

PREPARATION: 15 MINUTES | SERVINGS: 4

DRAGON VEGETABLE SALAD

INGREDIENTS

Salad

- 2 ½ cups coleslaw mix*
- ½ cup mini cucumber, sliced*
- ½ cup radish, sliced*
- ½ cup fresh cilantro (or mint), chopped*

Dressing

- ¼ cup nutritional yeast*
- ¼ cup olive oil*
- 2 tablespoons water*
- 2 tablespoons rice wine vinegar*
- 1 ½ tablespoons honey*
- 2 teaspoons low-sodium soy sauce*
- 2 teaspoons fresh ginger, grated*
- 1 small garlic clove*

PREPARATION

- 1** In a small bowl, whisk together all the dressing ingredients until well combined. Cover and refrigerate until ready to use.
- 2** In a large bowl, combine the coleslaw mix, cucumber, radish, and mint or cilantro.
- 3** Add the dressing to the salad and fold or toss gently until the vegetables are evenly coated.
- 4** Serve immediately.



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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

2 Lower-Potassium Vegetable
+ 3 Fat

Calories **182 kcal**

Protein **4 g**

Total Carbohydrate **12 g**

Fiber **3 g**

Sugars **8 g**

Fat **14 g**

Saturated **2 g**

Cholesterol **0 mg**

Sodium **95 mg**

Potassium **312 mg**

Phosphorus **54 mg**

Calcium **26 mg**

Diet Types

✓ CKD Non-Dialysis

✓ Dialysis/Diabetes

✓ Dialysis

✓ Transplant

PHOSPHORUS CHECK ✓

Cabbage is a nutritional powerhouse

The benefits of adding vegetables to your diet are endless. This is because vegetables provide essential nutrients such as fiber, phytochemicals, vitamins, and minerals that promote overall health. Eating a diet rich in vegetables can lower your risk of heart disease, stroke, and certain cancers, as well as lower your blood pressure, improve digestion, and help with weight management.

Adding cabbage to your diet is an excellent way to increase your vegetable intake. Cabbage is budget friendly, can be used in many ways, and is considered a lower-potassium vegetable when potassium is a concern. Shredding it creates many possibilities, such as making a slaw or adding crunch to salads, tacos, grain bowls, or soup. Shredded cabbage and slaw mix are readily available in grocery stores, making this very easy to do.

A tasty dressing is an excellent complement to slaws and salads. While bottled dressings are convenient, they can be expensive and may contain a lot of sodium and phosphate additives. The dressing for this recipe is delicious and made from common, kidney-friendly pantry items. Mix up a batch to keep in the fridge and use on many types of salads.

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