GOAT CHEESE ROTINI PRIMAVERA

INGREDIENTS

1 tablespoon olive oil
1 teaspoon garlic, minced
2 cups asparagus, trimmed and cut into 1” pieces
2 cups rotini, dry
¼ cup goat cheese, grated
2 teaspoons lemon zest
1 teaspoon lemon juice
½ teaspoon ground black pepper
2 cups water
½ cup peas, frozen
2 tablespoons fresh oregano, finely chopped

PREPARATION

1. Heat oil in a large skillet over medium-high heat.
2. Sauté garlic and asparagus until fragrant (1-2 minutes).
3. Add rotini, goat cheese, lemon zest, lemon juice, black pepper and water.
4. Bring to boil and simmer for 7 minutes or until pasta is cooked and sauce thickened.
5. Remove from heat and add frozen peas and oregano.
6. Toss to combine and serve.

SUGGESTION

✓ Try different herbs to vary the flavor of this dish such as tarragon, basil or parsley.
Eating your vegetables

Including vegetables as a part of your balanced kidney diet is important not only to add more flavors but also to incorporate different vitamins, minerals and fiber. Asparagus naturally contains vitamins A, C, and E along with fiber and calcium. One half-cup of cooked asparagus has 13 milligrams of sodium, 202 milligrams of potassium and 49 milligrams of phosphorus making it a good option for those with kidney disease. Select the right amount to follow a low-potassium diet.

Include a portion of asparagus with different meals to add flavor:
• Sauté as part of an omelet with eggs, onions and peppers for breakfast.
• Add raw asparagus spears to a salad or cooked asparagus in a soup at lunch.
• Season grilled asparagus with lemon juice, olive oil or red wine vinaigrette to complement a main dish.
• Steam and then puree asparagus with other ingredients and use it as an appetizer or sandwich spread.

Goat Cheese Rotini Primavera

Nutrient Analysis

PER SERVING ⅛ of recipe

Renal/Diabetic Exchanges: 1 Meat + 2 ⅓ Starch + 1 Higher-Potassium Vegetable
Calories 291
Protein 12g
Total Carbohydrate 42g
Fiber 4g
Sugars 4g
Fat 9g
Saturated 4g
Cholesterol 11mg
Sodium 81mg
Potassium 308mg
Phosphorus 195mg
Calcium 89mg
Iron 4mg
Magnesium 46mg
Vitamin C 9mg

Diet Types

✔ CKD Non-Dialysis  ✔ Dialysis/Diabetes
✔ Dialysis  ✔ Transplant

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