



SPICE IT UP!

GIVING ZEST TO YOUR RENAL DIET

RECIPES THAT CAN BE ENJOYED BY DIALYSIS PATIENTS
AND THEIR FRIENDS AND FAMILIES

SPICE IT UP!

GIVING ZEST TO YOUR RENAL DIET

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The nutritional values listed in this publication are intended for personal use only. It is recommended that you consult with your doctor and registered dietitian before beginning any new diet regimen.

All recipes in this publication have been reviewed by three licensed dietitians, **Leonora Chao, RD, June Martin, RD, and Céline Quintin, P.Dt.**, and were not independently verified by **Sanofi Canada, Abbott Nutrition Canada, Amgen Canada Inc.** nor by **Baxter Corporation Canada**. Neither the publisher, **ebmed Inc.** nor the sponsors, **Sanofi Canada, Abbott Nutrition Canada, Amgen Canada Inc., Baxter Corporation Canada** and their affiliates, make representations or warranties in respect to the contents of this publication and **ebmed Inc., Sanofi Canada, Abbott Nutrition Canada, Amgen Canada Inc., Baxter Corporation Canada** and their affiliates disclaim any and all liability for any damages or losses (consequential or otherwise) arising from any statements made in it or any errors or omissions.

The nutritional values included in this publication were calculated using **The Canadian Nutrient File (Version 2016)**.

DEAR READERS,

Since 2009 our *Spice it up!* Team has been working towards bringing the joy of eating back into your lives. More than 100 recipes have proven that it is indeed possible to follow a renal-friendly diet and still enjoy delicious foods. Taking the boredom out of a kidney-friendly diet often means not shying away from including new foods, which are sometimes higher in potassium, phosphorus or sodium. The message always? Moderation is key!

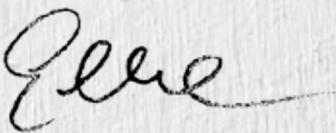
We are hoping you will enjoy our new recipes which are not only easy to prepare and delicious, but also easy on your budget. Our **hamburger orzo soup** will really warm your hearts. The **vegetarian chop suey** is a great basic recipe because it includes a sauce that can be used with any combination of vegetables and protein you have left in your fridge.

You will find some more tips for **stretching your food dollar** in Leonora Chao's article. Making meals in advance and freezing them into individual portions is a wonderful way to save money and preparation time.

June Martin provides great suggestions on how to **spice up your beverages**. Making your own iced teas, lemonades and infused water not only saves you money but also puts you in charge of what is in your drink.

And... talking of new ingredients: you will be surprised what pumpkin spice can do to a muffin recipe (page 13) and how miso paste gets you the beautiful creamy texture of mixed dishes we all enjoy in Asian restaurants.

Enjoy!



Elke Henneberg
The editor

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P.S. Sometime soon this winter we will be launching our new website. Same address with a refreshed look and many new features. Stay tuned!

PREPARATION: 10 MINUTES

COOKING: 0 MINUTES

8 SERVINGS

NO BAKE ENERGY BITES

INGREDIENTS

*½ cup natural peanut butter**

½ cup liquid honey

1 tsp vanilla

¼ cup ground flax

2 cups rice crisp cereal

*You can also make this with regular peanut butter.

PREPARATION

- 1** To a mixing bowl, add peanut butter, honey and vanilla. Microwave for 30 seconds.
- 2** To the same mixing bowl, add ground flax and rice crisp cereal.
- 3** Mix well to combine.
- 4** Chill rice crisp mixture for 10 minutes in the freezer.
- 5** Roll into 16 balls.
- 6** Cover and place in a serving container. Refrigerate.

Nutrient Analysis

PER SERVING:

2 Balls

RENAL EXCHANGE:

2 Starch

Calories **213Kcal**

Protein **5g**

Carbohydrates **29g**

Fibre **2.5g**

Total Fat **10g**

Saturated Fat **1.3g**

Cholesterol **0mg**

Sodium **41mg**

Potassium **157mg**

Phosphorus **90mg**





Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 Protein + 1 Starch + 2 Vegetable

Calories **428Kcal**

Protein **18g**

Carbohydrates **30g**

Fibre **7g**

Total Fat **28g**

Saturated Fat **6g**

Cholesterol **366mg**

Sodium **150mg**

Potassium **481mg**

Phosphorus **249mg**

PREPARATION: 15 MINUTES

COOKING: 30 MINUTES

4 SERVINGS

BARLEY BUDDHA BOWL

INGREDIENTS

1 head broccoli florets, cut 1"

