

## PINEAPPLE BEEF STIR-FRY

### INGREDIENTS

*¾ cup basmati rice, dry*

*3 tablespoons rice vinegar*

*3 tablespoons water*

*2 teaspoons corn starch*

*1 tablespoon sugar*

*1 tablespoon garlic,  
finely chopped*

*1 tablespoon fresh ginger, grated*

*1 tablespoon canola oil*

*11 oz beef tenderloin, cut into  
strips*

*1 ½ cups red pepper, cut into strips*

*½ cup celery, cut into pieces on an  
angle*

*1 cup pineapple\*, cut into chunks*

*½ teaspoon red pepper flakes*

*black pepper to taste*

### PREPARATION

- 1 Cook the rice following the instructions on the package.
- 2 While the rice is cooking, in a small bowl, combine the rice vinegar, water, cornstarch, sugar, garlic and ginger. Set aside.
- 3 In a non-stick frying pan, heat the oil over medium heat. Stir-fry the beef until it turns brown and is thoroughly cooked (4-5 minutes). You may want to sauté the beef in two batches so as not to overload the pan. Set the cooked beef aside.
- 4 In the same pan, stir-fry the red peppers and the celery for 2 minutes. When vegetables are tender, add the pineapple chunks, red pepper flakes, and the cooked beef.
- 5 Pour in the cornstarch mixture from step 2 and stir until the sauce has thickened. Season with extra black pepper, if desired.
- 6 Serve the pineapple beef with the cooked rice and enjoy!

\* fresh, frozen or canned (drained)



# PINEAPPLE BEEF STIR-FRY



## Nutrient Analysis

### PER SERVING

¼ of recipe

### Renal/Diabetic Exchanges:

1 Starch + 3 Lean Protein  
+ 1 Lower-Potassium Fruit  
+ 1 Lower-Potassium Vegetable

Calories	319 Kcal
Protein	24 g
Total Carbohydrate	34 g
Fiber	2 g
Sugars	10 g
Fat	10 g
Saturated	3 g
Cholesterol	65 mg
Sodium	224 mg
Potassium	506 mg
Phosphorus	251 mg
Calcium	38 mg

## 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 beef.

## POTASSIUM CHECK ✓

# Adding low-potassium flavor and seasoning to meals

When following a kidney-friendly diet, some common seasonings should be limited. Avoid salt and salt substitutes that replace sodium chloride with potassium chloride when you are on a low-potassium diet. The good news is that you can use plenty of flavorful seasonings without adding unwanted potassium to meals.

- **Fresh herbs** including basil, cilantro, sage, and parsley can be added to dishes to create a variety of flavors. Select fresh over more concentrated dried herbs for low-potassium seasonings.
- **Spices** can enrich the taste and smell of food items. Cinnamon, paprika, turmeric, and ginger add different tastes to meats, vegetables, or other kidney-friendly foods.
- **Pepper** is a low-potassium choice which comes in several different types. Red, black, and white pepper will each add a different kick of flavor to your meal. Looking for more heat and spice? Try cayenne pepper!
- **Garlic:** Fresh, cooked, or roasted garlic can enhance the natural flavor of foods. Mix it with herbs or spices to create more flavors without adding too much potassium.

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