

PREPARATION: 10 MINUTES

COOKING: 25 MINUTES

SERVINGS: 5

MAPLE SWEET CHICKEN AND RUTABAGA



Nutrient Analysis

PER SERVING: 1/5 of recipe

RENAL EXCHANGE: 3 Meat + 2 Vegetable

Calories	176 Kcal	Sodium	56 mg
Protein	21 g	Potassium	487 mg
Total Carbohydrate	14 g	Phosphorus	247 mg
Fiber	2 g	Calcium	55 mg
Sugars	8 g	Iron	2 mg
Fat	4 g	Magnesium	42 mg
Saturated	1 g	Vitamin C	44 mg
Cholesterol	52 mg		

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

MAPLE SWEET CHICKEN AND RUTABAGA

INGREDIENTS

2 cups rutabaga, cut into wedges

¾ cup red pepper, diced

1 lb boneless chicken breast,
cut into 1 inch cubes

1 tablespoon flour

Black pepper to taste

2 teaspoons vegetable oil

3 cloves of garlic, chopped

1 teaspoon thyme

1 teaspoon freshly chopped
rosemary (or dried oregano)

1 tablespoon chopped parsley

1 teaspoon mustard seeds

2 tablespoons cider vinegar

2 tablespoons maple syrup

¼ cup water

Black pepper to taste

PREPARATION

- 1 Preheat oven to 350°F.
- 2 Bring water to boil, add rutabaga and boil for 5 minutes. Drain and discard water. Place rutabaga in a 2 quart ovenproof dish and add the peppers.
- 3 Dredge chicken cubes in flour and pepper them.
- 4 In a non-stick skillet heat oil over medium-high heat, brown the chicken gently. (5 minutes)
- 5 Combine garlic with herbs, seeds, vinegar, syrup and water. Pour over cooked chicken and bring to a simmer. Transfer to the ovenproof dish with the rutabaga.
- 6 Place in oven and cook for 25 minutes.



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