



THE



FOOD · EST 1988 ·  
OUTREACH

COOKBOOK

# ACKNOWLEDGEMENTS

The idea to create a cookbook for Food Outreach grew out of a passing comment made in 2004. Anne Pokorny, a former Nutrition Specialist at Food Outreach, mentioned at a Nutrition Committee meeting that some clients wanted ideas on how to use the foods they get from Food Outreach. This inspired Martha Kratzer of the Department of Veterans Affairs and Cheryl Houston from Fontbonne College to jump on the opportunity to help out. The two coordinated and motivated their students and interns to develop a real life issue: a project combining community outreach, budget constraints, a tangible outcome, and creative recipe development while honing their writing skills.

Eighteen years later we've decided to revamp our original cookbook with updated nutrition information, new recipes, and our latest brand identity.

Food Outreach has grown so much in the past almost two decades that we've also taken the chance to include new ingredients that better reflect the variety of groceries our clients receive today. We have added a system to identify recipes that are in-line with different medical nutrition therapies including meals that are heart healthy, diabetes friendly, renal diet compliant, and free of common allergens. Like our former cookbook, these recipes are simple, easy to make, and require only a few inexpensive ingredients. Our new recipes were sourced from a collection of reputable organizations including the American Diabetes Association, the National Kidney Foundation, and Oregon State University's Food Hero in addition to recipes created by our dietitians and Food Outreach's very own chefs. This cookbook was coordinated by Rachel Kleinman, MS, RDN, LDN, CDCES and designed by Adam Meyer.



# CONTRIBUTORS

The following are the culinary contributors to this cookbook; many others have contributed to the editing and publishing tasks and their efforts are also appreciated.

## Food Hero

Permission to reprint some of these recipes has been granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Harvard University

Permission to include Harvard's Healthy Eating Plate has been granted by Harvard University. For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, [www.thenutritionsource.org](http://www.thenutritionsource.org), and Harvard Health Publications, [www.health.harvard.edu](http://www.health.harvard.edu).

## National Kidney Foundation

Permission to reprint some of these recipes has been granted by Megan Schultz at the National Kidney Foundation. For more recipes and other renal diet tips, check out [kidney.org/nutrition](http://kidney.org/nutrition).

*Permission is hereby granted to reproduce any or all of the pages of this cookbook. Inquiries, comments, or other correspondence should be addressed to:*



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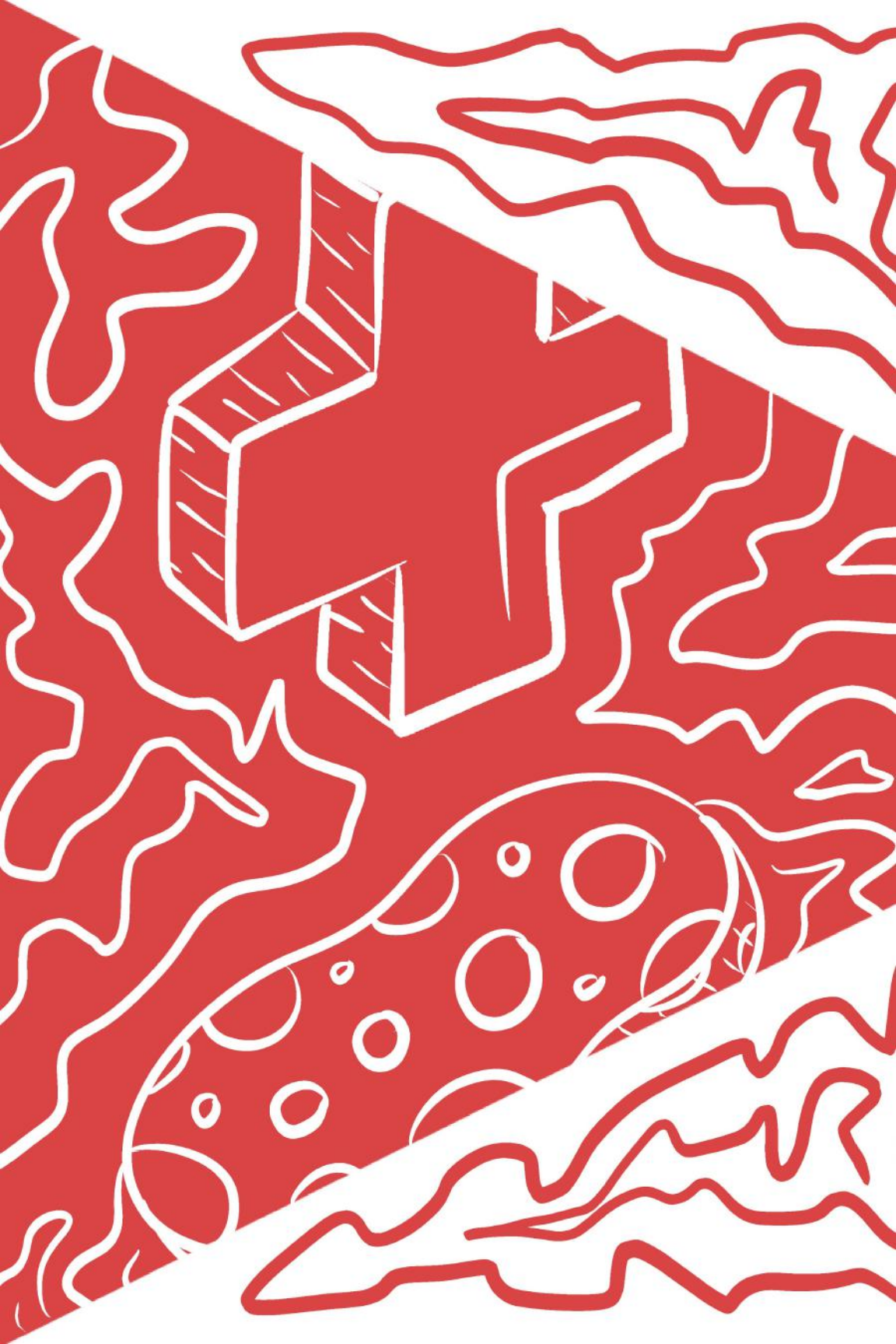
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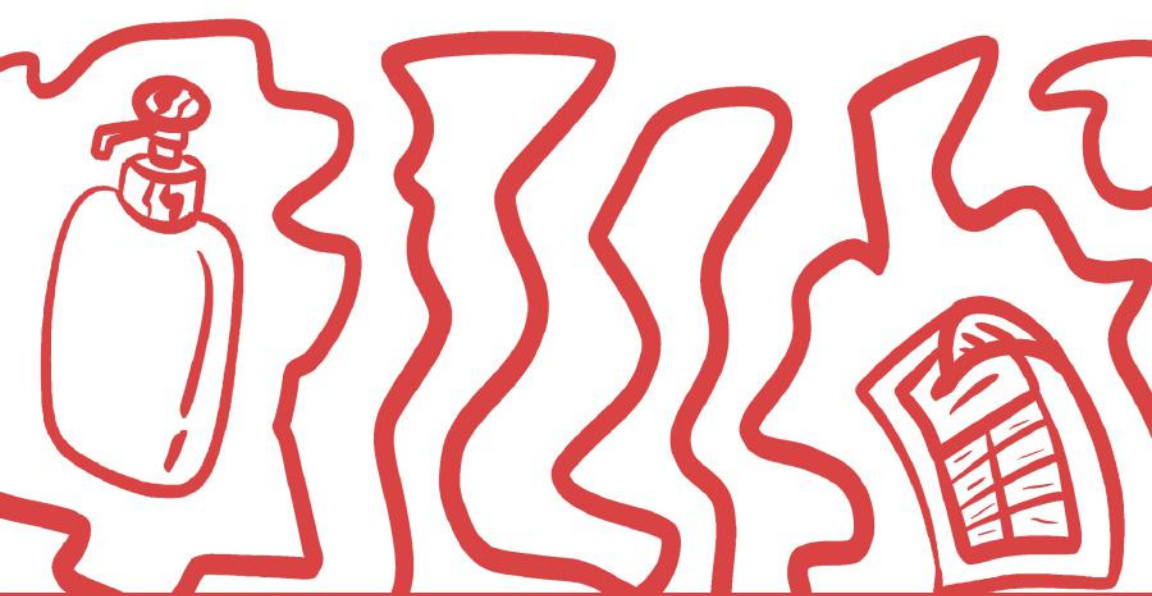
Nutrition analyses **do not** include ingredients marked as “optional” in the recipe.











