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
- ⅛ teaspoon ground black pepper

PREPARATION

1. Preheat oven to 350°F. Grease muffin tins with non-stick cooking spray.
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!
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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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 1mg
Sodium 87mg
Potassium 110mg
Phosphorus 104mg
Calcium 38mg
Iron 1mg
Magnesium 10mg
Vitamin C 17mg

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Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

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