Pulled Chicken Sandwiches
Makes 8 sandwiches

1 -14oz. can diced tomatoes, no salt added—drained
1- 8 oz. can tomato sauce
2 t chili powder
1/2 cup BBQ sauce
1 T paprika
2 t garlic minced
1 T hot sauce
2 cups shredded chicken
8 whole wheat hamburger buns

Combine tomatoes, tomato sauce chili powder, BBQ sauce, paprika, garlic, and hot sauce 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 (1/2 cup): 210 calories, 30g carb, 5g fat (1 g saturated fat), 13g protein, 350mg sodium, 4g dietary fiber.