



PREPARATION: 20 MINUTES

COOKING: 40 MINUTES

8 SERVINGS

APPLE-CAULIFLOWER SOUP WITH CHICKEN

INGREDIENTS

4 apples, peeled and quartered
4 cups of cauliflower, chopped
2 cups Spanish onion, diced
1/4 cup sunflower oil
1/4 cup cider vinegar
2 teaspoons ground cumin (or less)
1/4 teaspoon crushed chilies (hot)
and/or freshly ground black pepper
3 cups of water (approx.)

1/4 cup olive oil
2 large chicken breasts, cut into strips
(Or 4 cups chopped cooked chicken)
1 1/2 cup onion, sliced thin
1 apple, cored and sliced
1 teaspoon freshly ground black pepper

8 tablespoons sour cream (1 per serving)
Fresh juice of 1 lime (1/2 teaspoon per serving)
2/3 cup of chopped cilantro (or parsley)

Nutrient Analysis

PER SERVING (1/8 of recipe)
(3/4 cup soup + 3 oz chicken)

Renal exchange:
3 Protein + 1 Vegetable

Calories	338 kcals
Protein	24g
Carbohydrates	19g
Fiber	2.4g
Total Fat	19g
Saturated Fat	3.8g
Cholesterol	70mg
Sodium	74mg
Potassium	466mg
Phosphorus	208mg

SUGGESTION

Soup as a meal, prepare in advance, can be frozen in portions

PREPARATION SOUP

- 1 Prepare apples and vegetables. In a four quart stock pot or heavy soup pot, over medium heat, cook the apples, onions and cauliflower in the sunflower oil, cover and stir regularly, until soft but not brown (15 minutes).
- 2 Remove lid and add vinegar and spices, cook for another 5 minutes.
- 3 Add the water (it should just cover the vegetables).
- 4 Bring to a boil, reduce heat slightly, simmer for 20 minutes then remove from heat. Blend until creamy when slightly cooled.

CHICKEN & TOPPING

- 5 While soup is simmering, in a large pan, heat the olive oil until very hot and sauté chicken with onions 5 minutes. Add apple slices and season with pepper, cook for an additional 5 minutes. Remove from heat and keep warm or refrigerate immediately if using later. IF USING COOKED CHICKEN: sauté apples and onions together, season with pepper and add chicken at the end of cooking time to warm through.
- 6 Serve each bowl of soup topped with some meat mixture. Garnish with sour cream, lime juice and cilantro.
- 7 The soup may also be enjoyed without the meat topping hot or cold. Simply top with sour cream, lime juice and cilantro or parsley.

SAVORY WINTER MEAT PIE

INGREDIENTS

*Frozen double-crust pie shells or frozen dough
For make-your-own pastry see recipe on page 16*

3 tablespoons olive oil

2 medium onions, diced (2 cups)

1 small red pepper, chopped fine (2/3 cup)

4 cloves of garlic, minced

1/4 cup sherry or red wine vinegar

1 lb ground turkey

1 lb ground pork

2 teaspoons dried ground savory

3 teaspoons dried or fresh thyme

1 teaspoon celery pepper

1/2 teaspoon ground bay leaf

1/4 teaspoon ground cloves

1 tablespoon dried mustard powder

1/4 cup freshly chopped parsley

**1 1/2 cups fresh bread crumbs
(5-6 slices of fresh bread)**

PREPARATION

- 1 Put oil, onions, red pepper and garlic in a large pan on medium high heat and cook until the onions start to colour.
- 2 Add sherry or vinegar and cook until completely evaporated. (Approx 15-20 minutes)
- 3 Add meats and spices and continue to cook for another 12-15 minutes.
- 4 Cut bread slices into cubes and pulse in food processor on low speed to get a fine crumb.
- 5 Transfer meat to a colander to drain any excess liquid, return to pan; add bread crumbs and parsley.
- 6 The filling is now ready to be put into an unbaked pie shell, covered with pastry and baked in a convection oven at 375° F for 35-40 minutes. (conventional oven 400° F)
- 7 If you are preparing one or more to freeze, cool the filling first. Then fill and close shell as usual before wrapping and freezing. To bake: transfer pie directly from freezer to oven (conventional oven preheated to 425° F) for 15 minutes; reduce heat to 350° F and cook for another 30 minutes until done.



