



Summer snacks to share



Eating well is an important part of feeling your best and staying healthy when you're living with kidney disease. The good news is we have plenty of delicious, kidney-friendly summer snacks to try and share with friends too. Grab a plate and get ready to dig into these tasty seasonal recipes.

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Cucumber Cups Stuffed with Buffalo Chicken Salad

Opposites attract! Hot and spicy Buffalo chicken meets the cool, refreshing flavor of cucumber in these delicious appetizer cups. Great for snacks or light meals, too.



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Serves 8 (1 serving = 2–3 ounces)

Prep time: 15 minutes

Total time: 45 minutes

NUTRITION PER SERVING

Calories	155 cal	Cholesterol	53 mg	Phosphorus	159 mg
Total Fat	13 g	Sodium	252 mg	Potassium	283 mg
Saturated Fat	3 g	Carbohydrates	4 g	Dietary Fiber	0.6 g
Trans Fat	0 g	Protein	18 g	Calcium	47 mg

INGREDIENTS

- ½ teaspoon black pepper
- 1 teaspoon smoked paprika
- ½ teaspoon Italian seasoning
- 1 teaspoon cayenne pepper
- 2 tablespoons hot sauce
- ½ cup Kraft® mayonnaise
- ¼ cup blue cheese crumbs
- 2 tablespoons lemon juice
- 1 tablespoon fresh garlic, chopped
- 2 tablespoons fresh chives, chopped
- 3 cups cooked chicken breast, diced or shredded
- 2 large seedless cucumbers sliced into 1-inch pieces, with half of their centers scooped out (15–20 slices)
- ¼ cup fresh parsley, chopped, for garnish

DIRECTIONS

1. Combine all ingredients except the chicken and cucumbers in a medium-size bowl.
2. Stir in chicken and mix until well coated. Set aside in refrigerator for about 30 minutes.
3. Remove from refrigerator and spoon equal amounts (about 1–2 teaspoons) into each cucumber slice. Garnish with chopped parsley.



Cucumbers can run a little small or big, so be sure to get one at least 15 inches long or 2 smaller ones.

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	Carbohydrates	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 and
¼ teaspoon of sugar

DIRECTIONS

1. Combine black pepper, paprika, onion, and garlic powder in a small bowl.
 2. Rub the seasoning blend on all sides of the pork. Place pork into a slow cooker or a crock-pot. Sprinkle with liquid smoke.
 3. Add enough water to the slow cooker or crock-pot 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 a ⅓ cup of white vinegar and a ¼ teaspoon of sugar for 1 hour. Drain and use as a garnish.



Shredded or pulled pork can be used in a variety of ways. Serve it over rice, add it to soup or create a high-protein breakfast by adding it to scrambled eggs.

Lemon Orzo Spring Salad

It don't mean a thing if your spring 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.



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Serves 4 (1 serving = 1 ½ cup)

Prep time: 10 minutes

Total time: 15 minutes

NUTRITION PER SERVING

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

INGREDIENTS

- ¾ cup of 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 and 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

1. Cook orzo pasta according to box directions, drain, and let sit. (Do not rinse.)
2. Sauté peppers, onions, and zucchini on medium-high heat with 2 tablespoons of oil in a large pan until translucent.
3. Mix lemon juice, lemon zest, ¼ cup olive oil, cheese, rosemary, pepper, oregano, and red pepper flakes in a large bowl.
4. Add sautéed vegetables and orzo pasta into the large bowl and fold gently until well mixed.
5. Chill or serve at room temperature.

Not Too Spicy for Your Mama

Chipotle Wings

Tasty, yes, but not too spicy. Just what's in the sauce? Chipotle peppers in adobo sauce, honey, butter, black pepper, and chives. Ooh, Mama!



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Serves 4 (1 serving = 4 pieces)

Prep time: 20 minutes

Total time: 25 minutes

NUTRITION PER SERVING

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

DIRECTIONS

1. Preheat oven to 400° F.
2. Place the precut wings on a large greased nonstick baking sheet tray.
3. 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.
4. Add the remaining ingredients to a large bowl and combine with a rubber spatula until well mixed.
5. Remove the wings from the oven and toss in the sauce until evenly coated. Transfer to a large platter and serve.



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



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

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.



