

Chicken Pesto Pizza

Members fell in love with our Chicken Alfredo Pizza, so we've been working hard on more family favorite pizzas. With basil pesto, red bell peppers, sundried tomatoes, and free-range chicken under plenty of melted mozzarella, it's simply delicious.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Whole Wheat Pizza
Dough
Pesto
Sundried Tomatoes &
Red Peppers
Mozzarella

Make The Meal Your Own

Eating with a picky eater? Skip the Sundried tomatoes and bell peppers on their share of the pizza.

Have leftover veggies in your fridge? Sliced mushrooms, spinach, or even blanched broccoli would be great on this pizza as well.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 800 Calories, 31g Fat, 76g Protein, 58g Carbs, 21 Smart Points

Lighten Up Snapshot per serving - 650 Calories, 18g Fat, 69g Protein, 56g Carbs, 16 Smart Points with ½ the mozzarella and pesto.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Free-Range Chicken, Whole Wheat Pizza Dough, Red Pepper, Mozzarella Cheese, Sundried Tomatoes, Basil, Olive Oil, Parmesan Cheese, Lemon Juice, Garlic, Spices

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1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

2. Assemble the Pizza

Shape your **Whole Wheat Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

Transfer the dough to a baking sheet that has been sprayed or brushed with oil, and top the pizza with **Pesto Sauce, Sun Dried Tomatoes & Roasted Red Peppers** and **Mozzarella Cheese** and save 1/4 of both the cheese and sauce for later. Be sure to get the sauce, toppings, and cheese all the way to the edges.

Bake the pizza until the crust is well browned, about 15 to 17 minutes.

3. Prep and Cook the Chicken

While the pizza is baking, slice the **Chicken Breast** into strips approximately 1/2" wide. Generously sprinkle with salt and pepper (we use 1/4 tsp salt and 1/4 tsp pepper, or more if you like).

Heat 1 Tbsp oil in a large skillet over high heat. Add the chicken and cook until the bottoms are well browned, and each piece is starting to color up the sides, about 2 to 3 minutes. Flip and cook until each piece is browned and about 2 minutes more. Remove to a plate.

4. Put It All Together

When the pizza is almost done, top with cooked chicken, the remaining cheese and drizzle the remaining sauce on top. Bake until the cheese melts, about another 3 to 4 minutes. Remove from the oven and let rest for 5 minutes before serving. Enjoy!

*Don't forget to
take the dough out.
Warmer dough is
easier to work
with!*

*We usually make
two-person pizzas
and ours are about
8" wide and 14" long.*

*The Chicken
will not be
fully cooked
but will finish
in the oven.*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois