



NKFL KITCHEN

# 15 HOME COOKED MEALS

A collection of kidney  
friendly recipes



NKFL KITCHEN

# Seasonings

AN INGREDIENT (SUCH AS A  
CONDIMENT, SPICE, OR  
HERB) ADDED TO FOOD  
PRIMARILY FOR THE SAVOR  
THAT IT IMPARTS







# CHILI SEASONING

equal parts onion powder, garlic powder, pepper, cayenne, red chili powder, ground cumin, paprika, chili flakes

# ALL-PURPOSE POULTRY SEASONING



equal parts onion powder, garlic powder, pepper, Italian seasoning (dried basil, thyme, rosemary).



# VEGGIE BLEND SEASONING

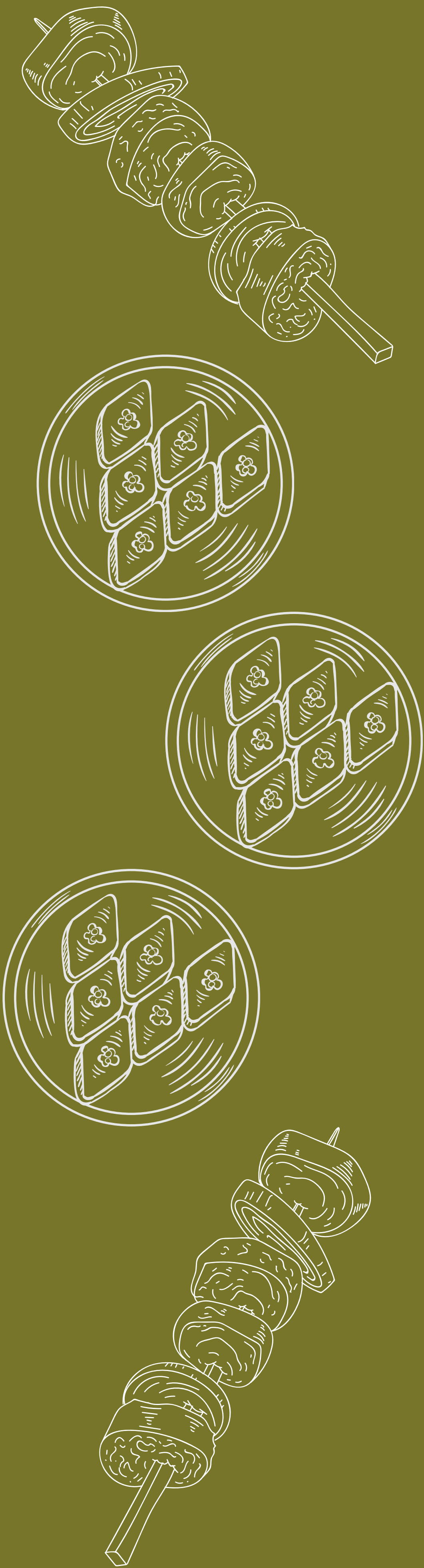
equal parts dried chives, dried onion, dried garlic, chili flakes, any dried herbs, dried citrus peel



NKFL KITCHEN

# 1 appetizers

A SMALL DISH OF FOOD OR A  
DRINK TAKEN BEFORE A MEAL  
OR THE MAIN COURSE OF A  
MEAL TO STIMULATE ONE'S  
APPETITE.







# GARLIC BREAD

16 servings, 1/8 of a half-loaf per serving

## Ingredients

- 3 tbsps vegetable oil
- 4 cloves garlic, minced
- 2 tpsps paprika
- dash cayenne pepper
- 1 tsp lemon juice
- 2 tbsps grated Parmesan cheese
- 3/4 cup mayonnaise
- 1 loaf (1lb) French bread
- 1 tsp Italian herbs

## Directions

1. Pour oil into a small bowl. Add garlic to oil and let stands overnight.
2. Next day, strain garlic from oil, reserving oil. Discard garlic. Add paprika, cayenne, lemon juice and Parmesan. Mix well. Stir in the mayonnaise.
3. Slice loaf of bread in half lengthwise. Spread each half generously with garlic spread.
4. Place both halves under the broiler and broil until golden brown.

