

# BBQ Chicken Pizza

## Ingredients

1 (14 ounce) refrigerated pizza crust dough  
2 cups cooked chicken breast, diced ( or 1 can shredded chicken)  
1 1/2 cups BBQ sauce

1 red onion, thinly sliced  
2 cups shredded Mozzarella cheese (or pizza blend)

## Directions

1. Preheat the oven to 400°F
2. Spray a cookie sheet or pizza pan with cooking spray.
3. Unroll the pizza crust dough, press into the pan.
4. In a 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 15-20 minutes until the crust is firm and lightly browned.
7. Remove from heat and let cool for 5 minutes. Cut and serve.



*Makes 10 servings*

*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*