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Serves 12 (1 serving = ½ cup)

Prep time: 10 minutes

Total time: 10 minutes

NUTRITION PER SERVING

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

Mexican Pasta Salad with Creamy Avocado Dressing

Everyone will love this Mexican-inspired pasta salad recipe. We lighten up the creamy dressing with avocado for a healthier version of a picnic favorite.



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Serves 6 (1 serving = 1 cup)

Prep time: 20 minutes

Total time: 25 minutes

NUTRITION PER SERVING

Calories	297 cal	Cholesterol	0 mg	Phosphorus	193 mg
Total Fat	13.3 g	Sodium	349 mg	Potassium	346 mg
Saturated Fat	3.4 g	Carbohydrates	37.9 g	Dietary Fiber	6.4 g
Trans Fat	0 g	Protein	10.1 g	Calcium	99 mg

INGREDIENTS

Dressing

- ½ ripe avocado
- ¼ cup mayonnaise
- 2 tablespoons lime juice
- 1 small clove garlic, grated
- ½ teaspoon salt
- ¼ teaspoon cumin

Pasta salad

- 8 ounces whole-wheat fusilli (about 3 cups)
- 1 cup halved grape or cherry tomatoes
- ½ cup canned black beans, rinsed
- ½ cup corn, fresh or frozen (thawed)
- ½ cup shredded Cheddar cheese
- ¼ cup diced red onion
- ¼ cup chopped fresh cilantro

DIRECTIONS

1. To prepare dressing: Combine avocado, mayonnaise, lime juice, garlic, salt, and cumin in a mini food processor. Puree until smooth. If you don't have a food processor, you can use a small mixing bowl and fork or whisk to mix until smooth.
2. To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, rinse with cold water, then drain again. Transfer to a large bowl. Stir in tomatoes, beans, corn, Cheddar, onion, and cilantro. Add the dressing and toss to coat.



Cover and refrigerate, without dressing, for up to 1 day. Toss with the dressing about 1 hour before serving.

Vegan Thai Cucumber Salad

This sweet and tangy salad of cucumber, scallions, and pepper is packed with vibrant Thai flavors and a bit of extra crunch from dry-roasted peanuts. If possible, use a red jalapeño (or chile) to brighten the salad with a few specks of red. Cut the heat by removing the seeds before chopping.



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6 (1 serving = 1 cup)

Prep time: 15 minutes

Total time: 45 minutes

NUTRITION PER SERVING

Calories	105 cal	Cholesterol	0 mg	Phosphorus	45 mg
Total Fat	7.9 g	Sodium	179 mg	Potassium	197 mg
Saturated Fat	1 g	Carbohydrates	7 g	Dietary Fiber	1.4 g
Trans Fat	0 g	Protein	2.7 g	Calcium	22 mg

INGREDIENTS

- ¼ cup lime juice
- 2 tablespoons avocado oil or peanut oil
- 1½ tablespoons low-sodium tamari or soy sauce
- 1 tablespoon brown sugar
- 1 small red jalapeño pepper or other fresh chile pepper, finely chopped
- 1 scallion, thinly sliced
- 2 English cucumbers, halved, seeded and thinly sliced
- ¼ cup chopped fresh cilantro
- ¼ cup chopped unsalted dry-roasted peanuts

DIRECTIONS

1. Stir lime juice, oil, tamari (or soy sauce), brown sugar, jalapeño (or chile), and scallion together in a large bowl. Add cucumbers, cilantro, and peanuts and stir to coat. Let stand for about 30 minutes, stirring occasionally, to marinate the cucumbers.



People with celiac disease or gluten sensitivity should use soy sauces that are labeled “gluten-free,” as soy sauce may contain wheat or other gluten-containing sweeteners and flavors.



TO MAKE AHEAD

Transfer the salad to an airtight container, refrigerate for up to 1 day.

Strawberry Fruit Salad

This summer berry fruit salad recipe makes enough for a crowd. Serve with granola and yogurt at brunch, as a healthy potluck side, or halve the recipe to serve 4.



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Serves 8 (1 serving = 3/4 cups)

Prep time: 10 minutes

Total time: 40 minutes

NUTRITION PER SERVING

Calories	70 cal	Cholesterol	0 mg	Phosphorus	38 mg
Total Fat	0.6 g	Sodium	3 mg	Potassium	252 mg
Saturated Fat	0 g	Carbohydrates	17 g	Dietary Fiber	4.3 g
Trans Fat	0 g	Protein	1.4 g	Calcium	35 mg

INGREDIENTS

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 6 cups hulled fresh strawberries, halved (or quartered if large)
- 2 cups fresh blackberries
- ¼ cup finely chopped fresh mint

DIRECTIONS

1. Whisk honey and lemon juice in a large bowl. Add strawberries and blackberries; gently toss to coat. Let stand for at least 30 minutes and up to 1 hour. Stir in mint just before serving.

