



BeFit

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Weekday RD Recipes: Roasted Tomato Chicken Pita Pizza

From Anne Lukowski, MS, RD, LDN

Ingredients:

12 roma tomatoes (or about 2 pounds), sliced in half lengthwise
4 garlic cloves, peeled
¼ tsp black pepper
¼ cup low-sodium stock (chicken, vegetable, etc.)
1 tbsp olive oil
1 red onion, thinly sliced
1 cup arugula (or baby spinach)
4 whole wheat pita loaves
¾ pound cooked chicken breast, shredded (about 2 cups)
1 cup shredded part-skim mozzarella cheese

Instructions:

Set oven to 400 degrees.

Cover a cooking sheet with foil and spray with nonstick spray. (Or alternatively, grease your sheet with a little olive oil.) Place tomatoes and garlic on sheet and roast until caramelized (about 20 minutes).

Meanwhile, to a medium skillet, add olive oil and onion; cook over low heat, stirring onions occasionally, until soft and caramelized (about 15 minutes). Add arugula and cook until wilted (1 to 2 minutes).

When the roasted tomatoes are done, remove from oven and allow to cool. Place the tomatoes and garlic in a blender with the black pepper and stock; puree.

Place pita on a cooking sheet and top each with 2 tbsp roasted tomato sauce. (Refrigerate the rest of the sauce and use for other weekday meals or store in freezer: makes 3 cups total.)

Top pita with chicken, onion mixture, and finish with cheese, dividing the ingredients equally among the pizzas.

Bake for 10 minutes (at 400 degrees), or until the cheese has melted. Allow to cool for a few minutes and cut each pizza into quarters.

Notes:

- The chicken can be made ahead of time or purchased already cooked. (This is a great use of leftover chicken.)

-If you do not have time to make the sauce, disregard the first 4 ingredients and sauce instructions, and use a jarred variety.

Yield: 4 servings

NUTRITION INFORMATION PER SERVING (per pizza):

CALORIES: 450 calories

PROTEIN: 41 g

SODIUM: 600 mg

CARBOHYDRATE: 40 g

FIBER: 9 g

FAT: 14 g

SAT FAT: 5 g