# HEALTH & KITCHEN PRACTICES



# Dietary Restriction Symbols Key

Below is a list of dietary restriction symbols that you will find throughout this cookbook at the bottom of the page. Please take note if you have any of these related allergies. While these cover most restrictions, we highly encourage you to check the ingredients for any additional unlisted dietary needs.



Peanut-Free



Treenut-Free



Gluten-Free



Heart  
Healthy



Diabetic  
Friendly



Halal



Renal Diet  
Compliant



Dairy-Free



Kosher



Vegan



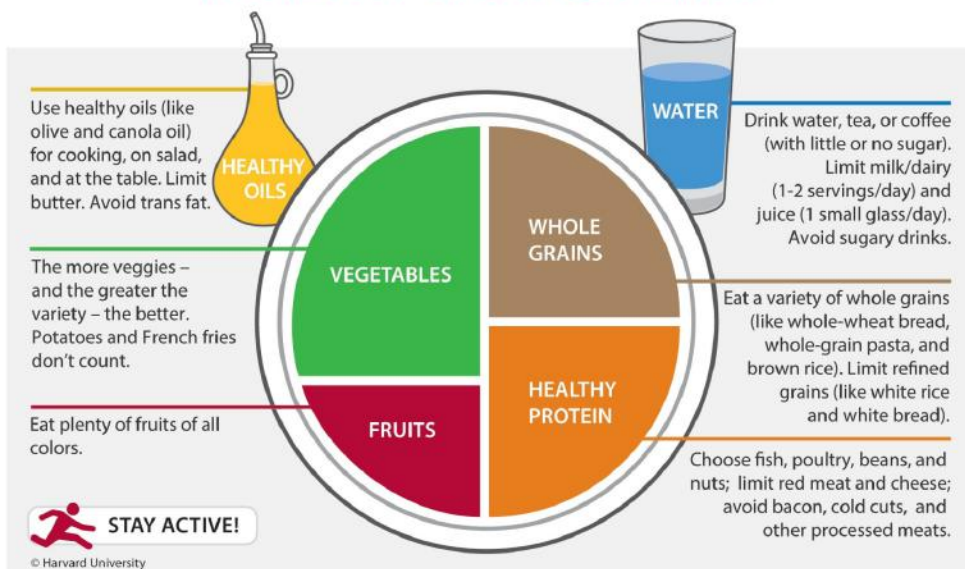
Vegetarian



# Harvard's Healthy Eating Plate

Harvard's Healthy Eating Plate, which comes from Harvard University's T.H. Chan School of Public Health, is designed as a way to make balanced, healthy meals that can be served for breakfast, lunch, and dinner. You want to aim for wide variety of color and foods, inclusion of whole grains, healthy protein, healthy plant oils, and non-sugary drinks such as water.

## HEALTHY EATING PLATE



Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



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For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, [www.thenutritionsource.org](http://www.thenutritionsource.org), and Harvard Health Publications, [www.health.harvard.edu](http://www.health.harvard.edu).

# Food Safety Tips

There is a guest that you do not want to unknowingly invite to dinner. This guest is bacteria that can be found in foods if safe food handling practices are not followed. This unwanted guest can cause illness. You can help to keep the food you eat healthy for yourself and your families. These tips are basic and easy things to do to make your kitchen and the food that you eat safe.

- Keep counter tops, cutting boards, and cooking surfaces clean. Wipe down surfaces with bleach solution (mix 1 Tbsp. of bleach with one quart of water). This is especially important after working with raw meat.
- Change towels, sponges and dishcloths often.
- Wash hands with warm soapy water before fixing meals.
- Do not use the same cutting board for meat and other foods without cleaning with bleach solution between uses.
- Keep utensils clean. Wash with soap and water before handling another food item.
- Put cold foods in the refrigerator or freezer as soon as you get home from shopping.
- Store or thaw meat on the bottom shelf of the refrigerator so that juices won't drip onto other foods.
- Raw meat should be cooked within 2 days of purchase.
- Frozen meat can be thawed in the refrigerator, under cold running water, or in the microwave. **Do not lay meat on a counter to thaw.**
- Label all leftovers and eat them within 3 days, or freeze to add to soup or stew at a later date.
- Do not leave prepared hot or cold food sitting at room temperature more than 1 hr.
- Wash all fresh fruits and vegetables before eating.

# Tips for Eating Less Salt

Salt is found naturally in food and is used as a preservative. It is also used to flavor foods. Most people eat more salt than they need. If your blood pressure is high, or if you are having some swelling, it is a good idea to eat less salt. Some ways to cut down on salt in recipes is to omit added salt, use fresh or frozen vegetables, and use less cheese.

## Foods to enjoy that are lower in salt include:

- **Protein** - Fresh beef, pork, chicken, turkey, fish, eggs, water packed tuna, dried peas, beans, and lentils.
- **Dairy Products** - Milk, yogurt, and cottage cheese.
- **Vegetables and Fruits** - Fresh or frozen vegetables. All fruits and fruit juices.
- **Breads, Cereals, and Grains** - Breads, bagels, cold or hot cereals, rice, macaroni and noodles made without added salt or sauces, and unsalted crackers, popcorn and chips.
- **Desserts and Snacks** - Cakes, pies, sweet rolls, rice cream, sherbert, and frozen yogurt.
- **Other** - Unsalted seeds or nuts, pepper, lemon, onion powder, garlic powder, herbs, vinegar, sugar, honey, syrup, and jelly.

## High salt foods to eat less often include:

- **Meat, Poultry, Fish** - Bacon, canned meats, corned beef, dried beef, ham, ham hocks, hot dogs, lunch meat, pizza, salt pork, and sausage.
- **Dairy Products** - Regular cheese.
- **Vegetables** - Canned vegetables, frozen vegetables with added sauces, sauerkraut, V-8, and tomato juice.
- **Breads, Cereals, and Grains** - Boxed rice, noodle or potato mixes, biscuits, corn chips, potato chips, pretzels, salted crackers, and salted popcorn.
- **Desserts and Snacks** - Any containing salted nuts.
- Rinse any canned foods before use or buy low sodium options to avoid high salt content in many canned foods.



# Tips to Maintain or Gain Weight

Poor appetite is a common side effect of a variety of treatments. If food intake isn't prioritized, it can be easy to lose too much weight in an unsafe period of time. Here are a few tips to meet your nutrient needs when you might not feel up to it. If you try these out and are still struggling, don't hesitate to make an appointment with one of Food Outreach's dietitians. We can be reached at 314-652-3663 ext 1112 or 1113.

- Eat often, preferably 5 or 6 small meals a day.
- Keep nutritious snacks handy so you can capitalize on hunger whenever it strikes. In fact, try to avoid going more than 2-3 hrs. without eating something, even if it's something small.
- Drink fluids between meals to avoid filling up at mealtime.
- Take advantage of when you feel hunger, no matter what time it is.
- Enjoy a wide variety of colors and shapes. Remember to continue consuming fruits and vegetables in addition to your high calorie foods.
- Make every bite count by adding extra calories through sauces or condiments.
  - ***Add milk powder, Carnation Instant Breakfast, or Ovaltine to the milk of your choice.***
  - ***Serve fruit with cottage cheese, sour cream, whipped cream, peanut butter, Greek yogurt, or mayo.***
  - ***Make your own milkshake using whole milk, half and half, or Ensure with your favorite ice cream.***
  - ***Blend up your favorite fruits with whole milk, spinach, and ground flax seed to create a nutrient dense smoothie.***

# Standard Measurements

## Simple Measures

- $1/4$  c. = 2 oz.
- $1/3$  c. =  $2 \frac{2}{3}$  oz.
- $1/2$  c. = 4 oz.
- 1 c. = 8 oz. = 16 Tbsp.
- 1 gal. = 4 qt.
- 1 oz. = 2 Tbsp.
- 1 pt. = 2 c. = 16 oz.
- 1 lb. = 16 oz.
- 1 qt. = 4 c. = 32 oz.
- 1 stick of margarine =  $1/2$  c. = 8 Tbsp.
- 1 Tbsp. = 3 tsp. =  $1/2$  oz.

