



BACK ON THE MENU

Recipes for a reduced
potassium diet

The second edition of Back on the Menu was reviewed and revised by Anthony Meade and Amanda Wray, Renal Unit Dietitians, The Queen Elizabeth Hospital, SA with the assistance of the Dietitians Association of Australia Renal Special Interest Group. We would like to sincerely thank them for their tireless contribution.

The first edition of Back on the Menu was made possible by key supporters Novartis Pharmaceuticals Australia and Health Department, South Australian Government and members of the kidney community in South Australia.

We would like to thank dedicated staff from Kidney Health Australia.

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KIDNEY HEALTH AUSTRALIA

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Kidney Health Australia will be the lead organisation promoting kidney and urinary tract health through research, advocacy, education and health service excellence.

Our Vision

Australia free of kidney and urinary tract disease.

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FOREWORD

The authors would like to stress that recommendations for 'Renal Diets' vary widely between individuals. It is with this in mind that this recipe book is best used in conjunction with dietary advice from a dietitian experienced in renal nutrition.

This is the second edition of Back on the Menu – recipe book for a reduced potassium diet.

The recipes were developed for people who need to control the amount of potassium in their diet. This includes people with kidney disease and those requiring dialysis who have been advised to follow a low potassium diet.

The recipes aim to help people who are restricting their potassium intake to add some variety to everyday eating. The recipes illustrate that low potassium meals are interesting, delicious and can be offered to friends and family.

Some recipes contain ingredients that are not always recommended in a low potassium diet. Computer analysis has shown that these ingredients can, however, be included in measured quantities while ensuring that the potassium content of the meal is still within acceptable limits. The inclusion of some higher potassium foods, in limited amounts, has added to the variety and taste of these low potassium recipes. Any variation to the recipes is not recommended unless advised by a dietitian with experience in renal nutrition.

People who have both kidney failure and diabetes should consult their dietitian before using these recipes, as they may not meet their dietary needs.

Nutritional criteria based on the CARI Guidelines¹ were used to determine recipe inclusion. The criteria are detailed in the next section. The nutritional analysis for the stated ingredients in each recipe was performed using Foodworks Program Version 5.0 (Xyris Software). Analysis is based on the ingredients as printed. Serving suggestions, for example side salad were not included in the nutritional analysis of the recipe.

The recipes have been developed by a group of Adelaide-based dietitians with experience in renal nutrition, together with members of Kidney Health Australia.

Please enjoy!



Anne Wilson
Chief Executive Officer

ADDITIONAL CONSIDERATIONS FOR RESTRICTED POTASSIUM DIETS

- **Protein** requirements are very individual. Some recipes may need the specified quantity of meat or meat alternative modified, in order to meet individual protein requirements. Always consult with a dietitian experienced in renal nutrition about your daily requirements.
- **Phosphate** requirements are also individual. Phosphate binders are often used to help control phosphate levels but if phosphate intake is a concern, talk to a dietitian experienced in renal nutrition.
- People with kidney disease often need to limit **salt** intake. Choose **no added salt** or **reduced salt** margarine and processed foods where possible. It is also advisable not to add salt when cooking or at the table.
- If you have elevated cholesterol, you may want to use low fat dairy products instead of full fat varieties for these recipes.
- If you need to increase energy intake through extra fat, choose **polyunsaturated** and **monounsaturated fats** such as olive, canola and sunflower oil.
- Consult a dietitian experienced in renal nutrition if you have any questions about these recipes and before modifying recipe ingredients.

Potassium measures

Recipes in this book meet the following criteria:

Total daily potassium intake

2700mg or 70mmol (Easy conversion: 40 mg potassium = 1 mmol)

Suggested daily potassium distribution

Breakfast	500mg
Light meal (e.g. Lunch)	700mg
Main meal (e.g. Dinner)	1200mg *
Snacks (3 per day)	100mg each

* Potassium from main meal can be selected from:

Meat dish	350mg
Potato	400mg
Vegetables/standard salad	250mg
Dessert	200mg
Total	1200mg

or

Mixed meat and vegetable meal	1000mg
Eg stir fry, casserole**	
Dessert	200mg
Total	1200mg

** Not suitable to be served with extra salad or vegetables

1 Caring for Australians with Renal Impairment,
<http://www.kidney.org.au/cari/index.htm>

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Snacks

CHEESE AND GARLIC PITA WEDGES

Makes: 32 wedges

Serving size: 4 wedges

Ingredients

4 white pita bread (*large*)
125g margarine, salt reduced, melted
3 cloves garlic, crushed
2 tbsp fresh basil, chopped
1/3 cup parmesan cheese, grated

Method

- Preheat oven to 180°C.
- Split pita bread in half; cut each half into 4 wedges.
- Combine margarine, garlic and basil.
- Brush over one side of bread wedges; sprinkle with parmesan cheese.
- Place in single layer on oven tray.
- Bake for 10 minutes or until crisp.

Nutritional profile per serve

Energy	1108kJ
Protein	6g
Fat	15g
Carbohydrate	27g
Sodium	340mg
Potassium	74mg
Phosphate	81mg

Notes:

COLD SPRING ROLLS

Makes: 4

Serving size: 2 rolls

Ingredients

Filling

1/2 cup finely shredded cabbage
1/2 cup carrot, grated
1/2 cup cooked chicken mince
(*or shredded BBQ chicken breast*)
1/4 cup fresh mint
2 tbsp spring onion, finely chopped
1 tbsp oil
1/4 tsp pepper
1 cup softened vermicelli or clear Asian rice noodles.
8 sheets dried rice paper sheets

Method

- Fry chicken mince in oil.
- Soak noodles in hot water until tender then drain.
- Gently mix noodles, vegetables and chicken.
- Individually dip dried rice paper sheets into bowl of warm water to soften.
- Place sheet on a chopping board.
- Divide filling into 8 portions.
- Put one portion in corner of sheet.
- Fold closest corner over filling.
- Fold in the two side corners then roll.

Serving suggestion

Serve with a small amount of low salt soy sauce or sweet chilli sauce.

