



MUSHROOM AND RICE OMELETTE

INGREDIENTS

1/2 cup basmati rice

1 1/2 cups water

1 cup mushrooms, sliced

2 cloves of garlic, finely chopped or pressed

4 eggs

1 tablespoon grated parmesan cheese

1 tablespoon no salt Becel™ margarine

2 teaspoons low-sodium soy sauce

1/2 cup green onions finely chopped
(approximately 2 whole green onions)

PREPARATION: 5 MINUTES

COOKING: 10 MINUTES

2 SERVINGS

Note: *If you have leftover rice in the fridge this recipe is a wonderful way to use it! Use the leftover half of the omelette in a sandwich the next day.*

Nutrient Analysis

PER SERVING

1/2 of omelette

Renal exchange:

3 Starch + 2 Protein + 1 Vegetable

Calories **416Kcal**

Protein **19g**

Carbohydrates **45g**

Fiber **1.6g**

Total Fat **17.5g**

Saturated Fat **4.5g**

Cholesterol **388mg**

Sodium **389mg**

Potassium **395mg**

Phosphorus **262mg**

PREPARATION

- 1** Rinse rice under cold water to remove excess starch. In a small pot bring water to a boil and add the rice. Lower heat to medium and simmer for 6 to 7 minutes. Pour into strainer over the sink, drain and rinse with cold water.
- 2** While rice is cooking, chop mushrooms and garlic and set aside. Crack the eggs into a bowl and mix with the parmesan.
- 3** Heat a medium sized non-stick pan over medium-high heat for 1 minute. Drop in the margarine and add the mushrooms. After 3 minutes, add the garlic. Fry for another 1 to 2 minutes until the mushrooms are brown.
- 4** Turning down the heat to medium-low, add the rice, soy sauce and green onions, warm through for 1-2 minutes.
- 5** Pour the eggs over the rice and stir gently on the surface until the omelette starts to set (1 minute). Cover, turn off the heat and let sit for a couple of minutes to finish.

Stirring helps the egg to set because it distributes the heat. However, avoid too much stirring not to end up with scrambled eggs!