

Italian Pizza Bake

Recipe of the Month February – 2014



Count on calcium. Calcium-rich reduced fat mozzarella cheese offers bone-building benefits.

Prep Time: 15 Min

Start to Finish: 38 Min

Makes: 2 servings

INGREDIENTS

1/3 cup Boxed Biscuit/pancake mix
2 tablespoons cholesterol-free egg product or 1 egg white
1 tablespoon water
1/8 teaspoon garlic powder
1/4 cup diced green or yellow bell pepper
1/4 cup chopped onion
1/2 cup cut-up cooked chicken breast
1/2 cup organic diced tomatoes with Italian herbs, drained
1/4 teaspoon Italian seasoning
1/4 cup shredded reduced-fat mozzarella cheese

DIRECTIONS

1. Heat oven to 400°F. Spray 8x4-inch loaf pan with cooking spray. Stir together Biscuit mix, egg product, water and garlic powder; spread in pan.
2. Cook bell pepper and onion in nonstick skillet over medium-high heat, stirring frequently, until onion is tender. Stir in chicken, tomatoes and seasoning; heat until hot. Spoon over batter in pan. Sprinkle with cheese.
3. Bake 20 to 23 minutes or until golden brown; loosen from sides of pan.

Recipe Provides: Dairy 1/2c, Meat & Beans 1oz-equivalents, Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	190	Calories from Fat:	45
Total Fat:	5 g	Saturated Fat:	1½ g	Trans fat :	0 g
Cholesterol:	35 mg	Sodium:	420 mg	Total Carbohydrate:	20 g
Dietary Fiber:	1 g	Sugars:	5 g	Protein:	18 g



This recipe is adapted from WWW.eatbetterearly.com