

# BBQ Chicken Pita Pizza

## Diet types:

CKD non-dialysis; Dialysis; Diabetes

Recipe submitted by DaVita renal dietitian Shannon from Illinois.

**Portions:** 2

**Serving size:** 1 pita pizza

## Ingredients

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



## Preparation

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

## Renal and renal diabetic food choices

- 2-1/2 meat
- 2 starch
- 1/2 vegetable, low potassium
- 2 ½ carbohydrate
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## Helpful hints

- See [Spicy BBQ Sauce](#) recipe on DaVita.com. It has only 43 mg sodium per 2 tablespoons compared to 125-460 mg sodium in commercially prepared barbecue sauce.
- Eat pita pizzas promptly after baking; otherwise they may become too crispy.
- **Check the nutrition labels** and buy the brand of feta cheese, pitas, and barbecue sauce with the lowest amount of sodium.

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Nutrients per serving		
• <b>Calories</b> 320	• <b>Fat</b> 9 g	• <b>Phosphorus</b> 221 mg
• <b>Protein</b> 23 g	• <b>Cholesterol</b> 55 mg	• <b>Calcium</b> 163 mg
• <b>Carbohydrates</b> 37 g	• <b>Sodium</b> 523 mg	• <b>Fiber</b> 2.4 g
	• <b>Potassium</b> 255 mg	