1 tablespoon olive oil

4 tablespoons carrots, grated

8 eggs, large

2/3 cup barley, uncooked

4 cups baby arugula

4 tablespoons olive oil

4 tablespoons lemon juice

PREPARATION

- 1** Preheat oven to 400°F. To prepare roasted broccoli, toss broccoli florets with olive oil. Place on a baking tray. Roast for 20 minutes. Set aside.
- 2** To prepare hardboiled eggs, in a saucepan cover eggs with cold water. Bring to a boil. Cover with lid. Remove from heat. Let eggs stand in water for 10–12 minutes. Rinse eggs under cold water. Remove each egg from shell and slice in half. Refrigerate.
- 3** Cook the barley according to instructions on the package. Drain and let stand to cool.
- 4** To assemble each Buddha bowl, layer the following ingredients:
 - ¼ of the cooked barley
 - 1 cup arugula
 - ¼ of the roasted broccoli
 - 2 hardboiled eggs, cut in half
 - 1 tablespoon grated carrots
- 5** Drizzle each salad with 1 tablespoon of olive oil and 1 tablespoon of lemon juice. Serve immediately.

Note: A Buddha bowl should consist of a grain, an assortment of raw or cooked vegetables, a protein and a dressing. It is an excellent way to use up leftovers.

If you prefer a vinaigrette with your Buddha bowl, mix olive oil, lemon juice, sumac* and honey to taste and add to the vegetables and eggs.

* Sumac spice in powder form, widely used in Middle Eastern cooking, gives a tangy lemony flavor and red colour to a dressing.

PREPARATION: 20 MINUTES

COOKING: 5 MINUTES

4 SERVINGS

CHICKEN SOBA NOODLE SALAD

INGREDIENTS

300g chicken breast

1 tablespoon canola oil

250g soba noodles, dry

VINAIGRETTE

¼ cup rice wine vinegar

1 tablespoon honey

¼ cup canola oil

1 tablespoon ginger, grated

1 cup red cabbage, shredded

1 cup snap peas, cut on the bias ¼"

¼ cup green onions, cut on the bias ¼"

¼ cup cilantro, chopped

PREPARATION

- 1** Preheat oven to 400°F. To prepare chicken, rub chicken with canola oil. Place on a baking tray and bake for 20–25 minutes or until an internal temperature of 165°F is reached. Cool, slice ¼" and refrigerate.
- 2** Cook soba noodles according to instructions on the package. Drain and rinse noodles with cold water. Place in a large mixing bowl and refrigerate.
- 3** To prepare the ginger vinaigrette, add the vinegar, honey, oil, and ginger to a food processor or blender and purée. Refrigerate.
- 4** To assemble the salad, add cabbage, peas, onions, cilantro and the ginger vinaigrette to soba noodle bowl. Mix well to combine.
- 5** Garnish salad with sliced chicken.

Tip: This salad can also be served warm.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Starch + 3 Protein + 1 Vegetable

Calories **493Kcal**

Protein **27g**

Carbohydrates **54g**

Fibre **3.6g**

Total Fat **20g**

Saturated Fat **2g**

Cholesterol **55mg**

Sodium **287mg**

Potassium **506mg**

Phosphorus **336mg**





PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

HAMBURGER ORZO SOUP

INGREDIENTS

370 mL jar roasted red peppers
(or 1 cup of roasted red pepper purée)

½ lb ground beef, extra lean

1 tablespoon garlic, minced

½ cup onion, diced ¼"

½ cup celery, diced ¼"

900 mL no salt added beef broth

¼ cup orzo, dry

¼ teaspoon oregano, dry

¼ teaspoon basil, dry

¼ teaspoon thyme, dry

¼ teaspoon garlic powder

2 tablespoons red wine vinegar

PREPARATION

- 1** Drain the jar of roasted red peppers. Purée peppers in a food processor or blender. Reserve.
- 2** In a large saucepan over medium-high heat, add ground beef. Sauté until beef is browned and cooked through, approximately 8–10 minutes. Drain fat and return ground beef to saucepan.
- 3** To the same pan, add garlic, onion and celery. Sauté 2–3 minutes until aromatic.
- 4** Add roasted red pepper puree and beef broth. Bring to a boil.
- 5** Add orzo, oregano, basil, thyme, garlic powder and vinegar. Simmer approximately 10–15 minutes or until orzo is cooked.
- 6** Serve immediately.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 Protein + 1 Vegetable

Calories	123Kcal
Protein	14g
Carbohydrates	11g
Fibre	1.6 g
Total Fat	5g
Saturated Fat	2g
Cholesterol	31mg
Sodium	159mg
Potassium	402mg
Phosphorus	160mg

