



Kidney - Friendly, Low-Salt Recipes

Stew Beef (Guyana)

Ingredients:

2 pounds of beef stew (cut in small pieces)
Season and marinate for one hour
1 large onion (chopped in small pieces)
1 teaspoon cinnamon
Black pepper to taste
3 small peppers
5 large cloves of garlic
2 tablespoons tomato paste, low sodium

Directions:

1. Place 1 tablespoon oil to heat.
2. Fry garlic, pepper and onions in oil until golden brown.
3. Add beef to pot.
4. Add 2 tablespoons tomato paste.
5. Let meat boil, then simmer.
6. Add 1 cup hot water to make gravy until it thickens.
7. Add 1 teaspoon ground cinnamon.
8. Add a touch of black pepper.
9. Simmer until meat is tender.

Eat over rice, roti (Guyanese pita bread) or just plain bread.

Nutritional breakdown (per serving):

Calories - 253
Carbohydrates - 7 grams
Protein - 15 grams
Fat - 17 grams
Sodium - 74 milligrams
Potassium - 348 milligrams
Calcium - 33 milligrams
Phosphorus - 176 milligrams

Grilled Low - Salt Flat Bread

Ingredients:

1 package active dry yeast
¼ cup warm water
¾ cup rice milk, heated to a simmer
2 tablespoons sugar
2 tablespoons canola oil
3 to 3 ½ cups all-purpose flour

Directions:

Dissolve yeast in warm water. Mix warm rice milk, sugar and oil, and cool to lukewarm. Add 1 ½ cups flour and yeast mixture, and stir together. Add enough of the remaining flour to make a soft dough. Turn out on a lightly floured surface and knead about 8 minutes or until dough becomes smooth across the top when it is shaped like a ball. Place the dough in a lightly oiled bowl, cover with plastic wrap, place in a warm area of your kitchen, and let double in size. Check the dough in 30 to 45 minutes because low - salt dough rises much quicker than other dough. Punch down, knead out all of the air bubbles and shape dough into flat 6 to 8 inch disks. Place foil over your BBQ, brush the foil with oil and turn your BBQ on to low or heat until 350°F. When your BBQ is hot, turn off the heat, place the dough disks on the foil until golden brown, turn over and cook until golden brown on the both sides. It may only take 3 or 4 minutes to cook. Spread your favorite toppings over the top.

Nutritional breakdown:

Calories - 244
Carbohydrates - 16.2 grams
Protein - 5.8 grams
Fat - 6.2 grams
Sodium - 10.2 milligrams
Potassium - 86 milligrams

Roast Turkey with Fresh Sage

Ingredients:

1 teaspoon canola oil
1 12 - pound fresh turkey
½ yellow onion diced
1 bunch fresh sage (.75 ounces)
2 teaspoons poultry seasoning

Directions:

Remove giblets and turkey neck from the cavity. Wash the turkey inside and out; pat dry. Remove any pinfeathers from the skin. Sprinkle the cavity with poultry seasoning and place the diced onion and fresh sage in the cavity. Oil the bottom of the roasting pan and place the turkey inside. Bake in a pre-heated 350 degree oven for 2 ½ to 3 hours; the juices should run clear when you stick your fork between the drumstick and thigh bone. Remove from the heat. Cover with foil and let rest 20 minutes before serving.

Nutritional breakdown:

3-ounce serving of white meat without the skin:

Calories - 134
Total fat - 2.8 grams
Saturated fat - 0.9 grams
Monounsaturated fat - 0.5 grams
Polyunsaturated fat - 0.7 grams
Cholesterol - 59 milligrams
Calcium - 16 milligrams
Sodium - 54 milligrams
Phosphorus - 186 milligrams
Potassium - 259 milligrams
Carbohydrates - 0 grams
Fiber - 0 grams
Sugar - 0 grams
Protein - 25 grams

Apple Caramel Crisp

Ingredients:

5 Granny Smith apples, peeled, cored and sliced
¼ cup lemon juice
¾ cup caramel flavoring, sugar free
⅓ cup all purpose flour
¼ cup butter
1 cup oatmeal
2 tablespoons cinnamon
Butter spray

Directions:

Toss sliced apples in lemon juice; pour off any extra lemon juice. Soak apple slices in caramel flavoring for 10 minutes. Pre - heat oven to 375 degrees Fahrenheit. Lightly oil an 8 x 8 pan, place apples in the bottom. In a bowl, mix flour, oatmeal and cinnamon together; then cut in the butter until you have small pieces. Sprinkle the mixture over the top of the apples. Bake for 40 minutes; spray the top with a butter spray and bake for another 5 minutes.

Nutritional breakdown:

Calories - 163
Total fat - 7 grams
Saturated fat - 3.8 grams
Monounsaturated fat - 1.7 grams
Polyunsaturated fat - 0.5 grams
Cholesterol - 15.3 milligrams
Calcium - 35 milligrams
Sodium - 47 milligrams
Phosphorus - 67 milligrams
Potassium - 159 milligrams
Total carbohydrates - 25.5 grams
Dietary fiber - 4.3 grams
Sugar - 10 grams
Protein - 2.6 grams

These recipes are courtesy of the National Kidney Foundation (Kidney.org).

MedStar Good Samaritan Hospital, the largest, not - for - profit dialysis provider in the state of Maryland has been designated a 5 Diamond Facility by the Mid - Atlantic Renal Coalition based on our commitment to providing safe, high - quality care and promoting kidney health education and awareness.

For a physician referral to one of the kidney care experts at MedStar Good Samaritan Hospital, visit MedStarGoodSam.org or call **443 - 444 - 4100**.



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