



Buffalo Chicken Pizza Pies

Makes 6 Servings

One 12-ounce package whole-wheat English muffins (6 muffins)
1 medium orange bell pepper, cut into ¼-inch dice (about 1 ¼ cups)
1 tablespoon canola oil
12 ounces boneless, skinless chicken breast halves, cut into ½-inch dice
½ cup pasta sauce
1 tablespoon Buffalo sauce
1 tablespoon blue cheese dressing
1 to 1 ½ cups shredded, part-skim mozzarella cheese

1. Preheat the oven to 400°F. Slice the English muffins in half and place on a baking sheet. Toast in the oven for about 5 minutes. Remove and set aside.
2. Heat the oil in a large nonstick skillet over medium-high heat. Add the bell pepper and cook, stirring frequently, until tender, about 5 minutes.
3. Add the chicken and cook until no longer pink, 3 to 5 minutes. Stir in the pasta sauce, Buffalo sauce, and blue cheese dressing and mix well.
4. To assemble the pizzas, top each muffin half evenly with the chicken mixture. Sprinkle the cheese evenly over the top of each. Bake until the cheese melts, about 5 minutes.

Nutrition Information per Serving: 300 calories, 10g fat (3.5g saturated), 530mg sodium, 28g carbohydrate, 4g fiber, 24g protein, 25% vitamin A, 70% vitamin C, 25% calcium