



Improving Awareness & Patient Outcomes



Presents

Kidney Healthy Cooking Series

Episode 2: Sourdough Toast, Black-Eyed Peas & Goat Cheese

Featuring

Celebrity Chef JJ Johnson & Misty Nason, RD, CSR, CD

Presenters



JJ Johnson

Culinary Expert
Culinary Arts Faculty, Chef &
Cooking Demonstrator
@chefjj



Misty Nason, RD, CSR, CD

Registered Dietitian & Nutritionist
Founder, Viva Nutrition
Counseling, LLC
@vivanutritioncounseling



Andrea Mohindra, PharmD

Nephrology Clinical &
Scientific Liaison
Otsuka Pharmaceutical
Development &
Commercialization, Inc



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Objectives

- Chef JJ
 - Cooking Demonstration of Sourdough Toast with Black Eyed Peas
- Misty Nason
 - Describes the characteristics of various plant-based diets
 - Examines benefits of increasing alkali in a diet rich with fruits and vegetables
 - Discusses nutritional benefits from the ingredients of Chef JJ's recipe



CHEF JOHNSON

Misty Nason RD, CSR, CD

Examples and Descriptions of Various Plant-Based Diets

DASH Diet

- A specific dietary strategy designed to emulate the health-promoting effects of plant-based diet but allow for some animal-based foods, such as lean meat and low-fat dairy. Modern iterations have emphasized the unprocessed forms of fruits, vegetables, legumes, and grains (as opposed to fruit juices, refined grains, etc).

Mediterranean

- The Mediterranean diet typically emphasizes whole plant foods from that area with moderate consumption of lean meats, dairy, and seafood. Added sugars, processed foods, and red meat are generally excluded but healthy fats such as olive oil are included.

Flexitarian

- Also commonly referred to as a "semi-vegetarian." Represents a diet that emphasizes plant-based foods but may periodically include meat and other animal-based foods.

Vegetarian

- A diet that excludes meat (beef, pork, chicken) but may include fish, dairy, or eggs and often specified as a pescatarian, lactovegetarian, or ovovegetarian, respectively. Combinations of these are possible.

Whole-Food Plant Based

- A diet that emphasizes the consumption of whole plant-based foods as opposed to refined or processed plant foods (such as potato chips or white bread) while still typically avoiding animal-based foods. It is also the diet most widely promulgated by health professionals recommending a plant-based diet.

Vegan

- A diet and in some cases a lifestyle that avoids the use of products derived from animals.

PLADO

- Plant-dominant low-protein diet for patients with kidney disease: 0.6-0.8 g/kg per day of dietary protein with >50% from plant-based sources, dietary sodium < 4 g/d (<3 g/d if uncontrolled hypertension or edema), and dietary energy of 30-35 Cal per kilogram of ideal body weight per day.

1. Joshi S, McMacken M, Kalantar-Zadeh K. Plant-Based Diets for Kidney Disease: A Guide for Clinicians. *Am J Kidney Dis.* 2021;77(2):287-296.

Alkali

- Metabolic acidosis is associated with more rapid kidney disease progression and an increase in the overall risk of death¹
- In patients with CKD, low serum bicarbonate within the normal range is associated with worse kidney function and further eGFR decline²
- Plant-based foods have natural dietary alkali in the form of citrate and malate, which can be converted to bicarbonate. Natural alkali in these foods may facilitate the intracellular movement of potassium, especially in metabolic acidosis³
- Adjunctive alkali therapy can also be considered to mitigate acidosis in patients with chronic kidney disease¹

Alkali improves acidosis, and slows progression of chronic kidney disease⁴

1. Kalantar-Zadeh K, Fouque D. Nutritional management of chronic kidney disease. *N Engl J Med.* 2017;377(18):1765–76. 2. Charles J Blijdorp, David Severs, Usha M Musterd-Bhaggoe, Ronald T Gansevoort, Robert Zietse, Ewout J Hoorn, DIPAK Consortium, Serum bicarbonate is associated with kidney outcomes in autosomal dominant polycystic kidney disease, *Nephrology Dialysis Transplantation*, Volume 36, Issue 12, December 2021, Pages 2248–2255. 3. Joshi S, McMacken M, Kalantar-Zadeh K. Plant-Based Diets for Kidney Disease: A Guide for Clinicians. *Am J Kidney Dis.* 2021;77(2):287-296. 4. Kalantar-Zadeh K, Jafar TH, Nitsch D, Neuen BL, Perkovic V. Chronic kidney disease. *Lancet.* 2021;398(10302):786-802.

