

**At home dialysis**  
Know all of your options

**Kidney-friendly kitchen**  
Expert advice on renal diets

**Kidney cancer**  
Don't ignore the symptoms

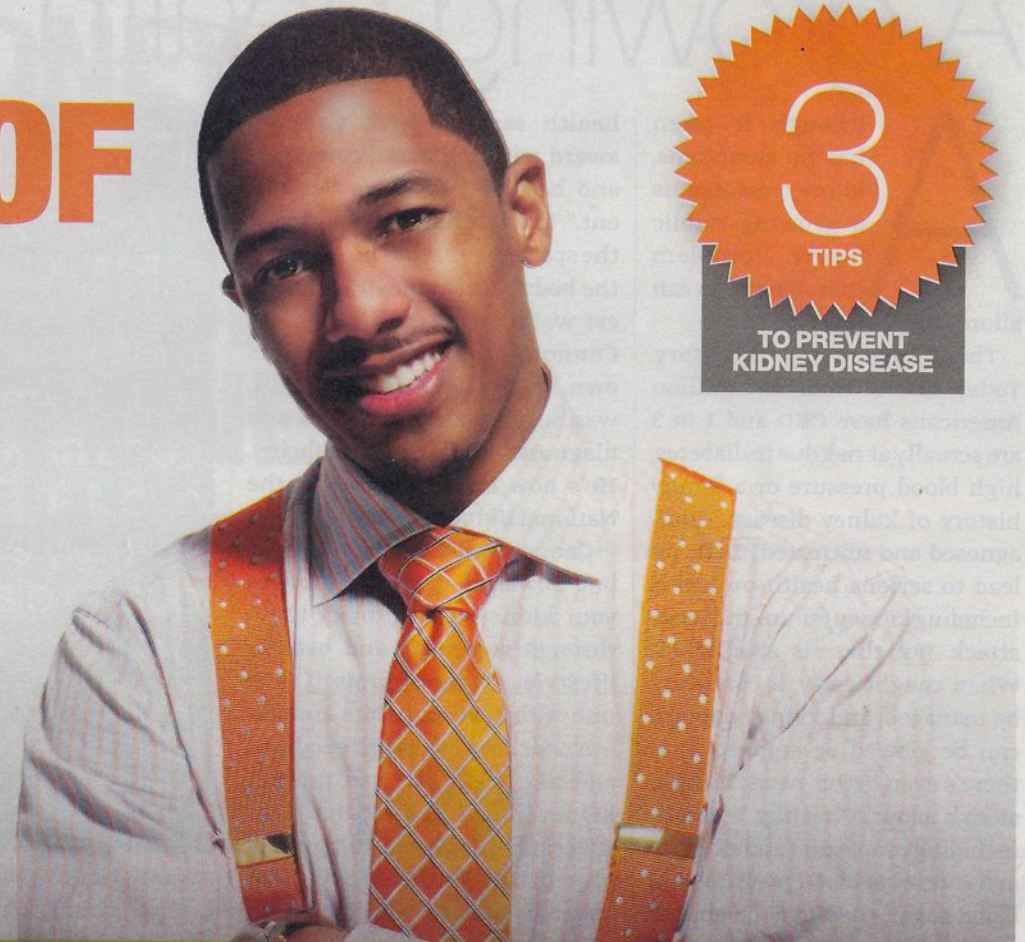
**MEDIA PLANET**

September 2012

# KIDNEY HEALTH

## THE POWER OF PREVENTION

**Celebrity advocate Nick Cannon** discusses his struggle with kidney disease and how he's using his "second chance" to create awareness and inspire others



NICK CANNON PHOTO: TERI DOYLE/TEENNICK



"Keep your food simple but don't get discouraged. There are plenty of options to enhance the flavors of your food." Food Network Chef Aaron McCargo Jr. on creating kidney-friendly dishes

## NEWS

## Spicing up your renal diet

**What inspired your focus on renal recipes?**

This was an opportunity for me to give back to those I have had relationships with throughout the years who are affected by chronic kidney disease. I wanted to offer delicious recipes for those looking for a variety of menu items while dealing with a renal diet.

**What advice would you share with patients who are suggested condition-specific diets?**

Keep your food simple but don't get discouraged. There are plenty of options to enhance the flavors of your food. However, you need to be sure to use ingredients that

are allowed within your diet, getting your family involved is also important, and be sure to consult your dietitian for new ingredients to implement within your recipes.

**What specific suggestions would you give patients for enhancing the flavor profile of renal meals?**

Incorporate dried spices like chili, cumin and crushed red pepper flakes, or fresh herbs like basil, oregano, thyme, dill and cilantro in your cooking. Other seasoning options include using ingredients like garlic, shallots, onions and citrus fruits. When you are cooking you can add these seasoning ingredients at the

beginning or end to add color and a fragrant aroma to each dish. Also consider using flavored oils that are low in saturated fats or seasoned and flavored vinegars.



Chef Aaron McCargo Jr., National spokesperson for Fresenius Medical Care and author of *Simply Done, Well Done*. PHOTO: LUCY SCHAFFER

**KNOCK YOUR SOCKS OFF CHICKEN AND BROCCOLI STROMBOLI**

- 1 pound store-bought pizza dough (Note: dough can be purchased at some local pizzerias as well as grocery stores)
- 2 cups broccoli florets blanched
- 2 cups diced cooked chicken breast
- 1 cup shredded low-salt mozzarella cheese
- 1 Tbsp chopped fresh garlic
- 1 Tbsp chopped fresh oregano
- 1 tsp crushed red pepper flakes
- 2 Tbsp flour
- 2 Tbsp olive oil

**Preparation:**

Pre-heat oven to 400 degrees. Mix in large bowl: chicken, cheese, pepper flakes, broccoli, garlic and oregano, and set aside. Dust table top with flour and roll out dough until you reach an 11x14 rectangle shape. Place chicken mixture about 2 inches from the edge of the dough, along the longest side. Roll and pinch the ends and seam until tightly sealed (a fork can be used to crimp edges for a sure tight seal). Brush the top with olive oil and make 3 small slits on the top of the dough. Bake 8-12 minutes or until golden brown on lightly oiled cookie sheet or sheet tray. Remove, let sit for 3-5 minutes, then slice and serve. Serves 4.