



# Recipe Book

Without  
**breaking**  
your routine

***Baxter***

Renal Care Services





# Introduction

This manual provides a complete and simple guide to your diet. If you suffer from Chronic Kidney Disease, it's perfect for you; we will give you the best tips for healthy eating, and also a varied diet!

With this recipe book, you will learn how to improve your eating habits and you will get to know important tools to prepare your meals without breaking your routine.

If you are diabetic, consider the additional recommendations we have for you.

# Without breaking your routine

Latin American flavors come together in one place, and you can take them to your table, easily and without neglecting the health of your kidneys.



Keeping a balanced diet is important to everyone. However, when your kidneys do not work perfectly fine, your diet becomes the key component to staying healthy.

In this recipe book, you will find traditional options of dishes, which you did not imagine were a healthy, practical and delicious choice for your table. The combination of flavors and aromas was carefully selected to delight any palate in a family meeting and even on a weekend at home.

Remember, whenever you make a change in your diet, you should get advice from an expert, as your body is unique in weight, age and health status, so you will need a specialized recommendation. Universal rules do not apply to food-related topics.









# Contents

- 02    **Basic Concepts**
- 06    **Food Measurements**
- 09    **Recipes**







# Basic Concepts

## Calories

Calories provide energy to your body; the proteins, carbohydrates and fat in your diet are all sources of calories. The number of calories you need depends on your age, gender, health status and activity level.

## Proteins

Your body needs proteins to grow, heal and stay healthy. Proteins help you maintain muscle mass and repair tissues. You will also have increased resistance to infections and will recover faster from surgeries.

## Potassium

It is a mineral found in your blood. In chronic kidney disease, due to the loss of kidney function, potassium accumulates and affects the regularity of heart rhythm. Eating too much potassium can be very dangerous to your heart.

## Sodium

It is found in salt and other foods. Most canned foods and frozen foods contain large amounts of sodium. Too much sodium will make you thirsty. But if you drink more liquid, your heart will need to work harder to pump the liquid through your body.

## Phosphorus

Phosphorus is a mineral that is present in many foods. Excessive levels of phosphorus in your blood make your body pull calcium from your bones. Calcium loss will weaken your bones and increase the likelihood of bone fractures.







