Barbecue Chicken Pizza
Yield: 4 servings

INGREDIENTS

2 6-inch English muffins or Italian bread shells, split
1/2 cup barbecue sauce
1 cup non-fat shredded mozzarella cheese
2 6-oz. pkgs. grilled chicken breast strips
Red onion slices (optional)

INSTRUCTIONS

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 1/4-cup barbecue sauce; top each with 1/2-cup non-fat shredded mozzarella cheese and 1 package grilled chicken breast strips.
5. Arrange red onion slices with chicken, if desired.

NOTES

Serving Size: 1 mini pizza

Nutrition Facts per Serving:
Calories 329
Fat 5g
Carbohydrates 32g
Protein 36g
Cholesterol 150mg
Fiber 1g
Sodium 247mg

Source: The Busy Mom’s Make It Quick Cookbook