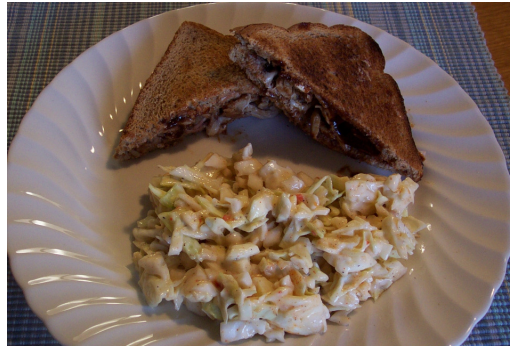


Pulled Pork Barbecue Sandwich



Pictured here with K LW Spicy Southern Cole Slaw

Totals for one sandwich are based on 70 calories per slice whole wheat bread:

Calories 330 Fat 2g Fiber 2g Carbs 38g

What you'll need:

- 2 Slices 70 calorie whole wheat bread
- 1 T Fat free mayonnaise
- 2 Ounces shredded pork loin (see **NOTE**: below for instructions)
- 1 T Regular barbecue sauce
- 1 T Worcestershire sauce

Salt and Pepper (optional)

Let's get to cooking!

1. Place bread in toaster and toast.
2. Once it's done slather mayonnaise on both sides of bread.
3. Lay all shredded pork on one slice of bread.
4. Mix barbecue sauce and Worcestershire sauce together and drizzle over the pork.
5. Salt and pepper to taste, close the sandwich up and slice in two as pictured above.
6. Serve with K LW Sweet or Spicy Southern Cole Slaw.

NOTE: If you never made pulled pork, it's very easy. And all I do is heat up my crock-pot to low heat and pour one cup of white wine into it. I season my pork loin all over with Lawry's seasoned salt, garlic salt and pepper and put it in the crock pot and let it cook for about ten to twelve hours. Voila – pulled pork. It falls apart very easily – just take a fork and pull the strands of meat apart. Freeze what you don't use for future barbecue plates!

Being born in the MS Delta inspired this **Kitty's Lighter Weigh** recipe.