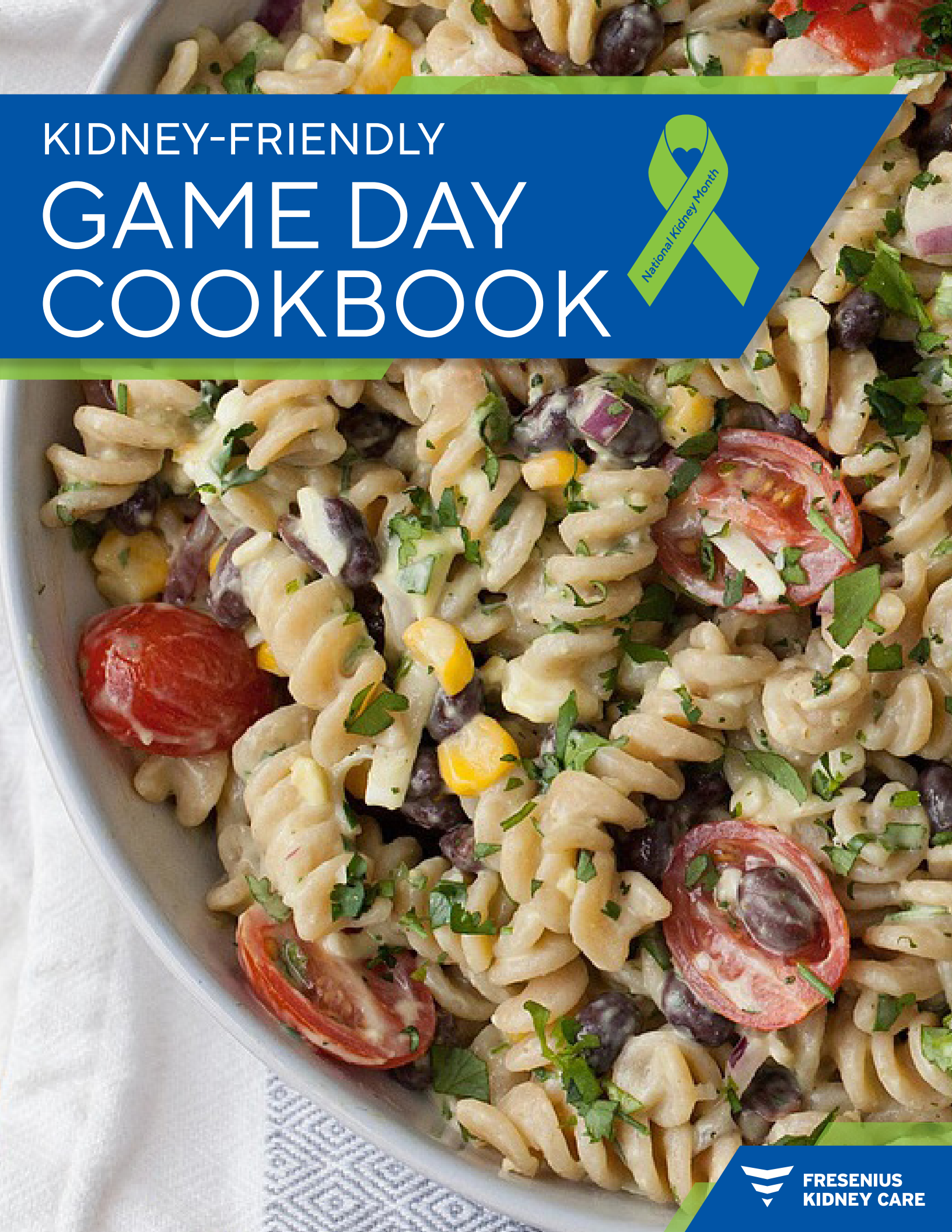
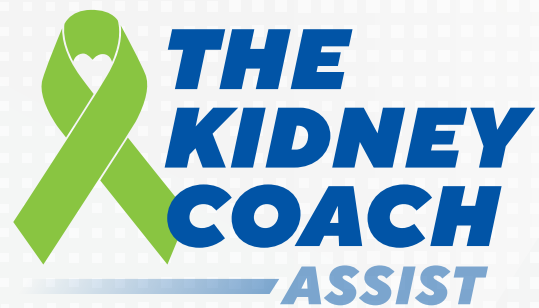


# KIDNEY-FRIENDLY GAME DAY COOKBOOK



**FRESENIUS  
KIDNEY CARE**



### KIDNEY COACH TIP

When you prep meals yourself, you have more control over ingredients. With simple recipes like these, it's easy to get in the game.