PREPARATION: 15 MINUTES

COOKING: 10 MINUTES

4 SERVINGS

VEGETARIAN CHOP SUEY

INGREDIENTS

¾ cup long grain white rice

1½ cups water

350g tofu, extra firm, cut into ½" cubes

2 tablespoons canola oil

MISO SAUCE

3 tablespoons white miso paste*

2 tablespoons rice wine vinegar

2 tablespoons water

1 tablespoon honey

1 tablespoon sesame oil

1 cup celery, cut on the bias ¼"

1 cup mushrooms, sliced

1 cup red pepper, sliced ¼"

1½ cups bean sprouts

2 teaspoons ginger, grated

1 teaspoon garlic, minced

* Miso should be used sparingly to add a burst of flavour to recipes because it is high in sodium. Compare labels and choose the lowest sodium miso available at your store. We used a product with 140mg Na/teaspoon.

PREPARATION

- 1** To prepare the rice, bring water to a boil. Add rice. Simmer covered for 15–20 minutes until water is absorbed. Remove from heat.
- 2** To prepare tofu, heat oil over medium heat in a non-stick frying pan. Add diced tofu and brown, approximately 2–3 minutes per side. Remove tofu from pan and set aside. Reserve pan with residual oil.
- 3** To prepare the miso sauce, add the miso paste, rice wine vinegar, water, honey, and sesame oil to a small mixing bowl. Whisk well to combine. Refrigerate.
- 4** To prepare the stir fry, to the same non-stick frying pan over high heat, add celery, mushrooms, red peppers, bean sprouts, ginger and garlic. Sauté for 2–3 minutes until vegetables are tender crisp.
- 5** Add miso sauce and tofu. Simmer for 2–3 minutes until sauce reduces and stir fry is heated through.
- 6** Serve immediately on a bed of rice.

Tip: Create your own chop suey recipes by trying different vegetable/protein combinations with our miso sauce.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 Protein + 2 Starch + 2 Vegetable

Calories **367Kcal**

Protein **14g**

Carbohydrates **45g**

Fibre **4g**

Total Fat **12g**

Saturated Fat **1g**

Cholesterol **0mg**

Sodium **357mg**

Potassium **490mg**

Phosphorus **237mg**





PREPARATION: 10 MINUTES

COOKING: 25 MINUTES

8 SERVINGS

SPICED PEAR MUFFINS

INGREDIENTS

1 egg

¼ cup white sugar

¼ cup canola oil

1 teaspoon vanilla

1 teaspoon lemon juice

⅓ cup milk

1 cup all purpose flour

½ teaspoon baking soda

1 teaspoon pumpkin pie spice

1 cup pears, canned in water, drained, diced ¼"

PREPARATION

- 1** Preheat oven to 350°F. Line muffin tin with liners.
- 2** To a mixing bowl, add egg, sugar, oil, vanilla, lemon juice and milk. Whisk together to combine.
- 3** In a separate mixing bowl, sift together the flour, baking soda and pumpkin pie spice.
- 4** Add the dry ingredients to the egg mixture. Mix well.
- 5** Add pears and mix to combine.
- 6** Transfer pear mixture to muffin cups.
- 7** Bake 20–25 minutes or until a tooth pick inserted in the center of the muffins comes out clean. Remove from oven and cool.
- 8** Place in a serving container. Cover and store at room temperature.

Nutrient Analysis

PER SERVING:

1 muffin

RENAL EXCHANGE:

1 Starch

Calories	171Kcal
Protein	3g
Carbohydrates	21g
Fibre	0.9g
Total Fat	8g
Saturated Fat	1g
Cholesterol	25mg
Sodium	94mg
Potassium	54mg
Phosphorus	40mg

WHEN WATER JUST WON'T CUT IT!

BY JUNE MARTIN, RD, CDE

One of the common complaints I hear as a dietitian is "I'm sick of water". Water is definitely the healthiest beverage option for most people. It's calorie free, caffeine free, hydrating and contains minimal amounts of sodium, potassium and phosphorus. But sometimes water just isn't what you feel like drinking.

If you're looking for an inexpensive alternative to plain water, we've got some options below. If you have diabetes, try to choose unsweetened beverages or use carbohydrate-free sweeteners like Stevia or Splenda. The best thing about our beverage options is that YOU control what goes into them.

