

PREPARATION: 10 MINUTES | MARINATE: 12 HOURS | COOKING: 30 MINUTES | SERVINGS: 4

SUMMER CHICKEN BREAST

INGREDIENTS

Four (4) 3 oz chicken breasts

MARINADE

2 tablespoons olive oil

2 tablespoons white wine vinegar

1 garlic clove, minced

¼ cup fresh basil, finely chopped

¼ cup mint, finely chopped

DRESSING

¼ cup olive oil

2 tablespoons white wine vinegar

1 garlic clove, minced

¼ cup fresh basil, finely chopped

¼ cup mint, finely chopped

PREPARATION

- 1 Combine the ingredients for the marinade in a sealable plastic bag or a container with a cover. Add the chicken breasts to the marinade mixture, making sure they are well covered with the marinade. Place in the fridge for 12 hours or overnight.
- 2 When ready to cook the marinated chicken breasts, heat the grill on high.
- 3 Take the chicken breasts out of the marinade and brush off the herbs (herbs remaining on the chicken breast during the grilling process may burn). Discard the marinade.
- 4 Reduce grill temperature to medium, brush the grill with oil and place the chicken breasts on the grill. Cover and grill for 7-8 minutes. Flip the chicken breasts, cover and grill another 7-8 minutes or until the internal temperature reads 165°F.
- 5 Transfer the grilled chicken breasts to a plate, cover with aluminum foil and let rest for 10 minutes to lock in the natural juices.
- 6 While the chicken is resting, mix the ingredients for the dressing in a small bowl.
- 7 Slice the chicken breasts, place them on a serving plate, and pour the dressing over the sliced chicken.

Oven/stove method: Don't have a grill, no worries! Preheat oven to 350°F. Place the chicken breasts on a baking sheet that is lined with parchment paper or aluminum foil. Bake for 10 minutes, turn the chicken then bake for an additional 10 minutes or until an internal temperature of 165°F has been reached. You can also use a grill pan on the stove.



SUMMER CHICKEN BREAST



Nutrient Analysis

PER SERVING
1/4 of recipe

Renal/Diabetic Exchanges:

4 Lean Protein

Calories 265 Kcal

Protein 28 g

Total Carbohydrate 1 g

Fiber 0 g

Sugars 0 g

Fat 16 g

Saturated 3 g

Cholesterol 101 mg

Sodium 42 mg

Potassium 316 mg

Phosphorus 212 mg

Calcium 14 mg

Diet Types

- | | |
|--|---|
| <input type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

For individuals with CKD not on dialysis, reduce the amount of protein by reducing the chicken portion

POTASSIUM CHECK ✓

Understanding potassium on food labels

The **Nutrition Facts** on a food label inform us about the nutrients in packaged foods. As an example, sodium, protein and potassium are important nutrients for people with kidney disease to keep track of, and are now listed on every label.

To understand the potassium content of the food you like to eat:

1. Try to avoid foods with potassium additives. These are foods that have the word "potassium" in combination with another word listed under **Ingredients** (e.g. potassium chloride).
2. Determine the **serving size**. Many times, consuming only a single serving can allow certain lower- to moderate-potassium foods to fit within your diet.
3. Next, find potassium with minerals and vitamins mentioned on the bottom of **Nutrition Facts**. The amount of potassium is listed by serving size in milligrams and with a percent (%) Daily Value (DV).
 - Note that the % DV is based off a total of 4,700 milligrams of potassium. This is the amount of potassium the average adult should consume in a day. However, it is much higher than the amount many people with chronic kidney disease should consume. Therefore, if you are on a low-potassium diet, the % DV does not apply to you and may be much higher. Work with your healthcare team or a registered dietitian nutritionist that specializes in kidney disease to find out what amount is safe for you.
 - As a general rule, aim to select foods with less than 5% DV of potassium. Use the % DV for potassium to compare similar products side by side.

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