

ROASTED TOMATO CHICKEN PIZZA

Adapted from Anne Lukowski, MS, RD, LDN

Ingredients

- 12 Roma tomatoes (or about 2 pounds), sliced in half lengthwise
- 4 garlic cloves, peeled
- 1 tablespoon olive oil
- 1 red onion, thinly sliced
- 1 cup arugula or baby spinach
- ¼ teaspoon black pepper
- ¼ cup low sodium stock (chicken, vegetable, etc.)
- 4 whole wheat pita loaves
- ¾ pound cooked chicken breast, shredded (about 2 cups)
- 1 cup shredded part-skim mozzarella cheese

Instructions

Set oven to 400 degrees.

Cover a cooking sheet with foil and spray with nonstick spray. (Or alternatively, grease your sheet with a little olive oil.) Place tomatoes and garlic on sheet and roast until caramelized (about 20 minutes).

Meanwhile, to a medium skillet, add olive oil and onion. Cook over low heat, stirring onions occasionally, until soft and caramelized (about 15 minutes). Add greens and cook until wilted (1 to 2 minutes).

When the roasted tomatoes are done, remove from oven and allow to cool. Place the tomatoes and garlic in a blender with the black pepper and stock; puree.

Place pita on a cooking sheet and top each with 2 tablespoons roasted tomato sauce. (Refrigerate the rest of the sauce and use for other weekday meals or store in the freezer: makes 3 cups total.)

Top pita with chicken, onion mixture, and finish with cheese, dividing the ingredients equally among the pizzas. Bake 10 minutes (at 400 degrees) or until cheese has melted. Allow to cool slightly and cut each pizza into quarters.

Yield: 4 servings

NUTRITION FACTS PER SERVING

CALORIES: 450

PROTEIN: 41 grams

SODIUM: 600 milligrams

CARBOHYDRATE: 40 grams

FIBER: 9 grams

FAT: 14 grams

SATURATED FAT: 5 grams