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Kidney-friendly
recipes for
healthy living



Let's Eat!





Let's get cooking.

Following a kidney-healthy diet doesn't mean your meals and snacks have to be boring and tasteless!

With this collection of recipes, you can make tasty,
kidney-friendly food right in your own kitchen.

Recipes created/modified by Somatus dietitians



The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.

Kidney-friendly Recipes

Depending on your stage of kidney disease, specific nutrients in your diet should be limited. For instance, Chronic Kidney Disease (CKD) patients should limit protein, while End-Stage Kidney Disease (ESKD) patients should increase protein to offset what is lost during dialysis. If you are unsure about your nutrition requirements, speak with your Somatus dietitian or a medical provider.

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*These recipes are for patients with ESKD only. They are not recommended for people with CKD.

Breakfast

Apple-Cinnamon Overnight Oats

Makes 1 serving

½ cup old fashioned oats

**1 cup unsweetened
almond milk**

1/2 cup diced apples

1 tsp chia seeds

1 tsp ground cinnamon

1 tsp walnuts

Mix dry oats, almond milk, cinnamon, and chia seeds in a small container.

Let oat mixture sit in the fridge overnight. When ready to eat, top with diced apples and walnuts.

Enjoy!

Nutrition Facts Per Serving	
Calories	255
Carbohydrates	41 g
Protein	7 g
Total Fat	8 g
Phosphorus	191 mg
Potassium	405 mg
Sodium	174 mg





ESKD Only

Breakfast Sandwich

Makes 1 serving

Non-stick cooking spray

1 large egg

1 English muffin

1 turkey sausage patty

1 tbs cheddar cheese

Heat skillet over medium heat and spray with non-stick cooking spray. Prepare egg by scrambling or frying.

Toast English muffin.

Prepare turkey sausage patty per package instructions.

Once the egg is cooked, place on the muffin bottom, add cooked turkey sausage, sprinkle cheese, and add muffin top on top.

Enjoy!

Nutrition Facts Per Serving (1 sandwich)	
Calories	298
Carbohydrates	27 g
Total Fat	12 g
Protein	20 g
Phosphorus	211 mg
Potassium	177 mg
Sodium	557 mg





CKD and ESKD

Breakfast Tacos

Makes 1 serving

1 large egg, scrambled

**¼ cup black beans,
rinsed and drained**

3 corn tortillas

¼ cup bell pepper, diced

¼ cup white onion, diced

Extra virgin olive oil for drizzling

1 tsp cumin

1 tsp chili powder

1 tbsp chopped cilantro

Heat skillet over medium heat.

Add drizzle of olive oil and sauté peppers and onions until soft. Set aside.

In a small bowl, mix cumin and chili powder and whisk together until well combined.

Add another drizzle of olive oil to heated pan and scramble egg.

Once egg is cooked, place peppers and onion in skillet and mix.

Scoop scrambled egg and veggie mixture onto corn tortillas.

Top with black beans, cilantro, and hot sauce (optional). Enjoy!

Nutrition Facts Per Serving (3 tacos)	
Calories	247
Carbohydrates	50 g
Protein	14.7 g
Total Fat	7.7 g
Phosphorus	384 mg
Potassium	488 mg
Sodium	263 mg





ESKD Only

High-Protein Overnight Oats

Makes 1 serving

**½ cup dry
old-fashioned oats**

2 scoops whey protein powder

Your Somatus dietitian can recommend the best brand for you.

**1 cup unsweetened
plain almond milk**

¼ cup fresh blueberries

1 tsp ground cinnamon

In a small bowl or container, mix oats, almond milk, protein powder, and cinnamon until well combined.

Place in the fridge covered with lid and let sit overnight or at least 6 hours.

Top with fresh blueberries before consuming.

Enjoy!

