



# Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

## Pizza Can Be a Healthy Option

Most of us have to admit, when we're tired, a quick thing to do is order a pizza. However, for about the same amount of time and effort and for a way less expensive solution, you can semi-make a more nutritious tasty pizza at home. Kick your feet up while your pizza is baking and relax. You don't even have to worry about why the pizza delivery person is late. You are in control.

Many folks believe eating pizza can take weight loss efforts way off course, but it doesn't have to be that way. You don't have to eat the whole pizza. The key habit to help with eating less sodium, fat and calories on pizza night is to always serve pizza with lots of fruits, and consume just 1-2 slices of pizza. Fill up on fruits and vegetables. Pizza can be a great leftover and one slice of pizza, either cold or hot, makes for a yummy breakfast the next day.

The best bet is to select a cheese pizza from the frozen section. Read the Nutrition Facts Label. Aim for a pizza that has 20% written near the calcium. (Remember calcium has great health benefits like strong bones.) Add your own toppings at home like fresh spinach leaves (good calcium source too), sliced mushrooms and/or cooked chicken. Then bake as directed.



### Directions (Serves 4)

1. Thaw about 6 oz. of frozen chicken breasts in microwave.
2. Remove chicken from microwave and cut into bit size chunks and then cook in a frying pan with a bit of water until done.
3. Top a thin crust cheese and spinach 14-16 oz. pizza with cooked chicken and bake for time stated on pizza package instructions.
4. Remove pizza from the oven and let rest for a couple of minutes and then slice into 4 equal sized pieces.
5. Place each slice on a plate with a big wedge of watermelon (as much as you want).

### Notes

- Preheat oven to temp stated on the package of the pizza
- Get yourself another pizza and cook up extra chicken breasts, because this meal makes for a great lunch to carry to work with the leftover watermelon.
- Cook extra chicken and use it as a lean protein source to top a big bed of leafy greens and sliced strawberries as salads for meals later in the week. Remember 3 ounces of chicken is a good portion size and is about the size of a woman's palm.
- If watermelon isn't your thing, any fresh fruit can be substituted.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](https://www.commissaries.com/healthy-living/healthy-eats.cfm)