



BBQ Chicken Crunchettes



1/5 of recipe (3 bites): 80 calories, 2g total fat (0g sat. fat), 278mg sodium, 10g carbs, 0.5g fiber, 3g sugars, 6.5g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

- 15 frozen mini phyllo shells
- 3 oz. cooked and finely shredded (or finely chopped) skinless chicken breast
- 2 tbsp. BBQ sauce
- 1 tbsp. chopped fresh cilantro
- 1 tbsp. finely chopped red onion
- 15 hamburger dill pickle chips

Directions

Preheat oven to 350°F.

Place phyllo shells on a baking sheet, and bake until lightly browned and crispy, 3-5 minutes.

In a small bowl, coat chicken with BBQ sauce. Stir in cilantro and onion. Cover and microwave for 40 seconds, or until hot.

Spoon mixture into the phyllo shells, and top each with a pickle chip.

MAKES 5 SERVINGS

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