

Candied Carrots

A lower potassium alternate to sweet potatoes

Makes 9 Servings

- 1 pound fresh carrots
- 1/3 cup packed brown sugar
- 1/2 tsp grated orange peel
- 2 Tbsp unsalted margarine
- 1 tsp vanilla extract

1. Peel carrots and remove ends. Cut into coins or lengthwise about 1/8 in wide. Cook carrots until tender and drain. Splash with cold water to refresh carrots.
2. Add brown sugar, orange peel, and margarine to a large dutch oven or skillet. Cook until melted and bubbly then stir in vanilla extract.
3. Take carrots and add them to the mixture on the stove. Cook gently over low heat, stirring every now and then, until carrots are heated throughout.

Serving is 1/2 cup

Nutritional Analysis:

- Protein: 0.8 grams
- Fat: 3 grams
- Carbohydrates: 15 grams
- Calories: 84 calories
- Sodium: 50 mg
- Potassium: 186 milligrams
- Phosphorus: 24 milligrams

Great for Pre-dialysis, dialysis, or renal diabetic

1/2 cup – 1 medium potassium vegetable
Diabetic – 1/2 cup – 1 medium potassium fruit due to sugar content

Apple Cranberry Stuffing

A tasty alternative to regular stuffing, and low in sodium too!

Makes 10 servings

- 3 cups soft, stale bread crumbs
- 2 Tbsp unsalted margarine, melted
- 1/2 cup diced raw cranberries
- 1/4 cup chopped walnuts
- 1 cup diced, peeled tart apples
- 1/4 cup raisins
- 1/4 tsp poultry seasoning
- 1/4 cup apple juice

1. Preheat oven to 350°F. Combine all ingredients and toss lightly for the ingredients to mix. Using a 1 1/2 quart casserole dish, sprayed with pan release spray, add the mixture.
2. Bake the mixture for approximately 30 minutes, and divide into 10 servings. Serve hot.

Serving is 1/2 cup

Nutritional Analysis:

- Protein: 1.8 grams
- Fat: 5 grams
- Carbohydrates: 13 grams
- Calories: 166 calories
- Sodium: 7 mg
- Potassium: 85 milligrams
- Phosphorus: 30 milligrams

Great for Pre-dialysis, dialysis, or renal diabetic

1/2 cup – 1 low potassium fruit and 1/2 starch
Diabetic – 1/2 cup – 1 low potassium fruit and 1 fat

Clinic Stamp