Nutrition Facts Per Serving (1 bowl)	
Calories	367
Carbohydrates	51 g
Total Fat	9 g
Protein	28 g
Phosphorus	194 mg
Potassium	407 mg
Sodium	300 mg





ESKD Only

High-Protein Sourdough French Toast

Makes 1 serving

Non-stick cooking spray

**2 slices sourdough bread,
or your favorite
low-sodium bread**

1 large egg

3 tbsp egg whites

**2-3 tbsp unsweetened
plain almond milk**

1 tsp ground cinnamon

2 tbsp pure maple syrup

Heat skillet over medium heat.

While skillet is heating, combine egg, egg whites, almond milk, and cinnamon in a small bowl and whisk until well combined.

Spray skillet with non-stick spray.

Dip each slice of bread into egg mixture and place in skillet.

Cook on each side for 3-5 minutes until golden brown.

Top with syrup before eating. Enjoy!

Nutrition Facts Per Serving (2 slices)	
Calories	359
Carbohydrates	56 g
Total Fat	7.2 g
Protein	16 g
Phosphorus	163 mg
Potassium	230 mg
Sodium	531 mg





CKD and ESKD

Veggie Egg Cups

Makes 6 servings

10 large eggs

1 bell pepper, diced

1 cup mushrooms, diced

½ cup onions, diced

1 cup raw spinach, chopped

1 tbsp Italian seasoning

1 tsp garlic powder

1 tsp onion powder

1 tsp ground black pepper

Preheat oven to 400° F. Line a 12-count muffin tin with silicone liners or non-stick cooking spray. Set aside.

Prepare vegetables. Wash and chop bell peppers and mushrooms. Peel and dice onion. Chop raw spinach. Set aside.

Crack 10 large eggs into a large mixing bowl and whisk. Add Italian seasoning, garlic powder, onion powder, and ground black pepper and whisk until blended.

Distribute chopped vegetables evenly into each of the muffin cups. Then, pour egg mixture on top of the vegetables in each muffin cup.

Bake in 400° F preheated oven for 20 minutes.

Optional: serve with side of 1 cup blueberries.

Enjoy!

Nutrition Facts Per Serving (2 Egg Cups & Blueberries)	
Calories	224
Carbohydrates	26 g
Protein	12 g
Total Fat	9 g
Phosphorus	214 mg
Potassium	402 mg
Sodium	126 mg



Lunch



ESKD Only

Chicken Caesar Pasta Salad

Makes 1 serving

2 cups chopped romaine lettuce

3 oz grilled chicken breast

½ cup cooked penne pasta

2 tbsp Caesar dressing

1 tbsp Parmesan cheese

In large bowl, add lettuce, parmesan cheese, dressing, and cooked pasta and toss until well combined.

Slice grilled chicken breast and place on top.

Enjoy!

Nutrition Facts Per Serving (1 salad)	
Calories	445
Carbohydrates	29.6 g
Total Fat	22 g
Protein	34 g
Phosphorus	264 mg
Potassium	406 mg
Sodium	538 mg





ESKD Only

Chickpea Salad Sandwich

Makes 1 serving

**½ cup canned chickpeas,
rinsed and drained**

**1 ½ tsp mayo with olive oil,
reduced fat**

1 tsp Dijon mustard

¼ cup diced celery

2 slices butter lettuce

1 medium croissant

**Ground pepper and garlic powder
to taste**

In a food processor, add chickpeas, mayo, mustard, pepper, and garlic powder. Pulse for 5-10 seconds.

Add celery in food processor and pulse for 2-3 seconds until well combined and “chunky.”

Slice croissant and top it with lettuce and a scoop of chickpea salad.

Enjoy!

