



ONE HEALTHY DISH AT A TIME!

KIDNEY-FRIENDLY BBQ Chicken Pizza

Ingredients:

- 2 pita bread, 6 ½" size
- 3 tablespoons low-sodium barbecue sauce
- ¼ cup purple onion
- 2 tablespoons crumbled feta cheese
- 4 oz chicken, cooked
- 1/8 teaspoon garlic powder

NOTE: If you have kidney disease, use feta cheese sparingly due to phosphorus.

Instructions:

- Preheat oven to 350 ° F.
- Spray the baking sheet with nonstick cooking spray and place 2 pitas on the sheet.
- Spread 1 ½ tablespoon BBQ sauce on each pita.
- Chop onion and spread over pitas.
- Cube Chicken and spread over pitas.
- Sprinkle feta cheese and garlic powder over pitas.
- Bake for 11-13 minutes.

*While shopping ALWAYS check the label and choose low sodium, low phosphorus, and avoid dairy or choose dairy low in phosphorus.

*Recipes are considered kidney-healthy. However, if you have been diagnosed with kidney disease, kidney failure, diabetes, hypertension, or another disease, always consult a healthcare provider or dietitian when preparing food for yourself or someone with medical dietary needs to ensure the recipe suits their specific situation.