

# Kidney-Friendly

# Recipes



Thanks to Fanny Sung Whelan, MS, RDN, LDN, a member of the **Ed Center Advisory Council** and a registered dietitian who works with people with all stages of kidney disease, for providing us with two great kidney-friendly recipes\* to kick off summer! These recipes were submitted by patients to **Dialysis Clinic, Inc. (DCI)** for inclusion in their **Kidney Cooking** cookbooks.

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



## Broccoli Salad

This recipe was submitted by Sandra Crum for the **DCI Kidney Cookbook**

### **Ingredients:**

*Makes 10 Servings*

- 4 c. broccoli cut into small florets
- 1 large carrot, peeled and grated
- 1 1/2 c. thinly sliced red cabbage
- 4 thinly sliced scallions
- 1/4 c. raisins
- 2 T. sesame seeds

### **Dressing:**

- 1 T. apple cider vinegar
- 2 1/2 T. mayonnaise
- 1 T. dried basil
- 1 tsp. garlic powder
- Dash of cayenne pepper

### **Instructions:**

1. In a large bowl, place broccoli florets, grated carrots, sliced cabbage, sliced scallions, raisins and sesame seeds. Toss to combine well.
2. In small bowl or measuring cup, combine apple cider vinegar, lite mayo, basil, garlic powder and cayenne pepper. Stir and pour over vegetables in large bowl.
3. Toss to allow dressing to cover vegetables.
4. Refrigerate 30 minutes to allow flavors to mingle and then toss well again before serving.

### **Nutrition Facts (Per Serving):**

Calories: 58  
 Sodium: 48 mg  
 Potassium: 295 mg  
 Phosphorus: 66 mg  
 Protein: 2 g



## Peach Cobbler

This recipe was submitted by Billy E. Paris for the  
**DCI Kidney Cookbook**

Prep time: 10 min  
Cook time: 30 min  
Total time: 40 min

### **Ingredients**

*Makes 6 servings*

- 1/2 c. all-purpose flour
- 1/2 c. sugar
- 1/2 c. milk, can sub unenriched milk alternatives like almond or rice • milk beverages for lower phosphorus
- 1 tsp. baking powder
- 2 c. sliced peaches (use juice also)

### **Instructions**

1. Mix together plain flour, sugar and baking powder
2. Add milk and mix
3. Add peaches with juice. Mix
4. Pour into a baking dish
5. Bake at 350°F until thick and brown on top

### **Nutrition Facts (Per Serving)**

Calories: 143  
Potassium: 156 mg  
Sodium: 97 mg  
Phosphorus: 52 mg  
Protein: 2 g