

Hawaiian Chicken Salad

A Recipe for People on a Renal Diabetic Diet

1/2 Cup Diced Celery
1-1/4 Cups Shredded Head of Lettuce
1-1/2 Cups Chopped Cooked Chicken
1 Cup Drained Unsweetened Pineapple Chunks
1/2 tsp. Sugar
2 tsp. Lemon Juice
1/2 Cup Mayonnaise
Dash Tabasco Sauce
1/4 tsp. Pepper
Paprika

Place celery, lettuce, chicken, and pineapple in a bowl. Mix sugar, lemon juice, mayonnaise, Tabasco, and pepper together. Add to chicken mixture and toss to mix. Serve on a lettuce leaf. Sprinkle with paprika. Makes four $\frac{3}{4}$ cup servings.

A serving equals two ounces (oz.) meat, one fruit, and one salted fat. A single serving contains 314 cal., 17.4 g of protein, 24 g of fat, 8 g carb., 217 mg of sodium, and 375 mg potassium.

The above recipe was taken from The Cleveland Clinic Foundation's *Creative Cooking for Renal Diabetic Diets*, by the Cleveland Clinic Foundation's Department of Nutrition Services, Pat Ellis, MS, RD, published by Senay Publishing, Inc. They are reprinted with the kind permission of Jim Senay, Patient Support Services (www.patientsupport.net). Always check with your healthcare team to know which foods are best for you.