



ONE HEALTHY DISH AT A TIME!

## KIDNEY-FRIENDLY Mexican Coleslaw

### Ingredients:

- 1 1/2 cup of corn kernels
- 14 oz of coleslaw mix (from bag)
- 1/2 cup chopped red bell pepper
- 1 can of black beans (salt free), rinsed and drained
- 1 minced jalapeño (seeds removed)
- 1/2 cup chopped cilantro

### Coleslaw Dressing:

- 3/4 cup low-phosphorus mayonnaise
- 1/4 cup low-fat sour cream
- 1 tablespoon lower-sodium taco seasoning
- 1 tablespoon Mrs. Dash Extra Spicy
- 2 tablespoons lime juice

### Instructions:

- Broil or grill corn for about 8 minutes, turning 2-3 times to blacken on all sides.
- Mix mayonnaise, sour cream, taco seasoning, Mrs. Dash, and lime juice in a small bowl for the coleslaw dressing.
- Once corn has cooled, cut blackened kernels off the cob with a knife.
- Combine corn, black beans, coleslaw mix, jalapeño, bell pepper, and cilantro in a large bowl.
- Add coleslaw dressing, toss to coat evenly, and mix ingredients. Let cool and enjoy your Kidney-Friendly Mexican coleslaw!

\*While shopping, ALWAYS check the label and choose items with less phosphorus and avoid dairy.

\*Recipes are considered kidney healthy. However, if you have been diagnosed with kidney disease, kidney failure, diabetes, hypertension or another disease, always consult a healthcare provider or dietitian when preparing food for yourself or someone with medical dietary needs to ensure the recipe suits their specific situation.