



Chicken Flatbread Pizza

Flatbread varieties such as tortillas, pitas, and focaccia are very popular. The newcomer is naan, a thick, double-layered flatbread that can be served plain alongside curries, lentils, and other dishes, stuffed with various fillings, or topped with meats, vegetables, sauces, and more.

Makes: 6 servings **Prep time:** 25 minutes
Cook time: 40 minutes

the INGREDIENTS

Nonstick cooking spray

- ½ teaspoon** turmeric, ground
- ¼ teaspoon** salt, table
- ½ teaspoon** cumin, ground
- ¼ teaspoon** cinnamon, ground
- 10½ ounces** chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 5 tenderloins)
- 3 tablespoons** Greek yogurt, plain, non-fat
- 2 teaspoons** canola oil
- ⅔ cup** onion, fresh, peeled, ½" chopped
- 3 cloves** garlic, fresh, minced (1 clove is about ½ teaspoon minced)
- 4 ounces** spinach, fresh, roughly chopped (4 oz = about 4 cups packed)
- 2** whole-wheat flatbread naan (about 126 gm each)
- 1 cup** tomatoes, fresh, ¼" diced
- 1½ ounces** mozzarella, low-fat, shredded

the DIRECTIONS

1. Preheat oven to 350 °F.
2. In a small bowl combine turmeric, salt, cumin, and cinnamon. Divide seasoning mixture in half.
3. Coat chicken tenderloins with ½ of the seasoning mixture from step 2.
4. Place chicken tenderloins on a baking sheet lightly coated with nonstick cooking spray.
5. Bake for 12–15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds.
6. Chop chicken into ½" pieces.
7. While chicken is baking, combine the remaining seasoning mixture with the yogurt. Set aside.
8. Heat oil on medium-high heat in a medium skillet.
9. Sauté onions for 3–5 minutes or until onions are tender.
10. Add garlic and spinach, and cook for 3 minutes or until spinach is wilted. Remove from the heat.
11. Slice each flatbread into 3 pieces.
12. Place flatbreads on a baking sheet coated with nonstick cooking spray.
13. Spread ½ Tbsp of seasoned yogurt from step 7 on each piece of flatbread.
14. Top each piece with ¼ cup cooked vegetables, 1¼ oz chicken, 2⅔ Tbsp tomatoes, and 1 Tbsp cheese.
15. Bake for 15–20 minutes. Heat to 140 °F for at least 15 seconds.
16. Serve 1 piece.

Critical Control Point: Hold for hot service 140 °F or higher.

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NUTRITION INFORMATION

For 1 piece of Chicken Flatbread Pizza.

Nutrients	Amount
Calories	226
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	38 g
Sodium	351 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	N/A
Calcium	69 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

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CACFP CREDITING INFORMATION

1 piece provides 1 ½ oz equivalent meat,
¼ cup vegetable, and 1 ½ oz equivalent
grains.

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CHEF TIPS

Variation

If chicken is frozen, defrost in the
refrigerator for 1 day per 1–5 pounds.
Hold raw chicken at 40 °F or lower.