



## Mini Chicken Pizzas

Servings: 1

Ingredients	Nutrient value per serving
<p>1 English muffin, split            ¼ c. pasta sauce            ¼ c. mozzarella cheese            2 oz. chicken, cooked and shredded            ½ c. onion, cooked with cooking spray            red pepper flakes            1 c. bell pepper, sliced</p>	<p>Exchanges ..... 2 ½ starch            ..... 3 protein            ..... 2 vegetable            ..... 2 free            Calories .....426            Calories from Fat.....69            Total Fat..... 10 g            Saturated Fat .....4 g            Cholesterol.....51 mg            Sodium.....798 mg            Carbohydrate .....36 g            Fiber.....4 g            Sugar ..... 19 g            Protein.....31 g</p>
Directions	Notes
<p>1. Make sure you have all of your prepped ingredients on hand including the cooked chicken and onions. <a href="#">Meal prepping</a> in advance helps save you cooking time during the week!</p> <p>2. Top English muffin with sauce, cheese, chicken and onions. Bake at 350°F for 10 minutes or until cheese melts. Top with red pepper flakes.</p> <p>Cooking tip: This pizza does not refrigerate well, so plan to enjoy right away.</p>	<p>Prep and cook time: 15 min.</p> <p>Who says English muffins are just for breakfast? Make your own portion-friendly pizza for a quick and tasty meal for one.</p> <p><i>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</i></p> <p><i>Because this meal includes more sodium than our usual recommendations, you should balance out your salt consumption throughout the rest of the day.</i></p>