

SHRIMP AND ASPARAGUS ROTINI

INGREDIENTS

2 cups tri-color rotini pasta, dry

1 tablespoon olive oil

1 pound raw and peeled shrimp*

2 cups asparagus, trimmed
and cut into 1-inch pieces

1 tablespoon shallot, minced

2 teaspoons garlic, minced

½ cup chicken broth, no salt added**

1 tablespoon lemon zest

2 tablespoons tarragon, chopped

½ teaspoon ground black pepper

* Choose frozen shrimp without phosphate additives.

** Look for low or reduced-sodium broth containing 200mg sodium or less per 1 cup serving. Avoid low-sodium broth that contains potassium chloride—it's very high in potassium.

PREPARATION

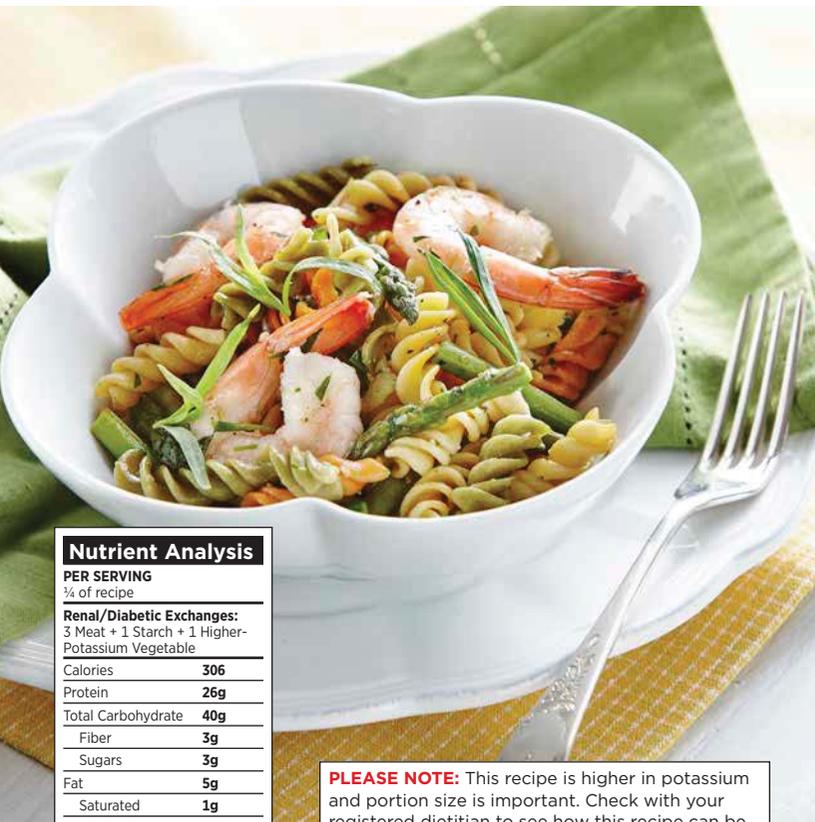
- 1** In a large saucepan, bring water to a boil. Cook pasta for approximately 10 minutes until tender, but firm. Drain and set aside.
- 2** Heat oil in a large skillet over medium-high heat. Add the shrimp and sauté until they become pink. Remove them from the skillet.
- 3** In the same skillet, sauté the asparagus with the shallot and garlic over medium heat. Add the chicken stock, lemon zest, tarragon, and black pepper and bring the mixture to a simmer (approximately 5 minutes, uncovered).
- 4** Once the liquid in the skillet has reduced by half, add the shrimp and rotini to the skillet. Toss together and serve immediately. Enjoy.

SUGGESTIONS

- ✓ *You can enjoy this recipe hot or cold. It makes a great salad "on the go."*
- ✓ *Brighten up your salads with this tri-color pasta.*



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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

3 Meat + 1 Starch + 1 Higher-Potassium Vegetable

Calories	306
Protein	26g
Total Carbohydrate	40g
Fiber	3g
Sugars	3g
Fat	5g
Saturated	1g
Cholesterol	137mg
Sodium	116mg
Potassium	537mg
Phosphorus	323mg
Calcium	98mg
Iron	3mg
Magnesium	69mg
Vitamin C	7mg

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types

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

POTASSIUM CHECK ✓

Managing potassium in seafood

General dietary guidelines recommend at least two meals with seafood as part of a weekly healthy diet. Seafood is an excellent low-fat source of protein, vitamins and minerals. Certain types also contain omega-3 fatty acids, which support heart health and have been shown to reduce inflammation. Fish and seafood are also a source of protein low in total and saturated fat, which is important in maintaining or reaching a healthy weight.

Experts recommend fish and seafood for people with chronic kidney disease. Make sure portions meet your dietary goals. Lower-potassium choices include low-sodium canned tuna and 3-ounce portions of perch, salmon, pickled herring and haddock.

Shellfish can be had in moderation. For variety, add 3-ounce portions of cooked lobster and blue, king or imitation crab to your diet.

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