

Heartland Headlines



A Newsletter for Kidney Patients

In this Special Recipe Edition

- 2 Holiday Fruit Salad
- 2 Washing Fruits and Veggies
- 3 Brown Sugar Cranberry Pork Roast
- 3 Safety Starts with Clean Hands
- 4 Asian Slaw
- 4 Don't Forget to Wash
- 5 Pan-fried Turkey, Brie and Cranberry Sandwich
- 5 Cranberry Turkey Sandwich
- 5 Be Safe: Wash Surfaces and Utensils After Each Use
- 6 Cream Cheese Sugar Cookies



We're Here for YOU and we're listening!

Thank you to all who have given us your feedback and shared what you like about the newsletter and what you'd like to see more of. This special edition is for everyone who said they would like to see more recipes. We've added some safety tips to keep in mind throughout the issue as well. For more information on food safety go to <https://www.foodsafety.gov>. Thank you to all the dietitians in the region who responded to our request for their favorite recipes. For more renal friendly recipes check out the following websites:
<https://www.davita.com/recipes/>
<http://www.dciinc.org/recipes/>
<http://www.rsnhope.org/recipes/>
<http://www.myspiceitup.ca/>
<https://www.freseniuskidneycare.com/eating-well>

Bon Appetite!

HOLIDAY FRUIT SALAD

Serves 10 (Serving size: 1/2 cup)

Ingredients:

- 1 can pineapple chunks (20 oz.)
- 3 cans mandarin oranges (11 oz.)
- 1 can fruit cocktail (15 oz.)
- 8 oz. reduced fat sour cream
- 1 c. mini marshmallows

Preparation:

1. Drain fruits well and discard liquid.
2. Mix all ingredients together.
3. Serve chilled.

Thank you for Sharing! Bev Breve, RD, LD, Siouxland Dialysis, Sioux City, IA shared this recipe from Fill Your Plate: A World of Tasty Recipes for the Kidney Community.

Nutritional Information

Per serving:

Calories	172
Protein	2 g
Carbohydrate	38 g
Total Fat	3 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol.	11 mg
Potassium158 mg
Sodium	30 mg
Phosphorus.....	39 mg
Fiber.....	1 g

Wash fruits and veggies—but not meat, poultry, or eggs!

Did you know that—even if you plan to peel fruits and veggies—it’s important to wash them first because bacteria can spread from the outside to the inside as you cut or peel them?

Here’s how to wash all your produce effectively.

1. Cut away any damaged or bruised areas.
2. Rinse produce under running water. Don’t use soap, detergent, bleach, or commercial produce washes.
3. Scrub firm produce, like melons or cucumbers, with a clean produce brush.
4. Dry produce with a paper towel or clean cloth towel...and you’re done.



The good news? Bagged produce marked “pre-washed” is safe to use without further washing.

Safety Starts with Clean Hands

Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards. Unless you wash your hands, utensils, and surfaces the right way, you could spread bacteria to your food, and your family. Wash hands the right way—for 20 seconds with soap and running water.

Washing your hands, the right way can stop the spread of illness-causing bacteria. Here is how to do it:

1. Wet your hands with warm or cold running water and apply soap.
2. Rub your hands together to make lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers, and under your nails. Bacteria can hide out here too!
3. Continue rubbing hands for at least 20 seconds. Need a timer? Hum "Happy Birthday" from beginning to end twice.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry.

Brown Sugar Cranberry Pork Roast

Serves 12 (Serving size: 4 oz. meat)

Ingredients:

4 lbs.	center cut pork roast
1/2 tsp.	salt*
1 tsp.	ground black pepper
1 c.	chopped cranberries
1 Tbsp.	brown sugar
1/4 c.	honey
1 tsp.	grated orange peel (zest)
1/8 tsp.	ground cloves
1/8 tsp.	nutmeg

Preparation:

1. Sprinkle roast with salt and pepper. Place in a slow cooker.
2. Combine the remaining ingredients, pour over the roast.
3. Cover and cook on low 8 to 10 hours.
4. Remove roast from cooker and slice into 24 slices.
5. Top with a spoonful of sauce if desired.

*You may wish to reduce sodium by leaving the salt out. Reducing sodium can help reduce thirst. Recipe without salt has 47 mg of sodium.

Nutritional Information

Per serving:

Calories	152
Protein	23 g
Carbohydrate	6 g
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol.....	71 mg
Potassium	389 mg
Sodium	128 mg
Phosphorus	227 mg
Fiber	0.4g

Thanks for Sharing!

*Bev Breve, RD, LD,
Siouxland Dialysis,
Sioux City, IA shared
this recipe from Fill
Your Plate: A World of
Tasty Recipes for the
Kidney Community.*

ASIAN SLAW

Serves: 8 (3/4 cup)

Ingredients:

- 3 c. cabbage, shredded fine
- 1 carrot, peeled and grated
- 1 c. loosely packed bean sprouts
- 1/2 c. grapes, halved
- 1 green apple, grated
- 1 small lemon, juice of
- 1/3 c. white wine vinegar
- 1 Tbsp. orange juice concentrate
- 2/3 c. canola or olive oil
- 1/2 tsp. celery seed
- 1/4 tsp. black pepper
- 1 Tbsp. honey
- 1/4 c. fresh chives, chopped fine.

