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## PIZZAS

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**Specs (entire recipe):** 316 calories / 34 g carbohydrates / 3.5 g saturated fat / 4 g fiber

**Description:** The above is my chicken fajita pizza which is *fantastic*. (Other variations, with similar calorie and carbohydrate count, are shown on the next page.)

**Prep / Cooking Time:** 15 minutes / 12 minutes

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### INGREDIENTS

<b>Chicken:</b> chopped	about 1/4 breast / 75 grams	83 calories
<b>Onions:</b> sliced into narrow strips	1/2 cup / 60 grams	24 calories
<b>Peppers:</b> red, yellow, orange, and/or green, sliced	1 cup / 92 grams	24 calories
<b>Mozzarella Cheese:</b> low-fat, shredded	one ounce / 28 grams	80 calories
<b>Salsa:</b> medium or hot	2 tablespoons / 60 grams	17 calories
<b>Flatbread:</b> light, low-carb	one flatbread	90 calories
<b>Seasonings:</b> lemon juice, chili powder, cumin		

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### INSTRUCTIONS

Use leftover chicken fajita mix or make it from scratch. Fajita mix: a frying pan, cook the onions until nearly caramelized. Add in the chicken, spices, and lemon juice. When the chicken is browned, add the peppers. Simmer until thoroughly cooked. Set aside.

Spray both sides of the flatbread with olive oil and top with salsa. Cover evenly with fajita mixture and top with cheese. Bake for 10-12 minutes at 425° or until cheese is melted and flatbread is crispy.

*Variations:* You can also use Greek-style pita bread or Mexican-style tortillas as a base. Toppings are limited to your imagination. On the next page are pictures of some of my favorite variations: steak fajita, Mediterranean (peppers, feta, and fresh basil), Pepperoni (use low-fat turkey pepperoni), and Mexican (salsa, black beans, corn, fresh tomatoes). For a few extra calories you can substitute English Muffins for the flatbread (I toast them first).