



BBQ Chicken Pizza with Fresh Mozzarella and Pickled Jalapeños

READY IN



38 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 12 ounce chicken breast cutlets
- ☐ 2 tablespoons cilantro leaves fresh coarsely chopped
- ☐ 4 ounces mozzarella cheese fresh thinly sliced
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup pickled jalapeño

- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 cup no-salt-added ketchup
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup onion red sliced
- ☐ 12 ounces pizza dough fresh refrigerated
- ☐ 1 tablespoon vinegar white
- ☐ 2 tablespoons cornmeal yellow
- ☐ 3 tablespoons mustard yellow prepared

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill pan
- ☐ pizza stone

Directions

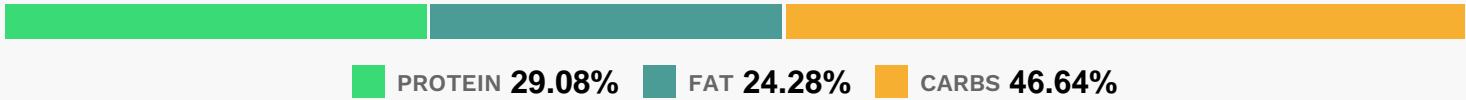
- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 450 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Sprinkle both sides of chicken evenly with black pepper and salt.
- ☐ Combine brown sugar, paprika, garlic powder, and ground cumin in a small bowl, stirring well to combine. Set aside 2 teaspoons spice mixture, and rub the remaining spice mixture evenly over all sides of chicken.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; saut 3 minutes on each side or until chicken is done.
- ☐ Let chicken stand 10 minutes, and slice thinly against the grain.
- ☐ Roll dough into a 14 x 9-inch rectangle (or a 14-inch circle) on a lightly floured surface; pierce dough with a fork. Lightly coat dough with cooking spray. Carefully remove pizza stone from

oven.

- ☐ Sprinkle cornmeal over pizza stone; place dough on pizza stone.
- ☐ Bake at 450 for 9 minutes.
- ☐ Combine reserved 2 teaspoons spice mixture, ketchup, mustard, and vinegar in a small saucepan over medium heat. Bring mixture to a simmer, and cook 3 minutes or until slightly thick, stirring occasionally.
- ☐ Remove partially cooked crust from oven; spread ketchup mixture evenly over crust, leaving a 1/2-inch border around the edges. Top with chicken, onion, jalapeos, and cheese.
- ☐ Bake at 450 for 10 minutes or until cheese is browned.
- ☐ Sprinkle with cilantro. Slice.
- ☐ If you like arugula, try Chicken, Arugula, and Prosciutto Pizza: Prepare BBQ Chicken Pizza through step 3, omitting brown sugar, paprika, garlic powder, and ground cumin.
- ☐ Combine 1 tablespoon extra-virgin olive oil and 2 tablespoons thinly vertically sliced fresh garlic in a skillet over medium-low heat; cook 2 minutes or just until fragrant, stirring constantly (do not brown garlic).
- ☐ Brush uncooked pizza dough with garlic-oil mixture; sprinkle dough evenly with 3 ounces shredded fontina cheese (about 3/4 cup) and 1/2 teaspoon crushed red pepper, leaving a 1/2-inch border.
- ☐ Bake at 450 for 4 minutes or until cheese melts. Carefully remove partially cooked crust from oven; arrange chicken on crust, leaving a 1/2-inch border.
- ☐ Bake an additional 5 minutes or until crust is golden and crisp.
- ☐ Place 1 1/2 cups arugula in a medium bowl; drizzle with 1 teaspoon extra-virgin olive oil and 1 teaspoon fresh lemon juice.
- ☐ Sprinkle with 1/8 teaspoon kosher salt. Toss. Arrange 1 ounce thinly sliced prosciutto evenly over pizza; top with arugula mixture. Slice pizza.
- ☐ Serve immediately.
- ☐ Serves 6 (serving size: 1 slice) Calories 307; Fat 9g (sat 9g); Sodium 624mg
- ☐ If you like Parmesan, try Three-Cheese Chicken Pizza: Prepare BBQ Chicken Pizza through step 3, omitting spice rub.
- ☐ Combine 1 ounce crumbled blue cheese and 1 tablespoon fat-free milk; spread mixture over uncooked pizza dough, leaving a 1/2-inch border. Top with chicken, 2 ounces shredded mozzarella, 2 tablespoons grated Parmesan, and 1/8 teaspoon salt.

- ☐ Bake at 450 for 12 minutes.
- ☐ Sprinkle with 1 tablespoon basil and 1 tablespoon chopped oregano.
- ☐ Serves 6 (serving size: 1 slice) Calories 270; Fat 3g (sat 3g); Sodium 599mg

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:1.95, Inflammation Score:-4, Nutrition Score:10.027391355971%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 302.16kcal (15.11%), Fat: 8.02g (12.33%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 32.6g (11.86%), Sugar: 6.77g (7.52%), Cholesterol: 51.22mg (17.07%), Sodium: 727.39mg (31.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.2%), Selenium: 24.38µg (34.82%), Vitamin B3: 6.17mg (30.86%), Vitamin B6: 0.51mg (25.28%), Phosphorus: 210.85mg (21.09%), Iron: 2.32mg (12.88%), Calcium: 111.55mg (11.16%), Vitamin B5: 0.92mg (9.22%), Vitamin B12: 0.54µg (9.07%), Potassium: 296.19mg (8.46%), Fiber: 2.04g (8.17%), Vitamin B2: 0.13mg (7.67%), Vitamin C: 6.2mg (7.52%), Magnesium: 29.64mg (7.41%), Zinc: 1.1mg (7.34%), Vitamin A: 366.99IU (7.34%), Manganese: 0.13mg (6.38%), Vitamin B1: 0.08mg (5.22%), Vitamin E: 0.43mg (2.87%), Copper: 0.05mg (2.39%), Folate: 9.33µg (2.33%), Vitamin K: 2.38µg (2.27%)