

BBQ Chicken Pizza



Ingredients:

- 6 English muffins
- $\frac{3}{4}$ cup barbecue sauce
- $1\frac{1}{2}$ cups cut-up cooked chicken
- $\frac{3}{4}$ cup shredded smoked or regular cheddar cheese
- 1 bell pepper, chopped

Preparation:

1. Heat oven to 450 F.
2. Slice English muffins in half and place on large, ungreased cookie sheet.
3. Chop the bell pepper.

4. Spread barbecue sauce on English muffins to within $\frac{1}{4}$ inch of edges. Top with chicken, cheese, and bell pepper.
5. Bake 7 to 12 minutes or until cheese is melted. Total Time: 17-22 minutes

Yields 12 ($\frac{1}{2}$ English muffin) servings

Nutritional Information Per Serving:

130 calories, 9 g protein,
19 g carbohydrate (1 g fiber), 2 g fat,
15 mg cholesterol, 360 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.

Learn more at www.upmchealthplan.com/dscommunity.

