



## Spicy BBQ Chicken Sandwich

**Prep: 15 minutes**

**Cook: 10 minutes • Serves: 6**

- 1 whole BBQ rotisserie chicken
- 1 bottle (18 ounces) barbeque sauce
- 1 medium yellow onion, diced
- ½ red bell pepper, diced
- ½ small jalapeño pepper, seeded and minced
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground cumin
- 6 sesame seed buns
- ¾ cup finely shredded Cheddar cheese

**1.** Remove skin and bones from chicken. Shred chicken into bite-sized pieces. In large nonstick skillet, cook chicken, barbeque sauce, onion, bell pepper, jalapeño, salt, cayenne pepper, black pepper and cumin over medium heat 10 minutes or until mixture is heated through and starts to simmer, stirring occasionally.

**2.** Spoon chicken mixture onto bottom halves of sandwich buns. Sprinkle cheese over chicken; replace top half of buns to serve.

*Approximate nutritional values per serving: 266 Calories, 12g Fat (5g Saturated), 75mg Cholesterol, 1020mg Sodium, 13g Carbohydrates, 2g Fiber, 25g Protein*