



Barbecued Chicken Pizzas

3	grilled boneless skinless chicken breasts	3
1 lb	pizza dough	500 g
1/3 cup	barbecue sauce	75 mL
2 cups	shredded Monterey Jack cheese	500 mL
1	sweet green pepper, cut into rings	1
1/2 tsp	hot pepper flakes	2 mL
1/2 tsp	dried oregano	2 mL

- ☛ Cut chicken crosswise into slices; set aside.
- ☛ On lightly floured surface, divide dough into quarters; shape each into disc. Roll out each into 8-inch (20 cm) oval. Place on greased grill over medium heat; close lid and grill, turning once, until crisp, about 7 minutes. Remove from grill.
- ☛ Brush with half of the barbecue sauce. Sprinkle evenly with half of the cheese. Arrange chicken over top; drizzle with remaining barbecue sauce. Add green pepper; sprinkle with remaining cheese, hot pepper flakes and oregano.
- ☛ Return to grill; close lid and grill until cheese is melted and bubbly and crust is golden, about 10 minutes. **Makes 4 servings.** **PER SERVING:** about 649 cal, 46 g pro, 24 g total fat (13 g sat. fat), 60 g carb, 3 g fibre, 114 mg chol, 1,070 mg sodium. % RDI: 43% calcium, 27% iron, 19% vit A, 38% vit C, 25% folate.

VARIATION

Oven Chicken Pizza: Instead of grilling, bake pizza in lower third of 500°F (260°C) oven for 12 minutes.

TIPS:

- To grill chicken, brush lightly with vegetable oil and sprinkle with salt and pepper. Place on greased grill over medium-high heat; close lid and grill until juices run clear when chicken is pierced, about 12 minutes.
- You can vary the toppings to include a mix of sliced peppers and thinly sliced red onion, jalapeño pepper and Cheddar cheese.