

Buffalo Chicken Pizza

Ingredients

	pizza dough of your choice (room temperature)	2-3	Tbsp butter/margarine
2	Tbsp - ¼ cup flour	1	Tbsp - ¼ cup hot sauce
2-3	Tbsp extra-virgin olive oil	½ - 1	Tbsp liquid smoke
¼ - ⅓	cup ranch dressing	¼ - ½	cup tomato sauce (low sodium)
2-4	boneless skinless chicken breasts (½ - 1 breast per person), cut into ½ - 1 inch pieces	2-3	cloves garlic, grated/chopped
	salt & ground black pepper to taste	1-2	cups shredded provolone cheese
		½ - 1	cup blue cheese crumbles
		2-3	green onions, thinly sliced

Preparation

- 1 Preheat oven to 325° or as directed on dough packaging.
- 2 Sprinkle flour on a flat surface or pizza pan for easy rolling and to prevent sticking.
- 3 Roll out dough with a little flour on rolling pin. You may also use the palms of your hands.
- 4 Then dock/lightly poke dough all over from the center to 1 inch from the edge with a fork to keep middle from rising.
- 5 Bake in oven for 5-10 minutes or until dough is lightly brown halfway through cooking process. Remove from oven.
- 6 In a skillet over medium-high to high heat, brown chicken with 1-2 Tbsp olive oil. Turn when chicken pieces release themselves. Season with salt and pepper while cooking. Once brown, set aside.
- 7 In a saucepot on stovetop over medium heat, melt butter/margarine. Add hot sauce, liquid smoke, tomato sauce, garlic, salt, and pepper.
- 8 Combine chicken with sauce.
- 9 Spread ranch dressing all over dough, leaving 1-inch from edge. Add chicken on top of dough. Sprinkle cheese all over the pizza.
- 10 Bake/broil in oven about 4-6 minutes or until cheese has browned or melted.
- 11 Remove and sprinkle green onions on top. Serves 4-6.

Alternatives

Original Ingredient:	Replace With (use exact measurements from above unless otherwise noted below):
flour	brown rice flour, rice flour, whole wheat flour, wheat flour, sprouted flour, or soya flour
extra-virgin olive oil	canola oil, coconut oil, vegetable oil, butter/margarine, or non-hydrogenated non-dairy butter
ranch dressing	blue cheese dressing
boneless skinless chicken breasts	boneless skinless chicken thighs, rotisserie/poached chicken (shredded), pork loin, steak, extra-firm tofu, or Portabello mushrooms (bite size pieces)
butter/margarine	non-hydrogenated non-dairy butter
hot sauce	sriracha, 1/8 - 1/4 tsp paprika, cayenne pepper, crushed red chili pepper flakes, or red chili powder
liquid smoke	Worcestershire sauce (check labels for gluten-free option)
tomato sauce (gluten-free: check ingredients to make sure there is no wheat, oat, barley, or rye)	canned diced tomatoes, canned crushed tomatoes, or 2-3 large fresh tomatoes (pureed)
garlic cloves	1/4 - 1/2 tsp garlic powder or 1/2 - 1 tsp minced garlic
shredded provolone cheese	any type of shredded easy melting cheese or soy-based cheese (check labels for gluten-free)
blue cheese crumbles	cambozola or gorgonzola cheese crumbles
green onions	8-16 chives

Tips

- Store white flour in air-tight containers to prevent bugs. Adding a bay leaf to flour will also keep bugs away.
- Store oils in a dark cool place away from heat sources and sunlight.
- To reduce the acidity in the tomato sauce, add 1/2 - 1 tsp sugar or agave nectar.
- Simply grate garlic with a zester/grater to make garlic paste.
- For an alternate way to make garlic paste, peel and finely chop garlic. Add a pinch or two of salt on top of garlic and rub garlic repeatedly with sides of knife.
- Rub fingers on stainless steel underneath water to remove garlic smell from hands.
- Mashing/cracking garlic first allows for easier peeling.
- When buying garlic heads, look for ones that are tightly held together, firm, and have no give when you squeeze them in your hand.
- To maintain longer freshness, wash green onions/chives immediately when you bring them home from the store. Dry off and store wrapped up in paper towels in a resealable bag in refrigerator.
- Store dried herbs and spices away from heat and sunlight.