



*DaVita*®

Kidney Diet  
**Delights**

Kidney-Friendly Fall Recipes  
from the DaVita Kitchen

**Vol. 5**



# Kidney Diet Delights

Dear Reader,

We are delighted to share the newest collection of fall recipes from our library of over 800 kidney-friendly recipes. Originally developed by DaVita® dietitians to better serve our more than 168,000 patients, these recipes are available to the entire kidney care community online at [DaVita.com/Recipes](http://DaVita.com/Recipes).

As part of our commitment to improving patients' quality of life, DaVita provides a wide range of health and nutrition resources on DaVita.com, such as the DaVita Diet Helper™. We hope this resource guide helps you and the ones you love manage your diet and enjoy it at the same time. If you aren't on dialysis and want information about how to help slow the progression of kidney disease, take advantage of all the resources available to you on DaVita.com.

If you are on or beginning dialysis, another way you can help improve your quality of life is by finding the right treatment option for your lifestyle. With more than 2,100 dialysis centers across the United States and DaVita's breadth of treatment options, we have you covered:

- Home Peritoneal Dialysis (PD)
- Home Hemodialysis (HHD)
- In-Center Hemodialysis
- In-Center Nocturnal Dialysis
- In-Center Self Care Hemodialysis

To learn more about DaVita treatment options, to find a dialysis center nearest you, or to request treatment during vacation travel, call DaVita Guest Services at 1-877-9-DAVITA (932-8482) or visit [DaVita.com](http://DaVita.com), one of the world's best sources for kidney care information.

From our kitchen to yours, happy cooking!

Sincerely,  
Your DaVita Care Team

## Manage Your Diet with DaVita's Online Diet Tools

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Manage your kidney diet by finding values for 10 nutrients.



Cooler-  
Morning  
Breakfast



## Cooler-Morning Breakfast

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Mushroom & Red Pepper Omelet

Recipe created exclusively for DaVita.com by **DaVita dietitian Sara, RD, CSR, CDE, from California.**

**Portions: 2**      **Serving size: 1/2 omelet**

Calories: 199, Protein: 11 g, Carbohydrates: 4 g, Fat: 15 g, Cholesterol: 341 mg, Sodium: 276 mg, Potassium: 228 mg, Phosphorus: 167 mg, Calcium: 55 mg, Fiber: 0.6 g. [Renal and renal diabetic food choices](#), 1-1/2 meat, 2 fat, 1/2 vegetable, medium potassium. [Carbohydrate choices](#), 0.

## Ingredients

- 1/2 cup raw mushroom pieces
- 2 tablespoons onion
- 1/4 cup canned sweet red peppers
- 2 teaspoons butter
- 3 large eggs
- 1 teaspoon Worcestershire sauce
- 2 tablespoons whipped cream cheese
- 1/4 teaspoon black pepper

## Preparation

1. Dice mushrooms, onion and red peppers.
2. Melt 1 teaspoon butter or margarine in a skillet over medium heat. Add mushrooms and onion; sauté 5 minutes until onion is tender. Stir in diced red pepper. Remove vegetables from skillet and set aside.
3. Melt 1 teaspoon butter or margarine in the skillet. Beat eggs, add Worcestershire sauce and cook over medium heat.
4. When eggs are partially cooked, top with vegetable mixture. Place dollops of whipped cream cheese over vegetables. Continue cooking until eggs are set.
5. Remove from heat and fold omelet in half. Sprinkle with pepper. Divide into two portions and serve.

## Helpful hints

- Compare sodium content on bottled or canned red peppers.
- Cook the omelet evenly by shaking the pan and gently lifting edges to allow uncooked egg to run underneath cooked egg.

## Stay Employed, Stay Healthy

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## Cooler-Morning Breakfast

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Multigrain Hot Cereal

Recipe created by **DaVita patient Ted** and submitted by **DaVita renal dietitian Lynn from Maryland**.

