

# CHICKEN AND CABBAGE BAKE

## INGREDIENTS

1 ½ cups cauliflower florets

2 cups red cabbage, roughly chopped

2 tablespoons canola oil

2 tablespoons garlic, minced

2 tablespoons onion, minced

4 chicken legs, boneless, skinless

4 teaspoons lite mayonnaise

1 teaspoon curry powder

## PREPARATION

- 1** Preheat oven to 350°F.
- 2** Line a large baking tray with aluminum foil.
- 3** Place cut vegetables on the tray and toss them with the oil, garlic and onion. Spread vegetables in a ring around the tray to make room for the chicken legs.
- 4** Place chicken legs in the middle, with some space between each leg.
- 5** Using a spoon, rub the top of each chicken leg with a light layer of mayonnaise and sprinkle curry powder on top.
- 6** Place tray in oven and cook for 35 minutes, or until chicken is thoroughly done and juices run clear when pierced.
- 7** Turn oven to broil and brown tops of vegetables and chicken for approximately 5 minutes.
- 8** Squeeze lemon juice on the vegetables for additional flavor, if desired, and serve.



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## Nutrient Analysis

### PER SERVING

¼ of recipe

**Renal/Diabetic Exchanges:**  
3 Meat + 2 Lower-Potassium  
Vegetable

Calories	<b>214Kcal</b>
Protein	<b>21g</b>
Total Carbohydrate	<b>8g</b>
Fiber	<b>2g</b>
Sugars	<b>3g</b>
Fat	<b>11g</b>
Saturated	<b>1g</b>
Cholesterol	<b>64mg</b>
Sodium	<b>95mg</b>
Potassium	<b>544mg</b>
Phosphorus	<b>224mg</b>
Calcium	<b>45mg</b>
Iron	<b>1mg</b>
Magnesium	<b>40mg</b>
Vitamin C	<b>46mg</b>

## 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 ✓

### Lower-potassium vegetables great for oven roasting

A popular trend with current recipes, including kidney-friendly ones, is one-pan meals. These recipes are often simple, delicious, and the best part — they use fewer dishes! Choosing a meal that includes food items from different food groups (meat, vegetables, and grains, for example) will help provide the vitamins and minerals that your body needs. To further simplify — use fresh ingredients you have on-hand or plan ahead to have the correct ingredients available for your meal.

To start, consider the type of recipe you want to make. Include a lean protein source of chicken, fish, pork or tofu that can be baked. Remember a portion size of meat is roughly the size of a deck of cards.

1. Next, add low-potassium vegetables to your tray. Instead of high-potassium potatoes, choose lower-potassium green or red peppers, onions, broccoli, eggplant or yellow squash.
2. Include a small amount of vegetable oil or low-sodium broth to add moisture to your meal.
3. Lastly, season with pepper, garlic powder or additional herbs per your recipe directions.
4. Bake until the protein is cooked through and the vegetables are roasted.

This meal can be eaten on its own or served over white rice.

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