



Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Thai Chicken Pizza

- 20 Ounces pizza dough, whole wheat
- 1/4 Cup peanut butter, natural, smooth
- 3 Tbsp water
- 2 Tsp soy sauce, less sodium
- 2 Tsp vinegar, rice
- 2 Tsp ginger, fresh, minced
- 1 Clove garlic, minced
- 1 Tsp oil, canola
- 8 Ounces chicken, breast, boneless, skinless, trimmed and diced
- 1 Medium pepper, red, bell, diced
- 4 Whole scallions (green onions), thinly sliced
- 2/3 Cup cheese, mozzarella, part-skim, shredded

Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.

Roll out or stretch dough on a lightly floured surface into a rough 16-inch oval. Transfer to the baking sheet. Bake on the bottom rack until puffed and lightly crisped on the bottom, 8 to 10 minutes.

Meanwhile, whisk peanut butter, water, soy sauce, vinegar, ginger and garlic in a small bowl until well combined.

Heat oil in a medium nonstick skillet over medium-high heat. Add chicken and cook, stirring, until cooked through, 2 to 4 minutes. Transfer to a medium bowl. Add bell pepper, scallions and 1 tablespoon of the peanut sauce to the chicken; toss to combine.

Remove the crust from the oven; spread evenly with the remaining peanut sauce. Top with the chicken mixture, then sprinkle with cheese. Return the pizza to the oven and bake on the bottom rack until the crust is crispy and golden and the cheese is melted, 11 to 13 minutes.

Makes 6 Servings

