

PREPARATION: 15 MINUTES | COOKING: 25 MINUTES | SERVINGS: 4

## FINE FISH STEW

### INGREDIENTS

*2 tablespoons olive oil*

*½ cup leeks, washed and chopped*

*2 cloves garlic, minced*

*¾ cup zucchini, diced*

*½ cup frozen corn niblets*

*3 cups chicken broth, no salt added\**

*1 cup dry orzo*

*2 tablespoons lemon zest*

*2 teaspoons dry basil*

*¼ teaspoon ground black pepper*

*12 oz frozen haddock, thawed*

*¼ cup fresh parsley, chopped*

\* Look for low- or reduced sodium broth containing 200 mg or less sodium per 1 cup serving. Avoid low-sodium broth that contains potassium chloride.

### PREPARATION

- 1** In a large skillet, heat olive oil over medium heat. Add leeks and garlic and sauté until the leeks begin to soften. Add zucchini and corn and continue to sauté.
- 2** Once the vegetables have begun to soften, add the chicken broth and increase the heat so that the mixture comes to a boil.
- 3** Stir the dry orzo, lemon zest, basil, and pepper into the boiling mixture.
- 4** Add the fish on top and reduce the heat. Simmer the fish stew, uncovered, for approximately 12 to 15 minutes or until the fish and orzo are cooked completely and the majority of the liquid is absorbed.
- 5** Turn off the heat. Place the fish on dinner plates. Add the fresh parsley to the orzo mixture, divide in portions and serve immediately.



# FINE FISH STEW



Nutrient Analysis	
<b>PER SERVING</b>	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
2 ½ Lean Protein + 3 Starch	
+ 1 Lower-Potassium Vegetable	
Calories	<b>354 Kcal</b>
Protein	<b>23 g</b>
Total Carbohydrate	<b>49 g</b>
Fiber	<b>3 g</b>
Sugars	<b>3 g</b>
Fat	<b>8 g</b>
Saturated	<b>1 g</b>
Cholesterol	<b>47 mg</b>
Sodium	<b>218 mg</b>
Potassium	<b>525 mg</b>
Phosphorus	<b>226 mg</b>
Calcium	<b>53 mg</b>

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

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 ✓

### Different methods for preparing fish

Eating the right amount of protein is critical to maintain healthy muscles and support many functions of the body. Fish is a good source of protein and a great alternative to eating red meat as it provides a wide range of health benefits for those with chronic kidney disease. Fish containing omega-3 fatty acids is especially healthful. The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. Fish, however, is rich in potassium and thus portion size is important to avoid eating too much potassium when following a low-potassium diet. Working with a registered dietitian nutritionist is a great way to find out which type and how much fish can be safely included in your diet.

There are dozens of varieties of fish available with many flavors and cooking styles that can suit any taste. You can buy fish either fresh or frozen. Frozen fish often costs less than fresh fish and may be the freshest fish for you to buy as it is frozen immediately when caught. Fish is easy to prepare and can be microwaved, baked, broiled, steamed, or pan-fried. Pepper, lemon, or a sprinkle of herbs adds good flavor without adding a lot of potassium. Serve prepared fish with a side of rice or pasta, on a bed of salad greens, or as a filler for tacos.

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