



BOOST YOUR ENERGY DRINK

INGREDIENTS

1/2 cup vanilla-flavoured non-dairy rice beverage

1/3 cup pasteurized liquid eggs

1/4 cup strawberries, sliced

1 tablespoon oats

1 tablespoon vegetable oil

2 tablespoons honey

PREPARATION: 10 MINUTES

1 SERVING

PREPARATION

- 1 Place all ingredients in a blender.
- 2 Mix until smooth.
- 3 Serve immediately.

FOR A VARIATION :

- Replace the strawberries with 1/2 cup of blueberries.
- To get a chocolate drink, replace fruit with 1 tablespoon chocolate powder.
- **If you are diabetic**, reduce the amount of honey to 2 teaspoons.
Count 2 Starch + 1 Protein

Note: *This nutritious drink provides you with protein and calories on days when your appetite is not great!*

Nutrient Analysis

PER SERVING (1 cup)

Renal exchange:
2 Protein

Calories	412kcal
Protein	12g
Carbohydrates	59g
Fibre	2.6g
Total Fat	16g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	170mg
Potassium	155mg
Phosphorus	160mg

ZESTY CRAB ROLLS

INGREDIENTS

CRABMEAT MIXTURE

2 cans (184 g per can) crab meat, rinsed with water and drained well

2 tablespoons onion, minced or grated

1/2 cup radish, chopped

1 tablespoon dill, chopped (or 2 teaspoons dried dill)

1/4 cup of chopped cilantro or parsley

1/2 teaspoon Worcestershire sauce

Tabasco, a few shakes (optional)

1 Tablespoon lemon juice

1/2 cup homemade mayonnaise

4 soft white bread rolls

Lettuce leaves and paprika for the finishing touch

EASY HOME-MADE MAYONNAISE

3 egg yolks

1/4 cup freshly squeezed lemon juice

1 teaspoon Dijon mustard

3/4 cup olive oil

Black pepper to taste

PREPARATION

- 1** For mayonnaise: whisk together yolks, lemon juice and mustard. Drizzle oil into the mixture and whisk until blended and creamy. Season to taste with black pepper. The extra may be stored in a clean glass jar (closed with a lid) in the fridge for up to 1 week.
- 2** Mix all ingredients for the crabmeat mixture in a bowl. Divide filling between fresh rolls, add lettuce leaf, sprinkle with paprika and serve.

Health Canada strongly recommends to use pasteurized egg products instead of raw eggs when you are preparing uncooked homemade foods that use raw eggs.

Note: *The easy mayonnaise recipe is a great base for many lunch salads! Try it with left-over cold salmon or chicken breast!*



PREPARATION: 20 MINUTES

4 SERVINGS

Nutrient Analysis

PER SERVING

(1 large roll with 1/4 of filling recipe)

Renal exchange:

2 starch + 2 protein

Calories	434 kcal
Protein	16g
Carbohydrates	33g
Fibre	2g
Total Fat	26g
Saturated Fat	4g
Cholesterol	119mg
Sodium	548mg
Potassium	240mg
Phosphorus	186mg



PORK RIBS

INGREDIENTS

2 pounds of pork baby back ribs or short ribs (one large full rack)

SPICE MIXTURE

1 tablespoon Hungarian paprika or smoked paprika

1 tablespoon chili powder

*3-4 garlic cloves, chopped finely
(or 2 teaspoons dried garlic powder)*

1 teaspoon ground cumin

1/4 teaspoon ground cloves

GLAZE MIXTURE

1/2 cup unsweetened pineapple juice

2 tablespoons honey

*2 tablespoons white wine vinegar
(or plain white vinegar)*

1 teaspoon organic chili powder

1/2 teaspoon black pepper

1/2 teaspoon hot pepper flakes

1 teaspoon orange or lemon zest

1 tablespoon tomato paste

2 tablespoons scotch or whiskey

PREPARATION: 10 MINUTES

BAKING: 3 HOURS

6 SERVINGS

*Allow a few hours
for marinating.*

Nutrient Analysis

PER SERVING (1/6 of recipe)

Renal exchange:

2.5 Protein

Calories	253kcal
Protein	18g
Carbohydrates	7g
Fibre	1g
Total Fat	17g
Saturated Fat	6g
Cholesterol	66mg
Sodium	118mg
Potassium	331mg
Phosphorus	158mg

PREPARATION

- 1** Rub the ribs on both sides with the spice mixture. Place them in a dish, cover with foil and put them in the fridge. Ideally you do this a couple of hours before baking. The longer the ribs marinate, the deeper the flavour!
- 2** Put the ribs on a baking sheet lined with foil. Sprinkle with water.
- 3** Bake for 2 1/2 hours at 200° F (conventional oven).
- 4** Mix all the ingredients for the glaze in a small blender, remove the ribs from the oven and coat the ribs, reserving excess for basting.
- 5** Return the ribs to the oven for 1/2 hour at 325° F. You can also place them on your BBQ on low heat for 15 to 20 minutes, turning and basting twice.

