

Chicken Pickle Ranch Pizza

THM-Friendly: E

2 Servings

Pizza this good is usually a crossover at the least! But not this one.

It's the most amazing E!

HALF of it is only 40 carbs and 5 grams of fat!

And listen, if you don't like pickles, I will still love you, but it will be tough.

Just replace them with other FP veggies.

Make one batch of my [Pizza Crust](#).

Toppings:

- Pickle Juice Ranch from [Northern Nester](#)*
- shredded cooked chicken breast
- 1/2 cup skim mozzarella
(around 4 grams of fat per serving of 1/4 cup)
- pickle pieces/slices (I prefer Claussen!)
- fresh spinach

Fire up the grill to 400° - 500° F.

Spray one side of the crust lightly with cooking spray.



Put on the grill and close the cover. Let cook for 2 minutes. Remove from grill.

Now you can lightly spray the uncooked side. Flip over and put toppings on the already grilled side.

Spread a thin layer of your ranch dressing on the crust; then sprinkle cheese, chicken, pickles, and spinach.

Put back on the grill for an additional 2-3 minutes until you have a nice crisp crust and your cheese is melted.

Drizzle with a little extra pickle juice ranch.

enJOY!

*Note: To remain in E fuel setting, make pickle juice ranch with yogurt only. Leave out the mayo and replace it with more yogurt. I also like to replace the pickle juice with jalapeño juice and also add a handful of jalapeños before I blend.

<https://www.joyfullifewithkj.com/pizza/chicken-pickle-ranch>

