

# 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