

BBQ Chicken Calzone

(Serves 6)

(1 serving = 2 M/MA, 1 Gr/B)

Precooked Diced Chicken	¼ pound
BBQ Sauce	6 Tbs
Tortillas, whole wheat	6each
Mozzarella cheese, shredded	½ pound (2 cups)

Cooking Instructions:

1. Place tortillas in a single layer on sheet pans, which have been lightly greased.
2. Spread each tortilla with 1 Tbs of BBQ sauce, 1.5 oz shredded cheese (approx 1/3 c), and ½ oz chicken (approx. 1/8 c).
3. Fold in half & place on baking sheet.
4. Bake at 375 degrees for 9 min, until heated and cheese is melted.