

# Korean BBQ Chicken Sandwich

## Ingredients

- 1/8 tsp pepper
- 1/8 tsp celery seed
- 1/8 tsp mustard powder
- 1/8 tsp onion powder
- 1/2 tsp light brown sugar, packed
- 1 tsp cornstarch
- 2 tbsp hoisin sauce
- 1/2 tsp apple cider vinegar
- 1/2 tsp rice wine vinegar
- 1-1/2 tbsp ketchup, low sodium
- 11 oz shredded chicken
- 5 whole grain buns

## Directions

1. In a large pot over medium heat, combine pepper, celery seed, mustard powder, onion powder, brown sugar, cornstarch, hoisin sauce, vinegars, and ketchup and stir until fully combined. Simmer for 15 minutes.
2. Place chicken in a 12 x 20 inch pan and pour sauce mixture over. Bake in a 350°F oven for 25 minutes or until internal temperature reaches 165° F.
3. To serve, place 3 oz of chicken mixture on each bun.

## Notes

**Number of Portions:** 5

**Serving Size:** 1 sandwich

**Nutrition Facts:** 246 calories, 5.81 g fat, 1.06 g saturated fat, 421 mg sodium, 31.38 g carbohydrate, 3.22 g fiber, 4.9 g sugar, 18.54 g protein

