

Let's cook something delish!

## Chicken Cheesesteak **Flatbread** Makes: 1 Serving

Serving Size: 1 Flatbread

## Ingredients

- 2 oz boneless skinless chicken breast. raw and diced
- 1 t. olive oil
- ¼ t. garlic powder
- ¼ t. Italian herb seasoning
- 1/4 c. red bell pepper, sliced

- ½ c. green pepper, sliced
- 1/4 c. red onion, peeled and sliced
- 1 4-oz whole-wheat naan or pita
- 1 oz skim-milk mozzarella or provolone cheese, grated
- ½ T. fresh basil, chopped

## **Directions**

- 1. Preheat oven to 400°F.
- 2. Pat diced chicken dry with paper towels and set aside.
- 3. Drizzle olive oil on a small baking sheet; add the diced chicken; and thoroughly season with garlic powder, Italian herb seasoning, and a pinch of salt and pepper.
- 4. Add the peppers and onion to the baking sheet and toss to combine with the chicken and seasonings. Place the baking sheet in the oven and roast for 10-12 minutes or until chicken is cooked through. Remove from the oven and transfer the chicken and veggies to a plate. Increase the oven's temperature to broil.
- 5. Place the whole-wheat naan or pita on the baking sheet and top evenly with grated cheese, chicken and veggies.
- 6. Return the baking sheet to the oven and cook for three to four minutes or until the cheese has melted and the naan/pita has crisped slightly.
- 7. Remove the pan from the oven. Cut the flatbread into wedges and garnish with chopped basil before serving.

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Calories: 515, Total Fat: 18 g, Total Carbohydrate: 59 g, Protein: 32 g

Source: Fitness Blender, https://www.fitnessblender.com/articles/chicken-cheesesteak-flatbread Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.