Nutrition Facts Per Serving (1 sandwich)	
Calories	396
Carbohydrates	46.5 g
Protein	11 g
Total Fat	19 g
Phosphorus	140 mg
Potassium	227 mg
Sodium	427 mg





CKD and ESKD

Egg Roll Bowl

Makes 4 servings

8 oz lean ground turkey

**½ cup steamed shelled edamame
(find in the frozen vegetable aisle)**

12 oz bag coleslaw

2 green onions, diced

**¼ cup coconut aminos
(can be found near soy sauce
in grocery store)**

2 tsp ginger paste

2 tsp minced garlic

1 tsp black sesame seeds

optional: hot sauce

Heat a non-stick skillet over medium heat.

Add ground turkey and cook until brown.

Add bagged coleslaw, cooked edamame, ginger garlic paste, and coconut aminos into skillet with ground turkey.

Stir well in skillet to combine.

Place lid on top of skillet and cook until cabbage begins to soften (~3-5 minutes).

Once cabbage is soft, scoop portion into bowl, and top with green onions, and sesame seeds. Add a drizzle of hot sauce (optional).

Enjoy!

Nutrition Facts Per Serving (2 cups)	
Calories	170
Carbohydrates	14 g
Protein	21 g
Total Fat	3 g
Phosphorus	205 mg
Potassium	501 mg
Sodium	509 mg





ESKD Only

Greek Pita Pocket

Makes 1 serving

½ whole wheat pita pocket

2 oz cooked grilled chicken, diced

½ cup sliced red onion

½ cup diced cucumber

2 tbsp tzatziki sauce

1 tbsp feta cheese

Chop and dice cucumber and onion.

Spread tzatziki sauce into pita half.

Place cooked grilled chicken, cucumber, red onion, and feta cheese into pita half.

Enjoy!

Nutrition Facts Per Serving (1 pita half)	
Calories	254
Carbohydrates	20 g
Total Fat	10 g
Protein	24 g
Phosphorus	237 mg
Potassium	468 mg
Sodium	508 mg





Greek Yogurt Tuna Salad

Makes 4 servings

**2 5-oz cans Albacore tuna
in water, rinsed and drained**

½ cup diced celery

2 tbsp diced red onion

1 tbsp Dijon mustard

½ cup plain Greek yogurt

½ lemon squeezed for juice

1 tsp dried parsley

1 tsp ground black pepper

Drain and rinse tuna and add to large bowl.

Prepare vegetables. Chop and dice celery and red onion. Cut lemon in half and set aside.

Add diced celery and red onion to tuna. Add Greek yogurt, Dijon mustard, dried parsley, black pepper, and lemon juice. Mix until well combined.

Serve on top of fresh lettuce or with your favorite low-sodium bread or crackers.

Enjoy!

Nutrition Facts Per Serving (1 cup tuna salad)	
Calories	130
Carbohydrates	6.7 g
Total Fat	3 g
Protein	18 g
Phosphorus	190 mg
Potassium	390 mg
Sodium	262 mg





CKD and ESKD

Strawberry and Walnut Balsamic Chicken Salad

Makes 1 serving

**2 oz fresh cooked grilled
boneless skinless chicken
breast, diced**

3 cups chopped romaine lettuce

½ cup sliced strawberries

2 tbsp diced red onion

1 tbsp chopped walnuts

Prepare grilled chicken breast and dice into bite-sized pieces.

In a small bowl, whisk olive oil, vinegar, syrup, garlic, and black pepper until well combined.

Pour dressing over lettuce and toss until well coated.

Top lettuce with strawberries, onions, chicken, and walnuts. Enjoy!

