

Chicken Alfredo Pizza

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Serves 4

Blue – 6

Purple – 6

Green – 8

Dough

- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp yeast
- 1/4 cup non fat greek yogurt
- 1/4-1/2 cup water

Pizza

- 1 cup diced or shredded chicken
- 1/2 cup light Alfredo sauce (such as Classico or Prego)
- 1/4 tsp garlic powder
- 1/4 tsp Italian seasoning
- 1/2 cup baby spinach leaves
- 1 cup part skim shredded mozzarella cheese

Dough

1. In a large bowl, combine flour, yeast, salt and baking

powder. Stir

2. Add greek yogurt and stir.
3. Add water, starting with a few tablespoons and stir – add more water until the dough comes together in a ball. Knead for about a minute.
4. Let dough rise in a warm place for about 30 minutes.
5. After dough rises, spray a cookie sheet or pizza pan with non stick spray
6. Roll dough out on pan.
7. Bake at 400 for 8 minutes. Set aside

Pizza

1. Spread Alfredo sauce on partially cooked crust
2. Sprinkle garlic powder and Italian seasoning over sauce
3. Top with chicken – spreading out evenly
4. Sprinkle spinach leaves on top of chicken
5. Top with cheese.
6. Bake an additional 12 minutes.