# Food Measurements



## FOOD MEASUREMENTS



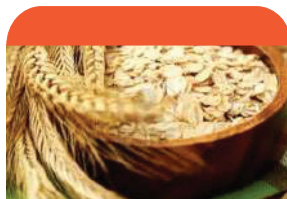
### SUGAR

1 tsp ----- 4.5 g  
1 tsp ----- 12 g



### FLOUR

1 tsp ----- 4 g  
1 tsp ----- 10 g



### OATS

1 tsp ----- 4 g  
1 tsp ----- 10 g



### LOW-SODIUM BUTTER

1 tsp ----- 5 g



### LOW-SODIUM MAYONNAISE

1 tsp ----- 5 g



### LEAN MEAT

1 portion ----- 100 g



### LOW-SODIUM CHEESE

slice ----- 40 g



### EGG OR QUAIL EGG

1 unit ----- 62 g  
2-4 quail eggs



### GREEN PEAS

6 tblsp ----- 87 g



### DIALYZED COOKED DRY PEAS

4 tblsp ----- 80 g



### RED BEANS COOKED

5 tblsp ----- 90 g



### GREEN BEANS

6 tblsp ----- 103 g



### CUCUMBER ARMENIAN CUCUMBER

8 slices ----- 43 g



### PEELED TOMATOES

2 slices ----- 25 g



### YELLOW CARROTS

5 tblsp ----- 80 g



### ARTICHOKE

1 unit ----- 240 g

## FOOD MEASUREMENTS



**COLOMBIAN  
PUMPKIN OR  
PUMPKIN**

2 units --- 870 g



**SPINACH**

bunch ----- 620 g



**ROMAINE  
LETTUCE**

unit ----- 130 g



**LETTUCE**

unit ----- 465 g



**BULB  
ONIONS**

medium-sized unit ---  
150 g



**LONG GREEN  
ONIONS (2 TALKS)**

medium-sized unit ---  
155 g



**CABBAGE**

medium-sized unit ---  
1,465 g



**BELL PEPPERS**

medium-sized --- 110 g



**PEELED MILANO  
TOMATOES**

medium-sized unit ---  
250 g



**PEELED CHONTO  
TOMATOES**

unit ----- 80 g



**YELLOW  
CARROTS**

medium-sized unit ---  
125 g



**PARSLEY**

bunch ----- 45 g



**CILANTRO**

bunch ----- 110 g



**BROCCOLI**

bunch ----- 200 g



**EAR OF CORN**

unit (leaves) - 200 g



**(TALK/LEAVES)  
LEEK**

1 unit ----- 360 g



## FOOD MEASUREMENTS



**EGGPLANT**

unit ----- 80 g



**ASPARAGUS**

unit ----- cup



**BANANA  
PASSIONFRUIT  
PULP**

unit ----- 40 g



**PEACHES**

unit ----- 50 g



**STRAWBERRIES**

unit ----- 16 g



**MANGO PULP**

unit ----- 110 g



**GREEN OR  
YELLOW APPLES**

unit ----- 133 g



**PEACHES**

unit ----- 31 g



**BANANA  
PASSIONFRUIT**

unit ----- 100 g



**STRAWBERRIES**

1 cup ----- 80 g



**CANTALOUPE**

whole unit - 1,170 g



**PEARS**

medium-sized  
unit 120 g 150 g



**PASSION FRUIT**

medium-sized unit ----  
145 g



**KEY LIME**

medium-sized unit ----  
20 g



**PERSIAN LIME**

unit ----- 65 g



**MANGO**

medium-sized unit -  
150 g

## FOOD MEASUREMENTS



### TREE TOMATOES

medium-sized unit ---  
145 g



### SWEET GRANADILLA

unit ----- 70 g



### NARANJILLA

unit ----- 75 g



### TANGERINE

unit ----- 210 g



### GUAVA

unit ----- 90 g



### BANANA PASSIONFRUIT JUICE

4 ounces per liquid  
restriction  
2 units ----- 80 g



### NARANJILLA JUICE

4 ounces per liquid  
restriction  
2 units ----- 100 g



### PASSION FRUIT JUICE

4 ounces per liquid  
restriction  
unit ----- 50 g



### BLACKBERRY JUICE

10 units ----- 70 g



### TREE TOMATOES

unit ----- 25 g



### COOKED RICE

teacup ----- 120 g



### POPCORN

teacup ----- 20 g



### AREPA (CORN CAKE)

unit ----- 70 g



### COOKIES

pack ----- 6 g



### MILK COOKIES

pack ----- 16 g



### LOW-SODIUM SALTINE CRACKERS

4 units ----- 14 g



## FOOD MEASUREMENTS



**WAFER  
BISCUITS**

4 units ----- 19 g



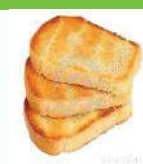
**WHITE BREAD**

unit ----- 40 g



**SLICED BREAD**

unit ----- 17 g



**TOASTS**

unit ----- 15 g



**MACARONI**

teacup ----- 32 g



**PEELED POTATOES  
NO SKIN AND  
DIALYZED**

unit ----- 85 g



**HOMEMADE  
FRENCH FRIES**

1 large unit 80 g



**DIALYZED CASSAVA**

2 chips ----- 89 g



