



Game Day Cookbook



It's time to get in the game! March is National Kidney Month and a big month for basketball. Try these game day recipes to help you feel your best on a kidney-friendly diet. Share them with friends and family to spread the word about kidney health.

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TIPS FROM THE EXPERTS:

A kidney-friendly diet isn't about giving up the foods and drinks you love. Watch for tips throughout this cookbook to learn more about good food choices.

Chili Cornbread Casserole

This recipe is a twist on a comfort food favorite. Moist cornbread combines with hearty chili to create a taste-bud treat your family and friends won't soon forget.



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Serves 8 (1 serving = 8 ounces)

Prep time: 20 minutes

Total time: 60 minutes

NUTRITION PER SERVING

Calories	392 cal	Cholesterol	74 mg	Phosphorus	239 mg
Total Fat	21 g	Sodium	335 mg	Potassium	441 mg
Saturated Fat	7 g	Total Carbohydrate	33 g	Dietary Fiber	2.9 g
Trans Fat	1 g	Protein	17 g	Calcium	156 mg

INGREDIENTS

Chili

- 1 pound ground beef
- ½ cup onions, diced
- ¼ cup celery, diced
- 2 tablespoons jalapeño peppers, chopped
- ½ cup red or green bell peppers, chopped
- 1 tablespoon chili powder
- 1 tablespoon granulated garlic powder
- 2 tablespoons dried onion flakes
- 1 tablespoon cumin
- 1 teaspoon ground black pepper
- ½ cup tomato sauce, no added salt
- ¼ cup water
- ¼ cup French's® Worcestershire sauce, reduced sodium
- 1 cup kidney beans, rinsed and drained
- 1 cup cheddar cheese, shredded

Cornbread

- ¼ cup cornmeal
- ¾ cup flour
- ¼ teaspoon baking soda
- ½ teaspoon cream of tartar
- ½ cup sugar
- 1 egg, beaten
- 1½ tablespoons butter, unsalted, melted
- ¼ cup canola oil
- ¾ cup milk

