

PREPARATION: 10 MINUTES

COOKING: 1 1/2 MINUTES

1 SERVING



MEXICAN OMELETTE IN A MUG

INGREDIENTS

1 teaspoon olive oil

1/2 cup pasteurized egg whites

1/2 teaspoon turmeric

1 tablespoon unenriched rice beverage

1 tablespoon diced red peppers

1 tablespoon sliced green onions

1 tablespoon black beans (canned, no salt added)

1 teaspoon salsa

Fresh cilantro (optional)

PREPARATION

- 1** Oil a microwave-safe cup. Add all ingredients except the salsa. Mix with a fork.
- 2** Cook in microwave oven for 1 minute. Stir and cook for 15 seconds. Stir and cook for another 15 seconds.
- 3** Garnish with salsa and fresh cilantro and serve with toast.

Tip: Roll the omelette into a tortilla to make an easy breakfast burrito.

Nutrient Analysis

PER SERVING:

1 omelette

RENAL EXCHANGE:

2 Protein + 1 Vegetable

Calories	136Kcal
Protein	14g
Carbohydrates	8g
Fibre	2g
Total Fat	5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	258mg
Potassium	284mg
Phosphorus	46mg