



**FRESENIUS
KIDNEY CARE**

KIDNEY-FRIENDLY

Vegetarian & Vegan Recipes



KIDNEY-FRIENDLY

Vegetarian & Vegan Recipes

When you have kidney disease, what you eat and drink—and how much—can affect your health. Our vegetarian and vegan recipes can help you feel your best while maintaining a kidney-friendly diet.


Vegetarian

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Fluffy Buttermilk Pancakes

This easy, made-from-scratch buttermilk pancake recipe will have you flipping for breakfast. Serve with fresh berries for a healthy twist.



Serves 9
(1 serving = 2 4-inch pancakes)

Nutrition Per Serving

Calories	217 cal
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	44 mg
Sodium	330 mg
Carbohydrates	27 g
Protein	6 g
Phosphorus	100 mg
Potassium	182 mg
Dietary Fiber	1 g
Calcium	74 mg

Ingredients

- 2 cups all-purpose flour
- 1 teaspoon cream of tartar
- 1½ teaspoons baking soda
- 2 tablespoons sugar
- 2 cups low-fat buttermilk
- 2 large eggs
- ¼ cup canola oil and 1 tablespoon canola oil (for cooking)

Directions

1. Warm up a skillet on medium heat.
2. Combine dry ingredients in a large bowl. In a separate bowl, combine buttermilk, eggs, and ¼ cup oil. Add dry ingredients to buttermilk, egg, and oil mixture. Use a whisk or spoon to blend the dry ingredients until they are completely moist.
3. Use a tablespoon of canola oil to grease the skillet. Using a ⅓-cup measuring cup, scoop the pancake mixture on the skillet. Each pancake should spread to about 4 inches across. Leave about 2 inches between the pancakes for easy flipping. Flip pancakes using a spatula—do this when the bubbles on the top of the pancakes have mostly disappeared. Allow the other side to brown until the center no longer appears wet.
4. Move to serving dish.
5. For a healthier twist, serve with fresh berries and a side of eggs.



Vegetarian



EXPERT TIP:

Freeze leftover buttermilk pancakes and reheat for a quick breakfast.

Southwest Baked Egg Breakfast Cups

Wake up your taste buds with these baked breakfast egg cups filled with savory rice, eggs, green chilies, pimentos, and cheddar cheese. A yummy way to start any morning.



Serves 12
(1 serving = 1 egg cup or 2½ ounces)

Nutrition Per Serving

Calories	109 cal
Total Fat	4 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	41 mg
Sodium	79 mg
Carbohydrates	13 g
Protein	5 g
Phosphorus	91 mg
Potassium	82 mg
Dietary Fiber	0.5 g
Calcium	91 mg

Ingredients

- 3 cups rice, cooked
- 4 ounces cheddar cheese, shredded, divided
- 4 ounces green chilies, diced
- 2 ounces pimentos, drained and diced
- ½ cup skim milk
- 2 eggs, beaten
- ½ teaspoon ground cumin
- ½ teaspoon black pepper
- Nonstick cooking spray



Vegetarian

Directions

1. Preheat oven to 400° F.
2. In a large bowl, combine rice, 2 ounces of cheese, chilies, pimentos, milk, eggs, cumin, and pepper.
3. Spray muffin cups with nonstick cooking spray.
4. Spoon mixture evenly into 12 muffin cups. Sprinkle the remaining 2 ounces of shredded cheddar cheese over the top of the cups.
5. Bake at 400° F for 15 minutes or until set.



EXPERT TIP:

Choose salt-free and potassium-free herbs, seasoning mixes, and spices to help manage your potassium level.

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.



Serves 10 (1 serving = ½ cup)

Nutrition Per Serving

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

Ingredients

- 2 teaspoons dark sesame oil
- 2 eggs
- 2 egg whites
- 1 tablespoon canola oil
- 1 cup bean sprouts
- ⅓ 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.



Vegetarian



EXPERT TIP:

Great vegetarian sources of protein include eggs, tofu, and beans.

Cabbage-Onion-Sweet Pepper Medley

Get your veggies in this tasty rainbow medley of red, green, and yellow peppers, onions, and cabbage. Perfect as a side dish or add one can of rinsed kidney or garbanzo beans to the recipe to make it a meal.