## Nutritional Facts

**Calories** 175  
**Carbohydrates** 14g  
**Protein** 3g  
**Fat** 12g

**Sodium** 153mg  
**Potassium** 38mg  
**Phosphorus** 31mg





# DEVILED EGGS

4 servings, 2 halves per serving

## 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

1. Cut eggs in half, lengthwise. Carefully remove yolks and place in a small bowl. Place egg whites on a plate.
2. Mash yolks with a fork and mix in mayonnaise, dry mustard, vinegar, onion and ground black pepper.
3. Refill cooked egg white with yolk mixture, heaping slightly.
4. Sprinkle deviled eggs with paprika (optional) and serve.

## Nutritional Facts

**Calories** 98  
**Carbohydrates** 2g  
**Protein** 6g  
**Fat** 7g

**Sodium** 124mg  
**Potassium** 73mg  
**Phosphorus** 90mg





# SWEET & SPICY MEATBALLS

18 servings, 2 meatballs per serving

## Ingredients

- vegetable cooking spray
- 1/4 cup chopped onion
- 1 lb lean ground chuck
- 1/3 cup fine dry bread crumbs
- 1/4 cup chopped fresh parsley
- 1/8 tsp nutmeg
- 1/4 cup liquid non-dairy creamer
- 1 egg white, beaten
- 1/2 cup cranberries, finely chopped
- 2 tsps dry mustard
- 1/8 tsp cayenne pepper
- 1/2 cup grape jelly
- 1 tsp lemon juice

## Nutritional Facts

|                        |                         |
|------------------------|-------------------------|
| <b>Calories</b> 175    | <b>Carbohydrates</b> 9g |
| <b>Protein</b> 5g      | <b>Potassium</b> 98mg   |
| <b>Fat</b> 6g          | <b>Sodium</b> 38mg      |
| <b>Phosphorus</b> 44mg |                         |

## Directions

1. Coat a small saucepan with cooking spray; place over medium heat. Add onion and suat  until tender.
2. Combine onion with next 6 ingredients in a bowl. Shape into 36 1-inch meatballs.
3. Place meatballs on a baking sheet with sides that has been coated with cooking spray. Bake at 275 F for 18 minutes.
4. Meanwhile, prepare sauce by combining the cranberries with the dry mustard, cayenne pepper, grape jelly and lemon juice in a small saucepan.
5. Cook over medium heat until thoroughly heated.
6. Place meatballs in a serving bowl and pour the sace over. Serve with toothpicks.





# PARMESAN CHEESE SPREAD

7 servings, 2 tbsp per serving

## Ingredients

- 1 3-oz package cream cheese
- 4 tbsp margarine, softened
- 1/4 tsp garlic powder
- 2 tbsp grated Parmesan cheese
- 1 tbsp dry white wine
- 1 tbsp minced parsley
- dash of thyme
- dash of marjoram

## Directions

1. Mix all ingredients until well blended.
2. Chill for at least 4 hours.
3. Serve with Melba toast, unsalted crackers or as a stuffing for celery.

## Nutritional Facts

**Calories** 109

**Carbohydrates** 1g

**Protein** 2g

**Fat** 8g

**Sodium** 115mg

**Potassium** 24mg

**Phosphorus** 25mg





# EGG ROLLS

14 servings, 1 egg rollper serving

## Ingredients

- 1 lb diced cooked chicken
- 1/2 lb bean sprouts
- 1/2 lb shredded cabbage
- 1 medium (1 cup) chopped onion
- 2 tbsp vegetable oil
- 1 tbsp low sodium soy sauce
- 1 clove garlic, minced
- 1 package (20) egg roll wrappers
- oil for frying

## Directions

1. Mix all ingredients, except for wrappers and frying oil, together in a bowl.
2. Let marinate for 30 minutes.
3. Divide filling among the wrappers and fold as directed on wrapper package instructions.
4. Preheat the oil to 350°F.
5. Fry egg rolls in hot oil (1 in. or more) until golden brown.
6. Drain on paper towels.