**Portions: 2**      **Serving size: 3/4 cup**

Calories: 150, Protein: 5 g, Carbohydrates: 30 g, Fat: 1 g, Cholesterol: 0 mg, Sodium: 7 mg, Potassium: 87 mg, Phosphorus: 91 mg, Calcium: 15 mg, Fiber: 3.0 g. [Renal and renal diabetic food choices](#), 2 starch. [Carbohydrate choices](#), 2

### Ingredients

- 1-3/4 cups water
- 2 tablespoons old fashioned grits, uncooked
- 1 tablespoon bulgur, uncooked
- 1 tablespoon roasted whole buckwheat, uncooked
- 1 tablespoon steel-cut oats, uncooked
- 3 tablespoons plain couscous, uncooked

### Preparation

1. Boil water in a 1-1/2 quart covered pot.
2. Add grits; stir briefly.
3. Add bulgur, buckwheat and oats; stir briefly.
4. Reduce heat to a vigorous simmer; liberally spray nonstick cooking spray on simmering surface.
5. Cover pot; simmer for 25 minutes.
6. Remove pot from burner; stir in couscous.
7. Let pot stand covered for 8 minutes, then serve.

### Helpful hints

- If desired, drizzle with honey or your favorite sweetener. Add unsalted margarine or butter, blueberries or dried cranberries before serving.
- If cereal is too thick, thin by adding water or milk substitute in half-ounce increments.

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## Cooler-Morning Breakfast

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Individual Frittatas

Recipe submitted by **DaVita renal dietitian Kimberly from Virginia.**

**Portions: 8**      **Serving size: 1 frittata**

Calories: 186, Protein: 8 g, Carbohydrates: 16 g, Fat: 10 g, Cholesterol: 111 mg, Sodium: 186 mg, Potassium: 165 mg, Phosphorus: 147 mg, Calcium: 54 mg, Fiber: 1.3 g. [Renal and renal diabetic food choices](#), 1 meat, 1/2 starch, 1 vegetable, low potassium, 1 fat. [Carbohydrate choices](#), 1.

## Ingredients

- 1 pound frozen hash brown potatoes
- 4 large eggs
- 1 tablespoon liquid nondairy creamer
- 1/8 teaspoon black pepper
- 2 ounces cooked lean ham
- 2 tablespoons red bell pepper
- 2 tablespoons green bell pepper
- 2 tablespoons onion
- 1/2 cup low-fat cheddar cheese, shredded

## Preparation

1. Soak hash brown potatoes for 4 hours and drain. Rinse and squeeze out excess water.
2. Preheat oven to 375° F.
3. Coat eight muffin tin holes with cooking spray.
4. Using a 1/3 cup measure, place hash browns in muffin cups and press potato in the bottom and up the sides of each muffin cup.
5. Spray hash browns with cooking spray. Place in oven and cook for 15 minutes.
6. Finely chop ham, peppers and onion.
7. Reduce oven temperature to 350° F.
8. Beat eggs and nondairy creamer together in a medium bowl; season with black pepper. Add ham, peppers, onion and cheese to egg mixture and combine.
9. Press partially baked hash browns down firmly with a spoon so that they are spread out like mini piecrusts. (Potatoes should cover bottom and sides of each muffin hole.)
10. Pour about 1/4-cup egg mixture into the center of each muffin hole.
11. Return pan to oven and cook until potatoes are crisp and golden and the egg mixture is set, about 15 to 20 minutes.
12. Remove from oven and let sit about 5 minutes before serving.

## Helpful hint

- Skip step #1 if you do not need to limit potassium. Soaking the hash brown potatoes helps reduce the potassium level of frittatas from 327 to 165 mg for those who are on a low-potassium diet.

## Get No-Cost Kidney Care Education

Learn how to manage your kidney health during a class in your community.

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## Travel with Confidence

From touring big city lights to fall colors, DaVita patients continue to travel to dialysis-friendly destinations.



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- Steven M.,  
DaVita Rx Patient

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\*Services and insurance coverage may vary by state





Comforting  
Lunch



## Comforting Lunch

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Easy Turkey Sloppy Joes

Recipe submitted by **DaVita renal dietitian Tammy from Louisiana.**

**Portions: 6**

**Serving size: 1/6 recipe on 1 hamburger bun**

Calories: 290, Protein: 24 g, Carbohydrates: 28 g, Fat: 9 g, Cholesterol: 58 mg, Sodium: 288 mg, Potassium: 513 mg, Phosphorus: 237 mg, Calcium: 86 mg, Fiber: 1.8 g. [Renal and renal diabetic food choices](#), 3 meat, 2 starch, 1 vegetable, medium potassium. [Carbohydrate choices](#), 2.

