

## **Sweet and Pungent Chicken: A Recipe For People on a Regular Renal Diet**

*One 20-oz. Can Pineapple Chunks*

*½ Cup Sugar*

*2 tbs. Cornstarch*

*½ Cup Vinegar*

*2 tbs. Diced Pimiento*

*2 tbs. Orange Marmalade*

*¼ Cup Margarine*

*1 Pound (lb.) Boned, Skinned, Chicken Breasts Cut Into ½-inch Cubes*

*1 Medium Green Pepper Cut Into Thin Strips*

*1 Medium Onion Thinly Sliced and Separated into Rings*

Drain pineapple, reserving 1/3 cup syrup. Combine sugar and cornstarch. Mix in pineapple, reserved syrup, vinegar, pimiento, and orange marmalade. Set aside. Melt the margarine in a large heavy pan. Add the chicken and cook for five minutes. Stir frequently. Add green pepper and onion. Cook for two minutes. Add pineapple mixture. Bring to a full boil, stirring occasionally. Serve over rice. Makes six ½-cup servings.

A serving equals two oz. meat, one vegetable, and one salted fat. Each serving contains 340 cal., 18.5 g of protein, 8 g of fat, 50 g carb., 168 mg of sodium, and 435 mg potassium.

The above recipe was taken from The Cleveland Clinic Foundation's *Creative Cooking for Renal 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](http://www.patientsupport.net)). Always check with your healthcare team to know which foods are best for you.