Keeping it Renal: Global Cuisine for Kids
Introduction

Children with kidney disease have very special diet and nutrition needs. In order to stay healthy, most children with kidney disease have to limit or avoid foods that are high in certain minerals including sodium, potassium and phosphorus. It is often challenging for children and their families to balance following these diet restrictions with getting proper nutrition and enjoying meal times. We asked patients and families of Children’s National Hospital to share some of their favorite kidney-friendly recipes for this cookbook, with the idea that other children and families may enjoy them as well. The recipes represent contributions from many different cultures and regions across the globe.

Acknowledgments

Thank you to the patients and families of Children’s National Hospital in Washington, D.C., for sharing their favorite kidney-friendly recipes with us for this book. The Children’s National Department of Nephrology* tested the recipes and the nutritional content of each recipe was analyzed by Kristen Sgambar, Ph.D, RD, using MetabolicPro nutrient analysis software (Vistrada, NY, NY). Special thanks to those who contributed to editing the book: Kristen Sgambar, Ph.D., RD, Kausal Amatya, Ph.D., Michele Boone, Asha Moudgil, M.D., and Marva Moxey-Mims, M.D. We would also like to acknowledge Kirtida Mistry, M.D., who was instrumental in the conception of this project. The printing of this book was made possible by Dr. Kurt Newman and Children’s National Hospital.

*Reference last page for full list of Nephrology staff at Children’s National

Disclaimer: Although these recipes were contributed by the families of children with kidney disease, everyone has different nutritional needs. Always check with your child’s kidney doctor or dietitian to learn what kind of diet is best for your child.

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* Indicates Vegetarian dish
**Atol de Maiz**  A Mexican Corn Drink

Serves 4

**INGREDIENTS**

- 4 ears corn on the cob
- 4 cups water or almond milk
- 1 teaspoon vanilla extract
- Cinnamon sticks (optional, for garnish)

**OPTIONAL FLAVORINGS:**

- 1 teaspoon cocoa powder
- 2 tablespoons honey
- 1 tablespoon cinnamon

**DIRECTIONS**

1. Using a sharp knife, cut kernels off to make 3 cups (scrape cobs with knife). Place 2½ cups of corn in blender with 2 cups of water.

2. Strain pureed corn through sieve in medium saucepan. Stir in remaining corn kernels, ½ cup sugar and 1 teaspoon vanilla. If desired, may also add 2 tablespoons honey with 1 tablespoon cinnamon and/or 1 teaspoon cocoa powder.

3. Boil over medium-high heat, then reduce and simmer 5 minutes or until lightly thickened.

4. Pour into a bowl, sprinkle with cinnamon, serve hot w/spoon (makes 4 servings).

5. Garnish with a cinnamon stick, if desired.

**NUTRITION (BASIC RECIPE):**

- 65 calories
- 2 g protein
- 65 mg phosphorus
- 190 mg potassium
- 5 mg sodium

**WITH COCOA, CINNAMON AND HONEY:**

- 100 calories
- 2 g protein
- 75 mg phosphorus
- 215 mg potassium
- 10 mg sodium
Spicy Chicken Dip
Perfect for Game Day
Serves 18

**INGREDIENTS**

- 8 ounces cream cheese
- ½ of a red bell pepper
- 1 cup sour cream
- 5 teaspoons Tabasco sauce
- 2 teaspoons onion powder
- 3 cups cooked shredded chicken
- 1 small bunch green onions, chopped

**DIRECTIONS**

1. Preheat oven to 350° F.
2. Let cream cheese soften at room temperature, or microwave for 20 seconds to soften.
3. Puree the red bell pepper in a blender.
4. Mix cream cheese and sour cream in a bowl. Add the red bell pepper puree, Tabasco sauce, onion powder, green onions and stir mixture.
5. Add cooked shredded chicken and stir until combined.
6. Bake in the oven for 20 minutes.
7. Serve warm with fresh vegetables (carrots, celery, bell peppers, etc.).

