

# Transplant- Friendly Recipes



**NORA'S HOME**

for transplant patients and  
their families

 Serves 20-24 people  1 hour

# Hearty Chicken-Based Pasta



## Ingredients

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4 cans low-sodium cream of mushroom soup  
2 sticks of salted butter  
2 large green bell peppers  
2 large onions  
8 large celery sticks  
16 skinless chicken-thighs  
1 tsp of ground black pepper  
4 cups chopped tomato  
2 cups non-fat shredded cheddar cheese  
4 lbs spaghetti

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Recipe from [kidney.org](http://kidney.org)



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## Method

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1. Dice onion, chop green pepper, and chop celery. Remove bone and skin from chicken.
2. Cook chicken in a covered pot with bell pepper, butter, onions, celery, and pepper.
3. Remove chicken, let cool and shred.
4. Add tomatoes and mushroom soup.
5. Boil 1 box spaghetti in the pot, do not drain.
6. Preheat oven to 350°F
7. Pour contents of pot into large baking dish. Add back shredded chicken.
8. Cover dish with cheddar cheese.
9. Bake for 10-20 minutes until cheese is melted and bubbling.
10. Plate, serve, and enjoy! :)

 Serves 20 people  40 minutes

# Mexican Antojitos



## Ingredients

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20 large white tortillas  
1000g softened cream cheese  
2 cups chopped red peppers  
2 cups chopped green peppers  
2 cups chopped green onions  
1 cup chopped jalapenos  
1 cup bread crumbs

## Method

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1. Preheat the oven to 400°F.
2. Chop up vegetables.
3. Mix chopped vegetables with softened cream cheese.
4. Spread cream cheese mixture of tortillas.
5. Roll the tortillas.
6. Cut each tortilla roll into six pieces.
7. Bake the tortillas for 7-10 minutes, or until the tops are golden brown.
8. Plate, serve, and enjoy! :)

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Recipe from [kidney.org](https://www.kidney.org)



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 Serves 30-40 people  45 minutes

# Potluck Potatoes



## Ingredients

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7 1/2 lbs shredded hash browns  
2 1/2 cups diced onions  
2 1/2 cups shredded zucchini  
2 1/2 cups thin-sliced bell peppers  
5 tsp of pepper  
1 1/4 teaspoon of salt  
3 3/4 pint non-fat sour cream  
7 1/2 cups low-fat cheddar cheese  
5 cups low-sodium chicken broth  
5 tbs flour  
10 cups corn flakes

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## Method

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1. Combine flour with a little salt-free butter on low heat, then mix it with the chicken broth.
2. Mix all the other ingredients together and place in a glass baking dish.
3. Ingredients should be room temperature.
4. Mix two cups of crushed Kellogg corn-flakes in a separate bowl with some butter-flavored cooking spray.
5. Spread corn-flake topping onto mixture.
6. Bake on 350°F for 45 minutes.
7. Plate, serve, and enjoy! :)

Recipe from [kidney.org](http://kidney.org)



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 Serves 30-40 people  40 minutes

# Pumpkin Pancakes



## Ingredients

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6 1/4 cups all purpose flour  
5 tbs brown sugar  
15 individual packets of Stevia  
5 tsp baking powder  
10 tsp pumpkin pie spice  
10 cups salt-free pumpkin puree  
10 cups rice milk  
10 egg whites

## Method

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1. Mix dry ingredients together (i.e. flour, sugar, Stevia, baking powder, and pumpkin pie spice).
2. In a separate bowl, mix pumpkin puree and rice milk together.
3. Whip egg whites until they form soft peaks.
4. Blend the dry ingredients into the milk and pumpkin mixture. Whip in egg whites once completely mixed.
5. Grill on medium heat on an oiled griddle.
6. Turn the pancakes over when bubbles form on the top of the pancake.
7. Cook on the second side until golden-brown.
8. Plate, serve, and enjoy! :)

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Recipe from [kidney.org](https://www.kidney.org)



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# Spring Herb Chicken



## Ingredients

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- 4 cups chopped fresh parsley
- 4 tbs chopped shallots
- 16 oz lemonade
- 12 lbs chicken breasts
- 1/2 cups fresh thyme
- 10 tsp garlic
- 1 cup canola oil
- 1 1/4 cups fresh rosemary

