

Kidney-Friendly

Recipes



Thanks to **Fanny Sung Whelan, MS, RDN, LDN**, a member of the **Ed Center Advisory Council** and a registered dietitian who works with people with all stages of kidney disease, for providing us with two great kidney-friendly recipes* to kick off summer! These recipes were submitted by patients to Dialysis Clinic, Inc. (DCI) for inclusion in their Kidney Cooking cookbooks.

**Always check with your nutritionist before incorporating new foods or recipes into your diet to make it is right for you.*



Shrimp Scampi

This recipe was submitted by Ashley Sellers for the **DCI Kidney Cookbook**

Ingredients

Makes 4 Servings

- ¼ c. all-purpose flour
- ½ tsp. ground black pepper
- 1 tsp. crushed red pepper
- 1 lb. shrimp, peeled and deveined
- 4 T. canola oil
- 2 cloves garlic, minced
- 2 T. white wine
- ¼ c. lemon juice
- 2 T. butter, cold, cubed
- 1 T. parsley, chopped

Instructions

In a large bowl, combine the flour, black pepper, and red pepper flakes. Toss the shrimp in flour mixture and coat evenly. In a large, non-stick pan over

medium-high heat, heat half of the canola oil. Sauté the shrimp for approximately 3 minutes on each side or until pink and cooked through. Transfer the cooked shrimp to a plate or sheet tray to rest. In the same pan, combine the garlic, wine (or chicken broth), and lemon juice. Using a wooden spoon, stir the mixture and cook until it simmers. Turn off heat and stir in the cold butter in small amounts until it is all in. Add the shrimp back to the pan. Add parsley and toss or stir until shrimp is coated.

Notes: Low sodium chicken broth may be substituted for white wine.

Nutrition Facts (Per Serving)

- Calories: 230
- Sodium: 196 mg
- Potassium: 166 mg
- Phosphorus: 220 mg
- Protein: 27 g



Zucchini Cake

This recipe was submitted by Frances Graves for the **DCI Kidney Cookbook**

Prep time: 20 min
Cook time: 1 hour
Total time: 1 hour 20 min

Ingredients

Makes 24 servings

- 4 eggs
- 1½ c. vegetable oil
- ½ c. brown sugar
- ½ c. white sugar
- 2 T. molasses
- 3 c. grated (raw) zucchini
- 3 c. flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. cinnamon
- ¼ c. chopped nuts (optional)

Instructions

Beat eggs. Add vegetable oil, sugars, and molasses and zucchini. Mix until blended. Combine flour, baking soda, baking powder, cinnamon, and add to first mixture. Blend in nuts, if using. Bake in a greased and floured 9 x 13 inch pan for 1 hour at 350°F.

Nutrition Facts (Per Serving)

- Calories: 239
- Potassium: 102 mg
- Sodium: 68 mg
- Phosphorus: 47 mg
- Protein: 3 g