

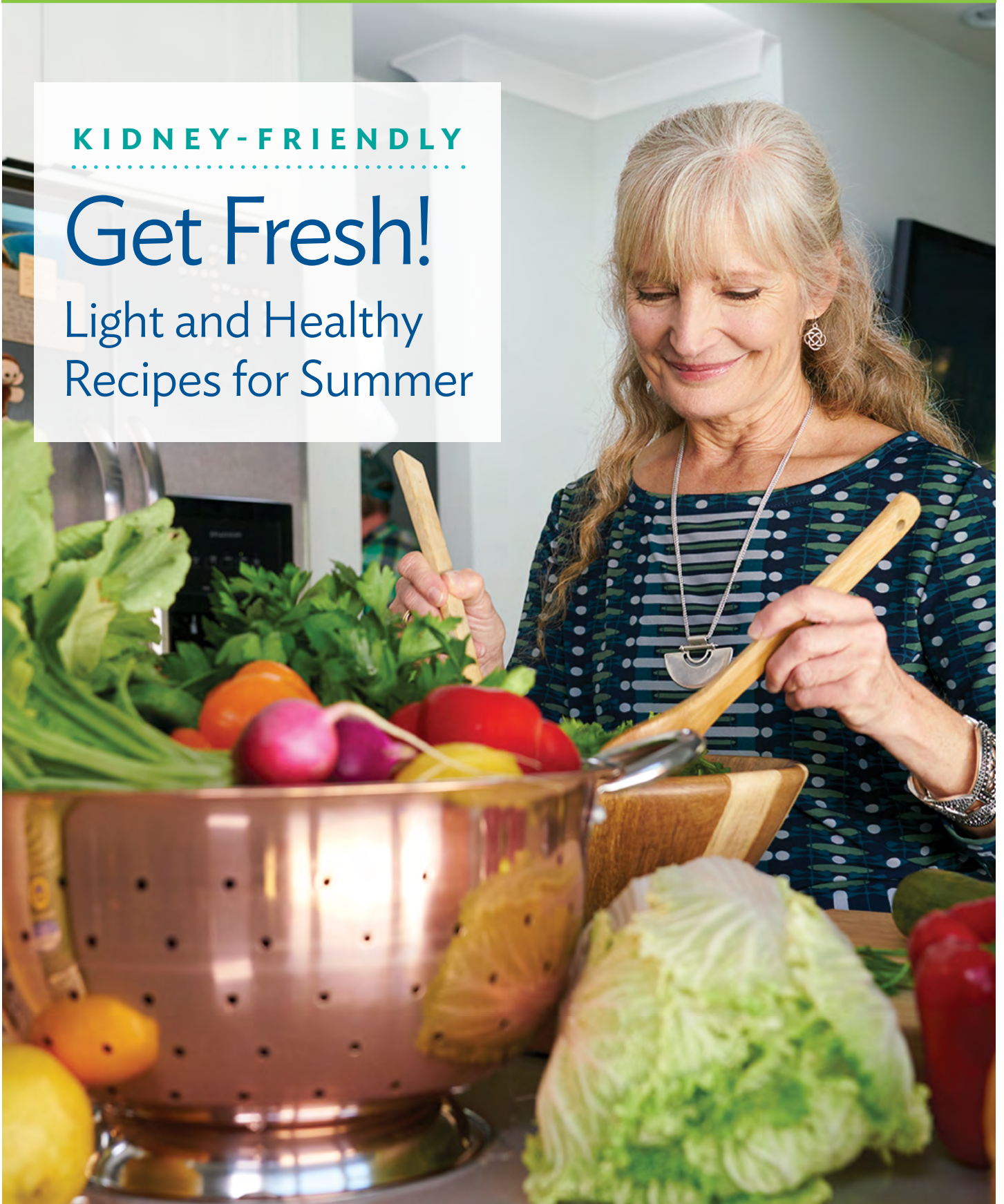


**FRESENIUS  
KIDNEY CARE**

KIDNEY-FRIENDLY

# Get Fresh!

Light and Healthy  
Recipes for Summer



**KIDNEY-FRIENDLY**

# Get Fresh!

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

Lemon Orzo Salad . . . . .	3
Heavenly Deviled Eggs . . . . .	4
Crunchy Lemon-Herbed Chicken . . . . .	5
Mediterranean Green Beans . . . . .	6
Hawaiian-Style Slow-Cooked Pulled Pork . . . . .	7
Crunchy Quinoa Salad . . . . .	8
Aromatic Herbed Rice . . . . .	9
Sweet and Crunchy Coleslaw . . . . .	10
Chewy Lemon-Ginger-Coconut Cookies . . . . .	11



### EXPERT TIP:

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.



# Lemon Orzo Salad

It don't mean a thing if your salad ain't got that zing! Rev up an orzo salad with lemon zest and Vidalia onions. Add Parmesan cheese and rosemary and savor the flavor.



Serves 4  
(1 serving = 1½ cups)

## Nutrition Per Serving

Calories	330 cal
Total Fat	22 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	3 mg
Sodium	79 mg
Carbohydrates	28 g
Protein	6 g
Phosphorus	134 mg
Potassium	376 mg
Dietary Fiber	5 g
Calcium	67 mg

## Ingredients

- ¾ cup or ¼ box orzo pasta
- ¼ cup fresh yellow peppers, diced
- ¼ cup fresh red peppers, diced
- ¼ cup fresh green peppers, diced
- ½ cup fresh red or Vidalia onion, diced
- 2 cups fresh zucchini, medium-cubed
- ¼ cup plus 2 tablespoons olive oil
- 3 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- 3 tablespoons grated Parmesan cheese
- 2 tablespoons fresh rosemary, chopped
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- ½ teaspoon red pepper flakes

## Directions

Cook orzo pasta according to box directions, drain and let sit. Do not rinse.

Sauté peppers, onions and zucchini on medium-high heat with 2 tablespoons oil in large pan until translucent.

Mix lemon juice, lemon zest, ¼ cup olive oil, cheese, rosemary, pepper, oregano and red pepper flakes in a large bowl.

Add sautéed vegetables and orzo pasta to the large bowl and fold gently until well mixed.

Chill or serve at room temperature.



### EXPERT TIP:

Enjoy vegetables that are in season like asparagus, spinach and carrots. Browse your local farmers market for fresh fruits and veggies in season!

# 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 whites on a plate.

Mash yolks with a fork and mix in mayonnaise, 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:

Shake off the salt! Use salt alternatives like smoked paprika, chili powder and lemon zest to add extra flavor to your meals.

# Crunchy Lemon-Herbed Chicken

Lemon, oregano, basil and thyme make this chicken dish irresistible. Panko bread crumbs add crunch.



Serves 4  
(1 serving = 3 ounces)

## Nutrition Per Serving

Calories	277 cal
Total Fat	16 g
Saturated Fat	8 g
Trans Fat	0 g
Cholesterol	139 mg
Sodium	141 mg
Carbohydrates	12 g
Protein	22 g
Phosphorus	226 mg
Potassium	347 mg
Dietary Fiber	1 g
Calcium	50 mg

## Ingredients

- 6 2-ounce chicken tenders
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon fresh basil, chopped
- 1 tablespoon fresh thyme, chopped
- ½ cup panko bread crumbs
- ¼ cup lemon juice, plus zest of 1 lemon
- 1 egg yolk
- 3 tablespoons water, divided
- 4 tablespoons butter

## Directions

Combine oregano, basil and thyme. Add half of this herb mixture to bread crumbs along with the zest of 1 lemon.

In a separate bowl, beat egg yolk with 1 tablespoon water.

Place chicken tenders between 2 pieces of plastic wrap and beat with small groove side of mallet until thin, but not ripped.

Dip chicken in egg wash mixture, then in bread crumb mixture until coated. Set aside.

Preheat 2 tablespoons butter in sauté pan over medium heat. Place breaded chicken in pan and cook, approximately 2–3 minutes each side.

Remove chicken and place on baking sheet pan to rest. In same sauté pan, add remaining herbs and lemon juice, then heat until simmering.

Turn off heat; add remaining 2 tablespoons butter to the sauce. Stir vigorously, adding remaining 2 tablespoons of water.

Slice the chicken then plate. Pour sauce over the top and add garnishes.

**TIP:** Use diced red bell peppers, lemon slices, parsley or finely diced shallots and scallions to add color and garnish.

# 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	4 g
Calcium	55 mg

## Ingredients

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

## Directions

Bring water to a boil in large, nonstick skillet. Add beans, cook 3 minutes, then drain and set aside.

Heat skillet over medium-high heat and add oil, then garlic and beans, and sauté for 1 minute.

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:

Looking to lower your phosphorus intake naturally? Try snacking on foods such as apples, berries and green beans.

# 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 16 (1 serving = 4 ounces)

## 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: 1 red onion or 4 radishes, ⅓ cup white vinegar and ¼ teaspoon sugar for pickled red onions or radishes (see TIP below)

## Directions

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

Rub the seasoning blend on all sides of the pork. Place pork in a slow cooker. Sprinkle with liquid smoke.

Add water to the slow cooker so that it's ¼–½" deep. Cook on high for 4–5 hours.

Remove pork from cooking liquid and shred meat using two forks.

**Optional garnish:** sliced pickled red onions or radishes

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



### EXPERT TIP:

Double-boil potatoes—white or sweet (yams)—to remove some potassium for a delicious, healthier side dish. Peel potatoes, then slice or dice into small pieces. Place potatoes in a pot with a large amount of water and bring to a boil. Drain, refill with fresh water and boil potatoes a second time until soft and tender.



# Crunchy Quinoa Salad

This crunchy, colorful salad combines the nutty flavor of protein-packed quinoa with tomatoes, cucumbers, green onions, fresh mint and parsley. Spoon the salad onto Bibb lettuce leaf “cups” for even more cool crunch.



Serves 8 (1 serving = ½ cup)

## Nutrition Per Serving

Calories	158 cal
Total Fat	9 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	2 mg
Sodium	46 mg
Carbohydrates	16 g
Protein	5 g
Phosphorus	129 mg
Potassium	237 mg
Dietary Fiber	2 g
Calcium	61 mg

## Ingredients

- 1 cup quinoa, rinsed
- 2 cups water
- 5 cherry tomatoes, diced
- ½ cup cucumbers, seeded and diced
- 3 green onions, chopped
- ¼ cup fresh mint, chopped
- ½ cup flat leaf parsley, chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- 4 tablespoons olive oil
- ½ head Boston or Bibb lettuce, separated into cups
- ¼ cup Parmesan cheese, grated

## Directions

Rinse quinoa under cold running water until clear, then drain well.

Place quinoa in a pan over medium-high heat and toast for 2 minutes, stirring frequently. Add 2 cups water and bring to a boil. Reduce heat to low, cover pan and simmer for 8–10 minutes. Let cool and fluff with a fork.

Combine the tomatoes, cucumbers and onions with the herbs, lemon juice, zest and olive oil. Add the cooled quinoa to the mixture.

Spoon the mixture into lettuce cups, then sprinkle Parmesan cheese on top.



# 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

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.

Turn off heat, add vinegar, mix well and serve.



### EXPERT TIP:

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

# Sweet and 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

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

# Chewy Lemon-Ginger-Coconut Cookies

Why settle for one flavor when you can have three? Made with lemon zest, fresh ginger and toasted coconut, these chewy cookies make the perfect dessert or afternoon treat.



2 dozen cookies  
(1 serving = 1 cookie)

## Nutrition Per Serving

Calories	97 cal
Total Fat	6 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	18 mg
Sodium	40 mg
Carbohydrates	11 g
Protein	1 g
Phosphorus	17 mg
Potassium	27 mg
Dietary Fiber	0 g
Calcium	4 mg

## Ingredients

1 cup toasted coconut (unsweetened)  
 ½ cup unsalted butter (1 stick)  
 ½ cup sugar  
 1 egg  
 2 tablespoons lemon juice  
 1 tablespoon lemon zest  
 1 tablespoon fresh ginger, peeled and chopped or grated  
 1¼ cups flour  
 ½ teaspoon baking soda

## Directions

Preheat oven to 350° F.

Spread unsweetened coconut on baking sheet tray, bake until edges are light brown, about 5–10 minutes.

Remove from oven and set aside in a bowl.

Cream the butter and sugar with electric mixer until light and fluffy. Add egg, lemon juice, lemon zest and chopped ginger and mix until smooth.

Sift together flour and baking soda. Stir the flour mixture into the butter mixture and mix until well blended.

Cover and chill for at least 30 minutes.

Scoop out tablespoon-size balls and roll them in the toasted coconut. Place balls at least 2 inches apart on lightly greased baking sheet tray.

Bake for 10–12 minutes until lightly brown on edges. Remove and cool on counter or a cool surface.

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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



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

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