



THE  
**NephChef™**

# Kitchen Creations For Kidney Health COOKBOOK

 **NephU™**  
Improving Awareness & Patient Outcomes

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# Kitchen Creations For Kidney Health

If you or a loved one are living with a rare kidney disease, you know that it's important to speak to your health care provider about management strategies including diet modifications, whether it's adhering to a low-sodium diet, eating smaller amounts of protein, or sticking to plant-based meals. That's why Otsuka America Pharmaceutical, Inc., is pleased to share Kitchen Creations for Kidney Health Cookbook, an assortment of kidney friendly meal options that are rich in flavor and meet several nutritional guidelines.

We hope you enjoy sharing these recipes with your friends and family the next time you gather around the kitchen table. And when you do, take a moment to discuss your health history. Shining a light on inherited kidney diseases, such as Autosomal Dominant Polycystic Kidney Disease (ADPKD), and the importance of proper management strategies like adopting a nutritious, well-balanced diet, will go a long way in empowering your loved ones to take control of their health.



## Do You Have Any Tried-And-True Healthy Recipes?

Whether it's a cherished family recipe that has been adapted to be more kidney-friendly following a diagnosis or one that was selected to start a new tradition and has become a family favorite, we'd love to learn more.

If you would like to share a healthy recipe to be added to this growing digital cookbook, please visit this site and complete the fields to inspire other patients alike:

[NephU.org/Kitchen-Creations](https://NephU.org/Kitchen-Creations)



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# Appetizers







# Strawberry Kiwi Salsa



Estimated Time: 5 mins

## Nutrition Per Serving

2 Servings (5 Tbsp per serving)

Calories .....	37
Protein .....	0.7g
Total Carbohydrates .....	8.9g
Net .....	7.5g
Sugar .....	5.5g
Fiber .....	1.4g
Total Fat .....	0.3g
Saturated Fat .....	0.005g
Polyunsaturated Fat .....	0.03g
Monounsaturated Fat .....	0.01g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	1.3mg
Potassium .....	49mg
Phosphorus .....	7.08mg
Calcium .....	21.7mg

Recipe provided by  
Chef Duane

## Ingredients

- 2 ripe kiwis, peeled and diced
- 4 fresh strawberries, diced
- 2 teaspoons lime juice
- ½ green onion, chopped
- ⅔ teaspoon chopped fresh cilantro
- 2 teaspoons balsamic vinegar

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Combine kiwis, strawberries, lime juice, chopped onion, chopped cilantro, and balsamic vinegar in a large bowl and mix ingredients together.
2. Chill before serving.
3. Pair with baked pita chips to enjoy as a snack or add this salsa as a topping on other recipes, such as the Bulgur-Chickpea Patties.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.



# White Bean Dip with Fresh Vegetables



Estimated Time: 15 mins

## Nutrition Per Serving

8 Servings (3 Tbsp per serving)

Calories .....	97
Protein .....	5.3g
Total Carbohydrates .....	18g
Net .....	13.8g
Sugar .....	0.7g
Fiber .....	4.3g
Total Fat .....	1.1g
Saturated Fat .....	0.05g
Polyunsaturated Fat .....	0g
Monounsaturated Fat .....	0g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	199mg
Potassium .....	67mg
Phosphorus .....	27.6mg
Calcium .....	95.8mg

Recipe provided by  
Chef Duane

## Ingredients

- 1 (15 oz) can cannellini beans, rinsed and drained
- 2 cloves of roasted garlic
- 2 tablespoons of lemon juice (juice of 1 lemon)
- 2/3 cup oat milk
- 2 tablespoons chopped parsley
- 1/4 teaspoon white pepper
- 1 teaspoon distilled vinegar
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chives
- 1/2 teaspoon dried dill

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. In a food processor, combine beans, roasted garlic, lemon juice, oat milk, chopped parsley, white pepper, and distilled vinegar.
2. Mix onion powder, garlic powder, chives, and dried dill. Add this blend to the food processor.
3. Blend ingredients until smooth.
4. Pour mixture into a bowl and chill in the refrigerator for 30 minutes before serving.
5. Serve this dip with vegetable sticks like, celery, carrots and peppers.