## Nutritional Facts

**Calories** 168  
**Carbohydrates** 15g  
**Protein** 9g  
**Fat** 9g

**Sodium** 152mg  
**Potassium** 114mg  
**Phosphorus** 57mg



NKFL KITCHEN

# entrées



THE MAIN COURSE  
OF A MEAL







# TURKEY BREAKFAST BURRITO

## INGREDIENTS

- 1 pound of ground turkey or use 1 pound leftover turkey meatloaf, cubed small
- 8 6-inch flour burrito shells
- ¼ cup canola oil
- 8 beaten eggs, scrambled
- ¼ cup diced onions
- ¼ cup fresh bell peppers (red, yellow or green), diced
- 2 tablespoons seeded jalapeño peppers
- 2 tablespoons fresh scallions, chopped
- 2 tablespoons fresh cilantro, chopped
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- 1 cup shredded Monterey Jack and Cheddar cheese

## DIRECTIONS

1. Sauté meatloaf, onions, peppers, scallions and cilantro in half the oil until translucent. Stir in spices and then turn off heat.
2. Using another large sauté pan, set pan to medium-high heat and add in remaining oil and scrambled eggs.
3. Place equal amounts of vegetable and meatloaf mix, cheese and eggs in burrito shells, then fold and serve.

## NUTRITIONAL FACTS

**Calories** 323

**Carbohydrates** 15g

**Protein** 23g

**Fat** 19g

**Sodium** 66mg

**Potassium** 454mg

**Phosphorus** 261mg





# SPAGHETTI BASIL FRITTATA

## INGREDIENTS

- 1/3 cup green onion
- 2 tablespoons fresh basil
- 2-1/2 cups whole wheat spaghetti, cooked
- 1/3 cup 1% low fat milk
- 4 large eggs
- 2 large egg whites
- 1/4 teaspoon black pepper
- 2 ounces mozzarella cheese

## DIRECTIONS

1. Chop green onion and basil; set aside.
2. Coat a medium non-stick skillet with 2 teaspoons olive oil. Spread cooked spaghetti noodles evenly in skillet and cook over medium heat for 2 minutes.
3. Whisk milk, eggs, egg whites and black pepper together in a bowl. Gently pour over pasta. Sprinkle the top of the frittata with cheese, green onions and basil. Cover and cook for approximately 8 minutes until set.
4. Cut the frittata into 4 wedges and serve.

## NUTRITIONAL FACTS

**Calories** 271  
**Carbohydrates** 26g  
**Protein** 17g  
**Fat** 11g  
**Sodium** 208mg  
**Potassium** 212mg  
**Phosphorus** 279mg





# SPANISH PAELLA

## INGREDIENTS

- 1/2 lb boned, skinned chicken breasts, cut into 1/2-in. pieces
- 1/4 cup water
- 1 10-1/2-oz can low-sodium chicken broth
- 1/2 lb medium-size shrimp, peeled and cleaned
- 1/2 cup frozen green peas
- 1/3 cup chopped red bell peppers
- 1/3 cup thinly sliced green onions
- 2 cloves garlic, minced
- 1/4 tsp pepper
- dash ground saffron
- 1 cup uncooked instant white rice

## DIRECTIONS

1. Combine first 3 ingredients in a 2-quart casserole, top with lid and microwave on high for 4-5 minutes.
2. Stir in shrimp and next 6 ingredients.
3. Cover and microwave on high for 3.5-4.5 minutes or until shrimp turns pink.
4. Stir in rice. cover and let stand 5 minutes or until rice is tender.

## NUTRITIONAL FACTS

**Calories** 163

**Carbohydrates** 24g

**Protein** 15g

**Fat** 1g

**Sodium** 86mg

**Potassium** 178mg

**Phosphorus** 144mg





# HONEY SPICED SALMON

## INGREDIENTS

- 3 tablespoons honey
- 3/4 teaspoon lemon peel
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon hot water
- 16 ounces salmon fillets
- 2 tablespoons olive oil
- 3 cups arugula

## NUTRITIONAL FACTS

**Calories** 323

**Carbohydrates** 15g

**Protein** 23g

**Fat** 19g

**Sodium** 66mg

**Potassium** 454mg

**Phosphorus** 261mg

## DIRECTIONS

1. Place honey, grated lemon peel, ground pepper, garlic powder and hot water in a small bowl and whisk until blended. With gloved hands, rub mixture over salmon fillets.
2. Heat olive oil in a skillet over medium heat. Add spice-rubbed salmon fillets and cook 4 minutes. Carefully turn fillets with a spatula.
3. Reduce heat to medium-low and cook an additional 4 to 6 minutes, until fish turns opaque throughout and flakes easily when tested with a fork.
4. Arrange 1/2-cup arugula on each plate. Place salmon fillet on top of arugula and garnish with a sprig of fresh dill.





