

Salt Free Pizza

Ingredients:

Dough

½ package (1 ¼ teaspoon dry yeast)

1 cup warm water

1 tablespoon oil

1 tablespoon sugar

2 cups flour

Sauce

3 oz. no-salt tomato paste

½ cup water

¼ teaspoon garlic powder

½ teaspoon sugar

1 tablespoon oil

¼ cup chopped onion

¼ cup chopped green pepper

½ lb. cooked ground beef, well drained

6 oz. mozzarella cheese, shredded

Directions:

Dissolve yeast in warm water. Stir in 1 tablespoon oil, 1 tablespoon sugar and enough flour to make a soft dough. Stir 20 strokes. Place in a greased bowl, turn to moisten all surfaces, cover and let set in warm area.

Combine tomato paste, ½ cup water, garlic powder, oregano, 1 tablespoon sugar and 1 tablespoon oil in a small saucepan. Simmer 5 minutes.

Grease a 17 x 14-inch baking sheet. Press dough over sheet to edges. Cover with sauce. Top with

onion, green pepper, beef and cheese. Bake at 400°F for 20 to 30 minutes until dough and cheese are golden brown. Cut into 12 pieces.

Renal and Renal Diabetic Exchanges:

1 Meat, 1 starch, 1 Low Potassium Vegetable, 1 Fat

Analysis:

Calories - 201

Carbohydrates - 19

Protein - 11

Fat - 9

Sodium - 75

Potassium - 176

Phosphorus - 115

Exchange: 3 low sodium fats