



**Cooking
Low-Protein
at Home**
Inborn errors
of metabolism

FLAVIS
Kidney-friendly foods

Maintaining a low-protein diet is critical for people with inborn errors of metabolism, but it can be difficult when preparing meals for the entire family. Cooking at home should be a fun, convenient, and tasty way to try new foods and cuisines. In your own kitchen, you're in control!

A few helpful tips when selecting and shopping for low-protein recipes:

- Most seasonings are low in protein and are a great way to add flavor. Stock up on spices, salt, pepper, mustard, vinegars, and barbecue sauces.
- Familiarize yourself with low-protein products to seek out when shopping. For example, rice and almond milk is generally low-protein, but protein content does vary between brands. Save time by researching ahead to find out which will be best for you.
- FLAVIS low-protein bread, cereals, pasta, and baked goods are a convenient, delicious substitute for those made with wheat flour, which can be high in protein.
- Vegan recipes and dishes where the main ingredients are fruits and non-starchy vegetables are generally low-protein. Avoid recipes and dishes that are high in protein-rich grains, tofu, nuts, and legumes.

Be mindful of the higher protein content of certain ingredients:

- Vegan dressings and dips made from nuts, beans or legumes
- Chia seeds and puddings
- Miso paste and miso dressing
- Tahini sauce
- Soy or fish sauce
- Caesar dressings that contain anchovies
- Soup broths and gravies with meat
- Aspartame

Build your confidence and get creative in the kitchen:

- Stock your kitchen with the right cooking tools. Use measuring cups or a household cooking scale to measure and record food portions.
- Apart from fats, oils, and sugar, most foods contain minimal amounts of protein. Be mindful of all portion sizes, even when cooking with low-protein diet friendly food.
- Remember, there is no risk of protein "contamination". Low protein pasta can be cooked in the same water that has been previously used for regular pasta and cutting boards and knives do not need to be kept separate.
- Fresh herbs brighten any dish. Store a few bunches of your favorites (like parsley, dill or cilantro) in your fridge. Place the stems in water and cover loosely with plastic wrap to make them last longer.
- Turn a head of cauliflower into "rice", or slice it vertically to make "steaks". Remember to monitor your portions, as cauliflower is a medium phenylalanine food.
- Spiralized carrots or zucchini can be purchased pre-cut or made at home. Swap them in for pasta or noodles.
- When you find a low-protein recipe you love, make enough so that you have leftovers for the week. Stews, curries, and baked low-protein pasta dishes taste even better the next day.

Shaved Fennel, Mandarin, & Herb Salad



Difficulty: easy

Servings: 4

Prep Time: 15 mins

Cooking Time: 10 mins



Ingredients:

- 2 Slices Flavis Hearty White or Brown Bread
- ¼ Tsp Black Pepper
- 4 Cups Shaved Fennel (1 large bulb)
- 1 Mandarin Orange
- ½ Medium Avocado
- 2 Tbs Olive Oil
- 1 Tbs Fresh Lemon Juice
- 1/2 cup Mixed Herbs (dill, mint, basil, and/or cilantro)
- Salt, to taste

Preparation:

- **Make bread crumbs:** Break bread into 1 inch pieces and process in a food processor until you have small crumbs. In a medium skillet, heat 1 tbsp olive oil over medium heat. Add the breadcrumbs, a dash of salt and pepper. Stir frequently for 5 minutes or until they start to turn golden brown. Remove from heat.
- **Cut the fennel in half lengthwise and slice it lengthwise as thinly as possible.** Place in a large bowl.
- **Peel the mandarin orange and slice horizontally into thin rounds.** Break each round roughly with your hands so that some of the membranes separate. Add to mandarin to bowl with fennel and toss.
- **Wash and dry mixed herbs, then roughly chop.**
- **In another large bowl, lightly mash avocado with a large fork.** Whisk in olive oil, lemon juice, herbs and salt.
- **Add fennel and mandarin to avocado mash and toss well,** ensuring all fennel pieces are coated evenly with avocado and herbs. Top with breadcrumbs.



Eggplant Banh Mi



Difficulty: medium

Servings: 4

Prep Time: 15 mins

Cooking Time: 40 mins



Ingredients:

- 1 Cup Rice Vinegar
- 1 1/2 Tbs Sugar
- 1/2 Cup Carrot, Julienned
- 1/2 Cup English Cucumber, Julienned
- 1/2 Lb Jicama, Julienned (can sub Daikon Radish)
- 1 Lb Japanese Eggplant, Halved (about 3 medium)
- 1 Tbs Olive Oil
- 3/4 Tbs White Miso
- 1 Tsp Sesame Oil
- 1 Tbs Ginger, Grated
- 1 Tsp Rice Vinegar
- 1/2 Tsp Black Pepper
- 1 Tbs Sesame Seeds
- 1 Scallion, Finely Diced
- 4 Flavis Ciabatta
- 1 Tsp Sriracha
- 1/4 cup Vegan Mayo (can sub regular mayo)
- 15 Cilantro Stalks

Preparation:

- **Make pickled vegetables:** heat rice vinegar, 1 cup water and sugar in a small saucepan until sugar dissolves. Julienne cucumbers, carrot and jicama and place in a container with a lid. Pour the vinegar and sugar mixture over them. Seal with lid and place in refrigerator for at least 30 minutes, and up to 24 hours.
- **Preheat oven to 425.** Line a rimmed baking sheet with parchment paper.
- **Slice the eggplant lengthwise and arrange in a single layer on baking sheet.** Brush with olive oil. Bake for 20 minutes, turning once half-way through, until eggplant is soft. Remove from oven and set oven to broil.
- **While eggplant bakes, whisk miso, sesame oil, ginger, rice vinegar, black pepper, sesame seeds, scallions and 1 tbsp water.** Spread evenly across roasted eggplant halves and place eggplant tray back in oven. Broil until fragrant and beginning to brown, about 4 minutes depending on the strength of your broiler. Check every minute to make sure the miso glaze is not burning.
- **Reduce oven heat to 250 and bake Flavis ciabatta according to instructions.**
- **While Flavis Ciabatta bakes, mix Sriracha with vegan mayo to make aioli.** Drain pickled vegetables.

- **To assemble each sandwich:** Halve Flavis ciabatta and spread bottom half of each roll with 1 tbsp aioli. Add 3–4 pieces of eggplant, cutting them as needed to fit in the bread. Top eggplant with 2–3 tbsp pickled vegetables and 2 cilantro stalks. Close sandwich with top half of ciabatta and enjoy.



Find more recipes at:

<https://www.flavis.com/en/recipes-inherited-metabolic-disorders>

