

These sandwiches taste even better if you make them a few hours before eating them.

Chicken Sandwiches with Balsamic BBQ Sauce

PREP AND COOK TIME: About 30 minutes

MAKES: 6 sandwiches

NOTES: A 4-pound roast chicken will yield enough meat for 6 sandwiches; otherwise, you can bake 4 boned, skinned chicken breasts (about 2 lb. total) at 350° until no longer pink in the center (cut to test), about 20 minutes. Let cool, then cut or tear into chunks.

4 cups 1- to 2-inch chunks
boned, skinned cooked
chicken (see notes)
Balsamic barbecue sauce
(recipe follows)

6 sourdough or other sturdy
sandwich rolls (3 oz. each)

In a large bowl, mix chicken and sauce. Slice rolls in half horizontally and pull centers from tops and bottoms. Divide chicken mixture evenly among bottoms; set tops in place. Pack in a cooler to transport (sandwiches can be chilled up to 4 hours).

Per serving: 578 cal., 17% (99 cal.) from fat; 40 g protein; 11 g fat (2.9 g sat.); 78 g carbo (3 g fiber); 1,320 mg sodium; 95 mg chol.

Balsamic barbecue sauce.

In a 2-quart pan, combine 1 cup ketchup, 3/4 cup balsamic vinegar, 1/3 cup firmly packed brown sugar, 1/2 cup molasses, 1 tablespoon Worcestershire, 1 minced garlic clove, 1 teaspoon dry mustard, 1 teaspoon ground ginger, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Simmer, uncovered, over medium-low heat, stirring occasionally, until mixture is reduced to about 2 cups, 12 to 15 minutes. Use warm or at room temperature. Makes 2 cups.