# KIDNEY-FRIENDLY GAME DAY COOKBOOK

March is a big month for basketball! It's also National Kidney Month, so team up with our Kidney Coach to spread the word about kidney-friendly (and heart-healthy) eating.

Ready to start cooking? Game on!

## RECIPES

- 7 Creamy Coleslaw
- 8 Vidalia Onion & Cucumber Salad
- 10 Greek Stuffed Portobello Mushrooms
- 13 Mediterranean Cauliflower Pizza
- 14 Zucchini Fritters with Dill Yogurt
- 16 Mexican Pasta Salad with Creamy Avocado Dressing
- 19 Strawberry & Chocolate Frozen Yogurt Bark
- 20 Flourless Chocolate Cookies



## GIVE YOUR KIDNEYS AND HEART AN ASSIST

### DID YOU KNOW THAT YOUR KIDNEYS AND HEART ARE TEAM PLAYERS?

People with kidney disease are much more likely than the general population to develop heart and blood vessel disease.

That's why it's so important to eat a diet that's healthy for your kidneys AND your heart. Look for the "heart friendly" flag on the recipes in this book. Which will be your fan fave?

#### KIDNEY COACH TIP

Make a play for kidney and heart health by reducing your sodium intake. For extra flavor, amp up the spices and herbs.



KIDNEY FRIENDLY

HEART FRIENDLY

# CREAMY COLESLAW

*Makes 6 servings, about 3/4 cup each*

Red and green cabbage and bright orange carrots make a colorful, healthful combination. For an especially nutty flavor, use Savoy cabbage instead of regular green cabbage.

Active time: 20 minutes | Total time: 20 minutes

## INGREDIENTS

- 3 tablespoons reduced-fat mayonnaise
- 3 tablespoons nonfat plain yogurt
- 1 tablespoon Dijon mustard
- 2 teaspoons cider vinegar
- 1 teaspoon sugar
- ½ teaspoon caraway seed or celery seed (optional)
- Salt and freshly ground pepper, to taste
- 2 cups shredded red cabbage (1/4 of a small head)
- 2 cups shredded green cabbage (1/4 of a small head)
- 1 cup grated carrots (2 medium)

## DIRECTIONS

1. Combine mayonnaise, yogurt, mustard, vinegar, and sugar in a large bowl. If desired, add caraway seed (or celery seed). Season with salt and pepper. Add cabbage and carrots and toss well.

## NUTRITION PER SERVING

Calories - 48 cal  
Total Fat - 1.5 g  
Saturated Fat - 0 g  
Cholesterol - 2 mg  
Sodium - 171 mg

Carbohydrate Total - 8 g  
Protein - 1 g  
Phosphorus - 35 mg  
Potassium - 181 mg  
Fiber - 2 g  
Calcium - 44 mg

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KIDNEY FRIENDLY

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## VIDALIA ONION & CUCUMBER SALAD

*Makes 6 servings, 1/2 cup each*

For this old-fashioned Southern cucumber salad recipe, thin slices of cucumber and onion marinate just long enough to develop a touch of tanginess without any sharp bite. Serve with sweet dishes like barbecue to lend a refreshing balance.

**Active time: 5 minutes | Total time: 20 minutes**

### INGREDIENTS

- 1 English cucumber (about 11 ounces)
- ½ medium sweet onion, preferably Vidalia
- 2 tablespoons rice vinegar
- 2 tablespoons chopped fresh dill
- ½ teaspoon sea salt
- ½ teaspoon ground pepper

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### DIRECTIONS

1. Using a vegetable peeler or knife, shave off alternating strips of cucumber to create a striped effect. Thinly slice the cucumber and place in a bowl.
2. Cut the onion very thinly crosswise with a knife or mandoline slicer. Add to the cucumber. Drizzle with vinegar. Add dill, salt, and pepper, and gently stir to combine. Let stand for 15 minutes to briefly marinate. Gently stir again before serving.

