

Pulled BBQ Chicken Sandwiches

Ingredients

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



Preparation

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).

Yield: 8 sandwiches (1/2 cup)

per sandwich: 210 Calories | 5g Fat (1g Saturated Fat) | 13g Protein | 30g Carbohydrates | 4g Dietary Fiber | 350mg Sodium