



PREPARATION: 10 MINUTES | COOKING: 15 MINUTES | SERVINGS: 4

PEPPERITA PIZZA

INGREDIENTS

Sauce

*½ cup roasted red peppers,
drained*

1 clove garlic

¼ tsp dried basil

Pizza

4 whole-wheat pita (6½" diameter)

½ cup roasted red pepper sauce

*1 cup mozzarella part-skim cheese,
shredded*

*1 cup cooked chicken breast,
diced into ½" cubes*

4 teaspoon basil, thinly sliced

PREPARATION

- 1** Preheat oven to 400°F.
- 2** To prepare the sauce, add peppers, garlic and basil to a food processor or blender and puree.
- 3** Spread 2 tablespoons of sauce on each pita. Sprinkle with ¼ cup of mozzarella cheese and ¼ cup of diced chicken.
- 4** Place the four pita pizza on a baking tray.
- 5** Bake for 10-15 minutes or until the crust is crispy.
- 6** Garnish each pizza with 1 teaspoon of thinly sliced basil. Serve immediately.

Note: As a pizza base you can also use Naan bread, which we used for the photo or flour tortillas.

PEPPERITA PIZZA



Nutrient Analysis

PER SERVING	
1 Pizza	
Renal/Diabetic exchanges:	
3 Starch + 3 Meat	
Calories	295Kcal
Protein	23g
Total Carbohydrate	38g
Fiber	4g
Sugars	3g
Fat	6g
Saturated	3g
Cholesterol	43mg
Sodium	542mg
Potassium	270mg
Phosphorus	331mg
Calcium	243mg
Iron	3mg
Magnesium	59mg
Vitamin C	29mg

Diet Types

<input type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

POTASSIUM CHECK ✓

Using dried and fresh herbs

A kidney-friendly diet usually recommends reducing daily salt and potassium intake. While this may change how you prepare and cook your food items, this doesn't mean your meals have to be lacking in flavor. Instead of adding salt or a potassium chloride salt substitute, use fresh or dried herbs to create a variety of different mouth-savoring tastes.

Dried herbs are either ground, diced, flaked or whole. This type of herb can be cost-effective as it is easily stored and lasts longer than a fresh herb. Common dried herbs include basil, thyme and rosemary. Since most recipes require only a small amount of dried herbs, the added potassium content is low.

Fresh herbs are typically purchased from the produce section of the grocery store. To extend the life of a fresh herb item, experts recommend washing and then using a salad spinner to remove excess water. Follow recipe directions for fresh herb prep before use. To add flavor to your meals and reduce sodium and potassium intake, try meat or poultry with dill, thyme with steamed vegetables, and cilantro with tacos or rice dishes.

Substituting: Dried herbs are more concentrated and therefore stronger in flavor than fresh herbs. When using fresh herbs you need approximately three times the amount of dried herbs. For example, if a recipe calls for 1 tablespoon of fresh thyme, you need to add only 1 teaspoon of dried thyme.

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