

Renee's White Chicken Pita Pizza

This recipe can also be made with: Tuna/Low-fat Ground Turkey/ or Just Vegetables!

2 Toufayan whole wheat pitas
Chopped Chicken.....(1 breast) – approx 6 oz.
Broccoli.....(approx. 2-3 florets)
Zucchini(approx. ¼ - ½ cup when chopped finely)
Baby Spinach(approx 1 cup before chopping)
Minced garlic(approx 1-2 tsp)
Shredded parmesan(sprinkle, if making a “veggie” pita use 2
tablespoons to increase protein content)
Canola Mayonnaise(2 tablespoons)
Low Fat Mozzarella(1 cup shredded)

**If Making a Veggie Pita, add 1/2 cup finely chopped cauliflower)*

Pre-Heat oven to 425

Finely chop chicken & veggies with chopper (I use a Pampered Chef chopper) or food processor and throw in a bowl. Add parmesan, garlic & canola mayonnaise and mix with fork until thoroughly combined. Spread mixture on two whole wheat pitas & sprinkle each one with ½ cup shredded mozzarella. Bake in oven for 10-15 minutes, cut with pizza cutter and serve.

*** NOTE: The extra pita can be baked and then put in the fridge for later, or it can be wrapped and put in the freezer for later ☺ Wrap up any leftover “mixture” or simply spread on another pita.

FLT Servings: 1 pita = 1.5-2 Grains
1 Category 1 Veggie
1.5 Proteins
2-3 Oils