### NUTRITION PER SERVING

Calories - 15 cal  
Total Fat - 0 g  
Saturated Fat - 0 g  
Cholesterol - 0 mg  
Sodium - 185 mg

Carbohydrate Total - 4 g  
Protein - 1 g  
Phosphorus - 18 mg  
Potassium - 104 mg  
Fiber - 1 g  
Calcium - 13 mg

# GREEK STUFFED PORTOBELLO MUSHROOMS

*Makes 4 stuffed mushrooms, 1 mushroom per serving*

A mixture of tomatoes, spinach, feta, olives, and fresh oregano gives portobellos a Mediterranean vibe in this healthy stuffed mushroom recipe. Serve these along with chicken, fish, or tofu as a super-satisfying side dish, or add a hearty salad and make them the centerpiece of a vegetarian dinner.

Active time: 15 minutes | Total time: 25 minutes

## INGREDIENTS

3 tablespoons extra-virgin olive oil, divided  
 1 clove garlic, minced  
 ½ teaspoon ground pepper, divided  
 ¼ teaspoon salt  
 4 portobello mushrooms (about 14 ounces), wiped clean, stems and gills removed  
 1 cup chopped spinach  
 ½ cup quartered cherry tomatoes  
 ⅓ cup crumbled feta  
 2 tablespoons pitted and sliced Kalamata olives  
 1 tablespoon chopped fresh oregano

## DIRECTIONS

1. Preheat oven to 400° F.
2. Combine 2 tablespoons oil, garlic, 1/4 teaspoon pepper, and salt in a small bowl. Using a silicone brush, coat mushrooms all over with the oil mixture. Place on a large rimmed baking sheet and bake until the mushrooms are mostly soft, 8 to 10 minutes.
3. Meanwhile, combine spinach, tomatoes, feta, olives, oregano, and the remaining 1 tablespoon oil in a medium bowl. Once the mushrooms have softened, remove from the oven and fill with the spinach mixture. Bake until the tomatoes have wilted, about 10 minutes.

## NUTRITION PER SERVING

Calories - 114 cal  
 Total Fat - 8 g  
 Saturated Fat - 3 g  
 Cholesterol - 11 mg  
 Sodium - 390 mg

Carbohydrate Total - 7 g  
 Protein - 4 g  
 Phosphorus - 159 mg  
 Potassium - 467 mg  
 Fiber - 2 g  
 Calcium - 83 mg



# MEDITERRANEAN CAULIFLOWER PIZZA

Makes 4 servings, ¼ pizza per serving

In this healthy, gluten-free cauliflower “pizza” recipe, shredded cauliflower is mixed with mozzarella and oregano to make a flourless crust that echoes the flavor of a traditional pizza pie. The Meyer lemon, olive, and sun-dried tomato topping adds a sophisticated Mediterranean flavor.

Active time: 40 minutes | Total time: 1 hour, 10 minutes

## INGREDIENTS

- 1 medium head cauliflower (about 2 pounds), trimmed and broken into small florets
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- ¼ teaspoon salt
- 2 Meyer lemons or 1 large regular lemon
- 6 oil-packed sun-dried tomatoes, drained and coarsely chopped
- ⅓ cup green or black olives, pitted and sliced
- 1 large egg, lightly beaten
- 1 cup shredded part-skim mozzarella cheese
- ½ teaspoon dried oregano
- Ground pepper to taste
- ¼ cup slivered fresh basil

