



Curry Turkey Dish with Pineapple Rice

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 307g, Protein 25g, Carbohydrates 37g, Fat 7g, Cholesterol 53mg, Sodium 179mg, Potassium 630mg Phosphorus 248mg, Calcium 74mg, Fiber 4.8g

Renal and Renal Diabetic Food choices: 3 meat, 1 vegetable, medium potassium, 1 starch, 1/2 fruit, medium potassium

PREPARATION

1. Sauté onions in olive oil until soft.
2. Mix all of the spices together and stir in the tomato paste.
3. Stir spice mixture into the onions in the pan.
4. Mix in water and simmer for a couple of minutes.
5. Stir in zucchini, peas and turkey.
6. Cover and simmer for about 25 minutes or until zucchini is tender.
7. Mix together the pineapple, rice, pineapple juice and water in a saucepan.
8. Bring to a boil, cover and reduce heat. Simmer for 20 to 25 minutes, until all of the water is absorbed and the rice is tender.
9. Serve curry dish over pineapple rice.

Portions: 4

Serving size: 3/4 - cup curry mixture and 1/2 - cup rice

Carbohydrate Choices: 2 - 1/2

INGREDIENTS

1 tsp	Olive oil
1 cup	Onion, cut lengthwise into thin strips
1/2 tsp	Black pepper
1/4 tsp	Ground cumin
3 tsp	Curry powder
1/4 tsp	Ground cinnamon
1 tsp	Turmeric (optional)
1/2 tsp	Ground ginger
1/4 tsp	Crushed red pepper
1/4 tsp	Salt (optional)
3	Cloves garlic, crushed or minced
2 tsp	Low - sodium tomato paste
1 - 1/4 cups	Water
2 cups	Zucchini, sliced about 1/4" thick
1 cup	Frozen peas
3 cups	Cooked turkey, cut into bite - sized pieces
1 cup	Drained pineapple tidbits, canned in its own juice (save the liquid)
3/4 cup	Long grain white rice
1/4 cup	Pineapple juice (drained from the canned pineapple)

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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.

