



BBQ Chicken Pizza

BBQ chicken pizzas on English muffins are a quick and tasty meal option. Topped with tangy BBQ sauce, tender chicken, and crisp bell peppers, these mini pizzas combine delicious flavors on a crunchy English muffin base. Easy to prepare and perfect for a fun meal or snack, they can also be made ahead and reheated throughout the week, offering both convenience and taste.

Yield: 12 servings

Serving Size: 1 pizza (1/2 English muffin)

Ingredients:

- 6 English muffins (whole wheat)
- 1 bell pepper, chopped
- 1/2 cup barbecue sauce (lower sodium)
- 1 1/2 cups chicken breast, skinless, cooked (cut-up or shredded)
- 3/4 cup cheddar cheese

Instructions:

1. Heat oven to 450 °F.
2. Slice English muffins in half and place on a parchment paper.
3. Cut up bell pepper.
4. Spread barbecue sauce on English muffins to within ¼ inch of edges. Top with chicken, cheese and bell pepper.
5. Bake 7 to 12 minutes or until cheese is melted.

CHEF TIPS: If you want to further reduce the amount of sodium, you can substitute cheddar cheese for Swiss cheese. You may also choose a lower sodium pasta sauce instead of BBQ sauce for a more authentic pizza flavor.

Per serving: Calories 152 kcal, Carbohydrates 20 g, Protein 10g, Sat Fat 1.8g, Sodium 284mg, Added Sugars 0.3g

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/bbq-chicken-pizza>

