

KIDNEY-FRIENDLY & HEART-HEALTHY

# Broccoli & Asparagus Holiday Salad

Makes 6 servings



## INGREDIENTS

- 3 cloves garlic, unpeeled**
- 1½ Tbsp lemon juice**
- 1 Tbsp olive oil**
- 2 tsp Dijon mustard**
- 1 tsp honey**
- 1 lb of asparagus, trimmed**
- 4 cups broccoli florets**
- 4 cups baby spinach**
- ¼ cup fresh pomegranate seeds, to serve**
- 2 Tbsp slivered almonds, to serve**

## DIRECTIONS

Preheat oven to 320°F. Line a baking tray with parchment paper. Put the garlic on the tray and roast it for 20-25 minutes until it is soft. Let it cool.

Squeeze the soft roasted garlic into a bowl. Mash it and mix in lemon juice, oil, mustard, and honey.

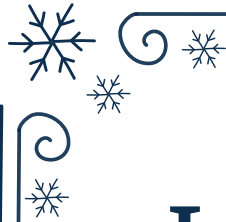
Steam the asparagus and broccoli for 2-3 minutes until they are tender. Cool them quickly under cold water and drain well.

On a plate, layer the spinach, asparagus, and broccoli. Drizzle the roasted garlic dressing on top and add pomegranate seeds and slivered almonds.

Enjoy!

| Nutrition<br>Facts Per<br>Serving<br>(1 cup) | Calories      | 74     |
|----------------------------------------------|---------------|--------|
|                                              | Carbohydrates | 7 g    |
|                                              | Protein       | 3 g    |
|                                              | Total Fat     | 4 g    |
|                                              | Phosphorus    | 80 mg  |
|                                              | Potassium     | 366 mg |
|                                              | Sodium        | 73 mg  |

*The recipes contained here are for educational purposes to promote a healthy 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 health condition, 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.*



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# Low-Sodium Sourdough Stuffing

Makes 12 servings



## INGREDIENTS

- 3 Tbsp olive oil**
- 1 yellow onion, diced**
- 1 cup celery, chopped**
- 6 garlic cloves, minced**
- 2 cups vegetable broth, no salt added**
- 1 tsp Italian seasoning**
- 1 tsp garlic powder**
- ½ tsp ground sage**
- 6 cups sourdough bread, cubed**
- 1 cup fresh parsley chopped**
- ½ cup dried cranberries**
- ½ cup chopped walnuts**

## DIRECTIONS

Preheat oven to 350°F.

In a large pot, heat olive oil over low heat and sauté onion, celery, and garlic for 4 to 5 minutes until softened. Add vegetable stock, Italian seasoning, garlic powder, sage, parsley, cranberries, and bread, mixing until the bread absorbs the stock.

Transfer to a 13x9-inch baking dish, top with crushed walnuts, cover with foil, and bake for 30 minutes. For a crispy texture, remove the foil halfway through.

Enjoy!

| Nutrition<br>Facts Per<br>Serving<br>(1/2 cup) | Calories      | 140    |
|------------------------------------------------|---------------|--------|
|                                                | Carbohydrates | 17 g   |
|                                                | Protein       | 2 g    |
|                                                | Total Fat     | 7 g    |
|                                                | Phosphorus    | 40 mg  |
|                                                | Potassium     | 77 mg  |
|                                                | Sodium        | 124 mg |

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# Air Fryer Honey Roasted Carrots

Makes 4 servings



## INGREDIENTS

- 16 oz carrots, cut in half and sliced lengthwise**
- 2 Tbsp honey**
- 2 Tbsp butter, unsalted and melted**
- 1 clove garlic, minced**
- Black pepper to taste**
- Optional: fresh chopped chives for garnish**

|                                                 |               |        |
|-------------------------------------------------|---------------|--------|
| <b>Nutrition Facts Per Serving</b><br>(1/2 cup) | Calories      | 135    |
|                                                 | Carbohydrates | 20 g   |
|                                                 | Protein       | 1 g    |
|                                                 | Total Fat     | 6 g    |
|                                                 | Phosphorus    | 48 mg  |
|                                                 | Potassium     | 327 mg |
|                                                 | Sodium        | 100 mg |

## DIRECTIONS

Cut the carrots into pieces that are 2-3 inches long. If the carrots are thick, slice them in half lengthwise. Put the carrots in a large mixing bowl.

Add honey, melted butter, minced garlic, and pepper to the bowl with the carrots. Toss everything together until the carrots are well coated.

Line the air fryer basket with parchment paper. Place the carrots in a single layer and drizzle the honey-butter mixture on top. Cook in the air fryer at 400°F for 15-20 minutes, or until the carrots are tender and golden brown. Stir the carrots halfway through cooking.

Enjoy!

*For conventional oven:  
Bake in preheated oven at 425°F for  
and 20-25 minutes or until tender  
and golden brown.*

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