

BBQ Chicken Pizza

BBQ Chicken Pizza



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.