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# White Bean Queso Dip



Estimated Time: 25 mins

## Nutrition Per Serving

8 servings (3 Tbsp per serving)

Calories .....	176
Protein .....	10g
Total Carbohydrates .....	23g
Net .....	16.5g
Sugar .....	0.9g
Fiber .....	6g
Total Fat .....	5g
Saturated Fat .....	0.8g
Polyunsaturated Fat .....	0.7g
Monounsaturated Fat .....	2.2g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	260mg
Potassium .....	171mg
Phosphorus .....	56.8mg
Calcium .....	104mg

*Recipe provided by  
Chef Duane*

## Ingredients

- ½ cup un-salted cashews
- 1 (15 oz) can cannellini beans, rinsed and drained (2 cups)
- ¼ cup nutritional yeast
- ½ cup oat milk (or other plant-based milk)
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon Taco Seasoning (see recipe card)
- ¼ teaspoon onion powder
- ⅛ teaspoon garlic powder

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Place cashews in saucepan and c over with water. Simmer on low heat for 15 minutes.
2. While cashews are simmering, drain and rinse the canned cannellini beans.
3. After 15 minutes, remove heat and drain the remaining water from the saucepan.
4. Combine chili powder, smoked paprika, Taco Seasoning (see separate recipe card), onion powder and garlic powder in a small jar, and shake well.
5. In a food processor, add drained beans, nutritional yeast, oat milk, and the Taco Seasoning. Then, add drained nuts to mixture and process until smooth.
6. Next, cook the mixture over low heat, stirring occasionally until warm.
7. Serve this quick dip with vegetable sticks such as celery, carrots, or peppers as a tasty appetizer!

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# Salads







# Southwest Grain Bowl



Estimated Time: 15 mins

## Nutrition Per Serving

4 servings (1 cup per serving)

Calories .....	266
Protein .....	3.7g
Total Carbohydrates .....	19g
Net .....	15.3g
Sugar .....	2.4g
Fiber .....	3.5g
Total Fat .....	19g
Saturated Fat .....	2.7g
Polyunsaturated Fat .....	2.4g
Monounsaturated Fat .....	1.3g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	173mg
Potassium .....	214mg
Phosphorus .....	98.7mg
Calcium .....	26mg

*Recipe provided by  
Chef Duane*

## Ingredients

- 1 (15 oz) can of low sodium black beans, rinsed & drained
- 2 cups cooked brown rice
- 2 cups of cooked quinoa
- 1 stalk of celery, chopped
- ¼ green pepper, diced
- ¼ red pepper, diced
- 1 green onion, sliced
- 4 teaspoons fresh cilantro, chopped
- 1 batch of Southwest Dressing (see separate recipe card)

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Prepare four bowls and evenly divide the above ingredients into four servings.
2. Add ½ cup rice and ½ cup quinoa to each bowl.
3. Then, add ½ cup black beans to each bowl.
4. Evenly distribute the chopped celery and cilantro, diced peppers, and sliced green onion between the four bowls.
5. If you are preparing these bowls ahead of time, wait to add the Southwest dressing (see separate recipe card).
6. If you are serving this dish immediately, drizzle 2 tablespoons of the Southwest dressing over each grain bowl.

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# Warm Brussels Sprouts, Walnut & Cranberry Salad



Estimated Time: 50 mins

## Nutrition Per Serving

8 Servings (1 cup per serving)

Calories .....	129
Protein .....	4g
Total Carbohydrates .....	12g
Net.....	9g
Sugar .....	4g
Fiber .....	3g
Total Fat .....	8g
Saturated Fat .....	1.5g
Polyunsaturated Fat .....	1.3g
Monounsaturated Fat .....	4.4g
Trans Fat .....	0g
Cholesterol .....	3mg
Minerals	
Sodium .....	169mg
Potassium .....	281mg
Phosphorus .....	88mg
Calcium .....	89mg

