



# Pulled BBQ Chicken Bowl



Entire recipe: 297 calories, 7.5g total fat (1g sat. fat), 718mg sodium, 28.5g carbs, 5.5g fiber, 20.5g sugars, 28g protein

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



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## Ingredients

- 4 oz. raw boneless skinless chicken breast cutlet
- 1 dash salt
- 1 dash black pepper
- 2 tbsp. BBQ sauce (like [this favorite!](#)), or more for topping
- 2 cups coleslaw mix
- 1 tbsp. chopped fresh cilantro, or more for topping
- 1 1/2 tsp. seasoned rice vinegar
- 1/2 cup chopped tomato
- 1 oz. sliced avocado (about 1/4 medium avocado)

## Directions

Bring a skillet sprayed with nonstick spray to medium heat. Place chicken in the skillet, and season with salt and pepper. Cover and cook for about 4 minutes per side, until cooked through.

Transfer chicken to a bowl, and shred with 2 forks. Add BBQ sauce, and toss to coat.

Place coleslaw mix and cilantro in a large bowl. Add vinegar, and toss to coat.

Top with chicken, tomato, and avocado.

MAKES 1 SERVING

**HG Tip:** For bonus flavor and a softer slaw texture, allow the slaw to marinate in the fridge for at least an hour before building your bowl!

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