

# BBQ Chicken Sandwiches with Brussels Sprout Apple Slaw

Jazz up this yummy shredded chicken barbeque sandwich with a tangy, sweet slaw.

Makes: 4 servings  
Prep Time: 15 minutes  
Cook Time: N/A

Source: MyPlate: Super Simple Cookbook

## Ingredients

### Sandwiches:

- 2 cups [Slow Cooker Shredded Chicken](#) (follow link for recipe)
- 1/4 cup barbeque sauce
- 4 whole wheat hamburger buns

### Slaw:

- 1/2 lb. Brussels sprouts, cut lengthwise and sliced thin
- 1 apple, shredded
- 2 green onions, chopped
- 1 Tbsp honey
- 1 Tbsp. Dijon mustard
- 1 Tbsp. apple cider vinegar
- 1/4 tsp. salt

## Directions

### Sandwiches:

1. Combine warm Slow Cooker Shredded Chicken with barbeque sauce.
2. Spoon chicken mixture onto buns and top with slaw.

### Slaw:

1. Combine Brussels sprouts, apple, and green onion in a large bowl.
2. In a small bowl, whisk honey, mustard, vinegar, and salt until combined to make the dressing.
3. Pour dressing over the Brussels sprout and apple mixture. Stir to combine.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 sandwich, 1/2 cup  
BBQ chicken with 1/4 slaw

Nutrients	Amount
Calories:	337
Total Fat:	5g
Saturated Fat:	1g
Cholesterol:	54mg
Sodium:	855mg
Total Carbohydrates:	46g
Dietary Fiber:	7g
Total Sugars:	18g
Added Sugars:	15g
Protein	27g

## Utensils Needed

- Slow cooker
- Spoon
- Cutting board
- Sharp knife
- Large bowl
- Measuring spoons
- Measuring cups
- Small bowl
- Fork or small whisk
- Mixing spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$13.75

Average cost/serving: \$3.44

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Barbeque sauce



Add 1 to Cart  
Whole wheat hamburger buns



Add 1 to Cart  
1/2 lb. brussels sprouts



Add 1 to Cart  
Apple



Add 1 to Cart  
Green onions, 1 bunch



Add 1 to Cart  
Dijon mustard

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Preparation & Storage Tips

- Look for barbeque sauce with the lowest amount of sugar on the nutrition facts label.
- Vary the fruits and vegetables according to what you have on hand and what's in season. Carrots, cabbage, pears, and celery work nicely in the slaw.
- Use leftover cooked chicken in other recipes or freeze for later use.
- Refrigerate any leftovers in an airtight container for up to 3 days.
- Use any apples you like, such as Granny Smith, Pink Lady, or Fuji.