KIDNEY-FRIENDLY BEVERAGES

Infused Water

Try adding fruit, veggies or herbs to your water to add flavour. This is a low-calorie, low-carb option. Fill a jug or mason jar with water in the morning and add your favourite combination of flavours. Here are some ingredients for infused water:

- Orange and lemon slices
- Cucumber slices
- Strawberry slices and sprigs of mint
- Lime and ginger root
- Watermelon and basil leaves
- Thinly sliced pineapple and blueberries
- Lemon slices and fresh thyme sprigs
- Any combination of frozen berries that you enjoy

Homemade Iced Tea

There are so many flavoured teas available in stores. But you also have endless options for homemade iced teas. Try the recipe below with any of your favourite teas.

If you are looking for a caffeine-free option try peppermint or chamomile iced tea. Black tea should be made with boiling water but green tea and herbal teas work better when the water has cooled just slightly.



Recipe for homemade iced tea

Bring 4 cups of water to a boil and pour over 2 tea bags in a heat-proof pitcher.

Let steep for 4 minutes. Remove the tea bags and add sugar or sweetener to taste.

Add six cups of ice cubes and refrigerate. You can add sliced lemons, limes or fruit or other ingredients to jazz up your iced tea.

Homemade Lemonade

Lemonade is traditionally a very sweet beverage, but you can reduce the sugar or use alternate sweeteners when making your own. Lemonade is also wonderful with other fruit flavours, so go ahead and add raspberries, strawberries or blueberries to it. You can go the traditional route and squeeze your own lemons or buy the lemon juice in a bottle. Both will result in a refreshing drink.

Recipe for homemade lemonade

Mix ½ cup (or less) sugar (or sweetener) with ½ cup lemon juice and ¾ cups cold water.

Stir or shake to dissolve the sugar. Refrigerate and enjoy!

Sparkling Water

A healthy alternative to soft drinks is sparkling water. You can add fruit or juice to sparkling water to help satisfy sweet cravings. Sparkling water is generally available in restaurants and is a great option when eating out. Ask for lemon or lime wedges for extra flavor. Keep in mind that club soda is often high in sodium or potassium.

THESE FACTS MAY SURPRISE YOU...

BY CÉLINE QUINTIN, P.D.T.

Since our first edition of Spice it up! in 2009, we have developed more than 100 kidney-friendly recipes for people on dialysis, all of which are available on our website at www.myspiceitup.ca

According to the Kidney Foundation of Canada, **more than 26,000 Canadians require dialysis.**

A 200-gram avocado contains 1000mg of potassium, putting it at the top of the list of fresh fruits with high potassium levels.



A 100-gram portion of potato chips **contains three times as much potassium (1,200mg) as a small boiled potato.**

With 1,400mg of sodium per tablespoon, **fish sauce has more sodium than regular soya sauce.**



One cup of coconut water contains **as much potassium (420mg) as a medium-sized banana.**

Sodium bicarbonate, or baking soda, contains **1,280mg of sodium per half teaspoon.**

The best foods for people on dialysis are **food items that provide the most protein with as little phosphate as possible**, as explained by the protein : phosphate ratio.

Even though phosphate and potassium are not listed on **Nutrition Facts** labels, it does not mean that the food item does not contain these minerals.

They are just not on the list of 13 elements that need to be listed on each label. But soon, new label requirements will take effect and potassium will be listed.

To properly control phosphate in the blood **it is important to avoid foods with phosphate-containing additives, such as sodium phosphate and phosphoric acid.**

STRETCHING YOUR FOOD DOLLAR

BY LEONORA CHAO, MSC, RD

Ever-increasing food costs can make healthy eating more difficult, especially when you are trying to follow a kidney-friendly diet. Here are some helpful tips!

STRETCHING YOUR FOOD BUDGET

- Look at your local weekly grocery flyers and make a shopping list of what's on special, and then try to plan your week's menu using products on sale. Get creative!
- Buy only the foods you need and can store.
- Don't shop on an empty stomach; you may be tempted to buy what you don't really need.
- Buy from bulk food bins when you can. This is usually a less expensive option than packaged foods, and you can purchase the precise amount you need.
- Look for in-house brands, as they are often less expensive than popular brand names and offer similar quality.
- Compare prices by the weight or volume unit to determine the best prices (found in small print on each shelf label).
- Eating out can be expensive! The cost of buying coffee, baked goods/snacks and meals add up quickly. So try to eat at home, or pack healthy meals and snacks that you can take with you.
- Buy ingredients of your choice and cook from scratch. Convenience foods like frozen dinners or precooked deli foods are often expensive and loaded with sodium, phosphorus, and food additives. Avoid these when you can.
- Think about doubling some recipes so you can portion and freeze the leftovers to reheat later for a quick meal.

STRETCHING YOUR VEGETABLE AND FRUIT BUDGET

- Buy locally grown produce whenever possible.
- Buy frozen vegetables and fruits, which are nutritious and less expensive alternatives to fresh.

