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  
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