
4. Cook ingredients until peaches are hot (about 5 minutes).
5. Pour filling into an 8 ¼" x 1 ¾" baking dish.
6. Top with prepared batter.
7. Bake for 20-25 minutes.

### Nutritional content per serving

253 calories	0 grams trans fat	46 milligrams sodium
4 grams protein	21 milligrams cholesterol	116 milligrams potassium
4 grams total fat	34 milligrams carbohydrate	46 milligrams phosphorus
1 gram saturated fat	1 gram fiber	16 milligrams calcium

### Suggestions

- May substitute sugar with sugar-free sweetener.
- May make an alternate fruit cobbler with cherries, apples, blueberries or rhubarb.
- Fresh fruits may be used instead of canned. Fruits should be cooked until tender before adding to the other ingredients.
- For flavoring, may substitute with vanilla extract, almond extract, nutmeg, mace, or allspice.



# Chocolate Pie Shell

**Yield:** 1 empty pie shell (6 servings)

**Serving size:** 1/6 portion

## Ingredients

- 3 cups cocoa krispies, crushed
- ½ stick (4 tablespoons) butter
- cooking spray

## Directions

1. Place crushed cereal and melted butter in a bowl. Stir well.
2. Spray 9" pie pan with cooking spray.
3. Press mixture into pan.
4. Chill at least 30 minutes before filling.

## Nutritional content per serving

126 calories	0 grams trans fat	135 milligrams sodium
2 grams protein	10 milligrams cholesterol	47 milligrams potassium
6 gram total fat	18 grams carbohydrate	24 milligrams phosphorus
4 gram saturated fat	0 grams fiber	8 milligrams calcium

# Pumpkin Soufflé

**Yield:** 1 pie (6 servings)

**Serving size:** 1/6 portion

## Ingredients

- ½ cup frozen apple juice concentrate (not diluted)
- egg substitute equal to 2 whole eggs
- 1 12-ounce can pumpkin
- 1 cup whole milk
- ½ cup water
- ½ teaspoon vanilla extract
- ½ teaspoon ground nutmeg
- ½ teaspoon ground allspice
- 1 teaspoon ground cinnamon
- ½ cup grape nuts
- ½ teaspoon pumpkin pie spice (optional)

## Directions

1. Preheat oven to 400°F.
2. Combine all ingredients except grape nuts in mixing bowl and stir well.
3. Spray 9" glass pie plate with cooking spray. Add mixture.
4. Sprinkle grape nuts on top.
5. Bake for 35 to 45 minutes or until knife inserted in center comes out clean.

## Nutritional content per serving

129 calories	0 grams trans fat	120 milligrams sodium
5 grams protein	0 milligrams cholesterol	387 milligrams potassium
1 gram total fat	26 grams carbohydrate	112 milligrams phosphorus
0 grams saturated fat	3 grams fiber	98 milligrams calcium

# Beverages

in this section:

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- Strawberry Sorbet
- Cranberry Punch
- Hot Spiced Apple Juice
- Aloha Punch
- Russian Tea

# Strawberry Sorbet

**Yield:** 2 ½ cups

**Serving size:** 6-ounces or ¾ cups

## Ingredients

- ¼ cup sugar
- 1 cup frozen or fresh strawberries, cleaned,
- 1 tablespoon lemon juice
- ¼ cup water
- 1 ¼ cups crushed or cubed ice

## Directions

1. Place ice in a blender.
2. Add all other ingredients, turn speed to crush or liquefy.

## Nutritional content per serving

67 calories	0 grams trans fat	1 milligrams sodium
0 grams protein	0 milligrams cholesterol	79 milligrams potassium
16 grams total fat	21 grams carbohydrate	12 milligrams phosphorus
0 grams saturated fat	1 gram fiber	9 milligrams calcium

## Suggestions

- To prepare for ice tray, combine sugar and water in a saucepan over medium heat, when mixture comes to a boil remove from heat. Let cool. Add remaining ingredients. Mix well. Partially freeze in ice tray.
- Must be counted as a part of the daily fluid allowances.
- Fruits may be mixed or combined, apples (peeled, cored, sliced), raspberries (frozen or fresh), pears (canned or fresh), peaches (canned only), cranberries (fresh or frozen), lime, and lemon.
- May be served or made with other ingredients: whipped cream, nutmeg, cinnamon, allspice, and cloves.