FOR THE DRESSING

1 tbsp olive oil

1 tsp balsamic vinegar

½ tsp maple syrup

¼ tsp minced garlic

½ tsp black pepper

Nutrition Facts Per Serving (1 salad)	
Calories	357
Carbohydrates	22.5 g
Protein	21 g
Total Fat	21.2 g
Phosphorus	153 mg
Potassium	381.5 mg
Sodium	44.6 mg





Dinner

Cauliflower Shepherd's Pie

Makes 6 servings

Non-stick cooking spray

**1 pound lean ground beef
(95% lean)**

1 small cauliflower head

**3 large carrots peeled,
chopped, and diced**

2 celery stalks chopped and diced

1 yellow onion chopped and diced

2 garlic cloves, minced

1 tbsp avocado oil

2 tbsp Worcestershire sauce

1 tbsp butter

½ tbsp thyme

Ground black pepper to taste

Nutrition Facts Per Serving (2 cups)	
Calories	206
Carbohydrates	8 g
Total Fat	9 g
Protein	22 g
Phosphorus	204 mg
Potassium	565 mg
Sodium	164 mg

Preheat oven to 400°F and spray a 9 x 13 casserole dish with non-stick cooking spray. Set aside.

Prepare vegetables. Peel and chop carrots, dice celery, onions, and mince garlic. Put all vegetables in a bowl, add thyme and stir to coat.

Heat skillet over medium heat. Once heated, add avocado oil and sauté vegetables until soft. Set aside once cooked.

Add water to a large pot and bring to a boil. Chop cauliflower head and add to boiling water. Boil for 20 minutes or until soft.

Add ground beef to skillet you used to saute vegetables. Cook beef until brown. Add black pepper to taste.

Once cauliflower has cooked, drain water and mash with 1 tbsp butter. Use a potato masher or place cooked cauliflower and butter in food processor and pulse for 1-2 minutes.

In a large bowl, mix cooked ground beef, Worcestershire sauce and cooked vegetables. Pour mixture into 9 x 13 casserole dish. Spread mashed cauliflower mixture on top.

Bake in preheated 400°F oven for 20 minutes.





ESKD Only

Fish Tacos

Makes 4 servings

1 pound cod fish

1 tbsp olive oil

3 cups red cabbage, shredded

1 carrot, shredded

½ cup cilantro, chopped

2 green onions, chopped

2 tbsp low-fat mayo

1 lime juiced

2 tsp sriracha hot sauce

12 6-inch corn tortillas

1 tsp cumin

1 tsp chili powder

½ tsp garlic powder

¼ tsp black pepper

Season fish on both sides with chili powder, cumin, garlic powder and pepper. Heat skillet over medium heat. Once heated, add oil and cook fish 3-5 minutes on each side until cooked. Set aside.

In medium bowl add cabbage, shredded carrots, green onion, and cilantro. In small bowl, whisk lime juice, mayo, and sriracha and mix well to combine.

Add mayo lime dressing to slaw ingredients and toss to combine.

Build your taco adding seasoned fish and topping with spicy slaw. Enjoy!

Nutrition Facts Per Serving (3 fish tacos)	
Calories	353
Carbohydrates	40 g
Total Fat	8 g
Protein	31 g
Phosphorus	409 mg
Potassium	628 mg
Sodium	278 mg



Pesto Pasta

Makes 6 servings

**½ pound asparagus washed,
trimmed, and chopped
(1-inch pieces)**

1 pound penne pasta

½ cup basil pesto sauce

1 lemon, squeezed

2 tbsp chopped chives

Bring a large pot of water to boil.

Add chopped asparagus and cook until soft
(3-5 minutes).

Remove asparagus with slotted spoon and
set aside.

Add pasta to same boiled water and cook
until al dente (10-11 minutes).

Drain pasta and add back to pot.

Add cooked asparagus, lemon juice, and
basil pesto to cooked penne noodles and stir
until well mixed.

Place pasta in a small bowl and sprinkle
with chives. Enjoy!

Nutrition Facts Per Serving (1 cup)	
Calories	340
Carbohydrates	61.6 g
Protein	10.4 g
Total Fat	6.9 g
Phosphorus	21 mg
Potassium	231 mg
Sodium	219 mg





ESKD Only

Sheet Pan Lemon Garlic Chicken Thighs and Green Beans

Makes 4 servings

2 pounds skinless boneless chicken thighs

12 oz fresh green beans

2 fresh garlic cloves, peeled and minced

1 lemon, sliced

2 tbsp extra virgin olive oil, divided

1 tsp Italian seasoning

1 tsp dried basil

1 tsp dried thyme

1 tsp paprika

1 tsp garlic powder

1 tsp onion powder

Optional: cooked jasmine rice, prepared with no salt.

