**Pork and Slaw Sandwiches**

Pulled pork is an instant classic and slow-cooking it is simply genius. Use packaged cabbage and carrot coleslaw to shave off prep time.

Recipe by Oxmoor House September 2012

Credit: Oxmoor House

Yield: 15 servings (serving size: 1 sandwich)

Ingredients

1 (3-pound) boneless pork loin roast, trimmed

1 cup water

1 ¾ cups barbecue sauce

2 tablespoons brown sugar

1 ½ tablespoons hot sauce

½ teaspoon freshly ground black pepper

2 ½ cups packaged cabbage-and-carrot coleslaw

¼ cup canola mayonnaise

1 tablespoon white vinegar

¼ teaspoon sugar

⅛ teaspoon salt

15 (2-ounce) hamburger buns

Directions

Step 1. Place pork and 1 cup water in a 3- to 4-quart electric slow cooker. Cover and cook on LOW for 7 hours or until meat is tender.

Step 2. Drain pork, discarding cooking liquid. Return pork to slow cooker; shred with 2 forks. Stir in barbecue sauce and next 3 ingredients (through pepper). Cover and cook on LOW for 1 hour.

Step 3. Combine coleslaw and next 4 ingredients (through salt) in a bowl; toss well. Place about 1/3 cup pork mixture and about 2 tablespoons slaw on bottom half of each bun; cover with bun tops.

Step 4. Quick Tip: Using packaged cabbage-and-carrot coleslaw shaves time off the prep. Long gone are the days when you'd have to shred your own.

Chef's Notes

MyRecipes is working with Let's Move!, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit <www.choosemyplate.gov>.

Nutrition Facts

Per Serving: 330 calories; fat 8.7g; saturated fat 2.1g; mono fat 3.8g; poly fat 2.1g; protein 23.4g; carbohydrates 38.1g; fiber 1.3g; cholesterol 59mg; iron 2.3mg; sodium 565mg; calcium 78mg.