



# MAPLE SWEET CHICKEN AND RUTABAGA

PREPARATION: 10 MINUTES

COOKING: 25 MINUTES

4 SERVINGS

## INGREDIENTS

***2 cups rutabaga, cut into wedges***  
***3/4 cup red pepper, diced***  
***1 lb boneless chicken breast, cut into 1 inch cubes***  
***1 tablespoon flour***  
***Black pepper to taste***  
***2 teaspoons vegetable oil***  
***3 cloves of garlic, chopped***  
***1 teaspoon thyme***  
***1 teaspoon freshly chopped rosemary (or dried oregano)***  
***1 tablespoon chopped parsley***  
***1 teaspoon mustard seeds***  
***2 tablespoons cider vinegar***  
***2 tablespoons maple syrup***  
***1/4 cup water***  
***Black pepper to taste***

## Nutrient Analysis

### PER SERVING

(1/4 of recipe)

### Renal exchange:

3 Protein + 2 Vegetable

Calories	<b>216Kcal</b>
Protein	<b>27g</b>
Carbohydrates	<b>15g</b>
Fibre	<b>1.6g</b>
Total Fat	<b>5g</b>
Saturated Fat	<b>1g</b>
Cholesterol	<b>65mg</b>
Sodium	<b>71mg</b>
Potassium	<b>550mg</b>
Phosphorus	<b>301mg</b>

## PREPARATION

- 1** Preheat oven to 350° F.
- 2** Bring water to boil, add rutabaga and boil for 5 minutes. Drain and discard water. Place rutabaga in a 2 quart ovenproof dish and add the peppers.
- 3** Dredge chicken cubes in flour and pepper them.
- 4** In a non-stick skillet heat oil over medium-high heat, brown the chicken gently. (5 minutes)
- 5** Combine garlic with herbs, seeds, vinegar, syrup and water. Pour over cooked chicken and bring to a simmer. Transfer to the ovenproof dish with the rutabaga.
- 6** Place in oven and cook for 25 minutes.