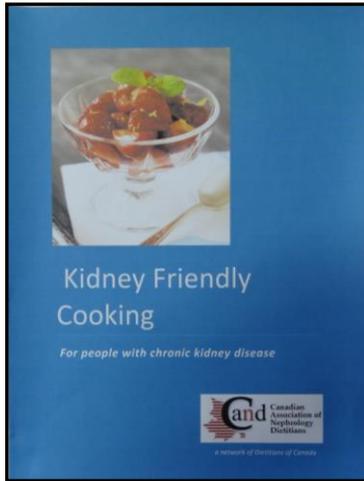


The Canadian Association of Nephrology Dietitians is pleased to announce the release of:

Kidney Friendly Cooking
For people with chronic kidney disease



Written by a team of renal dietitians, this cookbook is designed to be used by people at all stages of kidney function.

The introduction provides a description of a kidney friendly diet as well as tips to add flavour to meals.

Recipes instructions are written in plain language with ample white space for easy reading. Each recipe has an “Estimated Nutrient Calculation per Portion”.

Kidney Friendly Cooking has 278 full size pages, a coil back and 192 recipes including:

- Appetizers, Beverages and Snacks
- Breakfast and Brunch
- Soups
- Salads
- Beef, Pork and Lamb
- Chicken and Turkey
- Fish and Seafood
- Meatless Main Meals
- Sauces, Salads and More
- Rice, Bread and Pasta Sides
- Vegetable Sides
- Desserts

Kidney Friendly Cooking ORDER FORM Allow 6 weeks for delivery.

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Balsamic Glazed Strawberries



strawberries, fresh	1 lb (450 g)
sugar, white	1 ½ tbsp (25 mL)
balsamic vinegar	3 tbsp (45 mL)

Garnish:

lemon, fresh (for zesting)	1
mint leaves	8-12 leaves

Instructions:

1. Remove stems from strawberries and cut into bite size pieces (cut in half or quarter depending on size of strawberries).
2. Place strawberries in a bowl. Drizzle vinegar over strawberries and sprinkle with sugar. Stir gently to combine.
3. Cover strawberries and let sit at room temperature for 15 minutes.
4. Refrigerate for up to 4 hours, until ready to serve.
5. Divide strawberries into dessert bowls.
6. Top each portion with grated lemon zest and 2-3 mint leaves.

Makes 4 Portions

1 portion = ⅔ cup (150 mL)

Notes

1 plastic clam-shell container of strawberries weighs 450 g.

A photo of this recipe is on the front cover of the cookbook.

Tip

Make this recipe within 4 hours of your serving time. If it sits longer than 4 hours, the strawberries will be soft.

Estimated Nutrient Calculation per Portion

Calories	65
Protein	0.8 g
Fat	0.3 g
Carbohydrate	15.4 g
Fibre	2.5 g
Sodium	4 mg
Potassium	186 mg
Phosphorus	29 mg