BBQ Chicken Tacos with Red Cabbage Slaw

Source: eating well

This zippy, creamy slaw is so good you might find yourself making it for other sandwiches. Still, it pairs beautifully with the tangy pulled chicken for an incredibly quick dinner you can make even on your busiest nights. To save more time, use a pre-shredded coleslaw blend.

SERVINGS: 4 PREPPING TIME: 10 MIN COOKING TIME: 20 MIN

Ingredients

- 1/3 cup non-fat H-E-B plain Greek yogurt
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 tablespoon cider vinegar
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground pepper
- dash of hot sauce
- 2 cups shredded red cabbage (1/2 head)
- 2 cups shredded cooked chicken breast (about 6 oz.)
- 1/3 cup light barbecue sauce, (such as Annie's Organic)
- 8 corn tortillas
- chopped cilantro for garnish

Nutrition Facts	
4 Servings **Serving Size**	**2 of recipe**
Amount per serving **Calories**	**275**
Total Fat	4.1g
Saturated Fat	0.7g
Cholesterol	60.4mg
Sodium	661.5mg
Total Carbohydrates	30.8g
Dietary Fiber	2.8g
Total Sugars	7.2g
Protein	26.1g
Potassium	299.3mg

Directions

1 **Prep** Combine yogurt, sugar, lemon juice, vinegar, salt, pepper and hot sauce in a large bowl. Add cabbage and toss until fully coated.

2 **Stir** Combine chicken and barbecue sauce in a medium microwavable bowl; toss until chicken is coated. Microwave on High until heated through, about 1 minute.

3 **Serve** Heat tortillas according to package directions. Fill each tortilla with 1/4 cup of the chicken and top with 3 tablespoons of the slaw. Garnish with cilantro and serve.

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