Summer Fresh Pizza

Nutrient Analysis

<table>
<thead>
<tr>
<th>PER SERVING: 1 Pizza</th>
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<tbody>
<tr>
<td><strong>Calories</strong></td>
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<tr>
<td><strong>Sodium</strong></td>
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<tr>
<td><strong>Protein</strong></td>
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<tr>
<td><strong>Potassium</strong></td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
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<tr>
<td><strong>Phosphorus</strong></td>
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<tr>
<td><strong>Fiber</strong></td>
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<tr>
<td><strong>Calcium</strong></td>
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<tr>
<td><strong>Sugars</strong></td>
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<td><strong>Iron</strong></td>
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<tr>
<td><strong>Fat</strong></td>
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<td><strong>Magnesium</strong></td>
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<tr>
<td><strong>Saturated</strong></td>
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<td><strong>Vitamin C</strong></td>
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<td><strong>Cholesterol</strong></td>
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Diet Types

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

PREPARATION: 20 MINUTES  COOKING: 30 MINUTES
BAKING: 12 MINUTES  MAKES 1 PIZZA

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**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, slivered
- 1 small yellow onion, sliced
- 2 oz Brie cheese, sliced thin, rind removed
- 1 teaspoon olive oil

**Red Pepper Sauce (makes 2 cups)**
- ½ cup olive oil
- 4 cloves garlic
- ¼ 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
- ½ 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.

**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.