



**Everyday dish**  
Vegetarian

	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
<b>17.4g</b>	Carbohydrate	<b>128kcal</b>	Energy

*Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.*



# Chana chaat

**Prep: 15 mins • Cook: No cooking required • Serves: 3**

This is a high protein, low potassium snack suitable for somebody on dialysis, but so tasty that everybody will want some.

### Ingredients

- 1 vine tomato, large
- ½ red onion
- 80g cucumber
- 240g chickpeas, tinned in water
- 1 teaspoon chana chaat masala
- 3 tablespoons lemon juice

### To serve

- 2 tablespoons Greek yogurt
- 1 green chilli

**Carbohydrate** The yogurt, chickpeas, tomatoes and cucumber are all sources of carbohydrate in this dish. The total carbohydrate value has been provided for those who are trained in insulin adjustment.

**Phosphate/potassium** Raw vegetables are high in potassium but if you follow the serving sizes specified, this dish is low in potassium overall. Each serving contains two portions of fruit and vegetables so please be mindful if you have more through the rest of the day.

If you have been prescribed a phosphate binder, ensure you take them with this dish.

**Protein** Chickpeas are a good source of protein, making this a high protein snack, which is ideal for those on dialysis.

### Special diets

**Gluten free:** This recipe is naturally gluten free.

**Vegan:** Use a dairy-free yogurt.

**Healthier option** To reduce the fat content of this dish you could serve it with a low-fat yogurt or without the yogurt.

**Storage** The chana chaat can be stored in an airtight container and kept in the fridge for up to two days.



## Cooking in the kitchen with Suwaya Masood and Nasaar Jabbar

Chana chaat is tangy, fresh and easy to make, with no cooking involved. This savoury version is kidney-friendly and has been designed for those who wish to eat something traditional during Ramadan.



To prepare the vegetables, chop the tomato, onion and cucumber into small, similar-sized pieces and place in a bowl. Chop the chilli and set aside for later.



Drain the chickpeas and add to the tomato, onion and cucumber mixture. Stir.



Add the lemon juice and the chana chaat masala. Stir well to combine.

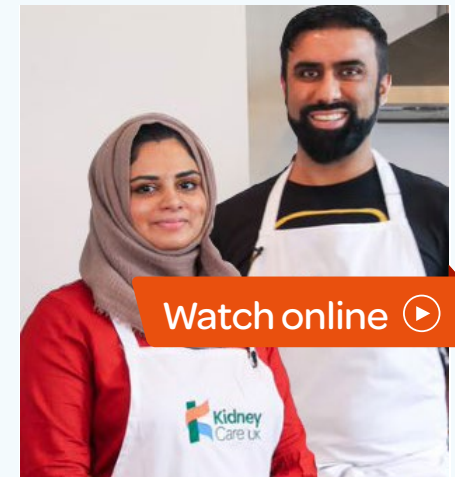


Divide the mixture between three dishes. Top with the yogurt and add chopped chilli to taste.



The Kidney Kitchen was created by Kidney Care UK to help patients and their families live well with kidney disease. Recipes have been developed by our professional chef and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

[www.kidneykitchen.org](http://www.kidneykitchen.org)



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

Get in touch with Kidney Care UK

[info@kidneycareuk.org](mailto:info@kidneycareuk.org)

01420 541 424

(Lines open 9am-5pm, Mon- Fri)

[f kidneycareuk.org](https://www.facebook.com/kidneycareuk) [@kidneycareuk](https://www.instagram.com/kidneycareuk) [@kidneycareuk](https://www.twitter.com/kidneycareuk)