

## **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.

For more information, contact Pauline Genter, MS, RD, MSU Nutrition Health Educator  
[Paulline.genter@mnsu.edu](mailto:Paulline.genter@mnsu.edu) or (507)389-5689