

BBQ CHICKEN AND SLAW SANDWICH

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 6 (Serving= 1 sandwich topped with slaw)

Nutrition (per serving)

Calories: 382

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 424 mg

Total Carbohydrate: 45 g

Dietary Fiber: 6 g

Protein: 38 g

Ingredients

Chicken

- 2 pounds raw chicken breasts

BBQ Sauce

- $\frac{3}{4}$ cup no salt added ketchup
- $\frac{1}{4}$ cup apple cider vinegar
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ teaspoon celery seed
- $\frac{1}{4}$ teaspoon onion powder

Coleslaw

- 3 cups shredded cabbage

- $\frac{1}{4}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{8}$ teaspoon ground cayenne pepper

- 2 Tablespoons light mayonnaise



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- 1 Tablespoon fat free sour cream
- 1 Tablespoon apple cider vinegar
- ½ Tablespoon Dijon mustard
- 1 ½ teaspoons granulated sugar
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 1/8 teaspoon celery seed

Sandwich

- 6 whole wheat bun (choose gluten free bun for GF version)

Directions

1. Place chicken breasts in slow cooker and cook on low for 3 hours. Shred with fork.
2. Whisk all BBQ sauce ingredients together in a small bowl and add to shredded chicken, mixing well to evenly coat.
3. In a medium bowl, combine all coleslaw ingredients and stir well.
4. Serve BBQ chicken and spoonful of coleslaw on whole wheat bun.