



Sweet BBQ Chicken Tortillas

1 pound cooked chicken shredded or diced

Pinch of salt

¼ cup chopped onions

2 Tbsp Ketchup

½ cup thinly sliced carrot

1 bell pepper

Lettuce

1 tomato

Shredded cheese for topping (cheddar, Monterey, or pepper jack)

¼ cup molasses

1 ½ Tbsp Mustard

1 ½ Tbsp white vinegar

2 Tbsp oil

A dash of hot sauce to taste

Heat oil and cook onion and bell pepper until transparent 2-5 minutes. Add ketchup, molasses, mustard, vinegar, and carrots and hot sauce and bring to a boil, reduce and simmer for 10 minutes. Add chicken and heat through. Serve with lettuce, tomato, and cheese. (avocado and fresh onions are nice toppings as well)

Adapted from Great American Cookbook 1994