



TURKEY SCALOPPINE

INGREDIENTS

- | | |
|--|---|
| <i>2 cups small shell pasta, dry</i> | <i>1 tablespoon shallots, minced</i> |
| <i>1 cup cut green beans, frozen</i> | <i>1 tablespoon garlic, minced</i> |
| <i>2 tablespoons all purpose flour</i> | <i>2 tablespoons fresh sage, finely sliced</i> |
| <i>½ teaspoon poultry seasoning</i> | <i>3 tablespoons lemon juice</i> |
| <i>½ teaspoon black pepper</i> | <i>½ cup no salt added chicken broth</i> |
| <i>8 oz turkey scaloppine*</i> | <i>2 tablespoons parmesan cheese</i> |
| <i>1 tablespoon olive oil</i> | <i>½ teaspoon red pepper flakes</i> |
| <i>1 tablespoon unsalted butter</i> | |

* Scaloppine is a thinly sliced cut of meat. Chicken can be substituted for turkey.

PREPARATION

- 1 Bring a large pot of water to a boil. Cook pasta according to directions. Drain and return pasta to the same pot. Add the frozen green beans to the cooked pasta. Remove from heat.
- 2 In a plate, combine flour with poultry seasoning and black pepper. Dredge each piece of turkey scaloppine in the seasoned flour.
- 3 In a skillet over medium-high heat, heat the olive oil. Cook the turkey slices for 3 to 4 minutes per side. Remove from heat.
- 4 In the same skillet the turkey scaloppine was cooked in, heat butter over medium heat. Add shallots, garlic and sage and sauté until softened and fragrant.
- 5 Deglaze the pan with the lemon juice and chicken stock. Bring to a boil. Add cooked pasta, green bean mixture and parmesan cheese. Cook until sauce reduces.
- 6 Sprinkle with red pepper flakes and serve immediately with turkey scaloppine.

TURKEY SCALOPPINE



Nutrient Analysis

PER SERVING	
¼ of recipe	
Renal/Diabetic exchanges:	
3 Meat + 3 Starch	
Calories	416Kcal
Protein	27g
Total Carbohydrate	55g
Fiber	3g
Sugars	3g
Fat	9g
Saturated	3g
Cholesterol	55mg
Sodium	123mg
Potassium	417mg
Phosphorus	282mg
Calcium	77mg
Iron	3mg
Magnesium	65mg
Vitamin C	10mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Extra phosphorus in seasoned and breaded pieces of meat and poultry

Grocery stores are offering quick, time-saving meals of seasoned and breaded packages of chicken, pork, beef and main entrée meats. With your kidney diet, it is important to pay attention to your selections and stay away from certain prepared meals. Reducing consumption of inorganic phosphorus preservatives reduces the waste load on your kidneys and improves the quality of your diet.

Read the list of ingredients. Common phosphorus additives include phosphoric acid, sodium polyphosphate, pyrophosphate, sodium triphosphate, polyphosphate, tricalcium phosphate, hexametaphosphate, trisodium phosphate, dicalcium phosphate, sodium phosphate, monocalcium phosphate, tetrasodium phosphate and aluminum phosphate. If possible, limit any food items with these additives or other ingredients that contain “phos”.

Plan ahead to prevent impulse purchases. If you are hungry and feeling short on time, you are more prone to purchasing an already prepared item from the shelf. Planning ahead is key to sticking with your kidney diet, choosing foods that are healthy for your body, and having ingredients at home to prepare meals low in phosphorus, potassium and sodium, but still with plenty of flavor.

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