

LOW PROTEIN RECIPE - Main Dish

Apple Rice with Chicken:

Makes 3 servings - approximately 3/4 cup per serving.

Ingredients:

Vegetable oil cooking spray
3/4 cup regular uncooked white rice
1 1/2 cup unsweetened apple juice
1/2 cup chopped celery
3 ounces cooked chicken (no skin), diced
1 large baking apple (Jonathan, Mac Intosh, or Ida Red for example)
(chopped while rice is cooking)
1 tablespoon lemon juice

How to Make:

Coat large skillet with cooking spray.
Heat skillet over medium heat until hot.
Add rice - stir frequently until rice is lightly brown.
Remove from heat and slowly add apple juice (be careful of steam).
Place pan back on the heat, bring to a boil, cover and decrease heat.
Simmer 15 minutes.
Stir in celery and chicken.
Continue cooking until rice is done (approximately 5 minutes).
Meanwhile toss apple with lemon juice.
Add apple to rice when ready to serve.

Composition:

1 serving = 1 meat list A
1 1/2 low sodium bread and starches
1 fruit
1/2 high sodium vegetable
(12 grams pro, 60 mg Na, 150 mg phos, 20 mg chol)

Finishing Touches:

Depending on your diet plan, to complete the meal you may want to add:
a salad (lettuce with a flavored vinegar)
a *cooked vegetable* (green beans or broccoli)
a bread item (bread sticks or French bread)
a dessert (vanilla wafers or sherbet)

For Diabetics Only:

1 serving = 1 meat exchange
2 bread exchanges
2 fruit exchanges
free vegetable