## Ingredients

- 1/2 cup red onion
- 1/2 cup green bell pepper
- 1-1/2 pounds ground turkey, 7% fat
- 1 tablespoon Mrs. Dash® Chicken Grilling Blend seasoning
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 1 cup low-sodium tomato sauce
- 6 hamburger buns

## Preparation

1. Chop onion and bell pepper.
2. Place in a large skillet with turkey and cook over medium high heat until turkey is cooked through. Do not drain.
3. In a small bowl, mix together the Mrs. Dash® seasoning, sugar, Worcestershire sauce and tomato sauce.
4. Add seasonings to the turkey mixture. Reduce heat to simmer and cook for 10 minutes.
5. Divide into six portions and serve on hamburger buns.

## Helpful hints

- To save preparation time, use frozen chopped onions and bell pepper.
- For a lower-protein diet, reduce turkey to 1 pound or adjust portion according to your diet plan.

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HealthPortal](https://www.davita.com/HealthPortal)**



## Comforting Lunch

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Turkey, Wild Rice and Mushroom Soup

Recipe submitted by **DaVita renal dietitian Sarah from Kansas.**

**Portions: 6**

**Serving size: 1-1/3 cups**

Calories: 210, Protein: 23 g, Carbohydrates: 15 g, Fat: 5 g, Cholesterol: 35 mg, Sodium: 270 mg, Potassium: 380 mg, Phosphorus: 200 mg, Calcium: 32 mg, Fiber: 2.3 g. [Renal and renal diabetic food choices](#), 3 meat, 1 starch, 1/2 vegetable, low potassium. [Carbohydrate choices](#), 1.

## Ingredients

- 1/2 cup onion
- 1/2 cup red bell pepper
- 1/2 cup carrots
- 2 garlic cloves
- 2 cups turkey, cooked
- 5 cups low-sodium chicken broth
- 1/2 cup quick-cooking wild rice, uncooked
- 1 tablespoon olive oil
- 4 ounces canned sliced mushrooms
- 2 bay leaves
- 1/4 teaspoon Mrs. Dash® Original herb seasoning blend
- 1-1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

## Preparation

1. Chop onion, bell pepper and carrots. Mince garlic. Shred turkey.
2. Bring 1-3/4 cups broth to boil in a sauce pan over medium heat; add quick-cooking wild rice to pan and bring to a boil. Reduce to medium-low heat. Cover and simmer for 5 minutes or until liquid is absorbed. Set aside.
3. Heat oil in a Dutch oven over medium-high heat. Add onion, bell pepper, carrots and garlic. Sauté, stirring occasionally.
4. Drain and rinse mushrooms, then add to vegetables.
5. Add remaining 3-1/4 cups broth, bay leaves, turkey, Mrs. Dash seasoning, thyme, salt and pepper to pan. Cook until thoroughly heated, stirring occasionally.
6. Remove bay leaves and add cooked wild rice to soup. Serve immediately.

## Helpful hints

- Substitute 1 cup fresh mushroom pieces for canned mushrooms if desired.
- For a lower-protein diet reduce turkey to 1 cup instead of 2 cups. Protein is reduced to 17 grams per serving.

## Read DaVita Kidney Diet Tips

Check out timely blog posts from DaVita dietitians about nutrition.

Visit  
[DaVita.com/KidneyTips](https://www.DaVita.com/KidneyTips)

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## Comforting Lunch

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Spaghetti Squash Parmigiano

Recipe submitted by **DaVita renal dietitian Melissa from Massachusetts.**

**Portions: 8**      **Serving size: 3/4 cup**

Calories: 138, Protein: 5 g, Carbohydrates: 7 g, Fat: 10 g, Cholesterol: 11 mg, Sodium: 200 mg, Potassium: 160 mg, Phosphorus: 110 mg, Calcium: 162 mg, Fiber: 1.7 g. [Renal and renal diabetic food choices](#), 1/2 meat, 1 vegetable, medium potassium, 1-1/2 fat. [Carbohydrate choices](#), 1/2.

