

BLACK PEPPER AND MOLASSES PULLED CHICKEN SANDWICHES

(Cooking Light, November 2009)

The Cooks Next Door

- 3 Tb. ketchup
- 1 Tb. cider vinegar
- 1 Tb. prepared mustard
- 1 Tb. molasses
- 3/4 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/4 tsp. freshly ground black pepper
- 1/8 tsp. ground ginger
- 12 oz. skinless, boneless chicken thighs or breast, cut into 2-inch pieces
- 4 sandwich rolls, cut in half horizontally
- 12 dill pickle chips

Combine first 9 ingredients in a medium saucepan; bring to a boil. Reduce heat to medium-low; cover and cook, stirring occasionally, 20-25 minutes or until chicken is done and tender. Remove from heat; shred with 2 forks to measure 2 cups meat. Place 1/2 cup chicken on bottom half of each roll. Top each with 3 pickles and top half of roll.