Dinner Tonight!
California BBQ Chicken Pizza

6 whole wheat English muffins
2/3 cup reduced sodium barbeque sauce
1 1/2 cups shredded/diced chicken, cooked
1 bell pepper, chopped or diced
3/4 cup reduced-fat shredded cheddar cheese

Wash your hands and clean your cooking area. Heat oven to 400º F. Slice English muffins in half and place on ungreased baking sheet. Wash and scrub bell pepper with vegetable brush under cold running water, chop and set aside. Spread barbeque sauce on English muffins and layer with chicken, bell pepper, and cheddar cheese. Bake 10-12 minutes or until English muffins are crisp and cheddar cheese melted.

Preparation Time: 10 minutes
Cook Time: 10-12 minutes
Serves: 12
Cost per serving: $0.27

Nutrition facts per serving
Calories: 150
Total Fat: 3 g
  Saturated Fat: 1 g
  Trans Fat: 0 g
Cholesterol: 20 mg
Sodium: 470 mg
Total Carbohydrate: 19 g
Fiber: 2 g
Protein: 12 g

Serve with: Tossed salad or sliced fruit