**NUTRITION:**

- 100 Calories
- 7g Protein
- 73 mg Phosphorus
- 100 mg Potassium
- 78 mg Sodium
Momos  Nepalese/Tibetan Dumplings
Makes 40 Dumplings, Serving Size is 4 dumplings

INGREDIENTS

- 1 package wonton wraps
- 1 pound ground chicken or turkey
- 1 red onion
- ½ head of cabbage
- 4 garlic cloves
- ½ teaspoon fresh or powdered ginger
- 1 teaspoon cumin
- ½ teaspoon turmeric
- ¼ teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon pepper

DIRECTIONS

1. Finely chop onion, cabbage, garlic and ginger in a food processor.
2. Mix chicken or turkey with the chopped vegetables and spices to make the filling.
3. Moisten a wonton wrap with small amount of water.
4. Put about 1 tablespoon of the filling in the center of the wonton wrap and fold to seal.
5. Steam dumplings in a vegetable steamer for about 10 minutes, until chicken/turkey reaches 165°F.

Alternatively, dumplings can also be pan fried: In a sauté pan, brown the bottom of the dumplings in a small amount of cooking oil over medium heat. Add 1 cup of water to the sauté pan and cover, then cook until the water has evaporated.

NUTRITION:

Nutrition info for steamed preparation only.

- 180 calories
- 130 mg phosphorus
- 300 mg sodium
- 12 g protein
- 350 mg potassium
**Chicken Tacos**  A South American classic

Serves 4

**INGREDIENTS**

1 pound chicken breast  
1 bay leaf or Laurel leaf  
4 medium corn taco shells  
2 tablespoons canola oil  
1 cup shredded lettuce  
4 tablespoons sour cream  
1 diced onion  
2 minced garlic cloves

**DIRECTIONS**

1. Put chicken and broth in slow cooker and cook on low heat for 8 hours (or 10 minutes in a pressure cooker) with the bay or Laurel leaf.

2. Shred the chicken with a fork.

3. Sauté onion and garlic in canola oil. Add the shredded chicken and stir.

4. Heat the corn taco shells in the microwave for 5-10 seconds.

5. Add chicken mixture to the taco shells, garnish with shredded lettuce and sour cream as desired.

**NUTRITION:**

| 420 calories | 240 mg phosphorus | 280 mg sodium |
| 17 g protein | 380 mg potassium |
Low-Sodium Fish Fry  A Southern Favorite

Serves 2

INGREDIENTS

- 3 ounces white fish fillets (of choice, such as tilapia, cod, flounder, etc.), 2 each
- 1 tablespoon unsalted butter or olive oil
- Spice Blend: 1 teaspoon Mrs. Dash® original and 1 teaspoon Mrs. Dash® garlic and herb seasoning

DIRECTIONS

1. Heat 1 tablespoon unsalted butter or canola oil in pan.
2. Add fish fillets (dry with paper towel first).
3. Season both sides of fish with spice blend.
4. Fry in pan for 3 minutes each side.
5. Squeeze fresh lemon over fish fillets to taste.

NUTRITION:

- 172 Calories
- 176 mg phosphorus
- 15 g protein
- 350 mg potassium
- 45 mg sodium
Rice Pulao  A rice and vegetable dish from India

Serves 8

INGREDIENTS
2 tablespoons olive or canola oil
1 tablespoon cumin seeds
1 onion, white or red, diced
1 cup diced carrots
1 cup frozen peas
2 cups Basmati rice, washed and soaked for 5 minutes in warm water
2½ cups water
1 teaspoon butter
2 teaspoons vinegar
½ teaspoon salt

DIRECTIONS
1. In a large pot on medium heat, combine the oil, cumin seeds and butter. Add the onion and sauté for 5 minutes.
2. Add the carrots and peas to the pot, sauté for another 5-10 minutes, until tender.
3. Add 2½ cups of water and 2 cups Basmati rice to the pot. Cover the pot and simmer on medium heat until all the water evaporates and rice is cooked. Remove from heat and let sit for 5 minutes before serving.

