Crispy Chicken and Broccoli Pizzas in a new light

Makes: 4 servings
Prep Time: 15 minutes
Cook Time: 20 minutes
Difficulty: Easy

Ingredients:

• 6 ounces chicken tenders, cut into 3/4-inch pieces
• 1 tablespoon fresh rosemary, chopped
• 2 teaspoons olive oil
• 1 garlic clove, minced
• 4 (6-inch) whole-wheat reduced-carbohydrate tortillas (Mission Carb Balance)
• 4 tablespoons fat-free ricotta cheese
• 2 cups frozen broccoli florets, thawed and patted dry
• 4 tablespoons shredded reduced-fat four-cheese Italian blend

Directions:

Place the rack on the lower third rung of the oven. Preheat oven to 450°F. Spray a large baking sheet with cooking spray.

Toss chicken, rosemary, oil, and garlic in a large bowl until well coated.

Spray a medium nonstick skillet with cooking spray and set over medium-high heat. Add chicken and cook until browned, about 5 minutes.

Meanwhile, place tortillas on the baking sheet. Spread 1 tablespoon of ricotta evenly over each tortilla. Top each evenly with a 1/4 of the chicken, 1/4 of the broccoli, and 1 tablespoon cheese blend.

Bake until the filling is hot and the cheese is melted and bubbly, 12–15 minutes. Serve immediately.

Nutritional Information: Per serving (1 pizza): 250 calories, 12 g fat (3.5 g saturated, 0 g trans), 20 mg cholesterol, 470 mg sodium, 22 g carbohydrate, 11 g fiber, 14 g protein.