

# BAKED LEMON CHICKEN

## INGREDIENTS

3 tablespoons all-purpose flour

¼ teaspoon pepper

2 skinless/boneless, unseasoned\*  
chicken breasts, cut in half (14 oz total)

2 tablespoons olive oil

1 tablespoon butter

1 medium onion, chopped

1 cup chicken broth, no salt added\*\*

¼ cup lemon juice

1 teaspoon dried basil

½ teaspoon dried thyme

4 lemon slices

2 tablespoons fresh parsley, minced

\* Unseasoned chicken breast is lower in sodium and phosphorus than seasoned chicken breast.

\*\* Look for low or reduced-sodium broth containing 200mg sodium or less per 1 cup serving.

Avoid low-sodium broth that contains potassium chloride—it's very high in potassium.

## PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a shallow bowl, combine flour and pepper. Coat the chicken in flour mixture. Set the remaining flour mixture aside.
- 3 In a skillet, heat the oil over medium-high heat and fry the chicken. Place the browned chicken pieces in a baking dish.
- 4 In a saucepan, melt the butter over medium heat and fry the chopped onion until it is softened.
- 5 Add the reserved flour mixture to the onion and stir to form a thick paste. Gradually add broth, lemon juice, basil and thyme and mix well.
- 6 Bring to a boil. Cook and stir for 2 minutes or until the sauce is thick and bubbly. Pour the sauce over the chicken. Top each chicken piece with a lemon slice. Sprinkle with parsley.
- 7 Cover and bake in the oven for 30 minutes. Serve over rice and enjoy!



# BAKED LEMON CHICKEN



## Nutrient Analysis

| PER SERVING                          |       |
|--------------------------------------|-------|
| ¼ of recipe                          |       |
| <b>Renal/Diabetic Exchanges:</b>     |       |
| 3 Meat + 1 Lower-Potassium Vegetable |       |
| Calories                             | 257   |
| Protein                              | 25g   |
| Total Carbohydrate                   | 10g   |
| Fiber                                | 1g    |
| Sugars                               | 2g    |
| Fat                                  | 13g   |
| Saturated                            | 3g    |
| Cholesterol                          | 81mg  |
| Sodium                               | 89mg  |
| Potassium                            | 477mg |
| Phosphorus                           | 251mg |
| Calcium                              | 28mg  |
| Iron                                 | 1mg   |
| Magnesium                            | 37mg  |
| Vitamin C                            | 14mg  |

## 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        |

## POTASSIUM CHECK ✓

### Watch for signs and symptoms of hyperkalemia (high-potassium)

Hyperkalemia is a medical condition in which your potassium blood level is higher than the normal range of approximately 3.6 to 5.2 mmol/L. Potassium is an important mineral for nerve and muscle function. Without being at the recommended level, potassium is unable to support the body in maintaining fluid, electrolyte and pH balance. Reduced kidney function can lead to hyperkalemia. Other diseases such as Type 1 Diabetes, Addison's disease and malabsorptive gastrointestinal disorders can lead to hyperkalemia as well. The overuse of potassium containing supplements and blood pressure lowering medications can also lead to higher than normal potassium levels.

A routine blood test can determine if your potassium level is high. As a result of hyperkalemia, you may experience symptoms of muscle tiredness, weakness, nausea and an irregular heartbeat. Left untreated, hyperkalemia can be a very serious medical condition. Discuss with your physician treatment methods for maintaining potassium level within a normal range. Depending on the cause of your high potassium level, therapy may require changes to your diet, to your medications or dialysis.

Presented by



Favorably reviewed by



Supported by an educational donation by

