

Pizza Chicken

Yields 4 Servings

Ingredients:

- 1 lb. chicken breast boneless, skinless
- 1 tbsp. extra virgin olive oil
- 2 cups marinara sauce no salt added
- 1/4 cup low moisture mozzarella
- 12 slices turkey pepperoni uncured
- 1 tsp oregano
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp red pepper flakes
- 1 tsp basil salt and pepper to taste



Directions

- Preheat a 12" frying pan to medium heat with extra virgin olive oil.
- Place oregano, garlic powder, onion powder, salt and pepper in small bowl and stir.
- Clean and pat chicken breasts dry. Rub the spice mixture well into the chicken breasts with your hands.
- Place chicken in the frying pan. Cook 4 minutes then flip and cook another 4 minutes. Depending on how thick your chicken breasts are, cooking may take a little less or slightly longer. Check the center by slicing a small sliver in the center to ensure it is not pink.
- While the chicken cooks, set the oven to a high broil.
- Remove chicken from the skillet and place marinara sauce in the frying pan with crushed red pepper flakes and basil. Simmer on low 5 minutes.
- Add chicken breasts to the frying pan, place 3 slices of turkey pepperoni on each chicken breast then cover with the cheese dividing it evenly among the chicken breasts.
- Place the frying oven in the oven 5 minutes to melt the cheese over the chicken breasts.
- Remove from the oven and place in meal prep containers with roasted broccoli.