

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

½ 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.*



GREEN BEAN SLAW



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

<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

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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