

Hawaiian BBQ Chicken Sliders with Pickled Onions

PREP TIME: 8-10 MINS
COOK TIME: 20-22 MINS

YIELDS:12 SLIDERS

Ingredients

- 12 sweet Hawaiian rolls (slider size)
- 3 pepper jack cheese slices
- ½ red onion, thinly sliced & pickled (separate recipe, or pre-packaged)
- 3 cups chicken, shredded & cooked (approx. 3 breasts or 1 medium rotisserie)
- ½ cup BBQ sauce + extra to drizzle
- 1 tablespoon melted butter

Recipe Benefits

- Promotes Gut Health
- High Calorie Potential

Qualities

Texture: Multi
Rating for Scent : 4/10
Spice Level: 2/10 (tangy/acidic)



Nutrition Content for 1 Slider

Calories: 203kcal	Carbohydrates: 20g
Fat: 7g	Fiber: 0.8g
Protein: 15g	Added sugar: 7g
Sodium: 221mg	

Directions

1. Preheat oven to 350F.
2. Slice rolls horizontally, unless they are pre-sliced.
3. Place the bottom half of the rolls on a non-stick baking sheet or oven-safe dish.
4. Cut each slice of cheese into 4 squares (12 small squares total), then place over each slider as the first layer.
5. In a bowl, mix together the shredded cooked chicken & BBQ sauce to coat evenly. Add overtop of the cheese squares to create the second layer.
6. Drizzle with some extra BBQ sauce for added flavor.
7. Add the drained pickled onions overtop of the chicken (see separate recipe for how to make pickled onions, or purchase pre-packaged).
8. Place the other half of the sliced rolls overtop, creating sandwiches.
9. Brush the top of the rolls with melted butter.
10. Place in preheated oven for 20-22 minutes, or until cheese is melted and rolls are golden brown.
11. Use a serrated knife and cut slowly to separate each slider.

Chef Tips/Adjustments

- Any variety of BBQ sauce can be used.
- The chicken for this recipe can be cooked using any method, though should be moist and shredded for best results. Rotisserie chickens or crockpot chicken breasts work well due to moisture content.
- For easy, mess-free storage, place the sliders back in the packaging that the rolls came in. Place in the refrigerator for future use.
- Dairy free cheeses & butter can be used.

