



BBQ Chipotle Chicken Sliders

8 sliders

1 whole cooked - skinless, boneless chicken breast
1 chipotle pepper in adobo – chopped
1 cup bbq sauce + more for prepping sandwiches
1/8th cup water
8 small slices cheese of choice
8 small burger buns
8 tomato slices
8 small lettuce leaves
1 TBS olive oil

Heat oven to 350 degrees.

Add the oil to a large skillet. Heat it and add the chicken. Add the chipotle and bbq sauce. Mix well. Add the water and cook - on very low heat - for about 15 minutes.

Cut the buns in half and place on a baking sheet. Spoon chicken on the bottom part of the roll. Top with the cheese and place in oven. Leave it in oven for about 5 to 6 minutes - until cheese is melted.

Remove from oven and add some more bbq sauce on top bun. Top the chicken with a tomato slice and lettuce leaf. Cover with remaining bun and serve. Enjoy!

1/8th of bbq chicken – no bread or condiments - CALORIES 133.90; FAT 1.15 grs (sat 0.10; mono 0.15; poly 0.07);
PROTEIN 23.39 grs ; FIBER 0.00 grs; CARBS 6.58 grs; CHOLESTEROL 60.00 mg; IRON 0.81 mg; SODIUM 248.47 mg;
CALCIUM 1.19 mg