



Chicken Vegetable Pizza

Ingredients

2 cups grated 4-cheese blend
1/2 cup ricotta cheese, part-skim milk
2 tablespoons olive oil
2 ounces sliced fresh mushrooms
1 small green pepper sliced to make rings
8 ounces boneless, skinless chicken breast
2 ounces marinated sun-dried tomatoes, well drained, sliced
2 tablespoons minced fresh basil
1/2 cup freshly grated Parmesan cheese

For pizza crust, use favorite recipe, a prepared pizza crust or 10 ounce can refrigerated pizza dough

Directions

Preheat oven to 425°F.

Prepare pizza crust according to instructions. Lightly spread olive oil on crust to keep the dough from drying out. Bake 8 minutes or until lightly browned.

Mix the 4-cheese blend and ricotta cheese together and spread on hot crust, leaving a 1/2-inch border around the edges. Add mushrooms, green peppers, roasted chicken, sun-dried tomatoes and fresh basil. Drizzle with olive oil or marinade oil from the tomatoes. Sprinkle with Parmesan cheese. Bake 15 to 25 minutes or until bubbling and the cheese has browned. (For a softer crust, bake at 375°F)

Servings: 8 slices

Calories/Serving: 332

Nutrition: Each piece provides approximately: 23 g protein; 21 g carbohydrates; 1 g fiber; 17 g fat (8 g saturated); 57 mg cholesterol; 7 mcg folate; 2 mg iron; 669 mg sodium.

