

VEGETARIAN MEAL IDEAS

CHRONIC KIDNEY DISEASE

Including a vegetarian meal 3-4 times per week can be helpful for patients with CKD to slow the progression of their kidney disease, improve nutrient intake, and increase fiber.

Here are some easy, low sodium vegetarian meal ideas to include in your diet! Recipes of foods marked with an asterisk* are included on pages 2-5.

Breakfast	Lunch	Dinner
Oatmeal*, 1 cup cooked (made with water) Blueberries, 1/4 cup Strawberries, 1/4 cup Brown Sugar, 1/2 Tbsp Apple Juice, 8 oz	Creamy-Garden-Pasta-Salad* Pasta Salad, 1 cup French Bread, 1 slice Plum, 1	Vegetarian Pizza*, 2 slices Green salad, 1 cup Carrots, 1/4 cup Cucumber, 1/4 cup Italian Dressing, 1 Tbsp Canned Pears, 3 halves
Breakfast Burrito, 1 Corn tortillas, 2 Scrambled eggs, 2 Bell Peppers, 1/4 cup Spinach, 1/4 cup Cranberry Juice, 8 oz	Soup: Cauliflower Bisque*, 1 cup Croutons, 1/4 cup Apple, 1 Green Salad, 1 cup Oil and Vinegar Dressing, 1 Tbsp	Pineapple and cashew Stir Fry*, 1-1/2 cups Egg Drop soup, 1/2 cup Raspberry sorbet, 1/2 cup
French Toast*, 2 slices: Whole wheat bread, 2 slices Eggs, 2 Rice Milk, 2 Tbsp Maple Syrup, 4 Tbsp Grape Juice, 8 oz	Peanut Butter and Jelly Sandwich (also good if grilled) Whole wheat Bread, 2 slices Peanut Butter, 2 Tbsp Jelly, 1 Tbsp Celery sticks, 1/2 cup Grapes, 1/2 cup	Garlicky Penne Pasta with Asparagus*, 1 cup Coleslaw, 1/2 cup Watermelon, 2 slices Garlic toast, 1 slice
Rice Krispies or Corn Flakes, 1 cup 1/2 cup skim or almond milk Raspberries, 1/2 cup Coffee/Tea, 8 oz	<u>Snacks:</u> Canned fruit Low sodium crackers and cream cheese Low salt popcorn/pretzels Rice Cakes Vanilla wafers Carrots, celery, peppers	Vegetarian Taco*, 2 Rice, 1/2 cup Pineapple, 1/2 cup Corn on the cob

RECIPES: CKD Vegetarian Meals

Cranberry Apple Baked Oatmeal

Prep time: 15 mins

Cook time: 45 min

* From Budgetbytes.com

Serves: 6

- 1 1/2 cups apple sauce
- 2 large eggs
- 1/4 cup brown sugar
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 3/4 tsp baking powder
- 1 cup milk
- 6 oz fresh cranberries
- 2 cups old-fashioned rolled oats



1. Preheat the oven to 375 degrees. In a large bowl, whisk together the apple sauce, eggs, brown sugar, vanilla, cinnamon, salt, and baking powder until smooth. Add the milk and whisk until smooth again.
2. Rinse the cranberries in a colander. Slice or roughly chop the cranberries in half. Stir the cranberries and oats into the applesauce mixture.
3. Pour the oatmeal mixture into an 8x8 or 9x9 casserole dish (coated with nonstick spray.) Bake in the preheated oven for 45 minutes, or until the surface is a light golden brown and it is no longer sticky in the center. Serve hot or refrigerate until ready to eat.

French Toast With Cream Cheese and Applesauce Filling

Serving size: 2 slices

Serves: 1

* From davita.com

- 2 slices whole wheat bread
- 4 Tbsp egg whites, liquid, divided
- 1 oz cream cheese
- 2 Tbsp unsweetened applesauce
- Cinnamon to taste



1. Preheat a non-stick skillet on medium-high heat.
2. In a bowl, put 2 Tbsp of egg whites, and then add one slice of bread. Be sure to get egg only on one side of the bread. Let egg soak into bread.
3. Place bread egg side down in skillet.
4. Add cream cheese and applesauce to bread in the pan and sprinkle with cinnamon.
5. Repeat step 2 with the other slice of bread and place it on top of the slice in the pan, egg side up
6. When bottom of the first bread slice is browned, flip it over and brown the other side.
7. Remove to plate and top with the syrup of your choice.

Creamy Garden Pasta Salad

From: budgetbytes.com

Prep Time: 15 min

Cook Time: 15 min

Servers: 8

- 1 small yellow squash
- 1 small zucchini
- ½ medium red onion
- 2 large carrots
- ¼ bunch flat leaf parsley
- 1 medium broccoli crown
- 1 lb. pasta
- ½ cup buttermilk
- ¾ cup mayonnaise
- ½ tsp garlic powder
- ¾ tsp salt
- generous dose freshly cracked pepper
- 1 Tbsp lemon juice

1. Cut the squash and zucchini into thin quarter rounds. Thinly slice the red onion. Peel and then grate the carrots using a box grater or large holed cheese grater. Roughly chop the fresh parsley. Place all of these vegetables in a large bowl. You can also add the broccoli if you want it raw, or proceed with the steps below for blanched (lightly cooked) broccoli.
2. Bring a large pot of water to a rolling boil. Add the pasta and let it continue to boil for 7-10 minutes, or until al dente. While the water is boiling, cut the broccoli crown into small pieces. Add the broccoli pieces to the boiling water with the pasta for the last 60 seconds of cooking. Drain the pasta and broccoli in a colander and rinse briefly with cool water to stop the broccoli from cooking and cool off the pasta. Let them drain really well.
3. While the pasta is cooking, make the creamy dressing by whisking together the buttermilk, mayonnaise, garlic powder, salt, freshly cracked pepper, and lemon juice.
4. Once the pasta has cooled and is very well drained, add it to the bowl with the vegetables. Pour the dressing over top and stir to combine. Serve immediately or refrigerate until ready to eat.

Cauliflower bisque

Serving Size: 1 cup

Serves: 6-7

* From Love Soup by Anna Thomas

- 1 large white cauliflower
- 4 cups low sodium vegetable broth
- 1 lemon
- 1 1/2 tsp salt
- 2 medium carrots
- 2 medium stalks celery
- 1 large yellow onion
- 3 Tbsp olive oil
- 5 cloves garlic, chopped
- 1 tsp herbes de Provence
- 2 oz cream cheese



1. Trim the cauliflower, cut in small pieces, and put in a soup pot with vegetable broth.
2. Juice the lemon and add 2 Tbsp and a tsp of salt to the pot.
3. Bring liquid to a boil, lower heat, and simmer covered for 15 minutes.
4. Peel, trim, and chop the carrots, celery, and onion.
5. Heat 2 Tbsp olive oil in a skillet and add the chopped vegetables, along with garlic and half tsp salt. Saute until soft and add herbes de Provence and stir for a few minutes longer.
6. Add sautéed vegetables to the cauliflower. Simmer for another 15 minutes.
7. Puree soup until creamy. Add lemon juice or salt if needed. Add cheese and Tbsp of olive oil.

Tomatoless Pizza

Prep time: 15 mins

Cook time: 15 min

* From allrecipes.com

Serves: 4

- 1 (10 oz) can refrigerated pizza crust dough
- 1 cup light sour cream
- 1 cup light cream cheese, softened
- 3/4 cup baby spinach leaves
- 5 fresh mushrooms, sliced
- 1 small onion, peeled and sliced
- 1 clove garlic, minced
- 1/2 red bell pepper, seeded and sliced into strips



1. Preheat the oven to 375 degrees F (190 degrees C).
2. Unroll the pizza dough onto a greased baking sheet. Press out to cover the entire sheet. In a medium bowl, mix together the sour cream, cream cheese and dill until smooth. Spread evenly over the crust.
3. Heat the olive oil in a skillet over medium heat. Add the onion, mushrooms, garlic and red bell pepper; cook and stir until onion is tender but the pepper is still crisp, about 4 minutes. Stir in baby spinach at the end of cooking. Spread this mixture over the top of the pizza.
4. Bake for 15 minutes in the preheated oven, or until the crust is golden at the edges. Cut into squares to serve.