## Standard Abbreviations

- c. = cup
- Cal. = calories
- doz. = dozen
- g. = grams
- lb. = pound
- mg. = milligrams
- oz. = ounce
- pt. = pint
- qt. = quart
- Tbsp. = Tablespoon
- tsp. = teaspoon
- temp. = temperature







# SOUPS & SALADS



# Adobe Bean Salad



## Ingredients

- 1 can (15 ounce) kidney beans, rinsed and drained
- 1 can (11 ounce) corn, drained
- 1 c. (16 ounce) dried Great Northern beans, soaked overnight
- 1 c. raw carrots, chopped or shredded
- 2 Tbsp. onion, chopped
- 1/8 tsp. garlic powder
- 1/2 cup Italian dressing

## Nutritional Facts

- 8 servings per recipe, 3/4 c. per serving, 175 Cal., 24 g. carbohydrates, 7 g. protein, 785 mg. sodium per serving

## Instructions

1. Combine first 6 ingredients in a bowl.
2. Stir in Italian dressing and mix well.
3. Refrigerate for 1 hr.

**Note:** 1 can black beans can be substituted for the Great Northern Beans.

# Barley Lentil Soup



## Ingredients

- 1 Tbsp. olive oil
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 c. sliced onion
- 1 c. sliced carrot
- 1 c. sliced celery
- 1 can (15 oz.) stewed or diced tomatoes, with juice
- 3 c. low-sodium chicken or vegetable broth
- 3 c. water
- 1 c. dry lentils
- 2/3 c. pearl barley
- 1/2 tsp. oregano
- 1 tsp. basil
- Salt and pepper to taste

## Nutritional Facts

- 10 servings per recipe, 1 c. per serving, 170 Cal., 30g carbohydrates, 6 g. fiber, 10 g. protein, 150 mg. sodium, 320 mg. potassium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. In a large saucepan or soup pot, heat oil over medium-high heat. Add onion and stir for about 1 min. Add garlic and stir for another minute.
2. Add the rest of the ingredients and bring to a boil. Lower the heat to a light simmer. Place a lid on the pan.
3. Cook until the barley and lentils are tender, about 1-1 1/2 hrs. Serve hot.
4. Refrigerate leftovers within 2 hrs.



# Beet and Carrot Salad



## Ingredients

- 1 carrot, sliced thin or coarsely grated
- 1/4 c. minced onion
- 2 Tbsp. light mayonnaise or plain yogurt
- 1/4 tsp. each salt and pepper
- 1 Tbsp. chopped cilantro (optional)
- 6 (2-in. round) beets, cooked from fresh and diced, or 1 can (15 oz.) drained, rinsed

## Nutritional Facts

- 4 servings per recipe, 2/3 c. per serving, 70 Cal., 10 g. carbohydrates, 3 g. fiber, 1 g. protein, 260 mg. sodium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. Cook sliced carrots, if desired, until just tender. Try microwaving or steaming.
2. In a medium bowl, combine the onion, mayonnaise, salt and pepper. Add cilantro, if desired. Add beets and carrots and stir to mix. Serve warm or cold.
3. Refrigerate leftovers within 2 hrs.

# Black Bean Soup



## Ingredients

- 1 Tbsp. olive oil
- 1 small onion chopped (about 1 c.)
- 4 cloves garlic, minced or 1 tsp. garlic powder
- 1 can (15 oz.) diced tomatoes with green chilis
- 4 c. black beans, about 2 cans (15 oz.) cooked or canned (with liquid)
- 2 russett potatoes, peeled and diced
- 4 c. water
- 1/2 c. fresh cilantro, chopped
- 1 Tbsp. cumin
- 1/2 c. lime juice or juice from 1 lime
- Hot sauce to taste

## Nutritional Facts

- 12 servings per recipe, 1 c. per serving, 130 Cal., 24 g. carbohydrates, 7 g. fiber, 6 g. protein, 200 mg. sodium, 512 mg. potassium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. Heat oil in a large pot over medium-high heat. Sauté the onion for 2 min. Add the garlic and tomatoes and cook for 2 min. Stir often.
2. Add the beans, potatoes and water. Bring to a boil; then reduce to a medium-low heat. Cover and cook for 20 min.
3. Add the cilantro, cumin, lime juice and hot pepper sauce, if desired. Stir and cook for 10 min. Serve hot.
4. Refrigerate leftovers within 2 hrs.



# Bow-Tie Pasta Salad



## Ingredients

- 2 c. cooked pasta
- 1/4 c. chopped celery
- 2 Tbsp. chopped green pepper
- 2 Tbsp. shredded carrot
- 2 Tbsp. minced onion
- 1/8 tsp. pepper
- 2/3 c. mayonnaise
- 1/2 tsp. sugar
- 1 tsp. lemon juice

## Nutritional Facts

- 8 servings per recipe, 1/3 c. per serving, 189 Cal., 12 g. carbohydrate, 2 g. protein, 111 mg. sodium, 61 mg. potassium, 31 mg. phosphorus.
- Permission to reprint this recipe granted by Megan Schultz at the National Kidney Foundation. For more recipes and other renal diet tips, check out [kidney.org/nutrition](http://kidney.org/nutrition).

## Instructions

1. Mix pasta, celery, green pepper, carrot, and onion in a bowl.
2. In a separate bowl, blend pepper, mayonnaise, sugar, and lemon juice until smooth. Pour over pasta and vegetables and mix until well coated.
3. Serve chilled.



# Chicken Rice Vegetable Chowder



## Ingredients

- 2 cans (10 oz. each) cream of chicken soup
- 1 can (10 oz.) water
- 1 can (15 oz.) mixed vegetables
- 2 cans (5 oz. each) chunk chicken
- 1 c. long cooking rice
- 1 1/2 c. grated cheddar cheese

## Nutritional Facts

- 6 servings per recipe, 1 c. per serving, 304 Cal., 25 g. carbohydrates, 23 g. protein, 703 mg. sodium per serving

## Instructions

1. In a saucepan mix the chicken soup, water, vegetables, chicken, and rice.
2. Cook over medium-high heat until boiling.
3. Reduce heat and simmer for 15 min.
4. Add cheese and stir until melted.

# Chicken Vegetable Soup



## Ingredients

- 4 cans (14 oz. each)  
chicken broth
- 1/2 c. water
- 1 package (12 oz.)  
egg noodles
- 1 can (14 oz.)  
mixed vegetables
- 2 cans (5 oz. each)  
chicken breast

## Nutritional Facts

- 6 servings per recipe,  
1/2 c. per serving,  
211 Cal., 57 g.  
carbohydrates, 16 g.  
protein, 1,481 mg.  
sodium per serving

## Instructions

1. Combine chicken broth, water, and egg noodles in a large saucepan.
2. Cook for 7-8 min. over medium heat or until noodles are tender.
3. Add mixed vegetables and chicken.
4. Simmer for 5-7 min.

# Corn Soup



## Ingredients

- 1/2 c. margarine
- 1 tsp. garlic powder
- 1 can (15 oz.) cream style corn
- 1 c. chicken broth
- 2 c. 2% milk
- 1 tsp. oregano
- 1 c. cheddar cheese, grated

## Nutritional Facts

3 servings per recipe, 2 c.  
per serving, 458 Cal., 31 g.  
carbohydrates, 24 g.  
protein, 1,628 mg. sodium  
per serving

## Instructions

1. Combine margarine, garlic powder, and corn in a medium saucepan.
2. Cook on medium heat for 2-3 min.
3. Add broth, milk, and oregano.
4. Bring the mixture to a boil, stirring occasionally.
5. Reduce heat, cover, and simmer 2-3 min. more.
6. Stir in cheese, and continue cooking until the cheese melts.



# Cowboy Salad



## Ingredients

- 2 c. black-eyed peas or black beans
- 1 1/2 c. canned corn
- 1 bunch cilantro
- 1 bunch green onions (about 5 green onions)
- 3 medium tomatoes or 1 can of tomatoes with green chilis
- 1 avocado (optional)
- 1 Tbsp. olive oil
- 2 Tbsp. vinegar or lime juice
- 1/2 tsp. each salt and pepper

## Nutritional Facts

- 5 servings per recipe, 1/2 c. per serving, 155 Cal., 19 g. carbohydrates, 5 g. fiber, 5 g. protein, 95 mg. sodium, 290 mg. potassium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. If using dried black-eyed peas, you'll need at least 6 hrs to rehydrate them. Place them in a large bowl and add 3 c. of water for every one cup of peas. Cover, place in the refrigerator, and let beans soak for six hours or overnight.
2. Drain and rinse the black-eyed peas (or black beans) and corn.
3. Finely chop the cilantro and green onions.
4. Dice the tomatoes and avocado.
5. In a large bowl, combine all the veggies.
6. In a small bowl, mix together oil, vinegar, salt and pepper.
7. Pour oil mixture over veggies and toss lightly. Enjoy!
8. Refrigerate leftovers within 2 hrs.



