



Delicious!

PREPARATION: 30 MINUTES | SERVINGS: 4

VERMICELLI POKE BOWL

INGREDIENTS

Tofu

14 oz extra-firm tofu

1 tablespoon canola oil

Sauce

¼ cup canola oil

3 tablespoons lime juice

1 teaspoon lime zest

½ garlic clove, minced

2 tablespoons honey

*2 teaspoons fresh ginger, grated
(or ¼ teaspoon ground ginger)*

1 teaspoon low-sodium soy sauce

1 teaspoon hoisin sauce

1 teaspoon sesame oil

*½ teaspoon sambal oelek**

Salad

*5 oz (about 150 g)
rice vermicelli noodles*

1 cup grated carrot

1 cup diced English cucumber

6 radishes, julienned

4 green onions, sliced

½ cup fresh mint or cilantro, chopped

½ cup unsalted peanuts

Black pepper

** Substitutions include sriracha, chili garlic sauce,
harissa, tabasco, or other hot sauces*

PREPARATION

- 1** Press or pat the tofu dry to remove excess moisture, then cut into ½ inch cubes.
- 2** In a small bowl, whisk together all sauce ingredients until well combined.
- 3** In a nonstick skillet, heat the canola oil over medium-high heat. Add the tofu and cook, stirring occasionally, until crispy, about 8 minutes.
- 4** In a saucepan, bring water to a boil and cook the rice vermicelli according to the package directions. Drain in a strainer, then return the vermicelli to the pot and add a few drops of oil if the noodles are sticking.
- 5** Divide the rice vermicelli among four bowls. Top each bowl with carrot, cucumber, radishes, green onions, mint or cilantro, peanuts, and crispy tofu.
- 6** Spoon or drizzle the sauce over each bowl and season with black pepper to taste.



VERMICELLI POKE BOWL



Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:
1 Meat + 3 Starch + 1 ½ Higher-Potassium Vegetable + 4 Fat

Calories **518 kcal**

Protein **13 g**

Total Carbohydrate **54 g**

Fiber **6 g**

Sugars **20 g**

Fat **30 g**

Saturated **3 g**

Cholesterol **0 mg**

Sodium **173 mg**

Potassium **570 mg**

Phosphorus **211 mg**

Calcium **116 mg**

Diet Types

✓ CKD Non-Dialysis

✓ Dialysis/Diabetes

✓ Dialysis

✓ Transplant

PHOSPHORUS CHECK ✓

Use of Oils with Cooking

Including healthy fats as part of a diet for chronic kidney disease (CKD) is encouraged. Fat provides energy, but too much of certain types can be harmful for your heart and kidneys. Saturated fat and trans-fat are considered “bad” fats because they increase the risk for heart disease and inflammation. In comparison unsaturated fats, such as monounsaturated and polyunsaturated fats, are healthier choices that help lower blood cholesterol and reduce inflammation.

Cooking oils are used frequently as an ingredient or coating in recipes and enhance texture, flavor, and moisture. Cost can vary depending on the type of oil, so storing oils in airtight containers in a dark, cool place can help save money by preventing spoiling. Moderation is key with using oil as each type offers a different nutrient profile.

CANOLA OIL: This type of polyunsaturated oil offers the benefits of omega 3 and omega 6 fatty acids and is low in saturated fat. With a more neutral flavor, canola oil can be used in a variety of recipes.

OLIVE OIL: Considered a heart healthy oil, this selection is a good source of antioxidants and monounsaturated fat. Olive oil has a stronger flavor and can boost taste in salad dressings, glazes, or marinades.

SESAME OIL: Low in saturated fat and rich in omega 3 and omega 6 fatty acids, sesame oil is another good option. Often mild in flavor, this oil can work well for sauteing or in a recipe.

COCONUT AND PALM OIL: Containing a high amount of saturated fat, use coconut and palm oil in moderation. Too much can contribute to risk for high cholesterol and heart disease.

Presented by



Favorably reviewed by



Supported by an educational donation by

