Chicken BBQ Pizza

Start to finish time: **20 minutes**

Number of servings: **6**

Nutrition Facts

Serving size 2 pizzas

Amount per serving
Calories **339**

	% Daily Value*
Total Fat 7.9g	**10 %**
Saturated Fat 3.3g	**16 %**
Trans Fat 0g	
Cholesterol 41mg	**14 %**
Sodium 863mg	**38 %**
Total Carbohydrate 48g	**17 %**
Dietary Fiber 5.4g	**19 %**
Total Sugars 22g	
Includes 17g Added Sugar	**34 %**
Protein 20g	
Vitamin D 0.1mcg	0 %
Calcium 340mg	26 %
Iron 2.5mg	14 %
Potassium 396mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 6 whole wheat (or multi-grain) English muffins (halved)
- 1 large bell pepper (chopped)
- 1 cup BBQ sauce
- 1 ½ cups cooked chicken (shredded)
- 1 cup reduced fat cheese (shredded)

DIRECTIONS:

1. Preheat oven to 450 degrees Fahrenheit. Gather and prepare ingredients.
2. Lay the English muffin halves on a large baking sheet and spread the BBQ sauce evenly on each half.
3. Spread the remaining ingredients on the muffins, ending with the cheese.
4. Place the baking sheet in the preheated oven. Bake for 8-12 minutes or until cheese is melted.
5. Remove from oven and allow to cool for a few minutes before serving. Enjoy!

STEP-BY-STEP DIRECTIONS:

Step 1

Preheat oven to 450 degrees Fahrenheit. Gather and prepare ingredients.

Step 2

Lay the English muffin halves on a large baking sheet and spread the BBQ sauce evenly on each half.

Step 3

Spread the remaining ingredients on the muffins, ending with the cheese.

Step 4

Place the baking sheet in the preheated oven. Bake for 8-12 minutes or until cheese is melted.

Step 5

Remove from oven and allow to cool for a few minutes before serving. Enjoy!

SUBSTITUTIONS:

- For faster preparation time, use store-bought rotisserie chicken.

MSU EXTENSION NOTES:

- If you want the pizzas to be crispier, bake the English muffins without toppings for 5-10 minutes (or until desired doneness) while preparing the other ingredients.
- Get creative with toppings by adding pineapple, onions, spinach, or anything else you enjoy!

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