

SHEET PAN CHICKEN

INGREDIENTS

2 tablespoons old-fashioned mustard

2 tablespoons olive oil

2 tablespoons lemon juice

2 garlic cloves, chopped

1 teaspoon dried basil

4 chicken legs* (1 pound, skin-on)

2 ½ cups frozen mixed vegetables
(broccoli, cauliflower, carrot)

1 cup sliced red onion

1 cup orzo

1 tablespoon olive oil

1 teaspoon lemon zest

black pepper to taste

* Chicken legs are available in various weights. Look for those which weigh 4 ounces each. You can also use skin-on chicken thighs or drumsticks for this recipe.

PREPARATION

- 1** Preheat oven to 400°F.
- 2** In a small bowl, combine mustard, olive oil, lemon juice, garlic, and basil. Set aside.
- 3** Place the chicken legs on a baking sheet lined with parchment paper or on a silicone sheet. Carefully detach and lift the skin off each chicken leg and distribute half of the mustard mixture under the skins.
- 4** Transfer the frozen vegetables and onion slices to a bowl. Add the remaining mustard mixture and toss the vegetables. Spread the vegetables on the baking sheet, filling the spaces between the chicken legs.
- 5** Bake in the oven for 45 minutes or until the chicken has lost its pink color and the internal temperature has reached 165°F.
- 6** In the meantime, cook orzo pasta according to the package instructions without the salt. Drain the orzo and transfer to a bowl. Mix with olive oil and lemon zest and serve with the chicken and vegetables. Add pepper to taste.



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Nutrient Analysis

PER SERVING	
¼ of recipe	
Renal/Diabetic Exchanges:	
3 Protein + 2 ½ Starch +	
1 Lower-Potassium Vegetable	
+ 1 Fat	
Calories	474 Kcal
Protein	28 g
Total Carbohydrate	41 g
Fiber	5 g
Sugars	5 g
Fat	22 g
Saturated	4 g
Cholesterol	104 mg
Sodium	257 mg
Potassium	599 mg
Phosphorus	322 mg
Calcium	69 mg

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

NUTRITION CHECK ✓

Roasting vegetables

A healthy eating pattern is one that includes ample vegetables to help maintain a healthy body weight and prevent or manage chronic illness such as cancer, diabetes, heart disease, and kidney disease. Roasting vegetables is a healthy and delicious way to prepare vegetables.

Experiment to create your favorite combinations. Chop a variety of vegetables, toss in olive oil, and add desired seasonings such as garlic, black pepper, or a mixture of herbs and roast on baking sheets in the preheated oven. Roast until vegetables are tender and beginning to brown, 15-20 minutes, tossing them half way through. Oven times vary. For example, cauliflower can be roasted in 20 minutes at 425°F. Use shallow pans and do not over crowd the vegetables. This will allow them to brown rather than steam. Roasted vegetables can be added to a sandwich, tossed with pasta, mixed into cooked rice, bulgur wheat or couscous, or served with a lean protein source. Prepare extra for leftovers. Place them in an airtight container and refrigerate up to 3 days. Pour off any accumulated liquid before using.

When potassium is a concern, choose lower-potassium vegetables such as asparagus, broccoli, cabbage, carrots, cauliflower, corn, eggplant, green beans, mushrooms, onions, bell peppers, turnips, and yellow summer squash. Ask your registered dietitian nutritionist which vegetables and how much of them are right for you.

Presented by



Favorably reviewed by

