



Pizza-fied Chicken Casserole



1/4th of casserole: 294 calories, 12.5g total fat (6g sat. fat), 613mg sodium, 9.5g carbs, 1.5g fiber, 5g sugars, 35g protein

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Prep: 15 minutes **Cook:** 40 minutes



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Ingredients

1 lb. raw boneless skinless chicken breast
1/8 tsp. each salt and black pepper
1/2 cup light/reduced-fat cream cheese, room temperature
1/2 tsp. garlic powder
1/2 tsp. onion powder
1 1/2 cups chopped mushrooms
3/4 cup chopped green bell pepper
3/4 cup low-fat marinara sauce
1/2 cup shredded part-skim mozzarella cheese
3/4 oz. (about 12 slices) turkey pepperoni, roughly chopped
Optional topping: sliced black olives

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" (or similar size) baking pan with nonstick spray.

Pound chicken to 1/2-inch thickness. Season with salt and black pepper. Bring an extra-large skillet sprayed with nonstick spray to medium heat. Cook for about 4 minutes per side, until cooked through. Transfer to a cutting board.

Meanwhile, in a large bowl, combine cream cheese with 1/4 tsp. garlic powder and 1/4 tsp. onion powder. Stir until smooth and uniform.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Add mushrooms and bell pepper, and sprinkle with remaining 1/4 tsp. garlic powder and 1/4 tsp. onion powder. Cook and stir until slightly softened and lightly browned, about 6 minutes.

Transfer skillet contents to the bowl with the cream cheese mixture. Mix thoroughly.

Chop chicken, and evenly place in the baking pan.

Evenly top chicken with creamy veggies, marinara sauce, mozzarella, and chopped pepperoni.

Bake until entire dish is hot and bubbly and mozzarella has melted, 20 - 25 minutes.

MAKES 4 SERVINGS

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