

SUNNY BREAKFAST TART

INGREDIENTS

<u>4 store-bought puff pastry shells</u>	<u>1/8 teaspoon black pepper</u>
<u>1 tablespoon olive oil</u>	<u>4 teaspoons garlic & herb cream cheese*</u>
<u>1/2 cup leeks, washed and sliced</u>	<u>4 eggs</u>
<u>1 cup baby spinach</u>	

* you can also use regular cream cheese and season with 1 teaspoon minced garlic and 1/4 teaspoon dill

PREPARATION

- 1 Heat oil in a small skillet over medium heat. Sauté the leeks until soft, approximately 5 minutes. Add the baby spinach and continue to sauté until wilted. Season with black pepper.
- 2 Place the 4 shells on a baking sheet. To the base of each shell, spread 1 teaspoon of garlic & herb cream cheese. Divide the spinach and leek mixture between the four shells, creating a well for the egg. Crack a whole egg into the well.
- 3 Bake for 15-20 minutes or until the egg whites set. Serve immediately.

PLEASE NOTE: For this photo the chef used frozen puff pastry dough to form larger shells. The dough is usually higher in fat than the store-bought shells.



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Nutrient Analysis

PER SERVING	
¼ of recipe	
Renal/Diabetic exchanges:	
1 Meat +1 Starch + 4 Fat	
Calories	384Kcal
Protein	10g
Total Carbohydrate	24g
Fiber	1g
Sugars	1g
Fat	27g
Saturated	7g
Cholesterol	190mg
Sodium	226mg
Potassium	161mg
Phosphorus	135mg
Calcium	51mg
Iron	3mg
Magnesium	23mg
Vitamin C	3mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Cream cheese can be a low potassium cheese option

Lowering intake of high potassium foods is key when following your kidney diet. Cheese is found in many recipes and adds to the flavor, appearance and texture of your dish. Cheese provides calcium, protein and Vitamin D. However, moderation is necessary for the kidney patient as too much results in high sodium, phosphorus and potassium intake.

Cream cheese is a lower potassium selection that can be used with your meals. A one-tablespoon portion contains approximately 20mg of potassium. Monitoring your portion size allows you to enjoy this food while following your kidney diet.

Try cream cheese as a filling for appetizer dips, a sweet treat in desserts and breakfast dishes, a dressing in fruit salads as well as a spread for sandwiches and main dishes making this a very versatile food item for your kidney diet.

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