



Mi Cocina, Mi Salud

A Kidney/Heart-Friendly Cookbook



Please make sure that you talk to your healthcare provider before using these recipes.



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Introduction

Written by **Anjay Rastogi, MD, PhD**
Professor and Clinical Chief Director
of the CORE Kidney Program at UCLA Health

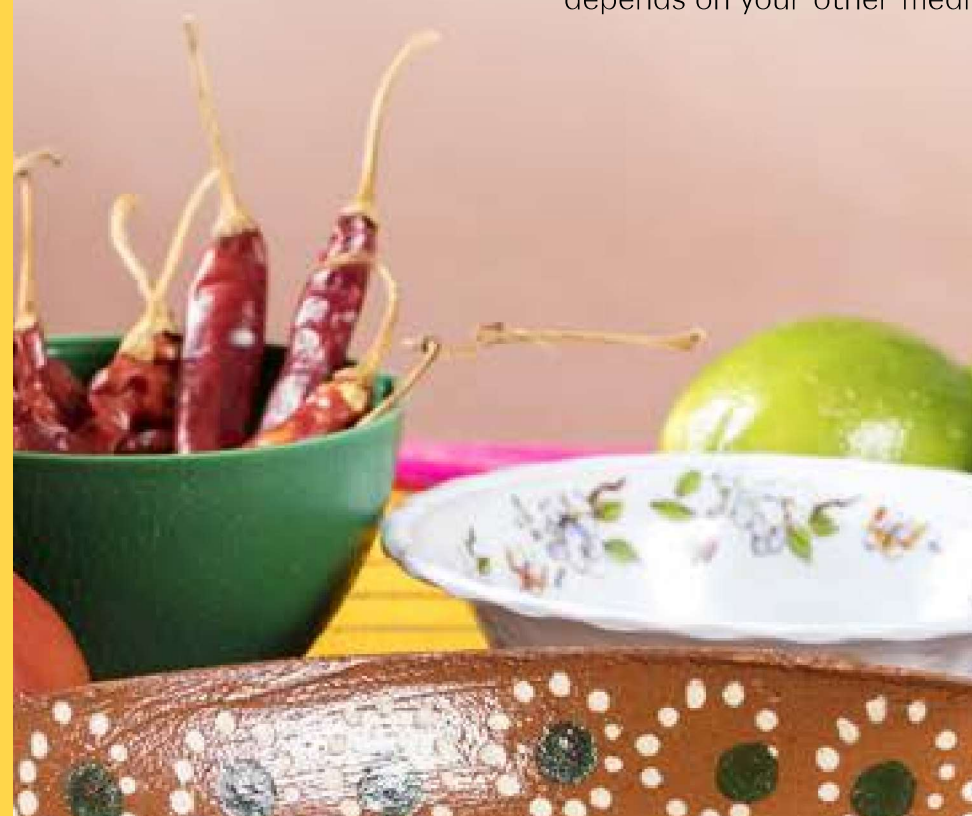
Chronic kidney disease is quite prevalent in the United States and worldwide, with a significant number of adults in the US suffering from some degree of kidney dysfunction. It is also important to note that heart disease is often found in patients with kidney disease and can lead to poor outcomes. Additionally, diabetes is a common cause of kidney disease and often affects individuals of Hispanic origin.

Diet has an essential role in healthy living, especially for people with kidney and heart problems. A healthy diet can play a role in preventing kidney disease and may slow the progression of kidney disease. Also, as kidney function declines, the diet has to be modified, especially with electrolytes and fluids, to balance the limits in kidney function. The dietary recommendation depends on the patient's stage of kidney disease and whether they are on dialysis or transplant. Having a good renal dietitian as part of the care team is essential for successful outcomes.

This book was written in partnership with some excellent kidney dietitians to offer Latin recipes that are both delicious and kidney and heart friendly at

Home Cooking

Home cooking is always the best way to eat, and you can avoid some of the high sodium, high salt, phosphorus, potassium, and other substances that could be problematic, especially to a patient with kidney disease. There's also an opportunity to explore new food alternatives, as we see increasing interest in the benefits of a plant-based diet. Please consult your health care provider if you are considering a low-protein diet if you have kidney disease, as it depends on your other medical conditions.



