

# 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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The AstraZeneca Hispanic Employee Resource Group is privileged to share recipes from their families to members of all communities.

*"I grew up enjoying my Mom's delicious Cuban cooking along with her Caribbean twist to everyday recipes. I learned to adapt many of her favorites, including her Caribbean Tuna Salad, to reflect some healthier alternative ingredients. Enjoy!"*

RUBEN RODRIGUEZ

*"My wife's family lives in the coastal towns of Nayarit, Mexico, where ceviche is a local favorite. She is excited to share her plant-based twist on the popular dish. Buen provecho!"*

JOE LEMMERMAN

*"Growing up in a border town between Arizona and Sonora, Mexico, known as Ambos Nogales, our family cuisine was influenced by this region. The northern part of Mexico is best known for its productive cattle ranches. Hence why Albóndigas, a hearty meatball soup, is popular in the cattle ranching states of northern Mexico. This family recipe was and still is a staple dish in our households both in Arizona and in Sonora, Mexico, where my family still resides."*

ROX ANN MARTINEZ

## 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 the same time.

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## Home Cooking

Home cooking is always the best option, as you can avoid some of the hidden sources of salt, phosphorus, potassium, and other substances that could be potentially harmful, especially to a patient with kidney disease. There's also an opportunity to create vegetarian alternatives, as we see increasing evidence of the benefits of a plant-based diet. Ask your health care provider if you should limit protein if you have kidney disease as this depends on your other medical issues.

The Latin recipes discussed in this book are to be enjoyed by everyone worldwide. Please make sure that you talk to your healthcare provider before using these recipes. **Visit UCLA Health's CORE Kidney Program website** for more information about kidneys and what they do.

**Enjoy!**



# 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	3g
Fiber	3g
Protein	16g
Sodium	170mg
Calcium	58mg
Phosphorus	187mg
Potassium	574mg

This recipe is heart healthy and low in phosphorus, but high in potassium.



## 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 returns to a boil, reduce heat to medium-low.

Cover and cook 20 minutes or until meatballs are no longer pink in the center and vegetables are tender. Usually, the meatballs will begin to float up once they are fully cooked.

Serve with sprinkled cilantro and mint for garnish.

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# Caribbean Tuna Salad

(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
Potassium	395mg



## DIRECTIONS

Drain the tuna and break it up into small pieces using a fork in a separate bowl.

Mix the tuna with the yogurt and fold in the onions and cilantro.

Add the seasoning and lime juice to taste. Serve with Melba toast.

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# Sofrito

(Puerto Rico)

**Yield:** 6 servings  
**Serving size:** 1/2 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)



## 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. This way you can easily defrost just the amount you need.

Traditionally from Puerto Rico, this is a great seasoning to use in rice, beans, or as a marinade for meat.

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# Aguachiles

(Mexico)

**Yield:** 6 servings  
**Serving size:** 1/2 cup  
**Prep time:** 20 minutes  
**Total time:** ~2 hours

## INGREDIENTS

- 4 limes
- 1 pound of shrimp
- 2 cucumbers
- 3 jalapeños
- 1/2 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
Potassium	399mg

This recipe is heart healthy and low in phosphorus, but high in potassium.

## DIRECTIONS

**Shrimp:** Peel, devein, and cut shrimp into smaller pieces. Cook the shrimp in boiling water for three minutes or until shrimp is thoroughly cooked (turns pink).

**Salsa:** Separately, put into a blender juice from ~3 limes, fresh cilantro, jalapeños (remove seeds to make less spicy), a cucumber, and a dash of salt and pepper. If the salsa is too acidic, mix in some water. Once blended, stir in an additional finely diced cucumber, sliced red onion, and some finely diced cilantro.

**Combine:** Remove the shrimp from the boiling water and add to the salsa. Serve on tostadas with sliced lime on the side.

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# 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
Potassium	119mg



## 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.

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# 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 and rinsed
- 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
Calcium	119mg
Phosphorus	222mg
Potassium	467mg



## DIRECTIONS

Combine rice with amount of water recommended on the packaging, Italian seasoning, coriander, cumin, and garlic powder in a medium pot. Bring to a boil. Cover and simmer about 30 minutes or until rice is cooked. Set aside. It is preferable to cook the rice a day ahead and refrigerate.

In a large, deep pan, heat oil. Add chopped onion and sofrito. Cook until onions start to become tender. Add both cans of beans and apple cider vinegar. Cook on medium-high until liquid is gone from the beans (about 30 minutes).

Add the cooked rice to the bean mixture and stir. Cook about 10 minutes more.

Garnish with fresh chopped cilantro and crumbled queso fresco.

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# Ceviche de Cauliflower

(Mexico)

**Yield:** 4 servings  
**Serving size:** 1/2 cup  
**Prep time:** 20 minutes  
**Total time:** 20 minutes

## INGREDIENTS

- 1/2 small head cauliflower
- 1 tomato, diced
- 1/2 large sweet onion, diced
- 1 carrot, grated
- 1 large cucumber, diced
- 1/2 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
Potassium	350mg



## 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.

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# Red Rice

(Mexico)

**Yield:** 12 servings  
**Serving size:** 1/2 cup  
**Prep time:** 10 minutes  
**Total time:** 40 minutes

## INGREDIENTS

- 1/4 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
Potassium	112mg



## DIRECTIONS

Heat oil in a skillet over medium heat. Add rice and onion, and cook and stir 7-10 minutes, until onion is slightly tender and rice is golden brown.

Add tomato sauce, then add the hot water, chicken bouillon, and garlic.

Bring to a simmer, then add 1 tablespoon of margarine.

Reduce heat to a simmer and cook until the liquid is absorbed, about 20 minutes.

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# Curtido

(El Salvador)

**Yield:** 8 servings  
**Serving size:** 1/2 cup  
**Prep time:** 15 minutes  
**Total time:** 15 minutes (plus overnight)

## INGREDIENTS

1 12-oz bag of cabbage slaw with carrots  
1/2 onion, thinly sliced  
1/2 jalapeño, thinly sliced  
1 cup apple cider vinegar  
1 1/2 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.

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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.**