



Zucchini Stir - Fry

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 80, Protein 1g, Carbohydrates 4g, Fat 7g, Cholesterol 8mg, Sodium 80mg, Potassium 226mg, Phosphorus 36mg, Calcium 23mg, Fiber 1.3g

Renal and Renal Diabetic Food choices: 1 vegetable, medium potassium, 1 fat

PREPARATION

1. Heat butter and olive oil in a nonstick skillet over medium heat.
2. Sauté cumin seeds to brown.
3. Add zucchini and onion and sprinkle with black pepper powder. Stir a few times to mix.
4. Cover and cook for approximately 5 minutes to medium tenderness, stirring a few times.
5. Add lemon juice and chopped coriander leaves. Mix, cook another minute and serve.

Portions: 4

Serving size: 1/2 cup

Carbohydrate Choices: 1

INGREDIENTS

1 tsp	Butter
1 tsp	Olive oil
1 tsp	Cumin seeds
2 cups	Fresh zucchini, peeled and sliced
1/2 cup	Red onion, sliced
1 tsp	Black pepper powder
1 tsp	Lemon juice
1/4 cup	Green coriander leaves (Cilantro), chopped

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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.

