

CELEBRATE THE HOLIDAYS WITH FESTIVE FOODS

Pork Roast	Roasted Turkey
Homemade Gravy*	Sage Dressing*
Parslied Rice	Cranberry Sauce
Green Beans & Onions	Peas & Carrots
Cornbread Muffin	Cloverleaf Roll
Apple-Cinnamon Cobbler	White Layer Cake with
Coffee or Tea	Holiday Sprinkle Icing
	Cranberry Juice & Ginger
	Ale Punch



Whether spending time with family and friends or on your own this year, it's always good to plan ahead for holiday meals. So many of us grew up with traditional menus. Now may be the time to change those recipes to meet your health goals. Here are some ideas to make the holiday season safe and savory without adding salt!

Ready for Homemade Gravy*?

After the pork roast or turkey has finished roasting, save the juices to use as your hearty meat "stock". To thicken the "stock", mix 16 oz. cold water with 1/3 cup white flour in a jar. Shake until smooth. Pour the mix into the simmering meat stock. Add seasonings to taste such as: 1-2 tablespoons dried onion flakes, 1/2 teaspoon garlic powder and 1/2 teaspoon pepper. Stir constantly until smooth. No time to make gravy? After the roasted meat is taken out of the pan, just add the dried onion flakes, garlic powder, and black pepper to the stock. Simmer until ready to serve.

Sage Dressing (Stuffing)*

Dice a 1 pound loaf of French bread. In olive oil, sauté 1 cup chopped onions and 1/2 cup celery. Add 1/4 cup chopped fresh parsley and seasonings, such as: 2 teaspoons sage, 1/2 teaspoon thyme, 1 teaspoon marjoram, 1/2 teaspoon nutmeg, 3/4 teaspoon rosemary, 1/2 teaspoon pepper (to taste). Moisten with 1 cup salt-free chicken broth. (Swanson's® Unsalted Broth is low in sodium with no potassium added.), and place in buttered casserole dish. Bake at 350 degrees for 30-40 minutes, or until lightly browned.

**Learning to enjoy meals without adding salt is a journey.
Along the way, don't give up! Over time, new flavors will suit your new style.**

**From your Dallas Nephrology Associates registered dietitian-nutritionists:
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