

BBQ Chicken Pizza

Yield: 12 servings

Serving: 1 pizza (1/2 english muffin)

Ingredients

- 6 English muffins
- 3/4 cups barbecue sauce
- 1 1/2 cup cooked chicken (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 ¼ inch of edges. Top with chicken, cheese and bell pepper.
6. Bake 7 to 12 minutes or until cheese is melted.

Cost

Per serving: \$0.44

Nutrition Facts	
Serving Size 1 pizza (1/2 of an English muffin) (79g)	
Servings Per Container 12	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 360mg	15%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	