



**BUDGET
FRIENDLY**

SPICE IT UP!

GIVING ZEST TO YOUR RENAL DIET

**RECIPES THAT CAN BE ENJOYED BY DIALYSIS PATIENTS
AND THEIR FRIENDS AND FAMILIES**

SPICE IT UP!

GIVING ZEST TO YOUR RENAL DIET

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Cette publication existe aussi en français : Osez les saveurs! www.osezlessaveurs.ca

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All recipes in this publication have been reviewed by three licensed dietitians, **Danielle Martin, RD, Stéphanie Pasaman, Dt.P., and Dani Renouf, RD.** and were not independently verified by **Otsuka Canada Pharmaceutical Inc.** nor **Amgen Canada Inc.** Neither the publisher, **ebmed Inc.** nor the sponsors, **Otsuka Canada Pharmaceutical Inc., Amgen Canada Inc.**, and their affiliates, make representations or warranties in respect to the contents of this publication and **ebmed Inc., Otsuka Canada Pharmaceutical Inc., Amgen Canada Inc.**, and their affiliates disclaim any and all liability for any damages or losses (consequential or otherwise) arising from any statements made in it or any errors or omissions.

The nutritional values included in this publication were calculated using **The Canadian Nutrient File** (Version 2015).

DEAR READERS,

welcome to a fresh edition of *Spice it up!*

A heartfelt thank you goes out to the many dietitians who participated in our **summer survey**. We heard back from over 100 members of the Canadian (CAND) and Quebec (RNNQ) associations of renal dietitians, and the responses truly inspired us. Your feedback fuels our passion, and we are delighted to keep creating for you!

You asked, and we listened: the most requested recipes were simple one-pot meals, easy snacks, and delicious vegetarian options. This issue is packed with new weeknight classics—our Sloppy Joes and Roast Chicken have a kidney-friendly twist and are sure to become favourites in your kitchen.

We also learned that some features of *Spice it up!* are underused or hidden gems. Dive into our **quick guide** to unlock everything we have to offer and make the most of these resources.

With rising food costs on everyone's mind, Stéphanie brings fresh tips for saving money while eating well. **"Cooking on a tight budget"** proves that healthy, home-cooked meals can be affordable, flavourful, and fun. Cooking at home remains the best way to manage ingredients, nourish your health, reduce stress on your kidneys, and stretch your budget.

We are excited to introduce our **newest team member, Dani Renouf**, who brings her experience and Middle Eastern culinary flair from beautiful BC, taking over from Karen Parinas. Karen's passion for plant-based proteins helped shape *Spice it up!* towards more plant-forward options—we thank her for years of wonderful contributions.

Enjoy exploring these recipes and crafting new family favorites. Don't miss our Blondies—your loved ones will be coming back for seconds!

Warmly,



Elke Henneberg
Editor

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  [spiceuprenaldiet](https://www.instagram.com/spiceuprenaldiet)
 [YouTube spice up renal diet](https://www.youtube.com/spiceuprenaldiet)



PREPARATION: 10 MINUTES

COOKING: 25 MINUTES

4 SERVINGS

BLACK BEAN SLOPPY JOES

INGREDIENTS

2 tablespoons canola oil

300 g extra-lean ground pork

½ cup canned black beans, no sodium added, rinsed and drained

1 cup onion, diced

½ cup colored bell pepper, diced

1 ½ tablespoons chili powder

1/2 tablespoon paprika

1 teaspoon mustard powder

1 tablespoon tomato paste

(choose product with less sodium)

2 cloves garlic, minced

1 cup no sodium chicken broth

3 tablespoons white vinegar

2 tablespoons brown sugar

1 tablespoon Worcestershire sauce

Black pepper

Assembly

4 hamburger buns

¼ cup shredded mozzarella cheese

PREPARATION

- 1 In a large skillet over medium-high heat, heat oil and brown the meat (3–4 minutes). Add the beans, onion, bell pepper, and spices. Continue cooking for 5 minutes, stirring occasionally.
- 2 Add tomato paste and garlic. Cook for 1 minute, stirring.
- 3 Add chicken broth, vinegar, sugar, and Worcestershire sauce, and bring to a boil. Reduce heat to medium and simmer for about 15 minutes, or until most liquid has evaporated. Season with black pepper to taste.
- 4 Toast the buns, fill with the mixture, and top with 1 tablespoon cheese per bun. Serve with a salad as a side dish.