Recipe provided by  
Melanie Betz, MS, RD, CSR,  
CSG, LDN

## Ingredients

- 1 pound Brussels sprouts
- 1 small onion, chopped
- 3 celery stalks, chopped
- 2 tablespoons olive oil, divided
- 1/3 cup dried cranberries
- 1/3 cup chopped unsalted pecans, toasted
- 1/3 cup Parmesan cheese, shredded
- 1 tablespoon lemon juice
- 1 teaspoon dijon mustard
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

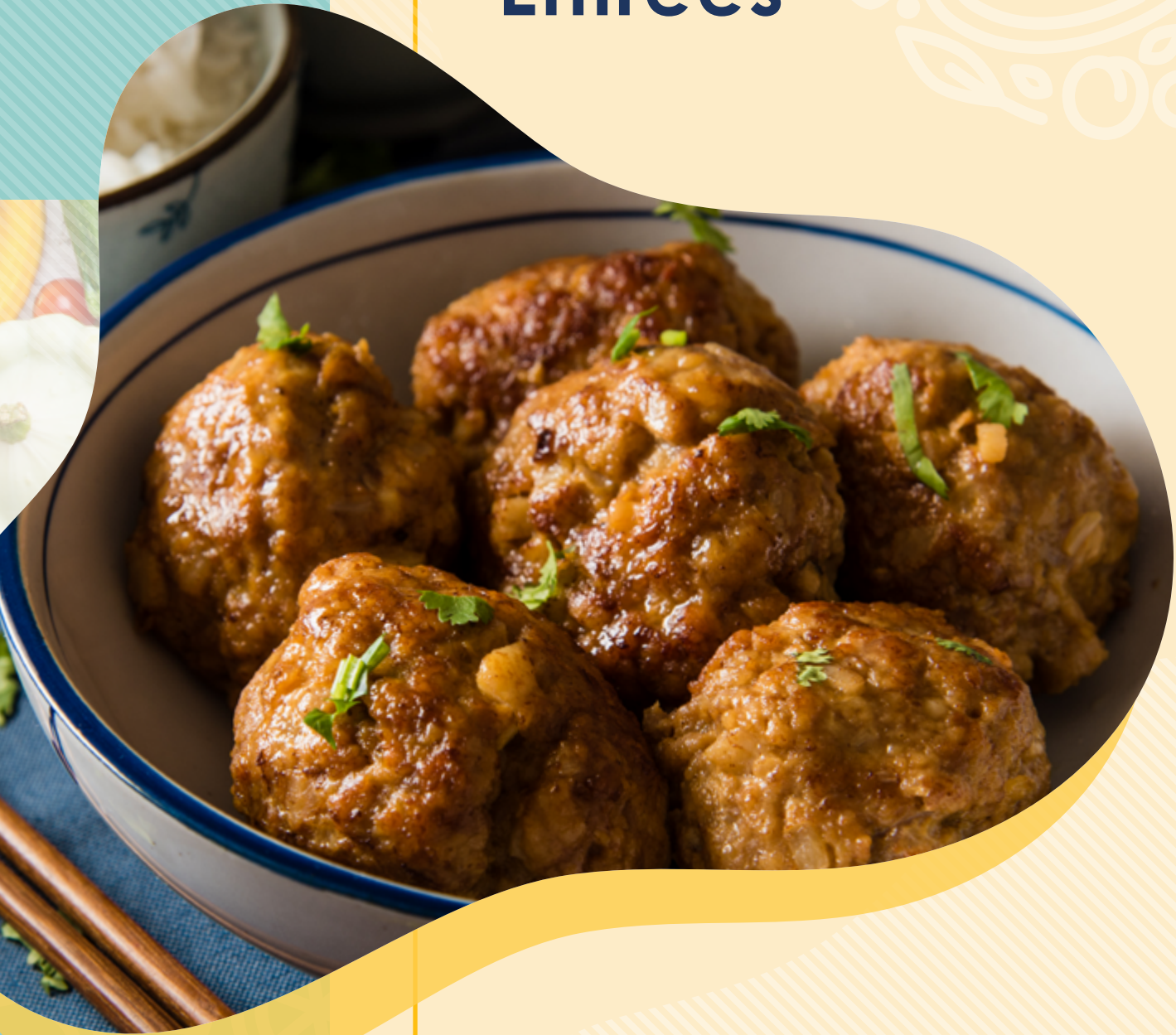
## Directions

1. Wash and trim Brussels sprouts. Then, very thinly slice sprouts, or shred using a food processor.
2. In a 12-inch skillet, heat 1 tablespoon olive oil over medium heat. Then, add onion and celery.
3. Cook for 4-5 minutes until softened. Add Brussels sprouts and cook for another 4-5 minutes until Brussels sprouts are slightly softened, but still bright green.
4. Transfer cooked vegetables to a large bowl. Add cranberries, pecans and cheese.
5. Whisk together remaining 1 tablespoon olive oil, lemon juice, mustard, pepper and salt. Toss dressing with salad ingredients. Serve immediately.
6. Salad is delicious served warm or cold!

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# Entrees





# Asian 5 Spice Meatballs with Plum Sauce



Estimated Time: 45 mins

## Nutrition Per Serving

8 Servings (4 meatballs/serving)

Calories .....	246
Protein .....	35g
Total Carbohydrates .....	15g
Net .....	13.7g
Sugar .....	5.7g
Fiber .....	1.3g
Total Fat .....	4.7g
Saturated Fat .....	1.6g
Polyunsaturated Fat .....	0.2g
Monounsaturated Fat .....	0.05g
Trans Fat .....	0g
Cholesterol .....	32.9mg
Minerals	
Sodium .....	145mg
Potassium .....	164mg
Phosphorus .....	92.2mg
Calcium .....	48.7mg

Recipe provided by  
Chef Duane

## Ingredients

- 1 Granny Smith apple, peeled, cored and minced (8 oz)
- 1 yellow onion, minced (6 oz)
