

# BARBECUE CHICKEN PIZZA

Preparation: **45** minutes | Cooking: **15** minutes | Servings: **5**

## INGREDIENTS

*1 pound boneless, skinless chicken breast*  
*1 pound whole wheat pizza dough*  
*1 medium zucchini*  
*1 cup shredded part-skim mozzarella cheese*  
*3/4 cup barbecue sauce*  
*1/4 cup chopped fresh parsley or cilantro for garnish*



## INSTRUCTIONS

Preheat oven to 425 degrees. Coat a large rimmed baking sheet with cooking spray. Place chicken in a large saucepan, and add water to cover by 2 inches. Bring to a simmer. Reduce heat to maintain a gentle simmer, and cook until an instant-read thermometer inserted into the thickest part of the chicken registers 165 degrees, about 15 minutes. Remove the chicken to a clean cutting board. (Discard poaching liquid or save for another use.) Let cool slightly. Shred the chicken into bite-size pieces with two forks. Transfer to a bowl, and stir in 1/4 cup barbecue sauce. Meanwhile, roll pizza dough out on a lightly floured surface to the approximate size of the baking sheet. Transfer to the prepared baking sheet, and brush with 1 tablespoon oil. Bake until golden in spots, about 10 minutes. Grate zucchini through the large holes on a box grater; pat dry with a clean kitchen towel. Combine the zucchini with the remaining 1/2 cup barbecue sauce in a small bowl. Turn the crust over and brush with the remaining 1 tablespoon oil. Evenly top with the saucy zucchini, the chicken and mozzarella. Continue baking until the cheese is melted, 6 to 8 minutes more. Serve sprinkled with parsley (or cilantro), if desired.