

CURRIED CHICKPEA SALAD

INGREDIENTS

1 cup water

1 cup uncooked couscous

1 can (15oz) chickpeas, no salt added

½ cup dried cranberries

2 green onions, thinly sliced

¼ cup fresh cilantro, chopped

Dressing

2 tablespoons curry powder

¼ cup apple cider vinegar

⅓ cup canola oil

2 teaspoons fresh ginger, grated

1 teaspoon lemon juice

PREPARATION

- 1** In a medium saucepan, bring 1 cup of water to a boil and prepare couscous following instructions on package. Transfer cooked couscous to a plate to cool.
- 2** In a bowl, combine couscous, chickpeas, cranberries, onions and cilantro.
- 3** In a small bowl, prepare the dressing: whisk together curry powder, vinegar, canola oil and ginger until combined.
- 4** Drizzle the dressing over the couscous mixture and stir to combine. Add some lemon juice if desired. Enjoy!

SUGGESTIONS

- ✓ *This salad makes a great lunch or side dish.*
- ✓ *For more protein you can add leftover meat or poultry.*



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Nutrient Analysis

PER SERVING	
1/6 of recipe	
Renal/Diabetic Exchanges:	
½ Meat + 2 Starch	
+ 1 Lower-Potassium Fruit	
+ 2 Fat	
Calories	330
Protein	8g
Total Carbohydrate	45g
Fiber	7g
Sugars	12g
Fat	14g
Saturated	1g
Cholesterol	0mg
Sodium	9mg
Potassium	218mg
Phosphorus	119mg
Calcium	51mg
Iron	2mg
Magnesium	40mg
Vitamin C	2mg

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 ✓

How to find hidden potassium in food labels

If you aren't familiar with reading nutrition labels, the amount of information can be overwhelming. On a kidney-friendly diet we have to watch salt, phosphorus, potassium and protein. While many of these nutrients are listed on the **Nutrition Facts** label, phosphorus and potassium are likely not at this time. Fortunately, manufacturers will soon be required to include potassium on all labels. Until this information becomes available, below is how you can find hidden sources of potassium.

First, identify the **Serving Size** of the food item. Often, foods that contain low to moderate potassium amounts can fit into your diet as long as you stick with the recommended portion size. Secondly, review the **Nutrition Facts** label and see if potassium and the amount in milligrams is listed. Typically, a low-potassium diet allows 2,000 milligrams per day. Lastly, review the **Ingredients** listed on the label. Additives that contain potassium could be listed as other names, such as potassium chloride, potassium iodide, potassium citrate, potassium alginate and acesulfame K.

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