



Pizza Chicken

4 oz boneless chicken breast, pounded flat
Salt, pepper, garlic powder and Italian seasoning, to taste
1 tablespoon pizza sauce
4 slices pepperoni
2 fresh mushrooms, sliced
2 thin green pepper rings
1 ounce mozzarella cheese, shredded

Season the chicken with salt and other seasonings; grill. Spread the sauce over the chicken, then top with the pepperoni, pepper rings, mushrooms and cheese. Sprinkle with a little additional Italian seasoning, if desired. Bake at 350° about 10-15 minutes or until hot and the cheese is melted. Makes one serving.

Nutrition information per serving: 270 calories, 36 grams protein, 11 grams fat, 1 gram carbohydrate