Nutrient Analysis

Per serving: ¼ of recipe

Calories	489 Kcal
Protein	25 g
Carbohydrates	47 g
Fibre	6 g
Sugars	13 g
Total Fat	23 g
Saturated Fat	7 g
Cholesterol	54 mg
Sodium	508 mg
Potassium	694 mg
Phosphorus	329 mg

Note: To reduce sodium further, choose buns with less sodium.
To reduce potassium, swap pork for ground turkey.

PREPARATION: 15 MINUTES

ROASTING: 120 MINUTES

10 SERVINGS

ROAST CHICKEN DELIGHT

INGREDIENTS

1 whole chicken (about 1.5 Kg)

3 tablespoons olive oil

1 tablespoon paprika

1 tablespoon ground or whole
fennel seeds

2 onions, cut into thick rings

1 lemon, halved

3 cloves garlic with peel

Ground black pepper

PREPARATION

- 1 Place the oven rack in the middle and preheat the oven to 350°F.
- 2 In a small bowl, mix the oil with paprika and fennel seeds.
- 3 Spread onion slices on the bottom of the roasting dish. Pat chicken dry with paper towels and place the chicken on top of the onion with the breast facing up.
- 4 Rub chicken with lemon halves on all sides (take out the lemon seeds, if possible). Fill the cavity with lemon halves and garlic.
- 5 Brush the chicken generously with oil and spice mixture. Season with ground black pepper.
- 6 Roast for about 2 hours, or until a thermometer in the thigh reads 180°F.

Notes:

Skim the fat off cooking juices and serve with the chicken.

You can make chicken broth with the bones. Add bones to water and boil, then simmer for 1 hour.

Use whole fennel seeds and grind some of them to get a mix of ground and whole seeds.

For a different taste: replace the spices with curry powder, coriander seed or with Italian seasoning.

Nutrient Analysis

Per serving: 1/10 of recipe

Calories	303 Kcal
Protein	38 g
Carbohydrates	3 g
Fibre	1 g
Sugars	1 g
Total Fat	18 g
Saturated Fat	3 g
Cholesterol	141 mg
Sodium	113 mg
Potassium	413 mg
Phosphorus	302 mg





PREPARATION: 10 MINUTES

COOKING: 40 MINUTES

8 SERVINGS

BLUEBERRY BAKED OATMEAL

INGREDIENTS

1 cup milk
½ cup applesauce
¼ cup almond butter
¼ cup honey
¼ cup canola oil
1 tablespoon vanilla extract
⅛ teaspoon baking soda
¼ teaspoon cream of tartar
2 cups quick oats
½ cup sliced almonds
½ cup blueberries

Topping
1 cup blueberries
2 tablespoons sliced almonds
2 tablespoons brown sugar
4 cups cottage cheese

PREPARATION

- 1 Preheat the oven to 350°F. Grease an 8×8-inch baking dish.
- 2 In a large bowl, whisk milk, applesauce, almond butter, honey, oil, and vanilla extract. Add baking soda and cream of tartar and whisk again.
- 3 With a spatula, stir in oats, almonds, and blueberries.
- 4 Pour mixture into baking dish and smooth the top.
- 5 Top with remaining blueberries, almonds, and brown sugar.
- 6 Bake for 50–60 minutes or until cooked and golden with a crispy topping. Take out the oven and let cool for 1 hour. Cut into 8 portions and serve with cottage cheese.

Note: Enjoy hot or cold as a full breakfast. Make it a snack or dessert without the cottage cheese.