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- ½ teaspoon anise powder
- ¼ teaspoon ground fennel
- ¼ teaspoon black pepper
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cinnamon
- 16 oz lean ground beef
- 1 cup wheat gluten
- 4 egg whites
- 6 dried prunes
- 2 tablespoons Mirin
- 2 teaspoons low-sodium soy sauce

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Pre-heat oven to 350°F.
2. In a non-stick fry pan, cook onions and apples for 5 min.
3. Add garlic, ginger, anise powder, ground fennel, ground cloves, ground black pepper and ground cinnamon and cook for one more min. Set aside to cool for 10 min.
4. Combine ground beef, wheat gluten, egg whites and the cooked ingredients, and mix thoroughly.
5. Begin to roll mixture into 32 meatballs and place on an oiled baking sheet.
6. Cook the meatballs for 15-20 minutes in the oven.
7. Next, cook the dried prunes in ½ cup of water for 10-12 minutes until the prunes are soft.
8. Add the cooked prunes, ½ of the prune water, Mirin and soy sauce to a food processor and blend, creating a paste. (Note: If the mixture is too thick, add water.)
9. Coat the meatballs with the cooked prune mixture. Place them back in the oven for a few minutes to heat the sauce, creating a glaze. Let them cool before serving.

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# Bulgur-Chickpea Patties



Estimated Time: 20 mins

## Nutrition Per Serving

6 Servings (1 patty per serving)

Calories .....	517
Protein .....	22g
Total Carbohydrates .....	65g
Net .....	46.6g
Sugar .....	9.8g
Fiber .....	20g
Total Fat .....	16g
Saturated Fat .....	2.4g
Polyunsaturated Fat .....	2.7g
Monounsaturated Fat .....	7.5g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	460mg
Potassium .....	464mg
Phosphorus .....	214mg
Calcium .....	137.7mg

