**Semi-Homemade: Spicy BBQ Chicken Pizza**

**Prep Time:** 13 min.  **Cook Time:** 10-15 min.  **Yield:** 3 ~ 4

**Ingredients:**
- 1 premade Pizza dough
- Olive Oil, as needed
- 1/8 Red onion, julienned
- 2 White button mushrooms, julienned
- 1/2 Roma tomato, Diced
- 1 stalk Green onion
- 1 small pinch Cilantro, chopped
- ¼ cup (about 10 pieces) shredded Rotisserie chicken
- 1/4 cup barbecue sauce
- 4 pc. Pineapple chunks (1 small can), chopped
- 5-10 rings Jalapeno slices
- 1/4 cup Mexican cheese
- ½ cup Mozzarella pizza cheese
- Grated parmesan & Red Chili flakes (optional)

**Instructions:**
1. Preheat oven to at least 450F (or 550F if possible).
2. Place the **pizza dough** on a floured surface and roll out until 12 inches in width. Continually rotate the dough as you roll, for a circular shape.
3. Transfer it to a baking pan.
4. Carefully use your fingers and hands to stretch out the dough to fit the size of the pan. Brush with **olive oil** and allow it to rest.
5. Prepare **red onion, mushrooms, tomato, green onion**, and **cilantro**.
6. Shred the **chicken** into small bite-sized slivers.
7. Over the rested pizza crust, spread an even layer of **barbecue sauce** all over. Leave about an inch of crust bare.
8. Evenly spread the **onion, mushroom, tomato, chicken, pineapple chunks** and **jalapeno slices**.
9. Sprinkle the **cheeses** all over. Bake for about 15 minutes. (or prebake for 5 min; then top and finish for 7 min)
10. Remove from oven and add chopped **cilantro** and **green onion**.
11. Slice and enjoy. Cheese and Chili flakes are optional.

**Total Cost of this meal:**
$5.81
or
$1.94/serving

**Peppers** are in season in September. They come in a variety of colors and spice levels. **Jalapenos** can be mildly spicy to very spicy. The capsaicin in peppers gives it heat, but also can help with weight loss, fighting headaches, and can reduce high blood pressure and nasal congestion.