**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
- ½ 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.
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.