



Healthy Eating & Weight Loss

Thai Chicken Pizza

- 1 Tbsp Peanut Oil
- 8 oz boneless skinless chicken breasts cut into bite size pieces
- 1 medium red bell pepper, cut into thin strips
- 1 medium yellow bell pepper, cut into thin strips
- 1/4 cup Thai peanut sauce or satay sauce
- 1 tbsp rice vinegar
- 1 large Boboli pizza crust
- 1 cup shredded part-skim mozzarella cheese

Heat oven to 400 degrees. Heat oil in a large non-stick skillet. Add chicken and cook until cook through, Add bell peppers and cook until tender (about 5 minutes) Stir in peanut sauce and vinegar.

Spread the chicken mix evenly over the pizza crust. Top with cheese and carefully place on cookie sheet or pizza stone. Bake 8-10 minutes. Makes 4 servings.

370 calories, 27g protein per serving

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