



Three Cheese Spinach Manicotti

Ingredients:

- 1 (8 oz) package manicotti shells (whole grain preferred)
- 2 cups shredded part skim mozzarella cheese
- 1 cup non-fat ricotta cheese
- ¼ cup parmesan cheese
- ½ tsp minced garlic
- 1 whole egg or ¼ cup egg substitute
- 1 Tbsp dried basil
- ½ cup water
- 2 (26 oz) jars marinara sauce (low or reduced sodium preferred)
- 1 (10 oz) package frozen spinach, thawed and drained
- Non stick spray

Directions:

Preheat oven to 350°F. Spray non-stick spray on a 9x13" baking dish. In a bowl, mix 1 ½ cups mozzarella cheese, ¼ cup parmesan cheese, garlic, egg, basil, and spinach. Stuff the uncooked manicotti with the mixture. Hint: For easy stuffing, use a large freezer bag, fill it with the mixture and cut a hole in the corner. Spread 2 cups marinara sauce and ½ cup water over the bottom of the baking dish. Arrange stuffed manicotti in the dish and cover with the remaining sauce. Bake 45 minutes. Sprinkle with ½ cup mozzarella cheese and ¼ cup parmesan cheese. Bake an additional 15 minutes until cheese is melted **Serves 8**

Nutrition Facts Per Serving:

Calories 300	Saturated Fat 3.5 gm	Carbohydrate 38 gm
Fat 8 gm	Sodium 410 mg	Fiber 4 gm

Mushroom and Red Pepper Omelet

Recipe submitted by DaVita dietitian Sara from California.

Portions: 2

Serving size: 1/2 omelet

Ingredients:

- 1/2 cup raw mushroom pieces
- 2 tbsp onion
- 1/4 cup canned sweet red peppers
- 2 tsp butter
- 3 large eggs
- 1 tsp Worcestershire sauce
- 2 tbsp whipped cream cheese
- 1/4 tsp black pepper

Preparation:

1. Dice the mushrooms, onion and red peppers.
2. Melt 1 teaspoon of the butter in a skillet over medium heat. Add the mushrooms and onion; sauté 5 minutes until onion is tender. Stir in diced red pepper. Remove vegetables from skillet and set aside.
3. Melt the remaining teaspoon of butter in the skillet. Beat the eggs with
4. Worcestershire sauce and cook over medium heat. Cook the omelet evenly by shaking the pan and gently lifting edges to allow uncooked egg to run underneath cooked egg.
5. When eggs are partially cooked, top with vegetable mixture. Place dollops of whipped cream cheese over vegetables. Continue cooking until eggs are set.
6. Remove the skillet from heat and fold omelet in half. Sprinkle with pepper. Divide into two portions and serve.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving:

Calories: 200

Fat: 15 g, **Cholesterol:** 340 mg

Protein: 11 g

Sodium: 276 mg

Carbohydrates: 4 g, **Fiber:** 0.6 g

Potassium: 228 mg, **Phosphorus:** 167 mg, **Calcium:** 55 mg

Food choices: 1-1/2 meat, 2 fat, 1/2 medium-potassium vegetable

Carbohydrate choices: 0

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