



American Buffalo Chicken Pizza



Entire recipe: 245 calories, 4g total fat (1.5g sat fat), 864mg sodium, 31g carbs, 6g fiber, 2g sugars, 24g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Prep: 5 minutes **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 2 oz. cooked and chopped skinless chicken breast
- 1 tsp. Frank's RedHot Original Cayenne Pepper Sauce, or more to taste
- 1 high-fiber pita
- 1 wedge The Laughing Cow Light Creamy Swiss cheese
- 1 tsp. reduced-fat Parmesan-style grated topping
- 1 tbsp. chopped scallions

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a small bowl, toss chicken with hot sauce.

Lay pita on the baking sheet. Spread with cheese, leaving a 1/2-inch border. Top with saucy chicken and sprinkle with Parm-style topping.

Bake until hot and lightly browned, 10 to 12 minutes.

Sprinkle with scallions. Yum time!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.