

PREPARATION: 30 MINUTES

BAKING: 40 MINUTES

SERVINGS: 6

ONION & NOODLE PIE

Nutrient Analysis

PER SERVING: 1/3 of recipe

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

Calories	310 Kcal	Sodium	394 mg
Protein	15 g	Potassium	325 mg
Total Carbohydrate	23 g	Phosphorus	249 mg
Fiber	2 g	Calcium	166 mg
Sugars	7 g	Iron	2 mg
Fat	17 g	Magnesium	28 mg
Saturated	7 g	Vitamin C	9 mg
Cholesterol	223 mg		

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
- Dialysis
 Transplant

ONION & NOODLE PIE

INGREDIENTS

2½ cups onions, thinly sliced

2 tablespoons no salt margarine

2 cups fine egg noodles, uncooked
(NoYolks® are a good choice)

8 oz light cream cheese (cubed)

Freshly ground black pepper

¼ cup parmesan cheese, grated

6 eggs

2 egg whites

¾ cup of unsweetened, unfortified rice milk

¼ cup parsley, chopped

3 tablespoons dried bread crumbs

2 tablespoons chopped parsley for garnish



Presented by

Favorably reviewed by

PREPARATION

- 1 Pre-heat oven to 350°F (conventional).
- 2 In a large frying pan, cook the onions with the margarine over medium heat until very soft and golden, stirring frequently (15–20 minutes).
- 3 Bring water to a boil and cook noodles according to package directions.
- 4 Prepare noodle mixture: drain noodles and add them to the pan with the cooked onions. Toss with cream cheese to coat evenly. Season with black pepper to taste. Add parmesan cheese.
- 5 Prepare egg mixture: mix eggs and egg whites in a medium bowl. Add rice milk and parsley.
- 6 Grease a 2-inch deep, 10-inch wide quiche pan and dust with bread crumbs.
- 7 Put noodle mixture in the bottom of the pan, spreading evenly. Pour egg mixture over it and garnish with parsley.
- 8 Place pan in the middle of pre-heated oven and bake for 40 minutes or until golden and set.
- 9 Remove from oven and allow to cool 10 minutes before cutting.

SUGGESTION

✓ *Can be prepared ahead of time and heated up in portions.*

NOTE

✓ *Keeps 3–4 days in the fridge. Wrap in foil.*