

PREPARATION: 10 MINUTES

COOKING: 5 MINUTES

1 SERVING



OMELLETTE WITH WHAT YOU HAVE

INGREDIENTS

2 eggs

2 tablespoons water

1 teaspoon olive oil

¼ cup shredded chicken*

¼ cup grilled vegetables cut into pieces*

* use leftovers from chicken recipe on page 7

PREPARATION

- 1 In a small bowl, beat eggs and water. Add pepper to taste.
- 2 In a 8-inch non-stick frying pan, heat olive oil over medium-low. Pour the egg mixture into the hot pan. With a spatula, gently scrape the cooked part from the edge towards the centre of the pan. Move the pan so the remaining liquid flows into the empty space.
- 3 When the top is slightly moist and creamy, top half of the omelette with chicken and vegetable. Slide the spatula under the empty half of the omelette and fold it over the filled part.
- 4 Continue cooking for about 1 minute until topping is warmed through. Slide omelette onto plate and enjoy!

Tip: Try this recipe with your leftovers. Be creative: vegetable, meat, chicken, fish, or cheese, anything goes!

Nutrient Analysis

PER SERVING:

1 omelette

RENAL EXCHANGE:

3 Protein + 1 Vegetable

Calories	318 Kcal
Protein	25 g
Carbohydrates	6 g
Fibre	2.6 g
Total Fat	22 g
Saturated Fat	5 g
Cholesterol	418 mg
Sodium	221 mg
Potassium	373 mg
Phosphorus	240 mg