## Ingredients

- 1 medium spaghetti squash, approximately 5 pounds
- 4 tablespoons olive oil
- 1/4 teaspoon black pepper
- 1/8 teaspoon red chili flakes
- 2 garlic cloves
- 1 medium shallot
- 3/4 cup grated Parmigiano-Reggiano cheese

## Preparation

1. Preheat oven to 375° F.
2. Pierce spaghetti squash with a fork. Microwave for 5 minutes to soften. Cut the spaghetti squash in half and remove seeds and membranes.
3. Rub squash with olive oil. Place squash cut side down on a lightly greased baking sheet and bake for 50 minutes. Remove squash from oven and set aside to cool enough to be easily handled.
4. Finely chop garlic and shallot. Finely grate Parmigiano-Reggiano cheese.
5. Heat 1 tablespoon olive oil in a skillet over medium heat. Add garlic and shallot; cook and stir until fragrant, 2-3 minutes.
6. Use a large spoon to scoop the stringy pulp from the squash into a medium bowl. Mix with remaining olive oil, pepper and parmesan cheese. Serve warm.

## Helpful hints

- Spaghetti squash is the only lower-potassium winter squash, and is a tasty low-carbohydrate substitute for pasta. It weighs from 4 to 8 pounds.
- Serving suggestion: Top with DaVita.com Roasted Red Pepper Tomato Sauce or your favorite kidney-friendly sauce.

## Get Travel Support

Receive help with your dialysis-related travel plans.

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Learn more about home dialysis options today!

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## Health and Lifestyle Benefits of Home Dialysis:

- Flexible treatment times that fit your schedule
- Increased independence
- Avoids transportation issues to and from the center three times per week
- Possible preservation<sup>1</sup> of remaining kidney function
- Less-restricted diet<sup>2</sup> and fewer medications<sup>3</sup>
- Better regulation of blood pressure and toxin buildup<sup>4</sup>

<sup>1</sup> Mehrotra, Kidney Int 2011; 80: 909-11 (Studies show PD has the best results)


<sup>2</sup> <http://www.uptodate.com/contents/peritoneal-dialysis-beyond-the-basics>; Galland et al. Kidney International (2001) 60, 1555-1560

<sup>3</sup> Golper et al. PDI 2011; 31: no 112-16; Ayus JC et al. JASN. 2005; 16:2778-2788

<sup>4</sup> Ortega O et al. Am J Nephro 2011; 21:189-93; Lorenzen JM et al. Intl Neurology and Nephrology 2001; 21:189-93



# STAY EMPLOYED, STAY HEALTHY

A photograph of Chef Robert Gandy, a man with glasses and a white chef's hat, smiling as he works in a kitchen. He is wearing a dark blue chef's coat and is focused on preparing food on a counter. The kitchen is well-lit and has various cooking equipment and ingredients visible.

*"It's not end stage ...  
it's just another stage."*

- Chef Robert Gandy,  
DaVita Dialysis Patient

Keeping your job when you have kidney disease may help you feel healthier and happier. Learn how to manage your kidney health and continue working:

- Enroll in no-cost kidney-care education classes
- Find the right treatment options for your lifestyle
- Learn your rights under the Americans with Disabilities Act
- Understand your insurance options

Visit [DaVita.com/Working](https://www.davita.com/Working) to learn more.

A close-up photograph of a blue ceramic plate filled with a roasted dinner. The plate contains several pieces of golden-brown roasted chicken, including a large thigh and a drumstick. Interspersed with the chicken are several slices of roasted potatoes, which are also golden-brown and appear to be coated in a light sauce or oil. A small garnish of fresh green microgreens is visible on the right side of the plate. The background is a dark wooden surface.

Harvest  
Dinner



## Harvest Dinner

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Apple Spice Pork Chops

Recipe submitted by **DaVita renal dietitian Jennifer from Maryland.**

**Portions: 4**      **Serving size: 1 pork chop, apples and sauce**

Calories: 306, Protein: 22 g, Carbohydrates: 21 g, Fat: 16 g, Cholesterol: 88 mg, Sodium: 192 mg, Potassium: 473 mg, Phosphorus: 194 mg, Calcium: 39 mg, Fiber: 1.2 g. [Renal and renal diabetic food choices](#), 3 meat, 1 fruit, medium potassium, 1/2 high calorie. [Carbohydrate choices](#), 1-1/2.