Make ahead, freeze in portions, and heat up in minutes ... consider these recipes*

Chicken pot pie
Turkey lasagna
Marinara meatballs
Amazing meatloaf

Pork ribs
Shepherd's pie
Spaghetti sauce
Savory winter meat pies



Marinating and slow cooker recipes*

MARINATES AND RUBS

Steak fajita salad
Grilled steak sandwich with chimichurri
Rubbed flank steak

SLOW COOKER

Chicken chili stew
Beef short rib stroganoff
Dijon chicken stew
Slow cooker pot roast
Ginger and apple slow cooked pork
Pulled pork tacos
Comforting beef & barley soup



STRETCHING YOUR MEAT, POULTRY AND FISH BUDGET

- Buy cheaper cuts of meat such as stewing meat, eye of round, pork shoulder, ground beef, cross rib, and flank steak. Use techniques like marinating, spicing and moist cooking at lower temperatures to make these meats tender and delicious.
- Buy family-sized packs of fresh meats, poultry, and fish, then portion and freeze them. You can find out about recommended freezer storage times on the Government of Canada website: <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-storage.html#a5>
- Consider buying utility grade poultry, which costs less; these birds may be missing a wing or a leg but are otherwise fine.
- Buy a whole bird and cut it up at home instead of buying it in pieces, or buy with the bone and skin on and remove it yourself.
- Buy eggs, which are an inexpensive source of good quality protein.
- Consider canned light tuna and salmon, which are less expensive choices than fresh fish.
- Enjoy meat alternatives like tofu, peanut or nut butters, dried or canned beans and lentils, milk and yogurts in moderation. Although they are an economical source of protein and a great substitute for meat, poultry or fish, they are also higher in potassium and phosphorus. Discuss with your renal dietitian whether these meat alternatives can fit into your kidney-friendly diet.

STRETCHING YOUR GRAIN BUDGET

- Avoid buying rice and noodle mixes. They are more expensive and often higher in fat and salt.
- Hot cereals are usually less expensive than cold cereals. For cold cereals, buy larger packages or purchase in bulk from a bulk food store.
- Buy bagels and rolls pre-packed instead of individual pieces.
- Bread, pita and tortillas will last longer if you freeze them. They can be thawed, toasted or heated in the microwave.
- If bread loses its freshness, try making grilled sandwiches, breadcrumbs or croutons. Pita or tortillas can be cut up and baked into chips.
- Use leftover cooked rice and noodles in stir-fries, salads, soups, casseroles or stews, or reheat the next day and use as a side dish.



Leftover rice recipes*

Pork fried rice
Chicken chili stew
Rich red peppers
Mushroom and rice omelette

*These recipes and many more are available on our website www.myspiceitup.ca

OUR SPICE IT UP! DEDICATED TEAM



Leslie Cairns

Toronto, Ontario

Leslie Cairns is an established chef in the Greater Toronto area with a passion for pastry. Her interest in cooking for kidney patients stems from her work as a nutritional demonstrator in hospitals. With 16 years of experience and her background in both, nutrition and the culinary arts, **Leslie** develops fun and flavorful recipes for **Spice it up!** that make it exciting to be in the kitchen!



Leonora Chao, MSc, RD

St. Paul's Hospital, Providence Health Care
Vancouver, British Columbia

Leonora enjoys an active lifestyle and strives to find healthy, easy, tasty recipes to keep her body energized. She feels that there is no reason why her renal patients whether they are pre-dialysis, dialysis or transplant shouldn't be able to enjoy the same. By substituting new ingredients and spices, she feels that there is always a way to **Spice it up!**



June Martin, RD, CDE

Grand River Hospital
Past President, Canadian Association of Nephrology Dietitians
Kitchener, Ontario

June has worked with haemodialysis patients for over 15 years, and understands that enthusiasm can create inspiration. To inspire her patients, she has developed innovative cooking demonstrations to show that it is possible to entertain well and enjoy food while maintaining a renal diet. She is very pleased to be associated with this publication and hopes that **Spice it up!** will help you get excited about food once more!



Céline Quintin, P.Dt.

Notre Dame Hospital (CHUM)
Past President, Quebec Association of Nephrology Dietitians
Montreal, Quebec

Céline is a renal dietitian with more than 30 years experience. She has always tried to find ways to help her pre-dialysis, dialysis and transplant patients improve their quality of life. Among many other projects, she has published a number of pamphlets featuring health tips for her patients. Céline says that **Spice it up!** rings in a new era with an appealing presentation of recipes especially created for renal diets!



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