



PREPARATION: 25 MINUTES | COOKING: 20 MINUTES | SERVINGS: 4

ONE-POT CREAMY ORZO WITH PORK

INGREDIENTS

- 2 tablespoons olive oil*
- 8 oz pork tenderloin, sliced*
- 1 cup white mushrooms, sliced*
- ¼ cup shallots, diced*
- 2 garlic cloves, minced*
- 3 tablespoons balsamic vinegar*
- 3 cups water*
- 1 cup uncooked orzo pasta*
- ½ cup regular sour cream*
- 1 tablespoon low-sodium soy sauce*
- ¼ teaspoon dried thyme*
- ½ cup frozen peas*

PREPARATION

- 1** In a large skillet, heat the olive oil over medium-high heat and brown the pork for about 5 minutes.
- 2** Add the mushrooms and shallots and stir-fry for a couple minutes until the mushrooms soften.
- 3** Reduce heat to medium and add the garlic and balsamic vinegar. Stir-fry for another minute.
- 4** Add the water, sour cream, orzo, soy sauce, and thyme, and stir to combine. Bring to a boil, then reduce heat and stir occasionally. After about 10 minutes, when the orzo is almost cooked and the sauce is creamy, add the peas to warm through. Serve immediately.

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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

2 Meat + 3 Starch + 1 Fat

Calories **387 kcal**

Protein **21 g**

Total Carbohydrate **40 g**

Fiber **3 g**

Sugars **6 g**

Fat **15 g**

Saturated **5 g**

Cholesterol **53 mg**

Sodium **171 mg**

Potassium **593 mg**

Phosphorus **272 mg**

Calcium **56 mg**

Diet Types

✓ CKD Non-Dialysis

✓ Dialysis/Diabetes

✓ Dialysis

✓ Transplant

PHOSPHORUS CHECK ✓

The ease of a one-pot meal

When dining out or picking up takeout, it's hard to know what ingredients have been used. These foods are often higher in sodium and may contain phosphate additives. Cooking at home is the best way to have control over your food. You can ensure you are using only kidney-friendly ingredients. Preparing meals at home can also be more budget friendly.

Preparing meals at home can take time and effort and may feel like too much, especially after a long day. A good solution is a one-pot meal. These meals are quick and easy and require fewer pots and dishes. You can also cook extra and have leftovers ready in the fridge to reheat on busy days.

A one-pot meal typically has four basic parts: a protein source such as meat, beans, lentils, or tofu; a base such as pasta, rice, quinoa, or barley; vegetables; and a sauce with your favorite herbs and/or spices. You can start with this recipe to learn the method and then create your own one-pot meals.

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