



## South Beach Pizza for 2

2 boneless, skinless chicken breasts  
1/2 cup grated low fat mozzarella  
1 Italian sausage  
8 mushrooms, sliced medium thin  
1/2 medium white onion, sliced thin  
Pizza sauce

Preheat oven to 425°.

With a sharp knife butterfly the chicken breast at it's thickest part in order to make it all the same thickness. Place the chicken between saran wrap and flatten it with a mallet or something similar. Repeat this procedure with the other breast.

Remove the casing from the sausage and break it into small, bite-sized chunks.

Heat a heavy skillet on a high flame and add a dab of olive oil. Sal the breast and place it in the hot pan. Let it brown and then flip it. Remove it from the pan once both sides have browned. Repeat with the other breast.

In that same pan, with the heat on medium, brown the Italian sausage. Remove it from the pan and rest it on a paper towel.

Place both of the chicken breasts on a baking sheet. Spread pizza sauce on both and then add the cheese. Top next with the sausage, onions, and mushrooms.

Bake in the oven until the cheese and toppings are bubbly and golden brown.