**BBQ Chicken Pizza**  

8 servings

1 (13.8 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 (like Kraft)  
1 medium red onion, thinly sliced  
1 medium green pepper, sliced into thin rings  
2 C shredded part-skim milk Mozzarella cheese

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 & pepper over the chicken mixture; 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)  
38 g carbohydrate  
2 g dietary fiber  
1100 mg sodium  
21 g protein

*Good source* of vitamin C, calcium and iron.