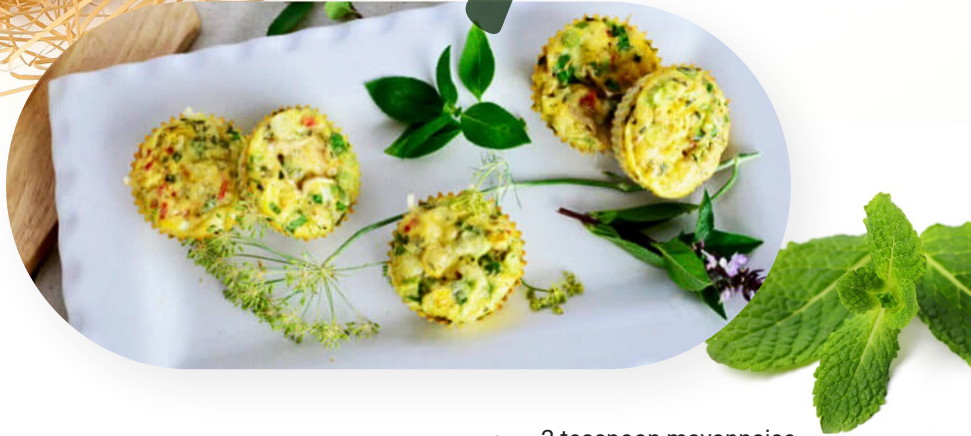


Kidney-Friendly

Recipes



Thanks to Jessianna Saville, MS, RDN, CSR, LD, CLT, a member of the Ed Center Advisory Council and Founder & CEO of the Kidney Nutrition Institute, for providing us with two

great kidney-friendly recipes* to kick off summer!

**Always check with your nutritionist before incorporating new foods or recipes into your diet to make it is right for you.*

Summer Harvest Egg Muffin Cups

Recipe developed by Jessianna Saville, RDN, Renal Nutrition Specialist

Ingredients

Makes 12 Servings

- 1 cup vegetables diced small or shredded (we did 1/3 c carrot, 1/3 c yellow squash, 1/3 c red pepper)
- 1 teaspoon oil
- 8 eggs
- 1 tablespoon fresh herbs (we used dill, basil, and parsley)
- 3 stalks green onion green and white thinly sliced

- 2 teaspoon mayonnaise
- Brie optional, small slices
- 1 teaspoon lemon zest to taste

Instructions

1. Sauté vegetables in oil until barely softened. Set-aside to cool. Whisk eggs and mayo together in bowl. Add herbs and sliced green onions. Add cooked vegetables. Pour into 12 individual muffin tins. Top with small slice of brie (opt) Silicon muffin tins are best because the muffins can easily pop out of those. Alternatively, you could make this in an 9x9 dish like a breakfast casserole.
2. Bake at 350 for about 20-25 minutes until middle of each muffin is set. Add sprinkle of lemon zest to top of each muffin.

Notes

These store really well in freezer and can be made ahead. If making ahead add the lemon zest to the egg batter before cooking.*Alternative toppings include feta and very sharp thinly grated cheddar cheese (1/4 tsp per muffin)* To lower the phosphorus content further, replace 4 eggs with 6 egg whites. With egg white replacement fat content is 3.5 gm and phos is 46 mg.

Chilled Cucumber Low Potassium Soup

Recipe developed by Clarissa Paimanta, RD and tested by Lydia Safadi, MA, RD, LDN.

Ingredients

Makes 3 servings

- 1 large cucumber, about 2 cups, deseeded and chopped
- ½ avocado chopped
- 1 spring onion, both green and white parts, roughly chopped
- ½ cup plain coconut milk yogurt
- 2 tablespoon olive oil
- 2 tablespoon low sodium homemade pesto
- 4-5 fresh mint leaves
- ½ clove garlic
- ¼ - ½ jalapeno, seeds removed then minced, to taste
- ½ lemon juiced
- 1 dash of salt to taste
- 1 dash of black pepper to taste

Instructions

In a powerful blender, add all ingredients. Blend until smooth, adding water as needed to achieve desired consistency. Adjust seasoning to taste. Place in the fridge to chill for at least 4 hours. Serve chilled with a drizzle of olive oil, cucumber slices, and/or a dollop of coconut yogurt as garnish.

Tip

Avocado is high in potassium, but that does not mean you have to avoid it. Our strategy is to include a small portion, then balance it out with low potassium components, like cucumbers. This creates an overall dish that is reasonable in potassium.