

BBQ Chicken Pizza

8 servings

What you need:

- 1 (14 oz.) refrigerated Pillsbury pizza crust dough
- 1 (10 oz.) can Premium Chunk Breast of Chicken in water, drained
or 2 cups cooked chicken breast, diced
- 1-1/2 cups of your favorite BBQ sauce
- 1 medium red onion, thinly sliced
- 2 C shredded part-skim milk Mozzarella cheese



All you do:

1. Preheat the oven to 400 degrees.
2. Lightly spray a cookie sheet or 12" pizza pan with PAM spray.
3. Unroll the pizza crust dough press into the pan.
4. In a medium bowl, combine the chicken and BBQ sauce; spread the mixture evenly over the dough.
5. Sprinkle the onion slices over the chicken mixture and top with cheese.
6. Place the pizza on a lower rack in the oven and bake for about 15 to 20 minutes until the crust is firm and lightly browned.
7. Cut into 8 servings. To complete your meal, add a tossed green salad with light salad dressing, a piece of fruit and a glass of skim milk.

Nutrition Information, per serving:

300 calories, 7 g total fat (3 g saturated fat), 39 g carbohydrate, 2 g dietary fiber, 1260 mg sodium, 21 g protein