

# Green Bean Slaw

## Equipment list

- Cutting board anchored with a wet paper towel
- Chefs knife
- Small saucepan
- Sieve or colander
- Large bowl of ice water
- Medium glass bowl for vinaigrette
- Medium glass bowl for massaging kale
- Large glass bowl for slaw
- Variety of glass ingredient bowls
- Measuring spoons
- Tongs
- Whisk
- Spatula

Plating items: shallow white bowl on colored plastic plate

# Green Bean Slaw

**Yield:** 4 servings

<b>Ingredients:</b>	<b>Quantity</b>
Green beans, sliced into thirds	1 cup
Red cabbage, thinly sliced	1 cup
Zucchini, thinly sliced	½ cup
Kale, thinly sliced	1 cup
Olive Oil	1 tsp
Green onions, minced	3
Chives, finely chopped	1 tbsp
Dijon mustard	1 tsp
Honey	1 tsp
Cider vinegar	1 tbsp
Olive oil	2 tbsp
Black pepper	⅛ tsp

\*if prepped zucchini is very wet, press out excess moisture with a tea towel

## Directions:

1. In a saucepan, bring water to a boil and cook the green beans (approximately 5 minutes). Immediately drain and rinse the beans under cold water to stop the cooking process. The beans should still be crisp.
2. Chop kale and massage with 1 tsp of olive oil to soften
3. In a serving bowl, toss together the beans, cabbage, zucchini, kale and green onions.
4. In a small bowl, whisk together chives, mustard, honey, vinegar, olive oil and black pepper to make a vinaigrette.
5. Pour the vinaigrette over the vegetables and toss to combine.

## Culinary notes:

- A variety of vegetables lower in potassium are featured in this recipe. Other vegetables lower in potassium can also be used (see AHS handout “Potassium and Your Kidney Diet” and ask your doctor or dietitian about the number of servings to have per day).

**Recipe Source:** Adapted from Spice it Up Green Bean Slaw-

<https://www.myspiceitup.ca/recipe/green-bean-slaw/>

# Kidney Friendly Chicken Lo Mein

**Yield:** 6 servings

<b>Ingredients:</b>	<b>Quantity</b>
Vegetable oil	1 tbsp
Chicken, sliced into thin strips	1½ lb (600 grams)
Vegetable oil	1 tbsp
Red onion, thinly sliced	1 small
Carrot, chopped into matchsticks	1 medium
Red bell pepper, sliced into thin strips	1
Broccoli, chopped into small florets	1 small crown
Garlic, minced	3 cloves
Ginger, minced	1 tbsp
Vermicelli rice noodles	250gm
Boiling Water	8 cups
Sesame oil	2 tbsp
Sliced Water chestnuts, canned, drained	1- 227ml can
Soy sauce substitute (see recipe)	½ cup
Chicken broth, no salt added version	½ cup
Lime, juice and zest	1
Bean sprouts	1 cup
Asian Seasoning (see recipe)	1 tsp

## Directions:

1. Boil and drain vermicelli noodles as per package instructions. Rinse thoroughly, drain and return to pot. Toss with sesame oil to prevent sticking. Cover.
2. Heat wok over medium-high heat. Add 1 tbsp of oil and heat until oil slides easily across the pan.
3. Add chicken. Stir-fry until chicken cooked through (inside is no longer pink) and just starting to brown. Watch the chicken carefully so it doesn't overcook and become dry. Remove to a plate, cover, and set aside.
4. Return wok to heat. Add remaining oil and heat as before. When oil is hot, add onion and stir-fry. The onion will start to soften and become translucent and fragrant.
5. When the onion begins to brown, add carrot. Stir-fry 1-2 minutes.
6. Add red pepper, garlic, ginger, and broccoli florets. Continue to stir-fry 1-2 minutes more until garlic and ginger are fragrant.
7. Add water chestnuts, soy sauce substitute, chicken broth, lime zest and juice, bean sprouts, cooked chicken, cooked noodles, and Asian seasoning.
8. Stir fry lightly until all ingredients are combined and evenly coated with seasoning.

## Culinary notes:

- By using a homemade soy sauce substitute and no-salt added chicken broth, this recipe is much lower in sodium than the standard version.
- A variety of vegetables lower in potassium are featured in this recipe. Other vegetables lower in potassium can also be used (see AHS handout “Potassium and Your Kidney Diet” and ask your doctor or dietitian about the number of servings to have per day).
- Store bought Five-Spice seasoning can be used in place of homemade Asian Seasoning if available.
- If vermicelli rice noodles are not available, 350g of Spaghetti noodles can be used instead (prepare according to package directions).

**Recipe Source:** Adapted from Kidney Friendly Cooking – Canadian Association of Nephrology Dietitians; and “Let’s Eat!” (Volume 2)- Manitoba Renal Program 2018 accessed from <https://www.kidneyhealth.ca/wp-content/uploads/2018/12/Lets-Eat-Kidney-Friendly-Recipes-V2.pdf>

# Chicken Lo Mein

## Equipment list

- Cutting board anchored with a wet paper towel
- Chefs knife
- Large Pot
- Wok or large skillet
- Sieve
- Colander
- Medium stainless steel bowl
- Can opener
- Variety of glass prep bowls
- Measuring spoons and cups
- Tongs
- Spatula

Plating items: shallow white bowl on colored plastic plate

# Asian Seasoning

**Yield:** ~1.5 tbsp

<b>Ingredients:</b>	<b>Quantity</b>
Ginger, ground	2 tsp
Cinnamon, ground	1 tsp
Allspice, ground	½ tsp
Anise, ground	½ tsp
Cloves, ground	¼ tsp

**Directions:**

Mix ingredients together. Store in an airtight container.

**Culinary notes:**

- Each ¼ tsp serving has: 5mg potassium; 0mg sodium; 1mg phosphorus.

**Recipe Source:** Adapted from Kidney Friendly Cooking – Canadian Association of Nephrology Dietitians; and “Let’s Eat!” (Volume 2)- Manitoba Renal Program 2018 accessed from <https://www.kidneyhealth.ca/wp-content/uploads/2018/12/Lets-Eat-Kidney-Friendly-Recipes-V2.pdf>

# Soy Sauce Substitute

**Yield:** ¾ cups

<b>Ingredients:</b>	<b>Quantity</b>
Beef broth, no salt added	2 tbsp + 2 tsp
Red wine vinegar	2 tbsp + 2 tsp
Molasses	1.5 tsp
Ginger, ground	⅛ tsp
Garlic powder	¼ tsp
Black pepper	pinch
Water	½ cup + 2 tbsp

## **Directions:**

1. Combine all ingredients in a small pot. Bring to a boil over high heat. Reduce heat and simmer, uncovered, for 5-10 minutes (until the mixture is reduced to about ¾ cup volume).
2. Store, covered, in refrigerator up to 4 days. Can also be frozen.
3. Stir or shake before using.

## **Culinary notes:**

- Each 1 ⅔ tbsp serving has: 26mg potassium; 4mg sodium; 2mg phosphorus.

**Recipe Source:** Adapted from Kidney Friendly Cooking – Canadian Association of Nephrology Dietitians; and “Let’s Eat!” (Volume 2)- Manitoba Renal Program 2018 accessed from <https://www.kidneyhealth.ca/wp-content/uploads/2018/12/Lets-Eat-Kidney-Friendly-Recipes-V2.pdf>

# Soy Sauce Substitute

## Equipment list

- Small Pot
- Wooden spoon
- Variety of glass ingredient bowls
- Measuring spoons and cups

Plating items: 1 cup glass measuring cup