# Peanutty Stew



## Ingredients

- 1 c. cooked brown rice
- 2 c. vegetable broth or chicken broth, reduced sodium
- 1 tsp. onion powder or dehydrated minced onion
- 1 tsp. garlic powder or 4 cloves garlic
- 1/2 tsp. ground ginger
- 1/8 tsp. red pepper (optional)
- 2 c. medium diced peeled sweet potato or yam
- 1 can (14.5 oz.) diced tomatoes with liquid
- 1/2 tsp. salt
- 1/2 c. creamy peanut butter
- 1 1/4 c. nonfat or 1% milk
- 3 c. baby spinach leaves, coarsely chopped
- 1/4 c. chopped dry roasted peanuts (optional)
- Green onion, thinly sliced (optional)

## Nutritional Facts

- 8 servings per recipe, 1 c. per serving, 210 Cal., 24 g. carbohydrates, 4 g. fiber, 9 g. protein, 410 mg. sodium.
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. Combine first 9 ingredients in a soup pot. Bring to a boil, then turn down to medium low, cover and simmer for 10 min.
2. Stir in peanut butter and milk. Return to a gentle simmer and cook uncovered for 5 min.
3. Stir in spinach and cook until wilted, 2 to 3 min. Remove from heat. Top with peanuts and green onion, if desired.
4. Refrigerate leftovers within 2 hrs.

# Quick Egg-Drop Soup



## Ingredients

- 3 cans (14 oz.) chicken broth
- 1 small yellow onion, sliced
- 1 1/2 tsp. garlic powder
- 1 can (5 oz.) canned chicken breast
- 2 eggs

*Note: You can be creative with this recipe by adding your favorite canned, fresh, or frozen vegetables*

## Nutritional Facts

- 6 servings per recipe, 1 c. per serving, 109 Cal., 1 g. carbohydrates, 11 g. protein, 798 mg. sodium per serving

## Instructions

1. Pour chicken broth into a large saucepan; bring to a boil. Add onions, garlic powder, and canned chicken.
2. Reduce heat, cover, and let simmer for 15 min. or until onions are soft.
3. Lightly beat eggs into a small bowl.
4. Slowly pour beaten eggs into the soup and stir quickly so the egg cooks in small, stringy pieces.
5. Serve immediately.



# Tabouli



## Ingredients

- 1 c. dry pearl barley or bulgur wheat
- 1/2 chopped cucumber
- 2 stalks celery, chopped
- 1 tomato, chopped
- 4 green onions, chopped
- 1/4 c. chopped fresh mint (or cilantro)
- 1 c. chopped fresh parsley
- 1 clove garlic, minced or 1/4 tsp. garlic powder
- 1/4 c. lemon juice (or vinegar or half of each)
- 2 Tbsp. olive oil
- 1 tsp. pepper
- 1/4 tsp. salt

## Nutritional Facts

- 8 servings per container, 1/2 c. per serving, 17 g. carbohydrates, 3 g. fiber, 3 g. protein, 100 mg. sodium, 185 mg. potassium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. Combine 1 c. of barley with 3 c. of water and bring to a boil. Lower heat to a simmer and cook until barley is chewy and tender, about 25-30 min.
2. In a small bowl or a jar with a lid, mix or shake the dressing ingredients together. Set aside.
3. Add the chopped vegetables, herbs and garlic to the prepared bulgur.
4. Pour the dressing over the salad and stir. Refrigerate for 2-3 hrs. and serve chilled.
5. Refrigerate leftovers within 2 hrs., enjoy!



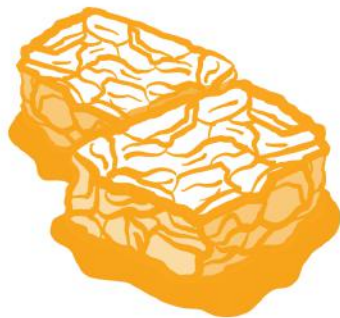




# BREAKFAST DISHES



# Apple Spice Baked Oatmeal



## Ingredients - Oatmeal Squares

- 1 egg, beaten
- 1/2 c. applesauce
- 1 1/2 c. nonfat or 1% milk
- 1 tsp. vanilla
- 2 Tbsp. vegetable oil
- 1 apple, chopped (about 1 1/2 cups)
- 2 c. old fashioned rolled oats
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp. cinnamon

## Ingredients - Topping

- 2 Tbsp. packed brown sugar
- 2 Tbsp. chopped nuts (optional)

## Nutritional Facts

- 9 servings per recipe, one square per serving. 25 g. carbohydrates, 3 g. fiber, 5 g. protein, 150 mg. sodium, 116 mg. potassium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. Preheat oven to 375°F. Lightly oil an 8 in. x 8 in. baking dish.
2. Combine the egg, applesauce, milk, vanilla and oil in a bowl. Mix in the apple.
3. In a separate bowl, mix the rolled oats, baking powder, salt and cinnamon. Add to the liquid ingredients and mix well.
4. Pour mixture into baking dish, and bake for 25 min.
5. Remove from oven and sprinkle with brown sugar and (optional) nuts.
6. Return to oven and broil for 3-4 min. until top is browned and the sugar bubbles.
7. Serve warm. Refrigerate leftovers within 2 hrs.



# Fruit Topped Pancakes

## Ingredients

- 1 box (8 oz.) "Jiffy" corn muffin mix
- 1 egg
- 2 Tbsp. vegetable oil
- 3/4 c. 2% milk
- 2 cans (8 oz.) pineapple chunks or unsweetened applesauce



## Nutritional Facts

- 10 servings per recipe, one pancake per serving. 164 Cal., 24 g. carbohydrates, 3 g. protein, 247 mg. sodium per serving
- Permission to reprint granted by the Chelsea Milling Company, the makers of "Jiffy" mixes.

## Instructions

1. Blend the ingredients, except fruit, in a large bowl.
2. The batter will be slightly lumpy.
3. Pour a small amount of the batter in a hot skillet (the skillet is hot when a few drops of water dance on the surface).
4. Turn the pancakes when bubbles begin to appear and the edges begin to dry.
5. Top the pancakes with fruit.



# Peanut Butter Energy Bites



## Ingredients

- 1 1/4 c. rolled oats
- 2/3 c. peanut butter
- 3-4 Tbsp. honey
- 3 Tbsp. ground flaxseed
- 2 Tbsp. water
- 1/4 c. mix-ins: mini chocolate chips, chopped peanuts, raisins, hemp seeds, or dates

## Nutritional Facts

- 18 servings per recipe, one ball per serving, 120 Cal., 12 g. carbohydrates, 2 g. fiber, 4.5 g. protein

## Instructions

1. Add oats, peanut butter, honey, flaxseed and mix ins to a bowl.
2. Add half the water and begin mixing.
3. Add remaining water and use your hands to thoroughly mix all ingredients.
4. Form mixture into 1 in. diameter balls (it helps to do this with wet hands).
5. Store energy bites in a sealed container or bag in the fridge for a week.

# Peanut Butter Oatmeal



## Ingredients

- 1 1/3 c. uncooked oatmeal
- 4 tsp. peanut butter
- 1/4 c. honey

## Nutritional Facts

- 4 servings per recipe, 2/3 c. per serving, 238 Cal., 35 g. carbohydrates, 3 g. fiber, 6 g. protein, 71 mg. sodium, 174 mg. potassium, 138 mg. phosphorus
- Permission to reprint this recipe granted by Megan Schultz at the National Kidney Foundation. For more recipes and other renal diet tips, check out [kidney.org/nutrition](http://kidney.org/nutrition).

## Instructions

1. Cook oatmeal in water following the directions on the package, omit the salt.
2. Divide cooked oatmeal into 4 bowls and dollop 1 Tbsp. of peanut butter and 1 tsp. of honey in each bowl. If you desire, top with your favorite fruit!

