

## GARLIC SHRIMP LINGUINI

### INGREDIENTS

7 oz linguini pasta, dry

1 tablespoon unsalted butter

1 tablespoon olive oil

2 tablespoons garlic, minced

½ cup red pepper, diced

2 cups broccoli florets

12 oz shrimp, raw and peeled

½ cup pasta water

⅛ teaspoon ground black pepper

¼ teaspoon chili flakes

2 teaspoons dried oregano

### PREPARATION

- 1** In a large pot, cook pasta according to instructions. Reserve ½ cup of water before draining the pasta.
- 2** In a large skillet, over medium heat, melt butter with olive oil. Sauté garlic, red pepper, and broccoli.
- 3** Add shrimp, pasta water, pepper, and chili flakes. Simmer until the shrimp are cooked and turn pink.
- 4** Add the cooked linguine and oregano to the skillet. Toss to combine. Serve immediately.



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## Nutrient Analysis

### PER SERVING

¼ of recipe

### Renal/Diabetic Exchanges:

3 Lean Protein + 2 ½ Starch  
+ 1 Lower-Potassium Vegetable

Calories	<b>342 Kcal</b>
Protein	<b>25 g</b>
Total Carbohydrate	<b>44 g</b>
Fiber	<b>4 g</b>
Sugars	<b>3 g</b>
Fat	<b>8 g</b>
Saturated	<b>2 g</b>
Cholesterol	<b>144 mg</b>
Sodium	<b>121 mg</b>
Potassium	<b>548 mg</b>
Phosphorus	<b>320 mg</b>
Calcium	<b>105 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

CKD Non-Dialysis  Dialysis/Diabetes

Dialysis  Transplant

For individuals with CKD not on dialysis, reduce the amount of protein by reducing the amount of shrimp.

## POTASSIUM CHECK ✓

### Shellfish in the kidney diet

Shellfish like shrimp, crab, and lobster can be a good source of protein in a kidney-friendly diet. Smoked and canned versions should be avoided, as they can be high in sodium. Eating raw shellfish is not recommended due to the risk of food poisoning, so cooking it properly is the safest way to eat it. When compared to fish and other types of shellfish, shrimp is lower in potassium and can be included in a low-potassium diet. Some are worried about the cholesterol content of shrimp compared to other types of seafood. Even though shrimp has more cholesterol, the amount is still reasonable for a kidney-friendly diet.

Most shrimp is frozen soon after it is caught so the freshest shrimp you can buy is typically in the freezer aisle. Look for shrimp that is free from added phosphates or salt. Shrimp is easy to prepare via sautéing, broiling, grilling, or boiling. Use the same spices you use to season fish to season shellfish. Flavors that pair best with shrimp include lemon, garlic, dill, crushed red pepper flakes, basil, and cilantro. Serve prepared shrimp over rice or pasta, with kidney-friendly roasted vegetables, on a bed of salad greens, and as a main ingredient for tacos.

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