

Chicken Caesar Pizza



Per 1 serving
133 Calories ● 3.1g Carbs (0.7g Fiber) ● 9.1g Fat ● 9.6g Protein

60 minutes to prep , 1 minutes to cook

Ingredients

Scaled to 8 serving

1 1/2 breast fillet **Chicken breast** (217 g)
(shredded)

1 large **Egg** (50 g)

1/3 cup **Parmesan cheese** (26 g)

1 tbsp **Pepper** (6.4 g)

1 tsp **Paprika** (2.1 g)

1 tbsp **Garlic powder** (9.7 g)

2 cups **Romaine** (97 g)

6 tbsp **Dressing & Marinade, Caesar**

2 tbsp **Grated Parmesan** (10 g)

1/4 cup **Cottage Cheese** (55 g)

Directions

Directions are for original recipe of 8 serving

1. Bake the chicken breasts in the oven as
*NOTE: you can also BUY the chicken already
2. To make this pizza, start by preheating your oven to 375 F.
3. Next, line a baking sheet with parchment paper and set it aside.
4. Then, add all of the ingredients to make the chicken pizza crust to a food processor: the chicken, egg, parmesan cheese, garlic powder, and crushed red pepper flakes. Pulse until the ingredients are well-combined.
5. Once the mixture is done, transfer it to the baking sheet. Using clean hands, press the ingredients into a circle, about 1/4 inch thick. If the mixture is sticky, just add a little oil to the palm of your hands before working the mixture together.
6. Then, transfer it to the oven and allow it to bake for 40-45 minutes, or until the crust is golden brown and firm to the touch.
7. Once it's done, remove it from the oven and allow it to cool
While the crust is in the oven, place the primal kitchen dressing and cottage cheese in a bowl. mix it well...and spread it on the cooled crust.
8. Then, wash and chop the romaine lettuce and add it to a bowl alongside the parmesan cheese and dressing. Once the pizza crust is done, add the salad on top.