Plant Focused**KIDNEYS**

Kidney Boosting Recipes

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Here are some tasty kidney friendly meals to get your started! Happy eating!

Balsamic Mushroom & Avocado Toast (-7.1 PRAL)
Coconut Chia Seed Yogurt (-3.1 PRAL)
Sweet Potato, Black Bean & Ranch Rice Bowl (-8.6 PRAL)
Greek Kale & Edamame Salad (-3.16 PRAL)
Lentil, Kale & Squash Soup (-11.3 PRAL)
Cauliflower Shawarma Grain Bowl (-0.2 PRAL)
Dates & Apple (-16.6 PRAL)
Strawberries & Almonds (-3.8 PRAL)

Balsamic Mushroom & Avocado Toast

1 serving
10 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
2 Cremini Mushrooms (sliced)
1 Garlic (clove, small, sliced)
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Balsamic Vinegar
1/2 Avocado (small, sliced)
1 3/4 ozs Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	344
Fat	19g
Carbs	36g
Fiber	8g
Sugar	3g
Protein	8g
Cholesterol	0mg
Sodium	250mg
Potassium	623mg
Vitamin A	147IU
Vitamin C	13mg
Calcium	21mg
Iron	2mg
Vitamin D	3IU
Phosphorous	89mg
Magnesium	34mg
Zinc	1mg
Selenium	4µg

Directions

1. Heat a pan over medium heat. Add the oil, mushrooms, garlic, salt, and pepper. Sauté for three to five minutes, or until the mushrooms have softened and started to brown.
2. Add the balsamic vinegar to the pan and toss well to coat the mushrooms. Set aside.
3. Add the avocado to the sourdough and put the mushrooms on top. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Cut the avocado when ready to serve.
Serving Size: One serving is one piece of toast with toppings.
More Flavor: Add chili flakes, flaky salt, hot sauce, and/or fresh thyme.
Gluten-Free: Use gluten-free bread.
Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Coconut Chia Seed Yogurt

1 serving
30 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt
1/4 cup Chia Seeds
1 tsp Cinnamon
1/4 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	22g
Carbs	37g
Fiber	21g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	57mg
Potassium	266mg
Vitamin A	12IU
Vitamin C	21mg
Calcium	838mg
Iron	4mg
Vitamin D	0IU
Phosphorous	10mg
Magnesium	6mg
Zinc	0mg
Selenium	0µg

Directions

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.
More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.
Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Sweet Potato, Black Bean & Ranch Rice Bowl

4 servings
40 minutes

Ingredients

1 cup Basmati Rice (dry, rinsed)
2 Sweet Potato (medium, peeled, chopped)
2 Red Bell Pepper (medium, sliced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 cup Cilantro (chopped)
1 Lime (juiced, plus more for garnish)
2 cups Corn
2 cups Black Beans (cooked)
1/2 cup Vegan Ranch Dressing

Nutrition

Amount per serving	
Calories	629
Fat	23g
Carbs	95g
Fiber	14g
Sugar	9g
Protein	16g
Cholesterol	0mg
Sodium	260mg
Potassium	896mg
Vitamin A	11359IU
Vitamin C	85mg
Calcium	57mg
Iron	3mg
Vitamin D	0IU
Phosphorous	226mg
Magnesium	104mg
Zinc	2mg
Selenium	2µg

Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Cook the rice according to the package directions.
3. While the rice cooks, add the sweet potato and bell peppers to the baking sheet. Drizzle with the oil and season with salt and pepper. Toss to coat. Spread out into an even layer. Bake for 20 to 25 minutes or until the vegetables are fork-tender.
4. Mix the cilantro and lime juice into the cooked rice.
5. To assemble, evenly divide the sweet potatoes, bell peppers, rice, corn, and black beans into bowls. Top each with ranch dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Add the dressing when ready to eat.
Serving Size: One serving is approximately 2 1/2 cups.
More Flavor: Add chili powder to the sweet potatoes and bell peppers before cooking.
Additional Toppings: Hot sauce, guacamole, and/or salsa.
No Vegan Ranch Dressing: Use other dressing of choice.
No Olive Oil: Use avocado oil.

Greek Kale & Edamame Salad

2 servings
20 minutes

Ingredients

2 cups Frozen Edamame (thawed)
3/4 cup Cherry Tomatoes (halved)
1/4 Cucumber (large, chopped)
1/4 cup Feta Cheese (crumbled)
1/3 cup Pitted Kalamata Olives
1/2 cup Red Onion (chopped)
2 cups Baby Kale
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	436
Fat	29g
Carbs	27g
Fiber	11g
Sugar	8g
Protein	25g
Cholesterol	17mg
Sodium	408mg
Potassium	1153mg
Vitamin A	1121IU
Vitamin C	24mg
Calcium	296mg
Iron	6mg
Vitamin D	3IU
Phosphorous	360mg
Magnesium	119mg
Zinc	3mg
Selenium	5µg

Directions

1. Add all the ingredients to a large bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
Serving Size: One serving is approximately two cups.
More Flavor: Add bell peppers and/or more lemon juice.
Additional Toppings: Fresh herbs and/or toasted nuts.