# Sweet Potato and Orange Muffins



## Ingredients

- 1 1/3 c. all-purpose flour
- 1 1/2 tsp. baking powder
- 1 1/4 tsp. baking soda
- 3/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 3/4 c. mashed sweet potatoes (cooked from fresh or canned and drained)
- 1/3 c. packed brown sugar
- 1 egg
- 2/3 c. orange juice
- 1/4 c. grated carrot
- 3/4 tsp. vanilla

## Nutritional Facts

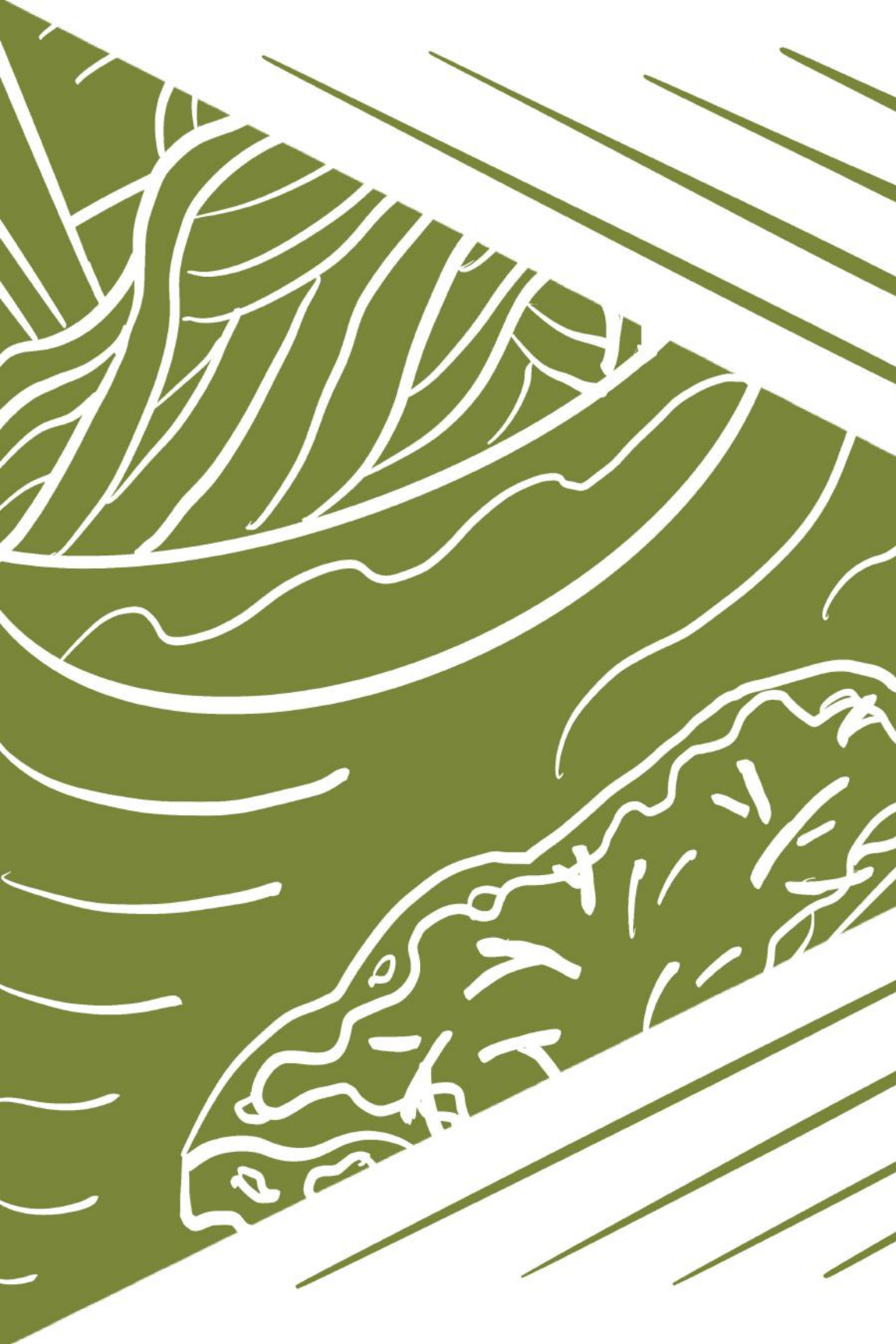
- 12 servings per recipe, one muffin per serving, 100 Cal., 21 g. carbohydrates, 1 g. fiber, 2 g. protein, 210 mg. sodium, 105 mg. potassium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. Preheat oven to 400°F. Lightly grease muffin tins for 12 muffins.
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon and nutmeg.
3. In a separate bowl, combine sweet potatoes, brown sugar, eggs, orange juice, carrots and vanilla. Mix well.
4. Add dry ingredients to liquid ingredients. Stir gently until flour is moistened.
5. Fill muffin tins 3/4 full. Bake 20 min. or until tops are browned and bounce back when touched lightly in the center.
6. Cool 5 min. and loosen around the edge of each muffin to remove from tins.
7. Cool completely then store in an air-tight container at room temperature.









# MAIN DISHES



# Avocado Lime Salmon



## Ingredients

- 6 oz. skinless salmon
- 1 clove garlic, minced
- Olive oil, to taste
- Salt, to taste
- Pepper, to taste
- 1/2 tsp. paprika
- 1/2 avocado, chopped
- 1/4 red onion, chopped
- 1 Tbsp. fresh cilantro, chopped
- 1 Tbsp. olive oil
- Salt, to taste
- Pepper, to taste
- 1 Tbsp. lime juice

## Nutritional Facts

- 1 serving per recipe, one fillet per serving, 657 Cal., 14 g. carbohydrates, 6 g. fiber, 37 g. protein, 106 mg. sodium (without added salt)

## Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. On the prepared baking sheet, rub the salmon with the garlic, olive oil, salt, pepper, and paprika.
3. Bake for 10-12 min., until cooked through.
4. Make the avocado topping: In a small bowl, gently mix together the avocado, red onion, cilantro, olive oil, salt, pepper, and lime juice. Don't overmix or you'll break down the avocado.
5. Spoon the avocado topping over the salmon.

# Barbecued Chicken Sandwiches



## Ingredients

- 1 Tbsp. margarine
- 1 small onion, chopped
- 2 cans (5 oz. each) chunk chicken, drained
- 1/2 c. barbecue sauce
- 4 hamburger buns

## Nutritional Facts

- 4 servings per recipe 1 c. per serving, 300 Cal., 42 g. carbohydrates, 19 g. protein, 900 mg. sodium per serving

## Instructions

1. In a skillet, melt margarine over low heat.
2. Cook onion until tender.
3. Add drained chicken and barbecue sauce.
4. Heat through.
5. Divide mixture evenly among buns.



# Black Eyed Peas and Greens



## Ingredients

- 2 c. of mixed greens
- 2 bags of black eyed peas, soaked overnight, drained
- 2 fresh yellow onions, peeled and diced
- 1lb. diced turkey sausage
- 4 oz. hot sauce
- 4 cloves of garlic
- 4 c. vegetable stock or chicken stock

## Nutritional Facts

- 14 servings, 6 oz. per serving, 300 Cal., 43 g. carbohydrates, 24 g. protein, 650 mg. sodium, 918 mg. potassium

## Instructions

1. Heat stock in soup pot, add onions and garlic and cook for 5 min.
2. Add sausage, add black eyed peas, let cook for 1 hr. on simmer.
3. Add greens and simmer for 1 hr. until beans are soft. Turn off heat.
4. Add hot sauce, taste. Add salt and pepper to taste.

# Broccoli, Chicken, Macaroni and Cheese Dinner



## Ingredients

- 1 box (7 oz.) macaroni and cheese
- 1 can (5 oz.) white meat chicken
- 2 c. fresh or frozen broccoli, chopped and cooked
- 1/8 tsp. of pepper

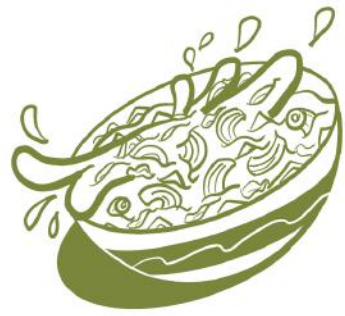
## Nutritional Facts

- 6 servings per recipe, 1 c. per serving, 247 Cal., 27 g. carbohydrates, 24 g. protein, 486 mg. sodium per serving

## Instructions

1. Prepare macaroni and cheese according to box directions.
2. Drain the chicken.
3. Add the chicken, broccoli, and pepper to the prepared macaroni; stir well.
4. Extra grated cheese can be added.

