

# Pear and white cheddar salad

Prep: 15 mins • Cook: 5 mins • Serves: 4

This salad can be used as a low protein snack or would make a nice dinner party starter. Whilst salad leaves and tomatoes are high in potassium, the small quantities used in the recipe keep the overall potassium content low.

## Ingredients

1 tablespoon rapeseed oil  
 1 slice of thick white bread  
 60g mixed organic leaves, freshly washed  
 2 medium ripe pears  
 Juice of 1/4 lemon  
 60g cherry tomatoes  
 60g mature white cheddar cheese

## Salad dressing

2 tablespoons balsamic vinegar  
 2 tablespoons olive oil  
 1 teaspoon golden syrup  
 1 level teaspoon wholegrain mustard  
 Pinch of brown sugar

**Carbohydrate** The main source of carbohydrate in this meal is from the bread to make croutons. The total carbohydrate value has been provided for those who are trained in insulin adjustment.

**Phosphate/ potassium** Hard cheese is high in phosphate but again the small portion in this dish keeps the overall phosphate content low. If you have been prescribed a phosphate binder ensure you take them with this dish.

The small portions of salad leaves and tomatoes keep the overall potassium content of this salad low.

## Special diets

**Gluten free:** If you follow a gluten free diet you will need to use gluten free bread for your croutons.

**Vegan:** For a vegan alternative use a dairy free cheese.

**Tips** For the mixed leaves you could use butterhead, baston, bib, webb, cos, romaine, iceberg, red leaf and rocket etc. Avoid spinach leaves as they are high in potassium.

Everyday dish

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
14g	Carbohydrate	227Kcal	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.





## Cooking in the kitchen with Chef Paul Ripley

This classic combination of green leaves, crunchy pears and cheese with a sweet dressing, is a simple but delicious salad.



1

Make the salad dressing by putting the vinegar, oil, golden syrup, mustard and sugar into a container with a lid. Shake vigorously until thick and smooth. Store in the fridge.



2

To make the croutons, first cut the bread into cubes. Heat 1 tablespoon of oil in a frying pan and fry the bread cubes until golden brown and crunchy. Keep warm until ready to serve.



3

Peel, core and slice the pears and cut the cherry tomatoes in to quarters. Wash and prepare four individual portions of the salad leaves on plates or in small bowls. Add the pear slices and drizzle with the lemon juice.



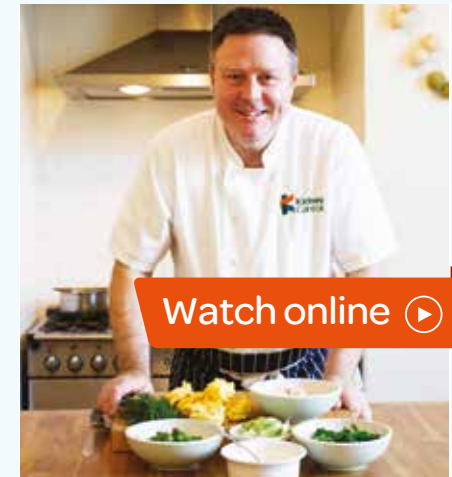
4

Cube or crumble the cheese evenly on top and sprinkle over the croutons and cherry tomatoes. Drizzle the dressing over the salad and serve.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs 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

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