



# Holiday comfort classics



The holidays are all about comfort food. This cookbook has all of our favorite cozy, kidney-friendly recipes to warm your soul and fill you up during this festive season.

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# Creamy Chicken Potpie

An irresistible crisp (but easy) phyllo crust tops these homey individual chicken potpies. Make a double batch and freeze extras to have on hand anytime. Serve with a butterhead lettuce salad with red onion and white-wine vinaigrette.



4 servings (1 serving = 12 ounces)

Prep time: 25 minutes

Total time: 45 minutes

## NUTRITION PER SERVING

Calories	387 cal	Cholesterol	0 mg	Phosphorus	292 mg
Total Fat	11.2 g	Sodium	667 mg	Potassium	618 mg
Saturated Fat	3 g	Total Carbohydrate	39.8 g	Dietary Fiber	3.8 g
Trans Fat	0 g	Protein	30.4 g	Calcium	64 mg

## INGREDIENTS

- 4 teaspoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken breast, trimmed, cut into ½-inch cubes
- 1 cup sliced shallots
- 2-2½ cups frozen mixed vegetables, thawed
- ¼ teaspoon dried thyme
- 2 cups reduced-sodium chicken broth, divided
- ¼ cup cornstarch
- ¼ cup reduced-fat sour cream
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 6 sheets 9-by-14-inches phyllo dough, defrosted (follow package directions)
- Cooking spray (olive oil or canola oil)

## DIRECTIONS

1. Preheat oven to 425° F.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add chicken; cook, stirring often, until it turns white, 2 to 3 minutes. Remove to a plate. Add the remaining 2 teaspoons oil and shallots, reduce heat to medium and cook, stirring, until slightly softened, 2 to 3 minutes. Stir in vegetables and thyme; cook, stirring occasionally, until hot, 2 to 4 minutes. Pour in 1¾ cups broth and bring to a boil. Whisk the remaining ¼ cup broth and cornstarch in a small bowl and add to the pan. Return to a boil and cook until thickened, about 1 minute. Off the heat, stir in the chicken, sour cream, salt, and pepper. Divide the mixture among four 12-ounce ovenproof baking dishes.
3. Make 2 stacks of 3 sheets of phyllo each, coating each sheet lightly with cooking spray before stacking. Cut the stacks in half crosswise. Drape one half over each baking dish. Tuck in any overhanging edges.
4. Set the potpies on a baking sheet. Bake until the tops are golden and the filling bubbly, 18 to 20 minutes.



### TO MAKE AHEAD

Prepare through Step 3, wrap airtight, and freeze for up to 3 months. Do not thaw before baking; bake at 400° F for 50 minutes to 1 hour.



### EQUIPMENT

Four 12-ounce ovenproof baking dishes

# Sweet Cornbread Muffins with Citrus Honey Butter

When it comes to muffins, these are the tops! They're the perfect side to a main course, soup, or salad. Served with citrus honey butter, they're almost sweet enough to be dessert!



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12 servings (1 serving = 1 muffin)

Prep time: 20 minutes

Total time: 40 minutes

## NUTRITION PER SERVING

Calories	208 cal	Cholesterol	48 mg	Phosphorus	67 mg
Total Fat	13 g	Sodium	179 mg	Potassium	87 mg
Saturated Fat	8 g	Total Carbohydrate	20 g	Dietary Fiber	1 g
Trans Fat	0 g	Protein	3 g	Calcium	33 mg

## INGREDIENTS

### Muffins

- 1 cup cornmeal
- 1 cup flour
- 1½ teaspoons baking soda
- 3 tablespoons lemon juice
- 1 egg, beaten
- 1 cup milk
- ½ stick unsalted butter, melted
- 1 tablespoon vanilla extract

### Honey butter

- 2 tablespoons honey
- 1 stick unsalted butter, softened
- ½ teaspoon orange zest
- ¼ teaspoon black pepper
- ½ teaspoon orange extract

## DIRECTIONS

Preheat oven to 400° F.

