



Pizza-fied Chicken



[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

[Click for WW Points® value*](#)

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



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [Gluten-Free](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.