

# BBQ Chicken Pizza

 Serves 2 |  Prep time 10 min |  Cook time 10–12 min

 Symptom support **Weight Gain**

## How this recipe supports cancer health

This pizza hits that comfort food craving while still delivering solid nutrition. The rotisserie chicken brings high quality protein to support muscle repair and help maintain strength, especially on days when appetite is low. Using a whole grain pita adds fiber for steadier energy and better blood sugar balance.

The BBQ sauce and veggies keep the flavor up without making the meal heavy, and the cheese adds extra calories and protein if you're trying to maintain or gain weight. It's an easy, energizing option that feels satisfying while still supporting recovery.

## Ingredients

- 1 whole-grain pita bread
- ½ cup BBQ sauce (low sodium)
- 1 cup shredded rotisserie chicken
- ½ cup frozen corn or peppers
- ½ cup shredded mozzarella or dairy-free cheese



## Instructions

1. Spread BBQ sauce on crust.
2. Top with chicken, veggies, and cheese.
3. Bake at 400°F for 10–12 min.

## Vegan Swap

Use BBQ jackfruit or chickpeas instead of chicken, and dairy-free cheese.

## Nutrition Info (per serving)

Approx. 400 kcal | 30g protein | 5g fiber

10g fat | Low sodium if using reduced-salt sauce

## Notes