



## Mushroom & Red Pepper Omelet

**Diet types:** CKD Non - Dialysis, Dialysis, Diabetes

**Nutrients per serving:** Calories 199g, Protein 11g, Carbohydrates 4g  
Fat 15g, Cholesterol 341mg, Sodium 276mg, Potassium 228mg  
Phosphorus 167mg, Calcium 55mg, Fiber 0.6g

**Renal and Renal Diabetic Food choices:** 1-1/2 meat, 2 fat, 1/2 vegetable, medium potassium

### PREPARATION

1. Dice mushrooms, onion and red peppers.
2. Melt 1 teaspoon butter or margarine in a skillet over medium heat. Add mushrooms and onion; sauté 5 minutes until onion is tender. Stir in diced red pepper. Remove vegetables from skillet and set aside.
3. Melt 1 teaspoon butter or margarine in the skillet. Beat eggs, add Worcestershire sauce and cook over medium heat.
4. When eggs are partially cooked, top with vegetable mixture. Place dollops of whipped cream cheese over vegetables. Continue cooking until eggs are set.
5. Remove from heat and fold omelet in half. Sprinkle with pepper. Divide into two portions and serve.

**Portions:** 24

**Serving size:** 1/2 omelet

**Carbohydrate Choices:** 0

### INGREDIENTS

1/2 cup	Raw mushroom pieces
2 tsp	Onion
1/4 cup	Canned sweet red peppers
2 tsp	Butter
3 large	eggs
1 tsp	Worcestershire sauce
2 tsp	Whipped cream cheese
1/4 tsp	Black pepper

Find more kidney-friendly recipes, visit [davita.in/recipes](https://www.davita.in/recipes) today.

Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.