Nutritional profile per serve

Energy	821kJ
Protein	9g
Fat	7g
Carbohydrate	23g
Sodium	98mg
Potassium	160mg
Phosphate	88mg

Notes:



PARMESAN CRACKERS

Makes: 40–50 crackers

Serving size: 4–5 crackers

Ingredients

8 tbsp margarine, salt reduced, softened

2 cups plain flour

1 1/2 cups parmesan cheese, finely grated

1 egg yolk

1/2 cup water

Method

- Preheat oven to 180°C.
- In large bowl or food processor, rub margarine into flour until mixture resembles breadcrumbs.
- Add cheese and egg yolk, mix well.
- Add enough water to form dough. (*Texture may be crumbly but pressed dough will hold together in ball.*)
- Divide dough into 2 portions.
- On floured surface, roll out until 1cm thick.
- Cut out individual crackers with cookie cutter or sharp knife, arrange on ungreased baking sheet.
- Prick each cracker with fork.
- Bake for 5–10 minutes on either side or until medium brown.
- Cool on wire rack.

Nutritional profile per serve

Energy	1123kJ
Protein	8g
Fat	17g
Carbohydrate	20g
Sodium	359mg
Potassium	63mg
Phosphate	147mg

Notes:

SAVOURY CORN FRITTERS

Serves: 6

Ingredients

1 cup self raising flour
1 egg
1/2 cup corn kernels
1/2 cup cream style corn
2 tbsp red capsicum, finely chopped
Oil for frying

Method

- Mix flour, egg, corn and capsicum.
- Heat oil in pan.
- Drop in tablespoons of batter, forming six fritters.
- Fry each side over medium heat for 2–3 minutes until lightly browned.
- Garnish with red capsicum rings.

Nutritional profile per serve

Energy	748kJ
Protein	4g
Fat	8g
Carbohydrate	23g
Sodium	280mg
Potassium	95mg
Phosphate	202mg

Notes:



TUNA DIP

Serves: 8

Ingredients

- 250g cream cheese, softened
- 2 tbsp onion, finely chopped
- 1/2 clove garlic, crushed
- 1 tbsp prepared horseradish
- 1 tsp Worcestershire sauce
- pepper
- 1/2 cup sour cream
- 100g can tuna (drained and flaked)

Method

- Mix cheese, onion, garlic, horseradish, Worcestershire sauce and pepper.
- Blend in sour cream.
- Add tuna and mix thoroughly.

Serving suggestion

Serve dip in bowl and garnish with chopped fresh parsley.
Serve with parmesan crackers.

Nutritional profile per serve

Energy	700kJ
Protein	6g
Fat	15g
Carbohydrate	2g
Sodium	212mg
Potassium	110mg
Phosphate	85mg

Notes:



SESAME BITES

Makes: 8 squares

Serving size: 1 square

Ingredients

2 tbsp sesame seeds
2 cups sugar
3/4 cup water
2 tbsp golden syrup
60g margarine, salt reduced
1/2 tsp bicarbonate soda

Method

- Lightly brown seeds in pan over a gentle heat, constantly stirring.
- Allow seeds to cool.
- Using tin foil, grease and line a 23 cm square tin.
- Over low heat, mix sugar and water in saucepan without boiling until sugar has dissolved.
- Increase heat and without stirring allow mixture to boil until golden brown (approx. 15 minutes).
- Stir in golden syrup and margarine until just combined.
- Gently stir in seeds and bicarbonate soda.
- Pour into tin.
- Allow to cool for five minutes then score with knife into 8 size squares.
- When completely set, cut all the way through previous score.
- Store in an air tight container.

Nutritional profile per serve

Energy	1200kJ
Protein	1g
Fat	8g
Carbohydrate	57g
Sodium	181mg
Potassium	62mg
Phosphate	22mg

Notes:

SESAME TWIST

Makes: 48 twists

Serving size: 6 twists

Ingredients

2 sheets ready-rolled puff pastry
60g margarine, salt reduced, melted
2 tbsp poppy seeds
2 tbsp sesame seeds
2 tbsp parmesan cheese, grated

Method

- Preheat oven to 210°C.
- Cut pastry sheets in half, brush with melted butter.
- Combine poppy and sesame seeds and cheese.
- Sprinkle over pastry; press in firmly with rolling pin.
- Cut into 2cm by 10cm strips.
- Twist strips slightly; place onto lightly greased baking trays.
- Bake for 8 minutes or until puffed and golden brown.

Nutritional profile per serve

Energy	1929kJ
Protein	8g
Fat	35g
Carbohydrate	29g
Sodium	562mg
Potassium	100mg
Phosphate	156mg

Notes:

ORANGE CAKE

Serves: 8

CAKE MIXTURE

Ingredients

175g margarine, salt reduced, softened
3/4 cup sugar
2 tsp orange rind, grated
3 eggs
1 1/4 cups plain flour
1 tsp baking powder

Method

- Preheat oven to 180°C.
- Cream margarine and sugar; add orange rind.
- Sift flour with baking powder.
- Beat eggs until thick.
- Add eggs and sifted flour alternatively into mixture.
- Pour into 20cm ring tin, lined on base.
- Bake for approx. 40 minutes or until cake springs back when lightly touched.
- Cool in tin for 10 minutes; turn out onto wire rack.
- Cool cake completely.

ORANGE ICING

Ingredients

2 cups icing sugar
1/4 tsp butter
2 tbsp orange juice
2 tbsp orange rind, grated

Method

- Sift icing sugar into bowl.
- Add margarine.
- Add sufficient orange juice so that mixture spreads easily.
- Garnish with orange rind.

Diabetic Alternative

Replace 3/4 cup of raw sugar with 3/4 cup of Equal.

Nutritional profile per serve

Energy	1990(1622)kJ
Protein	5g
Fat	20(18)g
Carbohydrate	71(53)g
Sodium	185mg
Potassium	86(77)mg
Phosphate	102mg

SCONES

Makes: 24 scones

Serving size: 2 scones

Ingredients

2 cups self raising flour
1/4 cup margarine, salt reduced
3/4 cup warm milk

Method

- Preheat oven to 180°C.
- Rub margarine into flour until it resembles breadcrumbs.
- Add warm milk and lightly mix.
- Gently knead dough on floured board, roll out until 2cm thick and cut with scone cutter.
- Place scones on greased tray; brush with milk.
- Bake for 15 minutes or until golden brown.

Serving suggestion

Serve with jam and cream.

