



BBQ Chicken Pizza with Garden Salad

Prep time: **15** MINUTES

Cook time: **30** MINUTES

Servings: **4**



Nutrition Facts

4 servings per container
Serving size **1/4 recipe (472g)**

Amount per serving
Calories 560

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 730mg	32%
Total Carbohydrate 66g	24%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 365mg	30%
Iron 4mg	20%
Potassium 888mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



Ingredients:

- 6 whole-wheat English muffins
- 1/2 cup barbecue sauce
- 12 ounces boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 3/4 cup shredded mozzarella cheese
- 1 medium red bell pepper
- 1 small red onion
- 2 cups lettuce mix
- 1 cup cherry tomatoes
- 1 small cucumber
- 2 medium carrots
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon ground black pepper

Recipe adapted from USDA Mixing Bowl

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slice & spice
dinner time is family time

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Instructions:



1. Slice and cook chicken

Slice chicken into strips. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add chicken strips to the heated pan and cook until the internal temperature is 165°F when done. On a different surface, cut the cooled chicken into medium dice.



2. Prep English muffins

Preheat oven to 450°F. Slice English muffins in half and place on an ungreased large baking tray or two ungreased medium baking trays.



3. Prep vegetables

Rinse fresh produce. Cut the bell pepper into small dice. Halve the red onion and cherry tomatoes. Peel the carrots. Slice the onion, cucumber, and carrots and set aside.



4. Top and bake

Spread barbecue sauce on each half of the English muffin to within ¼ inch of edges. Evenly top each English muffin half with chicken, shredded cheese, and bell pepper. Bake pizzas for 7 to 12 minutes, or until cheese melts.



5. Make dressing

In a small bowl, combine 2 tablespoons of olive oil, balsamic vinegar, and ground black pepper. Set aside.

6. Final touches

Plate English muffin pizzas and serve with lettuce mix topped with carrots, tomatoes, cucumbers, onions, and dressing.

Did you know ?

- » Slicing the chicken before cooking reduces the cooking time.
- » Balsamic vinegar has a complex sweet and tart flavor.

Try these tips!

- » Feel free to replace the English muffins with sliced whole grain bread or whole wheat bagels.
- » Top each pizza with some red pepper flakes to make it spicy.