

Zesty Slow Cooker Chicken Barbeque

6 frozen skinless, boneless chicken halves
1 (12 oz.) bottle barbeque sauce, 45 calories or less per 2-tbsp. serving
½ cup fat-free Italian salad dressing
2 Tablespoons brown sugar, optional
2 Tbsp. Worcestershire sauce

Place chicken in a slow cooker. In a bowl, mix the barbeque sauce, Italian salad dressing, brown sugar, and Worcestershire sauce. Pour over the chicken. Cover, and cook 3 to 4 hours on high or 6 to 8 hours on low. Makes 6 servings. Calories 250 / Fat 8.1g

Saucy Barbeque Chicken Nachos

4 oz. (about 60) baked tortilla chips
10 oz. canned 98% fat-free chunk white chicken breast in water, drained and shredded*
½ cup BBQ sauce with 45 calories or less per 2-tbsp. serving
1 cup shredded fat-free cheddar cheese
2 tbsp. chopped scallions
Optional topping: fat-free sour cream

Preheat oven to 350 degrees. Spray a large ovenproof platter or baking sheet with nonstick spray. Spread out tortilla chips on the platter or sheet. In a small bowl, mix chicken with 1/4 cup BBQ sauce. Evenly spoon mixture over the chips. Sprinkle with cheese, and drizzle with remaining 1/4 cup BBQ sauce. Bake until toppings are hot, 8 - 10 minutes. Sprinkle with scallions, and enjoy! Makes 5 servings (about 12 loaded nachos). Calories 229 / Fat 3.

*Can substitute 1-2 whole cooked chicken breasts, shredded

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September 2012 – Good Morning Show

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