



Ham and pineapple pizza with side salad

Prep: 1 hr • Cook: 15 mins • Serves: 4

This low phosphate and low potassium pizza is lower in salt than a shop bought alternative and very tasty. This recipe makes 2 pizzas, enough to serve 4 people with a side salad for a more balanced meal.

Ingredients

Pizza dough:

- 400g plain white flour
- 7g fast acting dried yeast
- 1 teaspoon sugar
- 2 tablespoons olive oil
- 225ml water

Pizza sauce:

- 1 tablespoon olive oil
- 200g tinned tomatoes
- 1 onion

- 1 garlic clove
- 1 teaspoon dried oregano
- 1 tablespoon tomato puree

Toppings:

- 200g mozzarella cheese, grated
- 227g tinned pineapple
- 125g ham, lean and low salt

Side salad:

- 220g lettuce
- 100g cucumber
- 1 yellow pepper

Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
95g	Carbohydrate	703Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.



Carbohydrate The main source of carbohydrate is the pizza dough for the base. The carbohydrate values have been provided for those trained in insulin adjustment

Phosphate/ potassium This recipe is a low potassium and low phosphate.

Whilst tomatoes are a high potassium food, when used in the quantities in this recipe, it is a low potassium dish overall.

Mozzarella was used which is lower in phosphate than harder cheeses like cheddar. Processed ham is a high phosphate food. Using the quantities listed and choosing a good quality variety reduces phosphate further. If you have been prescribed a phosphate binder, ensure you take them with this dish.

Protein This is a high protein meal making it suitable for those receiving dialysis.

Special diets

Gluten free: Use gluten free flour. **Vegetarian:** Use a vegetarian ham alternative or try our recipe for margherita pizza. **Vegan:** Choose a dairy free cheese and topping.

Healthier option This pizza recipe is much lower in salt than a shop bought alternative and contains no added salt. The salt content of ham can vary so check the nutritional information and choose a lean, low salt option. If you want to reduce the amount of fat you eat, reduce the portion size to a 1/3 of the pizza.



Cooking in the kitchen with Chef Paul Ripley

A classic homemade Hawaiian pizza with tomato pizza sauce, mozzarella, ham and pineapple. Easy to make with a little effort, this delicious pizza will be a crowd pleaser.



1

Preheat oven to 240°C / gas mark 9. To make the dough, mix the flour, yeast, and sugar together in a mixing bowl. Make a well in the centre, pour in the oil then add 225ml water. Bring together to form a dough.



2

Tip dough on to a lightly floured surface and knead for 1 min, until smooth. Allow to rest under the upturned bowl for 30 mins or whilst you prepare the pizza sauce and toppings. Divide dough into two balls.



3

For the sauce, peel and finely chop the onion and garlic. Heat the oil and fry until soft. Add tinned tomatoes, tomato puree and oregano. Squash tomatoes to break them down and simmer for 15-20 mins.



4

Roll dough balls on a floured surface to 25cm diameter. Lightly oil baking trays and transfer dough. Press out with your fingertips, until 0.5cm thick with a 1cm crust around the edge. Repeat for second pizza.



5

Divide and spread sauce thinly on the bases. Drain and slice the pineapple and chop the ham. Scatter toppings and mozzarella evenly between pizzas. Rest for 10-15 mins before baking, so that the dough starts to rise.



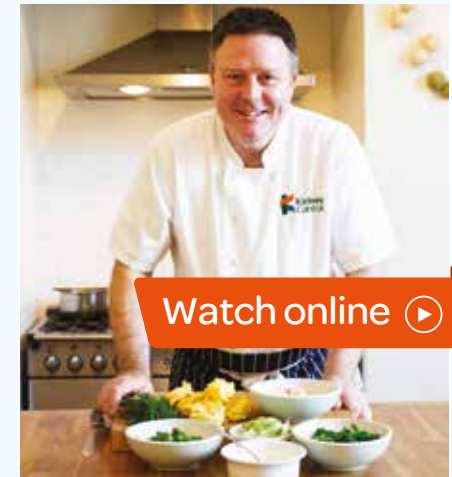
6

Bake for 12-15mins until the base is golden and crisp. Serve half a pizza per person with a salad of lettuce leaves, sliced cucumber and diced pepper.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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