

Keeping it Renal: Global Cuisine for Kids



Children's National

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

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**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:
Nutrition info for dip only.

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
- 1/3 head of cabbage
- 4 garlic cloves
- 1/2 teaspoon fresh or powdered ginger
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 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

12 g protein

130 mg phosphorus

350 mg potassium

300 mg sodium



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:

Nutrition info includes all ingredients that are listed above.

420 calories

17 g protein

240 mg phosphorus

380 mg potassium

280 mg sodium



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
15 g protein

176 mg phosphorus
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
⅛ 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
5 g protein

84 mg phosphorus
160 mg potassium

65 mg sodium



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
7 g protein

220 mg potassium
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

6 g protein

90 mg phosphorus

300 mg potassium

150 mg sodium



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.

**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

440 mg potassium

390 mg sodium

Margog A Middle Eastern Stew

Serves 6

INGREDIENTS

FOR STEW:

½ 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
¼ teaspoon salt
½ cup hot water
1 diced carrot
½ zucchini, chopped
½ eggplant, chopped

FOR DOUGH SQUARES:

2 cups white flour
½ cup cold water
⅛ teaspoon salt
½ teaspoon black pepper
Olive oil for brushing

DIRECTIONS

1. Mix flour with ½ cup cold water, ⅛ teaspoon salt and ½ 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

½ cup olive oil (for marinade)
2 tablespoons olive oil (for cooking)
¼ cup lemon juice
1 tablespoon white vinegar
1 tablespoon honey
4 teaspoons minced garlic
4 teaspoons minced ginger
¼ teaspoon paprika
½ teaspoon cumin
½ teaspoon pepper or chili powder
⅛ 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
375 mg potassium

115 mg sodium

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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
355 mg potassium

273 mg sodium

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
30 g protein

300 mg phosphorus
420 mg potassium

280 mg sodium

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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
2 teaspoons 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
2 g protein

26 mg phosphorus
26 mg potassium

60 mg sodium

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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

20 mg potassium

90 mg sodium



Lemon Almond Cheesecake A Holiday Favorite

Serves 15

INGREDIENTS

1½ cups graham crackers, crushed
(10 graham crackers)
1½ cups sugar (for filling),
1 tablespoon sugar (for crust) and
1 teaspoon sugar (for topping)
6 tablespoons unsalted butter, melted
2½ pounds (40 ounces) cream cheese
5 large eggs
¼ cup sour cream (for filling), ½ cup
sour cream (for topping)
1 teaspoon almond extract
1 teaspoon lemon zest
½ teaspoon vanilla extract

DIRECTIONS

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.
3. Pour batter into cupcake liners. Bake for 15-18 minutes.

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:

Nutrition info is for cupcake without the optional frosting.

162 calories
3 g protein

45 mg phosphorus
40 mg potassium

140 mg sodium

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