

# 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	<b>327Kcal</b>
Protein	<b>26g</b>
Carbohydrates	<b>23g</b>
Fibre	<b>1.9g</b>
Total Fat	<b>14g</b>
Saturated Fat	<b>3g</b>
Cholesterol	<b>60mg</b>
Sodium	<b>260mg</b>
Potassium	<b>499mg</b>
Phosphorus	<b>266mg</b>



PREPARATION: 20 MINUTES

COOKING: 10 MINUTES

2 SERVINGS