

## June Recipe of the month!



Easy Crock Pot Pulled Pork recipe was found on the NKF Web site ([kidney.org](http://kidney.org)). This recipe was submitted by Gayle Booth, RD.

It is appropriate for those with CKD or on dialysis and also appropriate for those who have diabetes.



Nutritional Analysis: 1 serving of BBQ pork with 1 hamburger bun:

Calories 370, fat 17g, protein 27g, carbohydrate 30g, sodium 275 mg, potassium 390 mg, phosphorus 230 mg, calcium 85 mg

**Review:** I tried this recipe it was really good, I am not a fan of BBQ sauce, so I enjoyed my sandwich dry, with sliced onions and my a few of my low salt pickles ([Click here for pickle recipe](#)). Love having a meal done when I get home from work!

Cathy Lewis, RN, Nurse Educator SAKDC

If you would like to learn more about a how to negotiate a kidney friendly diet, [Click here](#) to Register for our FREE “Caring for Your Kidneys” class or call 210-798-6812!

### Easy Crock Pot Pulled Pork

Serves 8

¼ cup BBQ pork on each bun

Ingredients:

1 tsp. onion powder

1 Tbsp. olive or canola oil

1 tsp. garlic powder

1 tsp. brown sugar

1 Tbsp dry mustard 1 tsp. paprika 1 medium onion, minced

3 garlic cloves, minced

2 Tbsp. tomato paste

2 Tbsp. prepared brown mustard

1 tsp. Worcestershire sauce

1 Tbsp. brown sugar or molasses

½ tsp. black pepper

¼ cup cider vinegar

2 pounds pork roast \*\*

Recipe BBQ Sauce

8 Hamburger buns

\*\*Purchase a pork roast trimmed of fat. If prepackaged, read the label for ingredients. Some roasts are "enhanced" with the addition of salt, potassium and added phosphorus and these are not safe for kidney patients.

*Directions:* Measure all dry ingredients in a small bowl and mix well. Coat the roast with oil. Then rub dry mixture to coat the roast. Place roast into slow cooker and set for 8-10 hours.

Using two forks pull the pork into small sections. Add BBQ Sauce (recipe below) BBQ Sauce (May be made ahead and refrigerated):

1 medium onion, minced

3 garlic cloves, minced

2 Tbsp. tomato paste

2 Tbsp. prepared brown mustard

1 tsp. Worcestershire sauce

1 Tbsp. brown sugar or molasses

½ tsp. black pepper

¼ cup cider vinegar

*Directions:* Mix all ingredients together in sauce pan. Simmer 3-5 minutes. Add to slow cooker after pulling pork at completion of cooking time.

# Making Salt Free Dill Pickles

★★★★★  
5 from 2 votes

## Prep Time

30 mins

## Cook Time

30 mins

## Total Time

1 hr

### Salt Free Refrigerator Dill Pickles

Course: Condiment, Side Dish

Cuisine: American

Servings: 3 quarts

Calories: 13.1 kcal

Author: Christopher Lower



## Ingredients

- 3 1/2 lbs small un-waxed cucumbers or slice larger cucumbers into slices and spears.
- 1/2 lb white onions - You can use the pearl onions or just cut standard onions into 1 inch chunks. 1 inch or less in diameter
- 12 stalks fresh dill preferably with seed heads
- 9 cloves garlic - peeled
- 1 qt white vinegar
- 3 cups water
- 1 tbsp sugar
- 3 tsp mixed pickling spice check to make sure salt-free – McCormick's makes one that is salt free
- 1 tbsp red chili flakes
- 1 tbsp mustard seeds
- 1 tbsp black peppercorns
- 12 Grape leaves \*Optional! Cutting the blossom end off the cucumber also works to keep the cucumbers crisp. this is the secret to keeping the pickles crispy
- 3 Quart size jars with lids mason jars work best

## Instructions

1. Scrub cucumbers clean with a veggie brush and rinse the dill in water, shake off excess water.
2. Cut the dill stems to a length where they will fit into your jars
3. Place vinegar, water and sugar in a saucepan of at least 2 1/2 quarts capacity, and bring to boil.
4. While brine is heating, Divide all the spices into equal amounts per jar and pack jars with layers of dill, garlic, onions, red pepper flakes, mustard seeds, black peppercorns, and cucumbers.
5. Layering so spices are on the bottom and top of the cucumbers.
6. Add one teaspoon of mixed pickling spice to each jar and 4 grape leaves for crispiness.
7. Pour boiling hot brine into jars, filling within 1/2 inch of top, and seal.
8. This will yield about three quarts/jars of pickles.
9. Allow the jars to cool then place into the refrigerator for 1 week to "pickle"
10. The longer the time in the refrigerator the more the flavors soak in.
11. The pickles should be good in the refrigerator for up to 8 weeks.

## Nutrition Facts

Making Salt Free Dill Pickles

Amount Per Serving (1 spear)

Calories 13.1      Calories from Fat 1

% Daily Value\*

**Total Fat** 0.1g      **0%**

Trans Fat 0.1g

**Sodium** 8.5mg      **0%**

**Total Carbohydrates** 2.8g      **1%**

Dietary Fiber 0.3g      **1%**

Sugars 0.5g

**Protein** 0.2g      **0%**

\* Percent Daily Values are based on a 2000 calorie diet.