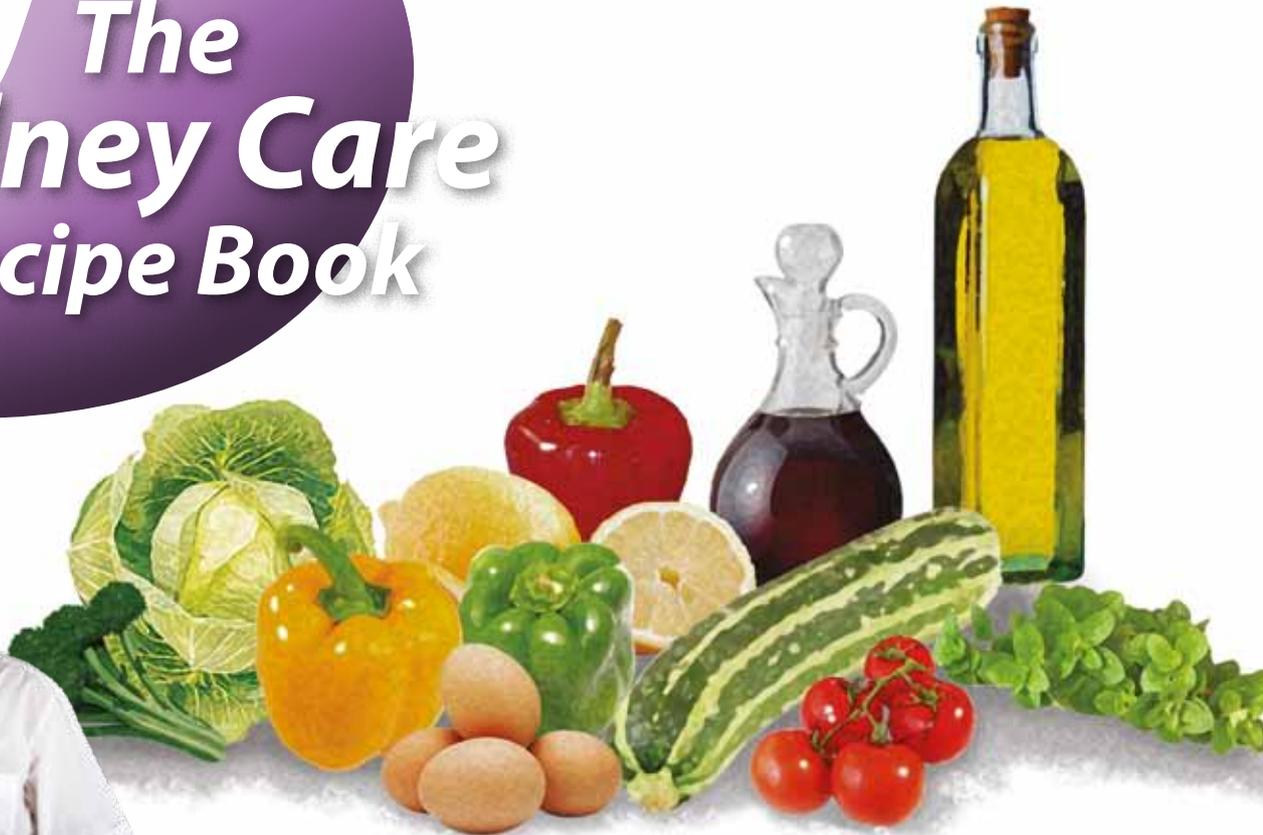


The Kidney Care Recipe Book



James Muscat

James commenced his catering career in 1976 at the Malta College of Arts, Science & Technology in Msida. Three years later he furthered his studies in Montreux, Switzerland, at the famous hotel school "Centre International de Glion". In 1981 James travelled to Miami to follow a bachelor of science degree in hospitality management at Florida International University. After graduating from the USA, he returned to Malta to join Prime Ltd, the family business involved in meat production and retailing.

James is a Fellow Member of the Institute of Hospitality (UK), a member of the Royal Society of Health and a member of the Malta Association of Hospitality Executives. He is also ITEC qualified in Nutrition & Diet Theory and, for the past five years, has been a guest on a number of television and radio programmes with his original and healthy recipes. James is a regular contributor in various print media with his cooking tips and nutritional advice. Last year, James launched a 'Healthy Lifestyle' campaign and he has been busy organising talks, seminars and other such activities with the scope of promoting balanced diets and healthy eating habits.

In February 2004, James donated his left kidney to his brother-in-law. Following the transplant, he became very actively involved in organ donation awareness. As Vice-President of the Transplant Support Group, one of James' personal roles is to support living kidney donors, kidney recipients and patients awaiting a transplant. More recently James was diagnosed with Type 2 diabetes and a host of other conditions including hypertension and high cholesterol levels. Consequently, his recipes are compiled with such ailments in mind. James strives to feature the freshest of commodities in his recipes and he does his utmost to exclude elements that are considered unhealthy or unsuitable in a meal plan intended for renal patients and diabetics.



Dr. Mario Caruana

BSc. (Hons.), MSc. (UK), Ph.D.

