Dinner Tonight!
Buffalo-Style Chicken Pizza

**Ingredients:**
1 package (4 count) wheat flatbread
2 cups cubed or shredded cooked chicken
1 tablespoon butter, melted
1/4 cup hot pepper sauce
1 cup low-fat bleu cheese or ranch dressing
1 cup (4 ounces) shredded cheddar cheese
1 cup (4 ounces) shredded part-skim mozzarella cheese

Place flatbread on two ungreased 15x10x1-inch baking pans. Combine chicken, butter, and pepper sauce. Spread salad dressing over each flatbread.

Top with chicken mixture and sprinkle with cheeses. Bake at 425°F for 10-15 minutes or until edges are lightly browned. Let stand for 5 minutes.

Cooks note: A deli roasted chicken yields approximately 4 cups of chopped chicken. If you are grilling chicken breasts, grill a few extra and use in this recipe. Instead of flatbread, individual pre-baked pizza crusts, pita bread, hoagie sandwich rolls or other types of bread may be used. To reduce fat and sodium content, use less cheese.

**Preparation Time:** 10 minutes  
**Cook Time:** 10-15 minutes  
**Yield:** 4 servings  
**Cost Per Serving:** $1.95  
**Serve with:** baby carrots, celery sticks, and other fresh veggies with low-fat salad dressing and fruit.

**Nutrition Facts Per Serving:**
- Calories: 659  
- Total Fat: 25 grams  
- Cholesterol: 119 mg  
- Sodium: 887 mg  
- Total Carbohydrate: 44 grams