



Southern 'Pulled' Chicken Sandwich

Poached, shredded chicken breasts, simmered with homemade bbq sauce and topped with creamy coleslaw

I used to reeally love going to BBQ joints and ordering pulled pork sandwiches. But, after joining WW, I decided that if I ever tried making one, it'd need to be a chicken breast version. After trying a recipes from popular 'skinny bloggers', I realized if I wanted one that didn't taste like 'diet food on a bun', I needed to make my own. Not only can this pulled chicken sandwich stand toe to toe with a pulled pork sandwich, in terms of flavor and mouth-feel... It also features my no sugar added bbq sauce and nearly fat free coleslaw dressing.

Servings Info.:

Yields: 4 sandwiches
 Servings: 4
 Serving: 1 sandwich



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0-1

*- last checked 04/08/24 -
 Listed Points DO NOT INCLUDE BREAD! Use
 whatever bread you want, then add my points.*

Ingredients:

Poached, Shredded Chicken Breasts:

- 1.5 lbs boneless skinless chicken breasts. Ideally, 2 thick/large breasts, cut into 4 halves (*see notes*)
- 1/4 tsp baking soda dissolved with 1 tsp water
- 2 tsp lower sodium soy sauce
- fat free chicken broth, enough to almost cover the breasts. My 12" pan required (1) 48oz container. (*see notes for point issue*)
- 3-4 medium garlic cloves

BBQ Sauce: (make ahead of time)

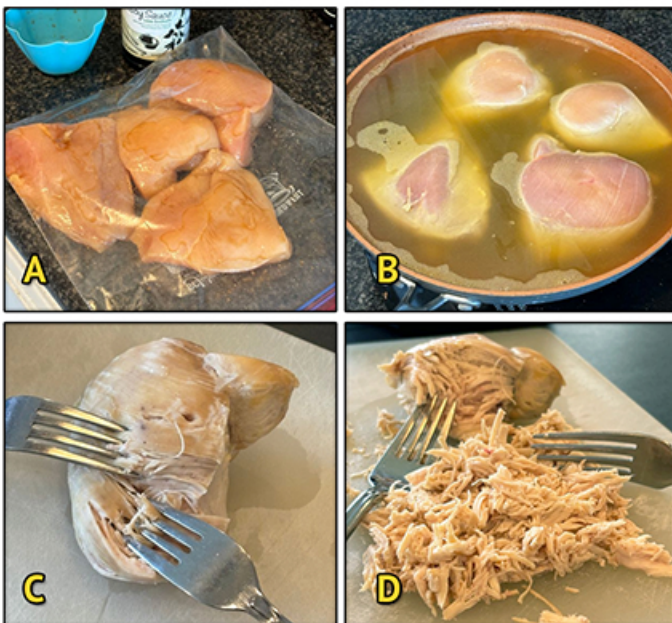
- 1 batch of my bbq sauce, recipe on pg. 16

Creamy Coleslaw (make ahead of time)

- 1 batch of my 'classic creamy coleslaw dressing', recipe on pg. 22
- (1) 14oz package of 'Tri-Color Coleslaw' mix. Ya'know... the kind that has shredded green & red cabbage, with shredded carrots.

Directions:

- 1 Prepare the batch of coleslaw dressing, then in a large bowl, combine it with the coleslaw mix. Cover with plastic wrap and set aside in the fridge, to rest.
- 2 Prepare the BBQ sauce in a small pot, as directed on pg. 16. When it's done simmering, turn off the heat, cover with a lid and set aside.



- 3 **(A)** Slice the chicken breasts in half and place them in a large ziplock bag. Mix together the baking soda, water and soy sauce till dissolved. Pour into the bag and mix it all over the chicken. Set aside for at least 20 minutes.. **(B)** Fill a pan with enough chicken broth to fill it 3/4 of the way up, along with the garlic cloves. Heat it over medium heat until it JUST BARELY STARTS TO SIMMER, then turn the heat down slightly, so it is JUST UNDER a simmer. Add the chicken breasts into the almost simmering broth. Cover with a lid and let it baaarely baby-simmer for 10 minutes. Flip the breasts, cover and almost-simmer for 10 more minutes. **(C)** Discard the broth, garlic, then set the chicken aside for 20 minutes to cool. Then, use 2 forks to pull apart each chicken breast, little by little, shredding the meat. **(D)** Repeat shredding up the chicken till it is all pulled apart. You can continue the process till the meat is finely shredded (like mine), or leave it in bigger chunks, it's totally up to you.

- 4 Put your already made bbq sauce back onto the stove and bring it up to just under a simmer, then, turn off the heat.



- 5 (A) Discard all of the chicken broth from the pan you poached the chicken breasts in, then put the pan back on the stove, over medium heat. Add all of the shredded chicken into the pan to heat it all back up. Pour in ALL of the hot BBQ sauce. (B) Toss and stir the chicken and bbq sauce until well combined. Let it simmer for 5 minutes, or until most all of the excess liquid has evaporated. (C) Toast your buns (IF DESIRED), then set them aside. Place a mound of the shredded/pulled bbq chicken onto the bottom bun, (D) followed by a mound of the creamy coleslaw. Done.

NOTES & SUGGESTIONS:

- **BROTH POINTS!!!:** Ok, this needs to be addressed first, before anything else in the notes. Chicken broth DOES gain points once you pass 3-1/3 cups of it. However... I am counting it as 0 points in this recipe for a very simple and logical reason. Though we ARE using a lot of chicken broth to 'poach' the chicken breasts in... as soon as we finish baby-simmering the chicken, ALL THAT BROTH GETS DISCARDED. We aren't actually consuming all that broth in the recipe. If anything, maybe only 1 tsp of it has been imparted into the chicken. Hence, I'm not counting the broth.
- **BBQ SAUCE:** Obviously I want to encourage you to make this recipe with MY bbq sauce. Duh,.... it's my cookbook, so of course, you should try it. HOWEVER, with that out of the way... to save time, or for convenience, I definitely encourage you to use whatever brand bbq sauce you want. Just remember, MY bbq sauce is 0 points for all 2 cups of it. If you use any other brand bbq sauce, you will need to adjust your points, obviously.
- **COLESLAW:** If you don't want to top your bbq chicken with the coleslaw, you don't have to. You can always go traditional and simply have a big mound o' bbq shredded meat on the bun, with the coleslaw served on the side. Easy peasy.
- **TOASTED BUNS:** Though I obviously recommend toasting your buns for this sandwich (as shown on the left, when I was making the recipe)... you can always opt for regular, untoasted buns (as shown in the final pics). I like toasted for the extra crunch though.
- **FASTER SHREDDED/PULLED CHICKEN:** When I made this recipe, I decided to go "old school" and actually use forks to pull apart the chicken. It works great, obviously, but took about 7-10 minutes. If you're impatient, or like to do things with gadgets vs. utensils... there are a couple of MUCH faster ways to do it.
 - METHOD 1:** Use an electric hand mixer, or a counter top stand mixer, with a paddle attachment, to quickly shred up the chicken (watch a youtube video!)
 - METHOD 2:** Put the cooked chicken breasts into a food processor. Pulse a few times for quick-chopped chicken breast. It may not be uniformly 'pulled', but it has a texture between chopped/shredded.