Recipe provided by  
Chef Duane

## Ingredients

2 tablespoons olive oil	4 teaspoons coconut aminos
1 medium onion, diced	4 cloves of roasted garlic
1 cup bulgur wheat	1/3 teaspoon sunflower oil
2 cups water	1 teaspoon roasted garlic powder
2 cups cooked chickpeas	1 teaspoon red bell pepper, diced
1 cup unsalted cashews	2 teaspoon onion powder
1/2 cup fresh cilantro	6 whole wheat hamburger buns
2 teaspoons rice vinegar	1 tablespoon Everything Bagel Blend

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Add two tablespoons of oil and diced onions to a saucepan. Stirring regularly, cook over medium heat for 10-15 minutes until the onions are very brown.
2. Add bulgur wheat and water to the cooked onions. Cover the mixture with a lid and cook over low heat for 14-16 minutes until the water is absorbed.
3. In a food processor, blend the unsalted cashews until they are chopped finely.
4. Blend the chopped nuts, cooked bulgur wheat and onions, chickpeas, garlic cloves, cilantro, coconut aminos, rice vinegar and Everything Bagel seasoning.
5. Add sunflower oil, roasted garlic powder, red bell pepper and onion powder to the food processor.
6. Using your hands, form 4 patties from the blended mixture and place on plastic wrap.
7. Cover the patties with plastic wrap and chill for 30 minutes in the refrigerator.
8. Barbeque patties on an oiled metal flat grill plate or cook patties on a lightly greased non-stick fry pan.
9. Serve the patties in a whole wheat hamburger bun.

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# Herb Lemon Chicken



Estimated Time: 60 mins

## Nutrition Per Serving

12 servings (3 oz per serving)

Calories .....	178
Protein .....	15g
Total Carbohydrates .....	2.7g
Net .....	1.16g
Sugar .....	0.3g
Fiber .....	1.5g
Total Fat .....	12g
Saturated Fat .....	3.4g
Polyunsaturated Fat .....	2.52g
Monounsaturated Fat .....	4.82g
Trans Fat .....	0g
Cholesterol .....	57.5mg
Minerals	
Sodium .....	97mg
Potassium .....	196mg
Phosphorus .....	119.2mg
Calcium .....	61.1mg

*Recipe provided by  
Chef Duane*

## Ingredients

- 1 whole chicken fryer
- Parsley stems
- ¼ cup and 1 tablespoon of Herb Blend (see recipe card)
- 2 whole lemons

## Directions

1. Pre-heat the oven to 350°F.
2. Remove the neck and giblets from the chicken. Rinse the chicken and pat dry.
3. Combine the Herb Blend, dijon mustard and chopped parsley in a bowl.
4. Sprinkle half of the spice mixture into the cavity of the chicken. Then, place the chicken in a roasting pan.
5. Juice the two lemons and pour over chicken.
6. Sprinkle the spice mixture over and inside of the chicken.
7. Place the parsley stems and the lemon halves in the cavity of the chicken as well.
8. Place the chicken in the oven to roast for 1-1 ½ hours or until it reaches an internal temperature of 165°F.
9. Remove the roasted chicken from the oven and cover with foil. Wait 10 minutes before serving to allow all the juices to re-distribute in the meat.

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# Roasted Cauliflower Tacos



Estimated Time: 55 mins

## Nutrition Per Serving

4 Servings (1 taco per serving)

Calories .....	133
Protein .....	4.8g
Total Carbohydrates .....	21g
Net .....	15.7g
Sugar .....	3.5g
Fiber .....	5.5g
Total Fat .....	4.6g
Saturated Fat .....	0.8g
Polyunsaturated Fat .....	2.6g
Monounsaturated Fat .....	0.9g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	72mg
Potassium .....	547mg
Phosphorus .....	161mg
Calcium .....	63.1mg

Recipe provided by  
Chef Duane

## Ingredients

- 1 head of cauliflower, broken into florets
- 1 tablespoon of vegetable oil
- 1 teaspoon Taco Seasoning (See Separate recipe card)
- 1 teaspoon paprika
- ½ teaspoon cumin
- 4, 6-inch corn Tortilla shells
- 4 oz Iceberg lettuce, shredded

