



Chef Andie Hubka's Summer BBQ Chicken Sliders

1 cup chicken, cooked, cooled, and cubed or shredded
Low Sugar BBQ Sauce
Quick Pickles (recipe below)
Summer Fruit Salsa (recipe below)
Slider buns or lettuce cups

Quick Pickles

3-4 Kirby cucumbers, washed, dried, and quartered lengthwise or sliced into thin rounds
2 or 3 sprigs fresh dill, mint or tarragon
2 cups distilled white vinegar
1/3 cup sugar
1/4 teaspoon red-pepper flakes
1 tbsp coriander seeds
1 1/2 teaspoons coarse salt

Place cucumbers and herbs in a jar.

Heat vinegar, sugar, red-pepper flakes, coriander and salt in a saucepan, stirring, until sugar and salt have dissolved. Pour into the jar, completely covering pickles. Let cool completely, uncovered. Refrigerate overnight before enjoying. Will keep for 2 months in the refrigerator or longer if canned using a sealed canning technique.

Summer Fruit Salsa

2 medium nectarines, semi ripe
1 yellow bell pepper
1 large organic tomato
1/4 cup basil, chiffonade
1/4 cup cilantro, chiffonade
1 small jalapeno pepper, seeded & minced
Juice & zest of 1 lime
2 tsp honey
1 tbsp olive oil
Salt & pepper to taste