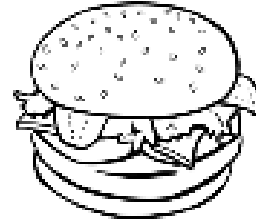


# Barbecue Chicken Sandwich

## ***Barbecue Sauce Ingredients:***

(Or use your favorite bottled sauce; just be wary of sodium content)

- 1/2 cup no-salt-added ketchup
- 2 tablespoons honey mustard
- 2 tablespoons water
- 3/4 teaspoon chili powder
- 3/4 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon Worcestershire sauce
- 1/8 teaspoon kosher salt



## ***Other Ingredients:***

- 3 cups shredded skinless, boneless rotisserie chicken
- 3 tablespoons mayonnaise
- 2 tablespoons cider vinegar
- 1 teaspoon sugar
- 3 cups packaged coleslaw
- 1/3 cup chopped green onions
- 6 (1 1/2-ounce) hamburger buns, toasted

## ***Directions:***

1. Combine first 10 ingredients in a saucepan. Bring to a simmer; cook 10 minutes.  
Combine sauce and chicken.
2. Combine mayonnaise, vinegar, and sugar. Add coleslaw and onions, toss.
3. Place about 1/2 cup chicken mixture on bottom half of each bun. Top each serving with about 1/2 cup coleslaw mixture; top with top half of bun.

**Nutrition Information:** Calories 316; Fat 9.9 g; Sat fat 1.5 g; Monofat 4.3 g; Polyfat 2.7 g  
Protein 21.4 g; Carbohydrate 35.3 g; Fiber 2.1 g; Cholesterol 53 mg; Iron 2.1 mg  
Sodium 548 mg; Calcium 91 mg