

### Artichoke & Spinach

Preparation time: 15 minutes

Cooking time: 15-20 minutes

- ¾ cup chopped artichoke hearts
- ¼ cup low-fat mayonnaise
- ¼ cup Parmesan cheese, grated
- ½ cup chopped cooked spinach
- 4 ounces part skim mozzarella cheese, shredded
- 6 ounces cooked diced chicken

In a separate bowl, place artichoke, mayonnaise, Parmesan cheese, spinach, and mozzarella cheese and mix well. Spread on pizza crust, top with chicken and bake

### Nutrition Information Per Slice

Calories 250	Fat 12 g	Fiber 4 g
Carbohydrates 19 g	Omega-3 Fats 1988 mg	Calcium 182 mg
Protein 17 g	Cholesterol 28 mg	Sodium 324 mg