

## Walnut Pizza with Arugula and Yellow Tomatoes

1 package refrigerated pizza crust dough or Boboli  
2 tablespoons coarsely chopped walnuts  
1/2 cup (2 ounces) reduced-fat feta cheese  
1 tablespoon fat-free milk  
1 teaspoon chopped fresh or 1/4 teaspoon dried oregano  
1/4 teaspoon black pepper  
1 cup trimmed arugula  
1 cup shredded roasted chicken breast  
1 cup chopped yellow tomato  
1/4 cup chopped red onion  
1 teaspoon white balsamic vinegar  
1/8 teaspoon black pepper

Bake pizza shells according to package directions, omitting fat.

While pizza shells bake, heat a small skillet over medium-high heat. Add walnuts; cook 3 minutes or until lightly browned, stirring constantly. Place walnuts, feta, milk, oregano, and 1/4 teaspoon pepper in a food processor; pulse to combine.

Combine arugula and remaining ingredients; toss to combine. Divide walnut mixture evenly among pizza shells; spread evenly. Divide arugula mixture evenly among shells.

Yield: 2 servings

Source: Cooking Light