



Heart-Healthy & Kidney-Friendly **Veggie Pizza**

Makes 2 servings

12" ultra-thin ready to bake pizza crust

1/2 cup low sodium pizza sauce

1/4 cup low sodium shredded mozzarella cheese

1/4 cup sliced mushrooms

1/4 cup sliced bell peppers

1/4 cup chopped spinach

Optional: chopped fresh basil

Preheat oven to 400°F.

Prepare veggies by slicing mushrooms, peppers, and chopping spinach.

Place pizza crust on a large baking sheet.

Spread pizza sauce on top of crust.

Sprinkle cheese on top.

Top pizza with veggies.

Place baking sheet in the oven and bake for 12-15 minutes until golden brown.

Remove from baking sheet from the oven and let the pizza cool for 3-5 minutes before slicing. Enjoy!

Nutrition Facts Per Serving 1/2 pizza	Calories	262
	Carbohydrates	42 g
	Protein	11 g
	Total Fat	6 g
	Phosphorus	90 mg
	Potassium	304 mg
	Sodium	196 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.