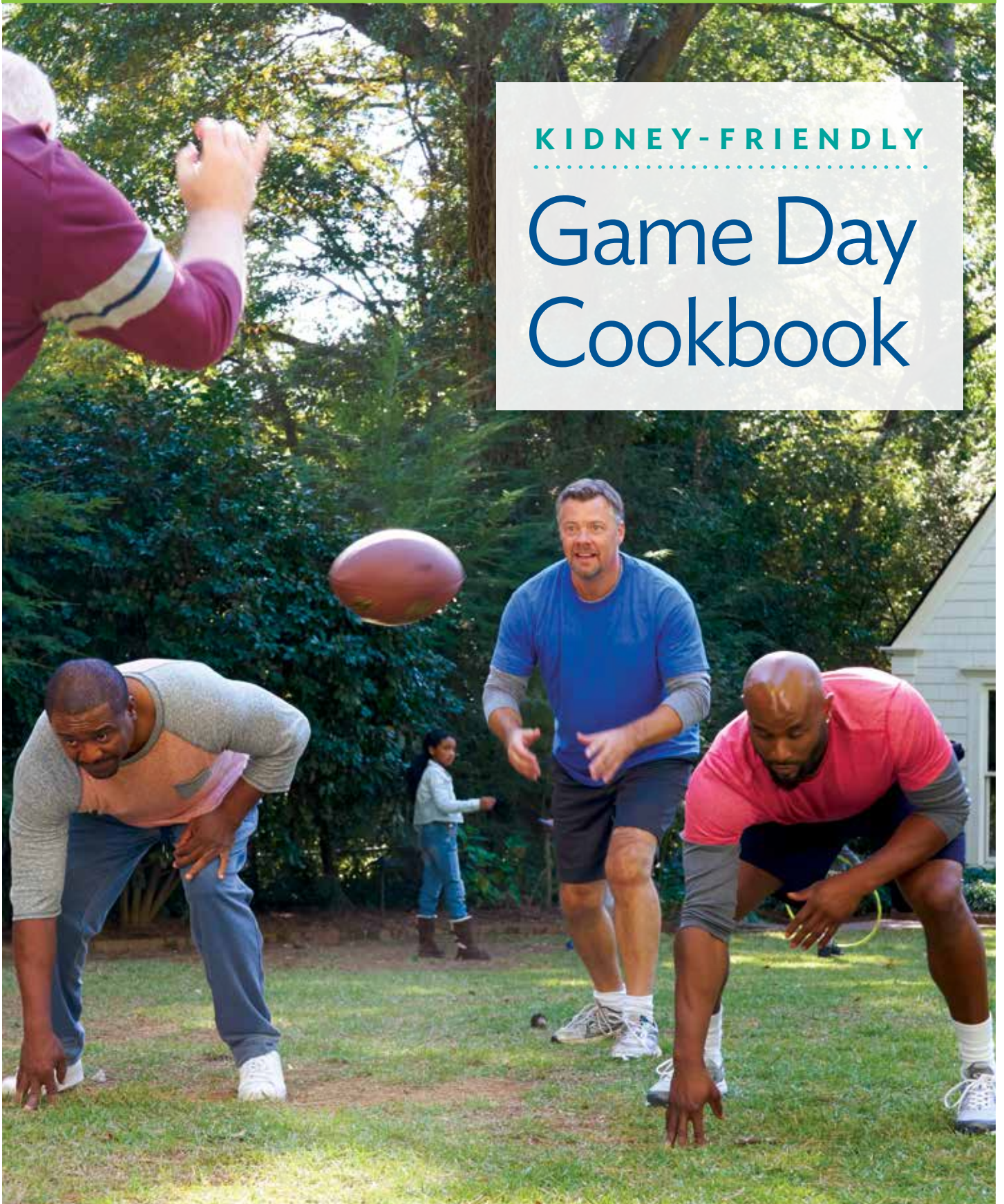




**FRESENIUS
KIDNEY CARE**

KIDNEY-FRIENDLY

Game Day Cookbook



KIDNEY-FRIENDLY

Game Day Cookbook

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

Recipes

Chili Cornbread Casserole	3
Sauce-less BBQ Baby Back Ribs	4
Hawaiian-Style Slow-Cooked Pulled Pork	5
Not Too Spicy for Your Mama Chipotle Wings	6
Dry-Rubbed Barbecue Turkey Wings	7
Sweet & Nutty Protein Bars	8
Bourbon-Glazed Skirt Steak	9
Heavenly Deviled Eggs	10



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.



Serves 4 (1 serving = 7 ounces)

Nutrition Per Serving

Calories	392 cal
Total Fat	21 g
Saturated Fat	7 g
Trans Fat	1 g
Cholesterol	74 mg
Sodium	335 mg
Carbohydrates	33 g
Protein	17 g
Phosphorus	239 mg
Potassium	441 mg
Dietary Fiber	3 g
Calcium	156 mg

Optional: Garnish with shaved parmesan, chopped fresh basil and red pepper flakes.

Ingredients

Chili:

- 1 pound ground beef
- ½ cup onions, diced
- ¼ cup celery, diced
- 2 tablespoons jalapeño peppers, chopped
- ½ cup red or green 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.

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.

In a medium-sized bowl, mix cornmeal, flour, baking soda, cream of tartar and sugar.

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 over beat).

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.



Serves 12 (1 serving = 1/6 slab or 1/3 pound bone-in raw weight)

Nutrition Per Serving

Calories	324 cal
Total Fat	15 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	58 mg
Sodium	102 mg
Carbohydrates	33 g
Protein	18 g
Phosphorus	198 mg
Potassium	453 mg
Dietary Fiber	2 g
Calcium	47 mg

TIP:

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

Ingredients

- 2 slabs (about 3½ pounds) baby back ribs
- 12 mini-ears corn on the cob, fresh or frozen
- 1 portion of 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
