



## Root Beer Pulled Chicken

MAKES 5 cups (10 sandwiches) PREP 15 minutes  
SLOW COOK on HIGH for 6 hours COOK 15 minutes

**2½ lbs boneless, skinless chicken thighs**  
**2 tsp seasoned salt**  
**1 can (12 oz) root beer (not diet)**  
**1 tbsp vegetable oil**  
**½ medium onion, chopped**  
**1 cup ketchup**  
**¼ cup light brown sugar**  
**¼ cup molasses**  
**2 tbsp yellow mustard**  
**2 tsp liquid smoke**  
**10 seeded rolls, sliced**  
**1 recipe Rainbow Slaw (recipe follows)**

■ Coat slow cooker bowl with **nonstick cooking spray**.

■ Sprinkle chicken with seasoned salt and place in slow cooker. Pour root beer over chicken.

■ Cover and cook on HIGH for 6 hours.

■ Meanwhile, heat oil in a medium saucepan over medium-high heat. Add onion and cook for 5 minutes, until golden. Stir in ketchup, brown sugar, molasses, mustard and liquid smoke. Simmer, covered, for 10 minutes, stirring occasionally.

■ Drain liquid from slow cooker, reserving ½ cup. Discard remainder. Shred chicken;

stir in warm sauce and reserved ½ cup cooking liquid.

■ On each seeded roll, place ½ cup chicken mixture and ¼ to ½ cup Rainbow Slaw.

**PER SANDWICH** 453 CAL; 17 g FAT (4 g SAT); 29 g PRO; 50 g CARB; 3 g FIBER; 1,093 mg SODIUM; 116 mg CHOL

**Rainbow Slaw:** In a large bowl, whisk together ⅔ cup **light mayonnaise**, 2 tbsp **cider vinegar**, 1 tbsp **vegetable oil**, 2 tsp **sugar**, 1 tsp **celery seed** and ¼ tsp **black pepper**. Fold in 1 pkg (12 oz) **broccoli slaw**, 1 cup **shredded red cabbage** and ½ cup thinly sliced **snow peas**. Cover and refrigerate until serving.