



Healthy weekday meals



A kidney-friendly diet can be delicious and easy to prepare too. Cut prep time in the kitchen without losing your favorite flavors. Try our collection of delicious weekday favorites that take only 5-15 minutes to prepare.

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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
- ⅓ 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.



For quick pickled red onions or radishes, marinate one sliced red onion or 4 sliced radishes in ⅓ cup of white vinegar and ¼ teaspoon of sugar for 1 hour. Drain and use as a garnish.

Herb-Roasted Chicken Breasts

Marinating overnight with seasoning and olive oil makes for a tender, moist herb-roasted chicken breast every time in this easy dish. Simple never tasted so good!



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Serves 4 (1 serving = 4 ounces)

Prep time: 5 minutes

Total time: 30 minutes

NUTRITION PER SERVING

Calories	270 cal	Cholesterol	83 mg	Phosphorus	252 mg
Total Fat	17 g	Sodium	53 mg	Potassium	491 mg
Saturated Fat	3 g	Total Carbohydrate	3 g	Dietary Fiber	0.6 g
Trans Fat	0 g	Protein	26 g	Calcium	17 mg

INGREDIENTS

- 1 pound boneless, skinless chicken breasts
- 1 medium onion
- 1–2 garlic cloves
- 2 tablespoons Mrs. Dash Garlic and Herb Seasoning Blend
- 1 teaspoon ground black pepper
- ¼ cup olive oil

DIRECTIONS

Marinating

1. Chop onion and garlic and place in a bowl. Add Mrs. Dash Seasoning, ground pepper, and olive oil.
2. Add chicken breasts to the marinade, cover it, then refrigerate for at least 4 hours or overnight.

Baking

1. Preheat the oven to 350° F.
2. Cover a baking sheet with foil, place the marinated chicken breasts on the pan.
3. Pour the remaining marinade over the chicken and bake for 20 minutes.
4. Broil an additional 5 minutes for browning.

Quick Quesadilla

In just 5 minutes, you can make this healthy mini quesadilla recipe using protein-rich beans and your favorite fresh salsa. For a party appetizer tray, make a big batch and serve these quesadilla wedges with guacamole and sour cream.



1 serving

Prep time: 5 minutes

Total time: 5 minutes

NUTRITION PER SERVING

Calories	99 cal	Cholesterol	0 mg	Phosphorus	126 mg
Total Fat	3.4 g	Sodium	226 mg	Potassium	141 mg
Saturated Fat	1.5 g	Total Carbohydrate	14 g	Dietary Fiber	2.4 g
Trans Fat	0 g	Protein	4 g	Calcium	79 mg

INGREDIENTS

- 1 tablespoon refried beans
- 1 6-inch corn tortilla
- 1 tablespoon shredded Cheddar cheese
- 1 tablespoon fresh salsa

DIRECTIONS

1. Spread beans on tortilla, top with cheese, and fold in half. Microwave to melt the cheese, 10 to 20 seconds. Serve with salsa.

Spicy Beef Stir-Fry

This Asian-inspired take on the classic stir-fry combines tender strips of beef with red chili and bell peppers for a protein-packed entrée that's great for any night of the week.



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Serves 4 (1 serving = 1 cup)

Prep time: 15 minutes

Total time: 35 minutes

NUTRITION PER SERVING

Calories	261 cal	Cholesterol	94 mg	Phosphorus	167 mg
Total Fat	15 g	Sodium	169 mg	Potassium	313 mg
Saturated Fat	2 g	Total Carbohydrate	10 g	Dietary Fiber	1.5 g
Trans Fat	0 g	Protein	21 g	Calcium	26 mg

INGREDIENTS

- 2 tablespoons cornstarch, separated
- 2 tablespoons water, separated
- 1 large egg, beaten
- 3 tablespoons canola oil, separated
- 12 ounces beef round tip, sliced
- 1 green bell pepper, sliced
- 1 cup onions, sliced
- ¼ teaspoon ground red chili pepper (or to taste)
- 1 tablespoon sherry
- 2 teaspoons soy sauce, reduced sodium
- ¼ teaspoon sesame oil
- ½ teaspoon sugar