## Ingredients

- 1 pound pork chops
- 2 tablespoons butter
- 1/4 cup brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 2 medium tart apples

## Preparation

1. Preheat oven to broil.
2. Peel, core and slice apples.
3. Broil pork chops in the oven, 4 to 5 minutes on each side.
4. While pork chops are cooking, melt butter in skillet and stir in brown sugar, salt, pepper, nutmeg, cinnamon and apples.
5. Cover and cook until apples are tender and sauce begins to thicken.
6. Spoon sauce over cooked chops and serve.

## Helpful hints

- Marinate pork chops in apple juice, chopped garlic, and pepper for extra flavor.
- For an alternative to broiling the pork chops, brush chops with oil and cook 5 minutes per side on a hot skillet.

## Get Support

Find the help you need to understand and manage your kidney disease.

Visit [myDaVita.com](https://myDaVita.com)





## Harvest Dinner

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Chicken Pasta with Brussels Sprouts

Recipe submitted by **DaVita dietitian Jamie from New Mexico.**

**Portions: 4**      **Serving size: 1-1/3 cup**

Calories: 264, Protein: 20 g, Carbohydrates: 19 g, Fat: 11 g, Cholesterol: 55 mg, Sodium: 228 mg, Potassium: 416 mg, Phosphorus: 217 mg, Calcium: 33 mg, Fiber: 3.6 g. [Renal and renal diabetic food choices](#), 2 meat, 1 starch, 1 vegetable, medium potassium. [Carbohydrate choices](#), 1.

## Ingredients

- 1/2 cup green onions
- 1/2 cup sweet red pepper
- 1-1/2 cups fresh or frozen Brussels sprouts
- 1-1/2 cups cooked whole wheat rotini pasta
- 1 tablespoon butter
- 1 tablespoons canola oil
- 1 tablespoon reduced-sodium soy sauce
- 1-1/2 cups cooked chicken, cubed

## Preparation

1. Chop the green onions and red peppers.
2. Trim the ends off the Brussels sprouts and boil or steam until just tender.
3. Cook pasta according to directions on package but omit the salt.
4. While pasta is cooking, drain Brussels sprouts and set aside.
5. Heat butter and oil and sauté green onions in skillet.
6. Add red peppers and Brussels sprouts, stirring until just golden on the edges.
7. Add soy sauce and let vegetable mixture stand covered until pasta is done.
8. Heat chicken in microwave if needed.
9. Toss pasta, chicken and cooked vegetables in a bowl.
10. Serve immediately while hot.

## Helpful hints

- Three ounces (3/4 cup) of dry rotini pasta yields 1-1/2 cups cooked.
- Bake boneless, skinless chicken breast or tenderloins in a 425°F oven for 18-25 minutes.

## Find the Best Treatment Option

Check out DaVita's treatment evaluator today.

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## Harvest Dinner

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Autumn Wild Rice

Recipe submitted by **DaVita** dietitian **Chloe from Oklahoma**.

**Portions: 8**      **Serving size: 3/4 cup**

Calories: 112, Protein: 4 g, Carbohydrates: 24 g, Fat: 0 g, Cholesterol: 1 mg, Sodium: 148 mg, Potassium: 155 mg, Phosphorus: 39 mg, Calcium: 21 mg, Fiber: 1.6 g. [Renal and renal diabetic food choices](#), 1 starch, 1/2 fruit, low potassium, 1/2 vegetable, low potassium. [Carbohydrate choices](#), 1-1/2.

## Ingredients

- 2 tablespoons raisins
- 1/2 cup quick-cooking wild rice, uncooked
- 2 cups apples
- 3/4 cup carrots
- 1/4 cup celery
- 1/4 cup green bell pepper
- 1/4 teaspoon dried whole sage
- 1/4 teaspoon black pepper
- 1-1/2 cups reduced-sodium chicken broth
- 3/4 cup converted rice, uncooked
- 1/4 cup fresh lemon juice
- 1 fresh sage sprig (optional)

## Preparation

1. Combine raisins and 1/4 cup hot water; let stand 5 minutes. Drain and set aside.
2. Prepare quick-cooking wild rice according to package directions. Remove pan from heat and set aside.
3. Chop apples, celery and bell pepper. Shred carrot.
4. Coat a large nonstick skillet with cooking spray; place over a medium-high heat until hot. Add apple, celery, green pepper and carrot; sauté until crisp-tender. Remove skillet from heat and set aside.
5. Combine 1-1/2 cups reduced-sodium chicken broth, sage and pepper in a large saucepan; bring to a boil. Stir in cooked rice. Cover, reduce heat and simmer 20 minutes or until rice is tender and liquid is absorbed.
6. Remove pan from heat; stir in reserved raisins, wild rice, apple mixture and juice of 1 lemon. Cover and let stand 5 minutes.
7. Transfer to a serving bowl. Garnish with a fresh sage sprig, if desired.

