



EASY PROTEIN PACKED BBQ CHICKEN/TURKEY PIZZA

MACROS | SERVING SIZE
Protein 37g | Fat 16g | Carbs 60g

% CALORIES OF MACROS | SERVING SIZE
Calories 513 | Protein 28% | Fat 27% | Carbs 45%

NUTRIENTS | SERVING SIZE
Fiber 9g | Sodium 541mg | Sat. Fat .5g

INGREDIENTS (serves 4)

Dough

2 cups whole wheat A.P. flour
2 tsp. or 1 packet of fast acting active dry yeast
1 cup plain nonfat Greek yogurt
½ tsp. salt
1 tbsp. olive oil
2-3 tbsp. hot water

BBQ Sauce

6 ripe Roma tomatoes (quartered)
1 tbsp. olive oil
2 tsp. packed brown sugar
½ tsp. garlic powder

1tsp. garlic salt
¼ tsp. paprika
½-1tsp. Worcestershire sauce

Toppings

¼ cup shredded mozzarella cheese
2 oz. gouda cheese, shredded
½ red onion, cut into rings
¼ of a red or yellow pepper dice
8 oz. boneless, skinless turkey or chicken breast, cooked and shredded.

DIRECTIONS (Preheat Oven to 400 Degrees F)

- In a medium-sized baking dish, add the ingredients for the sauce and mix. Cover and place in the oven to cook for 15-20 minutes.
- In a small bowl, mix room-temperature oil and hot water. Add the yeast and set aside for 5 minutes to begin the proofing process.
- Meanwhile, add the flour and yogurt to a large mixing bowl. Mix gently. Make a well and then add the proofed yeast.
- Mix with a fork and then knead 20 times with floured hands. (If the dough is too sticky, add flour one tablespoon at a time and knead. If the dough is too dry, add warm water 1 tsp. at a time.) Knead 20 additional times.
- Cover the mixing bowl with plastic wrap and place it on the stove.
- After the sauce has baked for 15-20 minutes, remove from oven and smash the tomatoes. Mix and return to oven.
- Meanwhile, lightly coat a 13x9 baking sheet or a pizza pan with cooking spray. Carefully remove the BBQ sauce from the oven.
- With flour hands, punch the dough down and then pour onto the pan. With floured hands and fingers, press out the dough to cover the pan. Place in oven and bake for 8 minutes.
- Carefully remove the crust from the oven. Coat with BBQ sauce, shredded cheese, and toppings. Return to the oven to bake for another 10-15 minutes.

DIETITIAN TIP

Consider using the dough recipe for your go to pizza crusts and the BBQ sauce with other meat recipes or dipping.

NUTRITION EDUCATION

According to the Dietary Guidelines for Americans, building a healthy eating pattern is about consuming various foods from all food groups while choosing high-nutrition quality items and limiting highly processed foods and items that contain empty calories from fats and added sugars. Generally, this means "All Foods Fit" for healthy Americans over two. Guidance to "avoid" is inappropriate, but in some cases, advice to "limit" applies. Below is guidance for sodium, added sugar, and fat intake limits:

Sodium- *less than 2,300 milligrams per day for those 14 years and older.* This level will be less for younger Americans. A medical provider may also recommend a lower level based on adult risk.

Added sugar- *less than 10% of total daily calories.* Consuming approximately 2,000 calories daily equals no more than 50 grams or 12 tsp for adults per day. This value will be less for small children based on calorie needs. For children under the age of two, added sugar should be avoided.

Fat- *less than 20-35% of total daily calories based on goals and risk.* Most fat intake should be from plant-based sources, preferably monounsaturated, while limiting animal-based or saturated fat to less than 10% of total calories and trans fat to no more than 1%.

Packaged food items will have a Nutrition Facts Panel. Assessing the panel and comparing like products will significantly assist in choosing items that are lower in sodium, fat, and added sugar. Cooking more meals at home is key to keeping portions in check and controlling the ingredients in food. Our commissaries are also here to assist. Our compendium of dietitian-approved recipes provides the amount of fat, sodium, and added sugar. The dietitian-approved shelf tag or online filter identifies items that meet the criteria for low sodium and being low in unhealthy fat and added sugar.

Sodium and added salt are often hidden in foods because they are often used for preserving them. Sodium is also used in scientific reactions with other compounds in leavening baked products. This recipe takes care to limit sodium by swapping out higher-sodium and added sugar ingredients.

NOTE: Nutritional analysis based on the use of roasted turkey breast and the lower amount for ingredients with a range.

