



## Sesame Vermicelli

**Diet types:** CKD Non - Dialysis, Dialysis, Diabetes

**Nutrients per serving:** Calories 185g, Protein 5g, Carbohydrates 30g  
Fat 5g, Cholesterol 0mg, Sodium 16mg, Potassium 112mg  
Phosphorus 87, Calcium 21mg Fiber 4.2g

**Renal and Renal Diabetic Food choices:** 1-1/2 starch, 1/2 fat, 1/2 high calorie

### PREPARATION

1. Cook pasta according to package directions, omitting salt. Drain.
2. Separate scallion bulbs and green tops. Chop garlic and scallion bulbs and greens; set aside.
3. Mix together sesame oil, lemon juice and honey. Set aside.
4. Sauté garlic and scallion bulbs in vegetable oil until slightly browned.
5. In a large bowl, mix together peas, raw scallion green tops and vermicelli. Add sautéed scallion bulbs and sesame oil mixture.
6. Toss ingredients and serve.

**Portions:** 6

**Serving size:** 1/2 cup

**Carbohydrate Choices:** 2

### INGREDIENTS

1 tsp	Sesame oil
2 tsp	Lemon juice
2 tsp	Honey
1 tsp	Vegetable oil
1	Garlic clove
1/2 cup	Scallions
1/2 cup	Green peas
6 ounces	Whole wheat vermicelli, uncooked

Find more kidney-friendly recipes, visit [davita.in/recipes](https://www.davita.in/recipes) today.

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

