

RED PEPPER COUSCOUS SALAD

INGREDIENTS

<i>½ cup pearl couscous, uncooked</i>	<i>1 tablespoon garlic, minced</i>
<i>½ cup roasted red peppers*, cut into small pieces</i>	<i>1 teaspoon lemon zest</i>
<i>¼ cup flat leaf parsley, chopped</i>	<i>1 tablespoon lemon juice</i>
<i>2 tablespoons red onion, diced</i>	<i>1 tablespoon olive oil</i>
	<i>⅛ teaspoon black pepper</i>

* Choose product with lowest sodium content

PREPARATION

- 1** Cook the couscous according to the instructions on the package, leaving out the salt. Transfer the cooked couscous (warm or cold) to a plate and place in the refrigerator to cool.
- 2** In a bowl, combine couscous, peppers, parsley, red onions, garlic, lemon zest, lemon juice, and the olive oil. Season with pepper to taste.

SUGGESTION

- ✓ *This side dish can become a meal by adding a protein, such as sliced chicken, fish, or meat.*



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Nutrient Analysis

PER SERVING

½ of recipe

Renal/Diabetic Exchanges:

2 ½ Starch + 1 Lower-Potassium
Vegetable + 1 Fat

Calories	267 Kcal
Protein	7 g
Total Carbohydrate	42 g
Fiber	4 g
Sugars	5 g
Fat	7 g
Saturated	1 g
Cholesterol	0 mg
Sodium	165 mg
Potassium	267 mg
Phosphorus	101 mg
Calcium	42 mg

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 |

NUTRITION CHECK ✓

Types and uses of couscous

Choosing a wide variety of carbohydrate sources should be part of a kidney-friendly diet. On average, these foods provide about half of your daily calories and are necessary to create the energy your body needs. Many dishes include grains such as rice, pasta or other noodles to provide these carbohydrates. These foods may contain different amounts of potassium depending on the ingredients used and seasonings added. Reading the labels and determining the correct portion size can help you pick different grains and maintain your lower-potassium diet goals.

Couscous, eaten warm or cool, can be used in recipes as a grain or carbohydrate source. While the shape may look like rice or a seed, couscous is actually a small pasta. Often yellow in color, it can mix nicely with other flavors from the dish or offer a light, nuttier taste. Couscous is made from semolina and is a good source of fiber and protein. In addition, ¼ cup portion of dry couscous also fits within a kidney-friendly diet as it offers only 150 mg of potassium and 10 mg of sodium. When trying different couscous recipes, serve it prepared with a source of protein, mixed with grilled vegetables or as an addition to salad greens.

Presented by



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