# Cranberry Punch

**Yield:** 46 servings

**Serving size:** 6-ounces or  $\frac{3}{4}$  cups

## Ingredients

- 3 quarts cranberry juice
- 3 quarts pineapple juice
- 1 quart lemonade, frozen, undiluted
- 1 quart water
- 3 28-ounce bottles ginger ale

## Directions

1. Mix all ingredients together.
2. Chill and serve.

## Nutritional content per serving

130 calories	0 grams trans fat	8 milligrams sodium
1 grams protein	0 milligrams cholesterol	153 milligrams potassium
0 grams total fat	34 grams carbohydrate	16 milligrams phosphorus
0 grams saturated fat	0 grams fiber	17 milligrams calcium

# Hot Spiced Apple Juice

**Yield:** 8 servings

**Serving size:** ½ cup

## Ingredients

- ½ teaspoon nutmeg
- 12 whole cloves
- 4 cinnamon sticks, broken
- ¼ teaspoon allspice
- 1 quart unsweetened apple

## Directions

1. Place all ingredients in saucepan.
2. Slowly bring to boil and let simmer for 20 minutes.
3. Strain and serve in cups.

## Nutritional content per serving

63 calories	0 grams trans fat	6 milligrams sodium
1 grams protein	0 milligrams cholesterol	132 milligrams potassium
1 grams total fat	15 grams carbohydrate	10 milligrams phosphorus
0 grams saturated fat	1 gram fiber	18 milligrams calcium

## Suggestions

- May use ground cloves and ground cinnamon as substitutes for allspice. Note: three whole cloves will equal ¼ tsp ground cloves and one cinnamon stick will equal ½ tsp ground cinnamon.

# Aloha Punch

**Yield:** ½ gallon or 8 servings

**Serving size:** 8-ounces or 1 cup

## Ingredients

- 1 48-ounce can Hawaiian Punch®
- 1 32-ounce bottle ginger ale

## Directions

1. Combine ingredients and pour over ice.
2. Garnish with lemon or lime slices and whole strawberries.

## Nutritional content per serving

103 calories	0 grams trans fat	63 milligrams sodium
1 gram protein	0 milligrams cholesterol	47 milligrams potassium
0 grams total fat	26 grams carbohydrate	5 milligrams phosphorus
0 grams saturated fat	0 grams fiber	15 milligrams calcium



# Russian Tea

**Yield:** 5 ½ cups dry powder/88 servings

**Serving size:** 1 tablespoon

## Ingredients

- 2 cups Tang®
- ½ cup sugar
- 1 dry lemonade mix (2 quart size)
- 1 cup instant tea
- 1 teaspoon cloves
- 1 teaspoon cinnamon

## Directions

1. Combine all ingredients.
2. Store in a covered container.
3. To mix: add one tablespoon to 8-ounces hot water.
4. Serve hot.

## Nutritional content per serving

54 calories	0 grams trans fat	0 milligrams sodium
0 grams protein	0 milligrams cholesterol	25 milligrams potassium
0 grams total fat	13 grams carbohydrate	17 milligrams phosphorus
0 grams saturated fat	0 grams fiber	35 milligrams calcium

# Fun Recipes for Children

## in this section:

- .....
- Bake Apples with Craisin®
- Crunchy Chicken Nuggets
- English Muffin Pizza
- Fiesta Lime Fajitas
- Fiesta Lime Tacos
- Fish Sticks
- Sunshine Salad

# Baked Apples with Craisins®

**Yield:** 4 servings

**Serving size:** 1 apple

## Ingredients

- 4 apples for baking
- 1 cup apple juice
- ¼ cup brown sugar, packed
- 2 tablespoon Craisins®
- red cinnamon candies

## Directions

1. Preheat oven to 375°F.
2. Wash and core the apples. Set aside.
3. Using a square baking pan (9 "x 9" x 1 ¾"), blend the apple juice and brown sugar.
4. Place apples in pan.
5. Fill apple centers with craisins® and cinnamon candies.
6. Place pan in the oven. Spoon juice over apples occasionally during baking to glaze the apples and keep them from drying out.
7. Bake 40 to 45 minutes, or until apples are tender when pierced with a fork.

## Nutritional content per serving

200 calories	0 grams trans fat	11 milligrams sodium
0 protein	0 milligrams cholesterol	22 milligrams potassium
0 total fat	51 grams carbohydrate	20 milligrams phosphorus
0 saturated fat	4 grams fiber	24 milligrams calcium

## Suggestions

- Apples best for baking include: granny smith, gala, golden delicious.
- May serve warm or chilled for breakfast, after school snack or for dessert.

# Crunchy Chicken Nuggets

**Yield:** 8 servings

**Serving size:** 2-ounces

## Ingredients

- 2 egg whites
- 1 tablespoon water
- 2 ½ cups ready-to-eat crispy rice cereal
- 1 ½ teaspoons paprika
- ¼ teaspoon seasoning salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- 1 pound boneless, skinless chicken breasts
- 1 tablespoon butter or margarine, melted
- 1 tablespoon reduced-fat ranch dressing (*for dipping*)

## Directions

1. In a shallow dish combine egg whites and water.
2. On a large sheet of wax paper combine crispy rice cereal, paprika, seasoning salt, garlic powder and onion powder.
3. Cut chicken into 1 ½" pieces.
4. Dip chicken into egg white mixture, coating all sides. Roll in cereal mixture.
5. Place in a single layer on ungreased baking sheet. Drizzle with melted butter.
6. Bake at 450°F for about 12 minutes or until no longer pink in center.
7. Serve warm with dipping sauce (reduced-fat ranch dressing).