Albóndigas

(Mexico)

Yield: 10 servings
Serving size: ¾ cup
Prep time: 20 minutes
Total time: 60 minutes

INGREDIENTS

- 1 quart water
- 1 small can tomato sauce (no salt added)
- 4 carrots, sliced
- 2 tomatoes or cherry tomatoes, chopped
- 1 medium white onion, diced
- 1 fresh garlic clove
- 3 stalks celery, chopped/sliced
- 1 Anaheim chili, diced with no seeds
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 2 dried bay leaves
- 1 teaspoon allspice
- A pinch of pepper
- 1 ½ pounds ground beef or ground sirloin
- ⅓ cup plain, dry breadcrumbs
- ½ cup uncooked white rice
- 1 egg
- ½ cup chopped fresh cilantro (optional)
- ½ cup chopped fresh mint (optional)

Calories	289 kcal
Total Fat	14g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	89mg
Total Carbohydrates	23g
Sugars	2g



DIRECTIONS

In a large stock pot, bring water, carrots, garlic, celery, onion, tomato sauce, chopped tomatoes, and bay leaves to a boil. Reduce to a simmer, stirring occasionally, for approximately 10 minutes.

Mix the beef, breadcrumbs, allspice, pepper, uncooked white rice, and egg together in a bowl. Form into one-inch meatballs and drop into boiling broth. Add the remaining seasonings. Once soup

Caribbean Tun

(Cuba)

Yield: 2 servings
Serving size: ½ cup
Prep time: 10 minutes
Total time: 10 minutes

INGREDIENTS

- 1 can white tuna (in water)
- ½ cup plain, low-fat Greek yogurt
- ¼ cup red onions, finely chopped
- 1 pinch cilantro, finely chopped
- 1 squeezed lime (to taste)
- 1 pinch garlic powder
- 1 pinch onion powder
- 1 pinch freshly ground black pepper

Calories	153 kcal
Total Fat	4g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	33mg
Total Carbohydrates	6g
Sugars	3g
Fiber	0g
Protein	23g
Sodium	93mg
Calcium	80mg
Phosphorus	212mg

Sofrito

(Puerto Rico)

Yield: 6 servings
Serving size: ½ cup
Prep time: 15 minutes
Total time: 15 minutes

INGREDIENTS

- 2 medium green peppers, seeds removed
- 1 red sweet pepper, seeds removed
- 2 large tomatoes
- 2 medium onions, peeled
- 1 head garlic, peeled
- 1 bunch cilantro
- 1-2 jalapeños (if desired)

Calories	51 kcal
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrates	11g
Sugars	5g
Fiber	3g
Protein	2g
Sodium	15mg
Calcium	39mg
Phosphorus	54mg



DIRECTIONS

Chop ingredients into sizes that are small enough to fit into a food processor or blender.

Place the chopped ingredients into a food processor or blender. Blend well. You want the finished sofrito to be the consistency of pesto – a thick paste. You can process in batches if your food processor isn't big enough to accommodate it all at once.

Once blended, your sofrito is ready to use. For immediate use, store the sofrito in a glass container. It can also be frozen in ice cube trays and stored in the freezer in a zip-lock bag.

Aguachiles

(Mexico)

Yield: 6 servings
Serving size: ½ cup
Prep time: 20 minutes
Total time: ~2 hours

INGREDIENTS

- 4 limes
- 1 pound of shrimp
- 2 cucumbers
- 3 jalapeños
- ½ bunch cilantro
- 1 red onion
- Pepper to taste

Calories	93 kcal
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	113mg
Total Carbohydrates	8g
Sugars	4g
Fiber	2g
Protein	14g
Sodium	246mg
Calcium	72mg
Phosphorus	144mg

Pineapple Salsa

(Mexico)

Yield: 8 servings
Serving size: 1/3 cup
Prep time: 10 minutes
Total time: 20 minutes

INGREDIENTS

- 1 pineapple, peeled, cored, and sliced (2 cups)
- 1 large red onion
- 2 garlic cloves
- 1 lime
- 1 tablespoon extra virgin olive oil
- 1 bunch parsley
- A pinch of pepper

Calories	56 kcal
Total Fat	2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrates	8g
Sugars	5g
Fiber	1g
Protein	1g
Sodium	6mg
Calcium	22mg
Phosphorus	15mg



DIRECTIONS

Grill pineapple and red onion until browned on both sides. Remove from grill and dice. Dice both garlic and parsley and combine all ingredients with extra virgin olive oil, pepper, and lime juice.

