



Grilled Chicken Pizza

Ingredients

1 prepackaged naan bread
2 tablespoons olive oil
2 garlic cloves, minced
1 red pepper
1 green pepper
½ diced Vidalia onion
½ cup 2% mozzarella
½ cup fat free mozzarella
1 ½ cups prepared grilled chicken
1 tablespoon chopped fresh oregano
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1 can low sodium tomato sauce
1 tablespoon red pepper flake
Salt and pepper to taste

Preparation

- Preheat oven to 450°
- Brush naan bread crust with olive oil and place on a nonstick pizza pan. Spread ¼ - ½ cup tomato sauce evenly over the naan bread.
- Sauté diced onion, minced garlic and diced peppers in olive oil till just translucent. Salt and pepper to taste and add teaspoon of red pepper flake. Add prepared grilled chicken cut into strips to the pan just as veggies become translucent (you are just warming precooked chicken). Set aside for pizza assembly.
- Mix one bag fat free mozzarella and one bag 2% mozzarella and top naan bread crust with about 1 cup of the cheese mixture. Add sautéed veggie and grilled chicken mixture about 1 ½ - 2 cups and spread evenly.
- Cook on 450° for about 8 minutes or until cheese is melted and starts to brown.
- Sprinkle pizza with basil and oregano. Enjoy!

Nutritional Information (Serving size half naan crust prepared pizza)

Calories 428
Fat 8.5 g
Saturated Fat 3.3 g
Monounsaturated Fat 2.5 g
Polyunsaturated Fat 0.8 g
Protein 19.6 g
Carbohydrate 31.1 g
Fiber 6.4 g
Cholesterol 35 mg