



Ciabatta Pulled Chicken Sandwiches

Ingredients:

- 2 2-pound purchased roasted chickens
- 1 tablespoon olive oil
- 2 medium onions, cut into ¼-inch-thick slices
- 1 cup chopped green or red sweet pepper
- ⅔ cup cider vinegar or white wine vinegar
- 1 8-ounce can tomato sauce
- ¼ cup snipped fresh basil
- ¼ cup honey
- 1 teaspoon salt
- 2 12-inch loaves ciabatta bread, split and toasted
- Pickle slices

Directions:

- Pull the meat from the chickens, discarding skin (if desired) and bones. Using two forks or your fingers, pull the meat into shreds. If desired, chop the seasoned skin and add it to the chicken.
- In a 4-quart Dutch oven, heat the olive oil over medium heat. Add onion and sweet pepper; cook and stir about 5 minutes or until tender. Add vinegar. Cook and stir for 1 minute more. Stir in tomato sauce, basil, honey, and salt. Bring to boiling. Add the chicken, tossing gently to coat. Heat through.
- To serve, use a slotted spoon to place chicken mixture on bottoms of bread loaves. Top with pickle slices; replace tops of bread. Cut loaves into serving-size portions.

Yield: 12 servings

Nutritional Information: Calories 332, Total Fat (g) 13, Saturated Fat (g) 3, Polyunsaturated Fat (g) , Cholesterol (mg) 67, Sodium (mg) 577, Carbohydrate (g) 28, Total Sugar (g) , Fiber (g) 2, Protein (g) 24, Vitamin C (DV%) 21, Calcium (DV%) 5, Iron (DV%) 13, Percent Daily Values are based on a 2,000 calorie diet

Recipe Source: www.bhg.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.

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