# THREE PEPPER QUICHE

## INGREDIENTS

- 1 tbsp margarine
- 1 green pepper, cut in strips
- 1 sweet red pepper, cut in strips
- 1 sweet yellow pepper, cut in strips
- 4 eggs OR 1 cup low cholesterol egg substitute
- 1/2 cup liquid non-dairy creamer
- 1/2 cup water
- 1/2 tsp basil
- 1/8 tsp cayenne pepper
- 1 9-inch pie shell, unbaked

## DIRECTIONS

1. In a large skillet, sauté pepper strips in margarine until soft but not limp.
2. In a bowl, combine eggs or egg substitute, creamer, water, basil and cayenne.
3. Spoon peppers into unbaked pie shell and pour egg mixture over peppers.
4. Bake at 375°F for 50-55 minutes until a knife inserted in the center comes out clean.
5. Let stand for 10 minutes before serving.

## NUTRITIONAL FACTS

**Calories** 201

**Carbohydrates** 14g

**Protein** 5g

**Fat** 14g

**Sodium** 222mg

**Potassium** 163mg

**Phosphorus** 50mg



An illustration of two whisks. The top whisk is smaller and positioned higher, while the bottom whisk is larger and positioned lower. Both whisks have a grey handle and a white head with multiple curved wires. They are set against a solid red background.

NKFL KITCHEN

# — desserts

A USUALLY SWEET COURSE  
OR DISH (AS OF PASTRY OR  
ICE CREAM) USUALLY  
SERVED AT THE END OF A  
MEAL





# CHERRY BERRY PIE

*8 servings, 1/8 pie per serving*

## INGREDIENTS

- 1 cup canned, unsweetened cherries, drained, juice reserved
- 1 cup canned, unsweetened raspberries, drained, juice reserved
- 3/4 cup of the reserved cherry and raspberry juices (if necessary, add water to make 3/4 cup)
- 3/4 cup sugar
- 1 tbsp cornstarch
- 1/4 tsp almond extract
- pastry for 2-crust pie, unbaked

## NUTRITIONAL FACTS

Calories 343  
Carbohydrates 46g  
Protein 4g  
Fat 16g  
Sodium 120mg  
Potassium 102mg  
Phosphorus 36mg

## DIRECTIONS

01

In a small saucepan, combine juices, sugar and cornstarch. Cook over low heat until thick and clear, stirring often.

02

Add cherries, raspberries and almond extract. Pour into shell. Cover with other pie shell and seal edges.

03

Make small slits in top crust to allow steam to bake.

04

Bake at 450°F for 25 minutes. Reduce heat to 375°F and continue baking for 25-30 minutes or until crust is golden brown.





# CHOCOLATE LOVER'S MOUSSE

*2 servings, 1/2 cup per serving*

## INGREDIENTS

- 2 tbsp sugar
- 1/2 tsp unflavored gelatin
- 1/4 cup milk
- 1/2 semi-sweet chocolate minichips
- 1 tsp vanilla
- 1/2 cup heavy whipping cream, whipped

## NUTRITIONAL FACTS

Calories 487  
Carbohydrates 40g  
Protein 5.5g  
Fat 38g  
Sodium 46mg  
Potassium 242mg  
Phosphorus 11mg

## DIRECTIONS

01

Combine sugar and gelatin in a small saucepan; stir in milk. Allow gelatin mixture to soften a few minutes.

02

Place over medium heat, stirring constantly, until mixture just begins to boil. Remove from heat; immediately add chocolate chips, stirring until melted.

03

Blend in vanilla; cool to room temperature.

