

Barbecue Chicken Pizza

10 to 15 minutes

4 servings

Ingredients

2-6-inch English muffin or Italian bread shells
½ cup barbecue sauce
1 cup non-fat shredded mozzarella cheese
2-6-oz. pkgs. Grilled chicken breast strips
Red onion slices (optional)

Utensils

Baking sheet
Forks
Paper plates
Knives
Napkins
Foil
Cooking Spray

Preparation

1. Preheat oven to 450°.
2. Line baking sheet with foil and spray with cooking spray.
3. Arrange English muffin or bread shell on baking sheet in single layer.
4. Spread each shell with ¼ cup barbecue sauce; top each with ½ cup non-fat shredded mozzarella cheese and 1 package grilled chicken breast strips.
5. Arrange red onion slices with chicken, if desired.

Nutrition Facts:

329 calories
5g fat
32g carbohydrates
36g protein
50mg cholesterol
1g dietary fiber
247mg sodium

Recipe from The Busy Mom's Make It Quick Cookbook.