## DIRECTIONS

1. Preheat oven to 450° F. Line a pizza pan or rimless baking sheet with parchment paper.
2. Place cauliflower in a food processor or finely chop until reduced to rice-size crumbles. Transfer to a large nonstick skillet and add 1 tablespoon oil and salt. Heat over medium-high, stirring frequently, until the cauliflower begins to soften slightly (but don't let it brown), 8 to 10 minutes. Transfer to a large bowl to cool for at least 10 minutes.
3. Meanwhile, with a sharp knife, remove the skin and white pith from the lemon(s) and discard. Working over a small bowl, cut the segments from the membranes, letting the segments drop into the bowl (remove seeds). Drain the juice from the segments (save for another use). Add tomatoes and olives to the lemon segments; toss to combine.
4. Add egg, cheese, and oregano to the cooled cauliflower; stir to combine. Spread the mixture onto the prepared baking sheet, shaping into an even 10-inch round. Drizzle the remaining 1 teaspoon oil over the top.
5. Bake the pizza until the top begins to brown, 10 to 14 minutes. Scatter the lemon-olive mixture over the top, season with pepper, and continue to bake until nicely browned all over, 8 to 14 minutes more. Scatter basil over the top. Cut into wedges and serve.

## NUTRITION PER SERVING

Calories - 199 cal  
Total Fat - 14 g  
Saturated Fat - 5 g  
Cholesterol - 1 mg  
Sodium - 479 mg  
Carbohydrate Total - 10 g

Protein - 11 g  
Phosphorus - 233 mg  
Potassium - 478 mg  
Fiber - 3 g  
Calcium - 249 mg

# ZUCCHINI FRITTERS WITH DILL YOGURT

Makes 3 servings, 2 fritters per serving

Creamy dill yogurt sauce makes these crispy zucchini fritters extra delicious and satisfying. The key to the best fritters is moisture management. Zucchini is primarily made up of water, so this recipe starts with a 2-step process of salting and squeezing the vegetable to remove as much of that water as possible. Once that simple step is done, this easy recipe comes together in a snap.

Active time: 35 minutes | Total time: 35 minutes

## INGREDIENTS

- 1½ pounds zucchini, grated
- 1½ teaspoons kosher salt, divided
- ⅓ cup whole-milk plain Greek yogurt
- 2 tablespoons sour cream
- 2 tablespoons chopped fresh dill
- 1 tablespoon sherry vinegar
- 1 tablespoon water
- ½ teaspoon grated lemon zest
- ¾ teaspoon ground pepper, divided
- 1 large egg, beaten
- ⅓ cup all-purpose flour
- ¼ cup cornmeal
- 2 tablespoons extra-virgin olive oil, divided

## DIRECTIONS

1. Place zucchini in a fine-mesh strainer or colander and toss with 1/8 teaspoon salt. Let stand for 15 minutes.
2. Meanwhile, whisk yogurt, sour cream, dill, vinegar, water, lemon zest, and 1/4 teaspoon each salt and pepper in a small bowl. Set aside.
3. Place the zucchini in a clean dish towel and squeeze until dry. Transfer to a large bowl and stir in egg, flour, cornmeal, 1/2 teaspoon salt, and the remaining 1/2 teaspoon pepper.
4. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Using 2 tablespoons of the zucchini mixture to make each fritter, drop 6 fritters into the pan and flatten with a spatula into 2-inch disks. Cook until golden brown, about 2 minutes per side. Transfer to a wire rack to cool. Repeat with any remaining zucchini mixture and 1 tablespoon oil. Sprinkle the fritters with the remaining 1/4 teaspoon salt. Serve immediately with the reserved sauce.



## NUTRITION PER SERVING

Calories - 105 cal	Carbohydrate Total - 10 g
Total Fat - 6 g	Protein - 4 g
Saturated Fat - 1.5 g	Phosphorus - 77 mg
Cholesterol - 26 mg	Potassium - 270 mg
Sodium - 292 mg	Fiber - 1 g
	Calcium - 33 mg

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KIDNEY FRIENDLY

## MEXICAN PASTA SALAD WITH CREAMY AVOCADO DRESSING

*Makes 6 cups, 1 cup per serving*

Everyone will love this Mexican-inspired pasta salad recipe. We lighten up the creamy dressing with avocado for a healthier version of a picnic favorite.

