

PREPARATION: 10 MINUTES | COOKING: 1½ MINUTES | SERVING: 1

# BLACK BEAN OMELET IN A MUG

## INGREDIENTS

1 teaspoon olive oil

½ cup pasteurized egg whites\*

½ teaspoon turmeric

1 tablespoon rice beverage\*\*

1 tablespoon diced red peppers

1 tablespoon sliced green onions

1 tablespoon canned black beans  
(no salt added, drained,  
and rinsed)

1 teaspoon salsa

Fresh coriander (optional)

\* When using fresh egg whites, use the egg whites of 4 large eggs

\*\* Avoid rice beverage with claim “enriched”

## PREPARATION

- 1** Oil the inside of a microwave-safe cup. Add egg whites, turmeric, rice beverage, red peppers, and beans. Mix with a fork.
- 2** Cook in microwave for 1 minute. Stir and cook for an additional 15 seconds. Stir and cook for another 15 seconds.
- 3** Garnish with salsa and fresh coriander.

## SUGGESTION

- ✓ *Roll the omelet into a tortilla to make an easy breakfast burrito, or serve with toast.*

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## Nutrient Analysis

PER SERVING	
1 omelet	
<b>Renal/Diabetic Exchanges:</b>	
2 Lean Protein +	
1 Lower-Potassium Vegetable	
Calories	137 Kcal
Protein	16 g
Total Carbohydrate	7 g
Fiber	2 g
Sugars	2 g
Fat	5g
Saturated	1 g
Cholesterol	4 mg
Sodium	233 mg
Potassium	313 mg
Phosphorus	28 mg
Calcium	45 mg

## Diet Types

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

## NUTRITION CHECK ✓

### Give your day a good start

Starting the day off right with a balanced breakfast is key, especially for those with chronic kidney disease (CKD). Breakfast can help provide you with the energy and nutrients your body needs. There are many available breakfast options, and these include fresh, shelf stable, or frozen choices. Time often plays a critical role in your selection as there isn't always enough to make a meal from scratch each morning. When deciding which type of breakfast selection might be the best choice for you, consider which option works best with your schedule and fits within your lower-potassium diet.

**Fresh** options may be an omelet with vegetables, a fresh fruit cup with a serving of Greek yogurt, or overnight oats with lower-potassium fruit. Add spices for different flavors and health benefits. A **shelf-stable** choice can be selected when making a homemade or fresh breakfast isn't as reasonable. Consider an English muffin with a nut butter or cooked oatmeal with some added lower-potassium fruit. **Frozen** foods can also be used on a kidney-friendly diet with caution. Certain foods like a frozen breakfast sandwich or waffle may be high in sodium or have hidden additives. Be sure to read labels to find the frozen choice that works best for you and stays within your diet goals.

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