Registered Dietitian

Dr. Caruana obtained a degree in Health Science from the University of Malta in 1999 followed by a post-Qualification diploma in Nutrition and Dietetics at the same University in 2002. Thereafter, he spent two years in the U.K. following a Masters in Dietetics with dietetic registration which was awarded from Queen Margaret University, Edinburgh. His interest in how food constituents affect the body, led him to follow a doctoral degree on how specific food components, known as polyphenols, affect the brain. For this research work, he was awarded a Ph.D. in Physiology and Biochemistry at the Faculty of Medicine and Surgery, University of Malta in 2011. He has worked as a dietitian for the past eight years with a special interest in the renal diet.

Foreword

Nutritional therapy plays a central role in the management of individuals with renal disease. The support from a dietitian can help limit the effects of renal disease and maintain or improve nutritional status, bearing in mind the several dietary nutrients that require consideration. It is important to note that the recipes in this book only give a snapshot of how a recipe should be done. The effect of nutrients such as potassium, phosphates, sodium and protein depend on how much is consumed in a daily meal plan. Therefore, the need of an individualized approach, considering the particular needs of the client, their clinical condition, treatment and blood results is very important. The aim of this cookbook is to try and stretch the possibilities of the restriction of the renal diet, which I think can be done by using different flavors from herbs and spices, which James has excellently done in his recipes. In this book I have provided some nutrition hints on the composition of each dish and make certain they harmonize the restrictions that chronic kidney conditions can place on food intake.

Dr. Mario Caruana

BSc. (Hons.), MSc. (UK), Ph.D.
Registered Dietitian

These recipes are intended mostly for renal patients who need to moderate on certain nutrients as explained in Dr Caruana's observations above. In spite of certain limitations, meals can still be appetising, healthy and versatile as evidenced by the selection of recipes in this booklet. Portion sizes are a consideration... when I refer to a cup as a unit of measure, the normal volume would be a regular cupful or approximately 200g/200ml. Remember... we are what we eat! Enjoy your food but please eat moderately and responsibly!

James Muscat

BSc. (Hosp Mgmt), FIH, M.R.Q

Recipes

Chicken Corn Soup	2
Chicken Wrap	4
Chicken Coleslaw	5
Farfalle with Peas & Bacon	6
Couscous with Veggies	8
Chicken & Vegetable Tagliatelle	9
Pasta Salad	10
Home Made Burger	11
Shredded Beef in a Bun	12
Meatballs in a Tomato Sauce	13
Apple Cider Beef Stew	14
Chicken with Rosemary & Vegetables	15
Turkey & Vegetable Chili	16
Tuna Cakes	17
Pork Fillet with Lemon	18
Roast Pork	19
Stuffed Pork Chops	20
Roast Leg of Lamb with Herbs	21
Apple Crumble	22
Carrot Cake	24

Chicken Corn Soup

Portions: 12 **Serving size: 2 cups**

Ingredients

- 1 whole fresh chicken x approx 1.4 kg
- 6 cups unsalted chicken broth (from cooked chicken)
- 14 cups water
- 200g noodles, uncooked
- 400g sweetcorn, drained
- 1 good sized carrot, finely chopped
- 1 stick celery, finely diced
- 1 tablespoon dried parsley
- ½ cup spring onion, finely sliced
- ground pepper to taste

Nutrition

✓ Opt for frozen sweetcorn as canned corn contains higher sodium levels. Although sweetcorn is moderately high in potassium, this recipe will provide around 30g of corn which can be accepted as part of the daily allowance.

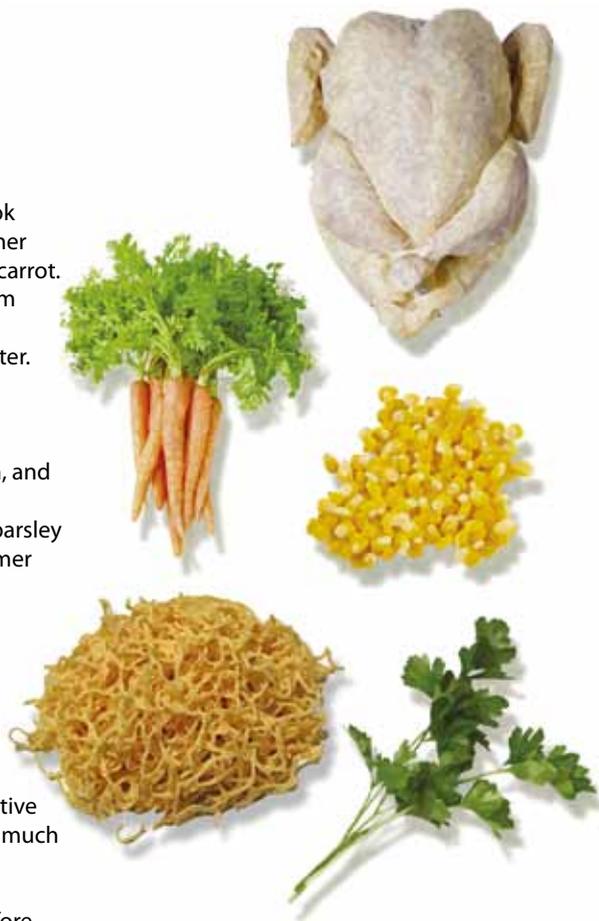
- ✓ If you are on a lower protein diet use only half the chicken meat i.e. 60g per serving.

