

ASIAN NOODLE SOUP

INGREDIENTS

<u>4 cups unsalted chicken broth</u>	<u>1 teaspoon garlic chili paste</u>	<u>2 tablespoons extra virgin olive oil</u>
<u>2 tablespoons fresh ginger, peeled and grated</u>	<u>1 tablespoon rice vinegar</u>	<u>1 teaspoon sesame oil</u>
<u>2 cups extra-firm tofu, cut into ½ inch cubes</u>	<u>1 cup green onions, sliced</u>	<u>6 oz vermicelli rice noodles, uncooked</u>
<u>2 teaspoons low-sodium soy sauce</u>	<u>¾ cup celery, sliced</u>	<u>½ cup fresh cilantro, chopped</u>
	<u>¼ cup red pepper, sliced</u>	<u>1 tablespoon lime juice</u>
	<u>1 ½ cups green cabbage, thinly sliced</u>	<u>ground pepper to taste</u>

PREPARATION

- 1** Heat the broth.
- 2** In a small bowl, combine ginger, tofu, soy sauce, chili paste and vinegar to marinate the tofu. Add the tofu and set aside.
- 3** Slice green onions, separate the green from the white slices, and set aside.
- 4** Combine the celery, green slices of green onions, red pepper and cabbage in a bowl.
- 5** Heat a large pot or deep wok style pan for 2 minutes on medium-high heat. Add the olive oil and the sesame oil and fry the whites of the green onions until they are brown and somewhat crisp but not burnt.
- 6** Turning the heat down to medium, add the tofu and its marinade, stirring to coat well while cooking for 2 minutes.
- 7** Add all vegetables from step 4 and continue to cook for another 2-3 minutes.
- 8** Add the hot broth to the vegetables, turn up the heat and bring to a boil quickly. Add the rice noodles and cook for 2 minutes.
- 9** Turn off the heat, stir in cilantro and lime juice and season with black pepper.

SUGGESTION

- ✓ *Leftover soup can be reheated within two days if kept refrigerated.*



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Nutrient Analysis

PER SERVING

% of recipe

Renal/Diabetic Exchanges:

1 Meat + 2 Starch + 1 Vegetable + 1 Fat

Calories	262
Protein	12g
Total Carbohydrate	30g
Fiber	3g
Sugars	2g
Fat	11g
Saturated	2g
Cholesterol	0mg
Sodium	164mg
Potassium	267mg
Phosphorus	176mg
Calcium	52mg
Iron	2mg
Magnesium	47mg
Vitamin C	16mg

Diet Types

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

POTASSIUM CHECK ✓

Tofu and the kidney diet

For those with chronic kidney disease it is important to eat the right amount of protein. Protein can come from animal sources such as lean meat, pork, chicken, turkey, fish, shellfish, eggs and dairy products or from vegetable sources such as beans, legumes and tofu.

It is important to note that the potassium content of protein sources can vary a lot. This is even the case with protein-rich foods that seem to be similar. For example, when choosing dairy products, cheese is lower in potassium while milk and yogurt can be quite high in potassium (note that cheese however can be much higher in sodium). This can be true for the different types of tofu as well. The silken tofu varieties contain significantly more potassium than regular firm or extra firm tofu. Consider these facts if it is important for you to follow a lower-potassium diet.

Vegetable sources of protein can be heart-healthy and help to control blood sugar levels for those who have diabetes. Try substituting tofu for meat in some of your recipes. An easy place to start is adding it to a stir-fry or salad. You can also thread it on skewers with vegetables to make a kebab. In general, the potassium content of vegetable proteins is higher than that of meat, poultry or fish. Ask your registered dietitian how much and which types of protein are right for you.

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