



Delicious!

PREPARATION: 15 MINUTES | COOKING: 15 MINUTES | SERVINGS: 5

RICOTTA CHEESE PENNE

INGREDIENTS

2 cups penne pasta, dry

¾ cup part skim ricotta cheese

1 teaspoon dried sage

¾ cup of water from boiling the pasta

2 tablespoons olive oil

2 cups green beans, cut lengthwise

1 garlic clove, minced

½ teaspoon black pepper

6 cherry tomatoes, cut in quarters

1 tablespoon lemon zest

PREPARATION

- 1** In a large pot, bring water to boil and cook pasta, according to instructions on package. After draining the cooked pasta keep ¾ cup of the water and set aside.
- 2** Transfer the cooked pasta back into the pot. Add the ricotta cheese and the sage and stir to combine and set aside.
- 3** In a large frying pan over medium-heat, heat the olive oil. Add the beans, garlic and pepper and fry for 3–4 minutes, paying attention to not burn the garlic.
- 4** Add the pasta water and bring to a boil. Reduce the heat and continue to simmer until the beans are cooked (approximately 4 minutes).
- 5** Add the bean mixture to the cooked pasta and cheese mixture.
- 6** Add the tomatoes and gently stir.
- 7** Sprinkle with lemon zest and serve.



RICOTTA CHEESE PENNE



Nutrient Analysis

PER SERVING

% of recipe

Renal/Diabetic exchanges:

1 Meat + 2 Starch + 1 Lower-Potassium Vegetable + 1 Fat

Calories	258Kcal
Protein	10g
Total Carbohydrate	34g
Fiber	3g
Sugars	3g
Fat	9g
Saturated	3g
Cholesterol	11mg
Sodium	43mg
Potassium	272mg
Phosphorus	161mg
Calcium	131mg
Iron	1mg
Magnesium	39mg
Vitamin C	9mg

Diet Types

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

POTASSIUM CHECK

Ricotta cheese is lower in sodium and phosphorus

Cheese is a common food in many people's diets, however, individuals with kidney disease need to talk to their dietitian on how much cheese they can safely eat as most cheeses are high in both sodium and phosphorus.

Processed cheeses such as American cheese slices and cheese spreads have the highest sodium and phosphorus content and should not be a part of a CKD diet. Hard, natural cheeses such as cheddar, mozzarella and Swiss are lower in both sodium and phosphorus, but still contain enough of these nutrients that they should be limited. Fortunately, soft cheeses such as ricotta and cream cheese can add flavor to recipes without adding a significant amount of sodium or phosphorus. Use in dips, on scrambled eggs, spread on toast or add to salads and pasta dishes.

Potassium content is generally low in most cheeses. A cheese that is labeled "low-sodium" may contain added potassium. Always check the ingredients list and avoid cheese with added potassium if you are on a low-potassium diet.

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