Preheat oven to 425°F. Line large baking sheet with parchment paper and set aside. Slice lemon into round slices.

In a small bowl, mix 1 tbsp olive oil, minced garlic, onion powder, dried thyme, and paprika, then whisk.

Place chicken thighs on lined baking sheet. Brush with olive oil/seasoning mixture and coat evenly. Place lemon slices on top of chicken thighs.

In a large bowl, add fresh green beans, 1 tbsp olive oil, Italian seasoning, and garlic powder. Toss to coat. Place green beans on a lined baking sheet with chicken.

Bake in preheated oven for 25 minutes.

Serve with a side of cooked jasmine rice (optional).

Nutrition Facts Per Serving (3oz chicken, 1 cup green beans, and ¼ cup cooked rice)	
Calories	288
Carbohydrates	21 g
Total Fat	11 g
Protein	26 g
Phosphorus	228 mg
Potassium	346 mg
Sodium	91 mg





CKD and ESKD

Sheet Pan Roasted Tofu and Veggies

Makes 4 servings

1 14-oz package extra-firm tofu

**2 medium carrots
peeled and cut into chunks**

**1 small head of cauliflower
cut into florets**

**1 small red onion quartered
and cut into wedges**

**2 small zucchini, cut it in half
crosswise, then again lengthwise
with cuts about a quarter of
an inch apart**

2 tbsp olive oil

¼ tsp ground black pepper

½ tsp garlic powder

Nutrition Facts Per Serving (3oz tofu and 1 cup veggies)	
Calories	226
Carbohydrates	12 g
Total Fat	13.4 g
Protein	17 g
Phosphorus	60 mg
Potassium	422 mg
Sodium	54 mg

Preheat oven to 425°F. Use parchment paper to line a large baking sheet.

Line the bottom of a plate with multiple paper towels. Place the tofu on top of the paper towels. Top the tofu block with a few more paper towels and set plates or books on top to press the tofu flat. You want the tofu block to be heavily pressed in order to squeeze out extra liquid.

While the tofu is pressing, prepare and chop veggies. Place veggies in a large bowl and set aside.

Once tofu is pressed, remove from paper towels. Cut tofu into squares or rectangles. Add the tofu to the bowl with veggies.

Add olive oil, pepper, and garlic powder to bowl and toss gently to mix. Spread veggies and tofu evenly onto a large baking sheet.

Bake for 30 minutes or until veggies are tender and tofu is a light golden brown. Enjoy!





CKD and ESKD

Stuffed Bell Peppers

Makes 4 servings

4 large bell peppers

8 oz lean ground beef (95% lean)

½ cup cooked whole grain rice

**½ white onion,
chopped and diced**

1 large celery stalk, diced finely

2 oz shredded mozzarella cheese

1 tsp minced garlic

1 tsp dried oregano

½ tsp dried thyme

Black pepper to taste

Preheat oven to 350°F.

Place peppers hollow side up
in a 9 x 9 baking dish.

Heat skillet over medium heat. Add
ground beef and cook until browned.

Once ground beef is almost completely
browned, add onions, celery, garlic, and
seasonings into skillet and cook until
vegetables are soft.

Once vegetables are cooked, add the
cooked rice to the skillet and stir to mix.

Spoon the filling into the peppers and
sprinkle with cheese.

Bake for 30 minutes until peppers are
tender and filling is heated through.

Enjoy!

