



ESRD Dietitian Corner

Add cooked chicken or tofu for added protein or try serving the dish on a bed of brown rice with a salad.



Pineapple and Red Bell Pepper Skewers



“I like this recipe very much. I chose pineapple because it is a tart, sweet, and juicy tropical fruit. This recipe is nutritious and delicious. It ties in with my family cultural background of Islanders, Mediterranean, and Native American people. One of my favorite types of foods are kabobs and skewers. I enjoy grilling/grilled food. Try it and see if you like it!”

—Verenda, Dialysis Patient

Ingredients

½ peeled and cored
Pineapple (cut into 2
C. of 1-inch chunks)

1 medium Red Bell
Pepper (cut into
1-inch chunks)

8 Bamboo Skewers

3 Tbsp. Brown Sugar

2 Tbsp. Reduced-
Sodium Soy Sauce

Cooking spray



Prep: 20 minutes



Cook: 5–6 minutes



Servings: 4

Directions

1. Preheat the grill.
2. Thread pineapple and peppers onto skewers and spray with cooking spray.
3. Combine brown sugar and soy sauce. Set aside.
4. Grill skewers 5-6 minutes, turning often, or until visibly grill marked.
5. Brush/baste with sauce during last minute of grilling time.

Tips for Success

Consider using amino acids* for a lower sodium option to soy sauce.

*Liquid aminos, found in the spices and seasonings section of the grocery store, near the soy sauces.



This recipe was made by patients for patients in the kidney community. Before you make any recipe, please check with your kidney care team and other providers. They can talk to you about your specific nutrient needs.

Celebration of Cultures Recipes—Appetizers

C. = Cup; ESRD = End Stage Renal Disease; Tbsp. = Tablespoon

Legend: = Dialysis patient recipe; = Transplant patient recipe

This material was prepared the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. Publication # FL-ESRD NCC-NC4PAW-12162024-01