

RenalTracker

Behavior change to help patients delay dialysis

RECIPES



Spicy Deviled Egg

Makes 1 Serving

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	78.0mg
Protein	7.0g
Potassium	83.0mg
Phosphorus	95.0mg
Calories	116.0kcal
Fat	8.0g
Carbohydrates	4.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	pc.	hard-boiled egg
2.)	1	tsp.	pimentos
3.)	¼	tsp	dry mustard
4.)	1	tbsp	mayonnaise
5.)	¼	tsp.	blackpepper
6.)			paprika (to garnish)

You can use any alternative or substitutes

Directions

Cut egg lengthwise and remove yolk.

2. Mix yolk, pimentos, dry mustard, mayonnaise, and blackpepper.

3. Place mixture inside egg whites in equal parts.

4. Sprinkle eggs with paprika.

Tempeh Pita Sandwich

Makes 4 Servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	187mg
Protein	15g
Potassium	437mg
Phosphorus	208mg
Calories	313kcal
Fat	17g
Carbohydrates	25g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	8	oz.	tempeh
2.)	2	tbsp.	sesame oil
3.)	2	tbsp	balsamic vinegar
4.)	1	pc.	small onion
5.)	1	pc.	red bell pepper
6.)	1	cup	mushrooms
7.)	2	pcs.	pita bread, 6-inch size
8.)	4	tsp.	mayonnaise

You can use any alternative or substitutes

Directions

1. Cut tempeh into 12 slices. Thinly slice onion, bell pepper and mushrooms.
2. In a large skillet, heat 1 tablespoon of the sesame oil over medium heat. Add sliced tempeh and cook each side for 3-4 minutes until browned. Add balsamic vinegar and cook one minute; flip and cook another minute. Remove tempeh from skillet.
3. Add remaining sesame oil to skillet and heat over medium heat. Add the onion, bell pepper and mushrooms, and cook until tender.
4. Cut the pita half and open it to form a pocket. Spread each half with 1 teaspoon of mayonnaise. Add 3 pieces of tempeh and 1/4 the vegetable mixture to each pita half. Serve immediately.

Apple Crisp

Makes 12 Servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	45mg
Protein	3g
Potassium	155mg
Phosphorus	56mg
Calories	308kcal
Fat	9g
Carbohydrates	54g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	4	cups	coarsely chopped tart apples
2.)	3	tbsp.	sugar
3.)	3	tbsp	brandy
4.)	2	tsp.	lemon juice
5.)	½	tsp.	cinnamon
6.)	1	tsp.	nutmeg
7.)	¾	cup	dry oats
8.)	¼	cup	brown sugar
9.)	2	tbsp.	flour
10.)	2	tbsp.	margarine

You can use any alternative or substitutes

Directions

1. Combine first 6 ingredients in an 8-inch square baking pan. Toss well; set aside.
2. Combine oats, brown sugar and flour in small bowl. Cut in margarine until well-blended.
3. Sprinkle over apple mixture. Bake at 350°F for 45 minutes.

Apple and Raisin Compote

Makes 10 Servings



Sodium	7.0mg
Protein	0.0 g
Potassium	165.0mg
Phosphorus	17.0mg
Calories	186.0kcal
Fat	10.0g
Carbohydrates	24.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	½	cup	unsalted butter
2.)	5	cups	Granny Smith Apples
3.)	½	cup	brown sugar
4.)	½	cup	raisins
5.)	¼	cup	apple juice

You can use any alternative or substitutes

Directions

1. Peel, core, and slice apples thinly.
2. Melt butter in a pan. Add apples and stir to coat apple slices with butter.
3. Sprinkle brown sugar over apple slices and toss to coat.
4. Add apple juice and raisins. Bring to a boil, then reduce heat and simmer for 10 minutes.

Minted Lemonade

Makes 5 Servings



Sodium	0mg
Protein	0.0 g
Potassium	34mg
Phosphorus	2mg
Calories	80kcal
Fat	0g
Carbohydrates	21g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	6	tbsp	fresh lemon juice
2.)	1/2	cup	sugar
3.)	6	pcs.	mint leaves
4.)	3 1/2	cup	mint leaves

You can use any alternative or substitutes

Directions

1. In a 1-quart pitcher, mix lemon juice, sugar and mint leaves. Add $3\frac{1}{2}$ cups of cold water to fill the pitcher.
2. Chill until cold.
3. Serve in a 6-ounce glass with a sprig of mint to garnish.

Apple-Ginger Sparkler

Makes 5 Servings



Sodium	25.0mg
Protein	0.0 g
Potassium	110.0mg
Phosphorus	7.0mg
Calories	185.0kcal
Fat	0g
Carbohydrates	47.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	cups	sugar
2.)	6	inch	piece fresh ginger, finely diced
3.)	2	cups	water
4.)			ice cubes
5.)	4	cups	sparkling apple cider
6.)	6	pcs	cinnamon sticks, cut in half
7.)	12	pcs	crystallized ginger

You can use any alternative or substitutes

Directions

1. To prepare ginger syrup, place sugar*, grater ginger, and water in a medium saucepan; bring to a boil. Reduce heat to low and simmer for 1 hour until the ginger flavor is strong.
2. Strain the mixture and refrigerate to chill.
3. To prepare Ginger-Apple Sparkler, place one tablespoon ginger syrup in each glass (use short tumblers).
4. Fill with ice cubes, pour in ½ cup cider, and stir to combine.
5. Garnish with a cinnamon stick and crystallized ginger.

Banana Shake with Oats

Makes 2 Servings



Sodium	45mg
Protein	5.0g
Potassium	271.0 mg
Phosphorus	155mg
Calories	143.0kcal
Fat	5.0g
Carbohydrates	20g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	½	cup	cooked oatmeal (chilled)
2.)	½		frozen banana (cut into chunks)
3.)	⅔	cup	skim milk
4.)	2	tbsp.	brown sugar
5.)	1	tbsp.	wheat germ
6.)	½	tbsp.	vanilla extract

You can use any alternative or substitutes

Directions

1. Place oatmeal in the blender and blend for 20mins.
2. Add milk, brown sugar, wheat germ, vanilla, and ½ banana. Blend until thick and smooth.

Champagne Punch

Makes 10 Servings



Sodium	11.0mg
Protein	0.0g
Potassium	63.0mg
Phosphorus	11.0mg
Calories	81.0kcal
Fat	0.0g
Carbohydrates	8.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	btl.	champagne
2.)	1 ½	cups	chilled 7Up®
3.)	1	cups	cranberry juice
4.)	2	cups	ice
5.)	5	pcs.	fresh strawberries

You can use any alternative or substitutes

Directions

1. Mix all ingredients in a punch bowl or large mixing bowl.
2. Let chill for at least 10 minutes before serving.

Baked French Toast Custard

Makes 4 Servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	390mg
Protein	16.0g
Potassium	221mg
Phosphorus	111mg
Calories	450.0 kcal
Fat	14.0g
Carbohydrates	65.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	4	slices	Italian bread, sliced 1/2"thick
2.)	2	cups	rice milk,non-enriched
3.)	2	cups	liquid low-cholesterol egg substitute
4.)	1/2	cup	sugar
5.)	4	tbsp.	unsalted margarine, melted
6.)	1	tsp.	almond extract
7.)	1	tsp.	cinnamon
8.)			powdered sugar or non-calorie sweetener, optional

You can use any alternative or substitutes

Directions

1. Coat the bottom and sides of a 9" x 13" baking pan with margarine or nonstick cooking spray.
2. Arrange slices of bread in a layer on the bottom of pan.
3. Beat non-enriched rice milk, egg substitute, and melted margarine, sugar, almond extract, and cinnamon together in a bowl and pour over bread slices.
4. Cover the pan with plastic wrap and refrigerate overnight.
5. Preheat oven to 350°F.
6. Place pan in the oven and bake for 40 to 50 minutes, until the knife inserted into the center comes out clean.
7. Serve warm. Sprinkle with powdered sugar or non-calorie sweetener, if desired.

Apple Crepe

Makes 8 Servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	41.0mg
Protein	3.0g
Potassium	128.0mg
Phosphorus	52.0mg
Calories	183.0kcal
Fat	11.0g
Carbohydrates	19.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3	pcs	large apples
2.)	¼	cup	cup unsalted butter
3.)	1	tsp.	cinnamon
4.)	2	tbsp.	brown sugar
5.)	8	pcs	crepes (see davita.com recipes)
6.)	8	tbsp.	whipped topping

You can use any alternative or substitutes

Directions

1. Preheat oven to 350°F.
2. Peel, core, and slice apples.
3. Melt butter, pour over apples, and toss to coat. Pour into an 8" baking dish.
4. Sprinkle cinnamon and brown sugar over apples and stir.
5. Bake 30 minutes or until the apples are tender.
6. Prepare a Basic Crepe recipe from davita.com.
7. Place crepe on plate, browned side down.
8. Spoon ¼ cup of apple mixture onto crepe.
9. Roll crepe and top with a tablespoon of whipped topping.

Baked Egg Cups

Makes 1 Serving

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	78.0mg
Protein	7.0g
Potassium	92.0mg
Phosphorus	101.0 mg
Calories	80.0kcal
Fat	5.0g
Carbohydrates	1.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3	slices	low-sodium bacon
2.)	1/3	cup	onion
3.)	1/3	cup	mushrooms
4.)	1/3	cup	bell pepper
5.)	12	pcs	large eggs
6.)	1/4	tsp.	black pepper

You can use any alternative or substitutes

Directions

1. Preheat oven to 350oF. Line the muffin tin with paper muffin wrappers. Dice vegetables.
2. Cook the bacon until crisp. Crumble-cooked bacon and combine with diced vegetables in a large bowl.
3. Spoon mixture into cups, filling them 2/3 of the way, leaving room to add the egg mixture.
4. In another bowl, beat together eggs and black pepper.
5. Pour egg mixture into each muffin cup. Leave 1/4-inch at the top.
6. Bake 25 minutes, or until muffins have risen and are firm.
7. Remove muffins from pan and serve.

Baked Pineapples

Makes 9 servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	50.0mg
Protein	2.0g
Potassium	85.0mg
Phosphorus	26.0mg
Calories	270.0kcal
Fat	5.0g
Carbohydrates	54.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	20	ounces	canned crushed pineapple with juice
2.)	2	pcs.	large eggs
3.)	2	cup	sugar
4.)	3	tbsp.	tapioca
5.)	1/8	tsp.	salt
6.)	3	tbsp.	unsalted butter
7.)	1/2	tsp.	cinnamon

You can use any alternative or substitutes

Directions

1. Preheat oven to 350°F.
2. Empty crushed pineapple with juice into a bowl.
3. Beat 2 eggs well and add to crushed pineapple.
4. Add sugar, tapioca, and salt to pineapple egg mixture.
5. Pour mixture into 8" x 8" baking dish.
6. Slice butter and place on top of pineapple mixture. Sprinkle cinnamon on top.
7. Bake for 30 minutes. Serve hot or chilled.

Apple Bars

Makes 18 servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	140.0mg
Protein	2.0g
Potassium	72.0mg
Phosphorus	27.0mg
Calories	246.0kcal
Fat	11.0g
Carbohydrates	35.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3/4	cup	unsalted butter
2.)	1	cup	granulated sugar
3.)	1	cup	sour cream
4.)	1	tsp.	vanilla extract
5.)	1	tsp.	baking soda
6.)	1/2	tsp.	salt
7.)	2	cups	all-purpose white flour
8.)	2	pcs.	medium apples
9.)	1/2	cup	brown sugar
10.)	1	tsp.	cinnamon
11.)	2	tbsp.	milk
12.)	1	cup	powdered sugar

You can use any alternative or substitutes

Directions

1. Preheat oven to 350°F.
2. Peel and chop apples.
3. Cream together 1/2 cup butter and white sugar or Splenda.
4. Add sour cream, vanilla, baking soda, salt and flour. Stir to mix; add chopped apples.
5. Pour batter into a greased 9" x 13" baking pan.
6. In a small bowl, crumble 2 tablespoons softened butter, brown sugar and cinnamon together. Sprinkle over top of batter.
7. Bake for 35 to 40 minutes. Let cool completely.
8. To make icing, combine 2 tablespoons melted butter, milk (or milk substitute) and powdered sugar. Drizzle over top; and cut dessert into 18 bars.

Apple Muffins

Makes 12 servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	117.0mg
Protein	3.0g
Potassium	46.0mg
Phosphorus	34.0mg
Calories	162.0kcal
Fat	10.0g
Carbohydrates	15.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	12	pcs.	muffin papers
2.)	1 ½	cups	raw apple
3.)	2	pcs.	eggs
4.)	1	cup	sugar
5.)	½	cup	canola oil
6.)	¼	cup	water
7.)	1	tbsp.	vanilla
8.)	1 ½	cups	all-purpose white flour
9.)	1	tsp.	baking soda
10.)	1 ½	tsp.	cinnamon

You can use any alternative or substitutes

Directions

1. Preheat oven to 400°F and place muffin papers in muffin pan. Peel and cut the apple into small pieces.
2. Beat eggs in a large bowl. Add sugar, oil and water; mix well. Add vanilla.
3. In a separate bowl, combine flour, baking soda and 1 teaspoon cinnamon.
4. Stir flour mixture into egg mixture. Batter will be lumpy. Fold in apple pieces.
5. Fill muffin cups ¾ full. Mix remaining ½teaspoon cinnamon with 1 teaspoon sugar.Sprinkle on top of muffins.
6. Bake for 20 minutes or until lightly browned.

