



# BBQ 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
- 3 tablespoons barbeque 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, combine the chicken, carrots, and barbeque 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 inside 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 right away, or warm briefly in the microwave, about 30-60 seconds.

## Recipe Notes

- 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**

Adapted from EatingWell.com | Submitted by Robin LaCroix, RD, CSO  
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