Preparation

1. In a large pot over medium heat, cook chicken in about 8 cups water together with the chopped celery, onion and carrot.
2. When chicken is cooked, remove from broth and cool. Reserve broth.
3. Cook noodles in unsalted boiling water. Drain and set aside.
4. Skim fat from chicken broth.
5. Chop chicken into bite-sized pieces.
6. Place chopped chicken, 6 cups broth, and 6 cups water in a pot.
7. Add drained corn, cooked noodles, parsley and pepper into kettle. Stir and simmer until hot.

Helpful hints

- Avoid using stock cubes as an alternative to broth as the latter is far tastier and much healthier.
- To minimise on fats, you may wish to remove the skin from the chicken before cooking.





Chicken Wrap

Portions: 8 **Serving size: ½ wrap**

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons hummus
- ½ teaspoon onion powder
- 4 large tortillas, preferably wholegrain
- 1 stalk celery, diced
- 1 good sized carrot, diced
- ½ green pepper, diced
- 16 green olives
- 400g grilled chicken breast, diced
- fresh parsley or basil

Nutrition

✓ This recipe is ideal as a light meal. Chickpeas used in the hummus are low in potassium but high in phosphates. However, this recipe uses a small quantity of this making the whole recipe ideal for clients on the renal diet.

Preparation

1. Combine the olive oil, hummus and onion powder in a small bowl.
2. Spread 2 tablespoons of the mixture over each tortilla.
3. In a separate bowl combine the diced vegetables and the chicken.
4. Place the vegetables and chicken on one quarter of each tortilla.
5. Fold the outside edges of the tortillas inward and roll up like a burrito.
6. Cut each tortilla roll in half.
7. Garnish with a few green olives and fresh parsley or basil leaves

Helpful hints

- You may heat the tortilla over a grill pan for a minute so that this will end up with a softer texture and will be easier to fold.
- Try this same recipe with other white meats like turkey breast, shredded veal or rabbit.



Chicken Coleslaw

Portions: 4 Serving size: $\frac{3}{4}$ cup

Ingredients

- 1 cup shredded cabbage
- 2 chicken breasts, grilled
- $\frac{1}{4}$ cup green peppers, chopped
- $\frac{1}{4}$ cup onion, shredded
- $\frac{1}{4}$ cup carrots, shredded
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons balsamic vinegar
- $\frac{1}{2}$ teaspoon pepper
- fresh basil

Nutrition

- ✓ It is important to make your own salad dressings - avoid mayonnaise and salad creams as these will increase the phosphate content of the recipe
- ✓ A recipe which is low in salt, potassium and phosphate

Preparation

1. Shred the chicken breast finely and combine with the vegetables.
2. In small bowl blend oil, vinegar, lemon and seasonings.
3. Pour this dressing over vegetables and chicken and blend well.
4. Garnish with fresh basil leaves

Helpful hints

- As an alternative to chicken you may also opt for turkey breast.
- Chicken breast can be seasoned and grilled on a pan or in the oven.



Farfalle with Peas & Bacon

Portions: 4 Serving size: 1 cup

Ingredients

- 1 cup fresh ricotta cheese
- 4 tablespoons Parmesan cheese, grated
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon black pepper
- 4 slices back bacon, uncooked and cut into 1 cm strips
- 1 cup onion, finely chopped
- 1 tablespoon garlic, chopped
- 300g farfalle, uncooked
- 1 cup frozen peas
- 1 tablespoon lemon juice
- 1 litre water
- 1 teaspoon olive oil
- 1 tablespoon freshly chopped parsley

Nutrition

✓ Bacon contains salt and potassium.

Keep serving suggestions of 1 cup/ person.

✓ Ricotta and parmesan have lower phosphate content than other cheeses.

✓ Olive oil increases intake of good fats.

Preparation

1. Bring water to a boil in large pot for cooking pasta.
2. Place ricotta, Parmesan cheese, olive oil and pepper in a bowl large enough to hold cooked pasta.
3. Remove skin from bacon rashers and grill in a non-stick pan until crisp.
4. Add onion to the same pan and cook until golden. Add garlic and cook until fragrant.
5. Transfer onion mixture to the bowl with ricotta mixture.
6. Meanwhile boil pasta. When pasta is about 1 minute shy of *al dente*, add peas and continue to cook for 1 minute. Reserving 1 cup cooking water, drain pasta and peas. Add ½ cup cooking water and lemon juice to ricotta mixture and whisk until smooth. Add pasta and peas to bowl and toss to coat, adding more reserved cooking water as necessary to moisten pasta. Stir in crisp bacon and add additional pepper to taste. Garnish with fresh parsley.



Helpful hints

- Opt for mineral bottled water when cooking pasta. Avoid adding salt to the water but do add a drizzle of olive oil before you add the pasta. Fresh basil leaves can replace the parsley.