Baked Squash With Pineapple

Makes 2 servings



Sodium	2.0mg
Protein	2.0 g
Potassium	795.0mg
Phosphorus	80.0mg
Calories	236.0kcal
Fat	3.0g
Carbohydrates	40.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	pc.	acorn squash (cut in half, seeded)
2.)	2	tsp.	brown sugar
3.)	2	tsp.	margarine or butter
4.)	3	tbsp.	pineapple (crushed)
5.)	1	tbsp.	margarine or butter

You can use any alternative or substitutes

Directions

1. Place squash with cut side up in the greased baking pan.
2. Place one teaspoon butter plus one teaspoon brown sugar in each acorn half.
3. Bake squash, covered, at 400°F until tender, approximately 30 minutes. Scoop out cooked squash out of shells, leaving $\frac{1}{4}$ inch thick shell.
4. Mix cooked squash, pineapple, butter, and nutmeg. Beat until smooth.
5. Spoon mixture into shells; heat at 425°F for approximately 15 minutes.

Baked Cod Fillet

Makes 4 servings



Sodium	0.0mg
Protein	20.0g
Potassium	338.0mg
Phosphorus	0.0mg
Calories	171.0kcal
Fat	10.0g
Carbohydrates	0.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	lb.	cod fillets
2.)	2	tbsp.	olive oil
3.)	½	tsp.	ground cumin
4.)	½	tsp.	ground rosemary
5.)	½	tsp.	black pepper

You can use any alternative or substitutes

Directions

1. Preheat oven to 350°F.
2. Flatten fish fillets and turn several times in olive oil to coat completely.
3. Sprinkle fish with spices.
4. Place in bakingdish.
5. Bake for approximately 20 to 25 minutes until fish flakes with a fork.

Baby Back Ribs

Makes 2 servings



Sodium	379.0mg
Protein	27.0g
Potassium	431.0mg
Phosphorus	431.0mg
Calories	44.0 kcal
Fat	34.0g
Carbohydrates	6.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tsp.	Mrs. Dash® Garlic-Herb Seasoning Blend
2.)	1 ½	lbs.	rack baby back ribs
3.)	3	cups	water
4.)	1½	cups	cider vinegar
5.)	¼	cup	barbeque sauce

You can use any alternative or substitutes

Directions

1. Sprinkle ribs evenly (top and bottom) with Mrs. Dash seasoning.
2. Coat atop part of broiler pan with cooking spray; place ribs on broiler pan.
3. Pour water and vinegar into bottom of broiler pan. Put on top part of pan with ribs.
4. Place aluminum foil securely over ribs, tucking in around edges. (May need 2 pieces of foil to adequately cover.) This allows the ribs to steam.
5. Bake at 300°F for 3½ to 4 hours— don't peek, it lets out steam.
6. Remove foil and brush on barbecue sauce. Cook in oven an additional 10 minutes.

Barley-Rice Pilaf

Makes 4 servings



Sodium	83.0mg
Protein	83.0mg
Potassium	186.0mg
Phosphorus	80.0mg
Calories	171.0kcal
Fat	4.0g
Carbohydrates	30.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tbsp.	margarine
2.)	1	pc.	small yellow onion, chopped
3.)	1/3	cup	barley
4.)	1/3	cup	white rice
5.)	2	cups	low-sodium chicken broth
6.)	1	pc.	carrot, peeled and chopped fine
7.)	1	stalk	celery, chopped fine
8.)	1/2	tsp.	dried thyme
9.)	1/8	tsp.	pepper

You can use any alternative or substitutes

Directions

1. In a medium saucepan, melt margarine over moderate heat. Add onion and cook for about 5 minutes or until soft.
2. Add barley and rice and cook, stirring for 1 minute. Add remaining ingredients and bring to boil.
3. Reduce heat and simmer, covered, for 15 minutes or until liquid is absorbed.

Baked Fish A La Mushroom

Makes 4 servings



Sodium	110.0mg
Protein	21.0g
Potassium	561.0mg
Phosphorus	225.0mg
Calories	155.0kcal
Fat	7.0g
Carbohydrates	2.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	lb.	fresh cod fillets
2.)	2	tbsp.	margarine
3.)	1½	cups	sliced fresh mushrooms
4.)	¼	cup	white onion
5.)	1	tsp.	dried thyme

You can use any alternative or substitutes

Directions

1. Place fillets in a two-quart rectangular baking dish. (If using frozen fish instead of fresh, thaw first.)
2. Preheat oven to 450°F.
3. Chop onion.
4. Melt margarine in a small sauce pan. Add mushrooms and onion and cook over medium heat until tender.
5. Spoon mushroom mixture over fish.
6. Crush the dried thyme and sprinkle over fish.
7. Bake uncovered in oven for 12 to 15 minutes or until fish flakes.

Baked Flounder Teriyaki

Makes 4 servings



Sodium	85.0mg
Protein	20.0g
Potassium	90.0mg
Phosphorus	80.0mg
Calories	105.0kcal
Fat	2.0g
Carbohydrates	2.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	6	pcs	small flounder or other lean fish fillets
2.)	1/3	cup	dry sherry or apple juice
3.)	2	tbsp.	chopped green onions
4.)	3	tbsp.	lemon juice
5.)	2	tsp.	finely chopped ginger root
6.)	1	tsp.	honey
7.)	1	tsp.	vegetable oil
8.)	1/4	tsp.	pepper
9.)	2	cloves	garlic, finely chopped

You can use any alternative or substitutes

Directions

1. Spray rectangular pan, 13x 9 x 2 inches, with non - stick cooking spray.
2. Place fish in pan. Mix remaining ingredients; spoon over fish.
3. Cover with aluminum foil and refrigerate 1 hour.
4. Heat oven to 350 degrees. Bake covered 15-20 minutes or until fish flakes easily with fork.

Alfredo Sauce

Makes 8 servings



Sodium	142.0mg
Protein	3.0g
Potassium	32.0mg
Phosphorus	75.0mg
Calories	173.0kcal
Fat	14.0g
Carbohydrates	9.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	¼	cup	olive oil
2.)	3	tbsp.	all-purpose flour
3.)	1	clove	garlic, minced
4.)	2	cups	rice milk
5.)	4	oz.	cream cheese
6.)	⅓ 2	cup tbsp.	shredded parmesan cheese divided
7.)	¼	tsp.	ground nutmeg
8.)	1	tbsp.	lemon juice
9.)	2	tbsp.	chopped basil

You can use any alternative or substitutes

Directions

1. Heat olive oil in a large skillet over medium heat. Add flour and use a whisk to make a paste then add minced garlic.
2. Slowly add rice milk, whisking constantly to prevent lumps. Let mixture come to a boil and thicken.
3. Add cream cheese and whisk to mix well. Remove from heat.
4. Add ⅓ cup parmesan cheese, nutmeg, and lemon juice. Mix well.
5. Serve over pasta, chicken, steamed vegetables, etc.
6. Garnish with chopped basil and remaining 2 tablespoons parmesan cheese.

Butter Apple Sauce

Makes 64 servings



Sodium	0.0mg
Protein	0.0g
Potassium	14.0g
Phosphorus	1.0g
Calories	31.0kcal
Fat	0.0g
Carbohydrates	8.0g

Butter Apple Sauce

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2 ½	cups	unsweetened applesauce
2.)	2	cups	sugar
3.)	¼	cup	vinegar
4.)	½	tsp.	ground cloves
5.)	½	tsp.	cinnamon

You can use any alternative or substitutes

Directions

1. Preheat oven to 350°F.
2. Mix ingredients in a small roasting pan.
3. Bake until brown and thickened (approximately 2 hours), stirring occasionally during baking.
4. Pour into a sterile container and refrigerate or freeze for later use.

Cilantro Chutney

Makes 30 servings



Sodium	0.0mg
Protein	0.0g
Potassium	21.0mg
Phosphorus	0.0mg
Calories	4.0kcal
Fat	0.0g
Carbohydrates	1.0g

Cilantro Chutney

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	cups	fresh cilantro
2.)	1	pc.	fresh green chili
3.)	1	pc.	medium red onion
4.)	2	cloves	garlic
5.)	1	tbsp.	whole cumin seeds
6.)	½	tsp.	salt
7.)	2	tbsp.	lemon juice

You can use any alternative or substitutes

Directions

1. Wash cilantro and green chili.
2. Roughly chop onion, garlic, cilantro and chili.
3. Grind in a blender along with salt, cumin and lemon juice.
4. Serve with idli, on a veggie sandwich, or with other snacks.

Chinese Spice

Makes 20 servings



Sodium	0.0mg
Protein	0.0g
Potassium	15.0mg
Phosphorus	0.0mg
Calories	2.0kcal
Fat	0.0g
Carbohydrates	0.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tbsp.	ground cinnamon
2.)	½	tsp.	whole cloves
3.)	1	tsp.	Sichuan peppercorns
4.)	1	tbsp.	fennel seeds
5.)	4	tbsp.	anise seeds

You can use any alternative or substitutes

Directions

1. Grind all spices and keep in an airtight container until ready to use in a recipe.

Baked Fish

Makes 4 servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	86.0mg
Protein	20.0g
Potassium	452.0mg
Phosphorus	252.0mg
Calories	2.0kcal
Fat	6.0g
Carbohydrates	8.0g

Baked Fish

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	43	oz.	trout fillets or any other baking fish
2.)	1½	tsp.	black pepper
3.)	1	tbsp.	garlic powder
4.)	1½	tsp.	paprika
5.)	¼	pc.	medium green pepper
6.)	1	pc.	small onion
7.)	1	pc.	small lemon
8.)	2	tbsp.	parmesan cheese

You can use any alternative or substitutes

Directions

1. Preheat oven to 375oF.
2. Place fish in a greased baking pan or on aluminum foil.
3. Sprinkle black pepper, garlic powder, and paprika on both sides of fish.
4. Cut green peppers into strips and place on fish. Slice onions into rings and place on fish.
5. Squeeze the juice of the lemon onto the fish.
6. Bake for 30 minutes.
7. After the fish has cooked, sprinkle with parmesan cheese. Serve hot.

Baked Fish

Makes 4 servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	86.0mg
Protein	20.0g
Potassium	452.0mg
Phosphorus	252.0mg
Calories	2.0kcal
Fat	6.0g
Carbohydrates	8.0g

Baked Fish

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	43	oz.	trout fillets or any other baking fish
2.)	1½	tsp.	black pepper
3.)	1	tbsp.	garlic powder
4.)	1½	tsp.	paprika
5.)	¼	pc.	medium green pepper
6.)	1	pc.	small onion
7.)	1	pc.	small lemon
8.)	2	tbsp.	parmesan cheese

You can use any alternative or substitutes

Directions

1. Preheat oven to 375oF.
2. Place fish in a greased baking pan or on aluminum foil.
3. Sprinkle black pepper, garlic powder, and paprika on both sides of fish.
4. Cut green peppers into strips and place on fish.
Slice onions into rings and place on fish.
5. Squeeze the juice of the lemon onto the fish.
6. Bake for 30 minutes.
7. After the fish has cooked, sprinkle with parmesan cheese. Serve hot.

Fish Sticks

Makes 8 servings

Nutrient Information for 1 serving (1 svg = 1 slice)



Sodium	240.0mg
Protein	15.0g
Potassium	224.0mg
Phosphorus	130.0mg
Calories	154.0kcal
Fat	1.0g
Carbohydrates	19.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)			cooking spray
2.)	1	cup	whole wheat, plain, or Pankodry breadcrumbs
3.)	1	cup	whole grain or plain cereal flakes
4.)	1	tsp.	lemon pepper
5.)	½	tsp.	garlic powder
6.)	½	tsp.	paprika
7.)	¼	tsp.	salt
8.)	2	pcs.	large egg whites, beaten
9.)	½	cup	all-purpose flour
10.)	3	pcs.	tilapia fillets (1pound), cut into ½ by 3" strips

You can use any alternative or substitutes

Directions

1. Preheat oven to 450oF.
2. Set a wire rack on a baking sheet; coat with cooking spray.
3. Place breadcrumbs, cereal flakes, lemon pepper, garlic powder, paprika, and salt in a food processor or blender. Process until finely ground. Transfer to a shallow dish.
4. Place beaten egg whites in a second shallow dish and flour in a third shallow dish.
5. Dredge each fish strip in the flour, dip it in the egg and then coat all sides with the breadcrumb mixture. Place on the prepared rack. Coat both sides of the breaded fish with cooking spray.
6. Bake until golden brown and crisp, about 10 minutes.

