

Recipe of the Week 17
Healthy Chicken Pizza

The healthy chicken pizza is a low fat alternative (under 2g saturated) for unhealthy take away options. The dish is high in carbohydrates and protein for energy and recovery. Furthermore the topping is made-up from a variety of vegetables, providing a selection of vitamins and minerals for health and performance.

Tip: Add any of your favourite vegetables to the topping.



Ingredients

- 550 ounces prepared whole-wheat pizza dough
- 1/2 cup smooth natural peanut butter
- 3 tablespoons water
- 2 1/2 teaspoons reduced-sodium soy sauce
- 2 teaspoons minced fresh ginger
- 1 clove garlic, minced
- 1 teaspoon olive oil
- 220g skinless chicken breast, trimmed and diced
- 1 red bell pepper, diced
- 1 white onion cubed
- 200g button mushrooms, sliced
- 3 spring onions, thinly sliced
- 1/2 cup reduced fat mozzarella cheese

Serves: 3-6
Preparation time: 10 -minutes
Cooking time: 20-minutes

Each serving contains

Energy (kcal) – 365kcal
Carbohydrates – 43g
Protein – 19g
Fat – 9g (1.8g saturated)

Method

1. Place oven rack in the lowest position; preheat to 230°C. Coat a large baking sheet with cooking spray.
2. Roll out or stretch dough on a lightly floured surface into a rough 16-inch oval. Transfer to the baking sheet. Bake on the bottom rack until puffed and lightly crisped on the bottom, 8 to 10 minutes.
3. Meanwhile, whisk peanut butter, water, soy sauce, vinegar, ginger and garlic in a small bowl until well combined.
4. Heat oil in a medium nonstick skillet over medium-high heat. Add chicken and cook, stirring, until cooked through, 3 to 4 minutes. Transfer to a medium bowl. Add bell pepper, spring onions and 1 tablespoon of the peanut sauce to the chicken; toss to combine.
5. Remove the crust from the oven; spread evenly with the remaining peanut sauce. Top with the chicken mixture, then sprinkle with reduced fat cheese. Return the pizza to the oven and bake on the bottom rack until the crust is crispy and golden and the cheese is melted, 11 to 13 minutes.

Adapted from: www.eatingwell.com, 2010
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