Edamame Asian-Style Pizza

3 tbsp Peanut butter
2 tbsp Water
1 ½ tsp Soy sauce
1 ½ tsp White rice vinegar
1 ½ tsp Fresh ginger, minced
1 Pre-baked pizza crust, 12-inch
½ cup (2 oz.) Reduced-fat mozzarella cheese, shredded
1 cup (4 oz.) Cooked chicken breast, diced
½ cup Edamame, shelled, cooked according to the package directions
½ cup Red bell pepper, sliced
¼ cup Chow mein noodles

Preheat oven to 450°F

Combine peanut butter, water, soy sauce, vinegar and ginger in small bowl stir until smooth. Place pizza crust on foil-lined baking sheet. Spread peanut mixture evenly over pizza crust. Sprinkle cheese, chicken, edamame, bell peppers and chow mein noodles evenly over the crust. Bake for 8 to 10 minutes until cheese is melted. Cut into 8 slices and serve.

Nutritional Info – per serving (1 slice)
Calories: 160
Total Fat: 6 g (1 g Sat. Fat)
Cholesterol: 10 mg
Sodium: 400 mg
Total Carbs: 19 g
Protein: 10 g
Fiber: 2 g