

PREPARATION: 30 MINUTES | COOKING: 2 MINUTES | SERVINGS: 2

POKE BOWL WITH SHRIMP

INGREDIENTS

½ cup couscous, uncooked
½ cup unsalted chicken broth
1 teaspoon canola oil
½ cup red cabbage, shredded
½ cup cucumber, cut into cubes
½ cup snow peas, cut into pieces
¼ cup sliced strawberries
¼ cup blueberries
¼ cup mango, cut into cubes
6 oz frozen cooked salad shrimp, defrosted

Sauce

3 tablespoons 0% fat plain Greek yogurt
1 tablespoon rice vinegar
2 teaspoons sesame oil
2 teaspoons hoisin sauce
2 teaspoons honey
1 teaspoon ginger, grated
¼ teaspoon Tabasco (optional)

Garnish

2 tablespoons green onion, sliced
2 tablespoons fresh cilantro, chopped
1 tablespoon sesame seeds for garnish

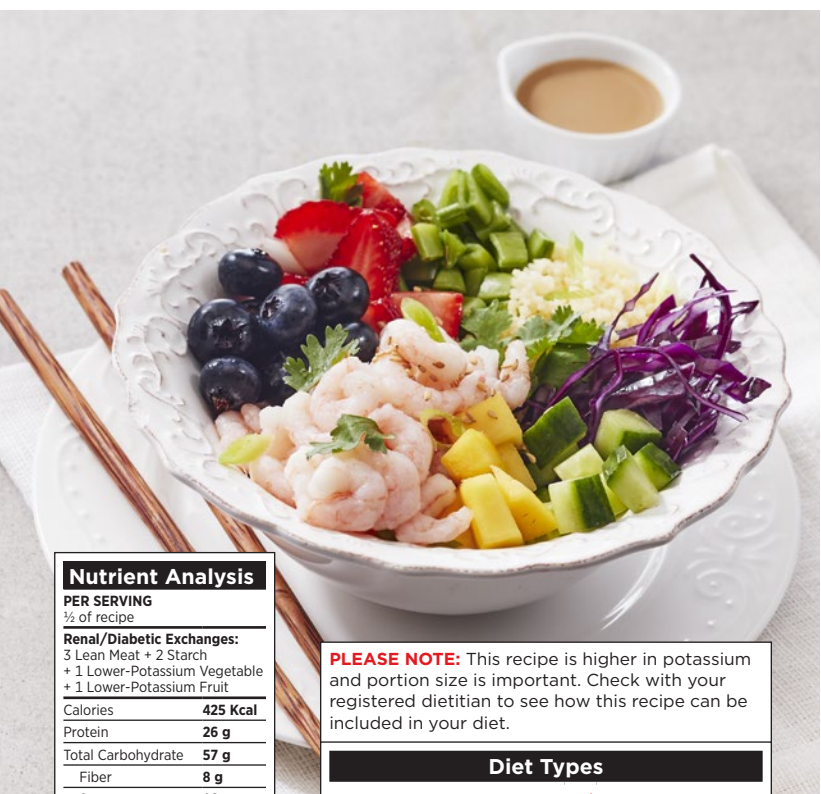
* Check the label and avoid shrimp with phosphate additives.
 Choose shrimp with lower than 20% DV for sodium.

PREPARATION

- 1 In a medium microwave-safe dish, combine couscous, chicken broth, and canola oil. Cook for 2 minutes in the microwave, or until water has been absorbed. Fluff the couscous with a fork and let cool.
- 2 Prepare the sauce: Add all sauce ingredients to a small bowl and whisk. Add a bit of water if you prefer the sauce to be more liquid.
- 3 Assemble two poke bowls: Divide couscous, vegetables, fruits, and shrimp among the two bowls. Top with sauce and garnish with green onion, cilantro, and sesame seeds.



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Nutrient Analysis	
PER SERVING	
½ of recipe	
Renal/Diabetic Exchanges:	
3 Lean Meat + 2 Starch	
+ 1 Lower-Potassium Vegetable	
+ 1 Lower-Potassium Fruit	
Calories	425 Kcal
Protein	26 g
Total Carbohydrate	57 g
Fiber	8 g
Sugars	16 g
Fat	12 g
Saturated	2 g
Cholesterol	119 mg
Sodium	533 mg
Potassium	559 mg
Phosphorus	364 mg
Calcium	183 mg

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types	
<input type="checkbox"/> CKD Non-Dialysis*	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

* For CKD Non-Dialysis: To lower protein, consider decreasing the amount of shrimp. Check with your registered dietitian how this recipe can be included in your diet.

PHOSPHORUS CHECK ✓

What to look for when choosing frozen fish and shellfish

Fish and shellfish are an excellent source of protein and thus a good substitute for red meat in your diet. They also provide several vitamins and minerals as well as healthy fats. These nutrients are important to maintain brain and eye health. Eating more fish and shellfish has also been linked to a lower risk of heart disease and certain cancers.

Buying fresh fish and shellfish would be ideal but may not be realistic for most people. Buying them frozen is likely more practical and will provide more affordable options.

Frozen fish and shellfish often have solutions added to them to keep them moist, tender and flavorful. These solutions may contain unwanted sodium and phosphorus. For example, a common additive to shrimp is sodium tripolyphosphate or STPP. Read labels to see if this has been added. When possible, choose shrimp without additives. If this is not possible, thaw shrimp in cold water, drain and rinse with cold water to help remove some of the STPP.

Be sure to cook fish and shellfish in healthful ways. Season with herbs such as garlic powder, parsley, black pepper, dill or smoked paprika. Instead of deep frying or pan frying try baking, broiling, sauteing, searing or steaming. Pair it with vegetables, beans or whole grains or add it to a salad or pasta.

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