

PREPARATION: 15 MINUTES

COOKING: 40 MINUTES

SERVINGS: 4

MOROCCAN SPICED CHICKEN



Nutrient Analysis			
PER SERVING: ¼ of recipe			
RENAL EXCHANGE: 3 Meat + 2 Starch + 1 Vegetable			
Calories	361 Kcal	Sodium	112 mg
Protein	22 g	Potassium	514 mg
Total Carbohydrate	45 g	Phosphorus	233 mg
Fiber	3 g	Calcium	54 mg
Sugars	2 g	Iron	2 mg
Fat	10 g	Magnesium	40 mg
Saturated	2 g	Vitamin C	23 mg
Cholesterol	53 mg		

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

MOROCCAN SPICED CHICKEN

INGREDIENTS

1 lb boneless and skinless chicken thighs

1 tablespoon olive oil

1 teaspoon paprika

¼ cup onion, diced

2 garlic cloves, minced

1 tablespoon fresh ginger, chopped

¼ teaspoon turmeric

1 teaspoon coriander seed

½ teaspoon cumin

¼ teaspoon all spice

¼ teaspoon cinnamon

1 teaspoon paprika

1 cup uncooked basmati rice (or long grain rice)

1½ cups cauliflower, cut into florets

2½ cups no salt added chicken broth*

1 tablespoon lemon zest

¼ cup cilantro, chopped

* Choose the broth with the lowest sodium content but be aware that low sodium products often contain more potassium. Look for potassium chloride under ingredients on the label. Potassium is a hidden ingredient normally not listed in the nutrient analysis.

PREPARATION

- 1 Heat oil in a skillet. Sprinkle paprika on chicken thighs. Brown chicken on both sides and transfer to a plate (10 minutes).
- 2 In the same skillet, sauté onion, garlic, and ginger. When onions are soft, add spices and rice. Stir to coat rice.
- 3 Add cauliflower and chicken broth.
- 4 Place chicken on top of rice mixture, sprinkle with the lemon zest and bring to a boil. Cover skillet with lid and simmer until liquid is absorbed and chicken is cooked through (approximately 30 minutes).
- 5 Before serving, add fresh cilantro.



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