



Pizza-fied Chicken 2.0



[Click here for a video demo!](#)

Entire recipe: 272 calories, 8.5g total fat (3.5g sat fat), 633mg sodium, 6g carbs, 1g fiber, 2.5g sugars, 40.5g protein

Freestyle™ **SmartPoints**® value 2*

SmartPoints® value 5*

Prep: 10 minutes **Cook:** 10 minutes

Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

5 oz. raw boneless skinless chicken breast cutlet
Dash each salt and black pepper
1/4 cup canned crushed tomatoes
1/4 tsp. garlic powder
1/4 tsp. onion powder
3 tbsp. shredded part-skim mozzarella cheese
4 slices turkey pepperoni (optional: roughly chopped)
Optional seasonings: additional salt and black pepper
Optional toppings: crushed red pepper, fresh oregano

Directions

Evenly pound chicken to 1/4-inch thickness. Season with salt and pepper.

Bring a skillet sprayed with nonstick spray to medium heat. Cook chicken for 3 - 4 minutes per side, until cooked through.

Meanwhile, to make the sauce, combine these ingredients in a small bowl: crushed tomatoes, garlic powder, and onion powder. If you like, add salt and pepper. Mix well.

While still in the skillet, top chicken with sauce, and sprinkle with cheese. Top with pepperoni.

Cover and cook for 2 minutes, or until sauce is hot and cheese has melted.

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.