Chicken & Veggie Pizza with Creamy White Garlic Sauce

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Following an eating plan for chronic kidney disease does not have to be boring. Get your pizza fix with this delicious chicken and veggie pizza with a creamy white garlic sauce. With Flavis pizza crust making homemade pizza is a breeze and you can have it on your dinner table in less time than it takes to have it delivered!

Target Group:
- CKD

Recipe Category:
- Second course

Content (description of preparation):

1. Heat oven to 400 Degrees.
2. In a small bowl add the milk and cornstarch. Whisk to combine.
3. In a small saucepan add the olive oil, garlic, salt and pepper, oregano and basil. Heat over medium heat for 2 minutes, stirring occasionally. Add the milk and cornstarch. Stir the mixture constantly for about 2 minutes or until the mixture starts to thicken. Remove from heat and set aside.
4. Top the Flavis pizza base with the sauce and the rest of the toppings (shredded chicken, onions, peppers, mushrooms and cheese).
5. Place the pizza on a baking sheet and bake according to package directions.
6. Garnish with fresh basil leaves and red pepper flakes and enjoy!

Portioning: Makes 6 Slices.

Preparation Time:
- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Total Time: 30 minutes

Ingredients (in order that they are used in the recipe)

- Flavis Pizza Base

Sauce
- 3 Cloves Garlic, Minced
- 3 Tbsp Olive Oil
- 1/4th Tsp Salt
- 1/4th Tsp Pepper
- 1/4th Tsp Dried Oregano Leaves
- 1/4th Tsp Dried Basil Leaves
- 1/2 Cup Almond Milk, Unsweetened
- 2 Tsp Cornstarch

Toppings
- 1/2 Cup Cooked Shredded Chicken Breast
- 1 Cup Shredded Mozzarella Cheese
- 1/4th Cup Red Onion, Sliced
- 1/4th Cup Red Bell Pepper, Sliced
- 1/4th Cup Mushrooms, Sliced

Garnish
- Fresh Basil Leaves
- Pinch of Red Pepper Flakes
### Nutritional table for 1/6th of Pizza.

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<tr>
<th>Nutrient</th>
<th>Value</th>
<th>%DV</th>
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<tbody>
<tr>
<td>Calories</td>
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</tr>
<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<td>13%</td>
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<td>Total Carbohydrate</td>
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<tr>
<td>Calcium</td>
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<td>19%</td>
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