



Barbecue Chicken Pizza

10 to 15 minutes
4 servings

Ingredients:

2 6-inch English muffins 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

Directions:

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 a 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 per Serving:

Calories	329
Fat	5g
Carbohydrates	32g
Protein	36g
Cholesterol	150mg
Dietary fiber	1g
Sodium	247mg

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

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