Active time: 20 minutes | Total time: 20 minutes

### INGREDIENTS

#### Dressing

½ ripe avocado  
¼ cup mayonnaise  
2 tablespoons lime juice  
1 small clove garlic, grated  
½ teaspoon salt  
¼ teaspoon cumin

#### Pasta salad

8 ounces whole-wheat fusilli (about 3 cups)  
1 cup halved grape or cherry tomatoes  
½ cup canned black beans, rinsed  
½ cup corn, fresh or frozen (thawed)  
½ cup shredded Cheddar cheese  
¼ cup diced red onion  
¼ cup chopped fresh cilantro

### DIRECTIONS

1. To prepare dressing: Combine avocado, mayonnaise, lime juice, garlic, salt, and cumin in a mini food processor or mix in bowl until smooth.
2. To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, rinse with cold water, then drain again. Transfer to a large bowl. Stir in tomatoes, beans, corn, cheese, onion, and cilantro. Add the dressing and toss to coat.

### NUTRITION PER SERVING

Calories - 297 cal	Carbohydrate Total - 38 g
Total Fat - 13 g	Protein - 10 g
Saturated Fat - 3.5 g	Phosphorus - 193 mg
Cholesterol - 0 mg	Potassium - 346 mg
Sodium - 349 mg	Fiber - 6 g
	Calcium - 99 mg

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KIDNEY FRIENDLY

HEART FRIENDLY

# STRAWBERRY & CHOCOLATE FROZEN YOGURT BARK

*Makes 32 pieces, one 1¾-by-2½-inch piece per serving*

Lightly sweetened Greek yogurt gets studded with fresh strawberries and chocolate chips then frozen so you can break it into chunks just like chocolate bark (but healthier!). This colorful snack or healthy dessert is perfect for kids and adults alike. Use full-fat yogurt to ensure the creamiest bark possible.

Active time: 10 minutes | Total time: 3 hours, 10 minutes

## INGREDIENTS

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1½ cups sliced strawberries
- ¼ cup mini chocolate chips

## DIRECTIONS

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey), and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

## NUTRITION PER SERVING

Calories - 39 cal  
Total Fat - 2 g  
Saturated Fat - 1 g  
Cholesterol - 3 mg  
Sodium - 9 mg

Carbohydrate Total - 4 g  
Protein - 2 g  
Phosphorus - 36 mg  
Potassium - 56 mg  
Fiber - 0 g  
Calcium - 28 mg

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KIDNEY FRIENDLY

# FLOURLESS CHOCOLATE COOKIES

Makes 16 servings, 1 cookie per serving

These flourless cookies get their volume from whipped egg whites (like a meringue) instead of grains, making them gluten-free and melt-in-your-mouth delicious. A chocolate chip in each bite adds to the rich chocolate flavor.

Active time: 15 minutes | Total time: 40 minutes

## INGREDIENTS

- 1 cup confectioners' sugar
- ¼ cup unsweetened cocoa powder
- ⅛ teaspoon salt
- 2 large egg whites
- 1 teaspoon vanilla extract
- ½ cup bittersweet chocolate chips or chunks, chopped

## DIRECTIONS

1. Preheat oven to 350° F. Line 2 large baking sheets with parchment paper. Coat the paper with cooking spray.
2. Combine confectioners' sugar, cocoa, and salt in a medium bowl. Beat egg whites in a large mixing bowl with an electric mixer or whisk until soft peaks form. Add vanilla. Fold in the cocoa mixture with a rubber spatula until combined. Fold in chocolate chips (or chunks).
3. Drop the batter by tablespoonfuls onto the prepared baking sheets, leaving about 2 inches between each cookie. Bake, 1 sheet at a time, until the cookies are just beginning to crack on top, 12 to 14 minutes. Let cool slightly on the pan before transferring to a wire rack to cool completely.

## NUTRITION PER SERVING

Calories - 74 cal

Total Fat - 2.5 g

Saturated Fat - 1.5 g

Cholesterol - 0 mg

Sodium - 27 mg

Carbohydrate Total - 13 g

Protein - 1 g

Phosphorus - 26 mg

Potassium - 68 mg

Fiber - 1 g

Calcium - 6 mg





Find more recipes at:  
[FreseniusKidneyCare.com/Eating-Well](https://www.freseniuskidneycare.com/eating-well)

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