

BBQ PULLED PORK ON PRETZEL BUNS

This BBQ Pulled Pork sandwich can be made with leftover pork roast. It is extremely easy to make, and the result is the best BBQ sandwiches you have ever tasted. All you really need is a good store-bought BBQ sauce; be sure to check the Nutrition Facts Label for a lower sugar option. Enjoy!

Yield= 4 servings (1/2 cup per serving)

Ingredients

- 1 lb. **shredded pork** (from the Slow Roasted Pork Loin recipe)
- 4 **Pretzel buns**
- **BBQ sauce** (of your preference) or **liquid smoke** (optional)
- 1 tsp **butter**
- 1 tbsp **spicy mayonnaise** or **regular mayonnaise**
- **Dill pickles** spears or slices (reduced sodium)

Instructions

- 1: Place your cooked, shredded pork in a saucepan. Heat on stovetop at medium heat for 2-3 minutes.
- 2: Mix in your favorite BBQ sauce to the pork or add a few teaspoons of liquid smoke. Stir for a minute then turn down heat to low. Add a bit of water as needed for juicier results.
- 3: Slice open your buns and butter the inside of each. Place in a toaster oven or conventional oven at 400F for 5 minutes, making sure not to burn them. You want them lightly golden. (You may also use a toaster, but be sure to butter the buns after you've toasted them.)
- 4: Remove buns from heat. Spread a light amount of a spicy mayonnaise on the inside of each bun.
- 5: Top with 1/2 cup shredded pork onto the bottom bun.
- 6: Add some sliced pickle spears on top (Fun tip: add a few teaspoons of red chili flakes to my dill pickle jar a few days before for a little heat).
- 7: Add the top bun on the mound of pork goodness. Enjoy!

Per Serving - Calories: 476, Saturated Fat: 8.5g, Sodium: 465mg, Total Sugars: 1.6g



Recipe featured in the May 2021 issue of Beyond Hunger's Nutrition Newsletter