## Nutritional content per serving

122 calories	0 grams trans fat	176 milligrams sodium
14 grams protein	8 grams carbohydrate	237 milligrams potassium
4 grams total fat	41 milligrams cholesterol	134 milligrams phosphorus
2 grams saturated fat	0 grams fiber	6 milligrams calcium

## Suggestions

- For a different flavor, substitute 1 package (1.25-ounce) reduced-sodium taco seasoning for the paprika, seasoned salt, garlic powder and onion powder.

# English Muffin Pizza

**Yield:** 1 serving

**Serving size:** 2 pizzas

## Ingredients

- 1 split english muffin
- ¼ cup pizza sauce
- 2 tablespoons shredded mozzarella cheese

## Directions

1. Toast english muffins.
2. Spread pizza sauce evenly on muffin halves.
3. Sprinkle cheese and add toppings.
4. Place the muffin halves on tray and put into toaster oven, set on broil.
5. Broil for about 5 minutes, watching carefully to remove when cheese is golden and melted.

## Nutritional content per serving

253 calories	0 grams trans fat	529 milligrams sodium
13 grams protein	17 milligrams cholesterol	324 milligrams potassium
7 grams total fat	33 grams carbohydrate	254 milligrams phosphorus
4 grams saturated fat	3 grams fiber	268 milligrams calcium

## Suggestions

- You may add your favorite toppings: mushrooms, green pepper, onions, pineapple, leftover shredded chicken or pork.
- With grown up assistance this can be put under the broiler of a full size oven.



# Fiesta Lime Fajitas

**Yield:** 5 servings

**Serving size:** 2 drumettes

## Ingredients

- 1 pound chicken drumettes
- 2 tablespoons olive oil
- 4 teaspoons Mrs. Dash® Fiesta Lime Seasoning Blend

## Directions

1. Preheat oven to 350°F.
2. Lightly brush the chicken drumettes with olive oil.
3. Sprinkle Mrs. Dash® Fiesta Lime Seasoning Blend on all sides.
4. Bake for 30 minutes or until chicken is cooked through.

## Nutritional content per serving

100 calories	0 grams trans fat	35 milligrams sodium
18 grams protein	40 milligrams cholesterol	105 milligrams potassium
6 grams total fat	0 grams carbohydrate	112 milligrams phosphorus
4 grams saturated fat	0 grams fiber	11 milligrams calcium

# Fiesta Lime Tacos

**Yield:** 12 servings

**Serving size:** 1 taco

## Ingredients

- 1 pound of lean ground beef or turkey
- 4 tablespoons Mrs. Dash® Fiesta Lime Seasoning Blend
- $\frac{3}{4}$  cup water
- 12 taco shells or 6" flour tortillas

## Directions

1. Brown ground meat in a large skillet on medium-high heat.
2. Drain excess fat.
3. Stir in Mrs. Dash® Fiesta Lime Seasoning Blend and water.
4. Bring to a boil. Reduce heat and simmer 5 minutes, stirring occasionally.
5. Spoon into warm taco shells or tortillas.  
Serve with toppings, if desired.

## Nutritional content per serving

140 calories	4 grams trans fat	70 milligrams sodium
7 grams protein	25 milligrams cholesterol	140 milligrams potassium
7 grams total fat	9 grams carbohydrate	111 milligrams phosphorus
3 grams saturated fat	1 gram fiber	66 milligrams calcium



# Fish Sticks

**Yield:** 8 servings

**Serving size:** 2 strips

## 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.

*Tip: Panko breadcrumbs are known for their coarse and crunchy texture on baked foods.*

## Nutritional content per serving

154 calories	0 grams trans fat	240 milligrams sodium
15 grams protein	29 milligrams cholesterol	224 milligram potassium
1 grams total fat	19 grams carbohydrate	130 milligram phosphorus
0 gram saturated fat	1 gram fiber	32 milligram calcium

# Sunshine Salad

**Yield:** 6-9 servings

**Serving size:** 6 large or 9 small squares

## Ingredients

- 1 package (3-ounces) lemon-flavored gelatin
- 1 cup boiling water
- ½ cup cold water
- 1 can (9-ounces) crushed pineapple, canned in its own juice
- ⅛ teaspoon salt
- 2 medium carrots
- mayonnaise for topping

## Directions

1. Empty gelatin packet into a small bowl.
2. Pour in boiling water, stir until gelatin is dissolved.
3. Stir in cold water, crushed pineapple and salt.
4. Chill the mixture in refrigerator until gelatin starts to thicken.
5. While mixture is cooling, peel and grate carrots.
6. Stir carrots into gelatin.
7. Pour into a square pan, (8" x 8" x 2"). Chill in refrigerator until firm.
8. Cut in squares. Lift out carefully and serve on crisp lettuce leaves. Top with mayonnaise.

