

Chunky Chicken Pizza



Makes one Pizza Pie for one person (unless you want to split it – but I never do.)

And the totals are:

Calories 300 Fat 7g Sat Fat 2g Fiber 8g Carbs 35g

What you'll need:

Butter flavor cooking spray	¼ Cup onion chopped fine
1 95% Fat free whole-wheat tortilla (120 calories preferred)	4 Oz cooked, chopped boneless skinless chicken breast
2 T Tomato paste	Oregano
¼ Cup fat free shredded cheddar cheese	Basil
½ Red bell pepper chopped fine	Garlic salt
½ Green bell pepper chopped fine	Thyme

Cookie sheet to bake the pizza on (cover with aluminum foil if you want absolutely NO mess)

Let's get to cooking!

1. Preheat your oven to 350 degrees.
2. Spray your cookie sheet (or aluminum foil that covers it) with butter flavored cooking spray.
3. Place the tortilla on the cookie sheet.
4. Spread tomato paste evenly on the tortilla.
5. Next sprinkle on your cheese.
6. Pile on 3/4 of your chopped veggies.
7. Next add chicken, remaining veggies and seasonings.
8. Bake for 12-15 minutes or until the crust is brown and crispy on the edges.

The wonderful pizzas my Father made when I was young inspired this
Kitty's Lighter Weigh Recipe.