



Crockpot BBQ Chicken Sandwiches

Info:

Makes 4 Servings 270 Calories per Serving

LOW CAL **SPICY**

Ingredients:



- ❖ 4 Whole Wheat Hamburger Buns (80 calories each)
- ❖ 1lb Chicken Breast
- ❖ 12 oz Low Fat/Calorie BBQ Sauce
- ❖ ½ tsp Garlic Powder
- ❖ ¼ tsp Cayenne Pepper
- ❖ 1/8 tsp Ground Pepper

Preparation:



1. Heat crockpot on low
2. Pour the BBQ sauce into the crockpot and mix in seasonings
3. Add chicken and coat
4. Cover and cook about 3 hours
5. With 2 forks pull the chicken apart, shredding it, mix with sauce
6. Cover and continue cooking another 2-3 hours
7. Serve on toasted buns, don't forget to add a veggie side dish!