Couscous with Veggies

Portions: 5 **Serving size: 1 cup**

Ingredients

- 2 cups water
- 2 tablespoons olive oil
- 1 cup dry couscous
- ¼ cup fresh lemon juice
- 2 teaspoons lemon zest
- ¼ teaspoon ground cayenne pepper
- ½ teaspoon ground cumin
- ½ cup celery, chopped
- ½ cup onion, chopped
- ½ cup zucchini, sliced and quartered
- ½ cup frozen peas
- 1 carrot, peeled and diced
- 1 tablespoon parsley, finely chopped

Nutrition

- ✓ Try the 'brown' version of couscous as this is richer in fibre
- ✓ The phosphate content of this recipe is very low as no meat or fish are used. This makes it suitable for patients who are on a low protein diet.

Preparation

1. In a pot, combine the water and one tablespoon oil and bring to a boil. Stir in couscous and cover. Remove from heat; let stand 5 minutes.
2. Combine lemon juice with zest, cayenne pepper and cumin.
3. In a large pan, heat remaining oil over medium heat and sauté celery, onion, carrot, peas and zucchini until softened.
4. Transfer into a large serving dish and mix together the cooked couscous, the vegetables, parsley, lemon juice and seasonings. Fluff with fork before serving. Serve hot.

Helpful hints

- Mix lemon juice and seasonings together before adding to couscous
- Couscous may also be steamed but be careful not to overcook!
- Reminder – 1 cup = 200 grams



Chicken & Vegetable Tagliatelle

Portions: 6 Serving size: 1 cup

Ingredients

- 450g boneless, skinless chicken breasts
- 3 tablespoons extra virgin olive oil
- 500g tagliatelle
- ¾ cup broccoli
- ¾ cup cauliflower
- ¾ cup carrots
- 12 cherry tomatoes
- 2 tablespoons lemon juice

Nutrition

- ✓ Vegetables used in this recipe are all low in potassium
- ✓ Tomatoes should be used in moderation in the renal diet – 7 cherry tomatoes are equivalent to 1 medium tomato.

Preparation

1. Cut up chicken into small strips.
2. Heat pan on medium heat with 2 tablespoons olive oil.
3. Add chicken to pan and cook until done.
4. Cook tagliatelle in boiling water for five minutes
5. Dice carrots, broccoli and cauliflower to bite-size pieces.
6. When chicken is cooked, add broccoli, cauliflower, carrots, tomatoes and lemon juice, cover and cook for a further five minutes.
7. Add drained pasta to pan and then add 1 tablespoon olive oil and stir.
8. Serve immediately

Helpful hints

- Cook pasta *al dente* and avoid adding salt to the boiling water so as to keep sodium levels low. You may wish to opt for spaghetti instead of tagliatelle but 80g uncooked weight per person is ample for this particular recipe.



Pasta Salad

Portions: 4 Serving size: ½ cup

Ingredients

- 250g uncooked pasta shells
- ¼ cup pimentos
- ½ cup onion, chopped
- ½ cup green peppers, chopped
- 2 hard boiled, shelled eggs, chopped
- 1 to 2 tablespoons extra virgin olive oil and vinegar
- ½ cup celery, chopped
- 1 teaspoon dry mustard
- paprika (sprinkle)
- black pepper (sprinkle)

Nutrition

- ✓ Olive oil and vinegar keep the phosphate content low.

Preparation

1. Cook pasta, rinse under cold water and drain well.
2. Combine all ingredients: macaroni, pimentos, onions, green pepper, eggs, olive oil, vinegar, celery and mustard. Mix well.
3. Sprinkle with paprika and black pepper.
4. Chill and serve.

Helpful hints

- For a twist, omit onions or celery and add green peas, cucumbers or parsley.
- You can use farfalle, penne or any other small-sized pasta for this recipe



Home Made Burger

Portions: 5 **Serving size: 1 x 100g burger, bun and toppings**

Ingredients

- 500g extra lean minced beef
- ½ teaspoon ground red pepper
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- 1 teaspoon chili powder
- ½ teaspoon black pepper
- 2 tablespoons water
- 1 egg white
- 1/3 cup onion, chopped
- 5 hamburger buns
- 1 cup shredded lettuce
- ¼ cup light sour cream

Preparation

1. Place minced beef into a large mixing bowl.
2. Add ground red pepper, garlic powder, cumin, chili powder, black pepper, water, egg white and onion. Mix well.
3. Divide mixture into 5 portions and make into patties.
4. Cook on stove top in a grill pan over medium heat, turning patties only once.
5. Place each patty on a hamburger bun and top with shredded lettuce and sour cream.



Nutrition

- ✓ Try to avoid sauces like mayonnaise, ketchup and salad cream.
- ✓ One serving makes this recipe moderate low in potassium and phosphates - a healthy alternative to fast food burgers.

Helpful hints

- Patties are done when internal temperature reaches 71° C for medium or 76° C for well done.
- Use freshly baked sesame buns. These can be lightly toasted for a crisper finish.