1. In a large bowl, beat egg, milk, butter, lemon juice, and vanilla extract until mixed well.
2. In a separate bowl, mix flour, cornmeal, and baking soda, then fold into liquid ingredients until smooth. Be sure not to overbeat.
3. Line muffin tins with muffin liners, fill each cup  $\frac{3}{4}$  full, and bake for 15–20 minutes on middle rack.
4. In a small bowl, whisk honey butter ingredients until blended; spread on top of cornbread muffins or serve on the side.



Make into mini muffins and serve with soup or salad.

# Slow-Cooked Bavarian Pot Roast

Come home to 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.



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12 servings (1 serving = 4 ounces)

Prep time: 30 minutes

Total time: 10 hours 30 minutes

## NUTRITION PER SERVING

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

1. 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.
2. Place apples and onions in a slow cooker. Add the pot roast and pour apple juice over the entire roast.
3. Cover and cook on low for 10–12 hours or on high for about 5–6 hours.
4. Remove roast from slow cooker. Place it aside but keep it warm.
5. Strain the pot roast juices and pour them back into the slow cooker. Turn heat to high to reduce liquid and thicken it up.
6. Make a smooth paste with flour and water, then add it to the slow cooker, stirring as you combine.
7. Cover and cook until thickened. Pour over roast just before serving.



Garnish with fresh apple slices.

# Stuffed Delicata Squash

In this Tex Mex–seasoned stuffed delicata squash recipe, we swap out half of the ground beef you’d normally use for bulgur to reduce saturated fat without skimping on the amount of stuffing. Serve with a mixed green salad with cilantro vinaigrette.



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4 servings (1 serving = 1 squash half)

Prep time: 40 minutes

Total time: 40 minutes

## NUTRITION PER SERVING

Calories	319 cal	Cholesterol	1 mg	Phosphorus	280 mg
Total Fat	13.9 g	Sodium	481 mg	Potassium	843 mg
Saturated Fat	3.2 g	Total Carbohydrate	34.8 g	Dietary Fiber	8.7 g
Trans Fat	0 g	Protein	17.7 g	Calcium	154 mg

## INGREDIENTS

- 2 small delicata squash (about 12 ounces each), halved and seeded
- 6 teaspoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ cup bulgur
- 1 cup water
- 1 small onion, chopped
- 8 ounces lean ground beef (90% or leaner)
- 2 tablespoons chili powder
- ½ cup nonfat or low-fat plain yogurt
- 4 teaspoons toasted pepitas

## DIRECTIONS

1. Preheat oven to 425° F.
2. Brush the cut sides of the squash with 2 teaspoons oil and sprinkle with ¼ teaspoon salt. Place facedown on a large baking sheet. Bake until tender and browned on the edges, 25 to 30 minutes.
3. Meanwhile, bring bulgur and water to a boil in a small saucepan. Reduce heat, cover, and simmer until tender and most of the liquid is absorbed, about 10 minutes. Drain well.
4. Heat the remaining 4 teaspoons oil in a large skillet over medium heat. Add onion; cook, stirring, until beginning to brown, 4 to 5 minutes. Add beef, chili powder, and the remaining ¼ teaspoon salt; cook, stirring and breaking up with a spoon, until the meat is cooked through, about 5 minutes. Stir in the bulgur and cook 1 minute. Stir in yogurt.
5. Spoon about ¾ cup filling into each squash half. Serve sprinkled with pepitas.



For the best flavor, toast the pepita seeds in a small, dry skillet and cook over medium-low heat, stirring constantly until fragrant (2-4 minutes).

# Cranberry Meringue Pie

If you're a fan of lemon meringue pie, you'll love this festive cranberry version. For the fluffiest meringue, set your eggs out at room temperature for about 15 minutes or submerge (in the shell) in a bowl of lukewarm water for 5 minutes before beating—egg whites at room temperature will gain more volume than cold whites.