# Busy Day Goulash



## Ingredients

- 1 lb. ground beef
- 1/2 medium onion, chopped
- 4 c. (8 oz.) macaroni noodles
- 2 cans (14.5 oz. each) stewed tomatoes
- 1/2 tsp. chili powder

## Nutritional Facts

- 4 servings per recipe, 1 c. per serving, 300 Cal., 45 g. carbohydrates, 19 g. protein, 60 mg. sodium per serving

## Instructions

1. Brown ground beef in a large skillet.
2. Add onion.
3. Cook the onion until clear.
4. Boil the noodles until tender, then drain them.
5. Add stewed tomatoes and chili powder to the meat.
6. Simmer for 1 min.
7. Add the noodles.
8. Simmer, uncovered, for 10 min.

# Chicken Casserole



## Ingredients

- 2 c. water
- 1 c. extra long grain rice
- 1 can (5 oz.) chunk chicken
- 3 cloves garlic, minced
- 1 can (10 oz.) cream of mushroom soup
- 1 can (15 oz.) mixed vegetables
- 1/2 c. shredded cheddar cheese (optional)

## Nutritional Facts

- 8 servings per recipe, 1 c. per serving, 139 Cal., 16.5g carbohydrates, 7 g. protein, 260 mg. sodium per serving

## Instructions

1. Preheat the oven to 350°F.
2. Place 2 c. of water in a medium saucepan and bring it to a boil.
3. Add rice, reduce the heat, cover and cook on low for approximately 20 min.
4. Drain chicken and place in a skillet with garlic.
5. Cook 3-5 min. over medium heat until brown.
6. Combine rice with chicken in a casserole dish.
7. Stir in the mushroom soup, peas and carrots.
8. Bake chicken, rice and vegetable mixture 10-15 min.
9. If desired, top with cheese before baking.



# Chicken and Rice



## Ingredients

- 1 can (5 oz.) chunk chicken
- 1 can (10 oz.) cream of mushroom soup
- 1 soup can (10 oz.) water
- 1 can (10 oz.) diced tomatoes with green chilies
- 1/2 c. extra long grain rice
- Grated cheddar cheese (optional)

## Nutritional Facts

- 4 servings per recipe, 1 c. per serving, 163 Cal., 19 g. carbohydrates, 9 g. protein, 7 g. fat, 994 mg. sodium per serving

## Instructions

1. Combine all ingredients in a medium saucepan and bring it to a boil.
2. Reduce heat, cover and simmer 20 min. or until the rice is tender.
3. Let it stand for 5 min.
4. Top with cheese if desired.

# Egg on Seasoned Rice



## Ingredients

- 2 cans (14 oz. each) chicken broth
- 4 Tbsp. margarine
- 1 Tbsp. garlic powder
- 1 tsp. black pepper
- 1 1/2 c. extra long grain white rice
- 3 eggs
- 3 Tbsp. soy sauce

## Nutritional Facts

- 3 servings per recipe, 1 c. per serving, 489 Cal., 27 g. carbohydrates, 18 g. protein, 1,437 mg. sodium per serving

## Instructions

1. Put chicken broth, 1 Tbsp. margarine, garlic powder and pepper in a saucepan and bring to a boil.
2. Stir in the rice.
3. Cover, reduce heat and simmer over low heat for 20 min. or until the rice is tender.
4. Melt remaining margarine in a large skillet and cook the eggs sunny-side up.
5. Divide the rice on three plates.
6. Place 1 egg on top of each plate of rice and top with 1 Tbsp. of soy sauce.
7. Break each egg yolk and serve immediately.

# German Meatballs



## Ingredients

- 1 lb. ground beef
- 1/2 lb. ground turkey
- 1/2 c. diced onions
- 3/4 c. breadcrumbs
- 1 Tbsp. of fresh parsley or 1 tsp. dried parsley
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. Worcestershire sauce
- 1 large egg, beaten
- 1/2 c. milk
- 2 Tbsp. oil
- 1 can sauerkraut
- 1/2 c. water

## Nutritional Facts

- 6 servings per recipe, 3 meatballs per serving, 344 Cal., 29 g. carbohydrates, 30 g. protein, 1,459 mg. sodium

## Instructions

1. In a bowl, combine the beef, turkey, onions, breadcrumbs, parsley, salt, pepper, Worcestershire sauce, egg, and milk and mix until well combined. Shape into 18 two in. meatballs.
2. Heat the oil in a large skillet and brown the meatballs on all sides. Remove the meatballs and drain the excess fat.
3. Spoon sauerkraut into skillet with some of the water and top with meatballs. Cover and simmer for 15-20 min. or until meatballs are cooked through, adding water as needed.
4. Serve warm and enjoy!

# Indian Lentils and Pasta



## Ingredients

- 1 Tbsp. olive oil
- 1 large onion, chopped
- 2 cloves garlic finely chopped  
or 1/2 tsp. garlic powder
- 3 c. water
- 1 can (15 oz.) diced tomatoes  
with green chilis, with juice
- 1/2 c. dry lentils, rinsed
- 1 tsp. ground cumin
- 1 tsp. turmeric
- 1/4 tsp. red pepper flakes  
(optional)
- 1/2 c. orzo or tiny pasta
- 1/4 c. fresh cilantro, chopped

## Nutritional Facts

- 6 servings per recipe, 1 c.  
per serving, 170 Cal., 30 g.  
carbohydrate, 4 g. fiber, 7 g.  
protein, 170 mg. sodium,  
327 mg. potassium
- Permission to reprint this  
recipe granted by Lauren  
Tobey, MS, RD at Food Hero.  
For more recipes like this  
and other helpful healthy  
food tips, check out [https://  
www.foodhero.org/](https://www.foodhero.org/).

## Instructions

1. Heat oil in a large skillet over medium heat (300°F in an electric skillet).  
Add onion and garlic and cook 3-4 minutes.
2. Stir in water, diced tomatoes with juice, lentils, cumin, turmeric, and  
red pepper flakes, if desired.
3. Bring to a boil. Cover and reduce heat to low (250°F in an electric  
skillet). Simmer for 25 min.
4. Add pasta and cook uncovered until pasta is tender, about 10 minutes.
5. Sprinkle with cilantro and serve warm.
6. Refrigerate leftovers within 2 hrs.



# Microwaved Meatloaf

## Meatloaf Ingredients

- 2 lb. lean ground beef
- 1/2 c. onion, chopped
- 1/2 c. rolled oats
- 1/2 c. skim milk
- 2 eggs
- 1/2 tsp. salt
- 1 tsp. pepper

## Glaze Ingredients

- 1/2 c. ketchup
- 2 Tbsp. brown sugar



## Nutritional Facts

- 8 servings per recipe, 3 oz. per serving, 205 Cal., 12 g. carbohydrates, 21g. protein, 158 mg. sodium per serving

## Instructions

1. Combine the ingredients for the meatloaf in a 1 qt. mixing bowl and mix well.
2. Pat into a microwave-safe loaf pan.
3. Cover with wax paper and cook for 30 min.
4. Drain well.
5. Combine ketchup and brown sugar.
6. Spread over meatloaf.
7. Cook an additional 5 min.
8. Let stand for 5 min. before serving.

# One Pan Spaghetti



## Ingredients

- 1/2 lb. lean ground beef (15% fat) or ground turkey
- 1 medium onion, chopped
- 3 1/2 c. water
- 1 can (15 oz.) tomato sauce
- 2 tsp. dried oregano
- 1/2 tsp. sugar
- 1/2 tsp. garlic powder or 2 garlic cloves
- 1/2 tsp. rosemary
- 1/3 tsp. pepper
- 2 c. (12 oz.) broken spaghetti or whole wheat spaghetti
- 1 c. (4 oz.) grated parmesan cheese

## Nutritional Facts

- 10 servings per recipe, 1 c. per serving, 30 g. carbohydrates, 2 g. fiber, 13 g. protein, 370 mg. sodium, 320 mg. potassium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. Brown meat and onions in a large skillet over medium-high heat (300°F in an electric skillet). Drain fat.
2. Stir in water, tomato sauce and spices. Bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 min., stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers within 2 hrs.

