Instant Pot Sloppy Joes

Makes 8 medium-sodium, low-phosphorus, low-potassium, medium-protein servings

Recipe contributed by Chef Linda Blaylock, American Kidney Fund Culinary Consultant

Ingredients
• 2 tablespoons unsalted butter
• ¾ pound 85% lean ground beef
• 1 star anise
• 1 large cinnamon stick
• 1 clove of garlic, minced
• ¼ cup red onion, small dice
• 3 tablespoons no-salt added tomato paste mixed with water to equal ½ cup
• 2 teaspoons Mrs. Dash® Chicken Grilling Blend
• 1 tablespoon lower sodium Worcestershire sauce
• 2 tablespoons apple cider vinegar
• 2 tablespoons brown sugar
• ½ teaspoon ground coriander
• ½ teaspoon ground allspice
• 8 slider size white hamburger buns (Pepperidge Farm® recommended)
• 1 tablespoon arrowroot powder/flour + 1 tablespoon water (optional, for thickening)

Method
1. Place butter into the Instant Pot® and press sauté. Add the beef and cook halfway (pink should remain).
2. Add star anise and cinnamon stick and stir.
3. Add all remaining ingredients and stir well.
4. Ensure the steam release handle is in the ‘Sealing’ position. Cook on high pressure for 25 minutes. Quick release the pressure and remove the star anise and cinnamon stick.
5. Stir well to fully combine all ingredients.
6. If there is excess liquid, mix arrowroot powder with 1 tablespoon of water and stir it into the pot. Cover and rest 10 minutes.
7. Serve 1½ ounces on a bun.

Tip: Don’t have an Instant Pot? Follow the instructions in a medium saucepan. Let simmer on low for 30 minutes, stirring occasionally. If excess liquid remains, use arrowroot as instructed and stir over medium heat until sauce has thickened. Remove from heat and rest 5 minutes.

Kidney Kitchen is supported in part by:

KidneyFund.org/kitchen

Nutrition facts (1 serving = 1 sandwich)

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Venezuelan Corn Fritter (Arepas)

Makes 4 medium-sodium, low-phosphorus, low-potassium, low-protein servings

Recipe contributed by FamilyCook Productions

Ingredients

- 2 ears fresh corn
- 2 scallions, sliced
- 1 jalapeño, sliced
- ⅓ cup yellow cornmeal, coarsely-ground
- ½ cup flour
- 1 teaspoon sugar
- ¼ teaspoon salt
- ½ teaspoon baking soda
- 2 tablespoons unsalted butter
- 1 large egg
- ½ cup whole milk
- 2 ½ tablespoon canola oil, for frying
- 1 bunch cilantro or papallo leaves
- ¼ cup crème fraîche or sour cream (optional)

Method

1. Boil enough water in a large pot to cover the corn.

2. Add the corn and cook until tender, about 5 minutes. Cool, then slice off the kernels into a mixing bowl.

3. Add scallions, jalapeños, cornmeal, flour, sugar, salt and baking soda to the bowl.

4. Melt the butter in a small saucepan. In a separate bowl, whisk together the egg, milk and melted butter. Pour the egg mixture into the dry ingredients and mix well.

5. Heat a large skillet over medium-high heat and add oil. Spoon a heaping tablespoon of corn batter into the oil and spread the batter to form a pancake about 3½ inches across.

6. Cook until set on one side, then flip and continue cooking until lightly browned (2 to 3 minutes on each side).

7. Drain on paper towels.

8. Repeat until all the batter is gone. Add additional oil, if necessary.

9. Serve with a little crème fraîche on the center of each pancake, if desired, and sprinkle with cilantro leaf. Enjoy!

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Nutrition facts (1 serving = 3 fritters)

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Native American Inspired Spicy Corn Salad

Makes 6 medium-sodium, low-phosphorus, medium-potassium, low-protein servings

Recipe contributed by FamilyCook Productions

Nutrition facts (1 serving = 1 cup)
- Calories: 134.8
- Fat: 6.3g
- Saturated Fat: 0.9g
- Cholesterol: 4.3mg
- Carbohydrates: 15.9g
- Sugar: 4.7g
- Fiber: 2.4g
- Protein: 6g
- Sodium: 230.8mg
- Calcium: 20.3mg
- Phosphorus: 91.2mg
- Potassium: 303.8mg