## Nutritional content per serving

61 calories	0 grams trans fat	64 milligrams sodium
1g protein	0 milligrams cholesterol	119 milligrams potassium
0 total fat	15 grams carbohydrate	25 milligrams phosphorus
0 saturated fat	1 grams fiber	13 grams calcium

# Recipes & Menus for Special Occasions

## in this section:

### **Party Recipes**

Egg Salad

Cucumber And Cream Cheese

Cream Cheese And Pineapple

Pimento Cheese

Party Mix

Deviled Egg

Cream Cheese And Onion Dip

Spicy Pinwheels

### **Special Occasion Menus**

Holiday Menus

Easy Summer Cookout

One Day Menu Suggestion

Party Recipes

# Egg Salad

**Yield:** 8 servings

**Serving size:** ¼ cup

**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.

**Nutritional content per serving**

58 calories	0 grams trans fat	58 milligrams sodium
3 grams protein	81 milligrams cholesterol	28 milligrams potassium
5 grams total fat	1 gram carbohydrate	36 milligrams phosphorus
1 grams saturated fat	0 grams fiber	11 milligrams calcium

**Suggestions**

- May add green pepper, curry powder, pimentos, onions or Tabasco® sauce.
- Use for sandwiches, on unsalted crackers, for picnics, parties.

Party Recipes

# Cucumber & Cream Cheese

**Yield:** 2 servings

**Serving size:** ¼ cup

**Ingredients**

- 1 cucumber, seeds removed and grated
- 1 3-ounce package cream cheese, softened
- 2 tablespoons onion, grated
- 1 dash Tabasco® sauce
- 1 tablespoon mayonnaise

**Directions**

- 1. Blend ingredients together.
- 2. Spread on bread or on unsalted crackers.
- 3. Garnish with paprika or green pepper slices.

**Nutritional content per serving**

219 calories	0 grams trans fat	185 milligram sodium
4 grams protein	48 milligrams cholesterol	264 milligrams potassium
21 grams total fat	6 grams carbohydrate	80 milligrams phosphorus
9 grams saturated	1 gram fiber	65 milligram calcium

## Party Recipes

# Cream Cheese & Pineapple

**Yield:** 7 servings**Serving size:** 2 tablespoons**Ingredients**

- 1 cup crushed pineapple, drained well
- 1 8-ounce package cream cheese, softened

**Direction**

Combine both ingredients in a mixing bowl.

**Nutritional content per serving**

130 calories	0 grams trans fat	107 milligrams sodium
2 grams protein	37 milligrams cholesterol	80 milligrams potassium
11 grams total fat	6 grams carbohydrate	37 milligrams phosphorus
6 grams saturated	0 grams fiber	37 milligrams calcium

**Suggestions**

- May serve on unsalted crackers or party sliced bread.
- Good for picnics, parties, or brown bag lunches.

Party Recipes

# Pimento Cheese

**Yield:** 5 servings

**Serving size:** 2 tablespoons

**Ingredients**

- 1 cup low sodium cheese, grated
- ¼ cup pimentos
- 2 tablespoons mayonnaise

**Direction:**

Combine all ingredients, mix well.

**Nutritional content per serving**

133 calories	0 grams trans fat	107 milligrams sodium
6 grams protein	37 milligrams cholesterol	80 milligrams potassium
11 grams total fat	6 grams carbohydrate	37 milligrams phosphorus
6 grams saturated	0 grams fiber	37 milligrams calcium

**Suggestions**

- Use unsalted crackers.
- Good for picnics, parties, brown bag lunches.



Party Recipes

# Party Mix

**Yield:** 6 cups or 12 servings

**Serving size:** ½ cup

## Ingredients

### *Small quantity:*

- 2 cups corn chex cereal
- 2 cups rice chex cereal
- 2 cups wheat chex cereal
- ½ cup margarine
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder

### *Large quantity:*

- 12 cups corn chex cereal
- 12 cups rice chex cereal
- 12 cups wheat chex cereal
- 3 cups butter or margarine
- 1½ teaspoons onion powder
- 1½ teaspoons garlic powder

## Directions

1. Preheat oven to 325°F.
2. Melt butter, add spices and cereals. Mix until coated.
3. Spread in large baking sheet.
4. Bake 20-30 minutes (until crunchy), stirring occasionally.

