

Barbecue Chicken Crunchwich

-adapted from the Quaker Rice Cake package

Yields: one 2 unit portion pro/carb/fat

-two crunchwiches

Ingredients:

2 Lightly salted Plain Rice Cakes

2 oz. cooked, shredded chicken, divided

1 Tbsp. Barbecue Sauce, divided

a few thin strips Purple Onion *optional, divided

1/4 c. (1 oz.) Sharp Cheddar Cheese, shredded, divided

1 tsp. Fresh Cilantro, chopped *optional, divided

Directions:

Step 1: Make or buy chicken breasts coated with barbecue sauce; shred.

Step 2: Combine your total portion chicken and onion in a small microwave safe bowl. Heat on HIGH for 30 seconds.

Step 3: Divide heated mixture evenly over rice cakes. Sprinkle with shredded cheese and chopped cilantro.