

SHREDDED BBQ CHICKEN



INGREDIENTS:

Balsamic BBQ

- 1 cup Balsamic vinegar
- 1/2 tsp garlic powder
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Dijon mustard
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1 6oz can tomato paste
- 2 Tbsp brown sugar

Sample Meal

- 3 oz chicken
- 1 oz low fat cheese
- 1/4 bell pepper
- 1/2 avocado
- 1 low carb wrap

DIRECTIONS:

- 1) Add all BBQ ingredients to a small pot and mix well.
- 2) Heat and mix over low-medium heat until all ingredients are well mixed and sauce thickens slightly.
- 3) Allow the sauce to cool, refrigerate in an air tight container for up to 7 days. Makes 8 servings. 1 serving = 1/4 cup
- 4) Marinate 1 lb chicken breast with 1/2 cup BBQ sauce for 4-8 hours.
- 5) Place chicken and 1/2 cup of BBQ sauce in a crock pot. Slow cook on medium-high heat until internal temperature reaches 165 F
- 6) Using two forks shred chicken
- 7) *Sample Meal:* Build your wrap. Press or bake until cheese is melted.

Enjoy!

Makes 1 Meal

Calories: 388 | Protein: 31 gm | Carbs: 34 gm | Fat: 13 gm