



KIDNEY-FRIENDLY & HEART HEALTHY

Grilled Fish Kabobs

Makes 5 servings



INGREDIENTS

1 lb cod filets, cut into 1 inch cubes
1 yellow bell pepper, cut into chunks
1 green bell pepper, cut into chunks
1 purple onion, cut into chunks
1 zucchini, cut into ¾ inch thick rounds
¼ cup olive oil
1 tbsp minced garlic
1 lemon, juice and zest
Black pepper to taste

DIRECTIONS

Whisk together olive oil, garlic, lemon zest, and pepper in a small bowl.

Place the cod in one large bowl and the peppers, onions, and zucchini in another. Divide the olive oil mixture between the bowls and toss to coat. Cover and marinate at room temperature for 30 minutes to 1 hour.

Preheat the grill to medium-high heat (375–425°F). If using wooden skewers, soak them in water for at least 30 minutes.

Brush the grill with oil, then place the kebabs on the grill. Cook for 3 to 5 minutes per side until the cod is cooked through and lightly charred.

Enjoy!

Nutrition Facts Per Serving (1 kabob)	Calories	196
	Carbohydrates	4 g
	Protein	19 g
	Total Fat	11 g
	Phosphorus	211 mg
	Potassium	517 mg
	Sodium	124 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.

Sunny Days, 
Healthier Days.