

PREPARATION: 10 MINUTES

COOKING: 30 MINUTES

4 SERVINGS

SPINACH & LEEK BREAKFAST TART

INGREDIENTS

225g puff pastry

1 tablespoon olive oil

½ cup leeks, washed and sliced

1 cup baby spinach

¼ teaspoon black pepper

4 teaspoons garlic & herb cream cheese*

4 eggs

PREPARATION

- 1** Preheat oven to 425°F. Line a baking tray with parchment paper. Cut puff pastry sheet into four equal squares (5"×5"). Create a border for each tart by folding each edge over ¼". Prick the bottom of each tart with a fork. Place puff pastry tarts on baking tray. Bake for 10–15 minutes or until tart shells puff and become golden in colour. Remove from oven.
- 2** Heat oil in a small skillet over medium heat. Sauté the leeks until soft, approximately 5 minutes. Add the spinach and continue to sauté until wilted. Season with black pepper.
- 3** Press down the center of the tart shell. To the base of each shell, spread 1 teaspoon of garlic & herb cream cheese. Divide the spinach and leek mixture between the four tarts, creating a well for the egg. Crack a whole egg into each well.
- 4** Bake for 15–20 minutes or until the egg whites set. Serve immediately.

* You can also use regular cream cheese and season it with 1 teaspoon minced garlic + ¼ teaspoon dill.



Nutrient Analysis

PER SERVING:

1/4 of recipe

RENAL EXCHANGE:

1 Protein + 1 ½ Starch
+ ½ Vegetable

Calories	354Kcal
Protein	10g
Carbohydrates	27g
Fibre	0.5g
Total Fat	23g
Saturated Fat	10g
Cholesterol	211mg
Sodium	270mg
Potassium	167mg
Phosphorus	113mg

PHOSPHATE TIP

Cream cheese is lower in phosphorus compared to other types of cheese.