

PREPARATION: 5 MINUTES

COOKING: 10 MINUTES

SERVINGS: 2

MUSHROOM AND RICE OMELET

Nutrient Analysis

PER SERVING: ½ Omelet

RENAL EXCHANGE: 2 Meat + 2 Starch
+ 1 Lower-Potassium Vegetable + 1 Fat

Calories	394 Kcal	Sodium	371 mg
Protein	19 g	Potassium	357 mg
Total Carbohydrate	41 g	Phosphorus	265 mg
Fiber	1 g	Calcium	119 mg
Sugars	2 g	Iron	3 mg
Fat	16 g	Magnesium	36 mg
Saturated	5 g	Vitamin C	4 mg
Cholesterol	374 mg		

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
- Dialysis
 Transplant



MUSHROOM AND RICE OMELET

INGREDIENTS

½ cup basmati rice

1½ cups water

1 cup mushrooms, sliced

2 cloves of garlic,
finely chopped or pressed

4 large eggs

1 tablespoon grated parmesan
cheese

1 tablespoon no salt margarine

2 teaspoons low-sodium soy sauce

½ cup green onions, finely chopped
(approximately 2 whole green
onions)



PREPARATION

- 1 Rinse rice under cold water to remove excess starch. In a small pot bring water to a boil and add the rice. Lower heat to medium and simmer for 6–7 minutes. Pour into strainer over the sink, drain and rinse with cold water.
- 2 While rice is cooking, chop mushrooms and garlic and set aside. Crack the eggs into a bowl and mix with the parmesan.
- 3 Heat a medium-sized non-stick pan over medium-high heat for 1 minute. Drop in the margarine and add the mushrooms. After 3 minutes, add the garlic. Fry for another 1–2 minutes until the mushrooms are brown.
- 4 Turning down the heat to medium-low, add the rice, soy sauce and green onions, warm through for 1–2 minutes.
- 5 Pour the eggs over the rice and stir gently on the surface until the omelet starts to set (1 minute). Cover, turn off the heat and let sit for a couple of minutes to finish.

SUGGESTION

- ✓ *Stirring helps the egg to set because it distributes the heat. However, avoid too much stirring not to end up with scrambled eggs!*

NOTE

- ✓ *If you have leftover rice in the fridge this recipe is a wonderful way to use it!*
- ✓ *Use the leftover half of the omelet in a sandwich the next day.*

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