

BBQ Chicken Pizza

Doctor's Orders: Marinara sauce has significantly fewer carbohydrates than barbecue sauce, so if you're really trying to watch your carbs, substitute marinara sauce, spicing it up a bit by using Hormel's turkey pepperoni (70% less fat) in place of some of the chicken.

Ingredients

6-inch baked Synergy Diet Better Pizza Crust (or other low-carb crust) 2 Tbsp. + 2 tsp., divided, barbecue sauce (use one lower in carbs, such as Claim Jumper's Original) 1 oz. (about 1/4 cup) finely shredded low-fat mozzarella cheese 4 oz. cooked chicken breast or low-fat turkey meatballs, cut into topping- sized chunks 2 Tbsp. minced red onion, or to taste

Directions

Preheat the oven to 450 degrees F. Place the pizza crust on a baking sheet and bake it for three minutes until it crisps. Spread 2 Tbsp. of the barbecue sauce over the crisped crust. Next, sprinkle chicken evenly over the sauce, followed by the cheese and onion. Then drizzle on the rest of the barbecue sauce. Place baking sheet in the oven for 3-5 more minutes or until cheese is melted and chicken is warmed through. Transfer pizza to a serving platter and serve immediately.

Nutritional info

Calories 451 Protein 53 grams Fat 10 grams Carbs 31 grams Fiber 7 grams