



Prep time: 20 minutes
Cook time: 40 minutes total

BBQ CHICKEN PIZZA WITH SWEET POTATO CRUST

1 bag Bako Sweet™ sweet potatoes
1 medium red onion, thinly sliced
1 cup spinach, chopped
1 cup pre-cooked rotisserie chicken, shredded
1 egg
1 cup almond flour
½ tsp dried oregano
1 tsp dried basil
1 tsp garlic powder
1 tbsp apple cider vinegar
½ cup barbecue sauce
½ cup tomato sauce



1. Pre-heat oven to 400°F.
2. Cook sweet potatoes in microwave until soft.
3. Peel sweet potatoes and add to large mixing bowl with: 1 cup almond flour, 1 egg, ½ tsp salt, 1 tsp dried oregano, 1 tsp dried basil, 1 tsp garlic powder, and 1 tbsp Apple cider vinegar. *(For an extra kick add a pinch of chili powder.)* Mash ingredients until well combined and the mixture take on a doughy consistency.
4. Use rubber spatula to spread on a pizza stone. You want the crust to be evenly distributed about 1/3 inch.
5. Cook dough for 30 minutes.
6. While pizza dough is baking: shred 1 cup of pre-cooked rotisserie chicken, chop 1 cup spinach, and sauté on thinly sliced medium red onion until soft. I added a little mozzarella cheese.
7. Remove pizza dough from oven. Once you take it out let it cool about 20 min to let the crust harden a bit and then spread 1/2 cup bbq sauce and 1/2 cup tomato sauce on top.
8. Cover pizza with shredded rotisserie chicken, chopped spinach, and red onions. Drizzle with BBQ sauce. You can also sprinkle a little skim mozzarella cheese on top.
9. Return pizza to oven and bake for an additional 10 minutes. Slice and enjoy!

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