



Barbecue Chicken Sandwiches

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 2 servings | Serving Size: 1 sandwich

Ingredients

- 1 cup shredded cooked chicken (about 5 ounces)
- ½ cup shredded carrots (about 1 medium carrot)
- 3 tablespoons barbecue sauce
- 1 tablespoon olive oil mayonnaise or plain Greek yogurt
- 2 whole-wheat burger buns or sandwich thins
- 4 leaves crunchy lettuce (e.g. Romaine lettuce, green leaf lettuce)

Directions

1. In a medium bowl, stir together the chicken, carrots, and barbecue sauce.
2. Mix until the chicken and carrots are well coated with the sauce.
3. Spread half of the mayonnaise or Greek yogurt on the top halves of each bun or sandwich thin.
4. Top the bottom half of each bun or sandwich thin with half of the chicken mixture and two lettuce leaves.
5. Add the top bun.
6. Serve immediately, or warm briefly in the microwave before serving, about 15-30 seconds.

Recipe Notes

- This recipe works well with leftover chicken, rotisserie chicken, or canned chicken.
- The chicken mixture could be served in a wrap or pita bread as well.
- If making ahead, wait to assemble the buns or sandwich thins until serving.
- Try mashed avocado or hummus as a spread in place of the mayonnaise or Greek yogurt.

**Nutrition Facts Per Serving: Calories: 325 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 600 mg | Total Carbohydrate: 40 g | Dietary Fiber: 5 g | Protein: 25 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs