

# BBQ PULLED CHICKEN SANDWICHES

SERVES: 4 | SERVING SIZE: 1 sandwich | PREP: 20 minutes | READY: 45 minutes

## INGREDIENTS

- 1 tablespoon neutral oil (such as canola or avocado oil)
- 1 cup diced onion
- 1 clove garlic, minced
- 1/2 cup salsa
- 1/2 cup barbecue sauce
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon chili powder
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 2 cups cooked, shredded chicken breast
- 4 hamburger buns, whole-grain preferred
- 1 to 2 cups thinly sliced romaine lettuce
- 1/3 cup thinly sliced red onion
- 1 jalapeño pepper, thinly sliced



## DIRECTIONS

Add oil to a saucepan and over medium heat, sauté onion and garlic until onion softens; about 3 minutes.

Add salsa, barbecue sauce, brown sugar, vinegar, Worcestershire sauce, chili powder, salt, and black pepper and stir to combine. Add shredded chicken, stir to coat, and bring mixture to a simmer. Reduce heat to low, cover, and cook for 15 minutes.

To serve one sandwich, place a 1/2 cup pulled chicken on a bun and top with shredded lettuce, red onion, and jalapeño slices.

## NUTRITION INFORMATION PER SERVING

386 calories, 7 g total fat, 1 g saturated fat, 0 g trans fat, 48 mg cholesterol, 799 mg sodium, 52 g total carbohydrate, 5 g dietary fiber, 30 g total sugars, 20 g added sugars, 25 g protein, 0 mcg (0%) vitamin D, 128 mg (10%) calcium, 2 mg (10%) iron, 353 mg (8%) potassium

