

APPLE-CAULIFLOWER SOUP

INGREDIENTS

Soup

4 apples, peeled and quartered

4 cups of cauliflower, chopped

2 cups onion, diced

¼ cup canola oil

¼ cup cider vinegar

2 teaspoons ground cumin

¼ teaspoon ground black pepper

3 cups water

Chicken

¼ cup olive oil

4 cups chicken breast, cooked and chopped

1 ½ cup onion, sliced thin

1 apple, cored and sliced

1 teaspoon ground black pepper

Topping

8 tablespoon sour cream (1 per serving)

Juice of 1 lime (½ teaspoon per serving)

⅔ cup of chopped cilantro

PREPARATION

Soup

- 1 In a stock pot, heat the oil over medium heat. Cook the apples, cauliflower and onion. Cover and stir regularly, until soft but not brown (15 minutes).
- 2 Add vinegar and spices, cook for another 5 minutes.
- 3 Add the water and bring to a boil.
- 4 Reduce heat slightly and simmer for 20 minutes. Remove from heat and let cool. Blend the soup in a blender until creamy.

Chicken and Topping

- 5 While soup is simmering, in a large pan, heat the olive oil and sauté chicken with onions for 5 minutes. Add apple slices, season with pepper and cook for an additional 5 minutes. Remove from heat and keep warm or refrigerate immediately if using later. **If using cooked chicken:** sauté apples and onions together, season with pepper and add chicken at the end of cooking time to warm through.
- 6 Serve each bowl of soup topped with some meat mixture. Garnish with sour cream, lime juice and cilantro.

SUGGESTIONS

- ✓ *The soup may also be enjoyed without the meat topping hot or cold. Simply top with sour cream, lime juice and cilantro.*



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Nutrient Analysis

PER SERVING
½ of recipe

Renal/Diabetic exchanges:
3 Meat + 1 Lower-Potassium
Vegetable + 1 Lower-Potassium
Fruit + 1 Fat

Calories	361Kcal
Protein	23g
Total Carbohydrate	21g
Fiber	3g
Sugars	13g
Fat	22g
Saturated	9g
Cholesterol	69mg
Sodium	87mg
Potassium	540mg
Phosphorus	201mg
Calcium	69mg
Iron	2mg
Magnesium	41mg
Vitamin C	34mg

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types

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

POTASSIUM CHECK ✓

Cauliflower

While vegetables are an important part of a healthy diet for all, many varieties contain too much potassium to be enjoyed on a daily basis for those with chronic kidney disease.

Cauliflower however is a great option for those with kidney disease as it is lower in potassium. Enjoy up to ½ cup of raw cauliflower per day as one of your vegetable options. A common vegetable that is very high in potassium and missed by many is potatoes. By weight, boiled cauliflower contains only half the potassium of peeled, boiled potatoes and thus can be mashed to serve as a replacement for mashed potatoes or substituted for potatoes in recipes such as soups. Ask your dietitian how much is right for you.

Cauliflower is considered to be a “Power Food” as it is a cruciferous vegetable that contains antioxidants and phytonutrients that can protect against cancer. It is also high in fiber and helps promote a healthy digestive tract.

Cauliflower is most commonly found fresh or frozen. When choosing fresh cauliflower, look for a firm head with no dark spots and bright green leaves attached to the stem.

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