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# ***BBQ Chicken Sandwich***

**Prep Time:** 10 mins

**Total Time:** 10 mins

## **Ingredients**

- 1/2 cup(s) chicken, cooked, shredded
- 1/4 cup(s) carrot(s), shredded
- 2 tablespoon barbecue sauce
- 2 teaspoon dressing, reduced-calorie ranch
- 1 small hamburger buns, whole-wheat
- 1 piece(s) lettuce, romaine, leaf

## **Preparation**

1. Combine chicken, carrots and barbecue sauce in a bowl. Spread ranch dressing on the bun.
2. Top with the chicken mixture and lettuce.

