

nutrition
it's about balance



Low Phosphorus Recipes



To be used in conjunction with advice from a Registered Dietitian.



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

kidneyhealth.ca

LOW PHOSPHORUS PANCAKES

Pancakes from mixes contain a large amount of phosphorus because of the baking powder and milk they contain. This recipe has two-thirds less phosphorus than pancake mixes.

- $\frac{1}{2}$ cup Rice Dream® or Coffeerich® milk substitute
- $\frac{1}{2}$ cup flour
- 1 egg
- 1 tsp sugar or Splenda®
- 1 Tbsp vegetable oil



Mix all ingredients well.

Melt enough non-hydrogenated margarine to cover the bottom of the skillet which should be quite hot. Pour about $\frac{1}{4}$ cup of the pancake batter in the skillet and gently tip slightly in all directions so the batter covers the bottom.

Cook for about one minute, or until the edges start to turn golden, then turn with a spatula to cook the other side.

Repeat for each pancake.

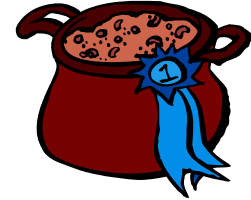
Makes 4 pancakes.

1 pancake = 1 serving breads and starch



Low Phosphorus Chili Con Carne

This chili is lower in phosphorus because it does not contain kidney beans or pork and beans.



- 1-1/2 pounds lean ground beef
- 16-ounce can stewed tomatoes, blenderized
- 1 tablespoon oil
- 1-2 tablespoons chili powder (to taste)
- 1/2 cup chopped onion
- 1 stalk celery, chopped
- 1/2 cup chopped green bell or chili pepper
- 1-1/2 cup water

Heat a large skillet on medium heat. Add oil, onion, celery and pepper until tender, but not brown. Add ground beef and cook until brown. Add the blenderized tomatoes, chili powder and water. Mix thoroughly; reduce heat to low. Simmer for several hours.

Recipe makes 6 servings. Serving size equals 1 cup.

1 serving= 3 meat choices, 2 medium potassium fruit/vegetable

1 serving= 22 g protein, 438 mg potassium, 190 mg phosphorus



Apple Muffins

These are low in phosphorus because they do not contain baking powder or bran.

2 eggs

1 cup sugar/Splenda®

$\frac{1}{2}$ cup vegetable oil

$\frac{1}{4}$ cup water

1 tablespoon vanilla

1-1/2 cups all purpose white flour

1 teaspoon baking soda

1-1/2 teaspoon cinnamon

1-1/2 cup raw apple, peeled and cut into small pieces



Preheat oven to 400°F and grease muffin pan (or use 12 muffin papers). Beat eggs in a large bowl. Add sugar, oil and water; mix well. Add vanilla. In a separate bowl, combine flour, baking soda and 1 teaspoon cinnamon. Stir flour mixture into egg mixture. Batter will be lumpy. Fold in apple pieces. Fill muffin cups $\frac{3}{4}$ full. Mix remaining $\frac{1}{2}$ teaspoon cinnamon with 1 teaspoon sugar. Sprinkle on top of muffins. Bake for 20 minutes or until lightly browned. Makes 12 muffins. 1 serving= 1 bread/starch

PITA CHIPS

Recipe from Genzyme Canada Inc.



1 white pita (8 inch)

Pam® spray

$\frac{1}{2}$ teaspoon Mrs. Dash

Preheat oven to 350°F. Pull pita apart into 2 rounds. Cut into triangles. Put onto a cookie sheet and spray with Pam® Sprinkle with Mrs. Dash and bake for 6-8 minutes or until lightly golden. Serve with renal chip dip (recipe below). Store in an airtight container for 2-3 days.

1 recipe= 2 bread/starch servings

RENAL CHIP DIP

Recipe from Genzyme Canada Inc.

8 oz. light cream cheese

$\frac{1}{2}$ cup rice dream® or coffee-rich®

1 tablespoon lemon juice

1 teaspoon Mrs. Dash® or McCormick's no salt added® (garlic and herb)

Beat cream cheese until smooth. Add rice milk and continue beating until combined. Stir in lemon juice and seasoning. Chill until firm.

Hints: Use sautéed onions, pureed roasted red peppers, dill weed or curry powder instead of Mrs. Dash®

ROASTED RED PEPPER PIZZA

Makes 1 Serving

Ingredients

Pizza:

1 Greek style pita

2 tbsp roasted red pepper sauce (recipe included)

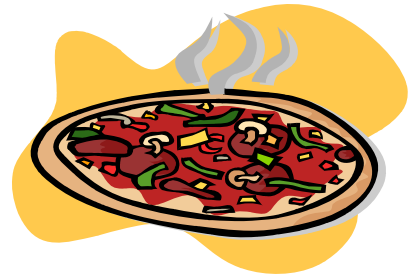
$\frac{1}{4}$ cup cooked ground beef

1 tbsp green pepper, diced

1 tbsp onion, diced

2 tbsp brie, diced

2 tbsp mozzarella, grated



Roasted Red Pepper Sauce:

1 whole red pepper, roasted

1-2 cloves garlic

Dash of black pepper

1 tsp olive oil

Preparation

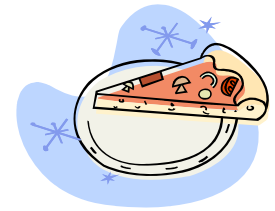
Pizza:

Preheat oven to 350 F. Place pita on baking sheet and spread roasted red pepper sauce on pita. Top with beef, green peppers, onion and cheeses. Bake for 10 minutes or until cheese has melted and pizza is heated through.

