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## Chicken BBQ Pizza

Prep Time: 10 minutes

Cook Time: 7-12 minutes

Cost per serving: \$0.40

### What you need:

#### Utensils:

- Measuring cups
- Cutting board & knife
- Cookie sheet
- Table knife

### Ingredients:

- 6 English muffins
- 1 bell pepper, chopped
- $\frac{2}{3}$  cup barbecue sauce
- $1\frac{1}{2}$  cups shredded chicken, cooked
- $\frac{3}{4}$  cup reduced fat shredded smoked or cheddar cheese

### What to do:

1. Wash your hands and clean your cooking area.
2. Heat oven to 450°F.
3. Slice English muffins in half and place on ungreased, large cookie sheet.
4. Wash, scrub and cut-up bell pepper.
5. Spread barbecue sauce on English muffins to within  $\frac{1}{4}$  inch of edges.
6. Top with chicken, cheese & bell pepper.
7. Bake 7 to 12 minutes or until cheese is melted.

### Nutrition Facts

Serving Size 1 pizza	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 35</b>
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% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 0g	0%
Sugars 4g	
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<b>Protein 9g</b>	
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Vitamin A 2%	Vitamin C 15%
Calcium 10%	Iron 4%