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Twisted Keto Pizza

Ingredient	Amount
Chicken Breast	70 grams
Maple Leaf Bacon uncooked	50 grams
Schneider's pepperoni	50 grams
Mozzarella cheese regular	60 grams
Tomatoes Diced	Up to 50 grams
Sweet Yellow Peppers	Up to 15 grams
Onions raw	Up to 25 grams
Mushrooms	Up to 20 grams
Garlic raw	Up to 1 grams
Olive Oil	15 grams
Butter	15 grams
Salt and Pepper	To taste
Final Weight Cooked	**315 grams**

Directions – makes 2 pizzas

1. Preheat skillet to medium to high heat. Preheat oven to 350 F
2. Weigh all ingredients
3. Wrap raw chicken piece with saran wrap. Pound the chicken piece to flatten to make the 'pizza crust'
4. Cook your bacon in the skillet until crispy and remove and set aside.
5. Add butter to the skillet to melt and then add your pounded chicken breast at medium heat. Cook evenly. Add salt and pepper if desired.
6. Add some of olive oil brushed over the chicken breast
7. Dress your pizza with diced tomatoes, peppers, onions, garlic topped with some mozzarella cheese. Sprinkle with salt if desired.
8. Add your bacon and pepperoni and add more cheese on top.
9. Bake in the oven at 350 F to melt the cheese

Weight Per pizza	Calories	Total Fat	Total Protein	Total Carbohydrates	Keto Ratio
155	415 kcal	32.7 g 71% total kcal	24.7 g 23.8% total kcal	5.5 g 5.3% total kcal	1.1 : :1

This recipe will need to be adapted to **EACH INDIVIDUALS** prescription. Consult your registered dietitian.

This recipe was created in partnership with Chef Patrick Wiese (patron chef) and Jennifer Fabe (registered dietitian and president)). Last reviewed February 2017