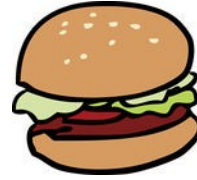


Pulled Chicken Sandwiches

Makes 12 sandwiches

2 -14oz. cans diced tomatoes, no salt added (1 can drained)
1/4 t chili powder
1/4 cup BBQ sauce
1 T Paprika
1/2 t garlic powder
2 cups shredded chicken
12 whole wheat hamburger buns



Combine tomatoes, chili powder, BBQ sauce, paprika, and garlic powder, in a medium sized pot and simmer. Remove cooked chicken from bones. Using two forks hold large pieces of meat in place with off hand while scraping meat with the other to shred chicken (about 3 cups chicken for a fryer-sized bird such as those bought pre-roasted in the grocery store). Discard skin, bones and excess fat and place meat in with tomato sauce. Simmer sauce with meat for ~20 minutes. Toast buns in a 350°F oven until lightly browned. Ladle 1/3 cup of meat and tomato sauce onto each bun. Enjoy with a side of vinegar slaw (or put the slaw on the bun).

Nutrition information per sandwich (1/3 cup): 180 calories, 4g fat (1 g saturated fat), 10g protein, 340mg sodium, 4g dietary fiber.

