

# GENERAL TAO TOFU

## INGREDIENTS

### Sauce

*¼ cup vegetable broth, no salt added\**

*2 tablespoons sugar*

*2 tablespoons low-sodium soy sauce*

*2 tablespoons unseasoned rice vinegar*

*2 tablespoons ketchup*

*1 teaspoon corn starch*

*1 teaspoon Sriracha sauce*

### Stir-fry

*1 pound firm tofu, pat-dried with paper towel, cut into small cubes*

*2 tablespoons corn starch*

*2 tablespoons canola oil*

*4 green onions, chopped (keep some for garnish)*

*1 teaspoon fresh ginger, minced*

*2 garlic cloves, minced*

\* 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.

## PREPARATION

- 1** In a small bowl, mix all ingredients of the sauce and set aside.
- 2** In a big bowl, mix the tofu cubes and the corn starch. Put the cubes on a plate and set aside.
- 3** In a non-stick frying pan or wok, heat the oil over medium-high heat. Fry the tofu in stages until all cubes are slightly browned.
- 4** Line a plate with a paper towel and transfer the tofu to the plate to absorb excess oil.
- 5** Add the green onions, ginger and garlic to the frying pan or wok and fry for 1–2 minutes. Add a bit of oil if necessary.
- 6** Add the sauce and bring everything to a boil while stirring constantly (approximately 2 minutes).
- 7** Add the tofu and stir until all ingredients are hot and ready to serve.
- 8** Serve with steamed rice.

## SUGGESTION

✓ *Tofu is a great vegetarian source of protein. You can use other allowed vegetables and sources of protein for this stir-fry. Try peppers, green beans, chicken or shrimp.*



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## Nutrient Analysis

PER SERVING  
% of recipe

**Renal/Diabetic Exchanges:**  
1 Meat + 1/2 Starch + 1 Lower-Potassium Vegetable + 1 Fat

Calories	159
Protein	7g
Total Carbohydrate	15g
Fiber	1g
Sugars	8g
Fat	8g
Saturated	1g
Cholesterol	0mg
Sodium	356mg
Potassium	260mg
Phosphorus	101mg
Calcium	43mg
Iron	1mg
Magnesium	33mg
Vitamin C	3mg

## Diet Types

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

## POTASSIUM CHECK

### Low-potassium snacks

If you are on the run, need a fast bite to eat or have the late night munchies, snacks can be incorporated as part of your kidney-friendly diet. Most of the potassium in your diet should come from breakfast, lunch and dinner. Keep low-potassium snacks available to grab something quick without overdoing your daily limit. Choose from the different food groups to keep snacks interesting. Also keep in mind that heavily processed foods contain additives, salt and possible hidden potassium sources. Be sure to read the label to identify these foods.

Grab a piece of fruit or a handful of vegetables for a low-calorie and low-potassium option. Choose a medium apple, a half-cup of grapes or a small handful of carrot and red pepper sticks. If you prefer a crunchy snack, stick with a portion of animal crackers, rice cakes or unsalted pretzels. A small portion of vanilla wafers, gelatin and a refreshing popsicle are sweet snack options. Add extra protein to your snack by selecting a hard-boiled egg, a slice of deli meat or a kidney-friendly nutritional shake.

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