 - 2 teaspoons dehydrated onion flakes
 - 2 teaspoons dark chili powder

Directions

Preheat oven to 400° F.

Rub down both slabs of ribs on both sides with rub mixture.

Place ribs on wire rack-lined tray. Wrap tightly with aluminum foil and bake for 1½ to 2 hours.

Remove from oven and take off foil. Using tongs, set ribs aside. Drain liquids from the pan, then place ribs back on tray.

Cook for an additional 15 minutes or until desired crispness.

Let rest for 5–10 minutes, then cut and serve.

To microwave corn on the cob, 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.

Cook ribs at 250° F (curled side of ribs facing up) for the first 3 hours, then increase the temperature to 300° F for final 3 hours.

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.

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.



Serves 4–6 (1 serving = 3 meatballs)

Nutrition Per Serving

Calories	285 cal
Total Fat	21 g
Saturated Fat	7 g
Trans Fat	0 g
Cholesterol	83 mg
Sodium	54 mg
Carbohydrates	1 g
Protein	20 g
Phosphorus	230 mg
Potassium	380 mg
Dietary Fiber	0 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, 1/3 cup white vinegar and ¼ teaspoon of sugar

Directions

Combine black pepper, paprika, onion and garlic powder in a small bowl.

Rub the seasoning blend on all sides of the pork. Place pork into a slow cooker or a crock-pot. Drizzle with liquid smoke.

Add enough water to the slow cooker or crock-pot to measure ¼–½" deep. Cook on high for 4–5 hours.

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 a 1/3 cup of white vinegar and a ¼ teaspoon of sugar for 1 hour. Drain and use as a garnish.



EXPERT TIP:

To feel your best on dialysis, a carefully thought-out meal plan will play a big role. Your dietitian can help you figure out how to incorporate foods you enjoy.

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. Ooh, Mama!