Optional garnish

- parsley

DIRECTIONS

1. In a large bowl, whisk 1 tablespoon cornstarch, 1 tablespoon water, egg, and 1 tablespoon canola oil, then add the beef. Marinate for 20 minutes.
2. In a separate bowl, combine the rest of the cornstarch and water. Set aside.
3. Heat the remaining 2 tablespoons of canola oil in a skillet and add the meat mixture. Cook until the meat begins to brown.
4. Add green bell pepper, onion, and chili pepper. Add sherry, then stir-fry it all for 1 minute. Add soy sauce, sugar, and sesame oil.
5. Thicken with cornstarch and water mixture.



Garnish beef stir-fry with parsley.

Egg Fried Rice

A delicious, easy-to-make Asian-inspired dish for those who are always on the go. This recipe combines scrambled eggs, rice, green onions, peas, and bean sprouts for a filling and satisfying meal that's perfect for vegetarians.



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Serves 10 (1 serving = ½ cup)

Prep time: 10 minutes

Total time: 10 minutes

NUTRITION PER SERVING

Calories	137 cal	Cholesterol	37 mg	Phosphorus	67 mg
Total Fat	4 g	Sodium	38 mg	Potassium	89 mg
Saturated Fat	1 g	Total Carbohydrate	21 g	Dietary Fiber	1.3 g
Trans Fat	0 g	Protein	5 g	Calcium	20 mg

INGREDIENTS

- 2 teaspoons dark sesame oil
- 2 eggs
- 2 egg whites
- 1 tablespoon canola oil
- 1 cup bean sprouts
- ½ cup green onions, chopped
- 4 cups cooked rice, cold
- 1 cup frozen peas, thawed
- ¼ teaspoon ground black pepper

DIRECTIONS

1. Combine the sesame oil, eggs, and egg whites in a small bowl. Stir well and set aside.
2. Heat canola oil in a large nonstick skillet over medium-high heat.
3. Add egg mixture and stir-fry until done.
4. Add bean sprouts and green onions. Stir-fry for 2 minutes.
5. Add rice and peas. Continue to stir-fry until heated thoroughly.
6. Season with black pepper and serve immediately.

Veggie & Hummus Sandwich

This mile-high vegetable and hummus sandwich makes the perfect heart-healthy vegetarian lunch to go. Mix it up with different flavors of hummus and different types of vegetables depending on your mood.



1 serving

Prep time: 10 minutes

Total time: 10 minutes

NUTRITION PER SERVING

Calories	325 cal	Cholesterol	0 mg	Phosphorus	260 mg
Total Fat	14.3 g	Sodium	407 mg	Potassium	746 mg
Saturated Fat	2.2 g	Total Carbohydrate	39.7 g	Dietary Fiber	12.1 g
Trans Fat	0 g	Protein	12.8 g	Calcium	108 mg

INGREDIENTS

- 2 slices whole-grain bread
- 3 tablespoons hummus
- ¼ avocado, mashed
- ½ cup mixed salad greens
- ¼ medium red bell pepper, sliced
- ¼ cup sliced cucumber
- ¼ cup shredded carrot

DIRECTIONS

1. Spread one slice of bread with hummus and the other with avocado. Fill the sandwich with greens, bell pepper, cucumber, and carrot. Slice in half and serve.



Refrigerate sandwich for up to 4 hours.

Roasted Broccoli with Lemon

Maybe you've never considered cooking broccoli this way, but roasting yields surprisingly good results. The heat concentrates the flavors and caramelizes the natural sugars. A touch of olive oil gives it a crispy, delicious finish.