Nutritional profile per serve

Energy	636kJ
Protein	3g
Fat	5g
Carbohydrate	17g
Sodium	23mg
Potassium	32mg
Phosphate	175mg

Notes:



OAT BISCUITS

Makes: 16 biscuits

Serving size: 2 biscuits

Ingredients

- 1/2 cup sugar
- 125g margarine, salt reduced
- 2 tbsp honey
- 1 cup plain flour
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1 1/2 cups rolled oats

Method

- Preheat oven to 180°C.
- Cream margarine, sugar and honey.
- Sift flour, baking powder and cinnamon.
- Add sifted ingredients and rolled oats to creamed mixture, stirring well.
- Roll tablespoons of mixture into balls.
- Place on greased oven tray; flatten with fork.
- Bake for 15 minutes or until golden.
- Cool on wire rack.

Nutritional profile per serve

Energy	1275kJ
Protein	4g
Fat	14g
Carbohydrate	42g
Sodium	125mg
Potassium	84mg
Phosphate	129mg

Notes:

PIKELETS

Makes: 6

Serving size: 1 pikelet

Ingredients

- 1 cup plain flour
- 1 tsp baking powder
- 1 egg
- 1/4 cup sugar
- 3/4 cup milk

Method

- Sift flour and baking powder.
- Beat egg and sugar until thick; add milk.
- Lightly combine milk mixture with sifted ingredients.
- Drop tablespoons of mixture onto greased frying pan.
- Turn pikelets over when bubbles start to form on surface.

Serving suggestion

Serve with jam and cream.

Nutritional profile per serve

Energy	613kJ
Protein	5g
Fat	2g
Carbohydrate	27g
Sodium	123mg
Potassium	99mg
Phosphate	143mg

Notes:

HONEY GINGER CRISPS

Makes: 48 cookies

Serving size: 2 cookies

Ingredients

- 1/2 cup honey
- 1/2 cup margarine, salt reduced
- 1/2 cup sugar
- 1 egg
- 2 cups flour
- 2 tsp baking soda
- 1 tsp ginger
- 1 tsp cinnamon
- 1/2 tsp ground cloves (*optional*)

Method

- Preheat oven to 190°C.
- Cream honey, margarine, sugar and egg.
- Sift remaining ingredients together; add to margarine mixture.
- Chill for one hour.
- Make level tablespoons of dough into balls; flatten slightly with fork.
- Place 5cm apart on a greased baking tray.
- Bake for 10 to 12 minutes.
- Cool on wire rack.

Nutritional profile per serve

Energy	501kJ
Protein	2g
Fat	19g
Carbohydrate	4g
Sodium	82mg
Potassium	28mg
Phosphate	20mg

Notes:

MERINGUE DROPS

Makes: 4

Serving size: 1 meringue

Ingredients

- 3/4 cup sugar
- 2 egg whites
- 1 tsp vanilla essence

Method

- Preheat oven to 200°C.
- Beat egg whites until peaks form.
- Gradually beat in sugar and vanilla essence.
- Drop tablespoons of mixture onto an ungreased baking sheet.
- Turn off oven.
- Leave meringues in oven for 4 hours or overnight.

Nutrition profile per serve

Energy	648kJ
Protein	2g
Fat	0g
Carbohydrate	38g
Sodium	27mg
Potassium	27mg
Phosphate	2mg

Notes:

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Side Dishes



GOLDEN POTATO CROQUETTES

Makes: 4

Serving size: 1 croquette

Ingredients

450g potatoes

25g polyunsaturated margarine, salt reduced

1/2 tbsp milk

pepper

1/2 egg beaten

90g fresh white bread crumbs

Method

- Peel and cut potatoes in small pieces.
- Bring potatoes to boil in 4 times their volume of water.
- Drain off water.
- Re-boil in 4 times their volume of fresh water.
Cook until just tender.
- Drain off water.
- Mash potatoes with margarine, milk and pepper.
- Make potato into croquette shapes with your hand then dip in beaten egg.
- Roll each croquette in breadcrumbs.
- Heat a little vegetable oil in frying pan and, when hot, cook a few croquettes at once making sure you can turn them easily.
- Fry both sides until crisp and golden.
Keep warm until ready to serve.

Hint: Excess milk will make the croquettes difficult to shape.

Serving suggestions

Serve as an accompaniment to main meals.

Nutritional profile per serve

Energy	560kJ
Protein	4g
Fat	6g
Carbohydrate	15g
Sodium	193mg
Potassium	370mg
Phosphate	43mg

Notes:

CURRIED RICE SALAD

Serves: 4

Ingredients

1/2 cup uncooked white basmati rice
1 1/2 cups water
1/4 small red onion, finely chopped
1/2 small green capsicum, diced
1/2 small red capsicum, diced
1 stalk celery, thinly sliced
1 carrot, grated
1 cup cabbage, finely shredded
2–3 tbsp balsamic vinegar
2–3 tbsp rice vinegar

Dressing

2–3 tbsp balsamic vinegar
2–3 tbsp rice vinegar
2 tsp Dijon mustard
1 tsp toasted sesame oil (optional)
2 cloves garlic, minced or pressed
1 tsp soy sauce, salt reduced
2 tsp curry powder

Method

- Bring water to boil, add rice then return to a simmer.
- Cover and cook until rice is just tender.
- Drain off excess liquid.
- Allow rice to cool.
- Prepare all vegetables as directed then add to cooled rice.
- Combine vinegars and remaining dressing ingredients, mix well.
- Pour over salad immediately before serving and toss to mix.

Serving suggestion

Use as an alternative to potato or vegetables.

Nutritional profile per serve

Energy	520kJ
Protein	3g
Fat	1g
Carbohydrate	23g
Sodium	84mg
Potassium	202mg
Phosphate	64mg

MUSTARD CAULIFLOWER

Serves: 4

Ingredients

2 tsp Dijon mustard
1 tbsp white wine vinegar
1 tbsp olive oil
pepper
2 cups cauliflower flowerets

Method

- Mix together mustard and honey; whisk in vinegar then olive oil. Season with black pepper. Set aside.
- Add cauliflower to boiling water, cook until just tender.
- Drain well.
- Toss cooked cauliflower with dressing immediately before serving.

Serving suggestion

Serve hot as a vegetable or cold as a salad.

