

PREPARATION: 20 MINUTES | SERVINGS: 8

ASIAN SLAW

INGREDIENTS

Salad

- 3 cups of your favorite cabbage, shredded fine
- 1 carrot, peeled and grated
- 1 cup bean sprouts
- ½ cup grapes, halved
- 1 green apple, grated
- Juice of ½ large lemon, or 1 small

Dressing

- ½ cup white wine vinegar
- 1 tablespoon orange juice concentrate
- ½ cup canola oil
- ½ teaspoon celery seed
- ¼ teaspoon black pepper
- 1 tablespoon honey
- ¼ cup fresh chives, chopped fine

PREPARATION

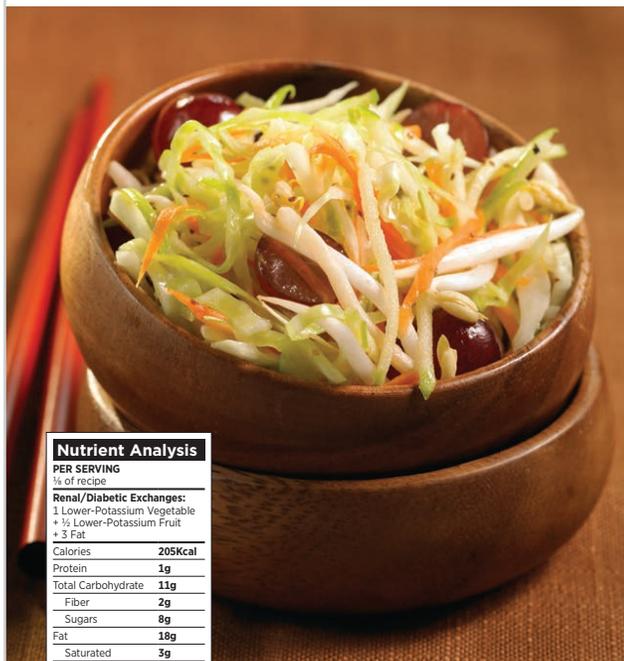
- 1 Prepare vegetables and fruits.
- 2 Transfer them into a glass bowl, grating the apple last and sprinkling the lemon juice over all ingredients before mixing (to keep from browning).
- 3 In a small bowl, combine all ingredients for the dressing.
- 4 Pour dressing over the salad and toss.
- 5 Refrigerate until ready to serve.

SUGGESTIONS

- ✓ Prepare in advance, keep in the fridge.
- ✓ This recipe can be easily halved.



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Nutrient Analysis	
PER SERVING	
½ of recipe	
Renal/Diabetic Exchanges:	
1 Lower-Potassium Vegetable	
+ ½ Lower-Potassium Fruit	
+ 3 Fat	
Calories	205Kcal
Protein	1g
Total Carbohydrate	11g
Fiber	2g
Sugars	8g
Fat	18g
Saturated	3g
Cholesterol	0mg
Sodium	16mg
Potassium	167mg
Phosphorus	30mg
Calcium	24mg
Iron	1mg
Magnesium	12mg
Vitamin C	19mg

Diet Types	
✓ CKD Non-Dialysis	✓ Dialysis/Diabetes
✓ Dialysis	✓ Transplant

POTASSIUM CHECK ✓

Cabbage

Vegetables are part of a healthy diet for all. Unfortunately, for those with chronic kidney disease, many vegetables may contain too much potassium to be enjoyed on a daily basis. Cabbage however is lower in potassium and can be enjoyed daily if desired. A one-cup serving of shredded raw cabbage contains only 120 milligrams of potassium. Cabbage is also high in fiber, rich in vitamins, minerals and antioxidants. All these can aid in bowel function, promote heart health and protect against cancer.

Cabbage comes in a lot of varieties, but the most commonly available are the green, red and purple varieties. When buying cabbage, choose heads that are firm and dense with shiny leaves that are not cracked or bruised.

Cabbage is also a nutritional bargain as it tends to be an affordable fresh vegetable that can be enjoyed in many types of recipes. Cabbage can be shredded and added to lettuce salads or used to make a chopped salad or coleslaw. Top a sandwich or tacos with coleslaw for extra crunch and flavor. Steam or sauté and serve as a side dish. Toss it into your next stir fry or add it to soups and stews.

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