

CHILI-LIME DIP WITH TOASTED PITAS

INGREDIENTS

Dip

½ cup firm silken tofu

2 tablespoons mayonnaise

½ cup roasted red peppers from a jar

1 teaspoon chili powder

1 teaspoon onion powder

1 ½ tablespoons lime juice

3 tablespoons chopped fresh cilantro*

Pita Chips

4 plain, white flour, Greek pita breads
(6 ½ inches in diameter)

3 tablespoons olive oil

1 clove garlic, crushed

* can be replaced with fresh dill or parsley

PREPARATION

- 1** Preheat oven to 300°F.
- 2** To prepare the dip, place all listed dip ingredients in a blender or food processor and blend until smooth, about 30 seconds.
- 3** Transfer to a small bowl, cover and refrigerate for a minimum of 30 minutes.
- 4** Mix olive oil with garlic and brush it on the pitas.
- 5** Cut each pita into 8 wedges, then place wedges on baking tray and roast for 20 minutes or until the chips are crisp, but not browned.
- 6** Arrange dip and pita chips on plate and serve.

SUGGESTIONS:

- ✓ *The dip goes well with raw veggies or as a sandwich spread.*
- ✓ *You can keep the pita wedges in a tin for up to a week.*



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Nutrient Analysis

PER SERVING	
4 Chips + 1½ tbsp Dip	
Renal/Diabetic exchanges:	
1 Starch + 1 Fat	
Calories	154Kcal
Protein	4g
Total Carbohydrate	19g
Fiber	1g
Sugars	1g
Fat	7g
Saturated	2g
Cholesterol	1mg
Sodium	224mg
Potassium	90mg
Phosphorus	50mg
Calcium	56mg
Iron	1mg
Magnesium	15mg
Vitamin C	20mg

Diet Types

- | | |
|--------------------|---------------------|
| ✓ CKD Non-Dialysis | ✓ Dialysis/Diabetes |
| ✓ Dialysis | ✓ Transplant |

POTASSIUM CHECK ✓

Tofu and plant-based protein

Eating enough protein is an important part of the kidney diet. Too little protein intake can result in muscle loss, while eating too much makes your kidneys work harder. Working with a registered dietitian can be helpful to determine the amount of protein you need. Incorporating a variety of protein sources from animals and plants can make your diet more exciting.

Tofu is one example of a high-protein, low-fat food that can be used instead of meat. Tofu is made from soybean curds and can be purchased in a variety of textures from soft to extra-firm. Per the USDA Nutrient Database, a ½ cup portion of firm tofu contains 22 grams of protein, 18 milligrams of sodium, 299 milligrams of potassium and 239 milligrams of phosphorus. Use tofu in place of chicken to create homemade nuggets, in a burrito as an egg substitute, or grilled as part of a sandwich or salad.

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