

PREPARATION: 20 MINUTES

COOKING: 45 MINUTES

SERVINGS: 4

FRITTATA PRIMAVERA

Nutrient Analysis

PER SERVING: ¼ of recipe

RENAL EXCHANGE: 2 Meat + 2 Vegetable + 1 Fat

Calories	246 Kcal	Sodium	155 mg
Protein	17 g	Potassium	412 mg
Total Carbohydrate	11 g	Phosphorus	286 mg
Fiber	2 g	Calcium	141 mg
Sugars	5 g	Iron	3 mg
Fat	15 g	Magnesium	38 mg
Saturated	5 g	Vitamin C	34 mg
Cholesterol	378 mg		

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
- Dialysis
 Transplant



FRITTATA PRIMAVERA

INGREDIENTS

1 tablespoon olive oil

1 clove garlic, minced

1 cup zucchini, diced

1 cup red onion, diced

½ cup red pepper, diced

½ cup corn niblets, frozen

¼ cup Swiss cheese, shredded

*8 eggs, whisked**

¼ teaspoon ground black pepper

¼ cup fresh tarragon, chopped (or 1 tablespoon dried)

* You may substitute 2 cups of liquid egg whites for the 8 eggs. The Frittata will be lighter in color as a result. With egg whites the recipe would be appropriate for transplant patients.

PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a skillet, heat oil over medium heat. Add garlic, zucchini, onion, peppers and corn and sauté until tender.
- 3 Transfer vegetables to an ovenproof dish. Sprinkle cheese over the vegetables.
- 4 In a bowl, whisk the eggs together and season them with pepper and tarragon.
- 5 Pour seasoned eggs over vegetables and cheese.
- 6 Cover frittata mixture with foil and bake for 45 minutes or until the eggs are firm to the touch.
- 7 Serve with toast and enjoy!



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