

PREPARATION: 10 MINUTES | COOKING: 4 MINUTES | SERVINGS: 2

HEAVENLY GRILLED CHEESE

INGREDIENTS

2 oz sharp white cheddar

2 whole wheat English muffins

*½ pear, thinly sliced**

1/8 teaspoon cinnamon

2 teaspoon honey

1 tablespoon olive oil

* If you have a cheese slicer, use it for both, cheese and pear.
You can also use apple instead of a pear.

PREPARATION

- 1 Slice the cheese thinly or grate it. Place the cheese and the pear slices on two muffin halves. Season with cinnamon and drizzle with honey. Cover with the remaining muffin halves.
- 2 Heat oil over medium heat in a non-stick pan. Grill the sandwiches for two minutes on each side or until the muffins turn golden and the cheese is melted. With the help of a spatula, apply some pressure to the sandwiches during cooking.

TIP: Including a few leaves of arugula salad, as seen in our image, will add color and a slight peppery taste.



HEAVENLY GRILLED CHEESE



Nutrient Analysis

PER SERVING

½ of recipe

Renal/Diabetic Exchanges:

1 Dairy + 2 Starch
+ ½ Lower-Potassium Fruit
+ 2 Fat

Calories **357 Kcal**

Protein **10 g**

Total Carbohydrate **41 g**

Fiber **3 g**

Sugars **10 g**

Fat **17 g**

Saturated **6 g**

Cholesterol **30 mg**

Sodium **403 mg**

Potassium **129 mg**

Phosphorus **203 mg**

Calcium **284 mg**

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

NUTRITION CHECK ✓

Cheeses for melting can fit into a kidney diet

Comfort foods can still be part of a healthy lifestyle with a few recipe adjustments to meet the needs of a kidney-friendly diet. A warm bowl of soup with a sandwich is one example. It's important to consider the ingredients of these foods to maintain the goals of your diet. Dishes made with condensed soups or heavy sauces should be eaten with caution. Many may be higher not only in sodium but also in potassium. Understanding which foods may be higher in potassium can be helpful with meal planning and including some of your favorites.

With many sandwiches, melted cheese is used for flavor and as a topping. Choosing the right type of cheese is important to not only get the desired taste but to also ensure your choice isn't too high in sodium, potassium, or phosphorus. Portion size can also make a difference and should be considered when creating your dish. Examples of low phosphorus cheeses that can create the desired melted effect include sharp cheddar, mozzarella, and fontina. In general, most of these are also low in the amount of potassium per serving. Caution should use used with a low-sodium choice. Be sure to read labels to ensure potassium chloride isn't replacing sodium chloride in these cheeses.

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