

Rice-Stuffed Chicken: A Recipe For People on a Renal Diabetic Diet

4-lb. Roasted Chicken
3/4 Cup Uncooked Rice
6 tbs. Margarine
1/2 Cup Chopped Onion
1/2 tsp. Sage
1/2 Cup Chopped Green Pepper
1/4 tsp. Thyme
1/8 tsp. Pepper
2 tbs. Margarine

Cook rice according to package directions, omitting salt. Melt 6 tbs. margarine in skillet. Add onion and green pepper and sauté. Combine cooked rice, sautéed onion and green pepper, sage, thyme, and pepper. Toss lightly with a fork. Stuff chicken with rice mixture. Rub 2 tbs. margarine onto chicken. Bake at 325 degrees for two hours. Baste occasionally with pan juices. Makes six 1/2 cup servings of rice stuffing.

Each serving of rice stuffing equals one unsalted starch and one salted fat. Each oz. of chicken equals one oz. meat. A single serving contains 228 cal., 2.0 g of protein, 16 g of fat, 21 g carbohydrate, 191 mg of sodium, and 77 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.