

BBQ Chicken Pizza

Ingredients:

- Nonstick cooking spray
- 1/2 pound chicken breast, boneless and skinless
- 1/4 teaspoon black pepper, ground
- 1/4 cup apricot preserves, sugar-free
- 1/4 cup barbeque sauce
- 1/2 teaspoon hot sauce
- 1 12-inch pizza crust, whole-wheat
- 1/2 medium red onion, thinly sliced
- 1/2 cup reduced-fat Italian style cheese, shredded
- 1/2 teaspoon oregano, dried
- 1/4 teaspoon salt, optional

Pizza Crust:

- Nonstick cooking spray
- 2 1/4 teaspoons dry yeast
- 1/4 teaspoon sugar
- 1 1/2 cups warm water
- 2 3/4 cups all-purpose flour, 1/4 cup divided
- 1 cup whole-wheat flour
- 1 tablespoon extra virgin olive oil, vegetable oil, or canola oil
- 1/4 teaspoon salt
- 2 tablespoons rosemary, fresh preferred
- 4 teaspoons garlic cloves, minced

Directions

Pizza Crust:

1. In large bowl, combine water, yeast, and sugar; stir to dissolve yeast and sugar. Let stand for 5 minutes. Add both flours (except for 1/4 cup that was previously divided), oil, and salt to yeast mixture; mix well.
2. Spread out remaining 1/4 cup flour on workspace to prevent dough from sticking; place dough on floured workspace. Knead dough with hands until smooth and elastic, about 10 minutes. While kneading dough, incorporate additional flour from workspace until dough is slightly sticky and tacky.
3. Place dough back in large bowl coated well with cooking spray. Sprinkle rosemary and garlic over dough and knead lightly one more time. Spray dough once more and cover. Let dough rise in a warm place, above standard room temperature, for about 45 minutes. Dough is ready when it has doubled in size. Poke dough to test; ready if indentation remains. Place closed fist in dough to release any trapped air.
4. Cover and rest another 5 minutes. Divide dough in half.
5. On floured workspace, roll one half into a 12-inch circle.

Pizza:

6. Preheat oven to 375°F. Spray baking sheet with cooking spray.
7. Season chicken with pepper and optional salt on both sides.
8. Place chicken on prepared baking sheet and bake for 25 minutes, or until juices run clear. Remove chicken from oven and chop into half-inch pieces.
9. In small saucepan, combine apricot preserves, barbeque sauce, and hot sauce. Bring to boil.
10. Spoon sauce over pizza crust. Top crust with cooked chicken, sliced onion, and cheese. Sprinkle with oregano.
11. Bake pizza for 20 – 25 minutes or until cheese is melted and bubbly.

Nutrition Facts

Serving Size 1 slice (165g)
Servings Per Container 8

Amount Per Serving

Calories 310 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 160mg **7%**

Total Carbohydrate 50g **17%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 15g

Vitamin A 2% • **Vitamin C 2%**

Calcium 15% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

