

Session 1 Outline:

Homemade Kidney Friendly Pizza, Salad with Herb Dressing and Cinnamon rolls



Base Recipe: Pizza Dough

Ingredients :

- 1 cup water
- 1/4 cup canola oil
- 3 cups all purpose flour
- 1 teaspoon sugar
- 1 package quick rise instant yeast (2 1/4 teaspoon)

Instructions :

1. Pour hot tap water into a measuring cup. Add canola oil and set aside.
2. Combine 2 cups flour, sugar and yeast in a large bowl. Add hot water and oil and stir to form the dough. Stir in an additional 1/2-cup flour.
3. Place dough on a floured board. Sprinkle with flour and knead dough 5 to 6 minutes until smooth and elastic. Add more flour as needed to prevent sticking. Divide in half and form 2 balls.
4. Cover dough and let rise for 10 minutes. Punch dough down and form each ball into a flat 12" pizza shape.



Preparation Time: 20-25 min



Baking Time: 10-15 min



**Servings : Makes two 12" pizzas
(16 servings, 1 serving = 1 slice)**

Helpful Hints :

- To form a 12" pizza, turn a medium-sized bowl upside down and dust with flour. Gently stretch dough evenly over outside of the bowl; turn and place on baking sheet.
- Divide each dough ball in half to make four individual-sized pizzas.
- If you have difficulty with dough rising, check the expiration date on your yeast. Be sure water is not too hot as this kills the yeast. Recipe calls for quick rise instant yeast. Regular baker's yeast may take 30 minutes or longer for dough to rise.

Session 1 Outline:

Roasted Red Pepper Pizza Sauce

Ingredients:

- 4 large red bell peppers, about 2 pounds (3-4 cups chopped with seeds removed)
- ½ cup extra virgin olive oil



Instructions:

1. Preheat the oven to 475 ° F. Line a roasting pan with foil. Remove seeds and core from peppers and slice into thick strips, toss with olive oil. Place the peppers in the pan, and roast, turning the peppers about every 10 minutes. Roast until the peppers collapse and start to blacken, about 40 minutes.
2. Remove from the oven, place in a brown paper bag and shake to loosen skin. Remove from bag and peel skin from peppers.
3. Place the pepper pulp in a food processor*. Turn on the machine. Additional olive oil or water can be added if puree is too thick. Store, well covered, in the refrigerator for several days, or in the freezer for up to a month.

Note: You can use a hand blender stick, regular blender, a potato masher, forks or anything you have in the kitchen to further break down the roasted peppers.



Preparation Time: 10-20 min



Baking Time: 40 min



Yield : 2 cups (about 16 servings)

Nutrition Information Per 1 Serving (2 tbsp)

Calories	77 kcal
Phosphorus	15 mg
Potassium	119 mg
Sodium	<1 mg

Session 1 Outline:

Assembling the Pizza

Ingredients :

- Pizza dough
- Red pepper pizza sauce
- Topping suggestions: peppers, onions, mushrooms, basil and herbs, garlic. **Note:** processed deli meats such as pepperoni, salami and ham are very high in sodium and other preservatives. If you use these please use sparingly, avoid if possible.
- Hard cheese such as parmesan or romano

Instructions :

1. Spray a baking sheet with cooking spray. Roll dough out on a floured surface and stretch dough to fit baking sheet.
2. Spread 1 cup red pepper puree over the dough.
3. Top with your favourite veggies.
4. Optional: Top with a sprinkle of hard grated cheese such as parmesan or romano. The strong flavour of these cheeses allows for using only a small amount and still being able to get good flavour. It is best to grate your own cheese a pre-grated cheese often has preservatives added to prevent clumping.
5. Preheat oven to 450 ° F. Bake pizza on the middle rack for 13-15 minutes, until the crust starts to turn light brown.