Nutritional profile per serve

Energy	230kJ
Protein	1g
Fat	5g
Carbohydrate	1g
Sodium	193mg
Potassium	185mg
Phosphate	26mg

Notes:

PASTA SALAD

Serves: 6

Ingredients

1/2 cup of dry macaroni
1 small green capsicum, chopped
1 small red capsicum, chopped
120gm chopped ham
1 x 120gm can corn kernels, drained
1/4 tsp pepper
150ml thousand island salad dressing

Method

- Cook macaroni in boiling water until tender.
- Rinse and drain thoroughly.
- In large bowl combine macaroni plus all remaining ingredients and toss well.

Serving suggestion

Use as a vegetable alternative.

Nutritional profile per serve

Energy	552kJ
Protein	6g
Fat	4g
Carbohydrate	16g
Sodium	577mg
Potassium	173mg
Phosphate	106mg

Notes:

SWEET POTATO AND GARLIC MASH

Serves: 1

Ingredients

1/2 cup sweet potato
1/2 cup regular potato
1 clove garlic
Margarine, salt reduced
Pepper

Method

- Boil potato, sweet potato and garlic.
- Drain and mash.
- Add margarine and pepper to taste.

Nutritional profile per serve

Energy	351kJ
Protein	2g
Fat	2g
Carbohydrate	13g
Sodium	39mg
Potassium	306mg
Phosphate	38mg

Notes:



POTATO

Serves: 1

For boiled or mashed potato the suggested serving size is 90g.

Nutritional profile per serve

Energy	250kJ
Protein	2g
Fat	0g
Carbohydrate	12g
Sodium	3mg
Potassium	387mg
Phosphate	30mg

Rice, pasta, noodles, white bread and couscous are significantly lower potassium alternatives to potato.

RICE, PASTA AND NOODLES

Serves: 1

For boiled rice, cooked pasta or Hokkien noodles the suggested serving size is 1 cup.

Nutritional profile per serve

Energy	750–920kJ
Protein	4–7g
Fat	<1g
Carbohydrate	36–53g
Sodium	80–260mg
Potassium	60mg
Phosphate	70–110mg

Notes:

STANDARD SALAD

Each of these single serve salad ingredients contain 55mg potassium:

- 1/4 cup canned corn, drained
- 2 large pickled onions
- 4 slices canned beetroot, drained
- 3 rings red capsicum
- 5 pods raw snow peas
- 6 slices raw carrot
- 3 canned asparagus spears
- 10 medium black olives, in brine
- 10 cm stalk celery
- 1 1/2 medium sized mushrooms
- 1 large spring onion
- 2 thin slices tomato
- 6 slices cucumber (0.5cm thick)
- 1/2 cup iceberg lettuce

Choose any 4 salad serves to make a 'Standard Salad' or try one of the following sample salads:

SAMPLE SALADS

Green Salad

- 1/2 cup lettuce
- 2 slices tomato
- 6 slices cucumber
- 1 1/2 medium mushrooms

Corn Salad

- 1/2 cup canned corn (drained)
- 2 pickled onions
- 3 rings capsicum
- 10 cm stalk celery

Nutritional profile per serve

Energy	100kJ
Protein	2g
Fat	1g
Carbohydrate	5g
Sodium	13mg
Potassium	200mg
Phosphate	45mg

Notes:

STUFFED ZUCCHINI

Serves: 4

Ingredients

- 2 medium zucchini
- 1 tbsp cooking oil
- 1/2 small onion, minced
- 1 egg, lightly beaten
- 1/4 cup dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 1 tbsp finely chopped parsley
- pepper to taste

Method

- Preheat oven to 180°C
- Cut zucchini in half lengthwise.
- Scoop out and save pulp, leaving a shell.
- Par boil shells for 2 minutes. Remove and drain.
- Chop zucchini pulp.
- In frypan, heat oil over medium-high heat. Sauté onion and chopped zucchini until tender.
- Remove from heat and combine remaining ingredients.
- Fill shells.
- Place in greased baking dish.
- Bake for 15–20 minutes or until heated through.

Serving suggestion

Use as a vegetable alternative.

Nutritional profile per serve

Energy	472kJ
Protein	5g
Fat	8g
Carbohydrate	5g
Sodium	135mg
Potassium	120mg
Phosphate	89mg

Notes:



VEGETABLE COUSCOUS

Serves: 6

Ingredients

1 large onion, chopped
1/2 tsp turmeric
1/4 tsp cayenne pepper
1/2 cup vegetable stock, salt reduced
1 1/2 teaspoon black pepper
50g tomato paste, salt reduced
3–4 whole cloves
3 medium zucchini
3 large carrots
1 green capsicum
4 cups cooked couscous

Method

- Sauté onion in vegetable stock over medium low heat until clear.
- Add all spices and cook for a few minutes, stirring as needed.
- Add tomato paste, stir and simmer for 2 minutes.
- Cut vegetables into medium size chunks.
- Put vegetables into vegetable stock mixture then add a small amount of water to cover.
- Bring to boil, reduce heat and simmer covered for about half an hour.
- Cook couscous according to directions on packet then put in bowl.
- Add vegetable mix to couscous and stir.
- Serve warm.

Serving suggestion

Serve as an accompaniment to main meals.

Nutritional profile per serve

Energy	384kJ
Protein	4g
Fat	0g
Carbohydrate	16g
Sodium	1151mg
Potassium	315mg
Phosphate	70mg

Notes:

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Light Meals

CAESAR SALAD WITH YOGHURT DRESSING

Serves: 4

Ingredients

Salad

- 1/3 chopped lettuce
- 1 continental cucumber
- 1/4 bunch parsley
- 4 bacon rashers
- 1 grated carrot
- 1/3 cup grated parmesan cheese
- 4 anchovies drained (optional)
- 2 hard-boiled eggs

Dressing

- 2/3 cup natural low fat yoghurt
- 2 tbsp vinegar
- 1 tsp crushed garlic
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- black pepper

Method

- Remove bacon fat and rind, dice.
- Sauté bacon in frying pan, remove and cool.
- Prepare salad items and decoratively place on serving tray.
- Sprinkle bacon, cheese and anchovies over salad.
- Prepare eggs and decorate salad.
- Mix dressing ingredients.
- Pour over salad immediately prior to serving.