Meatballs in a Tomato Sauce

Portions: 12 **Serving size: 2 meatballs**

Ingredients

- 600g lean minced beef
- 1 large egg, beaten
- 1 cup dry oatmeal flakes
- 3 tablespoons parmesan cheese
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon oregano, dried
- ½ cup onion, chopped
- 1 teaspoon ground black pepper
- 400g tomato sauce

Preparation

1. Preheat oven to 190° C.
2. Combine all ingredients in a large bowl and mix together.
3. Roll into 1" balls and place on a baking sheet.
4. Bake for 20 minutes, until meatballs are cooked through.
5. Serve with 2 teaspoons sauce on the side.



Nutrition

- ✓ This recipe is low in salt as no extra salt is added.
- ✓ Tomato sauce should only be taken in moderation. However, the potassium and phosphate content of the recipe are according to recommended restrictions of the renal diet.

Helpful hints

- As an alternative, you may wish to substitute beef with veal or chicken.
- Make meatballs ahead and refrigerate. When ready to serve, heat ingredients together and transfer to a warming dish.

Shredded Beef in a Bun

Portions: 8 **Serving size: 100g Beef + 1 Roll**

Ingredients

- ½ cup onion, chopped
- 2 cloves garlic, crushed
- 1 tablespoon meat seasoning
- 1 bay leaf
- 1 teaspoon parsley, chopped
- ½ teaspoon pepper
- 2 tablespoons olive oil
- ½ cup red wine
- ¼ cup balsamic vinegar
- 2 cups water
- 800g beef rump slices
- 8 small bread rolls

Nutrition

- ✓ A very tasty meal which is low in potassium.
- ✓ There is no need to account for the water content of this meal as most will evaporate during the simmering process.

Preparation

1. Combine all ingredients (except beef and rolls) in a pot, mix well and simmer for 30 minutes.
2. Shred the beef slices thinly and grill over high heat for 5-10 minutes until tender.
3. Add the meat to the pot and simmer for a further 15 minutes.
4. Serve on bread rolls.

Helpful hints

- Substitute fresh onion and garlic with 1 teaspoon onion powder and 1 teaspoon garlic powder. Fresh gives a better flavor, however.
- Freshly baked sesame rolls or 'ftira' are very suitable; however you may also wish to use tortilla wraps.



Apple Cider Beef Stew

Portions: 8 **Serving size: 1 cup**

Ingredients

- 2 medium sized potatoes, diced
- 1kg lean fresh beef rump cut into cubes
- 6 tablespoons all-purpose white flour
- ¼ teaspoon black pepper
- ¼ teaspoon thyme
- 3 tablespoons olive oil
- 1 cup carrots, sliced
- 1 cup onion, diced
- ½ cup celery, diced
- 1 cup apples, peeled, diced
- 2 cups apple cider
- 2 cups water, divided use
- 2 tablespoons vinegar

Nutrition

- ✓ Potatoes are very high in potassium but you can reduce this (see Helpful hints).
- ✓ Recipe is very low in salt – flavors come from the herbs and vinegar.

Preparation

1. Mix together 3 tablespoons of the flour, black pepper and thyme.
2. Coat beef with flour mixture.
3. In a pan heat oil and brown beef pieces. Set aside.
4. In a deep pot layer ingredients as follows: carrots, potatoes, onions, celery, browned beef, and diced apple.
5. Mix together cider, 1 cup water and vinegar.
6. Pour over ingredients in pot and cook on low setting for two hours.
7. Before serving mix remaining flour with 1 cup water. Stir into pot to thicken stew.

Helpful hints

- Fresh beef rump is very suitable for this recipe though fresh topside or knuckle are just as good.
- Remove part of the potassium by peeling and dicing potatoes and then placing them in a large pot of warm tap water and soak for 2 to 4 hours. Drain and set aside.
- Serve with toast or rice.



Chicken with Rosemary & Vegetables

Portions: 4 **Serving size: 1 piece chicken and ¾ cup vegetables**

Ingredients

- ½ medium red pepper, cut into strips
- ½ medium yellow pepper, cut into strips
- 1 medium zucchini, sliced
- 1 medium carrot, sliced
- 1 large red onion, sliced
- 8 garlic cloves, crushed
- 2 tablespoons olive oil
- fresh ground pepper
- 4 skinless chicken breast halves
- 2 tablespoons fresh rosemary, finely chopped

Nutrition

✓ Ideally the vegetables used in this recipe should be pre-boiled in a large amount of water. Nevertheless, the choices of vegetables in this recipe and the amounts used categorize this recipe as low potassium.

Preparation

1. Preheat the oven to 200°C.
2. Combine the peppers, zucchini, carrots, onion, garlic and oil in a bowl. Season with black pepper and toss with olive oil to coat. Set aside.
3. Rub the chicken breasts with black pepper and rosemary.
4. Place the chicken breasts on a roasting pan and roast for 15 minutes.
5. Remove chicken from pan and spread vegetables on the same pan. Place chicken on top of vegetables and roast an additional 20 minutes or until the chicken is cooked through and vegetables are tender.

Helpful hints

- Chicken should be cooked through until juices run clear when cut.
- Goes well with a small side portion of rice or couscous.



