

Chicken Alfredo Pizza

1 can (10 oz) refrigerated pizza crust
12 oz chicken tenders or 2 medium bonless skinless chicken breast halves, each cut diagonally in 8 pieces.
¼ cup flour
2 t oil, preferably olive
2 T chopped garlic
¾ cup bottled reduced fat four cheese Alfredo sauce
5 oz part skim mozzarella cheese, shredded (1 ¼ cups)
2 T. grated Parmesan cheese

1. Heat oven to 425 degrees. Lightly grease a cookie sheet. Unroll pizza dough and place on cookie sheet. Tuck in corners and press into a 12 inch round with a slightly raised edge. Bake 7 minutes or just until crust begins to brown.
2. Meanwhile put chicken and flour in a large plastic food bag; shake to coat. Heat 2 t oil in a large nonstick skillet over medium heat. Shake excess flour off chicken, add chicken to skillet and sauté 2 minutes. Add garlic and, turning chicken once, cook 2 to 3 minutes until pale golden. Remove to small bowl.
3. Spread Alfredo sauce on pizza crust. Arrange chicken pieces like spokes of a wheel on sauce. Top with mozzarella, then sprinkle with scallions and Parmesan.
4. Bake 6–10 minutes until cheese is bubbly and crust is golden brown.