

# GOAT CHEESE ROTINI PRIMAVERA

## INGREDIENTS

*1 tablespoon olive oil*

*1 teaspoon garlic, minced*

*2 cups asparagus, trimmed and cut into  
1" pieces*

*2 cups rotini, dry*

*¼ cup goat cheese, grated*

*2 teaspoons lemon zest*

*1 teaspoon lemon juice*

*⅓ teaspoon ground black pepper*

*2 cups water*

*½ cup peas, frozen*

*2 tablespoons fresh oregano,  
finely chopped*

## PREPARATION

- 1 Heat oil in a large skillet over medium-high heat.
- 2 Sauté garlic and asparagus until fragrant (1-2 minutes).
- 3 Add rotini, goat cheese, lemon zest, lemon juice, black pepper and water.
- 4 Bring to boil and simmer for 7 minutes or until pasta is cooked and sauce thickened.
- 5 Remove from heat and add frozen peas and oregano.
- 6 Toss to combine and serve.

## SUGGESTION

- ✓ *Try different herbs to vary the flavor of this dish such as tarragon, basil or parsley*



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## Nutrient Analysis

### PER SERVING

¼ of recipe

**Renal/Diabetic Exchanges:**  
1 Meat + 2 ¼ Starch + 1 Higher-Potassium Vegetable

Calories	291
Protein	12g
Total Carbohydrate	42g
Fiber	4g
Sugars	4g
Fat	9g
Saturated	4g
Cholesterol	11mg
Sodium	81mg
Potassium	308mg
Phosphorus	195mg
Calcium	89mg
Iron	4mg
Magnesium	46mg
Vitamin C	9mg

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK ✓

### Eating your vegetables

Including vegetables as a part of your balanced kidney diet is important not only to add more flavors but also to incorporate different vitamins, minerals and fiber.

Asparagus naturally contains vitamins A, C, and E along with fiber and calcium. One half-cup of cooked asparagus has 13 milligrams of sodium, 202 milligrams of potassium and 49 milligrams of phosphorus making it a good option for those with kidney disease. Select the right amount to follow a low-potassium diet.

Include a portion of asparagus with different meals to add flavor:

- Sauté as part of an omelet with eggs, onions and peppers for breakfast.
- Add raw asparagus spears to a salad or cooked asparagus in a soup at lunch.
- Season grilled asparagus with lemon juice, olive oil or red wine vinaigrette to complement a main dish.
- Steam and then puree asparagus with other ingredients and use it as an appetizer or sandwich spread.

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