Preparation Time: 10 min



Baking Time: 13-15 min



Servings : 1 pizza = 8 slices (1 serving = 1 slice)

Nutrition Information Per 1 Serving (1 slice)

Note: this recipe used 1 tsp parmesan cheese, 1 tsp onion, 1 tsp green pepper and 1 tsp mushrooms per slice

Calories	204 kcal
Phosphorus	55mg
Potassium	175 mg
Sodium	33 mg

Session 1 Outline :

Salad With Herb Dressing

Salad Base :

1. Use any type of lettuce for salad base.
2. Add your favourite vegetables, suggestions include; cucumber, red or white onion, carrots, celery, peppers etc...
3. Toss with dressing or have everyone add their own dressing (dressing recipe below)

Dressing Ingredients :

- 1/3 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1 Tablespoon honey or 1 teaspoon white granulated sugar
- 2 teaspoons Dijon mustard
- 1 1/2 teaspoons garlic powder
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried parsley leaves
- 1/2 teaspoon ground black pepper

Instructions :

1. Add all of the ingredients to a mason jar with a lid, or any small sealable container.
2. Seal and shake until well combined.
3. Store in the refrigerator until ready to serve drizzled over salad.
4. Shake well before serving.
5. Store in the refrigerator for up to 5 days in an airtight jar or container.



Preparation Time: 5 min



Storage: Good for up to 5 days in the fridge



Yield: 14 servings of 1 tablespoon each

Nutrition Information Per 1 Serving (1 tbsp)

Calories	49 kcal
Phosphorus	2 mg
Potassium	8 mg
Sodium	18 mg

Session 1 Outline :

Creative Suggestions for Easy Pizza Dough

Breadsticks :

Make bread sticks by dividing dough into 16 pieces and roll into log-shaped pieces. Brush with oil. Bake at 425° F for ~10-15 minutes until golden brown.

Dinner Rolls :

Make rolls by dividing dough into 8 rolls. Let rise until doubled in size, brush with oil and bake at 425° F for ~10-15 minutes until golden brown.

Cinnamon Rolls :

Make cinnamon rolls by rolling each dough ball into a rectangular shape. Spread with softened unsalted butter or margarine, and sprinkle with 1 tablespoon cinnamon and 1/2-cup brown sugar. Roll up and cut roll into 2" pieces. Place cinnamon rolls in a buttered dish and bake at 400° F for ~15 minutes until golden brown.



Nutrition Information Per 1 Serving:

1 Dinner roll or Breadstick:

Calories	117 kcal
Phosphorus	25 mg
Potassium	25 mg
Sodium	<1 mg

1 Cinnamon Roll:

Calories	223 kcal
Phosphorus	28 mg
Potassium	49 mg
Sodium	5 mg

Session 1 Outline:

Equipment and Shopping List



Equipment:

- Sharp knife
- Blender or food processor or similar type item (potato masher or two forks will also work)
- Cheese grater if available
- Round metal pizza pan or rectangular baking sheet
- Brown paper lunch bag or other paper bag
- Cutting board
- Large mixing bowl
- Measuring cups
- Tin foil
- Rolling pin or large tall glass
- Mason jar or other glass jar with a lid
- Clean kitchen towel
- Saran Wrap

Nutrition Information for Entire Meal

1 slice pizza, 1/2 cup salad with dressing and cinnamon bun

Calories	480 kcal
Phosphorus	90 mg
Potassium	267 mg
Sodium	61 mg

Shopping List:

Pizza Dough:

- All-purpose flour
- White granulated sugar
- Canola oil
- Quick rise instant yeast

Red Pepper Pizza Sauce:

- 4 large bell peppers for puree (preferably red but can be yellow or orange)
- Extra virgin olive oil

Pizza Assembly:

- Toppings (peppers, mushrooms, onions, etc.)
- Hard cheese (parmesan, romano)

Herb Salad Dressing:

- Red wine vinegar
- Honey OR white sugar
- Dijon mustard
- Garlic powder (or fresh garlic minced)
- Dried oregano
- Dried parsley
- Ground black pepper

Salad Base:

- Lettuce, red or white onion, carrot, celery, peppers, etc.

Cinnamon Roll Assembly:

- Brown sugar
- Unsalted butter or margarine
- Cinnamon