**RIPE PLANTAIN**

3 slices ----- 70 g



**DULCE DE LECHE**

medium-sized unit ---  
20 g



**RICE PUDDING**

unit ----- 105 g



**SUGAR**

teaspoon -----4 g



**GUAVA JELLY**

bunch ----- 60 g



**CHOCOLATE**

bar ----- 16 g



**CHOCOLATE BAR**

bunch ----- 12 g



**GELATIN**

unit (sheets) -- 100 g

## FOOD MEASUREMENTS



### JAM

unit ----- 20 g



### LOW-SODIUM, LOW-FAT BUTTER

unit ----- 12 g



### MAYONNAISE

Teaspoon ---- 4-5 g



### ICE CREAM

1 pellet ----- 70 g



### EGGS

1 medium-sized unit  
53 g



### MILK

1 medium-sized cup  
240 cc



### LOW-FAT BEEF

3 ounces ----- 90 g



### SKINLESS CHICKEN

1 large leg  
130 - med. 85 g



### FISH

3 ounces ----- 90 g



### CANTALOUPE

medium-sized  
unit --- 163 (net)-  
1 teacup 182 g



### SWEET GRANADILLA

1 medium-sized unit  
90 g



### WATERMELON

1 teacup ----- 111 g



### PAPAYA

1 slice ----- 105 g  
1 teacup ----- 133 g



### APPLES

1 small unit 80 g



### RAISINS

1 level tblsp (26 units)  
-- 14 g



### BLACKBERRIES

1/2 teacup ----- 8 g



## FOOD MEASUREMENTS



### BANANA

1 medium-sized unit  
96 g



### PINEAPPLE

one medium-sized slice  
78-1 teacup 150 g



### TANGERINES

1 small unit 79 g



### PEARS

1 medium-sized unit ---  
150 g



### PEELED TOMATOES

1 slice ----- 43 g



### PEAS

1/2 teacup



### CARROTS

1 medium-sized unit  
97 g



### CARROTS

1/2 teacup ----- 80 g



### GREEN BEANS

1/2 teacup ----- 106 g



### BROCCOLI

1/2 teacup ----- 90 g



### CAULIFLOWER

1/2 teacup ----- 90 g



### LETTUCE

1 leaf ----- 15 g



### COLOMBIAN PUMPKIN

1 medium-sized slice  
90 g



### POPCORN

1 cooked teacup -- 21 g  
uncooked



### RICE

1/2 teacup ----- 60 g



### SPAGHETTI

1/2 teacup ----- 63 g

## FOOD MEASUREMENTS



### ELBOW MACARONI (PASTA)

1/2 teacup -  
30 (uncooked)  
63 g cooked



### PEELED AND DIALYZED POTATOES

1 small unit 50 g



### DIPLOID POTATOES (CRIOLLA)

1 medium-sized unit  
17 g



### MASHED POTATOES

1 medium-sized  
portion -- 92 g



### DIALYZED CASSAVA

1 chip ----- 40 g



### DIALYZED ARRACACHA

1 small unit ----- 40 g



### DIALYZED BANANA

2 thick slices. ---- 50 g



### FRIED BANANA

1 medium-sized unit  
30 g



### BREAD

1 slice ----- 46 g



### SLICED BREAD

1 medium-sized unit  
24 g



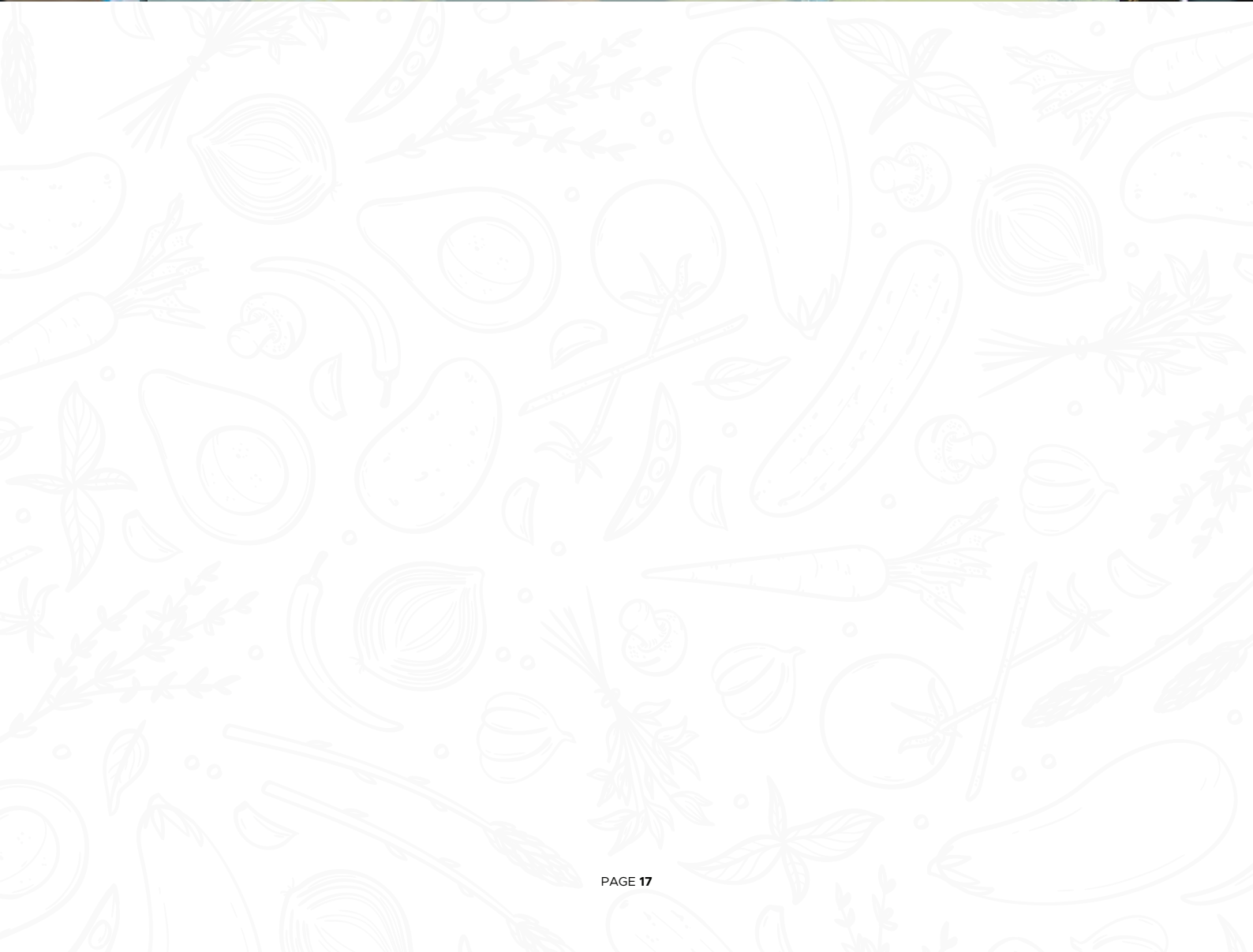
### AREPA (CORN CAKE)

1 medium-sized unit  
76 - Flat A. 40 g





# Recipes





# Pumpkin pudding

This dessert is a tradition at the Latin American table, which entices any palate with its taste and aroma, from the first spoonful. Its main ingredient, pumpkin, is an antioxidant-rich food, containing carotenes, lycopenes and vitamin C.



## INGREDIENTS

2 tablespoons of sugar or 1 teaspoon of Stevia.  
Teaspoon of lemon zest or orange zest  
Cup of water  
1 cup of fat-free yogurt  
1 teaspoon of grated nutmeg  
1/2 cup of cooked ground pumpkin  
1 teaspoon of ground cinnamon  
10 egg whites  
Teaspoon of vanilla extract

## STEPS

Preheat the oven at 350 °F (178 °C). Boil 4 cups of water in a pot. Put the sugar and the water on high heat in a small and heavy saucepan. Put the lid on and cook for 2 minutes. Take the lid off the saucepan and bring to medium heat. Cook, without stirring, for 5-8 minutes until the sugar is caramelized. (It will turn dark brown.)

Divide the caramelized sugar quickly into six small pots or 6-oz flan molds (168 g). Rotate each to cover the bottom and sides. Do not touch the hot caramel. Allow to cool until it hardens.

