

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

# VEGETARIAN CHOP SUEY

## INGREDIENTS

*¾ cup long grain white rice, dry*

*1 ½ cup water*

*12 oz tofu, extra firm, cut into ½" cubes*

*2 tablespoons canola oil*

### **Miso Sauce**

*1 ½ tablespoons white miso paste\**

*1 tablespoon rice wine vinegar*

*2 tablespoons water*

*½ tablespoon honey*

*½ tablespoon sesame oil*

*1 cup celery, cut on an angle, ¼" slices*

*1 cup mushrooms, cut in quarters*

*1 cup red pepper, sliced ¼"*

*1 ½ cups bean sprouts*

*2 teaspoons ginger, grated*

*1 teaspoon garlic, minced*

\* Miso should be used sparingly to add a burst of flavor to recipes because it is high in sodium. Compare labels and choose the lowest sodium miso available at your store. This recipe used a miso product with 140mg sodium per teaspoon.

## PREPARATION

- 1** To prepare the rice, bring water to a boil. Add rice. Simmer covered for 15–20 minutes until water is absorbed. Remove from heat.
- 2** To prepare tofu, heat oil over medium heat in a non-stick frying pan. Add diced tofu and brown, approximately 2–3 minutes per side. Remove tofu from pan and set aside. Reserve pan with residual oil.
- 3** To prepare the miso sauce, add the miso paste, rice wine vinegar, water, honey, and sesame oil to a small mixing bowl. Whisk well to combine. Refrigerate.
- 4** To prepare the stir fry, place the same non-stick frying pan over high heat, add celery, mushrooms, red peppers, bean sprouts, ginger and garlic. Sauté for 2–3 minutes until vegetables are tender crisp.
- 5** Add miso sauce and tofu. Simmer for 2–3 minutes until sauce reduces and stir fry is heated through.
- 6** Serve immediately on a bed of rice.

## SUGGESTION

- ✓ *Create your own chop suey recipes by trying different vegetable/protein combinations with our miso sauce.*



# VEGETARIAN CHOP SUEY



## Nutrient Analysis

### PER SERVING

¼ of recipe

### Renal/Diabetic exchanges:

1 Meat + 2 Starch + 1 Lower-Potassium Vegetable + 2 Fat

Calories	<b>327Kcal</b>
Protein	<b>13g</b>
Total Carbohydrate	<b>38g</b>
Fiber	<b>4g</b>
Sugars	<b>7g</b>
Fat	<b>14g</b>
Saturated	<b>2g</b>
Cholesterol	<b>1mg</b>
Sodium	<b>270mg</b>
Potassium	<b>426mg</b>
Phosphorus	<b>210mg</b>
Calcium	<b>294mg</b>
Iron	<b>4mg</b>
Magnesium	<b>58mg</b>
Vitamin C	<b>36mg</b>

## Diet Types

- CKD Non-Dialysis     Dialysis/Diabetes  
 Dialysis                       Transplant

## POTASSIUM CHECK

# Asian take-out: what is kidney-friendly?

Eating away from home can be a challenge for those who have chronic kidney disease as there can easily be too much sodium, potassium and/or phosphorus added to the foods. When you're busy or you just don't feel like cooking, picking up a meal may be the solution. A common type of take-out food is Asian cuisine.

Consider the following to make Asian dishes kidney-friendly:

- Choose a restaurant where you know the menu and where foods can be prepared specifically for you.
- Ask about ingredients in unfamiliar dishes so you know if they fit into your diet.
- Ask for food to be cooked without soy sauce, fish sauce or monosodium glutamate (MSG). Most sauces are quite high in sodium so request that they be provided on the side. Use little of these or none at all. Do not add soy sauce.
- Choose lower-potassium vegetables, such as asparagus, green beans, cabbage, carrots, onions or snow peas.
- Order steamed white rice.

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