NUTRITION:
250 calories  84 mg phosphorus  65 mg sodium
5 g protein  160 mg potassium
Low-Phosphorus Pizza  Kid and Kidney Friendly

Serves 4

INGREDIENTS

- 1 cup shredded vegan cheese (such as Daiya)
- 4 small white pitas
- 1 diced red bell pepper
- 8 cherry tomatoes, quartered
- 1 tablespoon olive oil

DIRECTIONS

1. Brush the diced bell pepper and the tomatoes with olive oil.
2. Divide the cheese, bell pepper and tomato evenly among the 4 pitas.
3. Toast under oven broiler or in toaster oven for 5 minutes, or until cheese is melted.

NUTRITION:

- 270 calories
- 220 mg potassium
- 7 g protein
- 75 mg phosphorus
- 400 mg sodium
Easy Summer Pasta  Light and Healthy

Serves 4

INGREDIENTS

2 cups rotini noodles (dry)
1 bell pepper (any color), diced
1 onion, diced
1 chopped zucchini or summer squash
1 tablespoon canola oil
¼ cup vegan Parmesan cheese (such as Daiya)
Black pepper to taste

DIRECTIONS

1. Boil a large pot of water. Add rotini noodles and cook 8-10 minutes until tender.
2. In a pan, add the oil and sauté pepper, onion and zucchini until soft.
3. Drain pasta and add to pan with vegetables.
4. Add black pepper and top with vegan Parmesan cheese as desired.

NUTRITION:

230 calories
90 mg phosphorus
150 mg sodium
6 g protein
300 mg potassium
Pollo Chiflado  This dish from Panama translates to “Crazy Chicken”  
Serves 6

**INGREDIENTS**

2 boneless chicken breasts*  
½ onion, chopped  
½ red or orange bell pepper, chopped  
½ green or yellow bell pepper, chopped  
3 cloves of garlic  
1 carrot, thinly sliced  
½ cup frozen broccoli  
½ yellow or green squash, cut into 1 inch pieces  
3 tablespoons canola or vegetable oil  
½ teaspoon pepper  
¼ teaspoon salt

**DIRECTIONS**

1. Cut the chicken breasts into 1-inch squares.  
2. Smash the garlic and mix it with the cut chicken breasts to marinate.  
3. Heat the oil in a large pan at medium heat and add the cut chicken breasts.  
4. Sauté the chicken until it turns brown.  
5. Add the chopped onion and sauté for one minute, then add the bell peppers, broccoli, squash and sliced carrots and sauté for an additional 6 minutes.

*N salmon can be substituted for chicken in this dish if desired.

**NUTRITION:**

Nutrition info for chicken version only.  
180 calories  
19 g protein  
200 mg phosphorus  
390 mg sodium  
440 mg potassium
## Margog A Middle Eastern Stew

**Serves 6**

### INGREDIENTS

**FOR STEW:**
- \( \frac{1}{2} \) onion, chopped
- 2 garlic cloves, ground
- 1 tablespoon olive oil
- 1 pound chicken breast, cut into pieces (or omit to make vegetarian)
- 2 teaspoons cumin seeds
- 2 teaspoons turmeric
- 1 teaspoon coriander
- 2 teaspoons ginger
- \( \frac{1}{4} \) teaspoon salt
- \( \frac{1}{2} \) cup hot water
- 1 diced carrot
- \( \frac{1}{2} \) zucchini, chopped
- \( \frac{1}{2} \) eggplant, chopped

**FOR DOUGH SQUARES:**
- 2 cups white flour
- \( \frac{1}{2} \) cup cold water
- \( \frac{1}{6} \) teaspoon salt
- \( \frac{1}{2} \) teaspoon black pepper
- Olive oil for brushing

### DIRECTIONS

1. Mix flour with \( \frac{1}{2} \) cup cold water, \( \frac{1}{6} \) teaspoon salt and \( \frac{1}{2} \) teaspoon black pepper, knead flour and water to make soft dough and roll out flat with rolling pin. Cut into squares and brush with oil. Bake at 350° F in oven until lightly toasted.

2. Sauté onion and garlic with 1 tablespoon of olive oil in a large pan until tender. Add chicken and cook until chicken has an internal temperature of 165° F.