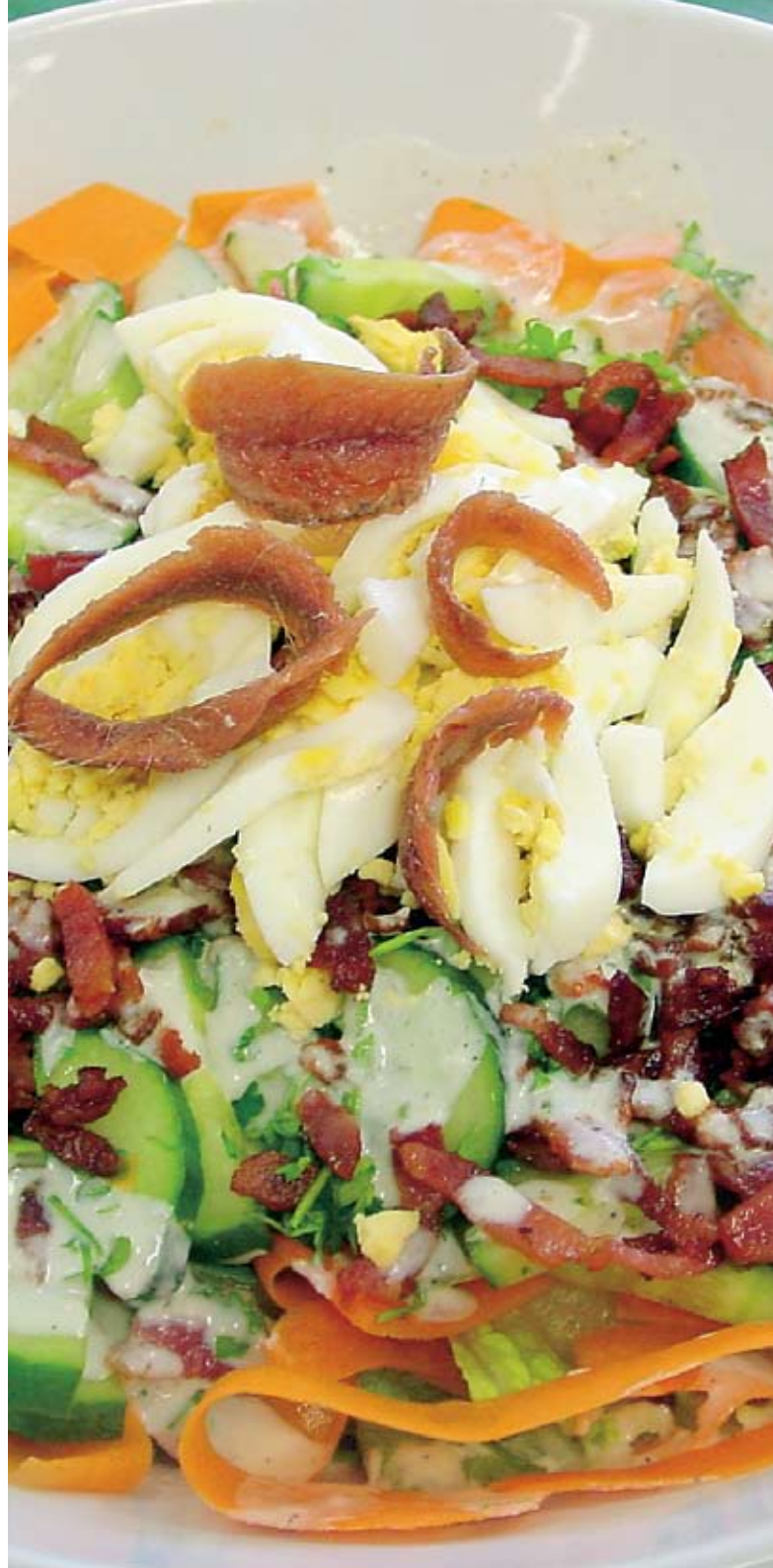
Serving suggestion

Serve with crusty bread.

Nutritional profile per serve

Energy	829kJ
Protein	18g
Fat	11g
Carbohydrate	6g
Sodium	752mg
Potassium	567mg
Phosphate	288mg

Notes:



MUSHROOM RISOTTO

Serves: 4

Ingredients

2 tbsp margarine, salt reduced
200g flat mushrooms, thickly sliced
125g button mushrooms, halved
200g shiitake mushrooms
200g oyster mushrooms
2 cups arborio rice
1 litre vegetable stock, salt reduced
4 tbsp grated parmesan cheese
pepper

Method

- Melt 1 tbsp margarine in a frying pan.
- Add flat, button, shiitake and oyster mushrooms and cook over medium heat.
- Stir constantly for 4–5 minutes or until mushrooms are soft.
- Remove pan from heat and set aside.
- Boil the vegetable stock.
- Melt remaining margarine in a clean frying pan.
- Add rice and cook over a medium heat, stirring constantly for 2 minutes.
- Pour in 1 cup hot stock, cook over medium heat stirring constantly until stock is absorbed.
- Continue in this way until all stock is used and rice is just tender.
- Stir mushroom mixture, parmesan cheese and pepper into rice mixture.
- Cook for another 2 minutes.

Serving suggestion

Serve with a salad and crusty bread.

Nutritional profile per serve

Energy	2300kJ
Protein	15g
Fat	12g
Carbohydrate	96g
Sodium	957mg
Potassium	460mg
Phosphate	347mg

Notes:



SILVERBEET AND STILTON PANCAKES

Serves: 6 (3 pancakes per serve)

Ingredients

For the Pancakes

60g buckwheat flour
60g plain white flour
2 eggs
2 tbsp margarine, salt reduced, melted
125ml milk
125ml water

For the Filling

1 kg fresh silver beet
1 tsp margarine, salt reduced
1 onion, chopped
90g Stilton cheese
1/2 garlic clove, crushed

For the Sauce

30g margarine, salt reduced
30g plain white flour
250ml chicken stock, salt reduced
125ml cream
2 tbsp freshly grated parmesan cheese
1 tsp (heaped) Dijon mustard

Method

For the Pancakes

- Preheat oven 200°C.
- Beat flour, eggs, milk and water into smooth batter.
- Stir in cool melted margarine for extra richness and to prevent sticking.
- Using 15cm pan, make thin pancakes. Stir batter vigorously between each pancake or all the buckwheat flour will sink to the bottom.
- Fill pancakes with silverbeet mixture then roll up and place on greased ovenproof dish.
- Cover with foil and heat for 25–30 minutes.

For the Filling

- Wash then boil or steam silverbeet until tender.
- Chop silverbeet and squeeze out liquid.
- Cook onion, in margarine until soft, without browning.
- Stir in silverbeet.
- Add pepper and garlic.
- Crumble stilton into spinach mixture.

