



**Heart & Home**  
*Wellness Table Series*



**Ronald McDonald  
House Charities\***  
Central Ohio

Supported by

**JPMorganChase**

# Pesto Chicken Pizza

This Pesto Chicken Pizza is bursting with flavor thanks to two ingredients: caramelized onions and basil pesto. Instead of pizza crust, you can layer the ingredients on two 16-ounce Italian bread loaf halves.

Servings: 11 | Serving size: 1 slice



## NUTRITION NOTES

- Rich and flavorful, **extra-virgin olive oil** helps caramelize the onions while creating a savory base that ties the pizza's toppings together.
- Sweet and deeply aromatic, **onions** become tender and golden as they cook, adding natural sweetness and depth of flavor.
- Fresh and vibrant, **baby spinach** wilts gently on the pizza, bringing color, nutrients, and a mild earthy balance to the richer ingredients.
- Bright and herbaceous, **basil pesto** spreads across the crust to deliver bold basil flavor and a fragrant, savory finish.

# Pesto Chicken Pizza

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## INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1½ to 2 pounds onions
- 1 tablespoon balsamic vinegar
- 1 (6-ounce) bag baby spinach
- Kosher salt
- Freshly ground black pepper
- ¼ cup prepared basil pesto
- 2 (12-inch) pre-made, thin pizza crusts
- 1 pound skinless, boneless chicken breast halves, baked and thinly sliced widthwise
- 8 ounces part-skim mozzarella cheese slices
- Balsamic glaze, for drizzle topping

**Nutrition Profile:** Onions | Balsamic Vinegar | Baby Spinach | Kosher Salt | Freshly Ground Black Pepper | Basil Pesto  
Thin Pizza Crusts | Chicken Breast | Part-Skim Mozzarella Cheese

## NUTRITION FACTS *(per serving)*

Serving Size: 1 slice | Servings Per Recipe: 11 | Calories: 330

- 13g fat
- 34g carbs
- 20g protein
- 3g dietary fiber
- 4g saturated fat
- 530mg sodium

## INSTRUCTIONS

1. Peel onions, cut in half lengthwise, and slice into very thin, ⅛-inch half-moons.
2. Heat oil in a large nonstick skillet or Dutch oven over medium-low heat. Add onions and cook, stirring frequently, until caramelized (very soft and golden brown), about 30 minutes. Stir in balsamic vinegar and spinach and cook until spinach wilts, about 3 minutes. Season with salt and pepper to taste.
3. Meanwhile, spread pesto evenly over pizza crusts. Top evenly with the onion mixture. Arrange chicken over the onion mixture, then place cheese slices evenly on top.
4. Bake according to package directions until the cheese melts, 8 to 10 minutes. Drizzle balsamic glaze over pizza. Slice and serve.

*\*Nutrition information provided directly by eatright.org and reflects values listed at the time of publication. Recipe sourced from: eatright.org*