# Pasta with Pesto



## Ingredients

- 1/4 c. olive oil
- 1/4 c. grated parmesan cheese
- 1/4 c. chopped fresh parsley
- 2 Tbsp. dried basil
- 1 clove garlic, minced
- 1 lb. pasta, uncooked

## Nutritional Facts

- 8 servings per recipe, 1/2 c. per serving, 283 Cal., 45 g. carbohydrates, 8 g. protein, 45 mg. sodium, 146 mg. potassium, 115 mg. phosphorus
- Permission to reprint this recipe granted by Megan Schultz at the National Kidney Foundation. For more recipes and other renal diet tips, check out [kidney.org/nutrition](http://kidney.org/nutrition).

## Instructions

1. Bring a large pot of water to a boil. Cook pasta in unsalted water according to package instructions. Drain pasta when it is finished cooking.
2. Combine all ingredients except pasta in a blender or food processor. Blend or process until smooth.
3. Toss the sauce with the drained pasta. Serve hot.

# Quick Chicken Tacos



## Ingredients

- 1 can (5 oz.) chunk chicken, drained
- 1/4 c. salsa
- 1 Tbsp salt-free taco seasoning
- 1/2 c. shredded lettuce
- 1/2 c. shredded cheese
- 4 corn tortillas

## Nutritional Facts

- 2 servings per recipe, two tacos per serving, 347 Cal., 20 g. carbohydrates, 23 g. protein, 703 mg. sodium per serving

## Instructions

1. Mix the chicken and salsa in a saucepan.
2. Heat thoroughly over low heat, stirring often.
3. Arrange the lettuce in taco shells.
4. Top each shell with 1/4 of the chicken mixture and cheese.
5. Serve with additional salsa, tomatoes, beans, born, or guacamole if desired.



# Salmon Pasta Skillet



## Ingredients

- 1 1/2 c. penne or whole wheat pasta of your choice
- 1 Tbsp. margarine or butter
- 2 Tbsp. chopped onion
- 1 can (5 oz.) canned salmon, drained (about 1/2 c. cooked fresh salmon)
- 2 small tomatoes, chopped
- 3 Tbsp. lemon juice
- 1 Tbsp. chopped parsley or 1 tsp. dried parsley
- 1/2 tsp. salt

## Nutritional Facts

- 6 servings per recipe, 1/2 c. per serving, 150 Cal., 22 g. carbohydrates, 2 g. fiber, 10 g. protein, 210 mg. sodium, 123 mg. potassium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. Cook pasta according to package directions. Drain, then set aside.
2. While pasta is cooking, heat margarine or butter in a medium skillet over medium heat (300°F in an electric skillet). Add onion and cook until tender.
3. Add cooked pasta, salmon, tomato, lemon juice, parsley and salt. Cook until heated through.
4. Refrigerate leftovers within 2 hrs.



# Tasty Hamburger Skillet



## Ingredients

- 1 lb. lean ground beef (15% fat or less)
- 1/3 c. chopped onion
- 1/3 c. chopped green pepper
- 2 c. water
- 1 c. white rice
- 1 tsp. garlic powder or 4 cloves of garlic
- 1 Tbsp. chili powder
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 can (15 oz.) diced tomatoes with juice
- 1 1/2 c. corn (canned and drained, frozen, or fresh cooked)
- 1 can (15 oz.) red kidney beans, drained and rinsed
- 1/2 c. grated cheddar cheese

## Nutritional Facts

- 9 servings per recipe, 1 c. per serving, 36 g. carbohydrates, 6 g. fiber, 16 g. protein, 220 mg. sodium, 333 mg. potassium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. Wash hands with soap and water.
2. Cook ground beef, onion and green pepper in large skillet over medium heat (300°F in an electric skillet) until hamburger is no longer pink. Drain excess fat from pan.
3. Add water, rice, garlic powder, chili powder, salt, pepper, tomatoes with juice, corn and beans.
4. Cover the pan and cook for about 20 min. or until rice is soft.
5. Remove from heat, sprinkle with grated cheese and serve hot.
6. Refrigerate leftovers within 2 hrs.

# Tuna Noodle Casserole



## Ingredients

- 4 c. (8 oz.) dry macaroni noodles
- 1 can (6 oz.) tuna fish
- 1 can (10 oz.) green peas
- 1 can (10 oz.) cream of mushroom soup
- 8 oz. (2 c.) cheddar cheese, shredded or cubed
- 1/4 tsp. pepper
- 1/4 garlic salt

## Nutritional Facts

- 6 servings per recipe, 1 c. per serving, 285 Cal., 38 g. carbohydrates, 16 g. protein, 600 mg. sodium per serving

## Instructions

1. Preheat the oven to 350°F
2. Bring a pot of water to a rapid boil.
3. Add the macaroni and cook it uncovered at a gentle boil for 6-8 min. until it is tender. Drain pasta.
4. While the oven is heating, drain the tuna, thaw, and drain the peas.
5. Mix all of the ingredients together.
6. Bake in a 2 qt. casserole for 30 min.









## SIDE DISHES



# Barley Rice Pilaf



## Ingredients

- 1 Tbsp. margarine
- 1 small yellow onion, chopped
- 1/3 c. barley
- 1/3 c. white rice
- 2 c. low sodium chicken broth
- 1 carrot, peeled and chopped fine
- 1 stalk celery, chopped fine
- 1/2 tsp. dried thyme
- 1/8 tsp. pepper

## Nutritional Facts

- 4 servings per recipe, 1/2 c. per serving, 171 Cal., 30 g. carbohydrates, 4 g. protein, 400 mg. sodium, 186 mg. potassium, 80 mg. phosphorus
- Permission to reprint this recipe granted by Megan Schultz at the National Kidney Foundation. For more recipes and other renal diet tips, check out [kidney.org/nutrition](http://kidney.org/nutrition).

## Instructions

1. In a medium saucepan, melt margarine over moderate heat. Add onion and cook for about 5 min. or until soft.
2. Add barley and rice. Cook, stirring for 1 min. Add remaining ingredients and bring to a boil.
3. Reduce heat and simmer, covered, for 15 min. or until liquid is fully absorbed.
4. Serve warm, enjoy!

# Confetti Rice



## Ingredients

- 2 c. chicken broth
- 1 c. extra long grain white rice
- 1 can (15 oz.) mixed vegetables
- 1/4 c. shredded cheddar cheese

## Nutritional Facts

- 3 servings per recipe, 1/2 c. per serving, 276 Cal., 35 g. carbohydrates, 11 g. protein, 9 g. fat, 1,153 mg. sodium per serving

## Instructions

1. Place the chicken broth in a medium saucepan and bring to a boil over high heat.
2. Stir in rice.
3. Cover, reduce heat to low, and simmer for approximately 20 min. or until all the chicken broth is absorbed.
4. Stir in the mixed vegetables.
5. Sprinkle cheese over the top.
6. Cover the pan until the cheese is melted, then serve.



# Fruit and Nut Slaw



## Ingredients

- 5 c. thinly sliced cabbage (about 1 1/2 lb. or 1/2 small head – try a mix of red and green)
- 1/2 c. dried fruit (try raisins or cranberries)
- 1 carrot, grated
- 1/3 c. vinegar
- 2 Tbsp. sugar
- 2 tsp. olive oil
- 3/4 tsp. salt
- 1/2 tsp. black pepper
- 2 1/4 c. thinly sliced apple (about 1 1/3 medium apples)
- 1/4 c. chopped nuts, toasted

## Nutritional Facts

- 8 servings per recipe, 1 c. per serving, 110 Cal., 19 g. carbohydrates, 3 g. fiber, 2 g. protein, 230 mg. sodium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. In a large bowl, stir together cabbage, dried fruit and carrot.
2. In small bowl, mix vinegar, sugar, oil, salt and pepper.
3. Pour vinegar mixture over cabbage mixture.
4. Add apple and nuts just before serving. Mix well.
5. Refrigerate leftovers within 2 hrs.

# Green Bean Casserole



## Ingredients

- 2 cans (14 oz.) green beans
- 1 can (10 oz.) cream of mushroom soup
- 3/4 c. skim milk
- 1/8 tsp. pepper
- 1/4 tsp. dried onion flakes
- 1/4 tsp. dry dill weed

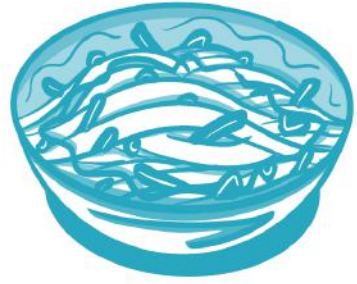
## Nutritional Facts

- 6 servings per recipe, 3/4 c. per serving, 80 Cal., 9 g. carbohydrates, 4 g. protein, 3 g. fat, 845 mg. sodium per serving

## Instructions

1. Preheat the oven to 350°F.
2. Drain the liquid from the green beans.
3. Combine all the ingredients.
4. Place in a casserole dish and bake for 45 min., or until heated through.