SUGGESTION

*Serve with lemon wedges,
rice and coleslaw for a tasty
summer meal.*

Note: *Left-over ribs make
a great lunch snack!*

SUMMER FRESH PIZZA

INGREDIENTS

PIZZA

Any permitted white flour flat bread or pita, 7 inches diameter

1/4 cup red pepper sauce

1/4 cup zucchini, grated (squeezed to remove excess liquid)

1/4 cup mushrooms, slivered

1 small yellow onion, sliced

2 oz Brie cheese, sliced thin, rind removed

1 teaspoon olive oil

RED PEPPER SAUCE (makes 2 cups)

1/3 cup olive oil

4 cloves garlic

3/4 cup onion, chopped

2 cups red bell pepper,
seeded and chopped

1/2 cup tomatoes, diced

1/2 teaspoon crushed
chili pepper

2 teaspoons lemon zest
(1 lemon)

1/2 cup water

2/3 cup fresh basil,
chopped (or 3 tablespoons
dried basil)

SUGGESTION

The left-over sauce may be frozen in ice cube trays.

Be sure to transfer cubes to sealable plastic bags once frozen to ensure freshness.

This red pepper sauce replaces tomato paste and gives a lovely taste when mixed into soups and stews.



PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

BAKING: 12 MINUTES

1 PIZZA

Nutrient Analysis

PER SERVING (1 pizza)

Renal exchange:

1 Starch + 2 Protein + 1 Vegetable

Calories **372kcal**

Protein **17g**

Carbohydrates **22g**

Fibre **2g**

Total Fat **29g**

Saturated Fat **12g**

Cholesterol **61mg**

Sodium **541mg**

Potassium **425mg**

Phosphorus **191mg**

PREPARATION

- 1** Preheat oven to 400° F (conventional oven).
- 2** Over medium heat, warm oil and add garlic, onion, pepper, tomato and chilies, cooking until soft.
- 3** Add 1/2 cup of water, the basil and the lemon zest, cover and cook for 20 minutes.
- 4** Let the mixture cool a bit and blend it in the blender.
- 5** Place the pita on cookie sheet. Spread pepper sauce on each pita and top with vegetables and cheese. Drizzle with olive oil.
- 6** Bake in oven for 10-12 minutes. Enjoy with salad.

THAI SHRIMP KEBABS

INGREDIENTS

PREPARATION: 20 MINUTES

COOKING: 15-18 MINUTES

8 SERVINGS

Allow a few hours for marinating.

- 1 cup red peppers, cubed
- 2 small onions, quartered
- 2 cups cauliflower, cut in florets
- 1/2 cup fresh lime juice
- 1/2 cup white wine
- 1 tablespoon red or green Thai curry paste
- 1/2 cup vegetable oil
- 1/3 cup fresh basil or
- 1 1/2 lbs shelled raw shrimp
(suggested size 31-40)
- 8 skewers



Note: *This is a great recipe for your summer party.
Recipe can easily be halved.*

PREPARATION

- 1** Cut red peppers and onions.
- 2** Put cauliflower in boiling water for 2 minutes, drain and set aside.
- 3** In a large bowl, blend the lime juice, wine, curry paste, oil and herbs together with a whisk. Toss in shrimp and all vegetables and marinate in the fridge for a minimum of 1 hour, up to 12 hours.
- 4** Place the shrimp and vegetables on skewers, alternating them attractively.
- 5** Grill on BBQ on medium heat for 15 to 18 minutes or broil on a baking sheet in your oven for 15 minutes, turning them once. Serve with basmati rice.

Nutrient Analysis

PER SERVING

1/8 of recipe : 1 skewer

Renal exchange:

2 Protein + 1 Vegetable

Calories	157kcal
Protein	18g
Carbohydrates	8g
Fibre	1g
Total Fat	5g
Saturated Fat	0g
Cholesterol	128mg
Sodium	150mg
Potassium	374mg
Phosphorus	206mg

RHUBARB ICE CREAM

INGREDIENTS

3 cups rhubarb, stripped and diced

1 cup white sugar

1 cup water

2 egg whites

1/4 cup white sugar

500g Cool Whip®

Strawberries



PREPARATION: 25 MINUTES

FREEZING: 4 HOURS

1 1/2 LITRES OF ICE CREAM

12-14 SERVINGS

PREPARATION

- 1 Simmer rhubarb, 1 cup sugar and water in a medium sauce pan until tender (about 20 minutes).
- 2 Cool and place in freezer. Freeze to a mush. It takes about 1 1/2 hours depending on freezer. Whisk to fluff.
- 3 Beat egg whites and 1/4 cup sugar until soft peaks form.
- 4 Fold into fluffed rhubarb mixture, add Cool Whip® and mix thoroughly with a spoon.
- 5 Put into a 2 liter plastic tub with cover and freeze for a minimum of 2 1/2 hours.
- 6 Serve half a cup of rhubarb ice cream with half a cup of strawberries per person.

Nutrient Analysis

PER SERVING (1/2 cup ice cream with 1/2 cup strawberries)

Renal exchange:

2 fruit + 2 sugar

Calories	255kcal
Protein	2g
Carbohydrates	40g
Fibre	2.5g
Total Fat	11g
Saturated Fat	9g
Cholesterol	0mg
Sodium	21mg
Potassium	242mg
Phosphorus	29mg

Note:

The ice cream can be kept in the freezer for 1 month.

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