

# Chinese Renal Kitchen - Stir-Fried Mixed Vegetables

 Servings: 4



## Nutrient Analysis Per Serving:

Protein	3 g
Carbohydrates	12 g
Fat	5 g
Potassium	446 mg
Phosphorus	73 mg
Sodium	168 mg

*\*The original recipe was taken from the Chinese Renal Kitchen: Cookbook for People Living with A Special Diet for Kidneys, Renal Department, St. Paul's Hospital, Vancouver, BC, 1998.*

*Note: This handout does not replace consultation with your kidney dietitian or health care provider.*

## Ingredients:

Vegetable oil	1 tablespoon or 15 mL
Ginger root, sliced	4
Broccoli, cut into flowerets	1 cup or 250 mL
Cauliflower, cut into flowerets	1 cup or 250 mL
Celery stalks, cut into 1/4 inches/0.5 cm slanting slices	2
Carrot, peeled and sliced same as celery	1
Onion, peeled and sliced	1 medium
Asparagus stalks, sliced into 2 inch pieces	4
Water	2 tablespoon
Chinese cooking wine	1.5 teaspoons or 7 mL

## Sauce:

Low sodium soy sauce	1 teaspoon or 5 mL
Sugar	1/2 teaspoon or 2 mL
Sesame oil	1/2 teaspoon or 2 mL
Corn starch	1 teaspoon or 5 mL
Water or low sodium chicken broth	1/4 cup or 63 mL
White pepper	1/4 tsp or 1 mL

## Methods

- 1 In a small bowl, combine sauce ingredients. Set aside.
- 2 Heat oil in wok or frying pan. Add ginger, stir-fry briefly. Add broccoli, cauliflower, and carrot. Stir-fry for 2-3 minutes. Add onion, celery, asparagus, and water or low sodium chicken broth. Stir-fry thoroughly. Add Chinese cooking wine. Stir up sauce mixture and add while stirring constantly. Cook until sauce slightly thickens.

*\*You can combine any vegetable that you like! If you need to limit high potassium vegetables, speak to your dietitian for ideas!*