Ingredients

- 4 large or 8 small slices sourdough bread
- 1 four oz. log fresh goat cheese
- 1 Tsp fresh lemon juice
- 1 Tbs avocado oil or olive oil
- 1 Tbs vegan butter (Miyokos or Kite Hill are good choices)
- 2 shallots, minced
- 1 Tbs finely minced or grated fresh ginger root
- 1 Tbs finely minced or grated turmeric root (or 1 tsp turmeric powder)
- 2 cloves minced garlic
- 1 Tsp cumin
- Freshly ground black pepper to taste
- 1 16 oz. bag frozen black-eyed peas, thawed (or 2 14 oz. cans, drained)
- 1/4 cup chopped fresh parsley and cilantro, mixed
- Zest from 1 lemon



Sourdough Toast, Black-Eyed Peas & Goat Cheese

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Nutrition Per Serving
4 servings: (1 large or 2 small slices)

Calories	260
Protein	12g
Total Carbohydrates	31g
Sugar	1g
Fiber	10g
Total Fat	10g
Saturated Fat	5g
Polysaturated Fat	1g
Monounsaturated Fat	3g
Cholesterol	13mg
Minerals	
Sodium	142mg
Potassium	442mg
Phosphorus	153mg
Calcium	52mg

Directions:

1. Preheat oven to 400 degrees F.
2. Let the goat cheese soften at room temperature then combine with lemon juice and black pepper.
3. Spread the cheese on the bread slices evenly, set on a baking sheet, and set aside.
4. Heat avocado or olive oil in a large skillet over medium heat.
5. Add shallots and cook for 2-3 minutes until they are becoming translucent.
6. Add ginger, turmeric, cumin, garlic, and black pepper and cook for 2 minutes more, stirring constantly so the garlic doesn't burn.
7. Add the black-eyed peas and turn up the heat to medium-high, cook till well combined and bubbly, about 6-8 minutes.
8. Scoop peas onto the cheese-covered bread.
9. Toast in the oven for about 3 minutes or until the cheese is bubbly and the bread is toasty at the edges.
10. Top with fresh parsley and lemon zest.

Recipe provided by Chef JJ Johnson

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Directions:

1. Preheat oven to 400 degrees F.
2. Heat the goat cheese soften at room temperature then combine with lemon juice and black pepper.
3. Spread the cheese on the bread slices, dividing evenly, set on a baking sheet, and set aside.
4. Heat the avocado or olive oil in a large skillet.
5. Sauté the shallots and cook for 2-3 minutes until they are soft.
6. Add the ginger, garlic, and black pepper, and stir.
7. Add the cumin, and stir.
8. Scoop peas onto the bread.
9. Toast in the oven for about 10 minutes or until the cheese is bubbly and the bread is toasty at the edges.
10. Top with fresh parsley and lemon zest.

Recipe provided by Chef JJ Johnson

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Conclusion



THE
NephChef[™]

- Kidney healthy cooking can be fun and delicious
- There are various plant-based diets that a kidney patient can implement, and tailor as needed
- There are benefits to increasing alkali with a diet rich with fruits and vegetables
- Don't be afraid to try new ingredients including spices and herbs

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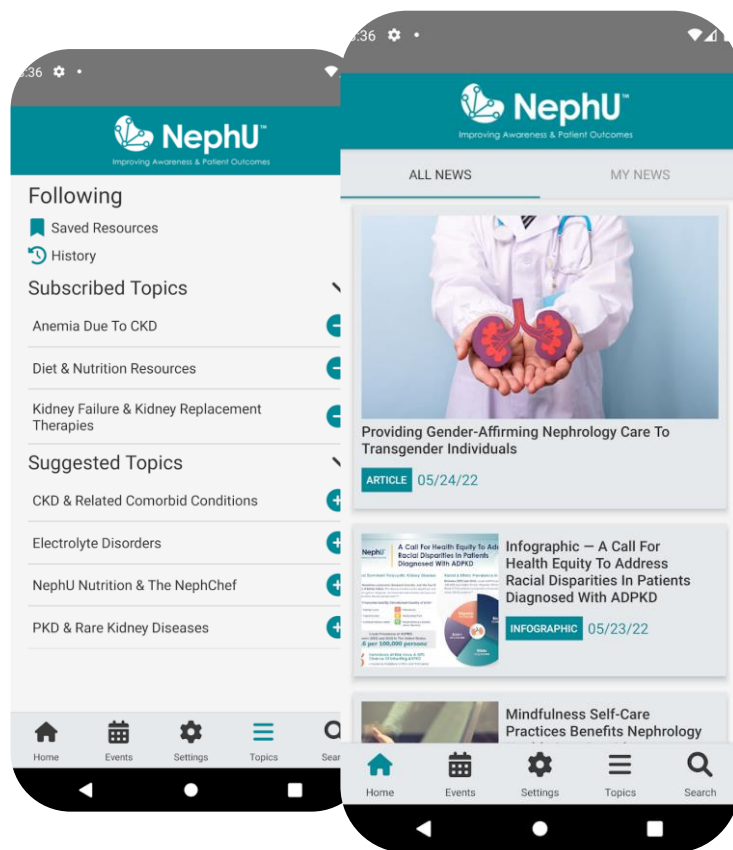
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Reza Maghadam, PharmD, MBA
Executive Director, Head of Field Medical Affairs, OPDC

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