



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



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

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

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.