

Chicken Pizza

1 Boneless, skinless boneless chicken breasts (about 5 ½ oz)
Dash of Italian Seasoning
Dash of garlic powder
Dash of salt

* Toppings

1 tablespoon pizza sauce
½ ounce pepperoni (8 thin slices)
½ large fresh mushroom, sliced thin (½ oz)
1 ounce Italian sausage, cooked and crumbled
1 ounce mozzarella cheese, shredded
2 tablespoon green pepper, minced (½ oz)
1 tablespoon red onion, minced (¼ oz)

Pound the chicken as thin as possible without tearing it. Season both sides of the chicken with the seasonings and place it on a foil-lined baking sheet. Spread the pizza sauce on top of the chicken. Arrange the remaining topping ingredients in this order: pepperoni, mushrooms, sausage, cheese, peppers and then the onions (You might prefer to saute' them if you don't like them to remain slightly crunchy). Lightly sprinkle with a little more Italian seasoning and garlic powder. Bake at 400° for about 10 minutes. Do not overcook.

* Toppings may be changed based on your personal preference.

Makes 1 serving: 438 calories; 23g fat; 51g Protein; 4g carbohydrates; 1g dietary fiber