

VitaMin



Vital health information in a minute

Photo: Jennifer Causey; Styling: Heather Chadduck Hillegas

BBQ CHICKEN SANDWICHES WITH COLESLAW

Yield: Serves 4 (serving size: 1 sandwich and about 2/3 cup slaw)

Total time: 23 minutes

Ingredients

- › 2 tablespoons canola oil, divided
- › 1 pound skinless, boneless chicken thighs
- › 1 tablespoon chili powder, divided
- › 3/4 cup finely chopped red onion, divided
- › 3/4 cup unsalted tomato sauce
- › 3 tablespoons cider vinegar, divided
- › 1-1/2 tablespoons sugar, divided
- › 3/4 teaspoon salt, divided
- › 1/2 teaspoon black pepper, divided
- › 3 cups packaged cabbage-and-carrot coleslaw
- › 4 (1-1/2-ounce) whole-wheat hamburger buns

Preparation

1. Heat 1-1/2 teaspoons oil in a large skillet over medium-high

heat. Sprinkle chicken with 1 teaspoon chili powder. Add chicken to pan; cook 4 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. Shred chicken into large pieces with 2 forks.

2. While chicken cooks, heat 1-1/2 teaspoons oil in a medium saucepan over medium heat. Add 1/2 cup onion; sauté 5 minutes. Add remaining 2 teaspoons chili powder, tomato sauce, 1 tablespoon vinegar, 1 tablespoon sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper to pan; bring to a boil. Reduce heat, and simmer 5 minutes. Stir in chicken; keep warm.

3. Combine remaining 1 tablespoon oil, remaining 1/4 cup onion, remaining 2 tablespoons vinegar, remaining 1-1/2 teaspoons sugar, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon

pepper, and coleslaw. Top bottom halves of buns evenly with chicken mixture, slaw, and top halves of buns, or serve slaw on the side.

Nutritional Information

Amount per serving

- › Calories: 373
- › Fat: 15.6 g
- › Saturated fat: 2.7 g
- › Monounsaturated fat: 7.6 g
- › Polyunsaturated fat: 4.2 g
- › Protein: 24 g
- › Carbohydrate: 36 g
- › Fiber: 6 g
- › Cholesterol: 106 mg
- › Iron: 3 mg
- › Sodium: 757 mg
- › Calcium: 89 mg
- › Sugars: 13 g
- › Est. Added Sugars: 9 g

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