Home cooking for the holidays
Home cooking for the holidays

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

Slow-Cooked Bavarian Pot Roast .......................... 3
Easier Than Your Mama’s Meatloaf .......................... 4
Dried Cranberry Fruit Bars .......................... 5
Classic Beef Stroganoff with Egg Noodles .......................... 6
Herb-Crusted Roast Leg of Lamb .......................... 7
Fluffy Homemade Buttermilk Pancakes .......................... 8
Crunchy Green Bean Casserole .......................... 9
Very Berry Bread Pudding .......................... 10
Festive Cream Cheese Sugar 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.
**KIDNEY-FRIENDLY**

**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.

**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

Serves 12
(1 serving = 4 ounces)

**Nutrition Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>313 cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>22 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>101 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>73 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>6 g</td>
</tr>
<tr>
<td>Protein</td>
<td>22 g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>202 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>373 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>24 mg</td>
</tr>
</tbody>
</table>

**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.

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

Serves 4
(1 serving = ¼ meatloaf)

Nutrition Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Protein</th>
<th>Phosphorus</th>
<th>Potassium</th>
<th>Dietary Fiber</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>367 cal</td>
<td>367 cal</td>
<td>23 g</td>
<td>8 g</td>
<td>1 g</td>
<td>127 mg</td>
<td>332 mg</td>
<td>14 g</td>
<td>25 g</td>
<td>273 mg</td>
<td>460 mg</td>
<td>0.7 g</td>
<td>32 mg</td>
</tr>
</tbody>
</table>

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!

Ingredients

Crust:
- 1½ cups all-purpose flour
- 1½ 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!

**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

**Nutrition Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>490 cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>32 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>11 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>120 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>598 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>30 g</td>
</tr>
<tr>
<td>Protein</td>
<td>20 g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>230 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>423 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.8 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>56 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>230 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>423 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.8 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>56 mg</td>
</tr>
</tbody>
</table>

**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.

**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

Serves 12  
(1 serving = 4 ounces)

**Nutrition Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>292 cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>20 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>86 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>157 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>2 g</td>
</tr>
<tr>
<td>Protein</td>
<td>24 g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>232 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>419 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>19 mg</td>
</tr>
</tbody>
</table>

**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 1¼–2 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.

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)

Serves 9
(1 serving = 2 4-inch pancakes)

Nutrition Per Serving

<table>
<thead>
<tr>
<th>Component</th>
<th>Per Serving</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Protein</th>
<th>Phosphorus</th>
<th>Potassium</th>
<th>Dietary Fiber</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>217 cal</td>
<td>9 g</td>
<td>1 g</td>
<td>0 g</td>
<td>44 mg</td>
<td>330 mg</td>
<td>27 g</td>
<td>6 g</td>
<td>100 mg</td>
<td>182 mg</td>
<td>1 g</td>
<td>74 mg</td>
<td></td>
</tr>
</tbody>
</table>

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!

**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

Serves 6
(1 serving = 3 ounces)

<table>
<thead>
<tr>
<th>Nutrition Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Carbohydrates</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Phosphorus</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
</tbody>
</table>

**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.

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.

Nutrition Per Serving

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>392 cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>23 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>12 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>189 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>231 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>36 g</td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>134 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>172 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.2 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>65 mg</td>
</tr>
</tbody>
</table>

Serves 10
(1 serving = 1-cup portion)

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!

**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

Serves 48
(1 serving = 1 cookie)

**Nutrition Per Serving**

<table>
<thead>
<tr>
<th>Component</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>79 cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>16 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>33 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>9 g</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>11 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>11 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>4 mg</td>
</tr>
</tbody>
</table>

**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.
Home cooking for the holidays

“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

FreseniusKidneyCare.com