



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 ⅓ 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.