PINEAPPLE BEEF STIR-FRY

INGREDIENTS

- ¾ cup basmati rice, dry
- 3 tablespoons rice vinegar
- 3 tablespoons water
- 2 teaspoons cornstarch
- 1 tablespoon sugar
- 1 tablespoon garlic, finely chopped
- 1 tablespoon fresh ginger, grated
- 1 tablespoon canola oil
- 11 oz beef tenderloin, cut into strips
- 1 ½ cups red pepper, cut into strips
- ½ cup celery, cut into pieces on an angle
- 1 cup pineapple*, cut into chunks
- ½ teaspoon red pepper flakes
- black pepper to taste

* fresh, frozen or canned (drained)

PREPARATION

1. Cook the rice following the instructions on the package.
2. While the rice is cooking, in a small bowl, combine the rice vinegar, water, cornstarch, sugar, garlic and ginger. Set aside.
3. In a non-stick frying pan, heat the oil over medium heat. Stir-fry the beef until it turns brown and is thoroughly cooked (4-5 minutes). You may want to sauté the beef in two batches so as not to overload the pan. Set the cooked beef aside.
4. In the same pan, stir-fry the red peppers and the celery for 2 minutes. When vegetables are tender, add the pineapple chunks, red pepper flakes, and the cooked beef.
5. Pour in the cornstarch mixture from step 2 and stir until the sauce has thickened. Season with extra black pepper, if desired.
6. Serve the pineapple beef with the cooked rice and enjoy!
For individuals with CKD not on dialysis, reduce the amount of protein by reducing the amount of beef.

**Nutrient Analysis**

**PER SERVING**

<table>
<thead>
<tr>
<th>Renal/Diabetic Exchanges:</th>
<th>1 Starch + 3 Lean Protein + 1 Lower-Potassium Fruit + 1 Lower-Potassium Vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>319 Kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>24 g</td>
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<tr>
<td>Total Carbohydrate</td>
<td>34 g</td>
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<tr>
<td>Fiber</td>
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<tr>
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<tr>
<td>Fat</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Potassium</td>
<td>506 mg</td>
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<tr>
<td>Phosphorus</td>
<td>251 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>38 mg</td>
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</tbody>
</table>

**POTASSIUM CHECK ✓**

Adding low-potassium flavor and seasoning to meals

When following a kidney-friendly diet, some common seasonings should be limited. Avoid salt and salt substitutes that replace sodium chloride with potassium chloride when you are on a low-potassium diet. The good news is that you can use plenty of flavorful seasonings without adding unwanted potassium to meals.

- **Fresh herbs** including basil, cilantro, sage, and parsley can be added to dishes to create a variety of flavors. Select fresh over more concentrated dried herbs for low-potassium seasonings.
- **Spices** can enrich the taste and smell of food items. Cinnamon, paprika, turmeric, and ginger add different tastes to meats, vegetables, or other kidney-friendly foods.
- **Pepper** is a low-potassium choice which comes in several different types. Red, black, and white pepper will each add a different kick of flavor to your meal. Looking for more heat and spice? Try cayenne pepper!
- **Garlic:** Fresh, cooked, or roasted garlic can enhance the natural flavor of foods. Mix it with herbs or spices to create more flavors without adding too much potassium.

For individuals with CKD not on dialysis, reduce the amount of protein by reducing the amount of beef.