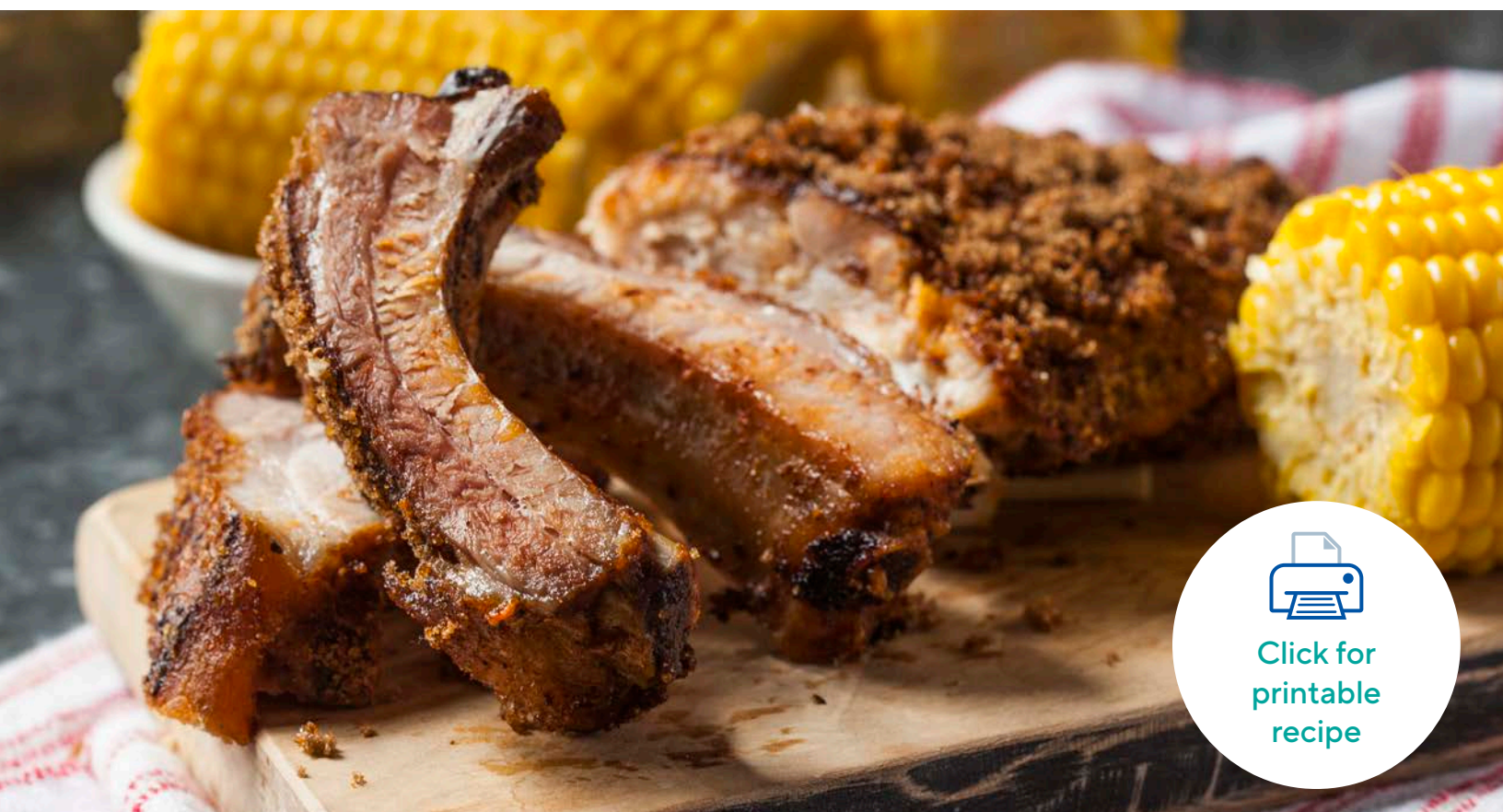
DIRECTIONS

Preheat oven to 350° F.

1. In a large saucepot, brown ground beef with onions, celery, jalapeños, and bell peppers. Drain any excess oil. Add chili powder, garlic powder, onion flakes, cumin, black pepper, tomato sauce, water, Worcestershire sauce, and beans. Cook for an additional 10 minutes. Remove from heat and pour into 9" x 9" baking pan, then layer cheese.
2. In a medium-sized bowl, mix cornmeal, flour, baking soda, cream of tartar, and sugar.
3. In a small bowl, beat egg, melted butter, oil, and milk. Fold flour mixture and egg mixture together (you should see some lumps, which is fine, don't overbeat).
4. Pour mixture over chili and bake for 25 minutes uncovered, then 20 minutes covered, and then turn off oven and let rest for 5 minutes.

Sauce-less BBQ Baby Back Ribs

Ribs cook up crispy, juicy, and tasty with a special BBQ spice rub. A flavorful blend of dark brown sugar, smoked paprika, pepper, garlic, onion, and chili powder make these ribs blue-ribbon worthy.



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Serves 12 (1 serving = ½ slab or
⅓ pound bone-in raw weight)

Prep time: 20 minutes

Total time: 2 hours 15 minutes

NUTRITION PER SERVING

Calories	324 cal	Cholesterol	58 mg	Phosphorus	198 mg
Total Fat	15 g	Sodium	102 mg	Potassium	453 mg
Saturated Fat	5 g	Total Carbohydrate	33 g	Dietary Fiber	2.3 g
Trans Fat	0 g	Protein	18 g	Calcium	47 mg

INGREDIENTS

- 2 slabs (about 3½ pounds) baby back ribs
- 12 mini-ears corn on the cob, fresh or frozen
- 1 portion of BBQ Spice Rub

BBQ Spice Rub (mix all ingredients together)

- 1 cup packed dark brown sugar
- 1 teaspoon black pepper
- 1 teaspoon red pepper flakes
- 1 teaspoon smoked paprika
- 2 teaspoons granulated garlic = substitution garlic powder
- 2 teaspoons dehydrated onion flakes
- 2 teaspoons dark chili powder

DIRECTIONS

Preheat oven to 400° F.

1. Rub down both slabs of ribs on both sides with rub mixture.
2. Place ribs on wire rack-lined tray. Wrap tightly with aluminum foil and bake for 1½ to 2 hours.
3. Remove from oven and take off foil. Using tongs, set ribs aside. Drain liquids from the pan, then place ribs back on tray.
4. Cook for an additional 15 minutes or until desired crispness.
5. Let rest for 5-10 minutes, then cut and serve.

To microwave corn on the cob

1. Use a microwave-safe 9" x 9" casserole pan. Stand all the mini-ears of corn on end in the dish. Pour about ½ inch of water into the dish. Cover tightly with plastic wrap. Microwave 5-7 minutes on high.

Option to prepare on grill

Indirect cooking in a barbecue pit is recommended to prevent burning.

1. Cook ribs at 250° F (curled side of ribs facing up) for the first 3 hours, then increase the temperature to 300° F for the final 3 hours.
2. **To grill corn on the cob**, shuck each ear of corn, removing husk and any remaining silk strands. Wrap the corn in aluminum foil and place on the grill for approximately 25 minutes, turning occasionally, until corn is tender.