Basic Pasta Primavera

Makes 2 servings



Sodium	24.0mg
Protein	4.0g
Potassium	200.0mg
Phosphorus	63.0mg
Calories	158.0kcal
Fat	5.0g
Carbohydrates	25.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	½	cup	frozen whole baby onions
2.)	½	cup	frozen broccoli, cauliflower, and carrot mix
3.)	1	cup	cooked tri-color spiral pasta
4.)	¼	cup	red bell pepper
5.)	2	tsp.	olive oil
6.)	2	tsp.	unseasoned rice vinegar
7.)	½	tsp.	Mrs. Dash® original blend herb seasoning
8.)	1	tbsp.	parsley
9.)	2	pcs.	lemon wedges

You can use any alternative or substitutes

Directions

1. Chop bell pepper and parsley.
2. Prepare frozen vegetables according to the package instructions.
3. Mix oil, vinegar and Mrs. Dash® herb seasoning.
Toss with vegetables and hot pasta.
4. Sprinkle with chopped parsley. Serve with lemon wedge.

Autumn Wild Rice

Makes 8 servings



Sodium	148.0mg
Protein	4.0g
Potassium	155.0mg
Phosphorus	39.0mg
Calories	112.0kcal
Fat	0.0g
Carbohydrates	24.0g

No.	QTY	UNIT	FOOD ITEM
1.)	2	tbsp.	raisins
2.)	½	cup	quick-cooking wild rice, uncooked
3.)	2	cups	apples
4.)	¾	cup	carrots
5.)	¼	cup	celery
6.)	¼	cup	green bell pepper
7.)	¼	tsp.	dried whole sage
8.)	¼	tsp.	black pepper
9.)	1 ½	cups	reduced-sodium chicken broth
10.)	¾	cup	converted rice, uncooked
11.)	¼	cup	fresh lemon juice
12.)	1	pc.	fresh sage sprig (optional)

You can use any alternative or substitutes

Directions

1. Combine raisins and ¼ cup hot water; let stand 5 minutes.
Drain & set aside.
2. Prepare quick-cooking wild rice according to package directions.
Remove pan from heat and set aside.
3. Chop apples, celery and bell pepper. Shred carrot.
4. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add apple, celery, green pepper, and carrot; sauté until crisp-tender. Remove the skillet from heat & set aside.
5. Combine 1 ½ cups reduced-sodium chicken broth, sage and pepper in a large saucepan; bring to a boil. Stir in converted rice. Cover, reduce heat and simmer 20 minutes or until rice is tender and liquid is absorbed.
6. Remove pan from heat; stir in reserved raisins, wild rice, apple mixture and juice of 1 lemon. Cover and let stand 5 minutes.

Caraway Cabbage with Rice

Makes 2 servings



Sodium	101.0mg
Protein	3.0 g
Potassium	194.0mg
Phosphorus	51.0mg
Calories	142.0kcal
Fat	0.0g
Carbohydrates	31.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)			non-stick cooking spray
2.)	1	cup	cabbage
3.)	1	tsp.	onion
4.)	¼	cup	water
5.)	1	tbsp.	Worcestershire sauce
6.)	½	tsp.	caraway seed
7.)	¼	cup	canned mandarin oranges
8.)	1	cup	rice, cooked

You can use any alternative or substitutes

Directions

1. Shred cabbage and chop onion.
2. Spray a non-stick frying pan with cooking spray and sauté the onion and cabbage until limp.
3. Add water, Worcestershire sauce, and caraway seeds. Cook for 3 minutes. Stir to prevent burning.
4. Drain mandarin oranges and add to the cabbage mixture. Stir in hot rice.
5. Remove from heat and serve.

Chicken and Summer Squash Bow-Tie Pasta

Makes 4 servings



Sodium	149.0mg
Protein	20.0g
Potassium	446.0mg
Phosphorus	270.0mg
Calories	324.0kcal
Fat	12.0g
Carbohydrates	34.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	6	oz.	whole wheat bow-tie pasta, uncooked
2.)	3	tbsp.	unsalted butter
3.)	8	oz.	boneless, skinless chicken breasts
4.)	2	cups	frozen summer squash
5.)	1	tsp.	Mrs. Dash® Table Blend herb seasoning
6.)	1/8	tsp.	salt
7.)	2	tsp.	grated Parmesan cheese

You can use any alternative or substitutes

Directions

1. Prepare bow-tie pasta per package instructions without adding salt. Drain.
2. Dice chicken. Melt 2 tablespoons butter in a skillet over medium heat. Add chicken and cook until chicken is no longer pink inside.
3. Add frozen squash to the skillet with chicken. Heat through.
4. Add Table Blend seasoning and salt to chicken and squash.
5. Stir cooked pasta into a chicken mixture. Add 1 tbsp butter and stir until melted.
6. Divide into 4 portions and sprinkle each serving with ½ tablespoon grated Parmesan cheese before serving.

Barrack's Broccoli

Makes 4 servings



Sodium	110.0mg
Protein	3.6g
Potassium	0.0mg
Phosphorus	0.0mg
Calories	137.0kcal
Fat	11.9g
Carbohydrates	8.4g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	6	oz.	whole wheat bow-tie pasta, uncooked
2.)	3	tbsp.	unsalted butter
3.)	8	oz.	boneless, skinless chicken breasts
4.)	2	cups	frozen summer squash
5.)	1	tsp.	Mrs. Dash® Table Blend herb seasoning
6.)	1/8	tsp.	salt
7.)	2	tsp.	grated Parmesan cheese

You can use any alternative or substitutes

Directions

1. Prepare bow-tie pasta per package instructions without adding salt. Drain.
2. Dice chicken. Melt 2 tablespoons butter in a skillet over medium heat. Add chicken and cook until chicken is no longer pink inside.
3. Add frozen squash to the skillet with chicken. Heat through.
4. Add Table Blend seasoning and salt to chicken and squash.
5. Stir cooked pasta into a chicken mixture. Add 1 tbsp butter and stir until melted.
6. Divide into 4 portions and sprinkle each serving with ½ tablespoon grated Parmesan cheese before serving.

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	¼	cup	butter or margarine
2.)	¼	cup	water
3.)	1	pcs.	lemon, juiced
4.)	¼	tsp.	cayenne pepper
5.)			salt and pepper to taste
6.)	16	oz.	package frozen broccoli florets

You can use any alternative or substitutes

Directions

1. In a large skillet, combine the butter, water, lemon juice, cayenne pepper, salt and pepper.
2. Bring to a simmer over medium heat. Add the broccoli to the pan, stir to coat, and cover with a lid.
3. Cook for 10-15 minutes over medium-low heat, stirring once, until broccoli is tender but still bright green. Serve warm, or refrigerate and serve cold.

Baked Stuffing

Makes 12 servings



Sodium	182.0mg
Protein	4.0g
Potassium	121.0mg
Phosphorus	65.0mg
Calories	241.0kcal
Fat	17.0g
Carbohydrates	18.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 ½	cups	celery
2.)	1	cup	onion
3.)	1	cup	unsalted butter
4.)	7	slices	whole wheat bread
5.)	8	slices	white bread
6.)	1 ½	tsp.	ground sage
7.)	1	tsp.	ground thyme
8.)	¾	tsp.	pepper
9.)	½	tsp.	poultry seasoning

You can use any alternative or substitutes

Directions

1. Preheat oven to 325°F.
2. Chop celery and onion. Cube the bread slices.
3. Melt butter in a skillet over medium heat and sauté celery and onion, stirring frequently.
4. Stir in 1/3 of the bread cubes.
5. Remove from heat and place the bread mixture in a deep bowl.
6. Add remaining bread cubes, sage, thyme, pepper and poultry seasoning; mix well.
7. Place stuffing in a greased 13" x 9" x 2" baking dish. Cover and bake for 30 minutes.
8. Remove cover and bake an additional 15 minutes.

Basic Rice Pilaf

Makes 6 servings



Sodium	154.0mg
Protein	4.0g
Potassium	87.0mg
Phosphorus	68.0mg
Calories	180.0kcal
Fat	5.0g
Carbohydrates	30.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	oz.	vermicelli noodles, uncooked
2.)	2	tbsp.	unsalted butter
3.)	1	cup	parboiled rice, uncooked
4.)	2	cups	water
5.)	1	cube	chicken-flavor bouillon
6.)	1	tbsp.	Onion and Herb seasoning blend

You can use any alternative or substitutes

Directions

1. In a skillet over medium heat, melt butter.
2. Break vermicelli noodles into 2'' pieces and cook, stirring often, until noodles begin to brown.
3. Add rice and stir to coat rice evenly with the remaining melted butter.
4. Crush chicken bouillon and add to skillet along with water and herb seasoning. Stir to blend ingredients.
5. Cover and bring to a boil. Reduce to low heat and cook 20 minutes. Do not remove the cover.
6. Turn off heat and allow to sit covered for 5 minutes.
7. Fluff with a fork and serve.

Beef Stir Fry

Makes 4 servings



Sodium	318.0mg
Protein	318.0mg
Potassium	439.0mg
Phosphorus	268.0mg
Calories	555.0kcal
Fat	26.0g
Carbohydrates	46.0g

No.	QTY	UNIT	FOOD ITEM
1.)	1	lb.	beef, cut into strips
2.)	1	cup	yellow or green zucchini, sliced and halved
3.)	1	cup	frozen baby peas
4.)	2	cloves	garlic, chopped
5.)	2	tbsp.	finely chopped ginger
6.)	1	tsp.	seeded fresh hot pepper, chopped fine (or ½ teaspoon dried pepper flakes)
7.)	¼	cup	vegetable oil
8.)	2	tbsp.	sesame oil
9.)	¾	cup	green onions, slivered
10.)	1	tbsp.	low salt soy sauce
11.)	3	tbsp.	Mirin (Japanese sweet cooking seasoning)
12.)	150	g.	rice vermicelli (uncooked)
13.)	2	tbsp.	toasted sesame seeds

You can use any alternative or substitutes

Directions

- Put 2 quarts of water to boil.
- Cut and prepare vegetables and meat, being careful to cut vegetables before raw meat if using the same cutting board.
- In a deep pan or flat bottom wok, warm half the oils until hot and add meat, garlic, ginger, and hot peppers (optional), searing quickly on all sides.
- Remove with a slotted spoon and keep warm nearby. Add the remaining oil to the pan, heat and add zucchini, peas and green onions and cook for 3 minutes, tossing or stirring frequently.
- Return meat and spice mixture to pan and add soy sauce and mirin, cook an additional 2 minutes.
- Meanwhile, cook noodles in boiling water according to the directions. Toss meat and vegetables with noodles and sprinkle with sesame seeds. Serve immediately. (This is also a nice topping for basmati rice).

Barbeque Cups

Makes 10 servings



Sodium	342.0mg
Protein	7.0g
Potassium	151.0mg
Phosphorus	152.0mg
Calories	134.0kcal
Fat	5.0g
Carbohydrates	13.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3/4	lbs.	lean ground turkey
2.)	1/2	cup	spicy barbecue sauce
3.)	2	tsp.	onion flakes
4.)		dash	garlic powder
5.)	110	oz.	low-fat refrigerator biscuits

You can use any alternative or substitutes

Directions

1. Brown turkey.
2. Add barbecue sauce, onion flakes, and garlic powder.
Mix well.
3. Flatten each biscuit and press it into a muffin tin.
4. Spoon beef mixture into the center of each biscuit cup.
5. Bake at 400oF for 10-12 minutes.

Beef Barley Soup

Makes 10 servings



Sodium	0.0mg
Protein	23.0g
Potassium	678.0mg
Phosphorus	0.0mg
Calories	270.0kcal
Fat	10.0g
Carbohydrates	22.0g

No.	QTY	UNIT	FOOD ITEM
1.)	2	lbs.	beef stew meat (diced 1 inch)
2.)	4	tbsp.	vegetable oil
3.)	1	cup	chopped onion
4.)	½	cup	sliced mushrooms
5.)	½	tsp.	garlic (minced)
6.)	¼	tsp.	dried thyme
7.)	1	can	chicken broth (low sodium)
8.)	3	cups	water
9.)	16	oz.	frozen package vegetables
10.)	2	pcs.	(soaked) potatoes, diced
11.)	½	cup	barley

You can use any alternative or substitutes

Directions

1. Season beef with pepper.
2. Add 2 tbsp. oil to stew pot and sauté 5 mins.
3. Add 2 more tbsp. of oil and add onions, carrots and mushrooms.
4. Sauté for 5 mins and stir often.
5. Add garlic and thyme and sauté for 3 mins.
6. Add chicken broth and water to the pot.
7. Add mixed vegetables, potatoes and barley.
8. Stir and bring to a boil.
9. Cover and reduce heat.
10. Simmer 1-1 ½ hours.