Ingredients
- 2 tablespoons olive oil
- 1 leek or small onion, sliced
- 2 cloves of garlic, smashed
- 1 bell pepper (red, orange or yellow), diced
- 3 ears sweet corn
- 1 yellow squash, diced
- 1 large tomato, diced
- 1 jalapeño, minced
- ½ cup cilantro, chopped
- 4 ounces smoked salmon
- ¼ teaspoon sea salt
- ¼ teaspoon pepper, freshly ground

Method
1. Heat a large skillet and add the olive oil.
2. Add the leek and cook slowly over medium to low heat.
3. Add the garlic and cook for 1 minute, being careful it does not burn.
4. Add the bell pepper and cook until softened, between 2 to 5 minutes.
5. Meanwhile, slice the kernels off the ears of corn.
6. Add the squash and tomato; sauté 1-2 minutes. Remove from heat.
7. Add the corn, jalapeño and cilantro. Stir well to incorporate.
8. Flake the smoked salmon.
9. Pour the skillet mixture into a serving bowl.
10. Add the flaked salmon and season with pepper and salt (sparingly) as necessary.
11. Serve slightly warm or room temperature and enjoy!

Tip: You can consider using Morey’s® wild smoked salmon classic which is low in sodium. Or use Land O’ Frost® bistro favorites black forest uncured ham or Hormel® natural choice cooked deli ham as an alternative for those who cannot have fish. Always check the label first.
Fish Tacos

Makes 4 low-sodium, medium-phosphorus, medium-potassium, medium-protein servings

Recipe contributed by FamilyCook Productions

Ingredients

- ½ red onion, thinly sliced
- ½ cup apple cider vinegar or red wine vinegar
- ¼ cup olive oil
- 1½ teaspoons ancho chile powder
- 1 jalapeño, seeded and chopped
- 1½ teaspoons oregano, dried
- ½ teaspoon cumin, ground
- ¼ cup cilantro leaves, chopped, plus more for garnish
- 1 lime, quartered (optional)
- Hot sauce, to taste (optional)

Method

1. Add sliced onion to a small bowl and cover with vinegar. Set aside for 30 minutes.
2. Pour olive oil into a separate small bowl. Add the ancho chile powder, oregano, cumin, chopped cilantro and jalapeño to create a marinade. Mix well.
3. Place the fish in a shallow dish and pour marinade over the fish. Coat the fish on both sides and leave to marinate for 20 minutes.
4. Heat a small skillet over medium-high heat. Remove fish from marinade and place in skillet. Season with salt, if desired.
5. Cook fish for 4 minutes. Flip and cook for another 2 minutes.
6. Remove pan from heat. Flake the fish in the pan with a fork. Mix in any marinade stuck to bottom of pan.
7. Place 4 tortillas on a plate and sandwich them between two slightly dampened sheets of paper towel. Microwave on high for 45 seconds.
8. To serve, divide flaked fish into 4 equal portions.
9. For 1 serving, place half of each fish portion onto the center of 2 warmed tortillas. Top with marinated onions, hot sauce and lime wedges.

Nutrition facts (1 serving = 2 tacos)

- Calories: 307
- Fat: 16g
- Saturated Fat: 2g
- Cholesterol: 31mg
- Carbohydrates: 26g
- Sugar: 2g
- Protein: 16g
- Sodium: 98mg
- Fiber: 4g
- Calcium: 68mg
- Phosphorus: 245mg
- Potassium: 338mg
Pumpkin Spice No-Bake Cheesecake

Makes 10 medium-sodium, low-phosphorus, low-potassium, low-protein servings

Recipe contributed by Satellite Healthcare

Ingredients

- 8 ounces low fat cream cheese
- ½ cup fresh or canned pumpkin, drained and pureed
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice
- ¼ cup brown sugar, unpacked
- 4 ounces Truwhip™, thawed
- 9-inch reduced-fat graham cracker crust

Method

1. In a large bowl, whip cream cheese, pumpkin, vanilla, cinnamon, pumpkin pie spice and brown sugar for a few minutes until fluffy. You may use a hand mixer or a spatula.
2. Add Truwhip™ and whip until smooth.
3. Spoon mixture into pie crust and chill for a few hours in the refrigerator, until firm.
4. Cut into 10 even slices.

Nutrition facts (1 serving = 1 slice)

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