

Zucchini Pizza Bites

Ingredients:

- ◆ 4 slices large zucchini 1/4" thick (or 1 medium zucchini cut on diagonal)
- ◆ Spray olive oil (I used my [Misto](#))
- ◆ 2 tbsp pizza sauce
- ◆ 1/4 cup part skim mozzarella
- ◆ Salt and pepper



Directions:

Cut zucchini about 1/4 inch thick. Spray both side lightly with oil and season with salt and pepper. Broil or grill for about 2 minute on each side. Top with sauce and cheese and broil for an additional minute or two. (Careful not to burn cheese)

Recipe Makes 1 Serving

NUTRITIONAL FACTS PER SERVING:

Calories: 124.8; Fat: 5.7g; Protein: 8.2g; Carb: 10.4g; Fiber: 3.0 g

Zesty Italian Chicken

Ingredients:

- ◆ 1 Dry Packet- Good Seasons Zesty Italian Salad Dressing & Recipe Mix
- ◆ 2 lbs Boneless Skinless Chicken Breasts
- ◆ 1 Teaspoon Olive Oil



Directions:

1. Line cookie sheet with aluminum foil if desired. Spread 1 tsp olive oil on cookie sheet to prepare non stick surface.
2. Rinse and slightly pat dry chicken breasts. Place them onto the cookie sheet.
3. Sprinkle Good Seasons powder packet evenly onto both sides of breasts.
4. Bake at 350 for 20-25 minutes, depending on thickness of breasts. Chicken is fully cooked when meat is white throughout and juice runs clear.

Number of Servings: 6

Serving Size: 4 oz cooked

NUTRITIONAL FACTS PER SERVING:

**Calories: 140.1; Total Fat: 1.3 g ; Cholesterol: 73.3 mg; Sodium: 343.9 mg;
Total Carbs: 0.2 g; Dietary Fiber: 0.0 g; Protein: 30.6 g**

Recipe Sources:

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=33435>

<http://www.skinnytaste.com/2010/07/zucchini-pizza-bites.html>