

Pizza Protein

Roll Ups

RECIPE BOX

INGREDIENTS

4 BONELESS SKINLESS CHICKEN BREASTS
¼ TSP SALT
½ CUP SHREDDED MOZZARELLA
8 THIN SLICES TURKEY (DELI OR FROM THE BREAST)
¼ CUP SEASONED WHOLE WHEAT BREAD CRUMBS
2 TBSP PARMESAN CHEESE
½ TBSP OLIVE OIL
¼ CUP MARINARA SAUCE
8 THIN SLICES RED ONION
½ GREEN BELL PEPPER, THINLY SLICED



DIRECTIONS

STEP 1: Preheat oven to 450 F. Line a rimmed baking sheet with foil & spray with cooking oil.

STEP 2: Cover chicken with wax paper and pound to ¼ inch thick.

STEP 3: Top each piece with 1 TBSP mozzarella & 2 slices turkey. Loosely roll each up and set them seam side down.

STEP 4: In a small bowl, combine bread crumb and parmesan. In second bowl, pour olive oil. Dip chicken roll up in oil mixture then bread crumb mixture. Place seam side down, repeat with remaining chicken.

Bake until chicken is done, about 20 min. Top each with 1 TBSP marinara, 1 TBSP mozzarella, 2 sliced red onion & bell pepper, then bake another 4-5 minutes. Makes 4 servings.

GF Choose gluten free bread crumbs.

V Replace chicken with thinly sliced zucchini.

Nutrition per Serving: Calories 494, Total Fat 21.2g, Carbs 16.6g, Protein 58g, Fiber 1.8g. Sugars, 8.7g

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