



Delicious!

PREPARATION: 15 MINUTES | COOKING: 60 MINUTES | SERVINGS: 6

TURKEY RED PEPPER STRATA

INGREDIENTS

6 eggs

1 1/2 cups rice milk

1 teaspoon poultry seasoning

1/4 teaspoon ground black pepper

1 tablespoon Dijon mustard

4 cups crusty bread, cubed

1/2 cup Swiss cheese, grated

1 cup green onions, chopped

2 cups (8.8 oz) leftover turkey or chicken, diced

1 cup red pepper, diced

2 tablespoons fresh parsley

PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a mixing bowl, whisk together the eggs, rice milk and spices.
- 3 In a separate mixing bowl, toss the crusty bread with the cheese, green onions, turkey and red pepper. Transfer to a non-stick 9-inch square pan or your favorite greased casserole dish.
- 4 Pour the egg mixture over the bread mixture. Press down on the bread to ensure that all the bread gets coated with the liquid.
- 5 Place the strata uncovered in the oven and bake for 50 to 60 minutes. The strata is ready when it is puffed up and firm to the touch.
- 6 Serve warm. Excellent for breakfast or lunch.

SUGGESTION

- ✓ *The strata can be assembled the night before, covered with plastic wrap and refrigerated. Bake it in the preheated oven the next morning for an easy brunch treat!*



TURKEY RED PEPPER STRATA



Nutrient Analysis	
PER SERVING	
1/3 of recipe	
Renal/Diabetic Exchanges:	
3 Meat + 1 Starch	
Calories	264
Protein	23g
Total Carbohydrate	17g
Fiber	2g
Sugars	5g
Fat	11g
Saturated	4g
Cholesterol	236mg
Sodium	314mg
Potassium	292mg
Phosphorus	306mg
Calcium	211mg
Iron	2mg
Magnesium	39mg
Vitamin C	35mg

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 ✓

The dangers of salt substitutes

When you need to limit salt in your diet, look for other ways to season foods. In your search for new flavors, you may come across products called salt substitutes. These products typically look like table salt, but claim to be low in sodium. Unfortunately, when sodium is removed from salt, potassium is typically added in its place. When sodium is removed and replaced with potassium, it is now potassium chloride, or KCL. It is important to read the ingredient lists on all salt substitutes to make sure you do not select one containing potassium chloride.

The amount of potassium in a salt substitute varies from product to product, but generally is very high when it contains potassium chloride. A single teaspoon can contain 2,400 to 3,000 milligrams of potassium, which is equal to an entire day's allowance of potassium on a low-potassium diet. Salt substitutes can also be found in foods that are labeled "low in sodium" or "sodium free." Carefully read the ingredients for these foods to see if potassium chloride has been added.

The best way to add flavor to foods is to use herbs and spices without adding unwanted sodium or potassium. If you are not sure how to use herbs and spices, ask your dietitian for suggestions.

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