Put the ingredients in a large pan. Hand whisk and pour on the hardened caramel in each small pot or flan mold. Place the small pots or flan molds in a baking pot and pour 1 cm of boiling water around. Bake for 45 minutes until the pudding appears curdled. Transfer to a wire grill to cool.

Put in the refrigerator for at least 4 hours or overnight. To remove the pudding from the mold, slide the tip of a peeling knife along the inner edge of each small pot or mold. Cover with a small plate and flip over. Shake until the caramel pudding detaches. Pour the rest of the caramel in the small pot or mold on the pudding.





# Yogurt Salad

A fresh, practical and simple option that can't be missing in your meals. This salad features simple ingredients you will find in any kitchen. Delight your palate with the versatile flavor that only the yogurt dressing can bring to this refreshing preparation.



 PREPARATION 20 MIN	 FOR 4 PEOPLE
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## INGREDIENTS

Lettuce  
Celery  
One pepper  
One cucumber  
2 ripe tomatoes  
One shallot  
A handful of basil A handful of chopped parsley  
150 g of natural yogurt  
2 tablespoons of extra virgin olive oil

## STEPS

Wash the lettuce and allow to dry. Cut it into large pieces and put them in a bowl. Add the peeled sliced cucumber, finely chopped pepper, and chopped celery.

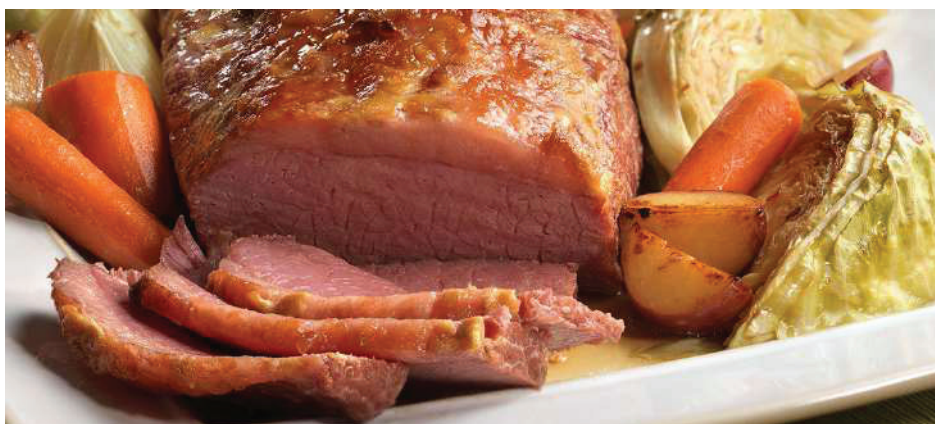
In a separate bowl, prepare a sauce by mixing the yogurt, minced basil, chopped shallot, parsley, and peeled diced tomatoes, without seeds.

Dilute with two tablespoons of oil, mix, pour the sauce on the salad and mix gently.

# Oven-baked flank steak

The quintessential Colombian main course, very easy to prepare, with the texture and taste of the indigenous traditions of the Colombian land.

This beef cut is popular among the typical preparations in Colombia, such as shredded beef, flank steak stew, and flank steak in sauce.







## INGREDIENTS

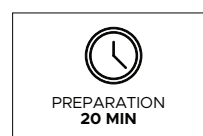
4 pounds of chopped flank steak  
2 tanks of chopped long green onion  
2 peeled chopped bulb onions  
4 crushed cloves of garlic  
1 bunch of herbs (oregano, bay, thyme, cilantro, marjoram, etc.),  
a pinch of pepper

## STEPS

Cook the flank steak in enough water for 3 hours in an ordinary pot (1 hour in a pressure cooker), with the onions, garlic, herbs and seasoning.

Remove, drain and place on a greased tin. Sprinkle with bread crumbs and soak in the cooking water. Take to preheated oven at 350° for 20 minutes, pouring the cooking water over from time to time.

Serve with dry rice.





# Cucumbers Stuffing

A traditional Colombian dish, very common in the Boyacá region, a great choice for the whole family. The cucumber, a type of caigua, is the balance between a healthy, complete and tasty dish that cannot be missing at any home.



PREPARATION  
20 MIN



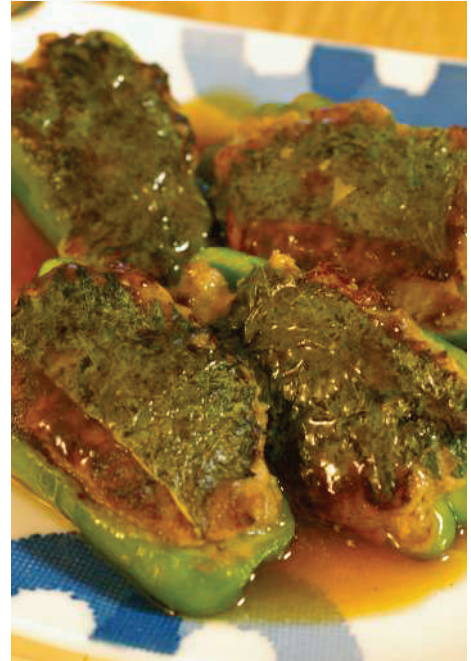
FOR  
4 PEOPLE

## INGREDIENTS

8 large cucumbers  
1 peeled grated bulb onion  
2 tablespoons of butter  
1/2 cup of milk.  
Stew  
1 pound of ground beef  
3 chopped cloves of garlic  
1 peeled finely chopped bulb onion  
2 peeled diced ripe tomatoes  
2 chopped hard-boiled eggs  
2 tablespoons of oil  
1 cup of water Cumin and paprika to taste

## STEPS

Heat the oil and stir-fry the meat. Add the rest of the ingredients and cook, stirring, for 15 minutes until you obtain a thick stew. Open the cucumbers by cutting the top (lengthwise). Remove the seeds and cook in water for 10 minutes. Remove, drain and stuff with the stew. Arrange on a frying pan, cover with milk, butter and onion, and simmer for 20 minutes. Serve with rice.





