

Slow Cooker BBQ Chicken Sliders

INGREDIENTS:

1 lb. boneless, skinless chicken breasts*
¾ tsp. garlic powder
¼ tsp. ground black pepper
1 tsp. chili powder
1 small onion, sliced
1 c. water
1/3 c. barbeque sauce
8 mini whole-wheat buns
* substitute pork loin if desired

DIRECTIONS:

Place the chicken in a slow cooker and sprinkle the garlic powder, pepper and chili powder on the chicken. Add the sliced onion and water and cover. Cook on low for six hours or until done. Drain the water from the slow cooker and shred the chicken with two forks, mix in the barbeque sauce and reheat for an additional 15 minutes. Assemble the sandwiches using extra barbeque sauce and other toppings if desired.

NUTRITION:

Makes four servings. Made with chicken, each serving has 240 calories, 4.5 g fat, 21 g protein, 21 g carbohydrate, 1 g fiber and 250 mg sodium.