



Kevin's Favorite Chicken and Broccoli Pizza

Compared to a slice of Domino's pizza ours has 100 fewer calories, 3g less fat and a lot more fiber.

1 12-inch Boboli whole wheat pizza crust
1 skinless, boneless chicken breast
Black pepper (to taste)
2 cups broccoli chopped into small pieces
Garlic powder (to taste)
1/2 cup marinara sauce
1/2 cup low fat mozzarella cheese, shredded
2 tsp. parmesan cheese
Non-stick cooking spray

- Preheat oven to 450°.
- Dice chicken into 1/4 inch cubes-pepper to taste.
- Spray medium sauté pan with cooking spray and cook chicken until no longer pink (about 3 minutes).
- Spray medium pan with cooking spray, add chopped broccoli and garlic powder and cook until broccoli turns bright green (about 1-2 minutes).
- Spread marinara sauce on Boboli pizza crust, leaving 1/2 inch around the edges.
- Sprinkle parmesan cheese evenly over pizza.
- Spread chicken and broccoli evenly over pizza.
- Sprinkle mozzarella cheese evenly over pizza.
- Put pizza on baking sheet, put in oven and bake for 8 minutes. For a crisper crust put pizza directly on oven rack.
- Remove and cut into 6 slices.

Nutritional Information (per slice):

Calories: 208
Total Fat: 5g
Saturated fat: 1.8g
Carbohydrates: 30g
Dietary fiber: 4g
Protein: 13g