# Lemon Chicken



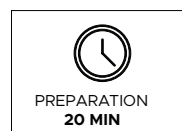
## STEPS

Cut the breasts in 4 pieces each, remove the fat and toss a little bit of pepper (to taste). Whisk the eggs in a small bowl. Coat the breasts in batter; first flour, then egg. Then fry for about 3 minutes in a frying pan with olive oil. In a small pot, add the juice of 2 lemons, sugar and a little bit of water. Bring to low heat and stir until it is diluted and reduces to half its volume (approximately 10 minutes).

In a small bowl, mix the cornstarch and a teaspoon of water, until it is dissolved. Add the mixture to the saucepan you had on the fire with the lemon juice, and stir until the sauce thickens.

## INGREDIENTS

2 chicken breasts  
2 eggs  
Flour for coating in batter  
1 lemon  
1/2 teaspoon of sugar  
1 teaspoon of cornstarch, cornmeal or wheat flour.



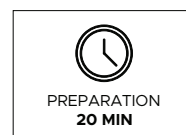








# Ropa Vieja



Ropa vieja, shredded or pulled stewed beef, is a shredded beef-based preparation, specifically from the flank steak part of the cow, eaten in Chile, Colombia, Costa Rica, Cuba, Spain, Honduras, Mexico, Puerto Rico, Panama, the Dominican Republic and Venezuela.



## INGREDIENTS

1 pound of beef  
2 whisked eggs  
1 cup of Colombian tomato-onion seasoning sauce  
Pepper  
Oil

## STEPS

Cook the beef with just a bit of water for 25 minutes.

Remove, cut it in long strips with your hands and mix with the seasoning sauce, pepper and eggs.

Mix well and fry to taste.

It is usually served with arepas (corn cake) or tortillas (corn pancakes).

# Chicken breasts with basil

Chicken breasts are one of the leanest types of white meat, which you can prepare any day of the week. It's a light and easy option that will give you a tasty, nutritious and comforting dish.

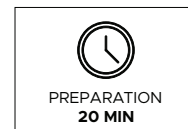
## INGREDIENTS

400 g of boneless breasts, cut in half  
1 clove of garlic  
1/2 glass of wine  
2 sprigs of basil  
30 g of butter A pinch of pepper

## STEPS

Brown the breasts in a frying pan with butter and the clove of garlic. Add pepper, soak in dry white wine and make it evaporate on a high heat; then take the breasts to the pre-heated oven at 180° for 20 minutes.

Take the chicken out of the pan and leave it inside the hot oven. Cook this sauce on the stove for 10 to 15 minutes. Put the breasts back in the pan and flip them over on the sauce. Finally, add the chopped basil.







## INGREDIENTS

100 grams of grated cheese  
 400 grams of macaroni  
 1 sprig of basil  
 2 small cherry tomatoes  
 2 onions  
 1 zucchini  
 Olive oil

## STEPS

Peel the onions, and wash the peppers, peel the tomatoes, and remove the seeds. Wash the zucchini and cut the ends. Dice all the vegetables. Stir-fry the onions first, add the rest of the vegetables, and then throw the basil in, all on a low heat.

Then cook the pasta, and mix with the stir-fry.

If you want, you can sprinkle some grated cheese.

# Macaroni with vegetables



A surprising dish, where the vegetables are the stars. This preparation turns pasta into a healthy option to bring to your table in your meals. This is a popular recipe in the central region of Latin America.






# Spanish Omelette

The classic recipe of the Iberian country is already a preferred dish on the tables of Latin American families. Spongy and brown, this dish seduces from the first bite, turning it into a favorite for your meals.



 PREPARATION 20 MIN	 FOR 4 PEOPLE
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## INGREDIENTS

500 g of ground pork eye round  
1/2 finely chopped bulb onion  
1 teaspoon of garlic and chopped ginger  
1 tablespoon of Dijon mustard  
1 pinch of ground cinnamon  
1 cup of prunes without seed (occasional)  
50 g of mozzarella cheese in dices  
1 tablespoon of chopped basil  
Teriyaki sauce (optional)

## STEPS

In a frying pan, pour the oil and fry the onion and garlic. In a separate pan, whisk the eggs and mix them with the potatoes. Slowly add this mixture to the stir-fry in the frying pan, without stirring, and add salt and pepper to taste. Cook this mixture on one side until it is brown.

With the help of a plate, slide the omelet on the cooked side, flip it over, and then cook on the other side until it is also brown. This cooking process takes approximately 19 minutes. Serve hot or cold.



# Park meatballs with plums

The meatballs brought by the Arabs to Europe are now the traditional dish that is most appreciated around the world. Prepared in the Latin American region with recipes that are passed down from generation to generation.