Nutrient Analysis

Per serving: ⅛ of recipe

Calories	428 Kcal
Protein	23 g
Carbohydrates	43 g
Fibre	5 g
Sugars	23 g
Total Fat	19 g
Saturated Fat	3 g
Cholesterol	8 mg
Sodium	527 mg
Potassium	403 mg
Phosphorus	391 mg



PREPARATION: 15 MINUTES

COOKING: 20 MINUTES

6 SERVINGS

CREAMY SKILLET CASSEROLE

INGREDIENTS

2 cups dry short pasta
2 tablespoons olive oil
1 ½ cups onion, diced
3 cups frozen mixed vegetables
2 cups cooked chicken, cubed
2 teaspoons Italian seasoning
2 teaspoons garlic powder
Ground pepper

Sauce

1 cup 15% cream*
½ cup no salt chicken broth
2 tablespoons onion powder
3 tablespoons parmesan
cheese, grated

* Choose cream without phosphate additives

PREPARATION

- 1 Cook the pasta according to package instructions.
- 2 In a large non-stick skillet, heat oil over medium and cook onion for 7 minutes. Add frozen vegetables and cook for 5 minutes, stirring occasionally.
- 3 Add chicken, herbs, garlic powder, and pepper. Cook for 5 more minutes, stirring.
- 4 In the meantime, in a small saucepan, combine all sauce ingredients, and bring to a boil. Set aside.
- 5 Add the cooked pasta to the skillet and combine with chicken and vegetables. Add the sauce and stir to combine. Reheat over medium heat and serve.

Nutrient Analysis

Per serving: ⅓ of recipe

Calories	418 Kcal
Protein	22 g
Carbohydrates	44 g
Fibre	6 g
Sugars	0 g
Total Fat	17 g
Saturated Fat	6 g
Cholesterol	64 mg
Sodium	177 mg
Potassium	566 mg
Phosphorus	268 mg

PREPARATION: 10 MINUTES

SOAKING: 12 HOURS

COOKING: 50 MINUTES

8 SERVINGS

ADASI LENTIL SOUP

A CLASSIC PERSIAN VEGETARIAN LENTIL SOUP

INGREDIENTS

2 ¼ cups dried green lentils*

1 tablespoon canola oil

1 medium onion, chopped (1 cup)

1 medium carrot, chopped (1 cup)

3 cloves garlic, minced

2 tablespoons onion powder

2 teaspoons turmeric powder

2 teaspoons ground cumin

2 teaspoons garlic powder

5 cups low sodium chicken broth

3 tablespoons lemon juice

2 teaspoons low sodium
soy sauce

Ground black pepper to
taste

Toppings

2 cups Greek yogurt
(2% MF)

Lemon zest or fresh herbs
for garnish, chopped
(cilantro, parsley, or mint)

* Or 6 cups canned lentils, rinsed and drained. You can skip step 1.
Choose product with lowest sodium content.

PREPARATION

- 1 Soak lentils in a large pot of water for 12 hours. Drain and refill pot with 7 cups of water and bring to boil. Add lentils, reduce heat, and simmer for 30 minutes. Remove from heat, drain and set aside.
- 2 Heat oil in a large pot over medium-high heat. Sauté onion and carrots for about 5 minutes, stirring occasionally. Add garlic and spices and continue to sauté until vegetables are slightly cooked.
- 3 Add cooked lentils, broth, lemon juice, soy sauce, and pepper, and bring to a boil. Cover and simmer on low heat for about 15 minutes.
- 4 Garnish with herbs, serve with yogurt and whole grain bread.

Did you know?

Following the method of soaking and boiling the lentils helps reduce potassium and phosphorus.

Source: Martínez-Pineda, M., Yagüe-Ruiz, C., Caverni-Muñoz, A., & Vercet-Tormo, A. (2019). Cooking Legumes: A Way for Their Inclusion in the Renal Patient Diet. *Journal of Renal Nutrition*, 29(2), 118-125.

