

PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

BAKING: 12 MINUTES

MAKES 1 PIZZA

SUMMER FRESH PIZZA



Nutrient Analysis

PER SERVING: 1 Pizza

RENAL EXCHANGE: 2 Meat + 2 Vegetable + 3 Fat

Calories	532 Kcal	Sodium	688 mg
Protein	20 g	Potassium	535 mg
Total Carbohydrate	46 g	Phosphorus	232 mg
Fiber	4 g	Calcium	191 mg
Sugars	8 g	Iron	2 mg
Fat	30 g	Magnesium	51 mg
Saturated	12 g	Vitamin C	63 mg
Cholesterol	57 mg		

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

SUMMER FRESH PIZZA

INGREDIENTS

Pizza

**Any white flour flat bread or pita
(7 inches diameter)**

¼ cup red pepper sauce

**¼ cup zucchini, grated (squeezed
to remove excess liquid)**

¼ cup mushrooms, sliced

1 small yellow onion, sliced

**2 oz Brie cheese, sliced thin, rind
removed**

1 teaspoon olive oil

Red Pepper Sauce (makes 2 cups)

⅓ cup olive oil

4 cloves garlic

¾ cup onion, chopped

**2 cups red bell pepper, seeded
and chopped**

½ cup tomatoes, diced

½ teaspoon crushed chili pepper

2 teaspoons lemon zest (1 lemon)

½ cup water

**⅔ cup fresh basil, chopped
(or 3 tablespoons dried basil)**



PREPARATION

- 1** Preheat oven to 400°F (conventional oven).
- 2** Over medium heat, warm oil and add garlic, onion, pepper, tomato and chilies, cooking until soft.
- 3** Add ½ cup of water, the basil and the lemon zest, cover and cook for 20 minutes.
- 4** Let the mixture cool a bit and blend it in the blender.
- 5** Place the pita on cookie sheet. Spread pepper sauce on pita and top with vegetables and cheese. Drizzle with olive oil.
- 6** Bake in oven for 10–12 minutes. Enjoy with salad.

SUGGESTION

- ✓ *The left-over sauce may be frozen in ice cube trays. Be sure to transfer cubes to sealable plastic bags once frozen to ensure freshness.*
- ✓ *This red pepper sauce replaces tomato paste and gives a lovely taste when mixed into soups and stews.*

Presented by

Favorably reviewed by