2 cups tri-color rotini pasta, dry
1 tablespoon olive oil
1 pound raw and peeled shrimp*
2 cups asparagus, trimmed and cut into 1-inch pieces
1 tablespoon shallot, minced
2 teaspoons garlic, minced
¼ cup chicken broth, no salt added**
1 tablespoon lemon zest
2 tablespoons tarragon, chopped
⅛ teaspoon ground black pepper

PREPARATION
1 In a large saucepan, bring water to a boil. Cook pasta for approximately 10 minutes until tender, but firm. Drain and set aside.
2 Heat oil in a large skillet over medium-high heat. Add the shrimp and sauté until they become pink. Remove them from the skillet.
3 In the same skillet, sauté the asparagus with the shallot and garlic over medium heat. Add the chicken stock, lemon zest, tarragon, and black pepper and bring the mixture to a simmer (approximately 5 minutes, uncovered).
4 Once the liquid in the skillet has reduced by half, add the shrimp and rotini to the skillet. Toss together and serve immediately. Enjoy.

INGREDIENTS

SHRIMP AND ASPARAGUS ROTINI

SUGGESTIONS
✓ You can enjoy this recipe hot or cold. It makes a great salad “on the go.”
✓ Brighten up your salads with this tri-color pasta.

* Choose frozen shrimp without phosphate additives.
** Look for low or reduced-sodium broth containing 200mg sodium or less per 1 cup serving. Avoid low-sodium broth that contains potassium chloride—it’s very high in potassium.
SHRIMP AND ASPARAGUS ROTINI

Managing potassium in seafood

General dietary guidelines recommend at least two meals with seafood as part of a weekly healthy diet. Seafood is an excellent low-fat source of protein, vitamins and minerals. Certain types also contain omega-3 fatty acids, which support heart health and have been shown to reduce inflammation. Fish and seafood are also a source of protein low in total and saturated fat, which is important in maintaining or reaching a healthy weight.

Experts recommend fish and seafood for people with chronic kidney disease. Make sure portions meet your dietary goals. Lower-potassium choices include low-sodium canned tuna and 3-ounce portions of perch, salmon, pickled herring and haddock.

Shellfish can be had in moderation. For variety, add 3-ounce portions of cooked lobster and blue, king or imitation crab to your diet.

POTASSIUM CHECK

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types

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