MONTANA KIDNEY PLLC

USA DIALYSIS PLLC

November 2026 Newsletter

A TASTY THANKSGIVING

From our families to yours, we wish you a Happy and Healthy Thanksgiving.

The month of November gives us the opportunity to reflect on all the good things in our lives. We do have much to be thankful for. Sometimes we can overlook all the little things that make life good. So, this month we are sharing five recipes hoping you will have a delicious and healthy Thanksgiving dinner.

Roasted Turkey

Portions: 8	Serving Size: 3 ounces	Diet Types: CKD non-dialysis, Diabetes, Dialysis

Ingredients

12 pound turkey, fresh or frozen (avoid self-basting)
1 teaspoon poultry seasoning
4 sprigs fresh parsley
4 sprigs fresh sage
4 sprigs fresh rosemary
4 sprigs fresh thyme
1/2 cup unsalted butter
1 cup low-sodium turkey stock from turkey giblets

Preparation

1. Check plastic wrap on turkey to determine cooking time.

2. Preheat oven to 425º F. Remove neck and giblet bag from cavity of turkey. Rinse turkey with cold water, then pat dry with clean paper towels.

3. Using several fingers, loosen skin from turkey breast and drumsticks. Rub poultry seasoning onto turkey flesh under skin. Place parsley, sage, rosemary, and thyme sprigs between turkey skin and flesh. 4. Place a meat thermometer in the fleshy part of the thigh, without touching the bone.

5. Coat turkey with melted butter (or oil) and place breast side up in a roasting pan on a rack. Cover loosely with aluminum foil. Cook 30 minutes then reduce heat to 325º F.

6. Begin basting the turkey every 15 to 20 minutes with the giblet stock and pan juices. During last 30 minutes remove foil from roasting pan. Cook for 3 to 4 hours until meat thermometer registers 165º F.

7. Let turkey rest 30 minutes before carving.

Helpful hints:

- Three days before serving: if frozen, thaw turkey in refrigerator for 3 days.
- One day before serving: remove giblets from turkey and make giblet stock (see recipe).
- Make the Fresh Herb Cranberry Stuffing if you wish to stuff the turkey.
- After step 3 above, loosely place stuffing in the body cavity and neck.
- Use skewers and string to fasten neck skin under the body and tie legs together.
- For CKD non-dialysis diet, please reduce serving size to match your meal plan.

Submitted by: The DaVita dietitian team.

Nutrients per serving				
Calories	144		Protein	25 g
Carbohydrates	0 g		Fat	4 g
Cholesterol	64 mg		Sodium	57 mg
Potassium	256 mg		Phosphorus	182 mg
Calcium	22 mg		Fiber	0 g

Kidney and Kidney Diabetic Food Choices: 3 meat Carbohydrate Choices: -0-

Fresh Herb Cranberry Stuffing

Portions: 6	Serving Size: ½ cup	Diet Types: CKD non-dialysis, Diabetes, Dialysis, Lower Protein

Ingredients

- 1/2 cup onion
- 1/2 cup celery
- 1/2 tablespoon fresh parsley
- 1/2 tablespoon fresh sage
- 1/2 tablespoon fresh rosemary
- 1/2 tablespoon fresh thyme
- 8 slices bread
- 1/4 cup unsalted butter
- 1/2 teaspoon black pepper
- 2 teaspoons poultry seasoning
- 1/2 cup dried, sweetened cranberries
- 1/2 cup liquid low-cholesterol egg substitute
- 1/4 cup chicken or turkey stock, or low-sodium turkey stock from turkey giblets

Preparation

1. Chop the onion and celery. Chop the fresh herbs. Cut the bread into 1/2-inch cubes.
2. Melt the butter in a nonstick frying pan. Sauté the onion and celery until tender. Remove from heat.
3. Toss in the cubed bread, pepper, poultry seasoning, fresh herbs and cranberries.
4. Mix egg product and stock. Pour it into the bread mixture and mix lightly.
5. Place the stuffing into the turkey body cavity and neck to cook, or bake stuffing separately in a baking dish sprayed with nonstick cooking spray at 350º F for 45 minutes.

Helpful hints:

- For best results use day-old bread.
- If fresh herbs are unavailable substitute 1 teaspoon dried herbs.
- If giblet stock is unavailable substitute low sodium chicken broth.

For CKD non-dialysis diet, please reduce serving size to match your meal plan.

Submitted by: The DaVita dietitian team.

