

PREPARATION: 10 MINUTES

COOKING: 15 MINUTES

4 SERVINGS



PEPPERITA PIZZA

INGREDIENTS

ROASTED RED PEPPER SAUCE

½ cup roasted red peppers, drained

1 clove garlic

¼ teaspoon dried basil

PIZZA

4 pita (8-inch diameter)

½ cup roasted red pepper sauce

1 cup mozzarella cheese, shredded

1 cup cooked chicken breast, diced ½"

4 teaspoons basil, thinly sliced

Nutrient Analysis

PER SERVING:

1 Pizza

RENAL EXCHANGE:

2 Starch + 3 Protein

| | |
|---------------|---------|
| Calories | 297Kcal |
| Protein | 25g |
| Carbohydrates | 31g |
| Fibre | 1.5g |
| Total Fat | 7g |
| Saturated Fat | 4g |
| Cholesterol | 48mg |
| Sodium | 453mg |
| Potassium | 234mg |
| Phosphorus | 246mg |

PREPARATION

- 1** Preheat oven to 400°F.
- 2** To prepare the roasted red pepper 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 pizzas 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.