



Kidney-Friendly Breakfast Sandwich

Makes 1 serving

Non-stick cooking spray 1

1 large egg

1 English muffin

1 turkey sausage patty

1 tbs cheddar cheese

Heat skillet over medium heat and spray with non-stick cooking spray. Prepare egg by scrambling or frying.

Toast English muffin.

Prepare turkey sausage patty per package instructions.

Once the egg is cooked, place on the muffin bottom, add cooked turkey sausage, sprinkle cheese, and add muffin top on top.

Enjoy!

Nutrition Facts Per Serving 1 sandwich	Calories	298
	Carbohydrates	27 g
	Protein	20 g
	Total Fat	12 g
	Phosphorus	211 mg
	Potassium	177 mg
	Sodium	557 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.