 <b>PREPARATION</b> <b>40 MIN</b>	 <b>FOR</b> <b>4 PEOPLE</b>
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## INGREDIENTS

2 cups of Colombian pumpkin pulp  
 1 cup of green peas  
 1 cup of water, and pepper to taste

## STEPS

In a pot, put the water and a perforated basket (it can be a pasta strainer). Steam the pumpkin pulp on a medium heat for 15 minutes or until it is tender.

Separately, steam the peas until they are tender.

Drain the vegetables separately. With the aid of a fork, grind the cooked pumpkin until it has the consistency of a purée. In another pan, mix the pumpkin purée with the cooked peas. Add pepper to taste. Before serving, heat this delicious purée on a low heat.

# Country Rice

This dish defines the cultural fusion, combining Eastern and Western culinary delights. This recipe is a light option that you can eat hot or cold as a salad. If you prefer, you can use it as a side dish for your meat.

 PREPARATION 40 MIN	 FOR 6 PEOPLE
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## INGREDIENTS

1 cup of brown rice  
2 tablespoons of margarine  
1 large onion  
1 cabbage  
2 teaspoons of tomato paste  
1 cup of soaked red beans  
Water  
Pepper  
Grated Parmesan cheese  
Low-fat bacon

## STEPS



Remove the outer leaves from the cabbage; cut the inner soft leaves and put them in a pan filled with water for half an hour. In the meantime, prepare the rice: slice the onion; stir-fry (sauté) in margarine with the bacon strips. Once the onion is stir-fried, add the tomato, the drained beans and 3 ladles of hot water. Simmer all ingredients together in a pot with the lid on for 45 minutes. Then, add the rice to the stir-fry and mix well; pour 4 cups of hot water, add pepper to taste.

As soon as the water begins to boil, add the cabbage leaves, cut in julienne strips. Cook on a medium heat, without the lid, until the rice absorbs the most liquid; then spray a few tablespoons of Parmesan cheese, stir and put the lid on. Cook for about 15 minutes on a low heat. Serve hot.







 PREPARATION <b>20 MIN</b>	 FOR <b>6 PEOPLE</b>
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# Chicken Florentine

A classic recipe that will save you a lot of trouble when you want to offer your family a gourmet option in no time. The versatility of the chicken gives this dish a series of exquisite flavors and textures that will delight your dinner guests' palate.



## INGREDIENTS

1 (10 oz.) frozen chopped spinach pack  
 1/4 cup of flour  
 1 cup of milk  
 1 cup of chicken stock  
 8 oz. of bow-tie pasta  
 1 cup of sour cream  
 1/3 cup of lemon juice  
 8 oz of chopped mushrooms  
 2 oz of bell pepper (green, red or yellow)  
 1 large chopped onion  
 1/2 teaspoon of Cayenne pepper  
 1 teaspoon of paprika  
 2 1/3 to 3 pound chickens, each cooked and boneless, or boneless chicken breasts.  
 1 1/2 cups of low-fat low-sodium cheese

## STEPS

Preheat the oven at 350°. Cook the spinach.

In a pot, mix the flour, milk and broth, stirring so no lumps form. Cook on a low heat, stirring until it thickens. Meanwhile, cook the pasta and drain.

Add the drained pasta, sour cream, lemon, spinach, mushrooms, water chestnuts, bell peppers, onion, Cayenne pepper, paprika and pepper to the sauce.

In a greased, heat-resistant pan, alternate layers of pasta and chicken, finishing with chicken.

Spray the grated cheese over the last layer and bake for 30 minutes or until it is perfectly hot.

# Mashed pumpkin



PREPARATION  
20 MIN



FOR  
4 - 6 PEOPLE

Pumpkins offer a variety of flavors and textures in every preparation, but mashed pumpkin is a delight you must bring to your table. The liquid in this vegetable will be the key factor to turning this traditional recipe into a feast for your family.

## INGREDIENTS

2 cups of Colombian pumpkin pulp  
1 cup of green peas  
1 cup of water, and pepper to taste

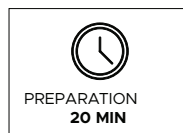
## STEPS

In a pot, put the water and a perforated basket (it can be a pasta strainer). Steam the pumpkin pulp on a medium heat for 15 minutes or until it is tender. Separately, steam the peas until they are tender.

Drain the vegetables separately. With the aid of a fork, grind the cooked pumpkin until it has the consistency of a purée. In another pan, mix the pumpkin purée with the cooked peas. Add pepper to taste. Before serving, heat this delicious purée on a low heat.







## INGREDIENTS

2 cloves of garlic, crushed  
 2 tablespoons of freshly squeezed lemon juice  
 4 tablespoons of unrefined sesame oil  
 1 large cucumber, peeled and sliced  
 2 large tomatoes, peeled and sliced  
 1 tablespoon of chopped parsley; a pinch of basil leaves; a pinch of thyme  
 1 celery stalk  
 8 black olives (optional)

## STEPS

On the bottom of a large salad bowl, crush the cloves of garlic, add the lemon juice and oil, and mix well. Add the cucumber, tomatoes, celery, parsley, basil and thyme.

Allow to marinate for 15 minutes at room temperature.

