

BARLEY BUDDHA BOWL

INGREDIENTS

1 head broccoli (½ lb), cut into florets

1 tablespoon olive oil

8 eggs, medium

⅔ cup barley, uncooked

4 cups baby arugula

¼ cup carrots, grated

¼ cup olive oil

¼ cup lemon juice

PREPARATION

- 1** Preheat oven to 400°F. To prepare roasted broccoli, toss broccoli florets with olive oil. Place on a baking tray. Roast for 20 minutes. Set aside.
- 2** To prepare hardboiled eggs, cover eggs with cold water in a saucepan and bring to a boil. Cover with lid. Remove from heat. Let eggs stand in water for 10–12 minutes. Rinse eggs under cold water. Remove from shell and slice in half. Refrigerate.
- 3** Cook the barley according to instructions on the package. Drain and let stand to cool.
- 4** To assemble each Buddha bowl, layer the following ingredients:
 - ¼ of the cooked barley
 - 1 cup arugula
 - ¼ of the roasted broccoli
 - 2 hardboiled eggs, cut in half
 - 1 tablespoon grated carrots
- 5** Drizzle each salad with 1 tablespoon of olive oil and 1 tablespoon of lemon juice. Serve immediately.

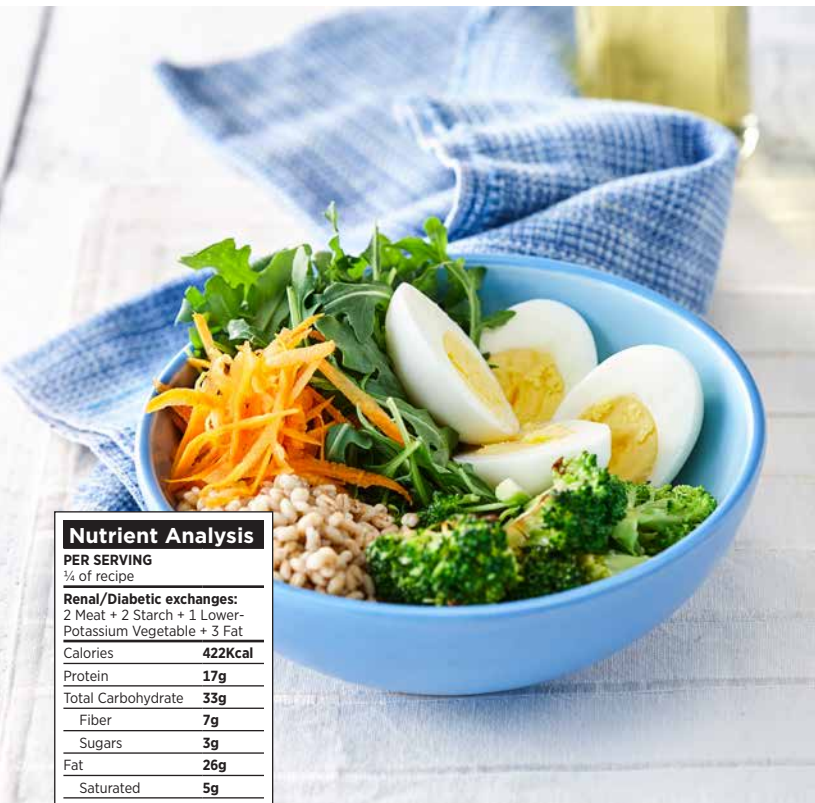
As an alternative, if you prefer a vinaigrette with your Buddha bowl, mix olive oil, lemon juice, sumac and honey to taste and add to the vegetables and eggs.*

Note: A Buddha bowl should consist of a grain, an assortment of raw or cooked vegetables, a protein and a dressing. It is an excellent way to use up leftovers.

* Middle Eastern spice which gives a tangy flavor and red color to a dressing.



BARLEY BUDDHA BOWL



Nutrient Analysis

PER SERVING
¼ of recipe

Renal/Diabetic exchanges:
2 Meat + 2 Starch + 1 Lower-Potassium Vegetable + 3 Fat

Calories	422Kcal
Protein	17g
Total Carbohydrate	33g
Fiber	7g
Sugars	3g
Fat	26g
Saturated	5g
Cholesterol	327mg
Sodium	157mg
Potassium	506mg
Phosphorus	300mg
Calcium	121mg
Iron	1mg
Magnesium	60mg
Vitamin C	60mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Adding Variety With Ethnic Food

Choosing meals with different flavors and food items is ideal for a balanced diet when eating kidney-friendly. Outside of the traditional American diet, many ethnic foods can be low in potassium and a regular part of your kidney diet. While eating out can be convenient, knowing what is in your food and how it's prepared can be a difficult task when eating at a buffet or restaurant. For the healthiest approach, try to plan ahead and make most meals at home. Consider the following when creating a diverse Asian cuisine with your kidney diet:

- Sauce is a potential source of high MSG*, sodium and potassium. Limit the amount you use and also read nutrition fact labels and ingredient lists to find any hidden potassium and sodium additives.
- Know which vegetables are higher in potassium per serving size such as spinach, bok choy and Swiss chard and eat less of them.
- You may want to avoid eating any Asian soups as broths can be high in sodium or potassium. Consider making your own version of an Asian soup where you can control the ingredients.
- Select steamed, low-potassium vegetables and rice as healthier alternative to fried food items.

*monosodium glutamate, used as a flavor enhancer

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