Turkey & Vegetable Chili

Portions: 6 Serving size: $\frac{3}{4}$ cup

Ingredients

- 1 tablespoon olive oil
- 500g minced turkey breast
- $\frac{1}{2}$ cup onion, chopped
- 2 cloves fresh garlic, finely chopped
- 400g marrows, chopped
- 400g stewed tomatoes
- 2 teaspoon chili powder
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon black pepper

Preparation

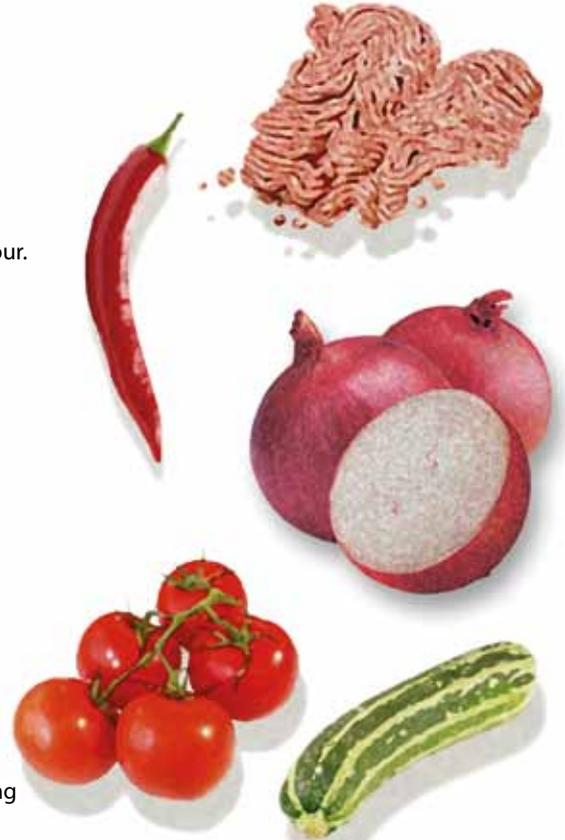
1. Heat oil in pan.
2. Sauté minced turkey, onion, garlic & marrows.
3. Drain excess liquid well.
4. Add stewed tomatoes and spices.
5. Simmer covered for approximately $\frac{1}{2}$ hour.

Nutrition

- ✓ Be sure to count as two servings of vegetables in your daily meal plan to allow for the potassium in this recipe (mainly from the tomatoes).
- ✓ Pay attention on how much dried chilli you add, which can make you thirsty and might impact on your fluid intake.

Helpful hints

- Substitute lean ground beef for turkey if desired.
- Serve over cooked rice or pasta for a filling meal (approx. 80g uncooked weight per portion).



Tuna Cakes

Portions: 6 Serving size: one medium sized patty

Ingredients

- 400g tuna chunks in vegetable (or olive) oil
- 1 egg
- 1/3 cup green pepper, finely chopped
- 1/4 cup onion, finely chopped
- 1/3 cup breadcrumbs
- 1/4 cup reduced-fat mayonnaise
- 1 tablespoon dry mustard
- 1 teaspoon black pepper
- 1 tablespoon parsley
- 2 tablespoons lemon juice
- 1 tablespoon garlic powder
- pinch cayenne pepper
- 3 tablespoons olive oil

Preparation

1. Combine all ingredients listed except the oil; shape into 6 patties.
2. Heat oil in a pan over medium heat.
3. Cook patties for approximately 4 to 5 minutes, or until browned.
4. Flip patties and cook other side until browned, about 4 minutes.
5. Serve warm.

Nutrition

- ✓ You may substitute tuna with crabmeat or salmon. Salmon is one of the oily fish which is not high in phosphate.
- ✓ Avoid increasing quantity or portion size of mayonnaise and tuna as sodium content increases.

Helpful hints

- Opt for tuna chunks rather than flakes. Most tuna brands also offer this product in brine but the latter would comprise a higher level of sodium.
- When patties are cooked allow to stand on kitchen paper so that this may absorb any excess fat.



Pork Fillet with Lemon

Portions: 4 **Serving size: 120g pork + sauce**

Ingredients

- 2 tablespoons white flour
- ½ teaspoon pepper
- 500g pork fillet, cut into 1cm thickness
- 2 teaspoons olive oil
- 1 cup fresh lemon juice
- 1 cup home-made chicken broth (from cooked chicken)
- 1 tablespoon fresh rosemary, chopped
- lemon slices for garnish
- fresh parsley

Preparation

1. Mix flour with pepper and rosemary
2. Coat pork fillet with this mixture.
3. Heat oil over high heat.
4. Add pork, cooking for approximately 3 minutes on each side, until golden brown.
5. Remove to serving plate and cover with foil to keep warm.
6. Add lemon juice and chicken stock to the pan. Stir and bring to a boil over high heat.
7. Boil for 3 to 4 minutes, or until slightly thickened. Pour the sauce over pork and serve right away.
8. Garnish with lemon slices and fresh parsley

Nutrition

- ✓ The protein, phosphate and potassium are within recommendations.
- ✓ As with all the recipes in this book, no extra salt is added.

