



Low-Phosphorus Pizza *Kid and Kidney Friendly*

Serves 4

INGREDIENTS

1 cup shredded vegan cheese
(such as Daiya)

4 small white pitas

1 diced red bell pepper

8 cherry tomatoes, quartered

1 tablespoon olive oil

DIRECTIONS

1. Brush the diced bell pepper and the tomatoes with olive oil.
2. Divide the cheese, bell pepper and tomato evenly among the 4 pitas.
3. Toast under oven broiler or in toaster oven for 5 minutes, or until cheese is melted.

NUTRITION:

270 calories

7 g protein

220 mg potassium

75 mg phosphorus

400 mg sodium