

PREPARATION: 30 MINUTES

COOKING: 2 MINUTES

2 SERVINGS



POKE BOWL WITH SHRIMP

INGREDIENTS

½ cup couscous

½ cup no salt added chicken broth

1 teaspoon canola oil

½ cup red cabbage, shredded

½ cup cucumber, cut into cubes

½ cup snow peas, cut into pieces

¼ cup sliced strawberries

¼ cup blueberries

¼ cup mango, cut into pieces

160 g frozen cooked shrimp, defrosted*

Garnish

2 tablespoons green onion, sliced

2 tablespoons fresh cilantro, chopped

Sesame seeds for garnish (optional)

Sauce

3 tablespoons plain Greek yogurt, 0%

1 tablespoon rice vinegar

2 teaspoons sesame oil

2 teaspoons hoisin sauce

2 teaspoons honey

1 teaspoon ginger, grated

Few drops of Tabasco (optional)

- * Check the label and avoid shrimp with phosphate additives. Choose shrimp with lower than 20% DV for sodium.

PREPARATION

- 1** In a medium microwave-safe dish, combine couscous, chicken broth, and canola oil. Cook for 2 minutes in the microwave, or until water has been absorbed. Fluff the couscous with a fork and let cool.
- 2** Prepare the sauce: Add all sauce ingredients to a small bowl and whisk. Add a bit of water if you prefer the sauce to be more liquid.
- 3** Assemble two poke bowls: Divide couscous, vegetables, fruits, and shrimp among the two bowls. Top with sauce and garnish with green onion, cilantro, and sesame seeds.

Nutrient Analysis

PER SERVING:

½ of recipe

RENAL EXCHANGE:

2 ½ Protein+ 2 Starch + ½ Fruit
+ 1 Vegetable

Calories	414 Kcal
Protein	22 g
Carbohydrates	58 g
Fibre	5 g
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	102 mg
Sodium	578 mg
Potassium	503 mg
Phosphorus	364 mg