



Delicious!

PREPARATION: 15 MINUTES | COOKING: 10 MINUTES
RESTING: 12 HOURS | SERVINGS: 6

CHICKPEA COUSCOUS SALAD

INGREDIENTS

*½ can (7.5 oz) chickpeas,
no salt added, drained
and rinsed*

1 tablespoon olive oil

1 cup onion, chopped

1 cup zucchini, diced

1 cup red peppers, diced

1 teaspoon ground turmeric

1 teaspoon ground paprika

1 cup unsalted chicken broth

1 cup uncooked couscous

1 cup cooked chicken, diced

*2 tablespoons freshly
squeezed orange juice*

*2 tablespoons green onions,
sliced*

PREPARATION

- 1 Fill a large bowl with water and soak chickpeas for 12 hours or overnight to reduce phosphorus and potassium. Drain, rinse, and set aside.
- 2 In a large skillet, heat oil over medium heat. Fry onions for 2 minutes. Add the zucchini and the red peppers and fry for another 2 minutes. Season with turmeric and paprika and stir to combine.
- 3 Add the broth to the skillet and bring to a boil. Add couscous, chicken, and chickpeas, and stir to combine. Remove skillet from heat, cover, and let sit for 5 minutes.
- 4 Enjoy couscous warm or transfer to a closed container and refrigerate.
- 5 Before serving, add orange juice and sliced green onions.



CHICKPEA COUSCOUS SALAD



Nutrient Analysis	
PER SERVING	
% of recipe	
Renal/Diabetic Exchanges:	
1 Meat + 2 Starch +	
½ Lower-Potassium Vegetable	
Calories	228 Kcal
Protein	14 g
Total Carbohydrate	33 g
Fiber	4 g
Sugars	3 g
Fat	4 g
Saturated	1 g
Cholesterol	20 mg
Sodium	103 mg
Potassium	305 mg
Phosphorus	146 mg
Calcium	29 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

PHOSPHORUS CHECK ✓

Including vegetable protein and lowering phosphorus absorption

Including a variety of protein sources is important when following a kidney-friendly diet. Depending on the stage of chronic kidney disease, the recommended amount of daily protein varies. Incorporating plant-based protein sources can help in meeting daily protein goals.

Protein that comes from animals, e.g. meat, contains natural phosphorus. When eating animal-based protein, approximately 30 to 80% of the phosphorus from these foods is absorbed by the body. In comparison, food selections that are plant-based, have a much lower absorption amount of only 20 to 40%. As chronic kidney disease progresses, limiting total phosphorus is important as the kidneys are less able to filter this nutrient which can lead to harmful buildups in the body.

Plant-based protein sources include legumes, soy, meat alternatives, whole grains, nuts and nut butters. Read labels on packaged items to avoid foods that are high in sodium, potassium or contain unwanted phosphorus additives. Choosing the correct portion is necessary to help meet your specific nutrition goals. Experimenting with different recipes can allow you to find plant-based meals to enjoy. Adding legumes to soup or salads, choosing soy for stir fry, selecting meat alternatives for burgers, mixing whole grains into casseroles and using nuts, nut butters or seeds for flavor with hot cereal or baked goods are just a few ideas to try.

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