Chicken and Pesto Pasta

Makes 6 servings



Sodium	194.0mg
Protein	21.7g
Potassium	287.0mg
Phosphorus	110.0mg
Calories	325.0kcal
Fat	11.0g
Carbohydrates	33.8g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	pcs	skinless chicken breasts
2.)	4	tbsp.	low fat crème fraiche or low fat cream
3.)	½	pc.	head of broccoli, cut into small florets
4.)	2	tbsp.	green pesto
5.)	150	g.	dried pasta twirls

You can use any alternative or substitutes

Directions

1. Cut the chicken into 1cm thick strips.
2. Stir-fry in a non-stick pan for 2-3 minutes until the chicken begins to brown. Add the pesto and crème fraiche and cover.
3. Cook on low heat for 5-10 minutes more until the chicken is cooked.
4. Meanwhile, cook the pasta according to the directions on the packet, adding the broccoli for the last 5 minutes of cooking.
5. Drain the pasta and broccoli well and mix with the cooked chicken and pesto. Serve.

Egg Salad

Makes 8 servings



Sodium	58mg
Protein	3g
Potassium	28 mg
Phosphorus	36mg
Calories	58kcal
Fat	1g
Carbohydrates	5g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	tbsp.	mayonnaise
2.)	1	tsp.	dry mustard
3.)	½	tsp.	black pepper
4.)	3	pcs.	boiled eggs, chopped
5.)	1	tbsp.	regular pickle relish
6.)			paprika

You can use any alternative or substitutes

Directions

1. Mix together mayonnaise, mustard, pepper, eggs, and pickle relish. Mix well.
2. Sprinkle with paprika.

Bean and Macaroni Soup

Makes 16 servings



Sodium	154.0mg
Protein	8.0g
Potassium	524.0mg
Phosphorus	200.0mg
Calories	158.0kcal
Fat	1.0g
Carbohydrates	29.0g

No.	QTY	UNIT	FOOD ITEM
1.)	2	cans	great northern beans
2.)	1	tbsp	olive oil
3.)	½	lb	fresh mushrooms, sliced
4.)	1	cup	onion, coarsely chopped
5.)	2	cups	carrots, sliced
6.)	1	cup	celery, coarsely chopped
7.)	1	clove	garlic, minced
8.)	3	cups	tomatoes, fresh, peeled, cut up
9.)	1	tsp	dried sage
10.)	1	tsp	dried thyme
11.)	½	tsp	dried oregano
12.)	1	pc.	bay leaf, crumbled
13.)	4	cups	elbow macaroni,cooked

You can use any alternative or substitutes

Directions

1. Drain beans and reserve liquid.
2. Rinse beans.
3. Heat oil in 6-quart kettle. Add mushrooms, onion, carrots, celery, and garlic and sauté for 5 minutes.
4. Add tomatoes, sage, thyme, oregano, pepper, and bay leaf. Cover and cook over medium heat for 20 minutes.
5. Cook macaroni according to directions on package, using unsalted water. Drain when cooked. Do not overcook.
6. Combine reserved bean liquid with water to make 4 cups.
7. Add liquid, beans, and cooked macaroni to the vegetable mixture.
8. Bring to a boil. Cover and simmer until soup is thoroughly heated.
9. Stir occasionally.

Cannery Row Soup

Makes 8 servings



Sodium	380.0mg
Protein	22.0g
Potassium	710.0mg
Phosphorus	50mg
Calories	170.0kcal
Fat	5.0g
Carbohydrates	9.0g

No.	QTY	UNIT	FOOD ITEM
1.)	2	lb	varied fish fillets cut into 1-inch cubes
2.)	2	tbsp	olive oil
3.)	1	clove	garlic, minced
4.)	3	pcs.	carrots, cut into thin strips
5.)	2	cups	celery, sliced
6.)	1/2	cup	onion, chopped
7.)	1/4	cup	green peppers, chopped
8.)	1	can	whole tomatoes, cut up, with liquid
9.)	1	cup	clam juice
10.)	1/4	tsp	dried thyme, crushed
11.)	1/4	tsp	dried basil, crushed
12.)	1/8	tsp	black pepper
13.)	1/4	cup	fresh parsley, minced

You can use any alternative or substitutes

Directions

1. Heat oil in large sauce pan. Sauté garlic, carrots, celery, onion, and green pepper in oil for 3 minutes.
2. Add remaining ingredients, except parsley and fish. Cover and simmer for 10–15 minutes or until vegetables are fork tender.
3. Add fish and parsley. Simmer covered for 5–10 minutes more or until fish flakes easily and is opaque.
4. Serve hot.

Pickled Okra

Makes 16 servings



Sodium	19mg
Protein	1g
Potassium	98mg
Phosphorus	19mg
Calories	14kcal
Fat	0g
Carbohydrates	2g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	20	oz.	frozen okra
2.)	2	tsp.	dill seed
3.)	2	pcs.	dried red peppers
4.)	2	pcs.	whole chili peppers, canned
5.)	4	pcs.	garlic cloves
6.)	1 ¼	cups	white vinegar
7.)	½	cup	water

You can use any alternative or substitutes

Directions

1. Thaw and drain okra.
2. Sterilize two one-pint jars and lids.
3. Place 1-teaspoon dill seed into each jar. Packokra into jars.
4. To each jar add 1 red pepper, 1 chili pepper and 2 cloves of garlic.
5. Combine vinegar and water and bring to a boil, simmer for 5 minutes.
6. Pour hot mixture over the okra in each jar. Capjar and cool.
7. Refrigerate and okra pickles will be ready to serve in 2 weeks.

Tomato Boat Appetizer

Makes 8 servings



Sodium	69.0mg
Protein	3.0g
Potassium	117.0mg
Phosphorus	35.0mg
Calories	75.0kcal
Fat	3.0g
Carbohydrates	9.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	4	pcs.	firm Roma tomatoes
2.)	1	tbsp.	extra-virgin olive oil
3.)	1	tsp.	black pepper
4.)	1	tsp.	garlic powder
5.)	1	tsp.	salt-free herb seasoning blend
6.)	15	oz.	canned chickpeas
7.)	½	pc.	lemon
8.)	1	tsp.	red wine vinegar
9.)	8	pcs.	fresh mint leaves

You can use any alternative or substitutes

Directions

1. Cut tomatoes in half and discard the flesh to make “boats.”
2. Lightly drizzle inside of the tomato boats with ½tbsp olive oil, ½ tsp pepper, ½ tsp garlic powder, and ½ tsp salt-free seasoning.
3. Rinse and drain chickpeas. In a bowl, add chickpeas, remaining olive oil, spices, juice of ½ lemon, and vinegar. Mix together.
4. Spoon the chickpea mixture into the tomato cups. Garnish with a mint leaf.
5. Refrigerate and serve chilled.

Asparagus Cauliflower Tortilla

Makes 4 servings



Sodium	248.0mg
Protein	9.0g
Potassium	472mg
Phosphorus	97.0mg
Calories	102.0kcal
Fat	3.0g
Carbohydrates	9.0g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	cups	asparagus, chopped in bite-size pieces
2.)	2	cups	cauliflower, chopped in bite-size pieces
3.)	2	tsp.	olive oil
4.)	1½	cups	onion, finely chopped
5.)	1	clove	garlic, minced
6.)	1	cup	liquid low-cholesterol egg substitute
7.)	2	tbsp.	fresh parsley, finely chopped
8.)	¼	tsp.	salt
9.)	½	tsp.	freshly ground pepper
10.)	¼	tsp.	dried thyme leaves, crumbled
11.)	¼	tsp.	ground nutmeg

You can use any alternative or substitutes

Directions

1. Place asparagus and cauliflower pieces plus 1 tablespoon water in a microwave-proof, covered dish. Microwave for 3-5 minutes to steam until tender crisp.
2. Sauté the onion until golden, about 7 minutes.
3. Add the garlic and cook, stirring 1 minute longer.
4. Stir asparagus, cauliflower, egg substitute, parsley, salt, pepper, thyme, and nutmeg.
5. Reduce heat and cook covered until set and browned on the bottom, about 10-15 minutes.
6. Loosen the edges with a knife and invert onto a warm platter or serve directly from the skillet.

Steamed Green Bean

Makes 4 servings



Sodium	5mg
Protein	1.5g
Potassium	180.0mg
Phosphorus	31mg
Calories	47.0kcal
Fat	2.0g
Carbohydrates	6g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tbsp.	vegetable oil
2.)	1	lb.	green beans, trimmed
3.)	½	cup	diced sweet red pepper
4.)	2	tbsp.	water
5.)	½	tsp.	basil
6.)	¼	tsp.	pepper
7.)	1	tbsp.	lemon juice

You can use any alternative or substitutes

Directions

1. In a 12-inch heavy skillet with a tight-fitting lid, place all ingredients except lemon juice. Cover and cook over medium heat, shaking pan occasionally to prevent sticking, 15 minutes or until tender-crisp.
2. Toss with lemon juice.

Turkey Pinwheel Sandwiches

Makes 2 servings



Sodium	440 mg
Protein	9 g
Potassium	270 g
Phosphorus	199 g
Calories	172 kcal
Fat	9 g
Carbohydrates	14 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	pc.	roasted red pepper
2.)	3	tbsp.	whipped cream cheese
3.)	1	pc.	tortilla wrap, 10-inch size
4.)	1	cup	spring mix salad
5.)	2	oz.	thinly sliced green deli turkey
6.)	6	pcs.	toothpicks

You can use any alternative or substitutes

Directions

1. Cut red pepper into thin 1/4" strips (about 10 strips).
2. Spread cream cheese evenly on a tortilla wrap.
3. Layer with spring mix salad greens and turkey slices.
4. Space out roasted red pepper strips on top.
5. Grab the end tightly and start rolling.
6. Use toothpicks to hold the end in place (space out 4 to 6 toothpicks evenly along the edge).
7. Cut into 6 pieces. For a neat appearance, cut small
8. slices at both ends and discard them.
9. Serve with cross-section facing up.

Apple-Cinnamon Flavored Water

Makes 10 servings



Sodium	7 mg
Protein	7 mg
Potassium	10 g
Phosphorus	1 g
Calories	4 kcal
Fat	0 g
Carbohydrates	1 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	10	cups	water
2.)	1	pc.	medium apple
3.)	2	pcs.	cinnamon sticks
4.)	2	tsp.	ground cinnamon

You can use any alternative or substitutes

Directions

1. Cut unpeeled apples into thin slices.
2. Add all ingredients to a pitcher.
3. Refrigerator overnight before serving.

Baked Egg Custard

Makes 4 servings



Sodium	34 mg
Protein	3 g
Potassium	30 g
Phosphorus	42 g
Calories	70 kcal
Fat	3 g
Carbohydrates	9 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	pcs.	medium eggs
2.)	1/4	cup	2% milk
3.)	3	tbsp.	sugar
4.)	1	tsp.	vanilla or lemon extract
5.)	1	tsp.	nutmeg

You can use any alternative or substitutes

Directions

1. Preheat oven to 325°F.
2. Combine all ingredients, and beat for one minute with an electric mixer until thoroughly mixed.
3. Pour into custard cups or muffin pans.
4. Sprinkle nutmeg on top.
5. Bake for 20-30 minutes or until the knife inserted into the center of the custard comes out clean.

Bread Cups

Makes 24 servings



Sodium	90 mg
Protein	1 g
Potassium	21 g
Phosphorus	16 g
Calories	58 kcal
Fat	2 g
Carbohydrates	8 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	24	slices	white bread, thinly sliced
2.)	2	tbsp.	canola oil
3.)	1	tsp.	hot chili oil
4.)	1	tsp.	garlic powder

You can use any alternative or substitutes

Directions

1. Preheat oven to 400° F.
2. Cut crust from bread slices and roll flat with a rolling pin.
3. Spray a small-cup muffin tin with nonstick cooking spray.
4. Press one slice of bread into each muffincup and trim the edges with a knife.
5. Mix oils and garlic powder together. Brush each bread cup with oil and bake for 10 to 12 minutes until crisp and golden brown.
6. Let cups cool before removing from muffin pan.

Aloha Punch

Makes 8 servings



Sodium	63 mg
Protein	1 g
Potassium	47 g
Phosphorus	5 g
Calories	103 kcal
Fat	0 g
Carbohydrates	26 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	48	oz. can	Hawaiian Punch®
2.)	32	oz. bottle	ginger ale

You can use any alternative or substitutes

Directions

1. Combine ingredients and pour over ice.
2. Garnish with lemon or lime slices and whole strawberries.

Bow-Tie Pasta Salad

Makes 8 servings



Sodium	111 mg
Protein	2 g
Potassium	61 g
Phosphorus	31 g
Calories	189 kcal
Fat	15 g
Carbohydrates	12 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	cups	cooked bow-tie pasta
2.)	1/4	cup	chopped celery
3.)	2	tbsp.	chopped green pepper
4.)	2	tbsp.	shredded carrot
5.)	2	tbsp.	minced onion
6.)	1/8	tsp.	pepper
7.)	2/3	cup	mayonnaise
8.)	1/2	tsp.	sugar
9.)	1	tbsp.	lemon juice

You can use any alternative or substitutes

Directions

1. Mix pasta, celery, green pepper, carrot and onion in a bowl.
2. In separate small bowl blend pepper, mayonnaise, sugar and lemon juice until smooth.
3. Pour over pasta and vegetables and mix until well coated. Chill.

