

PASTA PRIMAVERA

FOR THE MANAGEMENT OF CHRONIC KIDNEY DISEASE

INGREDIENTS

- ½ lb white spaghetti or linguini
- 2 cloves of garlic, minced
 - substitute with ¼ teaspoon garlic powder
- 2 medium (or 1 large) zucchini, cut into half moons
- 1 container (10 ounces) grape tomatoes, quartered
- 1 bell pepper, diced
- ¼ cup extra virgin olive oil, divided
- ½ tsp crushed red pepper flakes (optional)
- ¼ cup fresh parsley, chopped
 - substitute with 1 tablespoon dried parsley
- Juice of ½ lemon
- 1 teaspoon lemon zest (optional)
- black pepper to taste

INSTRUCTIONS

1. Preheat oven to 400F.
2. In a large bowl, combine garlic (or garlic powder) and the chopped vegetables with 2 tablespoons olive oil.
3. Roast vegetables for 20 minutes on a sheet pan, stirring halfway.
4. While veggies are roasting, bring a large pot of water to a boil, add pasta, and cook until al dente, about 10 minutes.
5. To save another dish, drain pasta and return to the warm pot. Combine cooked pasta with roasted vegetables, remaining olive oil, crushed red pepper flakes, parsley, lemon juice, lemon zest, and black pepper.
6. Cook for 2-3 minutes until heated through.
7. Garnish with any remaining parsley and extra crushed red pepper flakes if desired

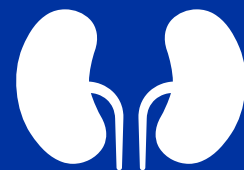


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KIDNEY FRIENDLY



4 SERVINGS



30 MIN



PASTA PRIMAVERA NUTRITION FACTS

CHECK THE LABEL

Why is this dish perfect for patients with CKD?

Patients with CKD have several nutritional concerns to balance when planning their meals. This is because the kidneys filter out waste products and excess minerals, which may build up in the bloodstream if the kidneys are not functioning properly.

To begin, people with CKD may need to limit sodium, phosphorous and potassium. This dish is low in all three thanks to the selection of low potassium and low phosphorous veggies as well as white pasta instead of whole wheat.

Patients with CKD may also need to consider limiting protein, and this dish contains just 9g. It's important to note that only patients **not** on dialysis should limit protein as dialysis can actually increase protein needs.

How can you build flavor without added sodium?

This recipe uses two techniques to keep the dish flavorful without added salt. To begin, it uses plenty of both fresh and dried herbs and spices including fresh parsley and dried crushed red chili. Next, roasting the vegetables will bring out the sweetness in the natural sugars through caramelization.

Nutrition Facts

servings per container
Serving size (238g)

Amount per serving
Calories **370**

% Daily Value*

Total Fat 15g 19%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 51g 19%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 41mg 4%

Iron 3mg 15%

Potassium 539mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.