Mini Tomato and Chicken Pizzas with BBQ Drizzle

INGREDIENTS:

- 1 Tbsp. olive oil
- 2 large tomatoes, cut into ½-inch thick slices
- ½ c. shredded rotisserie chicken
- ¼ c. shredded mozzarella cheese
- ¼ c. shredded smoked gouda cheese
- ¼ red onion, cut into thin strips
- ½ green bell pepper, cut into thin strips
- 6 Tbsp. barbecue sauce

DIRECTIONS:

Heat oven to 375 F, and lightly coat baking sheet with olive oil. Place the sliced tomatoes on the baking sheet. Combine chicken, cheese, onion, and bell pepper in a bowl then evenly coat tomato slices with the mixture. Bake for 8 to 12 minutes or until cheese turns golden-brown. Remove from oven and garnish with barbecue sauce.

NUTRITION:

Makes six servings. Each serving (one tomato slice) has 120 calories, 6g fat, 6g protein, 11g carbohydrate, 1g fiber, and 220mg sodium.