

Chicken Chutney Pizza

Hands-on - 20 min. Oven - 10-12 min.

Serves 4

My husband ordered this in a restaurant once. I said, "What? Are you crazy?" And yes, crazy we both are now for Chutney Pizza! This stuff is really great!

Menu

Chicken Chutney Pizza

Tossed Salad

Preheat oven to 425°.

1	(4 oz) chicken breast, cut into small chunks (opt)	Coat a medium nonstick skillet with cooking spray. Sauté together over medium-high heat until chicken is no longer pink.
1 small	onion, sliced into rings	
1/2	red bell pepper, seeded and cut	
1/2	green bell pepper, seeded and cut	

4	whole-wheat pitas or 1 ready-made pizza crust	<i>Meanwhile</i> , spread chutney evenly over pitas or crust. When chicken is done, spread chicken mixture over chutney.
1/3 cup	mango, pineapple or peach chutney	

1 can	(8 oz) pineapple tidbits, in its own juice, drained	Place on pitas or crust.
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1 cup	reduced-fat shredded mozzarella cheese [†]	Sprinkle over pitas or crust. Bake until cheese is melted 10 to 12 minutes. <i>Meanwhile</i> , make tossed salad. Serve one pita per person or cut pizza into 8 slices.
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[†]See reduced-fat cheese tip on page xi (introduction).



Nutrition information for 1 pita or 2 slices

Calories	300	Fat	4 g	Fiber	7 g	Sodium	660 mg	Total Carbohydrate	48 g
Calories from Fat	10%	Saturated Fat	1 g	Cholesterol	24 mg	Protein	23 g	Sugars	10 g