Serve on top of tacos or with low-sodium tortilla chips. Can also be used with rice, beans, or as a marinade for meat.

Gallo Pinto

(Nicaragua)

Yield: 10 servings
Serving size: 1/2 cup
Prep time: 20 minutes
Total time: 90 minutes

INGREDIENTS

- 2 cups uncooked rice
- 1 teaspoon Italian seasoning
- 1/2 teaspoon coriander
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 cup extra virgin olive oil
- 1/2 cup sofrito (see page 7)
- 1 large onion
- 2 28-ounce cans black beans, drained
- 1/2 cup apple cider vinegar
- Cilantro (garnish)
- Queso fresco (garnish)

Calories	465 kcal
Total Fat	15g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	6mg
Total Carbohydrates	64g
Sugars	4g
Fiber	9g
Protein	14g
Sodium	448mg

Ceviche de Cauliflower

(Mexico)

Yield: 4 servings
Serving size: ½ cup
Prep time: 20 minutes
Total time: 20 minutes

INGREDIENTS

- ½ small head cauliflower
- 1 tomato, diced
- ½ large sweet onion, diced
- 1 carrot, grated
- 1 large cucumber, diced
- ½ bunch cilantro, chopped
- A pinch of pepper
- 2 limes, juiced

Calories	38 kcal
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrates	7g
Sugars	3g
Fiber	2g
Protein	2g
Sodium	27mg
Calcium	32mg
Phosphorus	46mg



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DIRECTIONS

Cut cauliflower into florets and put in boiling water for 2-4 minutes. Drain water and allow to cool. Once cool, mix all ingredients together and refrigerate. Serve cold with low-sodium crackers or chips.

Red Rice

(Mexico)

Yield: 12 servings
Serving size: ½ cup
Prep time: 10 minutes
Total time: 40 minutes

INGREDIENTS

- ¼ cup olive oil
- 3 cups uncooked white rice
- 1 medium-sized onion, chopped
- 1 small garlic clove
- 1 cube chicken bouillon, low sodium
- 1 tablespoon margarine
- 1 8-ounce can low-sodium tomato sauce
- 6 cups hot water
- 1 teaspoon Italian seasoning

Calories	229 kcal
Total Fat	6g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrates	40g
Sugars	1g
Fiber	2g
Protein	4g
Sodium	18mg
Calcium	11mg
Phosphorus	42mg

Curtido

(El Salvador)

Yield: 8 servings

Serving size: ½ cup

Prep time: 15 minutes

Total time: 15 minutes (plus overnight)

INGREDIENTS

1 12-oz bag of cabbage slaw with carrots

½ onion, thinly sliced

½ jalapeño, thinly sliced

1 cup apple cider vinegar

1 ½ cups water

1 teaspoon Mexican oregano

A pinch of freshly ground black pepper

2 teaspoons Italian seasoning



DIRECTIONS

Mix the vegetables in a bowl.

Whisk together the remaining ingredients and pour over the vegetables.

Crushing the cabbage a bit while mixing will help it fit into the Mason jars.

Load up two pint-sized Mason jars with the veggies and fill to the top with the brine.

Seal well and let them pickle overnight in the fridge.

Calories	4 kcal
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrates	1g
Sugars	0g
Fiber	0g
Protein	0g
Sodium	<1mg
Calcium	2mg
Phosphorus	2mg



Special thanks to the AstraZeneca Hispanic Employee Resource Group for sharing family recipes.

The UCLA Health CORE Kidney Program's mission is to improve healthcare delivery by implementing the **CORE** values of **Clinical excellence, Outreach, Research, and Education.**