

Kidney Friendly Holiday Recipes

Festive Cranberry Stuffing

Serving Size: ½ cup Servings: 10

Nutrient Analysis per serving: Calories 150; Carbohydrates 25 g; Fat 4 g; Protein 4 g; Phosphorus 45 mg; Potassium 79 mg; Sodium 243 mg

Ingredients:

- 3 cups soft, stale breadcrumbs
- 1/4 teaspoon poultry seasoning
- 1 cup diced, peeled, tart apples
- 1/4 cup apple juice
- 1/2 cup diced raw cranberries
- 2 tablespoons unsalted margarine, melted
- 1/4 cup chopped celery

Directions:

Preheat oven to 350°F. Combine all ingredients in a large bowl and toss to mix. Place in a lightly greased casserole dish. Bake for 30 minutes.

Deviled Eggs

Serving size: 2 egg halves Serves: 6

Nutrient analysis per serving: Calories 86; Fat 6 g; Protein 5.6 g; Potassium 63 mg; Sodium 106 mg

Ingredients:

- 6 hard-boiled eggs
- 2 tablespoons mayonnaise
- 1 teaspoon cider vinegar
- 1 teaspoon white sugar
- 1 teaspoon yellow mustard
- 1/2 teaspoon onion powder
- paprika for garnish (optional)

Directions:

1. Slice eggs in half lengthwise and remove yolks; set whites aside.
2. Mash yolks with a fork in a small bowl. Stir in mayonnaise, vinegar, sugar, mustard, and onion powder. Mix well until smooth.
3. Spoon or pipe yolk mixture into egg white halves.
4. Sprinkle with paprika, if desired. Refrigerate until serving – enjoy!

Apple Cake with Warm Honey Sauce

Serving size: 3 inch square slice and 2 ½ Tablespoons sauce Servings: 9

Nutrient analysis per serving: Calories 335; Carbohydrates 66 g; Fat 6 g; Protein 4 g; Phosphorus 93 mg; Potassium 111 mg; Sodium 172 mg

Ingredients:

- 1/3 cup lemon juice
- 3 cup apples, peeled and diced
- 3 Tbsp. margarine
- ½ cup sugar
- ½ cup honey
- 1 egg
- 2 cup flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. nutmeg
- 2 ½ tsp. cornstarch
- ½ cup honey
- 1/3 cup water
- 1 Tbsp. grated lemon peel
- 3 Tbsp. lemon juice
- 1 Tbsp. margarine
- Dash nutmeg

Directions:

1. Preheat oven to 350° F. Pour 1/3 c. lemon juice over apples and toss to coat. Set aside.
2. Cream margarine and sugar in a bowl. Add honey and beat well. Add egg and mix.
3. Sift flour, baking powder, baking soda and nutmeg together and add to margarine mixture.
4. Stir in apples. Pour into a greased 9-inch square baking pan. Bake for 55 – 60 minutes.
5. To make sauce, mix cornstarch, honey and water together in a small saucepan. Add lemon peel. Cook over moderate heat for about 5 minutes or until thick, stirring occasionally. Remove from heat and stir in 3 Tbsp. lemon juice, 1 Tbsp. margarine and dash of nutmeg.

Recipe Resources:

kidneysdothat.satellitehealth.com/blog/categories/recipes/

www.nwkidney.org/living-with-kidney-disease/recipes/

www.davita.com/recipes/

www.kidneygrub.com/category/kidney-friendly-food/holidays/