For the Sauce

- Combine margarine, flour, stock and cream.
- In saucepan simmer for about 5 minutes, stirring occasionally.
- Season with parmesan cheese, mustard and pepper.

Tip: If preparing ahead – cool pancakes, stack interleaved with greaseproof paper and wrap in foil. Reheat sauce in double boiler; pour over pancakes just before serving.

Serving suggestion

Serve with a standard salad.

Nutritional profile per serve

Energy	1601kJ
Protein	13g
Fat	27g
Carbohydrate	23g
Sodium	777mg
Potassium	605mg
Phosphate	250mg

Notes:



HAM AND TOMATO OMELETTE

Serves: 4

Ingredients

2 tbsp olive oil
2 tbsp fresh parsley, chopped
8 eggs
1 tbsp of water
4 slices chopped ham
2 tomatoes, chopped
1/4 cup cheese, grated
pepper

Method

- Heat oil in non-stick frying pan.
- Place eggs in bowl, add water and whisk until fluffy.
- Pour mixture into frying pan then top with ham, tomatoes, cheese, parsley and pepper.
- Cook omelette on low heat for 5 minutes each side.
- Cut into wedges and serve.

Nutritional profile per serve

Energy	1186kJ
Protein	19g
Fat	22g
Carbohydrate	2g
Sodium	491mg
Potassium	361mg
Phosphate	271mg

Notes:

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Main Meals



ASIAN STEAMED FISH

Serves: 4

Ingredients

4 medium fillets deep sea fish e.g. Bream, Perch, Dory
(*approximately 150g per fillet*)
1/2 red capsicum, thinly sliced
1/2 green capsicum, thinly sliced
1/2 bunch spring onions, finely sliced
1 medium carrot
1 stick celery, finely sliced
1 clove crushed garlic
1 tsp grated ginger
sprigs fresh coriander
3 tbsp soy sauce
3 tbsp sweet chilli sauce
3 tbsp lemon juice

Method

- Cover base of steamer with foil and place fish on top.
- Spread garlic, ginger and coriander over fish.
- Cut carrot, red and green capsicum into julienne strips.
- Place all vegetables over top of fish.
- Combine soy sauce, sweet chilli sauce and lemon juice; pour over fish and vegetables.
- Steam until fish is cooked.

Serving suggestion

Serve with steamed rice.

Nutritional profile per serve

Energy	792kJ
Protein	32g
Fat	4g
Carbohydrate	5g
Sodium	896mg
Potassium	719mg
Phosphate	402mg

Notes:

CHILLI BEEF

Serves: 6

Ingredients

500g lean minced beef
1 cup onion, chopped
1 cup green capsicum, chopped
1 x 440g can tomatoes, salt reduced
1 tsp garlic powder
1 tsp cumin, ground
1/4 x 330g can red kidney beans, drained
4 drops Tabasco sauce
pepper
1/4 tsp chilli powder or 1 small chilli,
finely chopped (add to taste)

Method

- Brown minced beef in a large pot and drain the fat.
- Add onion and green capsicum, cooking until onion is transparent.
- Add remaining ingredients.
- Simmer for 90 minutes.

Serving suggestion

Serve with a standard salad or a cup of steamed rice.

Nutritional profile per serve

Energy	650kJ
Protein	19g
Fat	6g
Carbohydrate	6g
Sodium	144mg
Potassium	531mg
Phosphate	206mg

Notes:





CREAMY TUNA PASTA

Serves: 4

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1/2 celery stick, thinly sliced
- 1/4 green capsicum, chopped
- 2 tbsp sundried tomatoes, chopped
- 1 tbsp parsley flakes
- 1 tsp Italian herbs
- 1 x 425gm can tuna in springwater, drained
- 1/2 cup light sour cream
- 250g dry fettuccine

Method

- Heat oil in frying pan; add onion, capsicum and celery.
- Cook 1–2 minutes until onion is soft.
- Add sundried tomatoes, Italian herbs and parsley then cook a further 2 minutes.
- Add tuna and cook until mixture is heated through.
- Remove from heat; stir sour cream through sauce.
- Serve sauce with fettuccine cooked as per packet instructions.

Serving suggestion

Serve with a standard salad.

Nutritional profile per serve

Energy	1905kJ
Protein	34g
Fat	14g
Carbohydrate	47g
Sodium	109mg
Potassium	578mg
Phosphate	345mg

Notes:



FETTUCCINE BOLOGNESE

Serves: 5

Ingredients

1 x 440g can tomatoes
2 tbsp tomato puree, salt reduced
2 tbsp tomato sauce
black pepper
1 tsp sugar
1 clove garlic, crushed
2 tbsp fresh parsley, chopped
1 medium onion, finely chopped
1/4 cup chopped green capsicum
2 tbsp olive oil
500g beef mince
1 bay leaf
450g dry fettuccine
5 tbsp parmesan cheese, grated

Method

- Heat oil in large saucepan.
- Add onion, green pepper, garlic and cook until golden.
- Add meat and cook until brown.
- Add all other ingredients except for noodles and parmesan cheese.
- Cook uncovered for 5 minutes.
- Lower heat, cover and simmer gently 2–2 1/2 hours.
- Cook fettuccine according to directions on packet.
- Drain fettuccine, pour into serving dish and cover with the meat sauce.
- Sprinkle with parmesan cheese.

Serving suggestion

Serve with a crusty roll.

Nutritional profile per serve

Energy	2416kJ
Protein	34g
Fat	18g
Carbohydrate	69g
Sodium	340mg
Potassium	750mg
Phosphate	435mg

Notes:

FILLET OF LAMB WITH GARLIC

Serves: 4

Ingredients

2 fillets of lamb (about 400g)
4 cloves garlic, finely chopped
2 tbsp of olive oil
2 shallots, finely chopped
2 tsp of dried thyme
2 tsp of dried parsley
2 tsp of dried rosemary
6 tsp of dried oregano
zest whole lemon
250 white wine
2 cups mashed potato/sweet potato
2 cups frozen beans, boiled
2 cups carrots, boiled

Method

- Mix garlic, lamb fillets, shallots, olive oil, herbs and lemon zest.
- Marinade in fridge for a minimum of 2 hours.
- Preheat the oven to 200°C.
- Heat frying pan until hot.
- Cook fillets in pan until brown.
- Transfer meat and marinade into ovenproof dish.
- Cook in oven for 35 minutes.
- Remove lamb from oven, transfer to warm dish and rest for 10 minutes.
- Deglaze oven pan with white wine and bring to boil.
- Strain if required and pour over lamb.
- Serve with mashed potato/sweet potato, beans and carrots.

