

Makes 2 servings Serving size: 1 tortilla, 1 egg

Ingredients:

- 2 to 3 tablespoons canola oil
- 2 corn tortillas
- 1/4 cup onion, chopped
- 1/4 cup bell peppers, chopped
- 2 eggs
- Low sodium Hot sauce to taste

Preparation:

1. Heat 2 tablespoons oil in a skillet and crisp the tortillas for about a minute on each side or until they start to brown. Set aside on paper towels to drain.
2. In the same skillet, sauté the onion and bell pepper until soft. (Add additional oil if needed.) Remove from skillet.
3. Heat remaining oil in the skillet and cook eggs over easy.
4. Place one crisp tortilla on each plate and top with egg and sautéed vegetables. Add hot sauce if desired.

Helpful Hints:

- To reduce fat in this recipe, crisp the tortillas in the oven and use a nonstick skillet sprayed with cooking spray to prepare eggs.
- If you follow a high potassium diet use more vegetables.
- Crisp tortillas are available at the grocery store.

Renal and renal diabetic food choices:

- 1 meat/protein
- 1 starch
- 1/2 vegetable, low potassium
- 4 fat

Nutrients per serving (1 tortilla, 1 egg and half vegetables): 272 Calories, 8g Protein, 15g Carbohydrates, 1.8g Fiber, 20g Fat, 139mg Sodium, 160 Potassium, 135mg Phosphorus

