



Buffalo Chicken Meatza Pizza



1/4th of pizza: 239 calories, 12.5g total fat (5.5g sat. fat), 729mg sodium, 4g carbs, 0.5g fiber, 2g sugars, 28g protein

Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

Crust

- 1 lb. raw lean ground chicken (at least 92% lean)
- 2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
- 2 tbsp. light/reduced-fat cream cheese
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1/8 tsp. cayenne pepper

Toppings

- 1/4 cup light/reduced-fat cream cheese, room temperature
- 2 tbsp. Frank's RedHot Original Cayenne Pepper Sauce, or more for topping
- 1/4 cup finely chopped carrots
- 1/4 cup finely chopped celery
- 1/3 cup shredded part-skim mozzarella cheese
- 2 tbsp. chopped scallions

Directions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Thoroughly mix crust ingredients in a large bowl. Shape into a circle on the parchment-lined baking sheet, about 1/4-inch thick and 10 inches in diameter.

Bake until cooked through, about 15 minutes.

Meanwhile, in a medium bowl, mix cream cheese with hot sauce until mostly smooth and uniform.

Place carrots and celery in a small microwave-safe bowl with 2 tbsp. water. Cover, and microwave for 1 1/2 minutes, or until slightly softened. Drain excess water.

Carefully drain excess liquid from the baking sheet, and thoroughly blot crust dry.

Spread cream cheese sauce over crust, leaving a 1/2-inch border. Top with mozzarella, carrots, and celery.

Bake until mozzarella has melted, about 5 minutes.

Top with scallions.

MAKES 4 SERVINGS

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