

PESTO CHICKEN PIZZA

INGREDIENTS

- 2 T extra virgin olive oil
- 1½ to 2 lbs onions
- 1 T balsamic vinegar
- One 6-oz bag baby spinach
- Kosher salt
- Freshly ground pepper
- ¼ cup prepared basil pesto
- Two 12-inch pre-made, thin pizza crusts
- 1 lb skinless, boneless chicken breast halves, baked and thinly sliced widthwise
- 8 oz part-skim mozzarella cheese slices

DIRECTIONS

1. Peel the onions, cut in half lengthwise, and slice into very thin, ⅛-inch half-moons.
2. Heat the oil in a large nonstick skillet or Dutch oven over medium-low heat. Add onions and cook, stirring frequently, until caramelized (very soft and golden brown), about 30 minutes. Stir in the balsamic vinegar and spinach and cook until the spinach wilts, about 3 minutes. Season with salt and pepper to taste.
3. Spread the pesto evenly over the two pizza crusts. Top evenly with the onion mixture. Arrange the chicken over the onion mixture; then place the cheese slices evenly on top.
4. Bake according to package directions until the cheese melts, 8 to 10 minutes. Slice and serve.

Recipe courtesy of the Academy of Nutrition & Dietetics



Serving size: 1 slice | Serves: 1

Nutrition Information: Calories: 330; Total fat: 13g; Saturated fat: 4g; Sodium: 530mg; Carbohydrates: 34g; Fiber: 3g; Protein: 20g.