Fast 'n Easy Chicken Pita Pizza

This quick and easy recipe is great for those who are in a rush. It can be eaten by itself for lunch or dinner, or combined with a side salad or a cup of soup to make a heartier meal. Enjoy!

Prep: 5 minutes • Total: 15 minutes

Ingredients:

Whole wheat pita, 5"	1 each	61 g
Tomato salsa	¼ cup	62 g
Onion, diced	¼ cup	40 g
Red bell pepper, diced	¼ each	37 g
Garlic, minced	1 clove	3 g
Roasted chicken breast, diced	2 slices	42 g
Partly skimmed mozzarella cheese, grated	1 oz.	1 oz.
Parmesan cheese, finely grated	2 Tbsp	10 g

Directions:

1. Preheat oven to 425 °F.
2. Cover a cookie sheet with parchment paper and place pita in the middle. Spread salsa onto the pita, leaving a ½ inch border around the outside. Sprinkle on the garlic, onion, red bell pepper and chicken. Top with the partly skimmed mozzarella cheese and Parmesan. Bake for 8 minutes, or until pita bread has reached desired crispiness.
3. Cut into 4 slices and serve.

Nutrition Facts

Serving Size (284g)
Servings Per Container

Amount Per Serving

Calories 370	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 1060mg	**44%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 25g	

Vitamin A 30% • Vitamin C 100%
Calcium 40% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: *All Recipes*

Makes 1 servings (284 g / serving) • 1 serving = 1 personal pizza

Prepared By: Jennifer Broxterman, Registered Dietitian & Charlotte Christie, BScH Foods & Nutrition student
NutritionRx • **Email:** info@nutritonrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca