

# Pulled Chipotle Chicken with Cilantro Slaw



**Total Time:** 37 min. | **Prep Time:** 15 min. | **Cooking Time:** 22 min. | **Yield:** 4 servings @ ¾ cup chicken & ¾ cup slaw

## Ingredients:

½ cup apple cider vinegar, divided use

7 tsp. olive oil mayonnaise

2 Tbsp. finely chopped fresh cilantro

1 tsp. raw honey

½ tsp. celery seed

4 cups shredded cabbage (or half a small cabbage)

1 tsp. olive oil

½ medium onion, finely chopped

1 clove garlic, finely chopped

1 chipotle pepper in adobo sauce, chopped

2 Tbsp. adobo sauce (the sauce from chipotle pepper in adobo sauce)

½ cup barbeque sauce, no sugar added

3 cups cooked chicken breast, boneless, skinless, shredded

## Preparation:

1. Combine ¼ cup vinegar, mayonnaise, cilantro, honey, and celery seed in a large bowl; mix well.

2. Add cabbage; mix well. Cover and refrigerate for 20 minutes.

3. Heat oil in large skillet over medium high heat.

4. Add onion; cook for 4 to 6 minutes, or until onion is translucent.

5. Add garlic; cook for 1 minute.

6. Add chipotle pepper, adobo sauce, barbecue sauce, and remaining ¼ cup vinegar; cook, stirring occasionally, for 6 to 8 minutes, or until sauce thickens slightly.

7. Add chicken, cook, stirring frequently, for 4 to 5 minutes, or until chicken is well coated and heated through.

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	326
<b>Total Fat</b>	11 g
Saturated Fat	2 g
<b>Cholesterol</b>	95 mg
<b>Sodium</b>	500 mg
<b>Total Carbohydrate</b>	19 g
Dietary Fiber	3 g
Sugars	9 g
<b>Protein</b>	36 g

## Portions (per serving)

<b>P90X® + P90X2®</b>			
1½ Protein	1½ Vegetable	½ Fat	1 Condiment
<b>P90X3®</b>			
2 Carbs	1½ Protein	1½ Fat	
<b>Body Beast®</b>			
3 Proteins	4 Vegetables	1½ Fat	
<b>21 Day Fix®</b>			
1 Green	1 Red	½ Yellow	2 Tsp