



## Mediterranean Chicken Pizza

A rich tomato sauce, fresh mozzarella, briny olives, and a whisper of basil team up to create a Mediterranean-inspired pizza worthy of a resounding Mamma Mia!

- 1/2 cup (125 mL) oil-packed sun-dried tomatoes**
- 1/2 cup (125 mL) roasted red pepper**
- 3 Tbsp (45 mL) extra-virgin olive oil**
- 1 Tbsp (15 mL) fresh oregano or 1 tsp (5 mL) dried oregano**
- 1/4 tsp (1 mL) red chili flakes**
- 1/4 tsp (1 mL) black pepper**
- 14 oz (400 g) homemade or store-bought pizza dough**
- 1 cup (250 mL) spinach**
- 4 oz (113 g) fresh mozzarella, patted dry and torn into 1/2 in (1.25 cm) pieces**
- 6 oz (170 g) organic free-range cooked chicken breast, thinly sliced**
- 1/2 small red onion, thinly sliced**

**1/3 cup (80 mL) chopped black, nicoise, or kalamata olives**

**1 cup (250 mL) thinly sliced crimini mushrooms**

**1/4 cup (60 mL) fresh basil, torn**

**2 Tbsp (30 mL) pine nuts (optional)**

To make sauce, place sun-dried tomatoes, roasted red peppers, olive oil, oregano, chili flakes, black pepper, and 1/4 cup (60 mL) water in blender or food processor and blend until just slightly chunky.

Spread mixture over prepared dough and top with spinach, cheese, chicken, onion, olives, and mushrooms (in that order). Bake for 10 minutes, or until crust is golden brown and crisp. Garnish with basil and pine nuts (if using).

Makes 8 slices.

Each slice (not including crust) contains: 158 calories; 11 g protein; 11 g total fat (3 g sat. fat, 0 g trans fat); 4 g total carbohydrates (1 g sugars, 1 g fibre); 174 mg sodium >>