



Pulled Chicken & Slaw
RECIPE

Pulled Chicken & Slaw



COOK TIME 4-6 hours in
 slow cooker
PREP TIME 15 min
MAKES 1 servings

Looking for a complete comfort food meal that will please the whole family, is a breeze to prepare, with minimal hands-on prep, and doesn't leave you feeling regret? Try this easy comfort classic that incorporates a few simple swaps to make your meals one-step healthier, like adding wholesome whole grains and lentils with SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils. This delicious and effortless side dish swap, alongside simple tricks like using Greek yogurt instead of mayo in the slaw, will nourish your body without sacrificing flavor, so turn on your slow cooker and stop worrying about dinner!

INGREDIENTS

- Pulled Chicken:
- 1.5-2 lbs chicken
- 1 cup BBQ sauce
- 2 tbsp apple cider vinegar
- ½ tsp black pepper
- Slaw:
- 1 bag (14-16 oz) shredded cabbage (~6 cups)
- ¾ cup Greek yogurt
- 1 tbsp lemon juice
- 1 tbsp honey
- 1 tsp Dijon mustard
- ½ tsp salt
- 1-2 pouches of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils

DIRECTIONS

1. Start Chicken First (2-3 minutes)
 - Place chicken directly into slow cooker or Instant Pot

- Add BBQ sauce, vinegar, and pepper, and stir.
- Turn On: Choose to use either a slow cooker (put on low for 4-6 hours) OR an instant pot (put on high for 12 mins)
- 2. Make slaw while the chicken cooks (5 minutes)
 - Use your serving bowl (no extra dishes)
 - Add: Greek yogurt, Lemon juice, Honey, Dijon, Salt
 - Stir directly in bowl
 - Add cabbage and toss.
 - Keep chilled until the chicken is cooked.
- 3. Finish Chicken (3-5 minutes)
 - Once cooked, shred chicken directly in the pot using 2 forks
 - Mix into sauce
- 4. Prepare SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils according to pack instructions.
- 5. Serve: plate chicken & slaw together with SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils and enjoy the satisfaction of serving a meal that tastes as good as it feels.
- 6. Meal Prep Option (3-4 Meals)
 - Store chicken and slaw separately
 - Keeps: chicken for 3-4 days and slaw for 2-3 days

NUTRITION INFO

Nutrient	Amount Per Serving
Calories	586
Total Fat	19 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	877 mg
Total Carbohydrate	90 g
Dietary Fiber	17 g
Total Sugars	8 g
Includes Added Sugars	0 g
Protein	20 g

MORE RECIPES



[Chicken Mezza Bowl](#)

Cook time

1.5 minutes

Prep time

5 min



[VIP Salad](#)

Cook time

18 minutes

Prep time

5 min



[Cowboy Caviar Jar](#)

Cook time

0 minutes

Prep time

10 min



[Sweet Garlic & Onion Chicken \(Cook In Pouch Recipe!\)](#)

Cook time

1.5 minutes

Prep time

1 min

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