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 chedder 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

Servings Pe	r Conta	g) aine	er 12	
Amount Per Se				
Calories 13		`	ries fron	- Eat 1
Calories 13	0 0	alc		
Total Fat 2g			% D4	aily Value 39
Saturated Fat 0.5g				
		5g		3%
Trans Fat	-0			
Cholesterol 15mg				5%
Sodium 360	mg			15%
Total Carbo	hydrat	te 1	9g	69
Dietary Fi	ber 1g			49
Sugars 4g	3			
Protein 9g				
Vitamin A 2%	6	• \	/itamin (C 15%
Calcium 4%		• 1	ron 6%	
*Percent Daily V diet. Your daily v depending on yo	alues ma	y be	higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydri Dietary Fiber	Less Tr Less Tr Less Tr Less Tr	han han	65g 20g 300mg	80g 25g 300 mg 2,400m 375g 30g