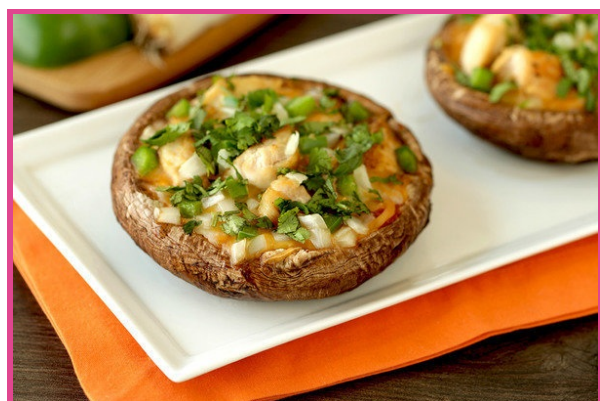




Mexican Pizza-bella



1/2 of recipe (1 pizza-bella): 140 calories, 5g total fat (2.5g sat. fat), 379mg sodium, 11g carbs, 3g fiber, 4g sugars, 15g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

2 large portabella mushroom caps (stems removed)
1/4 cup canned crushed tomatoes
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. chili powder
1/8 tsp. ground cumin
1/8 tsp. salt
1/3 cup shredded reduced-fat Mexican-blend cheese
1 1/2 oz. cooked and finely chopped skinless chicken breast (see HG Tip below)
1 tbsp. finely chopped bell pepper
1 tbsp. finely chopped onion
1 tbsp. finely chopped fresh cilantro

Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Place mushroom caps on center of the foil, rounded sides down.

Place another large piece of foil over the mushrooms. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet. Bake until slightly tender, about 12 minutes.

Meanwhile, in a small bowl, stir tomatoes with seasonings.

Cut packet to release steam before opening entirely. Remove foil, and carefully drain excess liquid from the baking sheet. Thoroughly blot excess moisture from mushroom caps.

Evenly top with seasoned tomatoes, cheese, chicken, and veggies.

Bake until mushrooms are tender and cheese has melted, about 8 minutes.

Top with cilantro.

MAKES 2 SERVINGS

HG Tip: Cook up a bunch of chicken in advance; it's perfect for easy meals and snacks like these!

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