

BBQ CHICKEN PIZZA



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Ingredients

Yield: 6

- Whole wheat premade crust
- ½ c lite barbeque sauce
- 1 c lite 2% mozzarella cheese shredded
- ½ c cooked chicken
- Optional: sautéed onions diced

Directions

1. Add barbeque sauce to pizza crust, sprinkle shredded cheese on top of sauce, and then add shredded, precooked chicken and onions if desired.
2. Bake per directions of crust brand (directions should be on back). Typically it is at 400 degrees for 10-12 minutes.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 slice	183	7.7 g	11.3 g	20 g	537 mg

Carbohydrate Exchanges: 1 ½