



BUFFALO CHICKEN FLATBREAD



INGREDIENTS:

- 4 naan rounds or 2 small naans (~180 kcals per serving)
- 4 oz cooked chicken
- 4 oz fat free ricotta
- 1/4 cup (1 oz) part skim mozzarella
- 2-3 tbsp buffalo sauce
- dash of salt
- Garnish: cilantro or chives

DIRECTIONS:

SPICY

1. Preheat oven to 450 F.
2. Mix ricotta with a dash of salt, set aside.
3. Cut chicken into small cubes, place in a bowl and mix in buffalo sauce. If you like things spicy add 3 tbsp of buffalo sauce. Mix until chicken is well covered.
4. Place naan on a baking sheet and bake for 2-3 minutes, long enough to toast the top.
5. Remove from the oven, divide the ricotta over the naan. (2 oz on each if using 2 small naans and 1 oz is using 4 naan rounds).
6. Top with buffalo chicken (2 oz on each if using 2 small naans and 1 oz is using 4 naan rounds). Finally, top with the mozzarella cheese.
7. Bake for 4-6 minutes.
8. Garnish and enjoy!

Makes 2 Servings | Serving Size: 2 naan rounds or 1 small naan
Calories: 384 | Protein: 30 g | Carb: 36 g | Fat: 11 g | Fiber: 2