Chili Wheat Treats

Makes 8: 1/2 Cup Per Serving



Sodium	107 mg
Protein	3 g
Potassium	104 g
Phosphorus	82 g
Calories	184 kcal
Fat	12 g
Carbohydrates	16 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/2	cup	margarine
2.)	1	tbsp.	chili powder
3.)	1/2	tsp.	ground cumin
4.)	1/2	tsp.	garlic powder
5.)		dash	of cayenne pepper
6.)	4	cups	spoon-size shredded wheat

You can use any alternative or substitutes

Directions

1. Preheat oven to 300°F. Melt margarine in a 10 x 15-inch baking pan.
2. Stir in spices. Add cereal and toss to coat evenly. Bake for 15 minutes or until crisp. Store in a covered container.

Holiday Eggnog

Makes 6: 1/3 Cup Per Serving



Sodium	88 mg
Protein	3 g
Potassium	159 g
Phosphorus	53 g
Calories	134 kcal
Fat	8 g
Carbohydrates	13 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 1/2	cups	liquid non-dairy coffee creamer
2.)	1/2	cup	frozen eggs
3.)	2	tbsp.	sugar
4.)	1 1/2	tsp.	vanilla
5.)			Nutmeg

You can use any alternative or substitutes

Directions

1. Combine first 4 ingredients in a blender or beat with an electric mixer until well mixed.
2. Chill thoroughly. Serve with a sprinkle of nutmeg.

Oriental Egg Rolls

Serves 14: 1 Egg Roll Per Serving



Sodium	152 mg
Protein	9 g
Potassium	114 g
Phosphorus	57 g
Calories	168 kcal
Fat	8 g
Carbohydrates	15 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	lb	diced cooked chicken
2.)	1/2	lb	bean sprouts
3.)	1/2	lb	shredded cabbage
4.)	1	cup	medium chopped onion
5.)	2	tbsp.	vegetable oil
6.)	1	tbsp.	low sodium soy sauce
7.)	1	clove	garlic, minced
8.)	20	pcs.	egg roll wrappers
9.)			Oil for frying

You can use any alternative or substitutes

Directions

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

Parmesan Cheese Spread

Serves 7: 2 Tablespoons Per Serving



Sodium	115 mg
Protein	2 g
Potassium	115 g
Phosphorus	25 g
Calories	109 kcal
Fat	11 g
Carbohydrates	1 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 3	oz	package cream cheese
2.)	4	tbsp.	margarine, softened
3.)	1/4	tsp.	garlic powder
4.)	2	tbsp.	grated
5.)			Parmesan cheese
6.)	1	tbsp.	dry white wine
7.)	1	tbsp.	minced parsley Dash of thyme
8.)			Dash of marjoram

You can use any alternative or substitutes

Directions

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

Polynesian Turkey Kebabs

Serves 15: 1 Skewer Per Serving



Sodium	49 mg
Protein	8 g
Potassium	187 g
Phosphorus	72 g
Calories	95 kcal
Fat	3 g
Carbohydrates	9 g

No.	QTY	UNIT	FOOD ITEM
1.)	1	lb	ground raw turkey
2.)	1/3	cup	unsalted crackers, crushed (5 crackers)
3.)	1	pc.	egg
4.)	1/4	cup	chopped onion
5.)	1	tsp.	ground ginger
6.)	1	clove	garlic, crushed
7.)	20	oz. can	pineapple chunks in juice, drained
8.)	1	pc.	large red pepper, cut into 22 pieces
9.)	1	pc.	large green pepper cut into 23 pieces
10.)	1/3	cup	reserved pineapple juice
11.)	1	tbsp.	margarine, melted
12.)	2	tbsp.	orange marmalade
13.)	1 1/2	tsp.	ground ginger

You can use any alternative or substitutes

Directions

1. In a medium bowl, mix the first six ingredients. Shape into 30 meatballs.
2. Arrange on 15 8-inch wooden skewers with pineapple chunks and pepper pieces. Place on broiler pan.
3. In a small bowl, stir pineapple juice, margarine, marmalade, and ginger until blended. Brush over kebabs.
4. Broil 4 inches from the heat source for 20 minutes, turning once and basting with sauce.

Popcorn Munch

Serves 8: 1 1/2 Cups Per Serving



Sodium	104 mg
Protein	2 g
Potassium	71 g
Phosphorus	46 g
Calories	122 kcal
Fat	4 g
Carbohydrates	20 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	cups	graham cracker cereal
2.)	2	cups	sweetened wheat puff cereal
3.)	8	cups	popped popcorn, unsalted

You can use any alternative or substitutes

Directions

1. Mix cereals and popcorn in a microwavable bowl.
2. Microwave on high for 1 ½ minutes or until hot. Let stand for 5 minutes. Break into pieces.
3. To make in an oven, mix in a metal pan with sides and bake at 350°F for 6 minutes.
4. Cool 5 minutes and break into pieces.

Snack Mix

Serves 6 cups: 1 Cup Per Serving



Sodium	386 mg
Protein	2.5 g
Potassium	37 g
Phosphorus	38 g
Calories	180 kcal
Fat	11 g
Carbohydrates	19 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	cup	rice cereal squares
2.)	1	cup	corn cereal squares
3.)	1	cup	unsalted tiny pretzel twists
4.)	3	cups	unsalted popped popcorn
5.)	1/3	cup	margarine, melted
6.)	1/2	tsp.	garlic powder
7.)	1/2	tsp.	onion powder
8.)	1	tbsp.	Parmesan cheese

You can use any alternative or substitutes

Directions

1. Mix cereals, pretzels and popcorn in a large bowl.
Combine melted margarine, garlic powder and onion powder. Pour over the cereal mixture and toss to coat.
2. Add Parmesan cheese.
3. Bake in a 350°F oven for 7–10 minutes. Cool. Store in a sealed container.

Spiced Pineapple Appetizer

Serves 10: 5 Pieces Per Serving



Sodium	4 mg
Protein	0 g
Potassium	67 g
Phosphorus	4 g
Calories	47 kcal
Fat	0 g
Carbohydrates	12 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/4	cup	white wine vinegar
2.)	3	tbsp.	sugar
3.)	2	tbsp.	lime juice
4.)	1/2	tsp.	Dijon mustard
5.)	1/4	tsp.	crushed red pepper
6.)	1/8	tsp.	garlic powder
7.)	20	oz	can pineapple chunks in juice, drained

You can use any alternative or substitutes

Directions

1. Combine vinegar, sugar, lime juice, Dijon mustard, pepper and garlic powder in a saucepan.
2. Bring to a boil. Reduce heat and simmer, uncovered, 3 minutes.
3. Combine vinegar mixture and pineapple in a bowl; mix well. Serve warm with toothpicks.

Sweet and Spicy Meatballs

Serves 18: 2 Meatballs Per Serving



Sodium	38 mg
Protein	5 g
Potassium	98 g
Phosphorus	44 g
Calories	108 kcal
Fat	6 g
Carbohydrates	9 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)			Vegetable cooking spray
2.)	1/4	cup	chopped onion
3.)	1	lb	lean ground chuck
4.)	1/3	cup	fine dry bread crumbs
5.)	1/4	cup	chopped fresh parsley
6.)	1/8	tsp.	nutmeg
7.)	1/4	cup	liquid non-dairy creamer
8.)	1	pc.	egg white, beaten
9.)	1/2	cup	cranberries, finely chopped
10.)	1	tsp.	dry mustard
11.)	1/8	tsp.	cayenne pepper
12.)	1/2	cup	grape jelly
13.)	1	tsp.	lemon juice

You can use any alternative or substitutes

Directions

1. Coat a small saucepan with cooking spray; place over medium heat. Add onion and sauté 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 which has been coated with cooking spray. Bake at 375°F for 18 minutes.
4. Meanwhile, prepare sauce by combining the cranberries and remaining ingredients in a small saucepan. Cook over medium heat until thoroughly heated.
5. Place meatballs in a serving bowl and pour the sauce over. Serve with toothpicks.

Zippy Dip

Serves 12: 2 Tablespoons Per Serving



Sodium	133 mg
Protein	2 g
Potassium	43 g
Phosphorus	28 g
Calories	155 kcal
Fat	16 g
Carbohydrates	2 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	8	oz	cream cheese, softened
2.)	1/2	cup	margarine, softened
3.)	3	tbsp.	green onion, chopped
4.)	2	tbsp.	mayonnaise
5.)	1	tbsp.	vinegar
6.)	1 1/2	tsp.	lemon juice
7.)	1 1/2	tsp.	hot dry mustard
8.)	1	tsp.	horseradish
9.)	1	tsp.	paprika
10.)	1/2	tsp.	garlic powder
11.)	1/2	tsp.	tarragon
12.)		dash	cayenne pepper

You can use any alternative or substitutes

Directions

1. Blend all ingredients until thoroughly combined.
2. Serve with unsalted crackers or raw vegetables.

Fruit and Oat Pancakes

Serves 4: 2 Pancakes Per Serving



Sodium	152 mg
Protein	7 g
Potassium	198 g
Phosphorus	186 g
Calories	262 kcal
Fat	8 g
Carbohydrates	41 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/2	cup	rolled oats
2.)	1	cup	flour
3.)	18	oz	can fruit cocktail, undrained
4.)	1/2	cup	liquid non-dairy creamer
5.)	1/2	tsp.	baking powder
6.)	1	pc.	egg
7.)	1	tbsp.	margarine

You can use any alternative or substitutes

Directions

1. Combine all ingredients except margarine in a bowl. Melt margarine in a large skillet.
2. Drop batter into skillet (about 1/4 cup per pancake) and cook over medium heat until pancakes are bubbly and dry around edges.
3. Flip with a spatula and fry until pancakes are golden brown on the bottom.

Mexican Brunch Eggs

Serves 8: 1/2 Cup Per Serving



Sodium	147 mg
Protein	9 g
Potassium	240 g
Phosphorus	0 g
Calories	214 kcal
Fat	14 g
Carbohydrates	13 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	tbsp.	margarine
2.)	1/2	cup	chopped onion
3.)	2	cloves	garlic, crushed
4.)	1 1/2	cups	frozen corn, thawed
5.)	1 1/2	tsp.	ground cumin
6.)	1/8	tsp.	cayenne pepper
7.)	8	pcs.	eggs, beaten
8.)	2	cups	unsalted corn chips
9.)	2	tbsp.	chopped pimiento

You can use any alternative or substitutes

Directions

1. In a large skillet, sauté onion and garlic in margarine until onion is soft.
2. Add corn, cumin and cayenne. Stir to combine. Pour in eggs or egg substitute and cook over low heat, stirring occasionally, until eggs are set.
3. Arrange corn chips on a large platter. Spoon egg mixture on chips and sprinkle with pimiento. Serve immediately.

Chili Con Carne

Serves 5: 1 Cup Per Serving



Sodium	118 mg
Protein	21 g
Potassium	683 g
Phosphorus	182 g
Calories	254 kcal
Fat	14 g
Carbohydrates	11 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	lb	lean ground beef
2.)	1	cup	chopped onion
3.)	1/2	cup	chopped green pepper
4.)	6	oz	no-salt tomato paste
5.)	2	tbsp.	chili powder
6.)	1	tsp.	garlic powder
7.)	1/2	tsp.	ground cumin
8.)	1/2	tsp.	paprika
9.)	1	quart	water

You can use any alternative or substitutes

Directions

1. In a large pot, brown the ground beef. Drain fat. Add onion and green pepper.
2. Cook until onion is transparent. Add remaining ingredients and simmer for 1 1/2 hours.
3. Before serving, measure chili and add additional water to make 5 cups. Heat through.

Cottage Cheese Salad

Serves 11: 1/2 Cup Per Serving



Sodium	348 mg
Protein	17 g
Potassium	105 g
Phosphorus	122 g
Calories	191 kcal
Fat	11 g
Carbohydrates	5 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	lb	creamed cottage cheese
2.)	1 6	oz	juice packed crushed pineapple, drained
3.)	1 8	oz	carton whipped cream
4.)	1 3	oz	package Jell-O® —lime or raspberry

You can use any alternative or substitutes

Directions

1. Mix dry Jell-O® into cottage cheese. Add drained pineapple.
2. Fold in whipped cream. Refrigerate.

Cranberry Frozen Salad

Serves 9: 3 x 3-inch Piece Per Serving



Sodium	99 mg
Protein	2.5 g
Potassium	63 g
Phosphorus	63 g
Calories	255 kcal
Fat	19 g
Carbohydrates	21 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 8	oz	package cream cheese
2.)	1/2		pint whipping cream, whipped
3.)	1/2	tsp.	vanilla extract
4.)	1 16	oz	can cranberry sauce

You can use any alternative or substitutes

Directions

1. Whip cream cheese with beater until fluffy. Fold in vanilla, whipped cream and then cranberry sauce.
2. Put into a 9 x 9-inch pan. Freeze. Cut into squares and serve frozen.

