

BBQ ON A BUN

SHREDDED CHICKEN, BEEF, OR PORK slathered in barbecue sauce and served on a soft bun. What's not to like? The wholesomeness of the whole-wheat bun and shredded cabbage hardly register with the kiddos with all the other deliciousness going on. Dads (at least the one in our household) are particularly fond of this as well.

MAKES 2 GENEROUS SERVINGS; 1/2 SANDWICH WILL SUFFICE FOR SMALLER APPETITES

1 heaping cup leftover shredded cooked chicken, beef, or pork

1/4 cup favorite barbecue sauce

2 soft whole-wheat hamburger buns

2 teaspoons mayonnaise

1/2 cup shredded cabbage

- 1 Put the chicken into a small saucepan. Pour the barbecue sauce over the chicken and stir until evenly coated. Over medium heat, cook, stirring often, until piping hot, 2 to 3 minutes. Divide the chicken mixture between two thermoses.
- 2 While the chicken mixture heats up, spread the tops of the buns with mayonnaise and pile the cabbage on the bottoms. Sandwich the bottoms and tops of the buns together, and wrap well or store in snug containers.

MAKE-AHEAD NOTES: can shred the cabbage and prep the chicken mixture the night before. Reheat and prepare the buns the morning before school. Be sure to give your child instructions for spooning the barbecue onto the buns at lunchtime.