## Helpful hints

- Divide leftover rice into single servings, place in small freezer bags and freeze. To reheat for a quick meal later, microwave for 1-2 minutes or place freezer bag in a pot of boiling water for a few minutes.
- If quick-cooking wild rice is unavailable use regular wild rice and follow package instructions to cook.

## Locate a Dialysis Center

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[DaVita.com/FAC](https://www.davita.com/FAC)



## Harvest Dinner

Diet types:

- ✓ Dialysis
- ✓ Diabetes

# Beef Stew with Carrots and Mushrooms

Recipe submitted by **DaVita renal dietitian Sarah from Kansas.**

**Portions: 8**      **Serving size: 1 cup**

Calories: 282, Protein: 33 g, Carbohydrates: 15 g, Fat: 10 g, Cholesterol: 88 mg, Sodium: 110 mg, Potassium: 534 mg, Phosphorus: 252 mg, Calcium: 39 mg, Fiber: 2.5 g. [Renal and renal diabetic food choices](#), 4 meat, 1/2 starch, 1 vegetable, medium potassium. [Carbohydrate choices](#), 1.

## Ingredients

- 1 cup white potato
- 2 tablespoons olive oil
- 1 cup sliced shitake mushrooms
- 2 cups onion
- 3 garlic cloves
- 1 cup dry red wine
- 1/3 cup all-purpose white flour
- 2 pounds lean beef stew meat
- 3/4 teaspoon Mrs. Dash® Original herb seasoning blend
- 1/2 tablespoon dried thyme
- 4 cups low-sodium beef broth
- 1 bay leaf
- 2 cups carrots
- 1/2 teaspoon black pepper

## Preparation

1. Peel potato and cut into small cubes. Soak or double-boil to reduce potassium if desired.
2. Chop onion and mince garlic. Slice carrots. Cut beef into bite-sized pieces.
3. In a large Dutch oven heat 2 teaspoons olive oil over medium-high heat.
4. Add onion, cook until tender; add mushrooms and thyme; stir and cook for 5 minutes. Add garlic; sauté 1 minute.
5. Add red wine to mixture and stir.
6. Coat beef in flour. In a large frying pan heat 2 teaspoons oil over medium heat. Add half of beef mixture and sprinkle with 1/8 teaspoon Mrs. Dash®. Cook until browned on all sides. Repeat with remaining 2 teaspoons oil, beef mixture and 1/8 teaspoon Mrs. Dash.
7. Add browned beef to mushroom mixture.
8. Add thyme, broth and bay leaf to mixture. Bring to a boil.
9. Cover, reduce heat to medium-low and simmer for 1 hour.
10. Drain potatoes. Stir potatoes and carrot into pot with beef. Simmer uncovered for 1 hour, stirring occasionally as sauce thickens.
11. Stir in remaining 1/2 teaspoon Mrs. Dash and black pepper. Discard bay leaf and serve.

## Helpful hints

- Skip step # 1 if you are not on a low-potassium diet.
- Divide leftover stew into 1-cup portions and freeze for a quick meal later.

## Chat with Other Like-Minded Cooks

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Delectable  
Dessert

*DaVita*



### Delectable Dessert

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis

# Apple Cake

Recipe submitted by **DaVita renal dietitian Cristin from Pennsylvania.**

**Portions: 16**

**Serving size: 1/16 cake**

Calories: 368, Protein: 4 g, Carbohydrates: 52 g, Fat: 16 g, Cholesterol: 53 mg, Sodium: 110 mg, Potassium: 99 mg, Phosphorus: 72 mg, Calcium: 67 mg, Fiber: 1.5 g. [Renal and renal diabetic food choices](#), 1/2 fruit, low potassium, 1 starch, 3 fat, 1-1/2 high calorie. [Carbohydrate choices](#), 3-1/2.