3. Add cumin seeds, turmeric, coriander, ginger and salt to the pan and stir for 2 minutes.

4. Pour hot water over mixture, then add the carrots, zucchini and eggplant and cook until soft.

5. Add the dough squares to the broth and serve.

### NUTRITION: (Includes chicken)

- Calories 280
- Protein 22 g
- Phosphorus 226 mg
- Potassium 483 mg
- Sodium 185 mg

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## Spiced Salmon A Fusion of Flavors

**Serves 4**

### INGREDIENTS

- \( \frac{1}{2} \) cup olive oil (for marinade)
- 2 tablespoons olive oil (for cooking)
- \( \frac{1}{4} \) cup lemon juice
- 1 tablespoon white vinegar
- 1 tablespoon honey
- 4 teaspoons minced garlic
- 4 teaspoons minced ginger
- \( \frac{1}{4} \) teaspoon paprika
- \( \frac{1}{2} \) teaspoon cumin
- \( \frac{1}{2} \) teaspoon pepper or chili powder
- \( \frac{1}{8} \) teaspoon salt
- 2 salmon fillets (6 ounces each)

### DIRECTIONS

1. Prepare the marinade: add olive oil, lemon juice, vinegar, honey and spices in a mixing bowl and whisk to combine.

2. Slice each salmon fillet lengthwise to make 4 separate 3-ounce pieces of salmon. Add the salmon to the bowl, making sure that all the salmon is covered with the marinade.

3. Cover the bowl and refrigerate for 30-60 minutes, then remove from refrigerator and let sit at room temperature for 10 minutes.

4. Heat oil in a large skillet pan over medium-high heat. Place the salmon fillets in the pan and cook them for about 4 minutes on each side, or until salmon reaches 145° F.

### NUTRITION:

- 400 calories
- 18 g protein
- 250 mg phosphorus
- 115 mg sodium
- 375 mg potassium
Peas and Rice  Bahamian Style

Serves 8

INGREDIENTS

- 4 tablespoons vegetable oil
- ½ cup onion (finely chopped)
- ½ bell pepper (any color, finely chopped)
- ½ can (3 ounces) tomato paste
- 1 can (15 ounces) pigeon peas (gandules verdes)
- Thyme - 3 tablespoons dried leaves and 1 tablespoon ground
- 3½ cups water (including the water from the can of peas)
- 1½ cups rice
- 1½ teaspoons Season All

DIRECTIONS

1. Heat vegetable oil over medium heat in a saucepan.
2. Add chopped onions and bell pepper and sauté for 5 minutes or until onions are transparent.
3. Add tomato paste and thyme and sauté for another 2-3 minutes.
4. Drain water from pigeon peas and add peas to saucepan. Set water from can aside to use for cooking the rice.
5. Take water from the can of peas and add enough water to make up to 3½ cups.
6. Add Season All and bring ingredients to a boil over high heat. Add the rice.
7. Turn heat down to low and cook until all the water is absorbed (approximately 20 minutes).

NUTRITION:

- 233 calories
- 6 g protein
- 105 mg phosphorus
- 273 mg sodium
- 355 mg potassium
Cinnamon Sugar Cookies  Fun for kids to help in the kitchen
Makes 24 Cookies

INGREDIENTS
2¾ cups flour
1½ cups sugar
1 cup butter, unsalted
1 teaspoon baking soda
½ teaspoon cream of tartar
½ teaspoon almond extract
½ teaspoon vanilla extract
2 teaspoons cinnamon
2 tablespoons brown sugar

DIRECTIONS
1. Preheat oven to 400°F.
2. Mix cinnamon and brown sugar and set aside.
3. Mix all ingredients (except cinnamon and brown sugar mixture) to create a dough.
4. Roll dough into 1 inch balls.
5. Roll balls in the cinnamon/brown sugar mixture (should make 24 balls).
6. Place on cookie sheet and bake at 400°F for 8-10 minutes.