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Preheat the oven to 350 °F.
2. In a large Ziplock bag, combine the cauliflower florets and vegetable oil. Seal the bag and shake until the oil covers the cauliflower pieces.
3. In a small jar, mix the taco seasoning, paprika and cumin together.
4. Pour the spice mix into the Ziplock bag and shake until the seasoning covers the cauliflower.
5. Spread a layer of cauliflower florets on a baking sheet to prep for the oven.
6. Roast the cauliflower for 35-45 min. in the oven. (Note: The edges of the cauliflower will brown, and the cauliflower florets will be tender).
7. To assemble the tacos: Place 4 corn tortilla shells on a plate, add several pieces of roasted cauliflower (about 2 oz) and shredded lettuce (about 1 oz) to each taco before serving.

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# Vegan Alfredo Sauce over Whole Wheat Pasta



Estimated Time: 20 mins

## Nutrition Per Serving

4 Servings (½ cup per serving)

Calories .....	437
Protein .....	19g
Total Carbohydrates .....	72g
Net .....	57.7g
Sugar .....	12g
Fiber .....	14g
Total Fat .....	9.8g
Saturated Fat .....	1.4g
Polyunsaturated Fat .....	3.5g
Monounsaturated Fat .....	4.1g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	431mg
Potassium .....	814mg
Phosphorus .....	406.3mg
Calcium .....	275mg

Recipe provided by  
Chef Duane

## Ingredients

- 8 oz. whole wheat pasta (e.g. spaghetti or fettucine)
- ½ medium onion, diced
- 4 cloves of garlic, minced
- 1 (15 oz) can low sodium white beans, rinsed and drained
- 1 ¾ cups rice milk
- 2 cups frozen baby peas
- 1 tablespoon ground thyme
- 1 tablespoon dried basil
- 1 tablespoon dried rosemary
- 1 tablespoon dried sage
- 1 ½ teaspoons dijon mustard
- 1 teaspoon dried parsley
- 2 teaspoons olive oil

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Boil water for pasta. Note: Don't add salt to water.
2. While the pasta is cooking, place the frozen peas into a large strainer.
3. Once pasta is cooked, drain the hot water over the frozen peas.
4. In a large fry pan, sauté the diced onions with oil over medium heat until they appear translucent. Add garlic cloves and cook for one more min.
5. Then, add the rice milk and basil, letting the sautéed mixture simmer for 3-4 minutes.
6. Mash the beans in a separate bowl and add to the fry pan, stirring regularly until beans are mixed in with the rice milk. Cook for 2 more minutes.
7. Combine the pasta over peas and the sautéed mix together and let it set for several minutes, allowing the sauce to thicken and stick to the pasta.
8. Make sure to stir the pasta mixture before serving.

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# Dressings & Seasonings





# Dijon Mustard Vinaigrette Salad Dressing



## Ingredients

- 1/3 cup olive oil
- 3 tablespoons balsamic vinegar
- 2 teaspoon dijon mustard

Estimated Time: 5 mins

## Nutrition Per Serving

4 Servings (2 Tbsp per serving)

Calories .....	162
Protein .....	0.1g
Total Carbohydrates .....	2g
Net .....	2g
Sugar .....	1.8g
Fiber .....	0g
Total Fat .....	17g
Saturated Fat .....	2.3g
Polyunsaturated Fat .....	1.7g
Monounsaturated Fat .....	12.2g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	61mg
Potassium .....	14mg
Phosphorus .....	2.3mg
Calcium .....	3.4mg

## Directions

1. In a small jar, combine olive oil, balsamic vinegar and dijon mustard.
2. Cover the jar with secure lid and shake well.
3. Keep the dressing refrigerated for up to 2 weeks.

