



BBQ Chicken Pizza

Yield: 12 servings

Ingredients:

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



Directions:

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 $\frac{1}{4}$ 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

Nutrition Facts: Calories, 130; Calories from fat, 15; Total fat, 2g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 15mg; Sodium, 320mg; Total Carbohydrate, 19g; Fiber, 1g; Protein, 9 g; Vit. A, 2%; Vit. C, 15%; Calcium, 4%; Iron, 8%.

Source: [www..nal.usda.gov/recipes](http://www.nal.usda.gov/recipes)



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