



Spicy Southwest Roll Up

4-6 servings

Prep time: 30 minutes; 15 if chicken already cooked

Ingredients:

3 c. cooked chicken breast, finely diced or shredded

1/2 package taco seasoning mix

1 14 oz can black beans, drained and rinsed (can use just 1 cup, if beans aren't a family favorite)

1 4.5 oz. can diced, green chilies, drained (can use jalapeno peppers for spicier dish)

1 4.5 oz. can sliced, black olives, drained

1/2 c. shredded extra sharp cheddar low fat cheese (or use 1/4 cup full fat extra sharp)

1/2 c. fat free sour cream

1 c. corn kernels (optional)

1 can refrigerated (or homemade) pizza dough

Preparation:

- Pre-heat oven to 325 degrees, and lightly coat a large (12.5x17) inch cookie sheet with olive oil spray or vegetable oil spray
- Spray medium frying pan with vegetable oil, heat to medium. Add chicken. If raw, cook through. (Tip – if you are in a rush, deli chicken breast works.)
- When chicken is cooked and diced/shredded, sprinkle with 1/2 package taco seasoning mix. Heat through and stir until taco mix is dissolved and not liquid remains. Add 1/2 c. fat free sour cream and simmer on low heat.
- While chicken is simmering: Drain and rinse beans; drain olives.
- In medium mixing bowl, thoroughly combine chicken taco mixture, beans, chilies, olives, cheese, and corn.
- Open pizza dough and place on cookie sheet. Stretch slightly to thin a bit. Spoon chicken mixture evenly down center of pizza dough, lengthwise, bringing close to ends. Pull dough from each side and pinch to seal along length and at both ends. Gently turn and place seam side down in center of cookie sheet.
- Place in oven and bake for 30-35 minutes until crust is golden brown and dough baked through. Dough should sound slightly hollow when tapped.
- To serve: let rest for about 5 minutes. Cut in slices, like a jellyroll. Serve with fat free sour cream and salsa on the side.

Nutritional Analysis for 6 servings

Serving Size: 1/6 of recipe	
Calories	242
Protein	29 g
Carbohydrate	24.5 g
Total Fat	4 g
Saturated Fat	1 g
Monounsaturated Fat	1 g
Cholesterol	63 mg
Sodium	678 mg
Fiber	4 g
Potassium	490 mg
Calcium	105 mg

Diabetic Exchanges per serving

Meat (very lean)	4
Fat	1
Starch	1.5