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Recipe Title: Barbecue Pulled Chicken Sandwiches

Recipe Ingredients:

For about 8 servings

1. Buns
 - a. 8 regular potato rolls or hamburger buns
2. Pulled Chicken
 - a. 2 lbs of skinless, boneless chicken thighs
 - b. 2 tablespoons of brown sugar
 - c. 1 teaspoon of paprika
 - d. 1 teaspoon of Cajun seasoning
 - e. Salt/Pepper
 - f. Olive oil
3. Sauce
 - a. 1 bottle of Sweet Baby Ray's Honey BBQ Sauce
4. Slaw
 - a. ½ purple cabbage
 - b. 1 hard mango or a couple slices of hard pineapple
 - c. 1/3 cup of chopped cilantro
 - d. ¼ cup of chopped red onion
 - e. Less than ¼ cup of chopped green pepper

- f. 2 teaspoons of oil
- g. ½ orange
- h. ½ lime
- i. ½ a teaspoon of salt

Recipe Instructions:

1. Toast the buns.
2. Chicken (on the grill)
 - a. Preheat the grill to med/high heat.
 - b. Rub seasoning onto the chicken and drizzle with a little olive oil.
 - c. Cover chicken and grill for 15-20 minutes.
3. Chicken (in the oven)
 - a. Preheat oven to 350 degrees.
 - b. Place chicken in a sprayed pan.
 - c. Rub seasoning onto chicken and drizzle with a little olive oil
 - d. Cover chicken with foil and bake for about 35 minutes.
4. Shred the chicken with forks
5. Bring a saucepan to medium heat and pour desired amount of barbeque sauce into a saucepan with a little bit of oil. Then mix in the shredded chicken and allow to cook for 1-3 minutes.
6. Prepare slaw by thinly slicing/chopping all of the slaw ingredients except for the lime and orange. Mix all the sliced ingredients and squeeze the juice of the lime and orange over the slaw along with a little salt.

7. Place some barbeque pulled chicken on one side of a bun, a little slaw on the other side, and enjoy!