Helpful hints

- You may substitute pork fillet with medallions; these are boneless cutlets from the loin.
- This recipe is also nice with chicken breast (to replace pork)
- Can be served with rice



Roast Pork

Portions: 8 **Serving size: 180g and ½ cup mixture**

Ingredients

- 1 tablespoon vegetable oil
- 1.5kg boneless pork loin roast, trimmed
- 2 cups onion, finely chopped
- 2 slices back bacon, trimmed and chopped
- 1 apple, peeled, cored and sliced
- 3 cups green cabbage, thinly sliced
- 4 medium carrots, peeled and chopped in large chunks
- ¾ cup dry white wine
- 2 tablespoons vinegar
- ¼ teaspoon freshly ground black pepper

Nutrition

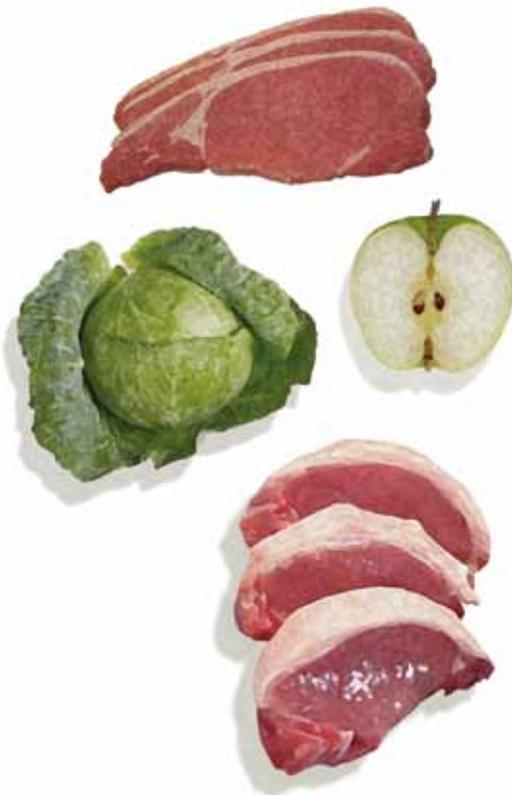
- ✓ The protein, phosphate and potassium content of the recipe depend on the size of the pork loin and mixture. One can reduce the portion size and serve with a carbohydrate such as bread or rice.

Preparation

1. Preheat oven to 200°C.
2. Seal the pork joint on a grill pan and cook for 15 minutes, browning on all sides.
3. Remove pork from the pan. Add onion and bacon to pan; sauté 5 minutes or until onion is tender.
4. Return pork to pan. Add apple, cabbage, carrots and remaining ingredients and bring to a simmer.
5. Place in a baking dish and cook in oven, uncovered for 45 minutes.
6. Turn pork over and continue cooking for 30 minutes longer.

Helpful hints

- Ask your butcher to select you a nice medallion joint. This is a centre cut piece from the pork loin. Alternatively you may wish to opt for a boneless and skinless joint of pork leg.



Stuffed Pork Chops

Portions: 6 **Serving size: 1 pork chop**

Ingredients

- 50g margarine
- $\frac{1}{3}$ cup water
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{4}$ cup onion, chopped
- 1 tablespoon fresh parsley, chopped
- $\frac{1}{2}$ teaspoon black pepper
- 6 center loin pork chops, cut 2cm thick with a pocket
- 120g fresh ricotta
- 1 tablespoon olive oil

Nutrition

- ✓ If you are on a low protein diet, consider dividing the cooked pork chop into two servings to help meet your protein goal.
- ✓ As with other protein recipes, serve with rice or couscous.

Preparation

1. Preheat oven to 175°C.
2. Melt margarine in a saucepan. Add water, celery, onion, parsley and pinch of black pepper. Simmer until vegetables are tender.
3. Place this mixture into a glass bowl.
4. Add ricotta and blend well to combine all ingredients into a paste. Set aside to cool.
5. Season pork chops with remaining black pepper and stuff each chop with the mixture. In a grill pan, brown chops on each side.
6. Brush roasting pan with olive oil. Place chops in pan, cover with foil, and bake for 1 hour.

Helpful hints

- Center cut chops are also referred to as pork medallions. These are sold boneless, skinless and trimmed of excess fat.



Roast Leg of Lamb with Herbs

Portions: 10 **Serving size: 120g meat**

Ingredients

- 1 leg of lamb, well trimmed, approx. 2kgs
- 1 tablespoon oregano, dried
- 1 teaspoon rosemary, dried
- 2 garlic cloves, chopped
- Freshly ground pepper to taste
- juice of one lemon
- 1 cup water

Preparation

1. Preheat oven to 160°C.
2. Trim the fat from the lamb and set aside in a roasting pan.
3. Blend the oregano, rosemary, garlic and pepper together in a small bowl.
4. Make slits into the leg of lamb with a sharp knife and stuff the herb mixture into the slits.
5. Spread the remaining herbs over the lamb.
6. Pour the remaining lemon juice over lamb.
7. Cover with foil and bake for two hours.
8. After an hour, remove the foil, add the water to the drippings in the pan and baste often until the meat is well browned and tender.
9. Uncover during the last half hour of cooking for a crisp skin.

Nutrition

- ✓ The recipe is very tasty as it is high in fat. For persons who want to cut down on fat, remove excess fats from the pan before serving.



