



Delicious!

PREPARATION: 10 MINUTES | COOKING: 15 MINUTES | SERVINGS: 4

ONE POT PASTA

INGREDIENTS

*2 cups **unsalted** chicken broth*

*¼ cup **lite** whipping cream*

*1 **garlic** clove, minced*

*1 **tablespoon** parmesan cheese,
grated*

½ cup frozen green peas

*1 **tablespoon** lemon zest*

*⅛ **teaspoon** black pepper*

*½ **lb** spaghetti, dry*

*2 **tablespoons** pasteurized
egg whites*

*2 **tablespoons** fresh basil leaves,
chopped*

PREPARATION

- 1** Pour the chicken broth and the cream into a large frying pan or pot. Add the garlic, parmesan cheese and peas. Season with half of the lemon zest and pepper.
- 2** Add the spaghetti and bring the liquid with the pasta to a boil. Stir, reduce the heat, cover and let cook for 10 to 12 minutes until the pasta is cooked. Lift the cover once or twice during the cooking period to make sure that there is enough liquid left until the pasta is cooked. Add additional chicken stock if necessary to get a creamy sauce.
- 3** Once the pasta is cooked, remove the pan from the heat and add the egg whites. Stir the pasta and the sauce. The egg whites will cook with the heat of the pasta and its sauce.
- 4** Garnish with the rest of the lemon zest and the basil and serve immediately.



ONE POT PASTA



Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

1 Meat + 3 Starch

Calories	298
Protein	12g
Total Carbohydrate	47g
Fiber	3g
Sugars	3g
Fat	7g
Saturated	3g
Cholesterol	18mg
Sodium	97mg
Potassium	295mg
Phosphorus	177mg
Calcium	48mg
Iron	1mg
Magnesium	39mg
Vitamin C	6mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Cow's milk alternatives

Different beverages contain varying amounts of protein and potassium. Depending on your stage of kidney disease, your registered dietitian may recommend one type over another to limit these nutrients when cooking. Dairy (like cow's milk and cream) is an excellent source of protein and potassium, but with chronic kidney disease, should be used in limited amounts. Consider non-dairy alternatives such as soy, almond and rice products for recipe substitutions.

Soy: This plant-based beverage comes from soybeans. Read labels on different brands to compare nutrient content. On average, a ½ cup of soy beverage contains 4 grams of protein and 143 milligrams of potassium.

Almond: Almonds are ground and blended with water to make almond milk. ½ cup of almond beverage contains less than 1 gram of protein and 88 milligrams of potassium.

Rice: Rice beverage is made from milled rice. It contains the least amount of these nutrients with less than 1 gram of protein and 32 milligrams of potassium per ½ cup.

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