



Curried Turkey with Rice

Diet types: Dialysis, Diabetes

Nutrients per serving: Calories 492g, Protein 25g, Carbohydrates 62g, Fat 16g, Cholesterol 105mg, Sodium 346mg, Potassium 512mg, Phosphorus 262mg, Calcium 54mg, Fiber 3.4g

Renal and Renal Diabetic Food choices: 3 meat, 1 vegetable, medium potassium, 4 starch

PREPARATION

1. Heat a two quart heavy saucepan over medium heat.
2. Add butter and melt, then add garam masala (or spice substitute*)
3. Cook for 1 or 2 minutes until spices become fragrant.
4. Add the diced onion and sauté until soft and golden.
5. Add the turkey, raisins and apple to the pan and sauté for 5 minutes, stirring occasionally.
6. Add the rice and stir.
7. Add the chicken stock, bring to boil and cover.
8. Cook on medium-low heat until rice has absorbed all of the liquid, about 20 minutes.
9. Add the peas during the last few minutes to heat through, then toss and serve.

Portions: 6

Serving size: 1 - 3/4 cups

Carbohydrate Choices: 4

INGREDIENTS

1/2 tsp	cardamom
1/2 tsp	cinnamon
1/4 tsp	black pepper
1/4 tsp	nutmeg
1/4 tsp	coriander
1/4 tsp	cloves
2 tsp	butter or margarine
2 tsp	garam masala (or spice substitute)
1 cup	Onion, diced
1 pound	Turkey breast tenderloin or boneless breast meat cut into 1" cubes
1/4 cup	Raisins
11	Apple, peeled and diced
1 cup	Long grain or basmati rice
2 cups	Low - sodium chicken stock or water
1/2 cup	frozen peas, thawed

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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.