Preparation:

1. Prepare vegetables and fruits.
2. Transfer them into a glass bowl, grating the apple last and sprinkling the lemon juice over all ingredients before mixing (to keep apples from browning).
3. Make dressing, pour over vegetable and fruit mix and toss.
4. Refrigerate until ready to serve.

Thanks for Sharing! Joanne Cooke MS, RD, LD, CSR, Kansas City VA Medical Center, Missouri shared this recipe from: Spice it up! Fall/Winter 2009. ISSN 1918-302 X Spice it up!© 2010 Communication ebmed Inc. All rights reserved. www.ebmed.ca. Visit www.myspiceitup.ca for more recipes!

Nutritional Information

Per serving:

Calories	216 kcals
Protein	2 g
Carbohydrate	11 g
Fiber	1.2 g
Total Fat	18g
Saturated Fat	1.3 g
Cholesterol.	0 mg
Sodium	13 mg
Potassium	203 mg
Phosphorus.....	32 mg

Don't Forget to Wash

- Before eating food.
- Before, during, and after preparing food.
- Before and after treating a cut or wound.
- Before and after caring for someone who is sick.
- After handling uncooked eggs, or raw meat, poultry, seafood, or their juices.
- After blowing your nose, coughing, or sneezing.
- After touching an animal or animal waste.
- After touching garbage.

Pan-fried Turkey, Brie and Cranberry Sandwich

Serves: 4

Ingredients:

Sliced turkey
8 slices white bread
1/2 c. softened butter
4 Tbsp. cranberry sauce
8 oz. brie, sliced

Preparation:

Butter each slice of bread on one side only. On the unbuttered side, spread with cranberry sauce, top with sliced turkey and sliced brie. Season with black pepper, if desired. Place another piece of bread, unbuttered side, onto the filling.

Heat a frying pan to medium heat. Spray pan with cooking spray. Place the sandwich in the frying pan and fry on a gentler heat for 2-3 minutes, each side, until golden brown.

Cranberry Turkey Sandwich

Serves: 1

Ingredients:

Croissant or bread of choice
Whole berry canned cranberry sauce
Sliced roasted turkey
Baby spinach
Cream cheese

Preparation:

Slice croissant, spread a layer of cream cheese on the bottom half, followed by a layer of baby spinach. Pile on turkey, followed by a generous amount of cranberry sauce. Can be tightly wrapped in plastic wrap and served the next day.

Thanks for sharing these recipes! M. Bailey, RD with FMC-Overland Trails and Kidney Dialysis of Grand Island.



Be Safe: wash surfaces and utensils after each use.

Bacteria can be spread throughout the kitchen and get onto cutting boards, utensils, and counter tops. To prevent this:

- Use paper towels or clean cloths to wipe up kitchen surfaces or spills. Wash cloths often in the hot cycle of your washing machine.
- Wash cutting boards, dishes, utensils, and counter tops with hot, soapy water after preparing each food item and before you go on to the next item.
- As an extra precaution, you can use a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water to sanitize washed surfaces and utensils.

Cream Cheese Sugar Cookies



For more information, to request a printed copy of this newsletter or to file a grievance, please contact:

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We're growing!
We've partnered with Qsource to form QSource ESRD Network Strategies. Together, we're making **healthcare. better.**

This resource was developed while under contract with the Center for Medicare & Medicaid Services (CMS), a Division of the Department of Health and Human Services. Contract #HHSM-500-2016-00012C. The contents present do not necessarily reflect CMS policy.

Yield 48 (Serving size: 1 cookie)

Ingredients:

1 c. sugar
1 c. unsalted butter
3 oz. cream cheese, softened
1/2 tsp. salt
1/4 tsp. almond extract
1/2 tsp. vanilla extract
1 large egg, separated
2 1/4 c. all-purpose flour
Colored sugar (optional)

Preparation:

1. In a large bowl, combine sugar, butter, cream cheese, salt, almond extract, vanilla extract and egg yolk. Blend well. Stir in flour until well blended.
2. Chill dough. 2 hours.
3. Preheat oven to 375°F.
4. On a lightly floured surface, roll out dough, one third at a time, to 1/8" inch thickness. Cut into desired shapes with lightly floured cookie cutters.
5. Place one inch apart on ungreased cookie sheets. Leave cookies plain, or if desired, brush with slightly beaten egg white and sprinkle with colored sugar.
6. Bake for 7 to 10 minutes or until light golden brown.

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Your feedback is important to us!
Please visit:

https://www.surveymonkey.com/r/HKN_HH
to tell us what you think about this special recipe edition of the Heartland Headlines patient newsletter.