



**It's Your Health. It's Your Life. Make that change!™**  
*Nutrition Pair™*

## Three Cheese Spinach Manicotti

### **Ingredients:**

- 1 (8 oz) package manicotti shells (whole grain preferred)
- 2 cups shredded part skim mozzarella cheese
- 1 cup non-fat ricotta cheese
- ¼ cup parmesan cheese
- ½ tsp minced garlic
- 1 whole egg or ¼ cup egg substitute
- 1 Tbsp dried basil
- ½ cup water
- 2 (26 oz) jars marinara sauce (low or reduced sodium preferred)
- 1 (10 oz) package frozen spinach, thawed and drained
- Non stick spray

### **Directions:**

Preheat oven to 350°F. Spray non-stick spray on a 9x13" baking dish. In a bowl, mix 1 ½ cups mozzarella cheese, ¼ cup parmesan cheese, garlic, egg, basil, and spinach. Stuff the uncooked manicotti with the mixture. Hint: For easy stuffing, use a large freezer bag, fill it with the mixture and cut a hole in the corner. Spread 2 cups marinara sauce and ½ cup water over the bottom of the baking dish. Arrange stuffed manicotti in the dish and cover with the remaining sauce. Bake 45 minutes. Sprinkle with ½ cup mozzarella cheese and ¼ cup parmesan cheese. Bake an additional 15 minutes until cheese is melted **Serves 8**

### **Nutrition Facts Per Serving:**

Calories 300	Saturated Fat 3.5 gm	Carbohydrate 38 gm
Fat 8 gm	Sodium 410 mg	Fiber 4 gm

# Mushroom and Red Pepper Omelet

Recipe submitted by DaVita dietitian Sara from California.

**Portions:** 2

**Serving size:** 1/2 omelet

## **Ingredients:**

- 1/2 cup raw mushroom pieces
- 2 tbsp onion
- 1/4 cup canned sweet red peppers
- 2 tsp butter
- 3 large eggs
- 1 tsp Worcestershire sauce
- 2 tbsp whipped cream cheese
- 1/4 tsp black pepper

## **Preparation:**

1. Dice the mushrooms, onion and red peppers.
2. Melt 1 teaspoon of the butter in a skillet over medium heat. Add the mushrooms and onion; sauté 5 minutes until onion is tender. Stir in diced red pepper. Remove vegetables from skillet and set aside.
3. Melt the remaining teaspoon of butter in the skillet. Beat the eggs with
4. Worcestershire sauce and cook over medium heat. Cook the omelet evenly by shaking the pan and gently lifting edges to allow uncooked egg to run underneath cooked egg.
5. When eggs are partially cooked, top with vegetable mixture. Place dollops of whipped cream cheese over vegetables. Continue cooking until eggs are set.
6. Remove the skillet from heat and fold omelet in half. Sprinkle with pepper. Divide into two portions and serve.

Diet types: CKD non-dialysis, dialysis, diabetes

## **Nutrients per serving:**

**Calories:** 200

**Fat:** 15 g, **Cholesterol:** 340 mg

**Protein:** 11 g

**Sodium:** 276 mg

**Carbohydrates:** 4 g, **Fiber:** 0.6 g

**Potassium:** 228 mg, **Phosphorus:** 167 mg, **Calcium:** 55 mg

Food choices: 1-1/2 meat, 2 fat, 1/2 medium-potassium vegetable

Carbohydrate choices: 0

# Easy Three Bean Salad

Servings = 6 | Serving size = 1/2 cup  
 Cooking Time = 30 Minutes



1 15 ounce can	no salt added kidney beans (drained and rinsed)	<b>Nutrition Facts</b>
1 15 ounce can	no salt added great northern beans (drained and rinsed)	Serving size = 1/2 cup
1 15 ounce can	no salt added pinto beans (drained and rinsed)	Servings = 6
		<hr/>
		<b>Amount Per Serving</b>
1/2 cup	celery (diced)	Calories 125
		<hr/>
		<b>Total Fat</b> 2g
		Saturated Fat 1g
		Monounsaturated Fat 1g
		Trans Fat 0g
2 Tbsp	olive oil	<b>Cholesterol</b> 0mg
		<b>Sodium</b> 150mg
		<b>Total Carbohydrates</b> 15g
		Dietary Fiber 4g
		<hr/>
		<b>Protein</b> 10g
1/4 cup	white wine vinegar	<b>Nutrition Facts</b>
3/4 tsp	salt	Serving size = 1/2 cup
	fresh ground black pepper (to taste)	Servings = 6

Combine all the ingredients. Refrigerate until time to serve.

# Red & Green Pepper Steak

Beef (yes, beef) can fit into a healthy diet! In fact, in one 3 oz. cooked portion gives you 10 essential nutrients including protein, zinc, iron and B vitamins. Even the Mediterranean style eating pattern allows modest amounts of beef. Impress your Valentine by preparing this beautiful and tasty dish!

## NUTRITION FACTS:

<b>Calories:</b>	325
<b>Total Fat:</b>	16 g
Saturated:	4.5 g
Trans:	0 g
Monounsaturated	5 g
<b>Cholesterol:</b>	45 mg
<b>Sodium:</b>	280 mg
<b>Carbohydrates:</b>	17 g
Dietary Fiber:	4 g
Sugars:	8 g
<b>Protein:</b>	28 g



## Ingredients

- 1 T reduced-sodium soy sauce
- 1 T dry red wine
- 1 T white vinegar
- 1 t ginger (fresh or ground)
- 1 pound London Broil, flank steak or Round Steak, cut against the grain in finger size strips
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- 1 small yellow onion, sliced thin
- 1 red pepper, sliced lengthwise into 1/4" wide strips
- 1 green pepper, sliced lengthwise into 1/4" wide strips
- 1 12 to 14 oz. can of no salt added diced tomatoes
- 1 cup low sodium beef broth
- 2 tsp cornstarch

## Directions

1. In a medium-sized bowl, combine the soy sauce, wine, vinegar and ginger. Add the steak & toss well to coat.
2. In a heavy 12-inch skillet, heat 1T of the olive oil over moderate to high heat for about 1 minute. Drain the beef, reserving the marinade, and add the steak to the skillet. Cook, stirring often, until no longer pink. Transfer the beef to a platter.
3. Add another T of olive oil to the skillet and add the garlic, onion and peppers. Cook, stirring for 1 minute until the vegetables are tender but still crisp.
4. Combine the marinade with the beef broth and cornstarch. Add to the skillet and heat until thickened. Return the beef & any juices to the skillet. Cook and stir until heated through. Serve with rice and enjoy! Serves 4.