

Barbecue Chicken Pizza



Sirve:

2 pizzas - 4 servings per pizza, 2 servings per person

Pieza:

Saladmaster Food Processor
12" Chef's Gourmet Skillet
small mixing bowl

Valora: ★★☆☆☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
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Descripción de la Receta:

Pizza becomes an easy week night meal in the Chef's Gourmet Skillet. This recipe uses prepared refrigerated pizza dough, available at most grocery stores.

15 package
ounce whole wheat pizza dough, fresh
(425
g)
2 cups
cooked chicken, chopped or shredded
(250
g)
1/4 cup
barbecue sauce
(63
g)
2 cups
cheese, strung, use Cone #2 (mozzarella, jack cheese, cheddar, or
combination)
(226
g)
1/2 cup
onions, sliced, use Cone #4
(58
g)
1/4 cup
fire roasted, diced green chilies
(50
g)
2/3 cup
barbecue sauce
(83
g)
coconut oil or vegetable oil spray

Preparación :

1. Divide pizza dough in half. Lightly sprinkle clean surface with flour and using a rolling pin, roll out dough into 10 in. (25 cm) circle.
2. Place cooked chicken in a small bowl and toss with ¼ cup barbecue sauce.
3. Lightly spray skillet with oil. Place rolled pizza dough in skillet.
4. Evenly spread ½ cup of cheese over dough. Top with 1 cup chicken, ¼ cup onions, 2 tablespoons green chilies, and another ½ cup of cheese. Drizzle ¼ cup barbecue sauce over top.
5. Turn heat to medium-low. Cook for 20 minutes until dough is crispy underneath and cheese is melted.
6. Remove pizza from pan and cut into 8 pieces and serve (2 pieces per serving).
7. Repeat steps using remaining ball of dough to make second pizza.

Consejos:

- For a crispier crust, remove Versa Loc™ handles from skillet and place in oven under preheated broiler for 2 - 3 minutes.
- Leftover pizza can easily be reheated in preheated skillet over medium heat for 4 - 6 minutes.
- Use leftover pan fried chicken breasts or shredded rotisserie chicken tossed with barbecue sauce.

Información nutricional por ración

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Calorías: 345
Grasa Total: 11g
Grasa 5g
Saturada:
Colesterol: 51mg
Sodio: 813mg
Carbohidratos: 37g
Fibra 2g
Dietética:
Azúcar: 11g
Proteína: 23g
Nutritional analysis calculated using mozzarella cheese