

BASMATI SUMMMER SALAD

INGREDIENTS

1 can (15.5 oz) chickpeas,
no salt added, drained and rinsed

½ cup basmati rice, dry

1 cup cucumber, peeled and cubed

1 cup celery, chopped

1 cup mandarins*, cut into small pieces

½ cup red onion, minced

¼ cup fresh coriander, chopped

1 tablespoon olive oil

1 tablespoon lime juice

1 teaspoon lime zest

½ cup walnuts, crushed

black pepper to taste

* fresh or canned

PREPARATION

- 1** In a large bowl, soak the chickpeas in 4 quarts of water for 12 hours to reduce potassium content. Drain the chickpeas and rinse them with water one more time. Set them aside.
- 2** In a saucepan, cook the rice according to the instructions on the package. Let the rice cool in the uncovered pan.
- 3** While the rice is cooking, in a big bowl, combine the ingredients for the salad: chickpeas, cucumber, celery, mandarins, onion, and coriander. Add the rice and mix gently.
- 4** In a small bowl, whisk together the ingredients for the dressing: olive oil, lime juice, and zest. Pour the dressing over the salad, add some pepper to taste, and gently mix. Garnish with walnuts.
- 5** Refrigerate for 1 hour before serving.

Tip: Drain and rinse canned items to reduce sodium.



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Nutrient Analysis

PER SERVING	
¼ of recipe	
Renal/Diabetic Exchanges:	
1 Protein + 2 Starch +	
1 Lower-Potassium Fruit + 2 Fat	
Calories	334 Kcal
Protein	9 g
Total Carbohydrate	43 g
Fiber	7 g
Sugars	9 g
Fat	15 g
Saturated	2 g
Cholesterol	0 mg
Sodium	181 mg
Potassium	397 mg*
Phosphorus	165 mg
Calcium	86 mg

*Can be lower with soaking

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 ✓

Vegetable-based proteins

There are many things to consider with a kidney-friendly diet. One area of concern is the amount and type of protein. In general, people with earlier stage chronic kidney disease (CKD) should consume less protein to decrease the workload on the kidneys. A good way to lower protein intake is to add more plant-based or vegetable proteins to your diet. These foods tend to provide a fair volume of calories with a much lower protein content compared to protein from animal sources. Eating plant-based proteins can also help to protect the kidneys and slow the decline in kidney function.

Chickpeas, also known as garbanzo beans, are a great source of plant-based protein and fiber. They are also rich in vitamins and minerals such as folate and iron. They are typically affordable and available in both canned and dry varieties. When buying them canned, look for those that are labeled “no salt added” or “low in sodium”. Chickpeas can be added to a variety of dishes such as salads, soups, stews, chilies, burgers, and tacos. They can also be mashed to make hummus and roasted in the oven to make a crunchy snack. When cooking them, add onions, garlic, herbs, and spices for extra flavor.

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