Pineapple Smoothie

A touch of pineapple-orange juice concentrate adds even more pineapple flavor to this refreshing smoothie.



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Serves 2 (1 serving = 1 cup)

Prep time: 10 minutes

Total time: 10 minutes

NUTRITION PER SERVING

Calories	148 cal	Cholesterol	1 mg	Phosphorus	100 mg
Total Fat	0.2 g	Sodium	45 mg	Potassium	364 mg
Saturated Fat	0.1 g	Carbohydrates	34.1 g	Dietary Fiber	1.4 g
Trans Fat	0 g	Protein	4 g	Calcium	132 mg

INGREDIENTS

- 1 cup cubed fresh or drained canned pineapple
- ¼ cup frozen pineapple-orange-juce concentrate
- ½ cup nonfat vanilla yogurt
- ¼ cup water
- 2 ice cubes, crushed

DIRECTIONS

1. Combine pineapple, pineapple-orange-juice concentrate, yogurt, water, and ice cubes in a blender; blend until smooth and frothy. Serve immediately.

Cherry Sorbet

Try this cherry sorbet recipe with a dollop of lightly sweetened whipped cream or some more chopped cherries on top.



8 (1 serving = 1/2 cup)

Prep time: 15 minutes

Total time: 40 minutes

NUTRITION PER SERVING

Calories	46 cal	Cholesterol	0 mg	Phosphorus	12 mg
Total Fat	0.2 g	Sodium	3 mg	Potassium	134 mg
Saturated Fat	0 g	Carbohydrates	11.3 g	Dietary Fiber	1.2 g
Trans Fat	0 g	Protein	0.8 g	Calcium	13 mg

INGREDIENTS

- 4 cups pitted sour or sweet cherries, fresh or frozen (not thawed)
- 1 cup water
- 2-4 tablespoons confectioners' sugar, or superfine sugar

DIRECTIONS

1. Puree cherries, water, and sugar to taste in a blender until smooth. Strain through a fine sieve, pressing on the solids to extract as much liquid as possible. (Discard solids.) Process in an ice cream maker according to the manufacturer's directions until firm and slushy. Transfer to an airtight container and freeze until ready to serve.



TIP

VARIATION: No ice cream maker? Pour the strained mixture into a 9-by-13-inch baking pan and place the pan on a level surface in your freezer. Freeze, stirring and scraping with a fork every 30 minutes, moving the frozen edges in toward the center and crushing any lumps, until firm and slushy, 2½ to 3 hours.



NOTE

TO MAKE AHEAD
Freeze in an airtight container for up to 1 week.

Watermelon Fruit Pizza

This refreshing fruit dessert pizza recipe swaps classic cookie crust with a healthier watermelon “crust.” Topped with yogurt sauce, your favorite berries, and mint, this fresh dessert can easily be doubled for a party or halved for every day.



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8 servings (1 serving = 1 slice)

Prep time: 10 minutes

Total time: 10 minutes

NUTRITION PER SERVING

Calories	64 cal	Cholesterol	0 mg	Phosphorus	44 mg
Total Fat	0.6 g	Sodium	13 mg	Potassium	237 mg
Saturated Fat	0.2 g	Carbohydrates	14.6 g	Dietary Fiber	1.4 g
Trans Fat	0 g	Protein	1.9 g	Calcium	46 mg

INGREDIENTS

- ½ cup low-fat plain yogurt
- 1 teaspoon honey
- ¼ teaspoon vanilla extract
- 2 large round slices watermelon (about 1 inch thick), cut from the center of the melon
- ⅔ cup sliced strawberries
- ½ cup halved blackberries
- 2 tablespoons torn fresh mint leaves

DIRECTIONS

1. Combine yogurt, honey, and vanilla in a small bowl.
2. Spread ¼ cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries, and mint.

Summer snacks to share



KIDNEY-FRIENDLY COOKBOOK

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You can go to a party.

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Diana Croxton

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