Dinner Tonight!

Chicken Alfredo Pizza

1 whole wheat pizza crust
Olive oil cooking spray
3 Tablespoons Roasted Garlic Alfredo Sauce
2 cups grilled chicken breast, diced
2 medium Roma Tomatoes, sliced
½ cup fresh mushrooms, sliced
2 Tablespoons green onions, sliced
2 Tablespoons black olives, sliced
½ cup low-fat mozzarella cheese, grated

Preheat oven to 425 degrees. Prepare pizza crust by spraying a 1-2 second spray of cooking spray on top. Spread alfredo sauce on top of crust. Layer tomatoes, mushrooms, green onions, and black olives on top of sauce. Spread cheese on top. Bake 12-15 minutes.

Optional toppings: basil, red onions, bell peppers

Preparation Time: 15 minutes
Cook Time: 15 minutes
Serves: 8
Cost Per Serving: $1.12

Nutrition facts per serving
Calories: 197
Total Fat: 5.5 g
Cholesterol: 39 mg
Sodium: 561 mg
Total Carbohydrate: 20 g
Fiber: 3 g
Protein: 19 g

Serve with: Fresh Garden Salad