Serves 4 (1 serving = 4 pieces)

Nutrition Per Serving

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

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

Directions

Preheat oven to 400° F.

Place the precut wings on a large greased nonstick baking sheet tray.

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.

Add the remaining ingredients to a large bowl and combine with a rubber spatula, until well mixed.

Remove the wings from the oven and toss in the sauce until evenly coated. Transfer to a large platter and serve.

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



EXPERT TIP:

Use bold spices like lemon zest, curry powder, cumin and chili power to add big flavor to your meals. Cutting out salt and salty foods to limit sodium in your diet is important on dialysis.

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!



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

Nutrition Per Serving

Calories	272 cal
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	48 mg
Sodium	371 mg
Carbohydrates	46 g
Protein	19 g
Phosphorus	155 mg
Potassium	321 mg
Dietary Fiber	1 g
Calcium	54 mg

Ingredients

7 whole turkey wings

Chef McCargo's Barbecue 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

14 tablespoons of your favorite low-sodium barbecue sauce (2 tablespoons per wing)

Directions

Preheat oven to 375° F.

Pat wings dry and pierce with fork on both sides.

Rub wings liberally with spice rub, saving 1 tablespoon for later.

Place wings on baking sheet tray and bake wrapped with foil 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.

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 protein bars are a tasty snack thanks to a blend of almonds, oats, flaxseeds and peanut butter. Yum!



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

Serves 12

Nutrition Per Serving

Calories	283 cal
Total Fat	13 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	49 mg
Carbohydrates	39 g
Protein	7 g
Phosphorus	177 mg
Potassium	258 mg
Dietary Fiber	6 g
Calcium	51 mg

Directions

Toast the oats by placing rolled oats on a baking sheet in a 350° F oven for 10 minutes or until golden brown.

Mix all ingredients together until well-mixed.

Press the protein mix down into a lightly greased 9" x 9" pan. Wrap and refrigerate for at least one hour or overnight.

Cut protein bars into 12 squares then serve.



EXPERT TIP:

Eating well doesn't have to be bland! Your dietitian can share dozens of tasty, kidney-friendly snack ideas to enjoy.

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.



Serves 6
(1 serving = 4-inch sandwich)

Nutrition Per Serving

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

Ingredients

Bourbon Glaze:

- ¼ cup diced shallots
- 3 tablespoons unsalted butter, chilled and cubed
- 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:

In small saucepan on medium-high heat, brown shallots in 1 tablespoon butter.

Reduce heat to low, remove pan from stove, add bourbon and then place saucepan back on stove.

Cook for 10–15 minutes, or until reduced by about one third.

Add brown sugar, mustard and black pepper and stir until bubbly.

Turn off heat and stir in the remaining 2 tablespoons of cold, cubed butter, stirring constantly until well incorporated.

Skirt Steak:

Mix first 5 ingredients in gallon-size sealable storage bag, add steaks and shake well.

Allow steaks to marinate in bag at room temperature for 30–45 minutes.

Remove steaks from bag, grill for 15–20 minutes each side, then remove and let rest for 10 minutes.

Slice and serve with a drizzle of sauce; or leave whole and brush with glaze and put in preheated broiler for 4–6 minutes, or until desired look.

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)

Nutrition Per Serving

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

Cut eggs in half, lengthwise. Carefully remove yolks and place in a small bowl. Place egg white on a plate.

Mash yolks with a fork and mix in dry mustard, vinegar, onion and ground black pepper.

Refill cooked egg white with yolk mixture, heaping slightly.

Sprinkle deviled eggs with paprika (optional) and serve.



EXPERT TIP:

If it seems hard to know exactly what to eat, you're not alone. Talk to your dietitian to create a kidney-friendly meal plan you'll enjoy.

KIDNEY-FRIENDLY

Game Day Cookbook

“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



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



**FRESENIUS
KIDNEY CARE**

[FreseniusKidneyCare.com](https://www.freseniuskidneycare.com)