04

Beat heavy cream until stiff gradually add chocolate mixture to cream, folding gently just until combined

05

Chill completely; garnish with dessert topping before serving, if desired.





# SUNBURST LEMON BARS

*24 servings, 1 bar per serving*

## INGREDIENTS

Crust:

- 2 cups all-purpose flour
- ½ cup powdered sugar
- 1 cup butter (2 sticks), unsalted, room temperature

Filling:

- 4 eggs
- 1½ cups sugar
- ¼ cup all-purpose flour
- ½ teaspoon cream of tartar
- ¼ teaspoon baking soda
- ¼ cup lemon juice

Glaze:

- 1 cup powdered sugar, sifted
- 2 tablespoons lemon juice

## DIRECTIONS

CRUST

1. Preheat oven to 350° F.
2. In a large bowl, combine the flour, powdered sugar and 1 cup of softened butter. Mix until crumbly. Press the mixture into the bottom of a 9" x 13" baking pan.
3. Bake until lightly browned, about 15–20 minutes.

FILLING

1. In a medium-sized bowl, whisk the eggs slightly.
2. In another bowl, combine the sugar, flour, cream of tartar and baking soda. Add the dry mixture to the eggs. Add the lemon juice to the egg mixture and whisk until slightly thickened.
3. Pour over the warm crust and bake for another 20 minutes or until filling is set.
4. Remove from the oven and cool.

GLAZE

1. In a small bowl, gradually stir the lemon juice into the sifted powdered sugar until spreadable. Add more or less lemon juice as needed.
2. Spread over the cooled filling. Let the glaze set and then cut into 24 bars. Store extra lemon bars in the refrigerator.

## NUTRITIONAL FACTS

Calories 200

Carbohydrates 28g

Protein 2g

Fat 9g

Sodium 27mg

Potassium 41mg

Phosphorus 32mg





# PUMPKIN CRABBERRY BREAD

*20 servings, 1 slice per serving*

## INGREDIENTS

- 2-1/2 cups all-purpose flour
- 2 tsps pumpkin pie spice
- 2 tsps baking powder
- 2 large eggs
- 2 cups sugar
- 1-3/4 cups canned pumpkin puree
- 1/2 cup vegetable oil 1 cup fresh or frozen whole cranberries

## NUTRITIONAL FACTS

Calories 187  
Carbohydrates 31g  
Fat 6g  
Protein 2g  
Sodium 45mg  
Potassium 69mg  
Phosphorus 75mg

## DIRECTIONS

01

Preheat oven to 350° F.

02

Combine flour, pumpkin pie spice and baking powder in a large bowl.

03

Combine eggs, sugar, pumpkin puree and oil in a small mixing bowl. Beat until blended.

04

Add pumpkin mixture to flour mixture. Stir until just moistened, and then fold in cranberries.

05

Spoon batter into 2 greased 9" x 5" loaf pans. Bake for 55 to 60 minutes.

06

Remove pans from the oven and let cool for 5 to 10 minutes. Remove loaves from pans and cool on a wire rack before slicing each loaf into 10 slices.





# BLUEBERRY MUFFINS

*12 muffins, 1 muffin per serving*

## INGREDIENTS

- ½ cup unsalted butter1
- ¼ cups sugar
- 2 eggs
- 2 cups
- 1% milk
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt2
- ½ cups fresh blueberries
- 2 teaspoons sugar (for topping)

## NUTRITIONAL FACTS

Calories 275  
Carbohydrates 44g  
Fat 9g  
Sodium 210mg  
Protein 5g  
Phosphorus 100mg  
Potassium 121mg

## DIRECTIONS

01

Using a mixer set on low speed, blend margarine and sugar until creamy and fluffy.

02

Add eggs one at a time and mix until blended.

03

Sift dry ingredients and add alternately with milk

04

Mash ½ cup blueberries and stir in by hand. Then add remaining blueberries and stir in by hand.

05

Spray muffin cups and surface of pan with vegetable oil. Place muffins cups in tin.

06

Pile muffin mixture high in each muffin cup. Sprinkle sugar over muffin tops.

07

Bake at 375° F for 25–30 minutes. Cool in pan for at least 30 minutes before removing carefully.