

BBQ Chicken Flatbread

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Points and Calories will depend on what brand/type of ingredients you use in the recipe!

- 1 piece Flatbread (I use Atoria's Family Bakery Mini Lavash for 1 point/60 calories) (but any Lavash will work)
- red onion (thinly sliced)
- 1/2 cup shredded cooked (chicken)
- 3 Tbsp BBQ sauce of choice (points based on G Hughes)
- 3 Tbsp green pepper (chopped fine)
- 1/2 ounce Cheddar Cheese

1. Preheat oven to 400
2. Combine chicken, bbq sauce and green pepper
3. On the flatbread, spread out onion slices
4. Top with chicken mixture
5. Sprinkle with cheese
6. Bake for 10 minutes

flatbread, main dish

flatbread, lunch

flatbread