

# BBQ Chicken Pizza

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Cut into 16 squares, 2 points per square

- 1 cup self rising flour
- 1 scant cup FF Greek yogurt
- 2 cups chicken, cooked and shredded
- 1 cup sugar free BBQ sauce
- red onion, sliced thin
- 1 cup green pepper, chopped
- 1 cup reduced fat Mexican shredded cheese blend

1. Mix yogurt and flour to form a dough. Knead a few times. Roll out onto a 15×11 cookie sheet sprayed with non stick spray. Bake at 400 for 8 minutes.
2. Mix chicken, bbq sauce, green pepper.
3. Place onion rings over par baked pizza crust. Sprinkle onions with 1/4 cup of cheese.
4. Top evenly with chicken mixture. Sprinkle with remaining cheese.
5. Bake at 400 for 12-14 minutes.