



Crock Pot Barbecue Pulled Chicken Sandwiches

Makes: 8 Servings

INGREDIENTS (Key: T = Tablespoon, t = teaspoon, oz = ounce)

2 ½ pounds chicken breast
1 bottle (14 ounces) barbecue sauce
1 T fresh lemon juice
1 t packed brown sugar
1 medium onion, chopped
Sandwich rolls or hamburger buns

DIRECTIONS

1. Place chicken in crock pot. Cover; cook on LOW 10 to 12 hours or on HIGH 5 to 6 hours.
2. Remove chicken from crock pot. Shred with two forks. Discard cooking liquid.
3. Return chicken to crock pot; add barbecue sauce, lemon juice, brown sugar and onion. Cover; cook on LOW 2 hours or on HIGH 1 hour.
4. Serve chicken by itself or on rolls or buns.

NUTRITION INFORMATION (per serving):

Calories: 216

Fat: 2 grams

Saturated fat: 1 grams

Total Carbohydrates: 15 grams

Fiber: 3 grams

Sodium: 573 milligrams

Protein: 39 grams

FROM

Diet Slow Cooker recipes. Crock Pot. The Original Slow Cooker. 2012. Page 95.