## Nutritional content per serving (small quantity)

92 calories	0 grams trans fat	249 milligrams sodium
2 grams protein	0 milligrams cholesterol	58 milligrams potassium
2 grams total fat	17 grams carbohydrate	42 milligrams phosphorus
0 grams saturated fat	1 gram fiber	55 milligrams calcium

Party Recipes

# Deviled Eggs

**Yield:** 1 serving

**Serving size:** 2 halves

**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.

**Nutritional content per serving**

116 calories	0 grams trans fat	78 milligrams sodium
7 grams protein	215 milligrams cholesterol	83 milligrams potassium
8 grams total fat	4 grams carbohydrate	95 milligrams phosphorus
2 grams saturated fat	0 grams fiber	31 milligrams calcium

Party Recipes

# Cream Cheese & Onion Dip

**Yield:** 20 servings

**Serving size:** 1 teaspoon

**Ingredients**

- ¼ cup onion, grated
- 8 ounces low-fat cream cheese, softened
- 1 teaspoon Tabasco® sauce
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- 1 teaspoon chives

**Directions**

1. Combine all ingredients and mix well.
2. Serve with raw vegetables and/or unsalted crackers.

**Nutritional content per serving**

26 grams calories	0 grams trans fat	58 milligrams sodium
1 gram protein	1 milligrams cholesterol	35 milligrams potassium
2 grams total fat	7 grams carbohydrate	19 milligrams phosphorus
1 gram saturated fat	0 grams fiber	19 milligram calcium

**Suggestions**

- May substitute sour cream for cream cheese or use half of each.
- May substitute fat-free cream cheese for low-fat cream cheese

Party Recipes

# Spicy Pinwheels

**Yield:** 120 pinwheels  
**Serving size:** 4 pinwheels

## Ingredients

- 2 8-ounce low fat cream cheese, softened
- ½ cup green onion, finely chopped
- ½ 4-ounce can green chili pepper, chopped
- ¼ cup jalapeño, finely chopped
- 1 package flour tortillas, 10-12 count

## Directions

1. Mix cream cheese, green onions and both peppers.
2. Spread on flour tortillas, roll and cut into slices.

## Nutritional content per serving

64 calories	0 grams trans fat	162 milligrams sodium
2 grams protein	9 milligrams cholesterol	63 milligrams potassium
3 grams total fat	7 grams carbohydrate	38 milligrams phosphorus
0 grams saturated fat	0 grams fiber	38 milligrams calcium

## Suggestions

- If prefer extra spicy appetizer, add more chili peppers and jalapeño.
- May add pimientos or finely chopped carrots.

Special Occasion Menus

# Holiday Menus

## Holiday Menu

Baked Turkey  
with Cornbread dressing\*

Yeast Dinner Rolls\*

Giblet Gravy\*

Favorite Green Beans\*

Cranberry Sauce

Peachy Cobbler\*  
or  
Old Fashioned Pound Cake\*

Cranberry Punch\*

## Holiday Party Buffet

Swedish Meatballs\*

Deviled Eggs\*

Herb Bread\*

Party Mix\*

Vegetable Tray  
with Cream cheese and Onion Dip\*

Fruit Salad\*

Ribbon Cakes\*

Jeweled Cookies\*

Russian Tea\*

*\*Recipes included. See index.*

Special Occasion Menus

# Easy Summer Cookout

## Summer Cookout Menu

Grilled Beef Patties

(4-ounce raw = 3-ounce cooked)

or

Chicken or Pork Chops

with Spicy Barbeque Sauce\*

Green Garden Salad\*

Garlic Bread\*\*

Fruits

(Berries, Apples, Grapes, Pineapple)

Aloha Punch\*

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*\*Recipes included. See index.*

*\*\*Easy Garlic bread — Split french bread, spread with garlic butter, and sprinkle with parsley flakes. Toast under broiler for 1-2 minutes.*

Special Occasion Menus

# One-Day Menu Suggestions

## Selection 1

### Breakfast

- Fruit Omelet\*
- 2 Baking Powder Biscuits\*
- 1 tablespoon Jelly (*optional*)
- 2 teaspoon Margarine (*optional*)
- 6 -ounce Beverage

### Lunch

- ¾ cup Chicken Salad Delight\*
- 2 slices Bread
- 7 Fried Onion Rings\*
- 6-ounce Beverage

### Dinner

- 3-ounces Seasoned Pork Chops\*
- ½ cup Yellow Squash and Onions\*
- 2 Yeast Dinner Rolls\*
- 2 teaspoon Margarine (*optional*)
- 2 Spritz Cookies\*
- 6-ounce Beverage

### Snack

- ¾ cup Strawberry Sorbet\*

## Selection 2

### Breakfast

- 1 Homemade Pan Sausage\*
- 2 Old-fashioned Pancakes\*
- ½ cup canned Peaches
- 2 tablespoon Syrup
- 2 tablespoon Margarine (*optional*)
- 6 -ounce Beverage

### Lunch

- 1 slice Special Pizza\*
- ½ cup Fruit Salad\*
- 6-ounce Beverage

### Dinner

- 3-ounces Crispy Oven Fried Chicken\*
- ½ cup Rice O'Brien\*
- 1 cup Green Garden Salad\*
- 2 tablespoon Salad Dressing
- ½ cup Baked Egg Custard\*
- 6 -ounce Beverage

### Snack

- ¾ cup unsalted Popcorn

\*Recipes included. See index.