NUTRITION:
181 calories 26 mg phosphorus 60 mg sodium
2 g protein 26 mg potassium

Carne Asada Burritos  A Latin American Steak Burrito
Serves 7

INGREDIENTS
1½ pounds skirt steak
½ sliced onion
2 tablespoons honey
1 tablespoon canola oil
½ teaspoon cumin
½ tablespoon chili powder
2 ounces apple cider
4 ounces water
7 white tortillas (6"
Sour cream, as desired

DIRECTIONS
1. Place skirt steak, onion, apple cider, spices, honey and water in slow cooker. Cook on low heat for 8 hours.
2. Shred the cooked meat and serve in the tortillas – Garnish with sour cream.

NUTRITION:
310 calories 300 mg phosphorus 280 mg sodium
30 g protein 420 mg potassium
Rainbow Crispy Treats  Fun and Colorful

Makes 12 Squares

INGREDIENTS
- 6 tablespoons unsalted butter
- 10 ounces mini marshmallows (1 bag)
- 1 teaspoon vanilla extract
- 6 cups crispy rice cereal
- ¼ cup rainbow colored sprinkles

DIRECTIONS
1. Spray a 9” x 9” baking pan with cooking spray.
2. Melt butter in a large saucepan over medium heat.
3. Add 1 bag of mini marshmallows and vanilla extract and stir until melted.
4. Add the crispy rice cereal and stir until combined, then add the rainbow sprinkles and remove from heat. Press mixture into the 9” x 9” pan.
5. Cool for 1 hour, then cut into 12 equal squares.

NUTRITION:
Nutrition info for 1 square.
- 200 calories
- 1 g protein
- 20 mg phosphorus
- 90 mg sodium
- 20 mg potassium
**Lemon Almond Cheesecake**  
A Holiday Favorite

Serves 15

**INGREDIENTS**

CRUST: 1½ cups crushed graham crackers, 1 tablespoon sugar and 6 tablespoons unsalted butter, melted.

FILLING: 2½ pounds cream cheese, 1½ cups sugar, 5 eggs, ¼ cup sour cream, 1 teaspoon almond extract, 1 teaspoon lemon zest.

TOPPING: Mix ½ cup sour cream with ½ teaspoon vanilla extract and 1 teaspoon sugar.

1. Preheat oven to 350°F.
2. Combine all ingredients for crust and press into round cake pan. Bake for 10 minutes and cool.
3. Mix all ingredients for filling with hand mixer at high speed until smooth and pour into crust.
4. Bake for 1 hour, then refrigerate for 4 hours.
5. Spread the sour cream topping mixture over top of chilled cheesecake and serve.

**NUTRITION:**

- 440 calories
- 7g protein
- 97 mg phosphorus
- 117 mg potassium
- 300mg sodium
Grandma’s Blueberry Cupcakes  A Family Tradition

Serves 18

INGREDIENTS

CUPCAKES:

1/3 cup shortening
1/2 teaspoon salt
1 teaspoon vanilla
1 cup sugar
1 egg
2 1/2 teaspoons baking powder
2 cups flour, sifted
3/4 cup milk
1 cup blueberries
Cupcake liners (optional)
2, 12-count muffin pans

FROSTING (OPTIONAL):

3 cups powdered sugar
1/2 cup unsalted butter, softened
1 teaspoon vanilla extract
1 tablespoon vanilla almond milk

DIRECTIONS

1. Preheat oven to 400°F. Line a 12-count muffin pan with cupcake liners and a second muffin pan with 6 liners (or can make in two batches if you only have one muffin pan).

2. Blend the shortening, salt, vanilla, egg and sugar on high speed with a mixer. In a separate bowl, mix the baking powder and flour. Alternate adding the dry mixture and the milk to the blended shortening mixture (add about a third of each at a time). Then fold the blueberries into the batter by hand.


Frosting (optional): Mix powdered sugar and butter at high speed with hand mixer. Add vanilla and almond milk and continue to blend until smooth. Spread frosting on cooled blueberry cupcakes.

NUTRITION:

162 calories  45 mg phosphorus  140 mg sodium
3 g protein  40 mg potassium

Nutrition info is for cupcake without the optional frosting.
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