



Pulled Chicken and Cabbage Sandwiches

Recipe Courtesy Chef Bryan Woolley

2 chicken breasts, trimmed of fat
1/2 cups cider vinegar
1 1/2 cups water
1/4 cup dry white wine
1 tbsp extra virgin olive oil
1 tablespoon Worcestershire sauce
2 tsp dry mustard
1 tsp smoked paprika
1/2 teaspoon kosher salt
1 teaspoon freshly ground black pepper
1/4 teaspoon cayenne pepper
2 cups chopped cabbage

1. Add all ingredients EXCEPT the cabbage into a pressure cooker. Follow your manufactures directions and cook for about 30 minutes.
2. Being careful to remove lid as directed, check the chicken for tenderness. If not tender enough to “pull” continue cooking until desired doneness is reached.
3. Remove chicken and set aside. Bring sauce and reduce by half if it hasn’t already done so.
4. Remove about ¼ cup of the sauce and drizzle over the cabbage. Toss the cabbage to coat and set aside.
5. Using two forks, shred or pull chicken apart and return to the sauce.
6. Divide chicken and cabbage between 6 whole wheat buns. Serve and enjoy!
7. Serves 6.

Nutrition Facts

Serving Size: 1 bun with chicken and cabbage

Calories	190
Total Fat	3.5g
Saturated Fat	.5g
Cholesterol	25mg
Sodium	420mg
Carbohydrates	24g
Dietary Fiber	4g
Sugars	4g
Protein	13g

Diabetic Exchanges

Protein	2
Fat	1
Carbohydrates	1.5