

LUNCH OR DINNER — MAIN DISH

Chicken Alfredo Pizza

Makes 6 servings · 1 slice each

SATIETY SCORE	NUTRITION
4 / 5	MEDIUM
Per serving (approx.): Protein 18 g · Fiber 1 g · Calories 350	

Ingredients

- Pizza crust (store-bought or homemade)
- Alfredo sauce (recipe below)
- Chicken breast, cooked and shredded
- Mozzarella cheese, shredded
- Parmesan cheese, grated
- Optional toppings: spinach, mushroom, bacon, etc.
- Sauce: 2 Tbsp butter
- Sauce: 2 cloves garlic, minced
- Sauce: 1 cup heavy/whipping cream
- Sauce: ½ cup Parmesan cheese, freshly grated
- Sauce: salt and pepper to taste

Directions

1. Make the alfredo sauce: melt the butter over medium heat, add the garlic and cook 1 minute. Slowly add the cream, then salt and pepper. Simmer 3–5 minutes until thick enough to coat a spoon, then stir in the Parmesan until smooth.
2. Preheat the oven to 425°F and prepare the crust per its directions.
3. Spread a thin layer of alfredo sauce, then top with shredded chicken, cheeses, and any extra toppings.
4. Bake on a sheet or stone 10–12 minutes, until done to your liking.

Note: Rating is an estimate — the original recipe lists ingredients without amounts. This is a richer, occasional dish.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 2 cloves garlic

MEAT & POULTRY

- ☐ Cooked chicken breast (about 1½ cups shredded)

DAIRY & EGGS

- ☐ Mozzarella cheese, shredded (about 1 cup)
- ☐ Parmesan cheese (about ¾ cup grated — for the sauce and topping)
- ☐ 2 Tbsp butter
- ☐ 1 cup heavy/whipping cream

BAKERY & GRAINS

- ☐ 1 pizza crust (store-bought or homemade)

CHECK YOUR PANTRY

- ☐ Salt
- ☐ Black pepper