

CHICKEN NOODLE SOUP

INGREDIENTS

¼ cup olive oil

1 lb chicken breast, cubed

1 cup yellow onion, diced

1 cup celery, diced

½ cup carrots, diced

½ cup red peppers, diced

2 cups cabbage, chopped

1 cup green peppers, diced

1 tablespoon garlic, minced

1 teaspoon ground coriander seeds

1 teaspoon dried thyme

⅛ teaspoon black pepper

3 cups unsalted chicken broth

4 cups water

2 tablespoons lemon juice

1 ½ cups small pasta (for example: small shells)

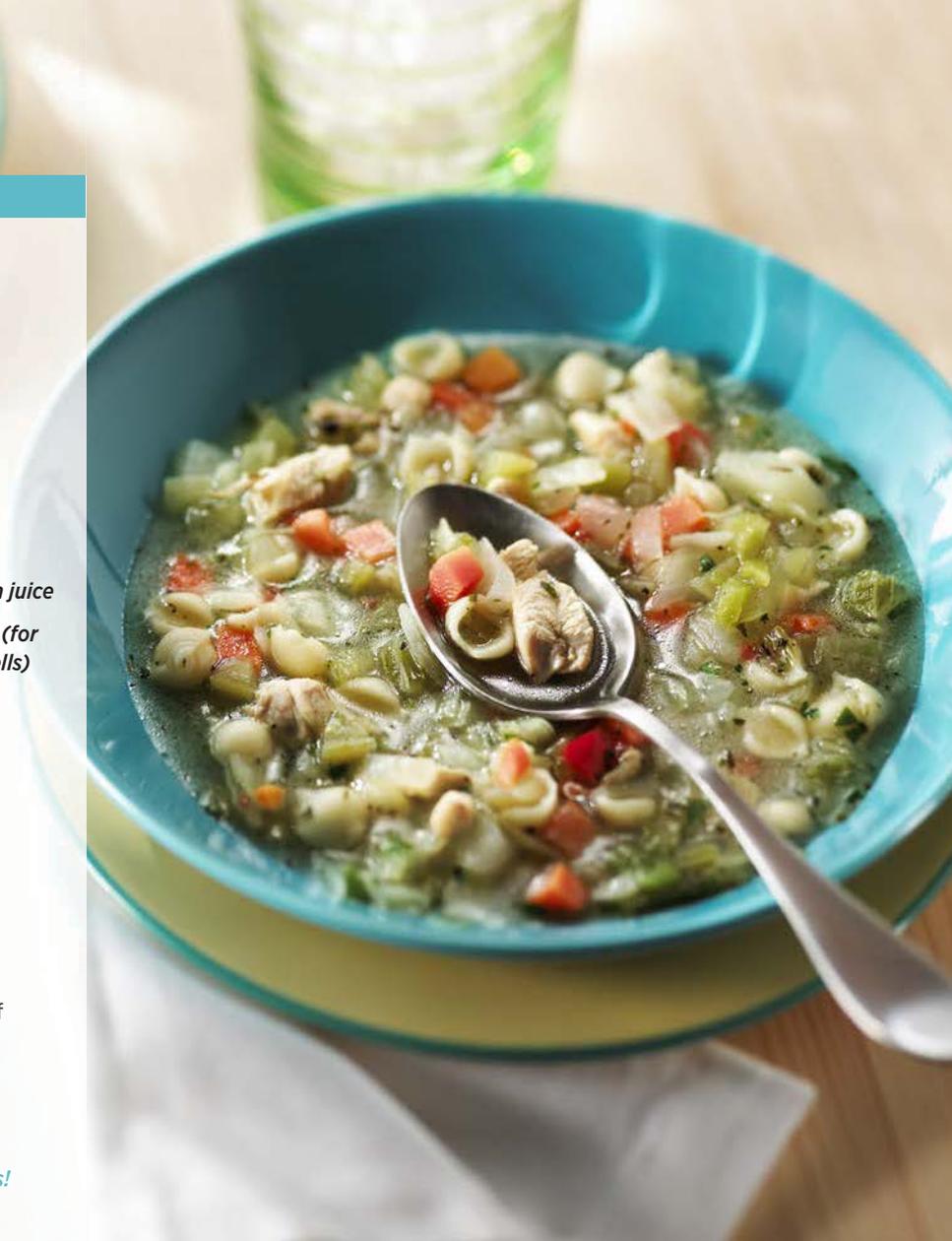
¼ cup parsley, finely chopped

PREPARATION

- 1** In a large heavy bottomed pot, heat oil over medium-high heat for 1 minute and add chicken breast to brown lightly. Add all vegetables and spices and continue to cook for 8-10 minutes, stirring frequently.
- 2** Add broth, water, and lemon juice to the vegetable-chicken mix. Cover, increase the heat to high, and bring to a boil. Reduce heat to low and let simmer 20 minutes.
- 3** Add pasta and continue to simmer for 5-10 minutes depending on the size of the pasta.
- 4** Sprinkle fresh parsley on top and serve.

SUGGESTION

- ✓ *Freeze the soup in portions and reheat for a quick, nutritious meal in minutes!*



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Nutrient Analysis

PER SERVING

1/2 of recipe

Renal/Diabetic Exchanges:

1 Meat + 1 Higher-Potassium Vegetable + 1 Lower-Potassium Vegetable

Calories	143
Protein	11g
Total Carbohydrate	11g
Fiber	2g
Sugars	2g
Fat	6g
Saturated	1g
Cholesterol	26mg
Sodium	64mg
Potassium	290mg
Phosphorus	117mg
Calcium	38mg
Iron	1mg
Magnesium	24mg
Vitamin C	29mg

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 ✓

Benefits of cabbage

Choose cabbage as part of your kidney-friendly diet. A ½ cup portion of this vegetable has 8 milligrams of sodium, 76 milligrams of potassium and 12 milligrams of phosphorus. Cabbage is rich in folate, fiber, and vitamins K, C, and B6. In addition to offering many nutrients and being inexpensive, there are also several health benefits to eating this vegetable. Eating cabbage promotes heart health, helps fight inflammation from chronic disease, and supports more regular digestion.

When selecting and making dishes with cabbage, consider a few tips. First, purchase cabbage in a variety of different colors based on your recipe. Most stores will carry a selection of red, purple, white, or green cabbage. Experts recommend picking a dense cabbage and storing in a cool location to maintain freshness. Depending on your dish, cabbage can be eaten raw or cooked. You can grill, roast, or sauté cabbage to maximize flavor. While cabbage can be boiled, be careful not to overcook, as this will result in limp cabbage leaves and a strong, undesirable odor.

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