## Ingredients

- 6 medium apples
- 2 teaspoons cinnamon
- 2-1/3 cups sugar
- 3 cups all-purpose white flour
- 1 cup canola oil
- 4 large eggs
- 1/4 cup orange juice
- 1 tablespoon baking powder
- 2-1/2 teaspoons vanilla extract

## Preparation

1. Preheat oven to 350° F.
2. Spray tube pan with non-stick cooking spray.
3. Peel, core and cut apples into slices.
4. Combine cinnamon and 1/3 cup sugar. Mix in apple chunks and set aside.
5. Combine remaining ingredients in a bowl and beat with an electric mixer until smooth.
6. Layer half the cake batter, then the apple, then remaining cake batter in prepared tube pan.
7. Bake for 75 minutes until golden brown or toothpick inserted into the center comes out clean.

## Helpful hints

- 1 medium apple yields approximately 1 cup peeled and cored.
- Cake batter will be thick. Spread with a spatula to coat apples with top layer of batter.
- This high-calorie dessert is a great choice for packing in extra calories. It's not recommended for people with diabetes due to the high-carbohydrate content.

## Questions About Insurance?

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Advocate.

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## Delectable Dessert

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Soft Ginger Cookies

Recipe submitted by **DaVita patient, Chef Ronald**, and submitted by **DaVita dietitian Maryam from Minnesota**.

**Portions: 24**

**Serving size: 1 cookie**

Calories: 142, Protein: 2 g, Carbohydrates: 20 g, Fat: 6 g, Cholesterol: 16 mg, Sodium: 59 mg, Potassium: 70 mg, Phosphorus: 16 mg, Calcium: 13 mg, Fiber: 0.3 g. [Renal and renal diabetic food choices](#), 1 starch, 1 fat. [Carbohydrate choices](#), 1.

## Ingredients

- 2-1/4 cups all-purpose white flour
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 3/4 cup butter
- 1-1/8 cups granulated sugar
- 1/4 cup liquid low cholesterol egg substitute
- 1/4 cup molasses

## Preparation

1. Preheat oven to 350° F.
2. In a medium bowl combine the flour, ginger, baking soda, cinnamon and cloves. Set aside.
3. In a large mixing bowl beat butter with an electric mixer on medium speed for 30 seconds. Beat in 1 cup sugar.
4. Add liquid egg substitute and molasses; beat well.
5. Stir flour mixture into egg mixture.
6. Shape dough into 1-1/2" balls, using about 1 heaping tablespoon of dough for each.
7. Roll balls in the remaining sugar to coat.
8. Place balls about 2-1/2" apart on an ungreased cookie sheet.
9. Bake for 10 minutes or until light brown and still puffed. (Do not over bake.)
10. Cool cookies on cookie sheet for 2 minutes then transfer cookies to a wire rack and let cool.

## Helpful hints

- If dough is too soft to handle refrigerate for 1/2 hour for easier handling.
- Store cookies in a sealed container to keep soft.

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DaVita Rx® is a full-service pharmacy specializing in kidney care. Call [1-888-328-4827](tel:1-888-328-4827) or go to [DaVitaRx.com](https://www.davitarx.com) for more information.

### **Home Dialysis**

For information on peritoneal dialysis (PD) or home hemodialysis (HHD), please call DaVita Guest Services at [1-855-311-HOME \(4663\)](tel:1-855-311-HOME).

### **Kidney Smart® Education**

Kidney Smart is your source for kidney disease education. Learn online anytime at [DaVita.com/KidneySmart](https://www.davita.com/KidneySmart).

### **Guest Services**

Locate a dialysis center or get information about dialyzing with DaVita by calling [1-877-9-DAVITA \(932-8482\)](tel:1-877-9-DAVITA).

### **Travel Support**

Reach a customer service specialist to get help with your dialysis-related travel plans. Call DaVita Guest Services at [1-877-9-DAVITA \(932-8482\)](tel:1-877-9-DAVITA).

### **Emergency Services**

For support during an emergency, DaVita patients and teammates can call [1-877-9-DAVITA \(932-8482\)](tel:1-877-9-DAVITA) to connect with a DaVita Guest Services representative.

### **Patient Advocates**

If you have questions regarding insurance, call a Patient Advocate at [1-888-405-8915](tel:1-888-405-8915).

## Stay Employed, Stay Healthy

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