Serves 4 (1 serving = ¼ recipe)

Nutrition Per Serving

Calories	70 cal
Total Fat	4 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	52 mg
Carbohydrates	8 g
Protein	1 g
Phosphorus	29 mg
Potassium	208 mg
Dietary Fiber	2 g
Calcium	26 mg

Ingredients

- ½ cup fresh red bell pepper
- ½ cup fresh green bell pepper
- ½ cup fresh yellow bell pepper
- ½ cup fresh onions, chopped
- 2 cups fresh cabbage, shredded
- 3 tablespoons white vinegar
- 1 tablespoon canola oil
- 1½ teaspoons brown sugar
- 1½ teaspoons Dijon mustard
- 1½ teaspoons pepper

Directions

1. Cut bell peppers into 2-inch-long thin strips.
2. In large nonstick skillet, combine bell peppers, onions, and cabbage, tossing gently.
3. Combine vinegar and remaining ingredients in a jar, cover tightly, and shake vigorously.
4. Add to vegetable mixture, stirring gently.
5. Sauté over medium heat until the cabbage is tender and stir occasionally.



Vegetarian



EXPERT TIP:

While shopping, check the ingredient list and choose foods with no added phosphates (words with “phos”) to help you manage your phosphorus level.

Sautéed Collard Greens

A Southern staple and favorite, this quick collard greens recipe is a flavorful and healthy veggie side dish for lunch or dinner.



Serves 6 (1 serving = $\frac{1}{6}$ recipe)

Nutrition Per Serving

Calories	79 cal
Total Fat	7 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	9 mg
Carbohydrates	4 g
Protein	2 g
Phosphorus	18 mg
Potassium	129 mg
Dietary Fiber	2.2 g
Calcium	118 mg

Ingredients



Vegetarian

- 8 cups fresh collard greens, chopped and blanched
- 1 tablespoon butter, unsalted
- 2 tablespoons olive oil
- $\frac{1}{4}$ cup onions, finely diced
- 1 tablespoon fresh garlic, chopped
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon ground black pepper
- 1 tablespoon vinegar (optional)

Directions

1. Blanch the collard greens by putting them into a pot of boiling water for 30 seconds.
2. Strain the boiling water off and quickly transfer the greens to a large bowl of ice water. Let cool, then strain and dry the greens and set them aside.
3. In a large sauté pan on medium-high heat, melt the butter and oil together. Add onions and garlic, and cook until slightly browned, about 4–6 minutes. Add collard greens and red and black pepper, then cook for 5–8 minutes on high heat, stirring constantly.
4. Remove from heat, add vinegar, if desired, and stir.



MAKE IT VEGAN! To make these sautéed greens vegan, use a vegan butter substitute instead of real butter.



EXPERT TIP:

Look for foods with less than 10% Daily Value (DV) for sodium to select lower-sodium items.

Fall Harvest Orzo Salad

Fall for the flavor! Diced apples, dried cranberries, almonds, pepper, basil, and blue cheese make this orzo salad sweet, savory, and hearty.



Serves 8 (1 serving = ½ cup)

Nutrition Per Serving

Calories	289 cal
Total Fat	12 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	6 mg
Sodium	100 mg
Carbohydrates	41 g
Protein	6 g
Phosphorus	94 mg
Potassium	127 mg
Dietary Fiber	3 g
Calcium	65 mg

Ingredients



Vegetarian

- 4 cups cooked orzo, chilled (about 1²/₃ cups dried orzo)
- 1 cup dried cranberries
- 2 cups fresh apples, diced
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- ½ teaspoon freshly ground black pepper
- 2 tablespoons fresh basil, chopped
- ½ cup crumbled blue cheese
- ¼ cup blanched almonds, chopped

Directions

1. In a medium-size bowl, add all the ingredients except blue cheese and almonds, gently combining until well-incorporated.
2. Transfer the mixture to a serving dish, sprinkle with the crumbled blue cheese and almonds, and serve.



MAKE IT VEGAN! Simply skip the blue cheese in this recipe to make it vegan.



EXPERT TIP:

Choose a smaller plate to help you with managing your serving sizes.

Mediterranean Green Beans

Simply delicious. Freshly cooked green beans in a dressing of olive oil, fresh minced garlic, lemon juice, and ground pepper.



Serves 4 (1 serving = 1 cup)

Nutrition Per Serving

Calories	71 cal
Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	2 mg
Carbohydrates	10 g
Protein	2 g
Phosphorus	37 mg
Potassium	186 mg
Dietary Fiber	3.7 g
Calcium	55 mg

Ingredients



- 1 pound fresh green beans, trimmed to 1- to 2-inch pieces
- $\frac{3}{4}$ cup water
- 2½ teaspoons olive oil
- 3 fresh garlic cloves, minced
- 3 tablespoons fresh lemon juice
- $\frac{1}{8}$ teaspoon ground black pepper

Directions

1. Bring water to a boil in large, nonstick skillet; add beans, cook 3 minutes; then drain and set aside.
2. Heat skillet over medium-high heat and add oil; add garlic and beans and sauté for 1 minute.
3. Add lemon juice and pepper and sauté 1 minute longer.

