



Delicious!

PREPARATION: 10 MINUTES | COOKING: 20 MINUTES | SERVINGS: 4

BALSAMIC CHICKEN

INGREDIENTS

1 tablespoon olive oil

*12 oz chicken breast
(4 slices, ½ inch, 3 oz each)*

*½ cup yellow onion,
quartered and sliced*

1 cup mushroom, sliced

1 tablespoon flour

2 tablespoons balsamic vinegar

¾ cup unsalted chicken broth

1 tablespoon honey

*2 sprigs fresh rosemary
or 1 teaspoon dried*

Black pepper to taste

PREPARATION

- 1** In a frying pan, heat oil over medium-high heat. Fry chicken slices for 3 minutes on each side or until golden brown. Fry in batches not to overcrowd the pan. Remove chicken from the pan.
- 2** Add onions and mushrooms. Stir and fry for about 3 minutes until they brown. Add a bit of oil if necessary.
- 3** Sprinkle the flour over the onions and mushrooms. Stir to distribute the flour. Then add the vinegar and chicken broth. Stir to dissolve the flour. Reduce the heat to low and add chicken, honey and rosemary.
- 4** Cover and simmer for 10 minutes. If the sauce is too thick, add some chicken broth. If the sauce is too thin, take the cover off and let simmer for a few minutes longer.
- 5** Remove sprigs, if using fresh rosemary. Add pepper to taste. Serve with green beans.



BALSAMIC CHICKEN



Nutrient Analysis

PER SERVING
¼ of recipe

Renal/Diabetic Exchanges:
3 Meat + 1 Lower-Potassium
Vegetable

Calories	183 Kcal
Protein	21 g
Total Carbohydrate	9 g
Fiber	0 g
Sugars	6 g
Fat	7 g
Saturated	1 g
Cholesterol	62 mg
Sodium	63 mg
Potassium	424 mg
Phosphorus	203 mg
Calcium	10 mg

Diet Types

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

PHOSPHORUS CHECK ✓

Lowering phosphorus in sauces for meat and poultry

Prepared meats can be convenient with a busy schedule. Unfortunately, many meat and poultry selections that come in a marinade, gravy or added sauce are high in phosphorus additives. Reading the *Nutrition Facts Label* is helpful in identifying these foods. Listed under *Ingredients*, additives can be recognized with “phos” in their name. Common examples include phosphoric acid, sodium phosphate, tetrasodium pyrophosphate and sodium acid pyrophosphate. On a low-phosphorus diet, these foods should be limited because of increased phosphorus absorption (up to 100%), that is harmful with chronic kidney disease and can negatively impact bone and heart health.

There are other ways to flavor meat or poultry without phosphorus additives. Homemade sauces, gravy or seasonings can be made with simple ingredients you may have readily available. A glaze can be created with a combination of balsamic vinegar and brown sugar. Chicken drippings or broth, flour, butter and green herbs can make delicious gravy. Create a fruit-based glaze as a sweet option using cider vinegar, jam, brown sugar and unsalted butter. For a sauce with a bite, try mixing shallots, scallions, brown mustard, pepper and a dash of paprika. With any extra, place portions in airtight storage containers to maintain quality and safely freeze for several months.

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