# Presto Pasta



## Ingredients

- 8 oz. dry spaghetti
- 1 can (14 oz.) diced tomatoes
- 1 can (14 oz.) sweet peas, drained
- 1 can (14 oz.) cut green beans, drained
- 1 can (14 oz.) carrots, undrained
- 1 can (6 oz.) tomato paste
- 1 tsp. Italian seasoning
- 1 tsp. garlic powder

## Nutritional Facts

- 4 servings per recipe, 2 c. per serving, 146 Cal., 71 g. carbohydrates, 6 g. protein, 450 mg. sodium per serving

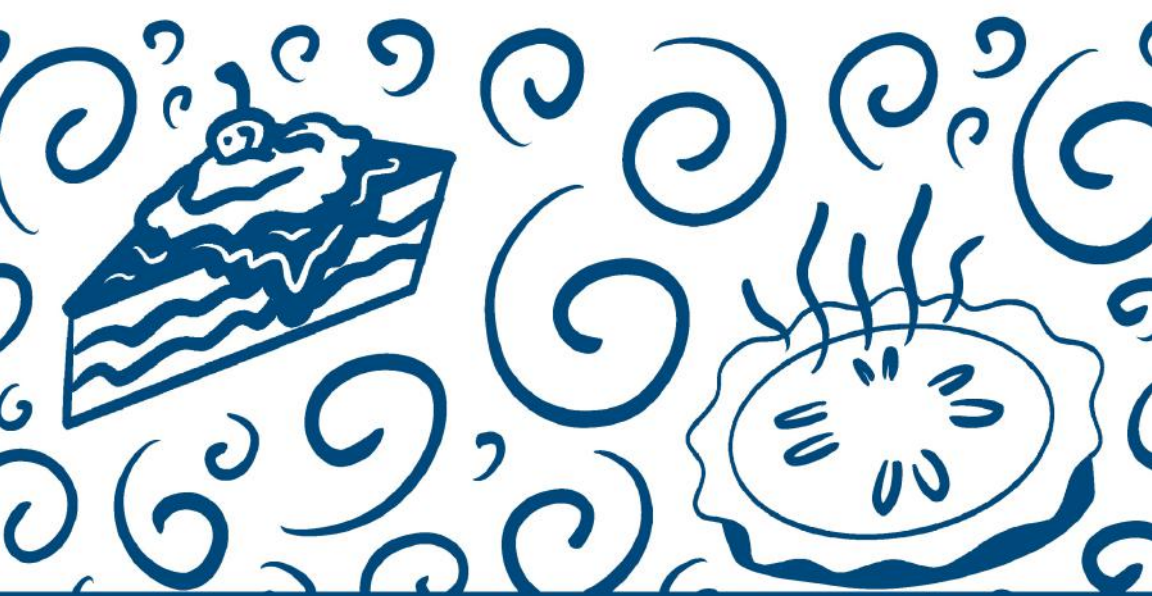
## Instructions

1. Place 1 qt. of water in a large sauce pot and bring to a boil.
2. Add spaghetti and cook until tender.
3. Drain and place in a serving bowl.
4. In a medium saucepan combine tomatoes, peas, green beans, undrained carrots, tomato paste, Italian seasoning, and garlic powder.
5. Heat on low until hot.
6. Top spaghetti with vegetable mixture, toss well to mix.









# DESSERTS



# Hot Fruit Compote



## Ingredients

- 28 oz. can of pear slices
- 28 oz. can of peach slices
- 28 oz. can of pineapple chunks
- 28 oz. cherry pie filling
- 2 c. crushed corn flakes
- 1/4 c. margarine, melted

## Nutritional Facts

- 12 servings per recipe, one 3 in. x 4 in. square per serving, 213 Cal., 47 g. carbohydrates, 1.5 g. protein, 115 mg. sodium, 286 mg. potassium, 32 mg. phosphorus
- Permission to reprint this recipe granted by Megan Schultz at the National Kidney Foundation. For more recipes and other renal diet tips, check out [kidney.org/nutrition](http://kidney.org/nutrition).

## Instructions

1. Preheat oven to 350°F.
2. Grease a 9 in. x 13 in. pan. Drain fruit. Layer fruit into pan, ending with pie filling on top. Crush corn flakes, mix with margarine, and sprinkle over fruit.
3. Bake for 30 min. Serve warm.



# Pear and Cranberry Crisp



## Ingredients

- 1/2 c. old fashioned rolled oats
- 1 Tbsp. packed brown sugar
- 2 Tbsp. flour
- 1/4 tsp. cinnamon
- 2 Tbsp. applesauce
- 4 c. cubed pears (about 3 pears)
- 1 c. cranberries, fresh or frozen
- 1 Tbsp. cornstarch

## Nutritional Facts

- 8 servings per recipe, 1/2 c. per serving, 90 Cal., 20 g. carbohydrates, 3 g. fiber, 1 g. protein, 0 mg. sodium
- Permission to reprint this recipe granted by Lauren Tobey, MS, RD at Food Hero. For more recipes like this and other helpful healthy food tips, check out <https://www.foodhero.org/>.

## Instructions

1. In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce.
2. Combine pears, cranberries and cornstarch in an 8 in. x 8 in. baking dish. Sprinkle with oat mixture.
3. Bake uncovered at 400°F until juices are bubbling and topping is browned, about 20 min.
4. Refrigerate leftovers within 2 hrs.



# Rice Pudding



## Ingredients

- 2 c. water
- 1 c. long grain rice
- 1 Tbsp. margarine
- 1/4 2% milk
- 1/4 c. sugar
- 1 tsp. cinnamon

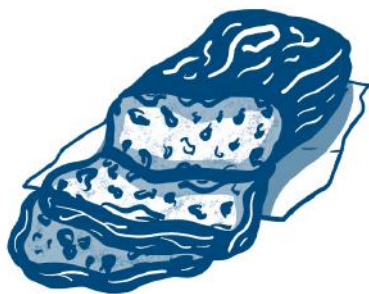
## Nutritional Facts

- 6 servings per recipe, 1/2 c. per serving, 166 Cal., 21 g. carbohydrates, 3 g. protein, 28 mg. sodium per serving

## Instructions

1. Place water in a medium saucepan and bring it to a boil.
2. Add rice and reduce heat to low.
3. Cover and simmer for 20 min. or until the rice is tender.
4. Add margarine, milk, sugar, and cinnamon.
5. Serve.

# Zucchini Bread



## Ingredients

- 3 eggs
- 1 1/2 c. sugar
- 1 c. applesauce
- 2 c. unpeeled zucchini, shredded
- 1 tsp. vanilla
- 2 c. flour
- 1/4 tsp. baking powder
- 1/4 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. powdered ginger
- 1 c. unsalted chopped nuts

## Nutritional Facts

- 16 servings per loaf, one slice per serving, 202 Cal., 34 g. carbohydrates, 3.7 g. protein, 69 mg. sodium, 110 mg. potassium, 62 mg. phosphorus.
- Permission to reprint this recipe granted by Megan Schultz at the National Kidney Foundation. For more recipes and other renal diet tips, check out [kidney.org/nutrition](http://kidney.org/nutrition).

## Instructions

1. Preheat the oven to 375°F.
2. Beat eggs. Mix sugar, applesauce, zucchini, and vanilla into egg. Sift dry ingredients together and stir into mixture.
3. Pour into loaf pan and bake for 1 hr. Let cool and then cut into 16 slices.

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# ABOUT FOOD OUTREACH

Food Outreach is a non-for-profit organization of diverse, dynamic volunteers who provide prepared meals, groceries and delivery to persons living with HIV/AIDS or cancer.

We are supported by the creativity and generosity of many individuals as well as a broad spectrum of groups and corporations. By spreading awareness about the reality and implications of living with HIV/AIDS or cancer, we find new ways to expand the community's circle of concern and potential for response.

Food Outreach's nutrition services include an integrated grocery, prepared meals program and nutrition counseling. Since the agency's inception in 1988, the caring interactions from volunteers combined with proper nourishment have restored health and hope for many in our community.

Clients living in 160 different zip codes in the St. Louis area benefit from the services and support of Food Outreach.