PREPARATION: 30 MINUTES

COOKING: 45 MINUTES

8 SERVINGS

Nutrient Analysis

PER SERVING (1/8 of pie)

Renal exchange:

2 Protein + 2 Starch + 1/2 Vegetable

Calories	534 kcals
Protein	22g
Carbohydrates	36g
Fiber	2.2g
Total Fat	33g
Saturated Fat	8.8g
Cholesterol	69mg
Sodium	195mg
Potassium	386mg
Phosphorus	235mg

SUGGESTION

Prepare in advance, can be frozen.



FISH WITH LEEKS AND SWEET PEPPERS

PREPARATION: 15 MINUTES

COOKING: 25-30 MINUTES

4 SERVINGS

INGREDIENTS

- 1 lb white fish such as haddock or cod**
- 3 tablespoons olive oil**
- 2 cups chopped leeks**
- 1 1/2 cups red bell pepper, seeded, cut into strips**
- 1/2 cup yellow or orange bell pepper, seeded and cut into strips**
- Freshly ground black pepper**
- 1 teaspoon "herbes de provence" or dried tarragon**
- 1/2 cup dry white wine**
- Zest and juice of 1 small lemon**
- 1 lemon for garnish, cut into wedges**
- 3 Tablespoons chopped parsley**

Nutrient Analysis

PER SERVING (1/4 of recipe)

Renal exchange:

3 Protein + 1 Vegetable

Calories	279 kcals
Protein	27 g
Carbohydrates	12 g
Fiber	2 g
Total Fat	12 g
Saturated Fat	1.6 g
Cholesterol	62 mg
Sodium	102 mg
Potassium	553 mg
Phosphorus	195 mg

SUGGESTION

This recipe works with various types of white fish

PREPARATION

- 1** Preheat oven to 400° F (convection) or 425° F (conventional).
- 2** Over medium-high heat sauté the cut vegetables in the oil for 5 minutes, season with pepper and herbes.
- 3** Add wine and continue cooking for 10 minutes (vegetables should be slightly coloured).
- 4** Spray a 1 1/2" deep glass or ceramic baking dish with vegetable oil and place fish on the bottom. Season fish with freshly ground black pepper and the zest from 1 lemon plus its juice.
- 5** Cover the fish with the cooked vegetable mix and bake in the middle of a preheated oven at 400° F (convection) for 10 to 15 minutes depending on the thickness of the fish. Remove and garnish with chopped parsley and lemon wedges. Serve with white rice.

Note: *Previously frozen fish may give off a lot of water while baking. If this occurs, simply pour off excess liquid before serving or transfer fish with a slotted spoon.*



ASIAN SLAW

Nutrient Analysis

PER SERVING (1/8 of recipe)
(3/4 cup per serving)

Renal exchange:

1 Vegetable

Calories	216 kcals
Protein	2g
Carbohydrates	11g
Fiber	1.2g
Total Fat	18g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	13mg
Potassium	203mg
Phosphorus	32mg

SUGGESTION

*Prepare in advance, keep in the fridge
This recipe can be easily halved.*

INGREDIENTS

**3 cups of your favourite cabbage,
shredded fine**
1 carrot, peeled and grated
1 cup loosely packed bean sprouts
1/2 cup of grapes, halved
1 green apple, grated
Juice of 1/2 large lemon, or 1 small

1/3 cup white wine vinegar
**1 tablespoon orange juice
concentrate**
2/3 cup canola or olive oil
1/2 teaspoon celery seed
1/4 teaspoon black pepper
1 tablespoon honey
**1/4 cup (or more) fresh chives,
chopped fine.**
(parsley will do in a pinch)

PREPARATION: 20 MINUTES

8 SERVINGS

PREPARATION

- 1** Prepare vegetables and fruits.
- 2** Transfer them into a glass bowl, grating the apple last and sprinkling the lemon juice over all ingredients before mixing (to keep from browning).
- 3** Make dressing, pour over vegetable and fruit mix and toss.
- 4** Refrigerate until ready to serve.



