

# Heart Healthy Recipes

## from Gwinnett Medical Center



### BBQ Chicken Pizza Roll Up

- 1 tube refrigerated pizza crust
- ¼ cup honey bbq sauce
- 1 1/2 cups shredded part skim mozzarella cheese
- 1 ½ cups shredded cooked chicken breast
- 1 small red onion, finely chopped
- ¼ minced cilantro
- 1 tsp Italian seasoning
- 1 egg white
- 1 Tbsp water
- ¼ tsp garlic powder

#### Preparation:

1. On a lightly floured surface, roll crust into a 12x9 in rectangle; brush with bbq sauce. Layer with cheese, chicken, onion, cilantro and Italian seasoning.
2. Roll up jelly-roll style, starting with the long side; pinch seams to seal. Place seam side down on a baking sheet coated with non stick spray.
3. Beat egg white and water; brush over top. Sprinkle with garlic powder. Bake at 400o for 15-20 minutes or until lightly brown. Cool before slicing.

**Per Slice:** 81 calories, 2g fat, 9g carb, 6g protein