



Portions:  
4



## Cilantro-Lime Cod

Recipe submitted by DaVita dietitian Debbi

### Ingredients

- 1/2 cup mayonnaise
- 1/2 cup fresh cilantro
- 2 tablespoon lime juice
- 1 pound cod fillets

### Preparation

1. In a medium bowl, combine mayonnaise and lime juice. Transfer 1/4 cup to a small bowl.



## Spanish Rice

**Portions:**

6

**Serving Size:**

1/2 cup

**Diet Types:**

CKD non-dialysis, Diabetes, Dialysis, Lower Protein, Vegetarian

## Ingredients

1/2 cup onion  
1/2 cup green pepper  
1 tablespoon olive oil  
1 cup rice, uncooked  
1 teaspoon garlic powder  
1/2 teaspoon chili powder  
1/4 cup low-sodium tomato puree  
2 cups water

## Preparation

1. Chop onion and green pepper.
2. In skillet, sauté onions and green pepper in olive oil until softened.
3. Add rice to skillet, stirring constantly until rice is lightly browned.
4. Add garlic powder, chili powder, tomato puree and water to skillet. Cover and simmer on low heat until rice is tender and water is absorbed, about 15 to 20 minutes.

## Helpful hints

Serve with fajitas, enchiladas or tacos. See recipes on [DaVita.com](https://www.davita.com).

**rients per serving**

**Calories** 134  
**Protein** 1 g  
**Carbohydrates** 25 g  
**Fat** 3 g  
**Cholesterol** 0 mg  
**Sodium** 7 mg  
**Potassium** 139 mg  
**Phosphorus** 52 mg  
**Calcium** 7 mg  
**Fiber** 1.1 g

## Renal and renal diabetic food choices

1 starch  
1 vegetable, medium potassium  
1/2 fat

## Carbohydrate choices

1-1/2

### Submitted by:

Recipe adapted from [ikidney.com](http://ikidney.com) and submitted by DaVita dietitian Heather from Georgia.

## Kidney Diet Tips Blog

Recipes, tips and news for people on a kidney diet.



Portions:  
4



Serving Size:  
3/4 cup



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CKD r  
Veget:

## Stir-Fry Vegetables

Recipe submitted by DaVita dietitian Joyce from Texas.

### Ingredients

1 medium green bell pepper	2 tablespoons canola oil
1 medium red bell pepper	1/2 teaspoon sugar
1 medium celery stalk	1/2 teaspoon dried oregano
1/2 small onion	1/4 teaspoon salt
3/4 cup fresh mushrooms	1/4 teaspoon fresh ground pepper
1 garlic clove	1 teaspoon red wine vinegar
1/2 medium tomato	1/2 cup canned sliced water chestnuts

### Preparation

1. Slice green and red peppers and celery. Chop onion. Slice mushrooms. Crush garlic clove. Cut tomato half into 4 pieces.
2. In a large skillet, heat oil. Add vegetables (except tomato), garlic, sugar, oregano, salt and pepper.
3. Stir-fry over medium-high heat until peppers are crisp-tender.
4. Add vinegar, tomato and drained water chestnuts. Cook until heated thoroughly.



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Portions:  
12



Serving Size:  
1 bar



## Michigan Cherry Oat Bars (Midwestern)

Recipe submitted by DaVita dietitian Tara from Michigan.

### Ingredients

3/4 cup unsalted butter	1-1/4 cups all-purpose flour
2 cups fresh or frozen pitted sweet cherries	2 cups quick-cooking oats
1/3 cup granulated sugar	3/4 cup packed brown sugar
3 tablespoons corn starch	1 teaspoon baking powder
1/4 cup lemon juice	1/4 teaspoon salt

### Preparation

1. Set butter out to soften.
2. To make cherry filling, mix the cherries, granulated sugar, corn starch and lemon juice in a sauce pan and bring to a boil over medium heat. Boil for 10 minutes or until thickened, stirring frequently. Once thickened, remove from heat and let cool to room temperature. Put in a covered bowl and refrigerate until ready to use.
3. Preheat oven to 350° F and spray a 9 x 9-inch square baking dish with nonstick spray. You can then line the bottom of the dish with parchment paper to make it easier to remove the bars.
4. Combine flour, oats, brown sugar, baking powder and salt into a bowl and mix to combine.
5. Add softened butter and use a pastry blender or your hands to work the mixture into crumbs.
6. Add 2/3 of the crumb mixture to the prepared pan and press down firmly. Top with cooled cherry filling. Sprinkle remaining crumb mixture on top of the cherries. Place in oven and bake for 30 to 35 minutes or until just golden brown.
7. Remove from oven and let cool completely before cutting into bars. Enjoy!



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