*Recipe provided by  
Chef Duane*

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# Herb Blend



Estimated Time: 5 mins

## Nutrition Per Serving

16 servings (1 tsp per serving)

Calories .....	2.7
Protein .....	0.1g
Total Carbohydrates .....	0.5g
Net .....	0.16g
Sugar .....	0g
Fiber .....	0.3g
Total Fat .....	0.1g
Saturated Fat .....	0.03g
Polyunsaturated Fat .....	0.01g
Monounsaturated Fat .....	0.01g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	11mg
Potassium .....	9.8mg
Phosphorus .....	1.3mg
Calcium .....	13mg

Recipe provided by  
Chef Duane

## Ingredients

- 1 tablespoon ground thyme
- 1 tablespoon dried basil
- 1 tablespoon dried rosemary
- 1 tablespoon dried sage
- 1 ½ teaspoon dijon mustard
- 1 teaspoon dried parsley

## Directions

1. Combine ground thyme, dried basil, dried rosemary, dried sage, dijon mustard and dried parsley in a small jar.
2. Cover the jar of spices with a secure lid and shake well to mix the ingredients.
3. Use this recipe to add more flavor to the Herb Lemon Chicken by rubbing the seasoning on the chicken before cooking.
4. You can also add the spice seasoning by the teaspoon for desired taste to your favorite chicken or pork recipe.

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# Southwest Dressing



Estimated Time: 5 mins

## Nutrition Per Serving

4 servings (2 Tbsp per serving)

Calories .....	180
Protein .....	0.1g
Total Carbohydrates .....	2.2g
Net .....	2.1g
Sugar .....	1.8g
Fiber .....	0.1g
Total Fat .....	19g
Saturated Fat .....	2.6g
Polyunsaturated Fat .....	1.9g
Monounsaturated Fat .....	1.3g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	61mg
Potassium .....	20mg
Phosphorus .....	3.8mg
Calcium .....	4.9mg

Recipe provided by  
Chef Duane

## Ingredients

- 1/3 cup olive oil
- 3 tablespoons balsamic vinegar
- 2 teaspoons dijon mustard
- 1 teaspoon Taco Seasoning (see recipe card)
- 1/2 teaspoon paprika
- 1/4 teaspoon smoked paprika

## Directions

1. Combine olive oil, balsamic vinegar, dijon mustard, Taco Seasoning (see separate recipe card), paprika and smoked paprika in a small bowl.
2. Whisk ingredients together until smooth.
3. Complete your Southwest Grain Bowl with this easy-to-make dressing!

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.





# Taco Seasoning



Estimated Time: 5 min

## Nutrition Per Serving

1 serving (1 tsp per serving)

Calories .....	14
Protein .....	0.6g
Total Carbohydrates .....	2.6g
Net .....	1.36g
Sugar .....	0.3g
Fiber .....	1.2g
Total Fat .....	0.5g
Saturated Fat .....	0.1g
Polyunsaturated Fat .....	0.22g
Monounsaturated Fat .....	0.15g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	60mg
Potassium .....	77mg
Phosphorus .....	15.5mg
Calcium .....	15.7mg

*Recipe provided by  
Chef Duane*

## Ingredients

- ¼ tablespoon chili powder
- ¼ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika

## Directions

1. Combine chili powder, cumin, garlic powder, paprika and onion powder in a small jar.
2. Cover the jar of spices with a secure lid and shake well to mix ingredients.
3. Add this taco seasoning to spice up other recipes such as the Southwest Grain Bowl and White Bean Queso Dip options.

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# Desserts







# Apple Spice Bundt Cake



Estimated Time: 60 mins

## Nutrition Per Serving

16 Servings (1 slice per serving)

Calories .....	145
Protein .....	3g
Total Carbohydrates .....	25g
Net .....	24.1g
Sugar .....	5.4g
Fiber .....	0.9g
Total Fat .....	4.5g
Saturated Fat .....	0.7g
Polyunsaturated Fat .....	0.6g
Monounsaturated Fat .....	3.1g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	12mg
Potassium .....	112mg
Phosphorus .....	47.9mg
Calcium .....	23.7mg

Recipe provided by  
Chef Duane

## Ingredients

- 1 ½ cups All Purpose flour
- 1 ½ cups cake flour
- 1 cup Truvia®
- 2 teaspoons low-sodium baking powder
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- 3 Granny Smith Apples, peeled, cored & sliced
- 3 egg whites
- ½ cup water
- ¼ cup light olive oil
- 3 tablespoons maple sugar