Make extra spice rub and use it to kick up the flavor of beef or chicken.

Hawaiian-Style Slow-Cooked Pulled Pork

Say “aloha” to this Hawaiian-style pulled pork recipe. Smoky and succulent, it can be served over rice, added to soup, or used as a high-protein addition to scrambled eggs for breakfast.



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Serves 16 (1 serving = 4 ounces)

Prep time: 10 minutes

Total time: 4 hours 10 minutes

NUTRITION PER SERVING

Calories	285 cal	Cholesterol	83 mg	Phosphorus	230 mg
Total Fat	21 g	Sodium	54 mg	Potassium	380 mg
Saturated Fat	7 g	Total Carbohydrate	1 g	Dietary Fiber	0 g
Trans Fat	0 g	Protein	20 g	Calcium	9 mg

INGREDIENTS

- 4 pounds pork roast
- ½ teaspoon ground black pepper
- ½ teaspoon paprika
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 2 tablespoons liquid smoke

Optional garnish (pickled red onions or radishes)

- 1 red onion or 4 radishes
- ½ cup white vinegar
- ¼ teaspoon sugar

DIRECTIONS

1. Combine black pepper, paprika, onion powder, and garlic powder in a small bowl.
 2. Rub the seasoning blend on all sides of the pork. Place pork into a slow cooker. Sprinkle with liquid smoke.
 3. Add enough water to the slow cooker to measure ¼"-½" deep. Cook on high for 4-5 hours.
 4. Remove pork from cooking liquid and shred meat using two forks.
- Optional:** Garnish with sliced pickled red onions or radishes.



TIP

For quick pickled red onions or radishes, marinate one sliced red onion or 4 sliced radishes in ½ cup of white vinegar and ¼ teaspoon of sugar for 1 hour. Drain and use as a garnish.

Not Too Spicy for Your Mama

Chipotle Wings

Tasty, yes, but not too spicy. Just what's in this special sauce? Chipotle peppers in adobo sauce, honey, butter, black pepper, and chives. Oooh, Mama!



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Serves 5 (1 serving = 4 pieces)

Prep time: 20 minutes

Total time: 25 minutes

NUTRITION PER SERVING

Calories	384 cal	Cholesterol	156 mg	Phosphorus	146 mg
Total Fat	26 g	Sodium	99 mg	Potassium	266 mg
Saturated Fat	12 g	Total Carbohydrate	18 g	Dietary Fiber	0 g
Trans Fat	1 g	Protein	20 g	Calcium	21 mg

INGREDIENTS

- 1 pound fresh jumbo chicken wings cut in pieces or 20 individual pieces
- Oil for greasing baking sheet tray
- 1½ tablespoons diced chipotle peppers in adobo sauce*
- ¼ cup honey
- ¼ cup unsalted butter, slightly melted
- 1 teaspoon black pepper
- 1 tablespoon chopped chives

DIRECTIONS

Preheat oven to 400° F.

1. Place the precut wings on a large greased nonstick baking sheet tray.
2. Bake for 18–20 minutes, turning halfway through the cooking time, or until crispy on the outside and reaching an internal temperature of 165° F on an instant-read thermometer.
3. Add the remaining ingredients to a large bowl and combine with a rubber spatula until well mixed.
4. Remove the wings from the oven and toss in the sauce until evenly coated. Transfer to a large platter and serve.



Not Too Spicy for Your Mama Sauce can also be brushed on chicken breasts or roasted chicken to spice up your poultry.



*Chipotle peppers in adobo sauce are available in cans in the Latino/Mexican/ethnic food aisle of most grocery stores.

Dry-Rubbed Barbecue Turkey Wings

Rub your turkey wings the right way with a special blend of barbecue spices. So delicious, better grab them before they fly off the plate!



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Serves 7 (1 serving = 1 wing with
2 tablespoons of barbecue sauce)

Prep time: 10 minutes

Total time: 85 minutes

NUTRITION PER SERVING

Calories	272 cal	Cholesterol	48 mg	Phosphorus	155 mg
Total Fat	2 g	Sodium	371 mg	Potassium	321 mg
Saturated Fat	0 g	Total Carbohydrate	46 g	Dietary Fiber	0 g
Trans Fat	0 g	Protein	19 g	Calcium	54 mg

INGREDIENTS

- 7 whole turkey wings
- 14 tablespoons of your favorite low-sodium barbecue sauce (2 tablespoons per wing)

BBQ Spice Rub (mix all ingredients together)

- 1 cup packed dark brown sugar
- 1 teaspoon black pepper
- 1 teaspoon red pepper flakes
- 1 teaspoon smoked paprika
- 2 teaspoons granulated garlic
- 2 teaspoons dehydrated onion flakes
- 2 teaspoons dark chili powder

DIRECTIONS

Preheat oven to 375° F.

