



## Best BBQ Chicken Pizza



Entire recipe: 340 calories, 5g total fat (2g sat. fat), 925mg sodium, 39g carbs, 6g fiber, 10g sugars, 36.5g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

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

### Ingredients

- 1 stick light string cheese
- 3 oz. cooked and chopped skinless chicken breast
- 2 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving
- 1 high-fiber pita
- 1 1/2 tbsp. finely chopped red onion
- 1 tsp. chopped cilantro

### Directions

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

Break string cheese into thirds and place in a blender or food processor--blend at high speed until shredded. (Or pull into shreds and roughly chop.)

In a small bowl, toss chopped chicken with 1 tbsp. BBQ sauce.

Lay pita on the baking sheet and spread with remaining 1 tbsp. BBQ sauce, leaving a 1/2-inch border. Sprinkle with cheese, top with saucy chicken, and sprinkle with onion.

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

Top with cilantro. YUMMMM!

#### MAKES 1 SERVING

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