



Spicy Bell Pepper Medley

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 73g, Protein 1g, Carbohydrates 6g, Fat 5g, Cholesterol 0mg, Sodium 92mg, Potassium 141mg, Phosphorus 20mg, Calcium 15mg, Fiber 1.3g

Renal and Renal Diabetic Food choices: 1 vegetable, low potassium

PREPARATION

1. Thinly slice red onion. Dice bell peppers.
2. Heat oil in a medium-sized pan, add the red onion and cook for 5 minutes.
3. Season onion with black pepper and curry powder and cook for 5 more minutes.
4. Stir in the bell peppers and cook for 15 minutes, stirring several times.
5. Season with salt and turn off heat. Let stand for about 5 minutes.
6. Serve hot with flour tortillas or over rice.

Portions: 6

Serving size: 1/2 cup

Carbohydrate Choices: 3

INGREDIENTS

2 tsp	Canola oil
1 cup	Red onion
1 cup	Orange bell pepper
1 cup	Green bell pepper
1 cup	Red bell pepper
1/2 tsp	Black pepper
1 tsp	Hot curry powder
1/4 tsp	Salt

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Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

