Dinner, Mediterranean

Apricot Barbecue Chicken Pizza

Tender baked chicken and a sweet, tangy apricot barbeque sauce cover a whole wheat crust, finished with carrots, red onion, and melted cheese.

75 min	140	17 g	4 g
time	calories	carbs	sugars



Nut free

Ingredients, 8 servings

- [ ] 1 spray, 0.25 grams nonstick cooking spray
- [ ] 1/2 lbs boneless, skinless chicken breast
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1/4 cup sugar-free apricot preserves
- [ ] 1/4 cup barbeque sauce
- [ ] 1/2 tsp hot sauce
- [ ] 1 12-inch prepackaged whole-wheat pizza crust
- [ ] 1 cup shredded carrots
- [ ] 1/2 med red onion (thinly sliced)
- [ ] 1/2 cup reduced-fat shredded Italian-style cheese
- [ ] 1/2 tsp dried oregano

Nutrition Facts

Per serving

Calories	**140**
Total fat	4 g
Saturated fat	1 g
Sodium	240 mg
Total carbs	17 g
Fiber	1 g
Total sugars	4 g
Protein	11 g

Method

- [ ] **1** Preheat the oven to 375°F and spray a baking sheet with nonstick cooking spray.
- [ ] **2** Season both sides of the boneless, skinless chicken breast with the salt and black pepper.
- [ ] **3** Bake the chicken on the prepared sheet for 25 minutes, until the juices run clear, then chop it into half inch pieces.
- [ ] **4** Combine the sugar-free apricot preserves, barbeque sauce, and hot sauce in a small saucepan and bring to a boil.
- [ ] **5** Spoon the sauce over the whole-wheat pizza crust, then layer on the chopped chicken, red onion, and shredded carrots.
- [ ] **6** Scatter the reduced-fat shredded Italian-style cheese over the top and sprinkle with the dried oregano.
- [ ] **7** Bake the pizza for 20-25 minutes, until the cheese is melted and bubbly.

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