Chicken with apples & raisins

Ingredients:

- 1 onion
- 2 carrots
- 2 apples
- 1 Tablespoon cinnamon
- 1 Tablespoon cumin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 lb chicken (from whole chicken)
- 1/4 cup low-sodium chicken broth
- 2 Tablespoons oil
- 3/4 cup raisins

Recipe:

LOW SODIUM

- Preheat oven to 450°F. Coat chicken in oil and season with salt, pepper, cumin and cinnamon. Place in pan and cook for 1 1/2 hours until internal temp reaches 165°F
- Peel and dice onion, carrots and apples
- In a large skillet over medium heat, heat 1 Tbsp oil. Add onion, carrots and apples. Cook, stirring occasionally until brown– about 15-20 minutes.
- When chicken is done, shred meat with two forks pulling away from each other
- Add 1 lb chicken and raisins to skillet. Add broth, 1/4 tsp salt and bring to simmer. Cook until liquid is almost gone, about 10 minutes
- Serve over rice. *Optional:* top with walnuts

Recipe Adapted From: http://cookingmatters.org/recipes/chicken-apples-and-raisins

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TIPS

- Avoid packaged and processed meals
- Eat out less and cook more at home
- Measure the amount of sodium you use while cooking
- Use more spices to boost flavor, such as: garlic, onion, cinnamon, oregano, etc.
- Choose low-sodium options

HOW TO LIMIT SODIUM INTAKE

- The daily recommended limit for sodium is 1 teaspoon

  1 teaspoon = 2,300mg

- Diets high in sodium can lead to heart disease, stroke and high blood pressure
- Check food labels: reading your food labels is a great way to compare products for lower sodium options. Many products will say "low-sodium" or "no salt added" on the front
- Canned black beans example:

  Black Beans: **370mg**

  No Salt Added Black Beans: **10mg**

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