

# BBQ Chicken Pizza

<b>Yield</b>	12 servings
<b>Prep time</b>	15 minutes
<b>Cooking time</b>	12 minutes
<b>Total time</b>	27 minutes

## Ingredients

6	English muffins
3/4 cups	barbecue sauce
1 1/2 cup	chicken (cooked, cut-up)
3/4 cups	cheddar cheese (shredded, smoked or regular)
1	bell pepper (chopped)

## Instructions

1. Wash hands and any cooking surface
2. Heat oven to 450°F
3. Slice English muffins in half and place on ungreased, large cookie sheet.
4. Cut-up bell pepper
5. Spread barbecue sauce on English muffins to within 1/4 inch of edges. Top with chicken, cheese and bell pepper.
6. Bake 7 to 12 minutes or until cheese is melted.

\* Substitutions:

English muffins = Pizza bread

Chicken = Pinto beans, chopped tomatoes and chopped onions

## Cost

Per recipe: \$5.24

Per serving: \$0.44

## Source

Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

## Nutrition Facts

Serving Size 1 pizza (1/2 of an English muffin) (79g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 130	<b>Calories from Fat</b> 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 9g	

Vitamin A 2% • Vitamin C 15%

Calcium 4% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4