Pineapple and Cashew Stir Fry

Cook Time: 15 min

Total Time: 15 min

* From amuse-your-bouche.com

Serves: 2

- 1/2 cup brown rice
- 1 Tbsp oil
- 1.5 cup mixed vegetables
- 1 clove garlic, minced
- Pepper
- 4 Tbsp pineapple juice
- 1 Tbsp soy sauce
- 1/2 Tbsp rice vinegar
- 1 Tbsp honey
- 3/4 cup pineapple chunks
- 1/3 cup cashews
- 2 Tbsp fresh coriander, chopped

1. Boil the brown rice according to the instructions on the packet.
2. Meanwhile, heat the oil in a large wok and add the garlic and mixed vegetables. Cook over a medium heat, stirring often.
3. While the vegetables are cooking, combine the pineapple juice, soy sauce, rice vinegar, agave nectar and a little black pepper in a jug, and mix well.
4. When the vegetables are just tender (don't overcook them), add the pineapple chunks, and cashews, along with the sauce. Continue to cook for a couple of minutes longer until everything is warmed through.
5. Drain the brown rice and add it to the stir fry (or serve them alongside each other if you prefer), and serve topped with some fresh coriander.

Garlicky Penne Pasta with Asparagus

Makes: 6 servings

Serving Size: 1 cup

From: davita.com

- 2 Tbsp butter
- 2 Tbsp olive oil
- 6 garlic gloves
- 1/2 tsp red pepper flakes
- 1 pound asparagus
- 1/4 tsp Tabasco hot sauce
- 2 tsp lemon juice
- 1/2 tsp black pepper
- 8 oz penne pasta, uncooked
- 1/4 cup shredded Parmesan cheese



1. Cook pasta according to instructions, omitting salt.
2. Cut asparagus into 2" pieces. Mince garlic.
3. In a medium skillet heat olive oil and butter over medium heat. Add garlic and red pepper flakes and sauté for 2-3 minutes.
4. Add asparagus, Tabasco sauce, lemon juice and black pepper to skillet and cook for 6 minutes until tender crisp.
5. Drain pasta and transfer to a bowl. Add asparagus and toss.
6. Top with shredded cheese and serve.

Black Bean & Toasted Corn Tacos

Cook time: 30 minutes

Makes: 4 tacos

* From vegetariantimes.com

- 1 cup cooked black beans
- 1/2 cup prepared salsa
- 2 cloves garlic, minced
- 2 1/2 tsp ground cumin, divided
- 1 cup frozen corn kernels, thawed
- 1/4 tsp ground black pepper
- 4 6-inch corn tortillas
- 12 baby spinach leaves
- 1/2 cup jarred roasted red pepper strips
- 1/4 cup coarsely chopped cilantro
- 2 small green onions, finely chopped

1. Bring beans, salsa, garlic, and 1 tsp. cumin to a simmer in saucepan. Reduce heat to medium low, and cook 5 to 6 minutes, or until soft. Remove from heat, and mash with fork to crush beans for creamier filling, if desired.
2. Heat skillet over medium-high heat, and coat with olive oil cooking spray. Wrap corn in paper towels, and squeeze out excess water. Add corn to skillet in single layer, and sprinkle with remaining 1 1/2 tsp. cumin, black pepper, and cayenne pepper to taste. Cook 5 to 10 minutes, or until golden and crispy, stirring frequently.
3. Preheat oven or toaster oven to 350°F. Toast tortillas in toaster oven 1 minute to soften. Alternately, bake tortillas on taco baking rack in oven 7 to 10 minutes, or until crisp. Fill each tortilla with 1/4 cup beans, 1/4 cup corn, 3 spinach leaves, red pepper strips, cilantro, and green onions.