

TANDOORI CHICKEN WITH ROASTED CAULIFLOWER PILAF

INGREDIENTS

1 pound boneless skinless chicken thighs

Marinade

1 teaspoon dry ginger

1 teaspoon garlic powder

1 teaspoon dry cumin

1 teaspoon turmeric

1 teaspoon paprika

½ teaspoon cayenne

½ teaspoon ground cinnamon

½ cup plain low-fat Greek yogurt

Pilaf

1½ cups very small cauliflower florets

1 tablespoon olive oil

1 teaspoon curry powder

½ cup basmati rice, uncooked

1 cup frozen peas

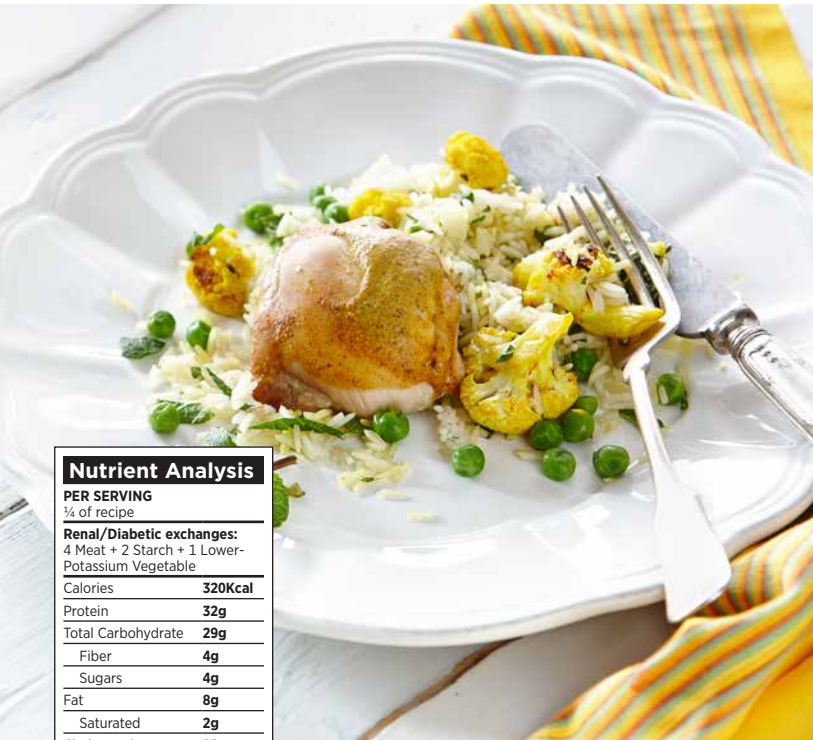
2 tablespoons fresh mint, chopped

PREPARATION

- 1** In a bowl, combine all ingredients for the marinade. Rub the chicken thighs with the marinade. The marinade will be quite thick. Cover the bowl and let the chicken marinate in the refrigerator for a minimum of one hour and for up to 24 hours.
- 2** Preheat oven to 400°F. Line a baking tray with parchment paper.
- 3** Heat a large non-stick skillet over high heat. Leave some marinade on the meat and discard the rest. Sear both sides of the chicken thighs. Place them on the baking tray.
- 4** In a mixing bowl, toss the cauliflower florets with the olive oil and curry powder. Place them on the baking tray with the chicken thighs.
- 5** Roast the chicken thighs and cauliflower for approximately 30 minutes. The internal temperature of the chicken should be 165°F and the cauliflower should start to brown.
- 6** Cook the basmati rice according to package instructions.
- 7** Remove the baking tray from the oven. Combine the cauliflower, the cooked rice, frozen peas, and chopped fresh mint in the skillet and sauté until warmed.
- 8** Serve the chicken with the pilaf.



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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic exchanges:

4 Meat + 2 Starch + 1 Lower-Potassium Vegetable

Calories	320Kcal
Protein	32g
Total Carbohydrate	29g
Fiber	4g
Sugars	4g
Fat	8g
Saturated	2g
Cholesterol	82mg
Sodium	150mg
Potassium	570mg
Phosphorus	323mg
Calcium	91mg
Iron	9mg
Magnesium	65mg
Vitamin C	38mg

Diet Types

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

POTASSIUM CHECK ✓

Using Marinade For Poultry Flavor

Poultry is one animal protein source that can be part of your diet. Chicken is likely the most common poultry available in your local grocery store; it's easy to use in almost any dish and can be cooked in a number of ways. A variety of seasonings—including marinades—can be used to create savory meals that are lower in potassium.

When using a marinade to flavor your poultry dish consider the following:

- Avoid marinade ingredients that may be high in sodium or potassium.
- Use marinade recipes lower in sodium to stay within your kidney diet goals.
- Consider the time needed for the poultry to sit in the marinade, which can vary from a few hours to overnight. Too much or too little time in the marinade can alter the final flavor making it too powerful or lacking in taste.
- Finally, consider the piece of poultry you are marinating. Thinner cuts absorb the marinade more easily than thicker cuts.

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