

C's BBQ Chicken Pizza

Yields: 1 large pizza

1/5 pizza slice = 2 units all 3 macro nutrients

1/4 pizza slice = 3 units all 3 macro nutrients

1/3 pizza slice = 4 units all 3 macro nutrients

1/2 pizza slice = 5 units of all 3 macro nutrients

Ingredients:

16 oz. boneless, skinless chicken breast

2 small Roma tomatoes, seeded and thinly sliced

1/4 small Purple onion, thinly sliced

1/4 cup Cilantro, chopped (you can use parsley if you prefer)

1 1/2 cup Shredded *Gouda or Cheddar, divided

Kraft Barbecue Sauce Light Original

1 Mama Mary's Thin & Crispy Pizza Crust

Preheat Oven to 400°

Directions:

Step 1: Cut the chicken up into bite sized pieces. Heat a skillet or grill on high.

When hot, add the chicken. Cook until no longer pink. Add a little BBQ sauce to lightly coat.

Cook 2 - 3 more minutes. Set aside to cool.

Step 2: While chicken is cooling, prepare the tomatoes, onion and cilantro as suggested.

Set aside.

Step 3: Place the pizza crust on an oven safe baking dish (baking stones are great).

Spread a layer of the BBQ sauce over the crust evenly. The amount is up to you. Now sprinkle half of the shredded cheese. Next place the tomatoes around the pizza. then chicken, then onions. Sprinkle the second half of the cheese over the top evenly.

Step 4: Place the pizza in the preheated oven for about 15 minutes, or until desired amount of doneness. Remove and sprinkle with the cilantro.

*Gouda does not melt as well as the cheddar alternative, but it's good!