10 servings (1 serving = 1 slice)

Prep time: 45 minutes

Total time: 4 hours

## NUTRITION PER SERVING

Calories	269 cal	Cholesterol	0 mg	Phosphorus	72 mg
Total Fat	8.7 g	Sodium	100 mg	Potassium	152 mg
Saturated Fat	2.4 g	Total Carbohydrate	45.4 g	Dietary Fiber	2.2 g
Trans Fat	0 g	Protein	4.1 g	Calcium	20 mg

## INGREDIENTS

### Crust

- $\frac{3}{4}$  cup white whole-wheat flour, or all-purpose flour
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{4}$  teaspoon salt
- 3 tablespoons canola oil
- 2 tablespoons butter, softened

### Filling

- 1 12-ounce bag cranberries, fresh or frozen, thawed
- 1 cup orange juice
- $\frac{3}{4}$  cup granulated sugar
- 1 large egg
- 3 large eggs, separated

### Meringue topping

- $\frac{1}{4}$  teaspoon cream of tartar
- Pinch of salt
- $\frac{1}{3}$  cup granulated sugar
- 1 teaspoon vanilla extract

## DIRECTIONS

1. Preheat oven to 350° F. Coat a 9-inch pie pan with cooking spray.
2. **Prepare crust:** Stir flour,  $\frac{1}{2}$  cup sugar, and  $\frac{1}{4}$  teaspoon salt in a medium bowl. Stir in oil and butter with a fork until well blended and crumbly (it should look like wet sand). Using the back of a spoon, firmly press the dough into the bottom and up the sides of the prepared pan. Bake the crust until it just begins to brown, about 20 minutes. (Keep the oven on for Step 4.)
3. **Prepare filling:** Meanwhile, combine cranberries and orange juice in a medium saucepan. Bring to a boil over high heat and cook, stirring occasionally, until all the cranberries are beginning to break down, 5 to 6 minutes. Pour through a fine-mesh sieve into a medium bowl, pressing on the solids to extract all the juice. Whisk  $\frac{3}{4}$  cup sugar into the juice until combined. Whisk in whole egg and 3 egg yolks. Return the cranberry mixture to the saucepan and cook over medium heat, stirring constantly and vigorously, until it thickens and just starts to bubble as you are stirring, 4 to 5 minutes. Pour the warm filling into the warm crust. Set aside while you prepare the meringue topping.
4. **Prepare topping:** Beat the 3 egg whites in a large bowl with an electric mixer on medium speed until frothy. Add cream of tartar and pinch of salt and beat at high speed until soft peaks form. Very slowly add  $\frac{1}{3}$  cup sugar, beating constantly, until the mixture holds stiff, shiny peaks. Beat in vanilla. Spoon the meringue over the filling, then gently spread to the edges of the crust. Make peaks in the meringue with the back of a spoon or a small offset spatula. Bake until the top is lightly browned, about 15 minutes. Cool the pie on a wire rack to room temperature, at least 3 hours, before serving.



White whole-wheat flour is made from hard white wheat berries, which makes it lighter in color and flavor than regular whole-wheat flour, but with the same nutritional properties. For the best flavor, store it airtight in the freezer.

# Mini Pecan Pies

The key to these decadent treats is the portion size—baking them in mini-muffin tins keeps the carbs and saturated fat in check. And maple syrup allows you to make this pecan pie recipe without corn syrup.



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24 servings (1 serving = 1 mini pie)

Prep time: 40 minutes

Total time: 55 minutes

## NUTRITION PER SERVING

Calories	124 cal	Cholesterol	26 mg	Phosphorus	45 mg
Total Fat	7.6 g	Sodium	105 mg	Potassium	58 mg
Saturated Fat	2.8 g	Total Carbohydrate	12.8 g	Dietary Fiber	1 g
Trans Fat	0 g	Protein	1.9 g	Calcium	17 mg

