Chicken Thai Pizza
Anne Blocker, RD

TOTAL TIME: Prep/Total Time: 25 min.
YIELD: 6 slices; approximately 4-6 servings.

Ingredients

- 1 prebaked 12-inch pizza crust
- 2/3 cup Thai peanut sauce or Peanut sauce
- 1 cup sliced or shredded cooked chicken breast (4 to 5 oz. raw)
- 1 cup shredded part-skim mozzarella cheese
- 3 green onions, chopped (optional)
- 1/2 cup bean sprouts (optional)
- 1/2 cup shredded carrot (optional)
- 2 peppers (red, orange, yellow, green) thinly sliced
- 1 1/2 cup broccoli florets - raw

Directions

- 1. Preheat oven to 400°.
- 2. Slice chicken or cook breasts whole in skillet or bake until done. Can season with salt, pepper or seasoning of choice if you prefer.
- 3. While chicken is cooking clean and cut fresh, raw vegetables – peppers into thin strips; broccoli florets; thinly sliced onions; shredded carrots (or other vegetables as desired).
- 4. Place crust on an ungreased 12-in. pizza pan or baking sheet. Spread peanut sauce over crust to thinly cover. Add chicken and vegetable toppings; sprinkle with cheese and onions (if desired).
- 5. Bake 10-15 minutes or until cheese is melted. Top with bean sprouts (optional).

Nutrition Facts

1 slice: 331 calories, 11g fat (2g saturated fat), 850 mg sodium, 30g carbohydrate (4g fiber), 20g protein.