## Method

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1. Mix all of the ingredients in a re-sealable plastic bag
2. Marinate the chicken for several hours or overnight in the refrigerator.
3. Remove chicken from the marinade and brush off any thyme sprigs.
4. Save the marinade. Place the chicken on a medium-low grill.
5. Cook the chicken until the internal temperature is 165°F.
6. Place the cooked chicken on a plate, cover with foil, and let rest for 5 minutes.
7. Place marinade in a sauce pan and simmer it for 5 minutes.
8. Cut the chicken breasts into thirds.
9. Strain the marinade and pour over the chicken.
10. Plate, serve, and enjoy! :)

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Recipe from [kidney.org](http://kidney.org)



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# Vegetable Fried Rice



## Ingredients

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3 tbs minced raw ginger root  
12 medium spring onions or scallions  
3/4 tsp ground black pepper  
3/4 cup chopped onion  
1 cup chopped carrots  
1 1/2 cups chopped red bell peppers  
3 large whole eggs  
3/4 cup frozen peas  
3/4 cup fresh cilantro  
1 cup sweet yellow corn kernels  
12 cups white rice  
3/4 tsp red pepper flakes  
6 tbs canola oil  
3 tbs garlic  
3 tbs lite soy sauce

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Recipe from [kidney.org](https://www.kidney.org)



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## Method

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1. Prepare rice according to package directions. Once cooked, heat oil in a large sauté pan or wok.
2. Add diced carrots, minced ginger, onion, and red pepper flakes. Cook approximately 1 minute.
3. Add bell pepper, corn, and peas. Cook for approximately 1 minute.
4. Add rice, pepper, and soy sauce. Cook for approximately 2 minutes.
5. Add scrambled egg and cook eggs thoroughly.
6. Toss in sliced scallions and cilantro. Reserve some scallions and cilantro for garnish.
7. Plate, serve, and enjoy! :)

 Serves 20-30 people  40 minutes

# Vegan Fettuccine Alfredo



## Ingredients

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2.5 lbs whole wheat pasta  
5 medium onions diced  
20 cloves minced garlic  
9 lbs low sodium white beans  
8 3/4 pints rice milk  
1 1/4 cups dried basil  
5 quarts frozen baby peas

## Method

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1. Cook pasta according to the package instructions – do not salt the pasta water.
2. Place frozen peas into strainer
3. Once pasta is cooked, strain the pasta by pouring the hot water and the pasta over the peas.
4. In a large fry pan, heat on medium, add the oil and diced onions. Sautee until the onions become translucent. Add the garlic and cook for one more minute. Add the rice milk and basil, and let simmer for 3-4 minutes.
5. Mash the white beans and add to the pan. Stir until the beans are mixed in with the rice milk and cook for 2 more minutes.
6. Add the peas and pasta, and mix. Turn off the heat and let sit for several minutes.
7. Stir, plate, serve, and enjoy! :)

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*Recipe from [pskc.net](http://pskc.net)*



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# Beef Burritos



## Ingredients

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- 1 1/4 cups onion
- 1 1/4 cups green pepper
- 5 lbs lean ground beef
- 1 1/4 cups low-sodium tomato puree
- 1 1/4 tsp black pepper
- 1 1/4 tsp ground cumin
- 30 burrito-size flour tortillas

## Method

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1. Chop onion and green pepper.
2. In a medium skillet, brown ground beef.
3. Spray skillet with non-stick cooking spray. Add onion and green pepper, and cook for 3 to 5 minutes or until vegetables are softened.
4. Add beef, tomato puree, black pepper, and cumin to onion/pepper mixture. Mix well and cook for 3 to 5 minutes on low heat.
5. Divide the beef mixture among tortillas. Roll the tortilla over burrito style, making sure that both ends are folded first so the mixture does not fall out.
6. Stir, plate, serve, and enjoy! :)

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Recipe from [davita.com](http://davita.com)



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 Serves 15-30 people  1 hour, 15 minutes

# Apple Caramel Crisp



## Ingredients

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15 granny smith apples –  
peeled, cored, and sliced  
3/4 cup lemon juice  
3/4 cup sugar-free caramel  
flavoring  
1 cup all-purpose flour  
3/4 cup butter  
3 cups oatmeal  
6 tbs cinnamon  
Butter spray

## Method

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1. Toss sliced apples in lemon juice, and pour off any extra lemon juice.
2. Soak apple slices in caramel flavoring for 10 minutes.
3. Pre-heat oven to 375°F.
4. Lightly oil an 8x8 pan, place apples in the bottom.
5. Mix flour, oatmeal, and cinnamon in a bowl. Add cut-up butter. Sprinkle the mixture over the top of the apples.
6. Bake for 40 minutes. Spray the top with a butter spray and bake for another 5 minutes.
7. Stir, plate, serve, and enjoy! :)

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