SLOW ROAST LEG OF LAMB WITH ROSEMARY AND PORT

PREPARATION: 25 MINUTES

COOKING: 4 HOURS

6 SERVINGS

Nutrient Analysis

PER SERVING (1/6 of recipe)
1 serving = 90 g meat (3oz)
+ 45 ml (3 tablespoons) sauce

Renal exchange:

3 Protein + 1 Starch + 1 Vegetable

Calories	497 kcal
Protein	28g
Carbohydrates	20g
Fiber	3g
Total Fat	30g
Saturated Fat	14g
Cholesterol	133mg
Sodium	109mg
Potassium	545mg
Phosphorus	271mg

INGREDIENTS

- 1 leg of lamb, bone in (2 1/2lb - 3lb)*
- 2 teaspoons cumin*
- 6 cloves of garlic, chopped fine*
- 3 tablespoons each of chopped rosemary and mint*
- Zest and juice of 1 lemon (1/4 cup)*
- 3 tablespoons olive oil*
- 2 teaspoons black pepper*
- 3/4 cup of water*
- 2 large yellow onions, quartered*
- 6 small white turnips, peeled and halved
or 3 bunches of radishes, tops off*
- 2 large carrots peeled and chopped in large pieces*
- 2 French scallions (or green onions), chopped fine*
- 1 cup port wine*
- Pepper, to taste*
- 1 teaspoon finely chopped fresh rosemary*
- 1/2 cup unsalted butter, cubed*

SUGGESTION

To save time and cost, the lamb may also be served simply with its drippings as a sauce, just add the rosemary for a little extra flavour. A fabulous meal for the holiday season!

PREPARATION

- 1 Mix cumin, pepper, garlic and herbs together with lemon zest and oil. Rub mixture over lamb. This may be done the evening before, wrapped in plastic, and refrigerated.
- 2 When ready to cook, pre-heat oven to 425° F (conventional oven). Place the lamb in a deep cast iron or enameled iron pan and sear in oven for 20 minutes, turning once. Drizzle the lamb with 3/4 cup water and 1/4 cup lemon juice, reduce the temperature to 250° F and leave to roast for 2 1/2 hours.
- 3 Remove from oven, add quartered onions, cut turnip and carrots seasoned with pepper; baste lamb and vegetables, return to oven and roast for 1 1/2 hours more.
- 4 Remove lamb and vegetables to a serving platter, cover and keep warm.
- 5 Keep all drippings in the pan (about 3/4 cup, if there is not enough liquid add 1/2 cup of water). Place the pan on the stove with heat on medium high until it sputters, add the scallions, cook for 2 minutes then add the port and simmer to reduce by half (about 5 to 7 minutes). Season with pepper and rosemary. Reduce heat and whisk in butter until sauce is creamy looking. Do not boil.
- 6 Pour sauce into a warmed gravy boat. Serve everything with couscous, white rice or double boiled potatoes.



PREPARATION: 10 MINUTES

COOKING: 8-10 MINUTES

2 1/2 DOZEN COOKIES

Nutrient Analysis

PER SERVING (1 cookie)

Renal exchange:

1 Cookie = 1 Starch

Calories	112 kcal
Protein	1g
Carbohydrates	16g
Fiber	0.4g
Total Fat	5g
Saturated Fat	0.7g
Cholesterol	6mg
Sodium	90mg
Potassium	18mg
Phosphorus	13mg

SUGGESTION

These cookies are very low in phosphorus and potassium: non-diabetic patients can have 2

HONEY-GINGER CRACKLES

INGREDIENTS

3/4 cup shortening

1 cup granulated sugar

1 egg

1/4 cup honey

2 cups all-purpose flour

2 teaspoons baking soda

2 1/2 teaspoons ground ginger

1 1/4 teaspoons cinnamon

1 teaspoon ground cloves

Granulated sugar for coating

PREPARATION

- 1** Preheat oven to 325° F (conventional oven)
- 2** Cream together wet ingredients in one bowl.
- 3** Prepare dry ingredients by sifting flour with soda and spices in a second bowl.
- 4** Blend dry ingredients into wet and mix thoroughly yet quickly.
- 5** Drop in heaping tablespoons into granulated sugar, roll into balls and place on greased cookie sheet or on parchment paper, 2 inches apart.
- 6** Bake 8 to 10 minutes in the middle of the oven, remove and cool on tray before transferring to rack.