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EATING HEALTHY FOR THE HOLIDAYS:

The holidays traditionally include a vast array of your favorite comfort foods. The turkey, dressing, sweet potato casserole...and that's before you dive into the dessert table stacked with delicious pies, cookies and fruit cakes. Often times, however, these sweet treats and savory holiday foods are over consumed. Knowing the holidays are a difficult time to keep your health on track, below are some tips to keep your stomach satisfied and your kidneys healthy!

Tips:

1. **Survey the Buffet:** Over the holidays, food is often served buffet style. Take a look at all the options before filling your plate and aim to fill half of it with fruits and vegetables.
2. **Portion Control:** Just have a limited amount to satisfy cravings. Take a little taste of pie or split a slice with a family member!
3. **Slow Down:** Instead of eating your food quickly, opt to enjoy every bite. This way you can taste all the flavors and get the most out of your meal.

4. **Bring a Healthy Option to Share:** Attending a holiday party? Offer to bring a healthy option. Here are some calorie cutting substitutes for holiday favorites:

a) **Green Bean Casserole:** Cook fresh green beans with potatoes instead of heavy cream soup and use almonds instead of fried onions to sprinkle on top.

b) **Mashed Potatoes:** Make your potatoes using the lower fat option of skim milk and substituting chicken broth and garlic powder instead of butter to add flavor.

5. Try a Healthy Recipe for Roasted Turkey:

Ingredients:

- 1 teaspoon canola oil
- 1-12 pound fresh turkey
- ½ yellow onion diced
- 1 bunch fresh sage (.75 oz)
- 2 teaspoons poultry seasoning

Directions:

Remove giblets and turkey neck from the cavity. Wash the turkey inside and out; pat dry. Remove any pinfeathers from the skin. Sprinkle the cavity with poultry seasoning and place the diced onion and fresh sage in the cavity. Oil the bottom of the roasting pan and place the turkey inside. Bake in a pre-heated 350 oven for 2 ½ to 3 hours; the juices should run clear when you stick your fork between the drumstick and thigh bone. Remove from the heat, cover with foil and let rest 20 minutes before serving.

**Happy Holidays
from
CarolinaNephrology**

PATIENT PORTAL

We are excited to announce that the patient portal is now live on our website!



Go to www.carolinanephrology.com and create an account today for a convenient way to schedule an appointment, request your medical records and much more!

Congratulations

Congratulations to nurse practitioner, Karen Robertson, on completing her Doctorate in Nursing Practice from the University of South Carolina!





The holiday season is here. Stay kidney-healthy with these delicious recipes.

APPLE HERB STUFFING

Ingredients:

- 1 stick butter
- 2 cups diced onions
- 2 cups diced celery
- 1 tablespoon minced sage
- 1 tablespoon minced thyme
- 2 chopped tart apples
- 3 cups turkey or chick broth (no sodium)
- 2 eggs
- 1/4 cup chopped parsley
- 16 cups cubed stale white bread

Directions:

1. Melt 1 stick of butter in a large skillet over medium heat.
2. Add 2 cups each diced onions and celery and 1 tablespoon each minced sage and thyme and 2 chopped tart apples
3. Add salt and pepper and cook 5 minutes.
4. Add 3 cups turkey or chicken broth (no sodium) and bring to a simmer.
5. Beat 2 eggs with 1/4 cup chopped parsley in a large bowl
6. Add 16 cups cubed stale white bread, then pour in the vegetable-broth mixture and toss.
7. Transfer to a buttered baking dish and dot with butter.
8. Cover and bake 30 minutes at 375 degrees; uncover and bake until golden, 30 more minutes.

CINNAMON BREAD CASSEROLE

Ingredients:

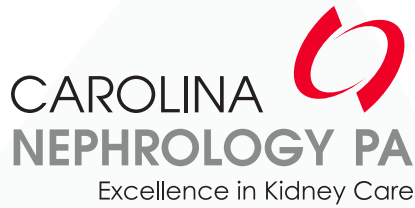
- 1 one-pound loaf cinnamon raisin bread, cubed
- 1 eight-ounce package cream cheese, diced in small cubes
- 1 cup apples, peeled and diced
- 1 teaspoon ground cinnamon
- 8 eggs
- 2-1/2 cups nondairy creamer
- 6 tablespoons unsalted butter, melted
- 1/4 cup pancake syrup (or sugar-free syrup)
- nonstick cooking spray

Directions:

1. Coat a 9 x 13 baking dish with nonstick cooking spray. Arrange 1/2 of the cubed bread in the bottom of the dish. Sprinkle the cream cheese cubes evenly over the bread and top with the apples. Sprinkle cinnamon over the apples and top with remaining bread.
2. In a large bowl, beat the eggs with the nondairy creamer, butter and pancake syrup. Pour over the bread mixture. Cover with plastic wrap and press down so that all the pieces are soaked. Refrigerate at least 2 hours or overnight.
3. Preheat oven to 325° F.
4. Bake 50 minutes and let stand 10 minutes before serving. Cut evenly into squares for 12 servings. Top with pancake syrup, sugar-free syrup, jam or cinnamon/raspberry applesauce, if desired.

Check out these and more recipes at CarolinaNephrology.com/cooking.

CAROLINA KIDNEY ALLIANCE



Carolina Nephrology PA in partnership with Columbia Nephrology PA is excited to announce the formation of The Carolina Kidney Alliance, a care alliance between the two largest Nephrology practices in South Carolina. This groundbreaking alliance will drive excellence in the care of chronic kidney disease throughout the state.

Patients are always our number one priority. The alliance will focus on patient centered, cost driven objectives that align with the hospitals in each community. We plan to once again raise the bar of patient care. As Dr. Istvan Bognar stated, "Teaming up with Columbia Nephrology will enable us to expand our reach and continue to deliver high quality kidney care to patients across South Carolina."

CAROLINA NEPHROLOGY WILL BE EXPANDING TO SPARTANBURG IN 2015. STAY TUNED FOR UPDATES ON OUR NEW LOCATION!

OUR LOCATIONS

Main Office

203 Mills Avenue
Greenville, SC 29605

Easley Office

Baptist Medical Park
121B Commerce Blvd.
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Carolina Nephrology Kidney Wellness Center

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Greer Office

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Laurens/Clinton Office

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