



# Pulled Chicken Sliders

INGREDIENTS (serving size: 8)

- 1-pound boneless, skinless chicken breasts
- 1 15 ounce can low-sodium tomato sauce
- 2 tablespoons olive oil
- 1 tablespoon dark brown sugar
- 1 tablespoon apple cider vinegar
- ½ teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- ½ teaspoon onion powder
- ½ dry mustard
- ½ teaspoon smoked paprika
- 8 whole wheat rolls
- 1 avocado slices
- ½ red onion, chopped
- 4 leaves of romaine lettuce
- 1 cup red cabbage, shredded
- 1 avocado slices
- ½ red onion, chopped
- 4 leaves of romaine lettuce
- 1 cup red cabbage, shredded

NUTRITION INFORMATION: 280 Calories; 10 grams Fat; 1.5 grams Saturated Fat; 35 mg Cholesterol; 200 mg Sodium; 33 grams Carbohydrates; 8 grams Fiber; 4 grams sugar; 18 grams Protein

## DIRECTIONS

1. Place chicken, tomato sauce, olive oil, dark brown sugar, apple cider vinegar and seasonings listed above.
2. Cook on low for 6 hours.
3. Remove lid and shred chicken with fork in pot. Divide shredded chicken mixture between rolls and top with avocado, red onion, romaine and red cabbage.

Chef Note: Whole grain dinner rolls and low sodium tomato sauce are suggested. Substitute 1 pound pork loin for pulled pork sliders or 5 large carrots peeled and shredded for a vegetarian slider.