Cranberry Salad

Serves 8: 1/2 Cup Per Serving



Sodium	75 mg
Protein	2.4 g
Potassium	93 g
Phosphorus	26 g
Calories	179 kcal
Fat	5 g
Carbohydrates	34 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2 3	oz	package raspberry Jell-O®
2.)	1	can	whole cranberry sauce (not jellied)
3.)	1	cup	apples, peeled and chopped
4.)	1	cup	celery, chopped
5.)	1/2	cup	unsalted nuts

You can use any alternative or substitutes

Directions

1. Mix Jell-O® according to package directions. When cool and syrupy, add cranberry sauce, apples, celery and nuts.
2. Refrigerate until firm.

Lemon Curry Chicken Salad

Serves 4: 1 Cup Per Serving



Sodium	57 mg
Protein	17 g
Potassium	235 g
Phosphorus	119 g
Calories	307 kcal
Fat	20 g
Carbohydrates	15 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/4	cup	oil
2.)	4	tbsp.	frozen lemonade concentrate, thawed
3.)	1/4	tsp.	ground ginger
4.)	1/4	tsp.	curry powder
5.)	1/8	tsp.	garlic powder
6.)	1 1/2	cups	cooked diced chicken
7.)	1 1/2	cups	grapes, halved
8.)	1/2	cup	sliced celery

You can use any alternative or substitutes

Directions

1. In a large bowl, combine oil, lemonade concentrate and spices.
2. Add remaining ingredients and toss lightly. Chill.

Pasta Salad Niçoise

Serves 6: 1 1/2 Cups Per Serving



Sodium	135 mg
Protein	15 g
Potassium	0 g
Phosphorus	0 g
Calories	304 kcal
Fat	16 g
Carbohydrates	25 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	4	cups	cooked small shell macaroni
2.)	1	tbsp.	olive oil
3.)	2	cups	fresh green beans, cut in 1-inch pieces
4.)	1/2	cup	lemon juice
5.)	1/3	cup	olive oil
6.)	2	tsp.	dry mustard
7.)	1	tbsp.	chopped fresh parsley
8.)	1	tsp.	basil
9.)	1 7-3/4	oz	can tuna packed in water, drained
10.)	5	pcs.	green onions, chopped, including tops
11.)	1/4	tsp.	pepper

You can use any alternative or substitutes

Directions

1. Toss pasta with 1 tablespoon olive oil in a bowl. Set aside.
Blanch green beans by dropping into boiling water for 2 minutes. Transfer to a colander and chill under cold running water. Drain.
2. In a large bowl, combine beans, lemon juice, 1/3 cup olive oil, mustard, parsley and basil. Add tuna, green onions, pasta and pepper.
3. Toss, then cover and chill at least 1 to 2 hours.

Poppy Seed Dressing

Serves 16: 1 Tablespoon Per Serving



Sodium	0 mg
Protein	0 g
Potassium	18 g
Phosphorus	8 g
Calories	82 kcal
Fat	7 g
Carbohydrates	5 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/4	cup	plus 2 tablespoons wine vinegar
2.)	2	tbsp.	lemon juice
3.)	5	tbsp.	sugar
4.)	1	tsp.	dry mustard
5.)	1/4	pcs.	small onion, minced
6.)	1/2	cup	oil
7.)	1	tbsp.	poppy seeds

You can use any alternative or substitutes

Directions

1. Mix all ingredients together. Serve with salad of your choice.

Red Hot Jell-O Salad

Serves 6: 2/3 Cup Per Serving



Sodium	48 mg
Protein	1.2 g
Potassium	43 g
Phosphorus	6 g
Calories	113 kcal
Fat	0 g
Carbohydrates	22 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/4	cup	cinnamon red hots
2.)	1/2	cup	water
3.)	3	oz	cherry Jell-O®
4.)	1	cup	boiling water
5.)	2	cups	apples, peeled and chopped
6.)	1/2	cup	celery, chopped

You can use any alternative or substitutes

Directions

1. Soak red hots in water overnight. Dissolve Jell-O® in boiling water.
2. Add red hot liquid. Chill until partially set. Stir in apples and celery.
3. Chill until firm.

Baked Halibut

Serves 7: 3 Ounces Per Serving



Sodium	176 mg
Protein	18 g
Potassium	456 g
Phosphorus	233 g
Calories	205 kcal
Fat	9 g
Carbohydrates	8 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 1/2	lb	halibut steaks
2.)	1/4	cup	mayonnaise
3.)	3/4	cup	bread crumbs
4.)			Lemon slices dipped in paprika

You can use any alternative or substitutes

Directions

1. Preheat oven to 400°F. Cut steaks away from bone in center, into serving-size pieces.
2. Cover entirely with mayonnaise. Roll in bread crumbs. Place in
3. buttered baking pan. Bake in preheated oven about 15 minutes or until fish flakes when tested with a fork.
4. Place on heated serving platter. Garnish with lemon slices.

Cajun Pork Chops

Serves 4: 1 Chop Per Serving



Sodium	75 mg
Protein	22 g
Potassium	447 g
Phosphorus	245 g
Calories	245 kcal
Fat	16 g
Carbohydrates	3 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/4	tsp.	paprika
2.)	1/4	tsp.	garlic powder
3.)	1/4	tsp.	thyme
4.)	1/4	tsp.	dry mustard
5.)	1/4	tsp.	ground sage
6.)	1/4	tsp.	ground cumin
7.)	1/8	tsp.	pepper
8.)	4	pcs.	pork chops cut 1/2-inch thick (4 oz each)
9.)	1	pcs.	small onion, sliced
10.)	1	tbsp.	margarine
11.)	1	tsp.	parsley flakes
12.)	1/8	tsp.	garlic powder
13.)	2-3	drops	hot pepper sauce

Directions

You can use any alternative or substitutes

1. Combine paprika, 1/4 teaspoon garlic powder, thyme, mustard, sage, cumin and pepper on waxed paper. Coat both sides of pork chops with this mixture.
2. Arrange chops in a single layer on an 8-inch square microwave-safe dish.
3. Top each chop with onion slices. Cover with waxed paper. Microwave on high for 5 minutes. Rotate dish and microwave on low (30%) for 25 to 30 minutes or until tender, rotating once during this period. Let rest while preparing sauce.
4. Combine margarine, parsley, 1/8 teaspoon garlic powder and pepper sauce in a small glass bowl. Microwave on high for 30 to 40 seconds until melted. Spoon over chops before serving.

Chicken Veronique

Serves 5: About 2/3 Cup Per Serving



Sodium	178 mg
Protein	22 g
Potassium	284 g
Phosphorus	179 g
Calories	275 kcal
Fat	15 g
Carbohydrates	13 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tbsp.	flour
2.)	1/4	tsp.	pepper
3.)	1	lb	chicken breast meat
4.)	6	tbsp.	unsalted margarine
5.)	1/4	cup	white wine
6.)	1/2	cup	water
7.)	1	tsp.	parsley
8.)	1/4	tsp.	pepper
9.)	1	pc.	bay leaf
10.)	2	tbsp.	orange marmalade
11.)	1	cup	halved white grapes

You can use any alternative or substitutes

Directions

1. Combine flour and 1/4 teaspoon pepper. Lightly dust chicken. Sauté chicken in margarine in a large skillet until golden brown on all sides.
2. Add remaining ingredients except grapes. Cover and simmer 25 minutes, until tender.
3. Transfer chicken to serving platter. Add grapes to gravy and cook for 2 minutes, stirring constantly. Pour over chicken.

Fish With Peppers

Serves 5: About 1 Cup Per Serving



Sodium	104 mg
Protein	23 g
Potassium	0 g
Phosphorus	0 g
Calories	205 kcal
Fat	11 g
Carbohydrates	8 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 1/2	lb	white fish fillets
2.)	1	tsp.	garlic powder
3.)	1/2	tsp.	lemon pepper
4.)	2	tbsp.	oil
5.)	3 1/2	cup	low-sodium chicken broth
6.)	1/4	cup	no-salt-added tomato sauce
7.)	1	tsp.	capers
8.)	1/2	pc.	medium green pepper
9.)	1/2	pc.	medium red pepper

You can use any alternative or substitutes

Directions

1. Cut fish into 4-inch pieces. Sprinkle with garlic powder and lemon pepper.
2. Cook fish in oil in a large skillet over medium heat for 5 minutes, turning often.
3. Add broth, tomato sauce and capers. Reduce heat, cover and simmer 10 minutes.
4. Top with pepper rings and cook 5 minutes longer, until fish flakes easily with a fork and peppers are tender.

Grilled Chicken Sesame

Serves 4: 1 Chicken Breast Half Per Serving



Sodium	235 mg
Protein	27 g
Potassium	302 g
Phosphorus	232 g
Calories	179 kcal
Fat	3 g
Carbohydrates	11 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tbsp.	sesame seeds, toasted
2.)	2	tsp.	grated ginger
3.)	2	tbsp.	honey
4.)	1	tbsp.	reduced sodium soy sauce
5.)	1	tbsp.	sherry
6.)	4 4	oz	skinned, boned chicken breast halves
7.)			Vegetable cooking spray

You can use any alternative or substitutes

Directions

1. Combine first 5 ingredients in a small bowl. Set aside. Flatten chicken pieces to 1/4-inch thickness using a mallet or rolling pin.
2. Spray grill with cooking spray. Grill chicken over medium-hot coals 4 minutes each side, basting frequently with soy sauce mixture. Transfer to serving platter.

Grilled Marinated Beef Steak

Serves 6: 3 Ounces Steak Per Serving



Sodium	196 mg
Protein	25 g
Potassium	484 g
Phosphorus	247 g
Calories	201 kcal
Fat	6 g
Carbohydrates	12 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 1/2	lb	chuck steak
2.)	1	can	(12 oz) beer
3.)	1/2	cup	sliced green onion
4.)	1/4	cup	chopped green pepper
5.)	2	tbsp.	vinegar
6.)	1	tbsp.	teriyaki sauce
7.)	2	tbsp.	sugar
8.)	2	cloves	garlic, minced
9.)	1/4	tsp.	pepper

You can use any alternative or substitutes

Directions

1. Place steak in a large shallow dish. Combine remaining ingredients and pour over the steak.
2. Marinate 6 to 8 hours in the refrigerator, turning at least once to let flavors penetrate. Drain the marinade from the steak; reserve.
3. Broil steak over medium coals for 15 to 20 minutes to desired doneness, brushing steak occasionally with reserved marinade.

Herb Topped Fish

Serves 8: 3 Ounces Per Serving



Sodium	202 mg
Protein	19 g
Potassium	316 g
Phosphorus	239 g
Calories	244 kcal
Fat	18 g
Carbohydrates	1 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	8 1-1/2	inch	salmon, halibut or other white fish (24 oz)
2.)	1/2	cup	mayonnaise
3.)	1/2	cup	sour cream
4.)	1/4	cup	grated Parmesan cheese
5.)	4	tbsp.	chives, chopped
6.)	2	tbsp.	parsley, chopped
7.)	1/2	tsp.	onion powder
8.)	1/2	tsp.	dried dill
9.)	1/2	tsp.	dry mustard
10.)			Fresh ground pepper to taste

You can use any alternative or substitutes

Directions

1. Place uncooked fish fillets in a buttered shallow baking pan.
Blend all remaining ingredients by hand.
2. Spread mixture on top of fillets. Bake at 350°F for 20 minutes or until fish flakes.

Lemon Tarragon Chicken

Serves 12: 3 Ounces Per Serving



Sodium	72 mg
Protein	20 g
Potassium	306 g
Phosphorus	181 g
Calories	151 kcal
Fat	5 g
Carbohydrates	5 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	tbsp.	margarine
2.)	8	pcs.	skinless, boneless chicken breast halves
3.)	2	cups	fresh mushrooms, halved
4.)	2	cloves	garlic, minced
5.)	3	tbsp.	dry sherry
6.)	1/2	tsp.	dried tarragon, crushed
7.)	1/2	tsp.	lemon pepper seasoning
8.)	1 3/4	cups	salt-free chicken broth
9.)	1/3	cup	flour
10.)	1/4	cup	sour cream

You can use any alternative or substitutes

Directions

1. In a 12-inch skillet melt margarine over medium heat. Add chicken, mushrooms, garlic, sherry, tarragon and lemon pepper seasoning. Cook, uncovered, for 10 to 12 minutes or until chicken is no longer pink, turning once.
2. Remove chicken and mushrooms with a slotted spoon.
3. In a screw top jar combine chicken broth and flour and shake till blended.
4. Add mixture to the skillet. Cook and stir over medium high heat until thick and bubbly. Remove about 1/2 cup mixture from skillet and stir into sour cream.
5. Return to skillet along with chicken and mushrooms. Heat through (do not boil).