Nutrient Analysis

Per serving: ⅓ of recipe

Calories	281 Kcal
Protein	23 g
Carbohydrates	41 g
Fibre	9 g
Sugars	7 g
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	141 mg
Potassium	458 mg
Phosphorus	274 mg



PREPARATION: 10 MINUTES

BAKING: 50 MINUTES

MAKES 16 BLONDIES

CLEMENTINE BLONDIES

INGREDIENTS

1 cup all-purpose flour
½ cup whole wheat flour
1 cup brown sugar
¼ teaspoon of baking soda
½ teaspoon of cream of tartar
2 whole clementines, well washed and chopped, seeds and stalk removed, peel on
3 eggs
1 cup plain Greek yogurt
¾ cup canola oil
1 tablespoon vanilla extract

Toppings

¼ cup white chocolate chips (optional)

PREPARATION

- 1 Place rack in the middle and preheat oven to 350°F. Line a 20 cm (8-inch) square pan with parchment paper.
- 2 In a large bowl, mix dry ingredients and set aside.
- 3 In a blender, blend chopped clementine, eggs, yogurt, oil, and vanilla until smooth. Pour over dry ingredients and mix well with a spatula. Pour batter into the lined pan. Top with white chocolate chips.
- 4 Bake for 45–50 minutes, or until a toothpick inserted in the center comes out with some crumbs attached and the top is lightly golden.
- 5 Allow the cake to cool in the pan for about 10 minutes before lifting it out of the pan and cutting it into 16 squares. Serve warm or cold.

Nutrient Analysis

Per serving: 1 blondie

Calories	239 Kcal
Protein	5 g
Carbohydrates	26 g
Fibre	1 g
Sugars	17 g
Total Fat	13 g
Saturated Fat	2 g
Cholesterol	38 mg
Sodium	47 mg
Potassium	117 mg
Phosphorus	58 mg



COOKING ON A TIGHT BUDGET

By Stephanie Pasaman, Dt.P.

Grocery prices keep climbing, making it harder to stretch the food budget. If you're following a kidney-friendly diet, the challenge can feel even bigger. The good news is that you can enjoy nutritious meals without breaking the bank. Here are some tips.

Plant-based protein: budget-friendly and healthy

Protein is a key part of any diet, but meat can be expensive. Luckily, plant-based proteins like beans, lentils, and tofu are cheaper options that can also work well in a kidney-friendly diet.

- **CANNED BEANS** (like chickpeas or kidney beans) are affordable, quick, and versatile. Just drain, rinse, and add into a salad or soup.
- **DRIED BEANS AND LENTILS** cost even less. Try our lentil soup recipe to get familiar with how to prepare them.
- **TOFU** is another budget-friendly choice. Try marinating it or tossing it with your favourite spices before either baking or pan-frying it. For more information, check out our article on tofu from the summer 2024 edition (issue 31).

Fresh isn't the only option

Fresh produce can be pricey, especially when it's out of season. Here are a few options on getting fruits and vegetables for less:

- **GET THEM FROZEN:** Did you know frozen fruits and vegetables are just as nutritious and often cheaper than fresh produce? You also won't have to worry about them spoiling quickly! Try our *Creamy Skillet Casserole*.
- **TIPS ON COOKING DELICIOUS FROZEN VEGGIES:** to keep them from getting mushy, cook quickly at high heat, like in a stir-fry or fried rice. Corn, peas, green beans, and carrots work especially well. For broccoli, cauliflower, or zucchini, toss with olive oil and spices, then roast at 450°F (230°C).
- **CHOOSE IMPERFECT ONES:** Businesses like *Odd Bunch* and *Eat Impact* sell fruits and vegetables that might look imperfect but are still fresh and perfectly good to eat for up to half the regular price.
- **HELP REDUCE FOOD WASTE:** some apps like *Too Good To Go* lets you buy surprise bags of discounted produce from local stores. You don't know what you'll get, but it's a fun way to save money and reduce food waste.



Shopping beyond the grocery store

There are ways to find some good deals at most chain grocery stores, but there are also some other budget-friendly places you should consider shopping at.

- **WEEKLY FLYERS AND MARKDOWNS:**

At grocery stores, check out their weekly specials' flyers for deals. Get all flyers in the *Flipp* app. Many stores offer discounted items close to their expiry date. You can find these special offers on the *Flashfood* app.