Nutrients per serving				
Calories	143		Protein	4 g
Carbohydrates	21 g		Fat	8 g
Cholesterol	20 mg		Sodium	202 mg
Potassium	106 mg		Phosphorus	44 mg
Calcium	61 mg		Fiber	1.3 g

Kidney and Kidney Diabetic Food Choices: 1 starch, 1 fat, ½ fruit, low potassium

Carbohydrate Choices: -0-

Turkey Giblet Stock

Portions: 5	Serving Size: 1 cup	Diet Types: CKD non-dialysis, Diabetes, Dialysis

Ingredients

1 package turkey giblets (from inside the turkey)
5 cups water
1 stalk celery
1 medium carrot
½ medium onion
2 bay leaves
2 tablespoons parsley

Preparation

1. Dice celery and carrots. Quarter onion and chop parsley.
2. Rinse giblets and place in medium pot. Add 5 cups of water, celery, carrot, onion, bay leaves and parsley.
3. Simmer for 1 hour until giblets are tender and broth is flavored.
4. Strain stock. Use giblet stock to baste turkey and for gravy.

Helpful Hints

Makes 5 cups of stock.

Submitted by: DaVita dietitian Sara, RD, CSR, CDE, from California.

Nutrients per serving				
Calories	41		Protein	6 g
Carbohydrates	2 g		Fat	1 g
Cholesterol	61 mg		Sodium	39 mg
Potassium	123 mg		Phosphorus	16 mg
Calcium	15 mg		Fiber	0 .6 g

Kidney and Kidney Diabetic Food Choices: ½ meat & ½ vegetable, low potassium
Carbohydrate Choices: -0-

Turkey Gravy

Portions: 8	Serving Size: ¼ cup	Diet Types: CKD non-dialysis, Diabetes, Dialysis, Lower Protein

Ingredients

4 tablespoons turkey fat from pan drippings
4 tablespoons all-purpose white flour
1 cup pan juices from turkey
2 cups giblet stock
1/2 teaspoon salt

Preparation

5. Heat fat from pan juices of cooked turkey in a medium saucepan.
6. Stir in flour, bring to a boil and whisk for one minute.
7. Gradually add pan juices, giblet stock and salt. Continue stirring until gravy boils. Reduce heat and simmer for 10 minutes to thicken.

Helpful Hints

Sodium is 0 mg per serving if salt is omitted.
Boil turkey giblets in water to make giblet stock.
You can substitute Unsalted Turkey Broth from Swanson instead of giblet stock.

Submitted by: The DaVita dietitian team.

Nutrients per serving				
Calories	87		Protein	2 g
Carbohydrates	4 g		Fat	7 g
Cholesterol	25 mg		Sodium	146 mg
Potassium	43mg		Phosphorus	19 mg
Calcium	6 mg		Fiber	0 g

Kidney and Kidney Diabetic Food Choices: 1 fat
Carbohydrate Choices: -0-

Apple Pie

Portions: 8	Serving Size: 1/8 of pie	Diet Types: CKD non-dialysis, Dialysis, Lower Protein

Ingredients

6 medium apples
1/2 cup granulated sugar
1 teaspoon ground cinnamon
6 tablespoons butter
2-2/3 cups all-purpose flour
1 cup shortening
6 tablespoons water

Preparation

1. Preheat oven to 425° F.
2. Peel, core and slice apples.
3 . In a large bowl, combine apple slices, sugar and cinnamon. Cover and set aside.
4. In a separate large bowl, cut shortening into flour using a pastry blender.
   Add chilled water, 1 tablespoon at a time and mix until dough forms into a ball.
   If it does not, use hands to form a ball.
5 . Divide dough in half and roll out one piece, using a rolling pin and additional flour as needed.
   Place in a 9" pie pan.
6 . Stir apple pie filling and pour into pie shell.
7 . Using 1 tablespoon pats, place butter all around pie filling, evenly dispersed.
8 . Roll out the other 1/2 of dough. Place on top of apple pie filling, making sure edges of pie are covered.
9 Using a sharp knife, make four 1" cuts around the top of the pie crust for air to escape while baking.
10. Place pie in oven on a jellyroll pan to catch juice from pie while baking.
11. Bake for 50 to 60 minutes until crust is golden brown.

Helpful Hints

Suggested varieties of apples for a great tasting apple pie include:
Fuji, Jonathan, Jonagold, Gala, Golden Delicious, Granny Smith, Pippin and Winesap.
For best results try combining 2 or 3 varieties.
1 medium apple yields 1 cup when peeled and cored.

Submitted by: The DaVita dietitian team.

Nutrients per serving				
Calories	87		Protein	2 g
Carbohydrates	4 g		Fat	7 g
Cholesterol	25 mg		Sodium	146 mg
Potassium	43mg		Phosphorus	19 mg
Calcium	6 mg		Fiber	0 g

Kidney and Kidney Diabetic Food Choices: 1 fat Carbohydrate Choices: -0-