

BBQ Chicken Pizza

Serves: 4

Ingredients

1 Boboli pizza shell or other Italian bread shell
1/4 cup barbecue sauce
3 frozen low sodium bouillon chicken cubes*
2 chicken breast halves, sliced into small pieces
1/2 each, fresh red and green peppers cut into strips
1/4 cup purple onion, chopped

Directions

1. Heat oven to 400 degrees.
2. Slice chicken breasts into small pieces.
3. Spread barbecue sauce on top of pizza shell.
4. Sauté chicken pieces in 2 bouillon cubes in nonstick skillet.
5. When cooked, place chicken on top of pizza.
6. Cook bell peppers and onion in one chicken bouillon cube in the same skillet until soft, about 3 minutes.
7. Put peppers and onion on top of chicken.
8. Heat pizza in oven for 10 minutes.

*Pour low sodium chicken broth in an ice tray, freeze and pop into a zip lock bag.

BBQ Chicken Pizza

Serving Size: 1/4 of pizza

Calories: 489

Protein: 41g

Carbohydrate: 60g

Fat: 10g

To Complete Your Meal:

For a well-rounded lunch serve BBQ Chicken Pizza with a small green salad with 1 tablespoon low calorie dressing. This meal combination will give you the following nutritional values: 569 *Calories*, 44g *Protein*, 71g *Carbohydrate*, 13g *Fat*.

Beef Chimichangas

Serves: 4

Ingredients

2 cloves garlic, minced
1 small yellow onion, chopped
2 cups shredded cooked beef
1 cup fat free refried beans
4 (12-inch) flour tortillas
1 cup chunky-style salsa

Directions

1. Preheat oven to 375 degrees.
2. Heat a nonstick skillet over medium heat. Cook garlic and onion, stirring constantly until golden, about 5 minutes.
3. Add beef and beans and continue cooking until heated through, about 5 minutes.
4. Spread beef mixture evenly down center of each tortilla.
5. Fold ends over mixture and roll up tortilla tightly.
6. Place chimichanga seam side down, on baking sheet sprayed with nonstick cooking spray.
7. Bake for 20 minutes, turning once, until golden brown.
8. Place on individual serving plates and spoon salsa evenly over top.

Beef Chimichanga

Serving Size: 1 chimichanga

Calories: 461

Protein: 36g

Carbohydrate: 55g

Fat: 10g

To Complete Your Meal:

For a well-rounded lunch serve Beef Chimichangas with 1/2 cup refried beans. This meal combination will give you the following nutritional values: 596 *Calories*, 44g *Protein*, 78g *Carbohydrate*, 11g *Fat*.

Tip Some of the healthier choices from Applebee's Neighborhood Grill and Bar: Grilled Salmon, Steak or Chicken Fajitas (no sour cream or guacamole), and Gardenburger (no cheese).