Meat Loaf

Serves 8: 3 Ounces Per Serving



Sodium	177 mg
Protein	26 g
Potassium	416 g
Phosphorus	22 g
Calories	335 kcal
Fat	19 g
Carbohydrates	14 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	pcs.	beaten eggs
2.)	3/4	cup	milk
3.)	2/3	cup	bread crumbs
4.)	2	tbsp.	onions
5.)	1/2	tsp.	sage
6.)	1 1/2	lbs	ground beef
7.)	1/2	cup	fresh sliced mushrooms
8.)	Topping:		
9.)	1/4	cup	salt-free ketchup
10.)	2	tbsp.	brown sugar
11.)	1	tsp.	dry mustard
12.)	1/4	tsp.	nutmeg
13.)	1/4	cup	shredded cheddar cheese

You can use any alternative or substitutes

Directions

1. Mix all the meatloaf ingredients together and pat into a loaf pan. Bake 1 hour at 350°F. Take out of oven and pour off grease.
2. Mix first four topping ingredients together and put on top of meatloaf. Sprinkle with cheese. Bake until cheese melts.

Oven Fried Chicken

Serves 14: 3 Ounces Per Serving



Sodium	119 mg
Protein	21 g
Potassium	232 g
Phosphorus	172 g
Calories	186 kcal
Fat	10 g
Carbohydrates	2 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 3	lb	broiled-fryer chicken, cut up
2.)	1/4	cup	shortening
3.)	1/4	cup	margarine
4.)	1/2	cup	flour
5.)	1	tsp.	paprika
6.)	1/2	tsp.	pepper
7.)	1/2	tsp.	onion powder

You can use any alternative or substitutes

Directions

1. Preheat oven to 425°F. Wash chicken and pat dry. In oven, melt shortening and margarine in baking pan, 13 x 9 x 2 inches. In medium bowl, mix flour, paprika, pepper and onion powder.
2. Coat chicken pieces thoroughly with flour mixture.
3. Place chicken skin side down in melted shortening. Cook uncovered 30 minutes.
4. Turn chicken and cook 30 minutes longer or until the thickest pieces are fork tender.

Pork With Julienne Vegetables

Serves 4: 1 Cutlet, 3/4 Cup Vegetables Per Serving



Sodium	130 mg
Protein	20 g
Potassium	388 g
Phosphorus	218 g
Calories	403 kcal
Fat	32 g
Carbohydrates	9 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	4	pcs/ 4 oz each	pork cutlets
2.)	2	tbsp.	flour
3.)	1/2	tsp.	salt-free seasoning
4.)	3	tbsp.	plus
5.)	1	tsp.	margarine
6.)	1/3	cup	dry white wine
7.)	2	tbsp.	lemon juice
8.)	2	cups	julienne zucchini strips
9.)	1	cup	julienne summer squash strips
10.)	1/2	cup	red bell pepper strips
11.)	1	clove	garlic, minced
12.)	1/4	tsp.	basil
13.)	1/8	tsp.	pepper

You can use any alternative or substitutes

Directions

1. Pound each cutlet to 1/4-inch thick. Combine flour and salt-free seasoning.
2. Dredge cutlets in flour mixture. Braise cutlets in 2 tablespoons margarine in a large skillet over medium-high heat for 5 minutes on each side. Transfer to platter; keep warm. Add wine and lemon juice to pan juices. Heat until reduced to 1/4 cup.
3. Stir in 1 teaspoon margarine. Pour sauce over cutlets. Keep warm. Place vegetables and 1 tablespoon margarine in skillet. Add garlic, basil and pepper.
4. Cook and stir for 3 or 4 minutes over high heat. Transfer to platter with pork.

Salt-Free Pizza

Serves 12 1 Piece Per Serving



Sodium	75 mg
Protein	11 g
Potassium	176 g
Phosphorus	115 g
Calories	201 kcal
Fat	9 g
Carbohydrates	19 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 1/4	tsp.	dry yeast
2.)	1	cup	warm water
3.)	1	tbsp.	oil
4.)	1	tbsp.	sugar
5.)	2	cups	flour
6.)	3	oz	no-salt tomato paste
7.)	1/2	cup	water
8.)	1/4	tsp.	garlic powder
9.)	1/2	tsp.	oregano
10.)	1	tbsp.	sugar
11.)	1	tbsp.	oil
12.)	1/4	cup	chopped onion
13.)	1/4	cup	chopped green pepper
14.)	1/2	lb	cooked ground beef, well drained
15.)	6	oz	mozzarella cheese, shredded

Directions

You can use any alternative or substitutes

1. Dissolve yeast in warm water. Stir in 1 tablespoon oil, 1 tablespoon sugar and enough flour to make a soft dough. Stir 20 strokes. Place in a greased bowl, turn to moisten all surfaces, cover and let set in warm area.
2. Combine tomato paste, 1/2 cup water, garlic powder, oregano, 1 tablespoon sugar and 1 tablespoon oil in a small saucepan. Simmer 5 minutes.
3. Grease a 17 x 14-inch baking sheet. Press dough over sheet to edges. Cover with sauce.
4. Top with onion, green pepper, beef and cheese. Bake at 400°F for 20 to 30 minutes until dough and cheese are golden brown. Cut into 12 pieces.

Scampi Linguini

Serves 4: About 1/2 Cup Per Serving



Sodium	86 mg
Protein	15 g
Potassium	189 g
Phosphorus	167 g
Calories	208 kcal
Fat	5 g
Carbohydrates	26 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tbsp.	olive oil
2.)	1	clove	garlic, minced
3.)	1/2	lb	shrimp, peeled and cleaned
4.)	1/4	cup	dry white wine
5.)	1	tbsp.	lemon juice
6.)	1/2	tsp.	basil
7.)	1	tbsp.	chopped fresh parsley
8.)	4	oz	dry linguini

You can use any alternative or substitutes

Directions

1. Heat oil in a large skillet. Add garlic and shrimp. Cook and stir until shrimp turns pink. Add wine, lemon juice, basil and parsley.
2. Cook 5 minutes longer. Meanwhile, boil linguini in unsalted water until tender. Drain. Serve the linguini topped with the shrimp and any remaining liquid.

Spanish Paella

Serves 8: 1/2 Cup Per Serving



Sodium	86 mg
Protein	15 g
Potassium	178 g
Phosphorus	144 g
Calories	163 kcal
Fat	1 g
Carbohydrates	24 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/2	lb	boned, skinned chicken breasts
2.)	1/4	cup	water
3.)	1/2	can	low-sodium chicken broth
4.)	1/2	lb	medium-size shrimp, peeled and cleaned
5.)	1/2	cup	frozen green peas
6.)	1/3	cup	chopped red bell pepper
7.)	1/3	cup	thinly sliced green onion
8.)	2	cloves	garlic, minced
9.)	1/4	tsp.	pepper
10.)		Dash	ground saffron
11.)	1	cup	uncooked instant white rice

You can use any alternative or substitutes

Directions

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

Turkey Fajitas

Serves 8: 1/2 Cup Per Serving



Sodium	192 mg
Protein	13 g
Potassium	204 g
Phosphorus	0 g
Calories	208 kcal
Fat	9 g
Carbohydrates	19 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	lb	boneless turkey breast
2.)	1/4	tsp.	pepper
3.)	1	clove	garlic, minced
4.)	1	tsp.	chili powder
5.)	2	tbsp.	lime juice
6.)	1	tbsp.	chopped fresh cilantro (coriander)
7.)	1	tbsp.	oil
8.)	1	cup	chopped tomato
9.)	2	tbsp.	chopped fresh cilantro
10.)	1	tbsp.	chopped red onion
11.)	1/4	tsp.	minced garlic
12.)	10 7	inch	flour tortillas
13.)	3	cups	shredded lettuce
14.)	1/2	cup	light sour cream

You can use any alternative or substitutes

Directions

1. Sprinkle turkey with pepper, 1 clove minced garlic, chili powder, lime juice, 1 tablespoon cilantro and oil. Turn to coat. Cover and marinate in refrigerator 3 hours or more.
2. To make salsa, combine tomato, 2 tablespoons cilantro, onion and 1/4 teaspoon garlic in a small bowl. Let stand 1 hour.
3. Broil turkey 6 inches from heat for 10 minutes each side. Cut into strips. While turkey cooks, wrap tortillas in aluminum foil and warm in oven for 8 minutes.
4. To serve, wrap turkey, salsa, lettuce and sour cream in warm tortillas.

Festive Cranberry Stuffing

Serves 10: 1/2 Cup Per Serving



Sodium	243 mg
Protein	4 g
Potassium	79 g
Phosphorus	45 g
Calories	150 kcal
Fat	4 g
Carbohydrates	25 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3	cups	soft, stale bread crumbs
2.)	1	cup	diced, peeled, tart apples
3.)	1/2	cup	diced raw cranberries
4.)	1/4	cup	chopped celery
5.)	1/4	tsp.	poultry seasoning
6.)	1/4	cup	apple juice
7.)	2	tbsp.	unsalted margarine, melted

You can use any alternative or substitutes

Directions

1. Preheat oven to 350°F. Combine all ingredients in a large bowl and toss to mix.
2. Place in a lightly greased casserole dish. Bake for 30 minutes.

Moroccan Couscous

Serves 4: 1/2 Cup Per Serving



Sodium	24 mg
Protein	3.5 g
Potassium	61 g
Phosphorus	22 g
Calories	115 kcal
Fat	2 g
Carbohydrates	21 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	tbsp.	chopped onion
2.)	1/2	tbsp.	margarine or olive oil
3.)	1	cup	water
4.)	2/3	cup	dry couscous

You can use any alternative or substitutes

Directions

1. Sauté chopped onion in the margarine or olive oil until tender. In medium
2. saucepan bring water to a boil. Stir in couscous and onion. Let stand 5 minutes.
3. Fluff lightly with fork before serving.

Orzo Pasta

Serves 6: 1/2 Cup Per Serving



Sodium	20 mg
Protein	6.5 g
Potassium	76 g
Phosphorus	92 g
Calories	137 kcal
Fat	3 g
Carbohydrates	27 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 1/3	cups	dry orzo pasta
2.)	3	quarts	water
3.)	1	tsp.	olive oil
4.)	1/2	tsp.	garlic powder
5.)	1/2	tsp.	Italian seasoning
6.)	1	tbsp.	grated Parmesan cheese

You can use any alternative or substitutes

Directions

1. Bring the 3 quarts of water to a rolling boil. Add orzo pasta to water and stir.
2. Return to a boil and cook, uncovered, 9 to 11 minutes. For best results, avoid overcooking. Remove from heat and drain well in colander.
3. Pour drained pasta into serving bowl. Add olive oil, garlic powder,
4. Italian seasoning and Parmesan cheese. Toss gently and serve as a side dish accompaniment as you would any other pasta.

Broccoli-Cauliflower-Carrot Bake

Serves 12: 1/2 Cup Per Serving



Sodium	130 mg
Protein	3.9 g
Potassium	225 g
Phosphorus	83 g
Calories	116 kcal
Fat	9 g
Carbohydrates	7 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3	cups	broccoli, raw
2.)	2	cups	cauliflower, raw
3.)	1	cup	frozen whole small onions
4.)	1	cup	carrots
5.)	4	tbsp.	butter
6.)	2	tbsp.	flour
7.)		Dash	pepper
8.)	1	cup	milk
9.)	3	oz	cream cheese, softened
10.)	1/2	cup	sharp cheddar cheese, shredded
11.)	1/2	cup	soft bread crumbs

You can use any alternative or substitutes

Directions

1. Wash and cut vegetables; steam until crisp but tender. Drain. In saucepan, melt 2 tablespoons of the butter; blend in flour and pepper. Add milk.
2. Cook and stir until bubbly and thick. Reduce heat; blend in cream cheese until smooth.
3. Place vegetables in 1 1/2-quart casserole dish. Pour sauce over and mix lightly. Top with shredded cheese. Bake 15 minutes at 350°F.
4. Mix together the bread crumbs and remaining butter and sprinkle on casserole. Bake an additional 25 minutes.

Broccoli Blossom

Serves 2: 1/2 English Muffin and 3/4 Cup Vegetable Topping Per Serving



Sodium	287 mg
Protein	6 g
Potassium	339 g
Phosphorus	108 g
Calories	174 kcal
Fat	9 g
Carbohydrates	17 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/4	cup	chopped onion
2.)	1	cup	chopped red cabbage
3.)	1/2	cup	chopped broccoli
4.)	1	tbsp.	oil
5.)	2-3	tbsp.	water
6.)	1/4	tsp.	tarragon
7.)	1/4	tsp.	garlic powder
8.)	1/4	tsp.	onion powder
9.)			Black pepper and Red pepper
10.)	1	pc.	English muffin, split and toasted
11.)	2	tbsp.	grated Parmesan cheese

You can use any alternative or substitutes

Directions

1. Stir-fry vegetables in oil in a large skillet or wok over medium heat for 2 to 3 minutes.
2. Add water and cover. Steam for 5 minutes. Add spices during last 2 minutes.
3. Serve over English muffin halves. Sprinkle with Parmesan cheese.