Nutritional profile per serve

Energy	1410kJ
Protein	32g
Fat	8g
Carbohydrate	20g
Sodium	138mg
Potassium	972mg
Phosphate	375mg



INDIAN STYLE CHICKEN CASSEROLE

Serves: 4

Ingredients

3 skinless chicken breasts, cut into cubes
1 onion, diced
1/2 x 440g canned tomatoes
1 tsp garlic
1 tsp cumin
1 tsp coriander
1 tsp ginger
1 tsp pepper
1 tsp turmeric
2 tbsp vegetable oil
3 tbsp natural yoghurt
1 cup chicken stock (*1 stock cube in 1 cup boiling water*)

Method

- Heat oil in deep saucepan; sauté finely chopped onion.
- When onion almost cooked, stir in garlic and spices.
- Add chicken and brown.
- Stir in stock and tomatoes.
- Simmer 1 hour *or* transfer to ovenproof dish and bake in moderate oven for 1 hour.
- Add yoghurt just prior to serving.

Serving suggestion

Serve with boiled rice and a salad.

Nutritional profile per serve

Energy	1335kJ
Protein	34g
Fat	18g
Carbohydrate	5g
Sodium	327mg
Potassium	567mg
Phosphate	399mg

Notes:



SPICY LAMB MINT KEBABS

Serves: 4

Ingredients

500g lamb mince
1 small onion, finely chopped
50g fresh breadcrumbs
1 tbsp ground cumin
2 tbsp fresh coriander, chopped
pepper
150g natural yoghurt
5 cm piece cucumber, finely diced
2 tbsp fresh mint, chopped

Method

- Mix lamb, onion, breadcrumbs, cumin and coriander in a bowl.
- Using lightly floured hands, roll the mixture into 24 small balls. Chill 30 minutes.
- Thread 3 balls onto 8 skewers.
- Cook under preheated moderate grill for 20 minutes, turning occasionally.
- Mix together yoghurt, cucumber and mint, serve with kebabs.

Serving suggestion

Serve with couscous, boiled white rice or standard salad.

Nutritional profile per serve

Energy	1080kJ
Protein	29g
Fat	10g
Carbohydrate	12g
Sodium	205mg
Potassium	543mg
Phosphate	338mg

Notes:



MEATLOAF WITH SAUTÉED MUSHROOMS

Serves: 6

Ingredients

For the Meatloaf

500g lean beef mince
1/4 cup carrots, finely chopped
1/4 cup celery, finely chopped
1/2 medium onion, chopped
1 egg
1/4 cup tomato juice, salt reduced
2 tbsp fresh breadcrumbs
1/2 tsp basil
1/4 tsp marjoram, dried
1/4 tsp pepper

For the Sautéed Mushrooms

1 tbsp light olive oil
2 tsp garlic, crushed
250g mushrooms
1/4 red capsicum, cut into thin strips
1 tbsp spring onions, finely chopped
2 tsp lemon juice
3 tsp margarine, salt reduced
30 ml chicken stock

Method

For the Meatloaf

- Preheat oven 180°C.
- Mix all ingredients together.
- Transfer mixture to greased, deep 21 cm loaf pan.
- Cover with aluminium foil.
- Bake covered approximately 45 minutes.
- Uncover and bake another 20 minutes.

For the Sautéed Mushrooms

- Remove stalks from mushrooms and cut into thick slices. (*If tiny, leave mushrooms whole or cut into halves*)
- Heat garlic oil in deep-sided frying pan; add mushrooms and red capsicum.
- Cook 3 minutes over high heat.
- Add chicken stock, spring onion and lemon juice.
- Continue cooking over high heat until liquid reduced.
- Add margarine; swirl around so sauce is glazed.

Serving suggestion

Serve with potato and a small serve of vegetables.

Nutritional profile per serve

Energy	854kJ
Protein	20g
Fat	11g
Carbohydrate	4g
Sodium	364mg
Potassium	516mg
Phosphate	250mg

Notes:

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Desserts

BAKED RICOTTA AND APPLE CHEESECAKE

Serves: 10

Ingredients

200g prepared shortcrust pastry
30g margarine
2 apples; cored, peeled and sliced
cinnamon

Ricotta Filling

750g ricotta cheese
4 eggs, separated
1/2 cup honey
1 tbsp finely grated orange rind
3 tbsp orange juice

Method:

- Roll out pastry to 3mm thickness and use to line deep 23 cm flan tin with removable base.
- Prick base and sides of pastry with fork, line base with non-stick baking paper and fill with uncooked rice.
- Bake for 10 mins at 190°C then remove rice and paper.
- Bake for 5–8 mins longer or until lightly browned.
- Melt margarine in pan then add apple slices and cook over medium heat, stirring occasionally until golden.
- When cool, arrange apples evenly over base of pastry case and sprinkle lightly with cinnamon.

Filling

- Put ricotta cheese, egg yolks, honey, orange rind and orange juice in food processor or blender and process until smooth.
- In separate bowl, beat egg whites until stiff peaks form.
- Fold egg white mixture into ricotta mixture.
- Carefully pour filling over apples.
- Reduce oven temperature to 180°C and bake for 1 1/4 hours or until firm.
- Cool then refrigerate overnight.

Nutritional profile per serve

Energy	1315kJ
Protein	12g
Fat	18g
Carbohydrate	28g
Sodium	271mg
Potassium	190mg
Phosphate	180mg

Notes:



COFFEE LIQUEUR MOUSSE

Serves: 6 (150mg serve)

Ingredients

- 4 eggs, separated
- 1/4 cup coffee liqueur
- 2 tbsp of maple/golden syrup
- 1 tbsp brandy
- 1 cup water
- 1 cup whipping cream

Method

- Using blender or electric beater, blend together egg yolks, maple syrup and water.
- Transfer to heatproof bowl and heat through over saucepan of boiling water, stirring continuously until mixture thickens.
- Remove from heat; add coffee liqueur and brandy then chill.
- Beat cream and egg whites until soft peaks form.
- Carefully fold into chilled liqueur mixture.
- Spoon into glasses; and chill for 2 hours.