- **BULK STORES:** Buying staples in bulk can save a lot over time. National chains are great but check out local bulk shops too—many are package-free and eco-friendly.

- **DOLLAR STORES:** While they don't usually carry fresh foods, they can be a great place for pantry basics. Look for pasta, rice, bread, canned beans, canned fish, peanut butter, nuts, applesauce, or cooking oil.

A NOTE OF CAUTION: Dollar stores also have a lot of ultra-processed foods high in salt, sugar, and/or additives (like chips, candy, canned meals or instant noodles). Make sure you check the nutrition label:

- Avoid items with more than **15% Daily Value (DV) sodium**.
- Choose shorter ingredient lists free of phosphorus and potassium additives.
- If you have diabetes, limit foods with more than **15% DV sugar**.

And remember, if money is tight, don't hesitate to ask for help. Social workers and dietitians can connect you with food banks or community programs that provide free groceries or meals.

Cook at home, save more

Eating out can quickly drain your budget. Cooking at home is healthier, cheaper, and gives you more control over what goes into your meals.

- **PLAN AHEAD:** Decide what you'll eat for the week, then make a shopping list. Sticking to your list helps avoid impulse buys.

- **USE WHAT YOU HAVE:** Before planning, check your fridge and pantry. Cooking with what's already there prevents you from spending more and wasting food.

- **FREEZE LEFTOVERS:** If you can't finish a dish in time, freeze it for later.

Get creative with leftovers

Instead of tossing food, turn it into something new:

- **EXTRA RICE OR PASTA?** Add it to soup, stir-fry, or a salad.
- **OVERRIPE FRUIT?** Blend into smoothies or cook into a compote.
- **OLD VEGETABLES?** Cook them into a ratatouille or roast them together.
- **LEFTOVER CHICKEN?** Make soup, sandwiches, or quesadillas. Try it with our *Roasted Chicken Delight* recipe in this edition!

A little creativity goes a long way in reducing waste and stretching your budget.



FINAL THOUGHTS

Eating well on a tight budget may take some planning, but it's possible. Focus on plant-based proteins, mix fresh with frozen produce, explore alternative shopping options, and cook at home as often as you can. Every small step adds up to healthier meals, less waste, and big savings.

SUMMER SURVEY RESULTS

Spice it up! recently surveyed members of the Canadian Association of Nephrology Dietitians (CAND) and the Quebec Association of Nephrology Dietitians (RNNQ) to learn what matters most in kidney-friendly recipes and resources. Here's what we found.

Takeaways

- **SPICE IT UP! IS THE MOST TRUSTED TOOL** in supporting kidney patients to follow a kidney-friendly diet. It holds the same importance as related education material developed by organizations where respondents are employed.
- **PRINTED MATERIALS REMAIN ESSENTIAL:** Most professionals value and rely on print copies of *Spice it up!* for patient education, especially in remote locations and among older adults, who may have limited internet access.
- **NUTRITION FACTS AND VISUAL APPEAL MATTER:** Respondents highly rate having detailed nutrition information for each recipe and attractive photos as it is motivating and helpful for patients with kidney disease.



Future direction

- **THERE IS GROWING INTEREST IN MORE PLANT-BASED OPTIONS,** culturally diverse meals, and recipes that use everyday ingredients and basic cooking skills.
- **RECIPE ACCESS, VIDEOS, AND MEAL PLANS ON MYSPICEITUP.CA ARE WIDELY USED AND APPRECIATED,** but some professionals requested better website navigation and clear labeling for dietary needs like potassium, protein levels, and diabetes. It was also suggested to add QR codes and ingredient substitution guidance for better personalization.
- **RECIPES SHOULD BE CLEARLY LABELLED** regarding protein and electrolyte content, helping patients choose meals based on their stage of kidney disease.
- **MANY PROFESSIONALS FACE DIFFICULTY OBTAINING PRINTED COPIES,** and suggested automatic mailing, improved contacts, and more recipes to meet patient demand.

