



American Association
of Kidney Patients

aakp.org

Understanding kidney disease is a critical first step to improving your health. The American Association of Kidney Patients is the leader in kidney patient centered education. For more than 45 years, AAKP has provided patients and families the educational tools they need to understand kidney disease and take a more active and informed role in their health care.

Our efforts across the country to speak on behalf of patients and their families have improved their lives and well-being - benefiting all of America's kidney patients. Building communities among kidney patients and their families, health care professionals, and other support groups is an important goal of AAKP.

Education • Community • Advocacy

AAKP promotes education and encourages conversations that help improve patients' everyday lives.

**Take Charge of Your
Health Care with AAKP!**

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Joining the AAKP family is easy—and it's free!

Just call 1-800-749-2257 and select ext. 3.

You only need to give us your name and email address and you're done! Or you can go to AAKP's website at

www.aakp.org and click on the "Join

Free Membership" on the right of our home page.



The Independent Voice of Kidney Patients Since 1969™

AAKP Delicious!

Nutritious - Delicious - Kidney Friendly

Start your kidney friendly recipe collection
with **AAKP Delicious!**



Thai Shrimp Kebabs

Prep: 20 Minutes | Cooking: 15-18 Minutes | Allow a few minutes for Marinating

Ingredients

- 1 cup red peppers, cubed
- 2 small onions, quartered
- 2 cups cauliflower, cut in florets
- ½ cup fresh lime juice
- ½ cup fresh white wine
- 1 tablespoon red or green Thai curry paste
- ½ cup vegetable oil
- 1/3 cup fresh basil or cilantro, chopped
- 1 ½ lbs shelled raw shrimp with tails on (suggested size 31-40)
- 8 skewers

Preparation

1. Cut red peppers and onions.
2. Put cauliflower in boiling water for 2 minutes, drain and set aside.
3. In a large bowl, blend the lime juice, wine, curry paste, oil and herbs together with a whisk. Toss in shrimp and all vegetables and marinate in the fridge for a minimum of 1 hour, up to 12 hours.
4. Place the shrimp and vegetables on skewers, alternating them attractively.
5. Grill on BBQ on medium heat for 15 minutes to 18 minutes or broil on a baking sheet in your oven for 15 minutes, turning them once. Serve with basmati rice.

Nutrient Analysis

Per Serving (1/8 of recipe)

Renal/Diabetic exchanges: 2 meat + 1 Vegetable + 1 Fat

Calories 212 Kcal, Protein 13g, Total Carbohydrate 7g, Fiber 1g,

Sugars 3g, Fat 15g, Saturated 2g, Cholesterol 107mg, Sodium 267mg,

Potassium 259mg, Phosphorus 233mg, Calcium 63mg, Iron 1mg,

Magnesium 30mg, Vitamin C 34mg

**For additional kidney friendly recipes
like this one visit our website at
[aakp.org/community/esrd-recipes.
html](http://aakp.org/community/esrd-recipes.html) or call 1-800-749-2257 ext.3**

