

PERUVIAN SOLTERITO SALAD

INGREDIENTS

1 cup corn, frozen

¾ lb chicken breast

1 medium red pepper, diced

½ cup Mozzarella cheese, cubed

¼ cup red onion, sliced

1 tablespoon olive oil

2 teaspoons white wine vinegar

½ teaspoon black pepper

2 cups Romaine lettuce, sliced

PREPARATION

- 1 Defreeze the corn at room temperature by placing the corn in a bowl of water.
- 2 Preheat the grill on high, reduce the temperature and cook the chicken breast 7-8 minutes on each side, until the meat reaches an internal temperature of 165°F.
- 3 Take the breasts off the grill and wrap in aluminum foil to keep them warm.
- 4 In a salad bowl, combine the peppers, mozzarella cheese, red onion, oil and vinegar. Drain the corn and add to mixture. Season the salad with black pepper.
- 5 Cut the chicken breast into small cubes and add to the salad.
- 6 Prepare a bed of romaine lettuce on each of the four plates and top with a quarter of the salad.

SUGGESTION

- ✓ *The warm chicken in combination with the other cold ingredients gives a special taste to this salad. But, of course, you can also use cold leftover chicken.*

Please note, the original recipe for Solterito calls for lima beans which we replaced with chicken.



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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

3 Meat + 1 Lower-Potassium Starchy Vegetable + 1 Lower-Potassium Vegetable

Calories	236
Protein	25g
Total Carbohydrate	13g
Fiber	2g
Sugars	3g
Fat	10g
Saturated	3g
Cholesterol	72mg
Sodium	154mg
Potassium	545mg
Phosphorus	322mg
Calcium	133mg
Iron	1mg
Magnesium	45mg
Vitamin C	40mg

PLEASE NOTE: The recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types

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

POTASSIUM CHECK ✓

Corn and the kidney diet

Corn is a common vegetable, which deserves more attention given its healthful properties. Its soluble fiber feeds the good bacteria in your gut and is helpful in improving digestive health. Also, fiber helps you feel full longer so you are less likely to overeat. Corn is loaded with lutein and zeaxanthin, two phytochemicals that help promote healthy vision. It is also a good source of B vitamins. Finally, it provides a complex carbohydrate source in the diet making it a good source of energy.

Corn is the hallmark of fall harvest. Enjoy fresh corn at that time. Sprinkle with various herbs to add some zest. Be adventuresome and try a sprinkle of cayenne pepper along with a dash of cinnamon. Other times of the year, it is easy to purchase frozen or canned corn. Be sure to purchase corn without added salt.

Corn can add both color and texture to a variety of food items. Add it to soups, salads, tacos and casseroles. Fortunately, ½ cup of corn contains only 196 milligrams of potassium making it a lower-potassium vegetable. Ask your registered dietitian how much corn is right for you.

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