



White-Pizza-fied Chicken



Entire recipe: 253 calories, 7.5g total fat (4.5g sat. fat), 568mg sodium, 9g carbs, 1g fiber, 5g sugars, 37g protein

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Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

3 tbsp. low-fat/light ricotta cheese
3 tbsp. shredded part-skim mozzarella cheese
1/4 tsp. garlic powder
1/4 cup chopped onion
One 4-oz. raw boneless skinless chicken breast cutlet, pounded to 1/2-inch thickness
1/8 tsp. each salt and black pepper
3 fresh basil leaves
2 thin slices plum tomato

Directions

In a medium bowl, combine ricotta cheese, 1 tbsp. mozzarella cheese, and 1/8 tsp. garlic powder. Mix until uniform.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add onion, and cook and stir until lightly browned, 2 - 3 minutes. Stir onion into ricotta mixture.

Remove skillet from heat. Clean, if needed. Respray and return to medium-high heat. Season chicken with salt, pepper, and remaining 1/8 tsp. garlic powder. Cook chicken for about 3 minutes per side, until cooked through.

Reduce heat to medium. Top chicken with ricotta mixture, and sprinkle with remaining 2 tbsp. mozzarella cheese. Top with basil and tomato. Cover and cook for 1 minute, or until cheese has melted.

MAKES 1 SERVING

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