Serving suggestion

Served with extra whipped cream.

Nutritional profile per serve

Energy	1190kJ
Protein	5g
Fat	21g
Carbohydrate	13g
Sodium	55mg
Potassium	99mg
Phosphate	75mg

Notes:



HONEY APPLE WRAPS

Serves: 4

Ingredients

- 1 granny smith apple; peeled, finely chopped.
- 1 tsp lemon juice
- 2 tbsp ground almonds
- 1 tbsp honey
- 1 tsp plain flour
- 1/4 tsp cinnamon
- 2 tsp margarine, salt reduced
- 1 sheet ready rolled puff pastry

Method

- Preheat oven to 180°C.
- Place almonds, flour and cinnamon in bowl; rub in margarine with fingertips.
- Mix lemon, apples and honey then add to dry ingredients.
- Cut pastry into four, even-sized squares.
- Divide apple mixture evenly into four.
- Place apple mixture in the centre of each square.
- Wrap the mixture like a sausage roll, making decorative cuts in top.
- Place on a lightly greased oven tray.
- Brush with milk.
- Bake for 10–15 minutes until golden.

Serving suggestion

Serve with whipped cream.

Nutritional profile per serve

Energy	1010kJ
Protein	4g
Fat	14g
Carbohydrate	26g
Sodium	15mg
Potassium	104mg
Phosphate	47mg

Notes:

INDIVIDUAL SPICED APPLE PUDDINGS

Serves: 12 muffins

Ingredients

- 1 1/2 cups plain flour
- 3 tbsp rolled oats
- 1 tbsp baking powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp cloves
- 2 small apples; pared, cored, cubed
- 3/4 cup skim milk, room temperature
- 1/2 cup brown sugar, packed tight
- 1/4 cup apple sauce, room temperature
- 1 egg white, whipped

Method

- Preheat oven to 180°C.
- Lightly grease 12 muffin pans.
- Combine flour, oats, baking powder, cinnamon, nutmeg and cloves.
- In separate bowl, combine apples, milk, brown sugar, apple sauce and egg white.
- Slowly add wet ingredients to dry ingredients until mixture is moist.
- Fill muffin tins 2/3 full.
- Bake 20 to 30 mins or until lightly browned.

Diabetic Alternative

Replace 1/2 cup of raw sugar with 1/2 cup of Equal.

Nutritional profile per serve

Energy	480(396)kJ
Protein	3g
Fat	0g
Carbohydrate	25(19)g
Sodium	210(208)mg
Potassium	106(84)mg
Phosphate	189mg

Notes:





PINEAPPLE PIE

Serves: 6

Ingredients

- 1 cup biscuit crumbs
- 125g margarine, salt reduced
- 1 1/2 cups castor sugar
- 1 egg, beaten
- 2 x 450g cans crushed pineapple (*natural juice*)
- 1 cup whipped cream

Method

- Lightly grease 8-inch spring-form cake tin.
- Mix 25g melted margarine with biscuit crumbs.
- Press crumbs into bottom of tin to form a base then refrigerate.
- Cream margarine and sugar in separate bowl.
- Add beaten egg.
- Drain and fold in pineapple.
- Fold in whipped cream until just well combined.
- Turn mixture into prepared pan, spreading evenly.
- Cover and refrigerate for 24 hours.
- Cut into 6 pieces

Nutritional profile per serve

Energy	2849kJ
Protein	5g
Fat	27g
Carbohydrate	108g
Sodium	223mg
Potassium	293mg
Phosphate	65mg

Notes:

ROCKY ROAD YOGHURT

Serves: 5

Ingredients

- 2 cups frozen yoghurt (vanilla or honey)
- 2 tsp raisins or sultanas, chopped
- 2 tbsp mini marshmallows
- 1 tbsp chocolate syrup

Method

- Allow frozen yoghurt to soften.
- Mix in raisins, marshmallows and syrup until evenly blended.
- Return to freezer.
- Remove and serve when yoghurt reaches desired consistency.

Nutritional profile per serve

Energy	1000kJ
Protein	7g
Fat	8g
Carbohydrate	37g
Sodium	79mg
Potassium	305mg
Phosphate	187mg

Notes:



PAVLOVA

Serves: 6

Ingredients

- 4 egg whites
- pinch of cream of tartar
- 125g castor sugar
- 1 tsp vanilla essence
- 1 tsp vinegar
- 2 tsp corn flour
- 2 punnets strawberries
- 200ml thickened cream, whipped
- extra tsp vanilla essence

Method

- Preheat oven to 150°c.
- Beat egg whites with cream of tartar for 4-5 minutes. gradually beat in sugar.
- Add vinegar and vanilla; beat until peaks form.
- Lightly fold sifted corn flour into mixture.
- Pile mixture onto moistened ovenproof plate, (do not handle too long).
- Bake about 1 hour.

Topping

- Beat cream with extra tsp vanilla essence.
- Decorate pavlova when cool with strawberries and whipped cream.
- Cut into 6 pieces.

Serving suggestion

Serve with low potassium fruit as an alternative.

Nutritional profile per serve

Energy	679kJ
Protein	4g
Fat	6g
Carbohydrate	24g
Sodium	47mg
Potassium	112mg
Phosphate	27mg

Notes:

LEMON PUDDING

Serves: 6

Ingredients

- 3 eggs, separated
- 1 tsp lemon peel, grated
- 1/4 cup lemon juice
- 3 tbsp margarine, melted
- 1 1/2 cup milk
- 3/4 cup castor sugar
- 1/4 cup self raising flour

Method

- Beat egg yolks.
- Blend in lemon peel, juice, melted margarine and milk.
- Combine sugar and sifted flour.
- Add to egg mixture, beating until smooth.
- In separate bowl, beat egg whites until stiff peaks form.
- Fold in egg mixture.
- Spoon into crock-pot, cover and cook on high for 2 to 3 hours.
- or
- Spoon into greased, ovenproof bowl sitting in shallow bath of water.
- Bake in preheated oven at 180°c for 40 minutes or until sponge is cooked.

Nutritional profile per serve

Energy	1210kJ
Protein	6g
Fat	13g
Carbohydrate	39g
Sodium	141mg
Potassium	153mg
Phosphate	142mg

Notes:

