



**FRESENIUS
KIDNEY CARE**



KIDNEY-FRIENDLY

Home cooking
for the holidays

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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.

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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.

Slow-Cooked Bavarian Pot Roast

Come home with dinner ready to go. Simmered with cloves, ginger, cinnamon and apples, this tasty pot roast is delicious comfort food—especially for fall and winter. Garnish with apple slices and serve.



Serves 12
(1 serving = 4 ounces)

Nutrition Per Serving

Calories	313 cal
Total Fat	22 g
Saturated Fat	9 g
Trans Fat	0 g
Cholesterol	101 mg
Sodium	73 mg
Carbohydrates	6 g
Protein	22 g
Phosphorus	202 mg
Potassium	373 mg
Dietary Fiber	1 g
Calcium	24 mg

Ingredients

3 pounds beef chuck roast
 1 teaspoon vegetable oil
 ½ teaspoon fresh ginger, ground
 ½ teaspoon pepper
 3 whole cloves
 2 cups apples, sliced
 ½ cup onions, sliced
 ½ cup apple juice or water
 4 tablespoons flour
 4 tablespoons water
 Optional garnish: fresh apple slices

Directions

Trim the beef roast of excess fat. Rinse and pat dry. Rub oil on the top of the roast, then sprinkle on ginger and pepper and insert whole cloves into the roast. Next, sear the pot roast on all sides in a hot pan with oil.

Place apples and onions into a slow cooker. Add the pot roast and pour apple juice over the entire roast.

Cover and cook on low for 10–12 hours or on high for about 5–6 hours.

Remove roast from slow cooker. Place it aside but keep it warm.

Strain the pot roast juices and pour them back into the slow cooker. Turn heat to high to reduce liquid and thicken it up.

Make a smooth paste with flour and water, then add it to the slow cooker, stirring as you combine.

Cover and cook until thickened. Pour over roast just before serving.



EXPERT TIP:

If you're on dialysis, aim for a healthy intake of protein—4 to 5 ounces, whether it's turkey or another source of protein.

Easier Than Your Mama's Meatloaf

Craving comfort food? Try this new take on a traditional favorite, made with garlic, panko bread crumbs, mayo, Worcestershire sauce and red pepper flakes. Use turkey or lean beef—either way, it satisfies.



Serves 4
(1 serving = ¼ meatloaf)

Nutrition Per Serving

Calories	367 cal
Total Fat	23 g
Saturated Fat	8 g
Trans Fat	1 g
Cholesterol	127 mg
Sodium	332 mg
Carbohydrates	14 g
Protein	25 g
Phosphorus	273 mg
Potassium	460 mg
Dietary Fiber	0.7 g
Calcium	32 mg

Ingredients

- 1 pound 85% lean ground beef or ground turkey
- 1 egg, beaten
- ½ cup panko bread crumbs
- 2 tablespoons mayonnaise
- Seasonings:
 - 1 teaspoon garlic powder
 - 1 teaspoon onion powder
 - 1 teaspoon Better Than Bouillon® Beef Base (low sodium)
 - 1 tablespoon low-sodium Worcestershire sauce
 - ½ teaspoon red pepper flakes

Directions

Preheat oven to 375° F.

Mix all ingredients (except ground beef or turkey) in a medium-size bowl until well incorporated. Add ground beef or turkey and mix.

Put mixture into meatloaf pan or form into an 8" x 4" oblong loaf or desired meatloaf shape or form into 2 individual-size meatloaves and place on a small baking sheet tray.

Cover with aluminum foil and bake 20 minutes, then remove foil and cook for an additional 5 minutes. Turn oven off and let rest in oven for 10 minutes before removing and serving.

TIP: Have extra mix? Shape into meatloaves and refrigerate at 40° F or below within 2 hours of preparation. Just thaw and heat the leftovers for another tasty meal or snack.



EXPERT TIP:

Stick to one 4-ounce drink and sip slowly to help limit fluids.

Dried Cranberry Fruit Bars

Treat yourself! Enjoy yummy cranberry topping layered on a buttery crust and dusted with powdered sugar. It's the perfect holiday treat or afternoon pick-me-up!



24 fruit bars
(1 serving = 1 bar)

Nutrition Per Serving

Calories	190 cal
Total Fat	7 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	46 mg
Sodium	34 mg
Carbohydrates	31 g
Protein	2 g
Phosphorus	34 mg
Potassium	28 mg
Dietary Fiber	0.6 g
Calcium	20 mg

Ingredients

Crust:

1½ cups all-purpose flour

1⅓ cups sugar

¾ cup unsalted butter (1½ sticks)

Topping:

½ cup all-purpose flour

1 teaspoon baking powder

1 cup dried cranberries

¾ cup sugar

4 large eggs

1 teaspoon vanilla extract

Powdered sugar for dusting (optional)

Directions

Preheat oven to 350° F.

In medium-size bowl, stir flour and sugar together; cut in unsalted butter until mixture clings together. Pat into ungreased 9" x 13" baking pan. Bake for 10 minutes until lightly browned.

In small bowl, make topping by sifting flour and baking powder together. Toss in dried cranberries. Set aside.

In medium-size bowl, mix sugar, eggs and vanilla. Add flour mixture. Pour into baked crust. Bake for 20–25 minutes.

Cut into 24 bars while warm and dust with powdered sugar.



EXPERT TIP:

Just say "NO" to salt and salty foods.

Classic Beef Stroganoff with Egg Noodles

Rich and flavorful, this take on the classic ground beef stroganoff dish calls for hearty, spiced meatballs tossed in a creamy sauce with lightly buttered, herbed egg noodles. Comfort food that's simply delish!



Serves 6
(1 serving = 10 ounces)

Nutrition Per Serving

Calories	490 cal
Total Fat	32 g
Saturated Fat	11 g
Trans Fat	1 g
Cholesterol	120 mg
Sodium	598 mg
Carbohydrates	30 g
Protein	20 g
Phosphorus	230 mg
Potassium	423 mg
Dietary Fiber	1.8 g
Calcium	56 mg

Ingredients

- 1 cup onions, finely diced
- 1 egg, beaten
- 2 tablespoons French's® Worcestershire sauce, reduced sodium
- ¼ cup bread crumbs
- 1 tablespoon mayonnaise
- 1 tablespoon tomato sauce, no salt added
- 1 teaspoon ground black pepper, divided
- 1 pound ground beef
- 3 tablespoons canola oil
- 2 tablespoons flour
- 3 cups water
- 4 teaspoons Better Than Bouillon® beef, reduced sodium
- ¼ cup sour cream
- 2 tablespoons chives
- 6 ounces (½ package) wide egg noodles, cooked
- 2 tablespoons butter, unsalted, cold and cubed
- ¼ cup parsley
- 1 tablespoon rosemary, chopped

Directions

In a large bowl, mix the first 6 ingredients and half of the black pepper. Add ground beef and mix well. Make 16 same-sized meatballs.

In a large sauté pan on medium heat, cook stroganoff meatballs until browned. Slide all meatballs to one side, add oil and flour to the pan and stir until well-mixed. Add water, the remaining black pepper and bouillon. Stir until thickened, about 10 minutes.

Turn off heat and stir in sour cream and chives, then serve over egg noodles.

Pasta: Add egg noodles to pot/large sauté pan with 2 tablespoons of water, heat and stir until warm, then turn off heat. Stir in butter, parsley and rosemary until everything is incorporated.

Herb-Crusted Roast Leg of Lamb

Rubbed with a blend of spices to enhance its natural flavor, this leg of lamb comes out tender and super juicy. Buy a bone-in leg if you want the most flavorful cut.



Serves 12
(1 serving = 4 ounces)

Nutrition Per Serving

Calories	292 cal
Total Fat	20 g
Saturated Fat	9 g
Trans Fat	0 g
Cholesterol	86 mg
Sodium	157 mg
Carbohydrates	2 g
Protein	24 g
Phosphorus	232 mg
Potassium	419 mg
Dietary Fiber	0 g
Calcium	19 mg

Ingredients

- 1 4-pound leg of lamb
- 3 tablespoons lemon juice, divided
- 1 tablespoon curry powder
- 2 cloves garlic, minced
- ½ teaspoon ground black pepper
- 1 cup onions, sliced
- ½ cup dry vermouth

Directions

Preheat oven to 400° F.

Place leg of lamb on a roasting pan. Sprinkle with 1 teaspoon of lemon juice.

Make paste with 2 teaspoons of lemon juice and the rest of the spices. Rub the paste onto the lamb.

Roast lamb in oven for 30 minutes.

Drain off fat and add onions and vermouth.

Reduce heat to 325° F and cook for an additional 1¾–2 hours. Baste leg of lamb frequently. When internal temperature is 145° F, remove from oven and let rest 3 minutes before serving.



EXPERT TIP:

Remember to have your phosphorus binders with you at your holiday meal.

Fluffy Homemade 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 plus 1 tablespoon canola oil (for cooking)

Directions

Warm up a skillet on medium heat.

Combine wet ingredients in a bowl. In a separate bowl, combine dry ingredients. Add dry ingredient mixture to wet mixture with a whisk, stirring until moist.

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.

Move to serving dish.

For a healthier twist, serve with fresh berries and a side of eggs.

TIP: Freeze leftover buttermilk pancakes and reheat for a quick breakfast.



EXPERT TIP:

Use a smaller plate to help control portion sizes.

Crunchy Green Bean Casserole

Topped with super crunchy panko bread crumbs, crushed tortilla chips and cheese, this spicy green bean casserole isn't your typical side dish. In fact, we'll bet you've never enjoyed green beans this much!



Serves 6
(1 serving = 3 ounces)

Nutrition Per Serving

Calories	122 cal
Total Fat	6 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	14 mg
Sodium	221 mg
Carbohydrates	11 g
Protein	4 g
Phosphorus	49 mg
Potassium	219 mg
Dietary Fiber	2.4 g
Calcium	88 mg

Ingredients

- 12 ounces fresh string green beans
- 2 tablespoons hot sauce
- ¼ cup gorgonzola or sharp cheddar cheese, crumbled or shredded
- 2 tablespoons butter, unsalted, melted
- ½ cup panko bread crumbs
- 2 tablespoons green onions, chopped
- ½ cup plain unsalted tortilla chips, crushed

Directions

Preheat oven to 375° F.

Chop green beans to ~2-inch pieces (steam for 5–7 minutes on a microwave-safe plate covered with a damp paper towel).

Mix cut string green beans with the hot sauce. Pour mixture into a casserole dish.

Mix remaining ingredients in a small bowl. Sprinkle mixture evenly over string green beans and bake green bean casserole uncovered in oven for 12–15 minutes or until desired crispness, then serve.



EXPERT TIP:

Do you want second helpings? Wait 10 minutes and, if still hungry, go back for more vegetables.

Very Berry Bread Pudding

What makes this easy-to-make bread pudding so *berry* delicious? It contains a tasty medley of mixed berries combined with warm spice notes of orange zest, cinnamon and vanilla.



Serves 10
(1 serving = 1-cup portion)

Nutrition Per Serving

Calories	392 cal
Total Fat	23 g
Saturated Fat	12 g
Trans Fat	1 g
Cholesterol	189 mg
Sodium	231 mg
Carbohydrates	36 g
Protein	9 g
Phosphorus	134 mg
Potassium	172 mg
Dietary Fiber	2.2 g
Calcium	65 mg

Ingredients

6 eggs, beaten
2 cups heavy cream
½ cup sugar
2 teaspoons vanilla
1 tablespoon orange zest
½ teaspoon cinnamon
8 cups cubed challah bread
12-ounce bag frozen berry medley, thawed
Whipped cream

Directions

Preheat the oven to 375° F.

Beat eggs, cream, sugar, vanilla, orange zest and cinnamon until smooth.

Mix in bread cubes and fruit with hands.

Pour into buttered/greased pan and bake, covered in foil, for 35 minutes. If using butter, make sure it is unsalted.

Remove foil and bake for 15 additional minutes.

Turn off oven and let sit in oven for 10 minutes.

Cut, then serve topped with whipped cream.

TIPS: Serve as a special breakfast treat or for holiday brunch. If you wish to store or make it ahead of time, Very Berry Bread Pudding can be frozen until ready to thaw and reheat.



EXPERT TIP:

Select a small slice of a lower-potassium fruit pie instead of pumpkin, sweet potato or nut pies.

Festive Cream Cheese Sugar Cookies

Make these classic, easy and delightful sugar cookies—and every day can feel like a holiday. Use simple or playful cookie cutters and sprinkle with colored sugar. Use your creativity and get oohs and aahs!



Serves 48
(1 serving = 1 cookie)

Nutrition Per Serving

Calories	79 cal
Total Fat	5 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	16 mg
Sodium	33 mg
Carbohydrates	9 g
Protein	1 g
Phosphorus	11 mg
Potassium	11 mg
Dietary Fiber	0 g
Calcium	4 mg

Ingredients

1 cup sugar
1 cup butter, unsalted, softened
3 ounces cream cheese, softened
½ teaspoon salt
¼ teaspoon almond extract
½ teaspoon vanilla extract
1 large egg, separated
2¼ cups all-purpose flour
Optional garnish: colored sugar

Directions

In a large bowl, combine sugar, butter, cream cheese, salt, almond extract, vanilla extract and egg yolk. Blend well. Stir in flour until well-blended.

Chill cookie dough for 2 hours in the refrigerator.

Preheat oven to 350° F.

On a lightly floured surface, roll out the dough, one-third at a time to ¼-inch thickness. Cut into desired shapes with lightly floured cookie cutters.

Place them 1 inch apart on ungreased cookie sheets. Leave cookies plain or brush with slightly beaten egg white and sprinkle with colored sugar, if desired.

Bake cream cheese cookies for 7–9 minutes or until light golden brown. Let cool completely before serving.

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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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