## INGREDIENTS

- 1½ cups old-fashioned rolled oats
- ½ cup all-purpose flour
- ½ cup packed light brown sugar, divided
- 1 teaspoon salt, divided
- 8 tablespoons cold unsalted butter (1 stick), cut into small pieces
- 2 large eggs
- ¼ cup pure maple syrup
- 1 cup pecan halves, toasted and finely chopped
- 1 teaspoon vanilla extract

## DIRECTIONS

1. Preheat oven to 350° F. Coat 24 mini-muffin cups with cooking spray.
2. Combine oats, flour, ¼ cup brown sugar, and ½ teaspoon salt in a food processor. Process until the oats are finely ground. Scatter butter pieces on top and process just until a dough comes together.
3. Divide the dough among the prepared mini-muffin cups, using about 1½ tablespoon dough for each. Press the dough into the bottom and up the sides of each cup.
4. Bake the crusts until the edges are set and light golden, about 15 minutes. Use the back of a spoon to press the crusts back down and up the sides (they will have puffed slightly during baking).
5. Whisk eggs, maple syrup, pecans, vanilla, and the remaining ¼ cup brown sugar and ½ teaspoon salt in a medium bowl. Divide the filling among the crusts, using about ½ tablespoon filling for each.
6. Bake the mini pies until the filling is set, 10 to 12 minutes. Let cool in the pan for 15 minutes. Use an offset spatula to release the edges and transfer to a wire rack to cool completely.

# Fall Harvest Orzo Salad

Fall for the flavor! Diced apples, dried cranberries, almonds, pepper, basil, and blue cheese make this orzo salad sweet, savory, and hearty.



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Serves 8 (1 serving = ½ cup)

Prep time: 5 minutes

Total time: 10 minutes

## NUTRITION PER SERVING

Calories	289 cal	Cholesterol	6 mg	Phosphorus	94 mg
Total Fat	12 g	Sodium	100 mg	Potassium	127 mg
Saturated Fat	3 g	Total Carbohydrate	41 g	Dietary Fiber	3 g
Trans Fat	0 g	Protein	6 g	Calcium	65 mg

## INGREDIENTS

- 4 cups cooked orzo, chilled (about 1⅔ cups dried orzo)
- 1 cup dried cranberries
- 2 cups fresh apples, diced
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- ½ teaspoon freshly ground black pepper
- 2 tablespoons fresh basil, chopped
- ½ cup crumbled blue cheese
- ¼ cup blanched almonds, chopped

## DIRECTIONS

1. In a medium-size bowl, add all the ingredients except blue cheese and almonds, gently combining until well incorporated.
2. Transfer the mixture to a serving dish, sprinkle with the crumbled blue cheese and almonds, and serve.



# White Turkey Chili

This healthy white turkey chili recipe is gorgeous, with flecks of green from zucchini, oregano, and green chiles. To keep the saturated fat low, we use one pound of ground turkey and add whole-grain bulgur to boost the volume and fiber in this chili recipe. After all the ingredients are added to the pot, we like to slowly simmer our chili for close to an hour to develop the best flavor, but if you're in a hurry, reduce the liquid by half and simmer for 20 to 25 minutes.



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8 servings (1 serving = 1 cup)

Prep time: 40 minutes

Total time: 1 hour 30 minutes

## NUTRITION PER SERVING

Calories	364 cal	Cholesterol	1 mg	Phosphorus	382 mg
Total Fat	15.6 g	Sodium	628 mg	Potassium	985 mg
Saturated Fat	3 g	Total Carbohydrate	38.1 g	Dietary Fiber	10.1 g
Trans Fat	0 g	Protein	27.7 g	Calcium	147 mg

## INGREDIENTS

- 3 tablespoons extra-virgin olive oil, or canola oil
- 1 pound 93%-lean ground turkey
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 medium zucchini, diced (about 3½ cups)
- ½ cup bulgur
- 2 tablespoons dried oregano
- 4 teaspoons ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon white pepper
- ¼ teaspoon salt
- 2 15-ounce cans no-salt-added white beans, rinsed
- 2 4-ounce cans green chiles, mild or hot
- 4 cups reduced-sodium chicken broth

## DIRECTIONS

1. Heat oil in a Dutch oven or large pot over medium-high heat. Add ground turkey, onion, and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper, and salt; cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot, and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.



