

Barbecue Chicken Pizza

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1 whole wheat pizza crust
3/4 cup fatfree commercial barbecue sauce
1/2 teaspoon dried thyme
1/2 teaspoon ground cumin
1 clove garlic, minced
1 cup cooked chicken breast, diced
1/2 cup yellow bell pepper, julienned

1/2 cup red bell pepper, julienned
1/2 cup red onion, finely sliced
1 cup reduced-fat Monterey Jack/Cheddar cheese blend, shredded
1 jalapeno pepper, seeded and finely diced
1 teaspoon fresh thyme
Non-fat olive oil cooking spray

Preheat oven to 450 degrees. Prepare pizza crust by spraying lightly with non-fat olive oil cooking spray. Set aside. In a small bowl, combine barbecue sauce, dried thyme, cumin and garlic. Blend well. Spread 1/2 cup of barbecue sauce mixture over prepared pizza crust. Layer with chicken, vegetables and cheese. Lightly spray entire pizza with non-fat olive oil cooking spray. Sprinkle with fresh thyme and add jalapeno. Drizzle pizza with remaining barbecue sauce. Bake in preheated oven for 15 to 20 minutes. Allow to rest 5 minutes before slicing. Makes 6 Servings

292 Calories, 7 g total fat, 3 g saturated fat, 30 mg cholesterol, 597 mg sodium, 36 g total carbohydrates, 2 g fiber, 18 g protein

