



ONE HEALTHY DISH AT A TIME!

KIDNEY-FRIENDLY Eggplant Steak with Caper Dressing

Ingredients:

- 1 eggplant
- 1 tbsp olive oil

Caper Dressing:

- 2 oz capers in olive oil
- 1 cup of lemon fresh squeezed lemon juice
- 1/2 bunch dill, diced
- 3.5 oz olive oil

Arugula Salad:

- Arugula
- Lemon juice
- Olive oil

Instructions:

- Char the eggplant over a stove flame until blistered, then steam with the lid on.
- Peel off the skin and let it cool.
- Chop capers, mix with lemon juice, dill, and olive oil. Season with NoSalt.
- In a pan, heat drained caper oil, add eggplant, and fry on both sides until golden brown (approx. 5-10 mins).
- In a separate bowl, combine arugula, lemon juice, and olive oil for the salad.
- Place the eggplant on a serving plate, top with caper dressing, and serve with a side of arugula salad. Enjoy your kidney-friendly Eggplant Steak with Caper Dressing!

*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.