1. Pat wings dry and pierce with fork on both sides.
2. Rub wings liberally with spice rub, saving 1 tablespoon for later.
3. Place wings on baking sheet tray and wrap with foil. Bake for 30 minutes. Remove wings from oven and discard foil, flip over, and cook for an additional 30 minutes. Sprinkle rest of seasoning on wings and flip back over.
4. Turn off oven and let wings sit in oven for 15 minutes, then serve with a side of low-sodium barbecue sauce.

Sweet & Nutty Protein Bars

Soft and chewy, these easy-to-make bars are high-protein snacks thanks to a blend of almonds, oats, flaxseeds, and peanut butter. Yum!



Serves 12 (1 serving = 2-ounce bar)

Prep time: 20 minutes

Total time: 1 hour 20 minutes

NUTRITION PER SERVING

Calories	283 cal	Cholesterol	0 mg	Phosphorus	177 mg
Total Fat	13 g	Sodium	49 mg	Potassium	258 mg
Saturated Fat	2 g	Total Carbohydrate	39 g	Dietary Fiber	5.8 g
Trans Fat	0 g	Protein	7 g	Calcium	51 mg

INGREDIENTS

- 2½ cups rolled oats, toasted
- ½ cup almonds
- ½ cup flaxseeds
- ½ cup peanut butter
- 1 cup dried cherries, blueberries, or Craisins®
- ½ cup honey

DIRECTIONS

1. Toast the oats by placing rolled oats on a baking sheet in a 350° F oven for 10 minutes or until golden brown.
2. Mix all ingredients together until well mixed.
3. Press the protein mix down into a lightly greased 9" x 9" pan. Wrap and refrigerate for at least one hour or overnight.
4. Cut protein bars into desired squares then serve.

Bourbon-Glazed Skirt Steak

Tired of the same old steak? Get your glaze on! Mix bourbon, dark brown sugar, Dijon mustard, butter, and spices to add mouthwatering flavor.



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Serves 8 (1 serving = 3 ounces)

Prep time: 40 minutes

Total time: 1 hour 30 minutes

NUTRITION PER SERVING

Calories	409 cal	Cholesterol	93 mg	Phosphorus	171 mg
Total Fat	22 g	Sodium	152 mg	Potassium	283 mg
Saturated Fat	8 g	Total Carbohydrate	8 g	Dietary Fiber	0.5 g
Trans Fat	1 g	Protein	24 g	Calcium	22 mg

INGREDIENTS

Bourbon Glaze

- ¼ cup diced shallots
- 3 tablespoons unsalted butter, chilled and cubed, divided
- 1 cup bourbon
- ¼ cup dark brown sugar
- 2 tablespoons Dijon mustard
- 1 tablespoon black pepper

Skirt Steak

- 2 tablespoons grape seed oil
- ½ teaspoon dried oregano
- ½ teaspoon smoked paprika
- 1 teaspoon black pepper
- 1 tablespoon red wine vinegar
- 2 pounds skirt steak

DIRECTIONS

Bourbon Glaze:

1. In small saucepan on medium-high heat, brown shallots in 1 tablespoon butter.
2. Reduce heat to low, remove pan from stove, add bourbon, and then place saucepan back on stove.
3. Cook for 10–15 minutes, or until reduced by about one-third.
4. Add brown sugar, mustard, and black pepper and stir until bubbly.
5. Turn off heat and stir in the remaining 2 tablespoons of cold, cubed butter, stirring constantly until well incorporated.

Skirt Steak:

1. Mix first 5 ingredients in gallon-size sealable storage bag, add steaks, and shake well.
2. Allow steaks to marinate in bag at room temperature for 30–45 minutes.
3. Remove steaks from bag, grill for 15–20 minutes each side, then remove and let rest for 10 minutes.
4. Slice and serve with a drizzle of sauce; or leave whole, brush with glaze, and put in preheated broiler for 4–6 minutes, or until desired look.



TIP

Optional Serving Suggestion:

Bourbon-Glazed Skirt Steak Sandwich

Serves 6 (1 serving = 4-inch sandwich)



DIRECTIONS

Add sliced Bourbon-Glazed Skirt Steak to a toasted baguette roll, then top with Gorgonzola cheese, caramelized onions, and sautéed mushrooms for a great-tasting steak sandwich.

