

CREAMY SALMON PENNE

INGREDIENTS

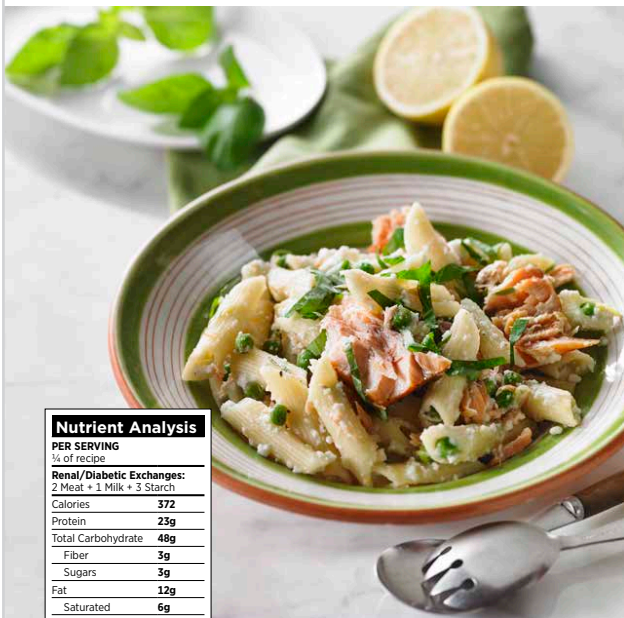
- 2 cups dry penne pasta**
- 1 cup frozen peas**
- 1 cup ricotta cheese**
- 2 tablespoons lemon juice**
- ½ cup water**
(from cooking pasta)
- 1 tablespoon lemon zest**
- ¼ teaspoon ground black pepper**
- 5 oz canned boneless, skinless sockeye salmon**
(or leftover cooked salmon)
- ½ cup basil leaves, thinly sliced**

PREPARATION

- 1** In a large saucepan, bring water to a boil and cook the pasta according to the directions on the package.
- 2** Shortly before the pasta is ready, add the peas to the boiling water and blanch them for 1 minute. Reserve ½ cup of the water before draining. Drain and set aside.
- 3** In another pan, over medium heat, mix the ricotta cheese, lemon juice and pasta water. Then add the lemon zest, ground pepper and salmon to the sauce.
- 4** Add the pasta and peas to the sauce and toss to combine.
- 5** Turn off the heat, sprinkle the fresh basil leaves on top of the pasta and serve immediately.



CREAMY SALMON PENNE



Nutrient Analysis	
PER SERVING	
½ of recipe	
Renal/Diabetic Exchanges:	2 Meat + 1 Milk + 3 Starch
Calories	372
Protein	23g
Total Carbohydrate	48g
Fiber	3g
Sugars	3g
Fat	12g
Saturated	6g
Cholesterol	59mg
Sodium	235mg
Potassium	354mg
Phosphorus	337mg
Calcium	235mg
Iron	2mg
Magnesium	55mg
Vitamin C	11mg

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

POTASSIUM CHECK ✓

Understanding potassium in dairy

When people with chronic kidney disease think of milk and dairy products, their first concern may be how high they are in phosphorus. While this is true, it is important to know that they are also very high in potassium. For example, ½ cup of milk has nearly the same amount of potassium as ½ cup of orange juice or one half of a medium-sized banana. Ask your dietitian how much milk and dairy products you can have in your daily diet to ensure that you do not eat or drink too much potassium.

As an alternative to milk products, milk substitutes can be used for drinking, pouring on cereal and cooking. Unfortified rice milk and almond milk are tasty and much lower in potassium than cow's milk. Ask your dietitian which milk substitute is right for you and how much you should use each day.

Presented by



Favorably reviewed by



Supported by an educational donation by

