

#LetsCook30

EASY BBQ CHICKEN PIZZA

Servings: 2

Ready in about: 20 minutes

1	pre-made pizza/flatbread or 2 pita rounds
2 – 4 tbsp	barbeque sauce or tomato sauce
1/4 cup	cheese, shredded (cheddar, Mexican blend, mozzarella or Feta)
1 handful	cooked chicken, shredded (left over chicken or store bought rotisserie)
1/8	red onion, sliced
1/2 cup	red or green peppers, diced
1/2 cup	mushrooms, diced
	cilantro or chives (optional)

Nutrition Tips

To increase the fibre and reduce the saturated fat in this recipe, we used:

- Whole wheat flatbread/pitas
- Low fat cheese (20% M.F. or less)

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Spread 2 – 4 tablespoons of BBQ or tomato sauce (to taste) evenly onto your crust.
3. Sprinkle 1/4 cup shredded cheese onto the pizza.
4. Add a handful of shredded chicken, distributing evenly.
5. Slice 1/8 red onion thin and sprinkle onto the pizza. Add diced peppers and mushrooms.
6. Warm the pizza in the oven until cheese is melted and pizza is hot, about 10 minutes.
7. Top with chives or cilantro to garnish.

OTHER TOPPINGS TO CONSIDER:

- corn
- diced pineapple

Adapted from: Easy BBQ Chicken Pizza Recipe. www.themillennialmenu.com. Accessed 2019

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/letscook30

The logo for York Region, featuring a stylized green star above the text "York Region" in a white serif font, set against a green and yellow background.

York Region