



Pesto-Chicken Muffin Pizzas

This is a great way to use mom or dad's leftovers from last night! If there are any vegetables (such as corn or broccoli) cooked in the fridge, they make great toppings for this pizza!

U.S.

1/2 each	English Muffin, whole wheat
1 Tbsp	Basil Pesto
2 oz	Chicken
1-2 slices	Tomato
1 Tbsp	Low-Fat Mozzarella Cheese

Metric

1/2 each
15 ml
57 g
1-2 slices
14 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Spread the pesto over the inside of the English Muffin half.
4. Top with chicken and tomato.
5. Sprinkle with cheese.
6. Place on tray lined with foil or parchment paper. Bake in preheated oven until the cheese is melted, about 5-7 minutes.
7. Allow to cool for 2 minutes; enjoy!

Nutrition Facts

Serving size **1/2 muffin**
Servings **1**

Calories 290
Calories from Fat 140

Total Fat 15 g
Saturated Fat 3 g
Trans Fat 0 g
Monounsaturated Fat 3 g
Cholesterol 85 mg
Sodium 550 mg
Carbohydrates 15 g
Dietary Fiber 1 g
Sugars 1 g
Protein 25 g

Vitamin A 20 %
Calcium 25 %
Vitamin C 10 %
Iron 10 %
Phosphorus 3 mg
