



ONE HEALTHY DISH AT A TIME!

KIDNEY-FRIENDLY Roasted Stuffed Pumpkin with Gravy

Ingredients:

- 1 large Japanese pumpkin
- 1.5 tbsp extra virgin olive oil
- 2 brown onions (diced)
- 6 cloves garlic (diced)
- 3.5 oz Swiss brown mushrooms (diced)
- Herbs: oregano, thyme, rosemary, bay leaf
- 1 bunch of spinach (chopped)
- 1 bunch parsley (chopped)
- 3.5 oz plant-based butter/margarine
- 5.29 oz panko bread crumbs
- 1.7 oz dried cranberries
- 5.2 oz slivered almonds
- Salt and pepper

Gravy:

- 1 oz grapeseed oil
- 2 brown onions (diced)
- 3.5 oz Swiss brown mushrooms (diced)
- 1 medium size carrot, (diced)
- 1 celery stick (diced)
- 3 cloves garlic (diced)
- 2 bay leaves
- 2 thyme sprigs
- 2 tbsp all-purpose flour
- 1/2 cup red wine
- 2 1/2 cup of vegetable broth or water
- 1 tbsp raspberry jam

Instructions:

- Preheat the oven to 400°F.
- Sauté onions, garlic, mushrooms, and herbs. Cut the top off the pumpkin, scoop out seeds.
- Mix chopped spinach, parsley, butter, and breadcrumbs into the mushroom mixture.
- Remove bay leaf, stir in almonds and cranberries. Stuff pumpkin and bake for 2–3 hours.
- For gravy, sauté onions, mushrooms, carrots, celery, garlic, and herbs. Add flour, wine, broth, and jam.
- Simmer for 15 minutes and strain. Let cool and enjoy your kidney-friendly roasted stuffed pumpkin with gravy!

*While shopping, ALWAYS check the label and choose items with less phosphorus, and avoid dairy.

*Recipes are considered kidney-healthy. However, if you have been diagnosed with kidney disease, kidney failure, diabetes, hypertension, or another disease, always consult a healthcare provider or dietitian when preparing food for yourself, or someone with medical dietary needs to ensure the recipe suits their specific situation.