



PREPARATION: 15 MINUTES | COOKING: 30 MINUTES | SERVINGS: 4

NO-CRUST QUICHE WITH LEEKS

INGREDIENTS

1 cup leeks

1 tablespoon olive oil

8 large eggs

½ cup all purpose flour

1 ½ cup unfortified rice beverage*

¾ cup milk (1% milk fat)

½ teaspoon black pepper

2 tablespoons fresh basil

* Because of phosphate additives in fortified rice beverage we are recommending the unfortified product.

PREPARATION

- 1 Preheat oven to 400°F.
- 2 Cut the leeks lengthwise and rinse under running water. After washing, cut them in small slices.
- 3 In a non-stick frying pan, heat the oil over medium heat. Sauté the leeks for 4-5 minutes while stirring often, until leeks are wilted and tender.
- 4 In a large bowl, whisk the eggs. Add the flour, rice beverage, and milk. Add the sautéed leeks from step 3, and season with pepper.
- 5 Pour the mixture directly into a pie pan. Place the basil leaves on top.
- 6 Bake the quiche in the oven for 30-35 minutes. Test for doneness by inserting a knife near the center of the quiche. When the knife comes out clean the quiche is ready.



NO-CRUST QUICHE WITH LEEKS



Nutrient Analysis

PER SERVING

¼ of recipe

Renal Exchange:

1 Starch + 2 Protein
+ 1 Low-Fat Dairy + 1 Fat

Diabetic Exchange:

1 Starch + 2 Protein
+ ½ Low-Fat Dairy + 1 Fat

Calories **300 Kcal**

Protein **16 g**

Total Carbohydrate **26 g**

Fiber **1 g**

Sugars **7 g**

Fat **15 g**

Saturated **4 g**

Cholesterol **416 mg**

Sodium **182 mg**

Potassium **282 mg**

Phosphorus **253 mg**

Calcium **214 mg**

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

POTASSIUM CHECK ✓

Including lower-potassium vegetables in the kidney diet

As part of the kidney diet, lower-potassium foods are often encouraged. With this goal in mind, there are many different vegetables that can be selected to provide a variety of vitamins, minerals, and flavor. Watching the portion size of each vegetable is important as different foods contain varying amounts of potassium. Even some vegetables that are higher in potassium can be consumed in smaller portions, less frequently so you can enjoy this 'taste' in your diet. Discuss options with a registered dietitian nutritionist.

Leeks are a strong-tasting vegetable that add a distinct sweet, onion flavor to meals. There are three parts to this vegetable with only the root end not able to be eaten. Once washed, leeks can be eaten raw or cooked, and make a great addition to a salad, main entrée, soup, or side dish.

A half-cup of leeks contain approximately 80 milligrams (mg) of potassium. In comparison, the same portion of chopped white onion provides roughly 117 mg of potassium. Using this lower-potassium vegetable also has other benefits, as leeks are a good source of magnesium and vitamins A and C.

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