

CHICKEN CAESAR PROTEIN FLATBREAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Plain Greek Yogurt	1 Cup	Lemon Juice	1 Tsp.
Self-Rising Flour	1 Cup	Grated Parmesan	1 Tsp.
Garlic Powder	¼ Tsp.	Dijon Mustard	½ Tsp.
Italian Seasoning	¼ Tsp.	Garlic Powder	¼ Tsp.
Pinch of Salt		Black Pepper	⅛ Csp.
Cooked Chicken Breast, finely chopped	½ Cup	Finely Chopped Romaine Lettuce	1 Cup
		Shredded Parmesan	
Plain Greek Yogurt	¼ Cup	Olive Oil	¼ Cup
Light Mayonnaise	1 Tbsp.		1 Tsp.

SERVING SIZE **HALF OF TOTAL BATCH**

PREPARATION

- Preheat the oven to 425°F. Line a baking sheet with parchment paper.
- In a bowl, mix Greek yogurt, self-rising flour, garlic powder, Italian seasoning, and salt until a dough forms.
- Transfer the dough to the baking sheet and press or roll it into a thin rectangle, approximately 8 x 10 inches.
- Brush lightly with olive oil.
- Bake for 8-10 minutes, until the crust is lightly golden and beginning to crisp.
- While the crust bakes, whisk together Greek yogurt, mayonnaise, lemon juice, Parmesan, Dijon, garlic powder, and pepper.
- Toss the chicken with 1-2 tablespoons of the Caesar-style dressing.
- Remove the flatbread from the oven and let cool for 2 minutes.
- Spread the remaining dressing over the crust.
- Top with dressed chicken and shredded Parmesan.
- Return to the oven for 3-4 minutes, just until the Parmesan melts and the chicken is warmed through.
- Top with the chopped romaine immediately before serving so it stays fresh and crisp.

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