

GREEN BEAN SLAW

INGREDIENTS

Slaw

*2 cups green beans, trimmed
and cut in 1-inch pieces*

*1 cup red cabbage,
thinly sliced*

*¼ cup shallot, sliced into
thin rings*

½ cup baby arugula

Vinaigrette

1 tablespoon chives, finely chopped

1 teaspoon Dijon mustard

1 teaspoon honey

1 tablespoon cider vinegar

2 tablespoons olive oil

⅛ teaspoon ground black pepper

PREPARATION

- 1** In a saucepan, bring water to a boil and cook the green beans (approximately 5 minutes). Immediately rinse the beans under cold water to stop the cooking process. The beans should still be crisp.
- 2** In a serving bowl, toss together the beans, cabbage, shallot rings, and arugula.
- 3** In a small bowl, whisk together the vinaigrette ingredients.
- 4** Pour the vinaigrette over the green bean slaw mixture and toss to combine.

SUGGESTION

- ✓ *Serve as a side dish for meat or fish.*
- ✓ *Dress it up with a protein, such as sliced steak or boiled egg and make it a meal.*



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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic exchanges:

1 Vegetable

Calories 97Kcal

Protein 2g

Total Carbohydrate 9g

Fiber 2g

Sugars 5g

Fat 7g

Saturated 1g

Cholesterol 0mg

Sodium 25mg

Potassium 211mg

Phosphorus 35mg

Calcium 38mg

Iron 1mg

Magnesium 20mg

Vitamin C 20mg

Diet Types



CKD Non-Dialysis



Dialysis/Diabetes



Dialysis



Transplant

POTASSIUM CHECK ✓

Vinaigrette-style salad dressings

A kidney-friendly diet is low in sodium. When removing sodium from the diet, one can remove vital flavor, making mealtime less appealing. To prepare flavorful food and create excitement about cooking, consider making and adding a vinaigrette-type salad dressing to various recipes. It is relatively easy to make and can add a great deal of flavor to many foods. In addition to tossing your favorite salad with a vinaigrette dressing, drizzle it over hot or cold vegetables or use it as a marinade.

To make a vinaigrette dressing, follow a few simple steps.

- Add 1 part vinegar or other acid to 3 parts oil. For example, mix ¼ cup of red wine vinegar with ¾ cup olive oil. Avoid using oils with very strong flavors, like some nut oils. For vinegar, anything goes – cider, red wine, white wine, rice, and balsamic are all excellent choices. Other acid options to consider are fresh squeezed lemon or lime juice. Avoid plain distilled white vinegar, as its flavor is too strong.
- Add more flavor with fresh ground pepper, some mustard, fresh herbs, minced garlic, or chopped shallots.
- If you like a little sweetness, add a touch of honey. Whisk ingredients together and store in a jar in the refrigerator for up to 5 days. Shake before each use.

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