Helpful hints

- Lamb of New Zealand origin is most suitable for this recipe.
- You may wish to substitute the leg with a boneless rolled shoulder of lamb.
- Lamb meat tends to be somewhat fatty. Remove excess fats from the pan before serving.

Apple Crumble

Portions: 8 Serving size: ½ cup

Ingredients

- 1 cup oats
- ¾ cup brown sugar
- ½ cup all-purpose white flour
- 1 teaspoon cinnamon
- ½ cup low fat margarine
- 5 apples, peeled, cored, sliced

Nutrition

- ✓ One serving of this recipe will give approximately one portion of fruit per day.
- ✓ Low-fat margarine instead of butter reduces fat content.

Preparation

1. Preheat oven to 200° C.
2. In a bowl, mix oatmeal, brown sugar, flour and cinnamon.
3. Cut margarine into oatmeal mixture until well blended.
4. Place sliced apples in 9" x 9" baking pan.
5. Sprinkle oatmeal mixture over apples.
6. Bake for 30 to 35 minutes.



Helpful hints

- Five medium apples yield approximately 5 cups after peeled, cored and sliced.
- Use low-fat margarine instead of butter.



Carrot Cake

Portions: 20 **Serving size: 1 small triangular piece**

Ingredients

- 2 cups all-purpose white flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 2 tablespoons cinnamon powder
- 1 cup vegetable oil
- 100g granulated sugar
- 4 eggs
- 4 cups carrots, finely shredded
- 120g unsalted butter
- 220g fresh ricotta
- ¾ cup powdered sweetener
- 1 teaspoon vanilla essence

Nutrition

- ✓ The calorie intake of this recipe is high so if you are trying to lose weight only have a small piece occasionally. The treat is ideal for those clients on dialysis.
- ✓ For a healthier version of this recipe, substitute granulated sugar with a sweetener recommended for baking.

Preparation

1. Preheat oven to 200°C.
2. Grease and lightly flour a circular cake pan.
3. Sift flour, salt, baking soda, baking powder and cinnamon together. Set aside.
4. Combine oil and sugar with whisk. Add in one egg at a time, mixing after each egg is added.
5. Gradually add dry ingredients. Mix well.
6. Fold in shredded carrots. Pour into baking pan and bake for 55 to 60 minutes until a toothpick inserted in the middle comes out clean.
7. To make icing, combine butter and fresh ricotta in a mixing bowl. Beat with a mixer until light and fluffy.
8. Gradually add sweetener while beating. Add vanilla and mix well.
9. Spread icing on cake after it cools well.



Transplant Support Group (Malta)

The Transplant Support Group (Malta) was established on May 9, 2000 by a group of organ recipients on the initiative of Alfred Debattista, who, only a few months earlier was transplanted with the heart of a young Gozitan donor.

One of the primary objectives of this philanthropic NGO is to offer support to organ transplantees and also to patients awaiting a transplant. The Transplant Support Group also keeps in touch with the families of donors and provides assistance during times of illness, recovery or bereavement.

Donating gives you the opportunity to better the lives of many other people after your death. A donor can literally save the life of seven different persons. There is a constant shortage of donors and the Transplant Support Group (Malta) strives to promote awareness on organ donation through its own members, the media, seminars, talks and other efforts to convey the message to the Maltese public.



World Kidney Day

World Kidney Day is a joint initiative of the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF).

The mission of World Kidney Day is to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.

If detected early, Chronic Kidney Diseases can be treated – thereby reducing other complications and dramatically reduce the growing burden of deaths and disability from chronic renal and cardiovascular disease worldwide.

The Kidney Care recipe book was launched for the first time on the occasion of World Kidney Day which could be used as part of the patient support program. In 2012 the World Kidney Day campaign celebrates Transplantation.

This book was funded by Vivian Corporation, on behalf of Shire, one of the official sponsors of World Kidney Day.



Transplant Support Group (Malta)

28, Highbury, Triq Lord Byron, Hamrun HMR 1090
Telephone: +356 21223026 - Mobile: +356 79478452

Email: transplantsupport@onvol.net

Website: www.transplantsupport.com.mt

Facebook: TRANSPLANT SUPPORT GROUP (MALTA)

Donations may be sent to TSG Fund A/C No. 400 143 69302, held at Hamrun Branch of Bank of Valletta.

***Be a hero. Become a donor and be proud of the card
you carry in your wallet. It can truly save a life!
What better gift can you ever possibly give?
Cherish life by giving life!***

Recipes by James Muscat, Culinary Enthusiast
Dietary analysis by Dr. Mario Caruana, registered dietitian
Illustrations by Colour Image
Compiled by Hannah Cremona

A voluntary donation to the Transplant Support Group (Malta) for this recipe book will be appreciated.

The production and delivery of this book has been funded by Vivian Corporation as a service to healthcare, on the occasion of World Kidney Day 2012.
Vivian Corporation is the representative of Shire, one of the proud official sponsors of World Kidney Day.

Special Thanks: Staff at the Renal Unit Mater Dei Hospital, Shire, Vivian Corporation, Prime Ltd, Transplant Support Group (Malta), Printex