



Chicken And Apple Curry

Diet types: Dialysis, Diabetes

Nutrients per serving: Calories 195g, Protein 28g, Carbohydrates 7g, Fat 6g, Cholesterol 76mg, Sodium 73mg, Potassium 383mg Phosphorus 226mg, Calcium 59mg, Fiber 1.6g

Renal and Renal Diabetic Food choices: 4 meat, 1/2 starch, 1/4 fruit, low potassium

PREPARATION

1. Preheat oven to 350°.
2. Arrange chicken breasts in a single layer in a 9" x 13" (or larger) baking dish, adding pepper to taste. Set aside.
3. In a saucepan, sauté apple, onion and garlic in butter over a medium heat until tender.
4. Add curry powder and basil; mix well, and sauté for another minute.
5. Stir in the flour, and continue to cook one minute longer.
6. Add chicken broth and rice milk, stirring well. Remove from heat.
7. Pour sauce mixture over chicken breasts, and bake for 50 to 60 minutes, or until chicken is done.

Portions: 8

Serving size: one chicken breast with sauce

Carbohydrate Choices: 1

INGREDIENTS

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|---------|--|
| 8 | Skinless, boneless chicken breasts |
| | pepper to taste |
| 2 | Medium apples, peeled, cored, and finely chopped |
| 2 | Small onions, chopped (or 1 large) |
| 1 | Clove of garlic, peeled and minced |
| 3 tsp | Butter |
| 1 tsp | Curry powder |
| 1/2 tsp | Dried basil |
| 3 tsp | All - purpose flour |
| | Home-made chicken stock |
| 1 cup | Unenriched rice milk |

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Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

