



Delicious!

PREPARATION: 20 MINUTES | SOAKING: 12 HOURS | COOKING: 30 MINUTES | SERVINGS: 4

ZESTY CHICKPEA STEW

INGREDIENTS

1 can chickpeas (15.5 oz), no salt added, drained, and rinsed

1 tablespoon canola oil

1 teaspoon turmeric

1 teaspoon garlic powder

1 cup yellow onion, cut in quarters

1 tablespoon brown sugar

1 tablespoon lime juice

½ jalapeno pepper, seeds removed, diced

¼ cup white rice, dry

*4 cups chicken broth, no salt added**

1 cup cooked chicken, cubed

¼ cup vanilla yogurt

1 ½ cups raw baby spinach

½ cup fresh Italian parsley, chopped

* Look for low- or reduced sodium broth containing 200 mg or less sodium per 1 cup serving. Avoid low-sodium broth that contains potassium chloride.

PREPARATION

- 1** In a large bowl, let the chickpeas soak in 4 quarts of water for 12 hours to reduce potassium content. Drain, rinse and dry them on a kitchen towel.
- 2** In a large non-stick frying pan or heavy-bottom pot, heat oil over medium heat. Add the chickpeas, turmeric, and garlic powder. Cook for 7-8 minutes, stirring occasionally until the chickpeas are slightly browned. Add additional oil if necessary. Remove them from the pan and set aside.
- 3** Add onions and sugar to the pan. Cook for 5 minutes, stirring occasionally until slightly browned. Crush half of the chickpeas and add them to the pan. Add lime juice, jalapeno, rice, and chicken broth. Bring to a boil, then reduce temperature to low and let simmer for 15 minutes. Add the chicken to heat through.
- 4** Take the pan off the stove and add the yogurt, spinach, and parsley. Stir to combine.
- 5** Distribute into 4 bowls and garnish with the remaining chickpeas and parsley. Add pepper to taste.

Note: If you like it spicy, do not remove the seeds from the jalapeno pepper.



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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

2 Starch + 2 Lean Protein
+ 1 Lower-Potassium Vegetable

Calories **282 Kcal**

Protein **20 g**

Total Carbohydrate **35 g**

Fiber **6 g**

Sugars **10 g**

Fat **7 g**

Saturated **1 g**

Cholesterol **31 mg**

Sodium **253 mg**

Potassium **438 mg***

Phosphorus **209 mg**

Calcium **119 mg**

*Can be lower with soaking

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

POTASSIUM CHECK ✓

Reducing potassium content in legumes (beans)

Dietary protein can come from plants or animals with each offering different health benefits. The daily amount needed depends on how well your kidneys are functioning. Too much dietary protein puts extra stress on the kidneys while too little prevents the building of muscle mass and may not be enough for your body's everyday needs. Working with a registered dietitian nutritionist can help you figure out the amount of protein you need based on your stage of kidney disease, and any other health issues you are managing.

Legumes (beans) are a great source of protein but also contain some potassium. Consuming the right portion size, on average half a cup, can limit how much potassium you are eating. With the correct preparation and cooking method, the potassium content of legumes can also be lowered. Consider the following tips when including legumes in a low-potassium diet.

1. Soak (leech) raw or canned legumes overnight (~12 hours) in a large pot of water.
2. After soaking, drain, add fresh water, and simmer or boil the legumes for at least 30 minutes. If using a pressure cooker, legumes should be cooked for at least 15 minutes. This step is only necessary when using raw legumes.

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