



ONE HEALTHY DISH AT A TIME!

KIDNEY-FRIENDLY Chicken & Broccoli Bowl

Ingredients:

- 1 tbsp olive oil, salad or cooking
- 12 oz chicken breast, boneless, raw, broiler/fryer, met only
- 1 cup broccoli flower clusters, raw, flowerets
- 3 tbsp toasted onion
- 6 fl oz water, municipal
- 1/4 cup vinegar, balsamic

Instructions:

- In a 12-inch non-stick skillet, heat oil over medium-high heat and brown chicken. Remove chicken and set aside.
- Blend toasted onion with water and vinegar. In the same skillet, add broccoli and toasted onion mixture. Bring to a boil over high heat.
- Return chicken to skillet. Reduce heat to low, cover, and simmer for 10 minutes or until chicken is thoroughly cooked. Serve, if desired, over hot cooked rice.

*While shopping ALWAYS check the label and choose low sodium, low phosphorus, and avoid dairy or choose dairy low in phosphorus.

*Recipes are considered kidney-healthy. However, if you have been diagnosed with kidney disease, kidney failure, diabetes, hypertension, or another disease, always consult a healthcare provider or dietitian when preparing food for yourself or someone with medical dietary needs to ensure the recipe suits their specific situation.