

## **Pulled Buffalo Chicken Sliders**

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**Servings: 8**

**Preparation Time: 10 minutes**

**Cook time: 6 hours**

**4 (about 1 1/2 pounds) boneless / skinless chicken breasts**

**1/4 cup hot wing sauce**

**16 (1 1/4 ounce ea) dinner-size potato rolls**

**1 cup reduced-fat blue cheese dressing**

**hot wing sauce (for serving)**

**celery sticks (optional)**

**carrot sticks (optional)**

Coat a slow cooker bowl with nonstick cooking spray.

Place the chicken breasts in a single layer in the bottom of the slow cooker.

In a bowl, combine the hot sauce with 2/3 cup of water. Pour over the chicken.

Cover and cook on HIGH for 6 hours or on LOW for 8 hours.

Remove the chicken to a plate and shred with two forks.

Return the chicken to the slow cooker and stir to coat with sauce.

To serve, place shredded chicken on the bottom halves of rolls and top each with one tablespoon of dressing.

If desired, serve with celery sticks, carrot sticks and additional hot sauce.

Yield: 16 sliders (two per serving)

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .