

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**

**½ 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:

¼ 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.***