# Cooking Guidelines & Preparation Methods

*in this section:*

.....  
**Weights and Measures**

Measuring Methods

**Equivalent Weights**

**Substitutions for your  
Favorite Recipes**

**Foods to Omit**

**Seasoning Suggestions**

Measuring Methods

# Weights & Measures

## For best results

1. Read recipes carefully — every word — before you start to mix.
2. Measure exactly.

Measuring tools are a must in any kitchen for consistent results in cooking. They may be made of metal, glass or plastic.

## For liquid ingredients

- Use glass cups with pour spouts.
- To measure, place cup on a flat surface, then pour in liquid.
- Read the desired mark on the cup at eye level.

## For dry ingredients

- Use individual cups in sets of 1 cup,  $\frac{1}{2}$  cup,  $\frac{1}{3}$  cup and  $\frac{1}{4}$  cup sizes.
- To measure ingredients, pile lightly into measuring cup with spoon. Do not shake cup, level off with a straight edge.
- For brown sugar, pack firmly in the cup so that it will keep the shape when turned out.

## Measuring spoons

- Available in sets of 1 tablespoon, 1 teaspoon,  $\frac{1}{2}$  teaspoon,  $\frac{1}{4}$  teaspoon, and  $\frac{1}{8}$  teaspoon.
- Use for small amounts of dry foods or liquids.
- Dip spoon into dry ingredient, scoop, and then level off with a straight edge.
- Do not pour or level the ingredient over the bowl with the other ingredients.

# Equivalent Weights

<b>Fats</b> .....	<b>Stick</b>	<b>Cups</b>	<b>Pound</b>
Butter or Margarine.....	½	¼	⅛
	1	½	¼
Shortening.....		2 ½	1

## **Yeast, Flour And Sugar**

2 cups granulated sugar.....	1 pound
3 ½ cups powdered sugar.....	1 pound
2 ¼ cups brown sugar.....	1 pound
4 cups flour.....	1 pound
1 cup cake flour.....	1 pound
2 oz cake yeast, compressed.....	3 ¼-ounce packets, dry
1 ¼-ounce package yeast, dry.....	2 ¼ teaspoons

## **Eggs**

8 large eggs.....	1 pound
5 large eggs.....	1 cup
6 medium eggs.....	1 cup
8 egg whites.....	1 cup
12 egg yolks.....	1 cup

## **Cheese**

3-ounces cream cheese.....	6 tablespoons
1 cup cottage cheese.....	8-ounces
1 ½ cups hard cheese, grated (parmesan).....	8-ounces
1 cup firm, shredded (cheddar).....	¼ pound or 4-ounces

## **Starches**

14 graham cracker squares.....	1 cup fine crumbs
22 vanilla wafers.....	1 cup fine crumbs
1 slice soft bread.....	¾ cup coarse crumbs
1 slice dry toast.....	⅓ cup fine crumbs
15 ginger snaps.....	1 cup fine crumbs
30 saltine crackers.....	1 cup fine crumbs

*(Continued on next page)*

# Equivalent Weights

*(Continued from previous page)*

## Pasta/Cereal

1 cup uncooked macaroni .....	2 cups cooked
1 cup uncooked spaghetti.....	2 cups cooked
1 cup uncooked noodles.....	1 ¼ cups cooked
1 cup uncooked rice.....	3 cups cooked
1 cup uncooked oatmeal.....	1 ½ cups cooked
1 cup uncooked grits .....	3 cups cooked

## Fresh Fruits

1 medium apple, chopped.....	1 cup
1 medium pear, thinly sliced.....	1 cup
1 medium lemon .....	2-3 tablespoons juice
1 pound cherries, pitted.....	1 cup
1 pound grapes, seedless .....	2 ½ cups
1 pint strawberries, sliced .....	1 ¾ cups
½ pound apricots, sliced .....	1 cup

## Vegetables

1 pound green beans, cooked .....	2 ½ cups
¼ pound raw cabbage, shredded .....	1 cup
1 pound carrots, shredded.....	2 ½ cups
6-9 baby carrots .....	¼ pound
2-3 medium stalk celery, sliced.....	1 cup
8-ounce cucumber, diced or sliced .....	1 cup
1 large bell pepper, chopped .....	1 cup
2 medium onions, chopped .....	1 cup
1 bunch green onions with tops, sliced .....	1 cup
1 bunch radish, sliced.....	1 cup
1 medium rutabaga, cubed.....	5 cups
3-4 ears corn.....	1 cup kernels

# Substitutions For Your Favorite Recipes

Your favorite recipes from other sources can be used in your meal plan. However, it is important to omit or replace ingredients that are harmful to your health.

