

Barbecue Chicken Pizza



Servings: 8

For the Pizza Dough:

1 teaspoon sugar

1 1/2 cups warm water

1 tablespoon active dry yeast

1 tablespoon olive oil

1 teaspoon salt

2 cups whole wheat flour

1 1/2 cups all-purpose flour

For the Barbecue Chicken Pizza:

1/2 cup barbecue sauce

1 ball mozzarella cheese, sliced

1/4 red onion, sliced

1 1/2 cups cooked chicken, chopped

For the Pizza Dough:

In a large bowl dissolve sugar in the warm water. Add active dry yeast and let sit for 10 minutes or until foamy.

Stir in olive oil, salt, whole wheat flour, and all-purpose flour. Mix until a dough starts to form.

Turn your dough out on to a lightly floured surface. Knead your dough until smooth and elastic about 10 minutes.

Place the dough into a lightly oiled bowl moving it around to coat the surface of the dough. Cover loosely with a tea towel and let rise for 1 hour or until doubled in size.

For the Barbecue Chicken Pizza:

Pre-heat oven to 450°F.

Press and stretch the pizza dough evenly out into your pizza pan. Pre-bake your pizza dough for 6 minutes.

Spread a thin layer of barbecue sauce on top of your pre-baked crust. Top with mozzarella cheese and sliced red onion.

To a bowl add chopped chicken with a few tablespoons of barbecue sauce. Toss to combine. Spread the chicken pieces over the pizza.

Bake in a 450°F oven for 10-15 minutes or until the crust is golden brown and cheese is melted.

Slice & Serve

Per Serving (excluding unknown items): 325 Calories; 5g Fat (14.4% calories from fat); 22g Protein; 48g Carbohydrate; 4g Dietary Fiber; 41mg Cholesterol; 518mg Sodium; 7g Total Sugars; trace Vitamin D; 48mg Calcium; 3mg Iron; 316mg Potassium; 262mg Phosphorus. Exchanges: .