

FRITTATA MUFFINS

INGREDIENTS

- Non-stick cooking spray*
- 2 teaspoons olive oil*
- ½ cup leeks, washed and sliced*
- ½ cup red pepper, diced*
- 6 teaspoons Brie cheese*
- 1 tablespoon fresh basil, finely chopped*
- 5 eggs, extra large*
- ½ teaspoon ground black pepper*

PREPARATION

- 1 Preheat oven to 350°F. Grease muffin tins with non-stick cooking spray.
- 2 Heat olive oil over medium heat in skillet. Add leeks and red pepper and sauté until tender. Divide vegetables among 6 muffin tins.
- 3 Place one teaspoon of cheese into each muffin compartment and sprinkle with basil.
- 4 Whisk the eggs and season them with black pepper. Pour them over the herbed vegetable and cheese mixture in each compartment.
- 5 Bake the muffins for approximately 20 minutes or until the eggs are firm to the touch.

SUGGESTIONS

- ✓ *Leftover muffins can be kept in the refrigerator and reheated upon serving.*
- ✓ *Enjoy a muffin as a high-protein snack or have two for a high-protein breakfast!*



FRITTATA MUFFINS



| Nutrient Analysis | |
|---|-------|
| PER SERVING (1 Muffin) | |
| Renal/Diabetic Exchanges: 1 Protein + 1 Fat | |
| Calories | 101 |
| Protein | 7g |
| Total Carbohydrate | 2g |
| Fiber | 0g |
| Sugars | 1g |
| Fat | 7g |
| Saturated | 2g |
| Cholesterol | 177mg |
| Sodium | 87mg |
| Potassium | 110mg |
| Phosphorus | 104mg |
| Calcium | 38mg |
| Iron | 1mg |
| Magnesium | 10mg |
| Vitamin C | 17mg |

| Diet Types | |
|--------------------|---------------------|
| ✓ CKD Non-Dialysis | ✓ Dialysis/Diabetes |
| ✓ Dialysis | ✓ Transplant |

POTASSIUM CHECK ✓

Limit or avoid high-potassium vegetables

As part of a kidney-friendly diet, you should enjoy a variety of vegetables to provide you with necessary vitamins, minerals, fiber and antioxidants. Early research has shown that diets higher in vegetables may reduce the amount of waste your kidneys have to excrete. More clinical trials are needed to determine if the effect of eating more vegetables can slow the progression of kidney disease.

While vegetables are typically low in salt and phosphorus, they can be high in potassium. Choosing low-potassium vegetables and pre-planning meals will allow you to add a mix of richly colored vegetables in your diet while staying within dietary potassium goals. Shop the perimeter of the grocery store for fresh produce. If purchasing canned or frozen vegetables, read the nutrition facts label and ingredients to avoid items high in salt or potassium.

HIGH-POTASSIUM VEGETABLES: Brussels Sprouts, Pumpkin, Sweet Potatoes, Spinach, Tomatoes, Potatoes, Parsnips and Winter Squash.

LOW-POTASSIUM VEGETABLES: Alfalfa Sprouts, Green Beans, Cabbage, Cauliflower, Lettuce, Onions, Peppers and Snow Peas.

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