



ONE HEALTHY DISH AT A TIME!

KIDNEY-FRIENDLY Honey Salmon

Ingredients:

- 3 tablespoons honey
- ¼ teaspoon grated lemon peel
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- 1 teaspoon hot water
- 16 oz of salmon fillets
- 2 tablespoons olive oil
- 3 cups arugula

Instructions:

- Place honey, grated lemon peel, ground black pepper, garlic powder, and hot water in a small bowl and whisk until blended. Rub mixture over salmon fillets.
- Heat olive oil in a skillet over medium heat. Add spice-rubbed salmon fillets and cook for 2 minutes on each side.
- Reduce heat to medium-low and cook an additional 4 to 6 minutes, until fish turns opaque throughout and flakes easily when tested with a fork.
- Arrange 1/2 cup arugula on each plate. Place salmon fillet on top of arugula and serve.

*While shopping ALWAYS check the label and choose low sodium, low phosphorus, and avoid dairy or choose dairy low in phosphorus.

*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.