

TOP 10 KIDNEY-FRIENDLY FOODS

After bringing you 10 issues of **Spice it up!** and more than 60 recipes, we thought it was time to come up with a list of “best foods”. Here is our **top 10 list** of healthy, kidney-friendly foods which are not only delicious but rich in vitamins and antioxidants and low in potassium, phosphorus and sodium.

Our **Spice it up!** team is always trying to find new ways to load our recipes with one or more of the ingredients listed below. Make the following top ten healthy foods regular ingredients in your cooking and take advantage of their many health benefits.

Ingredient	Why we love it	How to use it	Tips	Recipes to try*
1 Garlic and garlic powder	Garlic adds loads of flavour and no sodium!	Buy fresh or minced in a bottle. Garlic powder adds taste to vegetables.	<ul style="list-style-type: none"> •Cooking garlic cloves whole will result in very little flavour. •Roast garlic for a mellow flavour. •The smaller you cut the garlic, the stronger the flavour. •No need to peel garlic cloves when using a garlic press. •When sautéing garlic, be careful not to burn it, which makes it bitter. 	<ul style="list-style-type: none"> •Roasted Eggplant Dip •Chicken Souvlaki Sandwich •Orzo Salad •Tuna Farfalle •Rubbed Flank Steak •Versatile Stir Fry •Pork Ribs •Maple Sweet Chicken •Mushroom and Rice Omelet •Slow Roasted Leg of Lamb
2 Onion and onion powder	Onion is a delicious base ingredient for many recipes.	<ul style="list-style-type: none"> •Raw or sautéed, use different types of onions and explore variations in flavour (red, white, green). •Onion powder adds taste to vegetables. 	<ul style="list-style-type: none"> •Refrigerate onions 30 minutes before cutting to prevent getting teary eyes. •Use low to medium heat for sautéing as high heat makes onions turn bitter. 	<ul style="list-style-type: none"> •Salmon Sliders •Pulled Pork Tenderloin •Zesty Crab Rolls •Onion and Noodle Pie •Chili Lime Dip
3 Olive oil	This heart-healthy oil is a source of good fat and calories.	Use for frying, baking, marinating vegetables and for salad dressings as a replacement for other vegetable oils.	<ul style="list-style-type: none"> •Choose virgin or extra-virgin olive oil, which is higher in antioxidants. •Keep the container away from heat and light. •You can freeze olive oil in smaller containers and defrost and keep at room temperature. 	<ul style="list-style-type: none"> •Curried Lentil Soup •Ricotta Pesto Pizza •Lemon Loaf •Mini Shrimp Tacos •Sweet and Spicy Curried Chicken •Spicy Porcini Mushroom Pasta
4 Pasteurized egg whites	Egg whites provide good protein with a minimum amount of phosphorus compared to other protein sources.	Use for most recipes which ask for eggs.	<ul style="list-style-type: none"> •Add egg whites to your berry smoothies for additional protein. •Pasteurized egg products can be safely used raw. 	<ul style="list-style-type: none"> •Strawberry Angel Cup Cakes •Summer Berry Semifreddo •Rhubarb Ice Cream •Boost Your Energy Drink
5 No-salt added broth (chicken, beef, vegetable)	A base ingredient for many recipes and a great time saver.	Use to prepare soups, stews and sauces.	Read the food labels: there are sodium-free (less than 5mg per serving), very low sodium (less than 35mg) and “no-salt-added” products. Avoid products with “potassium” additives.	<ul style="list-style-type: none"> •Pulled Pork Tenderloin •Dijon Chicken Stew •Amazing Meatloaf •Asian Noodle Soup •Comforting Beef and Barley Soup •Creamy Italian Shrimp •Risotto
6 Red bell peppers	Delicious and a great source of vitamins C, A, B6, folic acid, fibre, and lycopene.	<ul style="list-style-type: none"> •Raw, cooked or roasted. Use peppers to make a creamy red sauce. •A tasty dialysis diet replacement for tomatoes. 	When buying roasted red peppers in a jar, check the sodium content on the label. Buy the brand with the lowest sodium content.	<ul style="list-style-type: none"> •Turkey Lasagna •Frittata Primavera •Marinara Meatballs •Rich Red Bell Peppers •Roasted Red Pepper Soup •Comforting Spaghetti Sauce •Summer Fresh Pizza •Fish with Leeks and Sweet Peppers
7 Cauliflower	Rich in vitamin C, folate and fibre.	<ul style="list-style-type: none"> •Raw, cooked or mashed. A tasty dialysis diet replacement for potatoes. •Turmeric, coriander, garlic powder or curry adds zest to cauliflower. •Try cauliflower in different colours – the so-called heirloom varieties are found in farmer’s markets. 	•Store upright with stem down in a plastic bag in the vegetable crisper in the fridge.	<ul style="list-style-type: none"> •Shepherd’s Pie with Cauliflower Mash •Moroccan Spiced Chicken •Apple Cauliflower Soup •Creole Spiced Pork •Thai Shrimp Kebabs
8 Cabbage	Rich in vitamins C, K, B6, fibre, folic acid phytochemicals... and inexpensive!	Raw or cooked: use in salads, stews and soup.	Store the cabbage uncut in the fridge to prevent vitamin loss. If the cabbage is cut, wrap the remainder tightly in plastic wrap.	<ul style="list-style-type: none"> •Green Bean Slaw •Asian Slaw •Hearty Chicken Noodle Soup
9 Ground Turkey	Excellent source of lean protein, low in saturated fat.	Replace ground red meat in recipes occasionally with ground turkey to add variety.	If ground turkey will not be used in one or two days, freeze it and thaw in refrigerator once ready to cook.	<ul style="list-style-type: none"> •Turkey Lasagna •Rich Red Peppers •Savory Winter Meat Pie •Smoky Open-faced Turkey Burger
10 Fruits with strong colours, such as raspberries, apples, strawberries, cranberries, blueberries, cherries, red grapes	All of them are vitamin and fibre power-houses.	Fruits are not only good as a snack. Use them in salads, entrées, desserts and in smoothies.	Choose frozen berries, which are fresher and cheaper when you are buying berries out of season.	<ul style="list-style-type: none"> •Wheat Bran Muffins with Berries •Festive Turkey Breast With Apple Onion Chutney •Ginger and Apple Slow Cooked Pork •Honey Cereal Snack Bars •Apple Cranberry Cobbler •Cranberry Granita •Spiced Pear and Raspberry Loaf •Oatmeal and Cranberry Cookies •Fresh Berry Profiteroles •Fantastically Fluffy Pancakes •Anytime Muffins •Crispy Orange Sesame Cookies

* Recipes in **black font** are in the Summer 2014 issue, recipes in **blue font** are on our website www.myspiceitup.ca