

PREPARATION: 20 MINUTES | COOKING: 15 MINUTES | SERVINGS: 4

## PERUVIAN Solterito Salad

#### INGREDIENTS

1 cup corn, frozen ¾ lb chicken breast 1 medium red pepper, diced ½ cup Mozzarella cheese, cubed 

 ½ cup red onion, sliced

 1 tablespoon olive oil

 2 teaspoons white wine vinegar

 ½ teaspoon black pepper

 2 cups Romaine lettuce, sliced

### PREPARATION

- **1** Defreeze the corn at room temperature by placing the corn in a bowl of water.
- Preheat the grill on high, reduce the temperature and cook the chicken breast
   7-8 minutes on each side, until the meat reaches an internal temperature of 165°F.
- 3 Take the breasts off the grill and wrap in aluminum foil to keep them warm.
- In a salad bowl, combine the peppers, mozarella cheese, red onion, oil and vinegar. Drain the corn and add to mixture. Season the salad with black pepper.
- 5 Cut the chicken breast into small cubes and add to the salad.
- 6 Prepare a bed of romaine lettuce on each of the four plates and top with a quarter of the salad.

### SUGGESTION

✓ The warm chicken in combination with the other cold ingredients gives a special taste to this salad. But, of course, you can also use cold leftover chicken.

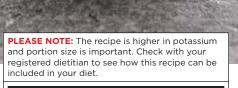
*Please note, the original recipe for Solterito calls for lima beans which we replaced with chicken.* 

# PERUVIAN Solterito Salad

#### **Nutrient Analysis**

PER SERVING

Calories         236           Protein         25g           Total Carbohydrate         13g           Fiber         2g           Sugars         3g           Fat         10g           Saturated         3g           Cholesterol         72mg           Sodium         154mg           Potassium         545mg           Phosphorus         322mg           Calcium         133mg           Iron         1mg           Magnesium         45mg           Vitamin C         40mg	Renal/Diabetic Exchanges: 3 Meat + 1 Lower-Potassium Starchy Vegetable + 1 Lower- Potassium Vegetable		
Total Carbohydrate         13g           Fiber         2g           Sugars         3g           Fat         10g           Saturated         3g           Cholesterol         72mg           Sodium         154mg           Potassium         545mg           Phosphorus         322mg           Calcium         13mg           Iron         1mg           Magnesium         45mg	Calories	236	
Fiber         2g           Sugars         3g           Fat         10g           Saturated         3g           Cholesterol         72mg           Sodium         154mg           Potassium         545mg           Phosphorus         322mg           Calcium         133mg           Iron         1mg           Magnesium         45mg	Protein	25g	
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Saturated         3g           Cholesterol         72mg           Sodium         154mg           Potassium         545mg           Phosphorus         322mg           Calcium         133mg           Iron         1mg           Magnesium         45mg	Sugars	3g	
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Phosphorus         322mg           Calcium         133mg           Iron         1mg           Magnesium         45mg	Sodium	154mg	
Calcium 133mg Iron 1mg Magnesium 45mg	Potassium	545mg	
Iron 1mg Magnesium 45mg	Phosphorus	322mg	
Magnesium 45mg	Calcium	133mg	
	Iron	1mg	
Vitamin C 40mg	Magnesium	45mg	
	Vitamin C	40mg	



Diet Types			
	CKD Non-Dialysis	✓	Dialysis/Diabetes
✓	Dialysis	✓	Transplant

### POTASSIUM CHECK 🥑

### Corn and the kidney diet

Corn is a common vegetable, which deserves more attention given its healthful properties. Its soluble fiber feeds the good bacteria in your gut and is helpful in improving digestive health. Also, fiber helps you feel full longer so you are less likely to overeat. Corn is loaded with lutein and zeaxanthin, two phytochemicals that help promote healthy vision. It is also a good source of B vitamins. Finally, it provides a complex carbohydrate source in the diet making it a good source of energy.

Corn is the hallmark of fall harvest. Enjoy fresh corn at that time. Sprinkle with various herbs to add some zest. Be adventuresome and try a sprinkle of cayenne pepper along with a dash of cinnamon. Other times of the year, it is easy to purchase frozen or canned corn. Be sure to purchase corn without added salt.

Corn can add both color and texture to a variety of food items. Add it to soups, salads, tacos and casseroles. Fortunately, ½ cup of corn contains only 196 milligrams of potassium making it a lower-potassium vegetable. Ask your registered dietitian how much corn is right for you.

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