Roasted Red Pepper Sauce:

Roast pepper in broiler or on BBQ until skin turns black. Let pepper cool and then peel off skin and discard. Puree peppers, garlic, black pepper and olive oil in a food processor or blender until smooth.

APPLE BRIE PIZZA



Pizza Crust:

1 1/4 c. all-purpose flour
1 tsp. instant yeast
1/2 c. hot water
4 tsp. cooking oil
2 tsp. cornmeal

Topping:

7 oz Brie cheese, with rind, softened
2 Tbsp. sour cream
1/4 tsp. dill weed
1 tsp. apple juice
1-2 medium red apples, with peel;
Cut into paper-thin wedges
2 tsp. grated Parmesan cheese

PIZZA CRUST: Measure flour and yeast into food processor. (This can also be done by hand). With lid in place and machine running, pour hot water and cooking oil through food chute. Process for about 50 seconds until a ball is formed. Remove and wrap in plastic wrap. Let rest for 10 minutes.

Divide dough into 2 equal portions. Sprinkle 1 tsp. cornmeal on working surface. Roll 1 portion of dough over cornmeal to 10-inch diameter. Repeat with second portion of dough. Place on greased baking sheet. Poke holes all over dough with fork. Bake on a bottom rack in a 450° F (230°C) oven for about 10 minutes. You can bake these 1 at a time. Cool.

TOPPING: Mash the Brie cheese, sour cream, dill weed, and apple juice with fork on a large plate. No need to mash until smooth but rather to coarsely mix. Divide between crusts.

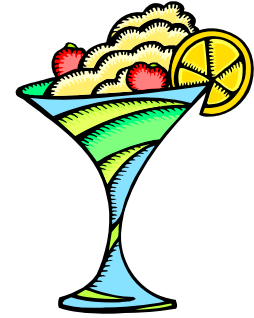
Arrange apple slices in single layer over each. Sprinkle with Parmesan cheese. Bake in center of 450° oven for about 5 min. until crust is crisp and surface is beginning to turn golden. Cut each pizza into 12 wedges for a total of 24 wedges.

2 pizza wedges= 1 bread/starch serving



FRUITY RICE PUDDING

- 1 cup water
- 1 can (14 oz) No Sugar Added Pineapple
- 1 cup MINUTE rice (uncooked)
- 1 packet Sugar Substitute
- 2 cups COOL WHIP Light Whipped Topping
- Cinnamon (optional)



Mix water and pineapple. Microwave for 5 min. on HIGH. Add MINUTE rice and sugar substitute. Cover and let stand for 30 minutes.

Stir in COOL WHIP Light Whipped Topping. Divide between 6 small bowls and sprinkle with cinnamon (if desired).

Serves 6: 1/6 of recipe= 1 starch, 1 low potassium fruit

Non-Dairy Cook Type Pudding

1 pkg (4 serving size) Pudding and Pie filling mix
75 ml (1/3 cup) liquid Nutriwhip®
10 ml (2 tsp) cornstarch
270 ml (1 cup plus 2 tbsp) water

1. Mix cornstarch with dry pudding mix.
2. Add Nutriwhip® and water

Cook in a saucepan over medium heat until bubbly and thickened (or microwave in a 1 litre (4 cup) casserole on High for 1 ½ minutes. Stir well, then microwave on High for another 45 seconds.)

Non-Dairy Rich's Vanilla Ice Cream

4 eggs*
2 cartons (4 cups or 1000 ml) liquid Coffee Rich®
3 ml (1/2 tsp) vanilla extract (real works better - imitation tends to make watery ice cream)
250 ml (1 cup) sugar



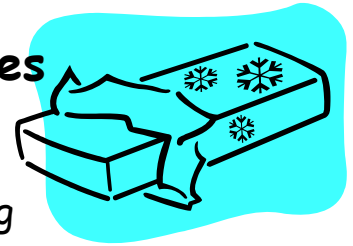
1. Beat eggs and Coffee Rich®
2. Add Vanilla and sugar and continue beating until well blended.
3. Chill in freezer for 3 hours or until slushy.
4. Put in ice cream maker for about 30 minutes or beat with electric beater for 5-10 minutes. Store in freezer.

* When preparing raw eggs, use only Grade A eggs that have been refrigerated. The shells must be clean and not have any cracks. Immediately refrigerate the product until served. Wash hands in hot soapy water before and after handling the eggs.

Easy Low Phosphorus Ice-Cream Sandwiches

10 plain graham wafers

20 Tablespoons Cool Whip® Lite nondairy dessert topping



Break graham crackers into squares (2-1/2 inch x 5 inches). Spread 2 Tbsp Cool Whip® topping on 10 of the graham cracker halves. Top with the remaining 10 graham cracker halves to make sandwiches.

Place sandwiches on a cookie sheet. Freeze for 2 hours before serving.

Helpful Hints:

- This recipe can be made in batches and kept frozen for a snack later.
- Wrap each sandwich in plastic wrap and place in freezer bag.

This recipe makes 10 servings. 1 serving = 1 starch serving