Hot German Cabbage

Serves 6: 2/3 Cup Per Serving



Sodium	36 mg
Protein	1 g
Potassium	128 g
Phosphorus	26 g
Calories	77 kcal
Fat	4 g
Carbohydrates	9 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	tbsp.	sugar
2.)	1	tbsp.	minced onion
3.)	1/2	tsp.	caraway seed
4.)	1/2	tsp.	dry mustard
5.)	1/4	tsp.	pepper
6.)	3	tbsp.	vinegar
7.)	2	tbsp.	margarine
8.)	4	cups	shredded red cabbage
9.)	1	cup	unpeeled diced green apple

You can use any alternative or substitutes

Directions

1. Combine sugar, onion, caraway seed, dry mustard, pepper and vinegar in a bowl.
2. Mix well and set aside. Melt margarine in a large skillet. Sauté cabbage and apple in skillet over medium heat for 3 minutes.
3. Stir in vinegar mixture and simmer over low heat for 5 minutes, stirring occasionally, until cabbage is tender.

Summer Vegetable Sauté

Serves 6: 1/2 Cup Per Serving



Sodium	38 mg
Protein	2 g
Potassium	175 g
Phosphorus	38 g
Calories	81 kcal
Fat	4 g
Carbohydrates	9 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	tbsp.	margarine
2.)	2	cups	sliced zucchini
3.)	1/2	cup	diced green pepper
4.)	1 10	oz	package frozen corn, thawed
5.)	2	tbsp.	chopped pimiento
6.)	1/8	tsp.	garlic powder
7.)	1/8	tsp.	pepper

You can use any alternative or substitutes

Directions

1. Heat margarine in a large skillet. Add remaining ingredients and sauté until vegetables are tender, about 15 minutes.

Garlic Bread

Serves 16: 1/8 of a Half-Loaf Per Serving



Sodium	153 mg
Protein	3 g
Potassium	38 g
Phosphorus	31 g
Calories	175 kcal
Fat	12 g
Carbohydrates	14 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3	tbsp.	vegetable oil
2.)	4	cloves	garlic, minced
3.)	2	tsp.	paprika
4.)		Dash	cayenne pepper
5.)	1	tsp.	lemon juice
6.)	2	tbsp.	grated Parmesan cheese
7.)	3/4	cup	mayonnaise
8.)	1	loaf	French bread
9.)	1	tsp.	Italian herbs

You can use any alternative or substitutes

Directions

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

Gingerbread

Serves 12: 2 x 2 1/2-inch Pieces Per Serving



Sodium	71 mg
Protein	2 g
Potassium	71 g
Phosphorus	28 g
Calories	71 kcal
Fat	2 g
Carbohydrates	12 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tsp.	lemon juice or vinegar
2.)	2 1/2	cup	skim milk
3.)	1	pc.	egg
4.)	2	tbsp.	brown sugar substitute
5.)	2	tbsp.	molasses
6.)	1	tbsp.	margarine
7.)	1	cup	sifted flour
8.)	1/2	tsp.	baking soda
9.)	1/4	tsp.	cinnamon
10.)	1 1/2	tsp.	ginger
11.)		Pinch	cloves

You can use any alternative or substitutes

Directions

1. In a small bowl, add 2 teaspoons lemon juice or vinegar to 1/2 cup skim milk to make sour milk. Set aside. Beat egg with sugar, sugar substitute and molasses until fluffy.
2. Mix sour milk, margarine, sifted flour, baking soda and spices together.
3. Add egg and sugar mixture and beat until smooth. Bake in an 8-inch greased pan at 350°F for 25 to 30 minutes.

Pineapple Bread

Serves 20: 1 Slice Per Serving



Sodium	133 mg
Protein	2 g
Potassium	38 g
Phosphorus	94 g
Calories	103 kcal
Fat	4 g
Carbohydrates	15 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/3	cup	sugar
2.)	1/3	cup	margarine
3.)	2	pcs.	eggs
4.)	2	cups	flour
5.)	3	tsp.	baking powder
6.)	1	cup	crushed pineapple in juice, undrained
7.)	6	pcs.	maraschino cherries, chopped

You can use any alternative or substitutes

Directions

1. Beat sugar and margarine until light and fluffy. Add eggs and mix well. Mix flour and baking powder together.
2. Combine sugar and flour mixtures. Blend. Add pineapple and cherries and mix to combine. Pour into greased 9 x 5-inch pan.
3. Bake at 350°F for 1 hour. Cut into 20 slices.

Raspberry Streusel Muffins

Serves 16: 1 Muffin Per Serving



Sodium	111 mg
Protein	2 g
Potassium	56 g
Phosphorus	69 g
Calories	138 kcal
Fat	6 g
Carbohydrates	19 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 1/3	cups	flour
2.)	1 1/2	tsp.	baking powder
3.)	1	cup	fresh or frozen raspberries
4.)	1/4	cup	margarine
5.)	1/2	cup	sugar
6.)	1	pc.	egg
7.)	1/2	cup	liquid non-dairy creamer
8.)	1/4	cup	brown sugar
9.)	1/4	cup	flour
10.)	2	tbsp.	margarine
11.)	2	tsp.	cinnamon

You can use any alternative or substitutes

Directions

1. Preheat oven to 375°F. Line 16 muffin cups with paper liners.
2. Mix 1 1/3 cups flour and baking powder in a small bowl. Stir in raspberries.
3. In a medium bowl, beat 1/4 cup margarine with sugar and egg. Blend in creamer.
4. Stir in flour mixture, just until moistened. Spoon into 16 muffin cups.
5. In a small bowl, mix brown sugar, 1/4 cup flour, 2 tablespoons margarine and cinnamon. Sprinkle over muffins. Bake 15 to 18 minutes.

Soft Pretzels

Serves 12: 1 Pretzel Per Serving



Sodium	3 mg
Protein	3 g
Potassium	3 g
Phosphorus	48 g
Calories	86 kcal
Fat	1 g
Carbohydrates	16 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	package	dry yeast
2.)	3/4	cup	warm water
3.)	1	tbsp.	sugar
4.)	2	cups	flour
5.)	2	tbsp.	milk
6.)	1	tbsp.	sesame seeds

You can use any alternative or substitutes

Directions

1. In a large bowl, mix yeast and warm water. Mix in sugar. Beat in flour. Knead in bowl until smooth, about 10 minutes.
2. Place dough on a floured board and divide into 12 equal pieces. Roll each piece into a rope 12 inches long. Shape each rope into a pretzel.
3. Place on a greased baking sheet, brush with milk and sprinkle with sesame seeds.
4. Bake at 425°F for 12 to 15 minutes or until browned. Cool on a rack.

Zucchini Bread

Serves 16: 1 Slice Per Serving



Sodium	3 mg
Protein	3 g
Potassium	3 g
Phosphorus	48 g
Calories	86 kcal
Fat	1 g
Carbohydrates	16 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3	pcs.	eggs
2.)	1 1/2	cups	sugar
3.)	1	cup	apple sauce
4.)	2	cups	unpeeled zucchini, shredded
5.)	1	tsp.	vanilla
6.)	2	cups	flour
7.)	1/4	tsp.	baking powder
8.)	1	tsp.	baking soda
9.)	1	tsp.	cinnamon
10.)	1/2	tsp.	ginger
11.)	1	cup	unsalted chopped nuts

You can use any alternative or substitutes

Directions

1. Beat eggs. Mix sugar, applesauce, zucchini and vanilla into eggs. Sift dry ingredients together and add to the mixture.
2. Pour into a loaf pan and bake at 375°F for 1 hour. Cut into 16 slices.

Cherry Berry Pie

Serves 8: 1/8 Pie Per Serving



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

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	cup	unsweetened cherries
2.)	1	cup	unsweetened raspberries
3.)	3/4	cup	cherry and raspberry juices (if necessary, add water to make 3/4 cup)
4.)	3/4	cup	sugar
5.)	1	tbsp.	cornstarch
6.)	1/4	tsp.	almond extract
7.)			Pastry for 2-crust pie, unbaked

You can use any alternative or substitutes

Directions

1. In a small saucepan, combine juices, sugar and cornstarch. Cook over low heat until thick and clear, stirring often. Add cherries, raspberries and almond extract.
2. Pour into pie shell. Cover with other pie shell and seal edges. Make small slits in top crust to allow steam to escape. Bake at 450°F for 15 minutes.
3. Reduce heat to 375°F and continue baking for 25 to 30 minutes or until crust is golden brown.

Cinnamon Crispies

Serves 4: 1 Tortilla Per Serving



Sodium	83 mg
Protein	3 g
Potassium	35 g
Phosphorus	26 g
Calories	168 kcal
Fat	8 g
Carbohydrates	21 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tbsp.	hot water
2.)	1/2	tsp.	vanilla
3.)	1 1/2	tbsp.	sugar
4.)	1	tsp.	cinnamon
5.)	4 6-	inch	flour tortillas
6.)	2	tbsp.	margarine, melted

You can use any alternative or substitutes

Directions

1. Combine water and vanilla in a small bowl; stir well.
Combine sugar and cinnamon; stir well.
2. Brush both sides of tortillas with margarine, brush each side with water mixture and sprinkle each side with sugar mixture.
3. Place tortillas on a wire rack in a jelly roll pan.
4. Bake at 400°F for 6 1/2 minutes or until lightly browned.

Frosted Lemon Cookies

Serves 36: 1 Cookie Per Serving



Sodium	39 mg
Protein	1 g
Potassium	21 g
Phosphorus	10 g
Calories	92 kcal
Fat	3 g
Carbohydrates	15 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/2	cup	margarine
2.)	1	cup	sugar
3.)	2	pcs.	eggs
4.)	1	tsp.	vanilla
5.)	2	cups	flour
6.)	1/2	tsp.	baking soda
7.)	1/4	cup	lemon juice
8.)	1 1/2	cups	powdered sugar
9.)	2	tbsp.	water
10.)	1/2	tsp.	lemon extract

You can use any alternative or substitutes

Directions

1. Preheat oven to 375°F. Cream margarine and sugar in a mixing bowl until light and fluffy. Add eggs or egg substitute and vanilla and beat well.
2. Stir flour and baking soda together in a small bowl. Add to creamed mixture. Beat in lemon juice.
3. Drop by teaspoonfuls onto un-greased baking sheet. Bake for 10 to 12 minutes or until cookies are light golden brown.
4. Cool. In a small bowl, beat powdered sugar, water and lemon extract until smooth. Spread on cooled cookies.

Hot Fruit Compote

Serves 36: 1 Cookie Per Serving



Sodium	115 mg
Protein	1.5 g
Potassium	286 g
Phosphorus	32 g
Calories	213 kcal
Fat	4 g
Carbohydrates	47 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	(28 oz)	can each:
2.)			Pear slices, juice packed
3.)			Peach slices, juice packed
4.)			Pineapple chunks, juice packed
5.)			Cherry pie filling
6.)	2	cups	crushed corn flakes
7.)	1/4	cup	margarine, melted

You can use any alternative or substitutes

Directions

1. Drain fruit. Grease a 9 x 13-inch pan and layer fruit, ending with pie filling.
2. Crush corn flakes, mix with margarine and sprinkle over fruit. Bake at 350°F for 30 minutes. Serve warm.

Pine-Apple Fruit Whip

Serves 8: 1/2 Cup Per Serving



Sodium	3 mg
Protein	1 g
Potassium	114 g
Phosphorus	8 g
Calories	71 kcal
Fat	0 g
Carbohydrates	18 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	envelope	unflavored gelatin
2.)	1	cup	canned unsweetened pineapple juice
3.)	1/4	tsp.	grated lemon peel
4.)	3	tbsp.	honey
5.)	2	cups	unsweetened apple sauce
6.)			Cinnamon or nutmeg

You can use any alternative or substitutes

Directions

1. In a saucepan, sprinkle gelatin over pineapple juice to soften, and stir over low heat until gelatin is dissolved. Stir in lemon peel, honey and applesauce.
2. Refrigerate, stirring occasionally. When mixture mounds slightly if dropped from spoon, beat until fluffy.
3. Divide among 8 dessert dishes. Refrigerate until firm.
4. Garnish each with a dash of cinnamon or nutmeg.

Pineapple Delite Pie

Serves 8: 1/8 Pie Per Serving



Sodium	167 mg
Protein	3 g
Potassium	19 g
Phosphorus	8 g
Calories	153 kcal
Fat	5 g
Carbohydrates	24 g

Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2/3	cup	graham cracker crumbs
2.)	2 1/2	tbsp.	margarine, melted
3.)	1 20-	oz	can juice packed crushed pineapple
4.)	1	small	package sugar-free pineapple gelatin
5.)	1	tbsp.	lemon juice
6.)	2	pcs.	egg whites
7.)	1/4	tsp.	cream of tartar

You can use any alternative or substitutes

Directions

1. Combine cracker crumbs and margarine in a small bowl. Press into bottom and sides of an 8-inch pie plate. Bake at 425°F for 5 minutes; cool.
2. Drain pineapple juice into a saucepan. Sprinkle gelatin over juice and melt over low heat. Remove from heat and add pineapple and lemon juice; cool.
3. Beat egg whites and cream of tartar until stiff peaks form. Gently fold in pineapple mixture. Spoon into crust. Chill several hours.