Roasted Red Pepper & Chicken Pizza with Fresh Basil

Serves 5. Total time 30 minutes.

Roasted Red Pepper & Chicken Pizza with Fresh Basil
1 tsp. olive oil
8 oz. boneless skinless chicken breast, cut into ½” pieces
1 prepared thin whole wheat pizza crust
½ cup Simple Pizza Sauce (recipe below)

Directions:
1. Preheat oven to 425° F. Cut chicken into 1/2” pieces using kitchen shears. Warm olive oil in a medium skillet over medium-high heat. Add chicken and sauté until golden and cooked through about 5-7 minutes.
2. Spread pizza sauce over crust. Sprinkle with chicken, roasted red peppers, and cheese. Bake 8-10 minutes on a baking sheet or preheated pizza stone. Sprinkle with fresh basil.

Simple Pizza Sauce
1 (15 oz.) can no salt added tomato sauce
1 (6 oz.) can no salt added tomato paste
1 tsp. dried Italian seasoning
½ tsp. each garlic and onion powder
⅛ tsp salt

Directions:
1. In a medium bowl, combine tomato sauce, tomato paste, Italian seasoning, garlic and onion powder, sugar, if desired, and salt. Yields approximately 2-½ cups. Store leftover pizza sauce in your freezer along with extra whole wheat pizza crusts.

Spinach & Apple Salad with Honey Sesame Dressing
2 T. honey
2 T. water
2 T. apple cider vinegar
1 T. toasted sesame oil or olive oil
1 tsp. Dijon mustard
½ tsp. garlic powder
2 T. sesame seeds

Directions:
1. Combine honey, water, vinegar, sesame or olive oil, mustard, garlic powder, sesame seeds, salt, and pepper in a jar with a tight fitting lid. Shake to combine and set aside. Combine spinach, shredded carrot, apples, raisins, pecans, and gorgonzola in a large bowl. Toss with dressing and serve immediately.

Total Meal Nutrition Information (per 1/5 of each recipe): 486 calories, 32 g protein, 17 g fat, 5 g saturated fat, 50 g carbohydrate, 10 g fiber, 58 mg cholesterol, 631 mg sodium
1 serving equals: 2 whole grain, 1 protein/dairy, 3 vegetable, 1 fat

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Shopping List

Produce Department
- 8 cups fresh baby spinach
- 2 carrots, shredded
- 1 Fuji apple, chopped
- 2 T. chopped fresh basil

Dry Goods Department
- 1 thin whole wheat pizza crust (see tip #1)
- ¼ cup roasted red pepper strips (see tip #2)
- 1 (15 oz.) can no salt added tomato sauce
- 1 (6 oz.) can no salt added tomato paste
- 1 tsp. olive oil
- 2 T. honey
- 2 T. apple cider vinegar
- 1 T. toasted sesame oil or olive oil (see tip #3)
- 2 T. sesame seeds
- ¼ cup raisins
- ¼ cup chopped pecans
- 1 tsp. dried Italian seasoning (basil, thyme, oregano)
- ¼ tsp. garlic powder
- ¼ tsp. onion powder

Meat/Dairy Department
- 8 oz. boneless skinless chicken breast
- 1 cup shredded part-skim mozzarella cheese

Smart Shopper Tip #1:
Boboli makes a 100% whole wheat pizza crust that is available in most supermarkets. Your bakery department or local pizzeria may also offer whole wheat crusts.

Smart Shopper Tip #2:
Look for jars of roasted red peppers with the jars of pickles and olives. Use them to boost flavor on pizza, pasta, sandwiches, and salads.

Smart Shopper Tip #3:
Toasted sesame oil can usually be found with the soy sauce and other ethnic condiments. Use a small amount on salads, vegetables, or cooked grains for intense flavor.