AAKP *Delicious!*

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

BROCCOLI PITA PIZZA

INGREDIENTS

4 pitas (6.5 inches diameter)

½ cup ricotta cheese, skim

½ teaspoon dried oregano

½ teaspoon garlic powder

¼ cup mozzarella cheese, part skim, shredded

1 cup broccoli florets, finely chopped

1 cup cooked chicken breast, diced ½"

¼ teaspoon chili flakes (optional)

PREPARATION

1. Preheat oven to 400°F.
2. In a small mixing bowl, combine ricotta cheese, dried oregano, and garlic powder.
3. To each pita, spread 2 tablespoons of ricotta mixture on the pita base. Sprinkle with 1 tablespoon of mozzarella cheese. Add ¼ cup of finely chopped broccoli and ¼ cup of diced chicken. Garnish with chili flakes.
4. Place pita pizzas on a baking tray.
5. Bake for 10–15 minutes or until pita pizzas are crispy and broccoli is cooked. Serve immediately.

SUGGESTION

✓ *You can also use Naan bread or flour tortillas.*

BROCCOLI PITA PIZZA

Nutrient Analysis	
PER SERVING	
1 Pizza	
Renal/Diabetic exchanges: 2 Meat + 2 Starch + 1 Lower-Potassium Vegetable	
Calories	**312Kcal**
Protein	**22g**
Total Carbohydrate	**38g**
Fiber	**2g**
Sugars	**1g**
Fat	**8g**
Saturated	**3g**
Cholesterol	**46mg**
Sodium	**433mg**
Potassium	**293mg**
Phosphorus	**233mg**
Calcium	**199mg**
Iron	**2mg**
Magnesium	**38mg**
Vitamin C	**20mg**

Diet Types

- ✓ **CKD Non-Dialysis**
- ✓ **Dialysis/Diabetes**
- ✓ **Dialysis**
- ✓ **Transplant**

POTASSIUM CHECK

Kidney-Friendly Pizza

Adjusting to a kidney diet can be a difficult task. With sodium, potassium, phosphorus and/or protein restrictions, trying to find meals that are appetizing may become overwhelming. Work with your renal dietitian to incorporate a variety of different foods into your diet. A change of ingredients or portion sizes can make a recipe more kidney-friendly and will allow you to eat some of your favorite dishes.

Pizza is one of the top 5 regularly eaten meals in the United States. Unfortunately, this food is often made with ingredients high in sodium, potassium and phosphorus. Rather than excluding pizza entirely, try the following modifications to allow pizza to fit within your kidney diet goals.

- Plan ahead and make your own crust to limit unnecessary additives.
- Instead of high-potassium red sauces made with tomatoes try a lite Alfredo sauce, olive oil base or roasted red pepper sauce.
- Replace salty meats such as pepperoni, ham and bacon with lower-fat ground turkey or beef.
- Use smaller portions of cheese.
- Top with low-potassium vegetables such as green bell peppers, mushrooms or onions.
- Finish off pizza flavor with sodium and potassium-free seasonings such as fennel seed, red pepper flakes or Italian seasoning.

Presented by

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Favorably reviewed by

Renal Dietitians, a dietetic practice group of the Academy of Nutrition and Dietetics, eat right.

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