TIP: Use lemon juice instead of salt to bring out the flavors in food.



EXPERT TIP:

Select fresh ingredients when possible. For example, fresh or frozen green beans are better than canned. If you prefer canned, choose a no-salt-added or low-sodium version.

Sweet & Crunchy Coleslaw

Sweet onion, celery seed, and a dash of mustard add flavor and crunch to this new twist on classic coleslaw. Serve as a side with lunch or dinner.



Serves 12 (1 serving = ½ cup)

Nutrition Per Serving

Calories	244 cal
Total Fat	19 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	12 mg
Carbohydrates	20 g
Protein	1 g
Phosphorus	13 mg
Potassium	73 mg
Dietary Fiber	1 g
Calcium	20 mg

Ingredients



- 6 cups shredded cabbage
- ½ cup sweet onion, chopped
- 1 cup sugar
- 1 cup canola oil
- 1 teaspoon celery seed
- ½ cup rice vinegar
- 1 teaspoon yellow prepared mustard

Directions

1. Mix shredded cabbage and chopped onion in a large bowl.
2. In a blender, blend all other ingredients until well-combined.
3. Pour dressing over cabbage and onion. Mix well and refrigerate.
4. Serve cold.



EXPERT TIP:

Want something sweet? Berries and pears are high in fiber and low in carbohydrates.

Aromatic Herbed Rice

If you're looking for a flavorful side dish that can be prepared in minutes, here it is. A blend of aromatic herbs helps create this fragrant, delicious—and fluffy—rice.



Serves 6 (1 serving = ½ cup)

Nutrition Per Serving

Calories	134 cal
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	6 mg
Carbohydrates	21 g
Protein	2 g
Phosphorus	15 mg
Potassium	56 mg
Dietary Fiber	1.8 g
Calcium	37 mg

Ingredients

- 3 cups cooked rice (don't overcook)
- 2 tablespoons olive oil
- 4–5 cloves fresh garlic, sliced thin
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons fresh oregano, chopped
- 2 tablespoons fresh chives, chopped
- ½ teaspoon red pepper flakes
- 1 teaspoon red wine vinegar

Directions

1. In a large sauté pan, heat olive oil on medium-high heat and lightly sauté garlic. Add rice, herbs, and red pepper flakes and continue to cook for 2–4 minutes or until well-mixed.
2. Turn off heat, add vinegar, mix well, and serve.



Vegan



EXPERT TIP:

To reduce your salt intake, cook with herbs and spices for flavor instead of salt! The less salt you use, the less you will crave.

Three-Pea Salad with Ginger-Lime Vinaigrette

Lovely and light. This beautiful salad calls for three different peas (sugar snap peas, snow peas, and sweet peas) and a zesty, ginger-lime vinaigrette, which makes for a sophisticated, yet simple, dish.



Serves 6 (1 serving = ½ cup)

Nutrition Per Serving

Calories	225 cal
Total Fat	21 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Carbohydrates	6 g
Protein	3 g
Phosphorus	40 mg
Potassium	117 mg
Dietary Fiber	1.8 g
Calcium	46 mg

Ingredients



- 1 cup sugar snap peas
- 1 cup snow peas
- 1 cup fresh or thawed frozen sweet peas

Vinaigrette:

- 1 tablespoon sesame seeds
- 1 teaspoon soy sauce, reduced sodium
- ¼ cup fresh lime juice
- 1 teaspoon fresh lime zest
- 2 teaspoons fresh ginger, chopped
- ½ cup canola oil (can substitute grapeseed oil)
- 1 tablespoon hot sesame oil

Optional garnish: freshly cracked coarse black pepper to taste

Directions

1. Lightly toast the sesame seeds in a hot skillet, tossing them constantly for about 3–5 minutes.
2. In a large pot of boiling water over high heat, blanch all 3 types of peas for 2 minutes, drain, and then shock them in a bowl of cold water. Transfer to a strainer and drain thoroughly.
3. In a small bowl, whisk the soy sauce, lime juice, and zest until well-blended, about 1–2 minutes.
4. Continue to whisk, adding the ginger. Slowly drizzle in the canola or grapeseed oil, then add the sesame oil, mixing until well-incorporated.
5. In a large bowl, combine the salad dressing with the pea mixture. Toss with the sesame seeds, add the black pepper to taste, and serve.



EXPERT TIP:

Remember, eating more than one portion can turn a lower-potassium food into a high one—simply because of the amount you're eating.

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“IT’S A LIFESTYLE—
NOT A DIET.
YOU CAN EAT OUT.
YOU CAN GO TO
A PARTY.
IT’S DOABLE!”

Diana Croxton

Fresenius Kidney Care
Registered and Licensed Dietitian, LD/N



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