These points reflect what renal dietitians across Canada value most in kidney-friendly resources and provide us with a clear direction for future improvement of *Spice it up!* and *Osez les saveurs!*

We would also love to hear from patients! Please write to: info@myspiceitup.ca

Spice it up! Quick Guide

Who are the people creating *Spice it up*?

- Click the **ABOUT US** tab and learn about all contributors, past and present.

Where can I find print copies?

- For patients: Request a printed copy from a renal dietitian. Print copies are distributed to renal clinics and dialysis centres across Canada.
- For healthcare professionals: Ask a representative from our sponsors to provide copies or email info@myspiceitup.ca to arrange delivery. Please keep in mind that copies are limited and we may not be able to meet all requests.

How can I look up past editions?

- Find all past recipe books in the **ARCHIVE** on our website.
- Use the flip version to read editions online.
- Use the menu on the bottom of the flip version to download the PDF and print it on your own printer.
- Use the menu to enlarge the font.

How can I find a specific recipe on the website?

- Search by key word: Use the **SEARCH** window at myspiceitup.ca.
- Enter words like “orzo” for recipes and articles. Mind you, not all articles are posted; check the **ARCHIVES** for older content.
- Search by category: Click on categories like **1-POT MEALS** to see grouped recipes. Some recipes appear in several categories.

Printing and cooking

- Access a printer-friendly version of each recipe-perfect for taking notes and adding to your collection.

What nutrition information is provided on the recipes?

- Each recipe includes a Nutrient Analysis relevant for CKD.
- Nutrient values are listed per serving size.
- Each kidney patient may have different nutrient limits. It is important to consult with a renal dietitian.

Where can I find a meal plan on the website?

- Find available meal plans on the bottom of the **RECIPES** page. More meal plans are coming soon.

Where can I find cooking videos?

- Watch short (1–3 minutes) cooking videos for many of our recipes, available in English and French.
- Follow easy steps to prepare recipes and learn to cook.
- Subscribe to our YouTube channel [@spiceuprenal diet2353](https://www.youtube.com/channel/UCspiceuprenal diet2353)

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OUR SPICE IT UP! DEDICATED TEAM



Isabelle Côté, RD, M.Sc.

Quebec City, Quebec

Isabelle is a registered dietitian who started her career as a chemist. Gourmet cooking and gardening are her passions. She is putting her knowledge in nutrition to work by creating colourful recipes which are full of flavour and easy to prepare. Her passion for food and nutrition shines through in her private practice, in culinary workshops, and when developing recipes and teaching undergraduate nutrition courses. She is convinced that “eating well” is synonymous with “pleasure” and that it often only takes a few small changes and a little creativity to improve the nutritional value of the food we eat.



Danielle Martin, RD CDE

*Waterloo Region Health Network (WRHN) @ Midtown
Kitchener, Ontario*

Danielle has been a registered dietitian for over five years. She works with hemodialysis and CKD patients and strives to help them understand, and enjoy, their renal diet. As a lover of both food and nutrition, she is grateful to be able to provide her patients with delicious kidney-friendly recipes like the ones in this book.



Stéphanie Pasaman, Dt.P.

*University of Montreal Health Center (CHUM)
Montreal, Quebec*

Stéphanie is a renal dietitian working in a CKD clinic and in hemodialysis. Helping her patients find joy in cooking is at the core of her interventions. She is excited to be a part of *Spice it up!* and share some tasty and nutritious recipes with her patients. She hopes to empower them to improve their health through nutrition, with an approach that is always centered around benevolence and empathy.



Dani Renouf, RD, MSc, CDE

Vancouver, British Columbia

Dani is a registered dietitian with over 20 years of experience spanning hospital care, media, research, and leadership. Her passion for cooking connects her to multicultural roots in the Middle East and Europe. Outside of work, Dani enjoys fitness, trying new recipes, and travel. As the provincial dietitian lead for BC Renal based in Vancouver, she is a vital member of a dynamic team and serves as the Renal Resource. Dani deeply values patient care and engagement, believing that patient feedback enriches her professional practice.

RECOMMENDED BY:



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