Heavenly Deviled Eggs

If you're looking for a quick and flavorful appetizer that's always a crowd-pleaser, this classic and simple deviled eggs recipe is the way to go. Perfect anytime.



Serves 4 (1 serving = 2 halves)

Prep time: 10 minutes

Total time: 10 minutes

NUTRITION PER SERVING

Calories	98 cal	Cholesterol	188 mg	Phosphorus	90 mg
Total Fat	7 g	Sodium	124 mg	Potassium	73 mg
Saturated Fat	2 g	Total Carbohydrate	2 g	Dietary Fiber	0 g
Trans Fat	0 g	Protein	6 g	Calcium	27 mg

INGREDIENTS

- 4 large eggs, hard boiled with shells removed
- 2 tablespoons light mayonnaise
- ½ teaspoon dry mustard
- ½ teaspoon cider vinegar
- 1 tablespoon onion, finely chopped
- ¼ teaspoon ground black pepper

Optional garnish

- Dash of paprika

DIRECTIONS

1. Cut eggs in half lengthwise. Carefully remove yolks and place in a small bowl. Place egg whites on a plate.
2. Mash yolks with a fork and mix in mayonnaise, dry mustard, vinegar, onion, and ground black pepper.
3. Fill egg whites with yolk mixture, heaping slightly.
4. Sprinkle deviled eggs with paprika, if desired, and serve.

Mediterranean Cauliflower Pizza

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, but feel free to try more traditional pizza toppings, such as marinara sauce and mushrooms—even pepperoni.



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Serves 4 (1 serving = ¼ pizza)

Prep time: 40 minutes

Total time: 1 hour 10 minutes

NUTRITION PER SERVING

Calories	199 cal	Cholesterol	0 mg	Phosphorus	233 mg
Total Fat	14 g	Sodium	479 mg	Potassium	478 mg
Saturated Fat	4.6 g	Total Carbohydrate	10 g	Dietary Fiber	3.1 g
Trans Fat	0 g	Protein	10.7 g	Calcium	249 mg

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
- ½ 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

Preheat oven to 450° F. Line a pizza pan or rimless baking sheet with parchment paper.

1. Place cauliflower in a food processor and pulse 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), 8–10 minutes. Transfer to a large bowl to cool for at least 10 minutes.
2. 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.
3. 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.
4. Bake the pizza until the top begins to brown, 10–14 minutes. Scatter the lemon-olive mixture over the top, season with pepper, and continue to bake until nicely browned all over, 8–14 minutes more. Scatter basil over the top. Cut into wedges and serve.

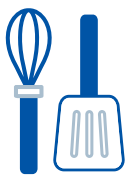
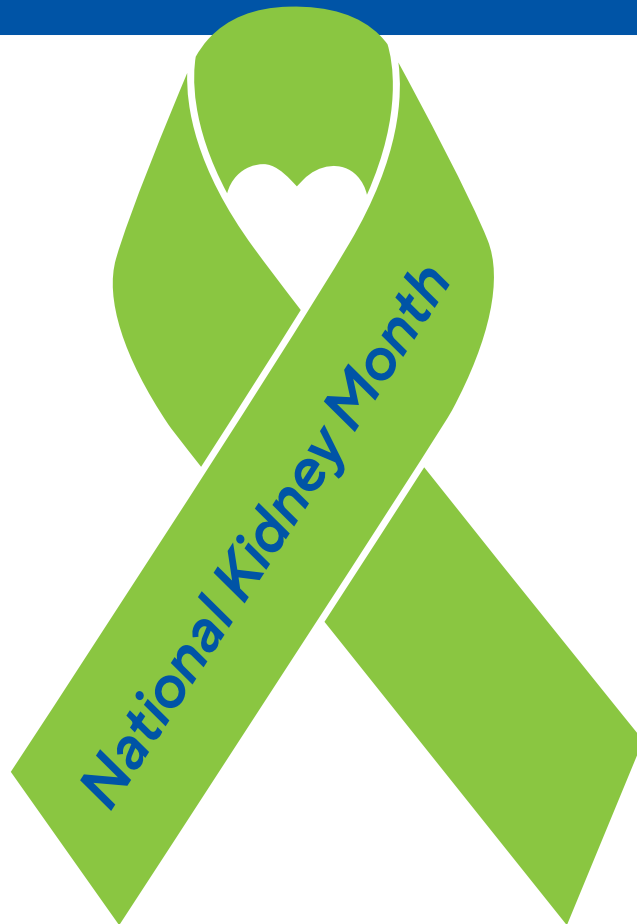


Line baking sheet with parchment paper.

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KIDNEY-FRIENDLY RECIPES



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