### TO MAKE AHEAD

Cover and refrigerate for up to 3 days or freeze for up to 3 months.

# Caramel Apples

This healthy caramel apple recipe has just enough caramel to give a nice hint of salty-sweet flavor in each bite for a tasty dessert.



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3 servings (1 serving = 2 apples)

Prep time: 15 minutes

Total time: 45 minutes

## NUTRITION PER SERVING

Calories	228 cal	Cholesterol	0 mg	Phosphorus	35 mg
Total Fat	6.4 g	Sodium	55 mg	Potassium	206 mg
Saturated Fat	2.8 g	Total Carbohydrate	44.1 g	Dietary Fiber	4 g
Trans Fat	0 g	Protein	1.6 g	Calcium	23 mg

## INGREDIENTS

- ½ cup packed light brown sugar
- ¼ cup agave nectar
- 2 tablespoons butter
- ⅛ teaspoon salt
- 3 tablespoons chopped unsalted nuts, such as peanuts or pecans
- 6 small apples, such as Eve or Paula Red

## DIRECTIONS

1. Line a baking sheet with wax paper and coat with cooking spray. Coat a tablespoon measure with cooking spray.
2. Combine brown sugar, agave, butter, and salt in a small saucepan. Place over medium heat; as soon as the syrup starts to lightly bubble around the edges, cook, stirring constantly, for 1 minute more. Add nuts and cook, stirring constantly, until the sugar is melted and the mixture darkens, about 1 minute. Remove from the heat.
3. Working quickly, spoon about 1 tablespoon of caramel over each apple. Repeat, spooning another tablespoon of caramel over each apple, turning as you pour.
4. Let cool on the baking sheet for 5 minutes. Insert popsicle/craft sticks into the tops, if desired. Press any stray strands of caramel back onto the apples. Let cool for at least 30 minutes.

### NOTE

#### TO MAKE AHEAD

Store in wax paper at room temperature for up to 1 day.

### NOTE

#### EQUIPMENT

The wooden popsicle/craft sticks are optional and can be found at your local craft store.

# Holiday comfort classics

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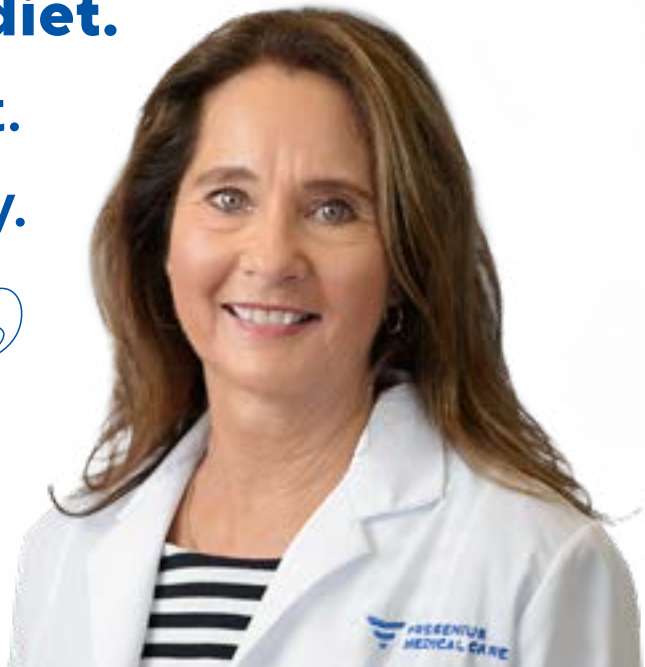
☞ **It's a lifestyle—not a diet.**

**You can eat out.**

**You can go to a party.**

**It's doable!** ☞

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