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Serves 4 (1 serving = 1 cup)

Prep time: 10 minutes

Total time: 15 minutes

NUTRITION PER SERVING

Calories	54 cal	Cholesterol	0 mg	Phosphorus	48 mg
Total Fat	3.8 g	Sodium	165 mg	Potassium	241 mg
Saturated Fat	0.5 g	Total Carbohydrate	4.3 g	Dietary Fiber	1.8 g
Trans Fat	0 g	Protein	2.2 g	Calcium	36 mg

INGREDIENTS

- 4 cups broccoli florets
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- Freshly ground pepper
- Lemon wedges

DIRECTIONS

1. Preheat oven to 450° F.
2. Toss broccoli with oil, salt, and pepper. Place on a large baking sheet (not air-insulated) and roast until the broccoli is tender and blackened on the bottom, 10 to 12 minutes. Serve immediately with lemon wedges.

Creamy Blueberry-Pecan Overnight Oatmeal

In this no-cook overnight oatmeal recipe, just quickly reheat the oats in the morning and top with berries, maple syrup, and pecans for an easy, on-the-go breakfast.



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1 serving

Prep time: 10 minutes

Total time: 8 hours 10 minutes

NUTRITION PER SERVING

Calories	294 cal	Cholesterol	0 mg	Phosphorus	232 mg
Total Fat	7.9 g	Sodium	164 mg	Potassium	301 mg
Saturated Fat	0.9 g	Total Carbohydrate	49 g	Dietary Fiber	6.5 g
Trans Fat	0 g	Protein	9.4 g	Calcium	78 mg

INGREDIENTS

- ½ cup old-fashioned rolled oats
- ½ cup water
- Pinch of salt
- ½ cup blueberries, fresh or frozen, thawed
- 2 tablespoons nonfat plain Greek yogurt
- 1 tablespoon toasted chopped pecans
- 2 teaspoons pure maple syrup

DIRECTIONS

1. Combine oats, water, and salt in a jar or bowl. Cover and refrigerate overnight. In the morning, heat if desired, and top with blueberries, yogurt, pecans, and syrup.

Pesto-Crusted Catfish

Love catfish, but craving some crunch? Cook it up in a coating of pesto sauce mixed with flaky panko bread crumbs, mozzarella, onion, and spices!



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6 servings (1 serving = 5 ounces)

Prep time: 15 minutes

Total time: 45 minutes

NUTRITION PER SERVING

Calories	312 cal	Cholesterol	83 mg	Phosphorus	417 mg
Total Fat	16 g	Sodium	272 mg	Potassium	576 mg
Saturated Fat	3 g	Total Carbohydrate	15 g	Dietary Fiber	0.8 g
Trans Fat	0 g	Protein	26 g	Calcium	80 mg

INGREDIENTS

- 2 pounds catfish (6 5-ounce pieces), boned and filleted
- 6 teaspoons pesto
- $\frac{3}{4}$ cup panko bread crumbs
- $\frac{1}{2}$ cup mozzarella cheese
- 2 tablespoons olive oil

Seasoning blend

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{2}$ teaspoon black pepper

DIRECTIONS

Preheat oven to 400° F.

1. Mix all the seasonings in small bowl and begin to sprinkle even amounts on both sides of fish.
2. Spread equal amounts of pesto (1 teaspoon each) on topside of filets and set aside.
3. In medium bowl, mix cheese, oil, and bread crumbs. Dredge pesto side of fish in mixture until well coated.
4. Grease or spray baking sheet tray liberally with oil and lay fish pesto side up on sheet tray, leaving space between filets.
5. Bake on bottom rack for 15–20 minutes or until desired brownness.
6. Let rest for 10 minutes after cooking and removing from tray to prevent fish from breaking.



TIP Make an extra serving of the seasoning blend and use it to spice up your other dishes. For another twist on this tasty recipe, substitute chicken or turkey for catfish.

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KIDNEY-FRIENDLY COOKBOOK



☞ **It's a lifestyle—not a diet.**

You can eat out.

You can go to a party.

It's doable! ☞

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