

BBQ Shredded Chicken with Light Coleslaw

Servings: 4 sandwiches

Total Time: 25 minutes

Ingredients:

For the BBQ:

2 teaspoons olive oil, divided
12 oz boneless, skinless, chicken breast cutlets
1 cup onion, sliced
½ cup of your favorite BBQ Sauce
4 (2-oz) whole grain rolls

For the coleslaw:

½ cup nonfat plain Greek yogurt
3½ tablespoons cider vinegar
3 tablespoons sugar
½ teaspoon black pepper
16 oz (about 6¼ cups) bagged coleslaw blend or shredded cabbage

Directions:

BBQ: Heat 1 teaspoon oil in a large skillet over medium-high heat.

Add chicken; sauté 4 minutes or until done. Remove chicken from pan and place on a plate lined with paper towel.

Heat remaining oil in pan over medium-high heat. Add onion and sauté for 4 minutes.

While onions are cooking shred chicken using a fork.

Add chicken back into pan along with barbecue sauce; cook 30 seconds or until evenly heated.

Remove from heat. Divide mixture among the rolls and top with ¼ cup coleslaw.

Coleslaw: In a small bowl, combine Greek yogurt, vinegar, sugar, and pepper and whisk until smooth and thoroughly combined.

Place slaw blend/cabbage in a large bowl and pour Greek yogurt dressing mixture over top. Stir to coat cabbage thoroughly.

Cover and refrigerate for at least 30 minutes before using.

Nutrition Information per Serving: 417 calories, 8g total fat, 1g saturated fat, 34.5g protein, 51g carbohydrate, 742mg sodium



Chef Notes: For less calories, carbohydrates, and sodium, serve the pulled chicken and coleslaw mixture over a mixed green salad instead of a sandwich.

Storage Tips: Store leftover coleslaw in an airtight container in the refrigerator. Best if eaten within a day or two. Store leftover pulled chicken in an airtight container in the refrigerator for up to three days or divide into freezer bags and store for up to one month.