

C's version Pulled Chicken Sandwiches

Ingredients:

2 Tbsp. Splenda Brown Sugar
1 tsp. Smoked Paprika
1 tsp. Chili powder
¾ tsp. ground Cumin
½ tsp. dried Red Chili Pepper flakes
½ tsp. Kosher salt
¼ tsp. ground Ginger
2 lbs. boneless, skinless, Chicken Breasts
Canola oil cooking spray

Sauce Ingredients:

2 Tbsp. Smart Balance Omega oil
½ c. sweet onion, finely chopped
1 tsp. Chili powder
2 Tbsp. Splenda Brown Sugar
½ tsp. Garlic powder
½ tsp. ground Mustard powder
1/8 tsp. ground Red pepper (Cayenne is ok)
1 c. ketchup
2 Tbsp. Cider vinegar
1 Tbsp. Molasses or Amber Agave Nectar

Directions: Pre heat oven to 350°

Step 1: Combine first 7 ingredients in a small bowl (through ginger). Pat chicken breasts dry with paper towels. Rub spice mixture over all chicken. Spray a large baking sheet with canola oil cooking spray. Place prepared chicken in oven on baking sheet for 15 - 20 min., or until clear liquid runs from breasts. Remove from oven and allow to cool in it's juices on the tray.

Step 2: While chicken is cooling, make the sauce. Heat oil in a medium saucepan over medium heat. Add the onion; cook until tender, stirring occasionally. Stir in brown sugar and next 5 ingredients (through red pepper). Cook 30 seconds. Stir in ketchup, vinegar and molasses; bring to a boil. Reduce heat and simmer 10 min. or slightly thickened; stirring occasionally.

Step 3: When chicken is cooled, use two forks and shred well. Add shredded chicken to thickened sauce and finish cooking for 2 more minutes.