Lentil, Kale & Squash Soup

4 servings
30 minutes

Ingredients

1 tbsp Avocado Oil
1/2 Yellow Onion (diced)
2 stalks Celery (chopped)
2 tsps Herbes de Provence
Sea Salt & Black Pepper (to taste)
3 cups Butternut Squash (peeled, seeds removed, cubed)
1/2 cup Dry Green Lentils (rinsed)
5 cups Vegetable Broth
3 cups Kale Leaves (finely chopped)
1 1/2 tbsps Lemon Juice
1/4 cup Parmigiano Reggiano (shaved)

Nutrition

Amount per serving	
Calories	219
Fat	6g
Carbs	33g
Fiber	6g
Sugar	6g
Protein	11g
Cholesterol	6mg
Sodium	893mg
Potassium	717mg
Vitamin A	12726IU
Vitamin C	42mg
Calcium	195mg
Iron	3mg
Vitamin D	0IU
Phosphorous	124mg
Magnesium	57mg

Directions

1. In a large pot, heat the oil over medium-high heat. Add the onion and celery and cook for three to five minutes, or until softened. Add the Herbes de Provence and season with salt and pepper.
2. Add the squash, lentils, and broth and bring to a boil. Reduce the heat and simmer for 15 to 20 minutes or until the lentils and squash are cooked through. Stir in the kale during the last five minutes.
3. Add the lemon juice and top with parmesan. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.
Serving Size: One serving is equal to approximately two cups.
Make it Vegan: Omit the parmesan or use a plant-based cheese.
More Flavor: Add chili flakes.
Additional Toppings: Top with fresh parsley.

Zinc	1mg
Selenium	1µg

Cauliflower Shawarma Grain Bowl

2 servings
30 minutes

Ingredients

1 cup Chickpeas (cooked)
1/2 head Cauliflower (small, cut into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Shawarma Spice Blend (divided)
1/2 cup Quinoa (dry)
1/2 cup Cherry Tomatoes (halved)
1/4 Cucumber (large, diced)
2 tbsps Red Onion (chopped)
1/4 cup Parsley (chopped)
1/4 cup Hummus
2 tbsps Water (warm)

Nutrition

Amount per serving	
Calories	539
Fat	24g
Carbs	66g
Fiber	15g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	551mg
Potassium	1214mg
Vitamin A	1025IU
Vitamin C	89mg
Calcium	131mg
Iron	13mg
Vitamin D	0IU
Phosphorous	478mg
Magnesium	182mg

Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Toss the chickpeas and cauliflower with the oil and 2/3 of the spice blend on the baking sheet. Spread out evenly. Cook for 20 to 25 minutes.
3. Meanwhile, cook the quinoa according to package directions.
4. Toss the tomatoes, cucumbers, red onion, and parsley in a small bowl. Set aside.
5. Prepare the dressing by mixing the hummus, water, and remaining spices together.
6. Divide the quinoa, chickpea, cauliflower, and cucumber salad between bowls. Drizzle with the hummus dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup of the cauliflower and chickpea mixture, one cup of the cucumber salad, 1/2 cup of quinoa, and three tablespoons of the hummus dressing.

More Flavor: Cook the quinoa in broth. Add lemon juice and mint to the tomato cucumber salad.

Additional Toppings: Toasted nuts and/or seeds.

Prep the Night Before: You can prepare the recipe ahead by following the instructions but not assembling the bowl. Keep the quinoa, chickpea and cauliflower mix, tomato and cucumber salad, and the hummus dressing refrigerated separately.

No Shawarma Spice Blend: Use a blend of cumin, turmeric, and cinnamon.

Zinc	4mg
Selenium	9µg

Dates & Apple

1 serving
5 minutes

Ingredients

1/4 cup Pitted Dates
1 Green Apple (chopped)

Nutrition

Amount per serving	
Calories	200
Fat	0g
Carbs	50g
Fiber	8g
Sugar	39g
Protein	2g
Cholesterol	0mg
Sodium	2mg
Potassium	441mg
Vitamin A	171IU
Vitamin C	0mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Phosphorous	43mg
Magnesium	24mg
Zinc	0mg
Selenium	1µg

Directions

1. Add ingredients to a plate or snack box. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
More Flavor: Add walnuts and/or cheese of choice.
No Green Apple: Use red apple, peach, nectarine, or cherries instead.

Strawberries & Almonds

1 serving
5 minutes

Ingredients

1 cup Strawberries
1/4 cup Almonds

Nutrition

Amount per serving	
Calories	253
Fat	18g
Carbs	19g
Fiber	7g
Sugar	9g
Protein	9g
Cholesterol	0mg
Sodium	2mg
Potassium	482mg
Vitamin A	18IU
Vitamin C	85mg
Calcium	119mg
Iron	2mg
Vitamin D	0IU
Phosphorous	207mg
Magnesium	115mg
Zinc	1mg
Selenium	2µg

Directions

1. Add the strawberries and almonds to a plate or bowl and enjoy!

Notes

Leftovers: Refrigerate the strawberries for up to one week. Almonds can be stored in an airtight container in a cool dark place or in the refrigerator for up to six months.
No Strawberries: Use other berries like blueberries, blackberries or raspberries instead.
No Almonds: Use other nuts like cashews, pecans or walnuts instead.