

RICOTTA PESTO PIZZA

INGREDIENTS

2 white flour tortillas, 7 inches (16.5 cm) diameter or any permitted white flour flat bread or pita

PESTO:

1/3 cup basil

1/3 cup parsley

1 garlic clove

1 tablespoon lemon juice

1 tablespoon extra virgin olive oil

1/8 teaspoon ground black pepper

1 1/2 tablespoons ricotta cheese (10% MF)

TOPPING:

1 teaspoon extra virgin olive oil

1/3 cup leeks, washed and sliced

180 g chicken breast, uncooked, thinly sliced*

1 cup crimini mushrooms, washed and sliced

1/8 teaspoon ground black pepper

GARNISH:

2 teaspoons parmesan cheese

**You can use already cooked leftover poultry or meat.
In that case, there is no need for frying.
Just put the slices on the tortillas as described in step 4.*

PREPARATION

- 1** Preheat oven to 425° F (conventional oven).
- 2** Place all pesto ingredients in a food processor or blender and puree.
- 3** Heat olive oil in a frying pan over medium heat and sauté the leeks until they soften. Add chicken, mushrooms and season with black pepper. Continue to sauté until the chicken is cooked and the mushrooms take on a reddish brown colour (10 minutes).
- 4** Place tortillas on a cookie sheet. Divide the pesto between the 2 tortillas and spread to cover the surface. Add the chicken, mushroom and leek mixture. Sprinkle with parmesan cheese.
- 5** Bake for approximately 10 minutes or until tortillas are crisp.

Nutrient Analysis

PER SERVING

1 pizza

Renal exchange:

1 Starch + 3 Protein + 1 Vegetable

Calories	327Kcal
Protein	26g
Carbohydrates	23g
Fibre	1.9g
Total Fat	14g
Saturated Fat	3g
Cholesterol	60mg
Sodium	260mg
Potassium	499mg
Phosphorus	266mg

PREPARATION: 20 MINUTES

COOKING: 10 MINUTES

2 SERVINGS