



FOR YOUTH DEVELOPMENT®
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HEALTHY RECIPES

This is a super easy, delicious recipe that you can make and keep on hand for times when you need a fuss-free meal!

Emmy Smith, Maple Street YMCA

BBQ Pulled Chicken!

3-4 chicken breasts, cleaned (no bone)

Pot of water

Seasonings: BBQ powder, garlic powder, onion powder, dash of Cajun spice mix

BBQ Sauce of your choice

Onion

Buns/Rolls

Optional-cheese

Bring the pot of water to a boil and add all seasonings, add more or less to define your taste! After 20-25 minutes, your chicken breasts should be fully cooked (in boiling pot the entire time).

Pull out chicken and let rest on cutting board. Then after 10 minutes, pull apart with claw utensils or forks! Place chicken back into empty pot, add BBQ sauce (to your liking) and a dash of Cajun spice mix for a kick. If necessary, heat on stove a minute or two.

Scoop out chicken and place on buns, add in sliced onion and cheese if you like! Enjoy in the refrigerator 2-3 days