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Pre-heat oven to 350°F. Then, combine dry mix ingredients and begin to sift in a large mixing bowl (Note: Cake mix may be stored up to month).
2. Microwave apple slices for 5 minutes on high. Then, let the apple slices cool for a few minutes.
3. In a bowl, mix egg whites, cake mix, water, and oil.
4. Beat the mixture for 1 minute on low speed. Whip down the sides of the bowl and beat the mixture for 2 more minutes on medium-high speed, creating a batter.
5. Mix the soft apple slices into the batter, and then pour the cake batter into a non-stick Bundt pan.
6. Bake the cake for 60-70 minutes (Note: There is very little sugar added, so the cake will not brown).
7. Remove from oven and let cake cool for 10 minutes.
8. Turn the cake over onto a plate and let cool to room temperature before drizzling a coat of maple sugar over top before serving.

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# Dark Chocolate Chia Seed Pudding



## Ingredients

- 1 ⅓ cups oat milk
- ½ cup chia seeds
- ¼ cup maple syrup
- 8 oz dark chocolate
- 2 cups fresh raspberries

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Estimated Time: 15 mins

## Nutrition Per Serving

4 Servings (½ cup per serving)

Calories .....	280
Protein .....	5.2g
Total Carbohydrates .....	31g
Net .....	22.9g
Sugar .....	19g
Fiber .....	7.6g
Total Fat .....	16g
Saturated Fat .....	5.3g
Polyunsaturated Fat .....	3.1g
Monounsaturated Fat .....	0.8g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	25mg
Potassium .....	217mg
Phosphorus .....	121mg
Calcium .....	132mg

## Directions

1. Heat the oat milk and maple syrup, bringing the liquid mixture to a simmer.
2. In a bowl, pour the heated milk and maple syrup liquid over the dark chocolate and let it set for 3-5 minutes until the chocolate has melted.
3. Next, stir in the chia seeds and let the mixture set for 5 minutes in the refrigerator.
4. Remove the chia seed mixture from the refrigerator and stir again. Let the mixture set for another 5 minutes.
5. Divide and pour the chia seed mixture into eight small jars or glasses.
6. Cover the eight servings with a secure lid and refrigerate for at least 2 hours.
7. Then, remove the chilled chia seed mixture from the refrigerator and place fresh raspberries on top before serving.

Recipe provided by  
Chef Duane

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# Lemon Blueberry Chia Seed Pudding



Estimated Time: 15 mins

## Nutrition Per Serving

4 servings (½ cup per serving)

Calories .....	254
Protein .....	5.6g
Total Carbohydrates .....	37g
Net .....	28.6g
Sugar .....	23g
Fiber .....	8.4g
Total Fat .....	11g
Saturated Fat .....	1g
Polyunsaturated Fat .....	6.2g
Monounsaturated Fat .....	1.6g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	47mg
Potassium .....	430mg
Phosphorus .....	246mg
Calcium .....	212mg

Recipe provided by  
Chef Duane

## Ingredients

- 1 ½ cups oat milk
- ½ cup chia seeds
- ¼ cup maple syrup
- 2 teaspoons lemon extract
- 1 tablespoon lemon zest (zest from 1 lemon)
- 2 tablespoons fresh lemon juice (juice from 1 lemon)
- 2 cups fresh blueberries

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Start by warming oat milk and maple syrup until the syrup is dissolved.
2. In a bowl, combine lemon extract and lemon zest ingredients. Then, add chia seeds, stirring until the mixture is well combined.
3. Place the mixture in the refrigerator to set for 5 minutes.
4. Next, remove the mixture from refrigerator and stir well. Then, let the mixture set for an additional 5 minutes.
5. Divide and pour the chia seed mixture into four jars or small glasses. Cover with a secure lid and refrigerate for at least 2 more hours.
6. Lastly, place blueberries on top of dessert before serving.

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