



Best BBQ Chicken Pizza



Entire recipe: 340 calories, 5g total fat (2g sat. fat), 925mg sodium, 39g carbs, 6g fiber, 10g sugars, 36.5g protein

Prep: 10 minutes **Cook:** 15 minutes

More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 stick light string cheese
- 3 oz. cooked and chopped skinless chicken breast
- 2 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving
- 1 high-fiber pita
- 1 1/2 tbsp. finely chopped red onion
- 1 tsp. chopped cilantro

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Break string cheese into thirds and place in a blender or food processor--blend at high speed until shredded. (Or pull into shreds and roughly chop.)

In a small bowl, toss chopped chicken with 1 tbsp. BBQ sauce.

Lay pita on the baking sheet and spread with remaining 1 tbsp. BBQ sauce, leaving a 1/2-inch border. Sprinkle with cheese, top with saucy chicken, and sprinkle with onion.

Bake until hot and lightly browned, 10 to 12 minutes.

Top with cilantro. YUMMMM!

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.