

SUMMER FRESH PIZZA

INGREDIENTS

PIZZA

Any permitted white flour flat bread or pita, 7 inches diameter

1/4 cup red pepper sauce

1/4 cup zucchini, grated (squeezed to remove excess liquid)

1/4 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)

1/3 cup olive oil

4 cloves garlic

3/4 cup onion, chopped

2 cups red bell pepper,
seeded and chopped

1/2 cup tomatoes, diced

1/2 teaspoon crushed
chili pepper

2 teaspoons lemon zest
(1 lemon)

1/2 cup water

2/3 cup fresh basil,
chopped (or 3 tablespoons
dried basil)

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.



PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

BAKING: 12 MINUTES

1 PIZZA

Nutrient Analysis

PER SERVING (1 pizza)

Renal exchange:

1 Starch + 2 Protein + 1 Vegetable

Calories **372kcal**

Protein **17g**

Carbohydrates **22g**

Fibre **2g**

Total Fat **29g**

Saturated Fat **12g**

Cholesterol **61mg**

Sodium **541mg**

Potassium **425mg**

Phosphorus **191mg**

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 1/2 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 each pita and top with vegetables and cheese. Drizzle with olive oil.
- 6** Bake in oven for 10-12 minutes. Enjoy with salad.