

PREPARATION: 25 MINUTES

COOKING: 60 MINUTES

SERVINGS: 12

SWEET & SPICY CURRIED CHICKEN



Nutrient Analysis

PER SERVING: 1/2 of recipe

RENAL EXCHANGE: 3 Meat + 1 Vegetable + 1 Fat

Calories	301 Kcal	Sodium	242 mg
Protein	25 g	Potassium	431 mg
Total Carbohydrate	6 g	Phosphorus	261 mg
Fiber	1 g	Calcium	50 mg
Sugars	4 g	Iron	1 mg
Fat	19 g	Magnesium	37 mg
Saturated	5 g	Vitamin C	19 mg
Cholesterol	122 mg		

Diet Types

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

SWEET & SPICY CURRIED CHICKEN

INGREDIENTS

¼ cup olive oil

½ teaspoon black pepper

12 chicken drumsticks

1 cup red or yellow bell pepper, diced

¾ cup onion, cubed

2 cloves garlic, chopped

2 tablespoons fresh ginger, grated

2 tablespoons Madras curry paste

1 can (14 oz) peaches with their juice, diced



¾ cup peach or plain yogurt

¼ cup coconut milk

2 tablespoons lime juice (1 lime)

Freshly chopped coriander for garnish (optional)

PREPARATION

- 1 Heat the oil over medium heat in a heavy skillet.
- 2 Pepper the chicken drumsticks and brown them on all sides.
- 3 Meanwhile, prepare the peppers, onion, garlic and ginger.
- 4 Remove the chicken, leaving oil in the pan.
- 5 Reduce the temperature to medium-low, add the curry paste, garlic and ginger directly to the pan. Add the peppers and onion and coat well.
- 6 Return chicken to pan, add peaches with their juice and increase heat to bring everything to a simmer.
- 7 Cover and cook in the oven for 40 minutes at 350°F (conventional oven).
- 8 Remove from oven and place on the stove over low heat. Add yogurt, coconut milk and lime juice. Stir gently until heated through. Do not boil.
- 9 Garnish with chopped coriander and serve over white rice.

SUGGESTION

✓ *This recipe can be easily halved.*

NOTE

✓ *May be made ahead up to step 7 and refrigerated or frozen in portions. To finish: cook over low heat until heated through and add yogurt, coconut milk and lime juice. Cook rice while heating chicken.*

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