Coat all plates with lettuce leaves and arrange the marinated legumes on top of them. Garnish with black olives if desired.

# Cucumber and tomato salad

This is the perfect choice to bring a fresh, traditional and simple option to your table, with the ingredients you have without leaving home. Prepare this exquisite salad in the hot season.





# *Apple Beef Stew*

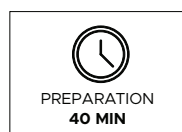
With this dish you will bring your mom's flavors to your table, a family tradition stew. With this preparation, you will not only delight your guests but also remind them of their best childhood moments.





## INGREDIENTS

1 tablespoon of oil  
 1 small lettuce  
 1 tablespoon of sour cream  
 Lemon juice  
 Saccharine  
 150 g beef steak  
 Pepper  
 Small apple  
 Small onion



## STEPS

Season the liver. Peel the apples and onions, and slice them. Brown the liver on both sides using oil. Add the apples and onions and stir-fry for 2 minutes on both sides. Season all. Wash the lettuce, add the ingredients and mix it all.

# Chicken with Julienne Vegetables



This sautéed chicken with vegetables recipe is the perfect choice for a light and healthy dinner. The two main ingredients in this preparation provide vitamins, minerals and fiber, making this dish a preferred choice for both grown-ups and children.

 PREPARATION 20 MIN	 FOR 4 PEOPLE
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## STEPS

Season the chicken with pepper. Put 2 tablespoons of butter in a frying pan with the chicken and lemon juice. Put the lid on and cook for 12 to 15 minutes on a medium heat or until it is cooked, flipping the chicken twice.

Five minutes before the chicken is cooked, put 2 tablespoons of light margarine in another frying pan and sauté the vegetables with pepper. Serve the chicken in a platter and arrange the vegetables on top.

- 4 boneless skinless chicken breasts
- 4 tablespoons of light margarine
- 1 large carrot, peeled and cut in julienne strips
- 1/2 sprig of celery, chopped and cut in julienne strips
- 1 zucchini, cut in julienne strips
- 1/4 cup of lemon juice, pepper









# Eggplant Croquettes

A crispy side dish for your meals will be the ideal choice to delight the little ones at home. It is a healthy and light option that you can bring to your table with a delicious salad, in an afternoon with friends or family.



 <b>PREPARATION</b> <b>20 MIN</b>	 <b>FOR</b> <b>4 PEOPLE</b>
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## INGREDIENTS

Breadcrumbs  
 Eggplants grated using the larger-holed side of the grater  
 Small onion  
 Crushed garlic  
 Small carrot  
 Cumin  
 Oil

## STEPS

Process or blend the onion, carrot and garlic; add the cumin. Mix with the previously grated eggplant and breadcrumbs. Make the croquettes and coat in breadcrumbs.

In a frying pan, heat the oil, place the croquettes carefully in the frying pan, and stir-fry. Once stir-fried, allow to drain using a strainer. Eat while still hot.

# Creole Lentils

The crown of traditional Colombian recipes. This is perhaps the most versatile, long-lasting grain legume to bring to the table, and is a good omen among families. It's an ideal preparation for a weekend as it can be easily prepared and will save you a lot of time.

## INGREDIENTS

3 cups of lentils 1 large cup of oil  
2 slices of lean beef  
1 sprig of parsley  
1 bay leaf  
1 potato (dialyzed)  
1 cup of Colombian seasoning sauce  
Pepper to taste

## STEPS

Wash the lentils and put them in a large pot with plenty of cold water, plus 1 tablespoon of oil; add the parsley and bay, and cook.

Dice the potato after leaving it in water for 8 hours.

Dice the meat.

When the lentils are half-cooked, add the potato and meat.

Prepare the seasoning sauce with onion, tomato and oil. Add to the lentils along with the pepper, and slow cook until everything is cooked.

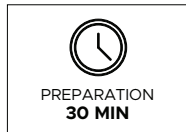
Serve with white rice.







# Chicken Spaghetti



## STEPS

In a frying pan, heat 1/2 cup of olive oil, add 1/2 garlic, then add 100 g of previously blended fresh tomatoes, add pepper to the sauce, and add a little bit of sugar to bring down the acidity level. Cook on a medium heat and add a little bit of chicken broth. Finally, add 1/2 fresh basil and oregano. Sauté the chicken in olive oil; add garlic and pepper. It is important that it is juicy.

In a large pot, boil 2 liters of water with a pinch of salt. Add the spaghetti, and cook until the spaghetti is al dente. Remove the water, and pour the diced tomatoes, basil, chicken and olive oil over the spaghetti. Garnish with basil leaves.

If you want, add grated Parmesan cheese.

## INGREDIENTS

600 g of spaghetti  
 400 g of chicken breast, boneless and cut into strips  
 100 g of ripe tomatoes, no skin, no seeds, diced  
 50 g of basil leaves  
 100 ml of chicken broth  
 Pepper  
 40 g or 2 tablespoons of oregano  
 1 teaspoon of minced garlic  
 g o 1 teaspoon of sugar  
 40 ml or 2 tablespoons of olive oil



 PREPARATION <b>35 MIN</b>	 FOR <b>4 PEOPLE</b>
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## INGREDIENTS

Pork chops  
 1 teaspoon of margarine  
 3 slices of pineapple (natural)  
 350 ml of white wine (optional)  
 A pinch of pepper

# Hawaii- style chop

The most audacious option your kitchen was asking for. This preparation rich in flavors, textures and aromas will raise the standard of your culinary skills in any family meeting. Treat yourself to a new way to surprise your guests with a tropical flavor.

## STEPS

Spread pepper on the chops. In a sauce pan with margarine, add the chops and cook until they are slightly brown, then add the wine and diced fruit, and cook for 10 minutes. Serve with diced pumpkin.









# Beef with broccoli

Casseroles are and will continue to be traditional preparations by nature. The Asian style of this recipe will give your kitchen a millenary touch to delight your guests. The crunchy texture of broccoli will make the perfect combination with the softness of the meat.



 <p>PREPARATION 20 MIN</p>	 <p>FOR 4 PEOPLE</p>
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## INGREDIENTS

1 medium-sized diced steak  
 1/2 chopped clove of garlic  
 2 tablespoons of diced onions  
 1 tablespoon of butter  
 1 whole piece of broccoli  
 1 cup of chicken broth  
 1 teaspoon of corn starch

## STEPS

In a hot frying pan with butter, fry the garlic and then add the onion.

Add the dices of meat and cook them to the desired point of doneness. Add the chicken broth, and bring to the boil.



Add the pre-cooked broccoli; thicken with the corn starch.



# Creole Steak on Horseback

This dish is undoubtedly the weekly menu of many households in Colombia. The preparation of creole flavors served with an egg make this dish an explosion of exquisite flavors that cannot be missing at your table.



 PREPARATION 20 MIN	 FOR 4 PEOPLE
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## INGREDIENTS

4 pieces of beef  
2 long green onions  
2 ripe tomatoes  
2 bulb onions  
2 tablespoons of butter  
2 eggs  
2 crushed cloves of garlic  
A pinch of pepper

## STEPS

Marinate the meat beforehand with the long green onion, garlic, and pepper. Wash and slice the tomatoes and bulb onions. In a frying pan, melt the butter and fry the tomatoes, onion and garlic. Add the meat with a little bit of water (4 tablespoons) and cook on a medium heat for 10 minutes. Add pepper to taste. Flip the meat so you can brown the meat on the other side. Meanwhile, fry the eggs in butter or hot oil. Serve a piece of meat in each plate, with sauce and a fried egg on top. Eat with arepa (corn cake).



# Fried catfish



The flavors of the coastline come to your table with the unique taste of the fisherman villages of the Colombian Caribbean. Expert chefs say that this fish is tastier in its fried preparation and, of course, it will definitely delight your palate.



PREPARATION  
35 MIN



FOR  
4 PEOPLE

## STEPS

Marinate the slices of fish with lemon juice and pepper. Let settle for 1 hour. Whisk the eggs, flour, and parsley, seasoned with a little bit of pepper. Dip the slices of fish in the egg, flour and parsley preparation, and fry in oil until they are brown on both sides. Serve with rice, and spray with lemon juice to taste.

## INGREDIENTS

- 2 pounds of sliced catfish
- 2 tablespoons of lemon juice
- 2 eggs
- 2 tablespoons of wheat flour
- 1 tablespoon of finely chopped parsley
- Pepper to taste
- Oil



# Chicken and rice



PREPARATION  
40 MIN



FOR  
4 PEOPLE

Be delighted by one of the classic recipes of Colombia. This dish is undoubtedly synonymous with abundance and the ideal choice to delight your guests. Entice them with a recipe that recreates love in every minute of cooking.

## INGREDIENTS

1 cup of pre-cooked rice  
1 cup of pre-cooked chicken  
1 tablespoon of bell peppers cut in julienne strips or dices  
1/4 cup of finely chopped bulb onions  
1 crushed clove of garlic  
1/4 cup of pre-cooked peas

1 tablespoon of cilantro  
1 tablespoon of paprika  
1 bay leaf  
Thyme and pepper to taste



## STEPS

Stir-fry the garlic and onion in oil for 6 minutes. Then add the chicken, either raw or pre-cooked, and cook for 6 minutes. Then add the bell pepper and peas, and cook for 3 minutes. Add the bay leaf, thyme, pepper, and finally, add the rice. Serve and garnish with a hard-boiled egg, tomato, parsley and spring onion.







## INGREDIENTS

A bit of soy sauce  
 3 tablespoons of rice vinegar  
 2 tablespoons of olive oil  
 1 crushed clove of garlic  
 2 tablespoons of finely chopped shallot  
 2 tablespoons of finely chopped green onion  
 2 tablespoons of peeled ginger, finely chopped  
 800 g of salmon with skin

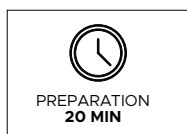
## STEPS

Mix the soy sauce, vinegar, oil, garlic, shallot, green onion, ginger and a cup of water.

Put the salmon in an oven pan, with the skin down, and pour the previously-prepared mixture.

Refrigerate, with the lid on, for one hour. Bake with the lid off at 180 °C for 20 minutes.

# Ginger Salmon



Treat your guests to the combination of flavors that the salmon and ginger achieve successfully. This recipe is the perfect choice for a light and healthy dinner, thanks to the B12 and B6 vitamins, proteins, essential fatty acids, minerals, such as selenium or magnesium, and calcium in the salmon.



***Baxter***

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