**The following are foods to avoid and suggestions for substitution.**

## **Foods to Avoid**

Bouillon cubes

Cakes mix

Garlic salt

Instant gravy/sauce mix

Instant rice and cereals

Onion salt

Salt

Self-rising cornmeal

Self-rising flour (1 cup)

Worcestershire or soy sauce  
(1 teaspoon)

## **Substitution**

Homemade stock from cooked chicken or beef

Homemade cakes

Fresh or powdered garlic

Thicken pan dripping with flour or cornstarch

Long cooking rice and cereals  
(5 minutes or more)

Fresh or powdered onion

Spices and herbs

Plain cornmeal plus baking powder

All purpose flour (1 cup) plus baking powder (1 ½ tablespoon)

Liquid smoke (1 teaspoon)

# Foods to Omit

**These foods should be omitted from your recipes unless otherwise specified by your Dietitian.**

Apricots	Melons
Baking Soda	Monosodium Glutamate (MSG)
Bananas	Nuts
Black-Eyed Peas	Oranges
Bouillon Cubes	Orange Juice
Cheese	Prunes
Coconut	Raisins
Cream Soups	Salt
Cream Style Corn	Sweet Relish Pickles
Dates	Tomatoes
Dill Pickles	Tomato Juice
Instant Mixes	Tomato Sauce
Instant Rice	Tomato Paste
Lima Beans	Tomato Soup
Mango	Water Chestnuts



# Seasoning Suggestions

If the absence of salt decreases the flavor in your foods try using spices and herbs for that “extra flavor.” Spices are used in its dried form, either whole or ground, and herbs are used fresh or dried. They increase the natural flavors of foods and a little goes a long way. Spices and herbs should be stored in a cool dry place in airtight containers to prevent flavor loss. Fresh herbs can be stored in the same manner after being dried.

If a recipe is not available start with ¼ teaspoon of spice per pound of meat or pint of sauce, and increase as desired. When using red pepper or garlic powder, begin with ⅛ teaspoon. Ground spices may be added about 15 minutes before the end of the cooking period. Whole spices are best for slow cooked dishes such as stews. Tie whole spices in cheesecloth bag for easy removal and add at the beginning of the cooking period. Whole or leaf herbs can be crumbled finely just before they are used to release the flavor. Flavoring seeds may be toasted before using to increase the flavor.

Many flavors may be combined. Create your own flavor combinations. Here is a list of spices and foods to get you started:

## Herbs & Spices

## Suggested Uses

ALLSPICE

Pot roast, fish, eggs, squash, fruit, relishes.

ANISE

Cookies, cakes, bread, candy, beverages, beef stew, stewed fruits, fish, shellfish.

BASIL

Noodles, rice, beef stew, pork, meat loaf, duck, fish, veal, salads, cooked vegetables, omelets, dressings.

BAY LEAF

Soups, chowders, seafood, pot roast, stews.

BLACK PEPPER

Meats, poultry, fish, eggs, vegetables.

CARAWAY SEED

Green beans, beets, cabbage, carrots, cauliflower, zucchini, meat dishes/stews, marinades, cakes, cookies, rice, rye bread.

CARDAMON

Baked goods, grape jelly, puddings, squash, fruit soups.

*(Continued on next page)*



# Seasoning Suggestions

*(Continued from previous page)*

## Herbs & Spices

## Suggested Uses

CELERY SEED	Salads, vegetables, stuffing, breads, egg dishes, meat and fish dishes/stews, soups, marinades, dressings, dips.
CHILI POWDER	Barbecue sauces, dips, egg dishes, meat and chicken dishes, marinades.
CINNAMON	Baked goods, fruits, pork, ham, lamb, beef, chicken, hot beverages.
CLOVES	Fruits, baked goods, fish, meat sauces, pot roast, marinades, green beans, Harvard beets, carrots, stock, beverages.
CURRY POWDER	Meat, chicken, fish, eggs, dried beans, vegetables.
DILL SEED	Pickling, salads, soups, vegetables, fish, shellfish.
GARLIC	Soups, dips, sauces, salad dressings, dill pickles, meat, poultry, fish, stews, marinades, bread.
GINGER	Preserves, baked products, meat, poultry, fish, beverages, soups.
MACE	Baked goods, fruits, meat, fish, poultry, chowder, vegetables, jellies.
MARJORAM	Meats, poultry, fish, game, sausages, stews, carrots, broccoli, pizza, spaghetti, eggplant, soup.
MINT	Punch, tea, desserts, sauce, jelly, fruit, edible garnish.
(DRY) MUSTARD	Egg and cheese dishes, salad dressings, meat, poultry, vegetables.
MUSTARD SEED	Coleslaw, boiled cabbage.
NUTMEG	Hot beverages, puddings, custards, baked goods, desserts, chicken, cream soups, seafood, eggs, vegetables.