Nutrition Facts Per Serving (1 stuffed pepper)	
Calories	203
Carbohydrates	15 g
Total Fat	7 g
Protein	21 g
Phosphorus	247 mg
Potassium	489 mg
Sodium	140 mg





Snacks



ESKD Only

Apple-Cinnamon Cottage Cheese

Makes 1 serving

½ cup low fat cottage cheese

½ small apple, diced

2 tbsp powdered peanut butter

1 tsp ground cinnamon

In a small bowl, add cottage cheese and powdered peanut butter and mix until well combined.

Chop and dice fresh apple.

Add diced apple to cottage cheese and peanut butter mixture.

Sprinkle with cinnamon.

Enjoy!

Nutrition Facts Per Serving (1 bowl)	
Calories	200
Carbohydrates	15 g
Total Fat	6 g
Protein	17 g
Phosphorus	176 mg
Potassium	194 mg
Sodium	401 mg





Avocado Toast

Makes 1 serving

1 slice sourdough bread, toasted

Toast sourdough bread.

1/4 avocado

In a small bowl, mash $\frac{1}{4}$ avocado.

1 tbsp Pico de Gallo

Add Pico de Gallo and mix.

1 lime wedge

Spread avocado mixture on top of toast.

Squeeze fresh lime juice on top. Enjoy!

Nutrition Facts Per Serving	
Calories	213
Carbohydrates	33 g
Protein	7 g
Total Fat	6 g
Phosphorus	80 mg
Potassium	258 mg
Sodium	394 mg





Bento Box

Makes 1 Serving

1 cooked hardboiled egg

1 cup baby carrots

2 tbsp hummus

½ cup grapes

Assemble ingredients into a bento box or container with multiple portion cups.

Great on the go option! Enjoy!

Nutrition Facts Per Serving (1 bento box)	
Calories	203
Carbohydrates	25 g
Total Fat	8 g
Protein	10 g
Phosphorus	148 mg
Potassium	255 mg
Sodium	212 mg





ESKD Only

Crispy Roasted Chickpeas

Makes 1.5 servings

**1 can chickpeas
(garbanzo beans), drained
and rinsed with cold water**

1 tbsp extra virgin olive oil

1 tsp turmeric powder

1 tsp garlic powder

Preheat oven to 400°F.

Line large baking sheet with parchment paper and set aside.

Drain and rinse chickpeas. Pat dry with paper towel to remove any excess water.

In a large bowl, add chickpeas, olive oil, turmeric, and garlic powder and toss evenly to combine.

Pour onto lined baking sheet and spread evenly.

Place baking sheet in preheated oven and roast for 30 minutes. Enjoy!

Nutrition Facts Per Serving (1 cup)	
Calories	264
Carbohydrates	37 g
Total Fat	9 g
Protein	11 g
Phosphorus	143 mg
Potassium	216 mg
Sodium	324 mg





CKD and ESKD

Peanut Butter Cereal Squares

Makes 9 servings

3 cups toasted-oat cereal

½ cup honey

**¾ cup natural unsalted
peanut butter**

Line an 8 x 8 dish with parchment paper.

In a pan, heat peanut butter and honey over medium heat until well combined.

Add cereal in peanut butter mixture and stir well to combine.

Place mixture into 8 x 8 dish.

Let sit in the fridge for at least 1 hour prior to cutting. Enjoy!

Nutrition Facts Per Serving (2" square)	
Calories	217
Carbohydrates	27 g
Protein	6 g
Total Fat	11 g
Phosphorus	111 mg
Potassium	204 mg
Sodium	48 mg





CKD and ESKD

Veggie Dip

Makes 8 servings

8 oz sour cream

**1 ½ tsp salt-free
herb seasoning**

In a small bowl, mix sour cream and seasoning until well combined.

Serve with carrots or low-sodium crackers for dipping.

Enjoy!

Nutrition Facts Per Serving (2 Tbsp)	
Calories	56
Carbohydrates	1.5 g
Protein	0.7 g
Total Fat	5 g
Phosphorus	21 mg
Potassium	38 mg
Sodium	9 mg





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