*(Continued on next page)*

# Seasoning Suggestions

*(Continued from previous page)*

## Herbs & Spices

## Suggested Uses

ONION POWDER

Dips, soups, stews, all meats, fish, poultry, salads, vegetables, stuffing, egg dishes, breads, rice dishes.

OREGANO

Pasta dishes, pizza, barbecue sauce, vegetables, eggs, stuffing, pork, lamb, chicken, fish.

PAPRIKA

Meat, sausage, game, fish, poultry, egg dishes, vegetables, garnishing.

PARSLEY

Soups, meat sauces, stuffing, fish, meats, poultry, garnishing.

POPPY SEED

Pie crust, fruit compotes, fruit salad dressings, cookies, cakes, breads, garnishing.

POULTRY SEASONING

Stuffing, poultry, veal meat loaf, chicken soup

RED PEPPER

Meats, soups, sauce, poultry, vegetables, spaghetti sauce, curried dishes, dips, tamale pie, barbecued beef and pork.

ROSEMARY

Lamb, poultry, veal, beef, pork, fish, soups, stews, marinades, stuffing, breads, dressings.

SAFFRON

Chicken, fish, seafood, soups, stews, rice.

SAGE

Stuffing, poultry, sauce, soups, fish, beef, pork, veal.

SESAME SEED

Edible garnish for salads, breads, meat dishes.

TARRAGON

Sauces, dressings, poultry, fish, egg dishes.

THYME

Meats, poultry, fish, stews, soups, vegetables.

TUMERIC

Curried meats, fish, poultry, egg dishes, coloring for cakes and rice dishes.

WHITE PEPPER

White sauces or any dish where black specks are undesirable.

# Quick Guide to Food Labeling

## Quick Guide to Food Labeling: For those with kidney disease

**Serving Size –**  
Always look here first.

**Sodium Goal:**  
2000 mg a day  
600 mg a meal  
100 - 200 mg a snack

**Sodium –**  
Always look at the “mg” and **NOT** the “%”!

**Ingredient List –**  
Look for **phosphorus** or words with “**phos**” in them.

**Phosphoric Acid**  
**Hexameta**phosphate****  
**Dicalcium **Phosphate****  
**Monocalcium **Phosphate****  
**Tricalcium **Phosphate****  
**Sodium **Phosphate****

**Stay away from added phosphorus! It adds up to 1000mg phosphorus per day.**

**Nutrition Facts**  
Serving Size 2 tortillas (51g)  
Serving Per Container 6

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Amount Per Serving  
**Calories 110**    **Calories from Fat 10**

---

% Daily Value\*

<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 2g	9%
Sugar 0g	
<b>Protein</b> 2g	

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Vitamin A 0%    \*    Vitamin C 0%  
Calcium 2%    \*    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 \* Carbohydrate 4 \* Protein 4

**Ingredients:** Ground Corn Treated with Lime, Water, Cellulose Gum, Propionic Acid (to preserve freshness), Benzoic Acid (to preserve freshness), **Phosphoric Acid** (preservative), Dextrose, Guar Gum, Amylase.

If your food has the Daily Value listed for phosphorus, use this guide:

0% - 5% Daily Value = Low phosphorus (0-50 mg)  
5% - 15% Daily Value = Medium phosphorus (51- 150 mg)  
Over 15% Daily Value = High phosphorus (150 mg or higher)

Potassium – listing is not required.  
No listing does **NOT** mean no potassium.

Robin Russell, MS, RD/LD  
Dietitian – Fresenius Medical Care

# Double-Cooking Method For Root Vegetables

## **Double Cooking Method to Reduce Potassium in Tuberous Root Vegetables**

**(White Potatoes, Sweet Potatoes, Yams)**

This method does not change these vegetables into a low potassium food but will remove a significant amount of the potassium.

1. Wash the vegetable, peel and wash again.
2. Slice into very thin slices.
3. Place the vegetable slices in room temperature water. Use two times the amount of water to the amount of slices.
4. Bring the water to a boil; remove from the heat and drain off all water.
5. Add fresh, room temperature water use two times the amount of water to the amount of vegetable slices.
6. Bring the water to a boil again and cook until the vegetable slices are soft and tender.

Source: Burrowes JD, Ramer NJ: Changes in potassium content of different varieties after cooking. J. Ren Nutr. 2008; 18: 530-534.



# References

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\*Note: The publications below are references from previous *Kidney Cooking* editions and may not reflect current nutrition analysis. Some recipes have been updated to provide healthier choices.

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